

JANUARY 2012



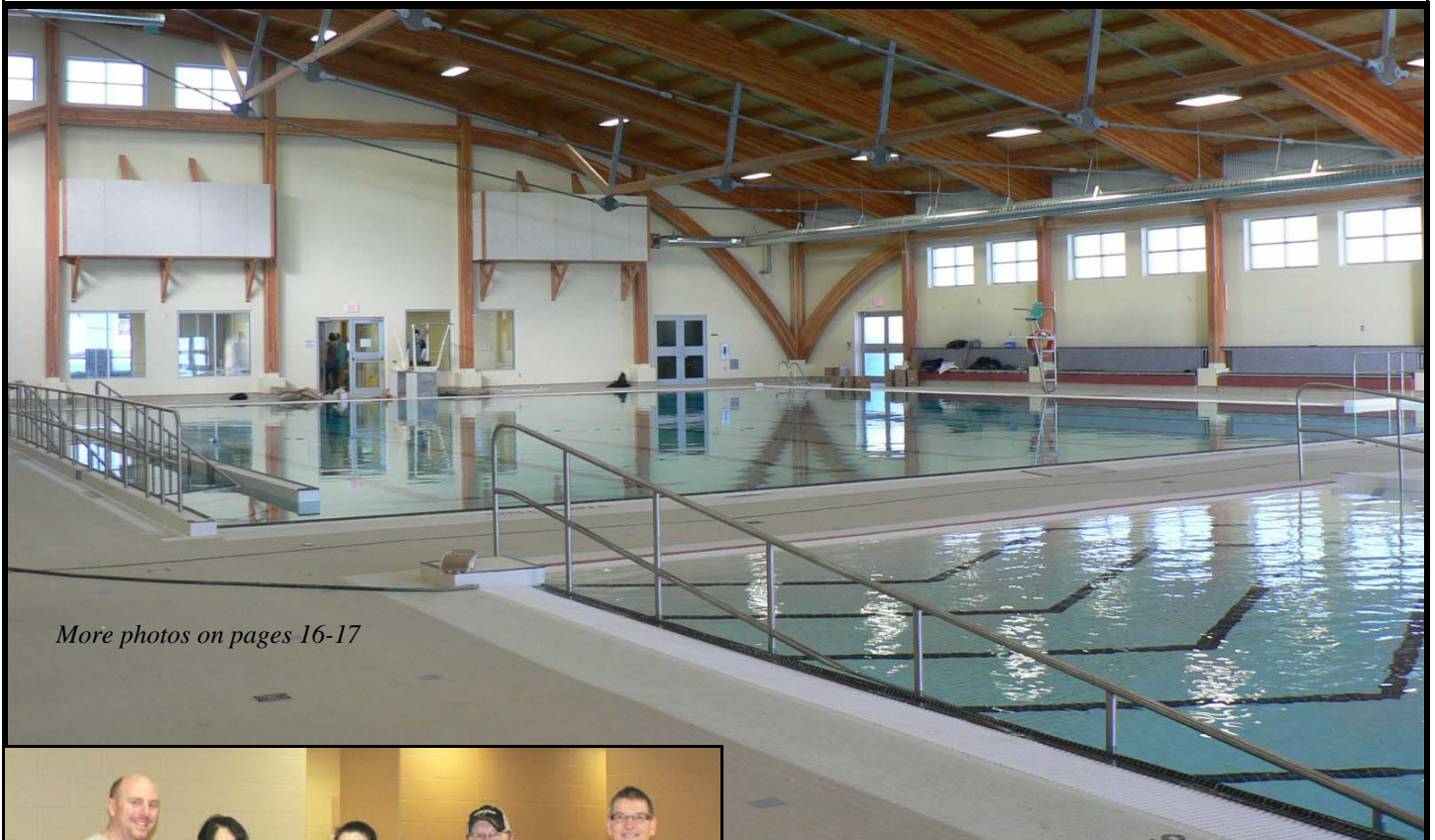
BADEN OUTLOOK



*"Keeping the Community Connected"
With 2800 copies in Circulation*

VOLUME 12, ISSUE 6

January 2012 ~ The Community Pool is Officially Open!!



More photos on pages 16-17



Wilmot's Parks and Recreation Staff welcome you to their new home at Wilmot Community Pool.

Seen are l-r: Jason Falk, Vicki Luttenberger, Kristy Themistocleous, Geoff Dubrick, and Scott Nancekivell

**You are invited to enjoy
a Free Swim at
Wilmot Community Pool
Compliments of
The Baden Outlook
Sunday, January 29
2-4 pm**



This paper is priceless - Please have one!

Talking with Ed

It Takes a Village to Raise a Child



Many of us have heard of this age-old proverb essentially saying that a child is raised in a home, but also raised by the community. My childhood growing up in MacTier, a town of 800 people, 25 minutes south of Parry Sound, was certainly like that. I probably spent as many waking moments in other people's homes as I did in my own.

Things were quite different then, as neighbours treated all children like their own and teachers helped to discipline students. I know that I was taught many things from people other than my parents or teachers. My Boy Scout leader taught me certain areas of respect and instilled goals; my hockey coaches taught me drive and stamina – we had one hour practices where we would skate hard for the entire time. My first boss at *Johnny Green's General Store* taught me to be on time and to work hard. My next-door neighbour taught me the proper way to fillet a fish, and my Uncle Mark taught me how to drive a boat. Although many of these life skills were not pleasant experiences, they mattered. They, along with the fond memories, stuck with me, creating who I am today.

Who doesn't have fond memories of their childhood and their hometowns? We raise our families modeled on those times and hope to re-create that feeling for our families today with such neighbourly warmth.

Yes, times have changed over the years with many more rules and regulations along with plenty of other distractions. When I was young we had only one television station (Channel 3 in Barrie) and if you didn't like what was on television you went outside to play (not to mention, we had only one television...black and white and very small). We would run through other people's yards, stay outside until ten o'clock playing in swamps and streams, having lunch wherever I could get a sandwich. Today there are hundreds of television channels, video game systems, computers and the internet that keep youngsters sedately occupied. People tend to stay more to themselves, building fences, creating walls and staying indoors. But the basic concept of the town raising the child still remains and is one in which to revel.

Here in Baden, the population explosion over the last decade has blessed us with many new faces. One co-worker from Zehr's, who just moved to Baden from Kitchener, told me his three neighbours are from Kitchener, Waterloo, and St. Jacobs. There are so many new faces, perhaps seeming like strangers, and looking for ways to connect.

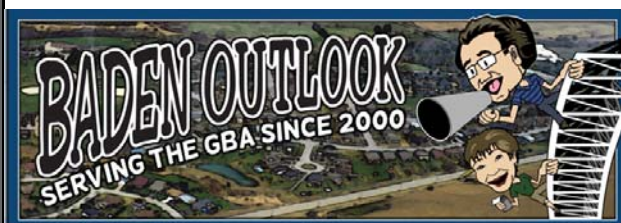
I have been thinking about this and wondering how people can connect face-to-face beyond the community connection with the paper. So, with this in mind, I am hosting a Town Hall Meeting at the Baden Public School on the evening of February 7th. The event starts at 6:30 pm with a half hour social time with refreshments, finger foods, and mingling. At 7:00 the meeting will begin with the intentions to form a community group, generating fresh energy and making Baden yet a better place to live. This is a time for those who want to give; whether in a big way or a small way it is an opportunity to make a difference, instill pride in our town and build community spirit. It is also the time to re-think the theory of what a village could be not only to raise a child, but to re-evaluate why we chose to live in a small town like Baden.

This meeting is for all adult Baden residents including Foxboro folks, who share the same enthusiasm for this town. This is to be a positive evening to look to the future with excitement! Please attend this event as it is the first step to join together and build a grassroots organization. If nothing else, it is an opportunity to meet and greet your neighbours.

Until next month with a full report of the evenings events...Ed

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HAPPY NEW YEAR !!

Wishing you all:
12 Months of Happiness,
52 Weeks of Awesome Fun,
365 Days of Good Health,
8760 Hours of LOVE,
525,600 Minutes of Blessings &
3,153,000 Seconds of Joy,
Happy New Year, 2012 !!

Greetings from Outlook Headquarters

Happy New Year Fellow Readers!!



I trust we all did our best to survive the very merry and oh so very busy holiday season. We fared quite well here at the Outlook Headquarters once we had the December issue published for the 15th, followed then by the 2012 Outlook Events Calendar. We intended to have the calendars available for Christmas but we had to source out the printing as our printer doesn't like the thicker glossy paper we chose to use for the calendar. We did get them to the mail for our Baden readers by the 24th but know they didn't reach you till the following week. We hope you enjoy them, as they feature local events complemented with more archive photos. *If you choose to not use your calendar and are out and about in town, it would be very kind of you to return them to our Outlook mailbox or to The Candy Bag store so they could be available to someone who wants one, rather than loading up your recycle bin which is brimming with holiday gift wrap scraps. We printed a limited amount, as they were costly to print and realize that calendars are aplenty at this time of year. In advance, I thank you for your consideration.*

Next of concern at the Outlook are the circulation and distribution changes made this past year. Since the postal rates increased, and with the pending strike last spring, we chose to stop mailing out the papers to all Baden homes and purchased outdoor paper-stands instead. We know that most do enjoy their Outlook but we aren't too naïve to realize that some go directly to the recycle bin. There is just so much junk that comes in the mail that gets clumped together and dumped in haste and if our circulation was to drop for that reason, then so be it. But we are glad that it took only a few months for the adjustment to be made and to have the circulation back to what it was prior to the change. Interesting enough is where the changes have come from.

Last spring we printed 2800 copies with 1275 copies mailed directly to the homes of Baden who do not have a junk mail block, with the remaining being distributed within Wilmot Township. Currently we are printing 2800 copies again, with the big pick up spots in Baden being EJ's and Egli's, the outdoor paper-stands at Macs and Mars convenience stores, and at the mailbox station on Snyder's Road next to the library. There are also copies available at The Candy Bag, One Way Water, The Little Things Alterations, Baden Feed, and the Baden Library. We also have outdoor stands located next to the mailbox stations on Stiefelmeyer Crescent and Brenneman Drive with minimal copies being picked up. It seems though that our new friends in the Livingston Blvd. subdivision are missing out, and we may station a box in their neighbourhood sometime soon. We've also considered hiring a student to deliver, as there are over 500 homes there.

We try to keep papers stocked at the pickup spots from the 15th to the end of the month. Strangely, if we happen to have extra papers, we simply go to the No Frills and Sobeys's grocery stores in New Hamburg where we go through over 300 copies each (usually 100 on the first day).

So collectively, between the 25-plus pick-up locations we distribute over 1400 papers -- just in New Hamburg! *That is half of our circulation – Thank you to our readers in New Hamburg!!*

EXTRA!! EXTRA!!

There are copies of The Baden Outlook available in Baden at Egli's Meats, Mars Variety, EJ's, Mac's, One Way Water, Baden Library, and several outdoor magazine boxes located conveniently throughout town for Baden readers.

In New Hamburg at No Frills, Sobeys's, Short Stop, Kasemann's, Morningside, Absolute Fitness, NH Dry Cleaners, NH Wellness, New Hamburg Library and various offices and retail locations throughout Wilmot Township. Also available at Stop 2 Shop (St. Agatha), Old Fashioned Variety (Petersburg) Foxboro.

~ And as always, It's Priceless ... Please Have One!





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



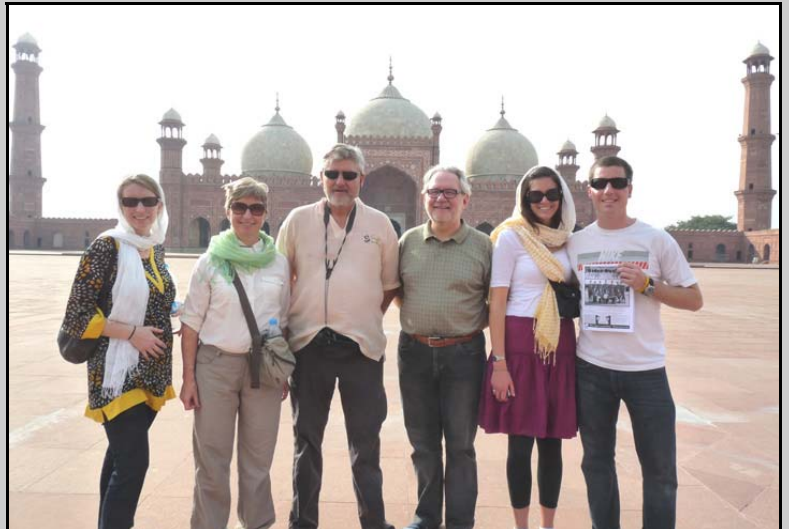
This shepherd didn't travel far but enjoyed looking at the Outlook during church practice at Emmanuel Lutheran Church in Petersburg. Seen is Jayden, granddaughter of Hilda Faugh.



Robin and Lyle Pearson cruised with their Baden Outlook from Miami, Florida through the Panama Canal to Los Angeles, California!



The Becks travelled to South Carolina with their Outlook and stopped along the way in North Carolina for a picture.



Seen at the King's Mosque in Lahore, Pakistan, where they travelled in November for John and Janice Harder's son Johnny's wedding to Muneeba Omar. Left to Right: Kristina Hanby, Janice Harder, John Harder, Peter Harder, Katie Erb and David Harder



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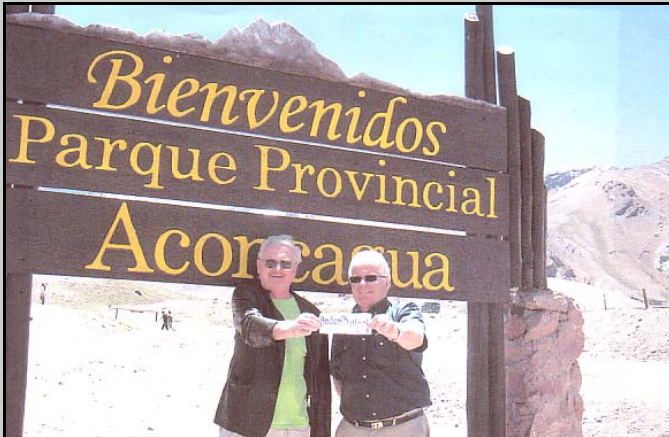
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... Cruisin' through Florida, California and the Panama Canal, Las Vegas, Pakistan, Petersburg, North Carolina, and Argentina



Bonnie and John Jokic, and Gwen and Ron Cook took their Outlook to Las Vegas and the Hoover Dam in October while celebrating their 35th wedding anniversaries.



Chris Sebastian met up with Arnold Bock west of Mendoza, Argentina in November. The Aconcagua Mountain is said to be the second most prominent mountain in the world.

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Change Your Thinking

It will take just a minute to read this and change your thinking..

Two men, both seriously ill, occupied the same hospital room. One man was allowed to sit up in his bed for an hour each afternoon to help drain the fluid from his lungs. His bed was next to the room's only window. The other man had to spend all his time flat on his back. The men talked for hours on end. They spoke of their wives and families, their homes, their jobs, and their involvement in the military service, where they had been on vacation.

Every afternoon, when the man in the bed by the window could sit up, he would pass the time by describing to his roommate all the things he could see outside the window.

The man in the other bed began to live for those one hour periods where his world would be broadened and enlivened by all the activity and colour of the world outside.

The window overlooked a park with a lovely lake. Ducks and swans played on the water while children sailed their model boats. Young lovers walked arm in arm amidst flowers of every colour and a fine view of the city skyline could be seen in the distance.

As the man by the window described all this in exquisite details, the man on the other side of the room would close his eyes and imagine this picturesque scene.

One warm afternoon, the man by the window described a parade passing by. Although the other man could not hear the band he could see it in his mind's eye as the gentleman by the window portrayed it with descriptive words.

Days, weeks, and months passed. One morning, the day nurse arrived to bring water for their baths only to find the lifeless body of the man by the window, who had died peacefully in his sleep. She was saddened and called the



hospital attendants to take the body away. As soon as it seemed appropriate, the other man asked if he could be moved next to the window. The nurse was happy to make the switch, and after making sure he was comfortable, she left him alone.

Slowly, painfully, he propped himself up on one elbow to take his first look at the real world outside. He strained to slowly turn to look out the window besides the bed.

It faced a blank wall.

The man asked the nurse what could have compelled his deceased roommate who had described such wonderful things outside this window.

The nurse responded that the man was blind and could not even see the wall.

She said, 'Perhaps he just wanted to encourage you.'

Epilogue: There is tremendous happiness in making others happy, despite our own situations.

Shared grief is half the sorrow, but happiness when shared, is doubled.

"Today is a gift, that is why it is called The Present .."

The origin of this letter is unknown, but was submitted by Robert Price.

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Meet Baden Fire Firefighter~ Doug Holst by Teresa Brown

They say that the experiences we have in childhood can shape our adult lives: how many of us can look back and see hints in our childhood of what we grew up to become? For one Baden man, it certainly did turn out that way -- meet Doug Holst, Baden's newest volunteer firefighter!



Doug and his wife Katy have lived in Baden for two years, but he grew up in New Hamburg. It was there that he was first introduced to the Wilmot Fire Department. Doug explains: "When I was really little, McDonald's ran a kids' contest called "Fire Chief for a Day." Well, I won, and I can still remember Chief Bill DeHaan picking me up and driving around in a fire truck with me."

Although he was only five or six at the time, the experience must have made a big impression. "I have my pilot's license and had at one time been working towards a career in aviation, but a friend in the fire service inspired me to get serious about pursuing firefighting as a career," he explains. "I often think about that time when I was 'Fire Chief for a Day'; it's such a vivid memory."

Today a weekend foreman at Erb Transport, Doug keeps himself busy outside of work by building and playing guitars, and also building wood furniture. He's also enrolled part time in the Pre-Service Program for firefighting at Conestoga College. Also, being a new Dad to six-month-old Tristan certainly keeps Doug active.

Doug also volunteers at the emergency department of Grand River Hospital. He explains that, "as firefighters, we usually don't get to see the emergency medical system from start to finish but there, you get to see a little of the ongoing care that a patient receives after an accident. It's an exciting opportunity," he smiles.

A member of the Baden Station since October, Doug has already responded to a number of calls; he points out that, like at the emergency room, "You never know what events will transpire!" But for the firefighter who first fell in love with lights and sirens when he was six, it may be that sometimes we do know where we'll end up!

Baden Firefighters Association



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The Explanation of Life

On the first day, God created the dog and said:
 "Sit all day by the door of your house and bark at anyone who comes in or walks past. For this, I will give you a life span of twenty years."
 The dog said: "That's a long time to be barking. How about only ten years and I'll give you back the other ten?"
 So God agreed.

On the second day, God created the monkey and said:
 "Entertain people, do tricks, and make them laugh. For this, I'll give you a twenty-year life span."
 The monkey said: "Monkey tricks for twenty years? That's a pretty long time to perform. How about I give you back ten like the Dog did?" And God agreed.

On the third day, God created the cow and said:
 "You must go into the field with the farmer all day long and suffer under the sun, have calves and give milk to support the farmer's family. For this, I will give you a life span of sixty years."
 The cow said: "That's kind of a tough life you want me to live for sixty years.. How about twenty and I'll give back the other forty?" And God agreed again.

On the fourth day, God created humans and said:



"Eat, sleep, play, marry and enjoy your life.
 For this, I'll give you twenty years."
 But the human said:
 "Only twenty years?"

Could you possibly give me my twenty, the forty the cow gave back, the ten the monkey gave back, and the ten the dog gave back; that makes eighty, okay?"
 "Okay," said God, "You asked for it."

So that is why for our first twenty years we eat, sleep, play and enjoy ourselves.
 For the next forty years we slave in the sun to support our family..
 For the next ten years we do monkey tricks to entertain the grandchildren..
 For the last ten years we sit on the front porch and bark at everyone.
 Life has now been explained to you.

Email submitted by Amiee Guitzeit

The real act of discovery is not finding the new — but in seeing the old with new eyes!



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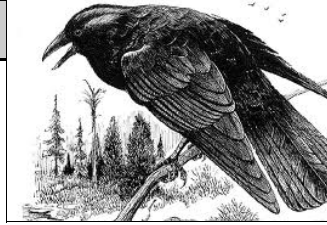


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Baden Birding

Last year I wrote about a common visitor to our feeders, a bird that everyone seems to remember from their youth -- the "wild canary" or, more properly, the American Goldfinch. This month's featured bird will also be very familiar to you now as well as from your youth; however, we may have very different feelings about it thanks to its troubled history with humans as well as its prominent role in Alfred Hitchcock's movie, *The Birds*.



American Crows are the only species of crows that inhabit our local area. For the past several years they seem to have been increasing in numbers until this year they seem to be everywhere in large numbers. This is due to several factors. Early last decade crows were decimated by the West Nile virus. This virus is carried by female mosquitoes which may bite a variety of other animals. An infected crow will probably die. The same is true for Blue Jays, but crows, being more visible because of their larger size, became the "indicator species" for the spread of West Nile. Being the "Poster Boy" for this disease was just one more bad rap for the much-maligned crow.

A second factor for the seemingly large increase in crow numbers is their change in behaviour patterns throughout the year. During the spring when they are nesting, they break up into pairs or family groups where year-old young help to raise the new siblings. During this period they are very secretive and quiet. It may surprise you to know that crows are monogamous and tend to form long-term pair bondings after they start to breed at the age of two to four years. Young crows have been documented to stay with their immediate family for up to five years. In the fall and winter, crows join together in large groups which roost together some roosts have been documented to contain over two million crows! Perhaps this closeness and their very well-developed sense of language help the crows to communicate to find sufficient food in the winter. Crows are opportunistic feeders, eating seeds like corn kernels shelled out in farm fields, earthworms, insects, fish, fruit, garbage, and food stolen from outdoor dog dishes. Although they are not specialized scavengers which have the ability to tear apart dead animals, they do take advantage of "tenderized" road kill and leftover carcasses from other predators' kills. Studies have found that carrion makes up a very small part of a crow's diet.

Another reason to assemble in large numbers seems

to be safety. Together, crows will harass predators such as owls, hawks, and their larger, stronger cousins, the ravens. Birders know that a loud, noisy gathering of crows usually leads to the spotting of one of these large predators in the tree below the crow chorus.

I like to watch crows fly. Their steady purposeful flapping on a calm day is a great contrast to their roller coaster style of flight on a very windy day. I have watched northbound crows being pushed south by strong gusts of wind until they find a better wind at a different altitude so they can continue on to their destination. A flock of crows does not move like a flock of ducks or geese instead it appears that they all are tagging along after the first crow to see what is of interest. Perhaps that is why a group of crows is called a "mob" or a "murder." Alfred Hitchcock seemed to think so.

Note: The three local bird counts this year have documented ravens in the area. Ravens are larger than crows, have longer wings and heavier beaks. The tails of ravens taper at the end into a wedge shape compared to the shorter, squared tail of the crow. However, I still listen for the distinctive croak of a raven before I make my final identification. Watch for ravens as singles or pairs. If a "large crow" seems like it is being attacked by other smaller crows, you are probably sighting a raven.

By Ken Quanz

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The Baden Outlook

Page 9

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

- | | | | |
|-----------|------|-------|---------|
| 1. loose | over | time | purse |
| 2. tall | kick | off | witness |
| 3. ant | belt | land | stead |
| 4. rose | rice | life | running |
| 5. lead | case | point | eyebrow |
| 6. potato | rod | dog | tub |

Answers are below—upside down... no cheating!

A There was once a recluse who never left his home. The only time anyone ever visited him was when his food and supplies were delivered, but they never came inside. Then, one stormy winter night when an icy gale was blowing, he had a nervous breakdown. He went upstairs, turned off all the lights and went to bed.

Next morning, he had caused the deaths of several hundred people.

How?



Submitted by Ray Miller—Answers below

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B

There are six eggs in the basket.
Six people each take one egg, how can it be that one egg is left in the basket?

- | | |
|-----------|-----------|
| 3. Farm | 6. Hot |
| 2. Stand | 5. Pencil |
| 1. Change | 4. Wild |

Answers to above puzzles

A) The recluse lived in a light-bulb with the egg in it.
B) The last person took the house.

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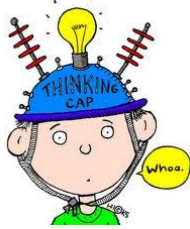
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Logic Problems.... Okay kids, get on your thinking caps!



1. The Bobber

You can paddle your canoe seven miles per hour through any placid lake. The stream flows at three miles per hour. The moment you start to paddle up stream a fisherman loses one of his bobbers in the water fourteen miles up stream of you.

How many hours does it take for you and the bobber to meet?

2. There is something about Mary ...

Mary's mum has four children.
The first child is called April.
The second May.
The third June.
What is the name of the fourth child?

Answers below - no cheating!



Snowball Fun: Just because the grass is green and there's no hope of playing in the snow, think about how to stay active and have a snowball fight indoors. Crazy, perhaps? Give it a try.

First you have to make the snowballs

- * Supplies: Large sheets of tissue paper, (newspaper sheets will work too) and a bucket for each team.
- * How To Play: Divide the children into two teams. The first person on each team gets a piece of tissue paper and crumples it into a ball using one hand (this keeps them soft). Child then places the snowball in the bucket. The next child repeats the first child's actions and the process continues until the team has all their snowballs made.

- * Now it's time for a Snowball Throw.

You need a line drawn or taped on the floor

- * How To Play: Set a time for 2-3 minutes. Yell, "GO"! Each team throws their paper snowballs back and forth across the lines. When the timer goes off, the team with the fewest amount of snowballs on its side wins.



"Smile", It gives your face something to do!

RIDDLES AND BRAIN TEASERS

1. What is broken every time it's spoken?
2. What comes once in a minute, twice in a moment, but never in a thousand years?
3. While some months have just 30 days, others have 31 days. How many months have 28 days?
4. The more you take the more you leave behind.
5. How could a cowboy ride into town on Friday, stay two days, and ride out on Friday?

Answers to Brain Teaser and logic problems

1. Ignore the speed of the stream, as the cork will be carried along at three miles per hour as will you. It takes two hours to travel fourteen miles, at a rate of seven miles per hour.
2. Answer: Mary. Mary's mothers fourth child was Mary herself.

1. Silence
2. The letter M
3. Every month has 28 days
4. Footsteps
5. His horse is named Friday (gran)

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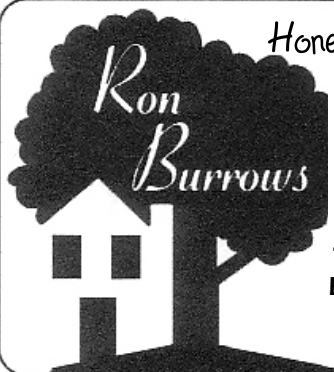
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HERITAGE DAY IN WILMOT TOWNSHIP

Heritage Wilmot is pleased to announce their annual Heritage day at the St. Agatha Community Centre on February 25th from 10 a.m. to 4 p.m. The 2012 Heritage Day theme will be "A Taste of Wilmot – Culinary traditions of the Township." The Committee aims to present culinary traditions in our community, and the ways in which food brings people together.

The day will be focusing on food traditions of Wilmot Township including recipes, kitchen utensils, and photographs of days gone by. Wilmot is rich in history, whether it is eastern European or Pennsylvania Dutch traditions, so this will prove to be an interesting day. The Heritage Committee is asking any citizens or businesses if they would like to set up a display space to share their belongings through the day – tables will be provided. The committee is also welcoming everyone to come out and relive some of the history that has shaped our way of life today. Be sure to mark your calendars – February 25, 2012.

*Baden... Are we on the right track?
Let's talk about it ... February 7th, 6:30
Baden Public School – Be there!*



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Ask Armand ~



Bob from Baden asks – I know there is a shortage of doctors today, but did Baden ever have a doctor in town?

Armand says – Yes Bob, until recently Baden has always had a doctor since the late 1800s. Our most recent doctor, Robert Barton, who passed away November 12, 2009, served Baden from 1949 until his retirement in 2002. He practiced out of his home at 26 Forler Street and before that at 49 Foundry Street.

Previous to Doctor Barton was John Ross, who was Baden's resident doctor from 1937 to 1949 and was forced to retire due to illness. Doctor Ross replaced William Harvey, who was a doctor in Baden from 1922 to 1938. Doctor Harvey moved his practice to Kitchener.

The earliest doctor in Baden was John Brown (early 1870s), followed by Joseph Allan (early 1880s), William Nichols (1887 to 1897), John Butler (1897 to 1910), William Gillespie (1910 to 1919), Ernest Armstrong (1921 to 1923), and Percy Urie (1921 to 1923).



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Baden Outlook Hockey Pool Stats

ADULTS			KIDS		
Place	Name	PTS	Place	Name	PTS
1	Lea Bender	430	1	LaShaedyn Faulkner	447
2	Heather Dubrick	429	2	Nicole Lowry	423
3	Earl Nickolas	424	3	Matthew VanDeWynckel	415
4	Karla Salese	422	4	Wyatt Stone	411
5	Deanna Carney	421	5	Liam Boronka	407
T6	Sharon Williams	419	6	Joel Heise	406
T6	Nadine Evans	419	T7	Aiden Heinbuch	399
T8	Jim DeJong	414	T7	Mitchell Mueller	399
T8	Michelle Roth	414	T9	Logan Kleine	398
T10	Kyle Erb	413	T9	Nathan Gerber	398
T10	Rita Vitello	413	11	Tyler Kleine	397
12	Melba Honderich	412	12	Tanner Schwartzentru...	395
T13	Nancy Honderich	411	13	Alex Wagler	394
T13	Darla Hopiavuori	411	T14	Paige Naumann	393
15	Beth Gilbey	410	T14	Carter Schwartzentru...	393
16	David Connolly	409	16	Aislynn Gibbons	392
17	Brad Forler	408	T17	Emily Morrison	389
T18	Howard Schell	407	T17	Kyle Gawlik	389
T18	Jamie Poth	407	19	Montana Flood	388
20	Brad Habel	405	T20	Brayden Gingerich	387
21	Al Fewkes	404	T20	Stirling Todorov	387
22	Lisa Holba	403	22	Madelyn Hammer	384
T23	Rachel Jutzi	402	T23	Caitlyn Hillar	383
T23	Barb Quehl	402	T23	Travis Forler	383
T23	Jim Gilbey	402	25	Calob Heinbuch	382
T23	Tara Kleine	402	26	Tim Wenn	381
T27	Tony Sokie	401	T27	Jacquiline Bender	380
T27	Paul Hammer	401	T27	Trent Agnello	380
T29	Bonnie	400	T27	Misty Snyder	380
T29	Tatum Bizony	400	30	Benjamin Ziegler	379

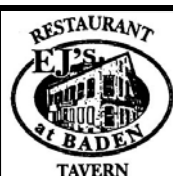
Congratulations to Lea Bender
for taking the adult leader
prize in this month's Hockey
Pool winning a gift certificate



from EJ's of Baden, and to
Mathew Van De Wynckel of the kids
pool winning a Bowling Package
from Riverside Lanes.

(Congrats to you too-LaShaedyn and Nicole but
remember, you're only able to win the leader prize once!)

The lucky random draw winners
are **Rob Litwiller**, winning a gift certificate
from Eglis Meat Market, and
Kayla Schenk and Ron Buchenauer,
winning Baden Outlook shirts.



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WOW! Sports fans...Thanks for playing hockey with us! There are 491 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 guest. To view both pools, you must log out of one to get into the other. The top 100 entries will be listed—to view all teams click on "more teams" on bottom of page. Have Fun and Good Luck!

This is what "I Can't Wait!" looks like!!

This is what impatience looks like!



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How to Lose Weight at Work

Here's the activities guide to burning calories at work and the number of calories they consume per hour...



- Beating around the bush... 75
- Jumping to conclusions... 100
- Climbing the walls... 150
- Swallowing your pride... 50
- Passing the buck... 25
- Throwing your weight around... 50-300
- Dragging your heels... 100
- Pushing your luck... 250
- Making mountains out of molehills... 500
- Hitting the nail on the head... 50
- Wading through paperwork... 300
- Bending over backwards... 75
- Jumping on the bandwagon... 200
- Balancing the books... 25
- Running around in circles... 350
- Eating crow... 225
- Tooting your own horn... 25
- Climbing the ladder of success... 750
- Pulling out the stops... 75
- Adding fuel to the fire... 160
- Wrapping it up at the day's end... 12



To which you may want to add your own favourite activities, including:

- Opening a can of worms... 50
- Putting your foot in your mouth... 300
- Starting the ball rolling... 90
- Going over the edge... 25
- Picking up the pieces after... 350
- Counting eggs before they hatch... 6
- Calling it quits... 2



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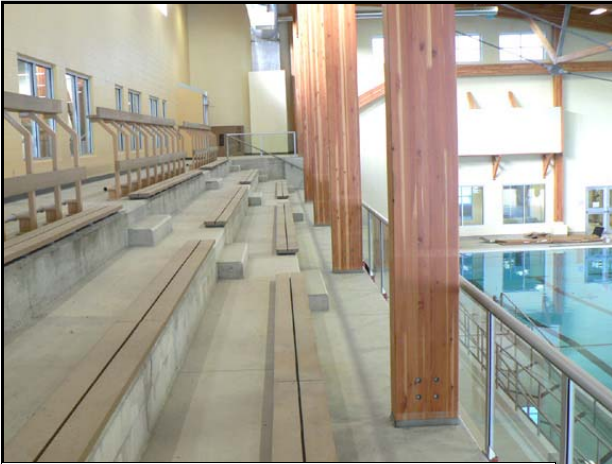
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Wilmot Community Pool Moves to Wilmot Recreation Centre - ON TOUR....



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The leisure pool is smaller with 48,200 gallons of water, and kept at a warmer temperature.



This is the Olympic size, 249,000-gallon, 8 lane, 25 metre lap pool. It is the home of the Wilmot Aces swim team, and is designed to host swim meets. It will also be used from outside of the Township. There has been over 200 people on a waiting list for swimming courses.



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Farewell!

this March @ Dundee Pottery and Stained Glass

BREAK some Glass

This March Break (March 12-16), Dundee Pottery and Stained Glass is offering a special week of glass workshops for high school students!

Stained Glass * 10:30am - 1:00pm * \$220 +hst
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Wilmot Trails Plan Underway



Wilmot Township is launching the long-awaited Wilmot Master Trails Program this January. The Development Services Department took over the project in 2009 and has been working diligently to get the venture off the ground. One of the first orders of business was to brand

the project as you can see in the logo: "Wilmot Trails – Choose your path." The department has been compiling information that will be made available to the public so they have our input on the project.

In January notice of commencement of the public process will be given. Dates and times of public open houses along with a link to an online survey and mapping tool will be available on the township website www.wilmot.ca/trails. The open houses, survey, and mapping tool will run through the months of February and March. The open houses will provide citizens the opportunity to view maps of the Township which will highlight publicly owned lands and road allowances along with existing sidewalks, trails, and cycling facilities. Images of trails will be displayed with an opportunity to select the type of trail an individual would prefer to see developed. The online surveys will be primarily multiple-choice questions concerning things such as modes of use (walking, running, cycling etc.) and the purpose of the trails. Respondents will be asked to prioritize trail construction (connections of existing networks, new corridors and off-road facilities). The online mapping tool will allow citizens to sketch on existing trails that may not be well known as well as trail locations that would benefit from consideration. During April all the information will be compiled and presented to Council for information and review of the next steps.

May and June will bring site visits and on-ground observations of the identified areas; update maps and data sets, and prepare a Trails Master Plan. In late June or early July Council will have a chance to review the draft; in September or October a public review and discussion of the draft will be held. November will be the proposed endorsement of the plan.

This will be an exciting time for Wilmot Township. Connecting Baden, the Wilmot Recreation Centre, and New Hamburg will be a dream come true for many. Please make sure you check out the township website and fill out the survey. Your thoughts are important to the process.

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Fri. 10 a.m. - 6 p.m., Sat. 9 a.m. - 5 p.m.
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QUOTES ABOUT CHILDREN :

- ◆ Children need love, especially when they do not deserve it. ~Harold Hulbert
- ◆ We worry about what a child will become tomorrow, yet we forget that he is someone today. ~Stacia Tauscher
- ◆ Boy, n.: a noise with dirt on it. ~Not Your Average Dictionary
- ◆ A little girl is sugar and spice and everything nice especially when she's taking a nap. ~Author Unknown
- ◆ Your children need your presence more than your presents. ~Jesse Jackson



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News from New Hamburg Thrift Centre

On January 15, 2007 the New Hamburg Thrift Centre opened for business at 41 Heritage Drive. In five short years amazing things have happened!

Due to our increasing sales and growing customer base, we have generated enough funds to pay off our mortgage for the new building. As a result, we are able to forward more funds to support the ongoing work of Mennonite Central Committee.

Response from the community in support of our Corn for the Horn campaign to aid relief efforts in East Africa, continues to show the compassion of our local residents. We were able to send \$20,000 directly to these programs just from our location!

Again, this local compassion was demonstrated with our recent Christmas appeal for School Kit and Hygiene Kit items. Over 500 kits were packed in our workroom and over \$1600 was sent to help MCC buy needed items for families in their home communities or regions.

In our 2011 fiscal year our store had sales over \$1.3 million. Our volunteer numbers have swollen to over 300, with new people regularly joining us. We continue to provide an outlet for gently used items to be sold while protecting our environment and supporting the work of MCC. We appreciate the support of our local residents through your patronage and donations. We look forward to providing you with outstanding service in 2012, and wish you and your family all the best!

**New Hamburg
Thrift Centre**
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All proceeds benefit
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



Happy Birthday!

It was a cold day on January 10, 2011 when Sir Adam Beck School opened. Hard to imagine that a year has already gone by.

Seen is the Sir Adam Beck mascot "Lightning" taken during their special assembly to mark one year in the new school.

Today Lightning is one year old!

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LOGOS - Gr. 1-12, Wed. 5:25 p.m.
Youth Group - Friday 7:30 pm
Young Adult and Adult groups
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Sunday School: Preschool - Adult, 11:00 a.m.



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

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Attention Badenites!!

**You are invited to join in a Town Meeting at
Baden Public School Tuesday, February 7th
6:30 pm social time ~ 7:00 meeting**

Are we content being a bedroom community?

Let's get together, share our enthusiasm, join forces
and develop a community group.

GUEST
SPEAKERS

We have lots to talk about!
Let's do something good!

DOOR PRIZES

Checking Out the Baden Library

The Baden Branch Library hours are changing to serve you better! **New hours take effect Jan. 10, 2012.** Please remember you need to show your library card when you check out library materials.

Tuesdays	2 to 8 p.m.
Wednesdays	10 a.m. to noon 2 to 8 p.m.
Thursdays	2 to 8 p.m.
Saturdays	10 a.m. to 1 p.m.

Read and win! Read the **Let's Read** book *The Farm Team* by Linda Bailey or complete an activity sheet, and then enter a draw to win a prize! **Let's Read** is a family literacy initiative of Waterloo Region.

Join us for **Family Literacy Day** on Sunday, Jan. 29 from 11 a.m. to 3 p.m. at Conestoga Mall; there will be LOTS to do! The event includes information booths, crafts and activities, the opportunity for children to collect stamps on their passport for each booth visited in order to receive a free book, sing along sessions with Erick Traplin, Story Circles with guest readers from the community, and a Bogglemania tournament for both children and adults (pre-registration required).

Come Read With Me is back by popular request at the Baden Branch! This family story time is recommended for parents/caregivers and children 3 to 7 years old. We will read, play games, and learn about literacy in fun ways! Drop in. It's free. **Wednesdays 6:45 to 7:30 p.m. from Jan. 11 to Feb. 29, 2012.**

Introducing....Megan Thomas! Please welcome Megan, who will be working at the Baden Library on Thursday evenings. Here are a few words from Megan: *I have been working in libraries since I was in Grade 10 at Waterloo-Oxford and have always loved reading and helping others find a good book. My interest in reading and research started with an interest in world history. I really enjoy reading as a way to discover more about the world. But I am a farm girl at heart. I have a small hobby farm, with pygmy goats, chickens, and ducks and I love spending the summer working in my vegetable garden. I really enjoy books that teach me more about organic farming and inspire me to try new things in the garden. Michael Pollen's The Omnivore's Dilemma and Marion Nestle's What to Eat are two of my favourite books. I also love reading fiction and it is very difficult to pick a favourite genre of books... I like everything from John Grisham legal thrillers and Nora Roberts romance to R.A. Salvatore's fantasy series.*

Contact the library at 519-634-8933 or by email at badenlib@regionofwaterloo.ca for more information.

Up-to-date information is also available online at <http://www.rwl.library.on.ca>.

Chris Baechler, Assistant Supervisor - Baden Branch



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Interesting People ~ Meet Harold Erb

Harold Erb, a life-long resident of the Wellesley area, shared his passion for woodcarving and was honoured at the Wilmot Seniors' Woodworking Centre on Wednesday, December 20, 2011 by his students.

Harold, a dairy farmer for many years, sold his farm in 1989. After having hip surgery in December 1990, he started looking for an activity to occupy his time. Harold decided to take a woodcarving course in Kitchener and then started teaching courses on Thursday afternoons at the Seniors' Workshop in Baden in January 1991. Twenty years later he is still teaching that course, although he insists that he is not a teacher but a coach!

Most of the students at the centre have learned their skills from Harold, who loves coaching. He will come in early and cut the blocks ahead for his students and work with them throughout the entire project. Several years ago, the instructor of the morning class passed away so Harold has been teaching that course as well.

When Harold was a dairy farmer, every year he would donate a calf to the Mennonite Relief Sale Calf Auction. Since he left farming, he decided to replicate a 13-inch by 9-inch cow figure. It took him most of the year to create this work of art and

he asked the Mennonite Relief Sale if

they would be interested in auctioning off this carving. They agreed, and his carving fetched a whopping \$450. Harold soon realized that this would become an annual event. Every year the carvings have been eagerly purchased and last year the Farmer's Credit Office bought the work of art for \$1,700. Harold finds carving rewarding and it is his way of helping Mennonite Relief.

Harold's classes typically consists of eight to ten students, who all love learning from him. His students purchased a cake and a power carver and surprised him during a class. This year's project is a particularly hard one: it being a buffalo. Gary Gibbons, who is one of his students, says, "He makes the class." Keep up the good coaching Harold, you are appreciated!



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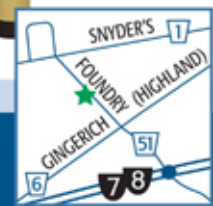


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A Charitable Idea!

It's not too often that an idea comes along that is both good for the environment and also a great opportunity to give to your favourite charity. We just learned of an interesting idea actively used by Bill and Kathryn Ritz for over ten years now. The Ritz's own "Ritz Printing" on Peel Street in New Hamburg and they have always tried to "think green." Disposing of printing chemicals in a proper fashion is a good example of doing the right thing.

In their business they have an abundance of scrap paper, which they used to pay to have taken away. Then they learned of a recycling program that helped them and their environment, so ten years ago they joined. The Paper Retriever Program is promoted by Abitibi Corporation and seemed a really smart thing to take part in. A big yellow bin is dropped off at a chosen site, in this case behind their store at Ritz Printing. Every two to three weeks, an e-mail is sent when the bin is nearly full. A truck similar to the dump bin trucks with forked fronts shows up for the pickup. It has a scale on the forks that measures how much the full bin weighs. The truck then takes the contents to Thorold, Ontario where it gets recycled.

Abitibi pays seven dollars a ton for one to three tons, or 14 dollars a ton between three to four tons and 21 dollars a ton for over four tons (the more they pick up the better the refund rate). This is a not-for-profit program that in turn will forward the funds to a registered charity of your choice. The



Ritz's choose to have the money earned from their dump bin go to the Mennonite Central Committee, as they value the work they do and appreciate the presence they have in our community. The Ritz's have developed quite a following of people that routinely drop off their paper products into their bin for the program. The New Hamburg Thrift Centre has several dump bins for people to drop off their paper products there too.



This program is open to anyone who generates a substantial volume of recyclable paper. It would make good sense for offices, schools or other businesses to get rid of their scrap paper while supporting a charity group. As long as a group is a registered charity they can receive benefits for this program. There are an endless amount of groups this would benefit, from hockey teams to educational groups, for a fundraising effort. This too would be a pleasant change from the door-knocking canvassing that is done to raise funds, not to mention another smart green move!

The company accepts all type of paper except cardboard. Magazines and catalogs are particularly good as they are a heavier paper which generates more weight, thus more dollars. Thanks Kathryn and Bill for sharing this terrific idea and hopefully more will get on board.

For more information on the program visit www.paperretriever.com or www.resolutefp.com.



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A Grape Night Out – Sip, Sample, and Savour!



The St. Agatha Lions Club present their second annual "A Grape Night Out" event on Saturday, February 11th from 7:00 to 11:00 p.m, held at the St. Agatha Community Centre. Last year's event was a sell-out, and everyone had an enjoyable time and went home very satisfied and full of wonderful food.

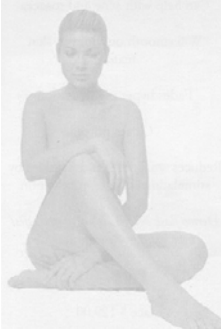
There are many restaurants in Wilmot Township, Waterloo region and beyond that bring samples of their fine foods for patrons to enjoy. There are also a number of wineries that bring their wares, which gives everyone an opportunity to sample their products. It is an occasion to experience things that you might not normally try. All of this is available for a cost of \$40 per person or purchase a table of eight for a great value price of \$280.

But wait there's more! Galaxy of the Stars Tribute Celebration, which has spent many years performing in Las Vegas, will be there to entertain the crowd. The show will feature impersonators Elvis Presley, Patsy Cline, Buddy Holly, Marilyn Monroe, Roy Orbison and Helen Reddy. Professional entertainment while you enjoy the region's best foods!

This is a fundraising event for the St. Agatha Lions Club and tickets are available at Fisher's Esso, Kennedy's Restaurant, Angie's Kitchen or by calling Dave Cole at 519-752-4553.



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A Scotsman walked into a bank in Toronto and asked for the loans officer. He told the loans officer that he was going to Scotland on business for two weeks and needed to borrow \$5,000, however he was not a depositor of the bank. The bank officer told him that the bank would need some form of security for the loan, so the Scotsman handed over the keys to a new Ferrari. The car was parked on the street in front of the bank. The Scotsman produced the title and everything checked out. The loan officer agreed to hold the car as collateral for the loan and apologized for having to charge 12% interest.

Later, the bank's president and its officers all enjoyed a good laugh at the Scotsman for using a \$250,000 Ferrari as collateral for a \$5,000 loan. An employee of the bank then drove the Ferrari into the bank's underground garage and parked it. Two weeks later, the Scotsman returned, repaid the \$5,000 and the interest of \$23.07. The loan officer said, 'Sir, we are very happy to have had your business, and this transaction has worked out very nicely, but we are a little puzzled. While you were away, we checked you out and found that you are a multimillionaire. What puzzles us is, why would you bother to borrow \$5,000?'

The Scotsman replied: 'Where else in Toronto can I park my car for two weeks for only \$23.07 and expect it to be there when I return?'

Brilliant!!!!

Email submitted by Robert Price

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Teeth

A Pastor goes to the dentist for a set of false teeth.

The first Sunday after he gets his new teeth, he talks for only eight minutes. The second Sunday, he talks for only ten minutes. The following Sunday, he talks for 2 hours and 48 minutes.

The congregation had to mob him to get him down from the pulpit and they asked him what happened.

The Pastor explains the first Sunday his gums hurt so bad he couldn't talk for more than 8 minutes. The second Sunday his gums hurt too much to talk for more than 10 minutes. But, the third Sunday, he put his wife's teeth in by mistake and he couldn't quit talking!...

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3. Slowly press the bar attachment down toward the top of your thighs as you exhale, keeping upper arms tight into your side, inhale as you return your arms back to start position.



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Some "Perspectives" are Worth Sharing!

A young lady confidently walked around the room with a raised glass of water, while leading and explaining stress management to an audience; and everyone knew she was going to ask the ultimate question, "Half empty or half full?" She fooled them all...

"How heavy is this glass of water?" she inquired with a smile. Answers called out ranged from 8 oz. to 20 oz.

She replied, "The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case it's the same weight, but the longer I hold it, the heavier it becomes." She continued, "And that's the way it is with stress. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on."

"As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden holding stress longer and better each time practised. So, as early in the evening as you can, put all your burdens down. Don't carry them through the evening and into the night... pick them up tomorrow. Whatever burdens you're carrying now, let them down for a moment. Relax, pick them up later after you've rested. Life is short. Enjoy it and the now 'supposed' stress that you've conquered!"
Email submitted by Aimee Guitzeit

"Get It Together"

...with Donna & Rhonda



ATTITUDE IS EVERYTHING!

Have you been living in the empty nest for a few years and thinking now about moving to a new and smaller nest?

It is important to put a positive spin on what can be an emotional time of life. It is easy to find the negatives, but let's look for the positives. Instead of referring to this process as "downsizing" consider it as "right sizing."

A new smaller residence can be comfortable and better suited to your current needs and physical abilities. It can be a "mini" version of the home that you have lived in for many years complete with your "most treasured" possessions and memories.

The most difficult aspect of the "Right Sizing" process is deciding what to do with the treasured belongings that you can't take along with you.

It can be devastating to learn that your children don't want the things that you had hoped they would. It is difficult to accept, but often the things we want to pass along are "our" memories, not our children's.

Before you get to the physical disposal of items, have a little "heart to heart" talk with yourself.

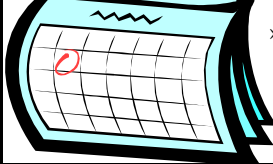
As much as you may want the younger generation to care about the things that represent the past, you can't MAKE them care...if you try (beyond a little gentle persuasion) it will lead to tension in your relationship.

The memory is not in the item, but rather in your heart and life experiences. Why don't you consider taking some photos of the items. Write a few details and memories on the back of the photo, or on a corresponding journal page and then create a memory album. You may find that your family has a soft spot for the stories that they don't have for the actual stuff.

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Mark your calendars..



- » Baden Fire Fighters Dance
St. Agatha Community Centre, January 28
- » Free Swim-Wilmot Rec Centre January 29 2-4 pm
- » Baden Town Meeting—Baden Public School,
February 7, 6:30
- » Wilmot Centre Seniors Lunch,
Wilmot Missionary Church - February 8, noon
- » Baden Minor Softball Registration,
Wilmot Recreation Centre – February 18

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Engagement Announcement

Dean and Brenda Jutzi of Baden are thrilled to announce the engagement of their daughter Angel Christine, of Kelowna, B.C. to Keith-William Middaugh, of Kelowna, B.C., son of Debbie Middaugh of Providence Bay, ON, and Bruce Middaugh and LeiAnn Ouilette, of Kitchener.

The Wedding will take place in the Ice Chapel of the Hotel de Glace in Quebec City on Saturday February 4, 2012.



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PROTECTING YOUR BACK DURING THE WINTER SEASON

By Dr. John A. Papa, DC, FCCP(OR)(C)

The winter season is upon us and extra precaution must be taken as snow removal and icy walking surfaces can contribute to an increased risk of back injuries. Included below are some useful tips that can be followed to help keep your back healthy and injury free this winter season.

- 1. Warm up:** Prepare your body for physical activity by stimulating the joints and muscles, and increasing blood circulation. Climbing stairs, marching on the spot, or going for a quick walk around the block, can serve as excellent warm ups in five to ten minutes. Follow this with some gentle stretches and exercises for the back.
- 2. Push, don't lift:** Push the snow to one side and avoid lifting. If you must lift, keep the shovel close to your body and avoid twisting and turning by positioning yourself to lift and throw straight at the snow pile. Be sure to lift slowly and smoothly and do not jerk with your lifts. 
- 3. Bend the knees, keep the back straight and brace:** Use your knees, legs and arm muscles to do the pushing and lifting while keeping your back straight. Maintaining the natural and neutral curves of your back is important, as this is its strongest and most secure position. Contracting and bracing your abdominal muscles during lifting improves spinal stability and decreases the chance of injury.
- 4. Use the right shovel:** Use a lightweight, non-stick, push-style shovel. Separate your hands as much as possible on the shovel handle for better leverage against the weight of the snow.
- 5. Dress for the job:** Wear warm clothing to protect yourself against the elements. Shoes and boots with solid treads and soles can help minimize the risk of awkward twisting, slips and falls.
- 6. Don't let the snow pile up:** Removing small amounts of snow on a frequent basis is less strenuous in the long run.
- 7. Watch the ice:** Caution should be exercised around icy walkways and slippery surfaces. Intermittent thaws and subsequent freezing can give way to ice build-up under foot increasing the risk of back twisting, slips and falls. Coarse sand, ice salt, ice melter, or even kitty litter can help give your walkways and driveways more traction.
- 8. Take a break:** Know your physical limits. If you feel tired or short of breath, stop and take a rest. Make a habit to rest for a moment every 10 or 15 minutes during shoveling. This is especially important if the snow is wet and heavy. Stop shoveling immediately if you feel chest or back pain.

In the event that you suffer a back injury that does not subside, you should contact a licensed health professional who deals in the diagnosis and treatment of back pain. For more information, visit www.nhwc.ca.

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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January may have some of us facing extra pounds we may have gained through the Christmas holidays... but remember how much fun it was!! Keep smiling!

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- ◆ What is a calorie?
Calories are the little rascals that get into your wardrobe at night and sew your clothes tighter...
MY WARDROBE IS INFESTED WITH THE LITTLE PESTS.
- ◆ If no one sees you eat it, it has no calories.
- ◆ If you drink a diet soda with candy they cancel each other out.
- ◆ When eating with someone else, calories don't count if you both eat the same amount.
- ◆ If you eat the food off someone else's plate, it doesn't count.
- ◆ If you eat standing up the calories all go to your feet and get walked off.
- ◆ Food eaten at Christmas parties has 0 calories, courtesy of Santa.
- ◆ STRESSED is just DESSERTS spelled backward.
- ◆ If you can't be a good example ~ then you'll just have to be a horrible warning.

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the Health & Wellness Page

Heather McKague-Bandl, ROHP, RNCP

Registered Nutritionist Consultant Practitioner

Foods that BURN your FAT



After the Holidays many people start the New Year strong, with promises to eat healthier, exercise more, and take more time for family and friends. These are all wonderful strategies to achieve health and balance in our lives. In order to support you on this endeavour, I would like to share with you the Top 5 Foods for helping you to **Burn your Fat**.

- 1. Colourful Vegetables:** vegetables, including peppers, green and yellow beans, yams, garlic, broccoli, radishes, greens, beets, carrots, and many more, are great-tasting and great for you. These foods are rich in nutrients and fibre and low in calories which is why they rank so high on the list. They also contain many cancer fighting properties. Try to incorporate vegetables into every one of your meals for maximum health and fat loss.
- 2. Herbs and Spices:** Many herbs offer unique healing properties and health benefits such as antioxidants and enzymes, in addition to adding flavour to many dishes. Some spices also possess thermogenic (heat producing) properties. For example, chili powder contains capsaicin, a powerful stimulant that raises your body temperature and helps to burn some extra calories. Similar spices include black pepper and cayenne. Cinnamon can stimulate insulin activity and a dash of cinnamon may help control blood sugar.
- 3. Ripe Fruits:** Ripe fruits, including apples, oranges, peaches, plums, and cherries, will give your body a great antioxidant boost along with fibre, vitamins, and minerals, which are necessary for a healthy metabolism. Avoid dried fruits such as raisins as these are quite calorie dense.
- 4. Berries:** These types of fruits are perhaps the healthiest of all fruits and contain powerful antioxidants, polyphenols, phytonutrients, and other anti-cancer properties. Stock up on blueberries, raspberries, strawberries, goji berries and blackberries. Berries are an excellent source of natural, unprocessed carbohydrates, vitamins and minerals.
- 5. Whole Grains:** Whole grains include slow-cook oatmeal, breads, flour, and pasta made from 100% whole grains. Whole grains are high in fibre and B-vitamins and aid in balancing blood sugar levels while providing sustained energy. A small percentage of people suffer from gluten intolerance issues and should select their whole grains carefully to ensure they contain no gluten.

This is just a sampling of some of the choices available to you. There are many other healthy foods that can be incorporated into your daily lives to help support a healthy metabolism. Striving to achieve 5 to 10 servings of fruits and vegetables daily will help. In order to support you on your New Year's journey to health, I have included a wonderful Minestrone Soup Recipe below. Enjoy!

Disclaimer: Individual articles are based upon the opinions of this author, who retains copyright. This information is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Heather McKague-Bandl, ROHP, RNCP. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.



Heather McKague-Bandl,
ROHP, RNCP

Registered Nutritionist

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Baden, ON

N3A 4M8

519-502-0799

Heather@HeatherMB.ca

Check out my website: www.HeatherMB.ca for more details about programs offered including my 12 Week Weight Loss Program for anyone looking to lose 15 to 20 lbs.

Minestrone Soup (8 servings)

- 1 Tbsp Grape Seed Oil
- 1 medium onion, chopped
- 3 carrots, diced
- 2 celery stalks, diced
- 2 garlic cloves, minced
- 6 cups vegetable stock or water
- 1 bay leaf
- 28 oz can diced tomatoes
- 1/3rd cup brown rice
- 16 oz can organic kidney beans, undrained
- 1 lb fresh green beans, cut into 1" pieces or 10 oz package frozen cut green beans

In a large pot, sauté onion, carrots, celery, and garlic until softened. Add stock or water, tomatoes, rice, and bay leaf. Bring to a boil and cover, reduce heat and simmer for 50 minutes – stirring occasionally. Stir in kidney beans and green beans and simmer 5-10 minutes more. Remove bay leaf and serve. Eat Healthy and Be Healthy.



New Hamburg Wellness Centre

NEW LOCATION!



The New Hamburg Wellness Centre is excited to announce our relocation and expansion. Effective January 23, 2012 we will be located at **338 Waterloo Street, Unit 9, New Hamburg**, in the re-developed Foodland Plaza. Our new office is wheelchair accessible and offers free parking and expanded hours and services. Call today for an appointment!

HEALTH CARE SERVICES OFFERED:

- Chiropractic Care
- Medical Acupuncture
- Electrotherapy
- Gait Analysis & Custom Orthotics
- **NEW** - Naturopathic Services with Peter Klassen, ND
- Rehabilitative Exercise & Physical Therapy
- ART & Graston Soft Tissue Therapy
- Work (WSIB) & Sports Injury Treatment
- Motor Vehicle Accident (MVA) Rehabilitation
- Registered Massage Therapy

*New patients are welcome, with no referral required.
Proudly serving Baden, New Hamburg and surrounding areas.*

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