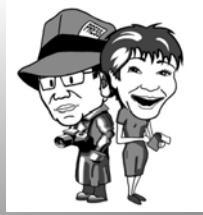


Baden Outlook

November 2010



Volume 11 , Issue 4

"Keeping the Community Connected" with 2750 copies in circulation.

Celebrating 15 Years at Foxboro

It's hard to believe 15 years have passed since Foxboro developed and became part of Wilmot – a reason to celebrate. The first home in Foxboro was purchased on May 15, 1995 and the entire village of 215 homes was completed in 2002.

A group of Foxboro women have been meeting regularly for the last three years, to enjoy the art of rug hooking. The group decided they would create a wall hanging for their community centre in celebration of this 15-year anniversary. This January they started the wall hanging project, without the knowledge of other Foxboro citizens, and recently unveiled their work at the October 21st annual general meeting.

It was decided that the project would consist of 24 individual vignettes, representing the community. The 24 pictures were divided into six sections plus the logo which were then attached together on an art board using velcro. The completed wall hanging project was mounted at the community centre. "It is our way of giving back to the community," Susan stated.



Inside This Issue

- ▶ We Welcome Les Armstrong as Mayor of Wilmot
- ▶ The Outlook had more wonderful travel experiences
- ▶ Traffic Monitoring on Snyder's Road shows scary results
- ▶ Learn more about our fun winter chickadees
- ▶ Introducing Sir Adam Baden School Principal—Roger Boettcher

Barry & Pat Fisher
178 Snyder's Road East
Baden, ON N3A 2V6
Phone:519-634-8916
Email:badenoutlook@hotmail.com
www.badenoutlook.com

Susan Sutherland, who moved to Foxboro five years ago, initiated the group. She has been rug hooking for years and has become the instructor for the group. She believes that rug hooking is one of the most creative crafts out there. Susan explains, "It is literally like painting with wool." The fibre artists create their own vision, not using a pattern that can be purchased at craft stores. There are various crafts and quilting groups, but rug hooking is not as well known. Rug hooking supplies are not available in craft stores but can be found at Raggtyme Studio in Mannheim, or online at their website at www.rughookinghome.com one of the few places in the region.

The process begins by cutting strips of fabric, with a specific cutting device, varying from 3/32 of an inch to 10/32 of an inch. The coloured strips are hooked through the bottom base made of burlap, linen or rug warp, which is secured to a frame. After the fabric strips are pulled up from the bottom to make loops. Traditional rug hooking which is not latch hooking, is a truly Canadian pioneer craft that started in the Maritime provinces. What was originally done to keep warmth on the floors has now become a wonderful fibre art form today.

Top left-down: Annette Kasta, Susan Sutherland, Marion Koehler, Sandi Muir, Donna Wright, Missing: Jo-An Reade



This paper is priceless - Please have one!

Talking With Ed

And... The Votes are In!



Wilmot Township just finished one of the most interesting elections in recent history. One of the reasons it was exciting was the retirement of Mayor Wayne Roth who sat at that position for the past thirteen years. This opened the door for four new mayoral candidates. After a very spirited campaign (complete with some controversies) Les Armstrong emerged as our new Mayor.

Since three previous councillors were running for Mayor and policy makes them unable to return to council after election, this created openings for new councillors. This meant we saw lots of new faces on the political scene. New Hamburg alone had seven candidates vying for two positions. There was also a new ward created in New Hamburg, which brought the number of Wilmot councillors from four to five.

Wilmot Council has changed immensely over the years. The Township of Wilmot (including Baden) and the village of New Hamburg ran separately from 1858 until 1973 when they amalgamated under the Region of Waterloo Act.

In New Hamburg from 1858 to 1972 elections were held annually and council consisted of five members - a reeve plus four councillors. From 1966 to 1972 council consisted of seven members - a reeve and five councillors. The population in New Hamburg climbed steadily from 868 in 1861, to 2,990 in 1972.

Wilmot Township from 1850 to 1972 had somewhat comparable election stats. From 1850 to 1972 council consisted of five members who alternated between Reeve, Deputy Reeve plus three councillors and Reeve plus four councillors. Population for Wilmot Township grew from 5,811 in 1871 to 6,916 in 1972.

In 1973, Wilmot Township became part of the Region of Waterloo. The council consisted of 11 members - a Mayor, a Councillor at large and nine councillors. Elections were held every two years until 1982 when elections were changed to every three years. In the election years spanning from 1997 to 2000 council elected to change the number of council members from eleven to nine and in 2000 the provincial government legislated that Wilmot drop to one mayor and four councillors. In 2006 elections switched from every three years to four.

Our new council will be comprised of a mix of fresh and familiar faces. Les Armstrong with many years experience on council will be new at the Mayor's helm. Peter Roe will be the lone incumbent in Ward 1. Al Junker (Ward 2) and Jeff Gerber (Ward 4) have had past experience on council. Mark Murray (Ward 4) and yours truly (Ward 3) are totally green but will add new ideas and life to the council. It promises to be an exciting four years in Wilmot, which I approach with great enthusiasm.

I would like to take this opportunity to applaud my fellow candidates David Falconer and Darlene Vorstenbosch on their efforts and dedication to their community. They put a lot of effort into their campaign and should be commended.

I would also like to thank those who supported me at the polls. I resisted making too many promises in my campaign, as I am new to politics and have lots to learn. I will however make one promise - to do my best to make Baden proud and make a better community for us all.

~ Until next month...Ed

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. No Frills & Sobey's, Short Stop, the New Hamburg and Baden Libraries and various businesses throughout Wilmot Township.



The Baden Outlook is a completely independent publication, not affiliated with any other printer, organization, individual or commercial enterprise.



Santa Claus Wants Your Float in the Baden Parade

Saturday, December 4 at 1:30
Starting at Snyder's Road E. at Sandhills Road and ending at Beck Street Hall—don't forget to bring your letters to Santa.

Float entries are open to individuals, families, groups or businesses—Cash prizes awarded.

To register or volunteer, please contact Eva (519-634-8736), for information. Sponsors are the Wilmot Optimists and the Baden and District Chamber of Commerce.

WE REMEMBER

Message from Harold Albrecht

November 11, 2010 marks 92 years since the end of the First World War -92 years since more than 66,000 brave Canadian soldiers made the ultimate sacrifice in defence of our country -92 years since the signing of the Armistice treaty between Germany and the Allies -and 92 years since silence descended on the battlefields of the First World War.

Through the First and Second World Wars, the Korean War, the mission in Afghanistan and countless peacekeeping assignments, Canadian troops have always stepped up to the task with courage, dedication and the determination to stand up for what's right.

As Canadians, it is our duty to remember. We owe our freedom to the past and present sacrifices of our soldiers, sailors, airmen and airwomen. That's why in communities, at schools, and at memorial sites across Canada, we stand and remember the great sacrifices made by our brave soldiers who left the safety of their homes and comfort of their families to defend Canadian values.

While the battles fought today look much different from the ones fought by our grandparents and great-grandparents, one factor remains the same: Canada's soldiers are ready and willing to face danger on our behalf.

But the men and women in uniform aren't the only ones who make sacrifices. While our brave soldiers cross oceans to fight for a better and safer world, mothers, fathers, husbands, wives, and children are left to make their own sacrifices as they support one another on the home front.

On this year's Remembrance Day, Canadians will also honour an important historical milestone. On February 18, 2010, John "Jack" Babcock passed away. Mr. Babcock was Canada's last known Veteran of the First World War, and his passing marks the end of an era in Canada's military history.

We remember and honour all members of our military who have made sacrifices, both past and present, to preserve Canadian values and help create a better and safer world for Canadians and people across the globe.

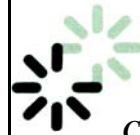
I will be spending Veterans Week here in Waterloo Region. I'll be attending events in New Dundee, New Hamburg, Linwood, Elmira, Doon Public School, Trinity Village, Waterloo, and Kitchener. I hope you'll be able to attend one of these events.

On behalf of Prime Minister Stephen Harper and our Conservative Government, I want to say "thank you" to all those who have served, and continue to serve our great country.



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Our News!

Southern Ontario Counselling Centre welcomes two new associates, experienced massage therapist, **Stephanie Hergott**, RMT, ext 506, and individual counsellor to children, teens and adults, **Sherrie (Baker) Steinberg**, MSW, RSW, ext 307. Please call (519) 746-2323 to make an appointment with Stephanie, Sherrie, or any of our other therapists.

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



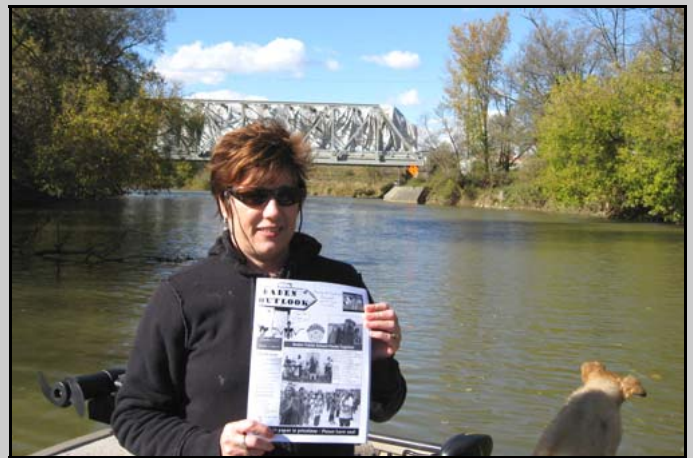
Lil, Peter, Kate and Ken Quanz show off their *Baden Outlook* in Hong Kong near the Cultural Centre where Peter's new ballet *Luminous*, premiered.



Geoff, Rick, Mike, Shawn, Steve, Darryl and Kevin (*The Country Creek fisherguys*) carried the recent edition of the *Baden Outlook* to the Great North. They were impressed at how water proof the paper is, and were glad to get a picture on the shores of Lake Lorimer!



On a recent trip with residents of Stonecroft and the greater New Hamburg area, we took our *Baden Outlook* along. Ed and Renee Nosko of New Hamburg, with the *Baden Outlook* are in front of Hotel Tadoussac, Quebec (taken Sept 21, 2010 in Tadoussac, Ouebec where the group went whale watching).

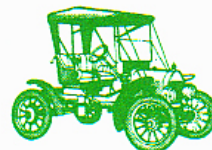


Well, it might not be too far away but it felt that way. Kathy and Tim Krissak launched the boat and went to a different world. The Nith River, in fall splendour, gave us a spectacular one hour cruise upstream and back. We were a million miles away. We knew it would feel that way so we invited an extra guest; *The Baden Outlook*.

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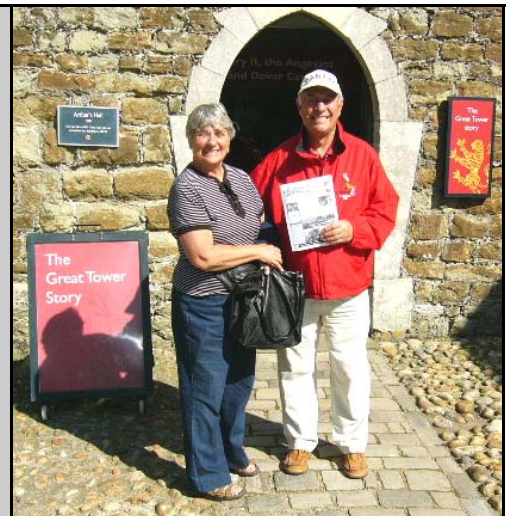
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The Gardner family, Brett, Sue, Nate and Allie took a trip to Disney World in October. Mickey Mouse really enjoyed reading the Baden Outlook!

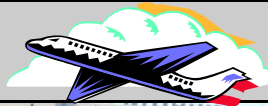


Jenna and Ryan Cutting took their Outlook to the Land of the Mouse. They enjoyed a two week trip visiting Mickey and his friends at Disney World.

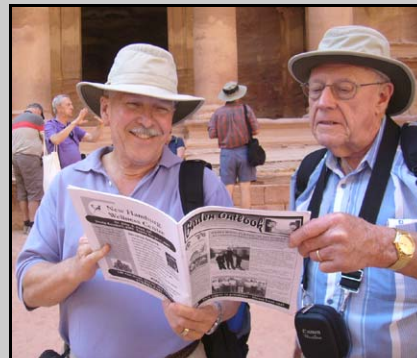


May and Vince Aquilina, of Foxboro Green (Baden), are shown touring Canterbury Cathedral and Dover Castle with their copy of the Baden Outlook on Sept 21, 2010.

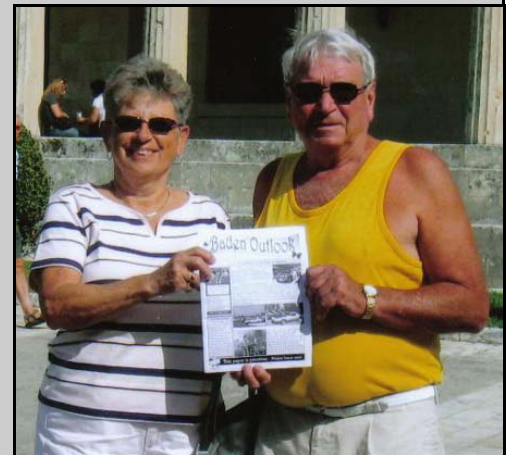
Thanks for taking us with you!



Neil Kalhoun, with children Alyana, and Liam in Figueira da Foz, Portugal with the Baden Outlook in hand.



Don Worthington and Ron Grant, both from New Hamburg, reading the Baden Outlook in front of Al Khazna (the Treasury) at Petra, in Jordan, in October 2010.



Judie & Doug Bowlby took their Baden Outlook along on their Mediterranean Cruise. The picture was taken while visiting Corfu, Greece, this past September.

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New Hamburg Tree of Light:

The Tree of Light ceremony is celebrating its 27th year, and the New Hamburg Lions and Lionesses continue to make the evening a very special one. On Friday, December 3, people from Wilmot Township will once again gather at the fountain near New Hamburg's Peel and Huron Streets, to enjoy fellowship, sing carols, and watch the main event: the annual lighting of the New Hamburg Lionesses' Tree of Light!

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

Wondering how to take part? Before the lighting ceremony, the Lionesses will take donations at Sobey's and the New Hamburg Post Office on November 25 - 27, and again on December 1-3, from around 10:00 a.m. to 7:00 p.m. This year, donations of \$5 light a white light, \$100 light a gold light, and \$500 lights the red lighted star at the top. There will be a draw~ any donation of \$5 or more will have the donor's





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name entered to win a beautifully decorated full-size artificial tree, donated from Meadow Acres, which will be displayed in Murray's Clothing store window.

Of course, you can also join in the fun by coming to the lighting ceremony. There will be hot dogs and apple cider served starting at 6:30 p.m., and the tree lighting will take place after. The New Hamburg Citizens' Band will entertain the crowds with a sing along, and the audience will be delighted by a performance from the KW Sweet Adelines. It promises to be a wonderful evening for the whole family, and a great way to start off the season -- by helping others, joining in song, and watching in wonder as the Tree of Light comes to life.

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Congratulations to Les Armstrong, Wilmot's Mayor-Elect!

By Teresa Brown

On October 25th, Les was elected to Wilmot's highest position by a healthy lead of votes. Now, after sixteen years as a councillor (and many more doing community service in a variety of ways), Les will take the helm to lead Wilmot through the next four years.

Since the election, Les has received many warm congratulations and hearty good wishes. "On Facebook and by e-mail, I had close to 200 messages," says Les. "I tried to answer all of them, and my wife Deborah helped." There has also been a steady stream of people coming to the New Hamburg Ministry of Transportation licensing office, where Les continues to work.

As the excitement dies down, however, the work begins. Les anticipates that the first task will be setting the budget. He explains the process a bit: "people will come to council with their suggestions for the budget. And we welcome that: we're spending your tax dollars, so we want to listen." Each Township department presents their "need to have" and "wish list" to council, which then decides how best to prioritize each request.

There are other challenges awaiting our new council, such as the matter of "Employment Lands." These are lands designated by the Township and accepted by the Region for particular uses, such as industry, commercial, or residential. "We need to develop these lands, such as the area between Baden and New Hamburg, into areas where people will find employment. We need jobs for people here, because if people can work in Wilmot, they will stay to spend their money here, too."

"We've been very fortunate that our growth has continued, even during the recession," says Les. "But we need to build on this growth. We can't just be a bedroom community -- we need to be self-sustaining." Les points to the GO Train controversy as another example. "I think it'll be great for Wilmot. There have been concerns, but GO Train seems to be listening. And it'll be a safer, more environmentally responsible way to help people travel."

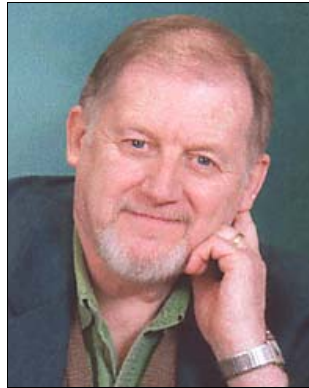
Les looks forward to working with the people of Wilmot to achieve these and other goals, such as a Community Centre for Baden, as well as development in arts and culture. "If the community works together, then Council will be willing to work alongside. It's up to the Community

to start the ball rolling."

"Overall, I think the next four years will be exciting," says Les. "We have a good crew to work with on council, with new blood and old blood -- a good mixture of experience."

And then, Les finishes with a simple statement, a leader's vote of confidence in his team, and in the future of his community:

"We're good," he smiles.



Les Armstrong says:

Thank you to those who supported me in my endeavor to be mayor. I look forward to working with your chosen Team Wilmot as we move into the future.

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2. What do you call an oyster that won't share?
3. What do you get when someone magically creates a snow storm?
4. What do you call a muddy sparrow?
5. What do you call a rabbit who tells jokes?

1. A bare bear
2. A selfish shellfish
3. A bizzard wizard
4. Dirty birdy
5. A funny bunny



What are Mnemonics?

Mnemonic is a very general word. It is defined simply as some device which aids the memorization of something. The word comes from the Greek mnemonikós, which refers to the mind. These devices come in a variety of forms. One common sort is rhyme. The following reminds people of the number of days in each month of the year:

*Thirty days hath September,
April, June, and November;
All the rest have thirty-one
Excepting February alone:
Which hath but twenty-eight, in fine,
Till leap year gives it twenty-nine.*



Smile
Laugh
Be Silly Every Day

Here's one that helped many learn our wonderful English language ~ 'T' before 'E' except after 'C'



What? Do you want to know where I get my hair done?

Are you clever enough to figure out these riddles without cheating?

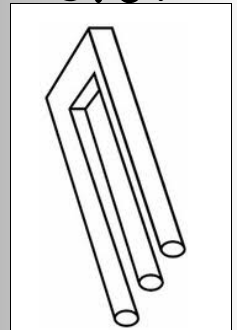
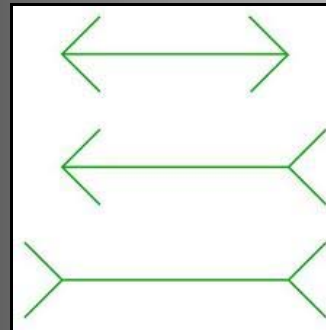
1. What do you call a kitten that drinks lemonade?
2. There were 2 ducks in front of a duck, 2 ducks behind a duck and one duck in the middle... how many ducks were there in total?
3. What do you call a zipper on a banana?
4. What do lazy dogs do for fun?
5. What do sea monsters eat?

1. A sour puss
2. Three
3. A fruit fly
4. Chase parked cars
5. Fish and ships



Yup, you got it - all three lines are the same length!

Optical Illusions



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Brianna Ernest - Dancing Her Way to Disney

Eleven-year old Baden resident Brianna Ernest (pictured front left) has been dancing at Judy's School of Dance in Stratford for just over four years. Brianna first discovered this style of dance after watching her music teacher's daughter dance. The school, which focuses on clogging, step dancing and fiddlers, has sent groups to Nashville and New York to thrill their audiences. They are also sending a group to Branson, Missouri.

In March of this year, the dance studio owner, Judy Waymouth, sent in a portfolio to Disney World in Florida and received an immediate response inviting her studio to come down to perform at the park. They invited the school to perform in the downtown area of Disney on December 30, 2010. This was exciting news for the studio which will feature 36 dancers of all ages.

The dance group will be performing ten songs with most of the music provided by three fiddlers and a pianist. Brianna, who was invited in

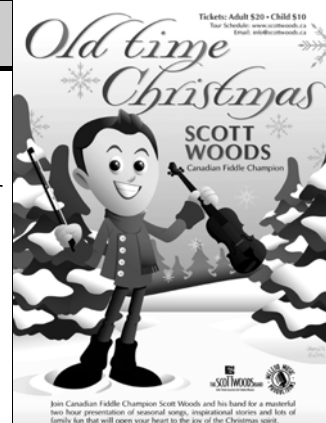
July to go to Florida, has had to work very hard to perfect, *Ottawa Valley Reel*, *Mony Mony* and *Famous Four*, the three songs, in which she will be appearing.

The school has had fundraising ideas such as bottle drives, barbeques and a performance in Shakespeare on October 31 to raise funds for the trip. Their biggest fundraising event, "Old Time Christmas" will be held on Sunday, December 12 at 7:00 p.m. at the Knox Presbyterian Church in Stratford. Scott Woods, Canadian Fiddle Champion will be the main attraction and the dance group will be performing during the show. Proceeds from this event will be going to the group to help with the Disney costs.

Tickets are \$20 for an adult and \$10 for a child and are available at Judy's School of Dance (519-271-9603) or at Physiotherapy Alliance – 10 Waterloo Street in New Hamburg or by calling Blair or Kelly Ernest at 519-634-9922. Good luck to Brianna and enjoy your family holiday in Florida!



Brianna



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We are first and foremost a weight-loss & maintenance support organization: TOPS is non-profit and non-commercial with an objective to encourage healthy lifestyles through weight-management support groups. Most members refer to the organization simply as "TOPS," an acronym for "Take Off Pounds Sensibly."

Annual membership fees are \$30.00 which includes the *TOPS News*, the members' magazine. Members meet weekly at their local chapters with a private weigh-in, followed by a program on a wide variety of topics pertaining to the weight-loss journey and healthy lifestyle. Meetings provide members with positive reinforcement and motivation in adhering to their food and exercise plans. TOPS publishes education material to help its members understand the dynamics of behaviour change, good nutrition, and increased activity aimed at developing a healthy new lifestyle.

When you decide to join, you will receive a 'ready, set, go, guide', called My Day One.

It is a great starting place to get on track. It is all about lifestyle changes, accountability and sensibility. Check us out at www.tops.org

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Now that we have endured, um, I mean enjoyed the area's first snowfall, nearly all gardeners have packed up their gear and moved inside. Warmer days are ahead, but for now we will enjoy planning for Christmas and remembering those incredible blossoms of the past season.

What Is the Best Way to Keep Your Gardening Passion Alive Over Winter?

Don't let the cold snowy days of the coming winter freeze your love of all things gardening. Maybe this was your first year digging in the dirt or perhaps you are a tried and true garden-obsessed soul. In any case, the bustle of the coming holidays and the physical distance from your borders and beds can put a chill on your hobby.

Why not bring the garden indoors and enjoy your passion all year round?

Admittedly, tending to houseplants takes slightly different skills, an entirely altered schedule and at times, a few ounces more patience than you currently have. But when small sprouts grow into a forest of foliage it will all be worth it.

Not only are healthy houseplants a good way to hone your gardening skills, they also offer unmatched health and décor benefits.

Health Benefits of Houseplants

Having a thriving collection of houseplants results in better air quality. According to a joint study by NASA and the ALCA (Associated Landscape Contractors of America) done in the late 1980s, house plants will not only convert carbon dioxide into oxygen (a plus for us), they are also instrumental in removing nasty toxins like trichloroethylene, formaldehyde and benzene from the air.

Certain houseplants are better than others in the air cleaning department. Spider plants and philodendron, traditional favorites that are easy care and low maintenance, are both excellent for air quality. Choose from a wide selection of different Dracaenas for fresher, cleaner air.

Consider bringing some of your outdoor plants in for the winter as well. Gerbera daisies are well known for

removing benzene and trichloroethylene from the air, reducing the chance of developing Sick Building Syndrome.

Make sure you have a large enough indoor garden to have an effect on the air quality. Studies note that for a good sized home (around 2,000 square feet) you'll need 15 plants. It's a good idea to have them in pots at least 6 inches around – this will allow them to grow to a decent size.

Liven Up Your Décor

There is something undeniably beautiful about plants. After all, that beauty is one of the reasons we love gardening so much, isn't it?

Decorating your home with plants is an excellent way to add life, textures, color and visual interest. Sure, it's not as easy as a painting or vase of plastic blooms, but real live houseplants have an authenticity that will dress up any space.

Play around with the pots as well, using them to compliment your décor and even as a focal point themselves. Houseplants work well on shelves, in alcoves, tucked against the wall and even flanking a doorway. Just as you lay out your outdoor gardens to accent the lawn and backyard features, use your indoor houseplants to accent furniture and draw attention to beautiful elements of your home.



Don't Get Frustrated

Even though it may seem easy, gardening indoors can be difficult. You must water and feed your houseplants diligently – or at least more often than your outdoor beds that enjoy the sun, rain and organics.

Always provide clean, rich soil for your houseplants. As they grow, transplant them to larger pots or divide and pass some out to your friends. Use your tropicals out on the patio in the summer time and force bulbs for gorgeous blooms in the dead of winter.

Many doctors and health experts recognize the stress release and therapeutic value of tending house plants. If only to help gardeners make it through the winter, nurturing a collection of indoor plants is a grand and healthy idea.



Call Kathy for an appointment at 634-5772

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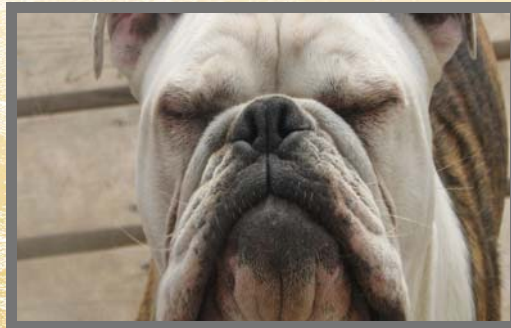
Watch for WHFB fire trucks at the Baden Santa Claus parade on Saturday December 4 and New Hamburg's parade on Sunday December 5

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"From our Home to Yours...."

Fall 1978 holds many memories. Married less than two years, and pregnant, we had just purchased our first home. Little did we know that Brewery St. in Baden would be home to our growing family for 32 years! Thirty two years of living in a wonderfully, supportive community! You encouraged us as we raised our 4 children. You walked beside us with the loss of our first-born son Isaac, due to cancer. You trusted me (Dale) with your children, as I had over 20 successful years in Home Daycare. For 8 years you put up with rain, wind and snow as you participated in the "Journey to Bethlehem". You allowed the doors to swing open, inviting our Pygmy goats to enter new territory. For these, and many other reasons, we have been ever thankful that life's path led us to Wilmot's door!



November 20th, as we load up our belongings and move to Perth East, we will always treasure many memories of our friends and neighbours in Baden! This has been a wonderful place to live, thanks to you! All our best to the new Wilmot Council as you lead and serve a wonderful group of people!

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PLAY ON WORDS... *submitted by Vivian Pletz*

1. Those who jump off a bridge in Paris are in Seine.
2. A man's home is his castle, in a manor of speaking.
3. Dijon vu - the same mustard as before.
4. Practice safe eating - always use condiments.
5. Shotgun wedding - A case of wife or death.
6. A man needs a mistress just to break the monogamy.
7. A hangover is the wrath of grapes.
8. Dancing cheek-to-cheek is really a form of floor play.
9. Does the name Pavlov ring a bell?
10. Condoms should be used on every conceivable occasion.
11. Reading while sunbathing makes you well red.
12. When two egotists meet, it's an I for an I.
13. A bicycle can't stand on its own because it is two tired.
14. What's the definition of a will? (It's a dead give away.)
15. Time flies like an arrow. Fruit flies like a banana.
16. In democracy your vote counts. In feudalism your count votes.
17. She was engaged to a boyfriend with a wooden leg but broke it off.
18. A chicken crossing the road is poultry in motion.
19. If you don't pay your exorcist, you get repossessed
20. With her marriage, she got a new name and a dress.
21. The man who fell into an upholstery machine is fully recovered.
22. You feel stuck with your debt if you can't budge it.
23. Local Area Network in Australia - the LAN down under.
24. Every calendar's days are numbered.
25. A lot of money is tainted -Taint yours and taint mine.
26. A boiled egg in the morning is hard to beat.
27. He had a photographic memory that was never developed.
28. A midget fortune-teller who escapes from prison is a small medium at large.
29. Once you've seen one shopping center, you've seen a mall.
30. Bakers trade bread recipes on a knead-to-know basis.
31. Santa's helpers are subordinate clauses.
32. Acupuncture is a jab well done.



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Christmas Giving at New Hamburg Thrift Centre

As the season of giving gets closer, many of us become anxious trying to decide what to give those on our giving list. Many of us are at the stage of life where we simply do not **need** anything. **Want** ... now that's a different story!

Mennonite Central Committee (MCC) is offering an alternative with the *Joy to the World* catalogue. Choose a gift for family and friends that helps one more child sleep in a safe shelter, one more family add to its herd or flock or one more community have safe drinking water from a nearby source. Even a small donation can make a big difference. A gift card is available outlining the project you have chosen. Catalogues can be picked up at the New Hamburg Thrift Centre or viewed online at www.mcc.org/christmas.

If the person on your list enjoys scouring the Thrift Centre for unique finds, maybe **Thrift Bucks** would fit the bill. Your gift supports the work of Mennonite Central Committee, and you can only guess what your bargain hunter will find! Thrift Bucks come in \$10 increments perfect for slipping into a card. We also carry a large selection of handmade gifts crafted by volunteers.

Or check out our **Special Lot Silent Auction**. Over 20 items have been designated for this special auction which will end no later than December 18 for Christmas giving. A full listing and photos of items can be found at www.newhamburgthrift.com.

With a little creativity and the desire to help others, there is something to please everyone on your list. Wishing you and yours a very special Christmas!

New Hamburg Thrift Centre

41 Heritage Drive

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tel: 519-662-2867

www.newhamburgthrift.com



Special Silent Auction Lot November 2 - December 18 Over 20 unique items!

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You Must Be Joking!!

This is a late-coming Halloween funny... never too late to share a giggle—submitted by B & J Price



A man is walking home alone late one foggy Halloween night, when behind him he hears: BUMP...BUMP...BUMP...

Walking faster, he looks back and through the fog he makes out the image of an upright casket banging its way down the middle of the street toward him.. BUMP...BUMP...BUMP...

Terrified, the man begins to run toward his home, the casket bouncing quickly behind him.
FASTER...FASTER... BUMP... BUMP... BUMP.....

He runs up to his door, fumbles with his keys, opens the door, rushes in, slams and locks the door behind him.. However, the casket crashes through his door, with the lid of the casket clapping. Clappity-BUMP...clappity-BUMP..... Clappity-BUMP... on his heels, as the terrified man runs.

Rushing upstairs to the bathroom, he locks himself in. His heart is pounding; his head is reeling; his breath is coming in sobbing gasps.

With a loud CRASH the casket breaks down the door. Bumping and clapping toward him.

The man screams and reaches for something, anything, but all he can find is a bottle of cough syrup! Desperate, he throws the cough syrup at the casket...

And, the coffin stops.



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As Always ... Spoken by a Wise Senior

- * Remember... Once you get over the hill, you'll begin to pick up speed .
- * I love cooking with wine. Sometimes I even put some in the food.
- * If it weren't for STRESS - I'd have no energy at all.
- * Whatever hits the fan... Will Not Be Evenly Distributed.
- * Everyone has a photographic memory. Some, like me, just don't have any film.
- * I always know... God won't give me more than I can handle. There are times I just wish He didn't trust me so much.
- * Dogs Have Owners ~ Cats Have Staff
- * If the shoe fits... buy a pair in every color.
- * Never be too open-minded, your brains may fall out.
- * Just going to church doesn't make you a Christian. Not any more than standing in a garage makes you a car.
- * Bills travel through the mail...at twice the speed of checks.
- * If you look like your passport picture... you probably need the trip.
- * Some days are a total waste of makeup.
- * A balanced diet is a cookie in each hand.
- * Middle age is when broadness of the mind and narrowness of the waist change places.
- * Opportunities always look bigger going than coming.
- * Junk is something you've kept for years and throw away three weeks before you need it.
- * Experience is a wonderful thing. It enables you to recognize a mistake when you make it again.
- * By the time you can make ends meet, they move the ends.
- * Learn from the mistakes of others. You can't live long enough to make them all yourself.



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Ask Armand



Young Katie from Baden wonders:
Did we ever have a gas station in town, other than Jutzi Fuels gas lock station on Foundry Street.

Armand Says: *Yes we did Katie. As a matter of fact we had four gas stations in town. Baden Automotive was a B/A, Arrow, Ultramar and finally a Shell station. Egli's Meat Market was once a McCall Frontenac station and then Texaco. The Baden Farmers Market was a White Rose /Shell station and at the corner of Christian Street and Snyder's Road was a Shell gas station. The population of Baden in 1955 was 690—we had gas.*

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PREVENTING FALLS

Submitted by Dr. John A. Papa, D.C.

A fall causing serious injury can occur to anyone at any time. Since most trips, slips and falls happen in and around the home, it is a good idea to fall-proof your home with the following measures:



In the Halls and on the Stairs

- Install non-slip strips on the edge of each step.
- Secure loose carpet. Make sure hallways and stairs are cleared of anything that you can trip over (i.e. books, shoes, bags).
- Replace burnt-out light bulbs so that you always see where you are going. Night-lights in halls and stairways can also be helpful.
- Install handrails on *both* sides of staircases inside and outside the home.

In the Bathroom

- Use non-slip mats *inside* and *outside* the bathtub and shower.
- Install grab bars next to your toilet and in the tub or shower.

In the Kitchen

- Put commonly used items on lower shelves and cabinets so a step-stool is not needed.
- Replace loose scatter mats with rugs that have a rubber backing.

Outdoors

- Keep a shovel and covered bucket of sand or salt near the doorway in winter to safely handle slippery conditions.
- Keep steps and pathways clear of clutter such as yard tools, snow shovels, newspapers and wet leaves.
- Don't juggle parcels while trying to enter the house. Never carry more than is reasonable. Instead, make a few trips from the car with smaller packages.

More tips

- Quickly dry up any wet areas on the floor to prevent slipping.
- Wear shoes with good support and non-slip soles.
- Always sit down to put on or take off shoes and clothes.
- Employ extra caution when using ladders and step-stools.
- **Regular exercise** can help improve your strength, balance and coordination. Making your body stronger is one of the best ways to prevent falls. Exercises such as yoga, Tai Chi, resistance training, bicycle riding, and power walking are great examples.

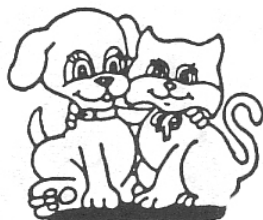
The following may be especially important for older individuals:

- Maintaining a **healthy diet** and not skipping meals can increase your energy and strength. Missing meals can lead to weakness, irritability and dizziness.
- Have your MD or pharmacist **review your medications**. Some medications can cause dizziness and weakness, which can affect your balance and perception. Make sure that your MD or pharmacist explains all of the possible side effects of your medications.

Although the risk of falling increases as you get older, there are some simple things people of all ages can do to prevent falls. In the event that you suffer an injury from a fall, you should contact a licensed health professional. For more information, visit www.nhwc.ca. The author credits the CCA in the preparation of this educational information for use by its members and the public.

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

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beneath the flag, and whose coffin is draped by
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Email submitted By R & J Price



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Waterloo Region DSB Parents, Staff and Students Help the Relief Efforts in Pakistan

Monday, October 18, 2010, Kitchener, Ontario... The students, staff and parents of the Waterloo Region DSB have demonstrated their concern for the people impacted by the devastating flooding in Pakistan by raising \$102,625.60 to help.

Linda Fabi, Director of Education, commented, "Once again we are so impressed and moved by the tremendous outpouring of concern, care and support for people half a world away who need our help. We are overwhelmed by the

response but not surprised -ours is an educational community that actively demonstrates its care for people in need, both here and around the world."

Director Fabi presented a cheque for \$102,625.60 to the Canadian Red Cross and Mennonite Central Committee on Monday evening.

Each of our 117 school communities and the Education Centre staff took part in raising money to help with disaster relief for the people in Pakistan .

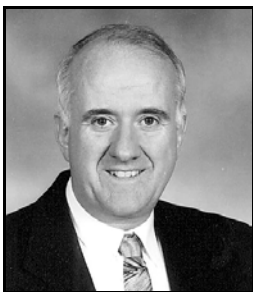
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Election of Executive 2011 Season

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~ All welcome. Please join us to share your thoughts,
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Livingston Presbyterian Church

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Checking Out the Baden Library!

Thank you Baden Branch Library patrons! This year you provided 234 non-perishable food items during our annual Food for Fines Week. These items were donated to the Food Bank located at the Wilmot Family Resource Centre. Thank you once again for helping your community.

Book Club in a Bag is an exciting new service being offered by the library. If you already belong to a book club, or were thinking of starting a book club, this service is for you! Currently, there are 15 book titles to choose from. Each set includes: 12 copies of a book, a discussion guide, and a library bag (to carry it away in). Ask library staff for more information.

Join us for Come Ready with Me Holiday Family Storytime on Tuesday, Dec. 7 from 6:45 to 7:30 p.m. Recommended for children 3 to 7 years old with their parents and/or caregivers. Drop in for some festive fun!

Registration for the winter session of the children's storytime programs will begin on Tuesday, Nov. 30. The Storytime program is for children ages 3 to 5 years old and is offered on Tuesday afternoons from 1:45 to 2:30 p.m. and Wednesday mornings from 9:15 to 10 a.m. The Toddler Tales program is for parents and/or caregivers and 2 year old toddlers on Wednesday mornings from 10:15 to 10:45 a.m. The Just for You Baby program is for babies and their parents and/or caregivers on Wednesday mornings from 11 to 11:30 a.m. All programs begin the week of Jan. 4, 2011. Registration is limited.

Need to register your newborn? Does your driver's license need to be renewed? Luckily for you, Region of Waterloo Library is participating in the ServiceOntario at Libraries program. Come to the Baden Branch Library and we will show you how to access ServiceOntario's many online programs, services and transactions. We are even providing free printing of government forms. To access ServiceOntario's website go to www.serviceontario.ca.

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

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



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HOW FAST IS TOO FAST?

Speed limits are created to provide safety for pedestrians and motorists. Most speed limits in Baden make sense, but it's a major problem when they are not enforced. This is the situation on Snyder's Road, specifically the east. It's true that we are a growing town and the street noise is expected to increase, but is it all necessary?

We had a visit with a concerned citizen on our street (we'll call him Bill) who called to share some very interesting information. He has become very frustrated with the speed, the type and amount of vehicles, which travel daily on Snyder's Road East. He had approached the Waterloo Regional Police in New Hamburg, who listened to his concerns. He phoned the township office, which informed him that it is a regional road and not a township road. Feeling very disturbed at this point he phoned Waterloo Region and talked to Satinder Bahia of the roads department. Bill voiced his concerns and offered his own suggestions, such as speed bumps, which might slow down traffic, or setting up routine radar stations. Unfortunately speed bumps are not allowed on Regional Roads; however, Satinder offered to set up road-counters to get a feel of the traffic on Snyder's Road.

The counters (metal plates about 12 inches square) were placed on both lanes of the road. They were positioned on Wednesday, October 6th for 24 hours starting at 1:00 p.m. One day gives the region more than enough information to make a necessary measurement. The devices would measure the speed and sort the size of the vehicles into groups such as cars, small trucks and vans, tractor-trailers and dump trucks.

Several days later Satinder phoned back with the results, which astonished Bill. The following is what confirmed his grievance:

In the 24-hour period 4,360 vehicles passed over the recorders. The breakdown of the vehicles was 3,788 automobiles, 19-tractor trailers, 129 dump trucks, 283 small trucks and vans and 141 miscellaneous. The number of speeders on Snyder's Road is what really floored Bill. The average speed of any vehicle travelling down Snyder's Road East is 59 kilometres an hour. That is almost 10 kilometres an hour over the posted speed limit. More startling is that 460 vehicles were traveling 20 to 59 kilometres over the speed limit! Of the 4,360 vehicles only 572 vehicles maintained the speed limit. See the chart for the speeds that were recorded.

The results of the placed Traffic Monitors showed 4360 vehicles passed by on Snyder's Road East in 24 hours- of that only 572 vehicles were within the speed limit of 50 km/hour. Below reveals the remaining...

- ▶ 1912 travelled between 50-59 km/hr.
- ▶ 1416 between 60-69 km/hr.
- ▶ 436 between 70-99 km/hr
- ▶ 11 between 100-109 km/hr
- ▶ 11 between 110-129 km/hr
- ▶ 2 between 120-129 km/hr



Bill suggested that one reason people may speed on this stretch of road is due to the grade just east of Sandhills Road approaching town. The speed limit does drop from 80 at the ramp off Gingerich to 60 halfway down the grade and then to 50 just before Sandhills Road, but at that point people let gravity carry the car. "Would a stop sign at the corner of Sandhills and Snyder's Road slow traffic? Or would a 40 kilometres an hour speed limit such as Peel Street in New Hamburg slow traffic?" pondered Bill.

This is our town and it is our responsibility to keep it safe. Please slow down and drive safely. We hope to see some change develop from this recently addressed concern. Thank you Bill for extending yourself to be heard about this issue and making Baden a better and safer place to live.



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



Join Matt, Jackie and the gang at EJ's on November 25th to celebrate the American Thanksgiving.

Turkey Dinner with all the Trimmings - \$13.99 or \$11 for those who bring a food donation to support our local food bank.

This is an opportune time for the community to support the Wilmot Resource Centre.

Food Donations can be made throughout the month at EJ's



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Keeping New Hamburg Blooming

Baden Outlook Hockey Pool Stats

Place	Name	PTS	Place	Name	PTS
Adults pool stats			Kids pool stats		
T1	Shane Snyder	158	1	Owen Krupf	151
1	Sharon Forde	158	2	Cooper Honderich	148
3	Steve Campbell	156	3	Trent Agnello	146
4	Michael Quinn	154	4	Daniel Jutzi	145
5	Dianne Brackenbury	153	T5	Brayden VanDeWynckel	144
T6	Rob Leu	150	T5	Caleb Hunter	144
T6	Susan Chipman	150	T5	Lukas Kaufman	144
T8	Rob Waechter	148	T8	Montana Flood	143
T8	Tim Cutting	148	T8	Willow Voisin	143
T10	Brian Williams	147	T10	Hannah Litwiller	142
T10	Dianne Herold	147	T10	Tanner Schwartzentruber	142
T10	Murry Snyder	147	12	Paige Naumann	141
T10	W.A.N.T.S	147	T13	Garret Taves	140
T14	Andy Veenstra	146	T13	Joel Heise	140
T14	Christina Flood	146	T13	Lucas Fortin	140
T14	Eric Fortin	146	T13	Nathan Gibbons	140
T14	George Gilbey	146	T13	Tyler Kleine	140
T14	Justin Kendrick	146	T18	Daniel Kreller	139
T14	Todd Girodat	146	T18	Mitchell Wilhelm	139
T20	Darrin Meyer	145	T18	Tanner Heinbuch	139
T20	Kristina Ziegler	145	T18	Zachary Luloff	139
T20	Mike Wirth	145	T22	Alexi Dakin	138
T20	Shae-Lynn Campbell	145	T22	Colin Dwyer	138
T24	Beth Gilbey	144	T22	Logan David Kleine	138
T24	Brad Habel	144	T25	Aiden Heinbuch	137
T24	Chris Leu	144	T25	Jared Shantz	137
T24	David P. Kleine	144	T25	Luckas Habel	137
T24	Earl Nickolas	144	28	Austin Dale	136
T24	Granny F	144	29	Nathan Metcalfe	135
T24	Jeff Dahmer	144	T30	Ben Habel	134
T24	Karolyn Fournier	144	T30	Ryland Carney	134
T24	Lea Bender	144	T30	Samantha Simpson	134
T24	Ryan Martin	144	T30	Spencer Vivian	134
T24	Tyler Randerson	144	T34	Carter Schwartzentruber	133
T24	Wayne Weicker	144	T34	Jacob Fergusson	133

Congratulations to Shane Snyder and Sharon Forde who tied for this month's leader prize in the Adult Hockey Pool - both winning a gift certificate from EJ's of Baden.

Congratulations to Owen Krupf for taking the lead in the Kid's Hockey Pool winning a Bowling Party Pack from Riverside Lanes.



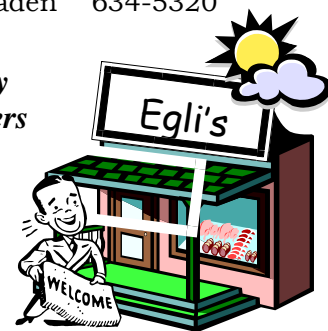
The lucky random draw winners are Ken Brown winning a gift certificate from Egli's Meat Market, and Nicolas Egli, winning a Baden Outlook hoodie

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



BADEN BIRDING



By Ken Quanz

Another fall bird feeding season is well under way. So far, our feeding list includes chickadees, goldfinch, house finch, purple finch, blue jays, cardinals, red-breasted nuthatch, white-breasted nuthatch, white-throated sparrows, song sparrow, American tree sparrows, house sparrows, juncos, mourning doves, Cooper's hawk, sharp-shinned hawk, squirrels, and the neighbourhood skunk. Some are migrants passing through, some are settling here for the winter, and some are birds which remain here all year round.

I love them all, but my personal favourite is the black-capped chickadee! Perhaps this is because I have spent more time banding, holding, hand feeding, and studying them. Or perhaps it is because the chickadee is the adopted symbol of the Waterloo Region District School Board outdoor education department where I worked for 11 years.

Maybe the chickadee's behaviour is what captured me. For most of the year these birds live in small distinct flocks of 6-14 or so individuals. A flock is made up of mated pairs as well as some individual birds looking for a mate. The mated pairs are ranked in a pecking order from most dominant to most submissive. The dominant pair leads the group and has the first choice of food: a behaviour often seen at a feeder when a chickadee of lower rank will vacate its position in favour of a more dominant bird. Also in the flock there may be unmated birds which are waiting for nature to remove a mated bird (death) so they can "fly into that position" and maintain the flock hierarchy. It is often advantageous for the unmated birds to move back and forwards between flocks so they are readily available to be chosen by the remaining mate.

You may think that the chickadees depend on you for their winter food supply, but if you watch them, especially on a sunny winter day, you will see them going around and around the outer branches of trees looking for their main source of food – insects and spiders which hide in the bark. If you watch carefully you may also see nuthatches doing the same thing while ascending the trunk of the tree, sometimes meeting a brown creeper descending the tree head-first also looking for insects. All three species depend on insect/spider protein for the vast majority of their food. All live in the same trees, but have different roles (niches). All help to control the insect populations which would otherwise grow too large and become pests.

In the spring the chickadees break away from the flock into individual pairs. At this time they look for a place to make a nest in an old woodpecker hole, a dead branch, rotting fence posts or trunks. Sometimes they will use a bird box, but prefer to clean

it up themselves, so partially fill your bird box with wood shavings for them to rearrange or remove. Here they will raise their clutch of young on their own until late August when the flocks start to reform with the same pairs in the same order unless both members of a pair succumbed to the weather, predators, or the rigors of parenthood.

How do we know this? Chickadees look alike and are almost always on the move. When I worked at Wrigley Corners Outdoor Education Centre we were in the midst of conducting a major study of black-capped chickadees. Every fall and spring Ted Cheskey and I would capture chickadees in a large mist net and band them with a numbered metal band as well as three coloured bands – a combination of two coloured bands on one leg and a coloured and metal band on the other leg. We used different colour combinations in each of the areas in which we banded. Careful records were kept of the original site at which each bird was banded. Every day during the winter we had one or two classes which were studying birds by offering black sunflower seeds in their bare hands. As birds landed the colour combinations were read off to another student who recorded each visit. If a bird left a hand before feeding to allow another bird to feed, the dominant/submissive combination was also recorded. This study still continues under the leadership of Levi Moore, giving us over 30 years of local data.

Chickadees feed in flocks. We could always tell which flock we were feeding by the pairs represented. We also found birds which were visiting the flock and would be found in a different location the next day – unmated birds on the hopeful list. Because we recorded information so frequently we could often tell to the day when a particular chickadee supplied lunch to a passing hawk.

All the information was managed in a large database which was compared to other chickadee studies conducted in Canada and the United States as well as data from around the world on related chickadee (*Parus*) species. Professor of biological sciences at Mount Holyoke College, Dr. Susan M. Smith's book *Black-capped chickadee*, 1997 of the Wild Bird Guide series coordinates this research into a very readable and compact book. She will fascinate you with stories of this amazing bird's memory (they store most of the seeds from your feeder for later use and remember the exact location of each!), its ability to survive extremely cold winter nights (they pack into holes in trees to keep warm much like bees in a hive), as well as their amazing abilities to communicate and keep a community viable.

Each species at your feeder has a remarkable story to tell. In another column I will tell you of my experiences with American tree sparrows and their navigation and timing abilities.



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Baden's Mom 2 Mom Fall Sale ~ Success!!!

Thank you to everyone who helped make the Parents Together Fall Mom2Mom sale a huge success. Through our bake sale, table sales and admission, we raised almost \$400 for our Baden Parents Together group. As a meeting place for local moms, Parents Together helps us get through those crazy days and long nights, as we do our best to raise our little ones. Our Mom2Mom Sales help more than just local moms. Look at who else we've helped from the donations of the Moms:

- ⇒ 4 boxes of summer clothing are heading to Nicaragua on a mission trip
- ⇒ 1 clothes hamper of canned goods went to Wilmot Family Resources Food Bank
- ⇒ 4 boxes of coats went to New Hamburg's Creative Beginnings Coats for Kids Drive
- ⇒ 6 boxes of clothes and baby items went to Marillac Place, a shelter for young mothers
- ⇒ 6 boxes of clothes and baby items went to Saint Monica house for pregnant and parenting youth
- ⇒ 6 boxes of clothes and baby items went to Wilmot Family Resource Centre for needy families locally

Thank you to all who supported us and for helping make this a wonderful community event!

Our next sale is planned for Spring 2011, watch for details!!!

Please contact badenmom2mom@yahoo.ca if you have any questions or suggestions.

Jenna Beck and Kristina Ziegler



Birth Announcement

Ron & Gwen Cook are thrilled to announce the safe arrival of their first grandchild, Kayleen Nicole, born September 2, 2010, weighing 6 lbs.- 5 oz.



The first great grandchild for Jean Cook and 9th great grandchild for Lorraine Steffler, both of New Hamburg. Proud parents are Graham Cook and Vicky Demers of Calgary, Alberta. Spoiling privileges go to Aunt Lesley, also of Calgary

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- * Westhills Church, Corner Roads 104 & 45, Lisbon ~ 519-634-4993
- * Livingston Presbyterian, 44 Beck Street, Baden ~ 519-662-3002
- * Christian Centre, 177 Jacob Street, New Hamburg ~ 519-662-3234
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"What is it like to be a Christian?"

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Meet Roger Boettcher, Principal at Sir Adam Beck Public School

Baden certainly is a growing community. Everywhere you look, new houses are popping up. More and more families are strolling the sidewalks, meeting at Teddy's and E.J.'s, and making our little town their home. And more and more children are flocking to the classrooms of Baden Public School -- so many, in fact, that a new school is being constructed, just east of Waterloo-Oxford High School.

The new school will be called Sir Adam Beck Public School. The physical building is not yet finished, but the "school" already exists, thanks to the efforts of the new school's already-working staff, especially Roger Boettcher, Sir Adam Beck's new principal.

Roger Boettcher was born in Kitchener and still lives there. He's been an educator (either as a teacher or an administrator) for twenty-four years. He was the principal at Ayr's Cedar Creek Public School, and most recently the principal at Clemens Mill in Cambridge. And now he's been Sir Adam Beck's principal since September ... even though no students will walk the halls of the new building until January of 2011.

"This kind of mid-year opening is unique for the Waterloo Region School Board," says Roger, as we meet in his temporary work area at Baden Public School. Roger explains that he began hiring teaching staff for the new school last March, and those teachers are now working with their classes at Baden Public. When the new school opens, the classes designated for Sir Adam Beck -- along with their teachers -- will continue their school year in the new building, making for the smoothest possible transition.

"We've worked really hard for a sense of community," explains Roger. "There's Baden Public School, and there's Sir Adam Beck -- two schools in one building, right now. We're neighbours." This sense of belonging to a school-within-a-school is helped by such things as the school team names: the Baden Bulldogs and the Sir Adam Beck Chargers already have separate mascots. "We chose 'Chargers' as the name as a reference to Sir Adam Beck's influence on hydroelectric power," says Roger. "And the mascot is a stallion, or 'charger, named 'Lightning.'" When Sir Adam Beck opens, it will have a school population smaller than Baden Public School's: only 360 children will attend the new school, which includes junior kindergarten to grade six (Baden Public includes JK to grade eight). Like Baden,



Sir Adam Beck will have "pods," or groupings of similar-grade classrooms surrounding a common work area.

Until then, Roger spends his time in three places: his office at the Board Office in Kitchener, preparing orders for supplies and other paperwork; out at the site of Sir Adam Beck, making sure things are progressing as they should; and of course at Baden Public School, working with his teachers and students as they get to know each other, and prepare to learn in their own building.

It's an exciting year for Sir Adam Beck's students, the teachers, and of course for Roger. "It's a dream come true," he smiles, "because it's an opportunity to build a new school, to build the community of the school, surrounded by a strong staff. It's an honour." He adds: "We all feel the pride in our school already. The students and staff know they're Chargers."

As Principal Roger Boettcher smiles beneath his pirate's hat -- worn for Hallowe'en celebrations -- it's clear he enjoys the fun and imagination that goes with learning. Indeed, this "ship's captain" will no doubt continue to lead his school well, as they embark on the journey down Snyder's Road, to Sir Adam Beck -- and beyond.

Written by Teresa Brown

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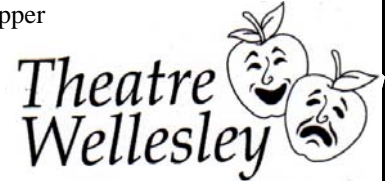
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Theatre Wellesley is having fun getting ready for our upcoming show “**ALTAR EGOS, The I Do’s and I Don’ts of an American Wedding**” by Pat Cook. Most of us can relate to the challenges and craziness of planning a wedding. In this case when Mark and Colleen get engaged they agree, “All we want is a simple wedding.” And their simple wedding stays simple, for about two minutes. Then their families get involved. While the bride’s father tries to pay them off to elope, the sweet aunt wedding coordinator becomes a drill sergeant, the mothers start dueling over seating arrangements, and the kid sister can’t wait to take over the bride’s bedroom. Throw in the tailor, caterer, interpreter and more and the “Altar Egos” take over.

Altar Egos is playing November 18, 19 & 20 at 8 pm at Wellesley Community Centre. There is also a 2 pm Saturday matinee. Tickets are available at Pym’s Village Market, Upper Case Books and by calling 519-897-1737.

Submission from Rhonda Caldwell.- Producer, Theatre Wellesley
rcaldwell@kwhab.ca
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Are you like Rhonda and do your Christmas shopping all year round? Or like me? I tend to enjoy the bustle of the season and often blitz my shopping with a big "one day" get away!!



I don't go out to the mall though and wander aimlessly. I have a detailed list before I go!

I look through catalogues and flyers to come up with good ideas. I ask friends and relatives what they are buying for people on their lists. It is amazing how many great ideas you can come up with that way!

Along with making a shopping list there is another thing that is important to do before you head out shopping. Be sure you set yourself a budget and then stick to it! There is nothing worse than feeling the effects of over spending when the credit card bills come in January.

A great family tradition to start is to decide on a family "giving project" each year. Perhaps it will play out as a cash donation to a charity, or buying gifts for a family in your church or community. Maybe it is a choice to volunteer for "hands on" acts of service somewhere. More and more individuals are deciding that they already have enough "stuff" and are choosing instead to donate the money that would be spent on gift buying to any of the worthwhile organizations that provide unique shopping experiences. Plan Canada is a favourite of our family. Through them your cash donations turn into practical things like goats, mango trees, birthing kits and educational supplies for people in need.

Start today to make plans for meaningful giving opportunities this Christmas season.

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Heart Healing: Tending the Inner Flame

Submitted by by Katherine Pritchett

The idols of modern life – technology, speed and efficiency, the jam-packed, go-go-go lifestyle – have served us in many ways, though not without cost. Opting to plug ourselves into distraction (TV, computer, cell phone, microwave), we are quickly becoming estranged from the pulse of life within and around us. In our attempt to keep pace with all the hurry and worry of the world, we have disconnected from our hearts. So entangled in our own mindscapes, we have lost the art of heart-centred living.

From a Traditional Chinese Medicine perspective, the symptoms of an impoverished heart abound: lack of personal ambition and inspired action, imbalanced laughter (excessive or inappropriate, too little or the inability to laugh at all), nervous and unsettled energy, feeling dispirited or dishearted, excessive chatter, and confusion in thought process, to name a few.

As we imagine, the heart is hard-pressed to find sufficient nourishment in our present, disconnected, sonic-speed milieu. Fortunately, we can learn practices to nourish our hearts, reignite our passion, enliven and inspire, and cultivate deep reservoirs of inner joy. The following are a handful of practices to rekindle a heart-centered approach to living.

1. Do something each day that enriches your heart. Consider: giving a loving embrace, savouring a wholesome soul food, heading outside for a winter walk, or any random act of spontaneous adventure. Put simply: Do whatever it is that inspires you. Begin now.
2. Add some spice (fire) to your life! Literally -- mild spices (cumin, fennel, pepper, etc.) vitalize the heart meridian. Figuratively -- break out of your habitual mold, dive into something that stretches, excites, or inspires you. Change and dynamism awaken the joy of the heart.
3. Humour: the timeless heart remedy. Next time you or others are tempted to over-analyze life, find comic relief in it all. Laughing out loud, doing something frivolous for the sheer joy, even the simple act of smiling deeply nourishes the heart and spirit.
4. Get off your derriere! Each time we are physically active, the heart also receives a hearty work out. Blood flows freely, blockages and stagnations are washed away, and artery and cellular renewal happens.

Article by Katherine Pritchett,
Chinese (Qi Gong) massage practitioner and
Qi Gong for Healing instructor



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Firebirds off to a Great Start! - Come Cheer Them On, The Games on Us!

New Hamburg Firebirds are off to a great start this year. As of November 6th they boast a record of ten wins, four losses and one overtime tie, which puts them in second place with 21 points. Norwich is in first place with 25 points - tops in the league.

This has been a huge turn around for Wilmot's "Junior C" team. At the end of last year's campaign they had accumulated 32 points (15 wins, 19 losses and two overtime ties) where they sat in fourth - good enough to make the playoffs. The schedule consists of 36 games.

New Hamburg's Mitch Wood is second in scoring in the league with 22 points and Blake Jordan

is third with 21. Dan Minor from the Dunnville Junior Mudcats has 23 points and is in first place. Other Firebirds scoreboard leaders include Kyle Mohr tied for 11th with 15 points and Trevor Sweetland, Mike D'Alosio and Damien Parent all tied for 17th with 14 points.

This year The Baden Outlook has sponsored the December 3rd game against the Simcoe Storm. Please come out and cheer on your New Hamburg Firebirds and turn this Storm into a breeze. Simply cut out the coupon below and bring it to the game.



This coupon entitles you and your family free entry to a hockey game at the Wilmot Recreation Complex -
Friday, December 3 - 7:30 pm.

NEW HAMBURG FIREBIRDS VS SIMCOE STORM

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