

The Baden Outlook

What's New this Month?

- Good-bye to Teddy's Bakery - You will be missed!
- Don't miss out on TCP Auditions January 14-16th
- Meet Wilmot Wild
- Do Some Random Acts of Kindness all year long
- Kids—see what's happening at Wilmot Family Resource Centre
- Upper Case Books Wins Award
- Interesting People: Meet Andrew Koch
- 2011 Fresh Start to Finances
- Notes from the Attic: Meet Sergeant Hubert Ditner
- Meet Fire Fighter Justin Zielman
- Outlook Hockey Pool Stats-pg 22
- CLEAN says Good Bye and Thank You to Wilmot
- Super Food: Shiitake Mushrooms

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“Meet and Greet the Councillors” Free Skate Event

There was a good crowd at the “Meet and Greet Council” family skate event on January 9th at the Wilmot Recreation Centre. It was a great opportunity to have casual chat and get to know your new council who will lead us into the new year, and years to come.

For those who weren't there, may we introduce you to ...

L. to R: Jeff Gerber, Mark Murray, Mayor Les Armstrong, Peter Roe, Al Junker, Barry Fisher. They are here to be of service to you!



This paper is priceless - Please have one!

Talking With Ed

~ Just Giving You the Biz



I recently read an article about a particular burger joint in Madison Square Park in New York City. The shop opened in July 2004 and less than a year later, its burger was named the city's best. The writer of the article, while visiting New York, decided to investigate this burger shack and was astonished by the massive line-up to consume the legendary culinary delight. After a substantial wait time he finally ate the cherished burger which he found to be a very ordinary sandwich.

Recently we went out for dinner with friends, and Bruce and Jane mentioned they had just come back from New Orleans and had a similar experience. They saw an enormous line-up at Café Du Monde, where all the patrons waited to get their hands on a Beignet, which is a 3x3 square piece of dough that is deep fried until puffy and served hot with powdered sugar on top. They waited patiently in line for this tasty experience and thought it was okay, but not worth the line-up to buy it.

In the article I read, the writer went on to suggest that consumers, in many instances, would purchase items that other people want and not necessarily what they would want. An example of this is the Toronto Maple Leafs - where fans do anything they can to get the limited amount of tickets available. I attended a game at the ACC several

years back and was surprised how many fans in the lower section were on their cell phones and not paying attention to the game. It seemed that just the fact that they were there was satisfying enough even though the Leafs have been one of the worst teams in the league for many years.

New versions of electronic equipment have the same effect on consumers. My question is, how does a business elevate themselves to a point where consumers have to have their products? How and when do trends develop?

Does the old slogan "Give the people what they want, and they'll come out for it" apply in this case? Absolutely; however in many cases we don't know what we want and many companies that succeed are those that are able to give the world something it didn't know it was missing. I also believe that new innovative ideas, location, trust, timing, and a consistent quality product are the driving forces in today's market place.

According to Daniel Pink, author and lecturer — "Enhancing a category is cool; creating a category is cooler. Providing people what they want is a smart tactic; giving people something they didn't know they're missing is an even smarter strategy. Listening to the customer can be helpful; listening to your own voice can be revolutionary." Until next month...Ed.

We Say Farewell to Local Business

Recently a small town business close to our hearts, Teddy's Bakery, has closed its doors. Ryan and Stacy Waters first opened Teddy's Bakery in the Baden Emporium in November 1998. In February of 2001 they purchased Castleview Variety from the Shinnies and established a restaurant, bakery, postal outlet and variety store. Over the years they have contributed to Baden in many ways including being active members of the Chamber of Commerce, Baden Fire Department, and fundraising for cancer. They supported many sports teams and treated us with special theme nights such as horse drawn sleigh rides through town during the Christmas season and romantic Valentine's meals complete with candles and live music. Wherever there was action, the Waters' were there to either support or enjoy. They have come into our homes catering many special events and have given us wonderful memories.

Teddy's was the epitome of a small town business where people could meet and mingle over a cup of coffee and a whopper breakfast. We thank them for being an integral part of our community. We will miss Teddy's Bakery and their community thinking, and oh yeah... Stacy's cookies, doughnuts, cakes, muffins, pies and...so much more! Thank you, and farewell - you will be missed.

TEDDY'S BAKERY
Restaurant • Variety

EXTRA!! EXTRA!!



There are extra copies of The Baden Outlook available at 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.

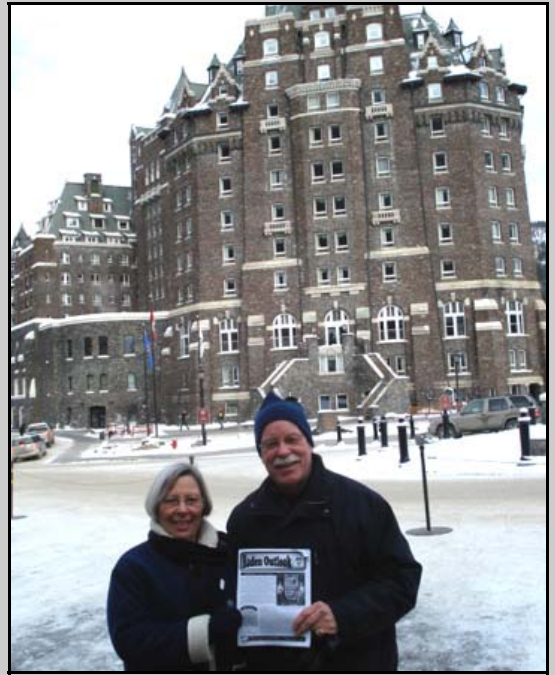
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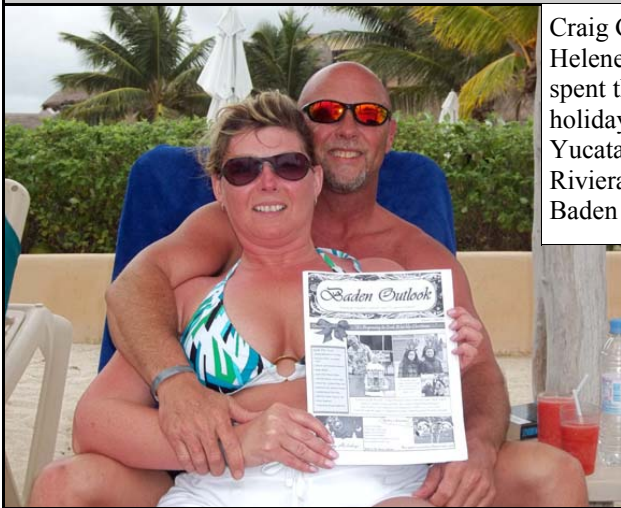
Wow! More exciting destinations as *The Baden Outlook* continues to travel ...



Caroline Wagler took her *Baden Outlook* by train to New York City to visit her friend. They had a wonderful time touring the city, and seeing New York Yankee Stadium and Times Square.



Chris & Donna Wright of Foxboro Green took their *Baden Outlook* on their trip to Western Canada. Here they are in front of the Banff Springs Hotel enjoying their stay in Banff for a friend's wedding.



Craig Gibson of Baden and Helene Mayer of Cambridge spent their Christmas holidays at The Catalonia Yucatan resort in the Mayan Riviera and brought the *Baden Outlook* with them.

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2011 - Best Wishes

*May you have as much fun as you
can before someone makes you stop.*



THE CAB RIDE



So I walked to the door and knocked. "Just a minute", answered a frail, elderly voice. I could hear something being dragged across the floor.

After a long pause, the door opened. A small woman in her 90's stood before me. She was wearing a print dress and a pillbox hat with a veil pinned on it, like somebody out of a 1940s movie. By her side was a small nylon suitcase. The apartment looked as if no one had lived in it for years. All the furniture was covered with sheets. There were no clocks on the walls, no knickknacks or utensils on the counters. In the corner was a cardboard box filled with photos and glassware.

"Would you carry my bag out to the car?" she said. I took the suitcase to the cab, then returned to assist the woman. She took my arm and we walked slowly toward the curb. She kept thanking me for my kindness. "It's nothing" I told her. "I just try to treat my passengers the way I would want my mother treated".

"Oh, you're such a good boy", she said. When we got in the cab, she gave me an address, and then asked, "Could you drive through downtown?"

"It's not the shortest way," I answered quickly. "Oh, I don't mind," she said. "I'm in no hurry. I'm on my way to a hospice".

I looked in the rear-view mirror. Her eyes were glistening. "I don't have any family left," she continued. "The doctor says I don't have very long." I quietly reached over and shut off the meter.

"What route would you like me to take?" I asked. For the next two hours, we drove through the city. She showed me the building where she had once worked as an elevator operator.

We drove through the neighbourhood where she and her husband had lived when they were newlyweds. She had me pull up in front of a furniture warehouse that had once been a ballroom where she had gone dancing as a girl.

Sometimes she'd ask me to slow in front of a particular building or corner and would sit staring into the darkness, saying nothing. As the first hint of sun was creating the horizon, she suddenly said, "I'm tired. Let's go now."

We drove in silence to the address she had given me. It was a low building, like a small convalescent home, with a driveway that passed under a portico.

Two orderlies came out to the cab as soon as we pulled up. They were solicitous and intent, watching her every move. They must have been expecting her.

I opened the trunk and took the small suitcase to the door. The woman was already seated in a wheelchair. "How much do I owe you?" she asked, reaching into her purse. "Nothing," I said. "You have to make a living," she answered.

(Continued on page 5)



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Almost without thinking, I bent and gave her a hug. She held onto me tightly. "You gave an old woman a little moment of joy," she said. "Thank you."

I squeezed her hand, and then walked into the dim morning light. Behind me, a door shut. It was the sound of the closing of a life.

I didn't pick up any more passengers that shift. I drove aimlessly lost in thought. For the rest of that day, I could hardly talk. What if that woman had gotten an angry driver, or one who was impatient to end his shift? What if I had refused to take the run, or had honked once, then driven away?

We're conditioned to think that our lives revolve around great moments. But great moments often catch us unaware beautifully wrapped in what others may consider a small one.

PEOPLE MAY NOT REMEMBER EXACTLY WHAT YOU DID, OR WHAT YOU SAID, - BUT - THEY WILL ALWAYS REMEMBER HOW YOU MADE THEM FEEL.

Email shared by Betty Orr

Baden Street Names Word Search

You've done these before. Find the listed street names hidden in the lettered grid. You will find them frontward, backward, up, down and diagonally.

Have fun, good luck—answers on page 19

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

Common Connections

Listed below are four unrelated words. Can you find a word that can either precede or follow the words in each group?

- loose over small purse
- tall kick off witness
- ant belt land stead
- rose rice life running
- lead case point eyebrow
- potato rod dog tub
- rotten bad Easter goose
- spring ground ice rose
- barrel coat bow forest
- tail trench hanger turn

Answers on page 15

BECK	FOELL	MCFADYEN
BRENNEMAN	FORLER	OESCH
BREWERY	GINGERICH	QUEEN
BRUBACHER	GOLDSCHMIDT	ROTH
CHARLOTTA	HAMMACHER	SANDHILLS
CHRISTIAN	HASTINGS	SCHNELLER
COUNTRYCREEK	HILLVIEW	SNYDERS
DITNER	HONDERICH	STIEFELMEYER
ELIZABETH	HUNSBERGER	TANNERY
ERBACH	LIVINGSTON	

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Keeping New Hamburg Blooming

TCP is proud to be presenting the Waterloo Region premiere of Elton John and Tim Rice's Aida.



Contemporary, edgy, romantic, tragic, and inspirational are only a few of the words that can describe this epic musical. Building on a rich history of memorable theatre—Children of Eden, Titanic, Carousel, The Wizard of Oz and most recently, Cats -TCP invites you to journey with us in the spring of 2011 to Egypt and Nubia for what promises to be another amazing theatrical journey: community theatre at its very best!

BOOK YOUR AUDITION NOW!

Audition Dates are January 14, 15 & 16, 2011 at the St. Agatha Community Centre. Complete audition and show information is now available at thecommunityplayers.com. To book your audition, please call 519-662-4532 or email us at auditions@thecommunityplayers.com.

About TCP ...

In the 27 years that The Community Players of New Hamburg have been presenting musical productions, the group has earned a widespread reputation for creating visually stunning, professional-calibre theatre. The Community Players are a charitable and volunteer organization with the mandate of giving back a portion of the proceeds of each show to the community.

Since 1984, TCP has proudly given more than \$50,000 back to the community. Whether in support of the local food bank or counseling centre, backing community projects such as the Wilmot Recreation Complex or simply helping out other community groups like ourselves, TCP keeps the community at the forefront of all our activities.

Every year these musicals are made possible by the dedication and excitement of hundreds of volunteers. It takes an entire team to create the magic of a TCP production. And we'd like you to join that team. If you can sing, sew, paint, dance, build or act, and whether this is your first show or your 28th, we'd love to have you join the TCP family.



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 January 22, 8 p.m. to 1 a.m.
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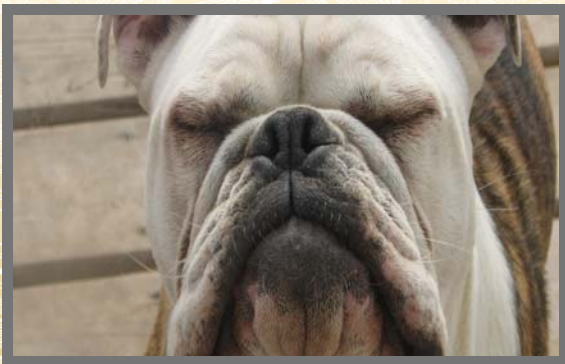
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You Must Be Joking!!



Larry Boshart just heard from a friend in the north of England. He says it has been snowing heavily for three days now.



His wife has done nothing but stare through the window. If it doesn't stop soon he'll probably have to let her in.



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Wilmot Wild Brings Old Sport Back Home *By Sara Busse*



Canada's national sport is coming to Wilmot. No, I'm not referring to hockey, but rather to lacrosse, with the new Wilmot Wild Lacrosse Club.

Wayne Paddick, who has played lacrosse since he was five, has put the club into motion and after a long wait has finally been given the okay to go ahead with the club. This year they will begin tryouts for team members. Paddick himself had to retire from playing the game three years ago due to an accident while playing men's field lacrosse that caused him to suffer from a torn ACL, though he has been refereeing the sport for 25 years.

Not sure what lacrosse is? Lacrosse is a team sport where players pass, catch, and carry a rubber ball, using sticks with a netted pouch at one end. The object of lacrosse is to gain points by shooting the ball into the other team's goal net. Until about five years ago lacrosse was Canada's national sport, but hockey has taken over the limelight.

"Lacrosse is a cross between basketball and hockey," explains Paddick. "It's similar to the floor rules of basketball and like hockey because it's a physical sport with lots of contact."

The season starts in May and ends in August. Games will be held at the new recreation centre, although Paddick would prefer to see the games played at the old arena.

"I love old arenas, the old rafters, the wooden seats. In the summer it's hot and stinky in there. We want to be in the stands sweating and yelling" said Paddick.

Paddick has been hitting the pavement to promote the new club in the area and hoping to draw crowds in with the idea of outdoor barbeques, activities and field games, and he is relying on the community to come out and support the club. He's most excited about getting the old New Hamburg lacrosse team from the 60's to come out for the home opener on May 7. Be sure to mark your calendars and join in on the fun in welcoming this old sport back to town!

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Do You Have What It Takes To Be A Snow Angel?

Are you looking for a way to be outdoors, have fun, and even help someone? Snow Angels are people like you who will clear the sidewalk and a path up to the door for a senior citizen, or even surprise your neighbour! Snow shovelling is an essential service because without it, many seniors won't have access to their meals on wheels or home care nurses. Do you know the seniors on your street, or in your neighbourhood? Start the new year with kindness!



It is nice to be nice!

Don't Forget February 14th is Valentine's Day!

So be a sweetie and make a treatie for your class at school with this easy Valentine Cupcake Recipe. (But Be sure to ask mom!)

Purchase a box of devil's food cake mix (or your favourite flavour) and prepare according to package directions. Line muffin tins with paper liners and pour enough batter in each to fill to about 1/3 full. Top with 1 tbsp. of fruit jam (strawberry works great) then add more batter until the muffin tins are approximately 3/4 filled. Bake according to cake mix directions. When they are cool, dust them with powdered sugar, or frost them and sprinkle with red-hot candy hearts.



Now taking reservations for Valentines Day

Hours of Operation

Lunch -11:30 am to 2 pm Tuesday through Saturday

Dinner Reservations - 5 pm to 8:30 pm Tuesday through Sunday

Sunday Brunch -11:30 am to 2 pm, Dinner 5 pm-8:30 pm



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Wilmot Family Resource Centre
Child & Youth programming for the Winter of 2011

After School Programming:

“KIDS CAFÉ” for children from grades 1 to 5.

Get ready, get messy, and make some fun healthy snacks !!

If your child enjoys preparing and learning about food than this is the club for you! We will try some foods that may be new and different, do fun activities that reinforce or expand on the lessons learned while preparing the snack. The activities will be designed to be fun and give kids a chance to use their creativity and thinking skills.

When: Wednesdays from 3:30 to 5 pm beginning January 5th

Where: Here @ WFRC 175 Waterloo St. New Hamburg

Who: Children from grades 1 to 5.

Cost: The program runs for 10 weeks & is \$40.00 for agency members / \$50.00 for non-members

Pre-registration and payment are required to hold your child's spot.

“Teen Fun Zone”:

Thursday afternoon/evening from 4:30 to 8:30 at the Old New Hamburg arena, 251 Jacob St. New Hamburg. All youth from grades 5 to 12 are welcome to drop-in to skateboard, play video games, air hockey, fooseball, and more.

We do require youth to have registration/emergency information forms filled out, as well as a helmet to skateboard.

The cost to attend is \$2.00 per day.

TFZ breaks over the holidays, the last day for 2010 will be Thursday December 9 and will be re-opened Thursday January 13, 2011.

For more information or to have registration forms emailed to you please contact

Tina @ cr4wfrc@bellnet.ca / 519-662-2731 x.210

Random Acts of Kindness ~ Every Day, 2011

SUGGESTIONS FOR FAMILY, FRIENDS,
 CO-WORKERS, CLASSMATES ~ Be Kind Everyday



1. Send a letter, a card, or make a telephone call to a long lost friend or relative and renew that relationship.
2. Invite someone to dinner who is alone.
3. Visit a shut-in, elderly friend, or someone who is sick.
4. Offer a ride to someone to an appointment or shopping.
5. Send a thank you/congratulatory note to a co-worker/classmate appreciating their efforts and the difference they make.
6. Assist a co-worker or classmate with a project.
7. Prepare a favourite meal/snack for family or friend.
8. Offer your services of childcare to allow a new mother some personal time.
9. Let someone with fewer items than you into line at the store.
10. Help shovel your neighbour's snow.
11. Wash and vacuum someone's car.
12. Help someone move.
13. Loan your bicycle/car/tools to someone.
14. Let your staff go home a few minutes early.
15. Write a poem/song/paint a picture for someone.
16. Teach someone a new skill.
17. Leave a thank you note for the paperboy/postal worker.
18. Open and hold a door for someone.
19. Carry groceries to the car and return the cart for a parent with a child, or a senior, etc.
20. Come to work early and make coffee for your co-workers.

Just a few ideas to begin your random acts of Kindness in 2011



*May you always
 make the right move!*

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Submissions are due on the 1st of each month.

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Checking Out the Baden Library

Come Read With Me, a family storytime, will return to the Baden Branch Library this winter. Check out this program on Thursday evenings, Jan. 6 to Feb. 24 from 6:45 to 7:30 p.m. The program is recommended for children 3 to 7 years old with their parents or caregivers. Read, play games, and learn about literacy the fun way! Drop in, no registration required, and it's free!



Read and win! Read the **Let's Read** book *Chocolate River Rescue* and then visit your local library to enter a draw to win a Grand River rafting experience! The prize draw will be made Jan. 27, 2011. **Let's Read** is a family literacy initiative of Waterloo Region.

Playaways are new to the Region of Waterloo Library and are a great way to enjoy audiobooks!

- Just hit play: no CDs or downloads needed
- Audiobooks are preloaded onto portable devices
- Child and adult titles available
- Small enough to fit in your purse or pocket
- To use, add a set of headphones and a battery

Find Playaway audiobooks in the library catalogue by typing "Playaway". Use your library card and place a hold!

Family Literacy Day in Waterloo Region will be on Sun., Jan. 30 from 11a.m. to 3 p.m. at the Conestoga Mall. This year's theme, *Play for Literacy*, encourages families to play board games together. 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 <http://www.abclifeliteracy.ca/en/family-literacy-day> for some great literacy tips!

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.

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Upper Case Books: One of Stuart McLean's Favourite Book Stores!

By Teresa Brown

For many of us, there's no more "Canadian" voice than that of Stuart McLean, the host of CBC Radio's "The Vinyl Cafe." Each week on his show, Stuart regales his listeners with hometown stories, music, and plenty of humour -- all in his very recognizable and very friendly voice.

It was that distinctive voice that very much surprised New Hamburg's Kristen Hahn ... when, on the November 21st edition of The Vinyl Cafe, she heard Mr. McLean announce that her book store -- Upper Case Books -- was one of his favourite Canadian independent book stores!

This significant honour came about when The Vinyl Cafe did a show on bookstores in Canada. Stuart McLean planned to mention bookstores he'd visited and loved, but he also wanted to include the best among the many small businesses he'd never been to. The answer came from the Penguin Book Company: Mr. McLean asked the publisher's representatives to recommend their favourites, and Upper Case Books ranked amongst those chosen.

"Stuart McLean wasn't necessarily looking for the most successful, or the biggest bookstores," explains Kristen. "In fact, quite the opposite. After all, the motto of the Vinyl Cafe is 'We may not be big, but we're small!'"

Along with a poster advertising Upper Case Book's designation, Kristen has received an incredible amount of applause for her accomplishment. "The moment [McLean] said my name, putting me in such esteemed company as *The Bookshelf* in Guelph, and *Blue Heron Books* in Uxbridge, my phone rang. It was a friend in Ottawa, who had just heard the program. What followed was a barrage of calls from friends and customers, offering their congratulations."

And her personal reaction? As a longtime fan of McLean and of the Vinyl Cafe, Kristen was, to say the least, thrilled. "Obviously, I am delighted," she says. "I consider myself so lucky to make a living doing something I love, but to find myself mentioned on my favourite radio program too?" Kristen smiles as she sums up her pride: "As Stuart would likely say, it fills me with 'big feelings.'"



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Interesting People – Meet Andrew Koch



Research claims that people may have between three to eight jobs in their lifetime. Andrew Koch of New Hamburg has had several jobs, and they are as diverse as anyone can imagine.

Andrew was born and raised in New Hamburg and attended Grandview Public, Forest Glen, and Waterloo Oxford High School. During grade 13 (1992) he was hired by Mark and Karen at the Jutzi Funeral Home in New Hamburg to mow lawns, wash cars, and answer phone calls. After completing grade 13 Andrew enrolled in an Agriculture course at University of Guelph with a minor in business. His career goal was to become a farmer as farming was in the family. His grandfathers owned farms north of Philipsburg and in North Easthope Township. He farms part-time today, as he and his father have a small beef operation.

Did you know that in 2010, Mennonite Savings and Credit Union changed its membership bond of association to be more welcoming? Potential members are no longer required to hold membership in Mennonite, Brethren in Christ or Amish churches. Membership is now open to all individuals who identify with the credit union's faith-based values and embrace their Statement of Shared Convictions. To check out the statement or find out more about the values the credit union holds, drop by the New Hamburg branch.

Through his time at University of Guelph Andrew continued to work at the funeral home but found his duties increasing. Tasks such as driving the hearse and helping out through visitations were added. At the completion of his U of G course he decided to pursue the funeral education course at Humber College. This was followed by a one year apprenticeship at the funeral home. In July 1998 after completing these requirements he received his Funeral Director license. In 2003 the funeral home was sold to Trevor and Ellen Jutzi and Andrew continued to work just over eighteen years in total for the Jutzi family.

This past year an opportunity appeared that Andrew was made aware of and that he pursued. Mennonite Savings and Credit Union in New Hamburg was searching for a branch manager. Tracy Wagler, the former branch manager had accepted the new role of Manager of Member Services. The credit union was looking for someone who would represent their values and have a significant local connection. The fact that Andrew had worked with many people in the community was an asset and after a number of interviews and some soul-searching he was offered and accepted the position.

Although the financial services industry is brand new for Andrew, he can't say enough about the helpful support he has received from staff in New Hamburg and head office during his transition. The learning curve is immense as he adopts all facets of this new industry. He enjoyed being a funeral director, maintains a good relationship with the Jutzi Family, and, plans on keeping his funeral director license current. His family certainly enjoys him being available on weekends and Andrew looks forward to serving members and his staff at the credit union. Mennonite Savings and Credit Union operates nine branches throughout Southwestern Ontario.

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BADEN BIRDING

By Ken Quanz

In the December issue, Dave wrote about irruptions of northern birds due to lack of food supplies in their winter areas. Birds such as crossbills and purple finches belong to this group. There is, however, another group of birds which regularly migrates from the north into our area for the winter; birds such as eagles, juncos, and American tree sparrows — the subject of this month's "Baden Birding".

American tree sparrows are easily identified by their sparrow shape and brown colouring. To distinguish them from other sparrows, look for a rusty cap and a large central dark spot on an unstreaked breast. You may also note the two-toned bill and black legs. While these birds are mostly seen along fence rows and bush edges, they also frequent platform feeders and the ground under the feeders.

An estimated population of 10-20 million pairs of American tree sparrows breed along the edge of the tree line in tundra areas. For Ontario, this means only parts of the southern shores of Hudsons Bay. Northern areas of other provinces as well as the territories also provide breeding habitat. During the breeding season insects are the food of choice, but in the winter these birds must switch to seeds. Seed-bearing plants in these areas are often heavily snow covered in winter, forcing these birds to migrate.

Rarely do you see a single American tree sparrow! Along with juncos, they travel in small flocks which I suspect are family flocks. During my time at Wrigley Corners Outdoor Education Centre, we banded hundreds of these sparrows. What I found most interesting were the many birds which we would recapture the next year, and up to seven years later. Obviously, they were using the same winter range each year. Perhaps the most interesting observations came as we looked through our records and found that birds which were banded on the same day one year showed up together the next year. Usually there were unbanded birds with them which we then banded that second year. Sure enough, the following winter we would often get banded birds from both years coming back together. On the other hand, early studies of flock behaviour found that the flocks were loosely formed, showed little structure, and had an average range of 1/2 to 2 kilometres. Perhaps it is time for another study of the flock behaviour of this very common winter bird.

1957 Sandwich Menu from Woolworths ..

If any of you have a doubt about what was paid for a coke and a sandwich at Woolworths in the 1950's, here's proof of the era we lived in....

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BAKED HAM and CHEESE 60c
Toasted Three Decker Sandwich

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HAM SALAD and EGG SALAD 50c
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STRAWBERRY, PINEAPPLE, CHERRY, CHOCOLATE OR HOT FUDGE
Topped with Whipped Topping
Roasted Nuts and Cherry Ring

SUPER JUMBO BANANA SPLIT 39c
1/2 Banana covered with 3 Dippers of Ice Cream and Crushed Fruit or Fresh Fruit in Sauce

CHOOSE OR
STRAWBERRY, PINEAPPLE, CHERRY, CHOCOLATE OR HOT FUDGE
Topped with Whipped Topping and Roasted Nuts

EXTRA RICH ICE CREAM SODA 25c
POPRAE FLAVORS
Made with 2 Dippers of Ice Cream
Crushed Fruit or Fresh Fruit in Sauce

MALTED MILK 25c
Popular FLAVORS Made with 2 Dippers of Ice Cream

MILK SHAKE 25c
Popular FLAVORS Made with 2 Dippers of Ice Cream

BANANA SPLIT Regular 25c
Popular FLAVORS Made with 3 Dippers of Ice Cream

FRESH ORANGE JUICE Regular 20c Large 30c
Freshly Squeezed to Order

HOT NESTLE'S WITH WHIPPED TOPPING AND WAFERS 15c

Home Style Desserts

APPLE PIE Per Cut 15c
11/2 Additional with Ice Cream

LAYER CAKE Per Cut 15c
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HAVE A COKE GOES GOOD WITH FOOD

WOOLWORTH COFFEE—ALWAYS GOOD

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Answers to Common Connections from page 5

- | | | |
|-----------|-----------|----------|
| 1. Change | 5. Pencil | 9. Rain |
| 2. Stand | 6. Hot | 10. Coat |
| 3. Farm | 7. Egg | |
| 4. Wild | 8. Water | |

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Perhaps the toughest part of this concept comes into play after the family meeting. The consistency of following up on your expectations is your responsibility. It can be very difficult sometimes, but well worth the effort!

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Snow, Sliding and Schoolhouse Villas

As the snow covers the hill on Schoolhouse Villas (formerly known as Vesper Village), many people bring their sleighs, toboggans, snowboards, etc. and slide down our hill—probably not even realizing they are on private property.

While it is good to see healthy activity in the great outdoors, we have a concern that our right to privacy is being violated. That is the reason for the restriction to a smaller area of the hill. Also, we have placed barriers at the bottom so sliding can be done in safety, avoiding any crashes with the posts around the sign. In addition, for safety reasons, we insist that no "jumps" be built on the hill, and that there be no sliding after dark.

In turn for allowing this winter fun, we ask that you respect our property—PLEASE, NO LITTERING and respect our privacy.

And remember —
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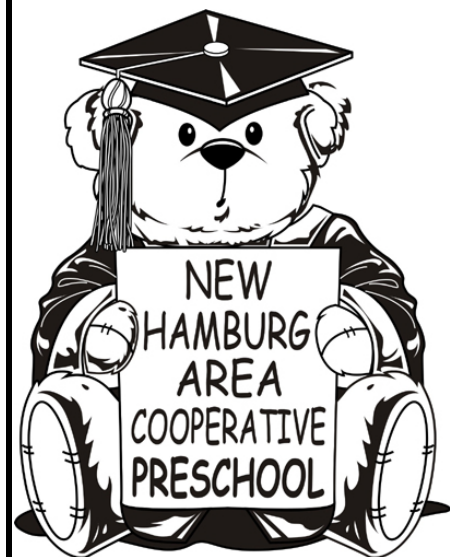
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Joe Figliomeni, CGA, CFP®
Financial Advisor

2011 ~ A New Year, A Fresh Start to Your Finances

Its 2011. So now that you ate too much and spent too much over the holidays, what do you do? Most people will start the annual ritual of the next. What is this ritual? You begin thinking of what you have done and in your mind begin saying the next Christmas I will do this, next year, I will do that and so on. This is followed by the annual resolution declarations that never make it past March. In addition to seeing all of the ads for weight loss and gym membership, you are bombed with ads for financial planning/TFSA/RRSP etc. Again, you begin the next ritual. The funny thing is that this happens every January/February.

How do you break this cycle? Start now with a little planning. The words planning or budgeting makes people cringe. It sounds too complicated. But it does not need to be. If you continually wait to plan your finances, you will never get ahead. I often have clients tell me that they will start saving when they pay the mortgage off on their home. But that is 15-20 years away. I understand the need to pay the mortgage down but you need to create a balance between paying debts/savings and of course, living. Creating that balance is not difficult.

Start today. On a piece of paper, begin recording everything you purchase. Record everything, even the Tim Hortons coffee. Place them under categories such as entertainment/food/clothing/house expenses/kids expenses/vehicle expenses. Create as many categories as you wish (but not too

many as it will consume your time in recording). Post this paper on the refrigerator door and have both you and your spouse commit to recording everything. Do this for 2 weeks and if you are really good, continue for a full month.

At the end of the period, tally the amounts under each category. Now it is time to review your spending habits. Nobody can do this better then yourselves. Often, this exercise allows you to see where the money is going. Let's face it, there are certain areas that you cannot cut back. But I am sure that you will find areas where you can. Can you find an extra \$100 per month? I am betting that you can. What to do with the found money? Stayed tuned for next months article where I will explain how you can stretch that money to achieve your goals.

Joe Figliomeni, CGA, CFP - Financial Advisor
Dundee Private Investors Inc.,
148 Peel Street Unit 1B
New Hamburg, ON

This article was prepared by Joseph Figliomeni who is a Financial Advisor with Dundee Private Investors Inc., a DundeeWealth Inc. Company. This is not an official publication of Dundee Private Investors Inc. The views (including any recommendations) expressed in this article are those of the author alone, and they have not been approved by, and are not necessarily those of, Dundee Private Investors Inc.



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NOTES FROM THE ATTIC : Meet Sergeant Hubert Ditner

In recent years, Wilmot Township has named their local streets in honour of soldiers who have paid the ultimate price and given their lives for our freedom. One such person was Sergeant Hubert Ditner, who served in the Princess Louise Dragoon Guards. These soldiers, for the most part, served as scouts investigating roadways and crossings, and attempting to establish the location and strength of enemy units.

Sergeant Ditner was a farmer from Petersburg whose father was a Warden for Waterloo County for many years. Hubert was a jovial handsome young man who loved animals and wanted to own his own land when the war was over.

Hubert joined the army in September 1942 and qualified as an armoured car-carrier driver at Camp Borden near Barrie, Ontario. He served in the United Kingdom until June 1943 and then North Africa until August 1943, when he was assigned to the 4th Princess Louise Dragoon Guards. During his time with the guards, as his regiment advanced, one night he and the rest of his troop had taken the opportunity to get some sleep in a roadside ditch. As dawn approached, a sentry spotted an enemy position and alerted an officer, who woke Sergeant Ditner. Fluent in German, the NCO rounded up some other ranks and the group approached the dugout, weapons at the ready. Ten German soldiers were eventually captured. He wrote in a letter to his brother, "I don't know who was more scared, us or the Germans."

He took part in Italy landings and served as a scout until July 1944 when his unit was transferred to Infantry Corps. He was often called upon to talk to German prisoners.

Hubert was leading a counter-attack at the Naviglio Canal in Northern Italy when he was shot four times by a German machine gun. He was ill with jaundice but refused evacuation to stay with his men, many of whom were recent arrivals and required strong leadership. Sergeant Hubert Ditner died the next morning. We are honoured to have a street named after him. (Ditner Avenue is located in the subdivision behind the Castle).



** Thanks to Harold O'Krafka and Stephen Ditner for the information in this article. **



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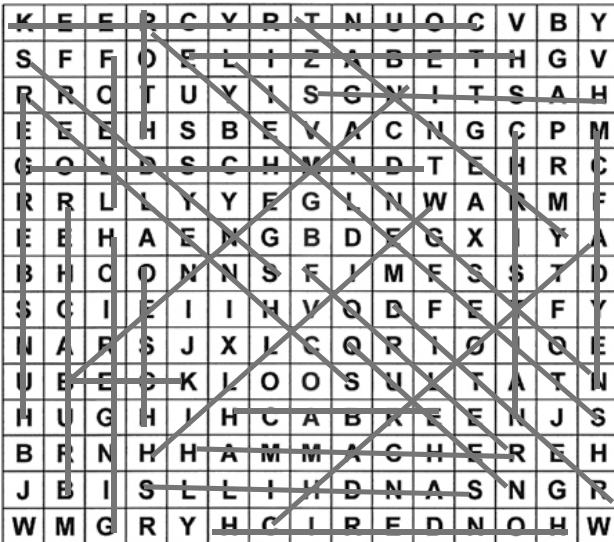


Feed the open end of any plastic bag through the neck, invert over the threaded top and screw the cap over the plastic to seal.



The bottle is made to be air-tight, so liquids will not leak. The secret lies with the top and screw!

ANSWERS FROM PUZZLE ON PAGE 5



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Meet Your Firefighters: Justin Zielman

Justin Zielman is no stranger to the world of firefighting: he volunteered with the fire department in Dashwood, Ontario (near Grand Bend) for two and a half years. So when he moved to Baden in February of 2009, it was only natural that he would apply to join the Baden Station of the Wilmot Fire Department and it was only natural that he would be hired, in October of 2010.

A mechanic at Stratford Farm Equipment in New Hamburg, Justin knew that when he left his childhood home in Dashwood he would miss being on the fire department. "I applied to Baden as soon as I got here," he laughs. And what is it that he missed? "Everything!" he answers.

"I like going to the calls, I like being there to help people, I just enjoy everything about volunteer firefighting."

When asked how Baden compares to Dashwood, Justin says that they're very similar in the types of calls, except for the medical alarms, which Dashwood does not respond to. And the number of calls should be a change, too: while Dashwood sees perhaps 30 calls per year,



the Baden station typically logs over 200!

While he's devoted to the world of firefighting, Justin is content to volunteer rather than make it his career. "I enjoy being a mechanic," he explains, and it is a skill that often comes in handy for a volunteer firefighter. For now, Justin is thrilled to be a part of his new community and part of a firefighting world he knows so well.

Written by Teresa Brown



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Limit 1 per coupon until Feb.15

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Helpful Hints For Your Vehicle This Winter

- ⇒ Keep your headlights clear with car wax! Just wipe ordinary car wax on your headlights. It contains special water repellents that will prevent that messy mixture from accumulating on your lights and lasts six weeks.
- ⇒ Squeak-proof your wipers with rubbing alcohol! Wipe the wipers with a cloth saturated with rubbing alcohol or ammonia. This one trick can make badly streaking & squeaking wipers change to near perfect silence and clarity.
- ⇒ Ice-proof your windows with vinegar! Frost on it's way? Just fill a spray bottle with three parts vinegar to one part water & spritz it on all your windows at night. In the morning, they'll be clear of icy mess. Vinegar contains acetic acid, which raises the melting point of water---preventing water from freezing!
- ⇒ Prevent car doors from freezing shut with cooking spray! Spritz cooking oil on the rubber seals around car doors & rub it in with a paper towel. The cooking spray prevents water from melting into the rubber.
- ⇒ Fog-proof your windshield with shaving cream! Spray some shaving cream on the inside of your windshield & wipe it off with paper towels. Shaving cream has many of the same ingredients found in commercial defoggers.
- ⇒ De-ice your lock in seconds with hand sanitizer! Just put some hand sanitizer gel on the key and the lock & the problem's solved!



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Subsidy available. Registration required.

"Moving Towards Healing Through Art"

Peer led support group for female survivors of sexual trauma.

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Anyone interested in participating in any of these opportunities can contact Karen at 519-662-2731 ext 201 or fvpp4wfrc@bellnet.ca

WILMOT HORTICULTURAL SOCIETY

Garden Explosion Seminar

Saturday, February 5, 8:45 a.m. - 3 p.m.

New Dundee Community Centre

Registration required

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Wilmot Horticultural Society Meeting

Monday, Feb. 14, 2011 - 7:30 p.m.

Wilmot Recreation Complex,

1291 Nafziger Rd., Baden - Mtg Room A

Speaker - Rodger Tschanz, University of Guelph

Topic- *'Romance in the Garden -*

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For more information please call (519) 662-3092

Another Cool Move

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

Baden Outlook Hockey Pool Stats

Adults Pool Stats			Kids Pool Stats		
Place	Name	PTS	Place	Name	PTS
1	W.A.N.T.S	463	1	Nathan Gibbons	450
2	Rob Waechter	459	2	Willow Voisin	446
T3	Lisa Egli	455	3	Daniel Jutzi	437
T3	Steve Campbell	455	4	Owen Krupf	435
5	Andy Veenstra	448	5	Daniel Kreller	433
6	Beth Gilbey	446	6	Jaimie-Marie Usher	432
7	Justin Kendrick	445	T7	Joel Heise	431
T8	Michael Quinn	443	T7	Mitchell Wilhelm	431
T8	Susan Chipman	443	T7	Paige Naumann	431
10	Karen Sisko	442	T10	Jakob Windl	429
11	Su Simpson	441	T10	Nathan Metcalfe	429
12	Jacob Kaufman	439	T12	Brayden VanDeWynckel	427
T13	Jane Fewkes	435	T12	Meghan Mueller	427
T13	Sharon Williams	435	14	Caleb Hunter	425
T15	Phylis Sisco	434	15	Connor Crouse	424
T15	Rob Feick	434	16	Dominik Struth	423
T17	Brad Habel	433	T17	Austin Dale	417
T17	Derek Nelson	433	T17	Hannah Litwiller	417
T17	Sharon Forde	433	19	Carter Schwartzenruber	416
T20	George Gilbey	432	20	Cooper Honderich	415
T20	John Windl	432	T21	Aiden Heinbuch	412
T20	Laura Martin	432	T21	Garret Taves	412
23	Bobbie Ruthig	431	T21	Ryland Carney	412
T24	Karolyn Fournier	430	24	Lukas Kaufman	410
T24	Wayne Weicker	430	T25	Evan Bizony	409
T26	Christina Flood	428	T25	Greg Rempel	409
T26	Wally Morrison	428	T27	Evelyn Cobean	408
28	Nathan Roth	427	T27	Trent Agnello	408
29	Kelly Schultz	426	T27	Tyler Kleine	408
30	Todd Girodat	425	T27	Zachary Luloff	408
T31	Allen Denison	423			

Congratulations to W.A.N.T.S.
(team Gibbons family) for
taking the leader prize in
this month's Hockey Pool -
winning a gift certificate
from EJ's of Baden.



Congratulations to Nathan Gibbons for
taking the lead in the Kids Hockey Pool
winning a fun pack from Riverside Lanes

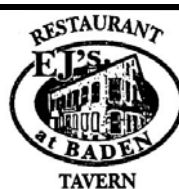
The lucky random draw winners
are Tanya Metcalfe, winning a gift
certificate from Egli's Meat Market, and
Joel Heise, winning a Baden Outlook shirt.

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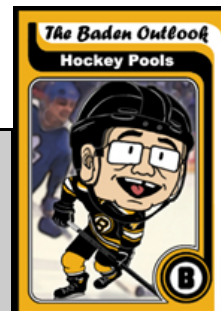
*Join us Feb. 6th
For Super Bowl
Sunday -
Watch on the
Big Screen*

*Bring your talent to EJ'S
January 15th for
Karaoke Party with
Dave Rolla*



Have Fun and Good Luck!

WOW! Sports fans...Thanks for playing hockey with us! There are 475 entrants in this year's Outlook Hockey Pool. Be sure to follow your stats which are updated daily on the site. The Outlook draws the stats on the 7th of the month. To follow the stats, log on to our website at www.badenoutlook.com - Click on sports pool—choose "hockey" The pool I.D. is [outlookhockey](#) (or [outlookkids](#)) and the password is [quest](#). The top 50 entries will be listed to view all teams click on page number on bottom of page.



It's that time of year again. While in the thick of the post-holiday rush and surrounded by a blanket of white snow you may find your gardening gusto has waned. Never fear, the winter actually provides a unique opportunity to really work on your garden. What you get out of this dreary time of year can make or break the next growing season. Don't believe me? Think about these vital gardening tasks that are ripe and ready to tackle in January and February.

Planning for the Season

Stop fretting about your New Year's resolutions and start worrying about your garden. Except don't worry about it, just plan for all of the glorious, colourful and healthy plants that will sprout and bloom in your beds this year.

Have you always wanted to start a vegetable patch? Make this the year and start laying out the rows in your mind, choosing your varieties and gathering suitable recipes. Maybe you regret not planting those bulbs in the fall and are dreading the lack of colour in your landscape. Browse through the massive selection of lilies in catalogues and online, looking forward to a rainbow of nature's beauty all summer long.

Planning is a necessary step and tackling this in winter is a great way to be focused, inspired, and allow your creativity to blossom (sorry, couldn't resist the pun).

Pricing Out Landscaping Services

Winter is also a great time to get in touch with contractors. Since business tends to be slower during the winter, landscaping contractors often have more time to discuss the options, go over designs, and give you pricing. You may even stumble on a few discounts that would be void if you waited until the spring to get in touch.

Find out if a patio is in your future or ask about the cost of tree and hedge planting. The garden centres are also quite a bit quieter at this time of year, making it the ideal time to window shop or ask questions.

Study, Learn and Best of All Laugh

There is a "can't miss" gardening event held every February right here in our region. And those who have attended in the past will assure you that they always come away inspired and educated with warm hearts and fertile minds. The 9th annual Gardening Explosion is put on by the Wilmot Horticultural Society and features fabulous food, excellent speakers and a host of vendors offering gardening accessories, seeds and plants.

This year the theme is "country," so y'all best come on down to the New Dundee Community Centre on Saturday, February 5 from 8:45am to 3pm. There are door prizes, plenty of fun and lots of friends. It's the perfect pick-me-up for any gardener and guaranteed to make your winter brighter. Contact Marian at 519-696-3346 for more information.

Start Your Seeds

We'll discuss this in detail next month, but late winter is when the seed packs spring open and your garage, greenhouse, and any other empty space gets packed with grow lights and seed pots. Whether you're a diehard seed starter or just want to try your hand at it, this task is a winter wonder and allows you the pleasure of seeing the beauty of a sprouting seed close up.

So don't let the winter blahs shadow your love of gardening. There is planning to do and contractors to get in touch with. Mark the Gardening Explosion seminar on your calendar for early February and get out the seed pots. Soon enough the snow will be gone and you can really get your hands dirty.



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How Time Flies ~ At The New Hamburg Thrift Centre!

It's hard to believe how quickly four years can go by! Saturday, January 15th will mark the fourth anniversary of the opening of the New Hamburg Thrift Centre. This venture began with two smaller MCC owned stores (Clothing & More and Furniture & More) combining to create one large store. Since opening its doors on January 15, 2007, the New Hamburg Thrift Centre has generated sales of \$4,289,605 from quality donated items. That's right! Over 4 million dollars!

Volunteers are the heart of this organization and the volunteer base has expanded to over 300 since 2007. The Thrift Centre has managed to create its own community within a community to provide a place for volunteers of all ages to come together for friendship, fellowship, and a way to give back.

Over the past four years, new initiatives have been explored such as the Gala for Gaza Fashion Show fundraiser, the Garden Project (generating \$18,000 in two seasons), and the launching of the store's website to provide our customers and donors with information they are looking for.

The Thrift Centre has also continued with proven projects such as the Annual Perennial Sale held during the month of May, which in the past four years has generated \$75,000.

As word continues to spread about this unique store, the need has risen to expand the original parking lot by 14 spaces to accommodate shoppers. The Thrift Centre has also become a stop on many bus tours. More and more schools, churches, and community groups are coming in for tours and service opportunities.

When the earthquake disaster struck Haiti in 2010, the Thrift Centre quickly became a collection site for MCC Relief Kits, blankets, and financial donations. In New Hamburg alone, between Jan 14 and Jan 30, over \$25,000 was collected to support MCC's relief efforts in Haiti.

Reflecting back on the past four years, much work has been done and we dream of more that can be done for our own community and globally. We will continue to provide an enjoyable workplace for our valued volunteers, work hard at diverting things from landfill, and provide quality merchandise at lower prices, all while raising money to support the work of MCC. We invite you to join us by shopping or volunteering!

To learn more about the New Hamburg Thrift Centre, visit our website at www.newhamburgthrift.com

New Hamburg Thrift Centre

41 Heritage Drive

New Hamburg

tel: 519-662-2867

www.newhamburgthrift.com



4th Anniversary Sale!

Saturday, January 15

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the work of
Mennonite Central
Committee

REGULAR HOURS

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

Season's Greetings!

LIFE Co-op wants to thank all our members and friends for your support and encouragement over the past year.

We are pleased to announce that our grant from the Community Energy Partnerships Program (CEPP) has been approved! The grant money will go a long way toward bringing our wind project to LIFE.

We also want to thank those who came out to our recent St. Agatha open house in early December. It was great to meet more people from the community and to hear your thoughts on the wind project.

We look forward to bringing you more good news in 2011!



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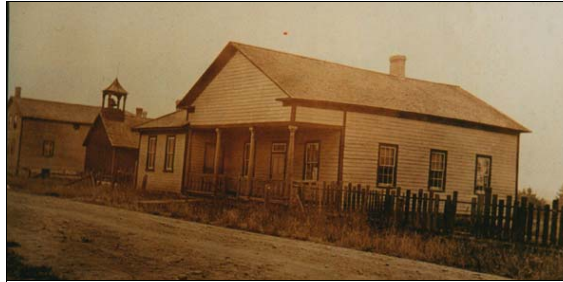
Petersburg, Ontario

Ask Armand ~



Murray from Petersburg asks: *When was the Baden Fire Department officially formed?*

Armand Says: *The Baden Fire Department was officially organized in 1926. Their first fire hall was no more than a shed which was located at the current site of the Wilmot Senior's Workshop and the first fire truck was purchased at a cost of \$1,500 on January 15, 1926.*



Seen above is the first fire hall—middle building with bell cupola on top. The larger building is the old township hall, both located on Beck Street. 1926

The second fire hall was located on Snyder's Road, to the right of the current library. It was in 1973 that the station on Foundry Street housed the "Wilmot Township Fire Station #1, Baden.

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If your church is missing from this list please contact us to be included.

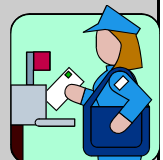
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'CLEAN' Support Group says Good-Bye and Thank You to Wilmot

As CLEAN (*Community Link Empowered Against Narcotics*) comes to an end after ten years, our non-profit group that provided 'support, awareness and empowerment against narcotics' in our Community would like to take the opportunity to sincerely thank all those who supported us.

CLEAN wishes to express gratitude to the community groups that donated funds and services that allowed our group to offer annual Drug Awareness presentations, speaking engagements and materials available for drug awareness.

Much appreciated are: **The New Hamburg Lioness Club, Hillcrest Mennonite Church, New Dundee Women's Institute, Trinity Community Players, The Optimist Club, Ritz Printing, The Baden Outlook**, and all private donations received over the past ten years. A special Thank you to **Trinity Lutheran Church** for providing us with the use of their facility for

support meetings, monthly executive meetings, and storage for our materials. Also a special thanks to **Waterloo-Oxford D.S.S.** for their support and use of the cafeterium for our annual Drug Awareness Presentations.



Although there will no longer be regular support meetings or phone service, CLEAN will maintain our name and always be available for anyone in need by contacting a member personally. Our goals were to give support and awareness to families in need, to our Community, and to educate in the fight against drug abuse.

A heartfelt Thank you to our Community for their generosity, faith, donations and great support for the past ten years.

With Gratitude - Frances Moriarty, Gwen & Ron Cook, Jenny & Mike Ritter, Pat Reeve



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First Day of School at New Sir Adam Beck Public School in Baden

On Monday, January 10, 2011, approximately 370 junior kindergarten to grade six students began the new year in their new school.



Twee-Tweedle Dee-Doodie, Tweet-Twittle to You

This is for the over 50 generation, but the under 50 generation will get a laugh out of this too!!

I thought about the 30 year business I ran with 1800 employees, all without a Blackberry that played music, took videos and pictures, and communicated with Facebook and Twitter.

I signed up under duress for Twitter and Facebook so my seven kids, their spouses, 13 grandkids, and 2 great grand kids could communicate with me in the modern way. I figured I could handle something as simple as Twitter with only 140 characters of space.

That was before one of my grandkids hooked me up for Tweeter, Tweetree, Twhirl, Twitterfon, Tweetie and Twittererific Tweetdeck, Twitpix, and something that sends every message to my cell phone and every other program within the texting world.

My phone was beeping every three minutes with the details of everything except the bowel movements of the entire next generation. I am not ready to live like this. I keep my cell phone in the garage in my golf bag.

The kids bought me a GPS for my last birthday because they say I get lost every now and then going over to the grocery store or library. I keep that in a box under my tool bench with the Blue tooth [it's red] phone I am supposed to use when I drive. I wore it once and was standing in line at Barnes and Noble talking to my wife as everyone in the nearest 50 yards was glaring at me. Seems I have to take my hearing aid out to use it and I got a little loud.

I mean the GPS looked pretty smart on my dash board, but the lady inside was the most annoying, rudest person I had run into in a long time. Every 10 minutes, she would sarcastically say, "Re-calc-ul-ating." You would think that she could be nicer. It was like she could barely tolerate me. She would let go with a deep sigh and then tell me to make a U-turn at the next light. Then when I would make a

right turn instead, it was not good.

When I get really lost now, I call my wife and tell her the name of the cross streets and while she is starting to develop the same tone as Gypsy, the GPS lady, at least she loves me.

To be perfectly frank, I am still trying to learn how to use the cordless phones in our house. We have had them for 4 years, but I still haven't figured out how I can lose three phones all at once and have to run around digging under chair cushions and checking bathrooms and the dirty laundry baskets when the phone rings.

The world is just getting too complex for me. They even mess me up every time I go to the grocery store. You would think they could settle on something themselves but this sudden "Paper or Plastic?" every time I check out just knocks me for a loop. I bought some of those cloth reusable bags to avoid looking confused but I never remember to take them in with me. Now I toss it back to them. When they ask me, "Paper or Plastic?" I just say, "Doesn't matter to me. I am bi-sacksual." Then it's their turn to stare at me with a blank look.

I was recently asked if I tweet. I answered, "No, but I do toot a lot."



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Protecting Our Children

Harold Albrecht, MP Kitchener-Conestoga

It's natural for parents to worry about the safety and security of their children. We worry that maybe the tree-fort is a little too high, or that it's too dark for a bike ride. While these kinds of concerns are expected, parents shouldn't have to worry about serious threats like child sexual abuse and exploitation.

Canadians expect governments to help protect our children as much as possible – and our Conservative Government has delivered.

We've already taken action for young Canadians by helping strengthen the National Sex Offender Registry – an important improvement which makes it mandatory for sex offenders to be registered. We've strengthened the National DNA Data Bank by requiring all convicted sex offenders to provide a DNA sample. And we've introduced legislation that would require suppliers of Internet services to report online child pornography; stiff fines will be levied for those who ignore the rules.

Canadians know that the Harper Government is serious about the safety of our most vulnerable – our children. Whether online or outdoors, children should be able to play freely in their communities.

This fall, we have delivered on our commitment to help make Canadian communities safer for families like yours and mine. As part of our action to protect children from sexual predators, our Government has asked Craigslist – a network of online communities – to remove the erotic services ads from their Canadian websites. These kinds of ads may help criminal organizations profit from child prostitution and human trafficking.

We're also ensuring that when it comes to the sexual exploitation of children – the punishment fits the crime. Our Government is proposing improvements to the Criminal Code that would make certain that punishments better reflect the brutality of these crimes. They provide tougher sentences for those who commit sexual offences against children.

Governments also have a responsibility to provide authorities with the tools necessary to bring to justice those

who break the law. And today's complex computer and telecommunications environment provides countless new ways of committing crimes, making it harder to investigate. That's why we've introduced legislation that would provide law enforcement and national security professionals with up-to-date tools to fight crimes related to gangs, terrorism and child sexual exploitation.

While our Government is taking action to prevent these horrible crimes, unfortunately some children still suffer from abuse. That's why the Harper Government is establishing and upgrading Child Advocacy Centres across Canada. These centres will be a strong support system for young victims and witnesses of crime, making it easier for children's voices to be heard throughout our criminal justice system. They will help reduce trauma so that young victims and witnesses feel comfortable and are better equipped to provide strong evidence that can lead to more convictions and appropriate sentences.

For us, one victim of child abuse is one too many. That's why we will continue to fight crime and protect the vulnerable. As a Member of Parliament, I support these changes. As a parent and grandparent, I applaud them.

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THE BASIC CHARACTERISTICS OF EXERCISE

By Dr. John A. Papa, D.C.



Regular exercise has long been identified as an essential element of good health. Below is a brief summary regarding some of the basic characteristics of a balanced exercise program.

Aerobic or **endurance** exercise improves the body's capacity to deliver oxygen to working muscles and organs. Swimming, cycling, jogging, and power walking are a few examples. It is recommended that an individual engage in a minimum of 30 minutes of endurance exercise at least three times per week. Aerobic and endurance exercise benefits the cardiovascular system. It is also a great way to help lose weight and control blood sugar levels.



Resistance or **strengthening** exercise enhances a muscle's ability to contract and do work. Strengthening exercises can vary from using fitness machines, simple dumbbells at home, rubber bands, or your own body weight. Improving or maintaining strength is important for preserving and building bone density. This can assist in preventing osteoporosis and the risk of fracture from falls. Strengthening exercises can also boost metabolism and help keep a healthy body weight.

Flexibility exercises help maintain a joint's complete movement or range of motion. Stretching is the most familiar form of this type of exercise but it can also include activities such as Tai Chi, Pilates, and Yoga. Holding a sustained stretch for 15 to 30 seconds can provide modest flexibility gains. This type of exercise becomes especially important when preparing the body for any physical activity to help minimize the risk of injury. Individuals with arthritic conditions can find this type of exercise extremely beneficial in helping them cope with stiff and painful joints.

The exercise components of **intensity**, **duration**, and **frequency** will influence how one progresses through an exercise program. For example, someone performing the endurance portion of their exercise program of walking will find that after a short while they are able to walk quicker (intensity), longer (duration), and 5 days a week instead of 3 (frequency). This same person also finds that they are progressing in their resistance program because they can now lift a heavier dumbbell (intensity), 8 times instead of 5 (duration), and 4 times a week instead of 2 (frequency). A simple explanation for all of this is that your body is learning through exercise how to adapt to these positive stresses being

placed upon it. In order to keep progressing, the body must have a new stimulus placed on it every once in a while. Of course there are limits to this, and sometimes switching the nature of the exercise you perform can be an adequate change in stimulus, resulting in continued health benefits from exercise.

A lifetime of regular aerobic, resistance, and flexibility exercise is ideal, but it is never too late to start! If you are over 35, have been sedentary for some time, or have a specific health condition or limitation, consult with a knowledgeable personal trainer or health care provider before beginning any new exercise program.

This article is a basic summary for educational purposes only. It is not intended, and should not be considered, as a replacement for consultation, diagnosis, or treatment by a duly licensed health practitioner.

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~ What A Wise Guy! ~

The police officer got out of his car as the kid who was stopped for speeding rolled down his window. "I've been waiting for you all day" the officer said. The kid replied, "Yeah, well I got here as fast as I could." When the cop finally stopped laughing, he sent the kid on his way without a ticket.



the Health & Wellness Page

Enhancing the Immunity with Super Foods: Shiitake Mushrooms



Let's first get the pronunciation of this mushroom variety correct. It is not 'shet ache'; 'she take'; 'sh, talk eh?', but "SHEEE-tah-kay."

Asian mushrooms are commonly known as a super food, and this Japanese variety is no exception.

Mushrooms are most noted for enhancing the immune system, and benefitting the stomach. At a cellular level, shiitake mushrooms are said to contain a natural source of interferon, which appears to help fight cancer and viral diseases. Containing an abundant source of the element germanium, they aid in cellular oxygenation which further enhances the immunity. They also increase the body's resistance to pathogens and bacterial infections due to high levels of vitamin D and polysaccharides. Super foods indeed!

But aside from all that, I wonder what they contain that makes them so delicious!! The smell of them dried is intoxicating, and soaking them just heightens that sensation even further.

Shiitake Mushroom

It's best to soak dried shiitake mushrooms for quite a few hours. Put them in a bowl with lukewarm water, and they will slowly start to reconstitute, the stems being the last piece to get soft. They can stay in their soak water and be kept in the fridge for quite a while, but you can also strain and save the soak water for soups, stocks, or cooking rice, because it too, is so incredibly flavourful!

Cooking Shiitake Mushroom and Kabocha Squash

I used it to sautee some kabocha squash, the mushrooms, and leftover rice and beans. The mushrooms can be cooked into rice, sauteed, or put into soups, and I'm sure many other applications. Here I've sliced them thinly and sauteed them with the kabocha, and then added the leftovers.

As a note, all mushrooms should be used sparingly by long term vegans or during times of convalescence, due to their strong cleansing properties. However, mushrooms are excellent for drying dampness in the body, removing fat and cholesterol in the blood, removing mucus and digestive residues (especially in the stomach), and discharging excess residues of accumulated animal protein.

Michael Fisher
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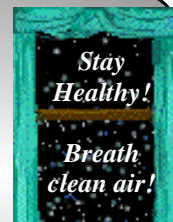
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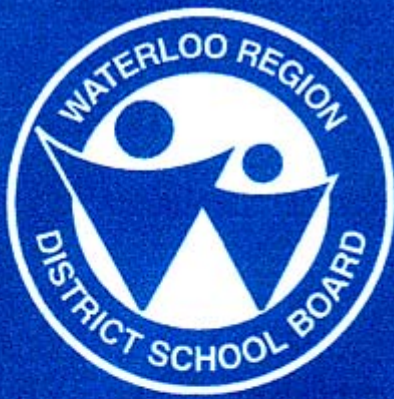


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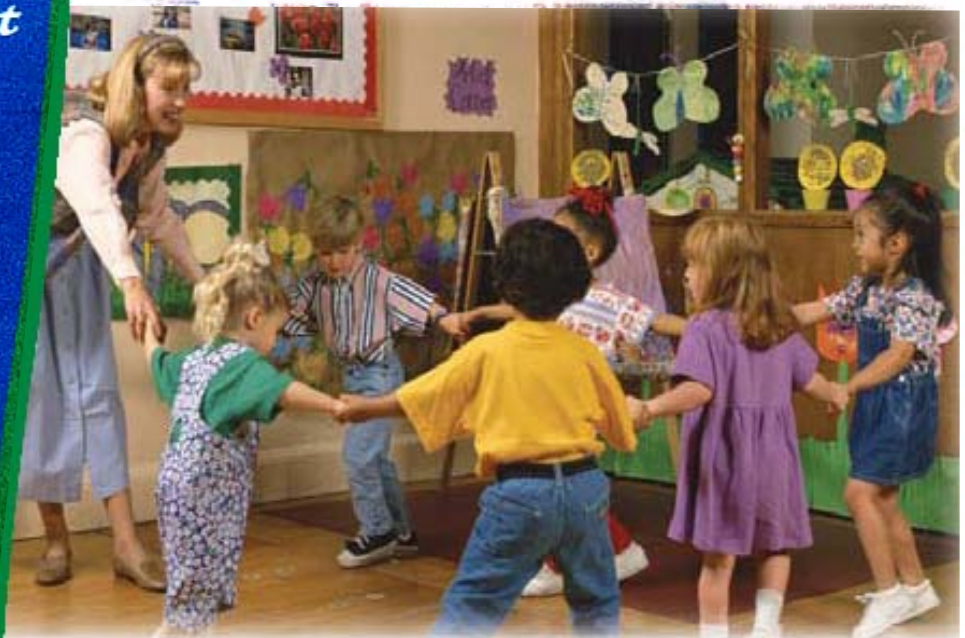
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**For more information
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