

NOVEMBER  
2016

VOLUME 17, ISSUE 4

# BADEN OUTLOOK

~ Your Community Newsletter ~

Keeping the Community Connected with 3000 copies in circulation

## FIRE DESTROYS HISTORIC LOCAL BUILDING



Photo courtesy of Ed Penner

For many, November 8th was a sad day in Baden. Neighbours gathered and watched in shock as local business, Seasons Grande, went up in flames. The building on Snyder's Road East was engulfed for hours before excavation equipment ripped into the remains to aid containment. This building, which formerly held the beloved Egli's Meat Market, has a long history. Due to press time a story will follow in next month's Outlook.

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Baden Outlook

The best things in life are free - like the glorious autumn leaves,  
...and this paper. Please have one.

# Talking with Ed

## ~ Lest We Forget



It is hard to imagine what soldiers endured in the First and Second World Wars. The trauma they experienced, not only mentally but physically, must have been overwhelming. I can't fathom the notion of kill or be killed, or being unsure of what the next hour, day, or week will bring.

My grandfather, Daniel Fisher, was in the First World War, and he never discussed it at all. My father, John Walter Fisher, was in the Second World War and he too never discussed the war until towards the end of his life. At that time, he told me a number of stories. It seems these memories are buried, then creep to the surface as death approaches.

The first story he told me regarded an experience at his boot camp, which was located in Brantford. All of the soldiers were lined up to run through a gas chamber. Everyone who ran through it threw up after exiting. After the first pass, they were told to run through it again. This was done to prepare them for the possibility of chemical warfare; my father died of esophagus cancer.

The second story recounted a time when his platoon was in the Black Forest area of Germany. The soldiers were on break, sitting leaning against their tanks. Mortar fire was landing nearby and there was always a possibility that one might land in their location. Minutes later, a mortar shell landed on a tank close to where my father was resting and everyone sitting around it was either killed or seriously injured. Witnessing that must have been unbelievably painful.

He told a number of happier stories, including when he stayed with a family in France, and also his time spent in Holland where he had the opportunity to play hockey. He met many friends there, including a detective of the Waterloo Regional Police, Jerry Amlinger. He claimed the Montreal Canadiens drafted Amlinger, who, if he'd been at home, would have made the team. My father cherished a medallion given to him by the government of Holland.

In the beginning of 1945 the Royal Canadian Navy had the fifth largest navy in the world. The RCN grew from 3,300 men and 13 ships to 95,000 men and women and 428 ships. The Royal Canadian Air Force also grew in size to the fourth largest in the world. The RCAF enlisted 232,000 men and 17,000 women during the war; 17,000 lives were lost.

We owe a lot to our veterans who put their lives on the line representing our country. No one likes war – but it would be a different world today if our veterans hadn't challenged the forces that wanted to take over the world. November 11<sup>th</sup> one day to show our appreciation, but our veterans should be in our hearts throughout the entire year.

Until next month...Ed

### Major Battles Fought by Canadian Troops

**Battles of Gravenstafel Ridge and St. Julien – April 22 to May 5, 1915** - Canadian Casualties: 6,064 wounded and killed

**Vimy Ridge – April 9 to 12, 1917** - 10,602 wounded and killed

**Amiens – Aug. 8 to 12, 1918** - 9,074 wounded and killed

**Canal Du Nord and Cambrai – Sept. 27 to Oct. 11, 1918** - 13,672 wounded and killed

**Dieppe – Aug. 19, 1942** - 1,413 wounded and killed, 1,946 captured

**Assoro – July 20 to 22, 1943**—no Canadian losses or casualties

**Juno Beach – June 6, 1944** - 1,200 wounded and killed

**Breskens Pocket – Oct. 6 to Nov. 3, 1944** - 600 wounded and killed

**Groningen – April 14 to 18, 1945** - 209 wounded and killed

**CANADA HAS NO WEAPONS OF MASS DESTRUCTION SINCE 1984 AND HAS SIGNED TREATIES REPUDIATING THEIR POSSESSION.**



*For awareness and to honour our veterans, we have placed 12 poppies on the shoulders of some people that can be found throughout the paper — can you find them? We trust we did not offend anyone with the assumption that we placed upon you or an advertiser.*



The red remembrance poppy has become a familiar emblem of Remembrance Day due to the poem "In Flanders Fields". These poppies bloomed across some of the worst battlefields of Flanders in World War I. Their brilliant red colour became a symbol for the blood spilled in the war.



*Lest We Forget*

**DURING WWII, CANADA GAVE OUT BUTTONS TO PEOPLE WHO TRIED TO ENLIST BUT WERE REFUSED DUE TO MEDICAL REASONS TO SHOW THEIR WILLINGNESS TO FIGHT.**

## Greetings from Outlook Headquarters

The seasons seem to blur together as the hot humid summer peters out, followed by balmy September temperatures. Thanksgiving and Halloween are now behind us, and currently the colourful leaves are twirling about in gusty winds, preparing us for the upcoming season of Christmas, cold, and snow. Yay Canada, we love that about you—diversity in everything we have!



As the winter creeps in, we will start to use our green bin again as the compost bin in the back yard gets frozen and buried in snow. It encourages me to re-educate myself as to what can go in there; as with our compost, it's been typically green products and what has come from the ground. I am reminded to place a paper egg carton in the bottom of the green bin before inserting the compost liner bag so gunk doesn't get stuck; and also to layer with newspaper as the bin gets full of wet yucky rot. A few of the things that are allowed that surprise me are dairy products, meat clippings and bones, doggie do-do, and paper products that usually go in my garbage can, like empty sugar and flour bags, just to name a few. There are more interesting things to learn at the website: [www.regionofwaterloo.ca/waste](http://www.regionofwaterloo.ca/waste). Click on "Waste Whiz" to maximize our green bin and recycle all that we can. It will sure be a scary pickup for the drivers in the first week of November with thousands of scary rotted jack-o-lanterns looming at them as they dump them out—*Boo!* Also, a reminder that large item and yard waste collection is the week of November 7-11th.



While visiting our dear friends across the road, Norma offered me a large, gnarly white root vegetable that she had taken from her garden. Hmm, I thought—what is this? Norma said it was a 'winter radish' and that she enjoys it sliced up on bread and butter. Ok then, I'll give it a try...and I am glad I did. Every day I had my radish sandwich and I really liked it. The power and zing of the radish is mellowed with the bread, making it pleasant to eat. Not only that, but I felt good eating it—healthier. So, naturally I googled the ugly treasure and learned about its amazing nutritional value, and must share it with you, as seen to the right.



Be sure to check out the back page and clip your coupon to go to the Firebirds hockey game on November 25th... The game's on us, so take your family out for the night and cheer on your local team.



### Oh Canada!

Next year we celebrate the 150th birthday of our country. In the upcoming issues you will find all kinds of interesting quizzes and trivia to get you educated or refreshed in tribute to our country.

Last month we featured geography and our provincial capitals and dates of joining the confederation. This month as we all paid tribute to our veterans we will focus on Canadian War trivia—check out the quiz on page 12.



- **Naturally cooling**-Radishes are a naturally cooling food and their pungent flavour is highly regarded in eastern medicine for the ability to decrease excess heat in the body that can build up during the warmer months.
- **Soothe sore throats**-Their pungent flavour and natural spice can help eliminate excess mucus in the body and can be especially helpful when fighting a cold. Radishes can help clear the sinuses and soothe sore throats too.
- **Aids digestion**-Radishes are a natural cleansing agent for the digestive system, helping to break down and eliminate stagnant food and toxins built up over time.
- **Prevents viral infections**-Because of their high vitamin C content and natural cleansing effects, regular consumption of radishes can help prevent viral infections.
- **Eliminates toxins**-In Eastern and Ayurvedic healing practices, radishes are said to have effective toxin-purging effects, helping break down and eliminate toxins and cancer-causing free radicals in the body.
- **Protects against cancer**-As a member of the cruciferous vegetable family (same family as broccoli and cabbage), radishes contain phytonutrients, fiber, vitamins and minerals that are cancer protecting.
- **Relieves indigestion**- Radishes have a calming effect on the digestive system and can help relieve bloating and indigestion.
- **Low in calories, high in nutrients**-With a very low calorie count (less than 20 calories in an entire cup), radishes are a great way to add nutrients, fiber and tons of flavour to your meals without compromising your health.
- **Keeps you hydrated**-With a high water content and lots of vitamin C as well as phosphorus and zinc, radishes are a nourishing food for the tissues and can help keep your body hydrated and your skin looking fresh and healthy all summer long!

Resources: Pitchford, Paul. *Healing with Whole Foods*

## Baden ~ Our Town

Who said that New Year's Eve is for adults? The Baden Community Association and EJ's Baden Hotel are hosting a New Year's Eve party for kids! The event will run from 4 to 7 p.m. and will have many kid related events, meals (adult menu available as well), and the ceremonial count down – just a few hours early. This will give the adults time to get home and prepare for their own festivities. See the ad below and watch next month's Outlook for more details. The BCA will also be posting more event details on its Facebook page.

The BCA is hoping that citizens are enjoying the parkette, bridge, ramps, and trail that have been developing over the last year or so. The girls were there tidying up the gardens and it's ready for winter. They are also happy to report that the whole project is paid in full thanks to the generosity of the local community, businesses, and the support from the township. Watch for a plaque unveiling ceremony next spring giving credit due to those who helped us get it done!

The BCA completed their adopt-a-road cleanup on Tuesday, November 1<sup>st</sup> and are now preparing for the Baden Santa Claus Parade, where they cook up, bag and hand out their signature kettle corn.

If you would like to get involved with the Baden Community Association, they meet the last Wednesday of each month (excluding December) in the basement of the township hall at 7 o'clock. For more information call 519-634-8916.



## IF YOU WANT PEACE, YOU WON'T GET IT WITH VIOLENCE



Wise words spoken by John Lennon... see below for more noteworthy quotes on peace.

- \* Imagine all the people living life in peace. You may say I'm a dreamer, but I'm not the only one. I hope someday you'll join us, and the world will be as one. *John Lennon*
- \* Peace cannot be kept by force; it can only be achieved by understanding. *Albert Einstein*
- \* An eye for an eye only ends up making the whole world blind. *Mahatma Gandhi*
- \* Peace is not absence of conflict, it is the ability to handle conflict by peaceful means. *Ronald Reagan*
- \* Peace begins with a smile. *Mother Teresa*



## New Year's Eve: It's for KIDS, too!

### Family New Year's Eve Party

December 31st at E.J.'s  
4:00 - 7:00 pm

Watch for details  
on the Baden Community  
Association Facebook page,  
or call Amanda at 519-651-7310  
[asalisbury2009@gmail.com](mailto:asalisbury2009@gmail.com)

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## Baden Birding ~ Barred Owl

Fraser Gibson

### Whooo Cooks for You?

Last fall while walking in a suburban woodlot on the western outskirts of Kitchener, a murder of crows was scolding feverishly. Knowing that crows often harass owls, I began to quietly walk toward the calls. When I approached, the crows departed but there was no sign of a fleeing quarry so I continued to look nearby. There, to my amazement, was a large brown owl, dark eyes gazing at me. A Barred Owl (BDOW) was only a short distance away and on almost the same plane as I. (The Barred Owl is the only typical owl of Ontario which has brown eyes; all others have yellow eyes. The most common owls of Waterloo Region are Eastern Screech Owl and Great Horned Owl.)



Barred Owls are year round residents of large expanses of mature mixed forests and are common in the southern Canadian Shield areas, but not in Waterloo Region. There they find large nesting cavities where they raise 2-4 young. If you spend time in the Shield area you are likely to hear their deep hooting, often phrased as, "Who cooks for you? Who cooks, for you all?"

Their attractive round faces and forward-directed eyes along with their many special characteristics make owls a favourite bird of many.

BDOWs fly silently because comb-like bristles on the leading edges of their wing feathers break up air currents that normally create noise, giving owls the stealth necessary to snatch unsuspecting prey. When catching prey, two of its talons face forward and the third front toe rotates backwards giving it two back talons which help ensure a secure catch.

The BDOW gulps whole mice headfirst including all fur and bones. Larger prey are capably caught and held by strong talons and pulled apart into gulpable pieces by the owl's strong hooked beak. Fur, bones, and any other indigestible materials are

compacted by the gizzard during digestion into a pellet which is regurgitated before consuming its next meal.

The large forward-facing eyes (unlike other birds that have eyes on the sides of their head), give owls the best stereoscopic vision of all birds, essential for judging distances. Their eyes, elongated because of their numerous dim light receptors, cannot be moved within their sockets. The BDOW can rapidly rotate its head a full 270 degrees to compensate for this lack of eye movement. Their eyes are so finely developed that they see very well in what we would identify as total darkness!

The trait I find most amazing about BDOWs is their extremely acute sense of hearing. The concave arrangements of feathers around the owl's eyes act like satellite dishes that collect and direct sound waves toward the owl's ears. The ears, located on the side of the head just behind the eyes are unusual in that they are not aligned with each other, one being slightly higher than the other. The ear openings are different shapes as well, with one pointing slightly downward and the other slightly upward. Their ears are very sensitive and each is able to detect minute differences in loudness and in the infinitesimal difference in time needed for sound to reach each ear. If a noise is made to the left of the owl, the sound will reach the left ear slightly before being perceived in the right ear. Likewise, a noise coming from directly above will be perceived louder in the upward facing ear than in the other. The owl's brain instantaneously converts the time and loudness differences between the left and right ears to determine the precise location of the sound source. Their hearing is so precise they can capture mice burrowing beneath snow or ground cover, and experiments have shown they can even capture prey in total darkness.

One gets a feeling of admiration when looking into the eyes of such a wonderfully adapted creature. How fortunate for me that the crows had found such a noteworthy prize!



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# Checking out the Baden Library



## Read With the Firebirds -

**Wednesday, Nov. 30, 6:30 - 7:30 p.m.**

Players from the New Hamburg Firebirds Junior C Hockey Team will be reading with children at both the Baden and New Hamburg branches. Come out and meet the Firebirds! All ages welcome. Register online, by phone, or in person.

## Winter Programs

Registration for winter programs begins on Tuesday, December 13. Programs for children begin the week of January 10th and run for eight weeks. Storytime programs include stories, songs, and rhymes, as well as games and crafts for older children. Have fun with literacy!

All programs are free and require registration unless otherwise indicated. Space is limited. Please register online, by phone, or in person.

Choose from the following programs:

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

Thursdays: Jan. 12 - Mar. 4, 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.

Tuesdays: Jan. 10 - Mar. 1, 11 - 11:30 a.m.

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

Tuesdays: Jan. 10 - Mar. 1, 10:15 - 10:45 a.m. or Thursdays: Jan. 12 - Mar. 4, 10:15 - 10:45 a.m.

**Storytime for Children 3 to 5 years old.**

Tuesdays: Jan. 10 - Mar. 1, 9:15 - 10 a.m. or Thursdays: Jan. 12 - Mar. 4, 9:15 - 10 a.m.

## 1:1 Computer Coaching - Fall Dates Still Available

Need help using a computer, tablet, or e-reader? Free, one-on-one computer training sessions are available from the Region of Waterloo Library.

Spots are still available on Tuesday, Nov. 22, and Tuesday, Dec. 6. Specific times can be found at [rwlibrary.ca](http://rwlibrary.ca) or at the branch. Register online, by phone, or in person.



## Buying An E-Reader:

**Special Program at the New Hamburg Branch**

**Friday, Nov. 25, 1:30 - 3 p.m.**

Are you thinking about purchasing a device? Join us for an introduction to e-readers! Learn about both wired and wireless devices and watch as we show how to download a library e-book.

Contact us at 519-634-8933 or [badenlib@regionofwaterloo.ca](mailto:badenlib@regionofwaterloo.ca) and for up-to-date information visit [rwlibrary.ca](http://rwlibrary.ca).

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

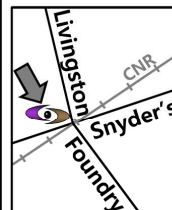


## BADEN EYECARE CENTRE

Dr. Sonya Frank, Optometrist

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

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

HEY KIDS! Saturday, December 3rd at 1:30 pm, bring your "Letters to Santa" to the parade where Canada Post employees will be collecting your wish list. SANTA will be at the Seniors' Woodworking Shop on Beck Street after the parade. Judges will be along the parade route to evaluate the floats and cash prizes will be awarded to the winning entries.

FOOD DONATIONS will be collected along the parade route for the Wilmot Family Resource Centre Food Bank. The Baden and District Chamber of Commerce and the Optimist Club of Baden invite you to participate during the Annual Christmas parade. Float Entry Forms are available on the Optimist Club of Baden website.

To reserve your spot or for more information call  
For more information call Sue at 519-214-2202 or Penny 519-634-9292.



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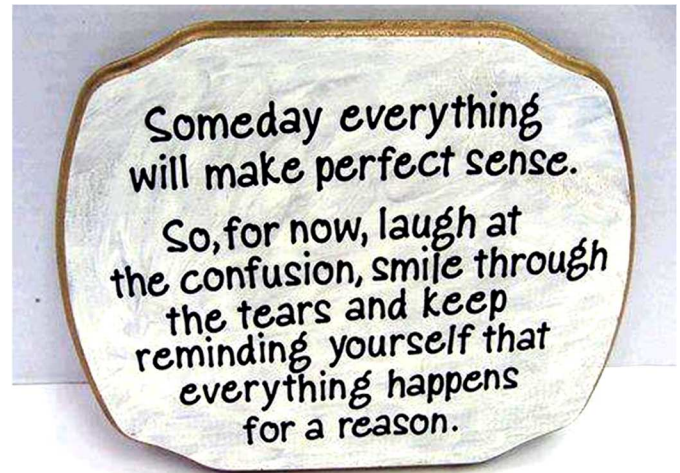
The parade will start at Snyder's Road East (at Sandhills Road) and finish along Charlotta Street (at Mill Street)

Optimist Club of Baden  
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**Congratulations to Hunter Tucker** of VIP Lawn Care who won Gold in Favourite Landscaping Company and Diamond in Favourite Lawn Service in the Record Reader Awards!! Starting his business at the age of 16, he said he would never expect this to happen and he is truly grateful for this and can see great things happening in the future for VIP Lawn Care.



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## You Must Be Joking!!



Gone Fishing:

The rain was pouring and there was a big puddle in front of the bar just outside the American Legion Post.

A ragged old Marine sergeant was standing near the edge with a fishing line in the puddle.

A curious young Navy fighter pilot came over to him and asked what he was doing.

"Fishing," the old sergeant simply said.

"Poor old fool," the Navy officer thought to himself, and he invited the old Marine into the bar for a drink.

As he felt he should start some conversation while they were sipping their whiskey, the haughty fighter pilot asked, "And how many have you caught today?"

"You're number ten" the old Marine sergeant answered.

"2Navy, 3 Army and 5 Air Force."

Submitted by Robert Price

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## Don't Drink out of the Puddles!

By Dr. Rebecca Ricker

This spring and summer we had many conversations about Lyme disease, how is it transmitted and what we can do to prevent it. With the coming of fall, another disease that should be given some attention is Leptospirosis.

Leptospirosis is a serious infectious disease that, like Lyme disease, can infect animals and people. It is caused by Leptospira bacteria. There are various species of Leptospira that can cause infection.

Dogs are at risk when they drink water that is contaminated with infected urine or there is contact between broken skin and infected urine or contaminated water. The bacteria spread through the bloodstream leading to fever, joint pain, and general malaise that can last up to a week. If the organism settles in the kidneys, it can begin to reproduce, leading to further inflammation and then potentially to kidney failure. Depending on the type of leptospiral species involved, other organ failure (especially liver) can occur as well.

Signs of infection may include fever, depression, loss of appetite, joint pain, nausea, excessive drinking, jaundice, and/or excess bleeding brought on by low platelet count. Younger animals tend to be more severely affected than older animals. Because the symptoms of leptospirosis are vague, it can easily be confused with other diseases. There are specific blood tests that can be done if your veterinarian is suspecting leptospirosis in

your pet.

Once a diagnosis has been made, antibiotics can be used to treat the bacteria. These will stop the bacteria from replicating and clear it from the kidneys. Hospitalization with intravenous fluids is also important to support blood flow through the kidneys to minimize the damage and speed up recovery. There are vaccines that can help protect your pet against Leptospirosis. The problem is that the vaccine covers only four of the species of Leptospira. There are many other species that are not included in the vaccine at this time. Other important aspects of prevention include control of rodents in the pet's environment and removal of standing water. Limiting your dog's access to water sources also shared by wildlife will help decrease your dog's exposure.

Enjoy the beautiful weather and remember – don't drink out of the puddles!



## You Must Be Joking!!



Scotch?

On the first day of school, the children brought gifts for their teacher.

The supermarket manager's daughter brought the teacher a basket of assorted fruit.

The florist's son brought the teacher a bouquet of flowers.

The candy-store owner's daughter gave the teacher a pretty box of candy.

Then the liquor-store owner's son brought up a big, heavy box. The teacher lifted it up and noticed that it was leaking a little bit. She touched a drop of the liquid with her finger and tasted it.

"Is it wine?" she guessed. "No," the boy replied. She tasted another drop and asked, "Champagne?"

"No," said the little boy, "it's a puppy."



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## The Paradox of Our Time in History ~ Whew... Is it Really Like This?

The paradox of our time in history is that we have taller buildings but shorter tempers; wider freeways, but narrower viewpoints. We spend more but have less; we buy more, but enjoy less. We have bigger houses and smaller families; more conveniences but less time. We have more degrees but less sense; more knowledge but less judgment; more experts yet more problems; more medicine but less wellness.

We drink too much, smoke too much, spend too recklessly, laugh too little, drive too fast, get too angry, stay up too late, get up too tired, read too little, watch TV too much, and pray too seldom.

We have multiplied our possessions but reduced our values. We talk too much, love too seldom, and hate too often.

We've learned how to make a living but not a life. We've added years to life not life to years. We've been all the way to the moon and back, but have trouble crossing

the street to meet a new neighbour. We conquered outer space but not inner space. We've done larger things, but not better things.

We write more, but learn less. We plan more, but accomplish less. We've learned to rush, but not to wait. We build more computers to hold more information, to produce more copies than ever, but we communicate less and less.

These are the times of fast foods and slow digestion; big men and small character; steep profits and shallow relationships. These are the days of two incomes but more divorce; fancier houses but broken homes. These are days of quick trips, disposable diapers, throwaway morality, one night stands, overweight bodies, and pills that do everything to cheer or to quiet you.

We've conquered the atom, but not our prejudices.

## Outlook Word Match Game

Listed below are groups of four unrelated words. Find a word that either proceeds or follows the words in each group

rattle oil skin eyes \_\_\_\_\_

mouth board hog room \_\_\_\_\_

fitting free application land \_\_\_\_\_

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Answers are on page 26



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## Waterloo Oxford D.S.S. has Much to be Proud of!

Congratulations to our W-O Midget Boys who won the WCSSAA Cross Country Championship on Friday, October 14 at Bechtel Park. A special recognition to our runners who placed as follows:

Midget Boys – Adam Huras, 2nd; Thomas Isert-Bender, 3rd  
 Junior Boys – Luke Aikman, 3rd; Cameron Anderson, 5th  
 Junior Girls – Katelyn Yantzi, 5th  
 Senior Girls – Emily Huras, 4th  
 Junior Boys and Girls teams placed 3rd overall. Senior Boys and Girls placed 4th overall. For the first time in the history of W-O Cross Country our Combined Boys won 2nd overall. A great team effort by all!



Seen in photo are: Adam Huras, Thomas Isert-Bender and Luke Aikman.



Congratulations to Grade 10 student, Mackenzie Dumais, on winning a Silver medal at CWOSSA tennis in Women's Singles. The tennis matches were played in Waterloo on October 14. Mackenzie qualified for CWOSSA at WCSSAA on October 7, and will now advance to compete in OFSSA on May 29/30, 2017 in Toronto.

Way to go Mackenzie —Good Luck!

### WODSS Changes to Semester Timetable for September 2017

Waterloo-Oxford District Secondary School is excited to announce that we are changing to a semester schedule in September 2017. Following many years of consideration and consultation with staff, School Advisory Council, and WRDSB Senior Administration, the school is moving to a semester format. We are confident that this schedule will provide new opportunities for our 21<sup>st</sup> century students to help them meet their educational goals, and that our school will continue to thrive, evolve, and work towards W-O Excellence in this new format.

All of the secondary schools in the Waterloo Region District School Board, and the majority in the province of Ontario as a whole, have moved towards a semester model. In a non-semester schedule, students typically work on 8 credits for a full school year, whereas in a semester model, students work on 4 credits for the first half of the school year, complete those credits, and then begin a second series of 4 credits for the second half of the school year.

We are taking time this school year to ensure an effective implementation plan. In the months ahead, we are working on ensuring all students' needs are met in the semester system and ongoing communication with our parents, students and School Advisory Council.

We are excited about the change to semestering and the opportunities it will offer our students.

Submitted by Principal, Beth Bodkin

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## Canadian War Trivia Quiz

1. How many Canadian Armed Forces Bases are in Canada today?

- ⇒ 10
- ⇒ 16
- ⇒ 23
- ⇒ 27

2. How many Canadian soldiers lost their lives in World War Two?

- ⇒ 11,200
- ⇒ 33,100
- ⇒ 45,400
- ⇒ 59,600

3. How many Royal Canadian Legion branches are there in Canada?

- ⇒ 325
- ⇒ 644
- ⇒ 977
- ⇒ 1406

4. Which of the famous Canadians served in World War One?

- ⇒ John Diefenbaker
- ⇒ Lester B. Pearson
- ⇒ Fredrick Banting
- ⇒ Grey Owl
- ⇒ Raymond Massey
- ⇒ All of the above

5. During World War Two, Canada's population was 11.5 million. How many Canadians served in uniform during that conflict?

- ⇒ 250,000
- ⇒ 425,000
- ⇒ 660,000
- ⇒ 1.1 million

*Answers on page 33*



## Revealing the Treasures from the Wilmot Heritage Fire Brigades

### Commercial Fire Extinguishers

The Brigades have two commercial fire extinguishers in their possession. The first one (the taller one in the picture) was donated to the museum from a factory in Kitchener. It would have been used in the early 1940s and contained carbon dioxide as the flame retardant. The second extinguisher came from the General Motors plant in Oshawa. It had a dry powder inside of it. Both extinguishers had wheels for easy mobility.



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Meet Mike Scherer, World War II Veteran

I had the pleasure of sitting down with a gentleman by the name of Mike Scherer, a World War II Veteran residing at New Hamburg's very own Nithview Homes.



Mike was born September 28, 1920 and lived in New Hamburg, Ontario near his grandparents in Baden, Ontario, until he was 19 years old. He was studying at St. Jerome's University for Engineering when he made the decision to enlist: "I didn't really want to join, but being your friends were all joining, it seemed like the right thing to do. At 19 and 20 years old to join up to fight seemed very appealing at the time; because of your age, everything was a little on the exciting side." Mike joined the Royal Canadian Air Force, flying a Wellington Bomber before switching over to the Lancaster. When I asked why he decided to join the air force specifically he mentioned a title that commonly accompanied the position: "the swaggering gentleman of the air force," and that reputation was particularly appealing to him. I guess

the title paid off because while serving, Mike met Margaret, the love of his life. Margaret worked in the Royal Air Force office at Squadron 427 in England, the same location where Mike commonly landed.

Mike mentions that, despite the excitement of the past, today at the age of 96, enlisting doesn't have the shining appeal as it did when he was 19: "Based on my experience, war isn't really necessary. Today you realize that the bombing, which took place then, killed men, women, and children because of a man's fever for power. When you get older, you get angry about the war because it takes away the best years of a man's life. I went away a young man and came home a full grown man."

He came home from the war after five and a half years of service, and married Margaret. Mike and his wife then settled down in New Hamburg, Ontario where they had five children and adopted two more, all of whom are presently situated around the world.

Mike finds the present effort put toward honouring those who served touching, especially the use of the phrase "Lest we forget," and he plans to attend a Remembrance Day service in New Hamburg.



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## Baden Outlook Hockey Pool Stats

ADULTS			KIDS		
Place	Name	PTS	Place	Name	PTS
1	Lisa Holba	133	1	Olivia Lichti	132
2	Lindsay Soetemans	130	2	Sawyer Johnson	128
T3	David Murray	129	3	Elias Bizony	127
T3	Ryan Hadley	129	T4	Finlay Johnson	126
5	Bob Forde	128	T4	Ben Habel	126
T6	Kim Gowland	127	6	Jordan Snyder	125
T6	Bob Gingerich	127	T7	Paige Naumann	124
8	Larry Williams	126	T7	Dallas Egli	124
T9	Jan Hallman	125	T9	Winnie Heimpel	121
T9	Marg Litwiller	125	T9	Madeline Lichti	121
T9	Jayson Chips	125	T9	Evan Hardman	121
T9	Tim Gowland	125	T12	Tanner Snyder	120
T13	Brad Habel	124	T12	Evan Bizony	120
T13	Emma Gowland	124	T12	Sophia Quinn	120
T13	Lori Schaefer	124	T15	Meghan Mueller	119
T13	Adam Schmitt	124	T15	Sofia Salese	119
T13	Dallas Diebold	124	17	Easton Waechter	117
T13	Randy Martin	124	T18	Isaac Roth	115
T13	Doris Weicker	124	T18	Luke Bennett	115
T20	Amy Papa	123	T18	Zach Schwartzentruber	115
T20	Tim Shantz	123	T18	Riley Culbert	115
T20	Emily Denard	123	T22	Jenny Huck	114
T23	Kyle Creasey	122	T22	Jack Papa	114
T23	Bob Abbott	122	T22	Justin Nelson	114
T23	Roger Battler	122	T22	Nolan Snook	114
T23	Rachel Jutzi	122	T26	Eric Salese	113
T23	Mike Bisch	122	T26	Dominik Struth	113
T23	Helen Wilson	122	T28	Hudson	112
T23	Joanne Snyder	122	T28	Noah Lichti	112
T23	Lily Wenn	122	T28	Braedyn Carney	112

Congratulations to  
**Lisa Holba** for taking the  
**Adult Leader Prize** for this  
 month's Hockey Pool,  
 winning a gift certificate from  
**EJ's Baden Hotel.**



Also congrats to **Olivia Lichti** for  
 taking the lead in this month's  
**Kids Hockey Pool** winning a gift  
 certificate from **Riverside Lanes.**



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## NOVINOPHOBIA

The fear of running out of wine.



Hello sports fans—thanks for playing hockey with us! We had 420 hockey pool entries (348 adults and 72 kids) and you can start following your stats which are updated daily on the site. The Outlook draws the stats on the 7th of each month to determine the winners.

To follow the stats, log on to our website at [www.badenoutlook.com](http://www.badenoutlook.com) click on *sports pool* and select *hockey*. Once in the site select *login your pool* (adult pool is *outlookhockey* and kids pool is *outlookkids*) and both pools have a password of *guest*. Have Fun and Good Luck!



## EATING IN THE FIFTIES

- ◆ Pasta had not been invented. It was macaroni or spaghetti.
- ◆ Curry was a surname.
- ◆ A take-away was a mathematical problem.
- ◆ Pizza? Sounded like a leaning tower somewhere.
- ◆ Bananas and oranges only appeared at Christmas time.
- ◆ All chips were plain.
- ◆ Oil was for lubricating, fat was for cooking.
- ◆ Tea was made in a teapot using tea leaves and was never green.
- ◆ Cubed sugar was regarded as posh.
- ◆ Chickens didn't have fingers in those days.
- ◆ None of us had ever heard of yogurt.
- ◆ Healthy food consisted of anything edible.
- ◆ Cooking outside was called camping.
- ◆ Seaweed was not a recognized food.
- ◆ 'Kebab' was not even a word, never mind a food.
- ◆ Sugar enjoyed good press in those days, and was regarded as being white gold.
- ◆ Prunes were medicinal.
- ◆ Surprisingly, muesli was readily available. It was called cattle feed.
- ◆ Pineapples came in chunks in a tin; we had only ever seen a picture of a real one.
- ◆ Water came out of the tap. If someone had suggested bottling it and charging more than gasoline for it, they would have become a laughingstock.
- ◆ The one thing that we never ever had on/at our table in the fifties ... was elbows, hats and cell phones!



Submitted by Robert Price

## THE HISTORY OF CHIROPRACTIC CARE

The history of chiropractic began in 1895 when Daniel David Palmer of Iowa performed the first chiropractic adjustment on a partially deaf janitor, Harvey Lillard. While Lillard was working without his shirt on in Palmer's office, Lillard bent over to empty the trash can. Palmer noticed that Lillard had a vertebra out of position. He asked Lillard what happened, and Lillard replied, "I moved the wrong way, and I heard a 'pop' in my back, and that's when I lost my hearing." Palmer, who was also involved in many other natural healing philosophies, had Lillard lie face down on the floor and proceeded with the adjustment. The next day, Lillard told Palmer, "I can hear that rackets on the streets." This experience led Palmer to open a school of chiropractic two years later.

*Source: Information taken from Wikipedia,  
Photo Courtesy of Larry Hart*



An actual photo of using a bear to treat back pain in Romania, 1946...good thing chiropractic care has since evolved!



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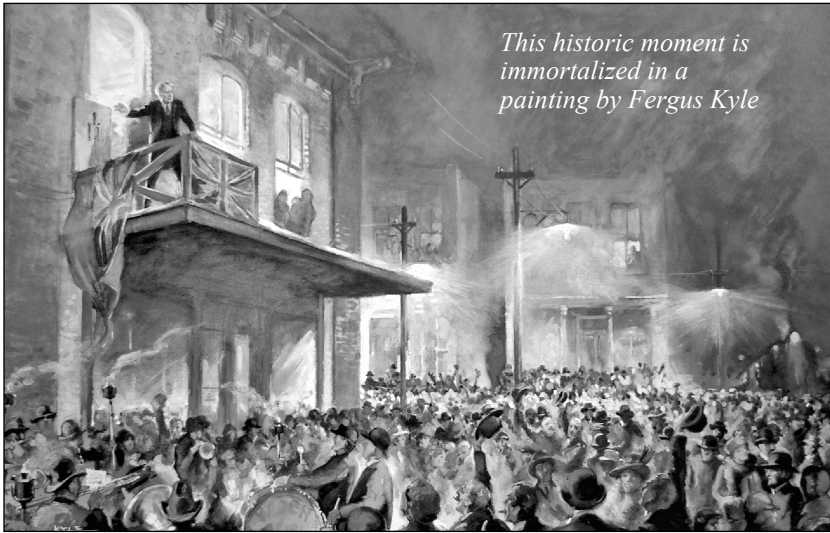


"Additional Location in Stratford"

# NOTES FROM THE ATTIC -- THE FIRE OF 1949

In the centre of town, it was the fire that no one would ever forget. The building built by Philip Arnold that was located at the southeast corner of the intersection of Snyder's Road and Foundry Street has a long and interesting past, including the fire of 1949.

Most notable was the evening when Adam Beck returned to Baden to a hero's welcome and, exactly at 6:11 p.m. on December 29<sup>th</sup> turned on the lights to give hydro to Baden from this historic building. As time passed, the building was home to many businesses, but its claim to fame was the Opera House, housed in the northern



*This historic moment is immortalized in a painting by Fergus Kyle*

half of the upper floor. A stage occupied one end, equipped with curtains and dressing rooms to accommodate plays put on by touring companies. Throughout the school year the local public school would also use the venue for Christmas pageants, and weekly bingos were held there as well. The Opera House was used during World War II as a place for fund-raising for the Red Cross. Shortly after the war, the Opera House was converted to apartments.

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It was on April 20, 1949 at 4 a.m. that the fire alarm went off. The Baden Fire Department was alerted and showed up with their one and only pump truck. By the time they arrived, huge flames could be seen shooting out of the northern exterior of the building. The front windows (facing Snyder's Road) had already blown out as the fire raged on. Hoses were joined to reach the pond, to pump water to the fire. Baden's Fire Chief, Sylvester Nauman, quickly realized that the 20 Baden firefighters needed help, so the New Hamburg and Wellesley fire departments were called. Each of those departments brought one pump truck.

The three fire departments battled the blaze for two hours and managed to stop it from progressing further. A brick wall between the front and the rear of the building helped to contain the fire. Firefighters also stopped the blaze from reaching nearby homes. In the end, no lives were lost and no one was hurt, but there was extensive damage to the building and its contents.

Rendered homeless by the fire were Mr. and Mrs. Steven Peshnyk, owners of the building; Mr. and Mrs. George Schnarr and their five children; Mr. and Mrs. Fred Beemer and a four year-old son; and Mr. and Mrs. Edward Roth and their two adult sons.



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Four businesses fell victim to the fire. The Peshnyk General Store, run by Mrs. Peshnyk, was totally destroyed, including its inventory of \$11,000. The barbershop next door, operated by Mr. Peshnyk, was also destroyed by the blaze. Those businesses faced Snyder's Road. The Peshnyks lived in an apartment on the bottom floor east of the general store.

Businesses facing Foundry Street included Lorne Lichty's butcher shop (currently where Pizza Express is located), and the combination post office and drug store (the rest of the lower floor), owned by Albert Everetts. These businesses suffered smoke and water damage.



Mrs. Schnarr, who lived directly above the butchershop, was the first one to detect smoke, as it came up through the floorboards. She ran through the building, knocking on doors to alert everyone of the fire, and all ran out onto the street in his or her nightclothes. The Beemers and the Schnarrs had no insurance on their belongings, which was especially heartbreaking for them. The Beemers had just purchased \$1,000 worth of new furniture and new clothes for their young son.

The portion of the building that was saved remains intact today; it is currently the home of Pizza Express and Wilmot Jujitsu. The parking lot at the corner is also where the building once stood. Both the fire and the building are now a piece of Baden history.

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# Whats happening at Viewfinder Art Studio?!

Located in New Hamburg Viewfinder offers after school children's classes aimed to provide a creative outlet for the children of Wilmot. Additionally we offer workshops, art inspired parties and summer camps. We work with several different mediums throughout our different children's classes. Some of the main mediums used are acrylic paint and earthenware clay.

Opening a studio at the age of twenty two provided it's challenges and was a long but so worth it journey. With incredible support from my family, friends and Futurpreneurs I was able to make my dream a reality. I can't believe that this past June marks one full year of Viewfinder. It seems like a short time ago we began the transformation to turn the space into a studio and it has only gotten more colourful since then!

The reason I was so passionate about opening a children's art studio is because growing up I always felt the need for a creative artistic outlet. I grew up in Haysville and tried many extra curricular activities, however never felt that I found my niche. I wanted to further add an artistic art related outlet to the community. I grew up crafting all the time and I would have loved to go to art classes when I was younger. I love being able to provide a safe space for young artists to feel comfortable to come create in! I was very shy growing up so it is important to me to be the role mode to other artists who are looking for that very same escape. Viewfinder is named after the top of a camera that you look through to capture an image because when you come to the studio I hope that each and every young artist finds their own view. Creativity is open to each individual's interpretation and I hope through the studio I can help others find their purpose and inspiration for what makes them tick.



The response and support from the community behind the studio really excites me! I am so thankful for a studio full of young artists and the continued support! I look forward to growing the Viewfinder family and many more fun filled days creating in the studio!

-Kenzie Whittal

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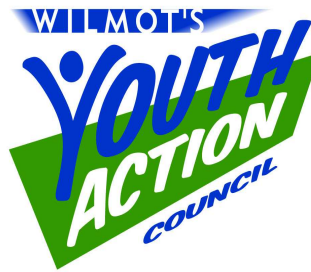


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*Hello, my name is Jessica  
and I am part of Wilmot's  
Youth Action Council.*

Youth Action Council is  
an organization that gets  
involved in the  
community by holding  
and helping out with

different and unique events. One event in particular  
was held recently, on Friday October 28<sup>th</sup>, 2016: our  
October Monster Mash Dance at the New Hamburg  
Community Centre. We had 30 kids come out and  
dance the night away! With all the set up and take  
down that took place, Youth Action Council is the one  
to thank! We'd also like to thank the Baden Optimist  
Club for volunteering their time to help with  
supervision. From planning the event, to organizing all  
the aspects that went into it, everything was spot on!

Every month we hold events for the community to  
inspire others to get involved. This month we will hold  
a murder mystery called Horror at Homecoming at the  
New Dundee Community Centre, on Saturday,  
November 26 from 7:00-9:00pm. Tickets must be  
preordered by emailing us at  
[wilmotsyouthactioncouncil@gmail.com](mailto:wilmotsyouthactioncouncil@gmail.com) to reserve your  
spot, because spaces are limited. This event is geared  
towards ages 13-19 years old. We are super excited to  
continue getting involved in the community, as well as  
meeting and interacting with new community  
members.

Look for us on social media, as this is our best outlet  
for communication. Follow us on Facebook, Twitter,  
and Instagram at Wilmot's Youth Action Council!  
*Well Wishes, Wilmot!*

Jessica Pereira, Director of Dynamics & Mentorship  
Wilmot's Youth Action Council  
[wilmotsyouthactioncouncil@gmail.com](mailto:wilmotsyouthactioncouncil@gmail.com)  
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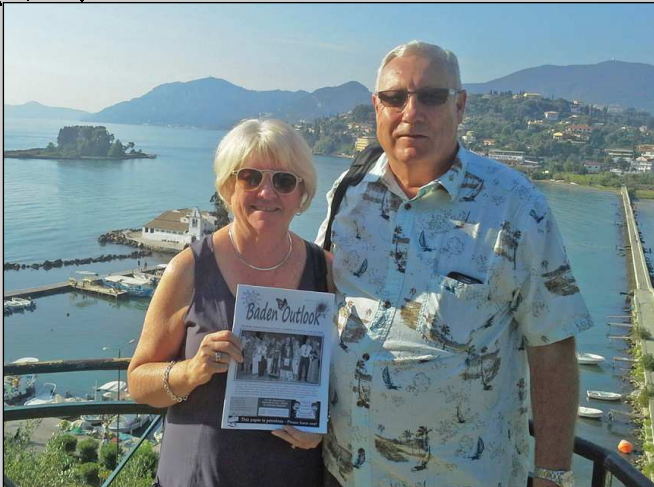
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Wow! More exciting destinations as *The Baden Outlook* continues to travel ...



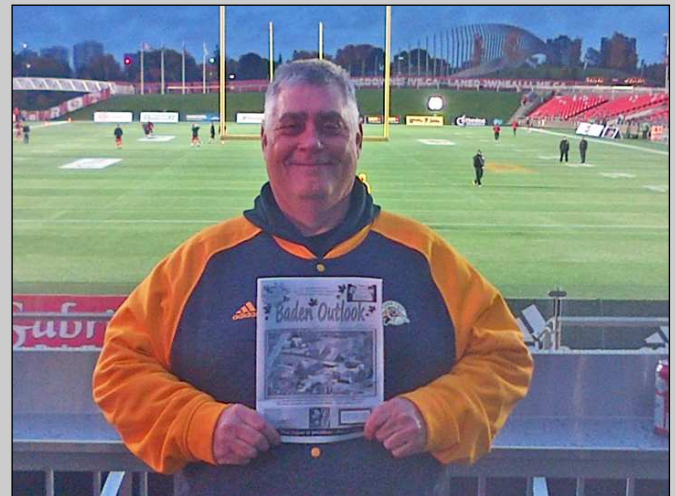
Keith and Karen Lyon of Foxboro Green took their Baden Outlook to a scenic point in Corfu, looking over at Mouse Island.



Ken Alischer and Cindy Dickinson, along with Doug and Cathy Baier took their Baden Outlook with them on a Rhine river cruise from Basel, Switzerland to Amsterdam, Netherlands.



Mary and Bryan Pfaff took their Baden Outlook on an Alaska Cruise aboard the Norwegian Jewel. They are seen here at the Mendenhall Glacier (near Juneau, Alaska).



Scott Simpson of Plattsville took his Outlook to Ottawa to the Redblacks football game.



*Don't forget to pack your Baden Outlook when going on vacation— we want to share your fun!*

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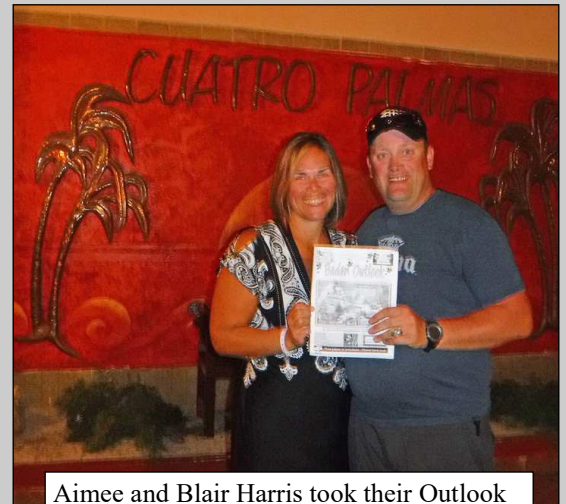
Ilona Bordt from Baden visited her son Michael Bordt on Vancouver Island, and took this picture with the Baden Outlook on Long Beach, near Tofino, B.C. on the west coast of Vancouver Island.



Sarah Scott and her son Holden got half baked with the Baden Outlook at Ben & Jerry's in Vermont.



Elsie Haffner, her daughter Sandy Broda, and granddaughter Candice Meighen took their Baden Outlook along on their 3 generation Alaskan cruise.



Aimee and Blair Harris took their Outlook on their vacation to Varadero, Cuba.

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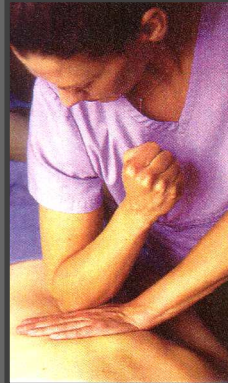
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I have said this for years: *Do not eat seedless fruits and veggies.* Plants were originally created with seeds. They have been hybridized to create a more “palatable product,” primarily for profit. This has made produce more appealing, but less healthy. Every living organism contains seeds (even you!) and seeds contain a powerhouse of nutrition. Think about it: one small seed houses the potential to create an entire new plant (or tree!) which will provide dozens – if not hundreds of new fruit. I love this adage: *You can count the number of seeds in an apple, but can you count the number of apples in a seed?* What an awesome thought! Seeds contain powerful phytonutrients and beneficial fibre that you wouldn’t get if you just threw them away.

Contrary to popular belief, seeds will not poison you. I’m not, however, suggesting you eat all the seeds I mention below in excessive amounts. Moderation is crucial. It is also important to eat the seeds with the flesh. Here are four fruit seeds I would recommend you eat to improve your health and help fight disease!

**Apple Seeds:** Everyone is scared of apple seeds because of their cyanide content. The truth is you would have to eat a ridiculous amount of apple seeds in order to have any toxicological effects. When juicing, we always juice the whole apple, and I eat all of the apple seeds from every apple I eat. I’ve done so since I was a young child. Some people believe, in fact, that the seeds contain anti-flu properties, and in some scientific studies apple seeds have been found to kill cancer cells. Although controversial amongst health researchers and medical professionals, vitamin B17, otherwise known as laetrile, is found in modest amounts in apple seeds. Many people believe B17 helps fight cancer.

**Papaya Seeds:** I eat several of these peppery seeds, along with the flesh, every time I eat papaya. They contain an

enzyme called papain that rids your body of parasites by targeting parasite eggs. Papaya seeds also contain an anthelmintic (anti-parasitic) compound called carpaine that helps kill parasitic worms. The seeds contain a sulphur-containing substance that is thought to be a powerful anti-cancer compound. Papaya seeds have a strong flavour, almost like black peppercorns, and can be dehydrated and made into a natural “papaya pepper.” They can also be eaten fresh with the fruit...delicious!

**Citrus Fruit Seeds:** Lemon seeds contain trace amounts of salicylic acid (an ingredient in aspirin), so eating a few lemon seeds might just give you some ache and pain-relieving benefits. Grapefruit seeds also contain anti-parasitic compounds and there are products found in health food stores containing 100% grapefruit seed extract – excellent for killing parasites both here and when travelling. This is a very bitter liquid, so make sure to dilute in water – but it’s incredibly helpful to get rid of parasites!

**Watermelon Seeds:** Remember the seed-spitting contests you had as kids? And to think that children today will grow up without that wonderful memory! But they’re also growing up eating tasteless, bland watermelon. Only *real* watermelon, *with the seeds*, tastes like watermelon! These seeds are high in zinc, they support immune function, and they contain arginine, an amino acid that helps treat high blood pressure and coronary heart disease. They also contain the B vitamin niacin, magnesium and fibre.

Of course we all know that tree/nut seeds like almonds, cashews, pecans and walnuts are loaded with an array of nutritional goodness...and be sure to enjoy the seeds of seasonal squash and pumpkins too. “Eat the seeds” as often as you can! *Be Well!*

*Christine would like to thank the Baden Outlook readers for their incredible support! As Optimal YOU moves closer to becoming a Canadian Bestseller, Christine would like to offer this “Thank You Christmas Special” to Wilmot Township.*

*With Sincere Thanks! ~Christine*



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**I THINK** (about sweet potatoes) **therefore I yam.**

\*\*\*\*\*

At the November Ball, the princess reluctantly agreed to a dance with the man in the kilt. To her surprise, he was a remarkable dancer who literally swept her off her feet. She wished the song would never end! Strangely, he refused to dance again all evening. Alas, her heart was broken by the 'Single Waltz Scot'.

\*\*\*\*\*

Ned's volunteer firefighting group was installing a billboard advertising the moustache-growing charity drive. Suddenly lightning struck a tree and spewed red hot coals all over the sign. Realizing he was shorthanded Ned exclaimed "if this message is going to get out there, more of us have to **Move-Ember!**"



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Headaches are a very common condition affecting North Americans. Headaches can be a burden on the economy, as many individuals can be forced to take time off work. Many people cope with headaches by taking pharmaceuticals for prolonged periods of time, which can cause negative effects such as stomach ulcers, rebound headaches, gastrointestinal distress, and, in rare circumstances, more serious conditions. Not all headaches are the same, and understanding the differences can help us to manage them better. We all feel different pain, levels of intensity, different locations, frequencies, and duration. The most common headaches can be categorized as either tension, cluster, migraine, or cervicogenic headaches.

Tension headaches characteristically give a tightening sensation around the head. This does not mean a sustained contraction all day, but instead a steady pressure and squeezing sensation. The pain is usually worse in the afternoon or evening, and the intensity is not aggravated with activity. This headache can last anywhere from a few minutes to multiple days.

Cluster headaches typically affect one side of the head at a time, and are commonly experienced behind the eyes. They are more likely to be experienced by middle-aged males, and can be associated with a runny nose and watery eyes. The frequency of these headaches often decreases with age.

Migraines are one of the most debilitating conditions in today's society. Those affected by them can lose days of

work. Migraines can affect your ability to work and your ability to function normally, because of the intense pain. Migraines are recurrent, pulsatile, often on one side of the head, and last 4-72 hours. The two different types of migraines that people experience are common and classic. Classic migraines are associated with a sensitivity to light or loud noises, referred to as an aura. Common migraines do not present with an aura but can come with nausea, vomiting, and other gastrointestinal symptoms.

Cervicogenic headaches are referred from the muscles, tendons, ligaments and joints of the neck. This type of headache comes with reduced range of motion and tender musculature of the neck. Irritation to the nerves of the neck can also contribute to this condition. Neck movements and holding the head in awkward positions can recreate the headache. The pain from this headache can be in multiple spots of the head, can be on either side, and can change locations. This condition may also be the result of an old injury such as whiplash, a car accident, or repetitive strain.

Many people experience headaches differently, therefore individualizing the approach to therapy is important. Typically, working on the structures of the neck can reduce the severity of the pain as well as decrease the episode. Treatment at Baden Integrative Health will include a combination of soft tissue therapy, spinal manipulation, joint mobilization, and acupuncture, as well as home care exercises. As always, you are in control and may choose to exclude some of these strategies in your recovery. This is part of patient-centred care where the patient has a say in what therapies they are comfortable with receiving.

## Clinician Spotlight

Dr. Oscar Alba graduated from Brock University while playing varsity soccer. Dr. Alba received his chiropractic education at the Canadian Memorial Chiropractic College in Toronto.

Oscar is accredited in medical acupuncture and has taken courses in injury prevention and screening. Dr. Alba uses a mixture of techniques and modalities to help relieve musculoskeletal pain. Dr. Alba believes that most painful conditions arise from a muscular dysfunction. A series of muscles that are weak, inhibited, or tight creating an imbalance in the body leading to altered mechanics and pain. There is a rehabilitation component to all of his treatments in order to achieve faster results and continue living a pain free life.

Dr. Alba's clinical hours are as follows:

<b>Monday</b>	7:00am - 7:00pm
<b>Wednesday</b>	7:00am - 6:30pm
<b>Friday</b>	7:00am - 2:00pm
<b>Saturday</b>	10:00am - 2:00pm



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## You Must Be Joking!!


### Can You Count or Can't You Read?

I was in the six item express lane at the store quietly fuming.

Completely ignoring the sign, the woman ahead of me had slipped into the check-out line pushing a cart piled high with groceries.



Imagine my delight when the cashier beckoned the woman to come forward then looked into her cart and asked ever so sweetly, "So which six items would you like to buy?"



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The views expressed in this newsletter are not necessarily those of The Baden Outlook.



WORD MATCH GAME ANSWERS FROM PAGE 10

SNAKE / WASH / FORM / BACK



We can say nothing but positive things about the Lambert Group. Jon was so helpful in giving us staging suggestions. Our house sold in about 30 hours and it was great to see the excitement they both had for us when offers were presented. They were definitely working for us.

Carol & Dave, Baden



## Winter is coming!

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You can pick it up in New Hamburg at No Frills, Sobey's,  
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Stoncroft, Office Pro, NH Thrift Centre, Absolute Fitness,  
Pharmasave, NH Dry Cleaners, NH Wellness,  
NH Library and various offices and retail  
locations throughout Wilmot Township.

Also in St. Agatha at Fishers Esso,  
Angies Kitchen, and Stop 2 Shop. In  
Petersburg at the Blue Moon, and Foxboro.

*The best things is life are free -  
like the autumn leaves... and  
this paper ~ Please Have One!*



Baden Outlook

## Ask Armand ~



*John from Baden asks:* I notice a  
symbol at the top of the building at 12  
Foundry Street. What does that  
symbol mean?



*Armand says:* Interesting question,  
John. Baden's first post office was  
originally established on July 1, 1854.  
The first postmaster was Jacob Beck;  
he served for 25 years. The post office  
was removed and the Canadian Bank of Commerce  
was built on this site c.1890. The symbol at the top  
of the building was the original symbol for the bank.  
The ancient symbol was associated with Hermes,  
the Greek god of commerce. The symbol consists of a  
rod, representing wisdom twisted around it, surmounted  
by two small wings.

The Bank of Commerce closed and the  
Dominion Bank, which was located across the road  
on Foundry Street, moved into that building. The  
Dominion Bank and the Bank of Toronto merged on  
February 1, 1955 creating the Toronto Dominion  
Bank. They stayed at that location until the mid  
70s moving to their new site, which is the current  
location of Mars Variety.

*Have you noticed this  
symbol before?*



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### St. George's Anglican Christmas Bazaar

Sponsored by the ACW (of St. George's Church in New Hamburg)

Featuring Baking, Puzzles, Knitting, Christmas decorations, gift baskets assorted sizes for that special occasion, and a delicious lunch with homemade pie.

Sat. Nov 26, 11:00 am - 2:00pm

St. George's Church on Waterloo St., New Hamburg  
For more information contact Carol Massel- 519 662-1803

### WILMOT SENIORS WORKSHOP

27 Beck Street, Baden

### CHRISTMAS CRAFT & BAKE SALE

December 3rd, 10 am - 3 pm

Cutting boards, potato boxes, wooden bowls, cradles, mail boxes, bird feeders, clothes dryers, bat houses, children's table/chairs, Christmas ornaments, plus many more sale items.  
*(all items hand made or carved by local senior crafters)*

### St George's Anglican Church

Presents a Christmas Service  
"Lessons and Carols"

Sunday, December 11th at 7:00 pm

Featuring a Brass Band and refreshments following.  
All are welcome.



### Annual Christmas Bazaar

St. James Lutheran Church, 66 Mill Street Baden ON  
Saturday November 26, 10 a.m. - 1 p.m.

Christmas Cookies, Bake Table, Tea Balls, Santa Table, Sunday School crafts, Vendors and Face Painting for the children. Enjoy our Chilli and a bun for lunch. Take-out available. Something for everyone!  
Contact Number Arlene 519-634-8904

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### CWL Christmas Bazaar

Holy Family Catholic Church  
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329 Huron St. New Hamburg

### Nithview Annual Christmas Bazaar

Saturday November 19 from 2-4 pm,  
200 Boullee St, New Hamburg

bake sale, silent auction,  
community vendors and tea room



### WEDNESDAY, NOVEMBER 23, 7:00PM

The Nith Valley ECOBOOSTERS are a volunteer group committed to achieving and supporting a long-term healthy environment in Wilmot and Wellesley Townships. Our current projects include planning an anti-idling initiative and a public education event focused on what actions each of us can take to help stop climate change. Join us at 7:00PM on Wednesday, November 23 at Zion United Church, 215 Peel Street, New Hamburg. For more information, contact [nvecoboosters@gmail.com](mailto:nvecoboosters@gmail.com) or call 519-662-9372.

### New in the Neighbourhood?

If you are new in the neighbourhood, call us to receive your gifts and learn about your community.

Local Representative: Marlene Brenneman  
Welcome Wagon Representative  
519-591-5963 [marlene.brenneman@gmail.com](mailto:marlene.brenneman@gmail.com)



### St. Agatha Santa Claus Parade Saturday Dec. 10, at 1 p.m.

There will be a food drive collection during the parade route. You are invited back to the St. Agatha Community Centre for a visit with Santa, a free bag of candy, face painting and more.

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

# Another Cool Move

Happy 10th Birthday Lauryn!



With love from Mom, Dad, Colton and Ava!



"Just Us Girls" is a fun place for girls to get together, make new friends and engage in discussions of interest to them!

The group is open to girls aged 11 to 16 yrs.  
(no pre-registration required)

Tuesdays at the Wilmot Rec. Complex Youth Centre -  
from 5 to 8pm

The evening is free, light snack provided.



Wilmot Family  
Resource Centre

For more information about  
Just Us Girls or any of our  
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Tina or Rachel at  
cr4wfrc@bellnet.ca  
or 519-662-2731 .

COME ONE AND ALL!

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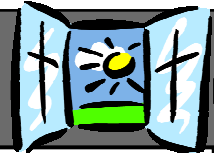
### WHAT IS PELVIC HEALTH PHYSIOTHERAPY?

Pelvic health physiotherapy (also called pelvic floor or pelvis physiotherapy) is the assessment and treatment of various conditions that involve the pelvic floor or symptoms that manifest in this area.

The pelvic floor includes muscles, ligaments, nerves and connective tissue.

## Local Churches Invite You to Join Them

Please visit [www.badenoutlook.com](http://www.badenoutlook.com) for a directory of local churches.



### West Hills Fellowship

Sharing space at St. James Church, 66 Mill Street, Baden ON

Pastor Sean East / [pastor.westhills@gmail.com](mailto:pastor.westhills@gmail.com)  
519-634-4993 [office.westhills@gmail.com](mailto:office.westhills@gmail.com)

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Pastor: Don Penner

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### ST. JAMES LUTHERAN CHURCH

66 Mill Street, Baden ON

519-634-5191 [joanna.e.miller@gmail.com](mailto:joanna.e.miller@gmail.com)

Pastor Joanna Miller

Sunday Worship 9 am / Sunday School

### Wilmot Mennonite Church

2995 Bleams Road, New Hamburg, ON

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Pastor Susan Allison-Jones

519-634-5030 [www.wilmotmennonite.ca](http://www.wilmotmennonite.ca)

### Livingston Presbyterian Church

44 Beck Street, Baden / 519-662-4949

Hymn Sing 9:45 am ~ Worship to follow at 10 am  
Moderator: Linda Ashfield, 519-886-4150

### Wilmot Centre Missionary Church

2463 Bleams Road—corner of Bleams & Sandhills Road

Services at 9 & 11 am, Children's Worship 11:15 am

Rev. Wayne Domm, Dr. Rob Gulliver, Youth Director Jason Erb

519-634-8687 [www.wilmotcentremc.ca](http://www.wilmotcentremc.ca)

### Emmanuel Lutheran Church

1716 Snyder's Road East, Petersburg, ON

519-634-5511 [www.petersburgchurch.org](http://www.petersburgchurch.org)

\* Wheel Chair Accessible \*

Worship Service 9:30 am / Sunday School

### Steinman Mennonite Church

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

Sunday Worship 9:45, Sunday School 11:00 am

Phone: 519-634-8311 / [www.smchurch.ca](http://www.smchurch.ca)



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**Douglas Bowlby  
June 9, 1942 – October 6, 2016**



Doing what he loved, repairing a grandchild's car, Doug suffered a hemorrhagic stroke, and later died on October 6, 2016. He was the son of the late Don and Betty Bowlby (Sparkes). Much loved husband of Judie (Kerr) Bowlby of New Hamburg who he married June 22, 1963. Survived by his two daughters Susan (Fritz Entz) of Bright and Christina Altman (Jeff Martin) of Cambridge. Devastated by his death are his grandchildren Amanda Wilgress (Jeff Vanderhout), Katey Wilgress (Ryan Brennan), Jonathan Wilgress, Ryan Altman, Kyle Altman and his step-grandchildren Nicole, Shawn, and Tyler Entz. Also survived by his sister Beverly Kaufman (Jim) of Stratford, and sister-in-law Barbara Dobson of Drumbo, and many nieces and nephews. He will also be remembered by relatives and friends in England. Doug was predeceased by his brother Kenneth, sister-in-law Dale, and brother-in-law Henry Dobson.

Doug worked at J.M. Schneiders as a refrigeration mechanic for 32 years. Throughout his career he assisted in the operations of the J.M. Schneiders float, participating in parades across the country – travelling to Calgary, Edmonton, Quebec City and here in Kitchener for the Thanksgiving Parade. He was a lifetime member of the New Hamburg Optimist Club and a loyal follower and fan of #76 Shawn Arnott Racing Team.

Many people will remember him as the "candy man" at Nith Valley church, so in memory of him today enjoy a Werthers.

**Christmas Giving**



You can tell Christmas is on its way when you start to see the subtle marketing messages begin in early autumn in print advertisements and television ads. But it's true, Christmas is just around the corner. Would you consider giving a little differently this year?

Here are some ideas to consider:

- Reduce the volume of gifts for family and friends. Reduce the need to purge closets and bedrooms to accommodate all the new things.
- Agree to have a theme-giving event where you insist gifts are only second-hand; either something you already own or something purchased from a thrift store with charitable connections. There are a lot of unique and fun items out there to consider!
- Give an MCC thrift shop gift card (any amount available), which can be used at eight different MCC Thrift stores in Ontario.
- Support someone you don't know with basic needs by spending time with your family or friends, putting together school kits, relief kits, hygiene kits or making comforters. Have a kit-making party!
- Make your own gift if you are a crafter. We have tons of crafts supplies for you to make into something unique, or you can buy one of our beautiful comforters, quilts, mats, or hand-knit items.
- Forego the giving of "things" completely by spending your Christmas dollars through donation to your favourite charity. MCC has a Christmas Giving Program where you can provide gifts of food, water, and shelter for people locally and around the world. A card is provided for the recipients to show how "their gift" has helped others. The card also contains project information about how the funds are used.

Drop by The New Hamburg Thrift Centre to find out more! We are committed to more than just providing a low cost shopping alternative. All purchases support the local economy, the environment, and Mennonite Central Committee, a relief agency working among people suffering from poverty, conflict, oppression, and natural disaster.

*Enjoy life today ~  
Yesterday is gone...and  
Tomorrow many never come.*



*The family of the late Doug Bowlby, would like to thank all our friends, neighbours and relatives for their wonderful support during and after the death of their beloved Poppa, father, uncle, husband and friend Doug Bowlby. Your cards, food, visitation and hugs were much appreciated. Thankfully we were blessed with his presence for two extra years after his first stroke.*

*We also appreciate the compassionate care he received in emergency and intensive care at Grand River Campus, Kitchener. October 12, 2016 was a beautiful but sad day for our family ~ Sincerely, Judie Bowlby, Susan Entz, Christina Altman and families.*

## You Must Be Joking!!



**Washing Dishes with Coldwater:** A MUST READ! Can Cold Water Clean Dishes?  
This is for all the germ conscious folks that worry about using cold water to clean.

**J**ohn went to visit his 90 year old grandfather in a very secluded, rural area of Saskatchewan. After spending a great evening chatting the night away, the next morning John's grandfather prepared breakfast of bacon, eggs and toast. However, John noticed a film like substance on his plate, and questioned his grandfather asking, "Are these plates clean?"

His grandfather replied, "They're as clean as cold water can get em. Just you go ahead and finish your meal, Sonny!"

For lunch the old man made hamburgers. Again, John was concerned about the plates, as his appeared to have tiny specks around the edge that looked like dried egg and asked, "Are you sure these plates are clean?"

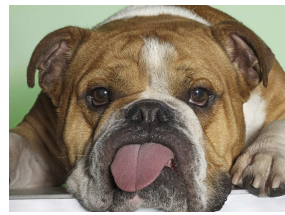
Without looking up the old man said, 'I told you before, Sonny, those dishes are as clean as cold water can get them. Now don't you fret, I don't want to hear another word about it!'

Later that afternoon, John was on his way to a nearby town and as he was leaving, his grandfather's dog started to growl, and wouldn't let him pass. John yelled and said, "Grandfather, your dog won't let me get to my car."

Without diverting his attention from the football game he was watching on TV, the old man shouted, "Coldwater, go lay down now, yah hear me!"

*... Meet Coldwater!*

*Submitted by Bruce Bousher*



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## You Must Be Joking!!

### Moaners and Groaners from the Lives of Scott & Larry

Scott & Larry, two local mechanical engineers, were standing at the base of a flagpole, looking up, scratching their heads.

A woman walked by and asked what they were doing.

"We're supposed to find the height of the flagpole," said Scott, "but we don't have a ladder."

The woman said, "Hand me that wrench out of your toolbox." She loosened a few bolts, and laid the pole down. Then she took a tape measure from their toolbox, took a measurement, and announced, "Eighteen feet, six inches," and walked away.

Larry shook his head and laughed. "Ain't that just like a Miss know-it-all woman! We ask for the height and she gives us the length!"



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### ANSWERS FROM CANADIAN WAR TRIVIA QUIZ FROM PAGE 12

1. There are 27 armed forces bases in Canada today (11 Canadian Army, 3 Royal Canadian Navy, and 13 Royal Canadian Air Force). In Ontario there are three Army bases (Kingston, Petawawa, and Meaford), no Navy bases, and four Air Force bases (CFB Borden, Kingston, North Bay, and Trenton).
2. Canadian Armed Forces lost 45,400 soldiers in World War Two.
3. There are 1406 Royal Canadian Legion branches in Canada (406 in Ontario). The first one was established in November, 1925 at Winnipeg, Manitoba. New Hamburg has a branch #532 at 65 Bouleee Street.
4. All of them have served.
5. 1.1 million Served in uniform in World War Two.



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\* NEW \*

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(See my website for more info)

**\*\*Until Dec 31<sup>st</sup>, 2016**



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\* NEW \*

**Stressed? Sore? Can't Sleep?**

Have you tried **Reflexology or Indian Head Massage?**

Both modalities help you to walk away feeling more relaxed than when you arrived.



There is a continuity about the garden and an order of succession in the garden year which is deeply pleasing, and in one sense there are no breaks or divisions—seed time flows on to flowering time and harvest time; no sooner is one thing dying than another is coming to life. --Susan Hill and Rory Stuart



November is here and still we have received below normal rainfall. Give your evergreens and young trees a good soak before the ground freezes as the trees still breathe in winter and can lose more moisture. Rob Hobson, in his column in the KW Record, recommended that you rake your leaves off your lawn and on to your garden, where worms and beneficial bacteria will break them down into humus that is so good for your soil. He also grabs his neighbour's leaves on yard waste pickup days to use on his gardens. If you see a woman in your neighbourhood grabbing your yard waste bags full of leaves and grass clippings, it is probably me! I use them throughout my gardens and in the paths or my vegetable garden and around fruiting shrubs.

Don't give up too soon on all annuals. I have found that the annual flowering kale can actually last two years if planted in the ground. The second year is the best show as they have multi-stems and become larger. In the spring when they look dead, just leave them for a while and cut off the dead parts close to the live tissue and see what you get. Most years, Dusty Miller also survives the winter. Like many perennials, the plant dies back above ground and then comes back in the spring. In the second year, you will get beautiful lemon yellow blooms.



Since the ground is not frozen, you can still plant spring flowering bulbs. So get yours in the ground or take advantage of any deals at your local nurseries. Perennials, shrubs and trees can still be planted.

Protect young trees from rodents using wrap on the trunks. Check the plants you brought into the house for white flies, spider mites, and aphids.

Keep an eye on the thermometer so that you winterize your rain barrels and outdoor faucets and hoses. I have been collecting as much water as I can to water my evergreens as my gardens are very dry in some areas and I'm still planting until the ground freezes.

The meetings for 2016 are finished. Wilmot Horticultural Society's first meeting in 2017 is at 7:30 pm, on January 9th. After a short AGM, our evening presentation will be **Celebrate Wilmot's Local Bounties**. **David Hutchinson**, owner and chef of **Scran and Dram Pub** in New Hamburg, will share his culinary facts about using local harvests in his restaurant. David will also share a tasty treat ... Yummy!!! **Join us at Wilmot Recreation Centre, upstairs in Meeting Room A**. This free meeting concludes with a 50/50 draw (bring your loonie or toonie), door prizes, and tea/coffee with snacks. Membership is \$12 per person, and one of the many benefits of a membership is a 10% discount at the local nurseries and some other vendors.

Keep your fingernails and knees dirty! Marlene Knezevich

[www.gardenontario.org/site.php/wilmot](http://www.gardenontario.org/site.php/wilmot) email: [wilmothortsociety@gmail.com](mailto:wilmothortsociety@gmail.com) member of OHA: <http://www.gardenontario.org/>

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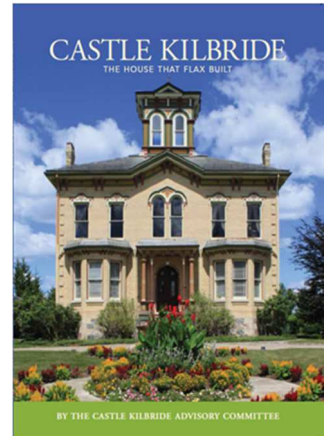
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## SEE WHAT'S HAPPENING AT CASTLE KILBRIDE



### *New Castle Kilbride Book ~* **Castle Kilbride: The House that Flax Built**

The Castle Kilbride Advisory Committee is thrilled to announce the release of 'Castle Kilbride: The House That Flax Built'. Written by the Castle Kilbride Advisory Committee, this superb, full-colour book recounts the history of the house back to its very beginnings in 1877, and gorgeously illustrates that history with stunning photographs dating from over a century ago to today.



Learn the remarkable story of James Livingston, Castle Kilbride's builder and Canada's "flax king," who arrived from Scotland as a teenager and soon became an international industrialist, federal politician, and beloved family patriarch. Enter the world of the second and third generations of Livingstons who lived in their cherished home, and witness a whirlwind of changes through the years -- including the heartbreaking story of how Castle Kilbride was nearly lost, but ultimately saved through the incredible work of the community that loved it.

Dozens of lush, full-colour photographs, including selections from the Castle Kilbride Archives as well as from the Livingston family's personal collections, offer rare glimpses into the house's past. Modern photographs present breathtaking views of every principal room, including detailed close-ups of artifacts, architectural features, and of course the home's stunning trompe l'oeil wall and ceiling paintings, now fully restored to their original beauty.

The perfect gift for lovers of local history, architecture scholars, and fans of beautiful historic houses, 'Castle Kilbride: The House That Flax Built' will be a treasured addition to any library or coffee table. Available beginning November 22<sup>nd</sup> at Castle Kilbride for \$24.95 plus tax

### **Castle Kilbride Lecture Series: November 24 at 7p.m.**

#### **Cooking the Books at Christmas: Seasonal Recipes from Waterloo County**

For two years, historian Carolyn Blackstock cooked one recipe per day from two local community cookbooks, *The New Galt Cook Book* from 1898 and *The Berlin Cook Book* from 1906. She also wanted to know more about the women that shared these recipes and began to research them individually. Join Carolyn as she talks about her experience and answers questions such as which Livingston employee contributed a Christmas recipe or should you try a Haysville resident's 1898 recipe for Rock Cakes?

Tickets: \$10 p.p. (pre-registration required; limited seating) Join us on November 24<sup>th</sup>

### **November: Christmas Season**

Warm your holiday spirits and visit historic Castle Kilbride. A tour through Wilmot Township's National Historic site is truly a magical time. The table is set, the trees are trimmed, and the warmth and charm will kindle your holiday spirit. From November 22 to January 8, Castle Kilbride is fully decorated in Victorian Christmas splendour.



### **A Merry Victorian Christmas**

Thursday December 1<sup>st</sup> from 6:00 p.m. – 8:30 p.m.

For one evening only, visitors can marvel at the glitter and glamour of the decked out 1877 home at night. Live entertainment from Celtic Crossing will bring the house to life. After story time meet Mrs. Claus and enjoy a cup of good ol' fashioned hot apple cider. Looking for a special present to give? Place a bid on one of our fabulous silent auction items.  
Cost: \$5 per person

## Keynote: Teaching Empathy & Gratitude in your Kids – Dr. Karyn Gordon

Please join us at Baden Public School on Monday, November 21, 2016 at 7:00pm as **Dr. Karyn Gordon** delivers a keynote presentation “**Teaching Empathy & Gratitude in Your Kids,**” free to parents across our local communities in Wilmot and K-W. Doors open at 6:40 pm, keynote session begins at 7pm.

### About the Keynote –

#### Teaching Empathy & Gratitude in Your Kids:

Most parents admit that one of their greatest desires is for their children to be more appreciative, thankful and kind to others. But when we live in a culture of immediate gratification that is ‘all about me’, and with Generation Y being the richest in history, how can parents effectively teach an attitude of gratitude and empathy for others? Research tells us that empathy is a cornerstone of EQ (Emotional Intelligence), which is essential for a child’s overall happiness as well as for future career opportunities. Thankfully, empathy and gratitude are virtues and skills which can be learned – and even young kids are capable of grasping these concepts. In this keynote, Dr. Karyn teaches 6 simple things parents can do starting today to develop empathy and gratitude in their children and teens!

In this playful, passionate, and pragmatic keynote, you will learn:

- The different types of empathy
- How the “attitude of entitlement” is related to an “attitude of gratitude”
- How a lack of gratitude is linked to depression and other problems
- What the research says on the benefits of empathy and gratitude
- 6 simple strategies parents can start doing today to build these traits in their kids / teens

### About Dr. Karyn Gordon:

Dr. Karyn is the CEO of dk Leadership: Teaching Success Principles For Full Engagement In Work / Life, and the Producer / Host for “Success Stories With Dr. Karyn”. Dr. Karyn holds a doctorate in Marriage & Family and is one of North America’s leading relationship / parenting experts for families & organizations. She is a regular contributor to Good Morning America (USA), Cityline (Canada), Breakfast Television, New York Parenting Magazine and Chatelaine. A best-selling author, corporate trainer and motivational speaker to more than ½ million people, her mission is to inspire people (from students to CEOs) to dream their best life, learn the tools and do it! She is passionate about teaching Success Principles (Emotional Intelligence / EQ Including: Motivation, Time Management, Organization, Confidence, Communication & Career Direction) to develop thriving relationships at home (with Ourselves; Parents & Kids/Teens; Husbands & Wives) and at work (Intergenerational: Gen Z, Gen Y, Gen X, Boomers, Traditionalists; Mentors & Mentees; Teachers & Students). <http://www.dkleadership.org/about-dr-karyn/about-dr-karyn>



This evening is brought to you by Baden Public School Parent Council in conjunction with the Parents Reaching Out grant, as well as sponsorship through dk Leadership’s Fall Sponsored Speaking Tour. This event will be open to parents across our local communities, and aligns with the Waterloo Region District School Board’s newly developed Mental Health Strategy (<http://www.wrdsb.ca/bipsa/mental-health-strategy-overview/>).



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The views expressed in this newsletter are not necessarily those of The Baden Outlook.

## Local Boys Clipping for Charity

Meet two selfless boys, Cohen and Kyler, of the minor peeewee Kitchener AAA hockey team, who decided that they were ready to cut their hair after 2 years of growing.



They came up with the idea to donate their "legendary locks" to a charity that makes wigs for cancer patients. It was thought that they would need to grow it 8 inches in order to donate it but after some research, they found a company called 360° located in B.C. This company will accept 6 inches, coloured, grey or natural hair, and makes wigs for kids 19 and under!



With nervousness, they went together to Sportsclips in Kitchener and proceeded to have most of their hair cut and prepared to send away.

It was a proud moment for all— a fabulous thing for these 11 year old boys to do for those suffering.

Seen here are Cohen van Zuilen of New Hamburg and Kyler Morgan of Kitchener.

## Heart Month Campaign



Help us create survivors!

February is Heart Month and we are looking for Captains, Door-to-Door Canvassers and Online Canvassers. The time commitment is minimal but the results are lifesaving. This volunteer opportunity is great for Students needing Community Hours. Please contact Kathy at 519-571-9600 or [kathy.ziegler@heartandstroke.ca](mailto:kathy.ziegler@heartandstroke.ca) Thank you!

## Hockey for Heart

The Heart & Stroke Foundation is pleased to announce its 8<sup>th</sup> Annual Hockey for Heart Tournament will be taking place **January 21<sup>st</sup> 2017 and January 22<sup>nd</sup> 2017** at the **Kitchener Memorial Auditorium!** We are looking for enthusiastic teams like yours to help us **face off against heart disease and stroke.** This exciting 2-day event has each team playing a minimum of 3 games. Top two teams will face off in a final showdown and top fundraisers will win awesome prizes.

Help support a good cause that is making a difference in your community! Space is limited so contact [Karen.williamson@heartandstroke.ca](mailto:Karen.williamson@heartandstroke.ca) for more information and to reserve your spot!



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

The New Hamburg Firebirds are off to a great start with 9 wins and 8 losses so far this season. The Baden Outlook is sponsoring the game on November 25th and we are inviting you to come out and cheer on your local team. This is the Nafziger Road Rivalry and is sure to be exciting!



To get you up to speed on the New Hamburg Firebirds: Seen below are the stats as of November 6th including top ten scorers from each team, in the Mid Western Junior C League.

Please cut out the coupon below and enjoy the game on us!

Stats courtesy of Point Streak

#	WELLESLEY TOP 10	P	GP	G	A	PTS
23	Hoekstra, Jordan	F	16	13	12	25
15	Uttley, Alex	F	16	7	17	24
21	Mercier, Nick	D	16	8	14	22
9	Pickering, Shaun	F	15	8	12	20
12	Jefferies, Cal	F	16	9	8	17
22	Alyas, Mario	F	13	5	8	13
8	Wilkinson, Jake	F	15	7	6	13
10	Brick, Spencer	F	15	7	6	13
20	McEwan, Sean	F	16	4	9	13
7	Goran, Brenden	F	13	6	5	11

#	NEW HAMBURG TOP 10	P	GP	G	A	PTS
8	Randerson, Tyler	F	16	12	12	24
6	Kleine, Tyler	F	17	7	14	21
24	Davison, Walker	F	12	10	10	20
20	Eckert, Chris	D	16	2	18	20
19	Smith, Dalton	F	16	6	10	16
7	Martin, Colin	F	17	12	2	14
15	Smith, Curtis	F	13	5	6	11
21	Boer, Andrew	D	16	2	7	9
3	Adair, Ethan	D	12	1	8	9
26	Muckler, Brodie	F	15	2	6	8

TEAM	GP	WIN	LOSS	TIE	PTS	PCT	GF	GA	PIM	HOME	AWAY
Ayr	17	15	2	0	30	.882	122	40	439	8-0-0	7-2-0
Paris	17	13	4	0	26	.765	75	45	472	7-2-0	6-2-0
Wellesley	16	12	4	0	24	.750	91	53	619	5-1-0	7-3-0
Woodstock	16	9	7	0	18	.563	59	48	358	5-3-0	4-4-0
New Hamburg	17	9	8	0	18	.529	70	68	263	5-3-0	4-5-0
Norwich	18	9	9	0	18	.500	82	67	304	5-5-0	4-4-0
Burford	17	5	12	0	10	.294	49	103	383	3-6-0	2-6-0
Tavistock	16	3	13	0	6	.188	36	64	274	2-7-0	1-6-0
Delhi	16	0	16	0	0	.000	26	122	358	0-8-0	0-8-0

This coupon entitles YOU and YOUR FAMILY entry to the Firebirds hockey game at the Wilmot Recreation Complex on **Friday, November 25th - 7:30 pm.**

## **NEW HAMBURG FIREBIRDS vs WELLESLEY APPLE JACKS**

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