

NOVEMBER 2012

© 2012 The Baden Outlook

Baden Outlook



"Keeping the Community Connected."

Serving the GBA Since August 2000 ~With 2850 copies in circulation.

VOLUME 13, ISSUE 4

THE SPOOKS AND SPIRITS WERE AMONG US ON HALLOWEEN WITH LOTS OF FUN EVENTS GOING ON IN WILMOT

Seasons Grande food market on Snyder's Road had a great turnout for their pumpkin carving contest. People of all ages were invited to enter their creative carved pumpkins into the many categories judged. Prizes were given and refreshments were served—getting everyone in the spirit of Halloween.



Meet the Judges:

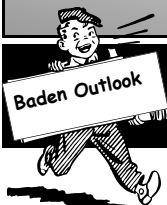
Lexi and Mitchell Wilhelm decided on the winning of the carved pumpkins.



Santa Claus is Coming to Town Saturday, December 1st

Join together at the curb as Santa comes down Snyder's Road ~

Children can meet the jolly old man after the parade at his Baden Workshop at 27 Beck Street (Wilmot Sr. Woodworking) to get a treat and a special gift.



This paper is priceless - Please have one!

Talking with Ed

Personal Reflections of War



Over 600,000 men and women enlisted in the Canadian Expeditionary Force (CEF) during the First World War (1914-1918) as soldiers, nurses, and chaplains. Over 1,159,000 men and women served in the Canadian Armed Forces during the Second World War (1939-1945); 44,093 lost their lives. (www.collectionscanada.gc.ca)

Three separate occurrences have recently prompted me to reflect on those people that served our country and put their lives on the line for our freedom. First and foremost is the annual day when we remember these courageous people, November 11th – Remembrance Day.

Secondly, we just signed up to Netflix and I found a thirteen episode show featuring the Second World War which has been digitally recreated in colour and HD. This show is a must see for everyone to have some idea of what soldiers went through in WW2. And thirdly, I totally enjoyed Teresa Brown's article in last month's Outlook about her quest to find more information about her father's military history, which has prompted me to start gathering information about my family's war past, as they didn't speak openly about their experiences.

My Grandfather (Daniel Fisher) served in World War One, and I don't have much information on his military experiences at all. My father (John Fisher) also remained tight lipped about his military experience until close to the end of his life. I would have to assume that not sharing war time experiences after returning home, is a normal experience.

Upon return to Canada after the war, my father disposed of all his military items including decorations, uniforms and other items. His medals are displayed at the MacTier Legion Branch 507, which will give me a start to researching his military career.

Here are some of the small details that he shared with us: around 1941, he enlisted into the armed forces at age 18 and was immediately sent to Brantford. There he was in a form of "boot camp" and he did tell me about an experience at that facility. "There was a gas chamber set up and every soldier was required to run through this chamber. Everyone that ran through it immediately began vomiting and was told to run through it again."

From Brantford he was shipped to the east coast (Truro, Nova Scotia) for more training. I recall him telling of a training exercise. He had to walk 26



miles through the rain, and halfway through, the platoon was told to take their boots off, wring their socks out, turn them inside out and put them back on.

From there he was shipped overseas where many details were sketchy at best. As a soldier in the military, he followed on foot behind tanks. One incident that he told us about was in the Black Forest area of Germany. All the men were sitting on the ground leaning against their tanks. Suddenly they heard a mortar shell coming in which hit a tank several hundred feet away. Most of the soldiers were either killed or injured from the attack on that tank. He knew some of the people that were killed and said you never knew when something like that would happen - it was hard on the nerves.

My father never backed away from a challenge. Twice the Sergeant asked the group for a volunteer and both times he put his hand up! Not knowing what you are volunteering for would be scary enough. One was an assignment protecting a local area in France and the second was staying behind in the Netherlands to protect the citizens – both after the Germans were pushed back. He received a coin of appreciation from the Netherlands which he cherished all his life. He was hospitalized once but never elaborated on it.

Both my father and my grandfather were demanding, sticklers for obedience and respect, and liked to tip the bottle. I will never know the experiences that they went through and how much that involvement affected their lives after the war. We cannot show enough appreciation for soldiers such as my forefathers.

This summer Pat and I visited the Norfolk Naval Base in Virginia Beach, where we interviewed a soldier who was injured in the Iraq war. He described the military as 85% boredom and 15% terror. I believe it and respect our soldiers.

Until next month...Ed

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

See the paper in colour at...Web: www.badenoutlook.com

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

©2012 The Baden Outlook



Greetings from Outlook Headquarters

Another busy and productive month has passed! Time to pack up the Hallowe'en gear, tuck our rakes away, dig out the snow shovels, put on the snow tires, and begin with the festive planning, shopping, and decorating for the Christmas season.

Each season brings diverse change to our thinking, planning and living. It's wonderful that we have four seasons to keep the 365 days a year forever changing and new!




As you continue reading through the paper you will find a new column (on page 22?) that we'd like to venture to and see what develops. It's about "family traditions" and the first article came from Ken Quanz who happened to share his story with me about what his family did on the Thanksgiving weekend. I was awed by this and wanted our readers to hear it and perhaps it may stir others to share some personal traditions too. There are many occasions where tradition may present itself, whether it be birthdays, Christmas, Valentine's Day, anniversaries, or Hallowe'en, to name a few.

I recall a tradition we had for our children's birthdays—as so many kids (and moms) competed with outwowing the other for extravagant party themes and hoopla which is exhausting and expensive, we made a different plan. On the even birthday years, the birthday was spent exclusively with family, whether it be just with our own family of four (with cake, games, or movie) or dinner with cousins, or a visit to Grandma's—but it was quiet, low-key and intimate. On their odd year birthdays it was their choice to have an exciting big party with friends, pals for a sleep-over, or out for bowling or other fun outings. It worked well and they enjoyed both styles and looked forward to them regardless.

There are many ways our family shares seasonal traditions but we want to hear some of yours. It may be fun to learn of the creative and heart-warming ways families spend their time celebrating life and each other. Don't worry about being fussy with grammar or punctuation (we have terrific proof-readers remember!), just share your story!

On a different note—we are happy to say that the printer we had for sale in last month's issue was purchased by the Sea Cadets of Kitchener—we just had to wait for drier weather to get the beast out of the basement back door and into a truck safely without destroying the yard or the printer. Farewell old friend, you served us well—enjoy your new home! I'm so glad I don't have to decorate or camouflage you to fit in our rec-room this Christmas!

EXTRA EXTRA!!!



You'll find us around the 15 of each month, while quantities last. Available in Baden at Mars Variety, Mac's, Baden Feed, One Way Water, Livewell Clinic, Wilmot Rec. Centre, Tim Hortons, Baden Library, EJ's, Seasons Grande (formerly Eglis) and several outdoor magazine boxes located conveniently throughout town for Baden readers.

Also at Stop 2 Shop (St. Agatha), Old Fashioned Variety (Petersburg) and Foxboro. Over 30 places in New Hamburg to pick it up—including: No Frills, Sobey's, Short Stop, Kasemann's, Morningside, Absolute Fitness, NH Dry Cleaners, NH Wellness, New Hamburg Library and various offices and retail locations throughout Wilmot Township.

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



What's YOUR Wilmot?

Residents of Baden are invited to join the Township in a discussion about the future of

Wilmot at the Township Municipal Office, 60 Snyder's Road. W., Baden.

November 20th from 7 to 9 p.m.

What do love about Wilmot?

What's your vision for Wilmot's future?



Lest we forget.

Veterans' Week is a time to join together to recognize the achievements of our Veterans and honour those who made the ultimate sacrifice. On November 11th, make remembrance more than something you feel, make it something you do.

Michael HARRIS

MPP KITCHENER - CONESTOGA

MichaelHarrisMPP.ca

519.954.8679





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



Brian and Sam Doherty from Foxboro Green, Baden with their Baden Outlook in front of Molly's Reach at Gibson's Landing, British Columbia. Molly's Reach was made famous during the filming of the CBC TV series *The Beachcombers*, which ran from 1972 until 1990 and was the longest running TV series in Canadian history.



Bill and Penny Pudifin of Heidleberg, Christine and Oscar Seiler of Mannheim, Jim and Val Hertel of Kitchener and Sandy Kirk and Jamie McQuay of Baden took the Baden Outlook camping on the Battenkill River in Vermont in August. Highlights included the Robert Frost Homestead, meeting the 82 year old woman who posed for Norman Rockwell as a 12 year old for a Saturday Evening Post cover entitled "The Babysitter", swimming in the oldest marble quarry in the United States and driving to the summit of Mount Equinox, which is owned by monks, the highest mountain in Southern Vermont.

Thanks for taking us with you on vacation!



Some residents from Stonecroft, New Hamburg, took the Baden Outlook along on a river cruise in Europe, from Budapest to Amsterdam. The photo is taken at a banquet inside the Marksburg Castle in Braubach, Germany. From Left to right: Noele Blair, Betty Seeback, Ed Nosko, Renee Nosko, and Ernie Seeback.



This summer Gay and Wayne Beaupre took their Baden Outlook to the 100th Anniversary of the Calgary Stampede in Alberta.



Doug Wagner, CFP®
Financial Advisor

Joe Figliomeni, CGA, CFP®
Financial Advisor

To find out how we can help you achieve your goals - Visit our website at www.roadtowealth.ca

DUNDEEWALTH



148 Peel St., New Hamburg

519-662-4001

...Out west to British Columbia, Alberta, Quebec, Vermont, Italy, Germany, France, and a River Tour in Europe



Wendy and her husband Christian Gascho recently visited Tivoli Gardens at the Villa D'Este in Italy. A beautiful day and a wonderful place to share the Baden Outlook.



A group of 29 residents from Stonecroft, New Hamburg recently travelled to France with The Baden Outlook. This river cruise began in Paris and ended in Monte Carlo. The group cruised along the Saone and Rhone rivers through the Burgundy and Provence regions aboard the splendid Avalon Scenery. They enjoyed fascinating sightseeing, and wine tasting, along with memorable French cuisine.

your hometown INSURANCE BROKER

MUTUAL AID INSURANCE BROKERS COMPANY

Friendly local service for ALL your insurance needs.



- HOME
- AUTO
- MOTORCYCLE
- FARMS
- BUSINESS
- TRAVEL MEDICAL

Stop in or call us for a quote!

519-634-9507

www.maibc.com

MTWTF - 8:30 am to 4:30 pm

New! Thursday - 8:30 am to 8:00 pm

MAiBC

26 Foundry Street
Unit 2
Baden, ON N3A 2P6



Rob & Jacqueline Carter brought the Baden Outlook to Dunham, Quebec, where Mylene Cusson & Jean-Francois Nadon (former residents of Baden) celebrated their wedding on Oct 7, 2012.

272 Snyder's Rd. E • Baden, Ont. • N3A2V6

FALL MAINTENANCE PACKAGE

\$64.99 + tax

Oil Change, Filter (most cars)	\$40.00
Tire Rotation & Multi Point Inspection	\$49.95
	\$39.95

Manager
Matt Musselman
matt@badenauto.ca

Service Manager
Danny Shantz
dannyschantz@badenauto.ca

Baden ~ Our Town

Plans are ramping up for the Baden Christmas parade, which will be held jointly by the Baden Chamber of Commerce, the Wilmot Optimists and the Baden Community Association on December 1st at 1:30. Focusing more on music this year, bands and choirs will bring a different pizzazz to this year's parade. Don't forget to bring the kids back to Santa's workshop, which is the home of the Wilmot Senior's Woodworking on Beck Street. Have a fun visit with Santa, see his elves busy working, and even get a special gift!

The Baden Community Association is also planning an event on Family Day, February 18th, at the Wilmot Recreation Centre. Come out for a free swim and skate courtesy of Wilmot Township and come upstairs to the community centre room for free refreshments, games, and family fun courtesy of the BCA.

The BCA are also planning Baden's signature event, CornFest, which will be held on August 10th. Plans are still in the early stages but the group is working hard to create an event that will focus on local agriculture, and history and show Waterloo region and beyond what Baden has to offer. Watch this column, as plans will be announced as they develop. A website is being created:

www.badencornfest.ca, and the logo is finalized.



If you are interested in contributing to our community then please feel free to attend our BCA meeting which will be on Wednesday November 28th at 7:00 at the township hall basement. It is a fun way to contribute to your community.



You may have noticed these green-shirted folks either dripping wet or huddled under umbrellas Halloween night as they were out watching the Trick or Treaters and keeping the spooky ghosts and goblins under control!



Kristen Hahn

81 Peel St. New Hamburg, ON N3A 1E7
Ph. 519-662-3535 Fax. 519-662-1110
info@uppercasebooks.ca www.uppercasebooks.ca

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



Register your float and get busy decorating for the upcoming Santa Claus Parade!

Coming soon ... on Saturday, December 1st at 1:30, starting at Snyder's Road East at Sandhills Road and finishing at the Seniors' Workshop on Beck Street.

Float entries are open to individuals, families, groups or businesses, with cash prizes awarded.



Baden & District
CHAMBER OF COMMERCE
ESTABLISHED 1958

During the parade Canada Post letter carriers will be on hand to collect letters to Santa!

For more information and to register your entry please contact Susan at 519-214-0249 or email badenspace@gmail.com or Elaine at 519-634-5205.



BADEN DENTAL CLINIC



Dr. Rick Pereira
BSc, BA, DMD

26 Foundry Street, Baden

For an appointment, call
519-634-1112



Nancy & Dr. Rick Pereira

- ❖ Emergency patients always welcome
- ❖ Evening appointments available
- ❖ Complete family dental care

Conveniently located close to home.

We welcome new patients.

Visit our website at www.badendentalclinic.com

WILMOT FIREFIGHTERS RECOGNIZED FOR YEARS OF EXEMPLARY SERVICE

During a recent council meeting, Wilmot Township Fire Chief John Ritz and Mayor Les Armstrong handed out medals to five voluntary firefighters for exemplary service to the township. The medals recognize 20 years of service, or in the case of Baden volunteer firefighter Douglas Ferguson, 40 years.



Left to right... Wilmot Mayor Les Armstrong, Douglas Ferguson, Baden, Chief John Ritz, Senior Capt. Shane Waters, Baden, Chris Yantzi, Baden, Ryan Good, New Dundee, Station Chief Russel Strickler, New Hamburg. Photo by Tracy Loch

HAIRWORKS

36 Snyder's Road E, Baden

634-5140

Call on the girls to 'do' you up "good" for your upcoming Christmas parties!

Offering Waxing & Tanning For your winter getaway holiday!

Tues-Fri. 9-8

Saturday 8-3

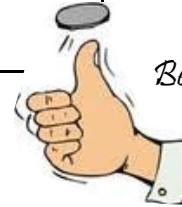
Closed Monday



When you have to make a hard decision, flip a coin.

Why?

Because when that coin is in the air... you suddenly know what you are hoping for!

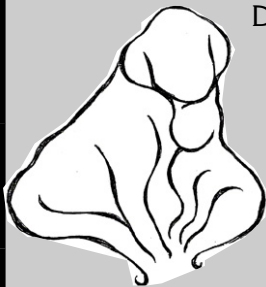


Baden Veterinary Hospital

Dr. Rebecca Ricker & Associates

50 Foundry Street
Baden ON N3A 2P6

519-634-8880



- In House Laboratory
- Surgery
- Preventive Medicine
- Prescription Diets
- X-rays
- Dentistry
- Grooming



New Clients Welcome!



cell 519 591-7191
bus. 519 662-4900
fax 519 662-4911
troyhoerle@rogers.com

J.R. Auto Service

SERVICE & REPAIR TO ALL MAKES & MODELS
HIGH PERFORMANCE MODIFICATIONS

JIM ROTH

1439 Gingerich Rd., Unit B-1,
Baden, ON N3A 3J7

PH (519) 634-5986

FAX (519) 634-8667

You Must Be Joking!!



- > Why is the third hand on a watch called the second hand?
 - > If a word is misspelled in the dictionary, how would we ever know?
 - > If Webster wrote the first dictionary, where did he find the words?
 - > Why do we say something is out of whack? What is a whack?
 - > Why do "slow down" and "slow up" mean the same thing?
 - > Why do "fat chance" and "slim chance" mean the same thing?
 - > Why do we sing "Take me out to the ball game" when we are already there?
 - > Why are they called "stands" when they are made for sitting?
 - > Why is it called "after dark" when it is really "after light?"
 - > Doesn't "expecting the unexpected" make the unexpected expected?
 - > Why are a "wise man" and a "wise guy" opposites?
 - > Why do "overlook" and "oversee" mean opposite things?
 - > Why is "phonics" not spelled the way it sounds?
 - > If love is blind, why is lingerie so popular?
 - > If you are cross-eyed and have dyslexia, can you read all right?
 - > Why is bra singular and panties plural?
 - > Why do you press harder on the buttons of a remote control when you know the batteries are dead?
 - > Why do we put suits in garment bags and garments in a suitcase?
 - > How come abbreviated is such a long word?
 - > Why do we wash bath towels? Aren't we clean when we use them?
 - > Why doesn't glue stick to the inside of the bottle?
 - > Why do they call it a TV set when you only have one?
 - > Why do we drive on a parkway and park on a driveway?
-I dunno, why do we?

Please Take My Card!

Artisan Painting

Is now a Service Painter for Home Depot
519-897-5838



- * Interior / Exterior
- * Call for free estimate
- * Fully Insured
- * All major credit cards accepted
- * Inquire about our finance program



The Snow Pros

Snow Clearing / Ice Control



Parking lots, driveways, sidewalks
Fully Insured Professional
Off site snow pile removal
Radio dispatched trucks
Ice Control

Call Tom the Tree Fellar 519-662-6198
The Snow Must Go Hotline 519-588-3248

T's Auto Detailing

578 Huron St., New Hamburg

Call Terry to book your appointment

PICK UP & DELIVERY AVAILABLE
(New Hamburg only)



ALL VEHICLES
519-580-6050

AFFORDABLE GARAGE DOORS OF BADEN

188 SNYDER'S RD. W. BADEN, ON N3A 2L9
Residential & Commercial Sales, Service & Installation
(519) 634-9509 David Falconer
www.affordablegaragedoors.ca
GARAGE DOORS & ELECTRIC OPENERS

GREAT DISCOUNTS ON OVER 225 DOORS IN STOCK, CALL TODAY

Mark Soehner's
INTERLOCK PLUS
PAVESTONE & RETAINING WALLS
INSTALLATIONS & REPAIRS

Sidewalks, Patios, Driveways, Steps, Retaining Walls, Planters
CALL FOR A FREE ESTIMATE / DESIGN

Mark Soehner

47 Schneller Drive
Baden, Ontario
N3A 2L5

Phone/Fax: 519-634-9792
Cell: 897-7587
Email: msinterlock@rogers.com

GOOD VISION IN A DOWNPOUR

Driving in the rain— this may save your life!

How to achieve good vision while driving during a heavy downpour.

We are not sure why it is so effective; just try this method when it rains heavily. This method was given to me by a police friend who had experienced and confirmed it. It is useful...even while driving at night— a method used by Canadian Military Drivers for years.

Most motorists would turn on HIGH or FASTEST SPEED of the wipers during heavy rainfall, yet the visibility in front of the windshield is still very bad.

In the event you face this situation, just put your SUN GLASSES on (any model will do), and it seems like a miracle! All of a sudden, your visibility in front of your windshield is perfectly clear, as if there is no rain!!

Try it yourself and share it with your friends! Amazing, you still see the drops on the windshield, but not the sheet of rain falling. You can see where the rain bounces off the road. It works to eliminate the "blindness" from passing semi-trucks spraying you, or the "kick-up" if you are following a semi or car in the rain. They ought to teach that little tip in driver's training. It really does work.

~Submitted by Ron Sutter



Honey-Do at Your Service!

Let Ron take care of that list for you! Renovations, small repairs or maintenance is what I'll do for you...and your honey!

10 Lakefield Court, Foxboro
Baden, ON N3A 3P5

(519) 634-4990

Ask Armand ~



Howard from Baden asks: I noticed that the old Herner Wood Products property is under demolition. I'm new in town and heard it was a busy place in its day... Do you have any history on the business?

Armand says: Why yes I do Howard! Harley Herner first opened his business at that location around 1958. Harley was already building homes from Baden to Chesley Lake, so the idea to open a lumberyard seemed natural. The business expanded to include a hardware store that sold everything from cleaning products to construction materials, and a custom wood working operation. On January 14, 2007, Harley and his wife Ruth died in a tragic accident. Their son Dave, who had been running the business side of things for many years, continued to run the business until its closure on February 14, 2008. The business will be remembered not only as a store but as a unique part of Baden's history. After fifty years of business it will be remembered by many generations.

By the way... did you know that the home of The Baden Outlook was built by HERNERS?

We caught this photo just before it went down .



SHORT and Sweet!

Term Deposit Special
1.90%*
24 Month Term
*Rate subject to change

Special rates on
1 and 2 year term deposits.

Call your local Investment Specialist today.



local | secure | trusted



Mennonite Savings and Credit Union

www.msccu.com | 519.662.3550

A Mennonite financial cooperative serving communities of faith across Ontario

Riverside Flowers & gift studio

55 Huron Street, New Hamburg
519-662-1411
www.riversideflowers.ca



Check on-line for "Deal of the Day"

Any day is a good day to say
"I love You" ... with flowers!

No matter what the occasion: Fruit and Gift Baskets * Sympathy Tributes * Unique & Collective Giftware * Wedding Design * Custom Arrangements *



Air Cadets Model Airplane Show Takes Off

The 822 Tudor Squadron Royal Canadian Air Cadets held a fundraising model airplane show on October 17th. The squadron, which is located at the Waterloo Regional Airport, has 80 cadets.

There is no cost for teens to attend but they must perform many hours of community service.

Lieutenant Colonel Ronald F. Gowling retired from the Air Force in 1995. In 1996 he came to Waterloo where the original location of the Cadets clubhouse was a barn located on the airport premises. Ronald and 11 other volunteers worked hard at fundraising and building a course for the cadets, and in 2004 they moved into their new building. Inside the building there are



Lieutenant Colonel Ronald Gowling with Cadet Nathan Gibbons.

30 state-of-the-art flight simulators, five air traffic control simulators, and one space shuttle flight simulator. This space shuttle simulator is sixty feet long with 12 positions inside including a cockpit module, navigator module, and many more features.

There are 320 squadrons across Canada but the 822 Tudor Squadron is

the only facility of its kind in Canada. Ronald claims that they are ten years ahead of any squadron and none of the costs were incurred by any government agency. There are two Wilmot Cadets who are members of the group: Nathan Gibbons from Baden and Curtis Steinmann from New Hamburg. This program gives the cadets (male and female) an education in science technology, engineering, and math, with a hands-on practical application. They are learning and having fun at the same time. For more information visit www.822tudor.ca.



Aislyn Gibbons won 1st prize for her model airplane.



Complete Properties Realty Brokerage
Choosing the way you do Real Estate.

Sharilou Zister-Schagena Broker Of Record

Direct: **519-635-1276**
sharilouz@gmail.com

FULL SERVICE PACKAGES AVAILABLE
FOR SALE BY OWNER PACKAGES AVAILABLE
CALL FOR DETAILS



RIVERSIDE LANES



182 Union Street, New Hamburg

YOUTH ~ ADULTS ~ SENIORS

We offer weekly programs for all age groups starting early September

Parents - Our Cosmic Bowling Birthday Party is available to you every weekend. It includes bowling, pizza, soft drinks & ice cream

Public Bowling Available on weekends - Cosmic or Regular - call for times.

519-662-1938
Ask for Eric

Combo Words ~ Listed below are four unrelated words. Can you find a word that can either precede or follow the words in each group? Answers on page 23

1. vegetable	rose	party	herb
2. lime	bitter	tree	drop
3. north	cat	south	ski
4. Carbon	cat	photo	right
5. branch	frog	Christmas	house
6. man	prize	trap	knob
7. finger	side	wedding	master
8. ball	way	trailer	theme



CALL KATHY AT 634-5772

Shop Hours

Monday	9:30-8:00
Tuesday	9:00-6:00
Wednesday	Closed
Thursday	9:30-8:00
Friday	9:00-5:30
Saturday	By Appt.

New Hair Colour!! Bio-Friendly
No Ammonia ~ Healthier Choice

75 Snyder's Rd. W., Baden

LookOut Kids' Korner



Don't forget to write your letter to Santa Claus and hand it to the mail carriers during the parade on December 1st!



KIDS IN CHURCH



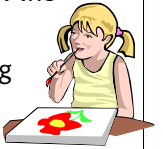
☺ 3-year-old Reese : "Our Father, Who does art in heaven, Harold is His name. Amen."

- ☺ One particular four-year-old prayed, "And forgive us our trash baskets as we forgive those who put trash in our baskets."
- ☺ A Sunday school teacher asked her children as they were on the way to church service, "And why is it necessary to be quiet in church?" One bright little girl replied, "Because people are sleeping."
- ☺ A wife invited some people to dinner. At the table, she turned to their six-year-old daughter and said, 'Would you like to say the blessing?' "I wouldn't know what to say," the girl replied. "Just say what you hear Mommy say," the wife answered. The daughter bowed her head and said, "Lord, why on earth did I invite all these people to dinner?"

Email submitted by Robert Price

Indoor Activities for Kids – besides TV (Turn it OFF!)

- ☺ Make a fort ~ Get a snack, read a book, invite friends to play in it, and on the weekend make your bed and sleep in it!
- ☺ Learn to Cook ~ Start simple, have fun and don't take yourself too seriously. Get a cook book or go on-line and get creative. Bake cookies, muffins, pizza or soup, or plan dinner for the family and serve it up restaurant style... you might even get a tip! Be sure to get mom's thumbs up for this.
- ☺ Puzzles ~ Jigsaw puzzles are fun to work at and come back to—even get dad to sit down to help you. Also puzzles books, crosswords and word searches are fun (if you get too good at them, then time yourself and try to beat your own record!)
- ☺ Learn a New Hobby ~ Take up knitting, sewing, painting, yoga, woodworking, or learn to play an instrument.
- ☺ Read a book or write a book. Visit the library or ask your friends for a book they enjoyed.
- ☺ Put on a Show ~ A puppet show, a dance show or singing. Call a friend to join you, get costumes, make popcorn and set up comfy seating to entertain your family. It just may turn into a dance party where everyone gets to join in!
- ☺ Crafts ~ There so many things to do...Save up those empty toilet paper rolls and wad them up in your socks. Arrange these socks like bowling pins at the end of the hall. Stock up a few balled-up socks on the other. Bowl or throw at the "pins," and you've got an indoor bowling alley.
- ☺ Get Artistic ~ Drawing or colouring. Open up a big cardboard box and try to map out your town with roads, schools, store etc.
- ☺ Rearrange or clean your room ~ Sounds like work? But fun too! Throw out junk, clean your closet and drawers of clothes you don't wear — move things around, add new pillows, pictures or a new lamp. Check the storage cupboard or take a trip to the Thrift Store and see what you can find there.
- ☺ Call your Grandma or favourite aunt and chat on the phone just for fun. Or sit down and write them a letter...on paper!
- ☺ If all else fails... Chill out with a friend, lie down, cuddle your pet or relax and take a nap! It is okay to just be still!



Chill at Disney

Vacation Rental

www.chillatdisney.com

chillatdisney@hotmail.ca

Cathy and Peter Hill 519-634-9837

LKM JANITORIAL MAINTENANCE

• COMMERCIAL • RESIDENTIAL

Larry Doyle

Cell: 519-635-7147

email: larry7075@hotmail.ca

website: www.lkmjanitorial.com



FULLY BONDED

NEW HAMBURG, ONTARIO CANADA

New Hamburg Lions Club Hosts Eye Screening Clinic for JK and SK Students



The New Hamburg Lions Club, along with representatives from the Lions Eye Screening Team, hosted separate eye screening clinics early in October at Forest Glen, Grandview, and New Dundee Public Schools, along with clinics at Sir Adam Beck and Baden Public School. The clinics are coordinated through the Waterloo District School Board and were offered to parents of junior and senior Kindergarten students ages 3 to 6. Clinics are intended to provide basic tests with respect to a child's vision capability, involving three very simple tests:

- 1) Visual Acuity, which checks the ability of each eye to identify images on a wall mounted chart;
- 2) Stereo Acuity, which tests the ability of the eyes to work together;
- 3) Refraction, which measures the optical power of each eye.

In Ontario, the Regulated Health Professionals Act controls the extent of health screening work that can be done by laypersons such as Lions and, as a result, only very basic tests are permitted. The results of the tests above are measured against reference criteria provided by professionals, with those children who do not meet the criteria being referred for a more complete, early examination by an Optometrist.

Since a screening provides only a few very basic checks, there are many vision conditions that a screening cannot

detect, for which a complete eye examination is necessary. This can be provided only by a trained eye care professional. For this reason, even children who pass a basic screening should have such an eye examination within, at most, 12 months of the screening.

The Lions program has two main focus points : One, obviously is to seek out children who may have vision problems that need early attention, while the second is to try to bring about a process of education for the parents, with the end result of persuading all parents to have their children seen by Optometrists. The program is aimed at children in the range of 3 to 6 years for several reasons. This is the age range in which children start Kindergarten, and they start to learn how to behave and live with others of the same age. It is the age in which 80% of what they learn comes from seeing and imitating their siblings, their peers, and their teachers as well as their parents. If their vision is defective, then obviously they will encounter problems along the way. Children cannot tell if their eyesight is defective in any way since it has no means of comparison.

During the 2011 - 2012 year, the Lions Eye Screening Teams screened over 4,799 children in 87 schools in Wilmot Township, Waterloo, Kitchener, Cambridge, Guelph and surrounding areas, and referred over 1,452 children for further testing by Optometrists. During the Clinics held in New Hamburg and New Dundee in early October, over 153 students were screened with 36 having vision problems noted. They were subsequently referred for further testing. This further testing of the children is typically provided to the parents at no charge at local optometry clinics.

Lions Clubs are recognized worldwide as "Knights of the Blind" and vision screening and blindness prevention are major mandates that each club supports to varying degrees. Used eyeglass collection programs are in place and coordinated through all individual Lions Clubs, and New Hamburg Lions and Lioness members are proud to be part of these ongoing efforts to reduce vision related problems in our community and throughout the world. Ongoing local fundraising efforts within the New Hamburg community help to provide funding for this very important program.




BADEN EYECARE CENTRE

Dr. Sonya Frank, Optometrist

DID YOU KNOW?

-  "Colour blind" people usually see many different colours, just not as many as everybody else – that's why they sometimes mix-up their colours
-  The holidays are almost here and so to help celebrate, we have a special gift for kids 12 & under after their eye exam until the new year!



Baden Village Square
4-18 Snyder's Road West
(519) 214-2020
www.badeneyecare.ca



New patients welcome!

Mon, Wed, Fri 8:30 - 5:30 | Thurs 11 - 8 | Sat 10 - 3
Closed Tuesdays & Sundays

Eye exams – Glasses – Contact Lenses – Lasik Co-Management

Double & triple-load washers!



157 Peel Street, New Hamburg (519) 662-1221
Dry Cleaning - Laundry Services - Alterations

Formal Wear - Casual Wear - Outer Wear - Shirts - Linens - Bedding - Drapery - Suede and Leather

Coin Laundry -
7 days a week,
7 am - 10 pm



Sadly ...there is no hockey pool on this page, so we dug deep for some hockey humour. What else is there to do but laugh through this non-existent hockey season!?

- > Did you know that all hockey players are bilingual. They know English and profanity.
- > How would you like a job where, every time you make a mistake, a big red light goes on and 18,000 people boo? ~Jacques Plante
- > "They ask me, 'Is this really your name?' Only in America." ~ Miroslav Satan
- > "There's no reason why a player is done at 33, 34. They train better, eat better, drink better. This isn't the old days when everybody sat around and drank beer." ~ Bobby Clarke
- > "I went to a fight and a hockey game broke out" ~ Rodney Dangerfield



A guy walks into the bar and sits down. The bartender asks, "What can I get you?" The guy says "an Ovechkin." The bartender says, "An Ovechkin? What's that?" The guy says, "a White Russian, no ice no cup". HA HA!!

Hockey Skills & Development

Shooting for your Goals
by Sticking with the basics

Mitchell Good
Head Instructor

61 Welwood Ave
Wellesley, Ont N0B 2T0
office 519-656-2541
cell 519-616-1090
mitchgoodie_10@hotmail.com




Our priority is mental and physical skill development

You Know You're A Hockey Fan If...



- ◆ You punish your kids with "minors," "majors," and "misconducts."
- ◆ When you come to a traffic signal and the light turns red, you get really excited and start cheering.
- ◆ You keep a picture of the Stanley Cup in your wallet in front of the picture of your family.
- ◆ Instead of duct tape, you use hockey tape to fix everything.
- ◆ You know the difference between "The Garden," "The Gahden," and "The Gardens."
- ◆ You think the Canadian National Anthem is the theme from "Hockey Night in Canada."
- ◆ All your kids are either named Gordie, Bobby or Wayne.
- ◆ When someone refers to "The Classics," you think they're talking about the Original Six.
- ◆ Every time you hear a siren you wonder who scored.
- ◆ You can say "Khabibulin," "Tkachuk," "Jagr," "Leschyshyn" and "Nikolishin" without getting tongue-tied.
- ◆ Every time you see the name "Roy" you automatically pronounce it "Wah."
- ◆ Everything in your wardrobe is your team's colours.
- ◆ You think the proper way to spell the plural of "leaf" is "leafs."
- ◆ You can name all the Sutter brothers in order.



THE INSIDE EDGE

SKATE SHARPENING SHOP

129 ELIZABETH STREET,
BADEN ON, N3A 2L4

TEL: 519-634-9671
EMAIL: jwindl@netflash.net

JOHN WINDL,
PROPRIETOR

THE WHINING TREE

Wine-Making, Kits & Supplies

"Home of Cheeky Monkey"



Where Good Friends Make Great Wine!



73 HINCKS ST UNIT 6 519-662-4111 NEW HAMBURG

Tuesday - Friday 11am-7pm ~ Saturday 10am-2pm



RESTAURANT
E.J.'s
TAVERN

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

Join us Thursday, Nov. 22

Celebrate American Thanksgiving
Turkey Dinner with all the trimmings 

\$9.99 ~ with an non-perishable food item for food bank
While Quantities Last - Taking Reservations

Baden Birding

~ By Dave Rogalsky

Imagine a spring morning. The sun is still below the horizon. Everything is wet with dew. A cool mist hangs over the Nith River, moving with the current. All around you is . . . silence? Where are the bird calls – the red wings' squabbling, the robins' warbling, the cardinals' spring mating shout, the red tailed hawks' high in the sky warning, the blue jays' copy? Where are they? Why is the spring so silent? What's happened?!

This was exactly the picture painted by Rachel Carson in her seminal book *Silent Spring* fifty years ago. Carson was a well-known marine biologist and science writer, having already published three best-selling books about the sea by the time she wrote *Silent Spring* in 1962. *Silent Spring* was a bombshell dropped into a world which had become enamoured with modern science's ability to fix anything. But it also came at a time when fears about the misuse of science was growing. Within months of its publication, the United States and the Soviet Union were at the scariest point of the cold war or the building of atomic weapons. Satellite photos showed that the Soviet Union was installing nuclear missiles in Cuba, just off the US shores. Nuclear brinkmanship showed that science was not all benign. Carson's book was about something far more prosaic and generally considered to be helpful – dichlorodiphenyltrichloroethane - commonly known as DDT. DDT was being used all over the world as an insecticide. In Africa it was particularly effective in knocking back the mosquitoes which were responsible for malaria, saving many lives. The Nobel Prize in Physiology or Medicine in 1948 was awarded to Swiss chemist Paul Herman Müller "for his discovery of the high efficiency of DDT as a

contact poison against" insects.

But DDT had other effects. By the early '60s it was being shown to have a deadly effect on wildlife, in particular birds. Because birds began to lay eggs with very thin shells the number of birds was dropping precipitously. The higher up the food chain a bird was, the more the chemical was concentrated and the more problems it caused. While song birds were affected, the symbol of the United States, the Bald Eagle, was driven to the brink of extinction, as were other flesh-eating birds like our hawks in Ontario. Andy Bezener in *Birds of Ontario* (Lone Pine, 2000) notes that "now that they are protected by law, and the use of DDT has been banned throughout North America, Cooper's Hawks are slowly recolonizing former habits in southern Ontario." (page 93) DDT was banned as a widely used insecticide in 1972 and yet its effect was continuing in 2000.

Carson was never against the complete ban of DDT and it has returned in much more limited ways in recent years. In equatorial Africa it is being embedded in mosquito netting to make nets more effective in keeping children and their parents from contracting malaria. The idea of eradicating the malaria-carrying mosquito has since been shown to be an empty hope. Reproducing quickly, those mosquitoes which had resistance to DDT soon formed the majority of the insects, rendering the spraying worse than useless as it did not stop the scourge, destroyed wildlife, and may cause cancer in humans.

Thanks to Carson, spring 2013 shouldn't be silent – though other chemicals and processes around the world continue to put pressure on wildlife, including our lovely spring birds.

W & W Liquidators

Handles / Hinges / Knobs / Spindles / Cabinet Hardware

118 Victoria Street S., Kitchener, ON N2G 2B4 Phone or Fax: (519) 744-1080



Jean Wood & Family

**** Residing in Baden for 55 years ****
In business over 30 years.



"We have more knobs than you can handle!!"

Over 5000 handles and knobs!

Monday to Friday 9 am - 5:30 pm
Saturday 9-4:30 / Sunday - Closed

*Although Bob has passed away,
his presence is there with his
girls ~ and they do him proud!*



CHRISTMAS SHOPPING AT THE THRIFT CENTRE

It is that time of the year when we start getting ready for Christmas, and at the store our volunteers joyfully unpack boxes and boxes of Christmas lights, trees, and decorations. The store looks colourful and shiny and is waiting patiently for the Silent Night. In the mean time, preparations for the Christmas season can turn into a busy and stressful time. Many of us could spend hours and lots of money trying to find the perfect gift. We give because it is a tradition, it is meaningful, and it is an act of love. But how can a gift express that love? When choosing a gift we take into account its size, colour, style, usefulness and, most importantly, its meaning.

We would like to suggest some gift ideas that would add variety and wonderful meaning to your Christmas:

Handmade Gifts

- Fabrics can be turned into beautiful and unique tablecloths, napkins, clothes, etc.
- Yarn is the key ingredient for warm scarves, sweaters, socks, etc.
- Beads can be used to make elegant and colourful jewellery and accessories.
- Artificial flowers or flower arrangements are nice and decorative gifts.

If crafts are not your strong suit, here are some other ideas for you:

- Quilted place mats, hand-woven placemats or recycled mats would give the perfect touch to any space.
- A plant stand with a plant is a perfect green combo.
- A vase with flowers and decorative items to bring new life to spaces.
- Stuffed animals, Christmas ornaments and decorations to bring joy to the house.
- Books and magazines for all interests.
- Puzzles and games to add some fun along the way.

We also carry gifts of love and compassion. Through the MCC Christmas Giving Catalogue you can give hope, peace, water, health, livestock, education, relief, and friendship to one or many families locally or around the world.

All these unique and meaningful items are available in our store-- where every purchase is a double gift of love: both for those near and dear and those around the world.

"It is possible to give without loving, but it is impossible to love without giving." Richard Braunstein

New Hamburg Thrift Centre

41 Heritage Drive

New Hamburg

tel: 519-662-2867

www.newhamburgthrift.com



Winter Boots!



Heavy Coats!



Sweaters!

Hockey Gear!

Get

Gloves!

Skis!

Ready for Winter!

Hats!

Skates!



Snow Pants!

Christmas items now on display!



All proceeds benefit
the work of
Mennonite Central
Committee

REGULAR HOURS

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

"Keeping the Community Connected"

Lydia's Tax Service

Open Year Round To Serve You Better

Kevin & Bob are still E-filing personal & business tax returns. If you are delinquent in filing tax returns we can bring you up to date.

Bookkeeping ~ We do it all!

Hours: Monday – Friday, 9 am to 4 pm

90 Wilmot Street, New Hamburg

519-662-1857 / www.lydiastax.com

SKOWRON

Decorating Centre

www.skowrondecorating.com

• Custom Window Treatments • Benjamin Moore Paint • Wall Coverings

Reynold & Kathy Skowron

85A Huron Street, New Hamburg, Ontario N3A 1K1
 Phone: (519) 662-1142 • Fax: (519) 662-9067

RUDY HELD PERFORMANCE
519-662-2821
New Hamburg, Ontario

Car & Truck Accessories

Tires and Wheels

Car Care Products

Nascar and NHRA Diecast
www.rudyheld.com

*Tonneau Covers
Hood Shields
Rain Guards*

*Liquid Glass
K&N Filters
Programmers*

BADEN OPTIMISTS HOST KIDS HALLOWEEN PARTY

On October 27th, the Optimist Club of Baden held two Halloween Parties for the residents of Wilmot Township. There were approximately 175 guests at the Children's Halloween Party. From 1 pm - 3 pm, kids enjoyed free Halloween activities and games.

In the evening, adults attended a dance complete with DJ, music, door prizes, and late night buffet. The costumes at both parties were spectacular.



Kids lined up to enjoy the many fun games offered at the event.



Many thanks for the various donations and contributors who helped make both Halloween Parties a success: Rick Cain of Remax, Roger's Pumpkin Patrol, Wal Mart at the BoardWalk, McKay's No Frills, Canadian Tire SunRise Centre, Centruy Group Financial Solutions Inc., Stitch Graphix, Forbes Buick Cadillac GMC, Home Outfitters, Baden Fire Hall, Baden Outlook, Wilmot Township, and numerous Baden Optimist members for their inspiration, time and energy!

Keep an eye out for information on our upcoming Christmas Party and next year's Halloween activities.

Guitar, Drums
& Bass Lessons



www.manystreamsmusic.com



Call John Wiebe
519-897-9422



New Hamburg Legion 65 Boulee Street, New Hamburg
Hall Rentals

Call Terri Taylor 662-3834 Or Legion 662-3770



BLOWOUT CLEARANCE SALE

In New Hamburg 

IN STOCK ONLY

NO REFUNDS OR EXCHANGES

95 Peel Street, New Hamburg
(519)662-3000

www.murraysclothing.com

Hours: Tuesday & Wednesday 9-6 Thursday & Friday 9-8 Saturday 9-5

LADIES WEAR

Ladies
Bathing Suits

50% OFF

1 or 2
piece suits

**Cover Ups
50% OFF**



Sizes
6-18

Lingerie

PJ'S, NIGHTIES, HOUSECOATS,
BRAS, SLIPS and HOISERY

50% OFF

**Other selected items
marked down too!**

S SEASONS GRANDE

LOCAL FRESHNESS, QUALITY MEAT AND CHEESE & MORE

Now In Store ~ Fresh Local Chicken

Order your Fresh, Local, Drug and Hormone Free Turkeys for Christmas



- **Local Fresh Beef and Pork**
- **Store Made Fresh Pork Sausage**
- **Hans' Recipe for locally made Summer Sausage & Pepperettes**



- **Bright's Cheese / Specialty Cheese**
- **Local Guernsey Milk, Eggs and Butter**
- **Stemmlers Cold Cuts and Cabbage Rolls**
- **Meat & Cheese Trays available**
- **Meat and Cheese Gift Boxes.**
- **Freezer Orders and Custom Cutting Available**



*Special Thank You to all who came out to our Pumpkin Carving Contest and
Congratulations to the following Draw Winners:*

*\$25 Movie pkgs. ~ for Ben Zeigler, Shelby Machan, Zach H., Kaylee Seigner,
Meat Pkgs. ~ Doris Weicker, Emma Hammond, Abby Dobson, Wayne Weicker,
Garlic Box pkg. ~ Marie Egli, Wellesley Apple pkg. ~ Mrs. Dobson*

Store Hours: Tues. - Fri. 8 - 6 Sat. 8 - 4 Sun - Mon Closed

Email us at: seasonsgrande@bellnet.ca and check us out on facebook

STORE MANAGER | Michelle Egli-Shantz
MEAT CUTTER | Bruce Wettlaufer
OWNERS | Pete & Vicki Wilhelm
STORE ADVISOR | Hans Egli

162 Snyders Road East
Baden Ontario N3A 2V6
519-634-5320
seasonsgrande@bellnet.ca

Soggy October Brings End to Low Water

Above average rainfall over the past two months has finally brought some relief to the Grand River watershed after record-breaking dry conditions persisted throughout the summer.



Municipal water managers met with GRCA staff on Wednesday at a meeting of the Grand River Watershed Low Water Response team. During that meeting it was decided that a Level 2 low water declaration which has been in effect for most of the summer could now be lifted as rivers and streams are returning to normal levels for this time of year.

Rainfall totals for October nearly doubled the monthly average with up to 120 mm falling in some parts of the watershed, replenishing streams and bringing the GRCA's major reservoirs back within normal operating range. Groundwater levels remain lower than normal; however, it is expected that these levels will begin to rise through the fall and continue to recover into late spring.

While the increased rainfall has helped the system recover, water users are still encouraged to practise conservation measures wherever possible. Water conservation tips and information can be found on the GRCA website at www.grandriver.ca in the Low Water Response section.

Wilmot Jujitsu

Professional Self Defense

13 Foundry Street, Baden

(519) 590-4946 - www.wilmotjujitsu.com



JUJITSU - Gentle, Effective, Balanced

Offering: - Escapes, Joint Locks, Controls, Pressure points and weapons.



A practical Self Defense Art

Instructor: Neil Calhoun

Training for Children and Adults!

Friendly, Disciplined Atmosphere, Serious Training, Physical, Mental and Social Development.

Wilmot Jujitsu is pleased to offer **Ninpo Bugei** (Traditional Ninjutsu) to the program. Classes will be held from 7:15 - 8:15 p.m. on Tuesdays



and Thursdays and is open to ages 14 and up.

Please see the following website for more information. www.genbukan.ca



519-662-2632

25 Byron Street
New Hamburg, ON N3A 1P1



519-656-3355

1215 Queen's Bush Rd., Unit 2
Wellesley, ON N0B 2T0

**We Welcome New Patients
We're Here to Support Emergencies**

Dr. Miyen Kwek
Dr. Manning Chiang
Dr. Ruth MacCara
Dr. Jonathan van Beek

*Proudly serving Wilmot Township
for over 30 years.*

WE OFFER THE FOLLOWING SERVICES:

- * General and cosmetic dentistry
- * Preventive dental care
- * Emergency dental care (seen the same day)
- * Braces and orthodontics for children and adults
- * Oral surgery (including wisdom teeth)
- * Crowns and bridges
- * Implants and dentures (to replace missing teeth)
- * Root canal treatment
- * Bleaching/whitening
- * Headache/migraine control (related to TMJ)

Local Guys, Big Dreams

By A.S. Compton

Ken Ogasawara, along with some friends, some strangers and a lot of local support, spent the summer filming a feature-length film. I caught up with Ken and Jon Steckley about this incredible project. They had just finished filming and Jon said the beginning of November marked their first cut of the film.

The film is about a new and somewhat naïve youth worker. His desire to do good has unexpected consequences and it challenges him with difficult and escalating situations. Ken, who plays the main character, calls it "the cost of doing good." Jon Steckley and Francois Groudreault Jr. wrote the script together about a year ago. Jon has been making movies since he was a kid, Ken says. He and his partner at Rosco Films, Trevor Hunsberger, are the reason these guys even considered beginning such a huge project.

I asked how they were able to accomplish as much as they have in the span of a year.

"I don't know how any independent filmmaker could ever make a movie without his or her community." Ken and Jon both thank the community for endless support. Homes and farms were opened to their team for film locations and sets, the

MCC Thrift Shop loaned clothes and furniture for dressing and set design, and their moms prepared two or three meals a day for the entire crew (up to 20 people) during their 32 days of filming.

"We could not have done it without you."

Their crew were friends and acquaintances, and some exceptional people found on Mandy.com, a resource for anything within the film and television industry. They ended up with cast members coming from as far as Montreal and New York City, which was a challenge for rehearsals, but an amazing group when they all came together. Crew members arrived from as far as Winnipeg, North Carolina, and even London, England.

Post-production will likely take up to eight months. This will include editing, sound design, colour grading, soundtrack scoring, and a number of other tasks that require professionals. Ken says that thanks to this amazing and generous community, they raised the funds they needed for filming earlier in the year, and they hope to raise the funds needed for post-production soon.

"If we haven't worn out our welcome, we absolutely welcome more [community] support," Ken says eagerly.

They have big dreams for the future. Tentatively they hope to have a finished product in April 2013. They will be submitting the film to festivals around the world, as well as looking forward to local screenings at independent theatres. Eventually the finished film will be available for download from their website. Their big dream would be to have the film shown at the Toronto



Ken had to pretend to struggle to carry this mattress up the stairs so many times it became a real struggle.



International Film Festival, one of the premiere festivals in the world, and they could actually attend the local festival. They will also be actively seeking a distributor to buy the film for national release in theatres.

A huge thanks goes out to everyone who supported the film in any way. Congratulations to everyone who was part of the crew (and the moms cooking for them)

for successfully making it through production. All the best over the next few months!

Interested in finding out more or offering your support? Visit <http://roscofilms.blogspot.ca/>



23B Church Street
New Hamburg, ON N3A 1J1
email: interfaith@golden.net
website: www.interfaith.golden.net
Telephone: (519) 662-3092
Fax: (519) 662-4313



Hours of Operation:
Monday to Wednesday
10am - 5pm
Thursday 10am - 6 pm
Friday 10 am - 7 pm
Saturday 9:30 am - 3 pm

Phone: 519-662-6720
Fax: 519-662-6719
E-mail: service@focuscomputers.ca

WE CAN HELP!

JUST CALL FOCUS COMPUTERS

Our computer technicians will come to your house or bring it to the shop for service or repairs

We sell new and used systems, accessories, laptops, monitors, printers. Come check us out!

FOCUS COMPUTERS IS NOW A REGISTERED ADP VENDOR!



73 Peel Street, New Hamburg, ON, N3A 1E7
CELEBRATING 15 YEARS IN BUSINESS

Local Churches

Invite You to Join Them

Steinmann Mennonite Church

1316 Snyder's Rd. W. (at Nafziger Rd.), Baden

LOGOS - Gr. 1-12, Wed. 5:25 p.m.
 Youth Group - Friday 7:30 pm
 Young Adult and Adult groups
 Worship: Sunday, 9:45 a.m.
 Sunday School: Preschool – Adult, 11:00 a.m.



519.634.8311
www.smchurch.ca



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



EMMANUEL LUTHERAN CHURCH

(Member of Lutheran Church-Canada)
 1716 Snyder's Road East
 Petersburg, Ontario
 519-634-5511
www.petersburgchurch.org

Worship Service: 9:30 AM

Sunday School, Bible Study, Youth Group, Women's Group,
 Stained Glass, Quilting, Choir

"Spreading the Word of our Lord, Jesus Christ since 1851"

Please visit The Baden Outlook web site for a directory of local churches with names, numbers, addresses and web sites. If your church is missing from this list please contact us to be included.

SHANTZ MENNONITE CHURCH

2473 ERB'S ROAD, BADEN, ONT. N3A 3M3



Everyone Welcome!

Intergenerational Worship Service - 9:30 am
 Christian Education - 11:00 am

Community Bible Study, Various Worship Styles,
 Kid's Club, Junior & Senior Youth Groups,
 Vacation Bible School, Other programs for all ages
 Activities for all Ages



SUPPORTING IN FAITH ... EXTENDING IN PEACE

Phone: 519-634-8712 Email: office@shantzmc.com Pastor: Don Penner



Space

Baden

Worship & Nurture Sundays

Baden Public School
 10:00am coffee/food/connection
 10:30am worship

.....the Lord God is worthy of praise.

more info contact Susan / badenspace@gmail.com / 226-808-4353

2463 Bleams Road, corner of Bleams & Sandhills Road

Dr. Rob Gulliver
 Rev. Wayne Domm
 Pastor Greg Mills

SERVICE TIMES
 9 & 11 AM

SUNDAY SCHOOL
 9:15 AM

CHILDRENS
 WORSHIP
 11:15AM



MID-WEEK
 CHILDREN'S AND
 YOUTH PROGRAMS



www.wilmotcentremc.ca
office@wilmotcentremc.ca Ph. 519-634-8687



2995 Bleams Road, New Hamburg, ON
 519-634-5030

Come Worship
 with us 9:30 a.m.



Christian Formation: 11:00 a.m. Pastor Dave Rogalsky

WILMOT MENNONITE CHURCH

www.wilmotmennonite.ca

We're on the Web!
See the paper in colour
www.badenoutlook.com

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



Traditions play a significant role in reminding us who we are and what is important in our lives. We may practise religious, cultural, family or personal traditions which are the foundation in determining our own moral base.

Our family started a tradition about 15 years ago. We pick what looks like the best weather day of the Thanksgiving weekend to take a hike while we cook our chicken dinner in a knapsack. This may sound strange, but it is easily and safely done.

The toughest part of the job is to pick a great place to spread our feast. Ideally, we would have a great view from a naturally sun-warmed, yet sheltered, outcrop of rock on a trail high above the surrounding countryside. The Bruce Trail has many such locations such as Mt. Nemo or Rattlesnake Point near Milton, or one of many hikes along Georgian Bay with spectacular lookouts like Lion's Head. A nice open space in the middle of a hardwood forest may be to your liking, or a long stroll along a Lake Erie or Lake Huron beach may be your idea of perfection. A young family or some of our more experienced citizens may find that a bench in the park is more practical. Regardless of where you are, the goal is to enjoy your surroundings.

Our meal usually consists of potato salad, broccoli salad, raw veggies and chicken: steaming hot and freshly carved chicken. One of my old hiking recipe books explained

the method. Three rounded river rocks are required to "cook" the chicken. One of the rocks should be large enough to just squeeze inside the cavity of the bird – sorry, no dressing! The other two smaller, fairly flat rocks are tucked under the wings. We cheat! We usually put the stones into the oven for an hour at 350 F (and tuck the chicken in beside them in a roasting pan). After the rocks are hot we place the chicken into a "bake in the bag" clear foil bag, insert the rocks, tie the bag, place it in a second bag – nobody likes hot chicken drippings running down their back - and wrap the bags in a towel before plopping the whole thing in a backpack. When you finally reach your destination 1-3 hours later, the chicken is well cooked and extremely moist. Carving is often more like lifting the meat off the bones. The smell is wonderful – you may even attract other hikers in the area. Be sure to keep the bones and cooking juices for amazing stock or soup.

But the best part of the whole experience is enjoying a delicious meal while gazing at the wonders of nature while surrounded by your family. That is a lot for which to give thanks.

Do you have family or personal traditions which you have started and practise on a regular or semi-regular basis which you would like to share with the readers of the Baden Outlook? Just write up your story and send it to Pat and Barry at badenoutlook@hotmail.com, or deliver it to the Baden Outlook mailbox at 178 Snyder's Rd. E, Baden.



YAHN CUSTOM PLUMBING INC.
"Your Residential Plumbing Specialist"

Serving The Community Since 1989

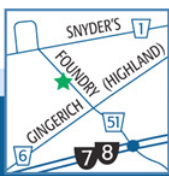
SOFTENERS • FILTERS • ROs • UVs • RENTALS • SOFTENER SALT
BOTTLED WATER • PLUMBING & CENTRAL VAC SHOWROOM

Visit the **Area's Largest** Plumbing, Water Treatment and Central Vac Showroom Today!



FOR YOUR HOME OR OFFICE

519.634.8538
178 Foundry St., Baden



Call today for your **FREE** on-site **NO OBLIGATION** water analysis and recommendation

Superior cleaning. Healthier living.



Anniversary Sale!
— Celebrating 55 years! —

Clean Your Entire Home with our new special edition emerald anniversary central vacuum system!

- 650 Air Watts of Cleaning Power
- Self-Cleaning Filter
- Sound Insulation System

LOWEST PRICE EVER!

COMPLETE WITH ELECTRIC PACKAGE STARTING AT...
699⁹⁹
~~WAS \$1249~~



AVAILABLE FOR A LIMITED TIME ONLY...



Model 200A Central Vacuum System Package

- 500 Air Watts of Power
- Self-Cleaning Filter
- Great Compact Unit

COMPLETE WITH BEAM STANDARD AIR CLEANING VALUE PACKAGE...
399⁹⁹

Reg. M.S.R.P. \$549.99

Dealer may sell for less. *Ask your Beam expert about the Total Confidence Warranty.
VISIT YOUR LOCAL **BEAM** EXPERT FOR DETAILS!



Showroom Hours

Tuesday & Thursday: 8 to 6, Saturday: 10 to 3
Closed Sundays, Holidays, & Long Weekends, Other Days By Appointment

Checking Out the Baden Library!

Hockey Night at the Library

Join us on Wednesday, Nov. 28 at 6:30 p.m., as members of the New Hamburg Firebirds Junior C Hockey Team promote literacy in our community by reading hockey stories to local families at the Baden and New Hamburg branches. Come meet the Firebirds! Advance registration is not required, but recommended due to limited space. Stop by the library *today* and pick up your **Face Off with the Firebirds Game Sheet** for a chance to win amazing prizes! Complete your game sheet to get a free pass to a Firebirds' game.



Food for Fines

We collected 113 non-perishable food items to pay overdue fines during our annual Food for Fines Week. These items were donated to the Food Bank at the Wilmot Family Resource Centre. Thanks for helping your community!

Come Read with Me Holiday Family Storytime

Drop in and enjoy some holiday stories and other fun literacy activities on Tuesday, Dec. 4 from 6:30 to 7:15 p.m. Recommended for children 3 to 7 years old with their parents and/or caregivers.

Registration for Winter Storytime Sessions

Registration for the winter session of all children's storytime programs will begin on Tuesday, Dec. 4. All programs begin the week of Jan. 8, 2013. Registration is required for all programs because space is limited. Choose from the following programs:

Storytime (ages 2 ½ to five years):

Offered Tuesday afternoons from 1:15 to 2 p.m. OR Wednesday mornings from 9:15 to 10 a.m.

Toddler Tales (ages one to 2 ½ with their parents and/or caregivers): Wednesday mornings from 10:15 to 10:45 a.m. OR Thursday mornings from 9:30 – 10 a.m.

Just for You Baby (ages 0 – 12 months and their parents and/or caregivers): Wednesday mornings from 11 to 11:30 a.m.

Due to space restrictions, registration is required for ALL Baden Branch programs. Contact us at 519-634-8933 or badenlib@regionofwaterloo.ca for more information. Current information is also available in the Region of Waterloo Library Events Calendar on our website at rwlibrary.ca.

Chris Baechler, Assistant Supervisor ~ Baden Branch

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



*"Keeping the
Community
Connected"*

See the paper in colour at...Web: www.badenoutlook.com

Jake & Humphreys'

BISTRO

www.jakeandhumphreys.com
Open lunch & dinner Tue-Sat
Licensed under AGCO

196 Peel Street
New Hamburg, ON N3A 1E3
519 662 1143



SYLVAN SKI-DOO ARGO EVINRUDE EZ-GO TRAILERS GO KARTS LAWN & GARDEN

PARTS SALES SERVICE

114 Arnold St. New Hamburg Ph. 519 662-1461 1-877-740-2628
On N3A 2C7 Fax 519 662-1101
E-mail info@blueskymarine.ca Web www.blueskymarine.ca

Heritage Pet & Garden



88 Huron St., New Hamburg
519-662-3684

M-W 8:30-6 TH-F 8:30-8 Sat 8:30-5

We'll Help You Find.....

**Pet Food & Supplies
Wild Bird Feeders & Feed
Gift Ideas for Home & Yard**



**Salt - Water Softener & Ice Melt
Delivery Available**

It's Our Anniversary!
 Celebrating Our First Year in Baden.
 Come Visit and Check Out Our ...

BADEN OPTICAL
 eyewear • contacts • sunglasses

Conveniently Located Close to Home!

- Huge Select of the Latest Styles
- Same Day Service (in most cases)
- Quality Lenses & Frames!
- No Dispensing Fee!!
- Free Adjustments
- 2 Different Prescriptions Accepted
- Optometrist Available On Premises

ANY DESIGNER FRAMES With S.V. Lenses
Only \$199 See Store for Details

OVER 2,000 FRAMES TO CHOOSE FROM WITH BRANDS LIKE...
 NIKE PRADA Ray-Ban POLO D&G
 VERSACE VOGLÉ ...AND MANY MORE!

2 PAIRS
 No-Line Bi-Focals
\$199 LIMITED OFFER
 Frames & Lenses

2 PAIRS
 S.V. European Style
\$199 LIMITED OFFER
 Frames & Lenses
 Bonus No-Glare Coating

Remember ... It's Your Prescription – Ask for It!
Bring it to Us and We'll Beat the Price... Without Compromise of Quality.
 Full Time Optician On Staff • We Use Essilor Brand Lenses!
No Insurance Coverage? Ask how we can help.

125 Snyder's Road East 519.513.2220
www.badenoptical.com
 Hours: Mon 11-7 • Tues 11-4 • Wed-Fri 11-7 • Sat 10-5

Answer to Common Combos from page 10

- | | |
|-----------|---------|
| 1. garden | 5. tree |
| 2. lemon | 6. door |
| 3. pole | 7. ring |
| 4. copy | 8. park |



ROYAL LEPAGE
WOLLE REALTY, BROKERAGE
 INDEPENDENTLY OWNED AND OPERATED




royal lepage
 shelter foundation

Christine Ratcliffe, Sales Representative
 Royal LePage Wolle Realty, Brokerage
 Office 519 578 7300
 Cell 519 504 3251
ratcliffe@kw.igs.net

Living and working in Wilmot for over 9 years.

TREE OF LIGHT 2012



Once again it is time to light the TREE of LIGHT. The Lionesses and Lions began this project 29 years ago. The tree is a focal point in our New Hamburg downtown area and complements the merchants and Board of Trade decorations. We are grateful to Scot Pfaff, owner of Boshart Electric, and his fellow worker for supplying the bucket trucks to install the many lights.

As a fund raiser for our clubs we ask for donations towards the lights. Each \$5 lights a white light, \$100 lights a gold light and \$500 lights a red light on the star adorning the top of the tree. We have a goal of \$12,000. There will be a thermometer to show the amount as the donations are received. With every donation we have an added feature—a draw on a beautifully decorated Christmas tree donated by Meadow Acres and displayed in Murray's Clothing window.

We will be lighting the Tree of Light on Friday November 30th at 6:30 p.m. Please join us in an old fashioned Carol sing accompanied by the New Hamburg Citizen Band. We will have hot dogs and hot apple cider as well for you to enjoy. Stop by before you do your shopping at our local merchants. The Lioness and Lions motto is "We Serve." Your support will help us to continue to do this. All monies raised from this timely project will be donated back to the community.

OK TIRE™

Honestly driven.



Tires for Commercial
 Tires for Cars
 Ready when you need us!
 Quality Customer Service
 Tires for Agricultural
 Tires for Big Trucks

OK TIRE - BADEN
1413 Gingerich Rd., Baden
 (Corner of Gingerich Rd. & Foundry St., Baden)
519-662-4990

WAREHOUSE CLEARANCE SALE

Up to 90% off

Starting Friday Nov. 16 - 9-5 &

Sat Nov. 17 - 9:30 - 2:30

Sale continues till Christmas -

Get the best deals Now!

Framed Pictures,
Canadian Photography,
Country Folk Art,
Snowmen, Floral,
Sports, Mirrors,
Scripture Verses, etc.



Gifts
From
The
Heart



www.giftsfromtheheart.ca

Custom Picture Framing

Print your Photos on Canvas
Choose a frame/mats from our large selection.

555 Snyder's Rd East, Baden
519-634-9705

*Christmas at the Castle ~
Victorian Elegance and Family Fun
By Teresa Brown*



Warm wassail punch and fragrant gingerbread ... joyful fiddle music and laughing neighbours ... a hidden glass pickle on a lushly decorated tree. Ah, the rich traditions of a Victorian Christmas! Once again, you're invited to experience all the magic of that time at Castle Kilbride, Baden's Victorian treasure!

On **Sunday November 25**, bring your whole family to an **Old Tyme Children's Christmas at Kilbride**. Enjoy the vibrant music of Karen Reed's fiddle as she entertains young and old alike; indulge in gingerbread and cider, all while visiting with Father Christmas himself ... and of course, the Castle will be resplendently decorated for the holidays. As a special treat, real reindeer will be on the Castle lawn; have your photo taken with one of Santa's noble steeds! The event runs from 1 p.m. until 4 p.m., and the cost is \$7 per person.

Then on **Thursday December 6**, drop by the Castle for **Paying A Call: Yuletide Evening Tours**, when the Castle's softly glowing lights will highlight its lush furnishings and paintings, taking you back to the warmth of a Victorian evening. Harpist Barbara Hall will fill the Castle with music, and after your tour you'll enjoy hot apple cider or wassail punch. On this evening, you can also do some shopping at the silent auction, where you can bid on unique treasures. This event runs from 6:30 p.m. to 8:30 p.m.; admission is \$5 per person, and advance tickets are not required.

We invite you to bring your family and friends to these magical events ... and remember, the Castle will be adorned in her Christmas finery from November 20 until January 6, when you may tour Baden's famous 1877 home and marvel at its historic beauty. Castle Kilbride is open for tours Tuesdays to Sundays from 1 p.m. until 4 p.m. (closed Mondays); there are also additional holiday hours on December 27, 28, 29, & 30, and January 2, 3, 4, 5 & 6 from 1 p.m. to 4 p.m.



Oh, and what's that about a glass pickle ...? You'll have to stop by to find out!

JOSSLIN INSURANCE
BROKERS LIMITED



Scott Wagler, CAIB, RIB(on)
Brokerage Partner
scottw@josslin.com

Hi, I'm Scott and I've been specializing in Home, Car, Farm and Business insurance with Josslin Insurance Brokers for over 21 years.


My clients refer to me as their "Insurance Guy" because I'm the one they call when they have a question. Maybe they're wondering if they are protected when they drive other people's children to hockey, or in case something happens while

supervising their kids' field trips. Maybe they just want to know if their laptop will be covered if it is stolen. I'm here with answers and happy to help. Why? Because I'm their Insurance Guy. I take care of them, so they can take care of other things.

So, if you're looking for coverage for your home, cars, farm and business, or you just want service that is friendly, professional and convenient, give me a call

I could be your Insurance Guy too.

519-662-1644 www.josslin.com

Home • Car • Business • Farm • Life 



Peter Benninger Realty, Brokerage®

*Independently Owned and Operated

Bus: 519-742-5800 ext. 2175
Fax: 519-742-5808
bmichale@coldwellbankerpbr.com

Blanka Michale
SALES REPRESENTATIVE
Baden resident for 10 years



*Book now for your
company or family
holiday party!*

Join us Sunday Nights for our Prime Rib Dinner Feature

Hours of Operation

Lunch -11:30 am to 2 pm Tuesday through Saturday

Dinner Reservations - 5 pm to 8:30 pm Tuesday through Sunday

Sunday Brunch -11:30 am to 2 pm, Dinner 5 pm-8:30 pm



17 Huron Street, New Hamburg, ON N3A 1K1
(519) 662-2020 or waterlot@waterlot.com



'Tis the Season!



Annual Christmas Bazaar

St. James Lutheran Church—66 Mill St. Baden

Saturday Nov. 24th, 9:30 a.m. – 1:00 p.m.
Christmas Cookies, Bake table, Crafts, Vendors,
Santa's raffle table, Face painting,
Chili and a Bun for lunch. Take out available!
Horse drawn Wagon Rides by Riverside Acres.
Contact 519-634-8904

Nithview Christmas Tea and Bake Sale

Nov. 24, 2-4 p.m.

200 Boullee Street, New Hamburg
sponsored by NV Auxiliary

For more info contact Glennis Yantzi 519-578-3453

ST GEORGE'S ACW CHRISTMAS BAZAAR

On Corner of Waterloo St., New Hamburg

Saturday, November 24th 11:00-2:00PM

Lunch featuring home made pies
Baking, Gift baskets, books, jewellery, etc.

Christmas Bazaar

Livingston Presbyterian Church
44 Beck Street, Baden

Saturday, November 24, 10 am ~ 2 pm

Wide selection of delicious home baking
Hand-made items for Christmas giving,
Christmas decorations and more!
Come relax and enjoy a light lunch of
Soup, Muffins and beverage

baden strategy games night!

join us at baden public school

6:30-9:30 pm (2nd & 4th friday of each month)

All ages & skill levels welcome!

Anyone under the age of 12 must be accompanied by an adult.
Bring your favourite board game or friend. Snacks are provided.

More info>Susan>badenspace@gmail.com Or > 226-808-4353

Another Cool Move

This space is generously donated by Erb Transport to support community events

You are invited to a
"Living Books" Tea & Open House
At West Hills Centre,
Snyder's Road E. (beside Library)
Wednesday, November 21st, 7-9 pm

Drop in for an evening of browsing or shopping.
Available for sale will be ...
Books, DVD's, & T-Shirts ~ Great gifts for all ages
and easy Christmas gift ideas.

HOLY FAMILY PARISH CWL BAZAAR

329 Huron St. New Hamburg

Saturday November 17, 11 a.m. - 2 p.m.

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

Christmas Open House

Featuring baking, home decor, floral arrangements,
gifts, crafts, jewellery from South America
& gift items from Africa.

All proceeds to "Threads of Hope " Missions
Peru & South Africa.

November 26, 9-4 @ 137 Forrest Ave E, New Hamburg
December. 3, 9-4 @ 520 Snyders Rd E, Baden

For more info call:
Sheryl Crabbe 662-1980 / Karen Buhr 634-5637

C IS FOR COOKIE ... AND CHRISTMAS!

Planning to come out and take in the Baden Santa Claus
Parade? If so, we invite you to drop by the West Hills
Centre (107 Snyder's Road East beside the Baden
Library) between noon and 1 PM on December 1 to
decorate a Christmas cookie! Eat it during the parade
or save it for later! Hot beverages and other light
snacks will also be provided. Offered free of charge by
West Hills Mennonite Fellowship.

WILMOT SENIORS WORKSHOP

27 Beck Street, Baden

CRAFT SALE ~ December 1st, 10 am - 3 pm

You'll find lots of fine wood products:
Potato boxes, clothes dryers, planters, bird feeders/bird
house, benches, stools, wooden bowls, children's toys,
mail boxes, small tables, Christmas ornaments
and much more!!!

Plus a yummy bake sale!! See you there!

**WILMOT FAMILY RESOURCE
CENTRE PROGRAMS**



KIDS IN MOTION: This program is a great opportunity for children to have fun while developing gross motor skills. Every Monday, 9:30-10:30 am in the upstairs program room at Wilmot Recreation Complex.

COOKING WITH KIDS: While children 3-6 yrs. old make a tasty creation in the kitchen, parents, and children under three can enjoy time playing and socializing in the drop-in area. Pre-registration required. Mondays 1 -2:30 pm. 10 week sessions, \$10 per session

PARENT & CHILD DROP IN: Come out and enjoy time playing with your children and socializing with other parents/caregivers in your community. Baden, New Hamburg and Wellesley locations.

NEW HAMBURG YOUTH DROP IN:
A supervised youth drop in Thursdays from 4:00 to 8:00 pm @ the New Hamburg Arena (Jacob St.). Youth from grades 6 to 12 welcome! The cost is minimal...just \$2 per visit. Basketball, floor hockey, xbox (with kinect!), music, movie nights, pizza nights, foose ball, air hockey, indoor soccereven a tuck shop!!

*For more information about our programs and services
Call 519-662-2731 or visit our website
www.wilmotfamilyresourcecentre.ca*



The Optimist Club of Baden
is throwing a

Christmas Party

Saturday, December 15th.
1:30 pm - 4:30 pm at
Wilmot Recreation Centre.

It is an opportunity for us to give back to our community as we host an afternoon of fun, entertainment, games and crafts.
Recommended ages 1 - 10.

Snacks and refreshments will be provided and our special musical guests, **The Skalywags**, will be attending with some musical entertainment. There will even be a visit from **Santa** himself.

Parents are asked to bring donations of non-perishable food items for the Food Bank or new, unwrapped toys for the Toy Drive.



***Please support the advertisers of
this paper. We couldn't do it
without them!!***

Submissions are due on the 1st of each month.



holiday craft and bake sale

Saturday December 1st
10am - 3pm
Wilmot Rec. Complex
(Community Rm)
1291 Nafziger Rd., Baden

Brought to you by the
Optimist Club of
Wilmot Township



Saturday Night at the Movies

Wilmot Mennonite Church,
2995 Bleams Road

Saturday, November 17, 7:00 p. m.

Featuring "Love Note"

One of the best high school love stories ever made, Love Note follows the story of a Christian teenager (Craig Bierko) who was looking for a challenge. When a new girl (Sally Murphy), the one with an attitude, shows up at school, he tries to befriend her but to no avail. As his curiosity about her begins to grow, he can't figure out why she is the way she is.

Then one day

Everyone Welcome! Free admission.
Donations accepted to cover costs.
Bring a snack for yourself - Drinks provided.
Nursery available but not staffed.

For further information call
(519)584-7089 / (519)634-8963

Do you know how to get the best value when ordering flowers online? All Flowers and Charm Flower Shop would like to share some safety tips to help you send flowers as safely and as easily as possible.

When you search for a Florist online, or even in the local phone book be aware of the non-florist. We call them Order Gatherers. These are not real florists and often do not exist in the towns you are sending flowers to. Many are located outside of Canada, in the USA in call centres.

Here is an example of how they work:

If you spend 50 dollars with an order gatherer they take their service fee off the top (for this example let's use \$20). They agree to send the arrangement you saw online to the person you want the flowers delivered to (but keep in mind they have NO FLOWERS, they don't know what the shop in that town has in stock). They then send \$30 (your \$50 less their fee of \$20) to the LOCAL Flower Shop in the town. The shop then has to take out their delivery charge (for this example we will use \$10). This leaves them with \$20 to fill your \$50 order, AND they might not have the flowers so are told "just sub something similar," which is a guarantee to make one unhappy flower customer.

Here are some tips to avoid Order Gatherers:

Those shops that appear in the box at the top of the Google search pay to be there. It's not that they are the best or even in that town, they have just paid for an ad at the top of the Google page. They might not be an order gatherer but they are paying for placement.

Check the HOME and ABOUT US Pages for the physical address of the business.

Ask "What is your address?" and "What are you close to?" when you call on the phone. If they decline to provide it, consider calling another florist.

Check the CONTACT US page for a local phone number. It should match the area code of the location where your flowers are being delivered. If the contact information consists of an email address only, be suspicious.

Check their hours of operation. Real florists are not usually open 24 hours a day and real florists will list hours of operation and days open or closed. Real florists are sometimes not even open on major holidays; some are but most are not.

Call the local phone number. If it is answered "Flower Shop" without providing the name of the florist, ask which shop you

have called. If they provide a different name than the one you have dialled, you may have reached an Order Gatherer.



On the phone, ask for the business location and driving directions. If they fail to provide these details, consider calling a different Florist.

Ask the Florist to itemize all charges. Be especially cautious about companies that charge a service fee, same-day fee, or shipping and handling fee. Local florists generally charge for delivery (which you also pay through an Order Gatherer), but the other surcharges are completely avoidable when ordering directly from the florist who will actually make your arrangement.

Google the phone number. If it appears under many different business names with different locations, be suspicious.

Be aware that just because an ad or website name says "City Name Florist," that doesn't mean the company is located in or actually delivers to that city.

Here is a link to a site with more information on how to avoid Order Gatherers online ~

http://www.allaboutsendingflowers.com/Home_Page.php

These tips will help you find a local florist online. Use of a local florist will allow you to send quality flowers to your friends and family with the value you expect!



**Southern Ontario
Counselling & Wellness Centre**
Est. 1986

"a country setting for all your counselling needs"
1760 Erb's Rd., St. Agatha
519.746.2323
www.socounselling.com

**Stress•Anxiety•Depression•Grief
•Healthy Relationships•Sex Therapy
•Sexual Abuse•Childhood Trauma
Self Esteem•Personal Growth
Separation•Divorce•Parenting
Post Traumatic Stress
Hypnosis•Massage Therapy•Wellness Services**

No Referral Necessary / Prompt & Confidential



*All Flowers & Charm
Flower Shop*

Daily Delivery Available
129B Peel Street, New Hamburg, ON
519-662-2062
www.allflowersandcharm.net

"Get It Together" ...with Donna & Rhonda



Family Notebook

Where do you keep all your important phone numbers at home? Do you hang them beside your telephone or have them posted on the inside of a telephone book? Our suggestion would be to compile a family notebook. It could be a binder/notebook that consists of all the important information that is easily accessible for any member of the family. It is also a great resource for your babysitters. This notebook could include your address, a description of how to get to your house (for the babysitter who needs to explain it to a third party in the case of an emergency). Here is a list of some of the things this notebook could also include:

- all emergency numbers
- doctor address and number
- names, number and directions to local hospital
- work information of parents
- neighbours' numbers and explanation of where they live in relation to you
- insurance numbers
- local utility numbers – gas, hot water heater, hydro, water, and sewer – you could also include how to shut off water or gas in the case of emergency
- repair people – telephone, internet, plumber, electrician, furnace, professionals – accountant, lawyer, dentist, pastor, etc.

Custom make this notebook for your family. Make sure you keep it in "prime real estate" where it is easily accessible for everyone.

In order to live a life of purpose

Listen to us on the radio.....Saturday mornings at 10:30 a.m. on 94.3 Faith FM or

Listen Live at www.faithfm.org

Tuesday & Thursday at 8:25 a.m. & 5:25 p.m. on AM 920 or Listen Live at www.am920.ca

Sisters PAINTING AND DECORATING



Clean, Reliable
Quality Work

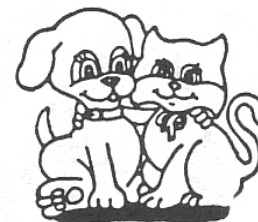
Reasonable Rates

23 Years Experience

Call Debbie

519-662-6210

Nith Valley Animal Hospital



**FULL VETERINARY SERVICES
FOR YOUR PET**

**78 Huron Street, New Hamburg
Phone: 519-662-2749**

24 Hour Answering for our clients.

Foxboro Tribute to Broadway Show

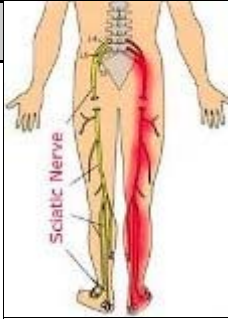
The talented residents of Foxboro shined with two fun performances at the Foxboro Green Centre. This show featured popular Broadway songs. Audiences were wowed to such popular tunes such as Eidelweiss, Old Man River, and Oklahoma. There was a cast party following the evening performance where all the residents were invited to attend.



UNDERSTANDING SCIATICA

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

The sciatic nerve is the longest nerve in the human body. It is made up of five separate nerve roots originating from the low back region on each side, and runs from your pelvis through your buttock and hip area and down the back of each leg. It controls many of the muscles in your legs and provides feeling to your thighs, lower legs and feet.



canal and/or nerve pathways. This puts pressure on the spinal cord or nerve roots and causes neurovascular irritation. This most commonly occurs in adults over 60. It is usually secondary to degeneration and osteoarthritis.

"*Sciatica*" is a common term used to describe any type of pain/symptom that radiates into the leg. "*True sciatica*" occurs when there is a mechanical and/or inflammatory irritation directly affecting any component of the sciatic nerve. This differs from "*referred*" pain/symptoms which can arise from a bone, joint or muscle that can send pain/symptoms into the leg.

True sciatic symptoms may be felt almost anywhere along the nerve pathway. These symptoms can radiate from the low back region, into the hip or buttock, and down the leg, into the calf, and even the toes. The symptoms can vary widely and may include: a cramping or achy feeling, tightness, burning or a sharp electric shock sensation, numbness, tingling, and leg muscle weakness. The symptoms may start gradually and intensify over time. Activities such as bending forward or to the side, walking, prolonged sitting or standing, and even coughing or sneezing may aggravate sciatica.

Below is a brief summary of three common causes of true sciatica:

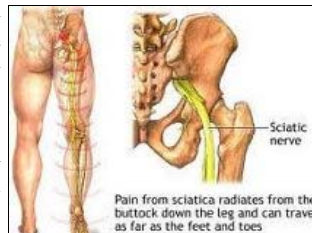
- 1. Spinal disc herniation/bulge** – Spinal discs separate and cushion lumbar vertebra. Repetitive and cumulative loads or a single heavy load has the potential to cause a disc bulge or herniation, thereby causing a mechanical and/or inflammatory irritation of the nerve root(s). This most commonly occurs in adults aged 20-50.
- 2. Degeneration and Osteoarthritis** – The normal aging process causes lumbar disc degeneration, osteoarthritis of lumbar joints, and occasionally vertebral slippage. The consequence of these processes is that mechanical irritation from bony spurs and vertebrae along with inflammation can cause symptoms of sciatica. This most commonly occurs in adults over 50.
- 3. Lumbar spinal stenosis** – This condition causes sciatica due to narrowing of the spinal

Other causes of "*true sciatica*" include: direct irritation of the sciatic nerve by the piriformis muscle; direct trauma or injury to the sciatic nerve or nerve roots; and postural and mechanical changes associated with pregnancy. Some common causes of sciatic-like symptoms or "*referred*" pain include: muscular trigger points and ligament sprains from the low back, hip, gluteal and pelvic regions; sacroiliac joint dysfunction; and arthritic low back, hip and knee joints.

Sciatica is a set of symptoms of a problem, rather than a diagnosis for what is irritating the nerve and causing the pain. This is an important point to consider because the treatment for sciatica will often be different depending on the underlying cause of the symptoms. Therefore, it is important to obtain an accurate diagnosis. A proper medical history, along with physical examination consisting of range of motion, strength, neurological and orthopaedic testing, along with diagnostic imaging (if necessary) should be performed to aid in the diagnosis. It is extremely important to rule out rare causes of sciatic symptoms such as spinal tumors and infections. Individuals with a loss of bowel or bladder control may be experiencing cauda equina syndrome and should be referred immediately for emergency care.

When sciatica strikes, there are conservative treatment options available. These may include: mechanical traction, spinal manipulation and mobilization, soft tissue techniques, acupuncture, ice/heat application, electrotherapy, and rehabilitative exercise. A qualified health professional can determine the cause of your sciatica and prescribe appropriate therapy, exercises, and rehabilitation strategies specifically for your circumstance. 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

Dr. John A. Papa, DC, FCCP(C)
Dr. Sean Delanghe, DC
Peter Klassen, ND
Sheila Reinhart, RMT
Heather Durie, RMT
Jodie Millen, RMT

338 Waterloo Street, Unit 9
New Hamburg

- CHIROPRACTIC CARE
- MEDICAL ACUPUNCTURE
- EXERCISE REHABILITATION
- CUSTOM ORTHOTICS
- MASSAGE THERAPY
- NATUROPATHIC SERVICES

NEW PATIENTS WELCOME
NO REFERRAL REQUIRED

519-662-4441
www.nhwc.ca

MeMe's
Café .com

Mon – Fri 7 am to 6 pm
Sat 8:30 – 3 pm

519•662•2828
102 Peel Street New Hamburg

NOTES FROM THE ATTIC ~ Tribute to the Heipel Family

Meet the Heipels...

John Heipel moved from Germany to a farm near Wellesley. His son Charles, born August 12, 1874, grew up on the farm, and became a teacher at New Prussia, south of Lisbon. After teaching in Wilmot he moved to New Hampshire and became part owner of the Nashua Business College. Charles then returned to Canada, married in 1910, and then purchased a 66-acre farm in Baden in 1919 (the original home at 129 Louisa Street). This farmland covered an extensive area from Hillview Street to Beck Park to the north and east, including all of Village Greenway and Country Creek to south of Gingerich Road to Fairmount Cemetery. The farm consisted of a house and barn, which were built in 1870s.

Although they owned this property they rented it out and lived at 80 Snyder's Road East in Baden from 1915 to 1938. In 1938 Charles built a brick house at 171 Brewery, (beside the pond on Brewery) which included an office for the township. Charles took on the role of Clerk / Treasurer for Wilmot in 1917 and continued on in that position until 1948. He was the secretary of the Baden School Board for 6 years and County Auditor in the 1920s. Rules were quite different in those days as you didn't need building permits to build structures and many of the utility companies were privately owned.

Charles's son Clarence, grew up in Baden and had a love for Harley Davidson Motorcycles, some of them dating back to the 20s and 30s. He attended Loughheed College of Business in Kitchener where he gained some business knowledge. In 1944 Clarence and family moved into the farmhouse and concentrated on a variety of farming including cows, pigs and chickens, and cash cropping. He then started with the Roads Department for Wilmot Township and after one year (1948) his father, Charles, passed away. Clarence

applied for the job and continued on as Wilmot's Clerk / Treasurer until June of 1975. That made a total of 57 years that Baden's Heipel family looked after the financial side of Wilmot Township.

Clarence saw many changes over the years with the most significant being the construction of the



Ralph sitting next to his father in 1948... destined to work in an office.

Centennial Hall in 1967 (which ironically is being torn down this month). Here Clarence was given office space that he shared with the Roads Department. Clarence's wife Doris was an immense help with the books over the 27 years that he was Clerk / Treasurer. Clarence passed away in 1989.

Clarence and Doris had three sons: Ralph, Charles and Keith. Keith and Charles moved out of Baden but Ralph and Sharon remained along with their children, Greg and Sharlene, both married and live in town with their families at the

two Heipel residences. Ralph's son Greg has a son Reilly (currently living in the original Heipel home) who makes this the 6th generation of Heipels living in Wilmot.

In 2000 Ralph and Sharon built their new home on 135 Louisa Street and continue to enjoy the remaining 35 acres of the family's original farm. You may see Ralph on his tractor to and from the bush hauling wood from their lot on the south side of Gingerich Road.

Ralph, the eldest son continued on in the municipal field and worked for 30 years in property assessment for the Province of Ontario, retiring in 1997. The Heipels played a significant role in Baden and Wilmot Township.



Working with dad on their land, between the park and currently—Schneller Court, with Ralph on the tractor.



Dolman

Eyecare Centre

251 B (Back) Huron Street, New Hamburg

Evening appointments—New Patients Welcome

519-662-3340

Contact Lenses & Laser Consultations

www.eyecareforlife.optometry.net

Progressive care that can enhance your quality of life.



SILVER SPRINGS
contracting

Decks & Fences

Concrete Driveways, Sidewalks & Patios

General Contracting

Tyler Hoffman

Tel: 519-465-5211

Email: thoffman@silverspringscontracting.ca

www.silverspringscontracting.ca



Tis the season, to be snotty!!! Fa la la la la la la la!
Running around shopping and keeping up with all the Christmas activities can run you ragged in no time, and instead of sipping cheer you'll be sniffing, my dear!

So what can you do to keep you and your loved ones healthy and enjoying the holiday season? Well first off, try to keep life balanced: even though things may get busy, start making your list and checking it twice early on so you're not overwhelmed at the last minute. After that, it's most important to stay on top of your 3 main health practices.

1. Keep up on your **Nutrition and Hydration**, eating balanced meals (plenty of fruits and vegetables) at regular times, drinking plenty of good, fresh, clean water and staying away from too many treats and sweets. **Amazing FACT:** Did you know that consuming 1 tsp of sugar will decrease your immune system by 50% over a 24 hour period?
2. **Sleep** is altogether super important as well. First of all, getting a good night's sleep means you're rested and less stressed. Stress, just like sugar, also decreases the effectiveness of your immune system.
3. **Exercise and Nature Walks** help you to relax and naturally improve your immune system, so kill two birds with one stone and figure out a way to exercise while outside. Snowshoeing anybody?!!!

So you've done everything you can to prevent getting sick and you still start feeling under the weather? Well then it's time to whip up the anytime, sniffles, cough, cold, generally not feeling well drink called the Fabulous Onion, Honey, Lemon Drink. Here's the recipe (thanks to one of my patients who helped me to put the recipe down on paper!):

Ingredients: (preferably organic)

- 1 large red onion
- 1 lemon
- 1 tablespoon raw local honey (omit this ingredient for babes up to 1 year of age)
- Water
- 1-2 Pinches Himalayan Salt (optional)

Steps:

- Chop up onion and place in 32 oz. resealable jar (e.g. mason jar or pickle jar).
- Cut lemon into 4-6 pieces and squeeze into jar.
- Seal jar and refrigerate for 3 hours.
- Heat honey until it's in a liquid state and pour into jar.
- Fill jar with water. Leave about an inch of air at the top.
- Add salt if needed.
- Seal the lid tightly and shake shake SHAKE!!!
- Refrigerate overnight.
- Pour and enjoy! 1-2 tbsp/day

The benefits of this are many as the onion and honey are natural immune system strengtheners, anti-microbial and anti-viral; the lemon is high in vitamin C to help fight the cold or flu. Salt is also a natural anti-microbial, plus the Himalayan Salt is full of wonderful minerals that help your body function optimally. You can use this formula as a preventative, having a little bit each day, or use as a treatment when under the weather.

So remember to take this holiday season one day at a time and be prepared at the onset of the sniffles. As always, before starting, make sure this or any recommendation is right for you by checking with your certified health care professional. Enjoy this season with your family and friends!

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.

Linda Langenegger

Paramedical Aesthetician ~ With over 30 years experience

*NEW LOWER Pricing for
Permanent Hair Reduction with Dermo Flash.
Safe and effective hair removal ~ Call for your free consultation.*

Try an introductory Milk Peel.

Regular \$99. ~ Now \$79.

Enjoy the Many Benefits ...

- * Natural chemical
- * Penetrates deeper than regular exfoliants
- * Controlled progressive peeling with safer results
- * Improves skin texture, tone, pigmentation and dull complexion
- * Stimulates and rejuvenates skin
- * Boosts production of collagen and elastin as well as improved hydration
- * Did you know that without peel agents the active ingredients in your skin care will not penetrate into the deeper layers of the skin.

*For even more results add on a photo facial,
which will target and stimulate the lower layer.*

519-741-4662 linda.l@bell.blackberry.net



Over 14 Years of Experience

Call Carrie

519-634-8436

Enjoy the benefits of a new product for manicures:

CND SHELLAC ~

A hybrid gel nail lacquer.

14-day wear, zero drying

time and

there are no

nicks, chips or smudges.



The Waterloo Regional Police Service Launches Non-emergency Online Reporting

Waterloo Region, ON – The Waterloo Regional Police Service is pleased to provide the community with a new online reporting option that will allow for selective non-emergency reports to be submitted over the internet.

Officially launching on Monday, October 29, the online reporting system will accept reports of:

- Damage/Mischief to Property (under \$5000)
- Damage/Mischief to Vehicle (under \$5000)
- Lost Property (under \$5000)
- Theft (under \$5000)
- Theft from Vehicle (under \$5000)

“Online Reporting provides an immediate and convenient way for the public to contact police and will also support operational efficiencies on the front line,” said Chief Matt Torigian. “We continue to harness the power of technology to improve service to our community and we expect, as this system develops, that reporting online will become a popular option for the residents of Waterloo Region.”

The online service option allows non-emergency reports to be made over the internet via www.wrps.on.ca. Once submitted, the report will generate an email response that includes a temporary copy of the report and an occurrence tracking number. The report is then reviewed by police and, once approved, another email with a copy of the report and the permanent occurrence number (used for insurance purposes) is sent to the submitter at no cost. If necessary, a police officer will follow up directly.

All online reports are processed through the Waterloo Regional Police Service Records Management System and will receive the same investigation and statistical analysis as reports filed by a police officer. The public can access the list of accepted reports, terms of use, an instructional video and a frequently asked questions document on the Online Reporting section of our website.

Reports can be submitted as of noon on October 29, 2012 by accessing the online reporting link at www.wrps.on.ca.

Mariko Ogasawara RRPr.

Registered Reflexologist 519-634-8935



Reflexology: Relieves tension
Improves circulation
Promotes natural healing

Reflexology Registration Council of Ontario
Grand River Reflexology Associate

livewell
health & wellness



HEALTH CARE THAT'S RIGHT FOR YOU.

- Chiropractic
- Registered Massage Therapy
- Naturopathic Medicine
- Custom Orthotics

519 634 9819

18 Snyder's Rd W, Baden Ontario
www.livewellhealthandwellness.com

NEW HAMBURG'S MOST ESTABLISHED FITNESS FACILITY

ONLY 5KM WEST OF BADEN

Create a Healthy Habit...

**They say it takes 30 days to form a healthy habit. Try our
Kick start program and we will give you 30 days FREE.**



Kick start Includes 3 Personal Training Sessions,
One Fitness Consultation and
30 days free!

*Certain restrictions apply/ must be 21 years or older/ new members only/ offer ends 11/30/12

JOIN US TODAY!

Our goal is to help you reach yours!



Visit your LOCAL gym at 66 Hincks St., Unit #2, New Hamburg, Ontario

CALL US TODAY at 519-662-9066 or VISIT US at www.absolutefit.ca

Dr. William Slinger Dental Office 519-662-3510

Family & Cosmetic Dentistry
“Good Things Start with a Smile”

New Patients Welcome

Serving Your Community Since 1977

Welcome Home Lydia!
Bringing the Green Ribbons Home

Lydia's homecoming was a joyful celebration of her recovery to date! Many came, despite the cold and the intermittent rain, with their tattered green ribbons to line our lane and cheer for Lydia as she walked home. She walked the whole way - from our Farm Market to our house, a distance of about 250 m. She didn't sit on the golf cart once! She is one determined and inspiring girl!



We regularly hear from Lydia how thankful she is to be at home. Generally, she is thankful for where we live, our home, our family; and then sometimes she gets specific: "I am so thankful for my bed! I love my bedroom!" Whenever she remembers her last weeks at Holland Bloorview, she cries. We are beginning to learn about some of her confusion and fear, when she was there, that she would never be able to come home, that she did not know where she was, or how to get home, even if she could. This pulls at our hearts. It is confusion and desperation we cannot begin to imagine. We are thankful that we brought her home when we did, and thankful she can recover at home.

(Taken from the Pray for Lydia Blog)

Let US Help Take Care of YOU!

BADEN MASSAGE THERAPY

Andrea Green, RMT

Deep Tissue Therapy * Headache/Migraine
 Pregnancy Massage * Sports Therapy
Day and evening appointments available

(519) 807-7230

www.andreagreenrmt.com



Jen Presley RMT, CDT

519 504 7254

www.jenpresleyrmt.com

**Registered Massage Therapy
 Complete Decongestive Therapy
 Manual Lymph Drainage
 Located in New Hamburg**



Specializing in pain management;
 mobility issues; allergies,
 chronic and acute injuries.
 Helping people live an active
 pain free life naturally.

Caroline Wilson D.Ac
ACUPUNCTURIST

65-C Brubacher Street, Baden, ON

T: 519-577-3455 elementsnaturalhealing@bell.net



Kathie Jordan Design
 87 Peel Street, New Hamburg ~ 519-772-6937

- * Custom Drapery
- * California shutters and blinds
- * Annie Sloan TM Chalk Paint TM/Work shops
- * Custom furniture painting
- * Custom / antique furniture
- * Decorating consultation services

kathie@kathiejordandesign.com

**Special Thanks To the
 Baden Fire and EMS Departments.**

On Thursday Oct. 18 at 6:20 a.m. my husband Colin Nibbs developed chest pains that would not subside. I could see he was in serious trouble and immediately dialled 911. Within two or three minutes the fire department was at our door. They treated him for a heart attack. Those guys were amazing! They knew exactly what to do and kept him comfortable until the EMS team arrived just a few minutes later. They stabilized him and then transported him to St. Mary's Hospital where a heart attack was confirmed.

Thank you to all those that responded to our house at 117 Stiefelmeyer Crescent. It so comforting to know those guys are there when an emergency arises. Colin is still recovering.

Thank you so much. ~ Mrs. Jackie Nibbs.

MICRODERMABRASION

**DIAMOND TIPPED
 MICRODERMABRASIONS...**



- Brighten & rejuvenate
- Smooths out complexion
- Even out skin tone & texture
- Stimulates new collagen growth
- Leaves skin smoother, softer & younger looking

Call 519-662-6210 For Your Free Consultation



Celebrating Movember

Each year in November I enjoy watching men celebrate men by growing their facial hair. It is the one time each year that we look with admiration and respect to those men supporting their fellow brethren by leaving their comfort zone and changing their looks for one month. It's not about who has the thickest, whitest, darkest, reddest, most awesome facial hair; it's about raising awareness for prostate cancer and raising money for prostate cancer research.

There are a few facts that we know about an enlarged prostate and what time in a man's life it becomes necessary to monitor the activity of these cells through Prostate Specific Antigen testing or PSA Test. Enlargement of this walnut-shaped gland can apply pressure to the urethra and obstruct the flow of urine from the bladder. Enlargement of the prostate gland is extremely common in men over the age of 40, largely due to age-related hormonal changes that occur in the male body. It is noteworthy that many of the same age-related changes to the prostate gland that cause enlargement are also associated with the development and spread of prostate cancer. Therefore, any nutritional strategies that help prevent prostate enlargement may also be important to the prevention of prostate cancer.

Randomized testing of men between the ages of 40 and 59 revealed that nearly 60% had developed an enlarged prostate gland and, by age 80, 90% of men experience significant symptoms of an enlarged prostate gland. Clearly, reducing the risks of prostate enlargement should be a part of all men's preventative health strategies.

In recent years, a number of nutritional and lifestyle factors have been identified that are strongly linked to the development of prostate cancer. Use the following list to help reduce your risk or the risk for someone you love:

1. Drink alcohol in moderation.
2. Avoid pan-frying meats as this produces heterocyclic amines in your food - potent mutagens that increase cancer risks.
3. Limit foods high in saturated fats such as beef, pork, creamy salad dressings and fried foods.

4. Consume more Cruciferous Vegetables, such as broccoli, cauliflower, cabbage and Bok Choy. At least one serving every day will provide you with cancer fighting compounds.
5. Consume more Omega 3 fatty acids from foods such as salmon, mackerel, sardines, leafy green vegetables and flax oil.
6. Enjoy more soy products (non GMO), soy beverage, edamame, tempeh or tofu. Higher intakes of soy products have consistently been shown to be associated with a marked reduction in prostate cancer incidence.
7. Increase your intake of lycopene. Lycopene is a potent antioxidant that is present in foods like tomatoes, red grapefruit, guava, and watermelon; however, the lycopene can only be absorbed if consumed with fat, so adding olive oil to your tomatoes or full fat yogurt with your fruit will ensure your body absorbs this tissue-specific antioxidant for prostate health.
8. Optimize your vitamin D levels. Epidemiological studies have shown that where year round sunlight intensity is low, like we have here in South Western Ontario, the rate of prostate cancer is high. Populations living closer to the equator show lower incidence of this disease. Supplementation becomes necessary each winter from October to March.

So put away the razors for a month and follow these prostate saving tips for a healthier you.

Eat Healthy and Be Healthy.

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



Heather McKague-Bandl,
ROHP, RNCP

Registered Nutritionist

253 Charlotta St
Baden, ON
N3A 4M8
519-502-0799

Heather@HeatherMB.ca
www.HeatherMB.ca

*"Nutritional Counseling
For the Whole Family"*



**Pfenning's
Organic & More**

CERTIFIED ORGANIC

- Local & Imported Fruits & Vegetables
- Organic & Natural Food
- Herbs • Vitamins • Bodycare
- Organic Cotton Clothing & More
- Home Delivery Service Available

Tues. - Thurs. 9-6
Fri. 9-8
Sat. 8-4:30

1760 Erb's Rd. W., St. Agatha, ON
store@pfenningsorganic.com • www.pfenningsorganic.com

(519) 725-4282

"Let your medicine be your food and your food be your medicine" Hippocrates

St. Agatha Clothing Outlet

1651 Erb Street, St. Agatha, Ont. NOB 2L0

519-746-9969 ~ Betty & Dave Winkler

Retail & Wholesale Sales



GET READY FOR CHRISTMAS!

Winter Nylon Jackets ~ Windproof and Waterproof with Thermal Tech Material — Reg. \$130 ~ Now \$60

Ladies 2 piece Cotton Pyjamas ~ \$10

Ladies Nautica Terry-Cloth Bottoms ~ Now \$10

Mens and Ladies Sweatshirts Reg. \$39.95
Now \$10 or 3 for \$25



Ladies Ribbed Hoodys Reg. \$29 Now \$10

Kids Plush Backpacks SPECIAL \$10

Assorted plush animals / sizes & prices \$5 and under

Boys Carter 2 piece outfits, Newborn - 24 months ~ \$8



Store Hours: Closed Monday & Tuesday
Wed. & Thurs. 10 a.m. - 4 p.m. Fri. 10 a.m. - 6 p.m.,
Sat. 9 a.m. - 5 p.m., Sunday 12 p.m. - 4 pm

519-502-5278

DIRECT

519-741-0950

OFFICE

Rick@RealtorRickCain.com



Living and working for you in Baden!



Rick Cain
SALES REPRESENTATIVE

With you for the journey!

FOR SALE

RE/MAX

www.realtorrickcain.com



New Hamburg Legion

Branch #532 - Boulee Street, NH



Invites you to ...

Turkey Dinner on Friday, November 30

2 sittings - 5 and 7 pm / \$12 plate

Please join them Saturday December 1st

With Entertainer Brett Baker

~ free admission ~

The Game's on Us! Here Is Your Free Firebirds Game Pass

The New Hamburg Firebirds, Wilmot's Premier Sports Franchise, has had a long history. They first originated in the early 50s and were known as the C.L. Roth's. From 1960 to 1983 they were known as The New Hamburg Hahns, and were members of the Interbrew Junior "C" as far back as 1960. The league evolved into the Central Junior 'C' Hockey League. In 1977, the Hahns moved up to join the Midwestern Junior "B" Hockey League. In 1982, they dropped back down joining the Niagara District Junior "C" Hockey League.

The New Hamburg Hahns of the Niagara District Junior "C" Hockey League changed their name to the Spirit '83 in 1983. The New Hamburg Spirit '83 then changed their name again to the Firebirds in 1997. The team remains in the Niagara District Junior "C" league today.

Last year the Firebirds had a terrific regular season, finishing first in their division with a record of 27 wins, six

losses and three overtime losses. They carried on their winning ways by winning the West Division title and moved on to face the Grimsby Peach Kings for the Niagara title. They fought hard but lost out to the Peach Kings.

This year they continue to win hockey games with a record of 12 wins, one loss, and two overtime losses which puts them in second place behind Norwich by one point. Nick Pope leads the Firebirds (4th in the league) with 22 points, followed by Sean Kienapple with 16 points and Kyle Mohr with 15 points. The Firebirds goal tenders are also outstanding this year, with Eric Peicheff ranked 2nd in the league and Graeme Lauersen ranked 8th.

The Baden Outlook is giving you an opportunity to come out and cheer on your New Hamburg Firebirds with the free family pass for you to clip out below.

Hope to see you there!!

This coupon entitles you and your family entry to a Firebirds game at the Wilmot Recreation Complex - Friday, December 14 - 7:30 pm.

NEW HAMBURG FIREBIRDS VS AYLMEER SPITFIRES



Don't miss it...Between the Firebirds and the Spitfires it's sure to be a hot game!

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