

BADEN OUTLOOK



January 2010

Volume 10, Issue 6

*Baden's Monthly
Newsletter*

*"Keeping the
Community Connected"
With 2650 copies in
circulation.*

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Baden Cub/Beaver Leader Carries Torch at Hanover



Baden's own Maria Roth, a Beaver and Cub Leader with the Baden Scout Group had the honour of carrying the Olympic Torch at Hanover on Dec. 28th.

The Baden Cubs were captivated when she brought the torch to their meeting. They were all given the opportunity to try on her Olympic Jacket and hold the torch for a picture.

Courtesy of Sheila Bayne



**This paper is priceless,
Please have one!**

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Talking With Ed

More Random Thoughts



An Intimidating Police Officer – Last month we featured the excitement created by the movie that was being filmed at Centennial Hall in Baden. In that article we documented Braydon Gingerich (who has a striking resemblance to a young Robert Redford) and his walk-in role in the movie. Since then we have discovered that another Wilmot resident, Harold Okrafka – Director of Development Services for the Township, also had a stand-in part. Harold was in a background shot as one of the local police officers. Can an *Oscar* be in the future for one of these two aspiring actors?

Olympic Memories – The huge number of enthusiastic fans who turned out to see the Olympic Torch pass through New Hamburg and New Dundee is a terrific precursor to the Olympic games to be held in February. Go Canada! Tune in and cheer them on!

Here we vote again – Mark October 25 on your calendar, as this is our municipal election day. All positions are up for grabs including Mayor, Regional Councillor, Regional Chair, Ward Councillor and Waterloo Region and Catholic School Board representatives. We need more Baden faces to step up to the plate. Contact the township office at 634-8444 for more information.

The World's Tallest Building - The Dubai Tower – Well it finally happened – the Burj Dubai Tower is now open. The 160-floor tower exceeds 800 metres (CN Tower measures 553 metres) and can be seen as far as 95 kilometres away. The Dubai Tower, opened on Monday, January 4, has 57 lifts, will whisk people to 1,044 apartments and 49 floors of office space. Wow!

The Numbers are in – The good people at the township office have updated their population stats and Baden's current approximate population now stands at 4,233. At the beginning of 2009, our population was at 4,003; 230 represents quite an increase. See the most recent township's stats on page 17.

Outlook Calendar— Over the past ten years of publishing our paper we have collected some wonderful old photos, given to us from various folks—(*thank you*). We have used many of them for different featured stories in the "Notes from the Attic", and have many more. We find them amazing and were looking for a way to share them. So, in a whim, we visited and shared our idea with some local businesses who were quick to say yes to support the printing/mailing of enough calendars to give them exclusively to Baden residents. We thank you all for the great response and the requests for more calendars. By the end of the month we will have more copies available, (by donation please - to help cover the printing costs), at Stop2Shop and Egli's Meats. (While we sincerely appreciate your calls and "thank-you's" please also pass this message on to the sponsors of the calendar, because without them it would not be possible.)



An enthusiastic crowd gathered along Huron Street in New Hamburg to cheer on the passing of the torch.



Happy 2010! Till next month... Ed.

EXTRA!! EXTRA!!



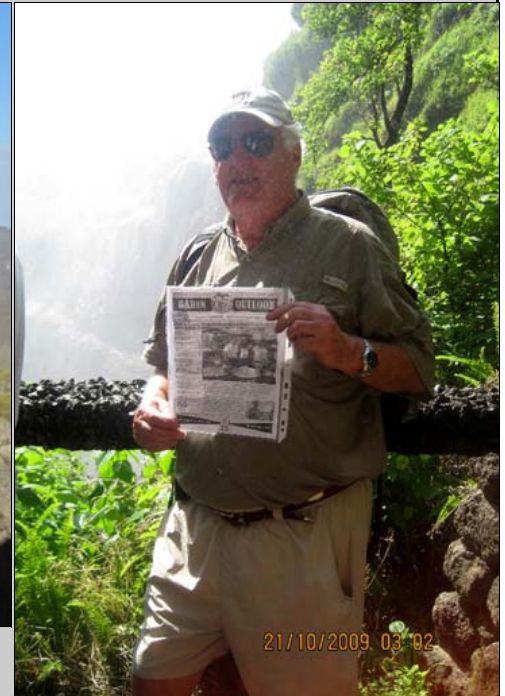
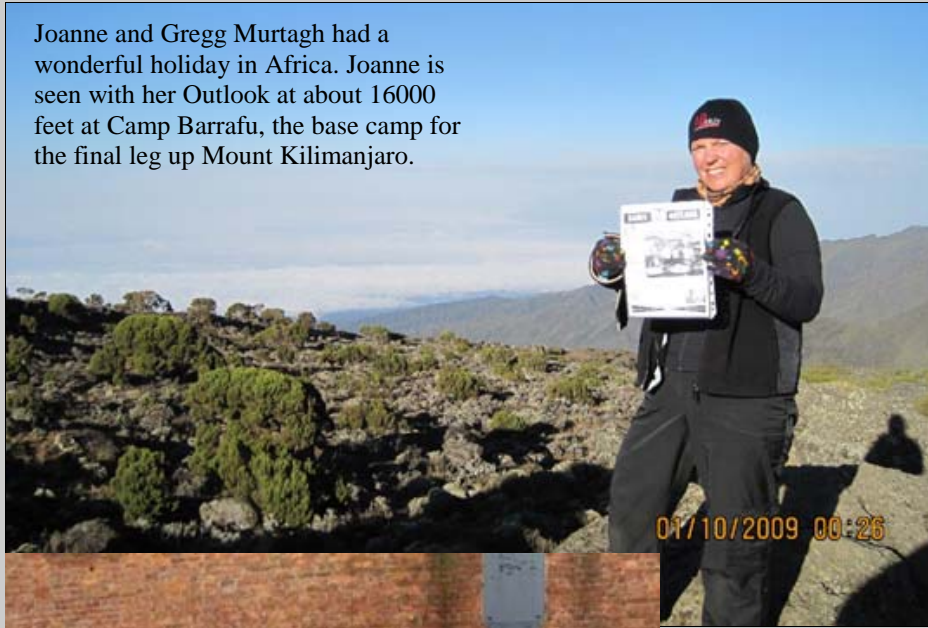
There are extra copies of The Baden Outlook available at Teddy's Bakery, Stop 2 Shop (Baden & St. Agatha), Old Fashioned Variety (Petersburg), N.H. No Frills & Sobey's, Short Stop, the New Hamburg and Baden Libraries and various businesses throughout Wilmot Township.

The Baden Outlook is a completely independent publication, not affiliated with any other printer, organization, individual or commercial enterprise.



Wow! More exciting destinations as *The Baden Outlook* continues to travel -
From England to Africa. Thanks for sharing your holidays with us!!

Joanne and Gregg Murtagh had a wonderful holiday in Africa. Joanne is seen with her Outlook at about 16000 feet at Camp Barrafu, the base camp for the final leg up Mount Kilimanjaro.



Bruce Bates reads the Outlook in front of the Beatles museum in Liverpool England.

Gregg is seen with his Outlook at Victoria Falls, Zimbabwe, Africa.



The Little Things

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You Must be Joking



A man feared his wife wasn't hearing as well as she used to and thought she might need a hearing aid. Not quite sure how to approach her, he called the family doctor to discuss the problem.

The doctor told him there is a simple informal test the husband could perform to give the doctor a better idea about her hearing loss.

"Here's what you do," said the doctor, "Stand about 40 feet away from her, and in a normal conversational speaking tone see if she hears you. If not, go to 30 feet, then 20 feet, and so on until you get a response."

That evening, the wife was in the kitchen cooking dinner, and he was in the den. He says to himself, "I'm about 40 feet away. Let's see what happens." Then in a normal tone he asks, "Honey, what's for dinner?"

No response. So the husband moved closer to the kitchen, about 30 feet from his wife and repeated, "Honey, what's for dinner?"

Still no response. Next he moved into the dining room, about 20 feet from his wife and asks, "Honey, what's for dinner?"

Again no response. So, he walks up to the kitchen door, about 10 feet away. "Honey, what's for dinner?"


Again there is no response. So finally he walks right up behind her. "Honey, what's for dinner?"

She turns around and hollers -
"Ralph, for the FIFTH time, CHICKEN!"

Submitted by B & J Price

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Train of Life

Email Submitted by Dorothy Shantz

Some folks ride the train of life
Looking out the rear,
Watching miles of life roll by,
And marking every year.

I want to see what's coming up,
Not looking at the past,
Life's too short for yesterdays,
It moves along too fast.

They sit in sad remembrance,
Of wasted days gone by,
And curse their life for what it was,
And hang their head and cry.

So if the ride gets bumpy,
While you are looking back,
Go up front, and you may find,
Your life has jumped the track.

But I don't concern myself with that,
I took a different vent,
I look forward to what life holds,
And not what has been spent.

It's all right to remember,
That's part of history,
But up front's where it's happening,
There's so much mystery.

So strap me to the engine,
As securely as I can be,
I want to be out on the front,
To see what I can see.

The enjoyment of living,
Is not where we have been,
It's looking ever forward,
To another year and ten.

I want to feel the winds of change,
Blowing in my face,
I want to see what life unfolds,
As I move from place to place.

It's searching all the byways,
Never should you refrain,
For if you want to live your life,
You gotta drive the train!



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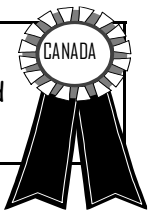
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Olympic Wordsearch: The Winter Olympics and Paralympics are held in Canada and begin in February. In the grid below we have placed 35 words that can be associated with the Olympics. They will be found horizontal, vertical, diagonal, forward or backward. Have fun! *Submitted by John Westlake*



S	F	U	V	C	U	R	L	I	N	G	O	A	L
N	O	R	D	I	C	C	O	M	B	I	N	E	D
O	V	X	E	G	R	E	P	U	S	A	O	R	O
W	A	Y	P	E	O	P	L	E	A	N	L	I	W
B	N	E	I	K	S	N	O	W	L	T	H	A	N
O	C	K	P	K	S	T	D	X	P	S	T	L	H
A	O	C	F	H	C	L	Y	I	I	L	A	S	I
R	U	O	L	O	O	U	U	L	N	A	I	V	L
D	V	H	A	G	U	S	P	G	E	L	B	B	L
C	E	E	H	E	N	O	T	S	O	O	K	R	C
R	R	C	R	E	T	N	I	W	B	M	N	O	E
O	F	I	G	U	R	E	S	K	A	T	I	N	G
S	C	I	P	M	Y	L	O	V	A	L	R	Z	U
S	L	E	D	G	E	H	O	C	K	E	Y	E	L

- AERIALS
- BRONZE
- FIGURE SKATING
- HOG
- NORDIC COMBINED
- RINK
- SNOWBOARD
- CROSS
- VANCOUVER
- ALPINE
- CROSSCOUNTRY
- GIANT SLALOM
- HOSE
- OLYMPICS
- SKI
- STONE
- WINTER
- BIATHLON
- CURLING
- GOAL
- ICE
- HOCKEY
- OVAL
- SLEDGE HOCKEY
- SUPER G
- BC
- DOWNHILL
- GOLD
- LOGE
- PEOPLE
- SNOW
- UBC
- BOB
- FREESTYLE
- HALF PIPE
- MUGULS
- PUCK

Answer page 19

Get tuned in and cheer on our Canadian athletes!



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"Get It Together" ...with Donna & Rhonda

Has the New Year brought with it a new commitment to organize your home and family? Be careful...too grand a plan can have you ending up failing and with a bad attitude too!



Consider these three "Re" words as you do a little attitude check.

Relax - Are you trying to accomplish too big of a goal too quickly? Baby steps are the key. Do what you can today, and do a little more again tomorrow. Baby steps will get you to your goal as long as you keep taking them.

Remember - It is important to ask for help. Don't let shame or guilt keep you isolated. Call a family meeting and get everyone's input. Remember too....your home didn't get this way overnight, and the problem won't get solved overnight. Work with the time and ability you have and be careful of a perfectionist attitude. It can get you into trouble!

Reward - Once you have a realistic plan then set-up reward systems for you and your family. It can be as simple as treating yourself to a take-out coffee to enjoy while you get caught up on filing. Or, consider setting your kitchen timer for 30 minutes and assign each family member a chore and when the timer rings, enjoy a walk to the park together. Personalize this plan to your family and do whatever it takes to motivate cooperation towards the goal!

To learn more about "Getting It Together", visit us at www.heartofthematter.ca

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LookOut Kids' Korner

Who said New Year's Resolutions were just for adults? Here are some for you to ponder, or make up your own. Post them largely in your bedroom so you can see them everyday. Try to commit and see how that feels—this is just for you.



Winter Word Scrambles - Unscramble these letters to find the related winter words. Answers on page 12

1. A A J N R U Y _____
2. E E E F R Z _____
3. A C F R S _____
4. E H I T W _____
5. M O R S T _____
6. M O S N W A N _____

It's Magical—Name That Card

Use a normal deck of 52 cards for this trick. Before starting this trick, quickly see what the bottom card of the deck is. For example, let's say the card is an ace of spades. Fan the cards out and ask an audience member to pick one of the cards. Let them take it from the deck and memorize it. Place the deck face down on the table and tell the audience member to place his/her picked card on top and to cut the deck. Pick up the deck of cards and look for the ace of spades card that was originally on the bottom of the deck. The card immediately to its left will be the card that the audience member picked!

Baden Santa Claus Parade - Float Results

Best Overall: Safe Pasture - FROG
 2nd Overall: PW Concrete
 3rd Overall: 1st Baden Sparks

#1 Commercial Entry: Krissak's K-Cuts
 #1 Family Entry: Horsin' Around Gang
 #1 Children's Entry: Creative Beginnings Childcare Centre



New Year's Resolutions for School Age Kids

- * I will do my homework on time, without being reminded.
- * I will drink milk and water, and limit pop/sweet drinks.
- * I will call my Grandma or Aunt just to say 'hello'.
- * I will surprise someone with a thank-you note when I have received a gift.
- * I'll never give out personal information such as my name, home address, school name or telephone number on the Internet or to strangers.
- * I'll be nice to other kids. I'll be friendly to kids who need friends - like someone who is shy, or is new to my school. I will never be a bully.
- * I will wear my seat belt every time I get in a car
- * I will apply sunscreen before I go outdoors.
- * I will turn off the TV to read a book or enjoy a hobby.
- * I will try to find a sport (like basketball or soccer) or an activity (skipping rope, dancing or horse riding) that I like and do it at least twice a week!

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For most people, juggling the demands of career and personal life is an ongoing challenge. The stress of “doing it all” can lead some to feel overwhelmed, overloaded, and stressed to the *max*. This can cause burnout.

Being stressed can lead to problems in relationships, decreased interest in sex, sleep deprivation or over sleeping, and a loss of interest in things previously enjoyed. Sometimes people cope with the discomfort of stress by using alcohol, drugs, gaming, or addictive behaviours. Striking a work-life balance requires a bit of effort and is a continuous process.

What is burnout?

Burnout is an exhaustion that comes from excessive stress and demands caused by jobs, family responsibilities, friends, and self or societal expectations. It zaps energy, and can interfere with ability to cope. Burnout evolves over time and accumulates from on-going stress.

Signs of stress and burnout:

Stress is marked by a range of feelings: being trapped, powerlessness, hopelessness, exhaustion, detachment, isolation, irritability, frustration, failure, cynicism, and apathy. It can make people feel uninterested in the things they previously enjoyed.

Strategies to deal with burnout:

- **Time management.** Your time is like your income: it is

finite, so try to budget your time the way you do your money. Notice how much time you spend doing your various activities.

- **Prioritize:** Sometimes we want to do more than is actually possible. Set priorities for what is most important. Let go of less critical tasks.
- **Take control.** People tend to feel better when they have some control, choice, and flexibility in their lives at work and at home.
- **Learn to say no.** This means deciding what you need, or want, in your life. It's OK to say no respectfully. You will make more room in your life for the activities that you have prioritized.
- **Leave work at work.** With technology to connect to anyone at any time from virtually anywhere, there is no boundary between work and home — unless you create it. Make a conscious decision to separate work time from personal time. For instance, turn off your cell phone, put away your laptop computer, and don't answer the phone during personal or family time.
- **Rethink your cleaning standards.** An unmade bed or sink of dirty dishes won't impact the quality of your life. Do what needs to be done and let the rest go. If you can afford it, pay someone else to clean your house.
- **No more guilt.** Remember, having a family and a job is OK — for both men and women.
- **Take care of yourself.** Set aside time each day for an activity you enjoy, such as walking the dog, playing with a child, working out or listening to music.
- **Time for recreation.** At least once a week, take the phone off the hook and turn off the computer and the TV. Find activities you can do with your partner, family or friends that will rejuvenate you.
- **Sleep enough.** There is nothing as stressful and potentially dangerous as being sleep-deprived.
- **Exercise.** Getting daily physical exercise is a well-known stress-buster. Get moving in any way that works for you – walking, biking, playing a sport, throwing a ball, or Frisbee. It doesn't matter what it is as long as you're moving.
- **Nutrition.** Take time to build healthy meals into your schedule. Healthy doesn't mean it takes longer; in fact, it can be faster and cheaper than “fast food” -- And it makes you feel good.
 - > **Emotional Supports.** Cultivate a network of friends and relatives who can support you.
 - > **Seek professional help.** Everyone needs help from time to time. If you feel overwhelmed, talk with a professional, such as a counsellor or your family doctor.

Balance does not mean doing it all. Look at your priorities and set boundaries. Be firm in what you can and cannot do. Only you can be the judge of what you need in your life.

Susan Rosenblum M.S.W., R.S.W. is a psychotherapist working at Southern Ontario Counselling Centre near Waterloo, Ontario with individuals, couples and families. She is experienced working with trauma. She can be reached at 519-746-2323 Ext. 304. More information



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Checking Out the Baden Library

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Family Literacy Day will be celebrated in Waterloo Region on Sunday, January 31 from 11 a.m. to 3 p.m. at the Conestoga Mall. The event includes performances by Erick Traplin, a record-breaking reading session, a Bogglemania tournament to raise funds for Project READ, literacy activities, information about literacy in our region, and free take-away bags. Visit www.abc-canada.org for some great literacy tips!

Come Read With Me - an evening family storytime will return to the Baden Branch Library this winter! Recommended for parents/caregivers and their children 3 – 7 years old. This program will be held Thursday evenings from January 21 to March 11 from 6:45 to 7:30 p.m. Read, play games, and learn about literacy in fun ways! Drop in (no registration is required), it's free!

Contact the library at 519-634-8933 or by email at badenlib@regionofwaterloo.ca for more information. Up-to-date information is also available on our website: www.rwl.library.on.ca

Submitted by Chris Baechler,
Assistant Supervisor, Baden Branch
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36 Snyder's Road E, Baden **634-5140**



Welcome to 2010: it's a year that sounds so futuristic. At least, it sounds that way to people of my generation; but then, when I was young, "the eighties" sounded unbelievably modern. Back then, "modern communication" meant owning a cordless phone, or perhaps an answering machine ... with a tiny cassette tape, of course, since "digital" was a long way off. But now, in 2010, communication has progressed beyond anything we could have imagined -- or is "progressed," in fact, the right word?

I use a variety of electronic devices, and I've come to see that there are good and bad things about them all. It all started, some years ago, with my purchase of a computer --and with that came, of course, e-mail. I love e-mail: it's quick and convenient, and can be answered at your convenience -- or, unfortunately, forgotten in the digital "trash." Another problem is that some are not as married to their computer as I am -- I've even heard of people who only check their e-mail once a day (!) How many of us have sent an e-mail, only to immediately telephone the recipient to see whether it had been received? For reliability (and to make sure your jokes don't get taken the wrong way) sometimes it's better to make a more "human" connection.

Then Facebook came along and we started to suffer from "TMI" (Too Much Information). Facebook is a web site that allows users to create "profile pages" about themselves, and share messages, photos, links to other interesting things on the web, and much more. It's a wonderful thing to be able to see photos of our niece and nephew in Benin, West Africa or to reconnect with old schoolmates from thirty years ago (a wonderful example of this is Verda's story, to the right). Yes, it's a wonderful thing ... until Facebook overwhelms you with silly games that pop up continuously, hourly (and pointless) updates from people you barely know, and photos of your teenagers' New Year's Eve party that no mother was ever meant to see.

And on that note, what about privacy? Modern communication has given us "text messaging," which allows us to use a cell phone to type or "text" messages. I got a cell phone when my teenage daughter began high school in Kitchener. I thought it was an essential convenience for arranging car-pooling, and a safety tool as well. "Safe" it may have been, but "motherly reassurance" it was not: my daughter would consistently ignore my frantic, "you've-

missed-your-curfew!" texts and calls, leaving me as worried/angry as any mother from the past. (And when she finally returned home? "Oh -- my cell was off," she'd say, shrugging as I pulled my hair out.) Perhaps she was wiser than I, and insisted on maintaining her privacy -- even as I tried to use technology to control her freedom.



Yes, there are advantages to modern communication technology -- and, like every other progress, there are problems, too. I love my BlackBerry for its convenience in texting and web access, but I do not "Twitter" my every thought: easy communication has already created a world overwhelmed by questionable information. And yes, while I still love e-mail, I've learned to recognize that sometimes I must also be flexible and understanding of other people's preference, -- and I've learned that sometimes a personal visit is the best way to connect.

We can choose how much communicating we do and by what technologies; we can also choose when not to communicate, or what is best left unsaid. It may be 2010, but that doesn't mean we have no choice in how modern we make our lives: in other words, sometimes we can Facebook -- but sometimes we can still have real, live "face time."

They Finally Meet



After sixty years, Verda Cook, (*Outlook's* "Gardening with Verda" writer), and Lucille Jackson from Goshen, Indiana have finally met. This might not seem like a remarkable statement, but it actually is because they have been pen pals for the last sixty years.

Lucille, who was 11 or 12 at the time, attended Yellow Creek Mennonite Church in Indiana. She was encouraged to pick a name out of the *Words of Cheer* newsletter and just happened to choose Verda's. Over the next sixty years Verda and Lucille became close friends via the mail service and more recently, through the use of the Internet. These ladies shared many significant experiences of their lives and became close friends even without a face-to-face meeting.

In 2009, Lucille's husband passed away and Verda's husband, Stanley, had emergency triple-bypass surgery. The ladies realized that life is indeed too short and the idea of meeting became very important. Verda and Stanley's often travelled through the States to visit their children who lived in Western Canada, but never took the time to stop in Indiana. "We were always on a mission to get there." Verda stated.

This December Verda and Lucille agreed a face-to-face meeting that was long over-due. So Verda, Stanley and Lucille met at the Das Dutchman Essenhaus in Goshen, visited for about two hours, and had a wonderful time.

"Although we exchanged family pictures over the years, she looked much different than I expected," Verda stated. "It was a wonderful experience and now I can put a face to the name. Our correspondence will have new meaning now."

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Baden Outlook Hockey Pool Stats

Place	Name	PTS	Place	Name	PTS
1	Linda Miller	486	1	Liam Boronka	475
T2	Rachel Jutzi	481	2	Adam Roth	473
T2	Thomas Pestell	481	3	Daniel Kreller	468
4	Tony Soikie	478	4	Nate Roth	461
T5	Bill Witt	474	5	Liam Schweitser	460
T5	Bonnie Dietrich	474	6	Aidan Voison	458
T7	Nathan Roth	473	7	Sarah Martin	455
T7	Emily Miller	473	8	Sierra Simpson	454
9	Deb (Vinnie) Vinski	472	T9	Tanner Schwartzntbr	453
10	Jim Thorpe	471	T9	Maggie Litwiller	453
T11	Brandon Gingerich	466	11	Daniel Jutzi	451
T11	Lou Sicoli	466	T12	James Osburn	448
13	Grant Gunn	465	T12	Shae-Lynn Campbell	448
14	Rick Chambers	463	14	Shaelyn Heise	443
15	Angie Hallman	461	T15	Caleb Hunter	438
T16	Taylor Martin	460	T15	Colton Holba	438
T16	Jess Bruder	460	17	Bradley Vitello	437
18	Sue Honderich	459	T18	Calob Heinbuch	433
T19	Brian Struth	458	T18	Paige Naumann	433
T19	Paul Holba	458	T20	Tanner Snyder	432
21	Darrin Reynolds	457	T20	Samantha Simpson	432
22	Sheldon Martin	456	22	Jared Shantz	431
T23	Katie Erb	455	T23	Chazen Snyder	430
T23	Rob Litwiller	455	T23	Noah Heinbuch	430
25	Kathy Loree	451	T23	Olivia Salese	430
26	Brian Diebold	450	T23	Jake Miller	430
T27	Brad Honderich	449	T27	Zack Bender	429
T27	Don Steinmann	449	T27	James Hoerle	429
T29	Earl Nickolas	448	29	Carter Schwartzntbr	427
T29	Sir David Murray	448	30	Colin Hammer	426
T31	Brian Nutter	447	31	Lucas McKee	423
T31	Scott Gibbons	447	32	Austin Dale	422
T33	Michael Steinmann	446	T33	Nathan Boronka	421
T33	Tony Papa	446	T33	Emma Gowland	421
T35	Brad Ziegler	445	T33	Brady Finn	421
T35	Ryan Roth	445	36	Mitchell Mueller	420
T35	Darla Hopiavuori	445	37	Reid Nahrgang	419
T35	Craig Pestell	445	T38	Marcus Roth	418
39	Sue Gauvin	444	T38	Hannah Litwiller	418
T40	Wendell Erb	443	40	Olivia Stiles	417
T40	Shane Snyder	443			
T40	Joe Vitello	443			
T40	Tim Hunter	443			
T40	Justin Kendrick	443			
T40	Chris Murray	443			



Congratulations to Linda Miller
for taking the leader prize in this
month's Adult Hockey Pool - winning
a gift certificate from EJ's of Baden.

Congratulations to Liam Boronka
for taking the leader prize in this
month's Kids Hockey Pool - winning gift
certificates from the Children's Museum.

The lucky random draw winners
are Granny Fewkes winning a gift
certificate from Egli's Meat Market, and
Mac Yost winning a breakfast from
Teddy's Bakery & a Baden Outlook shirt.
The kids random draw winner is Kristen
Struth winning a Baden Outlook shirt.



Matt & Jackie Rolleman
39 Snyder's Road W, Baden
519-634-5711

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But you gotta be there to win!!*



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Thurs. 8-5:30, Fri. 8-6, Sat. 8-2
Closed Sunday & Monday*



Answers from Kids Winter Word Scramble

- | | |
|------------|------------|
| 1. January | 4. White |
| 2. Freeze | 5. Storm |
| 3. Scarf | 6. Snowman |

Kids Prizes supported by...



A New Year's Resolution!

Getting involved in your community and meeting new people may be New Year's resolutions you can embrace. Whether you are recently retired or a student needing community service hours for your diploma, volunteering can be for everyone!

Two Badenites are special volunteers to the New Hamburg Thrift Centre – Jean and Willie Shantz have been weekly volunteers for some time. Jean has volunteered for 8 ½ years sorting and pricing fabric donations, cutting unsaleable cotton clothing sold for rags, and sewing beautiful velour comforters for sale in the store. Giving back to her community and doing something worthwhile to help others are Jean's main motivators as a regular volunteer. "I receive a lot of satisfaction knowing that a small contribution makes a positive difference," Jean stated. "I am also energized around people."

Jean encouraged her husband Willie to volunteer when he retired from his longtime job as a truck driver. Willie started coming with Jean and helped out where needed. He eventually settled into a regular role as a recycling volunteer preparing denim for weaving. "I enjoy coming to kid around with other volunteers while I work. I can take my time and work at my own pace." said Willie. He has been a volunteer for the past three years.

The New Hamburg Thrift Centre currently has a number of volunteer openings. Whether you want to learn new skills or contribute your life learned skills to a good cause, there is a position for you. If you are interested or would like more information, please contact Terry at 519-662-2867. Good luck with all your New Year's resolutions!

Current Volunteer Needs:

- Wed afternoon dishwasher – helping houseware's team shine donations of dishes, glassware, etc.
- Small appliance tester – sorting through donations of small appliances and testing them before they go into the store. Days/time negotiable.
- Backdoor Receivers – greeting donors and sorting donations as received. Immediate openings Tuesday afternoons, Wednesday afternoons and Saturdays. Can be regular weekly commitment or call-in as needed.
- Cutlery & Knives – sorting and pricing donations of flatware and knives. Days/time negotiable.
- Gift bags, bows & wrapping paper – sorting and pricing donations. Keeping up with display on the retail floor. Days/time negotiable.

**New Hamburg
Thrift Centre**
41 Heritage Drive
New Hamburg
519-662-2867



Snowed In?
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to keep everyone busy!



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Mennonite Central
Committee

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Mon-Thurs 9:00 am - 5:00 pm
Fri 9:00 am - 8:00 pm
Sat 9:00 am - 4:00 pm

Happy New Year - Wishing you all...

- * Enough happiness to keep you sweet.
- * Enough trials to keep you strong.
- * Enough sorrow to keep you human.
- * Enough hope to keep you happy.
- * Enough failure to keep you humble.
- * Enough success to keep you eager.
- * Enough friends to give you comfort.
- * Enough wealth to meet your needs.
- * Enough enthusiasm to make you look forward to tomorrow.
- * Enough determination to make each day better than the day before.

2010

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On July 1st, 2010 ALL funeral related expenses will become subject to the 13% HST

HOW CAN THIS TAX BE AVOIDED?

Government legislation is allowing 5% Tax only on Funerals pre-paid BEFORE July 1, 2010

This means that Funerals can be pre-paid at today's prices and will only be subject to the 5% Tax no matter when the death occurs, effectively saving 8% Tax on funeral related expenses at the time of need.

WHY ARE WE TELLING YOU THIS? 1. This IS a way to significantly SAVE on funeral related expenses.
2. We know that people will NOT be happy when the 13% TAX takes effect. We are making an effort to warn people of this change and how it can be avoided. The choice is up to each family to decide.

WHAT SHOULD I DO? We have pre-arrangement information available and can sit down with you to discuss information and options either at the funeral home or in your own home.

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- * Oral surgery (including wisdom teeth)
- * Crowns and bridges
- * Implants and dentures (to replace missing teeth)
- * Root canal treatment
- * Bleaching/whitening
- * Headache/migraine control (related to TMJ)

It's hard to believe that the New Year is already upon us. December and January have been busy as usual, filled with excitement for the holidays and 2010! Both Volleyball teams had a magnificent season. The girls came out third overall, and the boys finished second in the consolation round. Wasting no time, we have already transitioned into basketball. The tryouts are done, practices and games have begun, and both teams are looking strong. Our girls' basketball team is particularly enthused about a two-day tournament on the 29-30th of January.

Our grade 8 students have had a good two months. They've been selling Mint Smoothies to fundraise for their trip to Montreal at the end of the school year. On December 7th, we held a Grade 8 Parent Night, where students and their parents were able to come and learn about high school. On January 14th, grade 8 students and their parents headed up the road to Waterloo-Oxford to tour the school and find out more exciting information about the fast approaching grade nine.

The Grade 8s got a special treat on the 14th of January, as Doug Jarvis visited Baden Public School. In correlation with our current history unit, he talked to us about a child's life in the early 1900s. Mr. Jarvis collects antique toys, but mainly specializes in tin mechanical wind-ups. He was even an evaluator on the Canadian Antiques Road Show! One of the most interesting and oldest toys presented was a bird in a cage from 1780, made from real feathers and even able to sing!

The Grade 8s, along with other students in grades 5, 6, and 7, have the opportunity to sign up for ski club yet again. They will go to Chicopee weekly for exercise and time with their friends on the slopes!

Report cards went home in December and the Bulldogs got December 4th off because of parent / teacher interviews. Our library successfully held its first book fair of the year, selling books, pencils, notebooks, posters, and many other fun things. As always, there have been multiple field trips. In December, our Grade 4/5 French Immersion class had a fun-filled day on the 17th, as they went bowling in New Hamburg. The Grade 2s had a great trip to the Safety Village on the 7th and 8th, and the Grade 5s also made a trip to the Safety Village on the 11th. On the topic of safety, all classes performed a bus evacuation drill on the 11th learning about the importance of following all of the safety rules on the bus.

In January, the grade 3/4 class took the first trip of the

new year to the Outdoor Education Centre. The Life Skills class has multiple skating trips this month! Also, our Grade 5s went cross-country skiing at Laurel Creek on the 15th. Baden will wrap up the month of January by welcoming visitors from the Humane Society to speak about animal safety to our primary students.

On Thursday, January 28th, our "Me to We" committee is hosting a catered pasta dinner in the gym. It will be a delicious meal consisting of pasta, salad, breads, Wellesley apple cider, Fair Trade tea (supplied by Ten Thousand Villages) and coffee (provided by Baden Coffee Company), homemade cake provided by Shantz Church. It is co-sponsored by the Baden Coffee Company and all proceeds go to water projects in Sri Lanka. Supper is served from 5:30 – 7:30 p.m. and all tickets must be purchased ahead of time. Tickets are available at Baden Public School and at Teddy's Bakery; the cost is \$10 for adults and \$5 for children, 12 and under. Tickets are on sale until January 26th. For enquires, call Mrs. Fay or Miss Carpenter at 519-634-9320. It will be an exciting event for a good cause that you won't want to miss!

Prior to the holidays, Baden Public School was full of Christmas spirit. Beginning with the Kindergarten Christmas Concert on December 9th and continuing with the Junior/Intermediate Christmas Concert on the 14th, the festivities filled everyone with holiday cheer! On the 16th, our Life Skills class hosted their annual Christmas dinner; everyone enjoyed delicious food and had a wonderful time! The 18th was a day filled with excitement for the holidays as students and staff showed their Christmas spirit by wearing red and green all day. Our Baden Leadership Team put together a great holiday assembly that had the whole school carolling. The intermediate students enjoyed a movie, *How the Grinch Stole Christmas*, and even had a dance to finish off the day. Everyone was quite enthusiastic about the two-week break for the holidays!

All of us here at Baden Public School are excited for what lies ahead in 2010. We know it's going to be a year to remember. Already, we've been busy building memories through our learning and extra-curricular school activities. Baden is the greatest place to go to school!

On behalf of all Baden students and staff, we wish the Wilmot community a happy and healthy 2010.



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If your child is 4 or 5 years old as of December 31, 2010, it's time to enroll them in Kindergarten!

**Registration is from
February 1-12, 2010**

**For more information
www.wrdsb.ca**

Mike Ramsay
Chairperson of the Board

Linda Fabi
Director of Education

THE TALE OF A TATOR

Well, a Girl Potato and Boy Potato had eyes for each other, and finally they got married and had a little sweet potato, which they Called 'Yam.'

Of course, they wanted the best for Yam. When it was time, they told her about the facts of life. They warned her about going out and getting half-baked, so she wouldn't get accidentally mashed and get a bad name for herself like 'Hot Potato,' or end up with a bunch of Tater Tots.

Yam said not to worry, no Spud would get her into the sack and make a rotten potato out of her! But on the other hand, she wouldn't stay home and become a Couch Potato either.

She would get plenty of exercise so as not to be skinny like her Shoestring Cousins.

When she went off to Europe, Mr. and Mrs. Potato told Yam to watch out for the hard-boiled guys



from Ireland. And the greasy guys from France called the French Fries. And when she went out to Western Canada to watch out for the Indians so she wouldn't get scalloped.

Yam said she would stay on the straight and narrow and wouldn't associate with those high class Yukon Golds, or the ones from the other Side of the tracks who advertise their trade on all the trucks that say, 'Frito Lay.'

Mr. and Mrs. Potato sent Yam to Idaho P.U. (that's Potato University) so that when she graduated she'd really be in the Chips. But in spite of all they did for her, one day Yam came home and announced she was going to marry Lloyd Robertson.

Lloyd Robertson! Mr. and Mrs. Potato were very upset. They told Yam she couldn't possibly marry Lloyd Robertson because he's just.....

A COMMONTATER

Submitted by R & J Price

Wilmot Township continues to grow... check out the latest population stats.

Number of Wilmot Building Permits Issued

January - 6
 February - 10
 March - 21
 April - 32
 May - 52
 June - 61
 July - 73
 August - 52
 September - 29
 October - 35
 November - 33
 December - 45

Approximate Township Population Information

	PPH*	2001	2002	2003	2004	2005	2006	2007	2008	2009
Baden	2.79	1,810	2,042	2,371	2,753	3,314	3,576	3,808	4,003	4,223
Foxboro Green	2.00	430	430	430	430	430	430	430	430	430
Haysville	3.00	123	126	129	129	129	129	129	129	129
Lisbon	3.21	61	61	61	61	61	61	61	61	61
Luxemburg	2.45	27	27	27	27	27	27	27	27	27
Mannheim	3.40	809	853	914	992	1,043	1,064	1,071	1,071	1,071
New Dundee	2.95	1,158	1,158	1,167	1,185	1,199	1,214	1,214	1,214	1,214
New Hamburg	2.61	5,973	6,192	6,351	6,489	6,578	6,779	7,006	7,176	7,387
Petersburg	3.05	373	373	394	391	394	400	403	406	406
Philipsburg	2.95	71	74	77	77	80	80	80	80	80
Shingletown	3.23	103	103	103	110	110	110	113	113	113
St. Agatha	3.09	621	621	621	621	621	624	624	624	624
Sunfish Lake	1.83	13	13	13	13	13	13	13	13	13
Wilmot Centre	3.25	52	52	52	55	55	55	55	55	55
Non-Settlement	3.00	3,243	3,261	3,264	3,270	3,279	3,288	3,288	3,312	3,318
Township**		14,866	15,385	15,974	16,603	17,333	17,850	18,321	18,713	19,151

* Calculated from 1991 Assessment Estimates

** 2001 entire Township population taken from 2001 Census data

December 31, 2009: Township of Wilmot Development Services

GIC Rates as of January 13, 2009

1 YR	3 YR	5 YR
1.3%	2.57%	3.37%

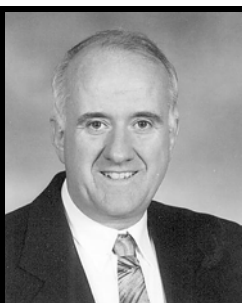
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**Baden Chamber Salutes the Winners of
 "Lighting up Baden" Decorating Contest**

Thanks so much to all of the homes in Baden who
 "brightened" up our lives a little bit more over the
 holidays, with their wonderful outdoor displays. It was
 a very difficult decision for the judges - but here are the
 winners of this year's contest, along with some
 honourable mentions too!

"Lighting up Baden"

Outdoor Decorating contest winners are:

- Best Overall: 26 Wagler Ave.
- "Go Green": 55 Brenneman Dr.
- Children's: 11 Louisa St.
- Traditional: 40 Schneller Court

Honourable Mentions:

- 2 Brubacher St.
- 27 Samuel Foster
- 9 Stiefelmeyer
- 90 Stiefelmeyer
- 137 Stiefelmeyer
- 145 Tannery
- 201 Brewery St.



Answers from Olympic Wordsearch from page 6

S	F	U	B	C	U	R	L	I	N	G	O	A	L
N	O	K	D	I	C	C	O	M	B	I	N	E	J
O	V	X	E	G	R	E	P	U	S	A	C	R	O
W	A	Y	F	E	D	P	L	E	A	N	L	I	W
B	N	E	I	K	S	N	O	W	L	T	H	A	N
O	C	K	F	K	E	T	D	X	P	S	T	L	H
A	O	C	F	H	C	L	Y	I	I	L	A	S	I
R	J	O	L	O	C	U	U	L	N	A	I	V	L
D	V	H	A	G	J	S	P	G	E	L	B	B	L
C	E	E	H	E	H	O	T	S	O	O	K	R	C
R	R	C	R	E	T	N	I	W	B	M	N	O	E
O	F	I	C	U	R	E	S	K	A	T	N	O	
S	C	I	P	M	Y	L	O	V	A	L	R	Z	U
S	L	E	D	C	E	H	O	C	K	E	Y	E	L

When you are finished, only four letters should remain unused.
 Read these four letters from left to right to get the Roman numeral equivalent to how many Olympic medals I feel Canada will win. This number will match the total for Canada in the 2006 Turin games. ...John Westlake

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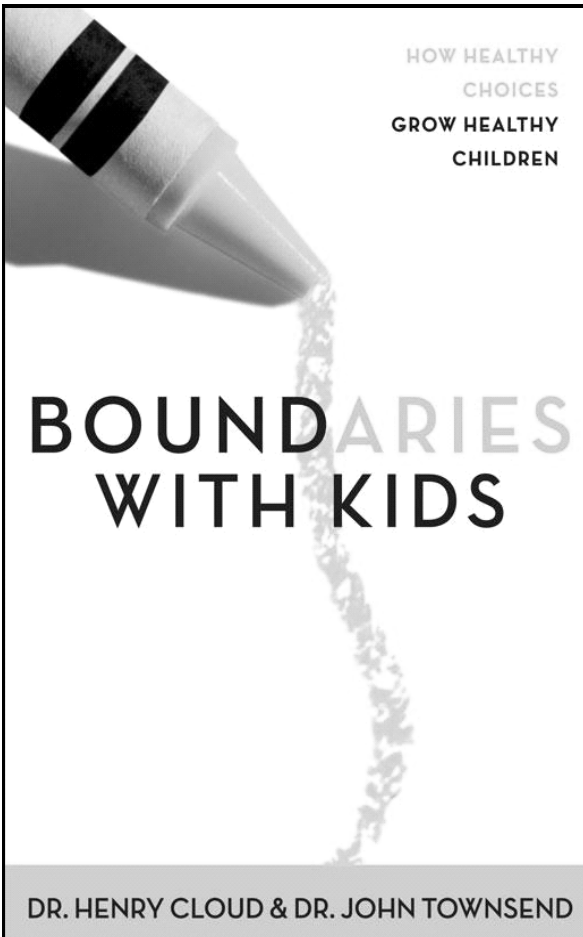
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 Arlene: 519.634.8904

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Interesting People: Meet Dheana and Dave

Local personal trainers Dheana Ramsay and David Kvapil kicked off the New Year by giving. On January 2nd, they offered the first of their FREE co-ed Outdoor Boot Camps, which will run every Saturday for the entire month. "I'm pretty sure it was the coldest day of winter so far," Dheana told us. "But everyone had so much fun, no one complained." Her enthusiasm is undeniable. Having built Canada's only Outdoor Boot Camp Park, she and David are eager to share it with the community. "It's truly one of a kind! Everyone who comes here just loves it!"

Their business, *Playtime Fitness*, offers professional In-Home Personal Training and energizing Outdoor Boot Camps. They also offer regularly scheduled Bootcamp classes with no fixed start dates and Private Bootcamp training for individuals, pairs and small groups. The couple launched their fitness business this fall, with the priorities to make fitness FUN and affordable, while helping people feel good about being active.

For David, who began instructing martial arts as a teenager, and later went on to become a National Kickboxing Champion, it was important to incorporate an element of PLAY. "Too many people have forgotten how to play," he says, "and it's play that keeps us young! People work so much that, at the end of the day, who wants to make time for anything else that *feels like* more work?" To incorporate a more playful attitude, David and Dheana include games and activities in their programs to help people get in touch with their inner child. *Hit the Yedi*, for example, is a game in their outdoor boot camp where participants throw 2 kg weighted balls at a 6 foot target shaped like the fabled



woodland creature. "It works every muscle in the body, but you don't think of it as exercise. It's just plain fun!"

Having worked at corporate health clubs for many years, the couple also wanted to make sure their clients were getting real value for their money. Citing her experiences in B.C., Dheana recounts how she would see the same faces coming in week after week, month after month, paying good money, but not seeing results. "The fitness industry is slowly changing, but there are still so many clubs and trainers advocating a really ineffective and inefficient way of working out." Recognizing how busy most people are, the two trainers devised the Smart Circuit™, an

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exercise format that combines the benefits of cardio and strength training into one workout. They also emphasize "functional fitness", which emphasizes real life movements and core strength. "It only makes sense to train the way your body moves."

The company includes Clean Eating guidelines, fitness assessments, functional movement screening and stretching guidelines free with every personal training package. According to the trainers, these commonly overlooked areas can mean the difference between success and failure for someone trying to make positive changes. "They're simply too important to leave to chance."

For Dheana, who began teaching aerobics in 1988, it was also important to make people feel comfortable about exercise. Having overcome eating disorders and body image issues herself, she thinks too many people begin an exercise program on the wrong footing. Dheana recounts from her years in the fitness industry, how she would often witness members tugging at their clothes or wandering around the gym self consciously. "No one took the time to help them realize fitness is an inside-out job. If you start with the premise that you have to change yourself in order to feel good, you're putting yourself at a disadvantage right out of the gates! But if you find something to feel good about *now*, you'll reach your goals much faster, and have fun doing it!" The pair strives to bring this positive attitude to one-on-one clients and Boot Camps alike. It's a resounding confirmation of their tagline: "Get fit. Have fun. Feel good."

Free boot camps run every Saturday for the month of January. Space is limited however, so it's important to pre-register your spot. You can check out a video of their Boot Camp at www.playtimefitness.ca.

FREE OUTDOOR BOOT CAMP!
EVERY SATURDAY IN JANUARY



SPACE IS LIMITED. REGISTER YOUR SPOT AT:
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Sunday School: Preschool - Adult, 11:00 a.m.



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Rev. Don Mills
Rev. Wayne Domm

Phone: 519-634-8687
Fax: 519-634-5090
Email: office@wilmotcentremc.ca

SERVICE TIMES - 9 & 11 am
SUNDAY SCHOOL 9:30 am
CHILDREN'S WORSHIP 11:30 am



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New Hamburg Bi-Annual Figure Skating Carnival

Wilmot Recreational Complex
Saturday, February 27, 2010
Shows at 1 pm and 7 pm.

The cost of the tickets:
Adult (13+) \$10 each
Children (3-13 yrs) \$5 each
Children 2 and under are free.

For ticket inquiries please email:
newhamburgskating@yahoo.ca
or call (519) 662-6467 or
(519) 634-9337

Baden Minor Softball Registration



First registration is
Saturday, Feb. 20, 10 am - 1 pm
at Centennial Hall,
Beck Street, Baden

Second Registration
Thursday, March 4, 6-8 pm
Castle - Downstairs Hall

For information call
Bob at 519-634-8437



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Dog Heaven

This is one of the kindest things you may ever see.. It is not known who replied, but there is a beautiful soul working in the dead- letter office of the postal service.



Our 14 year old dog, Abbey, died last month. The day after she died, my 4 year old daughter Meredith was crying and talking about how much she missed Abbey.. She asked if we could write a letter to God so that when Abbey got to heaven, God would recognize her. I told her that I thought we could, so she dictated these words:

Dear God,
Will you please take care of my dog? She died yesterday and is with you in heaven. I miss her very much. I am happy that you let me have her as my dog even though she got sick. I hope you will play with her. She likes to play with balls and to swim. I am sending a picture of her so when you see her You will know that she is my dog. I really miss her.
Love, Meredith

We put the letter in an envelope with a picture of Abbey and Meredith and addressed it to God/Heaven. We put our return address on it. Then Meredith pasted several stamps on the front of the envelope because she said it would take lots of stamps to get the letter all the way to heaven. That afternoon she dropped it into the letter box at the post office. A few days later, she asked if God had gotten the letter yet. I told her that I thought He had.



Yesterday, there was a package wrapped in gold paper on our front porch addressed, 'To Meredith' in an unfamiliar hand. Meredith opened it. Inside was a book by Mr. Rogers called, 'When a Pet Dies..' Taped to the inside front cover was the letter we had written to God in its opened envelope. On the opposite page was the picture of Abbey & Meredith and this note:

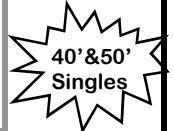
Dear Meredith,
Abbey arrived safely in heaven. Having the picture was a big help. I recognized Abbey right away. Abbey isn't sick anymore. Her spirit is here with me just like it stays in your heart. Abbey loved being your dog. Since we don't need our bodies in heaven, I don't have any pockets to keep your picture in, so I am sending it back to you in this little book for you to keep and have something to remember Abbey by.
Thank you for the beautiful letter and thank your mother for helping you write it and sending it to me. What a wonderful mother you have. I picked her especially for you.
I send my blessings every day and remember that I love you very much.

By the way, I'm easy to find, I am wherever there is love.
Love, God

Email Submission



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**Wilmot Heritage Fire Brigades:
What's Happening, January and February**

Happy New Year, Wilmot! The folks here at the Wilmot Heritage Fire Brigades hope you had a wonderful holiday season. If you attended any of the local Santa Claus parades,



perhaps you saw our trucks: both the 1935 Bickle pumper and the 1939 GMC/Bickle pumper were proudly rolling in Baden, New Hamburg, and St. Agatha (where the WHFB won a prize). Many thanks to our drivers Kenton, Chevy, Bert, and Blain -- and many thanks to the multitudes of Wilmot spectators for making each parade a huge success.

2010 begins with a new executive committee, and we look forward to a year of continued success. Work on the New Museum Building Project continues, beginning with our search for a suitable plot of land. As well, restoration projects continue even in the cold weather; if you're interested in finding out how you can help, drop in any Wednesday night or contact Kenton Frey at 519-634-8580. (You can also call Kenton, or Blain at 519-634-8153, to arrange a tour.)

The WHFB is now a member of the Ontario Museums Association; we are also a member of the Waterloo-Wellington Museums and Art Galleries Network. As our network grows, so does our profile in Wilmot and beyond -- and so does our collection, as we continue to receive donations of firefighting documents, photographs, antiques, and uniforms. If you have something you think belongs in a firefighting museum, give us a call -- we're always happy to consider your treasures.

Our next meeting is at 7:00 p.m. on Wednesday January 20 at the Brigades museum, behind the Baden Fire Hall. Our new address is "10 Bell Drive" (nope, we haven't moved the building!), and everyone is welcome to join us -- drop in and see our collection of firefighting artifacts, and meet our directors. In the meantime, Happy New Year, and may 2010 be a prosperous and fire-safe one for all!

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Monday evenings at 8 p.m.
Trinity Lutheran Church
23 Church Street,
New Hamburg
Martin Luther Room (upstairs)



MONEY AND MAKING IT ON YOUR OWN

Wilmot Family Resource Centre is partnering with KW Counselling Services to offer an 8 week group for women who want to gain control of their finances.

You can do it—we can help!

January 21 - March 11, 6:30-8:30.

To register call Karen at 519-662-2731 ext 201.



Wilmot Horticultural Society

Garden Explosion Seminar

Saturday, February 6, 8:45 a.m. - 3:00 p.m.

New Dundee Community Centre

Cost: \$35 in advance - \$40 after January 25th

Info: Marian Sloss - 519-696-3346

Wilmot Horticultural Society - Mon., Feb. 8, 7:30 p.m.

Wilmot Recreation Complex - 1291 Nafziger Rd., Baden

Speaker: Kerry Hackett

Topic: "Double Duty Plants - Herbs for Beauty and Health"

This space is generously donated by Erb Transport to support community events

Baden Firefighters' Association Annual Dance

Where: St. Agatha Community Centre

When: Saturday, January 23, 2010

Time: 8:00 pm to 1 am

Price: \$10/person

(Age of Majority)

Tickets are available from all firefighters and at Teddy's Bakery or Email: bfdassoc@hotmail.com

- * Music by DJ
- * Door prizes
- * Cold Buffet
- * Licensed event



This is a major fundraiser for the Baden station buying supplies and equipment used by the firefighters.

Heart & Stroke Foundation is looking for help in Baden. They need a captain and canvassers for the February Campaign.



HEART & STROKE FOUNDATION

Finding answers. For life.

If you are able to volunteer please call Beverly Brookes at 634-8806

Baden Scout Group Annual Pancake Dinner

The Dinner will be held at Wilmot Recreation Complex

Tuesday February 16th , 5:30 to 7:30 P.M.

Tickets are \$6 a person or a

Special Family Rate (5 or more) of \$25

Advance tickets are available by calling the Group Commissioner at 519-662-3430 or are available at the door.

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Basic Emergency Kit - Be Ready When Wild Weather Happens!

You may have some of these basic emergency kit items already, such as a flashlight, battery-operated radio, food, water and blankets. The key is to make sure they are organized, easy to find and easy to carry (in a suitcase with wheels or in a backpack) in case you need to evacuate your home. Whatever you do, don't wait for a disaster to happen.

Easy to carry – think of ways that you can pack your emergency kit so that you and those on your emergency plan can easily take the items with you, if necessary.

- 1 **Water** – two litres of water per person per day (Include small bottles that can be carried easily in case of an evacuation order)
- 2 **Food** – that won't spoil, such as canned food, energy bars and dried foods (remember to replace the food and water once a year)
- 3 **Manual can opener**
- 4 **Flashlight and batteries**
- 5 **Battery-powered or wind-up radio** (and extra batteries)
- 6 **First aid kit**
- 7 **Special needs items** – prescription medications, infant formula or equipment for people with disabilities
- 8 **Extra keys** – for your car and house
- 9 **Cash** – include smaller bills, such as \$10 bills (travellers cheques are also useful) and change for payphones
- 10 **Emergency plan** – include a copy of it and ensure it contains in-town and out-of-town contact information



Wilmot Soccer

It's registration time!

Registration dates are:

Wednesday February 10th
6 pm-10 pm

Saturday February 20th
10 am-2 pm

March 9th
7 pm-8:30 pm



*For more
information
please contact*

Mary-Anne Dougherty at 519-634-5545

*www.wilmotsoccer.com, or
maryannedougherty@msn.com*

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Saturday 9:30 am - 3:30 pm, Closed Sunday
CLOSED MONDAY DURING JANUARY & FEBRUARY*

the Health & Wellness Page

In the Mood for Green

Submitted By Michael Fisher

WELL.. it is a new year. Allow me to crack the freshness of the cold air with a story about my garden. By now, my frozen-over, barely visible back yard dirt patch has totally glaciated my remaining Brussels sprout plants, but amazingly they are still edible and in good shape! With a shovel and frozen fingers, I hacked it out of the snow bank and brought it indoors for thawing. Beauties. I can't believe what a yield one plant can produce, and I have two more sprout statues encased in ice in the back yard ready for harvesting.

In the mood for green (typically a spring colour, but New Year's has that energy to it anyway; rejuvenation and newness), I decided to make a green meal, or at least a tasty side dish that was hearty, gentle - and green.

Brussels sprouts and peas are BOTH high in protein, as most sprouts are. About 30% of their calories are from protein. Amazing! Since they're both green; we know they contain chlorophyll, and I'm a big fan of chlorophyll.

So. My green dish. Bring water to a boil and add the cut Brussels sprouts and peas. Add whatever herbs/spices you like; I chose fennel and cumin - my favourite! You can also add a little garlic. I wouldn't argue that garlic goes well in everything.

Cook at medium heat until soft. Remove the veggies and put them in a bowl. Add raw apple cider vinegar (about 1 tsp), a little tamari/shoyu (soy sauce, but not the MSG kind please), and drizzle with good quality unrefined oil - ideally flax or hemp. UNREFINED!

THAT'S IT FOLKS! Piece of cake. Actually, peas and sprouts, but so simple to make! Here's a tip! I left my cooked water out over night, and then in the morning, I cooked my brown rice in the water in the same pot! That way I was able to use what nutrients were left behind in the cooked water to fortify my rice! Yes... I'm so thrifty.



Michael Fisher
mike@michaelfisher.ca
www.michaelfisher.ca
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Want to attend a 4-week "Intro to Healthy Eating" class?



Boosting Immunity and Protecting against Pathogens

[Viruses, Germs, and Parasites, including Seasonal Flu's and Colds]

In support from Paul Pitchford, Author of "Healing with Whole Foods"

This season is sometimes known as the "flu season". At this time our normal immunity diminishes because we get less sunshine and less exercise with the cooler season.

Key Steps on the Way to Better Immunity

Eat well.

1. This means first of all to avoid denatured foods, which directly undermine every aspect of our health. For example, avoid bad fats and oils, fluoridated water, refined grain products such as: white flour items including the white pasta, white flour in breads, white rice, and the many treats, cakes, cookies and candies with refined white sugar and flour. One relatively unknown, yet sinister, highly refined food is the magnesium stearate and stearic acid in almost all supplements. It is often a poor quality oil such as refined cottonseed or soy oil that has been hydrogenated to be more like a saturated fat. Hydrogenated fats contribute to many immune abnormalities and additionally upset the ability of the body to correctly metabolize foods.

2. Prefer freshly prepared foods, and fewer canned and packaged items.
3. Eat foods rich in phytonutrients such as antioxidants and vitamin C. A few of many examples include red bell peppers, cabbage, broccoli, blue berries and all berries, pomegranates, winter squash, carrots, deep green veggies, and foods that are seasonal and regional.
4. Eat mushrooms and allium family foods. One of the most protective mushrooms against flu and cold invasions is the cordyceps mushroom. Most other mushrooms are excellent as well. The allium family includes onions, garlic, leeks, shallots, scallions, and chives. Like the mushrooms, cooking with these provides polysaccharides that protect every bodily cell against viruses and other pathogens. When you do have a virus or other bug invasion, you need to eat alliums raw in order to eliminate the infection; cooked alliums are protective but do not destroy pathogens.
Example of how to eat raw alliums:
finely chop garlic or scallions and sprinkle on food. Note that garlic is the most potent allium against pathogens.

THE WEB MAN

Visitors to *The Baden Outlook* website will notice a recently revamped and fresher look. As we are always looking for more fun it is complete with updated caricatures of Pat and Barry. This has been created through the brilliance of former Badenite, now New Hamburg native, Mitch Wienecke. For several years Mitch has designed and created stunning graphics and videos.

Mitch grew up in Baden, attending local schools, and graduated from Waterloo Oxford High School. Throughout high school he knew graphic design was the career of his choice; thus in 1999 he began a three-year Graphic Design and Advertising course at Conestoga College. The first year of the course was focused on all hand drawn images, crisp lines and fonts followed by a year dedicated to learning computer programs. Mitch's major in his final year concentrated on advertising, packaging, corporate design and logos.

In 2005 he enrolled in the *International Academy of Design* in Toronto. During this two-year course he honed his skills in 3D animation and created characters for movies, video games, cartoons and websites. One of the highlights of the two-year course was his involvement in the creation of a music video for the solo artist "Bus Stop Vixen".

Today Mitch's own company focus is web design, and development including graphic design, illustration, logos, corporate identity packaging and 3D and 2D animation. Check out some of Mitch's skills on his website at www.thefightingmongoose.net or call him at 662-4690. You won't be disappointed.



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