

Happy Halloween

October 2015

# Baden Outlook

VOLUME 16, ISSUE 3

*Keeping the Community Connected  
with 3000 Copies in Circulation*



*Introducing The BCA Parkette on Foundry Street ~ "Bringing People Together ~ Beautifying Our Town"*



*The Baden Community Association says, "Thank you to all who have donated their time, energy, and funds to the parkette. What an amazing community we have!"*

Barry and Pat Fisher  
178 Snyder's Road E.  
Baden, ON N3A 2V6  
Phone: 519-634-8916  
badenoutlook@hotmail.com  
www.badenoutlook.com  
© 2015 The Baden Outlook



**This paper is priceless - We dare you to take one!**

# Talking with Ed

## ~ Financially Speaking



Here in Wilmot Township we can all be proud of our financial situation! We are one of a few municipalities in Ontario who are debt free, and to celebrate even further, we have healthy reserve trust funds set up in case they are needed during bad times. This is especially important as the township receives transfer payments from the Ontario government, which is not financially stable at this point.

The Ontario debt at the time of writing this article was 291 billion dollars, which equates to \$21, 207.00 per person according to debtclock.ca. Here is a list of the other provinces' debt (in billions) in order of west to east – British Columbia \$64 (billion), Alberta \$15, Saskatchewan \$5, Manitoba \$35, Quebec \$179, New Brunswick \$12, Newfoundland and Labrador \$6, Nova Scotia \$15, and Prince Edward Island \$2. Obviously Ontario has some work to do in not only balancing the budget but also paying down the debt, on which we are paying massive interest payments.

Manitoba is the only province which has a higher debt per person, which is \$27,000 per person. Quebec is \$21,000, while Alberta sits at \$3,000 per person – the oil business has been good to them. Most other provinces have a debt per person of around \$14,000.

So, I am sure you are wondering, "Where is he going with this?" The Federal election is just around the corner, and while many parties are promising increased dollars to health care, education, transportation, day care, manufacturing, and a decrease in taxes, I personally would have to say that balancing the budget would be the most important to me (not to undermine the other valuable projections).

Canada's federal debt sits at a whopping 621 billion dollars, which equates to \$17,164.00 per person. Canada's debt is growing by \$2,739,726.03 per day (ouch)!! I know that we are considered financially stable. I also know that having some debt isn't necessarily a bad thing, especially in a low interest rate time, but what happens if and when interest rates go up?

So in closing, I think it is important to keep in mind our debt when choosing a new leader for our country. I guess things could be worse! I just looked at the debt for the United States of America and it sits at 18 trillion dollars with a debt per person of \$56,772.00. Yikes!! *Until next month...Ed*



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



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

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

## You Must Be Joking!!



SOMETHING WE ALL SHOULD REMEMBER WHEN VOTING: CHANGE YOUR UNDERWEAR.

There's an old sea story about a ship's Captain who inspected his sailors, and afterward told the first mate that his men smelled bad. The Captain suggested perhaps it would help if the sailors would change underwear occasionally.

The first mate responded, "Aye, aye sir, I'll see to it immediately!"

The first mate went straight to the sailors' berth deck and announced, "The Captain thinks you guys smell bad and wants you to change your underwear." He continued, "Pittman, you change with Jones, McCarthy, you change with Witkowski, and Brown, you change with Schultz."

THE MORAL OF THE STORY:

Someone may come along and promise "Change", but don't count on things smelling any better.

Submitted by Robert Price

# Greetings from ~ Outlook Headquarters

We've really been blessed with lovely fall weather, but slowly the temps are dropping, getting me back indoors, which helps me get back into a nice fall routine. It's been a busy month with lots of fun happening!



On Saturday, September 26th, we paid tribute to our writers and treated them to dinner and an evening together to honour their input in our paper. We thank them for their time and commitment, and for being a valuable piece of our publication. We all had a great time getting to know each other beyond the monthly computer connection. It was the perfect way to celebrate our 15th anniversary! In tribute to them, you will find a writers' name game in this issue to help you get to know them a little better too.

The NH Fall Fair demolition derby car we sponsored had a blast but died in the first round, but not without an enthusiastic cheering section showing their support. Sometimes it's the journey getting there that is as much fun as the big event. The battered car returned to Nith River Campground where it was paid final homage. Special thanks to Scott Schmidt for his derby dream car and sorry he didn't get a chance behind the wheel...but he's already planning for next year. Way to go Austin for your first attempt behind the wheel and happy you came out unscathed. Seen here is the pep squad from camp that brought the love!



Wow!! Thanks to all the eager hockey fans that handed in their hockey pool forms (and thanks for the photo copies!!). We have nearly 500 entries and can't believe we even received one from Richmond, Quebec (thanks for playing Mark, and hope if you win you'll join us at EJ's for dinner)! The final ball stats are in for the year and the grand prize winner is 11 year old Calub Heinbuch.

## 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, 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, Stonecroft, 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!*



We are currently printing 3000 copies each month and distributing to over 80 locations within Wilmot Township (half of those places are in New Hamburg—thanks for the love NH!). We have added another Outlook paper box in town on Livingston Blvd. near the school for your convenience.

I hope you enjoy this issue. we sure are a busy community ~ till next month!



Eliminate all the "B A D E N" to reveal a special message!!

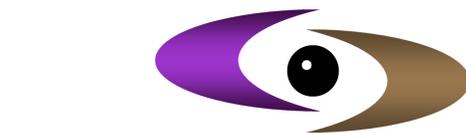
BADENHBADENABADENPBADENPBAD  
 ENYBADENTBADENHBADENABADENN  
 BADENKBADENSBADENGBADENIBAD  
 ENVBADENIBADENNBADENGBADENFB  
 ADENRBADENOBADENMBADENUBADE  
 NSBADENABADENTBADENTBADENHB  
 ADENEBADENOBADENUBADENTBADE  
 NLBADENOBADENOBADENKBADEN

# Baden ~ Our Town

The Parkette on Foundry Street is finished for this year and is looking great. Come spring, the gardens will continue to develop along with pathways linking to the Wilmot Trail system between Foundry and Brewery Streets. Early last month, many volunteers met with Ken Young to build the pedestrian bridge and it is



finished for now. The last item to address is the ramps, but that won't be completed until next spring. The Baden Community Association will install ramps on both sides to make the project wheel chair and stroller accessible—until then, please stay off the bridge. Although the Buy-A-Plank Fundraiser is over, we appreciate the recent incoming donation from Joyce & Kenneth Anger which will go towards funding the upcoming ramps. Thanks to everyone who has helped financially and to those who brought their personal time and skills.



## BADEN EYECARE CENTRE

Dr. Sonya Frank, Optometrist

### DID YOU KNOW?

 Fall leaves change colour as the green chlorophyll photopigment goes away, finally showing the pretty yellows, oranges and reds that are also in the leaves



### Baden Village Square

4-18 Snyder's Road West

**(519) 214-2020**

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



### New patients welcome!

#### After hours eye emergency services

Tues, Wed, Fri 8:30 - 5:00 | Thurs 12 - 8 | Sat 10 - 2  
Closed Sundays & Mondays

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

The BCA has decided to revive the ever popular Baden Fishing Derby. They have ordered 600 trout which will be released into the pond the first week of June next year. As in the past, there will be no fishing in the pond that week, so that lots of fish will be available for the derby day, the first Saturday in June. There will be ten tagged fish, which if caught that day will reward an angler with a cash prize.

The BCA will be handing out their signature "kettle corn" at the Baden Santa Claus parade again this year. They plan on boosting the number of bags beyond last year's 600 to ensure that everyone will have a treat on parade day.

If you are interested in joining the BCA with their local efforts then please call 519-634-8916 or just pop by the last Wednesday of each

month at 7 p.m. in the basement of the township hall - everyone is welcome, so join in the fun and take pride in your town!



# Checking out the Baden Branch Library



## Food For Fines - October 20 - 24

*Food For Fines* will take place during Ontario Public Library Week from Oct. 20 to 24. This annual event is a favourite for library users with outstanding overdue fines on their library account. Pay your fines with food! One non-perishable food item is worth \$2 in fines. The library donates all of the food collected to the Wilmot Family Resource Centre Food Bank. It's a great way to erase your overdue fines *and* help your community!

## Meet A Firefighter - Wednesday, October 28, 6:30 - 7:30 p.m.

Join local firefighters as they share stories and safety tips with local families! The Baden, New Dundee, and New Hamburg library branches will all be hosting events at the same time. Register online, in person or by phone at the branch closest to you. All ages are welcome!

## 1:1 Computer Coaching

Free, one-on-one computer training sessions are available from the Region of Waterloo Library. These sessions are designed for people with little or no computer knowledge, or who want to build their confidence using a computer, tablet, or e-reader.

Training will be offered at the Baden Branch Library this fall on Oct. 27, Nov. 10 and 24, and Dec. 8. Specific times can be found on our website or at the library. Register online or by calling the library. Space is still available!

## Welcomes and Goodbyes - Staff Changes

We say goodbye to Lee Puddephatt and student page, Katelyn Emrich. Lee is still with the Region of Waterloo Library, but will now work at the Elmira Branch. Katelyn graduated from Waterloo-Oxford District Secondary School (WODSS) and now attends the University of Guelph.

We welcome Hannah Bodendistle as our new student page. Hannah is a Grade 11 student at WODSS, where she is involved with the music program and the Student Activities Council. In her free time, she enjoys reading and listening to music. Hannah is very excited to work at the library and looks forward to meeting and helping members of our community.

**Please remember that you must present your library card to borrow all library materials, no matter what staff person is working. Thank you for helping us to serve you better!**

Contact us at 519-634-8933 or [badenlib@regionofwaterloo.ca](mailto:badenlib@regionofwaterloo.ca) for more information. Up-to-date information is also available in the library's online Events Calendar at [www.rwlibrary.ca](http://www.rwlibrary.ca).

Chris Baechler, Assistant Supervisor—Baden Branch

# Warehouse

Hours: Fri Nov. 13 10-5  
Sat Nov. 14 10-2



# Clearance Sale

## Framed Pictures

Landscape, Vintage Tractors  
Floral, Mirrors  
Scripture & Family Verses  
& Much More



## Authentic Waterloo County Barn Board Frames!!

Gifts  
From  
The  
Heart



555 Snyder's Rd E  
Baden  
519.634.9705

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

Present this coupon for

## \$20 OFF

Custom Framing over \$100  
Expires Dec 1, 2015

Reg Hours M-F 9-5  
Call for an appointment  
for Evenings & Saturday

## Protect Your Pets from Halloween Goblins

The days are getting shorter and COOLER! Fall is here. It's time to break out the pumpkins and corn stalks to decorate for this beautiful time of year. Later, this fall season brings our spookiest holiday, Halloween. Halloween is a fun time for our non-furry family members but can be stressful for our furry ones. Some of our pets won't care about the new decorations adorning their home or the ghosts and ghouls visiting, but some pets will be terrified. You know your pet best, so plan accordingly. Here are some helpful hints to help with your pet's safety:

- Keeping your pet in a secluded area of the house will help them stay calm while little costumed trick or treaters are constantly arriving at your door. This will also help prevent your pet from slipping out the door and running away scared.
- If the doorbell causes your pet to get excited, make an effort to open the door for trick or treaters prior to the doorbell ringing repeatedly.
- Make sure to keep candles and jack-o-lanterns with burning candles in them out of your pet's range. A curious critter could end up with a nasty burn on a very sensitive nose! Consider using flameless candles or a string of Christmas lights to avoid a mishap with pets and children.
- Candy and chocolate are ok for your little trick or treaters (in moderation) but not ok for your pets. Many pets have a sweet tooth and will be very interested in these treats. Chocolate is toxic to your pet and can cause significant problems if ingested. Candy and small toys can also cause intestinal upset and sometimes blockages. Celebrate with your pet by having pet appropriate treats.
- If you plan on having your pet wear a costume, although adorable, proceed with caution. Most pets don't enjoy the experience and a costumed pet should NEVER be left alone or unsupervised in case of them chewing it, ingesting it, or getting dangerously tangled.

With a little planning, everyone—furry or not— can have a safe and Happy Halloween.

*Happy Halloween! - Rebecca*

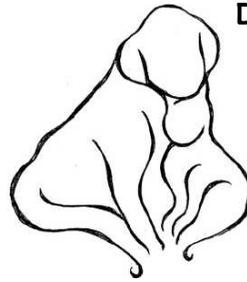


## Baden Veterinary Hospital

Dr. Rebecca Ricker & Associates

50 Foundry Street  
Baden ON N3A 2P6

519-634-8880



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



*New Clients Welcome!*



## You Must Be Joking!!



A cat died and went to Heaven. God met her at the gates and said, 'You have been a good cat all these years. Anything you want is yours for the asking.'

The cat thought for a minute and then said, 'All my life I lived on a farm and slept on hard wooden floors. I would like a real fluffy pillow to sleep on.' God said, 'Say no more.' Instantly the cat had a huge fluffy pillow.



A few days later, six mice were killed in an accident and they all went to Heaven together. God met the mice at the gates with the same offer that He made to the cat. The mice said, 'Well, we have had to run all of our lives from cats, dogs, and even people with brooms! If we could just have some little roller skates, we would not have to run again.' Then God answered, 'It is done.' All the mice had beautiful roller skates.

About a week later, God decided to check on the cat. He found her sound asleep on her fluffy pillow. God gently awakened the cat and asked, 'Is everything okay? How have you been doing? Are you happy?'

The cat replied, 'Oh, it is WONDERFUL. I have never been so happy in my life. The pillow is so fluffy, and those little Meals on Wheels you have been sending over are delicious!'



## Seamcrafts

125-A, Snyder Rd E, Baden, ON, N3A 2V4



519-772-4570

- Alteration & Tailoring
  - Dry cleaning
  - Photo services
- [Passport photos only \$6.99]

Get Discount  
Coupon  
online

info@seamcrafts.com

www.seamcrafts.com



Mon - Fri 10.00am - 6.00pm  
Sat 10.00am - 3.00pm



Welcome to Wilmot Horticultural Society's column. We hope to provide some useful information on gardening and to tell you a little about our organization in the coming months.

Summer has fled and this fall promises to be warmer than the last one. We will see! Ornamental pear, burning bush, sedums, annual alyssum, flowering cabbages, dusty miller, Irish moss, red dogwood, grasses, yucca, and all the evergreens are only a few of the plantings that keep on giving colour into early November and longer. Your garden is not resting yet!

Here are some to-do-ideas, or what I call the **Shoulda, Coulda or Might-Get-To** list for October and November.

- \* After a killing frost, dig, dry, and store dahlias, gladiolus, tuberous begonias, cannas, and other summer bulbs.
- \* Remove and distribute almost finished compost, and gather leaves and add to compost pile.
- \* Rake leaves from lawn, but leave them on the beds for mulch and habitat for hibernating frogs and salamanders.
- \* Compost raked leaves in a temporary wire enclosure if they overflow your compost bin. Alternatively, save your leaves for adding to your compost bin as the level goes down, in which case you can store in lidded garbage bin.

- \* DO NOT compost any diseased foliage or stems ... destroy to prevent reoccurrence of disease.
- \* Empty and cover rain barrels before the temperature drops to freezing.
- \* Prepare and dig new garden beds. Good time for soil to be tested.
- \* Cut off dead, fleshy foliage such as peonies & hostas. For winter interest and to keep the birds happy, leave all the grasses and flowering plants such as sunflowers, rudbeckias, asters, goldenrod, and coneflower standing so that the birds can enjoy the seeds.
- \* Plant spring flowering bulbs (tulips, daffodils, crocus) right until the ground freezes.
- \* Plant garlic if you have not already.
- \* Water trees and shrubs (especially evergreens) deeply before frost.
- \* Remember the Region has free compost at the Erb Street site at Gate 2.
- \* Seed new lawns.
- \* Clean and sharpen your gardening tools to prepare them for next spring.



Wilmot Horticultural Society volunteers have been busy maintaining about 60 civic gardens throughout Wilmot Township towns, including Castle Kilbride. We have **free**, general meetings upstairs at the Wilmot Recreation Complex.

On October 19<sup>th</sup> at 7:30 pm, Marion Hesse is speaking on 'Putting the Garden to Bed' with tea and coffee to follow. To close out the garden year, we are at the Haysville Community Centre for a Potluck Supper on November 9<sup>th</sup> at 7:30 pm with Robert Marshal providing entertainment (bring your own dishes). Hope to see you there!!

**Keep your fingernails and knees dirty!**

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

*Flowers are not made by singing "Oh, how beautiful", and sitting in the shade.*

~ Rudyard Kipling



**YAHN CUSTOM PLUMBING INC.**  
"Your Residential Plumbing Specialist"

**New Installations • Renovations • Repairs**





- Plumbing Fixtures & Faucets
- Water Filters, R.O. Systems, & U.V. Sterilizers
- Camera Drain Inspections
- Backflow Prevention
- Water Softeners
- Central Vacuum Systems





**SHOWPLACE**

**178 Foundry Street, Baden**

Please call for updated hours or to schedule an appointment with our design team.

(519) 634-8533



**FINANCIAL STRENGTH AND STABILITY**

Increasing financial security, saving money and eliminating debt through personal financial forecasting

Financial forecasting for small business startups

**Elaine Bechthold**  
Financial Coach

1826 Snyder's Rd. E.  
Petersburg, ON N0B 2H0

Toll Free: 877-788-0480  
Phone & Fax: 519-634-8021  
[info@moneymeasuresinc.com](mailto:info@moneymeasuresinc.com)

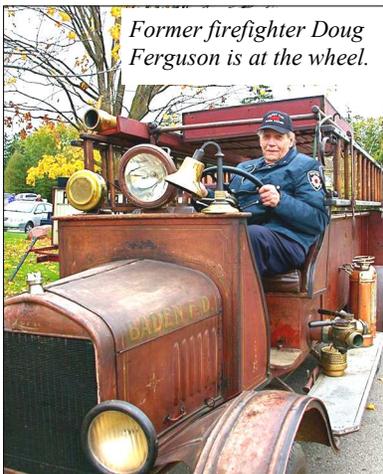
[www.moneymeasuresinc.com](http://www.moneymeasuresinc.com)

## **Baden Fire Hall under Renovation**

In March of 2014, Wilmot Council endorsed the Fire Facility Needs Assessment (part of the Wilmot Fire Master Plan), which included renovations to the Baden Fire Station. The scope of work included fire-rated, self-closing doors and windows to separate the apparatus floor from the office areas; removal and replacement of flooring and ceiling tiles in the training room; removal of deteriorated paint from interior roof framing; installation of two overhead doors at the rear of the apparatus area; and the conversion of the existing kitchen into a bunker gear storage area.

Now that the EMS station has been relocated to Philipsburg, a new kitchen will be installed in the existing EMS bay area. Backup generators will also be installed at the fire hall to ensure emergency readiness. GB Architect was hired for the design of the renovations and they recommended Dakon Construction to be hired to do the job. Renovations began on September 28<sup>th</sup>.

Further to the renovations, the township has formed a partnership with the Baden Fire Fighters Association to create a dedicated storage area at the front, southern-most part of the building. The old office area will turn into a glassed-in area facing Foundry Street, which will display the association's 1927 antique fire truck.



*Former firefighter Doug Ferguson is at the wheel.*

The Fire Fighters Association has agreed to contribute \$15,000 to the project, which will be paid in three equal payments over the next three years.

# **BADEN OUTLOOK**

*Keeping the Community Connected*

## **BUDGET PLUMBING**

Renovation & Repairs

519-589-0597

**CHARLIE BAUMBACH**  
Licensed Plumber  
budgetplumbing@bell.net



# **Please Take My Card!**

*Mark Soehner's*  
**INTERLOCK PLUS**

PAVESTONE & RETAINING WALLS  
INSTALLATIONS & REPAIRS

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

**Mark Soehner**

47 Schneller Drive  
Baden, Ontario  
N3A 2L5

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



**SILVER SPRINGS**  
c o n t r a c t i n g

Decks & Fences  
Concrete Driveways, Sidewalks & Patios  
General Contracting

Tyler Hoffman

Tel: 519-465-5211

Email: thoffman@silverspringscontracting.ca  
www.silverspringscontracting.ca

## **J.R. Auto Service**

SERVICE & REPAIR TO ALL MAKES & MODELS  
HIGH PERFORMANCE MODIFICATIONS

**JIM ROTH**

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

PH (519) 634-5986

FAX (519) 634-8667

## *Artisan Painting*

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



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



# THE WHINING TREE

Wine-Making, Kits & Supplies

"Home of Cheeky Monkey"



Where Good Friends  
Make Great Wine!

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



## Premium Organic Composted Cattle Manure

WEED FREE, ODORLESS, NON-BURNING  
Top dress - Mulch - Amend  
Sold in bulk loads, pickup or delivery

Phone Paul 519-504-5516  
Email: advancedcompost@gmail.com  
www.advancedcompost.ca

Fill in the words below, then take them and place them into the Halloween Word-Fill-In on page 27 to see your own fun Halloween story!

- ADJECTIVE: \_\_\_\_\_
- NOUN: \_\_\_\_\_
- NOUN: \_\_\_\_\_
- NOUN: \_\_\_\_\_
- ADJECTIVE: \_\_\_\_\_
- VERB: \_\_\_\_\_
- NOUN: \_\_\_\_\_
- PLURAL NOUN: \_\_\_\_\_
- NOUN: \_\_\_\_\_
- VERB: \_\_\_\_\_

*This month we pay special tribute to the writers of the Outlook! Thanks to you all for your time and commitment and for sharing your stories with our readers!*



"Keeping the Community Connected"

# TIM LOUIS

 **Real**CHANGE



 @votetimlouis  /timlouiscanada

*"I ask for the chance to demonstrate that politics can be done honestly and transparently, that it can be about debating ideas rather than attacking opponents."*

[www.VOTETIMLOUIS.CA](http://www.VOTETIMLOUIS.CA)

 **Liberal**



We'll cut middle class taxes so you could save up to \$670 per year and up to \$1350 per couple.

## 9/10

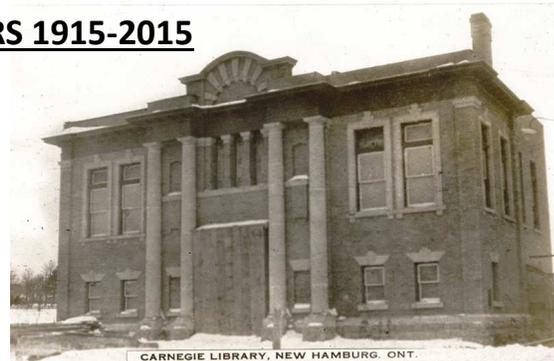


**9 out of 10 families will get more money, tax free** (with our new Canada Child Benefit) than under Stephen Harper's plan - up to \$6400 per child each year.

**-TIM LOUIS -**  
The candidate to defeat the Harper Conservatives in Kitchener-Conestoga

## **NEW HAMBURG LIBRARY BRANCH CELEBRATES 100 YEARS 1915-2015**

The New Hamburg Library was originally organized as a Mechanics' Institute in 1881. Mechanics' Institutes were libraries that received funds through paid memberships, government grants, and the proceeds from public lectures. The New Hamburg Library replaced the Mechanics' Institute offering memberships to those wishing to borrow books. A membership cost 50 cents. The Board of Trade supported the Library Board in their efforts to obtain a Carnegie Trust grant. On April 30, 1912, the community of New Hamburg received \$8,000 to build a new library building. In the fall of 1915, the current library branch opened and joined the Ontario Library Association. The New Hamburg Public Library became part of the Waterloo County Library in 1968.



This fall the library hosted Doors Open Waterloo Region 2015. Many visitors enjoyed viewing this 100-year-old building, seeing the old along with changes throughout the years.

**Community Book Club:** We have been reading books on local history by Ernie Ritz: *New Hamburg as it Really Was* and Paul Knowles: *A History of New Hamburg*. On Oct. 8, Community Book Club members joined us for a special Meet the Authors of Local History event.

**New Hamburg Branch Library Centennial Reminiscing:** Thursday, Nov. 19, 7 - 8:30 p.m. Join us as we reminisce about the New Hamburg Branch Library and its important role in the community. The MC is Nancy Silcox with music by John Wiebe. Register online, in person, or by phone.

**Seasonal Open House:** Thursday, Dec. 3, 10 a.m. - 8 p.m.

The New Hamburg Branch Seasonal Open House celebrates 100 years! Drop in!

**100 Years Memory Book:** Share your memories about the library! Visit the New Hamburg Branch to pick up a piece of cardstock to record your memories.

**100<sup>th</sup> Birthday Challenge:** Create your own 100 challenge for a chance to win a great prize. Pick up your Challenge forms at the library. Enter for a ballot with a chance to win on Nov. 1, Dec. 1 and Dec. 31.

**Wilmot Gingerbread House Contest - 'My Favourite Christmas Story'**

Visit Baden, New Dundee or New Hamburg branch libraries for a selection of Christmas stories and to enter the Wilmot Gingerbread House Contest. For more information, visit the Wilmot Gingerbread House Contest on Facebook. For details about these events, contact the New Hamburg Branch at 519-662-1112 or [nhlib@regionofwaterloo.ca](mailto:nhlib@regionofwaterloo.ca), or visit us at [www.rwlibrary.ca](http://www.rwlibrary.ca).

# THE TIRES YOU NEED. THE SERVICE YOU DESERVE.



## Passenger, Light Truck, Lawn & ATV, Commercial, Farm

**With a wide variety of top name brand tires, OK Tire provides you with a large selection to meet your driving needs.**

**519.662.4990**  
1413 Gingerich Rd.,  
BADEN  
[oktire.com](http://oktire.com)

**BRIDGESTONE**

**firestone**

**KUMHO TIRE**

**Continental**

**GOODYEAR**

**PIRELLI**

**GENERAL TIRE**

**TOYO TIRES**

**BKT**  
GROWING TOGETHER

**OK TIRE**<sup>TM</sup>  
**Honestly driven.**

This past summer a Baden Outlook reader was surprised to see and photograph a small brown bird feeding a much larger blackish coloured bird at her feeder! The small bird, a Chipping Sparrow, was feeding a juvenile Brown-headed Cowbird.



The cowbird usually chooses nests with eggs smaller than her own. Common victims of this unwanted intrusion are Yellow Warbler, Song and Chipping Sparrows, Red-eyed Vireo, and Red-winged Blackbird. Some birds recognize the intruder's eggs and take a variety of actions, from nest desertion, to pushing the egg out of the nest or to building a new nest on top of the old.

What could explain this uncommon sight and seemingly unnatural action? The short answer is that Brown-headed Cowbirds (BHCO) lay their eggs in the nests of other birds. Why would the cowbird risk the rearing of its young, its most important responsibility, to another species? There may be several explanations for this unusual behaviour.

Historically, BHCOs followed herds of grazing bison, eating grasshoppers and beetles stirred up by bison hooves. Following the bison meant that within days the BHCOs were far from where they had been only days before. Choosing a location for nest building and returning daily for incubation and feeding of young would have been very problematic. It is not known if following the bison led to their parasitic nest behavior, but this behavioral adaptation has certainly served them well. As settlers cleared land, the BHCO moved east into Ontario and continued its habit of nest parasitism.

Additionally, the cowbird saves a great deal of energy by not building a nest or rearing its young. Instead it depends on surrogate parents who unknowingly raise the offspring. The female cowbird secretly watches for other birds building nests and then stealthily moves into a nest while it is unoccupied, and lays her egg often after removing one of the host's eggs!



Since some eggs will be rejected, the cowbird lays eggs in numerous nests. The cowbird is capable of laying up to 36 eggs, almost one per day at times, during the two month nesting period of local birds. To maintain necessary calcium levels, female BHCOs consume snail shells and sometimes the eggs of their hosts.

The Cornell Lab of Ornithology NestWatch website suggests, "Those species which accept cowbird eggs either do not notice the new eggs, or as new evidence suggests, accept them as a defense against total nest destruction. Cowbirds may "punish" egg-rejectors by destroying the entire nest, whereas it is possible for egg-acceptors to raise some of their own young along with the cowbird young."

Once an egg is laid in a host's nest, another set of interesting adaptations comes into play. The cowbird egg requires less incubation and usually hatches about one day ahead of those of the host. The hatchling is also larger than its "siblings", giving it a prominent position in the nest and a larger gapping mouth which receives more food. Cowbird young also grow exceptionally quickly and may smother or kick smaller "siblings" from the nest. Young, nearly full grown cowbirds leave the nest in only 10-11 days.

Unfortunately, the cowbird's nesting behaviour negatively affects the host bird's reproductive success. More than 140 species of birds are known to have raised cowbird young. Some host nests may even contain two cowbird eggs, taxing the surrogate parents even further. The loud begging of cowbird nestlings can also lead to increased predation of the host nest.

You may think of the Brown-headed Cowbird as a sinister rogue with bullying tendencies or as a cunning species making the best of a number of circumstances. Regardless of your opinion, the cowbird has certainly chosen an unusual but very successful approach to ensuring the survival of its kind.

*Baden Birding Sponsored by:*



Hours: Monday—Friday 8-5:30,  
Saturday 8-noon

**Baden**  
**FEED & SUPPLY LTD.**

519-834-5474 • 1-800-265-2385

76 Mill Street, Baden

*It's that time of year...  
Don't forget to give your yard  
a fall fertilizer!!  
We have what you need,  
come on over!!*



*Fall is the time when everything bursts with its last beauty, as if nature had been saving up all year for the grand finale.*



TURN OVER  
A NEW LEAF



Book Your  
**FREE HEARING TEST TODAY!**

Autumn is the season for change — trees are changing colours, leaves are shedding and there's a sense of renewal. If it's been awhile since you've checked your hearing, now is the perfect time to do it! With the help of Oticon's Alta2 hearing device you'll hear soft speech more clearly, naturally and effortlessly in any listening situation. Come to **Hemmerich Hearing Clinic** and we will help you get the most out of every moment. You'll be glad you did!

CALL TODAY TO BOOK YOUR FREE HEARING TEST!

**519-745-5888**

A circular graphic with an orange border and autumn leaves. The text inside reads: "Autumn Promotion", "SAVE UP TO \$2000", "BUY A PAIR OF ALTA2 PRO FOR THE PRICE OF A PAIR OF ALTA", and "See clinic for more details."/>

**Autumn  
Promotion**  
**SAVE UP TO  
\$2000**  
BUY A PAIR OF ALTA2 PRO  
FOR THE PRICE OF A PAIR OF ALTA  
See clinic for more details.



**KITCHENER**  
608 Belmont Ave W  
**519-745-5888**

**NEW HAMBURG**  
10 Waterloo St  
**519-662-6884**

[www.hemmerichhearing.com](http://www.hemmerichhearing.com)





Baden Real Estate Corner

There are many reasons why I think Baden is a great choice to live in... but I want to hear from you!

**Share** why you love living in our small town and be entered into a draw for...



**FREE Kitchener Ranger tickets!**

*Email me OR text me your thoughts by Oct. 25<sup>th</sup> and you will automatically be entered to win!*

Email: jonlambert@remax.net Cell: 519-897-1507

Be sure to check next month's issue to see all the winners.

## You Must Be Joking!!



Dr. Geezer's Clinic ~

An old geezer became very bored in retirement and decided to open a medical clinic.

He put a sign up outside that said: "Dr. Geezer's clinic. Get your treatment for \$500, if not cured, get back \$1,000."

Doctor "Young," who was positive that this old geezer didn't know beans about medicine, thought this would be a great opportunity to get \$1,000. So he went to Dr. Geezer's clinic.

This is what transpired:

Dr. Young: "Dr. Geezer, I have lost all taste in my mouth. Can you please help me?"

Dr. Geezer: "Nurse, please bring medicine from box 22 and put 3 drops in Dr. Young's mouth."

Dr. Young: "Aaagh!! - This is Gasoline!"

Dr. Geezer: "Congratulations! You've got your taste back. That will be \$500."

Dr. Young gets annoyed and goes back after a couple of days figuring to recover his money.

Dr. Young: "I have lost my memory, I cannot remember anything."

Dr. Geezer: "Nurse, please bring medicine from box 22 and put 3 drops in the patient's mouth."

Dr. Young: "Oh, no you don't, -- that is Gasoline!"

Dr. Geezer: "Congratulations! You've got your memory back. That will be \$500."

Dr. Young (after having lost \$1000) leaves angrily and comes back after several more days.

Dr. Young: "My eyesight has become weak ---- I can hardly see anything!"

Dr. Geezer: "Well, I don't have any medicine for that so here's your \$1000 back," (giving him a \$10 bill).

Dr. Young: "But this is only \$10!"

Dr. Geezer: "Congratulations! You got your vision back! That will be \$500."

Moral of story - Just because you're "Young" doesn't mean that you can outsmart an "old Geezer"!

# BADEN

eyewear • contacts • sunglasses OPTICAL

**Over 2500 Designer Frames to Choose From!**

**2 PAIRS**  
HD Progressive

**\$349** LIMITED OFFER  
FRAMES & LENSES

**2 PAIRS**  
S.V. HD

**\$199** LIMITED OFFER  
FRAMES & LENSES  
UPGRADE TO DESIGNER FRAMES FOR \$49 A PAIR

**2 PAIRS**  
Kids S.V. HD

**\$159** LIMITED OFFER  
FRAMES & LENSES  
UPGRADE TO DESIGNER FRAMES FOR \$49 A PAIR

*Come in and Compare!*

*Now to October 31st, 2015*

**Eye Exams Done Here! Lab on Premises**

125 Snyder's Road E., \*Next to Baden Library\* 519-513-2220

Like us on [www.badenoptical.com](http://www.badenoptical.com) follow us on

Hours: Mon 11-4, Tues Closed, Wed-Fri 11-7, Sat 10-3

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

## Baden Outlook Baseball Pool Stats

Place	Name	PTS	Place	Name	PTS
1	Calub Heinbuch	384	31	Grant Meadows	347
2	Sam Gingerich	378	32	Matt Vickers	347
3	Wendy Held	378	33	Amy Papa	346
4	Heather Dubrick	369	34	Rob Litwiller	346
5	Hannah Litwiller	365	35	Norma Weiler	346
6	Adam Kaspar	364	36	Rebekah East	345
7	Ernie Faulhafer	364	37	Dick Dean	345
8	Ashley Ferguson	363	38	Al Junker	345
9	Evin Henderson	363	39	Bruce Litwiller	343
10	Kenneth J. Schmidt	363	40	Stephen Wenn	343
11	Denise Routhier	361	41	Brandon Gingerich	343
12	Steve Cameron	361	42	Patricia Cameron	343
13	Nate Roth	359	43	Rob Schmitt	343
14	Echoe Lambertz	359	44	Susan Nickolas	342
15	Peter Woolfrey	358	45	Susan Mills	342
16	Gord Mills	358	46	Melba Honderich	341
17	Dallas Diebold	356	47	Nancy Wilson	341
18	Rich Held	354	48	Tom Bennett	340
19	Bob Brydon	353	49	Brad Wilson	340
20	Jack Papa	352	50	Bob Price	340
21	Vicki Hardman	352	51	Greg Naumann	338
22	Tim Wenn	352	52	Yule Brenner	337
23	Nicholas Pokorny	352	53	Tim Brenner	337
24	Sean East	352	54	Michelle Naumann	337
25	Cole Schwartzentruber	351	55	Kaiden Eichler	337
26	John Westlake	350	56	Conor Burke	336
27	Mackenzie Wilde	350	57	Aiden Heinbuch	336
28	Harold Wilhelm	350	58	Brenda Grebinski	336
29	Doug Baier	349	59	Tate Brenner	336
30	Aiden Kooy	347	60	Tony Straus	336

Congratulations to  
**Heather Dubrick**, taking the  
**Leader Prize** for this month's  
**Baseball Pool**, winning a  
**gift certificate** from **EJ's Baden Hotel**.



Bravo to **Calub Heinbuch**  
 for taking the year end  
 prize in this season's  
 baseball pool winning a  
**Baden Outlook gift pack!!**



# RIVERSIDE LANES




**182 Union Street, New Hamburg**

## BIRTHDAY BOWLING PARTIES

- ◆ Cosmic Bowling
- ◆ Pizza
- ◆ Beverage
- ◆ Slushie



## TEAM SPORTS PACKAGE



## FAMILY BOWLING SPECIALS

**519-662-1938**

### Baseball Pool



Hello baseball fans—thanks for playing baseball with us! We had 289 pool entries and we hope you all enjoyed the season. Bravo to the monthly winners and to Calub for winning the final season prize!

The hockey pool entry forms have been pouring in and the stats will begin next month... good luck!



338 Waterloo St New Hamburg

*Come build your favorite pita !*

*Fresh Thinking ~ Healthy Eating!*

## You Must Be Joking!!



During his physical, the doctor asked Tom, the patient, about his daily activity level.



He described a typical day this way: "Well, yesterday afternoon, I waded along the edge of a lake, drank eight beers, escaped from wild dogs in the heavy brush, marched up and down several rocky hills, stood in a patch of poison ivy, crawled out of quicksand, jumped away from an aggressive rattlesnake and took four leaks behind big trees."

Inspired by the story, the doctor said, "You must be one heck of an outdoors man!"

"No," he replied, "I'm just a rotten golfer."

~ Submitted by Bruce Bousher

## St. Agatha Clothing Outlet

1651 Erb Street, St. Agatha, Ont. NOB 2L0  
519-746-9969 ~ Betty & Dave Winkler  
*Retail & Wholesale Sales*

**MEN'S AND LADIES' WINTER COATS  
STARTING AT \$60**

**TORONTO BLUE JAYS T-SHIRTS AND ALSO  
TORONTO MAPLE LEAF T-SHIRTS,  
YOUTH AND ADULT STARTING AT \$10**



**WINTER GLOVES, MITTS, HATS, AND SCARVES  
STARTING AT \$8**



**(MEN'S, LADIES', YOUTH, AND CHILDREN)**

**NEW LADIES' TOPS JUST ARRIVED ~  
STARTING AT \$10**

**WINTER IS COMING AND SO IS CHRISTMAS.  
START YOUR SHOPPING EARLY, DEALS ARE COMING  
IN WEEKLY FOR THE HOLIDAY SEASON**

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

## GRAPE RESULTS WINE

519-662-3455

209 ARNOLD STREET, NEW HAMBURG

Try them all and  
experience the world  
of wines!



## You Must Be Joking!!



A man and woman were married for many years. Whenever there was a confrontation, yelling could be heard deep into the night. The old man would shout, "When I die, I will dig my way up and out of the grave and come back and haunt you for the rest of your life!"

Neighbours feared him. The old man liked the fact that he was feared. Then one evening, he died when he was 98.



After the burial, her neighbours, concerned for her safety, asked, "Aren't you afraid that he may indeed be able to dig his way out of the grave and haunt you for the rest of your life?"

The wife said, "Let him dig. I had him buried upside down... and I know he won't ask for directions."

Submitted by Bruce Bousher

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

## How Well Do You Know Our Writers?!

You see their articles each month but do you know who they are? Try to match the faces and their names to their articles.



Baden Real Estate Corner

Be Well



Baden Birding

Talking with Ed



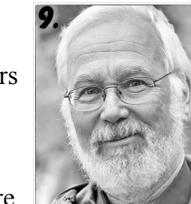
Checking Out the Baden Library

Get It Together



Greetings from Headquarters

New Hamburg Thrift Centre



Improving the Health of our Community

Wellness & Chiropractic Care



Good luck! The answers are on page 27.

## APPLY CONTRACTING LTD

Do you need a new roof or new windows before the winter season? We can help - give us a call!

- Roofing
- Siding
- Windows
- Doors
- Eaves Troughing



Call Rod Coombs  
519-744-6888



We accept Visa and MasterCard



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

## You Must Be Joking!!



"Grandpa, please make a frog noise."

The Grandpa says, "No."

The little boy goes on, "Please...please make a frog noise."

The Grandpa says, "No, now go play..."

The little boy then says to his sister, "Go tell Grandpa to make a frog noise."

So the little girl goes to her Grandpa and says, "Please make a frog noise."

The Grandpa says, "I just told your brother 'no' and I'm telling you 'no'."

The little girl says, "Please...please Grandpa make a frog noise."

The Grandpa says, "Why do you want me to make a frog noise?"

The little girl replied, "Because mommy said when you croak we can go to Disney World!"



Submitted by Robert Price



272 Snyders Rd. E. Baden, Ont. N3A2V6

FULL SERVICE MAINTENANCE AND REPAIRS  
TO ALL MAKES AND MODELS

Manager  
**Matt Musselman**  
matt@badenauto.ca

Service Manager  
**Danny Shantz**  
dannyschantz@badenauto.ca

*New Hamburg ~  
Is Happy to Serve YOU!*

**K.R. ABBOTT**

**TAX & ACCOUNTING  
SOLUTIONS**

*(Formerly Lydia's Tax Service)*

We do Personal, Business, Farm & Corporation Taxes  
We also offer Complete Bookkeeping Services  
Including Payroll, HST & WSIB Reports  
Hours: 9am - 4pm Mon-Fri. or By Appointment

90 Wilmot St. New Hamburg  
Mail to: PO Box 6003, N3A 2K6  
Phone: 519-662-1857  
Fax: 519-662-2166  
E-Mail: lydiastax@bellnet.ca



*On-Site Dry Cleaning  
Same Day Service  
Eco Friendly!*

148 Peel Street, New Hamburg 519-662-1221

*Office-wear, Shirts, Comforters, Linens, Drapery, Coats—Suede & Leather*



**E & L COLLISION  
and  
REFINISHING INC.**  
111 Arnold Street,  
New Hamburg, ON N3A 2C6

**MURRAY ERB**

Computerized Colour Matching

*Serving Wilmot  
Since 1985!*

**TOLL FREE 1-877-894-9773**

Phone: (519) 662-1892

email: elcollision@bellnet.ca



**Expressway**  
Since 1983 Motors Ltd.

*"Where Service Builds Sales"*

1554 Haysville Road, HWY 7 & 8 at Peel St.  
New Hamburg, Ontario N3A 1A3  
(519) 662-3900

[www.expresswayford.com](http://www.expresswayford.com)

• SALES • SERVICE • LEASING • PARTS  
• AUTO CLEANING



*"Additional Location in Stratford"*

**Revealing The Treasures from the  
Wilmot Heritage Fire Brigades**

**Baden Fire Siren**



This is one of three fire sirens which were mounted on hydro poles around the village of Baden to alert firefighters of an alarm. Alarms were telephoned to the Wilmot Municipal Telephone operator, who activated the sirens. Firefighters would phone the operator upon arrival at the fire hall, and the operator would then direct them to the location of the alarm. These sirens were used until the early 1960s. The location of the sirens could be relocated depending on the location of the fire fighters' homes.

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

*Submissions are due on the  
1st of each month.*



**SYLVAN SKI-DOO ARGO EVINRUDE EZ-GO TRAILERS GO KARTS LAWN & GARDEN  
PARTS SALES SERVICE**

114 Arnold St. New Hamburg  
On N3A 2C7  
E-mail [info@blueskymarine.ca](mailto:info@blueskymarine.ca)

Ph. 519 662-1461 1-877-740-2628  
Fax 519 662-1101  
Web [www.blueskymarine.ca](http://www.blueskymarine.ca)

One of the patterns that we are observing in our current environment is an increase in separation and divorce rates. In today's society, a couple is faced with an increasing number of stressors including work demands, financial struggles, and competing expectations. Some couples are feeling the stress of being in the 'sandwich generation' in which they are providing support to their parents, while also raising their children. When couples are faced with increased stress, sometimes the communication within the relationship suffers. Couples may withdraw from one another, or the opposite; maybe they become more agitated and argumentative. When we resort to the latter, we tend to become disrespectful towards our partner or spouse.

Healthy relationships are important for us to feel happy and joyful. One of the biggest challenges in relationships is when there is a disagreement or an issue that causes conflict. Sometimes we can fall into patterns of unhealthy communication.

There are a number of simple strategies we can follow in order to resolve conflict in a respectful manner.

1. **Negotiate a time to discuss the issue** – Quite often, if there is a difference of opinion, we feel the need to 'hash' it out immediately. The intensity of the emotions can make it very difficult to problem solve at that time. It is wise to set aside time later, in order for both individuals to come back when they are not emotionally charged, and are in a framework to be solution focused. However, we need to ensure that it is discussed at a mutually agreeable time.
2. **Don't criticize** – Attack the problem, not the other person. It is important for us to use our "I" statements, not "You" statements. When we begin disagreements with "you" we are blaming the other individual for how we are feeling. This tends to cause the other person to become defensive, and the conversation will shut down very quickly. By using "I" statements, we are able to express how we are feeling, allowing the other individual to have a clearer understanding of how we are impacted.
3. **Stay with the topic** – It is important to stick with the current topic at hand. We sometimes fall into the pattern of using the current argument to bring up past unresolved issues from the past. This can cause each minor disagreement to become a much larger issue than necessary. It is important that we do not use ammunition from past issues to fuel the current issues.

4. **Don't assume things** – When we are in a long-term relationship, we tend to know our partner quite well. This can lead us into the trap of assuming we know how they think and feel. It is important for our partners to feel that they have a voice within the relationship, and speak for themselves without fear of judgment or attack.
5. **Listen** – When we are fired up over an issue, we do not listen very well. As our partner is speaking, we may be trying to think about what we want to say or how we are going to respond. It is important to listen, and possibly reflect back what you are hearing. This can allow for clarification in case there is misunderstanding.
6. **Know when to agree to disagree** – We can spend a lot of time and energy trying to ensure that our partner has the same perception as us regarding an issue. This causes us to argue over the same issues again and again. Sometimes the healthiest thing we can do in this situation is to agree to disagree, and walk away.

It is important for all of us to be able to deal with conflict in a healthy and respectful way. This applies to our significant relationships as well as peer and working relationships. When we develop the skills to deal with conflict appropriately, we will feel more comfortable dealing with issues as they arise. We will also be able to shift the focus away from the problem and begin to work towards solutions.



*Proud member and supporter  
of Wilmot Township*

*Specializing in auto, property, farm,  
business, life insurance & more*



59 Huron St, New Hamburg, ON  
[www.zehrinsurance.com](http://www.zehrinsurance.com)  
-519-662-1710

*"Protecting What Matters to You"*

**Jim and Laurie Arkell**  
75 HURON STREET,  
NEW HAMBURG, ONTARIO N3A 1K1  
PHONE: (519) 662-2640  
FAX: (519) 662-4170

## Colour Paradise ~

Let's Play... What's Your Number?

We asked Colour Paradise to share their numbers with us...

You'll never guess? Check it out!

1. How many hangers are grown each spring?
2. How many mums do we grow in the fall?
3. How many different varieties of plants do we grow in the spring?
4. How many years have we been in Mannheim?
5. How many square feet is the greenhouse?
6. How many hangers are planted in a day?
7. How many team members are employed during May?
8. How many varieties of fall mums were grown this year?
9. What is the street address of Colour Paradise?
10. How many minutes to drive from Sunrise Plaza?
11. How many years for Power of Pink fundraiser?
12. How many wreaths were made last year for the Charity Wreath Silent Auction?
13. How much money has been raised year to date for Hopespring through Power of Pink fundraiser?
14. How much money has been raised for the House of Friendship through the Charity Wreath Auction?
15. How many years have we decorated a home for the Hopespring Holiday Tour of Homes?
16. How many years has the family been growing bedding plants?
17. How many years have we had the Harvest Room?
18. How many vegetables and herbs did we grow for the Harvest Room this year ?

See answers  
below ad



Visit us in Nov & Dec for:

Winter green urns, fresh branches, indoor arrangements, poinsettias and so much more for decorating your home inside and out.

Winter green and gift card fundraisers available for your school, club or organization.

## HARVEST ROOM

Pesticide Free Herbs, Vegetables and Fruit grown here with the same care and quality you have come to know through Colour Paradise Greenhouses.

From Our Garden to Your Table, enjoy beautiful, delicious, fresh produce picked daily.



Mon-Fri 9-5:30 Sat 9-5 Closed Sundays

1209 Bleams Road, Mannheim

www.colourparadise.com

519.745.0200

- |            |         |            |
|------------|---------|------------|
| 1. 30,000  | 7. 38   | 13. 18,700 |
| 2. 13,000  | 8. 60   | 14. 11,900 |
| 3. 2,000   | 9. 1209 | 15. 7      |
| 4. 10      | 10. 3   | 16. 43     |
| 5. 100,000 | 11. 6   | 17. 1      |
| 6. 3,000   | 12. 35  | 18. 75     |





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



Morningside travel group took a Baden Outlook on their latest excursion to Salem and Boston, Mass. as well as a cruise to Bermuda.



This photo was taken Sunday, September 20, 2015 at Foxboro Green before the Foxboro Green Team went to participate in the 35th anniversary of the Terry Fox Run. Thirty-five residents from Foxboro Green raised \$4500 for the Wilmot Terry Fox Run. We made sure that we read the Baden Outlook before we went on the Run.



**We Do Birthday Parties!**

**P** 519-662-8282  
**E** info@viewfinderartstudio.com  
**W** www.viewfinderartstudio.com

96 Huron St., Unit 2 New Hamburg

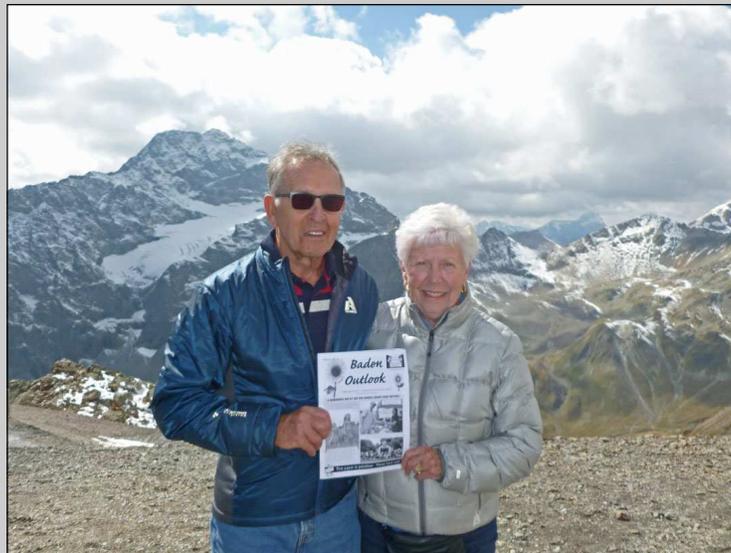
- Classes • Workshops
- Parties



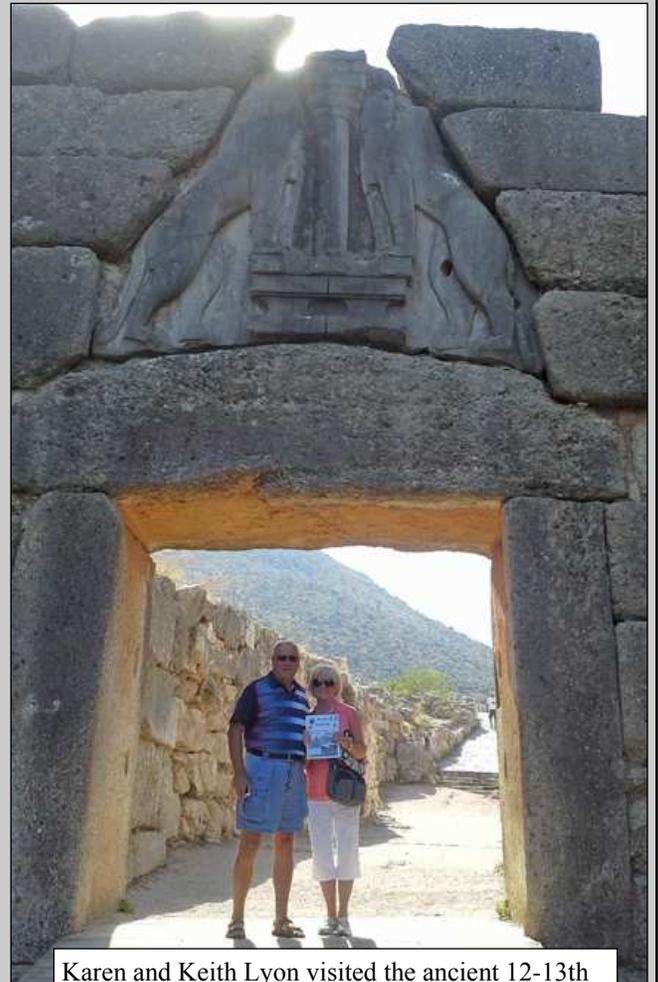
....To Greece, Rome, Switzerland, Smith Falls, Bermuda and the Terry Fox Run



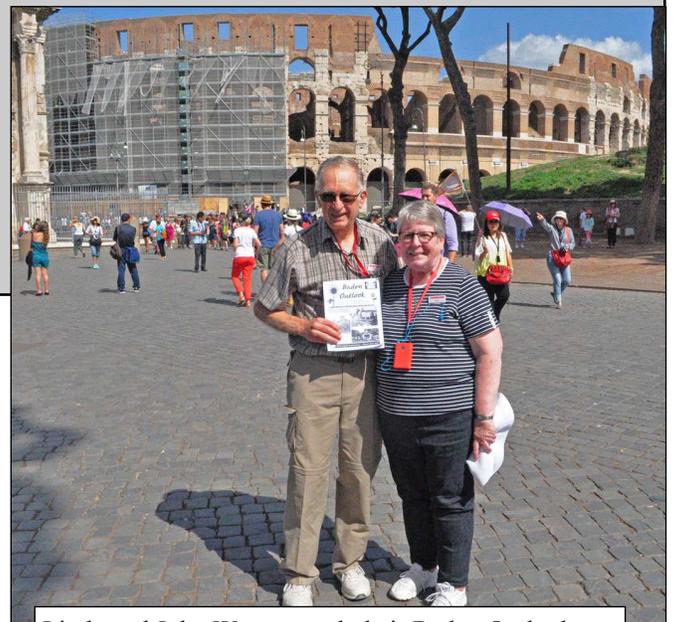
Wilfred and Bertha Lyonais enjoy the Outlook in Smith Falls.



George and Lyn Heath from Stonecroft, New Hamburg, recently visited Switzerland. They took the Outlook along with them and are seen here atop Piz Nair in the Swiss Alps.



Karen and Keith Lyon visited the ancient 12-13th century BC Mycenae Village on the Peloponnese Peninsula in Greece by entering through the Lions Gate with their Baden Outlook.



Linda and John Wagner took their Baden Outlook on a three week tour of Europe and visited the Coliseum in Rome.



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

### Car & Truck Accessories

Tires and Wheels  
High Performance Engine Building  
Car Care Products



www.rudyheld.com

- Tonneau Covers
- Hood Shields
- Rain Guards
- Liquid Glass
- K&N Filters
- Floor Liners

# Let US Help Take Care of YOU!



*Linda Langenegger*

Medical Aesthetician & Pro Makeup Artist

Affinity Health Clinic

3 Waterloo St, New Hamburg, Ont

519-741-4662

[lindalangenegger@gmail.com](mailto:lindalangenegger@gmail.com)

**livewell**  
health & wellness

Registered Massage Therapy · Chiropractic  
Orthotics · Physiotherapy · Natural Medicine

Online Booking

[www.livewellhealthandwellness.com](http://www.livewellhealthandwellness.com)

519 634 9819

18 Snyder's Rd W  
Baden Ontario

## Mariko Ogasawara RPr.

Registered Reflexologist 519-634-8935



Reflexology: Relieves tension  
Improves circulation  
Promotes natural healing

Reflexology Registration Council of Ontario  
Grand River Reflexology Associate

*krissak's*  
**K-CUTS**

Family Hair Care

Call Kathy at  
634-5772

Shop Hours

75 Snyder's Rd. W., Baden

Monday	9:30-8:00
Tuesday	9:00-6:00
Wednesday	Closed
Thursday	9:30-8:00
Friday	9:00-5:30
Closed Saturdays	

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

Administering quality care in Wilmot since 1998.

## Stephanie Hergott

Registered Massage Therapist

BY APPOINTMENT ONLY

(519) 635-9240

[stephaniermt@gmail.com](mailto:stephaniermt@gmail.com)  
[www.maximizingmotion.ca](http://www.maximizingmotion.ca)

1806 Erb's Road, Box 204, St. Agatha, ON. N0B 2L0

*Don't let your  
benefits go to  
waste again!*



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

Caroline Wilson R.Ac  
ACUPUNCTURIST

65-C Brubacher Street, Baden, ON

T: 519-577-3455 [elementsnaturalhealing@primus.ca](mailto:elementsnaturalhealing@primus.ca)



## MICRODERMABRASION

DIAMOND TIPPED  
MICRODERMABRASION



Before After

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

Call 519-662-6210 For Your Free Consultation



1760 Erb St Unit A  
St. Agatha, Ontario  
519-725-4282

Tues - Thurs 9 - 6  
Friday 9 - 8  
Saturday 8 - 4:30

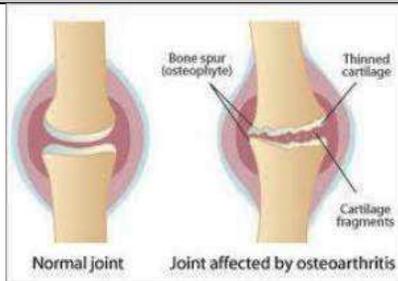
### Organic Food Box

For Fresh, Home-delivered Certified Organic Produce & Food  
Order Online, Call Us or **Shop In Store**

- Local/Imported Certified Organic Fruits & Vegetables
- Organic & Natural Food
- Organic Meat & Dairy
- Herbs
- Vitamins
- Bodycare
- Erb Outlet

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

Have you had a joint problem and been told that you have "**degeneration**" or "**degenerative changes**"? What exactly does this mean? Is this something that can be fixed? Let's take a closer look at two common types of **degenerative changes** and some potential management strategies that can be employed.



⇒ **Degenerative Joint Disease (DJD)** is also known as osteoarthritis, and is the most common form of arthritis. Weight-bearing joints such as the hips and knees are most commonly affected, but **DJD** can affect any area of the body, including the hands, neck, and low back.

Most joints in our body have smooth cartilage surfaces that glide against each other, which allow two or more opposing bones to move freely and perform a specific set of movements. A joint becomes "**degenerated**" or arthritic when there is wearing down of these cartilage surfaces, and a change in the composition of the bone underneath the cartilage occurs. An arthritic joint does not mechanically function like it is supposed to. This may result in a number of symptoms including: muscle tightness and weakness, joint pain and stiffness, decreased ranges of motion, creaking in the joints, swelling, inflammation, and joint thickening (i.e. finger nodules, bunions).

⇒ **Degenerative Disc Disease (DDD)** specifically affects the spinal discs between each vertebrae and is also considered an arthritic disorder. Spinal discs allow for some

movement between vertebrae, and they also absorb compressive, tensile, and shearing loads with everyday activities.

The centre of the disc, called the *nucleus pulposus*, is jelly-like and mostly made up of water. The outside of the disc, called the *annulus fibrosus*, is tough and thick and contains the *nucleus pulposus*. Over time, the water content of the spinal disc diminishes, causing it to dry out and become fibrotic (tough and brittle). As the disc becomes fibrotic it can develop tears. This breakdown can result in disc herniations, the development of bony spurs, and sciatica.

Risk factors/causes for **DJD** and **DDD** are typically multi-factorial, meaning that there is usually no single cause, but rather a combination of several different factors. These risk factors/causes may include but are not limited to: advancing age, genetic predisposition, mechanical overload from occupational and recreational activities, direct injury to the affected region, cigarette smoking, lack of exercise, and being overweight or obese.

**Degenerative** changes can result in debilitating symptoms for some individuals and can be managed a number of ways. Maintaining an ideal body weight through a healthy diet and regular exercise consisting of *strength*, *flexibility*, and *endurance* training can reduce the risk of pain and subsequent disability. Treatment from licensed health professionals who utilize manual mobilization therapies, soft tissue therapy, electrotherapy, acupuncture, exercise and rehabilitation strategies can also significantly help to decrease pain by restoring normal muscle and joint motion, and promote healing of arthritic or injured areas.

In the event that you suffer from **degenerative** joint changes, you should contact a licensed health professional who deals in the diagnosis and treatment of these conditions. For more information, visit [www.nhwc.ca](http://www.nhwc.ca).

*This article is a basic summary for educational purposes only. It is not intended, and should not be considered, as a replacement for consultation, diagnosis or treatment by a duly licensed health practitioner.*

## New Hamburg Wellness Centre

- Chiropractic Care
- Rehabilitative Speciality Services
- Registered Massage Therapy
  - Medical Acupuncture
  - Custom Orthotics
  - Naturopathy

**New Patients Welcome!**

*Proudly serving Baden, New Hamburg,  
and surrounding communities.*

**338 Waterloo St, Unit 9, New Hamburg**  
**519.662.4441 [www.nhwc.ca](http://www.nhwc.ca)**

NEW HAMBURG'S MOST ESTABLISHED FULL FITNESS FACILITY

# First Month FREE !!

Special expires October 31st 2015.  
Registration fee of \$49 +tax applies  
Student and Family rates available. New members only.

66 Hincks St., Unit #2, New Hamburg, Ontario N3A 2A3

*Our goal is to help you reach yours!*

CALL US TODAY at 519-662-9066 or VISIT US at [www.absoluefit.ca](http://www.absoluefit.ca)



Reflexology By Christina Flood RRPr.

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

*"Connecting SOUL to SOLE,  
helping you walk away more  
relaxed than when you arrived"*

Located at:  
Affinity Health Clinic  
3 Waterloo St. New Hamburg  
519-662-2123

Enjoy 1 hr Reflexology Sessions  
for \$30 until Nov 1st, 2015

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

**Simplify Now**

We would like to share some suggestions for when seniors are downsizing. You may be wondering where to start--well, spare bedrooms, basements, attics, and garages are a great place to begin. You can start in these areas months in advance of the move, since they contain articles and furniture that you don't necessarily use in your daily schedule. These areas usually have storage areas . . . storing perhaps some sentimental and seasonal articles.

Another place to start is announcing to anyone and everyone who is storing stuff at your house (eg. children, parents, neighbours, friends) to come and claim their stuff before it gets donated or tossed. Give them a deadline and explain the situation and why it needs to be dealt with as soon as possible! If you need to divide your articles among the family, try a round robin or lottery system to keep everything fair.

Try to keep storage items that have dual purposes; for example, a coffee table that has storage in it, or an ottoman that can open up to hold favourite blankets or mementos.

One last tip to help with this potentially difficult time of downsizing is to spend the night before and the day of the move with family or friends to avoid seeing your home dismantled. Instead of downsizing, see it as "right sizing".

If you are interested in finding out more about our senior relocation service business, please contact us at [www.seniorsmove.ca](http://www.seniorsmove.ca) or call 866-214-6004.

***In order . . . . to live a life of purpose***



*Sisters*  
PAINTING AND DECORATING



Clean, Reliable  
Quality Work  
Reasonable Rates  
23 Years Experience  
Call Debbie  
519-662-6210



*Celestial* TRUTH

**Tammy-Jo Hiemstra**

Intuitive Transformational Energy Healer,  
Medium & Spiritual Counselor

519-274-0114

[tj@celestialtruth.ca](mailto:tj@celestialtruth.ca) [www.celestialtruth.ca](http://www.celestialtruth.ca)

[www.facebook.com/beingtrue2u](http://www.facebook.com/beingtrue2u)

(Located at Ann Marie's Hair Salon--New Hamburg)

Offering: Guided Meditations; Group Past Life Regression; One on One Guidance Program; Energy Exchanges; & Other Workshops

***By Appointment Only***

One of the most celebrated and treasured qualities of fall is the opportunity to enjoy our local harvest; foods grown in our local soil, by our local farmers, and picked at the perfection of ripeness and flavour. I would encourage you to visit local food markets, neighbouring farms and farm-gate stands for their freshly picked fare. These foods not only abound with living phyto-nutrients but lots of necessary fibre too. Sweet potato, cabbage, beets, pumpkin, and squash are all loaded with roughage. North Americans are in desperate need of increasing their fibre intake.

Most Canadians fall far short of meeting their daily fibre minimum. The average person consumes only 10-15 grams each day. The National Cancer Institute recommends a minimum of 25 grams a day. Many colon therapists recommend 30 grams daily to significantly decrease unhealthy cholesterol in the blood. Optimal fibre intake:

- \* helps make you feel full, supporting weight loss and maintenance
- \* assists in elimination and detoxification
- \* helps keeps skin clear from blemishes and rashes
- \* maintains healthy cholesterol levels
- \* reduces risks of heart disease
- \* reduces risks of stroke

- \* helps keep clear the colon which can prevent colon cancer and help heal IBS
- \* lowers blood sugar and insulin levels which helps to prevent diabetes
- \* prevents hemorrhoids ...*It's time to increase our fibre intake Canada!*

Fibre is best consumed from fruits, vegetables, nuts and seeds. We love chia and ground flax seeds to increase our fibre intake. Although grains are touted as a wonderful source of fibre, they often contribute to digestion problems due to intestinal permeability. This "leaky gut" can cause bloating, gas, cramping, fatigue, allergies and skin problems. Fibre is seen as being helpful for blood sugar levels while in fact, grains can be problematic in raising these levels. I personally feel best when I am reducing grains, or avoiding them altogether.

I encourage my clients to be tracking their "transit time." Transit time is the time that it takes waste material from consumed food to be eliminated. I believe the most effective way to track this time is to consume a large portion of cooked beets. After finishing your meal, track the time it takes for a purple/red stool to be eliminated. There are varying opinions on how many hours this should take, but I recommend 12-18 hours. Men's and women's times will vary, but this time can also be influenced by liquid consumption, exercise, and body size. Too little time can mean the body isn't absorbing all of the nutrients from food – but the most common problem we see today is too long a transit time. Not eliminating soon and often enough means food is sitting in a warm, dark, moist environment; over time this leads to many health problems, including colon cancer.

Make it your goal to eliminate the waste material from your system at least twice each and every day. As I say in my Optimal Wellness course: *A foot long a day, keeps the doctor away!*

Be Well! ~ Christine Gingerich [www.optimalYOU.ca](http://www.optimalYOU.ca)

26 Foundry Street  
Baden, ON N3A 2P6

**For an appointment, call  
519-634-1112**

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

Dr. Rick and Nancy Pereira

*We welcome new patients.  
Conveniently located close to home.*

Visit our website at [www.badendentalclinic.com](http://www.badendentalclinic.com)

Shirley's Sewing  
Alterations and More

Shirley Cudney  
Seamstress

133 Snyder's Rd W, Unit 2  
Baden, Ont. N3A 2M3

519-214-1115



# Dr. Brittany - Chiropractor



Dr. Brittany Labatte received her Honours Bachelor of Science degree in Kinesiology from York University. She later graduated from New York Chiropractic College as a Doctor of Chiropractic and has since furthered her knowledge by attending regular seminars and workshops.

Dr. Labatte has received training in Active release techniques and instrument-assisted soft tissue techniques, both of which are used for acute and chronic overuse conditions. These techniques treat muscles, tendons, ligaments, fascia, and nerves and have been proven to be excellent tools in treating and preventing repetitive stress and sports related injuries. In addition, Brittany has also had training in low intensity laser therapy (LILT), which has proven to be effective in treating musculoskeletal and arthritic conditions. For a gentler treatment Dr. Brittany uses a hand held instrument called an Activator tool as an alternative for restoring joint and spinal motion.



Dr. Brittany is passionate about providing high quality patient care and believes in a multifaceted approach to achieve optimal functioning, wellness, and performance. She utilizes a combination of treatments including chiropractic mobilization and manipulation, soft tissue therapy, strength and conditioning from a rehabilitative view, and patient education. Dr. Labatte also focuses on creating individualized programs in order to meet your specific needs and health goals.



Over the past few years Dr. Labatte has gained valuable experience working with a wide range of age populations and conditions. In her spare time, she enjoys staying active in a variety of activities, including ball hockey, volleyball, hiking and snowboarding, and is an advocate of maintaining a healthy lifestyle for prevention of pain and re-occurring injuries. These beliefs have translated into practice by putting an emphasis on whole body health to ensure a quick and easy return to work and life!

Born and raised in a small town Dr. Brittany is excited to join LiveWell and to be serving Baden and its surrounding communities! Book your appointment today!



**Call or Click today for your Appointment!**  
**Limited Spots Available!**

[www.livewellhealthandwellness.com](http://www.livewellhealthandwellness.com)

LiveWell Health & Wellness  
18 Snyder's Road West Unit 5  
519.634.9819

[info@livewellhealthandwellness.com](mailto:info@livewellhealthandwellness.com)

**Halloween Word Fill-In Fun!** Take the words from the list you made from page 9 and place them in the proper places to find your personal silly Halloween story.

- Find a costume that looks \_\_\_\_\_; such as a robot,  
ADJECTIVE  
a \_\_\_\_\_ or a witch.  
NOUN
- Carve a \_\_\_\_\_ and put a candle inside.  
NOUN  
Leave to glow on front \_\_\_\_\_.  
NOUN
- Halloween night has arrived. Put on selected \_\_\_\_\_ costume and  
ADJECTIVE  
\_\_\_\_\_ throughout your neighbourhood.  
VERB
- Be safe crossing the \_\_\_\_\_ and look for \_\_\_\_\_  
NOUN PLURAL NOUN  
with the porch light on.
- Collect candy by saying "Trick or \_\_\_\_\_!!"  
NOUN
- When tired, \_\_\_\_\_ home and sort your candy!  
VERB

**You Must Be Joking!!**



1. What's the most important subject a witch learns in school?
2. What room does a ghost not need?
3. What's a vampire's favourite fruit?
4. What do you get when you cross a snowman with a vampire?

1. Spelling
2. Livingroom
3. Nectarine
4. Frostbite

## W & W Liquidators

Handles / Hinges / Knobs / Spindles / Cabinet Hardware

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

### Jean Wood & Family

**\*\* Residing in Baden for 55 years \*\***  
**In business over 25 years.**

*"We have more knobs than you can handle!!"*  
*Over 5000 handles and knobs!*



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

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

Seen below are the answers to the 'Match the Face' to the writers of the Outlook articles quiz from page 16. Now you know them too!

3. Jon Lambert—Baden Real Estate Corner
4. Christine Gingerich—Be Well
9. Ken Quanz—Baden Birding
7. Barry Fisher—Talking with Ed
10. Chris Baechler—Checking Out the Baden Library
6. Donna Schmidt & Rhonda Erb—Get It Together
5. Pat Fisher—Greetings from Headquarters
8. Emma Norris—New Hamburg Thrift Centre
1. Melodie O'Connell—Improving the Health of our Community
2. Dr. John Papa—Wellness and Chiropractic Care





### T.O.P.S (TAKE OFF POUNDS SENSIBLY)

We are a support group for weight loss  
 Meetings are held on Tuesday evenings  
 St. James Lutheran Church, 66 Mill Street, Baden  
 Weigh-ins at 6:30 pm followed by a short meeting  
 Please join us on November 10th at 7pm to hear  
 guest speaker nutritionist, Christine Gingerich.  
 For more information call 519-634-5226  
 Everyone Welcome

### Saturday Night at the Movies

October 17<sup>th</sup> at 7:00 p. m.  
 Feature - "Finding Normal"

*The only thing standing between Dr. Lisa Leland ( and the wedding of her dreams in the Hamptons is a 2600-mile drive from Los Angeles to Long Island. However, a run in with the law in the country town of Normal, North Carolina leaves Dr. Leland with a choice--jail or community service.*

Wilmot Mennonite Church, 2995 Bleams Road

Beverages provided, bring your own snacks.  
 Nursery available but not staffed.

**FREE ADMISSION** Everyone Welcome!

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

## Another Cool Move

*Dreading the long cold winter?  
 Come join us at the Plattsville Curling Club and beat those winter blahs. Free clinic on Sunday, October 25, 1:30 to 3:30 — all ages welcome. Check out our website [plattsvillecurlingclub.com](http://plattsvillecurlingclub.com) for more info. "Hurry Hard" see you at the rink.*



### Keep the Miracles Flowing

**Blood Donor Clinic**  
**Steinmann Mennonite Church**  
 1316 Snyder's Road West, In the Fellowship Hall

**Monday, October 26**  
**1:30 p.m. to 8 p.m.**

Book an appointment or walk in



**Canadian Blood Services**  
 it's in you to give

|| 1 888 2 DONATE (1 888 236-6283) to book an appointment or book on-line at [www.blood.ca](http://www.blood.ca) and help meet the continuing need for blood.

### New in the Neighbourhood?

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

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



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



## WEN-DO Women's Self Defence

Learn simple, effective physical and verbal self-defence skills and increase confidence. Women of all shapes, sizes, and fitness levels, with or without disabilities are welcome. Classes are small, safe, and non-competitive and taught by female instructor. Open to women and girls age 10 and up.

### Friday evening / Saturday Workshop:

**Friday Nov 13: 6:30 – 9pm &**  
**Saturday Nov 14: 9:00 a.m. – 4:30 p.m.**

**Cost:** \$40 for women & girls in Wellesley, Wilmot Township– includes lunch. Advance registration required. Subsidy available.

For more information, contact Teresa at:  
**(519) 662-2731** [fvpp4wfrc@bellnet.ca](mailto:fvpp4wfrc@bellnet.ca)

**Brought to you by Wilmot Family Resource Centre**



"Keeping the  
 Community Connected"

### New Hamburg Legion



65 Bouleee Street  
 New Hamburg

### Hall Rentals

Call Terri Taylor 662-3834  
 Or Legion 662-3770



Presents: "Cocktails with Mimi"  
by Mary Chase

November 19-22, 2015

Things are buzzing and beginning to take shape on Theatre Wellesley's set for its upcoming show "Cocktails with Mimi" by Mary Chase. Theatre Wellesley is pleased to have New Hamburg resident Allan Cook back on stage for this fall's production of "Cocktails with Mimi". Around town Al may be more famous for his writing and school bus driving skills driving to Waterloo Oxford, Sir Adam Beck, and St Agatha schools. In real life, he is a family man, married to Kirsten Pfaff and proud father of Olivia. This is Al's fourth production with Theatre Wellesley. Last fall he directed "Chateau La Roche". Some of us may remember him on stage as John Curtis Bunter, the hapless small-town sheriff in southern hospitality, and as Vincent Cummings, the flamboyant and ill-fated art dealer in Art of Murder.



On stage this fall, Al plays Judge Calthorpe. The judge is a serious, stuffy character who is not real happy that his youngest son is hoping to marry Mimi Ralston's daughter. Mimi is known to be a practical joker whose parties are sure to be full of unexpected twists. You will discover mistaken identities, secrets and pranks that will have you laughing in your seats.

This Community Theatre Production of "Cocktails with Mimi" will be performed at the Wellesley Community Centre November 19 - 22. New this year is a Sunday matinee. Tickets are \$12 for matinee and \$17 for an evening performance, on sale at Pym's Village Market. For tickets or more information: [www.theatrewellesley.ca](http://www.theatrewellesley.ca); [contact@theatrewellesley.ca](mailto:contact@theatrewellesley.ca) or call 519-897-1737.



From Rhonda Caldwell, Theatre Wellesley, [rcaldwell@kwhab.ca](mailto:rcaldwell@kwhab.ca), 519-897-1737

Hey! Kids, ages 4-10  
You are invited to...

F.R.O.G



Tuesdays, 6:30-8:00 pm  
Starting October 6, 2015  
Baden Public School

Spontaneous play, fun group games,  
and a short Bible story in the gym

Everyone is welcome!

contact Sean at  
[pastor.westhills@gmail.com](mailto:pastor.westhills@gmail.com) or  
519-634-4993

Provided by  
West Hills Fellowship of Baden  
and Community Volunteers

### Winter Rainbow Open House

Lots of vendors to check out ~ including Elanne & Ivy  
Jewellery & Usborne Books and much more!!

Nov 21, 2015 1-4pm, 31 Alice Cres, Petersburg

# The Snow Pros

## Snow Clearing / Ice Control



Parking lots, driveways, sidewalks  
Fully insured Professional  
Radio dispatched trucks  
Ice Control

**Book NOW**  
for upcoming Snow Season

Call Tom the Tree Fellar 519-662-6198  
The Snow Must Go Hotline 519-580-6255



## MCC's Response to Crisis in Syria

As the conflict continues to rage, many Syrian and Iraqi families face that question, to leave or stay? International humanitarian assistance is dwindling and the patchwork of resources they used to rely on is wearing thin. To leave is to risk their lives over dangerous seas and through countries hesitant to open their doors. But to stay is also a great risk. Responding to this crisis is MCC's largest ever humanitarian effort, but the needs are growing faster than the resources are coming in.

While it's easy to feel overwhelmed by the number of people in need, there are ways you can make a difference:

- **Give a donation to MCC's humanitarian work in the region:** MCC has 27 ongoing projects delivering emergency relief. Through our partners we are providing food and as essential items such as relief and hygiene kits, clothing, and kitchen supplies. MCC is also supporting peacebuilding work, education for displaced children, trauma healing, and will provide supplies to keep people warm in the coming winter. The Canadian Government will match donations from individual Canadians to relief efforts in Syria made between September 12 and December 31, 2015. Financial donations can be made by cash, cheque, VISA, Mastercard at the New Hamburg Thrift Centre.
- **Learn how you can get involved with refugee sponsorship:** Help people find safety and a new home. In Canada MCC has a long history of resettling families. Refugee coordinators provide support throughout the process, from assisting with applications to welcoming the family and helping them establish a new life. Today, there are more people displaced than at any other time since World War II.
- **Advocate for a peaceful resolution to the conflict and for a solution to the refugee crisis:** During this election time, you can ask all your candidates how they will address these issues. The MCC Ottawa office has prepared some sample questions you could use to talk with candidates; for more background read the MCC Ottawa Office election resource.
- **Provide Kit Items:** We are continually collecting items for relief kits and hygiene kits. View a complete listing of kit contents at <http://mcccanada.ca/get-involved/kits>. Items can be dropped off at the New Hamburg Thrift Centre.

We thank our local community for their on-going support during this crisis. For more information, visit <http://mcccanada.ca/learn/what/relief/syria>

## New Hamburg Thrift Centre

41 Heritage Drive

New Hamburg

tel: 519-662-2867

[www.newhamburgthrift.com](http://www.newhamburgthrift.com)



### Spread the message of PEACE this Remembrance Day

Wear a *peace button* instead of, or in addition to, a poppy.

**Buttons available in the store.**

For more information about Ontario programs visit, <http://mcco.ca/peace>



All proceeds benefit  
the work of  
Mennonite Central  
Committee

#### REGULAR HOURS

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

## You Must Be Joking!!

A little girl, dressed in her Sunday best, was running as fast as she could, trying not to be late for Sunday School. As she ran she prayed, "Dear Lord, please don't let me be late! Dear Lord, please don't let me be late!"



While she was running and praying, she tripped on a curb and fell, getting her clothes dirty and tearing her dress. She got up, brushed herself off, and started running again!



As she ran she once again began to pray, "Dear Lord, please don't let me be late...But please don't shove me either!"

*Please support the  
advertisers in this paper  
and keep our community  
alive and thriving!*



## Jake & Humphreys'

BISTRO

[www.jakeandhumphreys.com](http://www.jakeandhumphreys.com)  
Open lunch & dinner Tue-Sat  
Licensed under AGCO

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

## Local Churches Invite You to Join Them

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



### **WILMOT MENNONITE CHURCH**

2995 Bleams Road, New Hamburg, ON

Worship Service 9:30 a.m. ~ Christian Formation: 11:00 a.m.

Pastor Dave Roglasky

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

### **ST. JAMES LUTHERAN CHURCH**

66 Mill Street, Baden ON

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

Pastor Joanna Miller

Sunday Worship 9 am / Sunday School

### **Wilmot Centre Missionary Church**

2463 Bleams Road—corner of Bleams & Sandhills Road

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

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

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

### **West Hills Fellowship**

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

Pastor Sean East / [pastor.westhills@gmail.com](mailto:pastor.westhills@gmail.com)

519-634-4993 [office.westhills@gmail.com](mailto:office.westhills@gmail.com)

Sunday School 9 am, Fellowship 10 am, Worship 10:40

### **SHANTZ MENNONITE CHURCH**

2473 Erb's Road, Baden, Ont N3A 3M3

Phone: 519-634-8712 / Email: [office@shantzmc.ca](mailto:office@shantzmc.ca)

Pastor: Don Penner

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

### **Livingston Presbyterian Church**

44 Beck Street, Baden / 519-662-4949

Hymn Sing 9:45 am ~ Worship to follow at 10 am

Rev. John Deyarmond—519-747-9902

### **Steinman Mennonite Church**

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

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

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

### **Emmanuel Lutheran Church**

1716 Snyder's Road East, Petersburg, ON

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

\* Wheel Chair Accessible \*

Worship Service 9:30 am / Sunday School

## 100<sup>TH</sup> ANNIVERSARY OF THE BUILDING

### EMMANUEL EV. LUTHERAN CHURCH, 1716 SNYDER'S RD. EAST, PETERSBURG

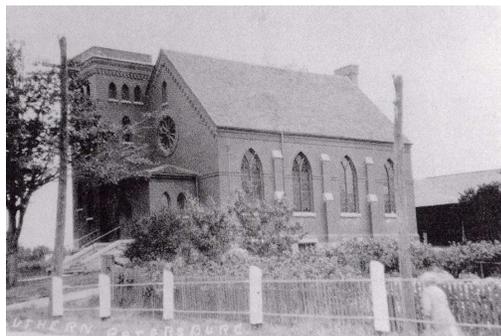
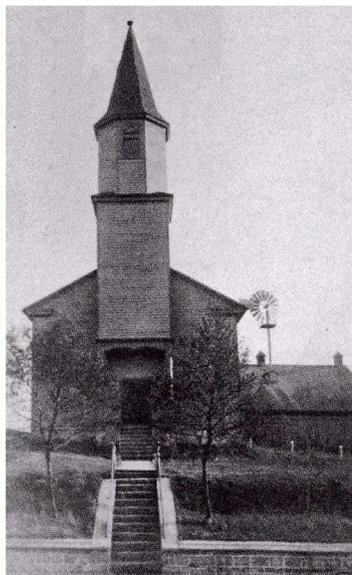
“Emmanuel” translates to “God With Us”, and we invite you to be part of our celebrations as our church building reaches its 100 year birthday. Join us Sun., Oct 18 for our Prayer/Praise Service at 9:30 am followed with treats and refreshments at an Open House from 11:00 am to 1:00 pm. Our history will be displayed for you to see.

In 1844, a group of early settlers began worshipping in a log house. A church building was erected in March, 1851 and the congregation was officially founded (today 164 years old).

A bell was installed to invite people to services in 1870 and then a new, larger building was built and dedicated in 1877/78. A lightning strike burned that church to the ground on Sunday, July 4, 1915 and the present building cornerstone was laid Oct. 24, 1915 with the building being completed in 1916. The 100<sup>th</sup> Anniversary of the congregation marked an expansion of the altar area, a renovation to the interior, and a new kitchen and washrooms. On Nov. 25, 2012, our new narthex and wheelchair lift were dedicated to serve our people and the community. Our theme, “Built on the Rock” reflects the foundation of our Christian faith through the confession of Peter to Jesus (Matt. 16: 16, 17) and our existence today.

Special thanks to Rodney Jantzi, who wrote our 150<sup>th</sup> Anniversary Book in 2001 from which this information is shared.

Submitted by: Rev. R. Orlowski, Pastor, Emmanuel, Petersburg.



The new church was completed in 1916



Apples... and plenty of them! The fall brings us an abundance of apples in so many varieties—whether cooked or raw, enjoy the fresh and nutritious wonderful apple! Packing in quite a bit of soluble fiber (6 grams per medium apple) for a modest amount of calories makes apples a filling, sweet snack. Plus, a medium apple counts as 1 cup of fruit, so after eating one you're well on your way to meeting your daily fruit quota. They also are a good source of immune-boosting vitamin C and packed with Vitamin A too! Sweet treats, yummy breads or savoury with pork, have fun with apples!

Nutrition Facts	
Serving Size 1 serving (92g)	
Amount Per Serving	
<b>Calories</b> 114	<b>Calories from Fat</b> 61
% Daily Value	
<b>Total Fat</b> 6.8g	<b>10%</b>
Saturated Fat 1.4g	<b>7%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 6.7mg	<b>2%</b>
<b>Sodium</b> 174.6mg	<b>7%</b>
<b>Total Carbohydrate</b> 13.0g	<b>4%</b>
Dietary Fiber 1.5g	<b>6%</b>
Sugars 8.9g	
<b>Protein</b> 4.1g	
Vitamin A 34%	Calcium 2%
Vitamin C 21%	Iron 2%

### Caramel Apple Dip

- 1/2 cup butter
- 1 1/2 cups brown sugar
- 1/2 cup corn syrup
- 1 can sweet condensed milk
- 1 tsp vanilla

Melt butter over med heat, add brown sugar, corn syrup and condensed milk. Stir constantly until comes to a light bubbling boil. Remove from heat and add vanilla. Serve warm or at room temp. Great with pretzels too.

### Apple Cinnamon Oatmeal Bread

- 2 cups flour
- 1 cup oats
- 1/4 tsp salt
- 2 tsp cinnamon
- 2 tsp baking powder
- 1 cup sugar
- 3/4 cup veg oil (or coconut oil)
- 2 eggs
- 1/2 cup plain Greek yogurt
- 1 cup applesauce
- 1 tsp vanilla

Glaze: 1 cup powdered sugar , 1/4 cup applesauce

Preheat oven to 350 and grease loaf pan. In large bowl mix flour, oats, salt, cinnamon and baking powder. In another bowl beat eggs, sugar, oil, yogurt, applesauce, and vanilla. Add to dry ingredients to blend. Pour into loaf pan and bake 45 minutes or until toothpick comes out clean. Remove from oven. Whisk together powdered sugar and applesauce. When bread has cooled a bit, pour glaze over bread.



**519-662-2632**  
25 Byron Street  
New Hamburg, ON N3A 1P1



**519-656-3355**  
1215 Queen's Bush Rd., Unit 2  
Wellesley, ON N0B 2T0

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

- ◆ Dr. Miyen Kwek
- ◆ Dr. Manning Chiang
- ◆ Dr. Ruth MacCara

*Proudly serving Wilmot Township for over 30 years.*

#### WE OFFER THE FOLLOWING SERVICES:

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

## Ask Armand ~

*Eric from Baden asks* – I noticed the Bell Telephone building on Foundry Street by the Fire Hall. Do you have any history on the building?



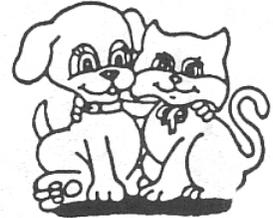
*Armand says* – Good question Eric. The building was built in 1963 to accommodate a switch over from the old operator assisted format to an automated system. The system was still property of the Wilmot Municipal Telephone System. In 1963 there were 1,100 customers; the new 32-foot x 50-foot office would handle over 3,000 customers. The 1,100 phones had been replaced over the previous few years by modern dial phones. The new system would allow free local calls to Baden, New Dundee, Kitchener, and New Hamburg.



The newer system also dropped the rural “Party Lines” from fifteen to four and offered direct long distance dialling, which was operator assisted in the past. Fifty miles of underground cable were plowed in to accommodate the change. The cost of the building was about \$100,000.

*Seen here is Marg Seyler who worked as an operator using the old plug system.*

## Nith Valley Animal Hospital



**FULL VETERINARY SERVICES  
FOR YOUR PET**

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

**24 Hour Answering for our clients.**

**We're on the Web!**

**Visit [www.badenoutlook.com](http://www.badenoutlook.com)**



## HollisWealth™



- ⇒ Investment and cash flow planning
- ⇒ Risk Management and Estate Planning
- ⇒ Retirement Planning
- ⇒ Tax Planning

**What's in your Personal Action Plan?**

**KLT Wealth Management · 148 Peel Street Unit 1B, New Hamburg · 519-662-4001 · [www.knowliketrust.ca](http://www.knowliketrust.ca)**

HollisWealth is a trade name of HollisWealth Advisory Services Inc. Mutual Fund products are provided through HollisWealth Advisory Services Inc.

™ Trademark of The Bank of Nova Scotia, used under license.

**Your Small  
Town Agent...  
BIG On Service**

519 662-4955 519 897-1507

**Jon Lambert** Sales Representative

RE/MAX Twin City Realty Inc. Brokerage  
106 Huron St. New Hamburg ON N3A 1J3



jonlambert@remax.net

*Relocating?  
We can help you!*



Respect | Competence | Enthusiasm | Confidence

**COLDWELL  
BANKER**

PETER BENNINGER  
REALTY, BROKERAGE  
Independently Owned & Operated

**BLANKA MICHALE**  
SALES REPRESENTATIVE  
519.742.5800 2175  
519.500.3316



**ROYAL LEPAGE**

*Alina Telescu, Sales Representative  
RoyalLePage, Wolle Realty, Brokerage  
842 Victoria St. N., Kitchener, N2B 3C1  
office: 519-578-7300, cell: 519-504-2588*

*Living in Baden with eight years of experience at work for you -  
"Helping YOU is what I do"*



www.RealtorRickCain.com

*With you  
for the journey!*

**Rick Cain**  
Sales Representative

**RE/MAX**  
Real Estate Centre Inc. Brokerage  
720 Westmount Road East  
Kitchener, ON N2E 2N6  
Each office is independently owned & operated

DIRECT: OFFICE: 519-741-5278  
**519-502-5278**

**Darlene Kennell & Ralph Korchensky**  
Sales Representatives

**PEAK**  
REALTY LTD., BROKERAGE

Bus: 519-662-4900  
Fax: 519-662-4911  
Email: info@kwareahomes.com  
Website: [kwareahomes.com](http://kwareahomes.com)



*Living and working in Wilmot for you!*

*"Your referral is our key to continued success"*

Kathann Stalkie  
Serving you in Waterloo, Wilmot & Wellesley  
Office: 519-208-6204 x206  
[kstalkie@propertyguys.com](mailto:kstalkie@propertyguys.com)

*"Sell Your House, Pay Yourself!"*

**100%** WATERLOO REGIONAL  
FUNDED BY COMMUNITY SPONSORS & DONATIONS

**CRIME STOPPERS**

1-800-222-TIPS (8477)

[www.waterloocrimestoppers.com](http://www.waterloocrimestoppers.com)

Facebook "Like" us on Facebook

Twitter Follow us on Twitter @waterloocrime

3 ways to leave a tip

Phone: 1-800-222-TIPS (8477),  
Web: [waterloocrimestoppers.com](http://waterloocrimestoppers.com),  
Text: to CRIMES and start your tip with TIP152

**We're on the Web!**

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



*"Keeping the  
Community Connected"*

Five little pumpkins sitting on a gate. The first one said "Oh my, it's getting late."  
The second one said "There are witches in the air."  
The third one said "But we don't care."  
The fourth one said "Let's run, let's run!"  
The fifth one said "Isn't Halloween fun!"  
Then whoosh went the wind and five little pumpkins went out!



*Relocating? We can help you!*



**RE/MAX**  
Twin City Realty Inc., Brokerage  
\*Independently Owned & Operated

**Ruth Aho**  
Sales Representative  
Bus: (519) 662-4955  
Cell: (519) 741-7884  
Fax: (519) 662-6919  
Email: [ruthaho@gmail.com](mailto:ruthaho@gmail.com)  
Website: [www.ruthaho.com](http://www.ruthaho.com)



106 Huron Street, New Hamburg, ON N3A 1J3



www.peakrealestate.com  
Independently Owned and Operated

90 Peel Street, Unit C  
New Hamburg, Ontario N3A 1E3

**Stephen Murray**  
Sales Representative

Cell: (519) 502-1962  
Bus.: (519) 662-4900  
Fax: (519) 662-4911  
Email: [srmurray@megawire.ca](mailto:srmurray@megawire.ca)

*Where Old Fashioned  
Friendliness  
is Still  
in Style!*



**SOLD**

**Troy Hoerle**  
Sales Representative

www.peakrealestate.com  
**PEAK**  
REALTY LTD., BROKERAGE  
90 Peel St. Unit C, New Hamburg, ON, N3A 1E3

cell 519 591-7191  
bus. 519 662-4900  
fax 519 662-4911  
[troyhoerle@rogers.com](mailto:troyhoerle@rogers.com)



Happy  Halloween

*All Flowers & Charm*  
Flower Shop



Melissa Rabbets  
**(519) 662-2062**

333 Waterloo Street,  
New Hamburg, ON N3A 1S6

[www.allflowersandcharm.net](http://www.allflowersandcharm.net)



## New Hamburg Legion

Branch #532—Boullee Street, New Hamburg

Invites you to join us for ...

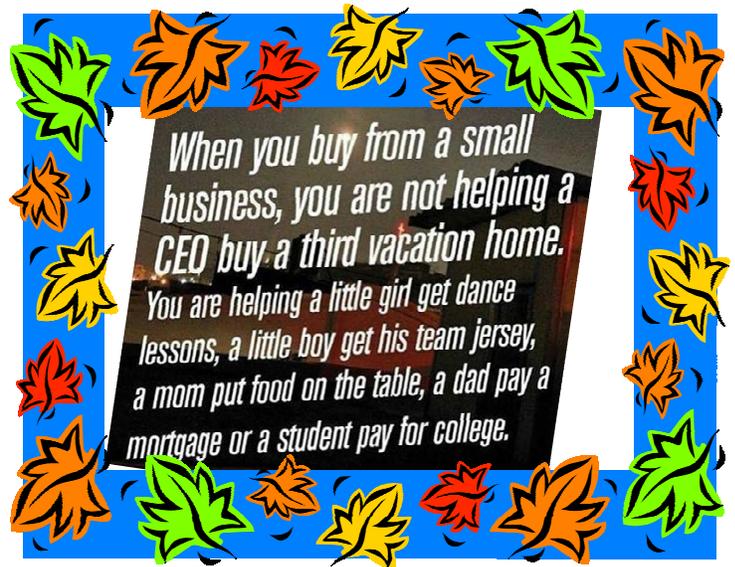
Curry Night, featuring Masala lamb kabobs,  
Chicken Jaffrezi, Steam Pork Dumplings & more  
Friday, Oct. 16, 7-9 pm —Advance \$16-\$18 @ door

Entertainment with Mike Kelly Sat., Oct. 24 3-7

Friday night supper Oct. 30, 6pm—Schnitzel & cabbage rolls  
\$15 ADVANCE, Friday sales \$17

EXPRESS LUNCH Friday Nov. 7, 12-1

Turkey burgers/Hamburgers \$8 advance, Friday \$10



*When you buy from a small  
business, you are not helping a  
CEO buy a third vacation home.  
You are helping a little girl get dance  
lessons, a little boy get his team jersey,  
a mom put food on the table, a dad pay a  
mortgage or a student pay for college.*

## You Must Be Joking!!

Attending a wedding for the first time, a little girl  
whispered to her mother, 'Why is the bride  
dressed in white?'



The mother replied, 'Because white is the colour of happiness,  
and today is the happiest day of her life.'

The child thought about this for a moment then said,  
'So why is the groom wearing black?'

## Wilmot Jujitsu

Professional Self Defense  
13 Foundry Street, Baden

(519) 590-4946 - [www.wilmotjujitsu.com](http://www.wilmotjujitsu.com)



JUJITSU - GENTLE, EFFECTIVE, BALANCED  
OFFERING: - ESCAPES, JOINT LOCKS, CONTROLS,  
PRESSURE POINTS AND WEAPONS.  
A PRACTICAL SELF DEFENSE ART  
INSTRUCTOR: NEIL CALHOUN

*Training for Children and Adults!*

*Classes are held on Monday and Tuesday evenings  
as well as Saturday mornings.*

# Snow Birds...are you ready?



## Are you hearing well?

Take this short quiz to find out.

- Do you have ringing or buzzing noises in your ears?
- Have you been exposed to loud noises?
- Do you have difficulty hearing TV or phone conversations clearly?
- Do you have trouble following conversations in a group?
- Do people complain that the TV is too loud?
- Do you have trouble hearing when there is background noise?
- Do you ask people to repeat themselves?
- Do people sound like they are mumbling?
- Do people get annoyed because you misunderstand what they say?

### FOR ALL YOUR HEARING NEEDS:

- HEARING TESTS
- HEARING AIDS
- HEARING AID BATTERIES & ACCESSORIES
- HEARING AID CLEANING & REPAIRS

If you checked 2 or more boxes, CALL NOW to book a FREE hearing screening test!

## HearWell BeWell™

*Life sounds good!*

**ELORA**

**519-846-0090**

58 Wellington Rd. #7

**NEW HAMBURG**

**519-390-3300**

79 Huron St. (behind Cook's Pharmacy)

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



DENTISTRY

# Zimmer DENTISTRY

Dr. Tyler Zimmer

Unit 3 – 10 Waterloo Street, New Hamburg

Tel. 519-662-3510

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



# Dolman

Eyecare Centre

251 B (Back) Huron Street, New Hamburg

Evening appointments—New Patients Welcome

519-662-3340

Contact Lenses & Laser Consultations

[www.eyecareforlife.optometry.net](http://www.eyecareforlife.optometry.net)

*Progressive care that can enhance your quality of life.*



## Autumn... What's not to Love!?



- \* Orange is everywhere...pumpkin patches, Jack-o-lanterns, squash soup and to the many amazing shades in the beautiful autumn leaves.
- \* Apple season... applesauce, apple crisp, candy apples, apple strudels, apple cider.
- \* The weather becomes dream-like... not too hot and humid; the springtime is unpredictable, and the winter is way too cold. Fall, however, is *perfect!* Skies can transform from slate grey showing awesome clouds, to brilliant blue.
- \* Leaves... crackling underfoot, the twirling and swirling of blowing leaves on windy days, children jumping in the raked piles.
- \* The fashion world flourishes with new fabrics and colours...fuzzy sweaters, slippers, hoodies, boots and jeans.
- \* You can curl up cozily by a fire whether watching a movie, reading a book or special moments with a loved one.
- \* New autumn smells that permeate the air—like the first time you catch a whiff of smoke coming from a neighbour's chimney, or the aroma from the pots of stew on the stove, or the apple pie fresh from the oven.
- \* Sports... Baseball playoffs, hockey and football season ramps up with gatherings of friends—eating snacks while cheering on your team, along with the fun sports pools and watching your stats.
- \* Fall Fairs – Whether in your town or travelling to other communities, fall festivals are great family outings – not to mention the French fries, exhibits and rides, games and fun!
- \* The spirit of change is in the air – new schools, new schedules, fall décor, food and clothes.
- \* It's the most wonderful time of the year, offering Thanksgiving, Halloween and ramping up for Christmas.
- \* Corn Mazes and Pumpkin Patches, Bon-fires, Scare Crows and Apple Picking
- \* Oktoberfest...zizzy zaggy zizzy zaggy hoy hoy hoy – ist wunderbar! **And yes to the season of fall—Wonderful!**

**FOCUS** • SALES  
 • SERVICE  
 • UPGRADES  
 computers inc. • REPAIRS

## QUALITY SERVICE FOR 20 YEARS

- ONSITE AND IN-STORE SERVICE AVAILABLE
- NEW AND USED COMPUTERS FOR SALE
- VIRUS REMOVAL, MAINTENANCE, UPGRADES AND MORE!



73 Peel St, New Hamburg, 519-662-6720



Barry and Pat Fisher  
 178 Snyder's Road E.  
 Baden, ON N3A 2V6  
 Phone: 519-634-8916  
 Email: [badenoutlook@hotmail.com](mailto:badenoutlook@hotmail.com)  
 Web: [www.badenoutlook.com](http://www.badenoutlook.com)

©2015 The Baden Outlook

Kids love Halloween and spooky things. ABC Life Literacy Canada offers these tips, tricks, and treats for the whole family to enjoy in the weeks and days leading up to Halloween.



- ◆ Tell each other spooky or scary stories - make-believe or real-life ("the scariest thing that ever happened to me").
- ◆ Libraries and bookstores have lots of spooky kids' books that are especially fun to read aloud at this time of year. Reading with a child is one of the most valuable learning experiences.
- ◆ Play Halloween ABC. Pick a letter, and take turns thinking of Halloween-themed things. For example, words starting with C are costume, candy and clown. Use the alphabet, the first letters of your family's names, or just pick letters at random.
- ◆ Count pumpkins, ghosts, and witches. Take a walk around the neighbourhood and count the Halloween items on porches, lawns and store displays. Keep track of them all on a chart and predict which will have the most.
- ◆ Make a Halloween treat. Teaching kids how to follow a recipe is great for reading and math skills. The internet is packed with Halloween recipes. Get the kids to pick a recipe, read the instructions and measure the ingredients.
- ◆ Decorate pizza, sandwiches, cupcakes, and cookies - or even just arrange different types of food on plates - to make spooky faces and scary scenes. There are lots of great ideas online.
- ◆ Make a Halloween costume with material from around the house. Use the internet for ideas. Get the kids to write a list of what is needed for the costume and then gather all the materials together.
- ◆ Research the history of Halloween and share the information with the family.
- ◆ Map out your trick-or-treating route before you go. Highlight your route on a map and show kids where your home is located.
- ◆ Organize Halloween candy in different ways. Sort and count by candy type, shape, or size. This activity reinforces basic math, association, and matching (and also slows down the sugar rush!).



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

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



OPTIMIST CLUB OF BADEN KIDS  
**HALLOWEEN PARTY**  
 IT'S GOING TO BE SPOOKTACULAR!

**Saturday, October 24 | 1pm - 3pm**  
**Wilmot Recreation Complex**

Magic Show at 2:00pm by "Five the Magician"  
 Games, Crafts, Treats!!!

OPTIMIST CLUB OF BADEN  
**ADULT HALLOWEEN PARTY**

**FRIDAY OCT 30**

**8:00PM - 1:00AM**

WILMOT ROD & GUN CLUB  
 2607 BLEAMS ROAD, BADEN, N3A 3J2

Details on Facebook (no account needed)  
[facebook.com/badenoptimist](https://facebook.com/badenoptimist)



OPTIMIST CLUB OF BADEN



**SKOWRON**

Decorating Centre  
[www.skowrondecorating.com](http://www.skowrondecorating.com)



Benjamin Moore®

• Custom Window Treatments • Benjamin Moore Paint • Wall Coverings

**Reynold & Kathy Skowron**

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

## Forest Glen Public School Introduces Phase 1 of “Learning Grounds” Greening Project.

On Wednesday September 30<sup>th</sup>, Forest Glen Public School had an official ribbon-cutting ceremony to commemorate Phase 1 of its “Learning Grounds” greening project.

This exciting event was held in the new outdoor classroom area. The agenda included a few words from school principal Mark Drummond, members of the Forest Glen Greening Committee (Amy Zister, Shannan Zister Kasper and Kristy Campbell) and sponsoring organizations; a ceremonial tree planting with participation from students; recognition of the project’s generous sponsors, and an invitation for attendees to tour the new school ground features. Forest Glen students and staff were dressed in green to commemorate the occasion. Also in attendance to help cut the ribbon were Mayor Les Armstrong and Councillor Jeff Gerber.

Phase 1 of the Learning Grounds project was completed in August 2015 and included the addition of several species of new shade trees, an outdoor classroom, additional armour stone rocks, several stock tanks, and a no-mow zone. The focus of Phase 1 was on foundational elements for shade, seating, and outdoor learning; upcoming phases will expand on this foundation with the addition of natural play features for active play. Benefits of school ground greening projects for students include increased exercise, opportunities for discovery and imagination, and an increase in environmental awareness and stewardship.

The success of Forest Glen’s Learning Grounds project to date has only been possible with the generous support of our sponsors TD, The Region of Waterloo, and Evergreen, as well as our community via funds raised within our Spring 2015 seed, soil, and mulch fundraiser (hosted by Make it Sow and Dirt Cheap).



Mayor Les Armstrong and Councillor Jeff Gerber help plant a tree to honour Forest Glen’s Outdoor Learning Grounds.



The sum is always greater than its parts and Affinity Health Clinic is no different. This community health clinic has empowered healthy life changes for 3,500 people and counting. We invite you to walk through our door and feel the power of commitment to a healthy body, mind, and spirit. We have an amazing group of health professionals; many of whom have served the area of KW and Wilmot Township for over 15 years. We have an affinity for keeping you well.

3 Waterloo Street  
New Hamburg, ON  
N3A 1S3  
Tel: 519-662-2123  
wecare@affinityhealthclinic.ca

<p><b>CHIROPRACTORS</b> Dr. Hamilton and Dr. O’Neill give safe and effective chiropractic treatments that have you going from hunched over to walking tall.</p>	<p><b>NATUROPATHS</b> Both Dr. Ackland and Dr. Bohez work with MDs to help patients reduce their dependency on prescription medications and focus on disease prevention. Most chronic diseases are preventable.</p>	<p><b>MIDWIVES</b> St. Jacob’s Midwives have a satellite clinic at Affinity on Tuesdays and Thursdays. More and more families are choosing to have a midwife for their birth. Consider it for your birth – it is worth it and Midwifery is proven to be safe.</p>	<p><b>HOLISTIC NUTRITIONIST</b> Helen Steinmann’s Healthy You Series is coming up: October 19th 7-8 pm <b>Easy Super Foods and their Benefits</b> Nov 2<sup>nd</sup> 7-8 pm <b>Healthy Fats for Healthy Minds</b></p>
<p><b>REFLEXOLOGY</b> Christina Flood has started her Sole to Soul journey as a reflexologist. Act now to take advantage of her Grand Opening Special of one (1) \$30 Reflexology treatment. Offer valid until November 1, 2015</p>	<p><b>MEDICAL AESTHETICIAN</b> Linda Langenegger has everyone seeing instant results on their faces. Her newest value options for you are the 30 minute aromatherapy facial massage for \$40 and the Brewers Yeast 50 minute treatment for oily skin and acne for \$70.</p>	<p><b>MASSAGE THERAPY/BODY WORK</b> Anita Bohez, a 25 year veteran RMT based in Toronto is treating clients at Affinity every 6 weeks starting Oct 26<sup>th</sup>. Anita has treated professional athletes, musicians, actors, actresses, and the everyday folks of T.O. Her younger sister Heather is pretty good at body work too but hasn’t treated anyone famous yet but was recently asked “where have you been all my life.”</p>	<p><b>UPCOMING CLASSES AT AFFINITY:</b> <b>QiGong Presentation and Intro Class – Oct 7<sup>th</sup> at 7pm.</b> Intro class is free. <b>Reflexology Certification Course:</b> Oct 17,18,24,25,31 Call Dorothy Bowman at 519-578-8549 <b>You can get orthotics at Affinity without being a patient</b></p>

# Together as a Community we can End the Mental Health Stigma



## OPEN MINDS Mental Health Awareness Breakfast

Featuring  
**Nick Petrella**



Nick is a Professor and Coordinator for the Health, Wellness and Fitness program at Mohawk College. He is also a Strength and Conditioning Coach and a Mental Health Advocate. Nick will share his personal experience with depression and anxiety.

**Wednesday, October  
28, 2015  
8:00 – 9:30 a.m**

Breakfast catered by Kennedy's  
\$30 per person or  
\$210 per table of 8

New Hamburg Community  
Centre, Jacob Street

Tickets: call 519-662-3092 or  
email [ngingerich@ymail.com](mailto:ngingerich@ymail.com)

Proceeds to Interfaith's Expanding Hope  
Campaign

In partnership with



To see videos of Nick sharing his experiences, please  
visit <http://nickipetrella.wix.com/nick-petrella> or  
<https://www.facebook.com/nick.i.petrella>

Help us make our community stigma-free!

Many people who are faced with symptoms of a mental health illness often experience stigma—and can experience negative attitudes and perceptions from those around them. Stigma spreads fear and misinformation, labels individuals, and perpetuates stereotypes. More than 60 per cent of people with mental health challenges and mental illness won't seek the help they need; stigma is one of the main reasons.

**Stigma is everywhere.** Some 20 per cent of Canada's population lives with a mental illness. That's about seven million of us. But despite how common it is, mental illness continues to be met with widespread stigma: in hospitals, workplaces, and schools; in rural and urban communities; even among close friends and families. It occurs around the world, not confined within national boundaries or cultural groups. For more information see the Mental Health Commission of Canada, [www.mentalhealthcommission.ca](http://www.mentalhealthcommission.ca).

**Stigma can be reduced.** Reducing stigma requires a change in behaviours and attitudes toward acceptance, respect, and equitable treatment of people with mental health problems and mental illnesses. A community that is educated about the challenges

individuals face with a mental health diagnosis, the negative impact of stigma and awareness of local resources that help support those in need to achieve emotional wellness can be a community that is effective at reducing stigma. Together, Wilmot Township can be a community that is stigma free.

Join us at our Open Minds Fundraising Breakfast to learn more about how together, we can collectively have an impact on reducing stigma in Wilmot Township and support those in need to access the resources to achieve emotional wellness. Tables are available for purchase to local businesses and organizations at a discounted rate. Individual tickets are also available. All proceeds from this inspiring event will support ICC's Expanding Hope Campaign which is aimed at instilling hope in our community and reducing stigma.

This advertisement is sponsored by

