



# Baden Outlook

"Keeping the Community Connected."

*Serving the BGA with 2900 copies in circulation!*



## Baden Public School is Proudly Making a Beautiful Noise!

The Baden Intermediate Choir is composed of students from grades 7 and 8 who are very enthusiastic to share their talent of singing.

On Friday, November 1st, the choir performed Canada's National Anthem for two Wilfrid Laurier Golden Hawk games against the Algoma Thunderbirds. The choir sang for both the women and men's games at the Athletic Complex. The choir received many compliments after their performance, and was invited back to perform in the near future. It was an exciting night out for parents and a fantastic opportunity to promote the musical talent at Baden Public School. You will see them sing at the Firebirds hockey game on November 29th... see page 39 for more details of the sponsored night.



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

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

*Coming soon ... on Saturday, December 7th at 1:30, starting at Snyder's Road East at Sandhills Road and finishing at the Seniors' Workshop on Beck Street where kids will meet Santa and receive treats and a gift! .*

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



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OPTIMIST  
CLUB**

*During the parade Canada Post letter carriers will be on hand to collect letters to Santa! Food will be collected for local food bank.*

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



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

# Talking with Ed

## Oh What a Night!!



*Hypnosis has been defined as "...a special psychological state with certain physiological attributes, resembling sleep only superficially and marked by a functioning of the individual at a level of awareness other than the ordinary conscious state." –Wikipedia*

The New Hamburg Optimist hosted a fund raising event for the Wilmot Splash Pad on Friday November 1<sup>st</sup> at the New Hamburg Community Centre. Many years ago we attended a hypnotist show in Kitchener with a group from work, so I had some idea what the night was going to be like and I had predetermined that I was not going to be one of the participants. I am still mystified at the power a hypnotist has over his subjects.

The night began with Jimmy G (the hypnotist) asking for twenty volunteers to come up to the stage. Within minutes he had twenty chairs filled from the enthusiastic crowd of 170 people – one of them was our friend Travis. Jimmy G took the time to explain to everyone that they would not be asked to do anything that they didn't want to do and he would not humiliate anyone.

Next, some mysterious music came on and he asked the group of twenty to hold their hands out in front of them, six inches apart. He then asked them to clasp them together, close their eyes, and suggested that a bottle of crazy glue had poured over them and they were hard to get apart. Jimmy G talked forcefully and suggestively throughout the exercise and when he was through he weeded out about a quarter of the group. He did try some suggestions, perhaps trying to find the right candidates. He then started up the music again and asked those remaining to look at a spot on the ceiling and suggested their eyes were fluttering, getting watery, and heavy. More were eliminated until there were five subjects left on the stage – Travis was one of them. Then the fun began!

The rest of the night was side splitting laughter as we sat in disbelief. Each person who was left was given

specific suggestions that they carried out throughout the night. Travis was told that every time he heard a song from Swan Lake he was told to dance like a ballerina, he had a massive crush on the girl next to him, and was told to tell a joke in Chinese. Others were told that they were the laughter cop (tell people to shut up if they laughed), if they heard the word Wilmot that they would think they cut themselves shaving and apply a band aid, their shoe was a phone and their belly button was missing, their gummy bear candy was dying and needed mouth to mouth and so on.

There were many suggestions given to all five of them as a whole. Jimmy suggested that he was nude, they were driving a speed boat or riding a roller coaster, they were lying on a beach and needed some lotion applied, and he was teacher at school who when he was looking at them they liked him but when he turned away they hated him. I haven't laughed that hard in a long time and I thank the participants for being such good sports.

Another weird thing happened before he brought them out of their trance: he told them that as long as they were in the building and anyone asked if they thought they were hypnotized they would rub their nose. Dozens of people approached Travis after he was released from his spell and every time he rubbed his nose. After he left the building he didn't. It was a great night that raised \$2,500 for the Splash Pad. The New Hamburg Optimist also pledged \$25,000 to the project. Thanks to everyone involved for the great night.

Until next month...Ed



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## EXTRA EXTRA!!!



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

Also at St. Agatha at Angies Kitchen and Stop 2 Shop, in Petersburg at Blue Moon and Old Fashioned Variety, and at Foxboro.

Over 30 places in New Hamburg to pick it up—including: No Frills, Sobey's, Short Stop, Cooks Pharmacy, McDonalds, Kasemann's, Morningside, Absolute Fitness, NH Dry Cleaners, NH Wellness, NH Library and various offices and retail locations throughout Wilmot Township.

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

# Greetings from ~ Outlook Headquarters

It's been another busy month here at Outlook Headquarters.

The time has come for us to put together the 2014 Outlook Calendar, and we've heard that folks

want to see more archive photos. We've been snooping around our regular haunts to find more, but

we also ask you to poke around through your attic or trunk and share any old photos to be featured in the calendar. You can email them to us, or we'd be happy to come by and get them to scan ... and we'll be sure to take good care and return them to you. But I need to get at it—so, the sooner the better, please. On that note, we also invite you to submit any event or special occasion that may be of interest to the community to include in the calendar. Simply email us the name of event along with the date.

As our current computer system is over-worked and acting wonky, we realize it's time for us to bite the bullet and upgrade our computer system. Yikes, so many upgrades and computer components to choose from, designed of course to make my work easier-- yet I am dubious... can I adapt to new programs? We've been working with Microsoft Publisher 2000 and I'm timid to learn yet again – I'm sure no techy, and am comfortable with what I have mastered over the past 13 years, so I've been bucking the idea. But yes, it's time, so I say, "Chin up, face my fears and jump in!" It could be exciting to find new fonts or clip-arts to play with--my favourite! Barry is wiping his brow as he fears a fatal system crash is looming! Stay tuned...



We are fortunate to have Badenite Melodie O'Connell, a social worker, writing for us. She is growing concerned about the many people who suffer with depression and anxiety. As the winter season approaches, along with Christmas, these issues become even more apparent. Depression is the common cold of mental illness and is not to be stigmatized. We trust that her article (see page 24) will reach someone and shed some light and comfort.


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Once again we are hosting a Firebirds Hockey game. This is a good time to get on board with the team as there are many changes happening in the league. Check out page 39 for a briefing from coach Dave Randerson, on how the team is doing—and be sure to clip your coupon to get into the game for free. Go cheer on your local team—make it a family event. The Baden Public School grade 7-8 choir will open the game with the national anthem and you will be sure to get caught up in the excitement.



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Most people imagine that structure fires are always spectacular: flames roar out of the roof, and the sky is alight with orange and red. There's never a problem knowing where a fire is—at least, that's what we imagine.

In reality, however, firefighters know the truth: big fires usually start small, with a spark or smouldering embers. And often, those sparks are not easy to find—they can be behind walls, under light fixtures, or even inside hay bales.



Often, heat is the only clue that something is wrong. Luckily, modern technology like smoke and heat detectors can sound the alarm. And when firefighters arrive, there's another technology that can help find the problem before it gets out of control: the thermal imaging camera.

Thermal imaging cameras, or TICs, display heat signatures on a black and white screen, with hotter areas displayed as lighter or red images. Firefighters use a TIC when the heat is not visible to the naked eye. Once the location is determined, the fire can be dealt with effectively.

But there are more uses for a TIC. They can find people by detecting body heat, which comes in handy when a passenger is ejected from a vehicle on a dark night, or when an unconscious person is somewhere in a smoky house. TICs can also help police locate a missing person.

The TIC is a vital tool, and thanks to the donations of several businesses, as well as our community's support, Baden firefighters have recently added a new TIC to their tool box.

"At a cost of \$11,500, this new TIC has much better screen resolution, offering more detailed images," explains Baden Firefighters Association president Kenton Frey. "It's lighter than our old one, which allows it to be clipped to a firefighter's turn-out coat. It's also simpler to use."

The Association fundraised for the new TIC over two years, including their annual dance, the baseball tournament, and the Corn Festival pancake breakfast. Frey points out that "Really, it was the community's support that helped make this purchase possible."

There are also some special mentions, says Frey: "To the MAX Canada Insurance Company, Mars Convenience, Mike Schout of Stonecroft Corporation, McDougall and Company Chartered Accountants, Pizza Express and Subs, and the Baden Eyecare Centre, thank you for your generosity."

"Raising the money for the TIC has been a spectacular demonstration of community spirit," says Frey. Spectacular, indeed ... and now the firefighters have even more tools to thoroughly extinguish or even prevent spectacular fires.

## Baden Firefighters Association



### Annual Fundraising Dance

**St. Agatha Community Centre  
Saturday January 25, 2014  
8:00 pm to 1:00 am**

**\$10 / Person**

**Tickets Available @ Mars Convenience,  
or from any Baden Firefighter,  
or call 519.501.6631**

**Grand River Transit Bus rides  
back to Baden - \$5 per person.**



# Lest We Forget

**On November 11  
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***Do you know where this picture was taken in Wilmot Township?***

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Draw will be made December 1st, 2013.

This is a sample of the local pictures that are sold through Gifts From The Heart to stores across Canada taken by

Baden photographer  
Rick Schmidt.



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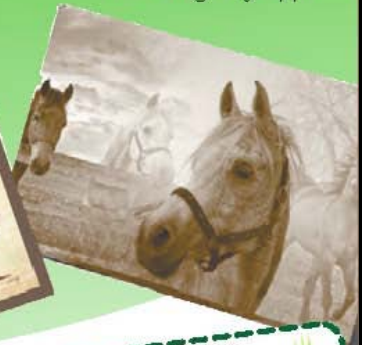
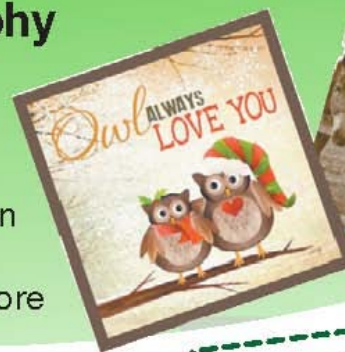
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**CLUSTER QUIZ ~ Find a word for each category using the letters in the word WILMOT ~ Our answers page 34**

	BIRDS	BADEN STREETS	GIRLS NAMES	CHRISTMAS DECOR
W				
I				
L				
M				
O				
T				

## Baden ~ Our Town

MaryLynn Hoerle and John Vleeming from the Wilmot Splash Pad Committee joined us at The Baden Community Association's October 30th meeting to accept a cheque for \$500 from President Maureen Edwards and Treasurer Sonya Frank. The monies were a portion of the proceeds from the Baden Corn Festival held on August 10th of this year.



*MaryLynn Hoerle and John Vleeming receive donation from Treasurer Sonya Frank and President Maureen Edwards*

Many members of the BCA donned their green shirts, braved the inclement weather, and hit the streets on Halloween night to ensure the safety of the wee ones.

BCA members will be helping the Baden Chamber of Commerce with their annual Santa Claus Parade. They will be helping with the organizing and participating in the parade as well.

The BCA is also working on their Family Day promotion at the Wilmot Rec Centre and will be purchasing extra time in the pool and ice rink to ensure that everyone has a great day.

The BCA meet the last Wednesday of the month at 7 p.m. at the basement of the township hall (next meeting on November 27th). Please feel welcome to come out and support your community!



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## Baden Minor Soft Ball Award Winners of The Most Improved Player

In the October issue we featured the winners of various awards from this seasons Baden Minor Baseball. The MIP photo was incomplete, so here is the group of players who received the award.



Madison Green, Sykora Waechter, Tyler Schnarr,  
Stevie Glauser, Kira Kuttis, Alexys Marks.

Congratulations to you all for working hard to become this years most improved players — Bravo!



## BADEN EYECARE CENTRE

Dr. Sonya Frank, Optometrist

### DID YOU KNOW?

- 👁 Eyes should be examined annually for kids & seniors and every two years for adults – or more often if problems are found and need watching or treating!
- 👁 It's almost holiday time again, so we have our special give-away for kids who get their eyes checked in December



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# Checking Out the Baden Library



**WiFi:** All Region of Waterloo Library branches now have free WiFi! Visit us with your laptop, tablet or smartphone to access this service.



Thursday mornings: Jan. 9 to Feb. 27 from 10:15 – 10:45 a.m.

**Toddler Tales** – a storytime program for parents and two-year-olds.

Tuesday mornings: Jan. 7 to Feb. 25 from 10:15 - 10:45 a.m.

## Hockey Night at the Library

Join us on Nov. 27 at 6:30 p.m., when players from the New Hamburg Firebirds Junior C Hockey Team read to children at the Baden and New Hamburg Libraries. Come and meet the Firebirds! Registration is not required but recommended due to limited space. Stop by the library **NOW** and pick up your **Face Off with the Firebirds Game Sheet** for a chance to win amazing prizes! Complete all the plays on your game sheet and get a free pass to a Firebirds game.

## Food For Fines

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

## Come Read With Me Holiday Family Storytime

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

## Winter Storytime Programs

Registration for winter Storytime programs begins on Dec. 10 for new families and Dec. 11 for returning families. (A returning child refers to a child who was in the same registered program in the immediate previous session. A new child refers to a child who is either registering for a program for the first time, or was not registered in a program in the immediate previous session at this branch.)

All programs begin the week of Jan. 7, 2014. Due to space, registration is limited. Choose from the following programs:

**Baby & Me** – a storytime program for parents and babies 0 to 11 months.

Choose Thursday mornings: Jan. 9 to Feb. 27 from 11-11:30 a.m. **OR** 11:45 a.m. - 12:15 p.m.

**Wonderful Ones** – a storytime program for parents and one-year-olds.

## Storytime for Children three to five years-old.

Choose either Tuesday mornings:

Jan. 7 to Feb. 25 from 9:15 - 10 a.m.

**OR** Thursday mornings: Jan. 9 to Feb. 27 from 9:15 - 10 a.m.

Storytime programs include stories, songs, and rhymes, as well as games and crafts for older children. Have some fun with literacy!

## Get Connected to Your Library

Did you know that the Region of Waterloo Library is on Facebook, Twitter, Google+ and Pinterest? We also offer two newsletters that you can subscribe to: RWLibrary News and RWLibrary Kids. Sign up, Follow and Like Us for new service information, program announcements, book recommendations and more!

Questions? Contact the library at:

519-634-8933, [badenlib@regionofwaterloo.ca](mailto:badenlib@regionofwaterloo.ca) for more information. Up-to-date information is also available in our Events Calendar on our website at [www.rwlibrary.ca](http://www.rwlibrary.ca).

*Chris Baechler, Assistant Supervisor  
Baden Branch, Region of Waterloo Library*

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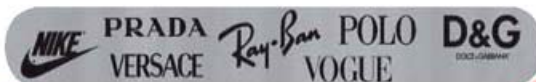
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## Exciting News from Wilmot Splashpad Campaign

By Angie Hallman

Friday November 1st was an awe-inspiring day for the Wilmot Splash Pad. The day started off with a tremendous donation of \$8,500 from the New Hamburg Stonecroft Community from funds raised from their annual golf tournament. The funds raised from the Stonecroft Community pushed the Splash Pad campaign to its half way point! My three year old son Vance was literally jumping for joy in celebration in the Stoncroft recreation facility that morning.

The Friday nights Comedy Hypnotist fundraiser put on by the New Hamburg Optimist was truly an amazing event. I was laughing so hard that it brought tears to my eyes. To my surprise the tears weren't over. They called me up to the front to announce the donation from the event which was \$2,500 and then also announced their overwhelming support of the Wilmot Splash Pad with a \$25,000 donation. I was brought to tears again. I was speechless and overcome by excitement by the donation and support from the New Hamburg Optimists Club.

This past week has been awe-inspiring for us: The New Hamburg Optimist Club donation of a total \$27,500, The New Hamburg Stonecroft Community \$8,500, Floods Plumbing Heating and Cooling \$1,500 and Baden Cornfest of \$500. I am left to say again that the individuals, families, business and service clubs of Wilmot are like no other community I know of. I am so very proud to call Wilmot my home!



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Stonecroft Community Presents Splash Pad Donation to Angie



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*Although Bob has passed away,  
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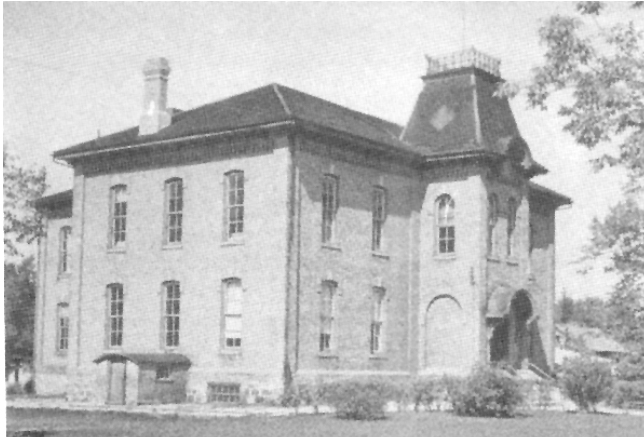


## Ask Armand ~

Sue from Wilmot Centre asks - I know Waterloo Oxford High School opened in 1955, but was there a high school for the area before this?



*Armand says* –Yes there was, Sue! There was a school at the corner of Huron and Milton Streets in New Hamburg. The school was built in 1874 and was a public school until the early 1950s. It then became the New Hamburg Continuation school. When W-O was opened it was sold and demolished in 1958.



## You Must Be Joking!!



**ADULT:** A person who has stopped growing at both ends and is now growing in the middle.

**BEAUTY PARLOR:** A place where women curl up and dye.

**CHICKENS:** The only animals you eat before they are born and after they are dead.

**COMMITTEE:** A body that keeps minutes and wastes hours.

**DUST:** Mud with the juice squeezed out.

**EGOTIST:** Someone who is usually me-deep in conversation.

**HANDKERCHIEF:** Cold Storage.

**MOSQUITO:** An insect that makes you like flies better.

**RAISIN:** A grape with a bad sunburn.

**SECRET:** Something you tell to one person at a time.

**SKELETON:** A bunch of bones with the person scraped off.

**TOOTHACHE:** The pain that drives you to extraction.

**TOMORROW:** One of the greatest labour saving devices of today.

**YAWN:** An honest opinion openly expressed.

**WRINKLES:** Something other people have, similar to my character lines.

*Submitted by Robert Price*

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## Winter Holiday Hazards For Pets

~ by *Baden Veterinary Hospital*

With Thanksgiving and Halloween behind us, we now focus our attention on my favourite holiday, Christmas! Beautiful decorations, family gatherings and fantastic food make it a wonderful time of year! But with all the hustle and bustle, please keep in mind some of the dangers this season can pose to your furry family members.

### Hazardous Holiday Plants:

- **Lilies** that may be found in holiday flower arrangements could be deadly to your cat. Many types of lily, such as Tiger, Asian, Japanese Show, Easter, Stargazer, and the Casa Blanca, can cause kidney failure in cats.
- **Poinsettias** are generally not deadly, but if ingested can be irritating to the mouth and stomach and may cause mild vomiting or nausea.
- **Mistletoe** has the potential to cause cardiovascular problems. More commonly however, ingestion usually only causes gastrointestinal upset.
- **Holly** ingestion could cause vomiting, nausea, diarrhea, and lethargy.



### Holiday Decoration Hazards:

- **Christmas Tree:** the tree water may contain fertilizers which, if ingested, can cause stomach upset. Stagnant tree water can be breeding grounds for bacteria, which can also lead to vomiting, nausea, and diarrhea, if ingested.
- **Electric cords:** Avoid animal exposure to electric cords. If they are chewed, they can electrocute your pet. Cover up or hide electric cords. Never let your pet chew on them.
- **Ribbons or tinsel** can get caught up in the intestines and cause intestinal obstruction.
- **Batteries** contain corrosives. If ingested they can cause ulceration to the mouth, tongue, and the rest of the gastrointestinal tract.
- **Glass ornaments** can cut the tissues of the gastrointestinal tract if ingested.



**Potpourris** are popular household fragrances commonly used during the holiday season. Accidental contact or ingestion of some types of liquid potpourris can result in severe damage to the mouth, skin or eyes.

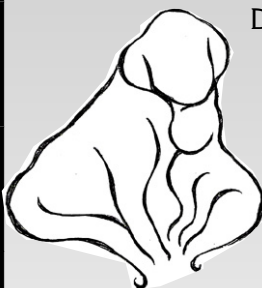
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### Children Learn how Police Help Us

While taking a routine vandalism report at an elementary school, I was interrupted by a little girl about 6 years old. Looking up and down at my uniform, she asked, "Are you a cop?" "Yes", I answered and continued writing the report.



"My mother said if I ever needed help I should ask the police. Is that right?"  
"Yes, that's right," I told her. "Well, then," she said as she extended her foot toward me, "Would you please tie my shoe?"



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## Cool Things Happening at Baden Public School

Submitted by: Baden Me to We Team Student Leaders

In October, the Me to We Team ran a one week food drive for the Wilmot Family Resource Centre and the Food Bank of Waterloo Region. Approximately 1200 lbs of food were collected. The Me to We Team is comprised of 18 Grade 7 and 8 students. They are a social justice club and, like a sports team, try out for this opportunity. Generally, these are students who love to make a difference in their communities and their world. They act as student leaders by organizing opportunities for the entire school to contribute positively to their world. Student leaders from Me to We are looking forward to attending We Day Waterloo on November 20th.

Immediately following this campaign, the Me to We Team collected sweaters to support St. James Lutheran Church's Sweater Drive for Syria through Canadian Lutheran World Relief. The big blue bin in the front lobby of the school overflowed just days into the campaign, was emptied, has filled again and is now beside a pile that is bigger than the bin itself. The response has been overwhelming. We thank St. James for inviting us to help them and thank our school community for recognizing how we can help people in Syria.



Finally, the Me to We Team is looking forward to organizing their annual Angel Tree for the Wilmot Family Resource Centre, collecting gifts as part of WFRC's hamper program. They are also brainstorming fundraising ideas for their healthcare project in Kenya.

The Grade 7 and 8 student leaders are not the only ones who are presenting opportunities to be caring, global citizens. Mille Einwechter and the Grade 1 and 2 students have again organized their pumpkin carving campaign to raise funds for UNICEF. Students vote for their favourite

Jack O-Lantern by putting change in that pumpkin's UNICEF box. Typically, the campaign raises around \$500 for UNICEF.

The accompanying photo shows the overlap of the caring initiatives at Baden Public School with the Grade 1 and 2 pumpkins on the table, and the bags and bags of sweaters for Syria under the table.



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# LookOut Kids' Korner

Because the colder weather is here, outside play isn't as much fun, or as easy—having to bundle up instead of just flying out the door barefoot. But there is more to do besides plugging into the computer, television, or electronic games which can leave you lethargic and restless. So, let's explore hobbies, which are creative and fun, and all about you!



Collections: Children are natural collectors of almost anything; those collections can help you discover that learning is fun. A collection could be simple or a long term project, whether it be sports cards, hats, buttons, crayons, your own art projects, stuffed toys, rocks, dolls or coins. To truly enjoy a collection, find a way to show it off to others, to classify and display. A journal for a picture and a few notes on each piece—how and when you found the piece is good way to organize a collection. However, collections can be stored in shoe boxes, bags, egg cartons, baby food jars—anything can make a good display. It doesn't have to be expensive and the whole family can contribute. Not sure where to start? Look under your bed or in your closet and you may get a hint of what interests you! Give it a try, you're sure to have fun!



Take some lessons to help with your hobby, or join a club like archery, woodworking, knitting, writing, music, swimming, cooking, Karate, or scrap booking. Call on your grandparents and spend visits sharing and learning about their hobbies—knitting or making jam, woodworking or bird-watching...they may surprise you with the fun they have! Ask them what they did when they were kids and see what they collected.



## Other ideas:

- ◇ Learn to knit or crochet
- ◇ Make jewellery
- ◇ Get a cookbook and learn to bake
- ◇ Learn to juggle
- ◇ Reading
- ◇ Scrap booking
- ◇ Bird Watching
- ◇ Electronics Kit
- ◇ Yoga
- ◇ Singing
- ◇ Sewing
- ◇ Jigsaw puzzles
- ◇ Wood working—make a birdhouse
- ◇ Play piano or other instrument
- ◇ Writing poems or stories
- ◇ Learn calligraphy
- ◇ Build Lego creations— take pictures and make your own Lego book
- ◇ Make a family tree
- ◇ Puzzle books; Crosswords / sudoku
- ◇ Get an aquarium, learn about fish



With this in mind it may be a good time to plan your Christmas wish list!



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## GREAT TRUTHS THAT CHILDREN HAVE LEARNED:

- 1) No matter how hard you try, you can't baptize cats.
- 2) When your Mom is mad at your Dad, don't let her brush your hair.
- 3) If your sister hits you, don't hit her back.  
They always catch the second person.
- 4) Never hold a Dust-Buster and a cat at the same time
- 5) Never ask your 3-year old brother to hold a tomato.
- 6) You can't trust dogs to watch your food.
- 6) Don't sneeze when someone is cutting your hair.
- 8) You can't hide a piece of broccoli in a glass of milk.
- 9) Don't wear polka-dot underwear under white shorts.
- 10) The best place to be when you're sad is Grandpa's



## Baden Outlook Hockey Pool Stats

Place	Adults Name	PTS	Place	Kids Name	PTS
1	Tim Gowland	196	T1	Taylor Naumann	192
2	Tyler Randerson	190	T	Alyssa Gingerich	192
3	Janice Gingerich	189	3	Daniel Kreller	187
T4	Brett Gardner	188	4	Kaidan Peoples	184
T4	Stephen Wenn	188	T5	Tate Brenner	182
6	Jen Medeiros	186	T5	Tyson Lobo	182
7	Dave Randerson	185	7	Dominik Struth	174
T8	Shane Rooney	184	T8	Paige Naumann	172
T8	Hollywood Moore	184	T8	Kaden	172
T10	Stew Jutzi	183	T8	Calli Storer	172
T10	Brittney Snyder	183	T8	Kaden Eichler	172
T12	Anne Blackshaw	182	T8	Jordan Snyder	172
T12	Bob Abbott	182	T13	Bryn Fournier	171
T14	Larry Brown	181	T13	Rowan Dibben	171
T14	Joel Egerdee	181	T13	Allie Gardner	171
T14	Earl Nickolas	181	T13	Brayden Gingerich	171
T14	Bill Fleming	181	T17	Ben Ziegler	170
T18	John Papa	180	T17	Myla Blackshaw	170
T18	Pat Beaver	180	T17	Aislynn Giddons	170
T18	Craig Tallman	180	T17	Aiden Heinbuch	170
T21	Geoff Stumpf	179	21	Carter Alderson	169
T21	Laurie Honderich	179	T22	Matthew DeLay	168
T21	Merv Roth	179	T22	Cooper Hill	168
T24	Nathen Gibbons	178	24	Erin Rooney	167
T24	Kimstress	178	T25	Luke Bennett	166
T24	Larry Gascho	178	T25	Melanie Austin	166
T27	Leanne Kropf	177	T27	Hunter DeLay	164
T27	Buffalo Bandits	177	T27	Nate Gardner	164
T27	Richard Knaut	177	29	Tyson Ruston	163
T30	Trudy Roth	176	T30	Madisyn Wilde	162
T30	Brad Chard	176	T30	Meghan Mueller	162
T30	Bob Brydon	176	T32	Matthew Goodyear	160
T33	Elmer Koenig	175	T32	Ben Habel	160
T33	Bruno Egli	175	T32	Chazen Snyder	160
T33	Brad Snyder	175	T32	Owen Kunkel	160
T33	Leaf Lover	175	T32	Brielle Dibben	159
T37	Rick Miles	174	T36	Spencer Boshart	159
T37	Steve Jokic	174	T38	Aiden Kropf	158
T37	J-Moe	174	T38	Kodi Blackshaw	158
T37	Gerry McLean	174	40	Zach Bennett	156
T37	Tim Wenn	174			
T37	Brady Schmidt	174			

**Congratulations to**  
**Tim Gowland** for taking the  
**adult leader prize** for this  
**month's Hockey Pool**, winning a  
**gift certificate** from **EJ's Tavern**.



**And congrats** to the leaders of the  
**kids pool**, with a tie – **Taylor**  
**Naumann** and **Alyssa Gingerich**–  
**winning gift certificates** from  
**Riverside Lanes**

**The lucky random draw winner**  
**Is Michelle Ruston**, winning a  
**Baden Outlook shirt**.

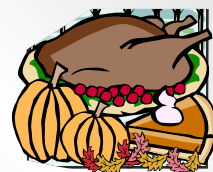


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*~ Fiona Haggerty, Baden*



**Happy Fall Y'All** - photo submitted by Robert Price



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## Baden Birding

Lately there has been a lot of news about invasive species in our area. We're probably all familiar with the stories of Zebra Mussels showing up in the Great Lakes, and more recently in Lake Winnipeg. They've caused a lot of problems with their massing around warm output pipes – sewers, power plants etc. These mussels have also added to clearing out the water in Lake Erie as they eat so much. Their shells also concentrate pollutants and when they die the shells form sediment on the lake bottom, locking up the pollutants for at least the present. More recently, several varieties of Asian carp have shown up in the Great Lakes too and are breeding. But there is a long history of invasive species in North America. Some scientists think that we are the original invasive species. Shortly after human beings made it across the Bering Strait large herbivores started disappearing in North America and soon also the large carnivores which were dependant on those large herbivores.

But this is a birding column. This month we're going to look at a bird which not only invaded North America but which invades our birdfeeders in quarrelling flocks trying to establish a pecking order that lasts only until one bird leaves or another arrives. I'm talking about the English Sparrow. I've seen this bird in England, France, Italy, Malta, Germany, South Korea and, of course, everywhere in North America I've been. They began their long association with humans in the Middle East and have



By Dave Rogalsky

spread along with humans and their handy grains. But that's not how they got to North America. There are two stories I've heard about their introduction: in one, they were imported believing that they would eat inchworms and canker worms on crops. While they are omnivorous – they'll eat anything – when they're feeding young, which is often, as they breed copiously, they're mainly feeders on seeds. Look at their beaks – they are very similar to the yellow and red finches we have at our feeders – birds that eat seeds, not worms. The other story is more romantic, but just as invasive. Seems a lover of Shakespeare decided to import every bird that was found in the great Bard's writings. Most of the birds couldn't make it here but the sparrow did!

While they're not from here, they've certainly made themselves at home. Using larger seeds does slow them down, though they eat half the peanuts from my peanut feeder, sometimes chasing the downy woodpeckers away! But the sunflower seeds seem to slow them down, making room for more cardinals and jays. If you watch them closely you'll see breeding behaviour as the male drags a wing while dancing around the female. And when the young arrive with their shorter tails you'll see them sitting and shivering piteously, demanding to be fed, over and over and over again.

But scientists have been studying them and find that flock size, amount of food, size of food and the presence of cover change the birds' behaviour. Watch and see what you learn!



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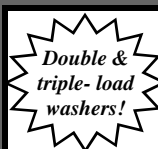
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## This Month We Salute Prostate Health

Yes, Halloween is over. So why, you may ask, do some people look like they are changing their appearance now, in November, to prepare for some kind of costume party? The answer lies in the prostate. This small walnut-sized gland forms a part of the male anatomy. It sits below the bladder and surrounds the urethra, part of our plumbing system that acts like a flexible pipe to allow urine to flow from the bladder to the exterior of the body. Enlargement of the prostate gland in men over the age of 40 is very common. Symptoms of prostate enlargement would include frequent urination, night time awakening to empty the bladder, and urination urgency. Many of the same age-related changes to the prostate that cause enlargement are also associated with the development and spread of prostate cancer, therefore any nutritional and lifestyle changes that can help prevent prostate enlargement may also help prevent Prostate Cancer.

November, in recent years, has been re-named "Movember" as men and women help to raise awareness for Prostate Cancer. Growing facial hair in support of this worthwhile cause allows us to talk openly about the facts and also ways to prevent not only Prostate Cancer, but also Benign Prostate Hyperplasia (BPH) or enlargement of the prostate gland.

### Interesting Fact:

**Nearly 60% of men between the ages of 40 and 59 develop an enlarged prostate gland, also known as benign prostate hyperplasia (BPH). By age 80, ninety percent of men experience significant symptoms of an enlarged prostate gland.**

In recent years, a number of dietary and lifestyle factors have been identified as contributing to the enlargement of the prostate gland. The following guidelines represent prudent strategies for you to consider in reducing your risk of developing prostate cancer.

1. **Reduce your alcoholic intake** – In 2001, the Harvard Alumni Study revealed that men with moderate liquor consumption (3 drinks per week to 3 drinks per day) show a 61 to 66% increased risk for developing prostate cancer compared to those who never or infrequently consumed alcohol.
2. **Avoid Pan-fried meats** – The heterocyclic amines that are produced from pan-frying meats contain powerful mutagens that increase the risk of various cancers including prostate as discovered in a different study published in 2001 by B. T. Bogen and G. A. Keating, especially among the black population.
3. **Eat more Cruciferous Vegetables** – Cabbage, broccoli, cauliflower, Bok Choy, Brussels sprouts and turnips have been found to contain a substance called Indole-3-Carbinol which can inhibit the growth of cancer cells and may play an important role in the prevention of prostate cancer. I recommend you eat at least one serving of these nutrition powerhouses every day.
4. **Lots of Lycopene** – Lycopene is a powerful fat-soluble antioxidant found in tomatoes and other fruits. However, in order to be used by your body, it must be consumed with some fat. Drinking tomato juice on an empty stomach will not allow the lycopene to be utilized by your cells. Ideally you need to cook tomatoes with a healthy fat like coconut oil in order to allow your body to absorb this nutrient. Experimental evidence strongly supports the protective effect of lycopene against prostate cancer.

For more information about Orthomolecular Nutrition or to book your private consultation, please visit my website at [www.HeatherMB.ca](http://www.HeatherMB.ca) or call me at 519-502-0799.

### Eat Healthy to Be Healthy

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



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## ENLIGHTENED PERSPECTIVE

Life is a journey and we learn many things along the way  
~ Andy Rooney quotes of what he has learned:

- That the best classroom in the world is at the feet of an elderly person.
- That just one person saying to me, "You've made my day!" makes my day.
- That having a child fall asleep in your arms is one of the most peaceful feelings in the world.
- That being kind is more important than being right.
- That I can always pray for someone when I don't have the strength to help him in some other way.
- That life is like a roll of toilet paper. The closer it gets to the end, the faster it goes.
- That no matter how serious your life requires you to be, everyone needs a friend to act goofy with.
- That sometimes all a person needs is a hand to hold and a heart to understand.
- That money doesn't buy class.
- That it's those small daily happenings that make life worth living.
- That everyone you meet deserves to be greeted with a smile.
- That when you harbour bitterness, happiness will dock elsewhere.
- That one should keep his words both soft and tender, because tomorrow he may have to eat them.
- That everyone wants to reach the top of the mountain, but all the happiness and growth occurs while you're climbing it.
- That a smile is an inexpensive way to improve your looks.

Email Submitted by Jean Shantz



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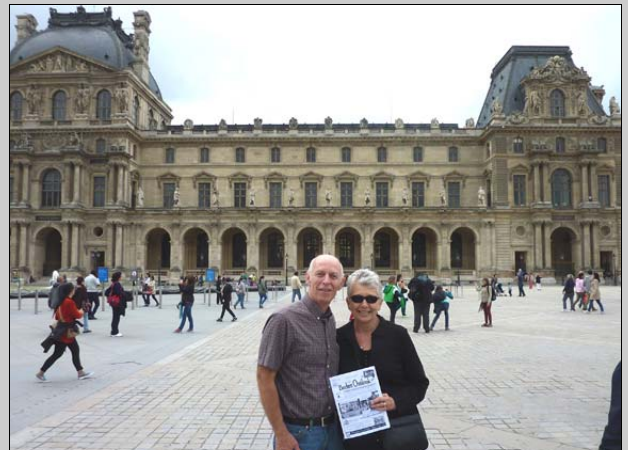
Paul and Karen Weber and Lynn and Marilyn Sararus took their Baden Outlook on a trip to Northern Italy. This photo shows the roof tops of Florence in the background.



Elva Pletz from Foxboro was invited to travel with her sister and brother-in-law Nolan and Fanny Swartzentruber, in their R.V. to Fort Simpson, NT. They covered 9,600 km. in 2½ weeks—what a ride!



Ron and Elaine Jackson, New Dundee, spent some time with their Baden Outlook at Mavillette Beach in Nova Scotia. Beautiful, quiet beach, wonderful sunsets, brilliant stars!



Kathryn and Bob Hadley of Baden took their Baden Outlook to The Louvre in Paris.



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your Outlook when  
going on vacation!*

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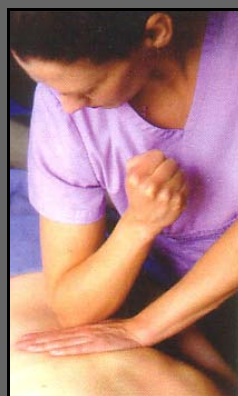


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80% of all Canadians will suffer at least one significant episode of back pain in their lives. Back pain can negatively impact an individual's work, recreational, and social life. Back pain prevention can go a long way in reducing the risk of injury. Below are some tips on how to overcome some of the common everyday activities that can contribute to back pain.

**1. Improper lifting is a risk factor associated with back pain.** There are several strategies that should be employed during lifting activities. Maintaining the natural curve/hollow (lordosis) of your low back is important, as this is its strongest and most secure position. Avoid awkward postures such as bending, reaching, and twisting/turning. Whenever possible, you should square your body toward the object being lifted, turn your whole body by moving your feet, and keep the object close to your body. Contracting your abdominal muscles during lifting, lowering, and moving activities improves spinal stability, referred to as bracing. You should also bend at the legs and not the waist, lifting slowly and smoothly, not jerking. Minimizing lift load and exposure, taking mini-breaks, and job rotations can also be helpful. The use of assistive devices such as dollies, handgrips, and pull carts is also recommended.



**2. The physical strain of sitting:** Most people that sit for prolonged periods of time will eventually adopt a poor posture that includes losing the natural hollow of the low back, rounding or slouching forward of the upper back and shoulders, and a forward head poking position. This can

lead to significant back pain as these less than ideal positions put cumulative compression and strain on the spine. Take 10 to 30 second stretch or posture breaks every 20 to 40 minutes to make sure weight is evenly distributed, your shoulders are not rounding forward, and you are not slouching.

**3. Working in stooped positions:** When we keep our backs in a neutral/straight position, the mechanical load on the spine is considerably lower than when your back is bent forward. Many activities around the home and workplace cause you to bend forward and stoop. The longer you work in these forward bent positions, the more likely you are to experience back problems. In order to minimize the risk of injury, you should interrupt the stooped position at regular intervals before pain starts. Trying to find alternative ways of completing tasks without stooping is ideal.

**4. Smoking contributes to an increase in spinal problems.** Smoking has been shown to decrease bone mineral density and increase the risk of osteoporosis and future fractures. The reduced blood circulation found in smokers deprives spinal discs of vital nutrients which can lead to premature degeneration. Smoking may also provoke disc herniation through coughing. Exposure to secondhand smoke during childhood may also increase the risk of developing back problems later in life.

**5. Lack of physical activity de-conditions the body.** This makes us more susceptible to cumulative spinal strain and injury. For optimal functioning, your muscles and joints need a steady supply of oxygen-rich blood. Regular exercise increases our functional capacity to withstand occupational, recreational, and everyday stresses on our back more efficiently, thereby minimizing the risk of injury.

Decreasing your risk for back pain is the first step in prevention. For some, back pain can be dramatically minimized or avoided; while for others it needs to be managed so that its negative effects on activities of daily living can be reduced. If you are suffering from back pain, a qualified health professional can determine the cause of your pain and prescribe appropriate therapy, exercises, and back sparing strategies specifically for your circumstance. For more information visit [www.nhwc.ca](http://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.*



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## Improving the Health of our Community

### ~ What is Depression? Part 1

By Melodie O'Connell MSW RSW



As part of the human experience, we often go through 'ups' and 'downs' in our everyday lives. Sometimes we use the term depression to describe these changes in mood. But what is depression? Depression can be described as a chemical change in our brain. There are many contributing factors to depression. These factors may include a strong family history, a crisis resulting in a relational, or financial change, unresolved grief, abuse, illness, or high levels of chronic stress. Some of the symptoms of depression include feeling depressed, hopeless or worthless, changes in appetite and sleep, inability to think, focus, or concentrate, and a lack of energy and motivation. Some people may also struggle with suicidal thoughts.

The good news is, we can have an impact on our own brain chemistry by some of the choices that we make. When our mood is low, we may choose to isolate ourselves from others, avoid people, situations or environments, and we often develop a negative perception of the world around us. In order to shift the mood, it is vital to challenge the negative perception as well as push ourselves to reduce isolation (behavioral activation). When our mood is low, it is important to ask the question, "What am I thinking?" Understanding the relationship between our thoughts and mood is imperative when trying to shift a depressive episode. Once we identify the thought, we can start to challenge it, by looking for "evidence" that may suggest that our thought may not be true. We can ask the question, "If my friend had this thought, what would I say to them," or "If my friends knew I was thinking this, what would they say to me? Is there any other way of looking at this situation? When we are feeling low, it is very difficult to shift our negative perception to a more realistic perception. When we ask ourselves how others may perceive it, we may start to see the situation differently.

Behavioural activation is a very important component of treating depression. Individuals will often wait for the mood to improve before resuming some of their regular activities, but what we have learned is that by

participating in some of these activities, we may be able to shift the mood. I often ask people to measure their mood on a scale of 1-10 (one being really low, 10 being good). Measuring helps us to establish a relationship between our mood and activity. For example, if the mood is a 3/10, we may feel that we don't have the energy or interest to go for a walk, call a friend, or go out of the house. However, if we do one of these activities, we may notice that our mood may shift to a 4 or 5 out of 10. I spoke to a colleague of mine who had been running a depression group for homeless men in downtown Toronto. Prior to the second session, this client came into the group and said to her that he felt much better, but it took a lot of hard work. We know that whether we struggle with depression or not, feeling good does take hard work.

\*\*\* This article is not intended to diagnose depression. If you are feeling some of these symptoms, please speak to your health care provider. If you are struggling with suicidal ideation, call the mobile crisis number (519-745-1166) or go to your local ER.

Stay tuned for part two, coming next month  
[melodieoconnell@hotmail.com](mailto:melodieoconnell@hotmail.com)

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## Edith Gingerich ~ 90 Years Old

Happy Birthday to our beautiful Mother on November 17th from your family ~ Ken, daughters Karen (Ward), Linda (John), 5 grandchildren & 10 great grandchildren



Hugs & kisses ~  
We love you!  
God Bless



The clock continues to tick... and so time moves on, greeting you with another birthday every year. There is no point fighting it.. It just keeps on coming.

Here are some quotes from those who know the feeling of getting old:

- ◇ Age is strictly a case of mind over matter. If you don't mind, it doesn't matter. ~ Jack Benny
- ◇ The older the fiddler, the sweeter the tune. ~ Pope Paul VI
- ◇ The secret of staying young is to live honestly, eat slowly, and lie about your age. ~ Lucille Ball
- ◇ I think all this talk about age is foolish. Every time I'm one year older, everyone else is too. ~ Gloria Swanson
- ◇ I was always taught to respect my elders and I've now reached the age when I don't have anybody to respect. ~ George Burns

## It was so cold . . .

- ⇒ the optician was giving away free ice scrapers with every new pair of eyeglasses!
- ⇒ Grandpa's teeth were chattering - in the glass!
- ⇒ when we milked the cows, we got ice cream!
- ⇒ dogs had to put jumper cables on the rabbits - just to get them running!
- ⇒ hitchhikers were holding up pictures of thumbs!
- ⇒ when I dialed 911, a recorded message said to phone back in the spring!





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One of my favorite and probably one of the most important health practices I promote is drinking tea daily. Now is the perfect time to introduce this practice as the chill takes over, because warming teas pack a super healing power and make you feel great.

You've all heard of antioxidants, and you try to eat your vegetables and fruits and take your multivitamins or supplements to achieve a high level. But did you know that one of the highest source of antioxidants for women comes from their tea drinking practices? I say Bravo, congratulations if you're one of these women, and if you're not, here's how to start.

First of all, you need to know that all teas except herbals such as rooibos, chamomile or peppermint (more on the herbal teas in a future article) come from the plant *Camellia Sinensis*, and the difference between the teas depends on the processing, which gives each tea its caffeine content, antioxidant power, and unique flavour.

Caffeine content is a concern because excessive consumption over-stimulates us, reduces our ability to detoxify toxins, and can dramatically affect our sleep patterns. Here are the teas in order of caffeine content from highest to lowest: Black Tea, Oolong, Green Tea, and White Tea. Black Tea, which is the highest in caffeine content, is ideally consumed at the very most only once per day in the early morning and, better yet, only on occasion. Oolong, Green and White can be consumed until about 3 pm in the early afternoon, and if you're caffeine sensitive, stop even earlier. Pay attention and be sure to listen to your body.

Speaking of people who listen to their bodies, do you know how Buddhist monks are able to meditate for hours on end, and maintain that incredible focus on nothing? That is difficult to do, yet they are able to practice this day in and day out. I dare you to try it! Obviously part of their skill is practice, part is because they drink green tea. Green tea contains a powerful ingredient, L-theanine, that puts the brain into a relaxed state, actually promoting the alpha wave length that induces relaxation and focus. So even though there is caffeine content, the tea is well balanced, so it gently stimulates but also relaxes. One could



say it attains the perfect balance—the yin and yang of teas. I recommend people emphasize drinking green tea. It is shown to reduce the risk of cancer, improve mental health, stimulate detoxification, increase focus, help with weight loss, and provide many more benefits. One example of these benefits in action was demonstrated in a recent Brazilian

study that compared two groups of obese patients. One group drank 1 cup of green tea every single day for an entire year, and the group that drank the green tea lost 10 lbs on average. This proves the benefits of green tea really do compound over the year.

Start compounding the benefits and switch to Green Tea. The recommended dose as a cancer preventative is 4-6 cups per day, but listen to your body and find out what amount is right for you. I am asked frequently which type of green tea (sencha, matcha, gen maicha, etc.) to choose. Here's my answer: "The organic one, and the one you like!" If you don't like it you won't drink it and it will be tough to create your health practice! So go exploring and find the Organic Green Tea you prefer and get your healthy Zen on!

*This article is not meant to diagnose or treat any disease. Before starting any new health practice consult your personal health care provider for recommendations that are specific to you.*

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## "Get It Together"

...with Donna & Rhonda



Go through your children's toys before the new ones arrive.

I have three girls, ages 8, 10, and 12. We have lots of toys and "girly" things at our house. We have toys ranging from stuffies, to Barbies, to tiny little Polly pockets. How do we maintain "reasonable" quantities? Organizing and purging toys is not a "one time event." I would recommend that you do this process with your children at least once a year. We need to teach our children that we cannot keep everything. We are not doing them a favour if we secretly sneak things out the back door without their knowing it (although that is necessary at times). We need to teach them to evaluate their possessions and determine what they use and what they "used to use" or have outgrown. Children need to learn that it is important to share and donate to others who don't have as much as they do.

So take the time to sit down with your children and go through their things to make room for new Christmas presents. What toys have they outgrown? What toys need to be thrown out because of safety reasons or because they are broken? What sorts of toys do they have too many of . . . and could donate them to their local thrift store? If we continue to accumulate and never pass things on to others, our house will be full in short order. Organizing and purging is a life skill that children need to learn. Teach by example!!

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# Cook's Corner

*Hearty roots vegetables, savoury soups and comforting casseroles... this is what fall is about! Dig out your roast pans and crock pots and create some yummy meals to serve your family.*



## Pat's Sweet & Savoury Beets/Root Veggies

This simple recipe can be used with just beets or include carrots, parsnips or other root vegetables.

Peel and cube vegetables. Put in a covered skillet with a small amount of salted water and bring to a boil. Simmer for 40 minutes or until tender. Drain off excess liquid then sprinkle with cumin, add butter, and one tbsp of maple syrup or brown sugar. Toss and simmer for 5 more minutes.

Make lots—great left-overs!

## Flavourful Chicken Noodle Casserole

Ingredients:

8 ounces egg noodles, uncooked  
1/2 cup butter (8 ounces)  
1 cup sliced mushrooms  
1/3 cup flour  
2 cups chicken broth  
1 cup milk  
1/4 cup pimiento, chopped  
2 teaspoons salt  
1/2 teaspoon pepper  
2 cups cooked diced chicken  
1/3 cup grated Parmesan cheese



Preparation: Cook noodles and drain. In large skillet, melt butter over low heat; sauté mushrooms. Blend in flour, stirring until smooth. Gradually add broth, milk, pimiento, salt and pepper, stirring constantly until sauce is thickened.

In a buttered 2 1/2-quart casserole, combine noodles, chicken and sauce. Sprinkle Parmesan cheese over top. Bake casserole 20 to 25 minutes in a preheated 350° oven.

## Carrot Soup – from Sonya Frank

This delicious, healthy and hearty fall soup also is chock full of beta-carotene that your body converts to vitamin A: an important nutrient for your eye health.

1/4 cup butter, melted  
1 med. onion, chopped  
1 garlic clove, minced  
3 cups carrots, sliced (6 medium)  
1 potato, peeled and diced  
1 can chicken broth (10 oz./284 mL)  
1 can water (10 oz./284 mL)  
1/2 tsp salt  
1/2 tsp tarragon  
1/4 tsp white pepper  
1 cup milk



Sauté onion and garlic in butter for 5 minutes, then add carrots and potato; stir to coat with butter. Add chicken broth, water, salt, tarragon, and pepper. Simmer while covered, over medium heat for 15 minutes, until vegetables are well cooked. Puree soup with a blender or food processor until smooth. Pour back into saucepan, stir in milk. Heat and serve. Serves 6 to 8.

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## *You Must Be Joking!*

### The Blame Game ~



While on a road trip, an elderly couple stopped at a roadside restaurant for lunch. After finishing their meal, they left the restaurant, and resumed their trip.

When leaving, the elderly woman had unknowingly left her glasses on the table, and she didn't miss them until they had been driving for about forty minutes.

By then, to add to the aggravation, they had to travel quite a distance before they could find a place to turn around, in order to return to the restaurant to retrieve her glasses.

All the way back, the elderly husband became the classic grouchy old man. He fussed and complained, and scolded his wife relentlessly during the entire return drive. The more he chided her, the more agitated he became. He just wouldn't let up for a single minute.

To her relief, they finally arrived at the restaurant. As the woman got out of the car, and hurried inside to retrieve her glasses, the old geezer yelled to her,

While you're in there, you might as well get my hat and the credit card.

Submitted by Robert Price

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## Interesting People – Meet John Ritz, Former Fire Chief of Wilmot

Fire Fighters dedicate their lives to us in so many ways, whether it is answering a fire call in the middle of the night in sub-zero temperatures, risking their lives in a burning building, or dealing with horrible circumstances such as motor vehicle accidents. One such person is John Ritz of New Hamburg, who began his tenure with the fire department in 1972.

John finished school in 1972 and had intentions of trying to land a job with the Ontario Provincial Police. Due to the fact that at age 19 he was too young to apply for a position, he opted to work at his father's business, which was Ritz Printing in New Hamburg. He had many friends who were fire fighters in New Hamburg, and he was encouraged to submit an application. He also had an interest in the fire department as his father was also Editor of the New Hamburg Independent and John went with him on many calls covering such fires. It wasn't until District Chief Bill Dehaan personally asked him to come to the station and apply that he acted on it. That was the last week of September, 1972 and John has never looked back.

Things were quite a bit different then, as fire fighters responded to about 18 fire calls a year – medical calls weren't answered at that time. Today Baden and New Hamburg respond to about 300 to 325 calls at each station. There were about 25 fire fighters (as there are today) who met every second Monday then (currently they meet every Monday night), and they had two pump trucks and a rescue truck – there wasn't a tank truck. The town of New Hamburg and Wilmot Township amalgamated in January 1973.

Two individuals, Ray Cook and Gord Faulhafer, who were the station's engineers, trained John. John became increasingly interested in learning about the fire department. During his first two years on the force he took a fire prevention course offered by the Fire Marshall's College. After attending that course he was made Fire Prevention Officer for New Hamburg. This job included inspecting buildings and writing incident reports. Four or five years later John became a Captain in charge of a platoon of five firefighters.

John continued to take instructional courses. In the 70s he took three one-week courses which focused on general firefighting, auto extraction techniques, and incident

management. In the 90s he attended four more 100-hour courses that focused on advanced fire protection, techniques of instruction, an incident command course, and a management course. Also in the 90s he attended two two-week courses of advanced management and advanced command in Gravenhurst.

In the 90s he held the position of Senior Captain (running training programs for New Hamburg) and became the new District Chief for New Hamburg. In 1995, Baden resident Mike Weiler retired as Fire Chief of Wilmot Township. Albert Walsh, who was from Gravenhurst, took the position and stayed on for two years until it became available again in 1997. John then became the new Fire Chief for Wilmot Township, reporting to the upper levels of the township. Over the course of time he worked with Lynn Myers, who was mayor at the time. When Meyers became the federal representative, Ritz worked with John Belez and, months later, with Wayne Roth, who became mayor that year and stayed on until the year 2010.

When John began as Chief in 1997 there were 11 people on council. It was nothing to have a council meeting go on until 11 or 12 o'clock. Today there are five on council. The amount of documentation, training, and legislation has increased at an incredible rate. John has advanced many things over the years in Wilmot, including the Fire Master Plan and upgrading trucks without debentures. The entire fleet of trucks has been replaced over his time as chief.

Some of the more notable fires that he has attended over the years have included the Fabian Furniture building (now TD Bank, New Hamburg), Pauli Lumber Yard (now Riverside Lanes, New Hamburg), and the fire at Massels Service Centre in New Hamburg. John has appreciated all of the support he has had over the years from his District Chiefs. He is now planning to spend more time fishing and working at the Ritz family business – Office Pro in New Hamburg.

***Thanks for all the years of dedication John!***



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Contact number 519 662 9310

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Sheryl Crabbe 519-662-1980 / Karen Buhr 519-502-6880



## Annual Christmas Bazaar

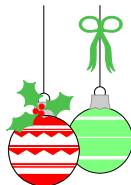
St. James Lutheran Church  
66 Mill St. Baden Ontario

Saturday Nov. 30th, 10:00 a.m. – 1:30 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 number 519-634-8904



## Annual Christmas Bazaar

Livingston Presbyterian Church  
Mill Street, Baden ~ Saturday, November 23



Craft work for Gift Giving  
Delicious Home Baking : pies, cakes, tarts, rolls cookies and much more!

Enjoy a lunch of Soup, Roll & Beverage ~ \$5  
Coffee & Muffin anytime ~ \$2

*May you all have a Blessed Christmas!*



## New Baden Book Club Forming ~ Please Join Us!



We meet the 4th Thursday of the month at the Baden Library.

Next meeting is November 28th at 6:30.

To learn more about the book club call

Dorothy (519-634-8779) or Susan (519-214-0247).

## Saturday Night at the Movies

Wilmot Mennonite Church,  
2995 Bleams Road, New Hamburg

**November 16th at 7:00 p. m.**

*Sabbatical, sure, but why Italy?*

What is a sabbatical? A time to sabbath, a time to rest. This spring the Wilmot Mennonite Church gave their pastor a sabbatical in the fifth year of his ministry with them. Pastor Dave Rogalsky and his wife Annemarie

headed straight to Italy. *Why Italy* you ask?

Come to Wilmot Mennonite Church to listen as they show slides, tell of their experiences, what they saw, learned, and tell— *why Italy*.

For more information,

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Free admission. Donations accepted to cover costs.

Bring a snack for yourself - Drinks provided.

Nursery available but not staffed.

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**December 7th, 10 am - 3 pm**

CHILDRENS TOYS, BIRD FEEDERS, LARGE BIRD HOUSES, DISPLAY TOWERS, CLOTHES DRYERS, STOOLS, POTATO BOXES, MAGAZINE TABLES, CHINESE CHECKERS, OAK SHELVES, CORNER SHELF PLUS MUCH MORE!

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## Holy Family Parish CWL Bazaar

329 Huron St. New Hamburg

Saturday November 16, 11:00 a.m. to 2:00 p.m.

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



## Another Cool Move

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# Local Churches Invite You to Join Them



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

## WILMOT MENNONITE CHURCH

[www.wilmotmennonite.ca](http://www.wilmotmennonite.ca)

2463 Bleams Road, corner of Bleams & Sandhills Road

Dr. Rob Gulliver  
Rev. Wayne Domm  
Pastor Greg Mills

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Activities for all Ages



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## 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](http://www.smchurch.ca)

## EMMANUEL LUTHERAN CHURCH

(Member of Lutheran Church-Canada)

1716 Snyder's Road East

Petersburg, Ontario

519-634-5511

[www.petersburgchurch.org](http://www.petersburgchurch.org)



**Worship Service: 9:30 AM**

Sunday School, Bible Study, Women's Group,  
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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.

**We're on the Web!**  
Visit [www.badenoutlook.com](http://www.badenoutlook.com)

### Answers from Cluster Quiz Page 5 -

There could be many answers but these are what we came up with!

	BIRDS	BADEN STREETS	GIRLS NAMES	CHRISTMAS DECOR
W	WARBLER	WAGLER	WENDY	WREATH
I	IBIS	ISAAC SHANTZ	IRENE	IVY
L	LOON	LIVINGSTON	LINDA	LIGHTS
M	MARTIN	MILLER	MARGIE	MISTLETOE
O	ORIOLE	OESCH	OLIVIA	ORNAMENT
T	TURKEY	TANNERY	TANYA	TINSEL



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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

**Alternative Christmas Giving**

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

If you have a person on your list who is hard to buy for or if you have decided to forgo the consumerism of the Christmas season, Mennonite Central Committee (MCC) provides an alternative solution. *"Gifts of love and compassion," a Christmas Giving Catalogue*, is a donation program which allows you to select a gift for a needy person or community in lieu of or to complement a gift. Gifts of hope, shelter, care, peace, food, water, friendship, education and more are available to choose from in varying amounts. You can give online ([www.mcc.org/christmas](http://www.mcc.org/christmas)) and download printable gift cards or give by mail and gift cards will be sent out to you. Christmas giving catalogues and gift cards are available at the New Hamburg Thrift Centre.

If that special person loves to find a good bargain, perhaps a **reloadable gift card from MCC** is the answer! We have new cards available that can be loaded with any amount, perfect to slip into a card. The gifts cards can be redeemed at the New Hamburg Thrift Centre, Thrift on Kent (Kitchener), Elmira MCC Thrift Shop, and the soon to follow St. Catharines and Stouffville stores. Another great way to support the global work of Mennonite Central Committee! Our in-store handmade slippers, mittens, hats, etc. also make great gifts.

Drop by the **New Hamburg Thrift Centre** to pick up your copy of the MCC Christmas Giving Catalogue, gift cards, or handmade crafts.

**OCTOBER BLOOD DONAR CLINIC FALLS SHORT**

On October 28 177 residents turned out to donate blood at a clinic held at the Waterloo-Oxford DSS, with 151 actually giving, falling short of the 173 quota set by Canadian Blood Services. The New Hamburg Lioness and Lions Clubs sponsored the clinic, serving refreshments and thanking the donors for donating. Every minute of every day, someone in Canada needs blood – in most cases, blood from more than just one generous donor.

Morningside residents are sponsoring the next clinic to be held at the New Hamburg Legion on Monday, November 18 between the hours of 5 to 8 pm. New donors and walk-ins are always welcome.

Call 1-888-2-DONATE (1-888-236-6283) or online at [www.blood.ca](http://www.blood.ca) to book an appointment or for further information.



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I've reached that point in life when my friends are just starting to have babies. All of them. At once. I'm young enough for pregnancy to be novel, and downright foreign. And old enough to have far more questions than I think have answers. I was lucky to have a chat with (Badenite), Jennifer Boylan recently. Jennifer is a Registered Midwife with St Jacobs Midwives.

When a woman in Ontario is pregnant she has three options for prenatal care. She can continue working with her family doctor, she can work with an obstetrician, or a midwife. The main role of a midwife is to be the primary care giver to a woman during pregnancy, labour, birth, and the first six weeks of postpartum. Midwives offer the same tests and procedures as other healthcare professionals, but they also offer the option of birth at home. Midwives focus on empowering expectant mothers to make their own informed choices for prenatal care and birth. Appointments with a midwife are about twice as long as those with a family doctor, in order to allow for more in-depth questions. A midwife seeks to form a relationship with the expectant mother and her family during this exciting time of transition. An expectant mother will see only two or three midwives for the duration of her prenatal care, whereas in mainstream healthcare a woman will see whoever is on call that day.

Midwives work with low risk pregnancies. If a

woman has a preexisting health condition, or is pregnant with twins, she is considered high risk. The majority of deliveries are in-hospital, where the midwife has full access to all maternity equipment. During labour and birth there are two midwives present; one to focus on the mother, the other for the baby.

St. Jacobs Midwives has a satellite clinic in Linwood, where they work with a number of Old Order Mennonites. They have another clinic at the University of Waterloo. At the University they often work with grad students and women who are away from the family support they would like to have. The relationship these midwives build with their clients, as well as the prenatal and postpartum care, are greatly needed for these students and staff. In Ontario, Midwifery is completely funded by the Ministry of Health, so even women not covered by OHIP do not have to pay for their care.

Many of the midwives from St. Jacobs Midwifery, including Jennifer, are from the Baden area. St. Jacobs Midwives service most of the Waterloo Region and surrounding area including Linwood (and surrounding rural area), Elmira, Kitchener-Waterloo, St. Jacobs, and Baden/New Hamburg. They are excited to announce they will be opening a satellite clinic in New Hamburg in January 2014 to better serve the GBA. If you have reached this exciting point in your life, consider midwifery.



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## HELP WANTED:

The Canadian Cancer Society is looking for a passionate and motivated individual to take on the role of Event Chair for the annual Great Ride 'n' Stride in Wilmot. This event is a longstanding tradition in the community and requires the help of volunteers to continue its success. As the chair (or co-chair if multiple people are interested) you would provide leadership, guidance and support to the Wilmot Great Ride 'n' Stride Committee, identify opportunities for growth, and work with the committee and Society staff to maximize the event's potential within the community. You would also represent the Canadian Cancer Society and Great Ride 'n' Stride, acting as the lead spokesperson for the Wilmot event.

This position offers you a great opportunity to build your leadership and problem solving skills while helping give back to your community. You would be helping the Society to raise funds for cancer research and support services for people living with cancer, family members, and friends.

The Great Ride 'n' Stride has been running in Waterloo Region for 35 years and has raised over \$1.5 million dollars just in the last 10 years for the Waterloo Region Community Office! The Canadian Cancer Society is the largest charitable funder of cancer research in Canada. We have more impact, against more cancers, in more communities than any other cancer charity in Canada.

Join our dynamic team of cancer fighters and help keep this tradition strong and community driven in Wilmot Township! A committee of fellow community members awaits you and is eager to work with you to plan yet another successful event.

For more information or to apply for this position please contact Michelle Proctor at the Canadian Cancer Society Waterloo Region Community Office by phone 519-886-8888 Ext. 3147 or email [mproctor@ontario.cancer.ca](mailto:mproctor@ontario.cancer.ca).

Thank you to all of the residents of Baden and the Township of Wilmot for your continued support of this event and the Canadian Cancer Society. In all that we do, we fight for life.



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## Toyota Hockey Challenge

Toyota Motors Manufacturing Canada has invited Kitchener, Cambridge, and Waterloo AAA Minor Hockey Bantam boys to participate in this year's Toyota Hockey Challenge. The round robin competition began on Saturday September 14<sup>th</sup>, with each team playing each other twice. The top two teams (Kitchener and Waterloo) play a final game on November 24<sup>th</sup> at 6 p.m. at the Kitchener Auditorium.

The winner of this championship game will have an all-expense paid trip to Hokkaido, Japan during the March Break 2014 for a cultural exchange with the Tomakomai Allstars. This is the ninth year that a team from Waterloo region has travelled to Japan for a cultural exchange. Every consecutive year a Japanese team has visited Waterloo region.

So, what does this terrific opportunity for Minor Bantam boys have to do with Wilmot Township? It just so happens that the goalies for Waterloo and Kitchener both live in Baden! Nathan Torchia plays for the Waterloo Wolves and Rhett Kimmel plays for the Kitchener Junior Rangers. Ben MacLaurin from New Dundee also plays for Kitchener. What an opportunity for the players. Good luck to both teams!

## New Electronic Wilmot Township Sign



You must have noticed the new Township Of Wilmot electronic sign which was installed the first week of October. It is a community sign and there for you, so please feel free to contact Barb at the township office to feature your community event.

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## New Hamburg Firebirds – Time for Change

It's a time of transition for the New Hamburg Firebirds this year. The Junior "D" and Junior "C" leagues have amalgamated to form the new Junior "C" league, which has many benefits according to new Head Coach Dave Randerson. "It will lead to more rivalry within the league," said Dave, now that Wellesley, Tavistock, Ayr, Burford, and Delhi have joined the loop. Amalgamation cuts down on driving time for both players and fans and could add to the attendance to all games. There are nine teams in the league and the Firebirds play each team five times throughout the season.

This is the first year for New Hamburg native Dave Randerson as coach of the New Hamburg Firebirds; he replaced long time coach, Shane Gerber. Dave has coached many teams over the last ten years including numerous teams in New Hamburg. In 2010 Dave was a coach with the New Hamburg Midget BB team that won the OMHA Championship and several players from that team have now joined the Firebirds.

Dave has a lot of hockey experience. In his younger years he played with the Junior B Stratford Cullitons and then moved on to the NCAA university team at Bowling Green, Ohio. It was there that he was drafted by the New York Islanders and attended their training camp. For the last twenty years he has lived in New Hamburg where he is currently a Vice President at *Pestell Wood Shavings* in New Hamburg.

Dave is very happy with the current team. Nearly half of the team returned from last year, including most of the defense, one goalie, and several forwards. He feels fortunate that there is a good core of Wilmot players available. To Dave, the strength of the team is its depth. The Firebirds have beaten every team so far and they are

battling at the top of the standings with several other teams.

The Firebirds have had a very competitive team for the last few years and they have won their division the last two. This shows the great management and the strong efforts of GM Joe Scherer, Assistant GM Lloyd Kipfer, and scout Rick Earl in evaluating local talent and recruiting players to wear the Firebird uniform. They have built a solid foundation for the team, and have made the Firebirds a desired team to play for at the Junior C level.

Many of the coaching staff have changed, excluding Jason Walsh, and many new faces have joined the coaching team, including ex-NHL goalie and Baden resident Mike Torchia. The trainer Rob Stewart and equipment manager Bruce Baechlor are back for another year. Dave is very impressed with the many volunteers who step forward to make this community-based team a success.

Dave has high expectations for the team and expects to win every game. He also realizes that it takes time for a team to gel.

If you would like to come out and cheer on your New Hamburg Firebirds, this is your chance. The Baden Outlook is sponsoring the game on Friday, November 29<sup>th</sup> at 7:30. The Baden Public School Intermediate Choir will be singing the national anthem to open the game. So gather your family and friends for an outing — simply cut out the coupon below and come watch the Firebirds take on the Ayr Centennials.

***Go Firebirds Go!***

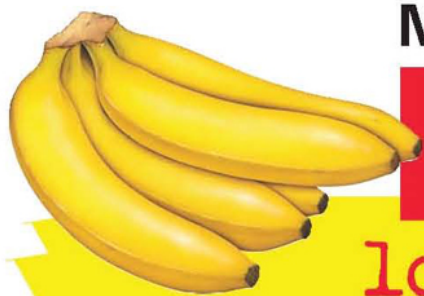


## The Game's on Us! Here Is Your Free Firebirds Game Pass

This coupon entitles YOU and YOUR FAMILY entry to a Firebirds hockey game at the Wilmot Recreation Complex - **Friday, November 29th - 7:30 pm.**

**NEW HAMBURG FIREBIRDS  
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