

Baden Outlook

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We Remember

November 15, 2008

"Keeping the Community Connected"

Volume 9, Issue 4

"Running For Dummies" - First Success

Congratulations to the Running for Dummies group on successfully completing their first race! The race, held in Hamilton, called "Road to Hope" (www.road2hope.ca), was the first for seven of the eight runners. The group, which started September 20, is made up of eight women from New Hamburg, Baden and the surrounding area.

The program, designed for beginners, was facilitated by Glenda Rahn (www.energyforlifefitness.com) and Wendy Pauls (www.wendypauls.com) whom are both Certified Personal Trainers. Their slogan is "From the couch to 5K in six weeks". The group meets at Beck Park each Wednesday night at 7:15 and each Saturday morning at 8:15. Participants are given a "homework schedule" to follow on a third day each week.

When asked to describe their first run – Three of the women responded with:
***Might sound corny. I felt super happy crossing the finish line. Couldn't stop smiling. Sense of accomplishment. Immediately started thinking what my next goal would be.*



***My first run was so exciting...I was nervous but convinced that I was going to have a great race. I was able to block out the people around me and keep up a very consistent pace. I love the "race for the finish" the best. It was so much fun to cheer on other group members too.*

*** I feel like a door has been opened. I can accomplish anything I try. Even if those around you try to convince you otherwise.*

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November 21st - it's on us!

Special points of interest:

- Support the Anselma House Hamper Drive
- Theatre Wellesley presents "The Beatles Slept Here"
- How well do you know your neighbourhood—contest.
- Baden's Home Grown Music

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This paper is priceless!
Please have one!

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TALKING WITH ED ~ FASHIONABLY SPEAKING



My Dad, who lived his entire life in the small town of MacTier, was a warm and loving person. He was also, at times, opinionated, rude, a non-conformist and a disciplinarian. These were inherited characteristics coupled with four years in the military (WWII) which informed his parenting style.

"Stop chewing that gum so loud!" and "Get your hands out of your pockets!" were common admonitions growing up. His grievances included replying to a question with the word "What?" ("Pardon" was the appropriate answer) all the way to bell-bottom pants.

Another irritation was long hair. In my mid to late teens I let mine grow (like everyone else did in the 70s). - It was shoulder length by the time I left home at age seventeen. I expected, and got, derogatory comments with each subsequent weekend visit home. "When are you going to get that damn hair cut?" was bellowed no matter where we were or who was in the room. Looking back, hair was obviously a means for me to get back at the man in charge, to be a rebel or simply to express myself (sounds like normal teenage behaviour). The long hair thing fizzled out over the next few years, fad that it was, and yes, I did mature along the way.

In the winter, Dad insisted that I wear a Hudson Bay Coat, which he sold at our family store. I never liked it because it was cumbersome and snow balled up on it continuously, Abominable Snowman-like. It was his choice of fashion, selected for me, when everyone else was wearing plaid jackets and snowmobile boots.

With all this in mind, I decided to research "fashion fads" and found that many were created as a form of rebellion. Take the miniskirt, which was at the height of its popularity in 1967. I am sure that when it was first introduced, it was quite shocking and revolutionary. By the time it became accepted it went out of fashion. Many, such as Angela Davis, wore the big Afro haircut as a political statement. Hippies picked up bell-bottoms as a counter culture alternative to the straight leg pant and bike gangs used leather and tattoos as their trademark.

The list of extreme fashion trends encompasses slicked-back hair (then - Brylcreem; now - gel, mousse, mud) hot pants, granny and cat glasses, leisure suits

(the light blue polyester were particularly trendy/ ugly), platform shoes, earth boots, Zoot suits and tie-dye shirts. All of them were crazes, which, looking back, seem kind of ridiculous.

So that brings me to current fads that are sure to seem silly years from now. Now keep in mind that I am quite old, very practical and by no means a fashion guru. Here is my list of four items that in my estimation will make the list.

Low rider jeans for Homeboys - I am not sure of the intention when designing these jeans - but they look incredibly uncomfortable. The "take two steps and hike the pants up slightly" fashion just seems to be an irritating experience that, - as I said, aren't practical. (Unless, of course, they are re-inventing the plumber look).

Revealing underwear seems to be hip these days too. Underwear and bra straps used to be tucked away from view, but apparently it holds sex appeal today to display what is called "under" wear.. get it... under!!

Body Piercing is not new age, for acceptable body parts such as the ears and nose. Confusing, is belly button and eyebrow piercing; but tongue studs just don't make sense. Obviously, discomfort and questionable hygiene are not a concern when making this choice. There goes that "practical" thing again.

Female short cropped shirts - Few people can wear this style - others mustn't. Why is showing your belly the in-thing to do...I am starting to sound like my father!

Large body tattoos - Over time I would think that some would regret getting a large tattoo on their back or arms. (Isn't the procedure painful, risky and the ink forever part of your skin tissue?) The smaller ones may be attractive, meaningful and subtle. But it's still like branding or trade marking yourself!

Tried, tested and true would surely be denim blue jeans, jackets and overalls. And leather continues to be in. Hairstyles recycle over the years and jewellery continues to make *easily removed* personal statements. The odd thing about popular fashion and trends is that: the more we want to appear to be different - the more we look the same.

Anyway, it's true: the trendy apple doesn't fall far from the scoffing, belittling tree. I guess some things aren't meant to be understood intergenerationally. Just my well-turned-out opinion... Until next month...Ed.



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Santa Claus is coming to town...

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On Saturday December 6th our doors will be open during the Santa Claus Parade. On your way to the parade, stop by **West Hills Centre** on the main street (beside the library) for some complimentary goodies and hot drinks. Everyone is welcome. Come by to meet with your neighbours and grab a snack before heading out to the curb!



Santa wants YOU for the 2008 Santa Claus Parade

Saturday, December 1, 1:30 starting from Snyder's Road E. at Sandhills Road, travelling to Mill Street.



Three ways to get involved:

1. Enter a float - Entries open to individuals, families, groups or businesses. Cash prizes awarded.
2. Volunteer - Santa and his elves need your help with parade preparation. No skill required, just plenty of Christmas spirit.
3. Spectate - Santa loves to see lots of smiling faces. Bring your family, friends and neighbours out to welcome Santa to town. Let's make this the BIGGEST and BEST parade ever!!

To register or volunteer, call Chief Elf Eva at 519-634-8736

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

So - Get out there - be creative!!



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ANSELMA HOUSE CHRISTMAS HAMPER DRIVE

What is Anselma House?

It is one of two emergency shelters run by Women's Crisis Services of Waterloo Region. This facility provides an immediate refuge for women and their children fleeing from abusive relationships. They often arrive with nothing but the clothes on their backs, estranged from family and friends. Anselma House can shelter 20 women, while sister shelter, Haven House, can shelter 30 women.

Erin McCoron Foster and her husband Mark Foster, of New Hamburg, organize and promote the Anselma House Christmas Hamper Drive. While on maternity leave last year Erin read an article about a woman who collected household necessities to help fill the apartments of women leaving Anselma House. While looking for items to donate Erin opened a bathroom cupboard to a large stash of unused bath products. This inspired her to collect items and make Christmas hampers, - her goal was to provide 20 hampers.

Erin was amazed at the generosity of complete strangers as well as friends: a local office donated their winnings from a 50/50 draw; local dentists donated toothbrushes; and, a woman donated several boxes of products from her cosmetics line. These and other donations filled fifty hampers, one for every woman staying at Crisis Services!

So, consider going through your cupboards and removing products you do not use; or, buy toiletries to donate. You may wish to organize a donation drive at your place of worship, office or daycare. Call Erin for more information @ 519-662-9613.

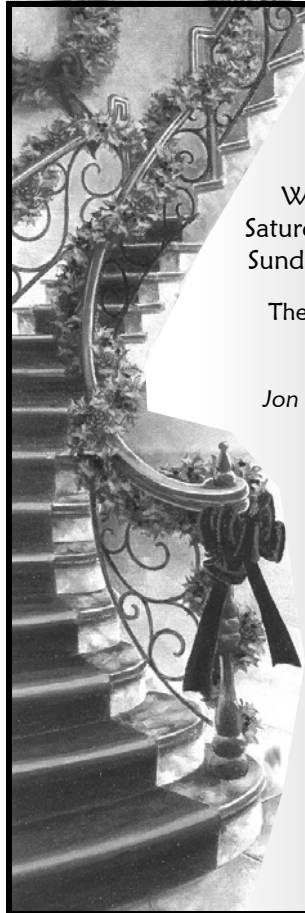
Items in a typical basket:

Lip Gloss	Toothbrush / Brush / Floss
Deodorant	Shave Gel / Razors
Body Wash	Body & Hand Lotion
Bubble Bath	Hair Brush / Comb
Body Pouf	Slippers (new)
Cosmetic Bag	Nightshirt (new)
Shampoo / Conditioner	

If there are enough donated, hampers will also include one reusable shopping bag, a new pair of slippers and a new nightshirt with tags.

Additionally, hair care, make-up, perfume, feminine products, baby bath products will be included in order to personalize hampers.

Donations will be accepted until December 15th and can be dropped off at 60 Nithview Drive, New Hamburg (24 hours a day) or at "Is This Chair Taken" at 90 Peel Street, New Hamburg or at "The Moose Lodge", 655 Wabanaki Drive Kitchener



Home For The Holidays Bed & Breakfast Tour & Marketplace

We welcome you to visit our B&Bs on
Saturday November 22nd, 11 am - 7 pm
Sunday November 23rd, noon - 5 pm

The tour includes the following B&Bs:

Hilldrop House

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Jon & Marianne Guistini 519-634-1170

The Frederick Street Inn

230 Frederick Street, Kitchener
Amanda Ingall 519-745-2060

Puddicome House

145 Peel Street, New Hamburg
Lyle & Karen Cressman 519-662-2111

Hillcrest House

73 George Street, Waterloo
Stefan & Wendy Schuster 519-744-3534

Visit www.homefortheholidaysbb.ca

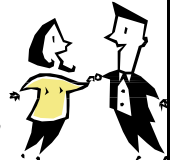
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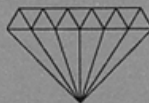
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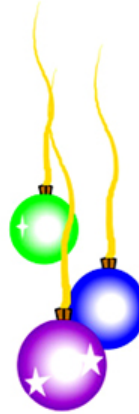
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Whiplash is a common injury that can be experienced following a motor vehicle collision (MVC). There are more than 100,000 whiplash cases in Canada each year. The unique forces generated during these collisions can stress biological tissues and result in pain, decreased functioning and disability for those affected. This article provides a review of the current scientific understanding of whiplash associated symptoms, along with guidelines on assessment and best management strategies.

Although rear-end collisions are the most commonly reported mechanism of whiplash injury, an injury may also occur following side and head-on collisions. The forces generated from these types of impacts thrust the head (and to a lesser extent the entire body) back and forth, much like a snapping whip. Injury results because the body is unable to compensate adequately for the speed of head and torso movement from the acceleration forces generated at the time of impact. This will put stretch, compressive and shear stresses on biological tissues such as muscles, ligaments, joints and nerves. As a result, this can generate pain symptoms, and affect range of motion, strength, coordination, and balance. The onset of whiplash symptoms may immediately follow a MVC or may gradually develop over the first 24-72 hours. A later onset of symptoms does not necessarily indicate a more serious injury.

Neck pain is traditionally associated with whiplash injuries. However, the whiplash mechanism may also cause injury and symptoms that include: whole body muscle pain/ache, jaw pain, shoulder pain, referred arm pain, mid back pain, low back pain, headaches, dizziness, vertigo, tinnitus, difficulties with swallowing, hearing and memory acuity, depression and anxiety. The term WAD (Whiplash Associated Disorder) encompasses all of these potential symptoms and is commonly used to grade the degree of injury present. WAD Grades 1 and 2 represent the majority of whiplash cases, and are commonly referred to as uncomplicated soft tissue injuries in the medical literature.

Evaluation of whiplash injuries should include a proper medical history, along with a physical examination consisting of inspection, palpation for tenderness, range of motion, strength, neurological, provocative/orthopaedic and functional testing. Signs of serious injury, such as fracture, are usually evident in early assessments and may require further diagnostic testing such as x-ray, CT scan, or MRI. Health care professionals trained to treat whiplash are alert for these signs.

WAD 1 and 2 injuries are amenable to conservative management. Early treatment and consultation can greatly improve the recovery process and prevent future complications and ongoing pain. Effective treatment strategies should include: pain controlling modalities such as electrotherapy and acupuncture to help facilitate and promote activity and functioning; soft tissue and manual therapy to assist in healing injured biological tissues; education on how to safely re-integrate into activities of daily living; and rehabilitative exercises that include range of motion, strengthening, balance and coordination training. An independent home exercise program should also be provided. The goal of treatment is to get the injured individual back on their feet and up to their normal level of activity. Returning to activity maintains the health of soft tissues and

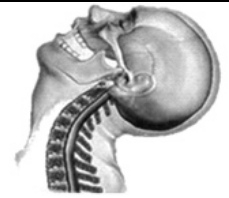
keeps them flexible. This accelerates recovery and minimizes the chance of developing chronic pain.


Current treatment strategies refer to the concept of “**functional restoration**”, an approach in which the regulated health professional is oriented toward daily function and to the delivery of treatments/interventions that help the injured person to reduce or manage their pain. The injured person is assessed to determine the level of current functioning relative to these critical demands and any functional limitations that have arisen as a result of the injury. The treatment interventions delivered by the regulated health professional are then designed to address these areas of limitation such that the individual will be able to maintain and/or resume normal activities at home and at work.

Prolonged rest after a whiplash injury may prolong recovery. Injured tissues can become stiff and weak when they are not used, which can further exacerbate pain symptoms. Research indicates that successful whiplash treatment requires patient cooperation and active efforts to resume daily activity. The majority of people with WAD Grades 1 and 2 experience no disruption to their normal activities of daily living. Some may experience a temporary disruption to their normal activities, but usually improve after a few days or weeks. Occasionally, symptoms may persist over a longer period of time. A return to normal activities of daily living may be assisted by active treatment and rehabilitative exercise prescription as described above.

The majority of whiplash injuries do not represent any serious structural problems. The prognosis for uneventful recovery after an uncomplicated soft tissue whiplash injury is excellent, with no long term complications expected. A return to daily activities is extremely important for successful recovery. For those with whiplash symptoms that may be interfering with their activities of daily living, a qualified health professional can prescribe appropriate conservative therapy, rehabilitation and self-management strategies specifically for your whiplash injury. For more information, visit www.nhwc.ca.

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



 New Hamburg Wellness Centre	VISIT US ON THE WEB AT: www.nhwc.ca
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Nov. 22nd - 11 am—3 pm*

*Great Christmas Idea... come check it out
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See you at the church, corner of Beck and Mill Street.

Waterloo Oxford Parent Advisory Council invites all
parents to a special presentation on
"Post Secondary Education and Work Options."

Held at W.O.D.S.S. Library on

Wednesday, November 19th at 7-9 pm.

Learn more about applying for University, College,
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You have questions... We will have the answers.

*This space is generously donated by
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CLEAN presents:

Drug Awareness Seminar

Wednesday, November 19, 7-9 pm
Waterloo-Oxford D.S.S.—Cafeteria, Baden

Featured Speaker - Rick Osborne

-previous life of gangs, crime and drugs

-served 23 years behind bars

-recovered drug addict

-founding member of 'Truth for Teens'

Followed by question and answer period

Crime Stoppers will also be present

ALL ARE WELCOME! No Admission

The Senior Girls W-O Basketball Team invites you to

Spaghetti Dinner

complete meal deal includes dessert and coffee
at Waterloo-Oxford D. S. School Cafeteria
Wednesday, November 26th, 5 -7:30 p.m.
Adults: \$10 Children \$5 - Raffle Table

Tickets available from Team Players as well as
Teddy's Bakery and the School Office.

They are raising funds to help finance a trip to
Arizona to participate in a basketball tournament.

Nith Valley Sno Surfers offers

Snowmobile Driver Training

Saturday November 22, 8:00 am

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Alternative Christmas Giving

By Karla Richards

You can tell Christmas is on its way when you start to see the subtle marketing messages starting in early autumn with print advertisements, television ads and the arrival of the ever famous Sears Christmas Wish Book.

If you have a person on your list who is hard to buy for or if you have decided to forgo the consumerism of the Christmas season, Mennonite Central Committee (MCC) provides an alternative solution. A new kind of catalogue is now available. The **MCC Christmas Giving Catalogue** is a collection of worthy causes that needs financial help all over the world.

The concept of the program is that you use the amount of money that you would normally use to purchase a present for a family member or a friend, to give the gift of food, shelter, clean water or education to a child.

The catalogue outlines various MCC projects and how your "gift" will be used. Each gift you give will be accompanied by a handcrafted card, mailing envelope and a colourful photo insert describing the project supported. Each card is printed with the phrase "A gift has been given in your honour to the work of Mennonite Central Committee."

Drop by the **New Hamburg Thrift Centre** to pick up your copy of the MCC Christmas Giving Catalogue or **view our electronic version online at <http://www.mcc.org/christmas>**.

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You Must Be Joking!



Two little old ladies were sitting on a park bench outside the local town hall where a flower show was in progress.

The thin one leaned over and said, 'Life is so darned boring. We never have any fun any more. For \$10 I'll take my clothes off and streak through that stupid flower show!'

'You're on!' said the other old lady, holding up a \$10 bill.

The first little old lady slowly fumbled her way out of her clothes and, completely naked, streaked (as fast as an old lady can) through the front door of the flower show.

Waiting outside, her friend soon heard a huge commotion inside the hall, followed by loud applause and shrill whistling. The smiling and naked old lady came through the exit door surrounded by a cheering crowd.

'What happened?' asked her waiting friend. 'I won 1st prize as Best Dried Arrangement.'



Submitted by B & J Price

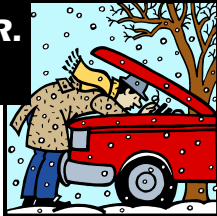
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Please join us this November 30th for TCP's annual
Audition & Information Open House.

There has never been a better time to get involved, as The Community Players celebrate 25 years in 2009 with *The Wizard of Oz*.

Join us at this year's Open House to say 'hi' to old friends, and learn more about the exciting things planned as TCP brings to our stage a fresh, new and imaginative vision to one of the world's most beloved stories.

UPCOMING DATES TO REMEMBER

November 30th TCP's Audition & Information Open House

January 4th TCP's Musical Theatre Movement & Dance Workshop (led by Director-Choreographer Karen Prior Cashin)

January 16-18 Auditions being held for *The Wizard of Oz*

For more information on the above, please visit thecommunityplayers.com

MORE FOOD FOR THOUGHT Answers on page 15

These are not trick questions. They are straight questions with straight answers.

1. Name the one sport in which neither the spectators nor the participants know the score or the leader until the contest ends.
2. What famous North American landmark is constantly moving backward?
3. Of all vegetables, only two can live to produce on their own for several growing seasons. All other vegetables must be replanted every year. What are the only two perennial vegetables?
4. What fruit has its seeds on the outside?
5. In many liquor stores, you can buy pear brandy, with a real pear inside the bottle. The pear is whole and ripe, and the bottle is genuine; it hasn't been cut in any way. How did the pear get inside the bottle?
6. Only three words in standard English begin with the letters 'dw' and they are all common words. Can you name them.
7. There are 14 punctuation marks in English grammar. Can you name at least half of them?
8. Name the only vegetable or fruit that is never sold frozen, canned, processed, cooked, or in any other form except fresh.
9. Name six or more things that you can wear on your feet beginning with the letter 'S.'

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For more information go to www.mennovalleysound.ca

Baden Branch Library News

Come to the Baden Library!

Drop in during Canadian Children's Book Week, November 15 – 22, and help us celebrate the theme "Classic Canadian Reading". Do you have a favourite Canadian children's author? We will be displaying our staff favourites for you! There will be special book draws and other surprises too!

Thank you Baden Library Patrons! With your generosity, 304 non-perishable food items were brought in during our annual "Food For Fines" Week, which was donated to the Food Bank at the Wilmot Family Resource Centre. Well done!

The Kids' Book Club now has an official name, as chosen by its members! "The Book Hoggers" are kids ages 7 – 10 years who meet once a month. They are currently reading "Tales of a Fourth Grade Nothing" by Judy Blume. Fun activities, games and crafts are all a part of our time together. New members are always welcome – please call the library for more information.

Registration for the winter session of Story Time will begin at the end of November. This literacy based program is for children 3 -5 years old and is offered on Tuesday afternoons or Wednesday mornings. Registration is limited.

Also, anyone interested in the "Just For You, Baby, Storytime" (for babies ages 0 -12 months, and their caregivers) or Computers For Adults, is encouraged to put their name on a waiting list at any time.

Contact the library at 519-634-8933 or by email at badenlib@region.waterloo.on.ca to register, or for more information. Website – www.rwl.library.on.ca

Chris Baechler, Assistant Supervisor - Baden Branch



You Must Be Joking!!



If only Julie Andrews knew what the seniors would do to her "Favourite Things" song!



(If you sing it, it's especially hysterical!!!)

*Maalox and nose drops and needles for knitting,
Walkers and handrails and new dental fittings,
Bundles of magazines tied up in string,
These are a few of my favourite things.*

*Cadillacs and cataracts, and hearing aids and glasses,
Polident and Fixodent and false teeth in glasses,
Pacemakers, golf carts and porches with swings,
These are a few of my favourite things.*

*When the pipes leak, When the bones creak,
When the knees go bad,
I simply remember my favourite things,
And then I don't feel so bad.*

*Hot tea and crumpets and corn pads for bunions,
No spicy hot food or food cooked with onions,
Bathrobes and heating pads and hot meals they bring,
These are a few of my favourite things.*

*Back pain, confused brains and no need for sinnin',
Thin bones and fractures and hair that is thinnin',
And we won't mention our short shrunken frames,
When we remember our favourite things.*

*When the joints ache, When the hips break,
When the eyes grow dim,
Then I remember the great life I've had,
And then I don't feel so bad.*

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Interesting People – Meet Patti Warr

Baden resident, Patti Warr, has just completed a half Iron Man race in Clearwater, Florida, where she placed sixth (in the world) out of 51 competitors in her category. At age 46, she has been competing in Iron Man competitions since 2004 and usually competes in up to four competitions a year.

You might ask what is an Iron Man competition? A full Iron Man competition consists of a four-kilometre swim, followed by a 180-kilometre bike ride and finally a 42-kilometre run. There are also half marathons, one of which Patti ran in Huntsville, Muskoka to qualify for the Clearwater event.

In a full Ironman, a competitor has to complete a qualifying marathon in at least 17 hours. Patti's best time this year was at Lake Placid, where she completed a half marathon in ten hours, 39 minutes earning her a first in her category (11th overall), and she set a new course record for her category. Generally there are about 100 competitors in her age group.

Patti does enjoy the competitions, but she enjoys the training more than anything. In a typical week she will swim three or four times (10 km.) starting at 5:30 a.m. and run 40 to 50 miles. Closer to competitions she will train 40 hours a week, which includes biking 400 to 500 kilometres. Weather

doesn't deter her, as she will run in rain, snow and wind during her training.

Competitions cost \$600 to enter (plus expenses) and as an amateur she is not eligible for monetary winnings.

Races have become more technologically advanced. All competitors wear chips around their ankles and their progress can be tracked on the website www.ironmanlive.com. This can be an advantage to Patti during races as her husband can inform her of her placement during the race.

The sport requires dedication, motivation and stamina. Patti will be a guest speaker at the Baden Chamber of Commerce Annual Christmas Dinner. The dinner is open to anyone – so if you would like to hear more of Patti's experiences, call for your reservation at the Blue Moon 519-634-5421.



Christmas Dinner with the Baden Chamber!



Date: Thursday November 27th

Venue: the Blue Moon Hotel in Petersburg

To reserve your spot, call the Blue Moon 634-5421

Time: Social hour 5:30 PM

Buffet Dinner 6:30 PM

Guest Speaker: "Patti Warr" (our local Baden athlete)

Musical interlude by the **Sweet Adelines** singers

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Remember: You **DO NOT** have to be a chamber member to join in this event

"Life is like riding a bicycle. To keep your balance you must keep moving." Albert Einstein

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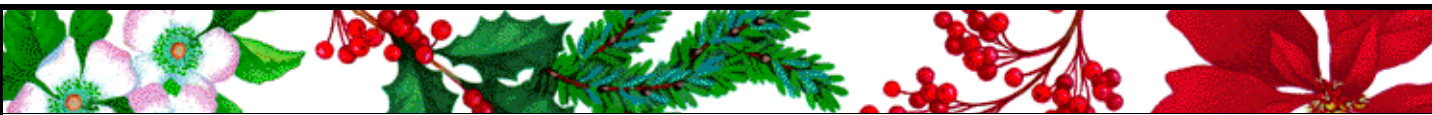
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WILMOT HERITAGE FIRE BRIGADES: WHATS HAPPENING

By Teresa Brown

The WHFB works hard to preserve firefighting history ... but we also make sure we have a great time doing it! On October 24, WHFB members and guests attended a production of "Forever Plaid" at the **St. Jacob's Schoolhouse Theatre**: this annual private performance is one of our most popular fundraisers. Until next year's show, join us at our **monthly Social Nights** for evenings of snacks and friendly chatting (and sometimes a firefighting video!) Our next Social Night is **Wednesday December 3** at the museum -- drop in and join us.

The **BOTTLE FUNDRAISER** on October 4 was a huge success, as our WHFB volunteers collected what seemed like every bottle in town. Our student helpers were cheerfully welcomed as they knocked on doors, sounded a siren, and carried bottles to our two antique fire trucks. Many thanks to our volunteers and of course the people of Baden -- we collected over \$800 worth of bottles! Watch for another bottle drive in the spring -- in the meantime, feel free to drop off your empties on **Wednesday evenings** at our museum behind the Baden fire hall.



WHFB volunteers prepare for the Bottle Drive

Fundraisers like the Bottle Drive help the WHFB achieve our mandate: "To promote and educate the public in the heritage of firefighting in Wilmot Township in particular, and the firefighting service in general, by displaying historical firefighting vehicles, equipment and documents." Our next public appearances are at a number of **Santa Claus parades**. Watch for our trucks in the Baden, New Hamburg, St. Agatha, and Wellesley parades in December. Of course, you can also call Teresa to arrange a free museum visit.

Finally, many thanks to Rose Bailey of New Hamburg who generously donated her husband Mars' collection of firefighting patches -- almost 1,000 of them! And speaking of gifts, don't forget that a one-year membership in the WHFB is only \$10.00; it's a great stocking stuffer for the history buff in your family, and a fantastic way to support the preservation of firefighting history in Wilmot. Call Teresa at 519 - 634 - 8580 for information, and have a safe and festive holiday season.



Well there goes October! It seems like everything went by so quickly.

In true Baden fashion, our school continues to support community and global initiatives. Baden School started off the month with a Thanksgiving Food Drive. The Food Drive ran from September 29th to October 14th. It was successful, as Bulldog students and staff collected 1351 food items. We also participated in the *National Walk to School Day*. Students were asked to ride a bike or walk to school to reduce gas emissions in the air. As a school, we were part of the *Say Hi* campaign which was introduced in September, but the official campaign day was celebrated on Friday, October 3rd. Baden was a very friendly place to walk through the halls that day, and it continues to be. It's easy - all you need to do is say "Hi!"

In the fundraising sector of Baden Public School, the tally is completed for QSP. Thanks to our students, we brought in plenty of donations! The funds will support student learning, by making purchases for additional equipment and resources. In addition, we will be selling Treasures books in November. Stay posted for details! Charitably, we continue to raise money for our foster child by selling popcorn on Fridays.

Baden's field was an packed place this fall. Many exciting girls' soccer and boys' football games were played. In fact, our Girls' Soccer Team finished second in the District. "Way to go, Bulldogs!" Now, our intermediate athletes have moved from the field to the gym and are on to playing volleyball. The boys' and girls' seasons opened on Thursday, October 30th with both teams suiting up against Park Manor. "Go, Bulldogs, Go!"

Our gym was also a fun and exciting place on Tuesday, October 28th. Students had the opportunity to return in the evening to play noodle hockey with the Firebirds' hockey team, while their parents were participating in the *Baden Better Living* evening. This night is put on by Baden Parent Council and provides the opportunity for Wilmot community parents to attend a variety of workshops. Of course babysitting was provided in addition to the Firebirds' activity for those children who were too young or not interested in playing hockey. Four students participating in the hockey game were lucky enough to win an autographed hockey stick signed by the team members!

Baden students had the privilege of going on some

pretty neat trips during the month of October. The students from 4Fl went to Camp Heidelberg on the 2nd, the grade three's attended Doon Heritage Village on the 14th, and the grade five's went to Woodside Park mid-month. Other opportunities have been presented to certain students to go off campus as well for the Global Issues Enrichment program. These students went to Onogada farms and a Tim Hortons' camp. At these places, they participated in a wide variety of activities. Some students will be going back to the Enrichment Centre to learn more.

In order to stay as busy as Bulldog students are, it is important that we remain healthy. Therefore, some grade 7 and 8 students received their shots on the 20th of October. Once again, they'll look forward to dreading that day in the spring, when the nurses return for the second shot.

We closed out the month of October with a variety of spooky and not so spooky Halloween activities. The kindergarten students paraded around the school in their costumes both Thursday and Friday. Their costumes were adorable – too cute! Primary students participated in a Monster Mash in the gym, and junior and intermediate students enjoyed their own dances. Prizes were awarded for the best costumes at the dance.

Overall, October was a pretty busy month! Here comes November, which means even colder weather, but also lots more fun in the days ahead.

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Answers to Food for Thought Quiz: - from page 10

1. The one sport in which neither the spectators nor the participants know the score or the leader until the contest ends is **BOXING**.
2. The North American landmark constantly moving backwards is **NIAGARA FALLS**. (The rim is worn down about two and a half feet each year because of the millions of gallons of water that rush over it every minute.)
3. The only two vegetables that can live to produce on their own for several growing seasons are **ASPARAGUS** and **RHUBARB**.
4. The fruit with its seeds on the outside is **STRAWBERRY**.
5. How did the pear get inside the brandy bottle? **It grew inside the bottle**. (The bottles are placed over pear buds when they are small, and are wired in place on the tree. The bottle is left in place for the entire growing season. When the pears are ripe, they are snipped off at the stems.)
6. Three English words beginning with dw are **DWARF**, **DWELL**, and **DWINDLE**.
7. The fourteen punctuation marks in English grammar are Period, Comma, Colon, Semicolon, Dash, Hyphen, Apostrophe, Question Mark, and Exclamation Point, Quotation Marks, Brackets, Parenthesis, Braces, and Ellipses.
8. The only vegetable or fruit never sold frozen, canned, processed, cooked, or in any other form but fresh is **Lettuce**.
9. Six or more things you can wear on your feet beginning with 'S' are **Shoes, Socks, Sandals, Sneakers, Slippers, Skis, Skates, Snowshoes, Stockings, Stilts**.

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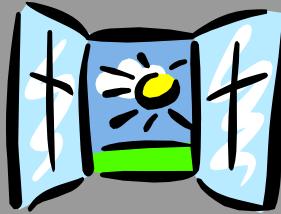
EXTRA!! EXTRA!!



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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A HOGWARTS CHRISTMAS IN NEW HAMBURG By Teresa Brown

Christmas is coming! It's a time when magic happens ... as magic as "A Hogwarts Christmas in New Hamburg!"

Yes, "Hogwarts," the wonderful world of Harry Potter, where Sorting Hats, Wizards, and broomsticks create a magical world of imagination. In 2007, New Hamburg transformed into a fantastic universe of All Things Harry -- and on Thursday December 4, you can revisit that world with an evening of food, frivolity, and fun.

Set to coincide with the release of J.K. Rowling's new book *The Tales of Beedle the Bard*, "A Hogwarts Christmas in New Hamburg" offers traditional British cuisine (provided by MeMe's Cafe), music, storytelling, and of course plenty of magic! There will be a Sorting Hat Ceremony before dinner for children ages 8 to 12, and everyone is encouraged to dress in appropriate witch and wizard garb.

The Tales of Beedle the Bard was originally handwritten by J.K. Rowling herself: six facsimiles were produced and auctioned off to raise funds for The Children's High Level Group, an organization founded to help neglected children in Eastern

European residential institutions. The book will soon be available to all, with royalties going to CHLG. In this same spirit, all net proceeds from the New Hamburg event will be donated to this very worthwhile charity.

Tickets for the event are on sale now at Upper Case Books: get yours early to secure a place at your favourite house (you'll recall that the Hogwarts Houses are Gryffindor, Ravenclaw, Hufflepuff and Slytherin). You can also pre-order your copy of *The Tales of Beedle the Bard* at UCB.

Single, couple and family rates are available. And to really make your Hogwarts Christmas a memorable celebration, purchase a seat at the Headmaster's Table -- Headmasters will not only get a great view of the festivities, but will know that their full ticket cost will be donated to the CHLG (seating is limited).

So don't delay ... dig out your wizard hat, polish your wand, and fly to Upper Case Books to get your seat at the most Hogwarty Christmas Dinner ever!

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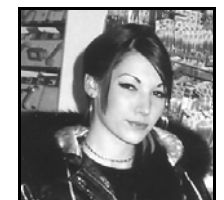
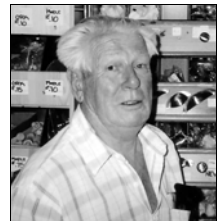
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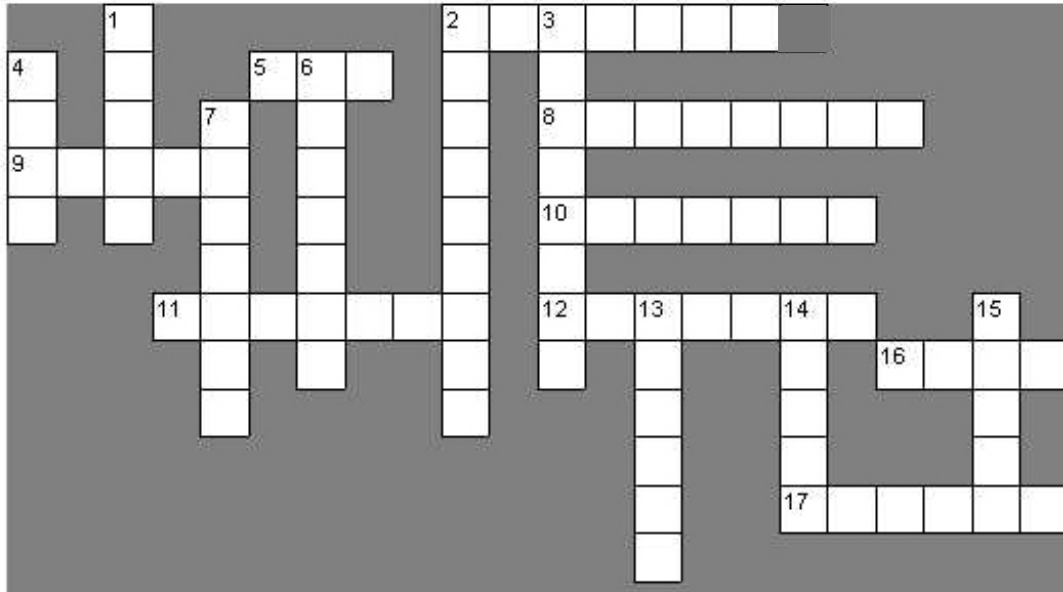
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FIREBIRDS CROSSWORD PUZZLE

This puzzle is about the New Hamburg Junior C hockey team - the Firebirds. If you're stuck - you may find some clues on the back page of this paper... good luck! Hope to see you at the Firebirds game on November 21st - the game is on us!! (Clip coupon from back page)



Clues Across:

2. Local goalie
5. Speedy centre
8. Leg penalty
9. Houses the game
10. Game supervisor
11. Baden defenseman
12. Wears the 'C'
16. Black rubber disc
17. Nithburg's winger

Clues Down:

1. Firebirds crowd noise
2. Nov. 21st opponent
3. Three by one
4. Super coach
6. Team GM
7. Dropping the puck
13. Boehler's first name
14. Cake topper, game stopper
15. Game tally



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NOTES FROM THE ATTIC: BADEN'S GREAT BANK ROBBERY - 1940

While interviewing Harold and Howard Bast for last month's Notes from the Attic, we were told of a foiled bank robbery attempt in our small town. Here is an account of that fateful night on January 22, 1940 courtesy of the two Bast Brothers.

The Canadian Bank of Commerce was located on Foundry Street (the building south of J.C. Miller Antiques). The bank manager, Larry Miller and his wife, Elizabeth, lived in the apartment above the bank. The couple was washing dishes at approximately 6:30 p.m., when an unknown assailant walked into the unlocked apartment. The robber who wore a handkerchief and dark glasses brandished a gun and declared "Stick' Em Up" (strangely, two weeks previously the bank was robbed of \$900).

The intruder told Mr. Miller to bind his wife's legs and arms, while lying face down on the floor, and gag her with a handkerchief. He then forced Mr. Miller downstairs to the bank. The robber demanded that Larry open the vault, but the quick thinking bank manager told him that it was on a time lock and he couldn't. Meanwhile, upstairs Mrs. Miller managed to free her legs and made it to the front window.

H.C. Schumn was working late at his Post Office/Pharmacy across the street when he noticed a frantic looking Mrs. Miller jumping up and down pointing to the bank below. Mr. Schumn walked across the street and looked in the window where he recognized the attempted robbery in progress. He ran back across the snow-covered street to confer with fellow merchant Simon Bast.

Noah Steinman, another local merchant, came walking along and the three men went back to the window to verify their suspicions. It was obvious at that point what was occurring so they decided that they should call the local telephone office to have the operator (Mrs. J. W. Honderich) call the police and activate the fire alarm, which they thought might unnerve the burglar.

Mrs. Miller heard the fire alarm go off and ran downstairs. Her entrance plus the fire alarm startled the thief causing him to abort the robbery and charge out into

the street. By this time many residents had come out into the street to see what all the action was about. Mr. Steinman yelled, "Murder, Bandit, Stop Him!" And the pursuit began.

The robber's car was parked in front of the fire hall, which at that time was located west of the current location of the Baden Library. A pursuit ensued. Wilfred Steinman, who was 18 at the time, was on his way to the outdoor rink with a shovel in his hand. He heard the cries from Mr. Steinman but as he was raising the shovel to strike him the robber produced his gun and pointed it at his face. The thief continued, passing several people on the street; but, there was so much confusion, that he made it to his car without being captured. As he was starting his car he fired a warning shot over Herbert Miller's head, only fifteen feet away. The bandit held the mob at bay while his car warmed up.

The would-be thief sped away in the direction of Kitchener and it was several minutes before cars were found to give chase. Sam Roth, owner of Sam Roth's Garage (the current site of Egli's Meat Market) grabbed his shotgun and a car from the garage and was one of several to try and apprehend the thief. It was a snowy day with only the main road from Kitchener to Stratford open. Somehow the robber managed to elude police and the posse to make a clean escape.

It seems our sleepy bedroom community does have some excitement from the past. Thanks to Harold and Howard for the information.

Oh my goodness, ...it should be immortalized on film!



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Plants and plant names can be confusing. Sometimes the same common name is attached to numerous plants because of a specific feature. When asked for instructions on how to grow the Elephant Ear plant, I need to ask if the reference is to the Colocasia (the true Elephant Ear); Caladium; large-leaved Coleus or a specimen of Cacti. Everyone has his own particular name to describe a plant.

Another variety of plant which can be confusing is the so-called Christmas Cactus. There are three varieties and one in particular is quite unclear. Christmas Cactus (*Zygocactus truncatus*) is a plant that is easily brought into bloom in November and December. In the U.S., this plant is often called the Thanksgiving Cactus and that name seems to have traveled across the border into Canada. The Thanksgiving Cactus received its nickname because it generally blooms at the end of November, at the time of the American Thanksgiving. The same variety, blooms during the same time period in Canada and has been called the Christmas Cactus. By either name they are the same plant. The Easter Cactus (*Schlumbergera guertneri*) similar to the Christmas Cactus, blooms in spring around the time of Easter. The third variety known as the Orchid Cactus (*Epiphyllum oxypetalum*) differs in size. Most hybrids bloom anywhere from the end of February through June.

Christmas Cactus has clawlike stem joints about one to one and one half inches in length, growing in an arching, pendulous form. The hooded, satiny tubular three-inch long

blossoms are produced at the tips of the joints. These may be pink, rose, white or bi-colored. Easter Cactus also has clawlike stem joints and produces blossoms at the tips. However, the blossoms are starlike in shape and scarlet in colour. There are hybrids of these two species that have no claws. They bear tubular blossoms but the blossoms have no hoods. Flowers may be lavender, purple, pink, red or white. These hybrids bloom from December through February.

The Orchid Cactus, while related to the Christmas Cactus is often referred to as Epi, for short. These are plants, which like Orchids, grow in the jungles using a tree as its host to grow on. In our homes, this plant requires similar growing conditions to that of Orchids. They prefer higher humidity than the Christmas or Easter Cactus and their flowers are much larger. Some are fragrant, the fragrance being most noticeable in late evening or early morning when temperatures are cooler. The flowers last approximately two days. If the plant is placed in a cool room, the blossoms will last longer.

To bring the Christmas Cactus into bloom, allow the plant to become quite dry from the end of August through to mid October. Keep the plant outdoors in a protected area (hanging in a Maple Tree or set under a shrub is ideal). When a hard frost threatens, bring the plant indoors and place in an unheated room in an east or west window. During this time the buds will develop. When buds are noticed at the tips of the joints, begin watering the plant. Do not fertilize the plant until it has finished blooming. The Easter Cactus requires a similar resting period except that one cannot leave the plant outdoors. Place the plant indoors in the coolest room available in an east or west window. An ideal situation would be to hang it in an unheated garage or a cool cellar where temperatures will not go below 40° F (5° C).

Orchid Cactus will do well if over-wintered in a cool cellar or other frost-free location. Bring it into the house in early February and begin to water the plant. A daily misting would be appreciated by the Orchid Cactus. Aside from this, follow the instructions for Easter and Christmas Cactus.

These showy plants are an asset to home decor regardless of the season in which they bloom. So at which season will your plant decorate your home this year? Christmas? Easter? Spring?



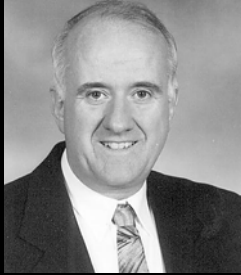
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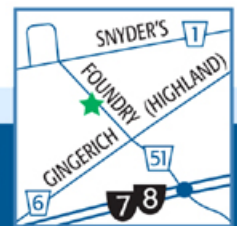
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Baden Outlook Hockey Pool Stats

Place	Name	PTS	Place	Name	PTS
1st	Ray Miller	177	28th	Tristan Culbert	159
2nd	Janet Mckee	172	28th	Tyler Soehner	159
3rd	Adrien Lajoie	170	33rd	David Murray	158
4th	Bill Slumskie	168	34th	Doug Brenneman	157
4th	Gerald Schnarr	168	34th	Jim Wettlaufer	157
4th	Sarah Kinch	168	34th	Ken Brown	157
7th	Ben Yeates	167	34th	Kurtis Feick	157
7th	Bryan Schnarr	167	34th	Mitchie	157
9th	Kyle Erb	166	39th	Greg Meyer	156
10th	Colin Hammer	164	39th	Jake Livingston	156
10th	G.Schwarzentruber	164	39th	James Osburn	156
10th	Graham Moore	164	39th	Josh Jutzi	156
10th	Jaye Foster	164	39th	Kaden Eichler	156
10th	Wendy Held	164	39th	Kevin Erb	156
15th	Mandy Manson	163	39th	M. Lozinski	156
15th	Paige Lorentz	163	39th	Mark Soehner	156
17th	John Westlake	162	39th	R. Westfall	156
17th	Steve Constant	162	39th	Ryan Boronka	156
19th	David Schmidt	161	49th	Dale Gingerich	155
19th	Ian Curry	161	49th	Howie Meeker	155
21st	Jim Miller	160	49th	Ivan Papa	155
21st	Kaitlyn Hawkins	160	49th	Jake Miller	155
21st	Nathan Metcalfe	160	49th	Lucas Mckee	155
21st	Paul Jacklin	160	54th	Ed Eckert	154
21st	Rebecca Vitello	160	54th	Filip Jurkonski	154
21st	Tracy Erb	160	54th	Jessie G.	154
21st	Wayne Stock	160	54th	Lauren Coxon	154
28th	Landon Roth	159	54th	Logan Kleine	154
28th	Ryan Martin	159	54th	Matt Loree	154
28th	Tony Soikie	159	60th	Bruce Leis	153
			60th	Dick Dean	153
			60th	Howard Schell	153
			60th	Tanya Barber	153

Congratulations to Ray Miller for taking the lead in this month's Hockey Pool - winning a gift certificate from EJ's of Baden.

The lucky random draw winners are Tara Kleine, winning a gift certificate from Egli's Meat Market, and Doug Baier winning a breakfast from Teddy's Bakery and a Baden Outlook Jacket.



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proceeds to Wilmot Food Bank*

(Patrons—Please drop by EJ's with your non-perishable food items through the upcoming weeks)

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!



CELEBRATE AMERICAN THANKSGIVING AT EJ'S

Join Matt, Jackie and the gang at EJ's for the American Thanksgiving on November 27.



Dinner will be starting at 5 p.m. with traditional turkey dinner, with all the trimmings, being served for up to 100 people - First come, first served, or call ahead and make reservations. The meal will cost \$10 with proceeds going to the Wilmot Family Resource Centre in New Hamburg.

Matt is working with his suppliers to help him with this event and is hoping to donate \$1,000 from this evening. Matt & Jackie are also asking patrons to please bring a non-perishable food item to donate to the Wilmot Food Bank through the up-coming month to fill the demand for food boxes required over the holiday season.

There will be football games on the big screen - a great time of meeting and greeting your neighbours. So come out - have fun, enjoy the meal and support a very worthy cause - thanks to the Rolleman's of Baden.

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LESSONS IN MANAGEMENT

Lesson Number One

A crow was sitting on a tree, doing nothing all day. A small rabbit saw the crow, and asked him, "Can I also sit like you and do nothing all day long?"

The crow answered: "Sure, why not."

So, the rabbit sat on the ground below the crow, and rested. All of a sudden, a fox appeared, jumped on the rabbit and ate him.

Management Lesson:

To be sitting and doing nothing, you must be sitting very, very high up.

Lesson Number Two

A little bird was flying south for the winter. It was so cold; the bird froze and fell to the ground in a large field. While it was lying there, a cow came by and dropped some dung on it.



As the frozen bird lay there in the pile of cow dung, it began to realize how warm it was. The dung was actually thawing him out! He lay there all warm and happy, and soon began to sing for joy.

A passing cat heard the bird singing and came to investigate. Following the sound, the cat discovered the bird under the pile of cow dung, and promptly dug him out and ate him!

Management Lesson:

Not everyone who drops crap on you is your enemy. Not everyone who gets you out of crap is your friend. And when you're in deep crap, keep your mouth shut!

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SKATE PARK MEETING

Please join us at the Township Administration Complex Tuesday, November 25, 2008 at 7:00 pm in the Wilmot Community Room (meeting room off the parking lot) regarding the Baden Skate Park.



The purpose of the meeting is to discuss the pros and cons of a skate park facility and to measure public opinion on its future.

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the Health & Wellness Page

Fat In All Its Glory

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



Did you know that a very important part of you is fat? Your brain, skin, nerves, hormones, and other tissues are primarily comprised of fat, and you need essential fats in your diet to sustain these organs and systems! So does being overweight mean that you'll have healthier skin and nervous system than a lean person? Not really... like all foods, it comes down to quality!

Fats - which are solid at room temperature, and oils - which are liquid at room temperature, can be very beneficial to our health - or, devastating. It's choosing high quality fats and oils that make us, and avoiding the bad ones which would break us. How much you eat is important too. We need fat, and usually whole foods will give us the appropriate amounts we need, but packaged foods almost always have added bad fats, and these are the ones that tend to be eaten in excess (especially when *added* excessively, out of proportion to actual food). Animal fats, which are typically over-eaten as well, can have upwards of 20-50% fat content, whereas a plant based diet could be around 10%.

Fish, all of which contain good fat, is an exception, with a lower fat content - unless you eat the skin. But have you ever noticed

how beautiful a fish's skin is? As I said before, skin and tissues contain fats to keep us elastic and protected from the outside world, and such is the case with a fish. Fish, especially deep-water fish, are known for their healing, beneficial oils and so it would make sense to eat the skin. What do you think? Fish are flexible and have (literally) lustrous skin, maybe we need these fats to do the same.

Let's compare fish to a bag of chips. The bad oils in chips and other packaged foods are always refined to preserve them, like plastic. They are refined so as not to go bad, and of course - to satiate your taste buds! They are drenched in oil, all of which is the wrong kind to consume. These oils actually cause arterial damage in the form of plaque and blockages.

They do not heal and repair tissues like their whole foods counterparts.

When eaten fresh and in their whole food forms, legumes, whole grains, nuts and seeds, and even some fatty fruits such as avocado - all have healing, beneficial oils in the right quantity, while stored properly and accompanied by their essential vitamin co-factors.

These fats/oils are very safe and are as nature intended. As for bottled oils, this might be another topic! For now, here's a hint: look for a label that reads **unrefined!**

Michael Fisher
mike@michaelfisher.ca
www.michaelfisher.ca
www.goodforyoucoaching.ca
519-273-1140

Good Fat:

- Whole, nuts and seeds, purchased from the produce section or health food store
- Legumes and whole grains, when eaten or prepared from unprocessed source
- Olives, avocados, coconuts, etc, and their unrefined bottled oils
- Wild deep-water fish, eaten in moderation
- Beef, chicken and other animal fats, eaten in moderation

Bad Fat:

- Snacking nuts and seeds, found in the snack aisle
- Floured foods that have been processed and packaged with added oils, such as crackers, granola bars, etc
- Refined and bottled avocado oil, coconut butter or olive oil (especially unhealthy when not cold pressed)
- Pork fats eaten in excess, especially when processed and packaged
- ANY added oils in packaged foods, which are refined, poor quality and processed




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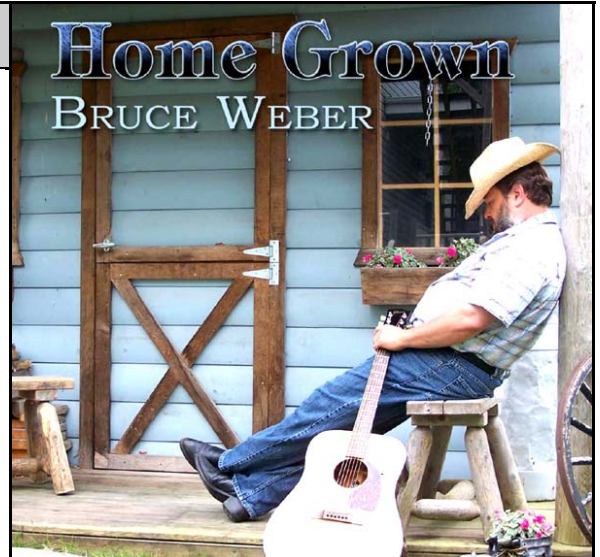
Baden's Own Bruce Weber - Home Grown

Badenite, Bruce Weber, has been thinking about making a CD for the last ten years. Over that time he has been writing and accumulating songs based on personal experiences as a truck driver (Erb Transport), husband, father and grandfather. His original intent was to make a demo disc that he could send to professional musicians, with the hope that they might record a song of his. In the end he produced his own CD entitled "Home Grown" (He will still try and market the songs).

The album consists of eighteen songs that move easily from country, to blues, gospel, folk, humour and even a children's song - "The Bathtub Song" inspired by his kids. Bruce's musical influences are John Denver, Ricky Scaggs and Gordon Lightfoot. The entire Weber family was involved with this project, making it extra meaningful for Bruce and his wife Dale.

Music has been a huge part of Bruce and Dale's life. They played together in the band "Ray of Truth" where their relationship was kindled; followed by "Furrow", with professional musicians Steve Adams and Craig Bignell; and finally "Mill Creek", with local musicians Dale and Sandy Shantz. He also recorded a CD two years ago with local resident Paul Bowman entitled "Two Guitars at Christmas".

Bruce started recording the CD in February at Fred Smith Studio in Kitchener. It will be available to the public at the end of November at Teddy's Bakery or from the Webers directly (519-634-8652) for a cost of \$20. Ten percent of the proceeds will be donated to the Wilmot Family Resource Centre in New Hamburg. This will make a perfect Christmas gift for someone special.



Vocals: Bruce Weber, Dale Weber, Tessa Weber, Andrew Weber, Erin Weber, Jill Weber, Gary Horst
Guitar: Bruce Weber, Dan Monro, Fred Smith
Bass: Andrew Weber, Bruce Weber
Percussion: Josh Weber
Harmonica: Kevin Kitzman
Laughing baby: Keegan Weber
Engineer: Fred Smith

FREE FIREBIRDS NIGHT ~ WE INVITE YOU TO A GAME ON US!

The New Hamburg Firebirds Junior "C" Hockey Club has a long and rich history, and was founded in 1953 as the *New Hamburg C. L. Roths*. In 1960 they changed their name to the *New Hamburg Hahns* and were League Champions in 1965-66, 66-67 and 68-69 seasons. They were also "All Ontario Champs" in 1963 and 1967. In 1977 they made the jump to Junior "B" which lasted until 1982 when they returned to Junior "C" in the NJCHL. From 1983 to 1997 they were known as the *New Hamburg Spirit 83's* and in 1997 they changed their name again to the *New Hamburg Firebirds*. They are Wilmot Township's premiere sports team.

The Firebirds are in a very competitive Western Division in the Niagara and District Junior "C" League. The towns they play against are Norwich, Aylmer, Simcoe, Woodstock and Paris. As of Monday November 10, Norwich sits atop the league with 29 points and Paris at the bottom with eight points. Other than that, there are 7 points separating second to fifth. The Firebirds are currently fifth with 14 points.

The *Baden Outlook* interviewed coach Chad Ziegler to get a better appreciation for this year's team:

Last year the Birds placed fourth with 42 points – five points out of first place. This year is very similar except Coach Ziegler believes that this team is faster and bigger. Some teams have dominant players but Firebirds are a balanced team that, from top to bottom, has great strengths.

Every forward line has the potential to score which is an advantage to the Firebirds as the opposing team can't shut down the top line. On defense, there are six players returning from last year which bring lots of experience and they are rock solid with either of their goal tenders. Chad and General Manager Bob Zehr have both come from the Tavistock organization and have worked together for five years now – three with the Firebirds. Having only local talent isn't a requirement in this league but the Firebirds are blessed with that situation (see box to right).

Friday, November 21, the Firebirds are home to the Aylmer

Spitfires (sounds like there will be a lot of smoke in the house). The *Baden Outlook* is offering a chance for you to come out with your family and see your New Hamburg Firebirds free of charge (just bring the coupon below to the game to enter). Aylmer is currently in second place and it promises to be exciting hockey. We've invited the Baden Public School Choir to open up the night with "Oh Canada".

Come out and support your local Firebirds and prepare to be entertained. The game starts at 7:30 at the Wilmot Recreation Complex.

Meet Your New Hamburg Firebirds

Spencer Padfield - Waterloo - Goal
Blake Scherer - New Hamburg - Goal
Peyton Boehler - New Hamburg - Defence
Craig Germann - Manheim - Defence
Evan Lobslinger - Waterloo - Defence
Scott Pfohl - Kitchener - Defence
Russ Soehner - Baden - Defence
Aaron Soligo - Waterloo - Defence
Ken Collinridge - New Hamburg - Centre
Colin Eby - New Dundee - Centre
Blake Jordan - Stratford - Centre
Justin Palenik - Waterloo - Centre
Brock Shoemaker - Elmira - Centre
Bill Walkey - Waterloo - Centre
Tyler Cave - Kitchener - Left Wing
Brock Gerber - Nithburg - Left Wing
Josh Herd - Waterloo - Left Wing
James Harrison - Bright - Left Wing
Damien Parent - West Montrose - Rt. Wing
Derek White - Ayr - Right Wing



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This game is sponsored by The *Baden Outlook* - please present this coupon at the door.