

NOVEMBER, 2014

# Baden Outlook



VOLUME 15, ISSUE 4

*Keeping the Community Connected, with 2900 copies in circulation.*

## Wilmot is Proud to Welcome Ten New Fire Fighter Recruits!



On Thursday, October 30th ten recruits officially graduated and are now part of Wilmot's Fire Departments of Baden, New Dundee, and New Hamburg.

Wilmot's current Training Officer, Gary Mosburger, organized the event at Wilmot Recreation Centre to acknowledge and welcome them.

*Introducing: Michael Mota, Emily Vader, Jacob Hutchinson, Craig McNally, Matthew Schneider, Nils Fabian, Taylor Greb, Wayne Durose, Melissa Lyons, Matt Dietrich*



## 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 6th 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 Michelle 519-634-1158 or Penny 519-634-9292.



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*This year, the expanded Parade Route reflects our growing community. The parade will start at Snyder's Road East (at Sandhills Road) and finish along Charlotta Street (at Mill Street)*

**Optimist Club of Baden**  
*"Friend of Youth"*



# This paper is priceless - Please have one!

# Talking with Ed

## ~ The Living Wage Movement



There has been a lot of talk lately about the living wage. On October 15th, the Canadian Centre for Policy Alternatives-Ontario (CCPA) released a report titled "Calculating a Living Wage for the Waterloo Region". The living wage is defined as the minimum hourly wage necessary for each of two workers in a family of four to meet basic needs and to participate in the civic/social life of their community. This means that this 'reference family' with both persons working full time, all year, with no additional income, should be able to afford a specified quality or quantity of housing, food, utilities, transport, health care, and recreation.

The living wage is based on a 37.5 hour work week and does not allow for families to own a home, pay down debt, or save for retirement or their children's education. In Hamilton, it was estimated that in 2011 there were over 8,000 families that were living under the poverty line.

Waterloo Region is joining the campaign for a living wage with Victoria, Vancouver, Calgary, Windsor, Hamilton, Toronto, Kingston, and Ottawa. Each community has a different living wage based on the cost of living for that municipality. As an example the living wage for Hamilton in 2011 was \$14.95, compared to Windsor at \$14.25, Toronto at \$16.60, and Kingston at \$16.29. The CCPA determined that the living wage for Waterloo Region for 2014 is \$16.00 per hour.

The Mennonite Central Committee (MCC) was the founder of the Living Wage Waterloo Region (LWWR) steering committee and an early adopter of the living wage. They have also announced that they have signed on with LWWR's recognition program at the supporter level.

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*Baden's Monthly Newsletter*  
"Keeping the Community Connected"

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Interesting... food for thought.  
Until next month...Ed

businesses to survive, but employers also have to be considerate of their front line employees' welfare. For more information on the living wage in Waterloo Region visit [www.livingwagewr.org](http://www.livingwagewr.org).

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

Submissions are due on the 1st of each month.



# Greetings from outlook Headquarters

As the seasons change, so does the look and feel of the paper. Halloween is behind us, and we've turned the clocks back, bringing light to our mornings and darkness to our evenings earlier. Now we begin to ramp up for the action the Christmas season brings us. Are you ready? Did the recent snowfall churn up festive



feelings? Not for me. Although I do feel the hibernation mode grabbing hold—feeling tired or lazy, not sure which. But on the upside, I am cooking more hearty meals, reading, baking apple crisp, doing a jigsaw puzzle and watching more movies.



But I miss the outdoors and worry that I could turn into a house mouse this winter since I despise driving in the snow, and even bundling up to walk the dog seems like work. As I pondered another cold, long winter ahead and my personal goal to volunteer, I have made my leap to commit to one afternoon a week cashiering at the NH Thrift Store. I've done a few shifts and can see it's going to be great fun—meeting and greeting the steady flow of people, smiling with quick simple chats...just what I need!

I do enjoy the communication with the fine folks while working on the paper, but email conversations lack the face-to-face interactions. You don't really get to know people without eye contact, a smile or other body gestures. Not to mention a reason to dress up and fuss with my hair—it's too easy to sit in sloppy comfy clothes with bed-head while at home alone at the computer — so I say “high-five to me” for taking action!



In this issue you will find valuable information about the many options, choices, and modalities to help you take charge of your life or to reach out for guidance and support. Whatever your woe may be, it's good to help one another; it's just the right thing to do—it makes the world go around! You may feel you are knee deep in a mess and can't see the way out, but those trained in their field may look into your mess and see simple solutions. So reach out, this community has plenty to offer!

I've been hearing that people enjoy the humorous stories, jokes, trivia, and puzzles. So with that in mind I tried to squeeze in as many as possible... I do appreciate your feedback! This is also an opportunity for me to thank our favourite senior, Robert Price from Foxboro, for keeping me in good supply of funny content.

I've tried to engage all ages in the paper and worked hard at the Kids' Korner, but feeling unsure if that age enjoys it, I've let it go for now.

Once again we are offering our readers an opportunity to go to a hockey game and cheer on the New Hamburg Firebirds. Check out the back page to get your free coupon and let them feel your support... they play against Wellesley AppleJacks on November 28th. **Go Firebirds Go!**

## EXTRA EXTRA!!

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



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

There are over 30 places in New Hamburg to pick it up—including: No Frills, Sobey's, Short Stop, NH Legion, McDonalds, Kasemann's, Morningside, Office Pro, NH Thrift Centre, Absolute Fitness, NH Dry Cleaners, NH Wellness, NH Library, and various offices and retail locations throughout Wilmot Township.

*And as always, it's priceless ~  
Please Have One!*





## FOOTBALL WORD SEARCH

You will find the list of football terms in the grid horizontally, vertically, diagonally, frontward or backward. Have fun!

- CATCH
- CLEATS
- COACH
- DEFENSE
- DOWN
- FIELD GOAL
- HELMET
- HUDDLE
- MASCOT
- OFFENSE
- PADS
- PASS
- QUARTERBACK
- REFEREE
- RUN
- TACKLE
- TEAM
- THROW
- TOUCHDOWN
- YARDS

Z	D	F	T	W	O	R	H	T	R	L	A	X
D	W	B	I	D	H	U	E	K	Q	S	Z	G
P	A	N	A	E	S	N	E	F	F	O	T	W
P	E	W	X	C	L	P	B	D	E	U	D	C
E	A	O	Y	A	R	D	S	U	S	R	E	U
V	G	D	S	P	E	G	T	E	G	E	T	
T	P	H	S	B	Q	F	A	O	M	W	V	E
V	K	C	A	B	R	E	T	R	A	U	Q	L
G	C	U	P	X	L	N	B	A	S	L	D	D
U	A	O	T	C	P	S	A	L	C	C	L	D
B	T	T	E	M	L	E	H	O	O	K	Y	U
N	C	O	A	C	H	X	X	T	T	T	L	H
A	H	W	M	B	Y	P	Z	C	V	N	I	E

*We send Special Thanks to Baden's K-Cuts & Hairworks for advertising for 14 years! We appreciate your continued support. We couldn't do it without you!*



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Castle Kilbride is beautiful at any time of the year, however Christmas may be the most magical time to visit! Beginning on November 18<sup>th</sup> Castle Kilbride is fully decorated in Victorian Christmas splendour. Each room throughout the 1877 Victorian mansion will sparkle with themed trees and festive decorating. On the main floor we try to keep it as traditional as possible; a full Victorian feast will await you in the dining room and a grand tree will dominate the parlour. Every year we strive to make guests' jaws drop with intricate and beautiful decorations. It isn't always easy, as we feel that we have big shoes to fill. James Livingston, the original owner of Castle Kilbride had impeccable taste. He was not afraid to use bold colours and select unusual pieces. We try to keep this in mind as we decorate his pride and joy!



practice today came from this era. It is hard to believe, but in the early 1800s Christmas was defined by a simple dinner. Most people did not even have the day off as a holiday. By the turn of the century, it had become the biggest annual celebration. Many of the customs were attributed to Queen Victoria. Her marriage to German-born Prince Albert introduced many of the Christmas traditions we celebrate today. An illustration of the Queen, Albert and their children gathered around a

decorated tree generated much interest. Soon homes throughout England and the Dominion were trimming trees with candles, homemade decorations, and small gifts. Uniformity, order and elegance were important in decorating. There were instructions on how to make elaborate synthetic decorations for those residing in towns. In 1881, *Cassell's Family Magazine* gave strict directions to the lady of the house: ***"To bring about a general feeling of enjoyment, much depends on the surroundings... It is worthwhile to bestow some little trouble on the decoration of the rooms."*** Castle Kilbride embodies this time-honoured standard when it comes to Christmas decorations, so we hope you will make a visit down and experience a true Victorian Christmas!

What is a "Victorian Christmas?" Many of the traditions we

We are open from November 18<sup>th</sup> until December 21<sup>st</sup>, Tuesday through Sunday from 1 p.m. – 4 p.m. During the holidays we are open December 22, 23, 27, 28, 29 & 30 as well as January 2, 3 & 4 from 1 p.m. – 4 p.m. We hope you will join us!!

Looking for a special evening to show some of these Victorian traditions to your family? Join us on Thursday, December 4<sup>th</sup> from 6 p.m. – 8:30 p.m. Tour the house, visit with Santa, and bid on one of our fabulous silent auction items. Cost is \$5 per person.

*Make Castle Kilbride part of your holiday celebrations!*

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# Baden ~ Our Town



The Baden Community Association (BCA) Adopt a Road cleanup was held on October 19th and our Baden fall cleanup on October 20th. Despite the light attendance for the community cleanup, the eager crew managed to collect 17 bags of garbage throughout Baden. Thanks to Joanne McCallum for organizing the two events!

Things are progressing at the future parkette at the green space on Foundry Street! Once again, the generous Gord Burgess of Baden donated his time to mow the lot, enabling the trail plan to be laid out. Also thank you to Wayne Buck for his support in deciphering the native plant/tree choices offered by the GRCA. Trees are on order for next year's planting. PW Concrete has been hired to excavate the trail, which requires eight inches of gravel and four inches of crushed asphalt.

The budget for the entire project is sixteen thousand dollars. The budget is broken down into three categories: bridge reconstruction, building of a trail for the Wilmot Trail system, and park beautification.

The Region of Waterloo Environmental Fund has given the BCA a grant of \$3,000 which will cover trees, rocks, soil, soil amendments, and native plants for the parkette. The BCA has some funds to go towards the project, but will need the community's help to cover some of the expenses.

The BCA will be asking for citizens' support with the "Buy a Plank" program. A donation of \$30 will purchase one of the 112 planks needed to replace the bridge floor, and donors will have their name mentioned in the Baden Outlook as recognition for their contribution. Donations can be made at Baden Eyecare at the Baden Village Square Plaza. We will be asking businesses or service groups to donate \$500 or \$1,000 to the campaign and their names will be published monthly (until the project is complete). In addition, their names will be posted on a plaque in the park. For more information call 519-634-8916.

See thermometer to the right for our progress so far!

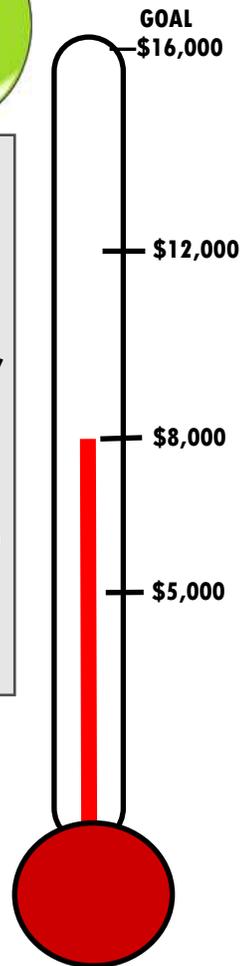
You will see the BCA in the Baden Santa Claus Parade again this year with our signature kettle popcorn bags. Plans are underway for our Family Day event at the Wilmot Recreation Centre. Stay tuned for more updates.

As always, you are welcome to join the group or contribute your time to any of our projects. You can watch us on facebook to see what's going on too!

**FUNDRAISING THERMOMETER**

Thus far we have received \$3000 from the Region of Waterloo- Environmental Fund, \$4000 from the BCA, and \$500 each from PW Concrete and the Baden Outlook.

Please help us reach our goal and provide our town with a lovely park, a new safe walking bridge, and development of the Wilmot Trails System .



## We're on the Web!

Read the paper in colour on-line, at [www.badenoutlook.com](http://www.badenoutlook.com)



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## "BUY A PLANK" FUNDRAISER

Here's how you can help us reach our \$ 16,000 goal.



It takes 112 planks to rebuild the walking bridge: each plank costs \$ 30.

Donations can be made at Baden Eyecare at the Baden Village Square Plaza.

Donors will have their name mentioned in the Outlook as recognition for their contribution.

For more information call 519-634-8916.

Let's watch our fundraising thermometer grow!

There are a lot of misconceptions about eyes and vision out there. Here is my list of the top 10 truths that I think everyone should know:

- 1) **No taxes apply to eye exams or prescription eyewear.** That's right – as long as they are prescription, there is no tax on glasses, sunglasses, or contact lenses! Items like pre-made reading glasses or non-prescription sunglasses are charged HST, though.
- 2) **"Vision screenings" are not the same as "eye exams".** Quickly reading an eye chart at a school screening or at the driver's license bureau does not check for health problems, or if there is a prescription that could be causing blur, headaches or eye turns.
- 3) **No knowledge of your "ABCs" is needed at an eye exam.** Eye exams are recommended at 6 months of age, with no feedback from your baby required! I've done eye check-ups on babies, non-English speaking persons, and even one lady who was asleep the entire time – all using techniques that need no responses and little co-operation from the patient.
- 4) **Eye exams are necessary - even if all seems well.** A tiny portion of the eye gives you most of your vision, so vision threatening problems often have no symptoms. I have sent people to the ER after a routine check-up because of something I found. Exams should be done every two years for healthy adults and every year for kids & seniors – or more often if eye problems are being treated or monitored.
- 5) **One lens is not necessarily the same as all others.** Lenses may all look sort of alike, but there can be great differences in the quality of the material and of the vision they provide, so buy your eyewear from somebody you can trust.
- 6) **Contacts can be comfortable – even for wearing 30 days**

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A WWII eye surgeon saw pilots whose eyes were injured by shards of their cockpit windows. From that, he invented the lens used in cataract surgery so that people no longer need really thick glasses after the surgery.



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7) **Contact lenses for astigmatism and/or bifocals are available and often work well.** Glasses often give the best vision in these cases, but contacts are a great option, too.

8) **Buying prescription glasses and contacts online is illegal.** Studies found that 50 to 90% of glasses purchased from web sources failed industry standards on proper manufacturing and there is nobody to fit, adjust or troubleshoot problems with your glasses or contacts.

9) **Laser eye surgery rarely causes glare or dry eyes.** Those issues were fairly common years ago, but modern techniques make them an infrequent problem these days.

10) **UV protection is important.** Exposure to UV radiation can cause cancers in & around the eyes, early cataracts, macular degeneration (a permanently blinding condition) and even unsightly bumps and redness on your eyeballs. Sunglasses can be prescription, non-prescription, clip-on, fit-over, automatically darkening (e.g. Transitions), polarized, any colour or any darkness - there are many options available, so pick whatever works the best for you.

*I hope that "clears things up" a bit!*

*This article is for informational purposes and not a substitute for individual patient care from a licensed eye care professional.*

## Wilmot Family Resource Centre Receives Sweet Donation!

Owners Jeff and Stephanie Walker of Tim Hortons New Hamburg, Baden, and Tavistock presented the Wilmot Family Resource Centre with a cheque for \$7140 from the recent local Smile Cookie Program. For one week, Tim Hortons Guests had the opportunity to purchase chocolate chunk Smile Cookies for \$1, with all proceeds from the sales supporting the local community.



Tim Hortons Restaurant Owners and Guests in New Hamburg, Baden, and Tavistock have generously donated more than \$36,960 for Wilmot Family Resource Centre over the past seven years.

*"This year's campaign was a major success and we had an 8.5 percent increase, and we have our loyal guests to thank for all of their wonderful generosity," said Jeff Walker.*

## You Must Be Joking!!



If my body were a car, this is the time I would be thinking about trading it in for a newer model. I've got bumps and dents and scratches in my finish and my paint job is getting a little dull... But that's not the worst of it.

My headlights are out of focus, And it's especially hard to see things up close. My traction is not as graceful as it once was. I slip and slide and skid and bump into things even in the best of weather.



My whitewalls are stained with varicose veins. It takes me hours to reach my maximum speed. My fuel rate burns inefficiently.

But here's the worst of it. Almost every time I sneeze, cough, or sputter, *Either My Radiator Leaks or My Exhaust Backfires!*

*Submitted By Robert Price*

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## Tips to Keep Your Pet Safe for the Holidays

When Christmas time approaches, it is easy to get caught up in all the excitement of the season. It's a good idea to consider your pet at this time of the year and take steps to make sure they are safe and happy for the holidays.



If you have a Christmas tree in your home, avoid tinsel; your pet might think it is a toy and may swallow and choke on the tiny strings. Also, do not decorate your tree with popcorn or other food items, and remove any edible gifts or treats from your pet's reach. If you have a real Christmas tree, make sure the skirt is tight around the base so that your pet doesn't drink the water and accidentally drink up any contaminated water or dead needles. After gifts are opened, watch the ribbons and bows so curious critters do not swallow them.

Holiday plants, such as Poinsettias, Amaryllis, Mistletoe, and Holly may add beauty to your home but they can be dangerous to your pet. If these plants are ingested, they may cause vomiting, diarrhea, or even more serious problems.

After your holiday feast, make sure you throw those bones away- **DO NOT GIVE THEM TO YOUR PET!** Bones can splinter easily and cause damage to your pet's throat and intestines. Also do not feed your pet high-fat foods like gravy and dressing because it can cause stomach upsets and pancreatitis which can be very serious.



*With a little planning, the holidays can be a safe and fun time for our furry family members as well. Enjoy your holidays and Merry Christmas!*



## Baden Veterinary Hospital

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*New Clients Welcome!*



## Pet Jokes

Q: What do you do if your dog chews a dictionary?  
A: Take the words out of his mouth!

Q: How does a dog stop a video?  
A: He presses the paws button.



Q: What do you call a cold dog sitting on a bunny?  
A: A chili dog on a bun.

Q: What is a cat's favorite movie?  
A: The Sound of Mew-sic!

Q: What goes tick-tock, bow-wow?  
A: A watch dog.

Q: Why was the cat afraid of a tree?  
A: Because of the bark!



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Greetings one and all from Wilmot's Youth Action Council! The end of October brought not only Halloween, but many developments in our mission to make Wilmot more youth-oriented. This month

alone brought 5 new members, each being a lovely addition to our latest event success, *Triple Threat*.

The Minute-to-Win-It style tournament boasted three teams pitted against each other for fun challenges, like Face Scrabble and the Saltine Cracker challenge. The highlight of the evening was the Ultimate Relay: contestants found themselves running in high heels, eating donuts off of strings, and pushing pennies with their noses, just to name a few activities. At the end of the night, each team went home a winner, the top performing team receiving \$10 movie passes. Look for this event in October next year!

Another step forward for WYAC is applying for the Aviva Community Fund at the beginning of November. Aviva is looking to award grants of varying amounts to community groups in need across Canada via a voting competition. WYAC submitted a fun video outlining the transportation difficulties related to getting to the Youth Centre at in WRC, and how any grants we earn would be towards the creation of "Youth on the Move", a travelling youth centre. Equipped with games and other fun items, Youth on the Move would visit youth and Community Centres, parks and possibly libraries around the Township, to bring youth together. Help us out by voting for us to win the grant (a maximum of 15 votes per day) here:

<https://www.avivacommunityfund.org/>

Finally, we'd like to invite youth ages 6+ to *Birthday Bash Bonanza*, our November event. On November 29<sup>th</sup> from 1-3:30, come on out to a universal birthday party complete with games, gifts, and grub! If you'd like to volunteer, or want information about joining Youth Council, please contact [wilmotsyouthactioncouncil@gmail.com](mailto:wilmotsyouthactioncouncil@gmail.com)

We look forward to seeing you!

Lia Humphrey and Sophia Kinch, WYAC Co-Chairs

Read the paper in colour on-line at [www.badenoutlook.com](http://www.badenoutlook.com)

Four Waterloo-Oxford District Secondary School students were honoured for excellence in German at the 2014 Wilfred L. Bitzer Event on October 21.



The following students were recognized for achieving top marks in their German class at W-O:

Back Row: Left to Right - David Nenadov, Toby Walch

Front Row: Left to Right - Dana Preikschas, Esther Nenadov

## Wilmot Jujitsu

Professional Self Defense

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Effective January 2015

# Deck the Halls - 'Tis the Season to Create Christmas Spirit in your Homes...

Have fun with these festive ideas!



Candy Cane Table Name Holders



Make use of those odd Christmas Balls Ornaments: hang from a window frame or stair case railing.



Wall Christmas Card Tree

To show off your Christmas cards: create a theme on a door, wall, or hang a brightly coloured mat to pin them on for display.



Get creative with a clear glass vase using bells, balls, pinecones, poinsettias and ribbons! Tree trimmings can be used most anywhere—in vases, along mantles, or as table centrepieces.



## You Must be Joking!!



Upon arriving home, a husband was met at the door by his sobbing wife.

Tearfully she explained, "It's the pharmacist. He insulted me terribly this morning on the phone. I had to call multiple times before he would even answer the phone."

Immediately, the husband drove downtown to confront the chemist, and demand an apology. Before he could say more than a word or two, the chemist told him, "Now, just a minute, listen to my side of it. This morning the alarm failed to go off, so I was late getting up. I went without breakfast and hurried out to the car, just to realize that I'd locked the house with both house and car keys inside and had to break a window to get my keys. Then, driving a little too fast, I got a speeding ticket. Later, when I was about three blocks from the store, I had a flat tire.

"When I finally got to the store a bunch of

## The Frustrated Pharmacist

people were waiting for me to open up. I got the store opened and started waiting on these people, all the time the darn phone was ringing off the hook."

He continued, "Then I had to break a roll of 10c coins against the cash register drawer to make change, and they spilled all over the floor. I had to get down on my hands and knees to pick up the coins and the phone was still ringing.

"When I came up I cracked my head on the open cash drawer, which made me stagger back against a showcase with a bunch of perfume bottles on it. Half of them hit the floor and broke. Meanwhile, the phone is still ringing with no let up, and I finally got back to answer it. It was your wife. She wanted to know how to use a rectal thermometer.

"And believe me mister, as God is my witness, all I did was tell her."

## Wise Words Spoken by Wise Men

"The world as we have created it is a process of our thinking. It cannot be changed without changing our thinking".

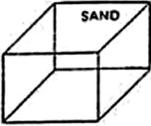
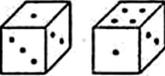
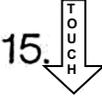
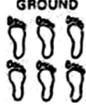
- Albert Einstein

Those who cannot change their minds cannot change anything."

- George Bernard Shaw

# Baden Outlook

**THESE BRAIN TEASERS ARE SURE TO WAKE YOU UP!**

1. 
2. MAN BOARD
3. STAND I
4. |R|E|A|D|I|N|G|
5. WEAR LONG
6. ROAD  
R  
A  
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7. T  
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W  
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↓
8. CYCLE  
CYCLE  
CYCLE
9. LE  
VEL
10. 0  
M.D.  
B.A.  
P.H.D
11. KNEE  
LIGHT
12. 
13. CHAIR
14. 
15. 
16. 
17. MIND  
MATTER
18. HE'S / HIMSELF
19. ECNALG
20. DEATH LIFE

ANSWERS ON PAGE 28

*You Must Be Joking!!*



Husband takes his wife to her high school reunion. After meeting several of her friends and former school mates, they are sitting at a table where he is yawning and overly bored.

The band cranks up and people are beginning to dance. There's a guy on the dance floor living it large, break dancing, moon walking, back flips, buying drinks for people, the works!



Wife turns to her husband and says, "See that guy? 25 years ago he proposed to me and I turned him down.

Husband says: "Looks like he's still celebrating!!"

*Did you hear about the guy that stayed up all night to find out where the moon*



*went? ... It finally dawned on him!*

*Submitted by Delmar Bender*



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178 Foundry Street, Baden

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## Happy Winter Hibernation Wilmot Splash Pad!

"What an amazing crew!" says Angie Hallman about Silver Springs Contracting from Baden. Tyler Hoffman and his wife Heather, and of course their crew, were wonderful to work with. They truly went above and beyond for the Wilmot Splash Pad. Silver Springs donated the colour for the concrete for the Splash Pad. It gives the Splash Pad the feel we're playing on a sandy beach. Silver Springs also donated all the large armour stones to be used for extra seating. Tyler and Heather both said they can't wait to bring their four kids, all under the age of six, to play in the Wilmot Splash Pad in the Spring.

The Splash Pad is completed for the fall now until its finishing touches and final feature installation takes place in the Spring of 2015.



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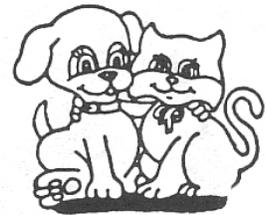
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Web: [www.badenoutlook.com](http://www.badenoutlook.com)

## Baden Outlook Hockey Pool Stats

ADULTS			KIDS		
Place	Name	PTS	Place	Name	PTS
1	Dick Dean	154	1	Payton Egli	155
T1	Sharon Williams	154	2	Dominik Struth	151
T3	Steve Roth	152	3	Taylor Naumann	150
T3	George Gilbey	152	4	LaShaedyn Faulkner	144
5	Dean Gilbey	151	5	Jack Papa	143
T6	Nancy Wilson	150	T6	Kaiden Fisher	142
T6	Ellie Schmitt	150	T6	Paige Naumann	142
T6	Nick Pokorny	150	8	Logan Kleine	141
T9	Janet Schwartzentruber	148	9	Tanner Schwartzentruber	140
T9	Mary Lou Gingerich	148	10	Kenzie Wilde	138
T11	Tony Papa	147	T11	Evan Bizony	135
T11	Alf Crabbe	147	T11	Noah Lichti	135
T11	Phylis Sisco	147	T11	Ethan Lichti	135
T11	Marnie Usher	147	T11	Jaimie Usher	135
T11	Diego Vitello	147	T11	Nathan Boronka	135
T16	Taylor Randerson	146	T16	Sarah Miller	134
T16	Steven Bechthold	146	T16	Madisyn Wilson	134
T16	Janice Gingerich	146	T16	Cooper Hill	134
T19	Beth Gilbey	145	T16	Kaden Eichler	134
T19	Sean Carney	145	20	Aiden Kropf	133
T19	Wayne Weicker	145	21	Spencer Boshart	132
T19	Earl Nickolas	145	T22	Cameron Langer	131
T23	Sue Struth	144	T22	Nolan Snook	131
T23	Travis Miles	144	T22	Rowan Dibben	131
T23	Rachel Gondosch	144	25	Jakob Gingerich	129
T26	Rich Held	143	T26	Owen Kropf	128
T26	Pat Beaver	143	T26	Elias Bizony	128
T26	Bob Brydon	143	T26	Joey Durrer	128
T26	Jean Viola	143	T26	Justin Ertel	128
T30	Pat Vickers	142	T30	Jared Vandervelde	127
T30	Zack Gowland	142	T30	Mitchell Wilhelm	127
T30	Kelsey Morrison	142	T30	Meghan Mueller	127



**Congratulations to  
 Dick Dean and Sharon  
 Williams for tying first place in  
 this month's Adult Hockey Pool .  
 However, the prize goes to Sharon  
 (she has gained more points this past month),  
 who wins a gift certificate from  
 EJ's Baden Hotel**

**The leader of the Kids Hockey Pool is  
 Payton Egli, winning a gift certificate  
 from Riverside Lanes.**

**The lucky random draw winner is  
 Jared Vandervelde winning a  
 Baden Outlook hoodie.**



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 Thanksgiving Turkey Dinner  
 with the trimmings \$13  
 Thurs, Nov 27th, starting at 5 pm.*

Bring a non-perishable food item for  
 the Wilmot Family Resource Centre

*Call now to book your Christmas party!*





Hello sports fans—thanks for playing hockey with us! We had 375 hockey pool entries 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!



## Baden Birding

The Brown Creeper and the Winter Wren are two species of birds which are resident all year long in southern Ontario.

However, they often go unnoticed by people except for the most dedicated and vigilant watchers who take their time to stop, watch, and listen. Both species are little brown birds that defy the odds of surviving in our winter climate. The smaller the animal, the greater the ratio of surface area (skin) to body mass; therefore heat loss should be at a greater rate than for a larger animal.

Both of these birds are smaller than a chickadee! Survival is dependent on the amount and type of food consumed; both of these birds have long, thin beaks made for eating insects, spiders and other arthropods. At first thought, they should not be here in the winter searching for their food source! The Winter Wren searches through the dense ground cover, the exposed leaf layer, fallen logs, and tangled roots of swamps and conifer growth to find its daily requirement of nutrients. Meanwhile, the Brown Creeper slowly hops in a spiral pattern up the tree trunks in the sheltered areas of forests searching for multi-legged protein bundles sheltering under the bark. It then flutters down to the base of another tree to start its climb again. Since both species eat insects, spiders, sow bugs and other arthropods (more than eight legs) which don't migrate, it is a little like us going to the freezer to find some meat to eat on a cold winter's day. Fortunately for both birds, a sunny winter's day will often start the insects and spiders moving so they



## ~ Hidden Gems

By Ken Quanz

have fresh food to consume. One wonders what our world would be like without species like this cleaning up excess potential breeding stocks of insects.

Mottled brown feathering helps to make both species inconspicuous. As you walk through a forest, the Brown Creeper will adopt an absolutely motionless posture for several minutes while you pass. The Winter Wren tends to be mouse-like in its movements and rarely flies in the open. Therefore, unless you are vigilant you will probably not see either species.

If you have heard the Wren's call you will not forget it easily! The rambling song has been recorded, slowed, and analysed by scientists who found it was made up of a mellifluous complex series of simultaneous tones and overtones which most of us can hear and enjoy. In contrast, the Brown Creeper's high pitched lisp "tsee" can be very difficult to hear if you have any high range hearing loss.

This winter, pick a still, sunny day and check out a forest or a swamp land for these birds: the experience is rewarding. If you can't get out into the wilds, watch trees in your neighbourhood where the chickadees are busy in the branches; you may spot a Brown Creeper working away. The local storm water pond may hide a Winter Wren in the dogwood and long grass tangles. And we didn't even know they were there!



## RIVERSIDE LANES



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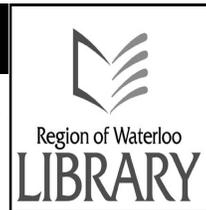
"Home of Cheeky Monkey"



*Where Good Friends  
Make Great Wine!*

73 HINCKS ST UNIT 6 519-662-4111 NEW HAMBURG  
Tuesday - Friday 11am-7pm ~ Saturday 10am-2pm

# Checking Out the Baden Library



## Hockey Night at the Library - Wed., Nov. 26 at 6:30 p.m.

Players from the New Hamburg Firebirds Junior C Hockey Team will be reading to children at both the Baden and New Hamburg branches. Come and meet the Firebirds!



Registration is not required but is recommended due to limited space. Stop by the library **today** and pick up your **Face Off with the Firebirds Game Sheet** for a chance to win amazing prizes! Complete all the plays on your game sheet and get a free pass to a Firebirds game.

## Holiday Family Storytime - Thurs., Dec. 18 at 10:30 a.m. OR 6:30 p.m.

Enjoy some holiday stories, activities, and crafts. Recommended for children 3 to 7 years old with their parents or caregivers. Registration recommended but not required.

## Winter Storytime Programs

Registration for Winter Storytime programs begins on Dec. 9 for new families and Dec. 10 for returning families. (A returning child was in the same registered program in the immediate previous session. A new child is either registering for a program for the first time, or was not registered in the program in the immediate previous session.)



All programs begin the second week of January. Due to space, registration is limited. Choose from the following programs:

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

Choose Thursday mornings: 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. Thursday mornings: 10:15 – 10:45 a.m.

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

Tuesday mornings: 10:15 - 10:45 a.m. OR 11 - 11:30 a.m.

## Storytime for Children 3 to 5 years old

Choose either Tuesday mornings: 9:15 - 10 a.m. OR Thursday mornings: 9:15 - 10 a.m. Storytime programs include stories, songs, and rhymes, as well as games and crafts for older children. Have some fun with literacy!

## Library Newsletters

Do you use email? Would you like to receive the library's NEW eNewsletters? They are short, colourful and have important library news, recommended books and tech tips. There is a general library newsletter emailed bi-monthly, and a special kids newsletter emailed quarterly. Sign up on the library website under eNewsletters.

## Fun Stuff!

Great news! You can now save your checkout history in the library catalogue. No more forgetting what books you have already read!



Here are the steps:

### To opt in to Checkout History:

1. Log into "My Account."
2. Click on the "Personal Information" tab.
3. Click on "Preferences."
4. Make sure "Show my checkout history" is checked. (To opt out, follow this process but make sure "Show my checkout history" is unchecked and click "Update.")

### To view Checkout History:

1. Click "Checkouts" in "My Account"
2. Click "Checkout History" to see a list of previous checkouts.

**Questions? Contact the library at: 519-634-8933, badenlib@regionofwaterloo.ca for more information. Up-to-date information is also available in our Events Calendar on our website at www.rwlibrary.ca.**

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

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## You Must Be Joking!!



### A Monk's Life

A young monk arrives at the monastery. He is assigned to help the other monks to copy the old canons and laws of the church by hand.



He notices, however, that all of the monks are copying from copies, not from the original manuscript.

So, the new monk goes to the Old Abbot to question this, pointing out that if someone made even a small error in the first copy, it would never be picked up! In fact, that error would be continued in all of the subsequent copies.



The head monk says, "We have been copying from the copies for centuries, but you make a good point, my son."

He goes down into the dark caves underneath the monastery where the original manuscripts are held as archives in a locked vault that hasn't been opened for hundreds of years. Hours go by and nobody sees the Old Abbot. So, the young monk gets worried and goes down to look for him. He sees him banging his head against the wall and wailing.



"We missed the **R**!"  
"We missed the **R**!"  
"We missed the **R**!"

His forehead is all bloody and bruised and he is crying uncontrollably.

The young monk asks the old abbot, "What's wrong, father?"

With a choking voice, the old Abbot replies, "The word was... **CELEBRATE!**"



Submitted by Robert Price

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



## New Hamburg Lioness Festive Gathering

Inviting clients of Aldaview and members of our Community with a developmental disability

Wednesday, December 10<sup>th</sup>, 6:00 – 8:00 p.m. at New Hamburg Community Centre

Christmas Carol sing-a-long and a special guest from the North Pole!

RSVP 519 662-2238



## St. James Lutheran Church

66 Mill St. Baden Ontario

Saturday Nov. 29<sup>th</sup>

10:00 a.m. – 1:30 p.m.



Christmas Cookies, Bake table, Crafts, Vendors, Santa's raffle table, Face painting, Chili and a Bun for lunch. Take out available! Horse drawn Wagon Rides by Riverside Acres. (weather permitting). *Proceeds to "Ethan's Journey"*

E-mail arly2518@rogers.com / Contact 519-634-8904

## Keep the *Miracles* Flowing ~ Blood Donor Clinics

Monday, November 17, 5 p.m. – 8 p.m.

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## CRAFT SALE

December 6th, 10 am - 3 pm



CHILDREN'S TABLE/CHAIRS, STOOLS, CHILDREN'S TOYS, BIRD FEEDERS, MAIL BOXES, CLOTHES DRYERS, POTATO BOXES, SMALL TABLES, PENS, WOODEN BOWLS, CUTTING BOARDS, CANDLE HOLDERS & CHRISTMAS ORNAMENTS, PLUS MANY SMALL ITEMS, AND REDUCED ITEMS!

*Also includes a BAKE SALE...*

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## New Hamburg Youth Darts

65 Boulee St. New Hamburg Legion

Saturday Mornings, 9-11 am

Ages: 8-18

Runs from Oct. 18 - Mid May

Contact person: Shirley Bailey 519 662-4422



## Livingston Presbyterian Church Fall Bazaar

December 13th, 10 a.m.—2 p.m.

Light Lunch, Baking, Crafts

## St Agatha Santa Claus Parade

December 13, at 1 p.m.



Visit with Santa and free bag of candy for children following parade at St Agatha Community Centre.

Food drive during parade route.

Pizza, & hot dogs can be purchased following parade at St Agatha Community Centre served by Lions Club.

## Saturday Night at the Movies

Wilmot Mennonite Church, 2995 Bleams Road

November 15<sup>th</sup> at 7:00 p.m.

Feature - "The Little Red Wagon"

*Carrot-topped 8-year-old Zach Bonner lives in Tampa with his realtor mom Laurie and teenage sister Kelley. In 2004, in the wake of Hurricane Charley, Zach uses his beat-up toy wagon to collect water, food and clothing for families left homeless by the storm.*

Free admission. Donations accepted to cover costs.

Bring a snack for yourself - Drinks provided.

Nursery available but not staffed.

Everyone Welcome!

For further information call (519) 584-7089

# Another Cool Move

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

Doug and Judie Bowlby would like to thank all for their prayers, cards, telephone calls and visits while Doug was recuperating in the hospital following heart surgery and a stroke.



A special thanks to our neighbours, Don and Gerrie Culbert who kept Judie fed and took the "boys" on their walk while she was in the hospital. To all our friends and family who were such a great support ~ God Bless You All! Judie & Doug.

## COME ONE AND ALL!

To the New Hamburg Lions and Lioness  
31st Annual Tree of Light Ceremony

Friday, December 5<sup>th</sup> – 6:30 p.m.  
Hot dogs are being served followed by Tree Lighting

Join Holy Family School Choir and the New Hamburg Concert Band in singing Christmas Carols at Centennial Fountain by the Post Office.



We invite everyone to join in the Tree Lighting, caroling, hot dogs and hot/cold apple cider.  
**A \$5 donation lights a bulb on our tree!**

For further info please contact  
New Hamburg Lioness  
Reta Klaassen - 519 662-1641

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## You Must Be Joking!!

### Kids Say the Darndest Things



**POLICE VISIT:** While taking a routine vandalism report at an elementary school, I was interrupted by a little girl about 6 years old. Looking up and down at my uniform, she asked, "Are you a cop?" "Yes," I answered and continued writing the report. "My mother said if I ever needed help I should ask the police. Is that right?" "Yes, that's right," I told her. "Well, then," she said as she extended her foot toward me, "would you please tie my shoe?"



**ELDERLY:** While working for an organization that delivers lunches to elderly shut-ins, I used to take my 4-year-old daughter on my afternoon rounds. She was unfailingly intrigued by the various appliances of old age, particularly the canes, walkers and wheelchairs. One day I found her staring at a pair of false teeth soaking in a glass. As I braced myself for the inevitable barrage of questions, she merely turned and whispered, "The tooth fairy will never believe this!"



**DRESS-UP:** A little girl was watching her parents dress for a party. When she saw her dad donning his tuxedo, she warned, "Daddy, you shouldn't wear that suit." "And why not, darling?" "You know that it always gives you a headache the next morning."



Submitted by Robert Price

## Holiday Craft and Bake Sale

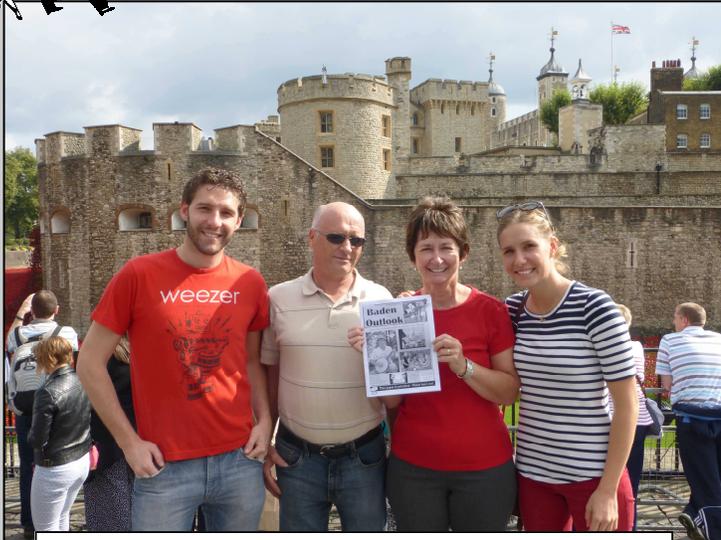
**Saturday December 6th**  
**10am - 3pm**  
**Wilmot Rec. Complex**  
**(Community Rm)**  
**1291 Nafziger Rd., Baden**

New this year— we will be having a silent auction along with the craft and gift sale.

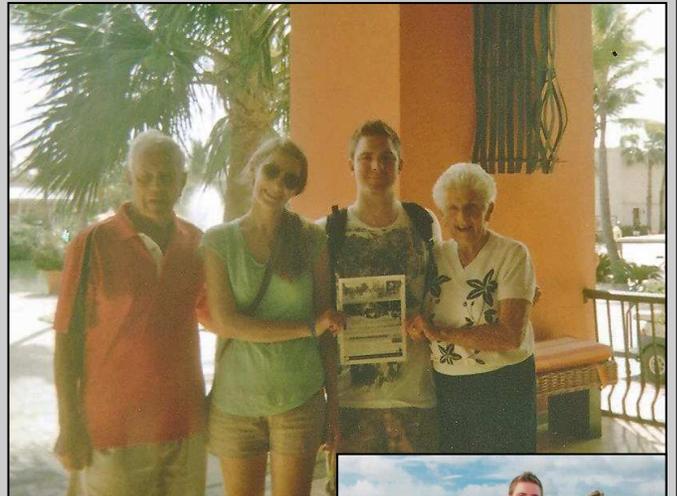
Brought to you by the  
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Wow! More exciting destinations as *The Baden Outlook* continues to travel ...



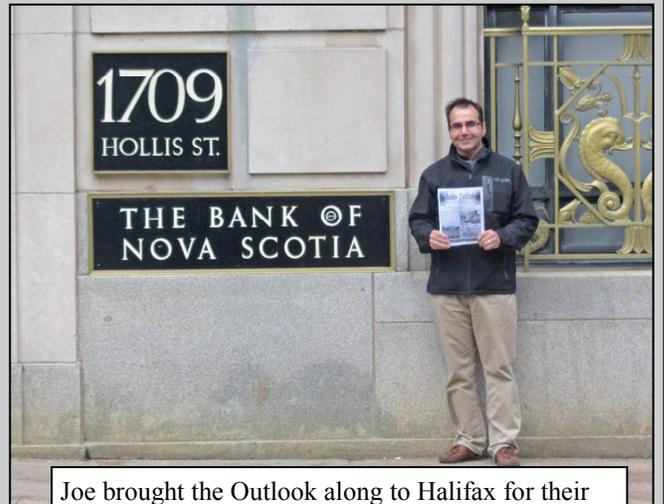
Don and Marilyn Steinmann took their Outlook to London, England. They toured the Tower of London with their niece and nephew, Laura Albrecht and Daniel Albrecht (formerly from New Hamburg).



Jim and Yvonne Dobney from Morningside took the Baden Outlook to the Dominican to witness their granddaughter Lisa's wedding to Brian Austin.



Collen and David Herner, with granddaughter Meghan Gerber, took the Outlook to St. Davids Cathedral in St. Davids, Wales. St. David is the patron saint of Wales.



Joe brought the Outlook along to Halifax for their Conference—seen in front of the very first Bank of Nova Scotia, located on Hollis Street. Thus their name change to "HollisWealth"

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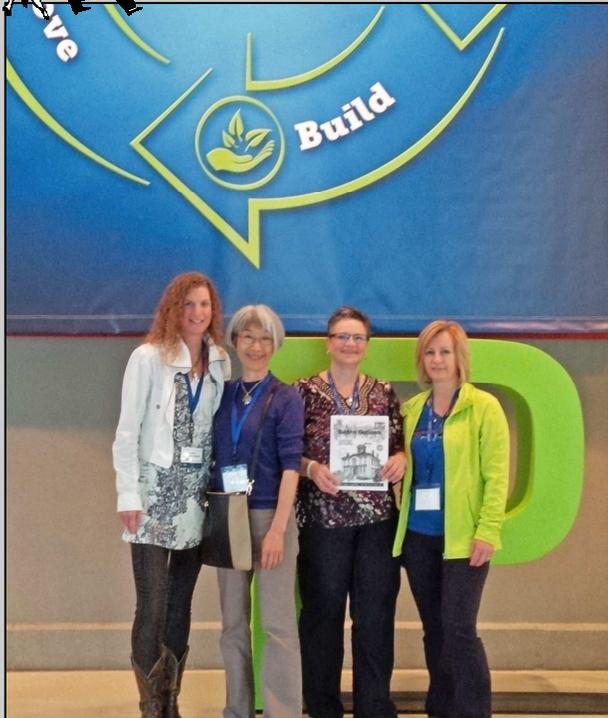
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....To England, Dominican, Wales, Dallas and Ecuador to macho Pichu!



Heather McKague-Bandl, Mariko Ogasawara, Betty-Ann Seyler and Sharon Koenig travelled to Dallas, Texas with their Baden Outlook. They attended the Genesis Pure Annual Global Conference in October.



Gregg Murtagh led a group to Ecuador, the Galapagos, and Peru from September 15-October 1st, arranged by Imagine Travel. The Baden Outlook made it to Macho Pichu!

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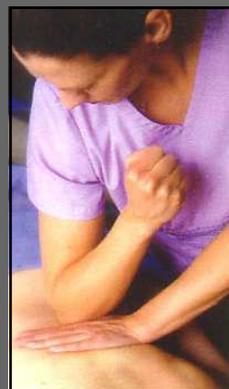
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## Can You Really Grow More Brain Cells?

It was once thought that the number of brain cells you were born with would pre-determine your life, your IQ, success, potential career, etc. That no more brain cells would ever grow within the skeletal cavity known as your head. Over the years we have heard of many documented ways to lose brain cells; however, the thought of growing more brain cells, especially as you age, was a very foreign concept.

As science progresses, we gain a better understanding of the biological changes that are innate in our body. We continue to marvel at just how wonderful this organism that we call "our body" truly is. The ability to maintain homeostasis (balance), pH and hormones, heal from cuts and wounds, attack infections or reduce inflammation, and the amazing ability to reproduce a brand new organism, a baby, is a complete and total marvel of the human body. The fear of losing our memory, focus, and attention as we age is common in over 60% of adults. With increasing rates of dementia and Alzheimer's disease, people often wonder what can be done to stave off what seems to be nature's plan for an aging population. The good news is there are three things that you can begin today to protect your brain cells and even grow new ones.

- **Improve your Diet** – Make healthy choices everyday as to what foods you want your body to be made from. Do you want it to be made of sugar, trans fats, artificial flavours, colours, sweeteners, and Franken-foods, or do you want it to be made up from mostly whole, raw, organically grown foods?
- **Rest** – Ensuring you are getting sufficient sleep is a critical factor to your overall wellness. Many people will chronically starve their body of sleep for various reasons. Work, family, over-committing themselves, piling too much on their to-do lists and so on. Sleep is the best way to give your systems rest, allow them to rejuvenate and become restored for the next day. Sleep is necessary for proper elimination and prevention of disease in the body. Aim for 7 to 9 hours of restorative sleep each night.
- **Strength Training** – Exercise prompts nerve cells in the brain to release a chemical that promotes improved learning, attention and focus. Research has found that a 20 minute weight training session could improve memory in participants. Exercise can promote the growth of new brain cells, enlarge your memory centre, improve IQ, and help prevent brain deterioration due to aging.

Diet, Sleep, and Exercise are three lifestyle factors that can have a dramatic effect on your overall health including improved brain function, learning, and memory. Begin making small changes today for a healthier tomorrow.

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

**Heather McKague-Bandl**

ROHP, RNCP, Orthomolecular Nutritionist

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### Do you drink enough water?

As the cold weather arrives you may find your skin feeling drier and tighter, your lips getting chapped too. We put the furnace on and turn up the heat, which contributes to more factors that dry us out. Ten glasses of water per day is optimal! So drink up! Your skin will thank you, and water also wards off flu bugs and hydrates your sinuses. Now add a slice of lemon and your liver will thank you too!



## Improving the Health of our Community

**Making a Small Change can make a Big Difference**

*By Melodie O'Connell MSW RSW*



A lot of information out there tells us how to improve our lives. The media is filled with messages about health clubs, different diets, time-saving appliances, and health supplements. We do not have to look far before we become overwhelmed by all of these messages. We begin to question how much money we are willing to spend to be healthier and feel better about ourselves. We are also able to identify our own goals, whether they come in the form of resolutions, or out of a conversation with our doctor, or maybe a friend. We can become overwhelmed by the number of changes that we feel we should be making. However, we are becoming increasingly aware that small changes can have a huge impact on both our physical and mental health. Setting simple goals in these areas of our lives can go a long way in improving both our immediate physical and mental health, as well as having a positive impact on our health in the future. We will look at a few simple goals that may go a long way in affecting how you feel.

- ◆ Getting between 7.5-9 hours of sleep per night – Our bodies require proper amounts of sleep in order to regenerate and prepare us for the following day. We have been conditioned to believe that we may function adequately on 5-6 hours of sleep. However, this is not true. When we are sleep deprived, we have a tendency to reach for food (usually unhealthy choices) to keep us alert and focused, which increases our risk for heart disease, stroke, and diabetes. It also increases our risk of depression and anxiety. Setting a goal of 7.5 -9 hours of sleep, 5 nights / week, may be an achievable goal to set. If that seems unreasonable given your current circumstances, try to set the goal of increasing the amount that you sleep by 30-60 minutes from your current patterns.
- ◆ Increase the amount of water that you drink – We are all aware of some of the physical benefits of drinking water. However, drinking enough water also has a positive impact on our mental and emotional well-being. Many of us experience feeling sluggish throughout the day and feel the need to combat this with either caffeine or food. However, when our body is dehydrated we tend to struggle with low energy and low motivation. Drinking water regularly throughout the day may keep us energized and feeling good. It may minimize the amount of caffeinated and sugary

drinks that we consume as well. If you are one of those individuals that does not enjoy the taste of water, try putting a few berries or cucumber slices in your water for a nice alternative.

- ◆ Be active – Although some people enjoy the physical benefits of exercise, there are many people that do not. Simple changes in this area may include asking a friend to go for a brisk walk after dinner, or a hike on the weekend. Some people enjoy the comradery of trying a new group activity such as boot camp or cross fit. Challenge yourself in this area and you are sure to feel good, both physically and mentally.

These are just a few simple suggestions that can go a long way in both your physical and mental health. Do not feel that you need to set several goals. You are more likely to be successful in achieving your goal if you set just one or two. By making your goal a priority, you will feel many of the benefits that have been mentioned. Good luck as you work towards a healthier future!

*Melodie O'Connell / melodieoconnell@hotmail.com*

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## Interfaith's Bereaved by Suicide Support Program to Expand to include Children and Youth Supports



Interfaith Community Counselling Center is committed to providing emotional and psychological support for the residents of New Hamburg and the surrounding area. We believe that supporting individuals, families, and communities in reaching goals of health and happiness improves lives and builds healthy communities. With the addition of two additional therapists to the team, one that specializes in youth and addictions and the other that specializes in parenting and marital therapy, we aim to provide a more time efficient response to requests for support and expand our support to the community.

Interfaith has recently introduced a monthly program called "Let's Talk" to assist family and friends who are in a relationship with a loved one who is struggling with emotional or psychological distress. Friends and family members can undergo significant stress when they attempt to struggle with their experiences without support. Without support, the chronic stress that friends and family members experience can have an impact on their own health, their relationships, and their quality of life.

Death by suicide has also been a prominent concern in our community. Interfaith is committed to assisting individuals and our community in working together to both support friends and family members who have experienced loss by suicide and

prevent further deaths by suicide. Surviving loved ones are often left struggling to make sense of what has happened.

Naturally, death by suicide is difficult for adults to come to grips with, but for children it presents an even greater challenge in terms of coping and understanding what has happened. Interfaith is offering two 5 week Children's Programs (ages 5-9 and 10-16) to support local children and youth who have experienced the loss of a loved one by suicide. This program begins November 17, 2014.

Waterloo Regional Suicide Prevention Council is also sponsoring two adult programs for individuals who have experienced a loss by suicide. One program offers professional facilitation weekly, and the other offers a monthly peer support group with other individuals at different stages of grief and coping. Call Interfaith for further registration details regarding these groups.

It is often difficult to ask for help or identify when help is needed, and to know what to do to find help. Please call us if you or someone you know needs help. Together we can achieve health within our community.

For more information about services, to volunteer or to register for programs please call 519-662-3092.

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- \*learning more about your smoking habits – when, why and what happens when you smoke
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- \*homework assignments to help you practice the skills in between sessions
- learning other relaxation techniques

If interested please call Interfaith at: 519-662-3092

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You never wanted to parent like your parents but you find you sound just like them!!  
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- Choose parenting strategies that work for your family
- Discuss techniques to create harmony and co-operation in your home
  - Encourage self-esteem in your child
- Problem solve how to handle different parenting styles as a couple
- Learn about what behaviour is appropriate for your child's development
  - Self-care for parents (parents need time to re-fuel!!)
  - Design your parenting vision

If this is a service that could benefit you, please call Interfaith Counselling at 519-662-3092 to get more information. Day and evening appointments are available.

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*ICCC strengthens the fabric of our community by equipping individuals, couples and families to realize emotional wellness and triumph over life's challenges*

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## FARM STYLE RHYME TIME

ANSWERS ON PAGE 33

1. A steer that ate too much would be a \_\_\_\_\_.
2. Twelve chickens and then two ran away would be \_\_\_\_\_.
3. Stories coming from the cows' residence would be a \_\_\_\_\_.
4. If a cow tripped in her room it would be known as a \_\_\_\_\_.
5. A towed vehicle carrying a hay bundler is called a \_\_\_\_\_.
6. A mare that is grieving is known as \_\_\_\_\_.
7. A motor on a nuclear powered farm implement is a \_\_\_\_\_.
8. A short gardener is typically known as a \_\_\_\_\_.
9. A farmer that is in his prime is having his \_\_\_\_\_.

## Vitamin F Fest

Why do I have a variety of friends who are all so different in character? How is it possible that I can get along with them all? I think that each one helps to bring out a "different" part of me. With one of them I am polite, with another I joke, and yet with another I can be a bit naughty.

I can sit down and talk about serious matters with one, and with another I can laugh a lot. I listen to one friend's problems, then I listen to another one's advice for me. My friends are like pieces of a jigsaw puzzle. When completed, they form a treasure box. A treasure of friends.

They are my friends who support me through good days and bad. Real Age doctors tell us that friends are good for our health. Dr. Oz calls them Vitamin F (for Friends) and counts the benefits of friends as essential to our well being. Research shows that people in strong social circles have less risk of depression and terminal strokes.

If you enjoy Vitamin F constantly you can be up to 30 years younger than your real age. The warmth of friendship stops stress and even in your most intense moments, it decreases the chance of a cardiac arrest or stroke by 50%.

We are so lucky to have a stock of Vitamin F. In summary, we should value our friends and keep in touch with them. We should try to see the funny side of things and laugh together in the tough moments.



## Strange, but True Newspaper Clippings

- ⇒ Free puppies—part German Shepherd, part dog.
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## Change of Season ... Feeling SAD? What is Seasonal Affective Disorder?

Seasonal Affective Disorder, also known as the “Winter Blues,” affects a large population of people due to the lack of sunlight encountered during the fall and winter. Men, women and children can all feel the effect. Years ago people spent much more of their daytime hours outside in direct sunlight working, playing, or doing chores. Today we are inside at work and at home. With the amount of time we spend indoors, it is difficult to obtain the amount of bright light that is essential to our well being. Most people drive to work in the early morning and return home in the already darkened evening. Our work places are not always near windows to let in sunshine. Today’s children are more apt to use computers or gaming systems than to play outside. The amount of time we actually spend outdoors in daylight is very minimal. Research shows that up to 10% of the population may suffer from SAD with a range of symptoms varying from changes in mood, depression, increased anxiety, bulimia nervosa, and other psychiatric illnesses, usually peaking during the winter months<sup>1</sup>.

### HOW IS SAD TREATED?

Phototherapy is one treatment that has been used successfully to treat SAD. The protocol involves providing an individual with 10,000Lux for 30 minutes a day. Recent evidence shows that the morning is the best time to have the light therapy<sup>2</sup>. SAD lamps come in many different shapes and sizes and accommodate many different situations. Lights can be placed on the kitchen table during breakfast or on an office desk near the computer while at work.

Another option are dawn simulators. These lights work similarly to alarm clocks. Set the device to activate 30 minutes prior to your wake time; the room will gradually get lighter until it is time to rise. Some of these devices can also be used for the sundown feature which starts bright and gradually dims to help put you to sleep.

### ISN'T REGULAR LIGHT ENOUGH?

During the summer when the sun is overhead, the brightness can range from 10,000lux to 20,000lux; this drops off sharply during the gloomy winter months. Most indoor lighting is typically 100lux to 500lux. In a recent study, the subjects averaged only 31lux in the evening, and some people’s TV rooms are only about 1lux (about the same as the light of a full moon)<sup>3</sup>.

1. Magnusson, A. (2000), An overview of epidemiological studies on seasonal affective disorder. Acta Psychiatrica Scandinavica, 101: 176–184. doi: 10.1034/j.1600-0447.2000.101003176.x
2. National Institute of Mental Health. Properly Timed Light, Melatonin Lift Winter Depression by Syncing Rhythms Accessed 30/10/2014.
3. Youngstedt, SD et. al., Light exposure, sleep quality and depression in older adults. In Holick MF, Jung EG (eds): Biologic Effects of Light 1998. Boston, Kluwer Academic Publishers; 1999:427-435

*More information regarding Seasonal Affective Disorder and the SAD lamps can be obtained from Baden Village Pharmasave and Town Square Pharmasave, New Hamburg.*

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3. I understand
4. Reading between the lines
5. Long underwear
6. Crossroads
7. Downtown
8. Tricycle
9. Split level
10. Three degrees below zero
11. Neon light (knee on light)
12. Circles under the eyes
13. High chair
14. Pair of dice (paradise)
15. Touchdown
16. Six feet under ground
17. Mind over matter
18. He's beside himself
19. Backward glance
20. Life after death

Answers from BRAIN TEASER QUIZ - Page 12

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## New Hamburg Arena...a Vibrant Part of our Community!

By Vicki Luttenberger

Since the opening of Wilmot Recreation Complex, there has been misconception that the New Hamburg Arena is sitting empty, waiting for the opportunity to be brought back online as an ice surface. However, this is not true. After the transfer of hockey and figure skating programs to the newly constructed WRC in 2008, Council established an advisory committee that consisted of representatives from the various user groups, and members of Council and staff, regarding repurposing the New Hamburg Arena. The group discussed numerous options such as converting it into a skateboard park, community theatre, indoor sports fields, etc. In the end, the decision was made not to convert the facility for one specific use but to attract new users that could utilize the current facility as a year round arena floor.

Today, the New Hamburg Arena is as busy as ever. The facility is used year-round from Sunday – Thursday as the location for a variety of

activities including Roller Derby, Youth Drop-in and year-round Skate Park, Dryland Training for Minor Sports, Ball Hockey, and Lacrosse. It also continues to host the annual major special events such as: TCP's Annual Community Theatre Production, the Mennonite Relief Sale, Moparfest, New Hamburg Fall Fair, and Remembrance Day Ceremonies.

In 2014, with the assistance of Federal funding, the Township was able to undertake and complete renovations to the exterior facade, lobby, change rooms, and washrooms. In addition to improving the overall appearance of the lobby, the renovations completed also improved the functionality of the facility and addressed

accessibility issues. By undertaking these renovations, the Township has modernized a portion of the facility which will create additional opportunities for the facility in the future.



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Please visit The Baden Outlook web site at [www.badenoutlook.com](http://www.badenoutlook.com) for a directory of local churches.

## You Must Be Joking!!



One day God was looking down at earth and saw all of the rascally retirees' behaviour that was going on.

So He called His angels and sent one to earth for a time. When the angel returned, he told God, "Yes, it is bad on earth; 95% of retirees are misbehaving and only 5% are not."

God thought for a moment and said, "Maybe I had better send down a second angel to get another opinion."



So God called another angel and sent her to earth for a time.

When the angel returned, she went to God and said, "Yes, it's true. The earth is in decline; 95% of retirees are misbehaving, but 5% are being good." God was not pleased.

So He decided to e-mail the 5% who were good, because he wanted to encourage them and give them a little something to help them keep going.

Do you know what the e-mail said? Okay, just wondering, because we didn't get one either.



Submitted by Robert Price

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Sat 9:00 am - 4:00 pm

*"For it is in giving that we receive."*

— Francis of Assisi

As you face the pending Christmas season, do you already think about those on your list who are difficult to buy for? They appear to have everything or seem to be able to purchase things as they want. Or, do you want to simply forgo the mass spending Christmas that our society has adopted?

This Christmas, give a gift that keeps on giving. The Mennonite Central Committee (MCC) is offering an alternative with the **Christmas giving catalogue**. This donation program allows you to select a gift for a needy person or community in lieu of or to complement a gift. Gifts of hope, food, water, peace, education, livelihoods, health, and more are available to choose from in varying amounts. You can give online ([www.mcc.org/christmas](http://www.mcc.org/christmas)) and download printable gift cards, or give by mail so gift cards will be mailed back to you. Christmas giving catalogues are available at the New Hamburg Thrift Centre. Choose a gift for family and friends that helps one more child sleep in a safe shelter, one more family add to its herd or flock, or one more community have safe drinking water from a nearby source. Even a small donation can make a big difference.

If the person on your list loves to find a good bargain, perhaps an **MCC gift card** from the New Hamburg Thrift Centre is the answer! Your gift supports the work of Mennonite Central Committee, and you can only guess what your bargain hunter will find! Gift Cards can be loaded with any amount, perfect for slipping into a card. We also carry a large selection of handmade gifts crafted by volunteers.

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

May the true meaning of Christmas be present in your celebrations this holiday season!

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## UNDERSTANDING BURSITIS

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

A **bursa** is a thin, slippery sac found around a joint that releases lubrication called synovial fluid. Its primary function is to provide cushioning between bone and surrounding soft tissue, such as skin, muscles, ligaments, and tendons. Under normal circumstances, the **bursa** provides a smooth surface that allows for minimal friction with movement between these structures.



an opening on the skin surface, rheumatoid arthritis, gout and diabetes.

Conservative self-care strategies for reducing the pain of **bursitis** should initially involve relative rest from any painful activities and ice application. Altering or eliminating the situations that contributed to the **bursitis** is also important. This may include activity modification such as using the correct technique, tools, and/or equipment. In addition, taking breaks to relax overworked muscles and joints, and performing exercises to strengthen the body can also be effective.

The term "**bursitis**" refers to any inflammation or irritation of the **bursa**. When this occurs, the **bursa** loses its gliding capabilities, and becomes thickened and swollen. As a result, the added size of the swollen **bursa** causes more friction within an already confined space, and the smooth gliding **bursa** becomes gritty and rough.

**Bursitis** that does not respond to self-care strategies may require professional treatment. This can include acupuncture and electrotherapeutic modalities to decrease pain, manual and soft tissue therapy to assist in healing, and specific rehabilitative conditioning training for the affected muscles and joints.

There are approximately 160 **bursae** in the body. Fortunately, only a handful of them usually develop **bursitis**. The most common areas to get **bursitis** include the shoulder, elbow, hip and knee regions. Less frequently, **bursitis** may also occur in the wrist, buttocks, heel and big toe. Symptoms of **bursitis** include swelling, pain, and tenderness in the affected region. This may also be accompanied by reduced range of motion and strength which can lead to a significant decrease in physical functioning.

If you are having difficulty with a case of **bursitis**, a qualified health professional can prescribe appropriate therapy and rehabilitation strategies specifically for your circumstance. For more information, visit [www.nhwc.ca](http://www.nhwc.ca).

There are several factors that can contribute to the development of **bursitis**. Activities that result in repetitive overuse or prolonged and excessive pressure on a body region are a common culprit. An example of this would be constant overhead lifting using your shoulders or continuous kneeling on a hard surface with your knees. A **bursa** can also become injured as a result of a blunt trauma or fall such as slipping on ice and landing on your hip. **Bursitis** is more common in adults, especially in those over 40 years of age. As soft tissues age they become less elastic and durable making them more susceptible to overuse and traumatic injuries. Other possible causes and risk factors for developing **bursitis** which may require additional medical management, include infection from

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**Your "Cloud Nine" List**

Last month, I lead you through the steps to come up with your "Cloud Nine" list. If you missed that article or are interested in looking at it again, please contact me at [info@heartofthematter.ca](mailto:info@heartofthematter.ca)

As a quick review, we started an inventory of all the projects we wanted to complete WHEN we got organized! Then we prioritized that list and narrowed it down to our top nine projects. We are left with the "Cloud nine" projects that reflect our passion.

I invite you to think what the term "being on cloud nine" looks like for you.

- Grab a pen and paper and brainstorm all the words or pictures that come to your mind.
- For those creative ones out there . . . grab a magazine and scissors and make a collage of what it means to you to be on "cloud nine".
- Once again post this list/collage somewhere you can see it every day. It is the inspirational picture of what you dream and aspire to be.

Now we have a "goal or end result" that we are working toward. The difference in "dreaming" about the goal and "achieving" the goal, is actually making a step toward the end result. The goal to "get organized" can be an overwhelming thought . . . but we are here to tell you that it is possible and life changing.

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In order . . . to live a life of purpose

**You Must Be Joking!!**



An older couple were lying in bed one night. The husband was falling asleep but the wife was in a romantic mood and wanted to talk.

She said: **"You used to hold my hand when we were courting."**

Wearily he reached across, held her hand for a second and tried to get back to sleep.

A few moments later she said:

**"Then you used to kiss me."**

Mildly irritated, he reached across, gave her a peck on the cheek and settled down to sleep.

Thirty seconds later she said:

**"Then you used to bite my neck."**

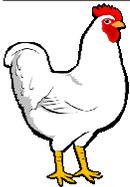
Angrily, he threw back the bed clothes and got out of bed.

"Where are you going?" she asked.

**"To get my teeth!"**



**ANSWERS TO FARM RHYME-TIME QUIZ—PG 27**



- |                  |                    |
|------------------|--------------------|
| 1. FULL BULL     | 6. HORSE REMORSE   |
| 2. TEN HEN       | 7. TRACTOR REACTOR |
| 3. BARN YARN     | 8. LOWER GROWER    |
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# Ask Armand ~ History of Steinmann Mennonite Church

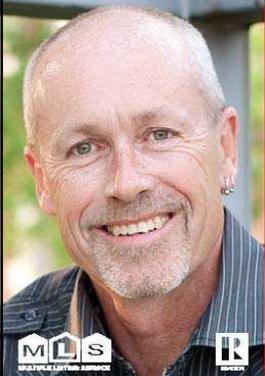


*Ed from Baden asks* – Do you know when Steinmann’s Church at the corner of Nafziger and Snyder’s Road was first formed?

*Armand Says* – Yes Ed, I can give you a brief history of the church. Bishop John Stoltzfus and Minister Christian Koenig were sent to Waterloo by horse-drawn carriage to organize the new immigrants into an Amish Mennonite congregation in 1824. Two ministers and a deacon were ordained to meet the spiritual needs of a pioneer settlement. For sixty years, the Amish met in their homes for regular worship and became known as the Wilmot Amish Mennonite Congregation. In 1884, they built their first “Mennonite style” meeting house at Steinmann’s corner where the church is still located. The next year an

identical meeting house was built on Erb’s Road, west of St. Agatha. Sunday services alternated between the two meeting houses for many years, but in 1957 St. Agatha Mennonite Church and Steinmann’s became separate congregations. In 1946, the first meetinghouse was replaced by a new structure, with an addition in 1975. The language of worship gradually changed from German to English by mid-century. In 2007, there was a 16,000 square foot addition and renovation to the existing church facility. The new addition featured a 5500 square foot gymnasium. Work included significant renovations to the existing offices, classrooms, and amenity spaces. Work also included major parking expansion and storm water management facilities.

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## You Must Be Joking!!



It's a slow day in the small town of Pumphandle and the streets are deserted. Times are tough, everybody is in debt, and everybody is living on credit.

A tourist visiting the area drives through town, stops at the motel, and lays a \$100 bill on the desk saying he wants to inspect the rooms upstairs to pick one for the night. As soon as he walks upstairs, the motel owner grabs the bill and runs next door to pay his debt to the butcher.

The butcher takes the \$100 and runs down the street to retire his debt to the pig farmer. The pig farmer takes the \$100 and heads off to pay his bill to his supplier, the Co-op. The guy at the Co-op takes the \$100 and runs to

pay his debt to the local prostitute, who has also been facing hard times and has had to offer her "services" on credit. The hooker rushes to the hotel and pays off her room bill with the hotel owner.

The hotel proprietor then places the \$100 back on the counter so the traveller will not suspect anything. At that moment the traveller comes down the stairs, states that the rooms are not satisfactory, picks up the \$100 bill and leaves.

No one produced anything. No one earned anything. However, the whole town now thinks that they are out of debt and there is a false atmosphere of optimism and glee.

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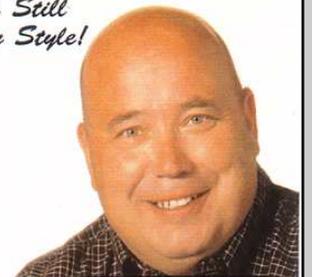
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Meet Larry—He 's Quick Witted and a bit of a rascal! This is his point of view:

• A new teacher was trying to make use of her psychology courses. She started her class by saying, 'Everyone who thinks they're stupid, stand up!' After a few seconds, little Larry stood up. The teacher said, 'Do you really think you're stupid,

Larry?' 'No, ma'am, but I hate to see you standing there all by yourself!'

• Larry watched, fascinated, as his mother smoothed cold cream on her face. 'Why do you do that, mommy?' he asked. 'To make myself beautiful,' said his mother, who then began removing the cream with a tissue. 'What's the matter', asked Larry, 'giving up?'

• The math teacher saw that Larry wasn't paying attention in class. She called on him and said, 'Larry! What are 2 and 4 and 28 and 44?' Larry quickly replied, 'NBC, FOX, ESPN and the Cartoon Network!'



• Larry's kindergarten class was on a field trip to their local police station where they saw pictures tacked to a bulletin board of the 10 most wanted criminals. One of the youngsters pointed to a picture and asked if it really was the photo of a wanted person. 'Yes,' said the policeman, the detectives want very badly to capture him.' Larry asked, 'Why didn't you keep him when you took his picture?'

• Little Larry attended a horse auction with his father. He watched as his father moved from horse to horse, running his hands up and down the horse's legs and rump, and chest. After a few minutes, Larry asked, 'Dad, why are you doing that?' His father replied, 'Because when I'm buying horses, I have to make sure that they are healthy and in good shape before I buy'. Larry, looking worried, said, 'Dad, I think the UPS guy wants to buy Mom .....'

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## Business Profile: Meet Jennifer Sicoli ~ You Too... Can Bloom!



Five years ago was supposed to be a happy time for me and my wife, Jenn. We were set to have our second child. But along with the birth came complications of which we could have never dreamed.

Our son Nico was born in perfect health, however the recovery room quickly turned into a battlefield. My wife was experiencing an unknown issue, losing blood at a shocking rate with nothing the doctors could do to stop it. Over the course of twelve hours she received transfusion after transfusion, over 50 units, and endured four surgeries in total. As she went into the last surgery, I was told by the doctor performing the procedure that she had a 10% chance to live. I had never been more scared in my life.

Amazingly, her life was saved at the hands of a very skilled surgical team. But this led to the start of a long journey, beginning with intense rehabilitation, both physical and mental, in order to deal with the trauma she endured. After a year had passed, I ended up writing and self-publishing a book (link below) about the experience and our lives leading up to it. It helped me handle my emotions from that day, but Jenn had her own struggles to overcome.

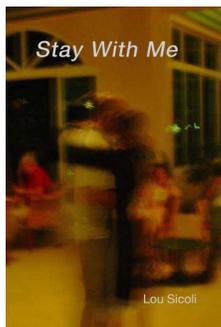
However, the story in the book doesn't cover the work put in by my wife to get to where she is today.

Jenn channeled all of that pain and energy into her physical recovery while dealing with the emotional effects of post-traumatic stress. Countless physiotherapy sessions and numerous specialist appointments consumed her days. Her nights were not restful as they were

sometimes filled with dark images from her experience, keeping her sleepless and filled with anxiety. All of this while at home trying to take care of a newborn and our older son, Max.

To help overcome it all she re-focused her energy by connecting with a personal trainer. She took on a twelve week program, where she underwent both a physical and emotional metamorphosis. It was during that time that Jenn came to the realization that she needed to continue her journey by trying to inspire others to do the same. This led to her receiving her CanFitPro certification and starting her own personal training business, with a concentration on both the mental and physical well-being of the individual.

That is where the name **Bloom** originated – the goal being to help people become who they've dreamed of, the person they used to be and who they are deep down in their heart, through health and wellness. Jenn was inspired to become the best version of herself and is excited to help others do the same. If you are looking to make a change, or simply a person to talk to, reach out to her. As Bloom's mantra states, it's your time to "Breathe, Stretch and Grow."



The Book, "Stay With Me"

– <http://www.blurb.ca/b/2922095-stay-with-me>

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Contact Jenn to learn more: [jennifer@breathestretchgrow.ca](mailto:jennifer@breathestretchgrow.ca) or at 226-339-0032

Written by Lou Sicoli

*The holiday season is fast approaching. Homes decorated in a festive mood will likely include the Poinsettia. The following information will help you care for these plants.*

*The Poinsettia requires very bright, curtain filtered light but no direct sunlight.*

*If the plant pot is wrapped in decorative aluminum foil, puncture holes in the bottom to allow for drainage. The soil should be kept evenly moist but not soaking wet. Poinsettias will bloom and look their best if not placed near a radiator or other source of home heating. These plants dislike drafts – the most likely cause of leaf drop. Do not fertilize while the plant is in bloom.*

*The nursery has added slow release fertilizer into the soil mixture in which the plant is growing. Good luck!*



### DENTISTRY

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## Fisher-Price Exhibit at Castle Kilbride

Submitted by Sherri Gropp, Assistant Curator

When you hear the name Fisher-Price Toys what do you think of? Is it the wide selection of pull toys or the fun "Little People"

play sets? It doesn't matter how old or young you are, these toys are sure to bring a smile to your face. The impressive collection will have you saying "I wanted that" or "I played with that!"

We all have our favourite things to collect, but for Terry Hull it is Fisher-Price. He has amassed an impressive collection. The earliest toys in his collection date back to the 1930s when the company was just newly formed. Fisher-Price began on October 1, 1930. It was founded by Herman G. Fisher and Irving Price. Fisher was well acquainted with the toy industry and Price had the financial means to back it up. Price's wife Margaret Evans Price was a well-known children's book illustrator and she became the creative force.

In 1931, the three founders took 16 of their wooden toys to the American International Toy Fair in New York City and they quickly became a success. The first Fisher-Price toy ever sold was "Dr. Doodle" in 1931. Early toys were made of heavy steel parts and ponderosa pine, which resisted splintering and held up well to heavy use. The details and charm were added with colorful lithographic labels.



In the early 1950s, Fisher-Price identified plastic as a material that could help the company incorporate longer-lasting decorations and brighter colors into its toys.

"Buzzy Bee" was the first Fisher-Price toy to make use of plastic. By the end of the 1950s, Fisher-Price manufactured 39 toys incorporating plastics. By the 1960s, the Play Family (later known as Little People)

product line was introduced and became their most popular sellers with sets such as the Family Farm and the Family Airport. Herman Fisher retired in 1969 and The Quaker Oats Company bought Fisher-Price the same year.

In 1991, Fisher-Price regained its independence from The Quaker Oats Company and became a publicly traded company. In November of 1993, Fisher-Price became a wholly owned subsidiary of Mattel. A new management group set the company's focus on basic, infant, and preschool products and began expansion into international markets. By 1997 Mattel decided to market all of its preschool products under the Fisher-Price name.

Castle Kilbride is pleased to present this fun and entertaining display, featuring over 80 Fisher-Price toys for viewing. We welcome you and your family to enjoy this exciting exhibit. Kindly on loan from the Terry Hull Collection. On exhibit now until January 4<sup>th</sup>.

Hours: Tuesday – Sunday 1 p.m. – 4 p.m.  
(group and school bookings are welcome)

## New Studio Now Open at 1601 Erbs Road in St. Agatha

*My personal mission is to educate clients about fitness and help them achieve their goals. I do this by offering personalized workouts in a comfortable, private environment, designing programs best suited to each client's needs.*

Jason Droppert, B.Sc.  
Personal Trainer, Peak Fitness Owner

*Unlike clubs where many people can sometimes overwhelm clients, this atmosphere is exactly what you want it to be. More importantly, I appreciate how Jay doesn't tolerate excuses! He pushes me and that's what I need and value in this approach.*

Megan Conway, Peak Fitness Client

*My trainer has provided me with various workouts and exercises to help my strength and flexibility which I find particularly helpful to my golf game. In addition, the staff are always open and friendly and they provide a good setting and atmosphere.*

Tim Fedy, Peak Fitness Client



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- Increased bone density, strength, and muscle tone
- Decreased blood pressure and cholesterol level

# CANADA

## Geography Fun Facts

- Canada is the second largest country in the world.
- The highest tides in the world occur in the Bay of Fundy in New Brunswick.
- The capital of Canada is Ottawa, the second coldest capital in the world.
- Canada has the longest coastline of any country in the world at 243,977 kilometers – 151,600 miles.
- Montreal is the world's second largest French speaking city after Paris.
- Six cities in Canada have a population of over 1 million: Toronto, Montreal, Vancouver, Calgary, Edmonton and Ottawa.
- Canada has six time zones.
- The longest highway in the world is the Trans-Canada Highway which is over 7604 kilometers (4725 miles) in length.
- The world's most northerly sand dunes are in Athabasca Provincial Park in northwest Saskatchewan. They are 30 meters high.
- Half of the country is covered with forests, which should come as no surprise considering one-tenth of the world's forests are here.
- The highest mountain in Canada is Mount Logan, Yukon Territory, 5959 meters (19,551 feet).
- Wasaga beach is the longest fresh water beach in the world.
- Despite being a huge country, Canada has the fourth lowest population density in the world, with only three people living per square kilometer! Almost half of the population in Canada were born in other countries.
- The coldest temperature ever recorded in Canada was -63C (-81.4F) on February 3, 1957 in Snag, Yukon.
- The highest waterfall in Canada is Della Falls, British Columbia, 440 meters high (1444 feet).
- The border between Canada and the United States is officially known as the International Boundary. It is 5,525 miles long, including the 1,538 miles between Canada and Alaska. It's the world's longest unprotected border.
- Estevan, Saskatchewan is reportedly the sunniest place in Canada with 2,537 hours of sunshine per year.
- Three of Canada's islands make the top ten for size in the world – Baffin, Ellesmere and Victoria.
- Manitoulin Island is the largest freshwater island in the world.
- Two of the largest lakes in the world are found in the Northwest Territories – Great Bear Lake and Great Slave Lake.
- Nunavut takes up one fifth of Canada's total land area.
- Calgary is famous for its Chinooks – a weather phenomenon that can raise the temperature by 10 degrees in a matter of minutes.



## Tutor Squadron, Royal Canadian Air Cadets Fundraising Event

Once a year the squadron holds a model plane competition fundraiser. Dignitaries were present for opening ceremonies and handing out awards for the winning models. Baden resident WO2 Nathan Gibbons was the master of ceremonies.



From left to right: Cadets, Riley Mckenzie, FCpl Zack Scandlan, Michael Harris MPP, Dean DeLuca, PO1 Andrew Reinhart, Catherine Fife MPP, FCpl Amanda Schut, WO2 Nathan Gibbons

*Provided by Snezana Savic,  
Public Affairs Officer—Cadet Youth Development Centre*

The 822 Tutor Squadron, Royal Canadian Air Cadets, has been meeting in the Cadet Youth Development Centre at the Waterloo Regional Airport since it was constructed several years ago.

Home to between 80 and 100 cadets aged 12 to 19, there is something going on at squadron 822 almost every day of the week. Parade nights, range and drill team practices, band rehearsals, effective speech and debating competitions provide cadets with a wide variety of opportunities.

In the cadets program there are eight different ranks ranging from AC (Air Cadet) to WO1 (Warring Officer 1st Class). As cadets advance in their classes, they receive promotions, moving into new ranks and carrying greater levels of responsibility.

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## New Hamburg Firebirds – Come out and Cheer on Your Team!!

Come out and cheer on the New Hamburg Firebirds on Friday, November 28th as they face their Nafziger Road rivals, the Wellesley Apple Jacks. The Firebirds are off to another great start this year with a well rounded team, having four scorers in the top 25 of the league. The Firebirds have only four losses this year verses 11 wins and are tied with Burford for second place in the league. Check out the stats—as of November 9th.



TEAM	GP	W	L	T	PTS	PCT	GF	GA	PIM	HOME	AWAY
Ayr	16	14	2	0	28	.875	92	34	533	8-0-0	6-2-0
New Hamburg	15	11	4	0	22	.733	69	50	271	7-2-0	4-2-0
Burford	16	11	5	0	22	.688	63	66	403	6-2-0	5-3-0
Paris	14	7	7	0	14	.500	50	35	373	3-4-0	4-3-0
Woodstock	15	7	8	0	14	.467	48	46	310	3-4-0	4-4-0
Norwich	15	7	8	0	14	.467	51	51	231	5-3-0	2-5-0
Tavistock	17	6	11	0	12	.353	51	60	578	3-6-0	3-5-0
Wellesley	14	5	9	0	10	.357	39	54	346	2-3-0	3-6-0
Delhi	14	0	14	0	0	.000	18	85	241	0-7-0	0-7-0

### Hockey Night at the Library - Wed., Nov. 26 at 6:30 p.m.

Players from the New Hamburg Firebirds Junior C Hockey Team will be reading to children at both the Baden and New Hamburg branches. Come and meet the Firebirds! Registration is not required but is recommended due to limited space. Stop by the library **today** and pick up your **Face Off with the Firebirds Game Sheet** for a chance to win amazing prizes! Complete all the plays on your game sheet and get a free pass to a Firebirds game.

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

This coupon entitles YOU and YOUR FAMILY entry to a Firebirds hockey game at the Wilmot Recreation Complex - Friday, November 28th - 7:30 pm.

# NEW HAMBURG FIREBIRDS VS WELLESLEY APPLEJACKS

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