

NOVEMBER 2019

Baden Outlook

~ Your Community Newsletter ~

Keeping the Community Connected since 2000,

~ The Perfect Wilmot Sunset ~

Seen from the home that backs onto the fields at the Livingston Blvd. subdivision.

Photo courtesy of Ashley Gillies

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This paper is priceless - Please have one!





Wow! More exciting destinations as *The Baden Outlook* continues to travel ...
 To Flanders Fields in Belgium, Nova Scotia with more pics on page 35.



Colleen Herner and Marlene Miller visited Halifax on their East Coast Cruise and are here in the doorway of the "wee little" Maud Lewis house which is on display inside of the art gallery of Nova Scotia.



Nick, Betty, and Kayla Bergsma took the *Baden Outlook* to the John McCrae Memorial in Flanders Fields, Belgium.



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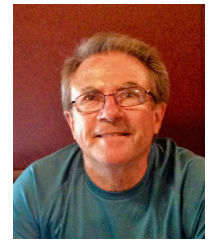
*Thanks for taking us along
 with you on your vacation and
 sharing your photos with
 our readers!*



Talking with Ed

~ *Lest we Forget*

We received an email from Nick and Betty Bergsma who were excited to share their travel photo from their visit to Belgium and the memorial for John McCrae in Flanders Fields (*see their travel photo on preceding page*). Of course everyone has heard of the poem "In Flanders Fields", but I wasn't entirely sure about the man and history surrounding it. We had a great chat with Nick and Betty, and I learned more about John McCrae which I want to share with you.



Lieutenant Colonel John McCrae MD (born in Guelph, Ontario, November 30, 1872 – January 28, 1918) was a Canadian poet, physician, author, artist, and soldier during World War 1, and a surgeon during the Second Battle of Ypres in Belgium. He was highly educated, earning a BA, and worked at many renowned hospitals including Toronto General, John Hopkins in Baltimore, Montreal General, Royal Victoria in Montreal, and taught at McGill and University of Vermont. In 1900, McCrae served in South Africa as a lieutenant in the Canadian Field Artillery during the Second Boer War (1899-1902).



When Britain declared war on Germany because of the latter's invasion of neutral Belgium at the beginning of World War 1, McCrae was appointed as Medical Officer and Major of the 1st Brigade CFA (Canadian Field Artillery). He treated the wounded from the Second Battle of Ypres from a hastily dug 8 foot x 8 foot bunker two miles north of Ypres. McCrae's friend and former militia pal, Lt. Alexis Helmer, was killed in battle. His burial inspired the poem which was written on May 3, 1915 and first published in the English magazine *Punch* in December 1915. McCrae was at first dissatisfied with the writing and crumpled the paper up and threw it aside. Another soldier found it, read it, and convinced McCrae to publish it. Within months of publication, McCrae's poem was widely used, commemorating fallen soldiers around the world.

On January 28, 1918, while still commanding No. 3 Canadian General Hospital (McGill) at Boulogne, McCrae died of pneumonia at the British General Hospital in Wimereux, France. He was buried the following day in Commonwealth War Graves Commission in Wimereux .

The general impression in my mind is of a nightmare. We have been in the most bitter of fights. For seventeen days and seventeen nights none of us have had our clothes off, nor our boots even, except occasionally. In all that time while I was awake, gunfire and rifle fire never ceased for sixty seconds. And behind it all was the constant background of the sights of the dead, the wounded, the maimed, and a terrible anxiety lest the line should give way.

~ by John McCrae

The Ypres Salient was one of the most contested sections of the Western Front during the First World War and became the grave of 500,000 men. It is home to many memorials, cemeteries and other places that have a special meaning to Canada. Canadian troops took part in most of the major battles fought there between April 1915 and November 1917. This is the area where McCrae wrote his poem.

Nick and Betty, who emigrated from Holland, were in awe of the vast number of gravesites in the area and were also amazed at the deep appreciation that is still expressed by the Belgium people. Every night at 8:00pm (20:00 hours) a moving ceremony takes place under the Menin Gate in Ieper (Ypres). The Last Post Ceremony has become part of the daily life in Ieper (Ypres) and the local people are proud of this simple but moving tribute to the courage and self

-sacrifice of those who fell in defence of their town.

We can be thankful to the men and women who defend our freedom and also thankful that most of us have not had to experience the horrors of war. Until next month... Ed



"In Flanders Fields"

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the dead, short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

Greetings from Headquarters ~



Dear November:

I hope you realize how nice the month of October was, until the final day. We enjoyed the long slow process of leaves changing colour and gently falling in the breezes. The flowers remained beautiful as they only suffered minimal exposure to the light frost. My point is... please be kind to us as you bring the first feel of winter our way and don't scare us with too much treacherous driving or bone chilling temperatures. Simple, not much to ask, so thank you for your co-operation.

XOXOXOXOXOXOXOXOXOXOXOXO

The clocks have fallen back and the time has changed, bringing more light in the morning, which has been helpful to those who dread driving to work in the dark. On my end, I have been able to sleep in longer so I feel like I've already got one foot into hibernation mode. As said in my 'Dear November' letter, I was happy to still be able to enjoy my tomato plants and herb garden; the Zinnias and Snap Dragons were real troopers, so I brought in what I could before I cleaned out the flower beds.



I did feel sad for the trick or treaters who had to march around in the rain; that was the sloppy ending to a really nice month.

I have quite enjoyed playing with colour on the outside covers of the *Baden Outlook* after 19 years of printing in grayscale. I was so excited to receive the front page photo taken and shared by Ashley Gillies. This photo was taken of her daughter and dog at sunset from a home in the Livingston subdivision which backs onto a field. What beautiful colour she captured! Thank you so much for sharing that, Ashley. I invite others to share too, if they'd like to feature a seasonal photo.



We were proud to hear of the many awards given to the gals at Baden's Nook Café from the Waterloo Region Record Reader's Choice Awards. Be sure to pop by there and give them a high-five for a job well done! Also on the Reader's Choice Awards was New Hamburg Lanes.. Bravo!

Also, congratulations go to the ladies of the Wilmot Optimist Club who are celebrating 30 years of Optimism. We connected with them to hear of their achievements and feature their story on page 25.



We were privileged to be invited to Wilmot Mennonite Church to give a presentation on the journey and inside scoop of the *Baden Outlook* as we close in on 20 years of publishing. Barry is getting more comfortable with public speaking since being on council, but me not so much. But oddly, once I get babbling on about the paper, I see that the passion and excitement still can carry me through. The audience was gracious and treated us to a nice lunch too. Thank you for having us!

and bazaars offered in Wilmot. Plan to shop local this holiday season!

- Also in this issue, you will enjoy the great history article from Al Junker giving us a vision of Brewing in Wilmot Township. Enjoy the interesting old labels displaying local breweries, as seen on pages 28-29.
- Castle Kilbride starts up with the Christmas theme, and continues with all they offer during the season. Also note in the Community Corner on page 22, the many Christmas sales
- Wayne Buck, who is a Naturalist, went on a hike through Schmidt's Woods Trail and was shocked with what he saw. He shares his insight with us on page 31 as to why this happened .
- We are excited to have Scott Dunstall on board with a Men's Fashion Column, which is sure to help gentlemen look dapper this holiday season. Check it out on page 31, and watch to see who is standing a bit prouder at your upcoming business parties or other social events. It feels good to look good.
- As the winter season comes upon us and we lose more daylight and stay indoors more, many people lose their energy and their spirit. Learn more about SAD from Sarah on page 19.

Checking out the Baden Library



New Hamburg Firebirds at the Library - Wednesday, Nov. 27, 6:30 to 7:30 p.m.

The New Hamburg Firebirds Junior C hockey team are coming to the Baden Library to participate in fun activities and challenges. All ages welcome. Come out and meet this year's team! Register online, by phone or in person.

1:1 Computer Coaching

Need help with your computer, tablet, or smartphone? We can help! Free, one-on-one computer training sessions are available at the Baden Branch on Tuesday, Dec. 10 from 10 a.m. to 3 p.m. Register online, by phone or in person.

Baden Book Club at EJ's

Adults are invited to join Jen Cyr, Co-ordinator of Library Collections, the third Tuesday of each month from 6:30 to 7:30 p.m. at EJ's Tavern and Restaurant in the Baden Hotel. The next meeting is Nov. 19 where will be discussing **The Man Who Quit Money** by Mark Sundeen. Treat yourself to a beverage or food item and contribute to the conversation on this selected book. Registration is ongoing throughout the year and copies of the book are available at the Baden Branch.

Holiday Storytime Programs:

Holly Jolly Storytime (Birth to five years with caregiver)
Join us for stories, songs and activities to celebrate the holiday season. Drop in. No registration required.
Thursday, Dec. 5, 10:15 to 11 a.m.

Jingle Babies (Birth to 12 months with caregiver)
Bring your baby for holiday songs, rhymes, and activities. Registration required.
Wednesday, Dec. 11, 10:30 to 11:30 a.m.

Winter Craft Time for Kids

Make a craft or try the Maker Space cart. Drop in. No registration required.
Saturday, Dec. 14, 10 a.m. to noon.



Winter Programs for Youth Registration for winter programs begins on Tuesday, Dec. 10.

Programs include Baby Connections, Li'l STEAM, Family Storytime, Ready Set Go! Kindergarten, Maker Club, and Youth Book Clubs. Library programs are free and some require advanced registration unless otherwise indicated. Space is limited. Programs begin the week of January 14 and run for eight weeks. Register online, by phone or in person. Check www.rwlibrary.ca for more information on each program or drop in and pick up a winter handout.

Contact us at 519-634-8933 or badenlib@regionofwaterloo.ca for assistance or for more information visit us at www.rwlibrary.ca.

Chris Baechler, Assistant Supervisor—Baden Branch

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"Keeping the Community Connected"

Baden ~ Our Town

The Baden Community Association is getting ready to once again participate in the Baden Santa Claus parade. Last year the BCA handed out almost 1000 bags of popcorn to curbside parade spectators. This is the 8th year that the BCA has participated in the event.

Coming up next for the BCA is their ever popular New Year's Kids Party, which will be held again at EJ's restaurant. Erick Traplin will be back again and we look forward to a great meal and plenty of gifts and door prizes. Last year it was a sellout so be sure to get your tickets early. Watch Facebook and the December issue of the Baden Outlook for more information.

Next in the planning stages is the Family Day Event in February which is held at the Wilmot Rec Complex. Many people gather upstairs at the Rec Complex to sample free food and refreshments, where children's games and activities are available. It is a great way to spend time with your neighbours and friends.

Please feel free to join us on the last Wednesday of the month at 7 pm in the basement of the Township Hall.



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If you've been for a walk on the trails in Schmidt's Woods at the WRC this fall, you've no doubt noticed some changes in the surrounding forest. Lynda and I went for a walk there in mid-September and were surprised by the number of trees that had been removed. We knew that the trails had been closed periodically over the past few months to remove some of the dead ash trees, trees that had been killed by the non-native Ash Borer, but we were surprised at just how many trees had been cut down; trees of varying species such as maple, beech, hickory, basswood, and hop hornbeam.

I called our mayor, Les Armstrong to find out why so many trees had been cut, wanting to know the purpose of cutting the trees. Les said that he didn't know but named a person whom I could contact. After several more calls, it was Andrew Martin who called to tell us that the project was being directed by the chief forester for the Region of Waterloo, Albert Hovingh, and that I could direct my questions to him. I knew Albert from having served many years with him on the Waterloo Stewardship Council so I felt very comfortable contacting him. We set up a day to take a walk through the woods so Albert could explain what they were trying to accomplish by cutting the trees.

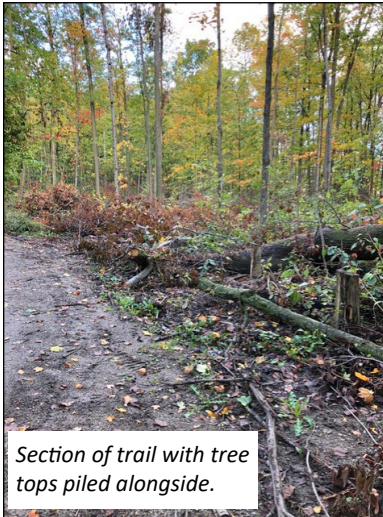
I am a naturalist, i.e., someone who enjoys and appreciates nature. I take pleasure in walking in natural areas, be they open meadows or canopied forests. I enjoy the plants, the birds, the reptiles, SOME (but not all) of the insects, etc. I like to leave dead trees standing whenever possible to provide homes and shelter for the many living things that occupy them, eventually weakening them so that they fall and are converted to compost. Carbon is sequestered in the soil instead of going into the atmosphere as a greenhouse gas.

Albert is a forester. He appreciates nature but he also looks at the forest much the way a farmer looks at a hayfield or a crop. A farmer sees a hayfield as forage for their animals. A naturalist sees a hayfield as habitat for birds such as Bobolinks and Meadowlarks. Albert's task was to remove the dead and dying trees such as the aforementioned Ash, and other diseased trees such as Beech which have succumbed to a fungal disease. According to Albert, these trees have to be removed in the interest of the safety of people walking the trails so the trees would not come crashing down on someone, causing serious injury. He also wanted to open areas where these trees were standing, allowing the living trees and other plants to receive an increased amount of sunlight so they would grow at a faster rate. The tree removal was contracted to a local sawmill which used local people to do the cutting and removal. The use of motorized equipment made many incursions (paths or trails) into the forest which are quite noticeable. Trees that were large and solid enough were taken

to the mill and sawn for lumber or firewood. Trees that were too rotten or too small were simply left in place.

As we walked and talked, I tried to see the forest through the eyes of a forester, managing a crop to ensure the health of the forest and maintain an area that was safe for people to walk in.

To be sure, the forest looks different. The canopy is more open and some areas look bare since so many trees have been removed. Tree trunks and limbs lay scattered and jumbled everywhere. It looks like a tornado went through! It's a bit like looking at someone who has just undergone facial surgery. Their face looks red and swollen with stitches and swathed in bandages: not pretty. But, like the loved one's face, the forest will recover over time, although it will never look the way it did before "the surgery", at least in my lifetime. There is no way that the hundreds of 40-70 year old trees that were removed will be replaced that quickly. But, like your loved one's face, it will heal. And, hopefully, sometime in the not too distant future, I will again enjoy walking there.



Section of trail with tree tops piled alongside.



Saw logs, mainly Beech, piled up awaiting pickup.

The reason that so many trees and branches were left lying is that the cutting was done by the workers of the sawmill who were taking only saw logs of the larger trees, not the limbs and branches (tops) or smaller trees. In a private woodlot, the owner would likely cut up these branches and limbs and smaller trees to use for firewood. Unfortunately, this is not economical for the sawmill, hence the unsightly appearance.

Hopefully, in a couple of years the surrounding trees and plants will grow sufficiently to cover these tops. Maybe

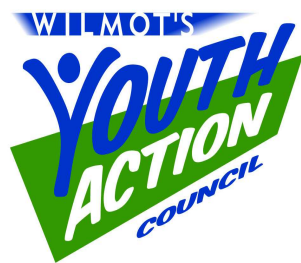
the township could use SOME of the money they were paid for those hundreds of sawlogs to hire workers to cut up some of the remaining tops so they are less noticeable and will decompose faster, and to repair the damage to the trail itself caused by the machinery. The downside of all this is that it could all happen again in a couple of years.

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We are off to a great start! We recently hosted the Pumpkins Come to Life Carving Contest on October 26. We would like to thank all the families who attended the event and provided non-perishable food items to the Wilmot Family Resource Centre Food Bank.

We are looking forward to hosting our next event in November, and to announce that we will be taking over the Gingerbread House Contest from the Gingerbread Committee. We would like to thank them for their hard work and dedication over the last 5 years!

We are excited to announce that this year we will be hosting drop in gingerbread house creation stations between Wednesday November 20 and Tuesday November 26 to provide you all with a chance to get involved as a family! Creation Station time slots below:

- ◆ The DROP, Wednesday November 20, 6- 8 pm, Optimist Youth Centre, WRC, 1291 Nafziger Road, Baden
- ◆ The ZONE Drop In, Thursday November 21st, New Hamburg Arena, 251 Jacob Street, New Hamburg
- ◆ The DROP, Friday November 22, 5:30-9:30 pm, Optimist Youth Centre, WRC, 1291 Nafziger Road, Baden
- ◆ The DROP, Saturday November 23, 12:-5 pm Optimist Youth Centre, WRC
- ◆ YAC, Monday November 25 5:30pm-9:30pm, Optimist Youth Centre, WRC
- ◆ The DROP, Tuesday November 26 6- 9 pm, Optimist Youth Centre, WRC

We will provide the gingerbread house kits, white icing and limited decorations. Please bring any other decorations and specifics to create your masterpieces that goes with the Christmas Movie theme! Drop off for the 2019 Gingerbread contest is **Wednesday November 27 between 6:00pm-7:30pm at the New Apostolic Church on Waterloo Street in New Hamburg.** Public viewing of all entries is on Thursday November 28 from 6:00pm-7:00pm with the awards ceremony starting at 7:00pm. We hope to see you there!

“Keeping the Community Connected”

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HEY KIDS! Saturday, December 7th 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. To reserve your spot or for more information call Sue at 519-214-2202 or Penny 519-634-9292

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CARP - Canadian Association of Retired People / Questions and Answers from CARP Forum

Q: Where can single men over the age of 70 find younger women who are interested in them?

A: Try a bookstore, under Fiction.

Q: How can you avoid that terrible curse of elderly wrinkles?

A: Take off your glasses.

Q: Why should 70-plus year old people use valet parking?

A: Valets don't forget where they park your car.

Q: As people age, do they sleep more soundly?

A: Yes, but usually in the afternoon.

Q: What is the most common remark made by 70-plus year olds when they enter antique stores?

A: "Gosh, I remember these!"

Q: Where should 70-plus year olds look for eye glasses?

A: On their foreheads.

Q: Concerned women are asking what to do with crow's feet and all those wrinkles on their faces?

A: It is suggested to go braless. It will usually pull them out.



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Monday-Saturday 11 am-12 pm / Sunday 11 am-8 pm

Please Join us for Live Music... with Jonathon Knight on Nov 23,
Jason Carraro on Dec 7, The Gaes a Sunday Matinee on Dec 8,
Lucass Stagg on Dec 14, and Jessie Webber on Dec 21

Think of us when planning your upcoming parties with group reservation bookings and party services for the holiday season!

Plan now for the Annual New Year's Eve Bash designed for the children of our community sponsored by the Baden Community Association

Are We Losing our Social Skills?

Banks now prefer you to use an ATM instead of talking to a teller...unless they are selling something.

Fast food chains want you to order your meals on their terminals rather than speak to a staff member.

Public servants ask that you enquire online and not talk to a representative face to face.

We have phones and tablets that make it too easy to not talk to anyone. Why?

Relationships are being developed before actually meeting face to face. How do we trust when there is so much room for deceit?

Social media makes it easier to be anonymous and not be accountable to anyone.

Yards are getting smaller so kids have nowhere safe to play outdoors.

Computer games are increasingly interactive so you don't have to play with 'real' people.

Imagination is lost because interaction with others is on the decline. Our adventures are lived online rather than experiencing them first hand.

Anxiety is on the rise from too much technical stimuli and overload. Yet boredom and restlessness is on the increase, with less exercise to combat the adrenaline.

Anti-social views are gaining momentum because we are losing the free-thinking skills to have our own views or make our own choices and decisions.

People make the world go round, relationships are what we live for. So when have we as a human race become so bothered with one another that we choose to avoid interaction?

We are indeed becoming victims of our own technology and creating an unhealthy future. And yes... we are losing our social skills. Let's try harder.



NOW HIRING

New Orleans Pizza is under new ownership and we need help in the kitchen, day time position hours and pay to be discussed. We are looking for somebody friendly with a smile on their face.

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YOUR DOG THINKS
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Baden Birding ~ Black-capped Chickadee

By Fraser Gibson



Whenever I encounter a pair of chickadees, I try to pause a moment to admire their lively, inquisitive behaviour. So much good-natured disposition tucked up inside such a tiny bundle of fluff is worthy of a moment for appreciation.

The Black-capped Chickadee's black cap and bib against white cheeks, along with its sparkly black eyes, make this cute little bird a favourite of many.



Black-capped Chickadees are very curious and much more approachable than most birds. Their preference for peanuts and sunflower seeds even brings them to open hands. When a chickadee's tiny black toes and ebony talons grasp a bare hand, an indelible encounter unfolds. Hand feeding chickadees provides kids with an unforgettable connection to nature.

Chickadees are quite selective when choosing a seed from a hand. They often choose one seed, appearing to weigh it in their beak, only to quickly drop it before selecting another "better pick" and flying off. Sometimes they perch nearby to eat the seed chosen but many times they disappear into the nearby trees to hide the seed. Returning numerous times, each chickadee may cache hundreds of seeds or other food in bark crevices.

Besides being charming, they are amazing little birds. In the fall, mated pairs of chickadees begin to congregate into small flocks of about 6-10 birds. These flocks also contain first-year immatures, usually not the offspring of the adults in the flock, ensuring a mixing of genes. Each flock quickly establishes a dominance hierarchy. The highest ranks enjoy first dibs to food, winter roosts, and mates. Normally the hierarchy has a dominant pair above other pairs and old above young.

The autumn also brings a change to the brain of every chickadee. Old brain cells, containing useless information, die off. They are replaced by new neurons, thus increasing brain capacity for such things as remembering where food is hidden and adapting to flock dynamics.

Winter survival is more difficult for these little birds than it appears. They are clothed in about 30% more feathers in

the winter but they still struggle to stay warm. Their small volume compared to their large surface area means body heat is lost easily. A normal body temperature of 42.2°C is also a challenge to maintain. Additionally, the heart rate of an active chickadee can be as high as 1800 bpm. All these factors increase the need for food; the colder it is, the more food the chickadee must consume. Consequently, in winter, chickadees need to eat approximately 33% of their body weight daily. Unfortunately, expending too much time and energy searching for food could be life-threatening.

Adding to these challenges are the shortened daylight hours in which they must find energy-rich food. The flocking behaviour helps because it allows the flock to search for food over a larger territory than used by a pair when nesting. The flocks are constantly patrolling looking for overwintering insects, invertebrate eggs and stored food, while defending their territory from marauding neighbouring chickadee flocks. By travelling in a larger group they have a better chance of detecting hungry predators. They also have excellent communication skills, where a change of tone and the more *dees* in a chickadee-dee-dee call indicates a higher level of peril.

On very cold nights, 6-8 chickadees may huddle together in an old woodpecker cavity to stay warm. Cuddled-up chickadees go into a mild form of stupor where their heart rate falls to 500 bpm and body temperature drops by 7°C, slowing metabolism and conserving energy. Even still, the birds lose weight overnight just staying alive.

In the early spring, the flock begins to disperse. The most dominant pair accesses the best habitat which usually yields better nesting success. The cycle of life thus begins once again.

A chickadee's life is made easier in the winter if there is a good supply of black sunflower seeds and/or cracked peanuts nearby. While observing the chickadee at your feeder, enjoy it and admire it for the amazing little creature it is.

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LET'S HAVE A LITTLE PUN!

GROUPS OF PEOPLE

1. An activity that gets people 'all wound up'.
Made the 'twist' very popular in India.
A well known 'lotus' arrangement.
2. These performers are always 'pitted' against the audience.
Can be very 'electrifying', when the proper 'conductor' is used.
They're noted for being involved in 'sax' and 'violins'.
3. A public event with lots of 'promise'.
A 'race' 'run' by 'polls'.
Where you can make a 'mark' on your country's future.
4. Their entire operation has been 'one disaster after another'.
This 'Red' organization been responsible for much 'blood letting'.
A 'cross' that most nations are willing to bear.
5. A 'sole' destroying event.
'Long' known to be a 'race' of Greeks.
Why Boston will be remembered in the 'long run'.

Answers on page 33

BRAIN WORK! How many words can you find?? Make words from the table below by linking the letters adjacent either above, below, beside, or diagonal. You can only use the letters once per word. We were able to find 61 combinations! Good luck!

T	O	N
S	E	D
L	A	R



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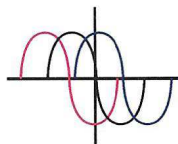


HERE'S THE SITUATION:

You are on a horse, galloping at a constant speed. On your right side is a sharp drop-off. On your left side is an elephant travelling at the same speed as you. Directly in front of you is a galloping kangaroo and your horse is unable to overtake it. Behind you is a lion running at the same speed as you and the kangaroo. What must you do to get out of this highly dangerous situation?

A: GET OFF THE MERRY-GO-ROUND YOU SILLY FOOL!

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Rest for the mind. Even if we are not quite sure what that means, we long for it. But does sleep ‘rest’ the mind?



While we are sleeping, the mind is far from resting. In sleep the mind is busy switching gears between three stages of Non-REM and REM (Rapid Eye Movement). In the Non-REM stages, regeneration of body and brain tissues goes on, repairing work for all systems, taking today’s events and creating Cole’s Notes versions of them to transfer to long term memory.

When we don’t get enough good quality sleep, Human Growth Hormone is in shorter supply and all maintenance activities are impaired. All the tissues in the body, from skin to muscles, to connective tissue, to bones, need to clear out the old, used up material and generate new.

Scientists are less precise about what happens in REM sleep, but one thing we all are sure of is that this is where we dream. We have long speculated about why we dream with no concrete conclusions. Is this where we work out the wrinkles of the mind? All the conflicts, desires, bad memories ... these are the things that we work out in dreaming. We still need to prove what goes on in dreaming and understand the process, but we do know what happens without it.

According to sleep experts, losing sleep sets us up for these problems:

- ◆ Increased inflammatory responses
- ◆ Increased risk for obesity
- ◆ Increased risk for memory problems
- ◆ Increased risk for sleep apnea
- ◆ Increased risk for cardiovascular disease
- ◆ Increased risk for diabetes
- ◆ Increased risk for depression/anxiety

According to sleep experts, getting good quality sleep sets us up for all these benefits:

- better skin health and more healthful appearance
- emotional regeneration and better relationships
- decreased risk of stroke and cardiovascular disease
- fewer accidents
- lower levels of inflammation
- enhanced immune function
- hormonal balance
- faster rate of weight loss
- decreased pain
- stronger bones
- lower risk of Alzheimer's disease and cognitive decline; better memory
- longevity

When we are in Savasana, rest is one of the primary goals. Bring the mind to rest, and learn to practise first the simple skill Proprioception - REALLY feeling all the skeletal muscles and consciously relaxing them. Then interoception – getting a sense of the internal state of the body. This involves a second set of senses, from the inside out. And eventually viscerception, which refers to the perception of bodily signals arising specifically from the viscera: the heart, lungs, stomach, and bladder, along with other internal organs in the trunk of the body.

As we build these three skills, proprioception, interoception and viscerception we make great leaps toward better health, and the eventual REAL rest for the mind. Once you have a quiet body you can begin to observe your breath in Savasana, or you can observe anything in your body, as you keep your mind quietly focused inward. This allows the mind to come to a quieter place and conserves a huge amount of mental energy, allowing you to rest fully and completely.

Sleep is largely about maintenance. Practices like Savasana are about balance, reenergizing, and rest. If you would like to learn more about sleep, a really good book to try is ‘Why We Sleep’ by Dr. Matthew Walker. It is fairly technical but is informative.

If you would like to learn more about Savasana find yourself a Yoga Class and give it a try!!!





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ALL SCRAMBLED UP! Within each category the words are jumbled up... can you unscramble them?

Answers on page 33

Thing that Fly

- TAB _ _ _ _
- GUB _ _ _ _
- IPG _ _ _ _
- DIRB _ _ _ _
- EKIT _ _ _ _
- MITE _ _ _ _
- ALEEG _ _ _ _
- NAPEL _ _ _ _
- CHWIT _ _ _ _
- TELLUB _ _ _ _
- OLLANOB _ _ _ _

Parts of a Bird

- GEL _ _ _ _
- YEE _ _ _ _
- ABEK _ _ _ _
- WALC _ _ _ _
- ADEH _ _ _ _
- LIAT _ _ _ _
- GINW _ _ _ _
- NOLAT _ _ _ _
- TRAOTH _ _ _ _
- STREAB _ _ _ _
- THEFAER _ _ _ _

You Must Be Joking!!



This is valuable information to share and it has worked for me today. A doctor on TV said that in order to have inner peace in our lives, we should always finish things that we start. Since we all could use more calm in our lives, I looked around my house to find things I'd started and had not finished. So I finished a bottle of Merlot, a bottle of Chardonnay, a bottle of Baileys, a bottle of wum, the remainder of the Valiuminum scriptins, and da big box a choclutz. Yu has no idr how fablus I feel rite now.



Tell all yer frenz who may also need inner peeze and telum u luvum.

Wisdom Shared by Bruce Bousher

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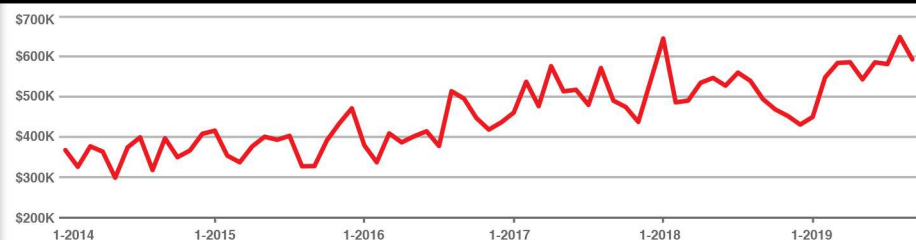
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*New Hamburg Firebirds: Friday Night fill the Ambulance Game Night Food Drive,
How it came about and thank you to All!*

By Morgan Miller

For many years Ritz Printing has sponsored a New Hamburg Firebirds home game night and has given free tickets to all students in the surrounding area schools. Five years ago we did something a little different. On the Friday night game of the Thanksgiving weekend, we asked for a non-perishable food donation as part of the free admission. It was a successful night. Four years ago, again with the help of the students, we asked for their support on a drive of a larger scale. Local schools were asked to participate in the "Shopping Cart Challenge". Two weeks before the Thanksgiving weekend, each school was given free tickets for Thanksgiving Friday Night game and two shopping carts. The idea was to fill the shopping carts with non-perishable food items. This coincided with the Firebirds Thanksgiving Friday Game Night Food Drive. The hope was to fill an ambulance the night of the game. The ambulance went to each school the morning of game day to collect the food donations and then was at the game that night and continued to get filled. This became reality. Over the last 5 years more than 19,100 lb. of non-perishable food items have been collected. Absolutely incredible! Kids helping community. What a reward!



her crew from Waterloo Region Association of Professional Paramedics who volunteered their entire day collecting donated food from the schools of Baden Public, Sir Adam Beck Public, Waterloo Oxford Secondary, Forest Glen Public, Grandview, and Holy Family. They continued collecting donations at the Firebirds Thanksgiving Food Drive Friday Night Game and finished their evening by dropping off 7,000 lbs. of food to the Wilmot Family Resource Centre.

They would also like to thank the staff and especially the students of the participating schools for their donations and having pick-ups so well organized. Becky was overwhelmed by the response from the students and their help in getting everything to the ambulance. Kids helping community. What a reward! Absolutely incredible!

Thanks to Bill and Jill Fleming from Sobeys and Josh from Mackay's NoFrills for having the Thanksgiving Early Bird Meet the Players day at their locations. And as well as everyone else that donated at the game with both food and monetary donations.

The New Hamburg Firebirds Thanksgiving Food Drive's huge success only became a reality because of the phenomenal help of these people and groups.

A total of 2,275 lbs. were collected at the Early Bird Meet the Players, The Shopping Cart Challenge brought in 3,344 lbs. from the participating schools and 1,433 lbs. at the night of the game. Grand total for this year 7,052 lbs.!! as well as over \$400.00.

The game was attended by 704 people and 612 of them had the special food drive ticket... What a day! What a night! Great job everyone!

Last year we introduced The Early Bird Meet the Players Day. It happened the Saturday before Game Night as part of the drive with both Sobeys and NoFrills.

The Firebirds launched this year's Food Drive at the Poor Boys luncheon with a wrapped food package on each of the 32 tables for \$10.00 each. They were all purchased!... and 125 of the packages, as well as other food donations, were purchased during the Sobeys and NoFrills Early Bird Meet the Players day!

The New Hamburg Firebirds Hockey Club and their Players would like to give a special thank you to Becky Pagett and



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- Donate to a charity in a friend or family member’s name.
- Help with the Wilmot Family Resource Centre hamper program.
- Attend a holiday concert.
- Watch a Christmas movie as a family.
- Serve locally sourced food for your holiday meals.
- Avoid disposable dishes and cutlery when entertaining.

Are you interested in climate change and other global environmental issues? Help us make a difference in our community by getting involved and taking action on one or more local environmental concerns. Our last monthly meeting for 2019 will be held at 7:00PM on Wednesday, November 27th. For meeting location or more information, contact nvecoboosters@gmail.com or call 519-662-9372. Want to know more about the Nith Valley Ecoboosters? Check out our website at: nvecoboosters.com

Wilmot Heritage Historical Designates St. James Lutheran Church as Historical Property

On November 3rd, St. James was proud to receive the designation. Seen below is Nick Bogaert, Chairman of Wilmot Heritage, and Tracy Loch who is handing Connie Miller of St. James Church the designation plaque that will be placed out front of the church. Many dignitaries were there including MP Tim Louis, MPP Mike Harris, Mayor Les Armstrong and several councillors. Al Junker and Paul Bolte, who is a descendant of Jacob and Adam Beck, both gave presentations.



You Must Be Joking!!

Wishing a Happy Thanksgiving to our Neighbours



My family told me to stop telling Thanksgiving jokes ... but I told them I couldn't quit "cold turkey."

If your great-grandmother saw you making boxed mashed potatoes ... she would turn over in her gravy.

What does Thanksgiving have in common with Halloween? ...Gobble-ins!



Why did the police arrest the turkey? ...They suspected fowl play.

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You Must Be Joking!!



Two brooms were hanging in the closet ...
After a while they got to know each other so well,
they decided to get married.

One broom was, of course, the bride broom,
the other, the groom broom.

The bride broom looked very beautiful in
her white dress. The groom broom was
handsome and suave in his tuxedo. The
wedding was lovely.



After the wedding, at the wedding dinner, the bride-
broom leaned over and said to the groom-broom:
"I think I am going to have a little broom!"

"IMPOSSIBLE!" Said the groom broom.
"WE HAVEN'T EVEN SWEPT TOGETHER!"

Submitted by Robert Price



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SAD? Seasonal Affective Disorder

Submitted by Sarah Scott, RMT, CPMT



Have you noticed how the weather can have an effect on your mood and the mood of those around you? Sunny days bring more smiling faces and a few days of rain or cloud can change the overall tone around town. And it makes sense. The weather can play into many areas of our lives, such as the clothing we wear, the times of year we travel, and the activities we partake in.



two weeks or more of depressed mood. This is when you should seek the help of a health professional.

SAD affects about 2 to 3% of Canadians at one time or another, making up about 10% of all depression cases. It is most common between the ages of 18-30 and women are four times more likely to experience SAD symptoms.

“The first step is to recognize the signs.”

That being said, winter is almost here which means colder weather and shorter days. Maybe you’ve noticed a change in your mood along with the change in season? You are certainly not alone. Typically, people experience this change in late fall or early winter and start feeling better with the coming of spring and summer.

Lack of energy and general sadness are some of the most common symptoms of SAD. Other symptoms include sleep disturbance, demotivation, and general lack of interest.

You may be feeling more lethargic than usual and just overall down. It is not uncommon to feel a little gloomier than usual; this is known as the “winter blues”. This is something to keep a watchful eye on. If those symptoms start to affect the quality of your daily life, simple things like getting out of bed can become a monumental task. SAD is characterized as

Those that experience SAD tend to withdraw from social occasions. If you notice family or friends are absent around the holidays, it’s a good idea to check in with them.

You may be asking why this occurs. Well, when the days get shorter and we have less sunlight, an over-production of melatonin can contribute to people feeling tired and having less energy. Likewise, people with SAD have difficulty regulating serotonin, which is the brain chemical that is responsible for balancing mood.

Although it can be difficult to motivate yourself to exercise during the winter months instead of hibernating, adding regular exercise to your day can help. If you can get your exercise outdoors, preferably in the morning, this is another great way to combat these symptoms. Finally, massage therapy has been shown to help combat this condition as well. It can improve sleep quality and reduce depression and anxiety for those suffering from a range of conditions, including SAD.



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**INTERESTING VISITOR COMES TO
BADEN ON HALLOWEEN NIGHT!**

Submitted by Amy Williams—
Hubby Mike dressed as Michael Myers.



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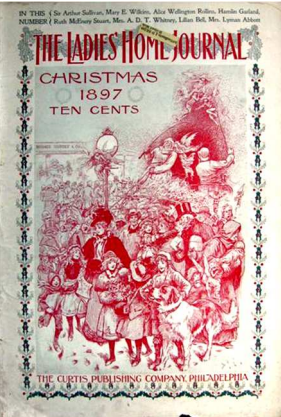
Submitted by Tracy Loch, Curator/Director

Castle Kilbride is beautiful any time of the year, but this Jewel of Wilmot Township truly shines at Christmas! Welcome to Wilmot Township's National Historic Site, where you'll feel as if you're stepping back into a lavish Victorian Christmas with the Livingston family ... because starting November 19th, each room throughout the 1877 mansion sparkles with themed trees and festive decorating.

The Victorians were famous for their holiday décor as well as their bountiful Christmas feasts. The dining room at Castle Kilbride is always a favourite for visitors: you can almost smell the perfectly roasted turkey, ham, potatoes, and all the traditional sides that would accompany the meal. Some food may today seem



unusual to see as part of a Christmas dinner, but according to the Ladies' Home Journal of December 1897, the table on Christmas day would include: Oysters on the Half Shell, Clear Soup, Custard and Spinach Blocks, Olives, Celery, Deviled Spaghetti, Roasted Turkey, Chestnut Stuffing, Cranberry Jelly, Sweet Potato Croquettes, Peas Served in Turnip Cups, Ginger Sherbet, Lettuce Salad, Cheese Balls, Toasted Crackers, Plum Pudding, Hard Sauce, Coffee, Bonbons, Almonds. In addition, a Christmas dinner table would not be complete without the plum pudding, an array of sweets, and a towering centrepiece of oranges and lemons as a special treat for families and friends.



As you tour the remaining rooms of Castle Kilbride, you can't help but feel the holiday spirit. From gazing at the 15-foot decorated Christmas tree in the parlour to exploring the world of Charles Dickens through the Herner's Victorian Village (featuring over 130 miniature Christmas-themed buildings and figurines), stretching across the Belvedere Gallery, and complete with its windows lit with tiny glowing lights.

Castle Kilbride embodies delightful Christmas magic with the sights, sounds, sparkle, and colour of the Christmas season—all the wondrous things the Livingston family would have welcomed their visitors with. Be our guest and visit us during the holiday season.



Holiday Hours and Event Information:

Holiday Touring Hours:

November 19, 2019 to January 5, 2020: Tuesday through Sunday from 12 noon to 4:00 PM (Please note that the Herner's Dickens Village is accessible only by stairs.)

A Merry Victorian Christmas Event:

Join us on Thursday November 28 from 6:00 PM to 8:30 PM to tour historic Castle Kilbride, aglow and featuring a "one night only" open house. Tour the Livingston home, hear live entertainment in the parlour with Celtic Crossing, and enjoy hot cider and cookies afterwards. This is a popular event and, due to high traffic, strollers are not permitted inside the museum during this event. Cost is regular admission.

Admission:

Adults - \$7, Seniors/Students - \$6, Families - \$20.

For more information please visit our website at www.castlekilbride.ca

Community Corner ~ Check Out What's Going On!

Annual Christmas Bazaar
St. James Lutheran Church
66 Mill Street, Baden ON

Saturday, November 30, 10 a.m. - 1 p.m.

Christmas Cookies, Baked Goods, and Tea Balls. Crafts, Vendors, Santa Surprise Table, Nearly New Tables and Face Painting. Something for everyone!
 Enjoy chili and a bun for lunch. Take out available

Contact information:

Chris Baechler cybaechler@hotmail.com



Blood Donor Clinic

Monday, December 16, 5 pm - 8 pm
Steinmann Mennonite Church
1316 Snyder's Road W., Baden



St George's
ANGLICAN CHURCH
 OPENING DOORS, MINDS, AND HEARTS

Corner of Waterloo & Byron Streets, NH

NATIVITY FAIR BAZAAR

December 7, 10 a.m. – 3:00 p.m.

Come and enjoy family-oriented activities related to life in Bethlehem at the time of the birth of Jesus, featuring a nativity scene with live animals, artisan demonstrations, Middle Eastern foodstuffs, and bake table. Please invite your family members, friends, and neighbours!

Mindful Movement

Mondays on November 18,
 December 2 & 16

6:30-7:00 pm Tea and conversation
 7:00-8:00 pm Mindful Movement (Yoga)

At Wilmot Mennonite Church,
 2995 Bleams Road,
 New Hamburg



Cost: \$5-\$10 Pay what you can. Please wear comfortable clothing. Bring a yoga mat if you have one.

JOIN US FOR F.R.O.G.

ON THE FOLLOWING DATES:
 October 15, 29, November 12, 26,
 December 10, January 7, 21, February 4, 18, March 3, 31, April 14 & 28
 6:30pm - 7:30pm

Baden Public School

Come enjoy floor hockey, free play, craft table & a bible story
 No cost to attend | Supported by volunteers from West Hills Fellowship | For kids JK-Grade 5

New Hamburg Optimist and Community Care Concepts
 Invite You to Christmas Breakfast at Trinity Lutheran Church,
 Church St. New Hamburg
 Saturday, December 14th, 8 am - 11 am

COST IS \$8 ADULTS, \$5 CHILDREN & \$18 FOR A FAMILY OF FOUR
SANTA WILL BE THERE 9 TO 10:30



NEW HAMBURG LIONESS/LIONS CHRISTMAS PARTY
 Wednesday, December 11 — 6:00 pm to 8:00 pm.

For clients of Aldaview and members of the community with a development disability: Christmas sing-a-long, treats with a special guest from the North Pole.
 Held at: Nithview Community Room, 200 Boullee Street
 RSVP to Shirley at 519 390-0165.



WILMOT SENIORS' WORKSHOP

CHRISTMAS CRAFT SALE

27 Beck Street, Baden

Saturday, December 7th, 10 am - 3 pm

Featuring: cutting boards, potato boxes, wooden bowls, carved birds, bird feeders, clothes dryers, bat house, children's furniture, Christmas ornaments and much more!
 And our amazing bake sale!

www.wilmotseniorsworkshop.ca

T.O.P.S (Take Off Pounds Sensibly)

We are a support group for weight loss. Weekly meetings are held on Wednesday mornings at St. James Lutheran Church, 66 Mill Street, Baden. Weigh-ins at 10:30 am followed by a short meeting. Annual open house the fourth Wednesday in September. For more information call 519-634-9690. Everyone is Welcome.

This space is generously donated by Expressway Ford supporting non-profit community events



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All of us at Affinity Health Clinic would like to thank Yvonne Ruth Martin for the amazing customer service she has given our clients and patients over the years.



We wish you the very best Yvonne in your future endeavours. You are one of a kind!



COME ONE AND ALL!



To the New Hamburg Lions and Lioness 36th Annual Tree of Light Ceremony

Friday, November 29th - 6:30 p.m

Join Waterloo-Oxford Apassionata Choir and the New Hamburg Concert Band for our 36th annual Tree of Light Ceremony at Centennial Fountain by the Post Office.

Hot dogs and hot apple cider are being served and we invite everyone to join us in singing carols and lighting our tree. A \$5 donation lights a bulb on our tree with money raised going to our community.

COLORING CONTEST: To celebrate our 36th Anniversary for the Tree of Light, we invite all children to pick up a copy of our tree colouring page. Colour it and print your name and phone number at the bottom. Bring along with you the night of the Tree of Light ceremony. Drop it in the Christmas wrapped box by the stage. Five colouring pages will be drawn from the box and a prize awarded to these winners.



After November 4th, pick up your colouring page at the library in New Hamburg or Baden branch, Baden or New Hamburg Public Schools or from the Lions or Lioness collection booth at the New Hamburg Sobey store.

For further information contact New Hamburg Lioness Marjorie Heimpel - 519 634-8527.



New Hamburg Legion

Branch #532—Boullee Street, New Hamburg

Invites you to join us for ...

Entertainment with Dianne & Cavaliers
Saturday, Nov 16th, 7-11pm \$10 at the door

Saturday, Dec 21st, 2:30 -6
Silent auction/hamper draw with Michael Kelly

Friday, Nov 29th Turkey Dinner,
6pm \$15 ADVANCE only

Express lunch - Friday, Dec 6th, Turkey pot pie
12-12:30 \$7 advance

Mental Health & Suicide Awareness Breakfast

WEDNESDAY, NOVEMBER 20, 2019

Location: Steinmann Mennonite Church
1316 Snyder's Rd. W., Baden, N3A3K8

Stories of Hope and Healing

7:45 a.m. Doors Open

8:00 a.m. Breakfast & Opening Remarks

Catered by Angie's Kitchen



8:30 a.m. Speakers

Chris Jaroszko
Doug and Sandra Ranton
Cavell Johnston

10:15 a.m. Closing Remarks

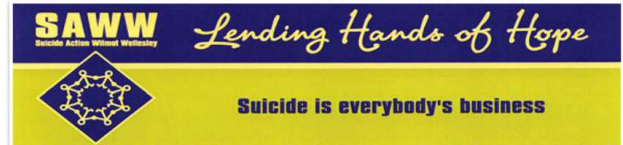


Tickets \$30

(reserved tables of 8 available)

Tickets available: Eventbrite

<https://www.eventbrite.ca/e/mental-health-awareness-breakfast-tickets-73509560073> or call 519 662-3092.



This ad space is courtesy of the Baden Outlook

Annual Christmas Craft and Gift Sale Presented by the Optimist Club of Wilmot

Saturday, Dec 7th, 10 am - 3pm
Wilmot Rec. Complex - 1291 Nafziger Rd.

Silent Auction and Lunch Counter
Come out and find that perfect gift for the people on your Christmas list. Jewelry, decorations, woodworking, knitting, crocheting and baking.



We're on the Web!
Read the paper on-line,
in colour at
www.badenoutlook.com

New Words for the Webster Dictionary

CHICKENS: The only animal 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.

INFLATION: A way to cut money in half without damaging the paper.

SECRET: A story you tell to one person at a time.

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

YAWN: An honest opinion openly expressed.

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

As we came upon those humorous new words we then found a website that shared lost words. Seen below are just a few words that are no longer used over the years and not seen in the dictionary or valid on the computer.

Obsolete Words over Time

Amorevolous, adj: affectionate; loving / *Our father, though amorevolous, could be a strict taskmaster at times.*

Antipelargy, n: reciprocal or mutual kindness; love and care of children for their parents / *Having never received any antipelargy, they wrote their daughter out of the will.*

Aquabib, n: water-drinker / *I was never much of an aquabib, and always preferred harder libations.*

Blateration, n: chatter, babbling / *I've had just about enough of your garrulous blateration, you clod*

Brabeum, n: reward or prize / *Without some brabeum, the students will have no incentive to work harder.*

Brochity, n: projecting or crooked quality of teeth / *His parents later regretted that they did not correct his brochity in his youth.*

Cecograph, n: writing device for the blind / *The development of computers has made the cecograph entirely obsolete.*

Defedate, v: to defile; to pollute / *The toxic chemicals continue to defedate our town's water supply.*

Egrote, v: to feign an illness / *He was a master of egrotting in order to find more time to study for tests.*

Be sure to Google The Phrontistery, n: a the thinking place

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And the November winners are...

Ticket # 31-Carol Locke (New Hamburg)- Trip for 2 with Hanover Holidays-Pennsylvania Christmas Tour

Ticket # 130-Susan Mantas (Kitchener)- \$200

Ticket # 005-Hendrike Isert Bender (Plattsville)- \$100

Celebrating 30 Years of Optimism

On October 12, 1989, the Optimist Club of Wilmot chartered and began their work in the community of Wilmot Township. This club was unique in the fact that it was made up entirely of female members. Back in 1987, Optimist International voted in favour of inviting women to be members of the Optimist organization; until that point it was an "All Boys Club". Ladies from across Wilmot Township with husbands who were members of clubs in New Dundee, Petersburg, Baden, New Hamburg, and Mannheim started to ask if they could join these clubs. Back then our "guys" were not quite ready for this and it caused a little bit of a stir. With a new Optimist year approaching on October 1, 1989, Governor Elect Steve McDonald, Lt. Governor Elect of the zone Helmut Reinhart, President Elect Gord Perrin (all from the New Dundee Club) along with some others formulated the idea of an all ladies Optimist Club for the whole township. This would give the ladies the opportunity to serve as Optimist members working alongside the other clubs while maintaining harmony.

The club has been serving the community of Wilmot Township ever since and to this day remains unique with all female members, though a few have since joined their home town clubs with their husbands. The Optimist Club of Wilmot has been involved in many projects over the past 30 years, including: grade 5 spelling bees, oratorical competitions, camps for girls, sponsor of the



Back Row l-r: Nellie Follings, Kathy Gray, Susan Skerritt, Lynn Perrin, Carolyn Mills, Janet Daub, Anne Van Niekerk, Bernice Bechthold, Lisa Clifford. Front Row l-r: Linda Fewkes, Mary Hasenpflug, current president Jacquie Zoeller, Darlene Vorstenbosch

ambassador of the New Hamburg Fair, Nintendo competitions, Easter and Halloween activity days, Easter egg hunts, Babysitting courses, First aid and CPR courses, breast cancer awareness programs, safety on wheels (including roller blading), Wilmot Food Hamper program, reading programs at all of the schools, soccer team sponsor every year since 1991, recycle bags, major sponsor of the Kyla Kawolik memorial hockey tournament for the past 10 years, and monetary donations to many youth over the years for educational travel. Along with these programs, the club hosts two craft shows each year to raise funds to run the above programs. They have also participated in the New Dundee Victoria Day celebrations for over 25 years and take part in that parade as well as the Baden and New Hamburg Santa Claus Parades. When asked, they have helped other clubs in the community with some extra womanpower at their events.

On Sunday, October 27 at the Haysville Community Centre, the club celebrated their 30 years with an open house. A large assortment of snacks, fruits and vegetables, meats and cheeses (Oak Grove Cheese), and anniversary cake were available for their guests. Mayor Les Armstrong presented a certificate to President Jacquie Zoeller congratulating the club for their many years of service to the community. Optimist Warren Bechthold from the Optimist Club of Petersburg presented a cheque for future programs. Midwestern Ontario District was represented at the event by current Governor Paul Mathieson and Zone 10 by Lt. Governor Jim Pipe. Members from the Optimist clubs of Petersburg and New Hamburg joined the celebration and Past President Gord Perrin from New Dundee represented the sponsor club. Although the Optimist Club of Wilmot at present only has 19 members we remain strong in our commitment to the youth of Wilmot Township and the many lasting friendships we have gained over the past 30 years.



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Worship in the Beauty of God's Creation



WILMOT
FOREST
CHURCH

Outdoor worship

November 17 at 1:30 pm
The Arboretum, Waterloo St, New Hamburg
Rain or shine. Dress for the weather.

Worship in the Beauty of God's Creation

December 15 at 4:30 pm
Hidden Acres Camp, New Hamburg
Hotdog roast afterward.
Rain or shine. Dress for the weather.

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

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

Join in the Conversation for Seniors

At Wilmot Mennonite Church,
2995 Bleams Road, New Hamburg /519-634-5030



Tea, coffee and conversation for seniors

Speaker: Amy Susanna Compton:
Author of **A Grandmother Named Love** will speak about Botswana and writing her book.

Tues. November 26 12:00-2:00
A light lunch will be served at noon.
Suggested donation of \$10 accepted.



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¹ Terms and conditions apply. Auto deposit includes pre-authorized credit or payroll deposit. Offer expires after 100 qualifying memberships have been opened or November 30, 2019, whichever comes first.

² Terms and conditions apply. There will be three draws this fall and non-winning entries will be eligible for the subsequent draws. For full contest rules, visit your local branch or kindredcu.com.

Local Churches Invite You to Join Them ~ Visit www.badenoutlook.com for a directory of local churches

Wilmot Mennonite Church

2995 Bleams Road, New Hamburg, ON

Worship Service 9:45 a.m. ~ Christian Formation 11:00 a.m.

Pastor Susan Allison-Jones

519-634-5030 www.wilmotmennonite.ca



SHANTZ MENNONITE CHURCH

2473 Erbs Road, Baden, ON N3A 3M3

Phone: 519-634-8712 / www.shantzmc.ca

Pastor: Don Penner

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

Emmanuel Lutheran Church

1716 Snyder's Road East, Petersburg, ON

519-634-5511

* Wheel Chair Accessible *

Worship Service 9:30 am / Sunday School

Wilmot Centre Missionary Church

2463 Bleams Road—corner of Bleams & Sandhills Road

Church Service and Children's Church 10:00 am

Rev. Wayne Domm

519-634-8687

www.wcmc.ca

ST. JAMES LUTHERAN CHURCH

66 Mill Street, Baden, ON

519-634-5191 www.stjamesinbaden.org

Sunday Worship 9 am / Sunday School

Pastors: Bonnie Schelter-Brown & Pastor Barry Boeckner



ZION PHILIPSBURG LUTHERAN CHURCH

3357 Erbs Road, just west of Philipsburg

Worship time: 10:30 a.m.

Interim Pastor Bonnie Schelter-Brown

519-214-0055, www.philipsburglutheranchurch.ca

or Zion Philipsburg Lutheran Church on Facebook

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

Steinmann 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

Greetings from the New Hamburg Thrift Centre

Picture this: a turkey dinner with all the fixings, surrounded by the family members you love the most. For many people, this will look exactly like their Thanksgiving and Christmas dinners at home or at relatives' homes, and it will bring some good memories to light.

Or, your personal celebrations could look entirely different, depending on your own traditions and religion. However and whatever you celebrate though, October and December are important months for spending time with and reconnecting with family.

But what about November?

November, the forgotten month. November, where it seems like the state of limbo between holidays might stretch on forever. I can assure you, though – we at New Hamburg Thrift are not letting November pass us by, and neither should you.

All proceeds earned at New Hamburg thrift are given to the Mennonite Central Committee, which funds all sorts of programs across the globe. In particular, this November, something important that MCC works toward is poverty reduction across Canada, through various programs such as poverty advocacy and more hands-on approaches like the Raw Carrot Soup enterprise.

The Raw Carrot Soup enterprise is a gourmet soup-making enterprise in the KW region staffed mostly by those with disabilities. By supporting organizations such as this one, MCC is able to ensure that this holiday season is a good one for as many people as possible.

So, then the question remains: how can you get involved with something like this and spend your November in a way that you might remember it for years to come?

It's much easier than you'd think, actually. Shopping at New Hamburg Thrift will send proceeds to MCC, and donating your items will turn the things that are cluttering up your house into good done for the community.

And if you're still looking to do more, then the answer is simple: you can volunteer with New Hamburg thrift to help us to keep these changes happening. To get involved, be sure to give us a phone call or drop by the store for more information.

So, however you choose to spend your holidays and your November, be sure to make the most of them!

MCC NEW HAMBURG THRIFT CENTRE

41 Heritage Drive, New Hamburg
Tel: 519-662-2867 | Web: www.newhamburghthrift.com

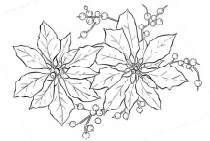


Find us on Facebook and Instagram (@nhthriftcentre)



WELCOME FOR THE HOLIDAY SEASON!

Be sure to check out our selection of fall wear and holiday essentials!



All proceeds benefit the work of Mennonite Central Committee

HOURS

MON-THURS	9:00 am - 5:00 pm
FRIDAY	9:00 am - Open Late 8 pm
SATURDAY	9:00 am - 4:00 pm
SUNDAY	CLOSED

The best way to appreciate someone is to imagine your life without them.



Wilmot Family Resource Centre

FAMILY VIOLENCE PREVENTION PROGRAM

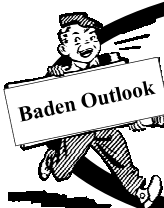
There are many ways a person can abuse. Abuse is about intimidation and control and comes in many forms.

- ◆ PHYSICAL ABUSE
- ◆ SEXUAL ABUSE
- ◆ VERBAL ABUSE
- ◆ EMOTIONAL ABUSE
- ◆ FINANCIAL ABUSE



If you are experiencing any form of abuse and would like help, contact Kelly at Wilmot Family Resource Centre Family Violence Prevention Program

kelly@wilmotfamilyresourcecentre.ca / 519 662-2731



We're on the Web!

Read the paper in colour at www.badenoutlook.com

In early years, agriculture was the predominate industry in Waterloo County. Other industries emerged to process the products of the agricultural sector. One such early industry was the brewing industry, which utilized barley and hops to produce beer. The 1861 Census for Waterloo County shows 2041 acres were planted with barley, which yielded 52,069 bushels. Five hundred and eighty pounds of hops were also produced. Breweries appeared throughout Waterloo County, providing work for people and income for farmers.

The first recorded brewery in Wilmot Township was established by Sylvester Frank. In 1843, Frank purchased part of Lots 22 and 23 south of Bleams Road. On October 10, 1844, he placed an ad in the *Deutsche Canadier*, a German language newspaper serving Waterloo County. Frank was looking for a *Küfer Gefelle* (a journeyman cooper or barrel maker) and a *Lehrjunge* (apprentice) for his brewery in Hamburg. The 1851 Census lists Sylvester Frank as a beer brewer, age 46, in Hamburg. The 1854 plan of the Village of Hamburg shows Frank's brewery located on Bleams Road at the Nith River, today the site of the Oak Grove Cheese Factory. Sometime around 1858, Frank sold his brewery to Stephen Rau, an employee.

Stephen and his sons Joseph and John initially operated the brewery located on Bleams Rd. The 1867 Directory for Waterloo County refers to the brewery as The Hamburg Lager Beer Brewery, adding that the "extensive establishment affords every

convenience for brewing, the machinery is worked by an engine of six horse power and nine hands are employed, the buildings are of stone." In 1871, the business was referred to as The Hamburg Steam Lager Beer Brewery, with Rau & Bros. as proprietors. By 1884, the company was known as The New Hamburg Brewery with Joseph Rau, proprietor. It employed "eight hands in the manufacture of lager beer."

Joseph Francis Rau became the third generation of the family to be involved in the business. Following his father's death in 1891, Joseph Jr. operated the business with his mother Maria, and his grandmother. The name was changed to the Rau Brewery Company. In 1908, it was noted that the business had operated under this management since 1892 and that "its celebrated Bavarian, Champagne [and] Export Lagers and Cream Porter grow more popular day by day... The plant is an extensive one located at the east end of the town. Pure artesian water pumped by the firm's own plant is used." It is also noted that Jos. F. Rau was chairman of the New Hamburg Public School Board. The brewery continued production until Prohibition was declared in 1916. In 1920, Joseph F. Rau, now New Hamburg's postmaster, sold the property to Christian Roth who converted it to the Oak Grove Cheese Factory.

A second brewery in Wilmot was located near Baden. The first reference to this brewery is from 1857, when the *Berlin Chronicle* reports that the new Village of Baden included a brewery which was "the property of Mr.

Liersch." The 1861 Tremaine Map for Waterloo County lists Henry Liersch J.P. (Justice of the Peace) as a brewer

NEW HAMBURG
STEAM
LAGER BEER BREWERY,
BY
STEPHEN RAU & SONS,
NEW HAMBURG, C.W.
1867 County of Waterloo Gazetteer and Directory, p. 137



Courtesy of Pete Bechtel

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NEW HAMBURG, ONTARIO.
1878 County of Waterloo Gazetteer and Directory, 155

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in Baden. Baden's brewery, unlike the Rau Brewery, changed ownership many times and there is not much information available. The 1864 Directory lists a brewery operated by Lewis Bauer. In 1877 the brewery is referred to as the "Baden Brewery, Peter Ernst, Proprietor, Manufacturer of Stock Lager." By 1884, it was under the proprietorship of Ammon Merner and was known as "The Silver Spring Brewery [employing] six to eight hands in the manufacture of lager beer." The last reference to a Baden Brewery is from 1890, with Arnold and Dantzer listed as brewers. I have not been able to determine when the Baden Brewery finally ceased operations. One of the buildings remains today and can still be found on the property of Bob Bender.

Following the end of Prohibition, most of the small breweries never reopened and the brewing industry was dominated by the big brewers. Recently, with the emergence of the craft brewing industry, small breweries have made a rebirth in Ontario. Perhaps what goes around comes around. Prost!


BADEN BREWERY,
AMMON MERNER, Prop'r,
MANUFACTURER OF
STOCK LAGER BEER,
 BADEN. ONT.
 Orders by Mail promptly attended to.
 Waterloo County Directory 1884

BADEN BREWERY,
Peter Ernst, Proprietor.
MANUFACTURER OF
STOCK LAGER,
 and for Present Use, on the latest invention by the Chicago Ice House System.
ORDERS PROMPTLY FILLED.
 BADEN ONTARIO.
 1878 County of Waterloo Gazetteer and Directory, 69

Rau Brewery Co.,
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Bavarian Stock and Export
LAGERS
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 All Orders Promptly Attended to.
JOSEPH F. RAU, Manager,
NEW HAMBURG, ONT.
 Halton, Waterloo, Wellington Directory Vol 12, 1899, p. 254

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 Baden's Monthly Newsletter
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A garden is like a river. It flows, it's always moving and it's never the same. It never reaches anywhere other than this moment. ~ Monty Don



The past two autumns gave us some summer days but not this year. As I write this column, the wind is driving sheets of rain. I guess I should be thankful that the dry earth is being replenished.

In the recent federal election, one of the issues was climate change. I started to review what we can do in our own yards to help clean our water, air, and soil. There are many things we can do to fine tune our routines.

Here goes:

- Plant native plants, shrubs, and trees which feed wildlife but also are suited to our climate. Trees also shade our homes and help maintain water levels in the soil. Use mulch.
- Reuse supplies. With single use plastics being such a problem, we need to look at how much we buy when purchasing plants. Some of the nurseries such as Colour Paradise recycle and some containers goes in the blue box. The real issue, can we get away from plastic single use pots? This is tough as the majority of the plants are in plastic pots. Time to ask suppliers to get onboard with eco-friendly pots or fill our own.
- Water conservation: choose to install rain barrels or swales so you can direct rainwater to your gardens. Our houseplants suffer in the long term with chlorinated hard tap water. Experts suggest rain water.
 - Keep garden waste in your yard instead of kicking it to the curbside if possible. Transportation is one of the largest source of pollution. I felt great that brush and other yard waste was being recycled, but then you look at the journey of this material. Trucks pick up the materials, then go to Cambridge where it is processed into compost, and then trucked to sites for us to drive our vehicles to pick up compost. Love the compost but it comes at a CO2 cost.
 - Try to avoid the use of battery and fuel powered tools and go manual.
 - Lighting in the garden should be kept to minimum as it can negatively affect wildlife and also your bottom line. Solar lights can save power but be sure to purchase quality ones; I have had some only last a year which makes them costly and a waste of resources. Low voltage lighting is an option too.



Enjoy planning for the rest of the season and next!

GMO foods in Canada: If you are curious about the rules and policies on this, read <https://www.loc.gov/law/help/restrictions-on-gmos/canada.php>



The **Wilmot Horticultural Society's** meetings resume in 2020, at 7:30 pm, Mon., January 13th. After a short AGM, Rose Odell will demonstrate how to create a floral arrangement for Valentine's Day and explain how floral judges assess them in competition. Some members will also create one. A great antidote to the cold! Join us at Wilmot Recreation Complex, upstairs in Meeting Room A. The meeting concludes with a 50/50 draw, door prizes and a social with tea/coffee/snacks. Lug-a-mug.

Keep your fingernails and knees dirty!

Website: gardenontario.org/view/society-layout/entry/852 email: wilmothortsociety@gmail.com



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Wow, can you believe that Christmas is just around the corner! Holiday parties are in full swing, as are family get-togethers. And if you're like I was, upgrading my wardrobe in time and without taking out a second mortgage was a task I dreaded.

Adding red and using layering are great techniques for creating a warm holiday feel to your look. Read on to discover three levels of investment to consider when adding some seasonal pop to your look. Don't worry, you're never too pooped to pop.

Lowest Investment: Adding Accessories

Accessories: Accents are sometimes just as effective in adding depth as layers of clothing. Most men wear black jackets or coats, and red is a central seasonal colour that pops against dark colours like black. Think about the following pieces in either solid or in different patterns of red: *Gloves* (not mittens and can be patterned as long as red is the main colour); *Scarves* (red and black pattern would look sharp); *Socks* (red with a pattern can be found in most sock displays); and *Boot or Shoe laces* (don't knock it until you try it). This is a very simple way to add some practical, stylish Christmas fun. If you have Brown, Tan, or Blue boots instead of Black, they look just as sharp with a pop of red.



Mid-Level investment: Accessories + Sweaters/Shirts.

Complementary colours to red that I like for Christmas are black, navy blue, and white. They're a little more understated than the traditional green. Think about those colours as you add these pieces:

T shirts: T shirts are one way to create a foundation layer. Make sure they're crew cut and have structure (to smooth you out and provide structure in the collar). A smaller size will give you snuggler fit in the neck (the rest of it will be hidden) as well. Several brands offer multiple colours.

Dress Shirts: This is the place where you can go nuts with patterns. Just don't forget the red. I look for dress shirts that have high, structured collars. You want them to stay firm and in place under sweaters. Also, about 1/2" of your shirt sleeve should extend beyond the sleeve of your sweaters.

Sweaters: My favourite is a 1/4 zip sweater. These have high collars and a zipper that stops at the chest. I have them in 7 colours and for red, I have two. These should be solid in colour. I look for ones that have thick and structured material. This not only gives you a sharp tailored look but will also hold in your un-six pack, of which I have one. You can wear quarter zip sweaters right over T shirts, or T shirts under Dress shirts or just Dress Shirts. Lots of layering versatility for the 12 days of Christmas.



I also like a tight crew cut T Shirt under a pullover sweater. In my case that would be a small T Shirt and medium Pullover.

Top Level Investment: Accessories + Sweaters/Shirts + Coats

You've built all these layers using holiday colours for the indoors but remember that the first time you meet new people over the holidays, you'll most likely be wearing a coat.



There are so many varieties of winter coats: Dress Coats, Parkas, Car Coats, Pea Coats, Puffer Jackets, Quilted Jackets, etc. It's all a matter of taste. I always say, your style is your personality filtered fashion. Personally, I lean towards 3/4 length and full-length dress coats. They add a crisp top dimension to your other layers and they're very versatile. They look just as sharp with a nice pair of jeans as they do with dress pants. And dress coats always pop with a contrasting scarf--around the collar or tucked in.

Have a fantastic holiday season! Stay warm and look sharp!

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Wilmot Soccer Club Celebrates with \$1,000 Donation from Mondelēz Canada and Christie Biscuits

As part of the Christie “Good Cookies Doing Great Things” program, Wilmot Soccer Club of Wilmot Township has been selected to receive a \$1000 donation. Wilmot Soccer Club will use the funds toward programming and activities. In partnership with the Christie Cookies & Crackers brand, Food Basics #654 designated Wilmot Soccer Club as one of 50 youth soccer clubs across Canada to receive the \$1,000 donation this month. Wilmot Soccer Club has approximately 850 members and serves youth throughout Wilmot Township.

“Soccer is a place where everyone can come together to celebrate their passion for a sport, while providing youth with life lessons on and off the field, including inclusivity and teamwork,” said Emilie Huard, Shopper Marketing Manager, Mondelēz Canada – the home of Christie Cookies. “At Mondelēz Canada we are focused on empowering people to snack the right way. This includes the right way for people and the planet which is why we are investing in communities across Canada.”

The “Good Cookies Doing Great Things” initiative is in place to support local youth soccer communities, and in 2019 more than 50 soccer organizations will receive recognition and financial awards totaling \$218,000 from Mondelēz Canada. Since 2015, Mondelēz Canada has been a proud partner of Canada Soccer supporting Canada’s National Teams as well as grassroots community soccer.

Over the last five years, the company has donated more than \$500,000 to 200 youth soccer clubs nationally. Wilmot District Soccer Club celebrates with \$1,000 donation from Christie Biscuits.

Wilmot District Soccer Club (WDSC) was formed in 1986. WDSC is a community house league, and as such the fundamental goal is to provide healthy exercise for kids while they enjoy themselves. Besides continuing with learning the skills and rules of soccer, our main objective is for the kids to have fun while learning other life skills such as team play and interaction with others.



(Pictured left to right): Raj Luckhai (Vice President, Wilmot Soccer Club), Aaron Adams (Mondelēz Canada Sales Representative), Greg Smith (Store Manager, Food Basics store # 654 store), and Pieter Meuleman (President, Wilmot Soccer Club).

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The Lambert Group is making it their mission to give back and spread awareness to as many charities as possible through “Feel Good Friday” initiatives.



In the month of November, we want to take the opportunity to bring awareness to blood clots, a health concern that hits close to home here at The Lambert Group. When Christina recently learned the scare that blood clots can have to a family as both her parents recovered from clots, Kerilynn was surprised to hear that someone could relate to one of her own personal experiences. Recovering from two blood clots in her brain in 2014, it was clear that the severity, concern, and awareness of clots was lacking. Although many signs and symptoms of clots can be spotted early leading to quicker recovery times, it is not top of mind to individuals and often times becomes life threatening.

Head to our social media pages to hear more about our experiences, why this hits so close to home, and how to protect yourself and your family from the implications blood clots can have.



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**Answers to Word Scrambles Quiz
from page 14**

<i>Things that Fly</i>	<i>Parts of a bird</i>
Bat	Leg
Bug	Eye
Pig	Beak
Bird	Claw
Kite	Head
Time	Tail
Eagle	Wing
Plane	Talon
Witch	Throat
Bullet	Breast
Balloon	Feather

**Answers from
Have a Little Pun
from page 12**

1. Yoga
2. Orchestra
3. Political Election
4. Red Cross
5. Marathon



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Finding work-life balance seems to be an area of great debate and challenge in our society today. Overworking seems necessary for even minimal success and, thanks to being connected 24/7 online even our moments alone are open to interruption from the workplace. Likewise, as we struggle to create balance in our personal lives, rather than finding meaning, we feel ourselves becoming very thin. Can we find time to make dinner, shop for groceries, do our housework, balance the needs of loved ones? Rather than feeling rested, it's time to get to work. How can we find and maintain a healthier balance in our daily lives if there literally is no time to do so?

And there is the crux of the problem. We all know that our lifestyles are leading to burn out and serious illness earlier in life. We keep getting told that high sugar diets lead to being overweight and a lack of energy and that healthiness could be as easy as choosing more vegetables, fruits and whole grains in our diets and decreasing our intake of sugar, alcohol, and caffeine. That would be nice to do, but who has time for preparing meals? If having a moment to ourselves is the goal, then this is yet just another responsibility in the way of having time for ourselves. Added to this, now we are supposed to schedule daily activities for ourselves such as yoga classes, jogging, adult classes - and now we're getting stressed thinking about relaxing. No wonder we put self-care off, but is there really

no way towards balance?

Perhaps the answer lies in our talent to compartmentalize our lives. We have a compartment for work, another for family, another for friends, and one for ourselves. Keeping each clear and distinct lets us function meaningfully in each area. But thanks to the marvel of being connected, each of these compartments begins to overlap with the others. Our work bleeds into our family compartment and our friends compartment, and pretty soon the compartment we had just for ourselves is completely overrun. That nature walk, the date with a good friend, that nice long bubble bath - they no longer feel like a sanctuary because we've allowed the boundaries to come down. But when we turn the phone off it is often still difficult to find peace in those spaces. Perhaps that's because we are so unfamiliar with time spent with ourselves.

This is a subject that could be explored further. But for now maybe a simple beginning is enough. Let's recognize the value in making a commitment to ourselves. Maybe that commitment is simply to let people know you won't be connected for certain hours, maybe it's a return to that favourite childhood vacation spot next summer; maybe it's simply to become comfortable with ten minutes of silence and stillness a week. Each is just one step in the process of caring for our self in each of our compartments.

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The Baden Outlook travelled to Northern Ireland, a Mediterranean Cruise, and New York

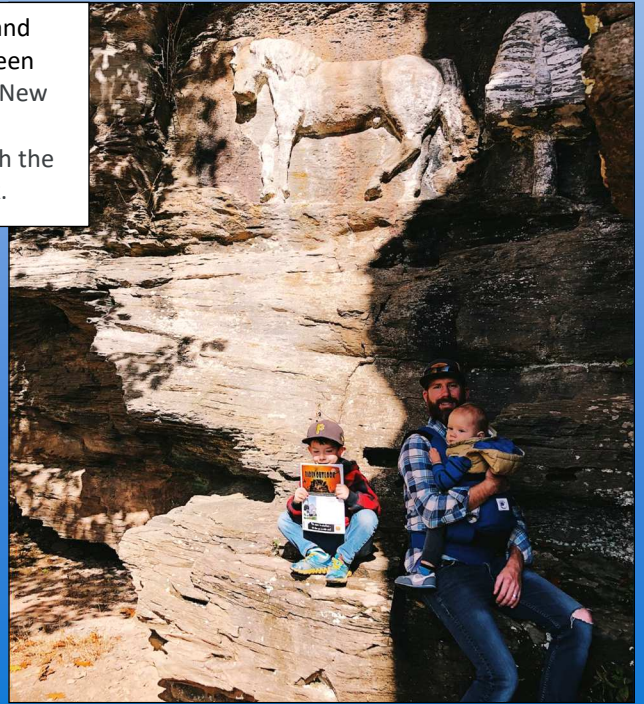


Ken Alischer, Cindy Dickinson, and Doug and Cathy Baier had their Baden Outlook on a 2 week Mediterranean cruise from Barcelona to Venice.

Peter and Pauline Fordham of New Hamburg took the Baden Outlook on a drive through the Mountains of Mourne in Northern Ireland.



Chris, Holden and Bennet Scott seen on Pratt Rock (New York's Mount Rushmore) with the Baden Outlook.



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