

# Baden Outlook

NOVEMBER 2011



VOLUME 12, ISSUE 4

*"Keeping the Community Connected" ~ With 2800 copies in circulation.*

## It's Unanimous – They Stayed!

Last month we saw the Canada Geese flock and talk down at the pond, deciding if they should stay or move on for the winter season. Well...



*There's no place like home.*

*What's there to think about? Stay!! You'll be glad you did!*



...Leif and Donna Neilson recently caught them touring uptown to get pizza. It was unanimous—they are happy with their decision to stay, they know what a great place Baden is!!



*"Keeping the Community Connected"*

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



# Talking with Ed

## Randomly Speaking...



Tomato ,Tomato ~ Potato, Potato – I recently attended a meeting hosted by the L.I.F.E. Co-op group in St. Agatha. The guest speaker commented that he was unsure on how to properly pronounce this town's name, which is a question I've heard before. The gentleman next to me quickly responded by saying that he has been in St. Agatha for 30 years and the day he moved here he was told it is named after a woman "Agatha" —and that is as simple as that, so keep that in mind folks.

Colourful Town – Here is a question to determine how well you know this area. There is a town that is half an hour away from Baden that is named after a colour. Do you know it and where it is? (see coloured box at bottom of page).


On the Home Stretch – The new Wilmot Township Aquatic Centre is now enclosed and work is progressing on schedule with an opening date in January. There is a waiting list of over 200 people for swimming lessons and the Olympic size pool will be the envy of the region.

The Birds are on Fire – I am not sure, but this has to be the best start to the season the New Hamburg Firebirds ever had. As of October 31, the Firebirds have 12 wins, 0 losses and 1 overtime loss. That is the best record out of all twelve teams in both the east and west divisions. The Baden Outlook will once again sponsor a game, and this year it is booked for January 6 against Aylmer, so mark your calendars.

More Hockey Talky – What a difference a year makes. As of October 31, the Toronto Maple Leafs are in first place in the entire NHL and the lowly Boston Bruins are in last. Brian Burke is starting to look like a genius. We might have to be careful – the Canadiens (who are in second last) might have an interest in stealing him away.

Ultimate Combat – I must be getting old but I just don't get the popularity of Ultimate Fighting. Sure there are some very good Canadian fighters, but to have two guys climb into a ring and beat the daylight out of each other seems barbaric. (Do we really want our children to see yet more violence in sports?) This especially seems strange when the NHL is doing everything it can to eliminate concussions and slow down the roughness and fighting while Ultimate Fighting is all about going the other way.

More of Movember – It is great to see many men get behind the Movember movement. We featured Ward Two councillor, Peter Roe in last month's paper. Added to the list are several of our Baden Fire Fighters (see their photo on page 19). We will be eager to share photos of those moustache attempts in

 The colourful town name is called 'Brown'. News to me too—even though my travels to work have me passing through this town, between Cambridge and Roseville.

December's issue. The last time I grew a moustache was about twenty years ago. I shaved it off because my kids kept calling me Pépé .

Till next month... Ed.



## 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, Sobey'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!*





## SANTA CLAUS WANTS YOUR FLOAT TO JOIN HIS IN THE PARADE!

Call Eva now! It's time to register your float and get busy decorating for the upcoming Santa Claus Parade! Coming soon ... on Saturday, December 3rd at 1:30, starting at Snyder's Road East at Sandhills Road and finishing at the Seniors' Workshop on Beck Street. Float entries are open to individuals, families, groups or businesses, with cash prizes awarded.



For more information and to register your entry please contact Eva at 519-572-6131 or Elaine at 519-634-5205.



Optimist Club

*It is the most wonderful time of the year to visit Castle Kilbride!*



Warm your holiday spirits and visit historic [Castle Kilbride](#) in Baden. A tour through Wilmot Township's National Historic site is truly a magical time. The table is set, the trees are trimmed, and the warmth and charm will kindle your holiday spirit..

On **Sunday November 27th** from 1:00 PM to 4:00 PM, step back in time and re-live the magic of an old tyme Christmas. Tour the grand home fully decorated in Victorian Christmas splendour, see what toys the Livingston children played with, pay a visit with Santa, tour the newest exhibit *Given by a Livingston*, meet author Nan Forler and renowned artist Peter Etril Snyder for a book signing of *Winterberries and Apple Blossoms: Reflections and Flavours of a Mennonite Year*, meet Woodcarver Peter Findlay and take home a unique craft. Enjoy apple cider and cookies....

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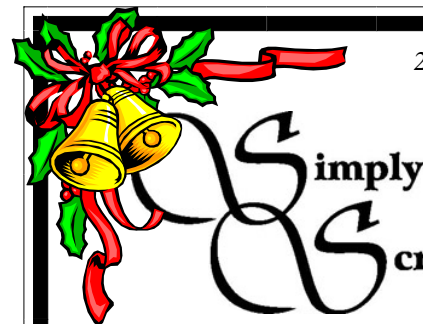
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## 2011 STONECROFT CHARITY GOLF TOURNAMENT AND SILENT AUCTION

Thank-you to all participants and sponsors for a successful tournament held at Dundee Country Club on Sept. 19, 2011.

Your generous contributions through signage, auction items, and cash donations helped us raise \$12000 for the Wilmot Family Resource Centre. Stonecroft Community looks forward to our next charity tournament in August 2012. Thanks again for your support.



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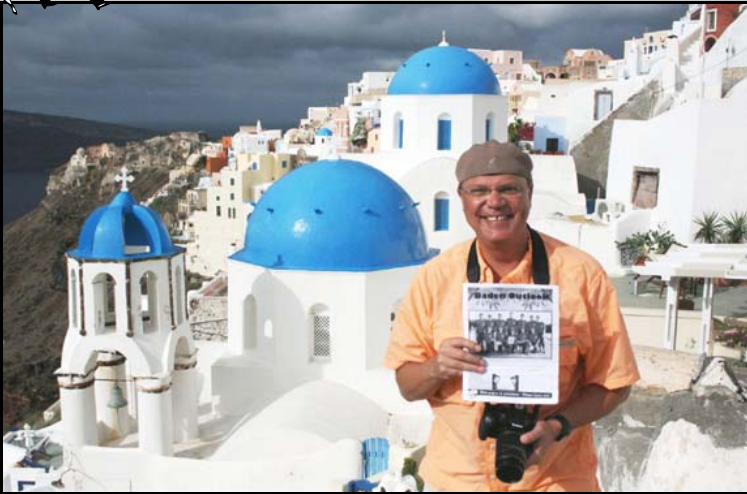
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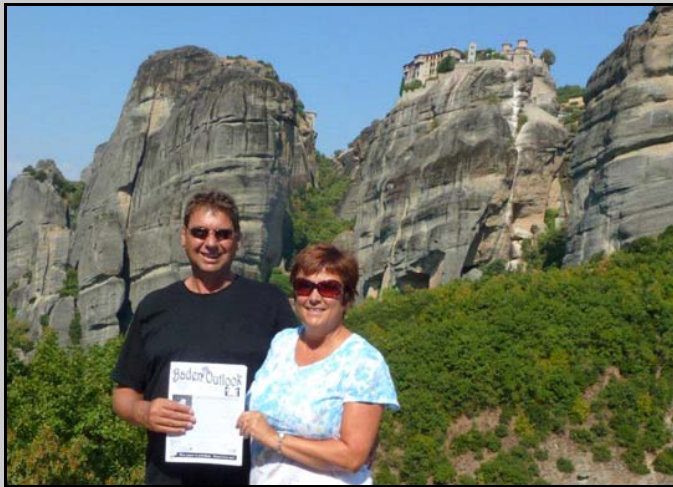
Wow! More exciting destinations as *The Baden Outlook* continues to travel ...



The Baden Outlook went with Colin James on a vacation to Greece. He is seen here in the town of Oia, on the island of Santorini.



Kathy and Natalie Eichler from New Hamburg took the Baden Outlook to a Calgary Flames game against the St. Louis Blues October 28, while visiting family in Calgary. Calgary won, again! Their seats were at ice level.

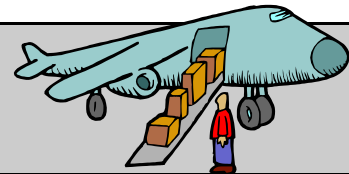


Jane and Bruce Leis in Meteora, Greece amidst an amazing forest of towering rock pinnacles you can explore. Six seemingly inaccessible monasteries built over 10 centuries ago tower on these rocks. They are now reached by stairs hewn into the rocks but were once reached only by rope ladders and basket systems. It is a World Heritage Site. Note the monastery on top of the one rock!



Gordon and Linda Found of New Hamburg celebrated their 50th anniversary with a 2-week cruise to the Mediterranean, beginning in Venice and ending in Rome. They took their Outlook to the Coliseum in Rome. It was a wonderful trip!

Did I pack my Baden Outlook?



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... to Paris, Rome, Greece, Calgary, & Pooh Corner in England!



Katy Holst and son Tristan with their Baden Outlook at the Pooh Corner store in Hartfield, East Sussex, England. Hartfield is where A.A. Milne, the author of the Winnie the Pooh books lived, and was the setting of many of the books.



Six couples from Foxboro Green— Keith and Karin Munn, Bill and Ellen Lovell, Garth and Judy Nussey, Stewart and Ellen Bowring, Derek and Pauline Tickner, Bill and Eve Morgan, — recently travelled to the Sorrento area of Italy with tour guide, Don Kasta, also of Foxboro Green. The picture was taken, with Baden Outlooks in hand, at the ruins of the Forum in Pompeii, with Mount Vesuvius looming in the background.



Joyce Bell, MJ Brown, Gwen Clark, Karin McKenzie and Pat Wills, five sassy ladies from Morningside Village, took along the Baden Outlook to The Eiffel Tower in October.




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"After high school, I'm not sure what I want to do."

Does this sound familiar? In fact, 73 per cent of high school students aren't able to answer this question, yet career planning decisions are among the most important choices that teens will make.

A new local company—Now What? Career Planning Solutions for Teens—was founded to help provide teens with the tools they'll need to make the right choices while they are still in high school.

The business, co-founded by local long-time human resources professionals Susan Honderich, of New Hamburg, and Torii Nelson, of Waterloo, will be hosting interactive and fun career planning workshops for high school students in the New Hamburg, Baden, and Waterloo areas.

"There are many career planning resources out there for college and university-age students, but it can be difficult for high school-age teens to get the attention they truly need regarding future career choices," said Honderich. "We spend a lot of time and money on educating our kids and, as adults, we spend a lot of time at work. It only makes sense that we should do what is a good fit for our personalities and preferences. We want to put our teens in

the best possible place to do that right from the beginning of their careers."

"Our primary goal is to ensure high school-age teens are equipped with the understanding they need to choose the right career path based on what they love to do now," said Nelson.

In the workshops, Nelson and Honderich, both seasoned human resources professionals in the corporate world, use a dynamic career mapping tool they've developed that enables teens to create a personalized map of preferences and dislikes, helping them understand and link potential career choices as well as track their development goals and milestones.

"The workshops are focused on teaching teens the critical action steps when it comes to career planning - these steps are lessons that, once learned, will stay with them throughout their careers," said Honderich.

Nelson added that the workshops and career mapping tool can be of benefit to all teens—no matter what their grade or whether or not they already have a sense of what they'd like to do in their future career.

"Some teens already have a sense of what path they are interested in pursuing and they too would find lots of value in the workshops and career map. It will help them create a more specific and targeted development plan and keep them on track to achieving their milestones," said Nelson.

The Now What? Workshops are taking place:

**December 1, 7-9 p.m.**, New Hamburg Community Centre, 251 Jacob St., New Hamburg

**December 7, 7-9 p.m.**, Wilmot Recreation Complex, upstairs community room, 1291 Nafziger Rd., Baden

\*Check the website for Waterloo date & times.

To register, or for more information, contact: Susan Honderich at 519-616-3989 or at [careerplanning@nowwhat.org](mailto:careerplanning@nowwhat.org).

You can also visit: [www.now-what.org](http://www.now-what.org) or the Now What? Facebook page for more information.

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## Gift Ideas from the New Hamburg Thrift Centre

This Christmas, begin a new tradition. Explore how you can give gifts to loved ones that help one more child sleep in a safe shelter, one more family add to its herd or flock, or one more community have safe drinking water from a nearby source. Even a small donation can make a big difference!

Browse gift options online at [mcc.org/christmas](http://mcc.org/christmas) or come into the New Hamburg Thrift Centre to pick up your printed copy. Thank you for your continued support!

### Give Hope

Your gift of hope changes lives where it's needed most.

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Your gift of peace helps build understanding and harmony and enables people to become peacemakers where they live. In places such as the Gaza Strip, Laos, and Uganda, peace clubs organize events and performances for students and conduct training that helps them understand the root causes of violence and learn solutions for peaceful living.

### Give Water

Your gift of water helps to bring a valuable, life-giving resource closer to the people who need it most.

### Give Health

Your gift of health supports people who are taking action to end AIDS and provides comfort to children and adults whose daily lives are affected by HIV.

### Give Livestock

Your gift of livestock does more than provide an animal. It gives families and communities the power to improve their own lives. Rabbits, goats, poultry, and fish can change a family's life.

### Give Education

Your gift of education provides a brighter future for children and communities. Choose Global Family education sponsorship to open the door to learning for a child and for you as a sponsor.

### Give Relief

Your gift of relief enables MCC and its partners to prepare for emergencies and to respond to urgent needs. Many people think a disaster is over when the media spotlight goes out. MCC and its partners around the world are committed to staying long after the immediate response to help people rebuild their lives and to be less vulnerable in future disasters.

### Give Friendship

Your gift of friendship helps MCC reach out—extending friendship and assistance to newcomers to Canada.

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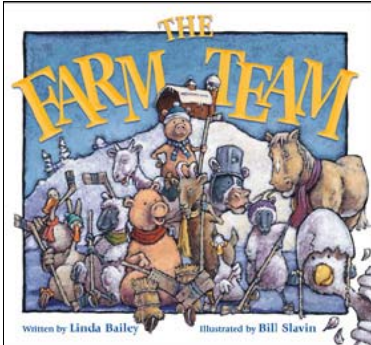
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## Checking Out the Baden Library!

On Wednesday, Nov. 16 at 7 p.m., members of the New Hamburg Firebirds Junior C Hockey Team will be guest readers at the Baden Branch and New Hamburg Branch Libraries to read this year's 2011 Let's Read book, *The Farm Team*, as well as other hockey stories to promote literacy in our community. The Let's Read family literacy initiative encourages families across Waterloo Region to read together. Families read a common book and participate in Let's Read activities at public libraries around the region. Come out to meet, and read with, the Firebirds! Pre-registration not required but recommended due to limited space.



A total of 123 non-perishable food items were collected to pay overdue fines during our annual Food for Fines Week. These items were donated to the Food Bank located at the Wilmot Family Resource Centre. Thanks for helping your community!

Back by popular demand: Come Read with Me Holiday Family Storytime on Thursday, Dec. 1 from 6:45 to 7:30 p.m. Recommended for children 3 to 7 years old with their parents and/or caregivers. Drop in and enjoy some holiday stories and fun!

Registration for the winter session of all children's storytime programs will begin on Tuesday, Dec. 6. All programs begin the week of Jan. 10, 2012. Due to space, registration is limited. Programs include:

- Storytime: for children ages 3 to 5 years old on Tuesday afternoons from 1:45 to 2:30 p.m. and Wednesday mornings from 9:15 to 10 a.m.
- Toddler Tales: for parents and/or caregivers and 2 year old toddlers on Wednesday mornings from 10:15 to 10:45 a.m.
- Just for You Baby: for babies and their parents and/or caregivers on Wednesday mornings from 11 to 11:30 a.m.

Your library card is an important and valuable item! We require that you bring your card with you each time you visit the library.

Contact the Baden Branch Library at 519-634-8933 or by email at [badenlib@regionofwaterloo.ca](mailto:badenlib@regionofwaterloo.ca) for more information. Up-to-date information is also available on our website at <http://www.rwl.library.on.ca>.

Chris Baechler,  
Assistant Supervisor,  
Baden Branch



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## You Must Be Joking!!



### To Be 8 again!

A man was sitting on the edge of the bed, watching his wife, who was looking at herself in the mirror. Since her birthday was not far off he asked what she'd like to have for her birthday.

"I'd like to be eight again," she replied, still looking in the mirror ..



On the morning of her Birthday, he arose early, made her a nice big bowl of Coco Pops, and then took her to Adventure World theme park. What a day!

He put her on every ride in the park; the Death Slide, the Wall of Fear, the Screaming Roller Coaster, everything there was.

Five hours later they staggered out of the theme park. Her head was reeling and her stomach felt upside down. He then took her to a McDonald's where he ordered her a Happy Meal with extra fries and a chocolate shake.

Then it was off to a movie, popcorn, a soda pop, and her favourite candy, M&M's. What a fabulous adventure!

Finally she wobbled home with her husband and collapsed into bed exhausted.

He leaned over his wife with a big smile and lovingly asked, "Well Dear, what was it like being eight again?"

Her eyes slowly opened and her expression suddenly changed.

"I meant my dress size, you knuckle-head!"

The moral of the story: Even when a man is listening, he is gonna get it wrong.



## Pakistan - the Silver Lining

The Silver Lining, The Spider Webs! An unexpected side-effect of the flooding in parts of Pakistan has been that millions of spiders climbed up into the trees to escape the rising flood waters. Because of the scale of the flooding and the fact that the water has taken so long to recede, many trees have become cocooned in spiderwebs. People in this part of Sindh have never seen this phenomenon before but, they also report that there are now far fewer mosquitoes than they would expect, given the amount of stagnant, standing water that is around. It is thought that the mosquitoes are getting caught in the spiderwebs, thus reducing the risk of malaria, which would be one blessing for the people of Sindh, facing so many other hardships after the floods...!!!



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## A TASTE OF DOWN UNDER

The New Hamburg Lions have been big supporters of the Lions International Youth Exchange. Each year they encourage and support youth in our area to travel the world and stay with host families so they can experience diverse cultures. They also arrange to have host families in our area give youth from around the world a flavour of this unique area. Each summer the international youths are treated to a day at *Canoe the Nith* in New Hamburg for a fun time on local waters and also a barbecue. Owners Deb and Dave Wilton are hosts of the picturesque venue.

Dave and Deb's son, DJay, has helped at the annual event for many years and became interested in the international program. So he decided to enquire and the New Hamburg Lions offered their support.

The process began with DJay filing an application for his top three destinations. After considerable thought he decided on Australia, New Zealand, and Greece, in that order. His first choice was accepted, so on July 1<sup>st</sup> he began his memorable journey down under.

He started the trip with a six-hour flight from Toronto to Los Angeles. After an eleven-hour layover he continued with a 15-hour flight from Los Angeles to Melbourne and then on to Mount Gambier. His time in Australia was spent mainly in the south, Brisbane being the farthest north he went. July is the winter for Australia with daytime temperatures around 10 degrees Celsius, dropping to 0 at night. It was also quite rainy.

His first host family lived outside a small town called

Mount Gambier, which is similar to the size of New Hamburg. Here he lived on a farm and claimed that kangaroos were as common there as squirrels are for us here. After one week he moved on to his second host family who lived in the same area and associated with the same circle of friends. Each of these families had teenage kids and he enjoyed his time with them.

The third week was spent at a camp in Melbourne, where youth from all over the world shared the facility. There were two sleeping barracks, male and female, each of which had eight rooms plus a large rec hall. There were activities all week such as leadership games and an Amazing Race style match. The final week was spent in Brisbane where he was hosted by an older couple who treated him very well.

He had plenty of fun, and memorable experiences throughout the trip. He enjoyed activities such as off-roading through the sand dunes, taking a walk through a treetop boardwalk, and surfing in Brisbane—DJay says he even stood up on the board several times.

Aside from the kangaroos, he saw several other native species such as a group wild Emus, a Wombat (an extremely large groundhog), a very dangerous tiger snake, and a large spider about two inches across. Even though it was winter the landscape was very dry looking. During their summers it becomes incredibly hot and desert-like.

There were some other differences between Canada and Australia that DJay noticed. Vehicles drive on the left side of the road and their steering wheels are on the right. The price of food and other goods such as clothing is quite a bit higher than here. Most homes don't have basements and the water supply was very limited, which meant short showers.

DJay would recommend this program to any teenager. He is very appreciative of the New Hamburg Lions Club who offered their support to make it happen.



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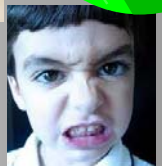


# LookOut Kids' Korner



These days even wee ones are being entertained on the computer. So if the nasty winter weather keeps your kids indoors and bored... direct them to some better internet choices.

Facial Expressions ~ The second most important means of exchanging information, after speech, is non-verbal communication—the gestures of our body. Watch the non-verbal ways of communication and the expressions on our faces. Pay attention and you'll learn when mom is happy, your friend is



Top Kids' Websites for kids in the following categories as determined by Today's Parent Magazine (2004).

### Search for Information

Yahooligans.com  
Ajkids.com  
Kidsclick.org  
Howstuffworks.com  
Factmonster.com

### To Amuse and Entertain

Cbc.ca/kids  
Pbskids.org  
Kidsreads.com  
Funology.com



sad, your teacher is mad, or when your little sister is afraid. See if you can figure them out... it may serve you well to know.



Try this memory game... Get a pen and paper handy—Study the items in the box below. OK, now close the paper and see how many of the items you can remember. There are 18—good luck!



How did you do? Try it again later and see if you can do better, or maybe even get them all! You can do this fun game for each other at home with simple things laying in the bottom of your junk drawer.

### Courtesy Class #2 - As taken from a notebook from the class of '45

Courtesy was actually taught in school, as I discovered from mother's notebook. Last month we learned about courtesy in conversation—this month will be on personal hygiene and good taste in dress.

*"Neatness and its reverse are almost a certain test of moral character" —Whitaker*

1. Do not try to "show off" by dressing better than your friends.
2. Wear clean clothes
3. Bathe often.
4. Keep nails, hair, and teeth clean.
5. Keep clothes in order and mended.
6. Don't use too much jewellery.
7. If you like perfume, use good quality.
8. Plain and tidy clothes are always in style.
9. Bathing suits are to be worn in the pool or at the beach.
10. Be appropriate and aware of displaying body parts.
11. Keep your shoes tidy—clean and in good repair.



- > *We act the way we dress. Neglected and untidy clothes reflect a neglected and untidy mind.*
- > *Know first who you are; and then adorn yourself accordingly.*
- > *"Enjoy life. This is not a dress rehearsal."*

A great memory can help you succeed in school, in your job, and in life. It can help you learn faster, and fast learners are always in demand.



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- 1 Students First**
- 2 Strong Values**
- 3 More Programs More Choices**
- 4 Inclusive Environment**
- 5 Great Extra-Curricular Activities**

**Bluevale C.I. – 519-885-4620**  
 80 Bluevale Ave. N., Waterloo  
 Principal: Kathy Young  
 Guidance Head: Ed Goddard  
 December 8, 2011 – 7 p.m.

**Cameron Heights C.I. – 519-578-8330**  
 301 Charles St. E., Kitchener  
 Principal: Ray Teed  
 Guidance Head: Sue Martin  
 January 11, 2012 – 7 p.m.

**Eastwood C.I. – 519-743-8285**  
 780 Weber St. E., Kitchener  
 Principal: Nancy Strobel  
 Guidance Head: Pam McCreary  
 December 7, 2011 – 8:30 p.m.

**Elmira D.S.S. – 519-869-5414**  
 4 University Ave., Elmira  
 Principal: Mary Anne Richer  
 Guidance Head: Art Wornwall  
 January 18, 2012 – 7 p.m.

**Forest Heights C.I. – 519-744-8567**  
 255 Fischer-Hallman Rd., Kitchener  
 Principal: Jim Woolley  
 Guidance Head: Joan Cait  
 January 12, 2012 – 7 p.m.

**Galt C.I. – 519- 823-3600**  
 200 Water St. N., Cambridge  
 Principal: Jane Currie  
 Guidance Head: Michelle Beaupre  
 January 18, 2012 – 7 p.m.

**Glennview Park S.S. – 519-821-9510**  
 55 MacKay St., Cambridge  
 Principal: Kelly Kempel  
 Guidance Head: Vanda Martine-Gardiner  
 January 18, 2012 – 7 p.m.

**Grand River C.I. – 519-576-5100**  
 175 Indian Rd., Kitchener  
 Principal: Deborah Tyrrell  
 Guidance Head: Carol Zack  
 January 11, 2012 – 7 p.m.

**Huron Heights S.S. – 519-896-2631**  
 1825 Strasburg Road, Kitchener  
 Principal: Bruce Deacon  
 Guidance Head: Jennifer Fairhall  
 December 6, 2011 – 6:30 p.m.

**Jacob Hespeler S.S. – 519-658-4910**  
 355 Holiday Inn Dr., Cambridge  
 Principal: Scott Lomax  
 Guidance Head: Greg Emms  
 January 17, 2012 – 7 p.m.

**Kitchener-Waterloo C.I. – 519-745-8851**  
 787 King St. W., Kitchener  
 Principal: Cathy Vollmer-Ashley  
 Guidance Head: Dave Minnee  
 December 8, 2011 – 7 p.m.

**Preston H.S. – 519-853-2367**  
 550 Rose St., Cambridge  
 Principal: Bill Lemon  
 Guidance Head: Gord Ogilvie  
 January 12, 2012 – 6:30 p.m.

**Sir John A. Macdonald S.S. – 519-880-9979**  
 850 Laurelwood Dr., Waterloo  
 Principal: Gary Ayre  
 Guidance Head: Linda Parnfuss  
 December 14, 2011 – 8:45 p.m.

**Southwood S.S. – 519-821-5920**  
 30 Southwood Dr., Cambridge  
 Principal: Stewart Croes  
 Guidance Head: Marlene Bennett  
 January 19, 2012 – 7 p.m.

**Waterloo C.I. – 519-884-9590**  
 300 Hazel St., Waterloo  
 Principal: Jennifer Shortreed  
 Guidance Head: Nancy Smith  
 December 1, 2011 – 7 p.m.

**Waterloo-Oxford D.S.S. – 519-834-5441**  
 1206 Snyder's Rd. W., Baden  
 Principal: Ed Doadt  
 Guidance Head: Martyn Harvey  
 January 18, 2012 – 8:45 p.m.

Kathleen Woodcock  
 Chairperson of the Board

Linda Fahl  
 Director of Education

For more information [www.wrdsb.ca](http://www.wrdsb.ca)



Thinking Caps on Baby Boomers!! Give it a go and see if you can finish these statements. Answers on page 25

1. What builds strong bodies twelve ways?

- A. Flintstones vitamins
- B. Wonder Bread
- C. Milk
- D. Cod Liver Oil

2. Before he was Muhammed Ali, he was...

- A. Sugar Ray Robinson
- B. Cassius Clay
- C. Gene Autry
- D. Les Armstrong

3. You'll wonder where the yellow went...

- A. When you use Tide
- B. When you clean your tub
- C. When you use Lady Clairol
- D. When you brush your teeth with Pepsodent

4. Liar, liar...

- A. You're a liar.
- B. Your nose is growing.
- C. Pants on fire.
- D. Join the choir.

5. Meanwhile, back in Metropolis, Superman fights a never ending battle for truth, justice and...

- A. Lois Lane
- B. World peace.
- C. The American way.
- D. News headlines.



6. Hey kids! What time is it?

- A. It's time for Yogi Bear
- B. It's Howdy Doody Time
- C. It's time for Romper Room
- D. The Mighty Mouse Hour

7. Lions and tigers and bears...

- A. Oh my
- B. Oh, no
- C. Gee whiz
- D. I'm scared



8. Bob Dylan advised us never to trust anyone...

- A. Over 40.
- B. Wearing a uniform.
- C. Carrying a briefcase.
- D. Over 30.

9. NFL quarterback who appeared in a television commercial wearing women's stockings...

- A. Troy Aikman
- B. Kenny Stabler
- C. Joe Namath
- D. Bruno Egl

10. Brylcream...

- A. A little dab'll do ya.
- B. You'll smell great.
- C. Tame that cowlick.
- D. Grease ball heaven.

11. I found my thrill...

- A. In Blueberry muffins.
- B. With my man, Bill.
- C. Down at the mill.
- D. On Blueberry Hill.

12. Before Robin Williams, Peter Pan was played by...

- A. Clark Gable.
- B. Mary Martin.
- C. Doris Day.
- D. Tracy Loch



13. I wonder, wonder, who...

- A. Who ate the leftovers?
- B. Who did the laundry?
- C. Who wrote the book of love?
- D. Knocked on the door?

14. I'm strong to the finish...

- A. Cause I eats my broccoli.
- B. Cause I eats me spinach.
- C. Egl's summer sausage
- D. Cause I'm the hero.



15. When it's least expected, you're elected, you're the star today.

- A. Smile, you're on Candid Camera.
- B. Smile, you're on TV.
- C. Smile, you won the lottery.
- D. Smile, we're watching you.



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We're staying open until 9pm on Friday and Saturday, and Sunday from noon to 5pm, so make sure you come and join in the fun!

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## Meet the Baden Firefighters: Jody Rank

By Teresa Brown

There are many reasons why a person might want to be a firefighter, including family history, the desire to help, and a love for challenge. Well, for Jody Rank, one of the Baden Station's newest firefighters, all of those reasons are good ones!

Jody grew up in Kitchener-Waterloo, and it was when he met his wife Kolbey that his interest in firefighting developed. "Her dad was a police officer for thirty-eight years," Jody explains, "and her granddad was a firefighter in Preston." Jody also has several cousins in the fire service, and he credits all the stories he's heard for sparking his love of the service.

And it's helping others and giving back to his community which forms a big part of that love. A fire prevention inspector for Toyota in Cambridge, Jody sees a number of medical emergencies at work, and it's his job to help the patients. He also volunteers with Big Brothers/Big Sisters of KW, and the Canadian Red Cross. "Volunteering with the fire department is a way to get to know your community, but also to help," he points out.

Jody and Kolbey moved to Baden in February of this year, and he was thrilled to be hired on to the Baden Station in October. So it's the third reason for firefighting that he's getting ready for now: the challenge, and he certainly doesn't shy away from that. His hobbies include fishing, golf, reading, and exercising, and he's a graduate of Humber's Pre-Service Firefighting course.

It all keeps him very busy, but he's excited to receive his first major call with Baden. Jody will no doubt continue to enjoy the challenge of helping others—and he'll no doubt soon have his own stories to share with his family.



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You Must Be Joking!

In a courtroom, a pursesnatcher is on trial and the victim is stating what happened. She says, "Yes, that is him. I saw him clear as day. I'd remember his face anywhere."

At which point, the defendant bursts out, "You couldn't see my face, lady! I was wearing a mask!"



What do I do now that I have retired??

Submitted by a happily retired senior.

Here is what I say when they ask me what I do... I get up every morning and dust off my wits Pick up the paper and read the obits If I'm not listed I know I'm not dead So I eat a good breakfast and go back to bed.

A drill sergeant had just chewed out one of his cadets, and as he was walking away, he turned to the cadet and said, "I guess when I die you'll come and dance on my grave." The cadet replied, "No Sir, not me Sarge! I promised myself that when I got out of the army I'd never stand in another line!"



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## AIN'T IT THE TRUTH!?!?



Joe Smith started the day early having set his alarm clock (MADE IN JAPAN ) for 6 am. While his coffeepot (MADE IN CHINA ) was perking, he shaved with his electric razor (MADE IN HONG KONG).

He put on a dress shirt (MADE IN SRI LANKA), designer jeans (MADE IN SINGAPORE) and tennis shoes (MADE IN KOREA).

After cooking his breakfast in his new electric skillet (MADE IN INDIA) he sat down with his calculator (MADE IN MEXICO) to see how much he could spend today. After setting his watch (MADE IN TAIWAN) to the radio (MADE IN INDIA) he got in his car (MADE IN GERMANY) filled it with GAS (from Saudi Arabia) and continued his search for a good paying CANADIAN JOB.

At the end of yet another discouraging and fruitless day checking his Computer (Made In Malaysia), Joe decided to relax for a while. He put on his sandals (MADE IN BRAZIL) poured himself a glass of wine (MADE IN FRANCE) and turned on his TV (MADE IN INDONESIA), and then wondered why he couldn't find a good paying job in CANADA .



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Dear Boss,

My mother-in-law died tragically yesterday, whilst on her way to do her shopping.

I will therefore need to take a few days off.

A photo of the accident is attached so you know I am not just taking a "sickie."

Yours sincerely, Sid.



## Ask Armand ~

Margie from Kitchener asks - Did Bell Canada always own the phone system in Baden?

Armand says: No Margie. The first phone system in Baden was a privately owned company formed in 1911. Calls could be put through only from 8 a.m. to 10 p.m. on weekdays and 2 p.m. to 4 p.m. on Sundays - quite a contrast from today. There were party lines with as many as 18 homes on each line. In 1922 the company was sold to the township and the exchange was later relocated to Foundry Street (the house located across from Beck Street). This exchange was staffed by operators who directed each call. In March 15, 1964 the dial system of phones came into effect and a new Bell building was built at the corner of Foundry and Bell Drive.



*It is hard to understand how a cemetery raised its burial rates -- And blamed it on the cost of living.*



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### A Visit to the Seniors' Workshop

The Seniors' Workshop, on Beck Street in Baden, is in its 21<sup>st</sup> year of operation and is enjoyed by over 100 members. There are requirements to join the club: you must be over 55 years old, retired, and pay the initial \$80 fee, then annual fees drop to \$60. Both men and women are welcome. Among the locals are members from Wellesley, London, and Waterloo - the oldest member being 93 years young.

Membership in the club provides associates full use of equipment including lathes, saws, planers, and a full metal machine shop. There are also courses available: wood chip carving (Monday morning), stained glass (Thursday morning), and woodcarving (Thursday morning).

Club members routinely make custom projects. Buyers have brought in pictures of furniture that they would like to have created and members can build those special pieces. The Baden Outlook mailbox was one such piece that the club created for us. They also repair furniture at very reasonable rates, but do not refinish.

Once a year the club has a sale of wood pieces they have created throughout the past twelve months. This year's sale will be held on December 3<sup>rd</sup> and Santa Claus will be making a special

guest appearance to hand out goodies after the Baden Santa Claus Parade. The craft sale is one of the main fundraisers (outside of the Trillium Fund and the Township) and included in the sale will be items such as bird feeders, onion boxes and small furniture items.



So be sure to come out to the Seniors' Workshop and look for custom made, unique Christmas gifts that will make that special someone very happy. The workshop is open from 9 a.m. to 4:30 Monday to Friday.



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# NEW HAMBURG TREE OF LIGHT



The Tree of Light ceremony is celebrating its 28th year on Friday, December 2nd at 7 p.m. and The New Hamburg Lions and Lionesses continue to make the evening a very special one. People from Wilmot Township will once again gather at the fountain near New Hamburg's Peel and Huron Streets, to enjoy fellowship, sing carols, and watch the main event: the annual lighting of the New Hamburg Lionesses' Tree of Light!

The Tree of Light has become a tradition in our community, with families looking forward to the event as a signal for the start of the holiday season. The lighting ceremony, taking place on Friday, December 3, is of course the highlight, but the Tree represents much more: it's a symbol of giving to a variety of local charities, with donations for "lighting a light" going to such organizations as Interfaith

Counselling Centre, the Wilmot Family Resource Centre, Aldaview, and more.

Wondering how to take part? Before the lighting ceremony, the Lionesses will take donations at Sobeys' on November 24 - 26, 29th and 30th and again on December 1-2, from around 10 a.m. to 7 p.m. This year, donations of \$5 light a white light, \$100 light a gold light, and \$500 lights the red lighted star at the top. There will be a draw again this year: any donation of \$5 or more will have the donor's name entered to win a beautifully decorated full-size artificial tree donated by Meadow Acres which will be displayed in Murray's Clothing store window.

Of course, you can also join in the fun by coming to the lighting ceremony. There will be hot drinks and hot dogs served starting at 6:30 p.m., and the tree lighting will take place after. The New Hamburg Citizens' Band and the Forest Glen School Concert Choir will entertain the crowds and get them singing along. It promises to be a wonderful evening for the whole family, and a great way to start off the season -- by helping others, joining in song, and watching in wonder as the Tree of Light comes to life.

Any questions please contact Chair Person Rita Klaassen.

## The Movember Effect: Awareness & Education, Survivorship, Research

The funds raised in Canada support awareness about the number one male cancer, prostate cancer. The funds raised are directed to programs run by Movember and men's health partner, Prostate Cancer Canada. Together, the two channels work to ensure that Movember funds are supporting a broad range of innovative, world-class programs.

On November 1st, guys register at Movember.com with a clean-shaven face. For the rest of the month, these selfless and generous men groom, trim, and wax their way into the annals of fine moustachery. They become walking, talking billboards for the 30 days of November. Through their actions and words, they raise awareness by prompting private and public conversation around the often ignored issue of men's health.



Baden Firefighters show their clean-shaven faces at the start of MOVEMBER, a month of moustache-growing to raise awareness and money for prostate cancer research. To donate, go to <http://ca.movember.com/> and search Baden Firefighters.

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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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www.smchurch.ca.

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Answer them immediately.  
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First Question:

You are participating in a race. You overtake the second person. What position are you in?

Answer: If you answer that you are first, then you are absolutely wrong! If you overtake the second person and you take his place, you are second!

Second Question:

If you overtake the last person, then you are...?

Answer: If you answered that you are second to last, then you are wrong again. Really, how can you overtake the LAST person?!

Third Question:

Mary's father has five daughters: Nana, Nene, Nini, Nono. What is the name of the fifth daughter?

Answer: Nunu? Nana? Nene? NONO!  
Of course not. The fifth daughter's name is Mary.  
Read the question again.

Fourth Question:

Very tricky math! This must be done in your head only. Do NOT use paper and pencil or a calculator. Try it.

Take 1000 and add 40 to it.

Now add another 1000.

Now add 30.

Add another 1000.

Now add 20.

Now add another 1000.

Now add 10.

What is the total?

Did you get 5000?

The correct answer is actually 4100. Don't believe it? Check with your calculator! Yup, weird!



*We hope you could stand a little fun and challenge yourself but really... please smarten up. HAHA!*

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## Baden Birding

Submitted by Dave Rogalsky

"Be vewy, vewy quiet," said Elmer Fudd, finger to his lips, "we awe hunting wabbits." Hunting we were, but not with a gun. And not wabbits or any furry creatures. We were hunting the Black-Crowned Night Heron. But, "vewy, vewy quiet" and "don't make any sudden motions" were the trick. Walking along Weber St. North in Waterloo we were coming up on the Laurel Creek crossing, between Lincoln Road and Mackay Cresent. Every year for the past five we've seen the elusive heron in this place. It stands very still on a small aerating dam that causes the water to be stirred up, renewing the oxygen in the water. Very hard to see, its white body shines lightly but its black-crown is nearly invisible. As fish or bits of other food come floating by it darts its head forward, snatching whatever it can in its black beak. It is similar to the great blue heron and white egret that many have seen feeding in water. But it has much shorter legs than the great blue and egrets, more like the green heron or the bitterns. You are very unlikely to see the black-crowned night heron during the day.



As we approach the bridge we walk slower and stop talking. We look to one edge of the dam, nothing. But there on the other edge it is, standing, poised to catch whatever comes. We move to get a better view and it senses us watching it. We stand still. As our eyes adjust to the dark of the creek bed we can make out the outline of the bird. Around two feet (sixty centimetres) long, its head, beak and back are black. Underneath, it is white, including the legs. The bird is nervous and suddenly takes flight uttering a loud guttural *quark* or *wok*, and flies off into the dark.

Though the birds are around all summer and fall, we have only seen this bird in this place in the fall. Some falls we've seen it several times but this year only once. And it is getting late in the season, although last week we saw a magnolia warbler and a veery, both on their way south for the winter.

What have you been seeing?

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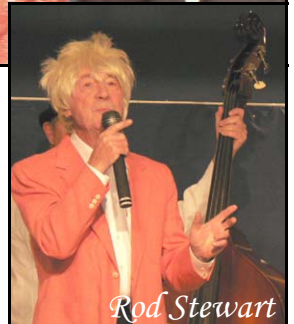
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*Sir Elton John*



*Rod Stewart*

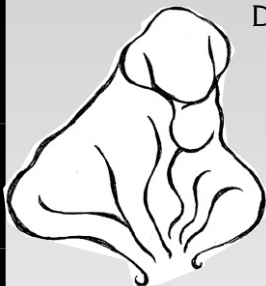


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### Holy Family Parish CWL Bazaar

329 Huron St. New Hamburg

Saturday November 19th

11:00 a.m. to 2:00 p.m.

Baking, crafts, Penny  
Sale, Silent Auction,  
Christmas Crafts,  
Kids Corner, Tea Room



Livingston Presbyterian Church  
44 Beck Street, Baden

Christmas Bazaar



Saturday, Nov. 19, 10 am - 2 pm

Baking, Handmade Crafts  
Lots of Christmas Gift Items

Relax at Coffee & Muffin Corner

Wilmot Seniors Workshop  
27 Beck Street, Baden

### CRAFT SALE

Dec 3rd, 10 am - 3 pm

Children's Table & Chairs  
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November 26, 9-4

137 Forrest Ave E, New Hamburg

December. 3, 9-4

520 Snyder's Rd E, Baden

For more info call:

Sheryl Crabbe 662-1980

Karen Buhr 634-5637

### NEW HAMBURG LEGION BRANCH 532

### COMING EVENTS



November 25 ~ Turkey Dinner  
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November 26 ~ Meat Draw 2:00 -5:00

December 10 ~ Meat Draw 2:00 -5:00

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St. James Lutheran Church

66 Mill Street Baden

Saturday November 26th

10:00 - 1:00

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Raffles, Vendors, Face Painting  
Something for everyone!  
Chili and a bun for lunch.

Take out available.

Half of the proceeds to support  
Wilmot Resource Centre Christmas Hampers.

For more information 519- 634-8904



### St. George's ACW Christmas Bazaar

3 Byron St. New Hamburg

Saturday November 26

11:00 a.m. to 2:00 p.m.



Featuring Baking, Gift Baskets,  
Jewellery, Knitting, used books and  
Lunch with home made pies.

### ST. AGATHA SANTA CLAUS PARADE

December 10th starting at 1 pm

Be sure to meet Santa at the St. Agatha  
Community Centre following the parade  
and get candy bags for your children.

At end of the parade food items  
for food bank being collected!



For more information  
Paula Heimpel Contact 519-746-5583

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It is hard to believe that another year has gone by and once again we are beginning our countdown to Christmas.

There are lots of Christmas preparations that can be done well in advance and it is time now to start making your lists.

Are you someone who enjoys making homemade gifts? It is never TOO early for that.

You could start drafting your family newsletter and it can be signed, sealed, and delivered by the middle of December.

This is a great time to make decisions about Christmas projects and crafts that you would like to do with your children or grandchildren. Your stress level is much lower now than it will be in the last days before Christmas. NOW it might be fun to spend sometime together making gifts, cookies for the freezer, or perhaps some beautifully handpainted Christmas wrap. If you know you will be entertaining over the holiday season, perhaps you can put your children or grandchildren to work designing placecards for the dinner table. There are lots of great Christmas craft resources available at the library or on-line.

Anticipating that you will be getting your Christmas decorations out any time now, this is a perfect time to clear away unnecessary clutter. Be ruthless and toss...into the garbage, recycling, and donations bags!!

*In order.....to live a life of purpose.*

**We're on the Web!**  
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**Answers from Baby Boomers Trivia Quiz**  
From page 13

Below are the right answers:

1. B - Wonder Bread
2. B - Cassius Clay
3. D - When you brush your teeth with Pepsodent
4. C - Pants on fire
5. C - The American Way
6. B - It's Howdy Doody Time
7. A - Oh my
8. D - Over 30
9. C - Joe Namath
10. A - A little dab'll do ya
11. D - On Blueberry Hill
12. B - Mary Martin
13. C - Who wrote the book of Love
14. B - Cause I eats me spinach
15. A - Smile, you're on Candid Camera



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## Baden Outlook Hockey Pool Stats

Adults Pool Stats			Kids Pool Stats		
Place	Name	PTS	Place	Name	PTS
1	Alia Henderson	163	1	LaShaedyn Faulkner	162
2	Karla Salese	157	2	Tanner Schwartzentru...	152
3	Pierrette Schmidt	155	3	Nicole Lowry	151
4	Rachel Jutzi	154	4	Joel Heise	150
5	Deanna Carney	153	T5	Kyle Gawlik	145
6	Michelle Naumann	151	T5	Wyatt Stone	145
7	Sharon Williams	150	T7	Liam Boronka	144
T8	Bonnie	149	T7	Carter Girodat	144
T8	Heather Dubrick	149	T7	Matthew VanDeWyn.	144
T8	Jim DeJong	149	T7	Tyler Kleine	144
T11	Gina Buchenaver	148	T7	Evan Bizony	144
T11	Kathleen Rempel	148	12	Aislynn Gibbons	142
T13	Joyce Snyder	147	T13	Conner McLaren	140
T13	Doris Blake	147	T13	Braedyn Carney	140
T15	Brian Diebold	145	T15	Sara Martin	139
T15	Ryan Thorpe	145	T15	Breanna Hopiavuori	139
T15	Tracy Miles	145	17	Paige Naumann	138
T15	Len Mueller	145	T18	Calob Heinbuch	137
19	Lillian Gauvin	144	T18	Travis Forler	137
T20	Maggie Litwiller	143	T20	Mitchell Mueller	136
T20	Darla Hopiavuori	143	T20	Caitlyn Hillar	136
T20	Burt Bizony	143	T20	Jeffy Shantz	136
T20	Howard Schell	143	23	Ben Habel	135
T24	Jacqui Rellinger	142	T24	Zack Bender	134
T24	Cheryl Erb	142	T24	Chazen Snyder	134
T24	Tara Kleine	142	T24	Ryan Schnarr	134
T27	Melba Honderich	141	T24	Cameron Fletcher	134
T27	Susan Honderich	141	T24	Ty Brenner	134
T27	Barb Quehl	141	T29	Jacquiline Bender	133
T27	David Connolly	141	T29	Jake Livingston	133
T27	Ruth Schnarr	141	T29	Alex Wagler	133
T27	Amy Papa	141	T29	Bradley Vitello	133
T33	Shelly Diebold	140	T29	Jayden Gawlik	133
T33	Doug Baier	140	T29	Montana Flood	133
T33	Doreen Dean	140	T35	Meghan Mueller	132

Congratulations to Alia Henderson for taking the adults monthly leader prize, winning a gift certificate from EJ's of Baden.



Congratulations to LaShaedyn Faulkner for taking the kids monthly leader prize, winning a gift certificate from Riverside Lanes.

The lucky random draw winners are Daniel Pajot, winning a gift certificate from Egli's Meat Market, and Brad Habel and Mitchell Mueller winning Baden Outlook sweaters.



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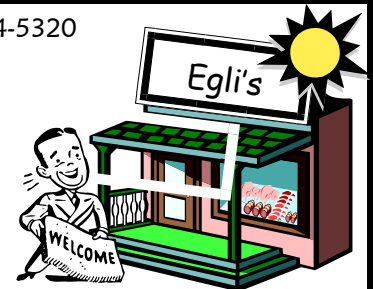
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WOW! Sports fans...Thanks for playing hockey with us! There are 491 entrants in this year's Outlook Hockey Pool. Be sure to follow your stats which are updated daily on the site. The Outlook draws the stats on the 7th of the month.

To follow the stats, log on to our website at [www.badenoutlook.com](http://www.badenoutlook.com). Click on sports pool—choose "hockey" The pool I.D. is [outlookhockey](http://outlookhockey) or [outlookkids](http://outlookkids) and the password is [quest](http://quest). 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!





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## The Logic Behind Daylight Savings Time

Although first instituted in 1915, the idea of daylight time had been batted around for a more than a century. Benjamin Franklin suggested the idea more than once in the 1770s while he was an emissary to France. But it wasn't until more than a century later that the idea of daylight time was taken seriously.

It was reasoned that light could be better used during the day because the sun shone for a time while most people were still asleep in the morning. The solution was to push the clocks ahead one hour in springtime, encouraging people to wake an hour earlier. They would therefore expend less energy trying to light their homes, for instance, if time were adjusted to suit their daily patterns. When the days started getting shorter in the fall and people awoke to increasing darkness, the clocks were turned back an hour to get more light in the morning.

The Uniform Time Act, enacted by the U.S. Congress in 1966, established a system of uniform (within each time zone) daylight time throughout most of the U.S. and its possessions, exempting only those states in which the legislatures voted to keep the entire state on standard time. In Canada, it's up to each province to decide whether to use daylight time, and not all do. Most—but not all—jurisdictions in Canada and the U.S. have been moving their clocks ahead by one hour on the second Sunday in March and back by one hour on the first Sunday in November.



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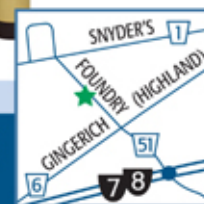


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## L.I.F.E Co-op Update

The Local Initiative for Future Energy Co-op (LIFE) met on Wednesday, October 26 for their annual general meeting at Angie's Kitchen in St. Agatha. The event was well attended as they had some special guest speakers from the wind turbine company Enercon. Enercon is LIFE's preferred supplier and is considered the Cadillac of turbine manufacturers providing support, construction, and maintenance.

Enercon's representatives took time to explain the history of their company, which founder Aloys Wobben formed in 1984. Wobben created a prototype turbine at his farm and since then, his privately held company has grown to 14,000 employees worldwide in 38 countries. The company has erected 17,800 wind turbines providing 24.8 GW of power. The first turbine installed in Canada was in 2001 and since that time they have created 597 megawatts of power with 180mw of that energy in Ontario.

Enercon handles a wide variety of projects. One of the largest in Ontario is the Ripley Wind Farm project, but they also manage smaller projects such as LIFE's initiative. They constructed a single turbine at Spiddle Hill in Nova Scotia, which was a community-based model like LIFE's. The Spiddle Hill community initiative has since added two more turbines. They also have a maintenance agreement which will pay the organization if their turbine is down for repairs and drops below 97% of their expected power. Financial institutions find this very attractive, as they will always have a steady flow of income. Also included in the maintenance agreement are



service and repair costs to main components and transportation.

The LIFE group is considering constructing a wind turbine either 98 or 108 metres in height. This single turbine would provide enough energy to power 500 homes, which is roughly the size of St. Agatha. Interestingly enough, if each household in St. Agatha contributed roughly \$4,000, that would pay for the project. The turbine would be located on the second farm west of St. Agatha. LIFE is getting close to their goal of a turbine but they have many hurdles to clear. After their application to the Ontario Power

Authority for a Feed-In-Tariff is approved they must obtain an impact assessment, renewable energy approval, domestic content plan, and a financing plan.

LIFE's mission statement is "LIFE Co-op is a progressive local initiative formed to find ways to reduce our dependency on non-renewable energy sources, and to provide an attractive investment vehicle for members of the community." The group has 114 members and is looking for more. They are committed to having the community's involvement in the project, so they will host quarterly meetings at Angie's Kitchen. For more information on this industrious project and meeting dates visit LIFE's website at [www.lifecoop.ca](http://www.lifecoop.ca) or e-mail them at [life.info@yahoo.ca](mailto:life.info@yahoo.ca)

## Heritage Pet & Garden

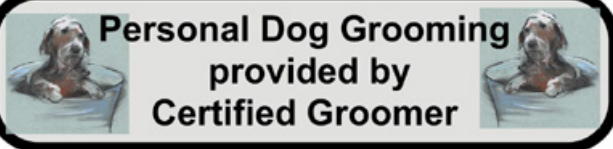


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## KNOWING YOURSELF

by Ellen Hadley RN, Alternative Health Care Practitioner

*Physical/emotional awareness gives you a way to move through your days more easily.*

As youngsters we were not encouraged to be physically “aware.” In making decisions we were—in all probability—NOT asked “How do you FEEL about that?” It is a mistake to discount our emotional senses!! They are intended to be the radar by which we determine our courses of action! Yes, we have our logical means of adding up the pros and cons of a situation—and we are intended to use that as well. But somewhere along the line we “ran off the rails” in terms of using all of our incoming sensory apparatus to help us make decisions.

This is curious. What if you smelled a dead mouse in your basement. If you couldn’t SEE this dead mouse, would you discount your sense of smell?! Why then would you discount a tight and anxious feeling in your stomach, a feeling of guardedness around a particular person, or a sense of anger as a result of a phone call? Emotional-physical sensations are every bit as viable as our sense of smell. Just because we cannot directly see the reason for this feeling by no means justifies discounting it!!

Begin to notice your physical body—how you feel in your clothes, where muscles are tight, where your head is “busy” and full of thoughts, or clear and still. Are you hungry? Notice what you hear, what you smell. Physical sensation is very much tied to emotional state. Notice what emotion is floating around you in the present moment. Can you name it? Is it left over from a dream? A conversation? From something

you read, or a song you heard? All of these bits of sensory information are very, very valuable clues to what is going on for you.

As you learn to be aware and name what you feel you will open to a much greater understanding of who you really are. An arrangement for a meal out with friends might—for example—suddenly bring your attention to a feeling of tension as you spend time with these people. This could be letting you know that you are listening to and taking their advice ahead of your own sense of what works for you. Recognizing and listening to the feelings you experienced in that situation will always tell you what is true for you. The tension is your own True Self saying “Pay attention! What he is saying is not true for you! Make other plans. Don’t acquiesce!”

Feelings never lie! Trusting our emotional-physical sensations is very important as we look for the “dead mouse” in our lives—where the “bad smell” of resentment or judgement is sitting. It is very easy to dissociate from uncomfortable feelings; ignoring or pretending they are not there as though to justify some sense of resilience: “I can take it.” This is not being true to oneself, and in the end, will always cause the physical body to begin some type of dysfunction.

Do a scan of your own body at least once a day to begin with. Soon you will very quickly recognize what information is coming to you and will be able to navigate through your days in a clearer calmer way, having made decisions that truly work for you. Awareness is a crucial step in truly understanding your own motivations!

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## Just Simply Feed Them Food

By Michael Fisher, Nutritionist

**W**hile visiting a public school the other day, I couldn't help but notice the children's faces—mostly how unhealthy they looked. I was a little bit shocked, and truly didn't see as many healthy, happy, glowing kids as I'd expected. The corridors had information posted about the school's nut-free policy, strict nutrition break times, and other health guidelines, yet the children seemed to look sallow and uninspired.

Another shocking sight for me recently was an unattended boy in a Bulk Barn. Loudly, he was clearly suffering from Tourette's disorder, filling up large bags of candy for himself. Sadly, sugar's ability to cloud our emotions and mental judgement satiates and perpetuates the issue, leaving kids caught in attempts to placate deep disharmonies with sugary and refined foods.

*I felt inspired to write about, and share this:*

Anything that appears, or is accepted as food but is not a whole food, should be avoided. For instance, candy is not food, and white rice is a refined food which contains only a few of the vital nutrients for our growth. The nutrients absent from refined grains (and sugar) are critical to the development of the brain, nervous system and emotional health. Oils should be restricted unless they are of the highest quality; high quality oils may indeed be helpful for children. In general, most people know what to do to feed themselves and their children better. What lacks is the effort, and the spirit to do it. If you, as a parent, lack joy in preparing your own meal, or your children's meal, don't expect them to be happy either. Healthy food can be happy food, if it's prepared that way.

Most packaged foods contain high levels of non-food substances, high amounts of sugar (glucose-fructose or high-fructose corn syrup - which is much worse for the liver), and drastically reduce a child's stability, patience, attention, and spirit. They often contain chemicals and highly refined fats and oils, none of which belongs in the body and can aggravate or stagnate the child. These are the types of foods that contribute towards allergies, ADD, and other nervous disorders. Some packaged foods don't even have food in them at all, and are entirely comprised of factory produced compounds. White flour is so refined that it too could be considered a non-food, as most of its nutrition has been removed, causing high-blood sugar levels during a child's school hours (causing distraction, poor focus, impatience, or impulsive behaviour). Over time, a refined foods diet may lead to a deterioration of the spirit, lethargy, poor attitude, weakened immunity, and later depression. Refined bread with poor-quality meat sandwiches, sugary yogurts, granola bars, gummy snacks, pastries, breakfast cereals (yes, breakfast cereals), crackers, snacks, chips, pop, cookies, (simulated) fruit leather, drinking boxes and juices, contain very little nutrition despite what the labels say.

The foods listed above may very well be the standard Canadian lunch box items. It's important to think "outside of the box" when it comes to lunch (and breakfast items). Most find it unusual to eat cooked vegetables for breakfast, or oatmeal for lunch, but the options really open up when we contemplate eating real whole food for meals as a means of exiting our habitual choices of refined foods. Learn to think clearly, and critically. How does food make you feel? How are you feeling when you prepare food for your children? If you have frustration, it may be conveyed through the food, and you may find children (or others you love) frustrated with the food as well (and possibly you, if that's where your frustration is directed).

Try buying foods that don't come with a list of ingredients. As soon as a product has an ingredients list, there's likely to be added sugar (s), additives/chemicals, rancid oils (hazardous), refined and bleached flours, and sometimes there is no nutritional value at all. Most foods can be entirely made with non-foods; in fact, processing food giants are now claiming they can make any simulated food item with soy and corn by-products for pennies. But even though poor quality foods can contribute to poor quality minds and bodies, we like them, and choose them because they're cheap—a possible "ideal" reflection of a present mind-state. If making food for yourself or your child from whole foods seems difficult, it may be time to introduce yourself to new cooking techniques or ideas. Eating whole foods is becoming more recognized, and is surprisingly not that challenging. The time and effort spent on taking care of yourself and others in the kitchen will pay back through your children's good health, strong spirits and beautiful glowing faces.

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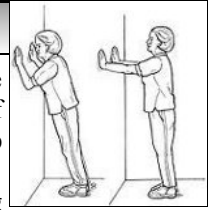
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*Michael Fisher, Registered Holistic Nutritionist, teaches courses in nutrition and traditional Chinese dietary healing at the prestigious Canadian School of Natural Nutrition in London, Eight Branches Healing Arts Centre in Toronto, and various local yoga studios in Ontario. Michael is most known for his work alongside Paul Pitchford, joining him at his international three-week Healing with Whole Foods intensive in California, NY and Bali, Indonesia. Visit [www.michaelfisher.ca](http://www.michaelfisher.ca) for more details.*





Osteoarthritis accounts for more trouble with climbing stairs and walking than any other disease, and is the most common reason for total hip and knee replacement surgeries. This article will discuss the role of exercise in the management of osteoarthritis.

Exercise increases our functional capacity to withstand occupational, recreational, and everyday stresses to our body more efficiently, thereby minimizing the risk of joint injury and subsequent disability. Natural chemicals called endorphins have anti-inflammatory and pain relieving properties and are released by the body during exercise. Joint movement also transports nutrients and waste products to and from cartilage. For every extra pound of weight that someone carries, they put an extra three to five pounds of stress on a weight bearing joint. Regular exercise can allow for an individual to keep their weight down, and their muscles and joints flexible and strong.

The individual components of exercise can exert specific positive benefits in the body. **Aerobic or Endurance** exercise improves the body's capacity to deliver oxygen to working muscles and organs. Swimming, cycling, jogging, water aerobics, and power walking are a few examples of this type of exercise. It is recommended that an individual engage in a

minimum of 30 minutes of endurance exercise at least three times per week. This type of exercise will also burn calories and help maintain healthy body weight.

**Resistance or Strengthening** exercise helps a muscle's ability to contract and do work. This type of exercise can help maintain bone density and strengthen muscles to support our joints. It will also boost metabolism and assist in maintaining a healthy body weight. Examples of this type of exercise include weight machines in a fitness facility, dumbbells, or resistance tubing.

**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 15-30 seconds can result in modest flexibility gains. This type of exercise becomes especially important when preparing for any endurance or strengthening activity to help ready the body and minimize the risk of injury. Where appropriate, agility and proprioceptive/balance exercise may also be added.

Osteoarthritis can be successfully managed with active exercise strategies. Exercise can encompass a wide range of activities. Therefore choose activities that are safe and enjoyable. This will make it more likely for you to stay consistent with those activities. There may be some initial discomfort when beginning an exercise program. This may be your body's normal response when starting a new activity and should not last more than one to two weeks. Start slowly and progress gradually. If discomfort persists beyond this point, consult with a Regulated Health Professional to make sure the exercise you are performing is appropriate and being done correctly.

For more information, visit [www.nhwc.ca](http://www.nhwc.ca).





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*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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*"Keeping the Community Connected"*

**If you are 30, or older, you might think this is hilarious,  
Kids may not think it so funny!**

When I was a kid, adults used to bore me to tears with their diatribes about how hard things were. When they were growing up, what with walking twenty-five miles to school every morning.... Uphill... Barefoot... BOTH ways...

I remember promising myself that when I grew up, there was no way I was going to lay this stuff on my kids about how hard I had it and how easy they've got it! But now that I'm over the ripe old age of thirty, I can't help but look around and notice the youth of today. You've got it so easy—you live in Utopia! And I hate to say it, but you kids don't know how good you've got it!

- > When I was a kid we didn't have the Internet. If we wanted to know something, we had to go to the library and look it up ourselves, in the card catalogue.
- > There was no email!! We had to actually write somebody a letter—with a pen, on paper! Then you had to walk all the way across the street and put it in the mailbox, and it would take a week to get there! Stamps were 10 cents!
- > There were no MP3s or Napsters or iTunes! If you wanted to steal music, you had to hitchhike to the record store and shoplift it yourself!
- > Or, you had to wait around all day to tape it off the radio, and the DJ would usually talk over the beginning and mess it all up! There were no CD players! We had tape decks in our car. We'd play our favourite tape and "eject" it when finished, and then the tape would come undone rendering it useless.
- > We didn't have fancy stuff like Call Waiting! If you were on the phone and somebody else called, they got a busy signal.
- > There weren't any cell phones either. If you left the house, you just didn't make a call or receive one. You actually had to be out of touch with your "friends." OH MY Goodness! Think of the horror... not being in touch with someone 24/7! And then there's TEXTING. You have no idea how annoying it is, and how rude texting can be.
- > And we didn't have fancy Caller ID either! When the phone rang, you had no idea who it was! It could be your school, your parents, your boss, your bookie, the collection agent... you just didn't know!!! You had to pick it up and take your chances.
- > We didn't have any fancy PlayStation or Xbox video games

with high-resolution 3-D graphics! We had the Atari 2600! With games like "Space Invaders" and "Asteroids." Your screen guy was a little square! And there were no multiple levels or screens, it was just one screen... Forever! And you could never win. The game just kept getting harder and harder and faster and faster until you died!

- > You had to use a little book called a TV Guide to find out what was on! And when it came to channel surfing, you had to get off your butt and walk over to the TV to change the channel!!! NO REMOTES!
- > There was no Cartoon Network either! You could get cartoons only on Saturday morning. Do you hear what I'm saying? We had to wait ALL WEEK for cartoons.
- > And we didn't have microwaves. If we wanted to heat something up, we had to use the stove! Imagine that!
- > And our parents told us to stay outside and play... all day long. Oh-no, no electronics to soothe and comfort. And if you came back inside... you were doing chores!

See! That's exactly what I'm talking about! You kids today have got it too easy. You're spoiled! You guys wouldn't have coped back in 1980 or any time before!

*Regards, The Over 30 Crowd*

*And some may wonder if we have a bad attitude!?*

*Email Submission*

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## IN-HOME ENERGY SAVING TIPS

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#### Laundry:

- Try to do some or all of your laundry on the weekends or after 7 pm on weekdays.
- Hang laundry out to dry instead of using your dryer.



Weekends and statutory holidays are off peak times and at lower rates.

#### Heating & Cooling:

- Install a programmable thermostat and set it to reduce your energy use when you are not at home or sleeping.
- In summer, avoid running your air conditioner from 11 am to 5 pm on weekdays.

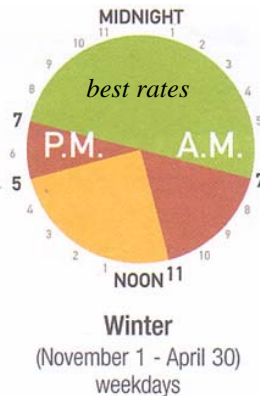
#### Electronics:

- Put your electronic and chargers on power bars with timers.
- Set the timer for chargers to come on during off-peak hours and shut off after a few hours of charging.

#### Dishwashing:

- Set your dishwasher to run after 7 pm
- Use the air-dry setting.
- Always run full loads.


  
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- ~ Choose off peak times which are 7 pm -7 am when rates are lower.
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## Fat or Fiction on Aging Metabolism

Shared by Janet & Greta's Crazy Plates

Experts tell us that as we age, we're going to suffer some memory loss, grow bigger ears, and put on weight. It's depressing—no wonder we're also expected to slouch! They predict that by age 55, we'll need about 150 to 200 fewer calories a day than younger folk, and that if we don't cut back on our food intake, we'll be walking around with a couple of bowling balls worth of blubber around our waistlines. Ah, the dreaded metabolic meltdown. A sluggish resting metabolism—the energy our bodies expend to sustain basic functions like breathing and heart rate—is due primarily to loss of muscle mass. It's not an "inevitable" metabolic decline as we age. The more muscle we have, the more calories we'll continue to burn, even when we're resting comfortably in our rocking chairs. Proposed solution to the meltdown crisis: Exercise. By conditioning our bodies, we can turn these so-called experts



into false prophets (at least on the weight gain issue). Walk, swim, bike, or dance—and don't just do aerobic exercises either. Lift something—anything!! Weights, phone books, grandkids, whatever. By the way, exercise won't stop your ears from growing.

He walks in his sleep so he can get his rest and exercise at the same time.



## Nettle Tea - A Health Tonic

**Body Cleanser:** Nettle tea stimulates the elimination of wastes from the body, making it a good choice for detoxification. It seems to have expelling action in various body systems, including the digestive and urinary systems. It has been used as a treatment for kidney stones and intestinal worms. Nettle tea acts to expel mucus from the lungs and nasal passages, making it a good choice for allergies and sinus congestion.

**Anti-bacterial and Anti-viral:** Nettle has been used to eliminate bacterial and viral infections from the body, and is ideal for respiratory infection accompanied by congestion.

Nettle has been shown to decrease blood sugar and glycemic levels, and can be of great help to those who suffer from this chronic disease. Nettles are high in vitamins and minerals, including iron, chlorophyll, calcium, magnesium, silicon, zinc, potassium and phosphorus. They contain significant amounts of vitamins A, C, D, E, and K, as well as riboflavin (B2) and thiamine (B1). Nettles also have folic acid and amino acids.

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# the Health & Wellness Page

Heather McKague-Bandl, ROHP, RNCP  
Registered Nutritionist Consultant Practitioner



## The Benefits of Eating a Mediterranean Diet

Nutritionists have been recommending eating a Mediterranean Diet for some time now. Ever since the results of the Seven Countries Study was published in 1970 we have known that the people of Crete had the lowest mortality rate due to cardiovascular disease (CVD). Today, we have a large and growing body of evidence that links the Mediterranean Diet with lower risks of CVD, stroke, certain cancers, obesity and diabetes, depression, cognitive impairment, and with benefits to general health and longevity.

I would like to share with you some of the key components of the traditional Mediterranean Diet so that you can start implementing some of these proven strategies into your lifestyle to reap the same benefits.

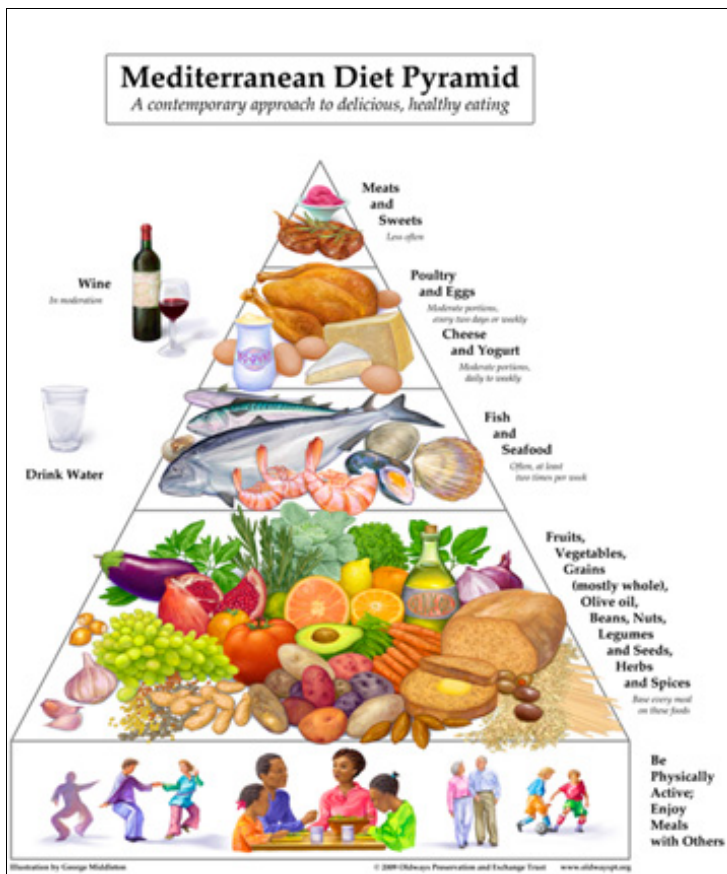
1. Consume mostly Vegetables, Fruits, Whole Grains, Olive Oil, Beans, Nuts, Legumes, Seeds, Herbs, and Spices.
2. Fish and Seafood are also consumed fairly regularly (but no more than 2 times per week) as a source of high-quality protein.

3. Poultry, Eggs, Cheese, and Yogurt, especially from goat and sheep, are eaten in small to moderate quantities.
4. Meats and Sweets are consumed much less often. Desserts may be served during celebrations; otherwise they are not eaten on a regular basis. (Honey is often used as a sweetener instead of refined sugar.)
5. Wine is consumed in some, though not all, of the Mediterranean countries, and generally in small quantities. Water is more the beverage of choice.

Numerous studies on men and women in various countries over the past several decades, especially since the inception of the Seven Countries Study, have shown strong links between a plant-based diet of whole foods, and good health and longevity—not just longer lives but also more disease-free years. The more closely an individual adhered to the above mentioned guidelines, the better their outcomes. What we eat is a matter of choice; we make choices everyday about the foods we decide to consume and, ultimately, they contribute to the health of our cells. Our cells will reflect our dietary choices; make changes today and enjoy every tomorrow.

### *Eat Healthy and Be Healthy.*

**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.



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## OUR STORY

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Founder Sarah Scott grew up in Wilmot Township. Upon graduation from Waterloo Oxford Sarah attended The Canadian College of Massage and Hydrotherapy where she graduated and earned her certification as a Registered Massage Therapist. Post-graduation, Sarah worked for many other clinics. In late 2006 Sarah returned to Baden and opened her doors, where she has been growing and perfecting her practice ever since.

There are now eight health care practitioners at LiveWell Health and Wellness working to provide our community with the best quality care.

## HEALTH CARE SERVICES PROVIDED

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