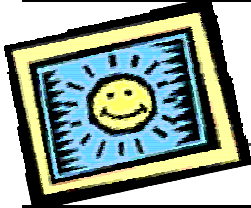


BADEN



OUTLOOK



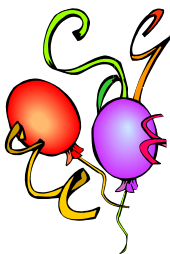
Your Community Newsletter - With 2550 copies in circulation.

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Baden, ON N3A 2V6
Phone: 519-634-8916
Email: badenoutlook@hotmail.com
www.badenoutlook.com

*The Baden Outlook begins
its 10th year, ...*



*"Keeping the
Community
Connected!"*

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THE BADEN OUTLOOK TRAVELS TO TAIWAN



Barry Roth, a Baden resident, travels often to Asia - most recently to Taiwan where he managed to get this shot of himself with two colleagues. They are in a restaurant where they serve a local delicacy "Stink Tofu". *"The name says it all, - terrible smell but tastes good. I promised the guys they would be famous back in Baden so they are looking forward to seeing their photo in the Outlook."* - Barry Roth

The Baden Outlook attributes the "Travel with The Outlook" feature to Sylvia Forbes, who was the first to submit a travel photo and encouraging others to share their holidays with our readers. It is exciting to see where people have taken their favourite reading material. To the right is Sylvia's pic which was in our January issue. *Thanks Syl... we miss you!*

More on Sylvia Forbes on page 5.



This paper is priceless!



Please have one!

Talking With Ed

Media groups are making headlines - especially newspapers (*ha ha*). Canwest Global, owners of the

National Post, CHCH TV in Hamilton, CJNT in Montreal, Global television network and many other media outlets, are four billion in debt. Their share price has dropped from over \$15 in 2006 to 6.5 cents on July 10th. Local television stations claim they are losing money at the hands of the cable providers; radio stations are dropping listeners; and newspapers are losing circulation. With the high cost of advertising you have to wonder why this is happening. Here are a few of my thoughts:

Television Stations – Growing up in Muskoka (in the late 50's) we were only able to receive one channel – CKVR in Barrie. Today we can view up to 900 channels, all of them fighting for advertising dollars. Obviously the population has increased, but the explosion of possible channels has far outgrown the dollars in my opinion. Specialty channels are paid for their services so there is a clear advantage for them. We choose to remain with Rogers as they do offer the Kitchener TV station –however in this type of global economy - local advertising might not seem as important as it used to (ask any local retailer) - until the local station is gone. I feel sorry for the citizens of Wingham (CKNX) and Windsor (CHWI) who will lose their stations at the end of August.

Radio Stations – According to <http://www.math.uwaterloo.ca/~rbutterw/tables/radio.html> there are 11 FM radio stations in Waterloo Region (68 stations for us to receive beyond Waterloo Region). Yes there are some community radio and college radio stations included but with a population of 506,000 (end of 2006 according to Wikipedia) it seems like a lot. This does not include the AM stations that broadcast out of Waterloo region. The emergence of I-Pods, CD's and MP3's coupled with pay radio stations certainly take a toll on advertising supported choices.

Newspapers – Once again many papers in the region are dealing with declining advertising and circulation. According to the Ontario Community Newspapers Association there are over 265 Ontario

Get the Message?



community newspapers that belong to their association - that does not include this publication. The economic slowdown has discouraged retailers from advertising and a variety of new advertising techniques – such as internet, billboards, programs and flyers change the landscape. Do you remember when supermarkets printed their ads in Wednesday's paper – a thing of the past now.

I have been following two newspapers that are trying a different approach. *Wellesley Is...* is a free monthly online magazine which will be distributed around the middle of each month. The focus of this paper is not current news, but more about local personalities and events in the community. It can be found at <http://wellesleyis.ca>. Online benefits would include reduced costs of printing and mailing and the entire paper can be seen in colour (very costly to print). The downside is that, they miss the computer-illiterate reader and there *is* something about picking up an actual piece of paper. We wish them all the best with their new venture.

The second paper is the *Grand Bend Strip*, a free monthly paper distributed to all households in most communities in the Grand Bend area including Dashwood, Exeter, Parkhill, Port Franks and Zurich. As seen on his website, as of May this year the circulation was a whopping 4,570 and owner Casey Lessard says that after two years with the paper he hasn't made any money. Several larger advertisers pulled out this year – so the decision was to make the monthly a fee-based paper. Currently, according to their website www.grandbendstrip.com, there are 600 subscribers and another 400 papers sold at local stores—a considerable drop in circulation. The paper has won numerous provincial and national awards.

Local TV, radio and papers serve a purpose in the community keeping everyone informed of events, changes and needs **close at hand**. Their loss can hardly be seen as progress.

As always, proud to keep this community connected.

Until next month ... Ed.

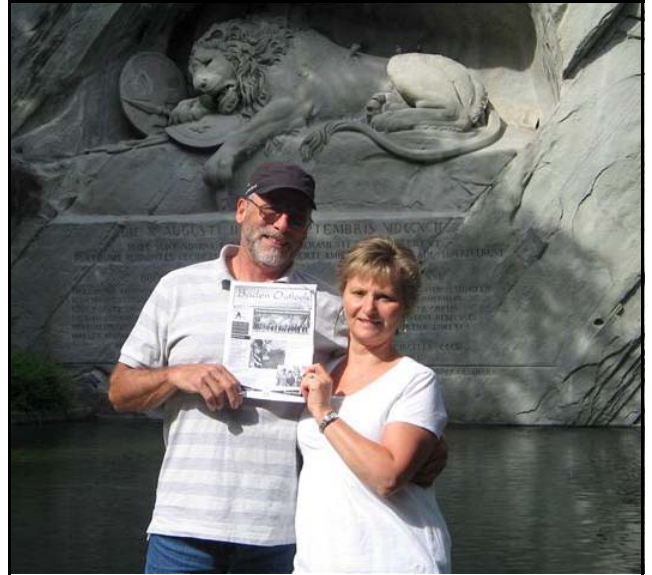
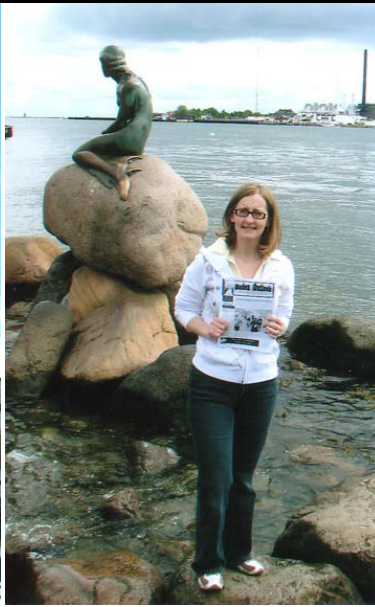
EXTRA!! EXTRA!!



There are extra copies of The Baden Outlook available at Teddy's Bakery, Stop 2 Shop (Baden & St. Agatha), Old Fashioned Variety (Petersburg), N.H. No Frills, Sobey's, & Short Stop, the New Hamburg and Baden Libraries and various businesses throughout Wilmot Township.

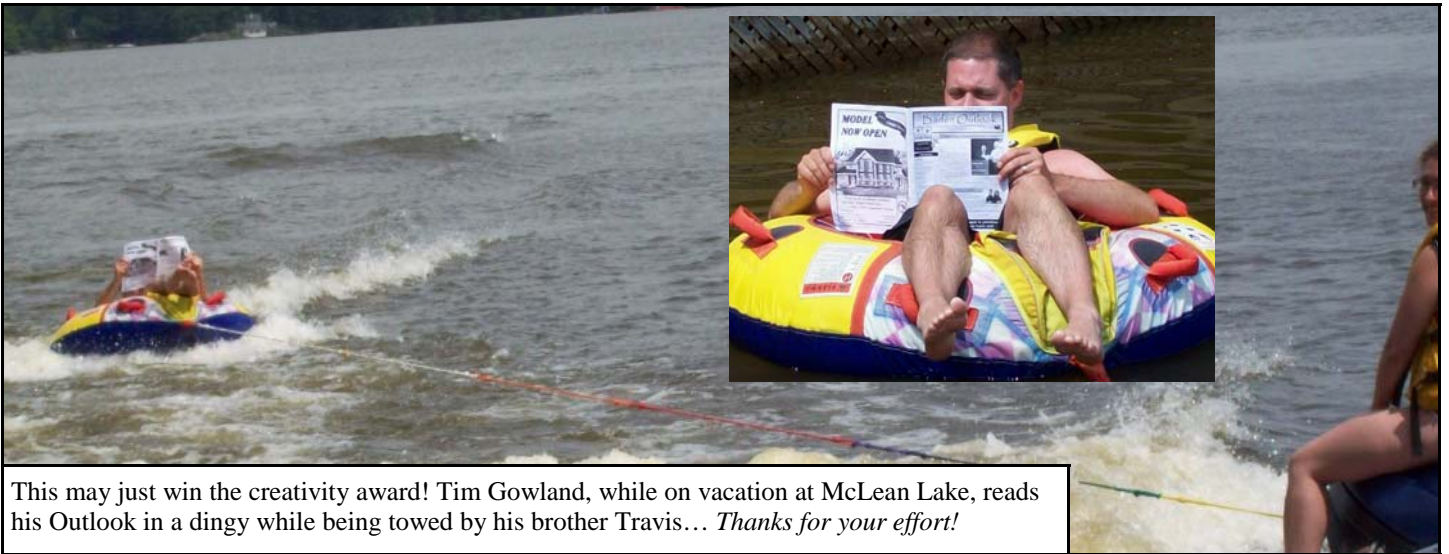
The Baden Outlook is a completely independent publication, not affiliated with or funded by any other printer, organization, individual or commercial enterprise.

Ah Yes - More sun, rest and even more exciting destinations as the Baden Outlook continues to travel. Thanks for sharing your holidays with us!!



The Baden Outlook went to Iceland, Scandinavia, the Baltics and Russia with Jeff and Kelly Freeman. Kelly stands in front of the Alexander Nevsky Cathedral in Tallin, Estonia, and by the famous bronze sculpture of the Little Mermaid in Copenhagen, Denmark.

Dave and Nancy Taves, of Baden, took their Outlook to Lucerne, Switzerland during a two week tour. In the background is the "Dying Lion Of Lucerne" monument.



This may just win the creativity award! Tim Gowland, while on vacation at McLean Lake, reads his Outlook in a dingley while being towed by his brother Travis... *Thanks for your effort!*

Stephen Preston
musician

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Baden Bagatelle

- ⇒ In our past issues we featured musician *Papa Thom*, (Keith) who travelled across Canada raising money for homeless shelters with his “Shepherds Pie Tour”. He has recently moved out to Kelowna to settle down, but will continue his mission. We wish Papa Thom the best of luck - updates are available from his website www.papathom.com to follow his journey.
- ⇒ Things that make you go hmmm...?? Does anyone else find it strange that Foundry Street has been torn up two summers in a row – last year a new bridge was constructed and this year, new water works. It might have been an idea to tag-team on the two jobs, and spare the locals more travel confusion and *mess...* just a thought.
- ⇒ Congratulations to Jamie Doucet from New Hamburg and Sarah Sine from Mannheim, (featured in June Outlook) who completed a relay swim across Lake Ontario on the August long weekend. The pair has raised over \$56,000 and raised awareness of Multiple Sclerosis. Bravo!
- ⇒ With the many changes developing in our “downtown”, please drop in and welcome new store owner Wendy, at “*my pet. my home*” at 15 Foundry Street.

BADEN FARMER’S MARKET

Drop by and visit the market and experience a terrific variety of vendors offering fresh produce, meats, breads, crafts and much more!



Hours: Saturday 8 am - 3 pm
Sunday 11 am - 3 pm

Come Check it out! Shop Local!



Demolition makes way for new Baden Market. Our downtown core continues to change - what's next?

my pet. my home.

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gifts for baby - graphic tees - bath toys
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tues & wed 9:30-5:30 thur & fri 9:30-8:00 sat 9:30-4:00 sun 12:00-4:00

Saying Good-bye to a Special Lady



Sylvia Frances Forbes - March 2, 1948- June 21, 2009

Sylvia Forbes passed away a few short weeks after her illness was diagnosed. She was courageous with the love of her family and close friends by her side. She will be missed and remembered by all who knew her as she freely gave her warmth and friendship to everyone she knew. She truly was a special lady.

"God made His decision and He has recalled one of His best "trainers" that He put on this earth. (Syl always described her occupation as "trainer" and would usually get questions from customs, which gave them a chance to experience her charm!)"

"As "a trainer" I believe that Syl was teaching all of us how we should live our lives and treat your fellow man. I see from the blog stories how she touched so many and I told her this right to the end." - Al Forbes

To view her blog visit
sylupdates.blogspot.com



Kristen Hahn

81 Peel St. New Hamburg, ON N3A 1E7
Ph. 519-662-3535 Fax. 519-662-1110
info@uppercasebooks.ca www.uppercasebooks.ca

New Business Scholarship in Honour of Chamber President, Sylvia Forbes

The Baden & District Chamber of Commerce announced this week that it has established a new scholarship for a worthy Waterloo-Oxford business student, the Sylvia Forbes Business Leadership Award. It is in honour of Sylvia Forbes, the President of the Chamber at the time of her passing. This new award doubles the monetary value of the previous scholarship the Chamber sponsored.

James Yahn, the new Chamber President said, 'This award is to honour Sylvia's relentless dedication to the Chamber, the Baden business community and to the people of Baden. Her cheerfulness, spirit and enthusiasm created a model for those who served with her. It also reflects Sylvia's interest in the entrepreneurial spirit of our future business leaders.'

The recipient of this annual award will demonstrate excellence in business studies at Waterloo-Oxford and embody the community concern and service epitomized by Sylvia Forbes.

By establishing this award, the Baden and District Chamber of Commerce seeks to acknowledge the huge contribution Sylvia Forbes made both to the Chamber and to the Baden community.

Community Bar-B-Q



August 27
5:30 pm

Beck Park

Adults \$10.00
Children 5-12 \$5.00
Advanced Sales Only

Tickets:
local businesses
or 519.634.5205

Baden and District Chamber of Commerce

WATERLOT RESTAURANT CELEBRATES 35 YEARS IN BUSINESS

New Hamburg's Waterlot Restaurant is celebrating its 35th anniversary this year, as it opened its doors on August 28, 1974. Owner W. Gordon Elkeer, a retired RCMP officer from Toronto, purchased the home in 1973 from Dr. Kirkpatrick. Gord was looking for a waterfront property to open a restaurant and even had the name in mind "The Waterlot". In the 70's Gord also owned a second restaurant called "Numbers" which was at the location of Riverside Flowers on Huron Street. Gord and daughter, Leslie, manage the prominent upscale restaurant, and its reputation draws diners from near and far.

This picturesque property is rich in history and has been an important part of New Hamburg's history. In 1834, a Hessian named Josiah Cushman was granted the land and the water rights to the river in a town which was known as Smith's Creek (now New Hamburg). He built a mill; shortly thereafter Cushman, his family and some of the settlers were wiped out by a cholera epidemic. Some of the victims' bones were discovered at the side of the property, then known as Cushman's Mills, more than 100 years later.

William J. Scott (also known as Lord Campfield) who built the house was born in Scotland in 1812 and

came to this area in 1838. The house was built around 1846 after Scott purchased 31 acres of land, including Cushman's mill and the water rights. He became the first postmaster of 'Hamburg' in 1851 as well as operator of a cloth factory, a flour mill, a saw mill and a distillery. On June 10, 1857 the town became known as New Hamburg. Scott was reeve of Wilmot Township 1853-55 and was elected to Parliament in January, 1858.

In October 1867, Scott moved his family to New Zealand, selling the house to a young Swiss named Samuel Merner. Merner was Reeve of New Hamburg prior to becoming County Warden. In 1878, he was elected to Parliament and in 1887 was appointed to Senate.

Subsequent owners of the house were I.M. Clemens, a local mill operator, Dr. R.W. Anderson who practiced medicine during the early 1900's and Dr. T. C. Kirkpatrick who practiced medicine at the house for over four decades.

The Waterlot has had many accolades over the years winning as one of the ten best restaurants in Canada; the Diamond Award from CAA; Eat Smart designation; and Top Soup in the professional category of the Alzheimer Society of Perth County competition. The building is also designated a Wilmot Heritage Site by the Wilmot Heritage Society.

To celebrate the 35 year anniversary, the Waterlot is offering a \$35 three course meal all year. They also have reasonably priced lunches - appetizers from \$4.95 to \$10.95 and entrees from \$9.95 to \$16.95. They offer a patio with a terrific view of the river, five rooms to accommodate your party needs, catering, wedding packages, Christmas parties, bed and breakfast packages and of course an awesome menu.

Leslie and all the staff at the Waterlot would like to invite all local residents to visit and experience fine dining at very reasonable prices and help celebrate the Waterlot's success.



The Waterlot
Restaurant & Inn

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www.waterlot.com

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Open House

Monday, September 14, 2009
St. George's Anglican Church, 7:30-8:30 pm

Weekly Beginner Classes start:
Monday, September 21 10:00-12:00 am
or 7:00-9:00 pm

Baden Branch Library News



This summer, over 220 children ages 3 and up participated in the **2009 TD Summer Reading Club, AGENT 009** (we broke last year's record of 213!). Everyone kept busy reading lots of books, guessing what was in the Mystery Box, opening the Treasure Vault and learning how to be a secret agent in the weekly programs with our summer student Janine. Congratulations everyone (your teachers will be very happy!).

The **Kids AGENT 009 Summer Book Club** read mystery books from the Encyclopedia Brown series. Information about our first fall meeting will be coming soon. The Kids Book Club is aimed at children ages 8 – 11.

Read the first chapter of the **One Book, One Community book, The Book of Negroes**, check out reader reviews and more at www.oboc.ca. Meet the author Lawrence Hill in Waterloo Region from September 15 to 17. **The rural reading by the author will be held at Waterloo-Oxford D.S.S. at 1:30 p.m. on Wednesday, September 16** and you are invited to attend this free event. Check the website for the complete schedule or call RWL headquarters at 519-575-4590.

Pre-registration for Storytime for children ages 3 to 5 years old begins September 8. This eight week program begins the week of October 6. Choose either Tuesday afternoons from 1:45 to 2:30 p.m. OR Wednesday mornings from 9:15 to 10 a.m. Fun with stories, songs, games and crafts!

Adult Computer Classes: If there is enough interest, classes will be offered on Tuesdays from Sept. 22 to Nov. 10. The Beginner class will be held in the afternoon from 3:15 -5:15 p.m. and the Intermediate class from 6 to 8 p.m. in the evening. The St. Louis Adult Learning Centre of the Waterloo Catholic District School Board will supply a patient, supportive and enthusiastic teacher. Cost of the course is \$125. Please call the Baden Branch right away if you are interested.

Need a library card? New library memberships are free! Come and visit us soon.

Contact the library at 519-634-8933 or by email at badenlib@region.waterloo.on.ca for more information. Up-to-date information is also available on our website: www.rwl.library.on.ca

Due to space limitations, registration is limited for ALL library programs.

Chris Baechler, Assistant Supervisor, Baden Branch

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Special Occasion Cakes



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One hundred and thirty-five years ago, in 1874, the nation of Canada was a mere seven years old. Louis Riel was still alive, the U.S. Civil War had been over for less than a decade, and Edison was still three years away from inventing the phonograph. If all that seems a very long time ago, then you'll appreciate the significance of this historic fact: on July 22, 2009, E.J.'s Tavern and Restaurant celebrated its 135th birthday.

E.J.'s -- previously known as The Baden Hotel -- was originally a frame building that operated as a hotel for travelers and a restaurant for anyone wishing a hot, hearty meal. In 1874, the frame building was moved, and owner Christopher Kraus built the structure we see today. In its early days, the hotel catered primarily to travelers on the Grand Trunk Railway which passed nearby on its route to Stratford and beyond, and everyone from sawmill workers to salesmen enjoyed the hospitality of the Baden Hotel.

A list of the hotel's owners reveals some familiar local names: Stiefelmeyer, Zimmerman, Baechler, and many more. But despite the frequency of changes in ownership the tavern has operated continuously as a village hotel for its entire history, a distinction that adds to its special character. It became "E.J.'s" in 1989 when it was purchased by Edward John Adyllis, and in 2000 was bought by Matt and Jackie Rolleman, who continue to operate the restaurant today.

Over the years the original buff-brick structure, rising two and a half stories over Snyder's Road and Mill Street, has been essentially the same. It's a unique place, so much so that in 2002 it was designated a historical building under the Ontario Heritage Act for a variety of reasons beyond its historic significance. For example, its exterior lines do not run at 90 degree angles but conform to the streets, and the unusual "cut corner" (once probably a door; today a window) proudly displays Christopher Kraus' name.

E.J.'s interior also adds to its historical importance. The famous tin ceiling tiles, painted with landscapes and floral scenes, are a beautiful and curious feature of the west-side dining area. According to a history handwritten by Edna Stiefelmeyer (wife of 1906 owner John Stiefelmeyer), her husband met an itinerant artist at Kitchener's Walper Hotel and invited the man to Baden. The artist accepted, and painted the tiles -- some versions of the story claim he did the work in exchange for room and board. Today these wonderful pieces can still be enjoyed by E.J.'s customers.

And the customers who have enjoyed E.J.'s hospitality are many. On July 22, 2009, Matt and Jackie Rolleman welcomed a packed house of guests to a very special celebration: E.J.'s 135th birthday. Every chair in the historic tavern (both inside and on E.J.'s excellent patio) was filled, local band "Frank's Boys" rocked the house, and E.J.'s wonderful servers wound their way through laughing crowds to bring wings, nachos, meals, and of course a terrific selection of draught beers to all. Oh, yes, and there was a birthday cake, of course for the old Grande Dame of Baden.

It was a celebration of E.J.'s past, but also of her

continuing role as a warm, relaxed, and fun restaurant that always feels like home. Mrs. Stiefelmeyer's memories of The Baden Hotel include a wealth of information, but not just about the hotel itself. She writes about the salesmen who displayed their wares in the hotel's "sample rooms"; political meetings in the banquet hall; the man who cared for horses stabled in a building now long gone. The history of E.J.'s is one of people who -- whether born in Baden or just passing through -- ate, laughed, and celebrated together.

It's a history of warmth and welcome. No doubt Edna Stiefelmeyer would approve this ongoing role.



*It was a sold out night -
A good time was had by all!*

Many thanks to Tracy Loch, Curator at Castle Kilbride, and to Matt and Jackie Rolleman of E.J.'s Tavern for information and resources. And sincere thanks to you all for keeping Baden's most treasured buildings alive.

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Why? Why? Why? ...



- ⇒ Why do you have to "put your two cents in"... but it's only a "penny for your thoughts"? Where's that extra penny going to?
- ⇒ Why is it that people say they "slept like a baby" when babies wake up every two hours?
- ⇒ Why do toasters have a setting that gives you the choice to burn the toast to a crisp, which no human being would want to eat?
- ⇒ Why does a round pizza come in a square box?
- ⇒ Why does Goofy stand erect while Pluto remains on all four legs? - They're both dogs!

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LookOut Kids Korner



How to Read a Grown-up's Mind

Here is a way into a grown-up's mind - they will be amazed with your brilliance.

Ask them the following questions:

1. "Think of a country that starts with the letter D. Don't tell me what it is." (The typical grown-up will think: Denmark.)
2. "Take the last letter of that country and think of any animal that starts with it. Again, don't tell me what it is." (A typical grown-up will think: kangaroo.)
3. "Take the last letter of that animal and think of a fruit that starts with it. Don't say anything, just think." (A typical grown-up will think: orange.)
4. Finally, put your hand on your forehead, close your eyes, and say the following: "Orange... you're thinking of an orange."



You have been just elevated to Mind Reader status.

What's Your Eman?

Write your name on a piece of paper - then write it backwards. This is your eman (Name - backwards). Tap and Yrrab think this is fun! Other silly names include:

Mayor, Wayne Roth - Enyaw Htor
Principal, Joanne Soye - Ennaoj Eyos
Ej's, Matt Roleman - Ttam Namelor
Eglis Meats, Hans Egli - Snah Ilge

Summer Time Word Search Words

Find the summer related words in the grid—you will find them forwards, backwards, diagonally, up or down. Have fun!!

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

BASEBALL
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CHIPMUNK
FISHING
FLOWERS
FRIENDS

FROG
GREEN
HOLIDAY
KITE
OUTSIDE
PATIO
RAINBOW
SANDALS
SHORTS

SUNSCREEN
SUNSHINE
SWIMMING
THUNDER
TRAVEL
VISIT
WATERMELON

Answers on page 19

A Fun Kids Website

Here is a cool website for kids that can provide lots of fun for the younger crowd.

The site www.primarygames.com has plenty of fun activities such as games, jigsaw puzzles, arcades, post cards, language arts, print zone, science, Chobots and more. Check it out!!



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"Get It Together"

...with Donna & Rhonda

We continue our "trip around the house" and this month bring you organizing tips for the main entrance or mudroom of your home. This is the first impression that anyone entering receives, so look at it with a critical eye.

Are mountains of shoes overtaking your space? Several times each season do some evaluating. Match up all the pairs and be sure that what is there is in decent condition and still fits its owner. Only shoes that are worn very regularly should be stored at the main entrance. Dress shoes and anything that is out of season should be stored elsewhere. If space allows, there should be some sort of shoe shelf or shoe cubbies. The expectation is that when shoes are taken off they have a "home" to go to, rather than just being kicked off to become part of the mountain of footwear that can quickly collect and overwhelm this small space.

The entrance is a great place to have a basket or drawer to accumulate items "on the way".....to someone else, to be returned to the store, or taken to work or school. Each time you pass through the entrance to leave, scan the basket and grab the pertinent items.

A chest of drawers can be an efficient piece to have in the entrance if space allows. Drawers can be assigned for storage of hats (touques in the winter, ball caps and sun hats in the summer) or personal care products such as sunscreen and insect repellent.

To learn more about "Getting It Together", visit us at www.heartofthematter.ca

*In order
to live a life
of purpose*



Fall Fair Heritage Display

Members of the fall fair board are requesting fall fair memorabilia, for loan or donation, to be displayed during the fall fair weekend of September 17 to 20th. The group is looking for items such as pictures, trophies, ribbons and prize books related to the fair. The fair will be celebrating 155 years and it would be fitting to display past memorabilia.

Contributors can contact Ralph Shantz at 634-8629 or Myrtle Snyder at 662-2222. Prize books for the fair can be picked up at the New Hamburg Library, Office Pro, and Meadow Acres or Teddy's Bakery.

Weather Trivia - Did you know that?...

- * The century long record for southern Canada shows 1996 as the wettest year.
- * 1910 was the driest year.
- * The world's first television weather chart was broadcast in Britain on November 11, 1936.



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What's New at the NH Thrift Centre?

The garden project at the New Hamburg Thrift Centre has really taken off - with lettuce, swiss chard, beets, carrots, peas and now green beans for sale in the store. We look forward to a wide variety of vegetables yet to come!

Vegetable donations from the community have also started to come in as people share their excess produce to raise funds for MCC. We have received beets, lettuce and carrots that people have grown at home.

The growing season for swiss chard has been exceptional and we continue to have an abundance of it. We provide recipe ideas in the store for customers to explore new ways to cook this very nutritious vegetable. Swiss chard is low in saturated fat and cholesterol. It is high in dietary fibre, Vitamin A, Vitamin C, Vitamin E, Vitamin K, Riboflavin, Vitamin B6, Calcium, Iron, Magnesium, Phosphorus, Potassium, Copper, Manganese, Thiamin, Folate and Zinc. It is high in sodium but is only 35 calories per cup (raw).

If you want to give swiss chard a try, here is an idea which has become a favourite of our volunteer Master Gardener, Allan Grose. We hope you will enjoy!

Chard and Cheddar Omelet

This southern-style omelet would go nicely with sautéed plum tomatoes and warm corn bread.

- 2 tbsp butter
- 2 cloves garlic, minced
- 3 cups packed red Swiss Chard, stemmed, chopped
- 3/4 tsp hot pepper sauce
- 5 large eggs
- 3/4 cup grated sharp cheddar cheese
- 1/4 tsp salt
- 1/4 tsp ground black pepper

Directions: Melt 1 tbsp butter in 8-inch-diameter nonstick skillet over medium-low heat. Add garlic; sauté until soft, about 2 minutes. Stir in chard, cover and cook until tender, about 4 minutes. Stir in hot sauce. Season with salt and pepper. Transfer to small bowl. Wipe skillet clean. Whisk eggs, 1/4 cup cheese, salt and pepper in medium bowl to blend. Melt 1/2 tablespoon butter in same skillet over medium-high heat. Add half of egg mixture and cook until eggs are just set in centre, tilting pan and lifting edge of omelet with spatula to let uncooked portion flow underneath, about 2 minutes. Scatter half of chard mixture over half of omelet. Sprinkle 1/4 cup cheese over chard. Fold omelet over cheese; slide out onto plate. Repeat with remaining butter, egg mixture, chard and cheese.

Makes 2 servings; can be doubled.

Or try Swiss Chard just sautéed in olive oil or butter with garlic and or onions. Add a little salt and pepper! It tastes great!

**New Hamburg
Thrift Centre**
41 Heritage Drive
New Hamburg
519-662-2867



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Stop by to purchase
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All proceeds benefit
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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



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4 tickets to the movies cost what - Over \$40
4 bags of popcorn and drinks also cost
around \$40, right? Then there's always
the chance that your family has to sit
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SUPPORT GROUP FOR PARENTS

Parents linked with our Community to assist in the need for Support, Awareness and Empowerment against narcotics.

Monday evenings at 8 p.m.
Trinity Lutheran Church
23 Church Street,
New Hamburg
Martin Luther Room (upstairs)



Wilmot Girls Hockey 2009-2010 Season



Registration is open and available on line.

Please go to our website -
www.wilmotgirlshockey.com and follow the links.

The office will be open on the following dates to assist with online registration:

Wednesday August 26 - 7-8:30pm
Wednesday September 2 - 7-8:30pm
Tuesday September 8 - 7-8:30pm

For girls interested in playing Rep (Travel Hockey) tryouts are on the following dates:

Tuesday Sept. 8 - 5:00 - 6:00 - Atom C
6:00 - 7:00 - Pee Wee C
7:00 - 8:00 - Bantam B/BB
Thursday Sept. 10 - 5:00 - 6:00 - Atom C
6:00 - 7:00 - Pee Wee C
7:00 - 8:00 Bantam B/BB
Saturday Sept. 12 - 12:30 - 1:30 - Atom C
1:30 - 2:30 - Pee Wee C
2:30 - 3:30 - Bantam B/BB

See the website for additional dates.

Any questions regarding tryouts and registration, please contact Michele Brenneman at 519-634-5068 or email at rbrenneman7107@rogers.com

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WHFB members have been busy this summer, both in the museum and out and about in our communities. Check out what's happening for August and September:

SUMMER SATURDAYS:

Saturday mornings from June to Labour Day, the WHFB Museum is open from 9 am. - 1 pm. Take advantage of these weekend opportunities to see artifacts from Wilmot's firefighting history -- and to see our new displays and layout.



DROP-IN WEDNESDAYS: Every Wednesday evening from 6:30 p.m. - around 8:30, Brigades' members are at the museum. Drop by to meet us (and for snacks and coffee, be sure to stop by on Wednesday September 2 for our monthly social night)!

FIELD TRIP TO THE WRESTRC: On June 24th, Brigades' members and guests enjoyed a tour of the Waterloo Region Emergency Services Training and Research Centre on Erb's Road, Waterloo. A terrific and informative tour was led by Centre director Rick Hummel. Thanks, Rick!

COMING EVENTS AND APPEARANCES: The Brigades trucks will be at the following events:

August 14th: New Hamburg Cruise Night
August 15 & 16: New Hamburg Moparfest (we will display our 1940 Fargo truck)
August 19: Expressway Ford Cruise Night
October 3: Wilmot Township Fire Prevention Week Open House (Baden Fire Station)

ANNUAL THEATRE FUNDRAISER: Each year, the WHFB enjoys a special WHFB

performance at the St. Jacob's Schoolhouse Theatre. This year's show is *TWO PIANOS, FOUR HANDS*. Tickets are only \$35 each for the October 23 show; contact a Brigades' member for information and tickets.

NEW MEMBERS AND VISITORS WELCOME: Our next monthly meeting is WEDNESDAY AUGUST 19th, 7:00 p.m. at the Brigades Museum behind the Baden Fire Station. Come on out and see treasures from our firefighting past!

If you have questions about the Wilmot Heritage Fire Brigades, feel free to call Kenton Frey for more information at 519-634-8580. Enjoy the rest of your summer ... and stay fire-safe!



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- * Bleaching/whitening
- * Headache/migraine control (related to TMJ)

Herbs have been in use since the beginning of recorded history and there seems to be no end to the folklore surrounding them. For example, during the middle ages Fennel was nibbled in church to curb the appetite and quiet a restless child. During Ancient times Rosemary was freely grown in kitchen gardens and came to represent the dominant influence of the house mistress: "Where Rosemary flourished, the woman ruled," it was said. Basil was alleged to have been found growing around Christ's tomb after the resurrection and has been used in the preparation of holy water in the Greek Orthodox Church.

If we could go back in time to the period when the early American settlers colonized the New World, we would notice that properties were organized for function, for winter protection and for convenience. The concept of herb gardens such as those we often associate with restored properties has no basis in early records. It appears, instead, that herbs for medicine, cooking or perfumery were rarely planted in a garden by themselves but were interspersed between flowers and vegetables. The choice of what was to be grown was influenced by the personality, nationality and character of the gardeners and, later, the size of family income became a determining factor. A few Doctors kept a physic garden so they would have the proper herbs in quantities to cure their patients. Herb gardens were also associated with Monasteries.

Since most culinary herbs are native to the dry regions of the Mediterranean, the secret to successful cultivation is to give the plants good drainage. Herbs grow most vigorously and develop their best flavor in soil that lacks fertilizer. The only care most herbs require is weeding. Herbs are rarely bothered by disease and their scent seemingly repels insect pests.

Most perennial herbs are winter hardy, the exception being Rosemary which must be moved indoors for winter. Lavender, Thyme, Winter Savory and Sage do require a mulch for winter protection.

The best time to harvest culinary herbs is in the early morning when their oils are stored in the upper part of the plant. When harvesting herbs for drying as for winter uses – gather them just before the flower buds open. This is best done on a dry, sunny day.

Besides being used in cooking, herbs have many uses. They can be used as moth repellants in linen and clothes

closets. They are room fresheners. Sachets of herbs can perfume lingerie drawers.

Herbs add interest and beauty in perennial borders and foundation plantings. For example: Purple Ruffles Basil and Marigolds are an attractive combination. Use Creeping Thyme in Rock Gardens and between flagstones. This can also be harvested for use in cooking.

Herbs in the garden can be beneficial to other plants growing near them. Their strong scent keeps insect pests away. Here are some examples:

- To deter the carrot fly, grow Garlic, Chives, Nasturiums Sage or Rosemary near carrots.
- To repel whiteflies, intersperse crops with Nasturtium and French Marigolds.
- Plant beans on either side of potatoes to repel the potato beetle.
- Cleome (Spider Flower) planted on the edge of the garden will keep rabbits at bay. Only a slight disturbance of the plant produces a strong skunk-like odour. (The odour is not long lasting).

Note: None of the above is guaranteed 100% successful but will assist in reducing pest problems.

- ⇒ Herbs can provide flavour and interest to foods for those on a salt reduced diet, replacing the need for salt. Thyme and Marjoram are especially good.
- ⇒ Borage, planted with Peas and Beans will greatly increase the yield. Bees love Borage flowers and while visiting, will also pollinate Pea and Bean flowers. Basil grown with Tomatoes will improve the flavour of the fruit and the strength of the plant.
- ⇒ Rosemary is a useful skin cleanser and hair rinse. Cilantro adds a spicy flavor to soups and stews. Calendula flower petals are a good substitute for Saffron in recipes.
- ⇒ Sprigs of Lavender make good room fresheners. Santolina was used by early settlers as a moth repellent.

Herbs can be grown with such ease and require limited space and care. The large variety of aromatic oils and other chemicals extractable from herbs for use in food, cosmetics, perfumes and the pharmaceutical industries, make herbs important to human life.

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2009 Wilmot Horticultural Society Garden Tour

Sunday, September 13 - 12 pm to 4 pm
Featuring Gardens of New Hamburg

For more info - Call Theresa at 519-634-5079



Junior Gardener Awards Presentation and Flower Show

Monday, September 14, 2009, 7 pm

Wilmot Recreation Complex - Mtg. Rm. #1 - 1291 Nafziger Rd. Baden
Speaker: Brenda Campbell - Cosyn's Garden Gallery, Stratford, 7:30 pm
Topic: Fall Cultivars - Everyone is welcome to attend.

Girls Club

Join us at Baden Girls club where we meet new and old friends, do crafts and have fun.

We meet every 3rd Tuesday night of the month, starting September 15th with a 'getting to know you' bonfire and ending May 18th with our annual Mystery Banquet. Cost is \$20 per year

We meet from 7:00 - 8:30 p.m. at

Wilmot Mennonite Church, 2995 Bleams Rd, NewHamburg.

All girls (grades 3 to 8) are welcome and bring a friend or two.

Non-Denominational. For more information please contact Marcia at 634-5960.



New Hamburg Skating Club

Now accepting Registrations for Fall and Winter Skating

Fall Session : September 2 to October 10, 2009

Registration Deadline : September 1, 2009

Winter Session : October 17, 2009 to March 29, 2010

Registration Deadline : October 16, 2009

Preschool, CanSkate, Preliminary, Junior and Senior sessions offered

To register, or for more information, contact Kathleen at 519-662-6509



Scouting needs YOU!

We are looking for Youth and Adults to get involved in our Group and have fun!

(Youths are both Girls and Boys)

Beavers - 5 to 7 1/2 years of age

Cubs - 8 to 10 1/2 years of age

Scouts 11 to 14 years of age

Leaders 18 years of age and over

Call Sheila Bayne 519-662-3430



COMMUNITY CARNIVAL - no charge

Saturday, Sept. 12/09 Everyone Welcome!



- Pie eating contest
- Petting zoo
- Balloon animals
- Frisbee golf
- Jumping castle
- Target games
- Face painting
- Service project
- Music, games & fun!!

The fun begins at 3:30 p.m. at Steinmann Mennonite Church, 1316 Snyder's Rd. W., Baden



Free BBQ to follow at 5:00 p.m.
(519) 634-8311 www.smchurch.ca



Another Cool Move

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



Call Kathy for an appointment at 634-5772

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 Wednesday Closed
 Thursday 9:30-8:00
 Friday 9:00-6:00
 Saturday By Appt.



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Is it a Car? No - Is it a Boat? No, ... It's an Amphicar

You may recognize this car from the Santa Claus Parade, owned by Ken Alischer of Baden. We got the scoop on this most interesting means of transportation—Ed.

We purchased our 1962 Amphicar from a man in Guelph who used this car until 1978. At that time, he purchased a 1964 model and used some of the parts from the '62 on the '64. The 1962 model was then parked in a shed with dirt floor never to be touched again until we acquired it in 1999.

When we purchased the car/boat, it was red in colour, in very bad shape and of course missing parts. We started inquiring about parts and information on the Amphicar which in time led us to Orillia, Ontario, and a man named Gord Souter. He had lots of spare parts that he sold to people restoring Amphicars. He also did complete restorations, but only one car a year. We decided to get on the waiting list and in June of 2006, at his annual "swim-in", took the rusted bucket of bolts to Gord. There we met with about 10 other Amphicar owners (mostly from the U.S.). Everyone saw the "before" car and, one year later, the "after" car.

In June 2007 we took our first ride in the fully restored Amphicar, on land and water during the weekend Amphicar "swim-in".

The restoration process had been incredible to follow. Gord emailed us with constant updates and pictures of the work in progress. As our car was the 94th car produced (serial number 100094) it was decided to turn it back to original with blue paint and yellow and white interior. The body was first lifted off the frame and taken to Toronto where it was dipped in a stripping solution, revealing what was left of the steel body. The frame was sand blasted and painted. The engine and transmission were completely rebuilt. New body panels were installed, some new glass had to be cut, not to mention, new interior, roof, tires, and re-chroming of bumpers etc.

We were extremely pleased with the work Gord did and enjoy the car very much. Every time we take it out, people take pictures and ask about it. It is a really fun car to own.

By Ken Alischer and Cindy Dickinson.



The History of the Amphicar

Two partners started the Amphicar Corporation in Berlin, Germany; and the vehicles were built from 1961 to 1968. Total production was about 3,700 vehicles. The Amphicar is the only amphibious passenger automobile ever to be mass-produced.

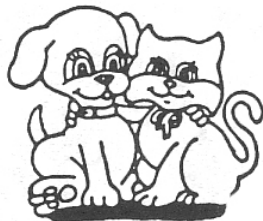
They had to be licensed as a car and a boat – thus in addition to the normal road-going requirements, they had to carry navigation lights and safety equipment found on boats, such as fold-up oars, lifejackets, bailing bucket and were equipped with bilge pumps.

There were 3,046 Amphicars imported into the United States between 1961 and 1967. But there were no 1968 models imported as the U.S. Government's new EPA and DOT regulations went into effect; so the Amphicar could no longer be sold as a boat. This caused a major financial disaster for the Amphicar Corporation since the U.S. represented 90% of all sales. The Amphicar factory closed later in 1968 and the remaining inventory of unused parts was eventually purchased by Hugh Gordon of Santa Fe Springs, California of Gordon Imports.

The Amphicar has a rear engine and uses a 4-cylinder 1200cc Triumph Herald motor producing 43-horse power. All Amphicars are convertibles equipped with a custom 4-speed transmission built by Hermes (makers of Porsche transmissions). It is propelled in the water by twin screws that each holds a nylon propeller. The transmission allows the wheels and the propellers to operate independently or simultaneously. There is forward and reverse both on land and in the water. The front tires act as rudders and turn the car/boat in the water as on the road. The electrical system is a Lucas 12 volt positive ground.

The Amphicar sold new for \$2,800 - \$3,050 depending on the year. Later models actually sold for less than earlier years. (In comparison, you could purchase a Corvette for \$3,400). The Amphicar could only be purchased in four colours: White (which was actually ivory or cream) Red, Lagoon Blue, and Fjord Green (Aqua). It has a top speed of 7 mph on the water and 70 mph on land - thus the model 770.

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Baden Outlook Baseball Pool Stats

Place	Name	PTS	Place	Name	PTS
1	Bob Leppington	264	31	Isabelle Coxon	230
2	Craig Bell	255	32	Bruce Littwiller	230
3	Christine Loree	250	33	Jake Livingston	229
4	John Nahrgang	249	34	Alex Reibeling	229
5	John Westlake	248	35	George Jones	228
6	Darren Pearson	247	36	Robert Sisko	228
7	Wally Morrison	246	37	R. Westfall	228
8	Maureen Westlake	244	38	Jeff Miller	226
9	Jody McConnell	243	39	David Schmidt	225
10	Tyler Naumann	243	40	Laura Grahlman	225
11	Sheryl Crabbe	242	41	Randy Martin	224
12	Jean Cook	242	42	Kyle Kaminska	223
13	Lisa Holba	242	43	Peter Westlake	223
14	Shane Grebinski	242	44	Pat Miller	223
15	Tara Lazzari	241	45	Brad Ziegler	222
16	Paul Jacklin	240	46	Sheila Martin	222
17	Kylie Martin	240	47	Cheryl Erb	222
18	Sydney McConnell	238	48	Pat Henderson	221
19	Greg Snyder	238	49	Joel Heise	221
20	Roy Blake	237	50	Ben Griffey	220
21	Chris Murray	237	51	Ryan Grebinski	218
22	Jessie Gingerich	237	52	John Papa	218
23	Russia Witzel	236	53	Evan Grebinski	216
24	Sheldon Martin	235	54	Ed Tschirhart	216
25	Jeremy Witzel	235	55	Linda Simas	216
26	Doug Kaminska	233	56	Janet McKee	216
27	Kris Dewit	232	57	Wendell Erb	214
28	Keith Wagler	231	58	Finlay Johnson	214
29	Travis Gowlan	231	59	Lily Johnson	214
30	Bob Forde	230	60	Ivan Papa	214

Congratulations to Christine Loree for taking the leader prize in this month's Baseball Pool - winning a gift certificate from EJ's of Baden.

(Remember Bob & Craig, you can only win the leader prize once!)



The lucky random draw winners are Calob Heinbuch winning a gift certificate from Egli's Meat Market, and Bob Forde winning a breakfast from Teddy's Bakery, & a Baden Outlook shirt.

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WATCH FOR THE HOCKEY POOL ENTRY FORM IN NEXT MONTH'S PAPER



WOW! Sports fans...Thanks for playing baseball with us! Be sure to follow your stats which are updated daily on the site. The Outlook draws the stats on the 7th of the month.

To follow the stats, log on to our website at www.badenoutlook.com - Click on Homerun sports pool. Once in PoolExpert website click 'Baseball Pool Manager' located above hockey player. Next click "Quick Access (left side of page) type in "outlookhomerun" under pool ID and the password is "guest" then click "sign in". Next page click "ranking" on left side for player list. Have Fun!



ANSWERS TO WORD SEARCH PUZZLE FROM PAGE 10

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

Did you ever notice that when you blow in a dog's face, he gets mad at you, but when you take him for a car ride, he sticks his head out the window?



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NEW BADEN LANDMARK



Photo by Teresa Brown

Since last fall we've been observing the on-going construction of the plaza at the corner of Snyder's Road and Livingston Blvd. in downtown Baden. Construction is nearing completion and Activa is proud to be a part of building the growing community of Baden.

On Friday, July 17th was the installation and start-up of the clock on the Baden Village Square tower that now stands prominently at the main intersection of town. It is hoped that this clock will become a time honoured landmark of the Baden core.

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Baden Squirts Take Season Championship!

The Baden Squirt Boys are thrilled to announce that their team took the South Oxford Softball League Championship in the A division this season.

Their season ended with an exciting tournament, which was hosted by Princeton. Between heavy rainstorms, the boys successfully beat Paris and Hickson on Saturday and then swooped in on Sunday to shut down Paris and win the gold. This tournament was the perfect way to end a perfect season, as the boys were undefeated the entire season.

Team photo, which was coached by Dean Stemmler (right) and Dan Finn (left) led the team with great enthusiasm. On behalf of the Squirt Boys Team, we would like to thank our sponsor, James Yahn, of *One Way Water Solutions* in Baden.



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**St. Agatha Fundraiser -
Thanks to all for great support!**



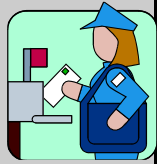
St. Agatha Lions Club President Betty McGuire presents Brian Buck of Kitchener, winner of the Club's raffle, with the keys to this new Johnny Pag Spyder 300. In the photo: Brian and son Dylan (seated on the bike), and Stoney Creek Choppers owner Jeff Miller and staff members John Mitton and Rick Bond look on.

Congrats to Brian and thanks to all who bought tickets for their support.

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Interesting People - Meet CrackerJack Palace

The plight of orphan victims of AIDS in Africa became front page news in 2004. The United Church *Observer* reported that a group of amateur musicians from Newfoundland had issued a challenge to every other musician in Canada to host a benefit concert on World AIDS Day to raise funds for this cause. There were many concerts going on world-wide, as it was the first anniversary of George Harrison's death, who was a great supporter of this cause.

Paul Bartlett, a Tavistock resident and Beatles fan, took up the challenge. He called on fellow Tavistockian and drummer, Paul Stock, to see if he would be interested and if he knew any other musicians who would join the venture. Enter Barry Klein, who knew Tom Elliott, and many local musicians. Eventually eight members connected and rehearsed a variety of Beatles songs for a great show at Grace United Church in Tavistock.

Four years later the band, which now has seven members, covers a host of bands from the 60's to 80's such as the Eagles, Rolling Stones, Van Morrison and many others.

CrackerJack Palace members include:

James Atwell – Percussion, bongos, harmonica and vocals. He started playing music at age of six, has played in 11 different bands over the years and resides in Tavistock..

Paul Bartlett – Guitar. Learned over 35 years ago and still loves jamming with the guys. Founding member of the band hails from Tavistock.

Mark Diotallevi – Keyboards and vocals. While growing up in Sault Ste. Marie his parents sent him to the nuns for piano lessons at age four. One particular nun, "Sister Celine,"



Please join CrackerJack Palace at the Blue Moon, Petersburg on Saturday August 29, 7:30

turned him on to *Bridge Over Troubled Water*, which led to the Beatles and beyond. Mark has played in many musicals in Stratford and other areas.

Tom Elliott - Guitar and lead vocals. Tom, from New Hamburg, began his musical voyage as a drummer – playing with local musicians, such as long time pal "Johnny O". It wasn't until ten years ago that he discovered that he was a singer.

Barry Klein – Guitar and vocals. "Snake" also from Tavistock, has played in bands for 30 years. He

has played with local talent such as Cheryl Lescom, Brian Doerner of Helix and Charlene Zehr.

Dan Munro – Guitar and vocals. This journeyman guitarist from Baden has played longer than he can remember. He has performed with local groups such as *Portrait*, *Whiskey River*, *Home Brew* but perhaps most notably Dale Burt and the *Honkey Tonk Wildcats*.

Paul Stock – Drums. Paul's father bought him a drum set at age five and he is still banging the skins. Paul lives in Tavistock. His passion is evident as you watch him play.

The Baden Outlook had the privilege of sitting in on a weekly practice. The members' occupations and lifestyles are quite varied but when they hit the floor they are a very tight and entertaining band of quality musicians.

The band is playing at the Blue Moon Hotel on August 29, with a pig roast from 5-7 pm and the band plays from 7:30-11:30 pm. They are worth the drive to Petersburg – you'll be tapping your toe and singing along, with this happy, feel good bunch of guys!

For a sneak preview, check out the boys at Tavistock's "Pickin' in the Park" on Sunday, August 16th.

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OLDER THAN DIRT



Someone asked the other day, 'What was your favourite fast food when you were growing up?' 'We didn't have fast food when I was growing up,' I informed him. 'All the food was slow.' 'C'mon, seriously. Where did you eat?' 'It was a place called 'at home,' " I explained. 'Mom cooked every day and when Dad got home from work we sat down together at the dining room table, and if I didn't like what was on my plate I was allowed to sit there until I did like it.'

By this time, the kid was laughing so hard I was afraid he was going to suffer serious internal damage, so I didn't tell him the part about how I had to have permission to leave the table.

But here are some other things I would have told him about my childhood if I figured his system could have handled it:

Some parents NEVER owned their own house, wore Levis, set foot on a golf course, travelled out of the country or had a credit card. My parents never drove me to soccer practice. This was mostly because we never heard of soccer. I had a bicycle that weighed probably 50 pounds, and only had one speed (slow). We didn't have a television in our house until I was five. It was, of course, black and white and we were happy with three channels.

I was 13 before I tasted my first pizza, it was called 'pizza pie.' When I bit into it, I burned the roof of my mouth and the cheese slid off, swung down, plastered itself against my chin and burned that, too. It's still the best pizza I ever had. Pizzas were not delivered to our home. But milk was.

I never had a telephone in my room. The only phone in the house was in the living room and it was on a party line. Before you could dial, you had to listen and make sure some people you didn't know weren't already using the line.

All newspapers were delivered by boys, and all boys delivered newspapers, six days a week. It cost 7 cents a paper, of which he got to keep 2 cents. He had to get up at 6am every morning. On Saturday, he had to collect the 42 cents from his customers. His favourite customers were the ones who gave him 50 cents and told him to keep the change. -Yup, those were the good ol' days!

IT WAS FUN BEING A BABY BOOMER... UNTIL NOW

Some artists of the 60's are revising their hits with new lyrics to accommodate aging baby boomers.



They include:

Herman's Hermits -- Mrs. Brown, You've Got a Lovely Walker
Ringo Starr -- I Get By With a Little Help From Depends
The Bee Gees -- How Can You Mend a Broken Hip
Bobby Darin -- Splish, Splash, I Was Havin' a Flash
Roberta Flack-- The First Time Ever I Forgot Your Face
Johnny Nash -- I Can't See Clearly Now
Paul Simon-- Fifty Ways to Lose Your Liver
The Commodores--Once, Twice, Three Times to the Bathroom
Marvin Gaye -- Heard It Through the Grape Nuts
Procol Harum-- A Whiter Shade of Hair
Leo Sayer --You Make Me Feel Like Napping
The Temptations -- Papa's Got a Kidney Stone
Abba-- Denture Queen
Tony Orlando & Dawn-- Knock 3 Times On The Ceiling If You Hear Me Fall.
Helen Reddy -- I Am Woman, Hear Me Snore.
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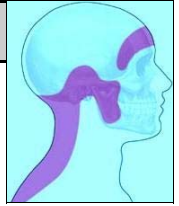
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Headaches are a common health complaint affecting millions of Canadians. They can be completely disabling for the individual experiencing them, negatively impacting work, recreational, and social activities. Cervicogenic headache is a relatively common cause of chronic headache that is often misdiagnosed or unrecognized. Its presenting symptom complex can be similar to that of the more commonly encountered primary headache disorders such as migraine or tension type headache. The purpose of this article is to outline the mechanism, causes, signs, symptoms and treatment alternatives associated with cervicogenic headaches.

Cervicogenic headache is defined as a headache which has its origin in the area of the neck and/or upper shoulder region. The source of pain will be from biological tissues such as muscles, ligaments, joints, nerves, and bones that have become inflamed, injured and/or irritated. When these structures become stimulated, their nerve endings send pain signals up the pathway from the upper nerves of the neck to the brain. During this process they intermingle with the nerve fibers of the trigeminal nerve, which is responsible for sensation in the face. This interaction of pain signals originating in the neck or upper shoulder region and the trigeminal nerve results in the perception of head pain or headache for the individual.

There are many similarities between the commonly experienced headache disorders and cervicogenic headaches. For example, both migraine and cervicogenic headaches affect females more than males, with headache symptoms generally located unilaterally (on one side of the head). These headache sufferers may complain of severe pain, head throbbing, nausea, phonophobia (sensitivity to sound) and photophobia (severe sensitivity to light). However, these symptoms are reported far more frequently in migraine sufferers. Neck pain and muscular tension are also common symptoms in tension headaches, migraine attacks, and cervicogenic headaches. The problem of symptomatic overlap in these common and frequent headache types makes the accuracy of precise diagnosis difficult. Furthermore, the fact that an individual may have two or more headache types co-existing at any one time further elevates the diagnostic challenge.

Cervicogenic headaches are usually unilateral (occasionally bilateral), and can be experienced in several different regions of the head including the suboccipital region (base of the skull), the forehead, or behind the eyes. The intensity of pain may fluctuate from mild to moderate to severe on a daily basis. Individuals with cervicogenic headache may also exhibit physical signs of altered neck posture, diminished strength or restricted range of motion of the neck/cervical spine. Headache symptoms can be triggered or reproduced by active neck movements or passive positioning. Muscular tenderness and sensitivity can also be found in the suboccipital, cervical, and upper shoulder musculature. An individual may sense that pain in these regions can spread upwards into the head. This can be confirmed by palpation of muscular trigger points that can

intensify referred pain symptoms into the head.

The cause of cervicogenic headache may be singular or multi-factorial. Anything that can affect the biological tissues in the neck and upper shoulder region can potentially cause cervicogenic headache. This may include a whiplash injury, sports injury, arthritic changes, muscular stress, prolonged awkward neck postures, chronic postural strain and fatigue.

Headache evaluation should include a proper medical history, along with a physical examination consisting of inspection, palpation for tenderness, range of motion, strength, neurological, provocative/orthopaedic and functional assessment. Diagnostic tests such as x-rays, CT or MRI scans, and laboratory testing may also be helpful in cases where a thorough physical examination and patient history indicate further investigation. Headaches that are a result of an injury such as a blow sustained to the head, likely require immediate medical attention, especially if they are accompanied by fever, convulsions, loss of consciousness, or confusion. The evaluation and assessment of headaches must rule out serious causes of headache symptoms before appropriate treatment can be administered.

After a diagnosis of cervicogenic headache is made, therapy is geared toward rehabilitating the specific biological tissue(s) responsible for the generation of pain. Treatment and management options that have demonstrated effectiveness include: postural education and correction, manual joint mobilization, manipulation, acupuncture, soft tissue therapy, and muscular strengthening. Trying a variety of therapies or combination of therapies may be required to find relief.

The goal of therapy is to minimize headache frequency and diminish levels of pain associated with each episode. Scientific studies show that individuals with cervicogenic headache can benefit from manual modes of therapy, with long-term prevention and control of headaches appearing greatest in patients who are involved in ongoing exercise and physical conditioning programs. It should be remembered that many patients who are diagnosed with traditional symptoms of tension headache and migraine headache also respond to cervicogenic headache diagnosis and treatment.

Cervicogenic headache is a relatively common cause of chronic headache and can be similar to that of the more frequently encountered primary headache disorders such as migraine or tension type headache. The neck/cervical spine can be a hidden and severely debilitating source of headaches. For those suffering from cervicogenic headache symptoms that may be interfering with activities of daily living, a qualified health professional can prescribe appropriate conservative therapy, rehabilitation and self-management strategies specifically for your circumstance. For more information, visit www.nhwc.ca.

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



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SAWW (Suicide Action Group of Wilmot and Wellesley) invites the community to be a part of a National Suicide Prevention Day event.

Thursday, September 10, 7:00-8:30 pm

Location: Outside Wilmot Recreation Centre for tree planting and dove release, and then inside WRC's meeting room for refreshments and time for fellowship.

Any questions, please call
Marietta Wagler at 662-2731 or
Connie Ehgoetz at 662-1223

TWO BROOMS



Two brooms were hanging in the closet and after a while they got to know each other so well, they decided to get married. One broom was, of course, the bride broom, the other the groom broom.

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

After the wedding, at the wedding dinner, the bride-broom leaned over and said to the groom-broom,

'I think I am going to have a little broom!'

'IMPOSSIBLE !' said the groom broom.

'WE HAVEN'T EVEN SWEEPED TOGETHER!'

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Anything less is second best!



Summertime is a time we don't want to think about our health. Instead we choose to stuff our faces with hot dogs, nachos and drink bubbly beverages until we're carbonated. But we don't have to eat like 10 year olds to have fun, and thinking about our health shouldn't be a drag either! We don't want to *think* about health during the summer, while somehow remaining healthy. But that's easy! Just don't think about it!

Create healthy habits and you'll never have to think about your health again!

We don't want to have to plan, or remain focused on what we're eating. But implementing a few healthy habits, so that they become automatic, is helpful to enjoy a healthy regime.

Here are my top suggestions for habits to implement throughout the summer so that you aren't feeling rough come fall, nor have extra pounds to deal with.

1) Have healthy snacks that are fun for you, not boring and always on hand. Stop buying junk like chips, chocolate bars, and so on. If you don't have it, you won't eat it!

Instead, some snack ideas:

- hummus or other dips in the fridge for pita triangles or cut up veggies
- whole grain crackers or rice cakes with high quality cheese
- relishes, herbs, antipastos or other vegetable based toppings for snacks
- a beautiful bowl of cut fruit with yogurt dip or sauce
- good quality chocolate with fruit

2) Buy and have only high quality foods on hand.

There is a huge difference between good quality food and bad quality food. Eating food that is good quality is almost always good for your health! These include:

- Deli meats or sausages that contain few additives and are from good sources (like the market or a butcher). Don't buy commercial wieners; they're made from the compost bucket of the animal kingdom.
- Whole grain bread and buns, as well as brown rice, and whole grain pizza crusts, etc. (White flour might taste a little better, but really rots us quick).
- If you're buying junk food, read the label and avoid products that have more than five ingredients. For instance, chips should have potatoes, oil and salt - not ingredients that we can't pronounce or are unable to purchase - like dextrose.
- Salad dressings made from good quality oils with low sugar content. Try making your own with the best oil you can buy, balsamic vinegar, honey, garlic, soya sauce, etc. Most commercially available salad dressings are not healthy, containing the wrong kind of fat, usually using poor quality oils.

3) If you're hungry, eat food and don't over-eat snacks!

We typically have bigger appetites in the summer because we are more active and generally happier! However, we get so busy with the fun of holidays that we forget to make good food, and over-eat on ready-made snacks. If you find that you could eat a whole bag of chips, get up and make yourself something to eat - even if it isn't dinner yet! It's better to eat whole foods, such as a salad, sandwich or small meal when hungry, than snack foods.

4) Enjoy your food! Being happy while you eat is much healthier than fretting while you eat, despite the healthiness of the food! Remain in a positive place and avoid feelings of guilt, shame, worry or stress when eating. If you're hungry, make some good food, and eat it! Don't starve yourself by not eating a meal and then nibble on poor quality snacks for the rest of the day. (But if you do - make sure they are healthy snacks, and then don't worry! Nibble!)

5) Drink more water than alcohol, juice and pop, and eat more veggies than flour and meat. Be sure that 50% of your drinks are water, or tea (keeping it in the fridge is a good idea through summer!) As long as you tip the scales in favour of health, your body will thank you. Likewise, eat more veggies than floury foods and meat. The bulk of our diet is flour and animal based foods, but the body stays remarkably healthy if you tip the scales by eating more than 50% of your diet in veggies and fruits. This simply means serving cucumber with crackers, grapes with cheese, vegetable toppings with hamburgers, salads with steaks, etc. Try to see yourself maintaining more than HALF of what you eat and drink as water and produce. It makes us feel a lot less congested, heavy, stagnant and cooler in the summer heat. It also keeps the pounds off!

The easiest, most simple habit of them all is to start buying good quality food! That way you have it on hand, you can trust what you've got, and you'll never make a mistake! Fill up most of your grocery cart with food that is available along the perimeter of the store, and be a health detective about the food in the aisles. Be skeptical, there's a lot of junk on the shelves. Read the labels, and then you won't have to worry about what you're eating at home. If you have foods you don't trust, are unhealthy, or make you feel bad - throw them out or give them away as soon as possible. That way they are gone, and you don't have to navigate through your fridge and cupboard: It will all be good! And then when you go out to eat, or on a rare occasion eat 'bad' food - think of it as a "treat". Feel good about it in the context of your good overall diet. Feeling good *is* good health!

*Written by Registered Nutritionist Michael Fisher,
www.michaelfisher.ca*



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