



Baden Outlook



Serving the GBA since August 2000 with 2400 copies in circulation.

Volume 9, Issue 3

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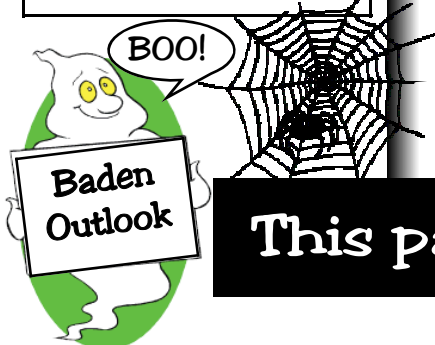
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Keeping the Community Connected.

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 178 Snyder's Road East
 Baden, ON N3A 2V6
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 www.badenoutlook.com



Baden's Baseball Icon - Tom Musselman Honourary Award



*Baden Minor SoftBall Honours Tom Musselman.
Seen is Mary Musselman with President Bob Bontainne and Tom Musselman.*

If anyone followed Baden's Minor Softball in the late 1960's—80's, they'd know Tom Musselman. He was a great player, sportsman and loved softball!

The Baden Minor Softball Association has created a new annual award that was presented at the year-end banquet held on September 14. The Tom Musselman Coach of the Year Award will be handed out annually to coaches who have gone above and beyond – in recognition of their talent and commitment. Tom, who was diagnosed with Amyotrophic Lateral Sclerosis (ALS) also known as Lou Gehrig Disease, has played, coached and been part of the executive (including President, 1977) since he was a youngster. We contacted Tom to learn more about his time with the Baden Ball Association.

Tom played competitive ball in Baden from 1969 to 1975. Until 1973 he played left field and 1974-'75 played second base, with the team winning *All Ontario* in 1973. He started coaching the Juvenile team in 1976. He had a great group of players to work with, among them being: Rick Cressman, the Taves twins, Dave Facey, Rick Pearson and Rick Van Oorshot. His coaching continued with the

(Continued on page 25)

This paper is priceless! Please have one!

Talking With Ed – One Big City?



The Citizens For Better Government (CFBG) have finalized their proposals for in the way our region should be governed. I decided to check out their website www.cfbg.ca for more details.

The existing style of government, which was implemented in 1973, is considered to be two-tier government. To my surprise the Region of Waterloo looks after 70% of services already. The Township of Wilmot maintains fire, local roads and sidewalks, planning, cemeteries, five politicians, parks and recreation, local water, sewage and storm water management, tax collection and by-law enforcement, licensing and libraries within the region. The region looks after everything else including police, ambulances, and garbage collection and recycling.

The CFBG have made three proposals. The first one is, as mentioned above, a *one city model*. The new city would include Kitchener, Waterloo, Cambridge and the townships (Wilmot, Wellesley, Woolwich, Waterloo and North Dumfries). Currently there are 51 municipal politicians and the CFBG would like to cut that down to 26 ward councilors and one mayor. Wilmot Township would be represented by two of those councilors – one representing New Hamburg and Baden and the other one representing the rest of Wilmot Township.

The *two cities model* would create two major single-tier urban municipalities: an amalgamation of Kitchener, Bridgeport and Waterloo and a new city

consisting of Galt, Preston, Hespeler, Blair and parts of North Dumfries and Waterloo Township. There are also to be five largely rural independent municipalities (including Wilmot).

The *third proposal* would create a city comprised of Woolwich, Waterloo and Kitchener with a population of almost 400,000. Wellesley, Wilmot, North Dumfries and Cambridge would remain, as today, separate incorporated municipalities.

The group has specified that the cost of general government in Wilmot Township, which includes the elected officials, the clerk of the township and the rest of the administration (but not services) is \$108 per capita for the 18,000 citizens of the township. The cost of general government for Waterloo Region, which includes the politicians, CAO, and administration, is \$51 per capita for the 507,000 citizens. So it costs \$108 to administer 30% of the services and \$51 to administer 70% of the services each resident receives.

The CFBG raises some interesting points. My main concern would be the issue of our town's identity; however they claim that we in Wilmot already have a strong community spirit and towns like Hespeler continue to have a community feel even after amalgamation.

Time will tell. Until next month...Ed.

How well do you know Baden?

Do you recognize this neighbourhood?



Answer on page 13



CASTLE KILBRIDE BOO-SEUM!

FAMILY FUN IN BADEN - Friday October 24, 2008 - 6:30 to 8:30 pm



*Historic Castle Kilbride will be showcasing an unforgettable night for families.
As the sun sets, Castle Kilbride "Boo-seum" comes to life!*

Castle Kilbride has long been associated with legends, lore and superstitions. These stories have been passed down from generation to generation. Find out where these legends came from along with other amusing superstitions that we hear in every day life.

On Friday October 24, the Castle doors will creak open and invite families to tour the "boo-seum" (we mean "museum") festooned in the Halloween spirit. Costumed characters will reveal fun stories as they guide you through the 1877 grand home. After your tour, test your knowledge of superstitions and their meanings. Why *is* it considered bad luck to walk under a ladder? Will you *really* have seven years of bad luck if you break a mirror? See if you believe what you hear...

To complete your Halloween experience, be sure to catch the "Castle Kilbride," Episode 8 of YTV's Ghost Trackers, which will be playing throughout the evening. This show was one of their highest ranking episodes!



See how superstitious you are and join us!

When: Friday October 24, 2008 (Rain or shine!)

Time: 6:30 p.m. to 8:30 p.m.

Cost: \$5 per person or \$20 per family

Where: Castle Kilbride National Historic Site, 60 Snyder's Road West in Baden, Ontario.

For more information please visit our website www.castlekilbride.ca

Or contact: Tracy Loch (Curator/Director) tracy.loch@wilmot.ca 519-634-8444 x. 256

Sherri Gropp (Assistant Curator) sherri.gropp@wilmot.ca 519-634-8444 x. 259

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HOPE MANOR - PUTTING THE PIECES TOGETHER

By Krista LePage

I steam down the rainy 7 & 8 highway to my destination, Hope Manor in Petersburg, a detention centre under the auspices of the Ray of Hope Organization. At first glance, through the wet car window, it presents itself as a series of single-level white buildings fore-grounded by a small parking lot over-brimming with parked cars that trail out onto the road. Luckily I am able to squeeze the Civic into an asymmetrical spot near the main administration building. A man passes by as I alight and after asking whether I am expected and by whom, he lets me in. Apparently there is a staff-training workshop on the topic "Responding to Aggression", which accounts for all of the cars.

Conrad Buhler, Hope Manor's Program Director of 18 years, who immediately suggests taking a tour of the facility, warmly greets me. Later, I recognized that his greeting foreshadowed the unusual blend of unadorned efficiency and human warmth that permeates the place.

The first room we enter is small with plain concrete walls and it serves as the initial place to which an arriving young offender would be taken. In order to begin the transition to the environment at Hope Manor, whether for one day or several months, the new resident would have an opportunity to give input into the plan of care that the staff would document, implement, and regularly review.

The atmosphere the staff provides is friendly, dedicated and quite playful. Conrad Buhler knows everyone and almost exactly what they are doing at any given time. As

overseer of staffing and administration, he says that he is there to support and make sure that the staff is equipped to do its job: "I am unimportant here compared to the staff that are actually on the floor and who really make Hope Manor a caring and effective place." The fact that staff put a lot of themselves into their work is evident in the high fatigue rate. "Two years is a long time at Hope Manor," Buhler observes.

The atmosphere is warm, utilitarian, and highly structured, and the kids that I observe chatting and eating in the cafeteria seem to be responding well to the high degree of structure and support that they receive. Conrad says that some are angry and aggressive and others are ready to change their "self-blocking behavior". Most kids at Hope Manor have some sort of disadvantage, often socio-economic, but not always. "The odd dentist's kid" shows up from time to time. He also mentions the 'gems' that make all the hard work really worthwhile: kids who stay in touch with staff or express how much Hope Manor helped them. It is impossible to say how "successful" the programs are for the kids because their time at Hope Manor is so short and they don't remain in the juvenile system for long. Anecdotes of chance meetings with staff are often the only evidence of success that anyone has.

Hope Manor mimics the structure of a regular nine-to-three school day with three classrooms and three Board of Education teachers. The kids study all of the subjects. There is even a gym and a trades hall in which they can learn practical

(Continued on page 5)



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Interesting People – Get It Together with Donna and Rhonda

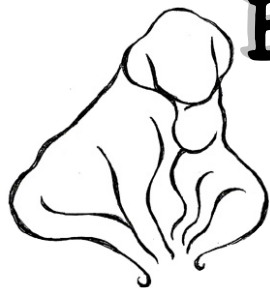
Many of our readers will remember an article from our October 2006 edition in which we featured the dynamic team from *Heart of the Matter* who are professional organizers. Donna Schmidt from New Hamburg and Rhonda Erb from Baden launched their business in April of 2004 and have never looked back. Since then their “clean idea” has grown into a full-time job for both of them and they have hired two employees to boot. Even though their business has flourished they still enjoy the relationships they build and find them to be one of the most rewarding aspects of their job.

Donna and Rhonda are members of the *Professional Organizers in Canada*, who meet once a month. They pride themselves on the fact that they are one of only two partnerships available in the local chapter of the Professional Organizers in Canada. This is an advantage to clients as Donna and Rhonda can concentrate on customer service, exchange ideas and utilize each other’s talents. The main focus of their company is residential but they also work with businesses as well.

Donna and Rhonda are launching a new DVD in November that can be purchased at their website www.heartofthematter.ca. Also available at their website is their new filing system called “Hotfile” which includes hanging dividers and tags to store everything from unpaid bills to coupons.

The *Heart of the Matter* team has been featured at various media venues including Province Wide, Good Morning Canada, CKCO TV, Grand Magazine, 100 Huntley Street, New Hamburg Independent and Today’s Parent Magazine. They also have a weekly talk show on CKNX AM 920 Wednesday mornings and Faith FM Saturday mornings. They have been guest speakers at many functions including the Home Educators Show at Copp’s Coliseum, Women Alive in Toronto and the International Plowing Match.

Upcoming is your opportunity to hear Rhonda and Donna in person. They will be appearing at the West Hills Centre in Baden on Thursday October 23 for a free seminar. Seating is limited, so be sure to reserve early. To reserve a seat call 662-2870. This might be something that will change your life.









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FALL LEAF COLLECTION PROGRAM

The Township of Wilmot and the Region of Waterloo will collect bagged leaves from properties fronting Township and Regional Streets within the settlement areas (New Hamburg, Baden, New Dundee, Mannheim, Petersburg, St. Agatha, Haysville, and Lisbon) starting October 20, 2008. Leaf collection will continue until November 21, 2008 (weather permitting).



Residents living on all Streets within a settlement area are asked to place leaves in **BIODEGRADABLE PAPER BAGS** at the edge of the roadway for collection.

- 1 Leaves **WILL NOT** be accepted in regular garbage bags
- 2 Loose leaves will not be collected from Township or Regional Streets

Please note that leaves will not necessarily be picked up on your regular garbage day. Please leave them curbside for pickup separate from regular garbage.

Alternatives to Bagged Leaf Collection:

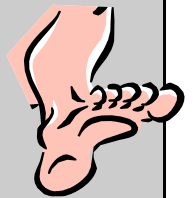
- A) Mulching – Several passes with your lawn mower will shred your leaves to the extent that they can filter through your grass and break down quickly.
- B) Composting – Home composting of leaves through the addition of small quantities to your compost bin or by creating a separate leaf compost heap can produce a high quality, nutrient-rich soil for your garden and flowerbeds.

HOW SMART IS YOUR RIGHT FOOT?

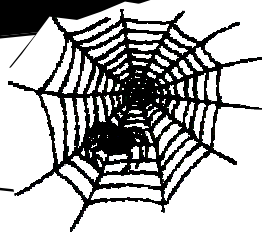
You have to try this— it takes two seconds. This will boggle your mind and will keep you trying over and over again to see if you can outsmart your foot, but you can't. It's pre-programmed in your brain!

Without anyone watching you (they will think you are GOOFY....) and while sitting at your desk, lift your right foot off the floor and make clockwise circles. – Now, while doing this, draw the number '6' in the air with your right hand. --Your foot will change direction. Try to get control of yourself!

Okay, we know how odd this is, but before the day is done you are going to try it again, if you've not already done so. Good luck with that.. Good brain exercise (and for your ankle too)!



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The Community Celebrates 10th Anniversary with Ryan & Stacy



Photo by Teresa Brown

Community Players of New Hamburg Recruitment

The Community Players of New Hamburg has been presenting professional-calibre musical theatre productions to our local community for 25 years. Currently, we are working on our spring production of *The Wizard of Oz* and are looking to invite creative and interested people to apply to become a member of our Management Team to help us continue this work.

The TCP management team consists of a small group of individuals who meet once a month (the last Saturday morning of each month), and work throughout the year to bring together all aspects of our production - from show selection and production team recruitment, to advertising and marketing, to ticket sales, social activities and special events. Each management team member is responsible for one or more portfolios - to provide leadership, ensure the necessary tasks are accomplished, and keep the rest of the management team informed on their progress.

The areas in which we need particular assistance right now include:

- advertising & partnerships
- ticket sales & student matinee
- inventory management (costumes, props, rentals)

We are looking for people who are:

- team players
- enthusiastic, hands-on, committed
- organized
- passionate about community theatre

If you would like to become a member of our team, please e-mail a brief application outlining your interest, skills, and experience to onstage@thecommunityplayers.com. All applications must be received by **Monday, October 20th.**



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Mystery Bug Unearthed

Last month we published a picture of what we thought were two "mystery bugs" that we discovered on our back patio. Greg Shinnie of Baden responded to our query regarding their identity and informed us that the large insect is none other than a Cicada. (Thanks Greg). We decided to research the mystery bug that can be heard, especially in the hot days of July and August, but is rarely seen.



There are several species of Cicadas in Ontario. All are large in size (2-5 cm long) robust and somewhat triangular in shape. Their antennae are very short, and some are black and green in colour. Our particular Cicada was green. The common species in Ontario is referred to as the Dog-Day Harvest Fly. They have a life cycle of four years or more. After mating, the female cuts slits into the bark of a twig into which she deposits her eggs. She may do so repeatedly, until she has laid several hundred eggs. When the eggs hatch, the newborn nymphs drop to the ground, where they burrow.

Cicadas live underground as nymphs for most of their lives at depths ranging from about 30 cm (1 ft) to 2.5 m (about 8½ ft). The nymphs feed on root juice and have strong front legs for digging.

Nymphs develop very slowly taking four years or more. When full grown, they crawl out of the soil and up a tree trunk (or a cement slab such as ours) to a place where they grasp the bark firmly. The skin splits down the middle its back and the adult gradually works its way out. They remain near the cast-off skin until the body and wings harden and they are ready to fly.

Cicadas make that high pitched, dry, rattling buzz, not unlike the sound of high-tension power lines, that comes from the trees on hot summer days and seems to go on forever. The sound is produced by the male, which has powerful muscles attached to the side of membranes that can be vibrated very rapidly. The Seventeen-Year Locust (Cicada) is more common further south in the United States. This species may take 13 to 17 years to complete a life cycle. Mystery solved! And it is stranger than fiction.

PUBLIC NOTICE
THE TOWNSHIP OF WILMOT IS NOW
RECRUITING VOLUNTEERS FOR THE
MUNICIPAL ADVISORY COMMITTEE



Are you interested in finding out how you can improve accessibility for people with disabilities in your community? The Township of Wilmot is looking to fill a vacancy on this committee. The main purpose and activities of the Accessibility Advisory Committee are: to advise the Township on the preparation, implementation and effectiveness of its annual accessibility plan and other accessibility related issues. People with disabilities and members of families with disabilities are encouraged to apply.

Applicant Eligibility:

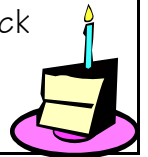
- Must be a resident of The Township of Wilmot
- Over the age of 18 years
- Not employed by the Township of Wilmot
- Under the Ontarians with Disabilities Act, 2001 the majority of committee members shall include people with disabilities

Submission of Applications:

Application forms are available from the Clerk's Department at the Township of Wilmot, 60 Snyder's Road West, Baden N3A 1A1 or by accessing the Township website at www.wilmot.ca Members of the public interested in serving on the Advisory Committee must submit their application no later than October 24, 2008 to: Barbara McLeod, Clerk, 60 Snyder's Rd. West, Baden, ON N3A 1A1 barb.mcleod@wilmot.ca



Happy 1st Birthday Alexandra Dubrick
 (A.K.A. Little Miss)
 Love Mom, Dad & Peanut



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SPOOKY STUFF...

Q: What do witches put on their hair
 A: Scare-spray.



Q: Where do baby ghosts go during the day?
 A: Day-scare Centres.

Q: Why do vampires brush their teeth?
 A: To stop bat breath.



Q: What do ghosts wear on rainy days?
 A: Ghoul-oshes.

Q: Why didn't the skeleton cross the road?
 A: He didn't have the guts.

Q: What do skeletons say before they begin dining?
 A: Bone appetit!

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 Thursday 10 am -6 pm
 Friday 10 am-7 pm
 Saturday 9:30 am-3 pm

Baden Outlook HomeRun Pool Stats

Place	Name	PTS	Place	Name	PTS
1	Colton Holba	321	31	Brett Fournier	294
2	Dave Randerson	321	32	Geoff Hutter	294
3	Greg Snyder	320	33	Mason Doerr	294
4	Brad Flood	319	34	Logan Snyder	294
5	Steve Campbell	318	35	Doug Taylor	293
6	Ross Herold	315	36	Renate Taylor	292
7	Evin Patrick Henderson	314	37	Ralph Schmidt	292
8	Craig Bell	313	38	Emma Herold	290
9	Sheila Jones	311	39	Brett Ducharme	290
10	Ray Miller	310	40	Ken Snyder	289
11	Andrew Ewanchuk	309	41	Shae-Lynn Campbell	289
12	Kellie Campbell	308	42	Bill Knipfel	289
13	Matt Loree	307	43	Kaden Eichler	288
14	Paul Holba	306	44	Dave Murray	287
15	Darren Pearson	305	45	Tim Fewkes	287
16	James Hastings	304	46	Cheryl Erb	287
17	Quentin Martin	303	47	Larry Gascho	287
18	Randy Martin	303	48	Isabelle Coxon	286
19	Victoria Windl	303	49	Sheila Martin	286
20	Doug Baier	302	50	Samantha Simpson	286
21	Bailey Taves	301	51	Mike Snyder	286
22	Susan Mills	301	52	Lea Bender	286
23	Becky Zehr	300	53	Kirstie Taves	286
24	Riley Finn	298	54	Isaac Roth	286
25	Bob Brydon	298	55	Bob Morley	285
26	Jacquiline Bender	298	56	Filip Jurkowski	285
27	Anne Falk	298	57	Dave Guier	285
28	Wayne Amos	295	58	Tyler Naumann	284
29	Heather Leu	295	59	Sara Roth	284
30	Jessie Gingerich	295	60	Lisa Holba	284

Congratulations to Colton Holba for taking the lead in this month's HomeRun Pool - winning a gift certificate from EJ's of Baden.

Bravo to both Dave Randerson & Colton Holba for sharing the lead in the year end HomeRun Pool!



The lucky random draw winners are Ryan Roth, winning a gift certificate from Egli's Meat Market, and Geoff Hutter, winning a breakfast from Teddy's Bakery and a Baden Outlook shirt.



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

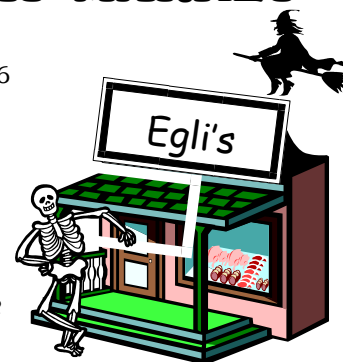
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WOW! Sports fans...Thanks for playing hockey with us! There are 521 entrants in this year's Outlook Hockey Pool. Be sure to follow your stats which are updated daily on the site. The Outlook draws the stats on the 7th of the month. To follow the stats log on to our website at www.badenoutlook.com - Click on sports pool—choose "hockey" the pool I.D. is outlookhockey and the password is quest. The top 100 entries will be listed - to view all teams click on "more teams" on bottom of page. Have Fun and Good Luck!



EXTRA!! EXTRA!!



There are extra copies of The Baden Outlook available at Teddy's Bakery, Stop 2 Shop (Baden & St. Agatha), Old Fashioned Variety (Petersburg), N.H. Foodland & Sobey's, the New Hamburg and Baden Libraries and various businesses throughout Wilmot Township.

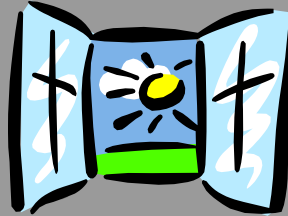
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519-634-5191 Email: arly2518@rogers.com

INTERIM MINISTER - Pastor Karen Kuhnert
Sunday Worship 10 am - Sunday School 9:55
Nursery care provided.



*"We are a family of Christians
committed to the Gospel of Christ."*



LIVINGSTON PRESBYTERIAN CHURCH

44 Beck St. at Mill, Baden

Sunday Worship 9:30 am

All Children Welcome!

Minister: Rev John Deyarmond - 747-9902

Contact Person: Wendy von Farra - 662-3002



Come join us in praise.



Wilmot Centre Missionary Church

www.wilmotcentremc.org

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R.R.#2 Petersburg, Ont.

Rev. Don Mills
Rev. Wayne Domm

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



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

Where there is hope for the future

ENLIGHTENED PERSPECTIVE

I've Learned:

- ⇒ The best classroom in the world is at the feet of an elderly person.
- ⇒ When you're in love, it shows.
- ⇒ Just one person saying to me, 'You've made my day!' makes my day.
- ⇒ Having a child fall asleep in your arms is one of the most peaceful feelings in the world.
- ⇒ Being kind is more important than being right.
- ⇒ No matter how serious your life requires you to be, everyone needs a friend to act goofy with.
- ⇒ Sometimes all a person needs is a hand to hold and a heart to understand.
- ⇒ Life is like a roll of toilet paper. The closer it gets to the end, the faster it goes.
- ⇒ Money doesn't buy class.
- ⇒ Under everyone's hard shell is someone who wants to be appreciated and loved.
- ⇒ The easiest way for me to grow as a person is to surround myself with people smarter than I am.
- ⇒ Everyone you meet deserves to be greeted with a smile.
- ⇒ No one is perfect until you fall in love with them.
- ⇒ Life is tough, but I'm tougher.
- ⇒ Opportunities are never lost; someone will take the ones you miss.
- ⇒ A smile is an inexpensive way to improve your looks.
- ⇒ Everyone wants to live on top of the mountain, but all the happiness and growth occurs while you're climbing it.
- ⇒ The less time I have to work with, the more things I get done.

Written by Andy Rooney, a man who has the gift of saying so much with so few words.

Submitted by Robert & Jan Price



DO YOU KNOW YOUR NEIGHBOURHOOD?

The aerial photograph shown on page 2 features Schneller Court, with Hillview Road behind.

Contact Stephanie about natural cold, flu, and fever prevention strategies and treatments.



Stephanie R. Schmidt B.Sc.(Hons.), ND
Naturopathic Doctor

Southern Ontario Counselling Centre
1760 Erb's Road, PO Box 185
St. Agatha, Ontario N0B 2L0

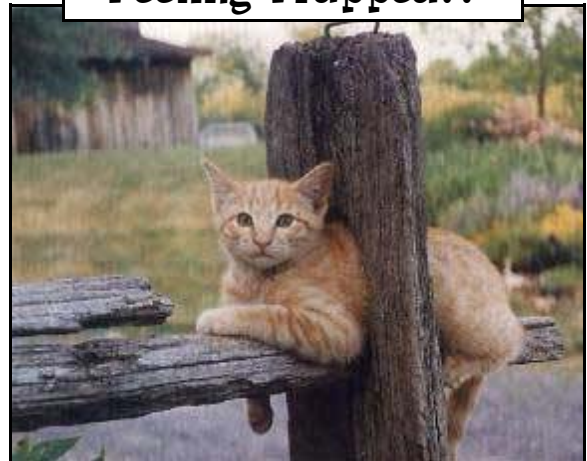
Office Telephone: 519 746-2323 Ext 502
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26 Foundry Street, Baden



Baden Branch Library News



FOOD FOR FINES is coming! FOOD FOR FINES is coming! Pay off your fines with non-perishable food items during Ontario Public Library Week, Oct. 21 to 25. One non-perishable food item is worth \$2 in fines. All food collected is donated to the Wilmot Family Resource Centre Food Bank. Help yourself and your community by paying your fines with food!

Computer Workshops are being offered by four of the Region of Waterloo Library branches from Oct. 2 to Nov. 13, 2008. This fall, learn about new technologies in a friendly environment. No experience required! Sessions include: Buying Your First Computer, Intro to Digital Cameras, Making Online Travel Plans, and Preventing a PC Disaster. Explore these trends with a demonstration led by a Wilfrid Laurier University Student Connections course leader. **Workshops run from 6:30 to 8:30 p.m. and are \$4 each. Baden Branch will be hosting Intro to Digital Cameras on Thursday, Nov. 13.** Contact the branch for more details, or check out the library website. Registration is required.



The **Kids Book Club** returns! Due to the great success of the Summer Kids Book Club, we will be continuing this fun-filled program in the fall. Our first meeting is scheduled for Wednesday, Oct. 15

from 4 to 4:45 p.m. The books we read are aimed at children ages 7 to 10 years old. Fun activities, great stories and more. Start thinking of a name for our club!

Adult Book Club: WIT's End is a group of moms with young children who meet once a month. New members are always welcome! Find out what "WIT'S" is an acronym for! This is a great way to get to know others in your community. Call Sherilyn Van De Wynckel at 519-634-4946 for more information.

October is Canadian Library Month. Libraries all across Canada celebrate this year's theme, *Your Library, Your World* and Ontario Public Library Week, Oct. 19 to 25, which emphasizes the role of the public library community across the province in fostering and enhancing discovery. Come in soon and discover what we have to offer you! There's always something new.

You can contact the library at 519-634-8933 or by email at badenlib@region.waterloo.on.ca for more information. Check out the library website - www.rwl.library.on.ca

Chris Baechler, Assistant Supervisor, Baden Branch



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- * Implants and dentures (to replace missing teeth)
- * Root canal treatment
- * Bleaching/whitening
- * Headache/migraine control (related to TMJ)

In celebration of our **50th Anniversary**, the Baden and District Chamber of Commerce is proud to announce our **Outdoor Holiday Decorating Contest**.



Judging will take place on **Dec. 18th** by the Baden Chamber Board of Directors.

The four categories for entrants are:

1. Best **Traditional** outdoor display
2. Best **Children's** outdoor display
3. Best **"GREEN"** outdoor display (eco-friendly)
4. Best **Overall** outdoor display

More information on how to register your home will follow in subsequent Baden Outlook publications. Oh, and don't forget to mark your calendars for the Baden and District Chamber of Commerce **Christmas Dinner Party** to be held the **last Thursday of November**. All area residents and businesses are welcome to this fun filled evening, with entertainment, key note speaker and lots of door prizes. *(You do not have to be a Chamber member to attend this event!)*

**Sell or Buy a house with me...
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Sales Representative
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Brokerage
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Kitchener N2B 3C1
office : 519-578-7300 ,
cell : 519-504-2588**



Courage:

- It takes courage to stand up and speak, as well as to sit down and listen.
- It is not so much as the size of the dog in the fight that counts, but the size of the fight in the dog.
- The wishbone will never replace the backbone.



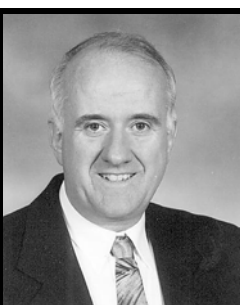
Call Kathy for an appointment at
634-5772



Shop -Hours

Mon., Tues. 9:00-5:00
Wednesday Closed
Thursday 9:30-8:00
Friday 9:00-6:00
Saturday 8:30-2:00

75 Snyder's Rd. W., Baden



**DOUG WAGNER, CFP
FINANCIAL ADVISOR
662-4001**

GIC Rates as of October 10, 2008

1 YR	3 YR	5 YR	TERMS AVAILABLE FROM 30 DAYS AND UP
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Wilmot Horticultural Society

Monday, October 20th, 2008 - 7:30 p.m.
Wilmot Recreation Complex - 1291 Nafziger Rd., Baden
(Corner of Highway 7/8 and Nafziger Rd. - Regional Rd. #5)

Community Room - 2nd Floor

Speaker - Paul Knowles -

"Old & Eccentric Truths About Gardeners"

Everyone Welcome - Please note new venue.



SUPPORT GROUP FOR PARENTS

Parents linked with our Community to assist in the need for Support, Awareness and Empowerment against narcotics.

Meeting Monday Evenings at 8 pm
Trinity Lutheran Church
23 Church Street, New Hamburg
Martin Luther Room (upstairs)



Steinmann Mennonite Church invites you to join in some fun and exercise. Free of charge to all - no skill level required.

Gym Night - schedule

Date	Sport
29-Sep-08	Floor Hockey/Badminton
20-Oct-08	Basketball/Volleyball
03-Nov-08	Floor Hockey/Badminton
17-Nov-08	Basketball/Volleyball
01-Dec-08	Floor Hockey/Badminton
15-Dec-08	Basketball/Volleyball

SUPERMAN VISITS LOCAL SCOUT GROUP

Superman (aka Sheila Bayne- Group Commissioner 1st Baden Scouts) recently visited the Scouting Group to kick off their Pop Corn Sales. The idea was to turn them into Super Salespersons. Both the Baden and New Hamburg Scout

Groups will be selling Pop Corn during the month of October. This is one of the main Fund Raisers for Scouting along with Apple Day which is also coming up in October.



If you haven't tried our Pop Corn, which is the best in the land, now is the time to order from your local Beaver or Cub.



LIVINGSTON PRESBYTERIAN CHURCH

(corner of Beck & Mill Streets)

Presents: Rev. Ev. and His Music Makers
Sunday, October 19 - 7 pm

COME & SING SOME OLD TYME
GOSPEL SONGS - Everyone Welcome!

*This space is generously donated by
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Another Cool Move



RIVERSIDE LANES

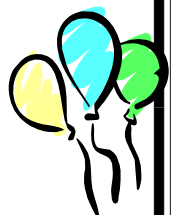
182 Union Street, New Hamburg * Call Eric ...662-1938



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**NOTICE OF PASSING
OF AN INTERIM CONTROL BY-LAW
(FENCING) BY THE TOWNSHIP OF WILMOT**



TAKE NOTICE that the Council of the Corporation of the Township of Wilmot passed By-Law 2008-52 (Fencing Interim Control Bylaw) on the 29th day of September, 2008 under Section 38 of the Planning Act, R.S.O., 1990, as amended.

AND TAKE NOTICE that any person or agency may appeal to the Ontario Municipal Board in respect of the by-law by filing with the Clerk of the Corporation of the Township of Wilmot not later than 4:30 pm on Wednesday October 22, 2008 an Appellant Form, available at www.omb.gov.on.ca/Hearing/hearings.html or from the Township of Wilmot, setting forth the reasons for the appeal along with a certified cheque or money order made payable to the Minister of Finance in the amount of \$125.00.

AND TAKE NOTICE that only individuals, corporations and public bodies may appeal a zoning by-law to the Ontario Municipal Board.

A notice of appeal may not be filed by an unincorporated association or group. However, a notice of appeal may be filed in the name of an individual who is a member of the association or the group.

An explanation of the purpose and effect of the by-law, which applies to all lands within the Township of Wilmot is provided below. The complete by-law is available for inspection in the Development Services Department during regular office hours.

If you have any questions or require additional information regarding By-Law 2008-52 please contact the undersigned.

Dated at the Township of Wilmot this 2nd day of October, 2008.

Harold O'Krafka
Director of Development Services
519-634-8519 ext 236

Explanatory Note:

This By-law affects all lands within the Township of Wilmot (Interim Control Area).

The By-law prohibits the use of any land, building or structure for the purpose of constructing a fence having a height greater than 1.83m (6ft) within the Township of Wilmot and further prohibits the construction or erection of any fence between a front lot line and the building line of any property.

The By-law is in effect for a period of one year and will expire on September 29th, 2009. Township Council has the authority to extend the by-law for an additional one (1) year period ending September 29th, 2010.

The intent of the By-law is to provide Township Council with sufficient time to develop a Township wide fencing by-law to regulate the height and location of fences within the Municipality.

In Memory of Clare Miller

March 8/1924 - October 18/2007

- * Canadian Heritage Award
- * Life long resident of Baden
- * Loving Husband, Father, & Grandfather
- * Antique tools and watches
- * Royal Canadian Legion 532
- * Engineer
- * Mild mannered listener
- * Irreplaceable Neighbour
- * Love of history
- * Enthusiastic Volunteer
- * Rare Gentleman



You've been gone a year but your wise words, (you got that right) soft chuckles, (as the leaves I just raked blow down the street) and neighbourly gestures are still with us.

*I miss our long conversations on the front porch, and give thanks for the blessing of our friendship.
Lovingly remembered ... Judy Lukashal*



**New Hamburg
Wellness Centre**

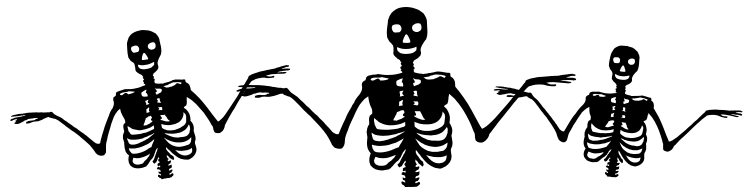
**DR. JOHN A. PAPA, DC
SHEILA REINHART, RMT
JULIE GERARDI, RMT
MICHELLE CULBERT, RMT**

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We're off to another great year at Baden Public School. On the first day of school, we had an assembly to hear about the upcoming year. That same week, the students attended another assembly called *The Power of One*. This assembly addressed the subject of bullying and standing up for yourself. That Friday was also Bulldog red and black spirit day. Student participation was great, of course, indicating that we're glad to be Baden Bulldogs!

During the second week of school, families attended the annual Baden Open House and met the teachers. The Open House gave parents and siblings an opportunity to explore the school, see students' classrooms, desk areas, lockers, and such. At the Open House, Bulldog water bottles were sold to encourage students to use aluminum bottles each day versus plastic ones. Bulldog spirit wear will also be sold in the upcoming months.

Many activities have already taken place during the first month of school. The primary grades visited the Safety Village and the grade 6 classes spent a day at Camp Heidelberg. Other grades have been travelling off-campus to connect their academic learning with the real world.


Already, there are so many extra-curricular activities happening at Baden P.S. During nutrition breaks, the junior choir and varsity athletic teams have been hard at work practicing. Many students have also been participating in the intramural program (World Cup Soccer) during breaks. On Tuesdays and Thursdays after school, the grade 8 band practices for upcoming performances, while there is action on the field with either a

boys' football or a girls' soccer game.

Bulldog students are supporting both school and charitable fundraisers. Currently students are fundraising for school equipment and initiatives by selling magazine subscriptions from September 22nd to October 24th. On September 26th, we participated in the Terry Fox Run. We collected pledges to support the worthwhile cause of fighting cancer. Baden is also contributing to the Waterloo Region / Wilmot Community Food Drive, October 1st to the 14th. Students are supporting community families needing food by bringing in non-perishable items.

Students ended the month of September with crazy hat day – there were some phenomenal hats roaming the halls of Baden P.S. on Friday, September 26th. At the end of the day, winning classes enjoyed their Popsicle prizes. We also kicked off the 'Say Hi' Campaign that ran from September 24th to October 3rd. The region and community supported 'Say Hi' Campaign which encourages people to acknowledge one another in the hallways. There are a lot of new students, so even if you don't know someone, you're encouraged to say "hi". The intent is for our student population to feel interconnected and happy about attending a safe and positive school.

With all of these exciting things going on, we still manage to find time to fit in our academics. Believe it or not, there is a lot of fun and meaningful learning happening in the classrooms too. We've enjoyed a fantastic start to the school year, and we look forward to what the rest of the year will bring!



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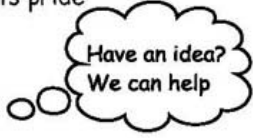
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REGULAR HOURS

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

A Time for Thanksgiving

Following a summer of growth and now a time of harvest we can look around and realize how lucky we are. We can be thankful that we live in a country and a time of privilege – despite our economic outlook. We have more than enough to eat, homes in which to live, and opportunities all around us. What a time to be thankful!

At the New Hamburg Thrift Centre we continue to be blessed in so many ways:

- > For the nearly 200 hardworking and dedicated volunteers we extend our thanks.
- > For the generous donors who think of us when they have items to pass along, we extend our thanks.
- > To our 19 supporting area churches, that pitch in to help out, communicate our story and encourage us with prayer, we extend our thanks.
- > We recently appealed to the community with a need for MCC School Kits for a relief shipment to Iraq and were pleased with the response we received. For this, we extend our thanks.
- > Since opening our new location and joining our two smaller stores, our sales have almost doubled. To our valued shoppers, we extend our thanks.
- > To those who work tirelessly for MCC, and other local agencies we connect with, to ensure our resources make it to those most in need, we extend our thanks.

At this time of year we encourage each of you to examine your life and see all the ways that you are blessed and return that blessing by extending yourself to those in need.

He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has. Epictetus

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Thank you Baden for your support in
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Watch for another bottle collection in the spring...
And don't forget to drop off your
pop cans and scrap metal.

Call Teresa at 634-8580 for information or just
drop by the museum (behind the Baden Fire
Station) Wednesday evenings

NOTES FROM THE ATTIC – BADEN'S BAST FAMILY

The Baden Outlook sat down with Harold and Howard Bast to discover some local history. They were informative and interesting as they shared their memories of early days in Baden. Here is their story:

Baden is known for many influential citizens – people such as Beck, Livingston, Steinman, Bechthold, Honderich or Schmidt. If you mention “Baden” you would think of them immediately. Of course there are many other families that had an impact on Baden. One such family was the Simon Bast family.

Simon Bast and his wife Mattie and three year-old son Walter moved from a farm near Wellesley to 28 Louisa Street in 1931. Three more children—Harold, Irmgarde and Howard where born at this home. As for many families in that era – times were tough. Simon was a harness maker and was especially known for his fine handy work. Everything he created was sewn by hand. Coupled with the harness business he operated a shoe repair shop, located where Pizza Express is today.

In 1939 the family moved to the “Ford Kumpf House” located at 15 Snyder’s Road East, directly east of the corner of Snyder’s Road and Foundry Street. Simon needed more space to operate his business, so in the early 40’s he built a narrow building at 17 Snyder’s Road East to operate the harness/shoe shop. Eventually that shop was doubled in size and later became the home of the *Electric Fence Company*. In the early ‘40s he sold the shoe repair business to Rueben Bender of New Hamburg.

Simon, who was a true entrepreneur, started *Bast Dairy* of Baden in 1939. Their house bordered the laneway that exited off Foundry Street (beside Naisus Computers) and off that laneway he built a refrigerated building to store milk and a barn for his horse “Nick” (see photo). *Bast Dairy* purchased milk from Sprucedale Dairy (owned by Wilfred Schneller) located at the corner of Schneller and Snyder’s Road. Burkhardt Dairy, which was located between Victoria Street and Wellington in Kitchener picked up the milk in large milk cans. (Burkhardt Dairy eventually sold their

business to Maple Lane Dairy). The milk was pasteurized and bottled and returned to Bast Dairy for them to sell door to door.

Simon owned a 1926 Durrant *Star* truck, which he felt he needed to deliver the milk. Mattie took it on herself to paint the truck a blue and cream colour. However, the truck was not very dependable and due to the war there was a gas shortage so Simon reverted to the dependable horse and wagon.

Simon, and his three sons had their delivery method down to a science. They would drive the horse and wagon to the end of town and start walking with two six packs of milk. By the time they ran out of milk he would call “Nick” and the horse would come trotting up to reload. The dairy had four routes through Baden: Snyder’s Road East and West, plus east and west of Foundry Street. A quart of homogenized milk sold for nine cents, a pint for five cents and they also sold cream and chocolate milk, which was very popular at the foundry.

In December 1942 Simon sold the Kumpf house and purchased the “Baden Block” on Foundry Street. The historical building had housed the “Opera House”, famous for traveling shows and local performers in the late 1800’s and early 1900’s. (Today it is home to Pizza Express, Wilmot Jujitsu and Naisus Computers). Simon sold the Kumpf house and the retail store in 1942 and moved his harness business to the Pizza Express part of the building. Around the same time he opened the “Baden 5¢ to \$1 Store” in the front of the building (destroyed by fire in the late 40’s). The Bast children also delivered the Kitchener Daily Record throughout the village.



Walter Bast, with horse Nick, in front of the refrigerated storage shed, next to Nick’s barn.


Simon had many other odd jobs. One of them that Harold and Howard recalled was delivering mail that was transported from Wellesley to the post office in Baden. Simon would load a wagon with the mail and take it up to the train station twice a day for delivery and pickup. The middle unit (Wilmot Jujitsu) was home to a post office/ drug store, which was owned by Harry Schumm and his sister Regina. Simon built an addition on the southern end of the

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building that was originally a three-car garage and is now the computer store. The Bast's lived in the second story, front, east side of the large building and they rented two apartments to tenants.

Mattie at the same time was employed at the Castle Kilbride as a housekeeper. Quite often, if she couldn't find someone to care for Howard, she would take him along. Howard recalls many times playing in the large home.

In late 1944/early 1945 Simon sold the dairy to Burkhardt Dairy. In the fall of 1947 he made a trade with Steve Pasichnyk. Steve and Simon swapped residences, Steve taking over the store and block and the Bast's moving to a home at 56 Mansion Street in Kitchener.

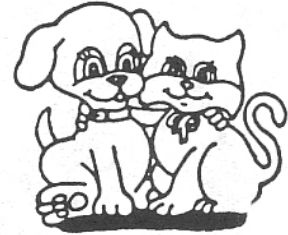
Simon's entrepreneurship *did not end there*. He constructed a building at Lancaster/Elizabeth Street in Kitchener and opened one of the first self-serve food stores (Lancaster Self Serve) in Kitchener. Howard recalled that one of the part time employees who worked for them was none other than Grant Heimpel, who later became President of Zehrs Markets. He later sold the business to his son Walter and then opened a used furniture store on King Street near Syndey in Kitchener.

Harold and Howard both have wonderful memories of their time in Baden. They enjoyed their schooling at S.S. # 13 (S.S. stands for School Section). Harold stayed on in Baden working part-time at Walter Bechthold Motors (the east side of the Emporium building) where he hoped to join on as an apprentice. He never did complete his apprenticeship and moved into Kitchener later. Both Harold and Howard commented on how good the Livingston's were to the Bast family. We would like to thank Harold and Howard for sharing their stories and photos of life and times in Baden.



Bast Dairy quart bottle.

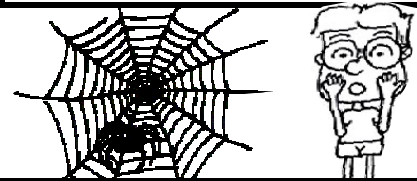
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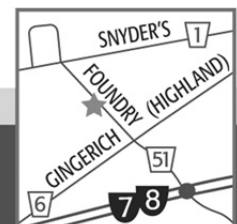
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"Thank you" to Baden Fire Fighters



Annamarie and Joe White, with their children Cohen and Skylar, visited the Baden Fire Station in September to say "thank you!" to the Baden firefighters. One afternoon two years ago, when Cohen was only six days old, he stopped breathing. Annmarie immediately saw the baby's distress, and called 911; within a couple of minutes, Baden firefighters were on scene. The firefighters' quick response and skilled care saved the baby's life. Annmarie says that "Cohen is now a happy, healthy two-year-old, thanks to them." The family enjoyed touring the station after saying thanks to the firefighters -- and Cohen definitely enjoyed his new fire truck, a gift from his heroes.

Photo and article by Teresa Brown

You Must Be Joking!!



From A Senior's Point of View:

I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising. I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.

THE SENILITY PRAYER :

Grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones I do, and the eyesight to tell the difference.

Question: Why are retirees so slow to clean out the basement, attic or garage?

Answer: They know that as soon as they do, one of their adult kids will want to store stuff there.

Always Remember This:

*You don't stop laughing because you grow old,
You grow old because you stop laughing!*

Submitted by Bob and Jan Price

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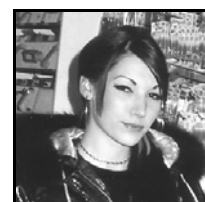
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Theatre Wellesley Presents... "The Beatles Slept Here"
 A Little Help from Our Friends Creates a Hilarious Show By Teresa Brown

Theatre Wellesley -- the community theatre group that brought you last year's hit comedy-western *Shootout at the Sacred Heart Saloon* -- is once again in full swing, working on this fall's much-anticipated play: *The Beatles Slept Here* by Craig Sodaro.

The Beatles Slept Here tells the story of a modest motel with a fascinating past ... rumours have it that Fab Four George, Paul, John and Ringo stayed in The Penny Lane Motel's rooms years ago. Strangely, however, the motel's owner -- grumpy Sergeant Paprika -- wants to keep the Penny Lane's history a secret, and finds himself battling enthusiastic teenagers, a Beatles fan club, evil schemes, and the ghosts of the Beatles themselves! Confusion, comedy, and excitement are all part of the story, which is sure to have you laughing out loud, as well as tapping your toes.

The cast of the play is one of the largest Theatre Wellesley has taken on in years: 23 people of all ages are using their acting talent to present a magical mystery-comedy of a show. Several return performers, along with many new faces, make up a comedic and colourful medley of characters, from the bumbling detective Johnny B. Goode to the sneaky Mr. Mustard and his gang of thieves. And speaking of "medley," the play's story includes dozens of references to Beatles songs: it's this clever comedy, along with the play's fun (and at times intriguing!) plot, that keeps the performance "rocking" along.

And the group effort doesn't stop with those talented people you will see on stage: there are many folks working hard behind the scenes on everything from costumes to sets to lighting and more, not only achieving incredible things but having the time of their lives. Director Al Strong is also enjoying himself, thanks to the fun-loving

crowd he's taken under his wing. "The challenge for me as director is keeping everyone's energy focused -- and there's a lot of energy!" he says. "It's a riot trying to keep the cast moving through a scene without every character breaking up laughing -- the story is just that zany and fun."

Tons of people on stage, a multitude of talent behind the scenes, dozens of supportive families that make the busy rehearsal schedule work -- clearly, this show is about teamwork. But when you add in laughter and fun -- and of course the audiences that eagerly await the show -- you get community theatre that's *more* than "getting by -- with a little help from their friends."

The Beatles Slept Here hits the stage on Thursday November 20, Friday November 21, and Saturday November 22 at 8:00 p.m. each night; there is also a matinee performance on Saturday November 22 at 2:00 p.m. Tickets are \$10 each and are available at Upper Case Books in New Hamburg, Pym's Village Market in Wellesley, and The Loft Eatery and Pub in Wellesley, or by calling Teresa at 519 - 634 -8580.



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Baden Minor Softball Banquet - Award Winners



Most Improved / Per Team: Jason Holden, Tyler Cormier, Karina Weber, Payton Strickland, Aidan Voisin, Jenna Frey. *Missing from photo: Jakob Windl, Braedon Hancock, Tyler Ulmer, Tanner Nelson, Matt Aspden*

Murray Wagler Award



Overall Most Improved Player: Payton Strickland



Most Sportsmanlike / Per Team: Back row-Alex Roth, Dena Rattan, Chris Youn, Reuben Musselman, Nathan Stere. Front Row-Jamie Rennick, Eric Noseworthy, Olivia Hunt. *Missing from photo: Mallory Hancock, Jason Kalbfleisch, Phillip Schmitt*

Penny Roth Award



Overall Most Sportsmanlike: Nathan Stere

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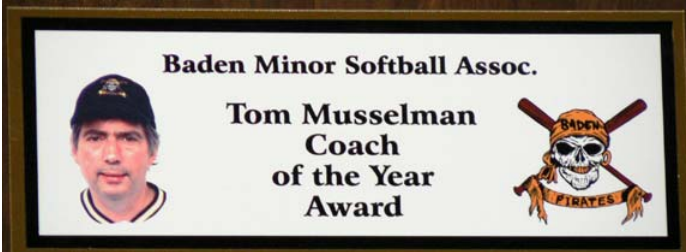
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Baden Minor Softball Banquet - Award Winners



The Tom Musselman Coach of the Year Award: Scott Strickland and Al Bruce.



Most Valuable Player / Per Team: Back Row-Erich Woolley, Jamie O'Brien, Portia Bejjany, Chantal Cook. Front Row- Nolan Forster, Breanna Bruce, Jake Simpson, Torin Borton-McCallum. *Missing from photo: Braydon MacLean, Mike Simpson, Kurt Martin*



Rose Palla Award: Accepting award for Scott & Scotty Simpson is Cheryl Simpson with Lisa Montgomery (*last years Volunteer*), President Bob Bontainne and vice President Dan Finn.

(Continued from page 1)

Juniors (1977-78) and the Intermediates (1979-84), winning All Ontario in 1982 and 1983. He continued to play the game from 1979-80 as a catcher and from 1981-84 occasionally at his favourite position – third base. Incidentally, his favourite jersey number was #1.

Tom's time as a coach was one of the most enjoyable things he has done in his life. He shared two memories with us; *We had just won the WOAA Junior League Championship in 1978. Had to play two games in one day in Port Elgin. We lost the first game but won the second to give us a two out of three series win. (We had won an earlier game in Baden).*

The guys were exhausted, physically and emotionally. On the way home all the guys were either sleeping or just resting. It was quiet. The song "Two out of Three Ain't Bad" by Meatloaf came on the car radio and gradually everyone was singing very softly along with the song on the radio. When the song was over everyone was quiet again. It was a team moment. I hadn't realized until I wrote it down the significance of "Two out of Three" being the margin of our series win.

I coached Dennis Roth for a couple of years and to say we butted heads would be an understatement. Once Dennis came to me to tell me about his new job. I think he had just got a job as a welder and was he excited. I listened attentively, not to patronize, I was sincerely interested. I was touched that Dennis would want to share this event with me. Sometimes our relationship transcends the team environment and becomes something richer. I felt that day I was the only person in Dennis' world and him in mine. It felt good.

Hats off to the Baden Minor Softball Association on honouring a true competitor, player, coach and mentor. He continues to support Baden Ball by sponsoring the newly formed Midget Boys team.

The Baden Minor Softball General Meeting is October 22, 7 pm at Castle Kilbride. Anyone interested is welcome to attend.

See team photos on our website www.badenoutlook.com

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the Health & Wellness Page

Eating Healthily Doesn't Have to Be Expensive

Submitted By Michael Fisher, R.N.C.P



People who ask me about healthy eating often bring up the idea that it costs so much. They look at me as though I'm suggesting they choose healthy food over a healthy wallet. Being a wallet driven country, it's easier to make the choice to save money than to shell out for expensive health foods. But here's the catch:

What makes cheap food cheap is the lesser quality of the food, the refining of the food (we don't pay for the *whole grain* when we buy a box of cereal, just a part of it), and the mass production of it. What makes 'healthy' store-bought foods expensive is the slightly increased quality of but the food; but, it is the processing and the marketing of the food that is really expensive.

In Michael Pollan's book *Omnivore's Dilemma*, he says that a box of corn flakes consists of \$0.04 worth of corn. The corn in the box of cereal is so refined that there are hardly any nutrients left. The oils have been extracted, the proteins removed for by-products, and then, what's left is so heavily treated by chemical and mechanical processes, that only the golden, crunchy, who-knows-what is put in the box.

Truthfully, consumers are paying for appearances, flavours (additives, which are extreme and unnatural), shelf life, originality and false images (this food will make me look like the slim, attractive woman on the commercial), - all the effects of conditioning from the mass market to eat these food-like products - not nutritional quality.

What matters in that box of cereal, is corporations profit. Why else would corporations go so far to produce non-food items, clever advertisements to train us to them, research to "prove" that we should eat them, and attractive boxes as to attract the target market.

Seriously! Who is making and providing food for our health? *We* are! We no longer scavenge in the wild for our own food, being discriminate about which foods will nourish or poison us. Instead we navigate the grocery store aisles to sort out what foods will strengthen us, or make us sick. The grocery store has become our new landscape - and the corporate world is making very sure that you choose their prettiest fluff.

Choosing foods on the shelf that have the highest price tag doesn't mean they are the healthiest - perhaps there are some product variations, as in organic farming, which typically costs more to produce, or the green-friendly packaging that it's wrapped in, but the food still may be sugary, processed and difficult to digest. Does this make it a health food? Not in my books! Choosing the \$6 toaster pastries over the \$3 type is like choosing an organic cigarette with recycled paper as opposed to a regular one - they are both bad for you! Food producers also know that people who want to eat healthily will spend more for the food because everyone thinks it's true - healthy food costs

more money! This means consumers feel good buying the more expensive option.

As we stroll up and down the grocery store aisles, we are being told how to eat. This rice dish, can be heated in the bag (using the microwave!), oatmeal can be carried in your purse - we are being conditioned by food producers. They want us to cook in the microwave and eat out of a can, a box, a wrapper. The truth is, the more processed foods we eat, the more money they make! An ex-minister of agriculture in United States in the mid-seventies told two interviewers in the movie "King Corn" that his agricultural dream has come true because never before has food cost so little to the producers, or the consumers -that's right! In North America, food IS cheap, we just don't realize it, - but the American economy has never made so much profit from the food industry as now. Think about how much you paid for your box of cornflakes, and consider the farmer was paid \$0.04 to produce it.

It's time to avoid distraction by the food producers - "distraction" is hardly the word, as when you walk into a grocery store you are absolutely bombarded with messages about food, health and cooking. Instead, research at home. Talk to a farmer, or a nutritionist! Listen to your body, and your intuition. We are locked into eating the processed foods that have been with us for decades now... But how do we unlock the hold of consumerism? Here's how: Realize where these foods came from. Who grew them? Who made it? Could you? Why are some foods advertised so heavily and others not? Why are we being told daily to drink milk? Do we? - Yes! Of course we drink milk every day!

What about dry beans? Have you seen any advertisements or messages to eat beans daily? No! Why not? Beans are one of the greatest staple foods of the world, eaten by every nation and easily grown in your own backyard. They may be one of the healthiest foods grown on earth, and the only message we've been taught about them is that they create flatulence. That's it. Beans, what are they good for? Gas - that' all. Not true!

With a 60% animal based diet (meaning 60% of our diet is fibreless, cholesterol-rich, and acid forming), and colon, heart and stress problems ubiquitous these days, more plant-based foods would be good for us! The USA is the leading country for cholesterol in take, as well the leading country for heart attacks; Canada is not far off that. So you'd think the sale of fiber rich plant based foods would be on the rise, but they're not - instead laxatives are on the rise, a less healthy and more expensive solution by far.

(Continued on page 27)

What to Eat

What our medicine should consist of is plant-based foods like vegetables, fruits, whole grains (the actual whole grain, like brown rice, in it's entirety, not brown rice crackers and other processed foods), and beans! How much does a 1 lb. bag of adzuki beans cost? \$1.63. This many beans could feed a family of four daily serving for several days. That doesn't cost much at all now does it? What about whole grains? A 1 lb. bag of whole barley costs \$1.09. Again - this could last a family a week if rotated with other grains. Here is a brief profile on adzuki beans and barley, in case you're not sure of their value.

Adzuki beans: more protein than beef, extremely high in fiber, rich in complex carbohydrates that are energizing and metabolism supporting. Regulates water and sugar, promotes balanced sexual activity, proper growth and development of the body (including the brain), enhances adrenal reserves and tonifies the kidneys, detoxifies the body, reduces inflammation, disperses stagnant blood, reduces swelling, is a diuretic and helpful for yeast conditions. Promotes weight loss, increases mothers milk and regulates menstruation. Excellent source of omega-3 fatty acids, calcium, iron and B-vitamins. Need I go on? Do they cause gas? Not if you soak and rinse them first!

Grains in general: reduce sugar cravings (all

whole grains), increase metabolism, satiates hunger, relaxes, sharpens mental focus. Increases brain function, provides endurance and lasting energy, encourages deep sleep. Promotes elimination, quick reflexes, long memory and clear thinking.

Barley specifically fortifies the intestines and stomach, builds blood and hormones, soothes inflamed membranes, quells fever, helps reduces tumours and swelling. Grains in general are rich in B-vitamins and nutrient dense. Whole grains are the answer to the nutrient deficiencies present in our processed, refined grain diet that leave many craving sugars and feeling irritable.

Adaptation to a whole foods lifestyle is the real obstacle to leaving a processed food diet, not the costs. With a little education, practice and experience, whole foods can easily be incorporated into anyone's diet. Whether you have lots of time or none, whole foods are accessible and feasible to incorporate into your existing diet. A slow cooker makes whole foods (especially beans and grains) really simple. Before you go to bed, put the rinsed grains and beans and whatever else to season it, into the pot, add water and turn it on! In the morning you will have breakfast and lunch. Voila!

The information in this article is for educational purposes only and is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice.

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