

Baden Outlook

Serving the GBA Since August, 2000 With 2800 Copies in Circulation

The Weather was Hot and So was The Crowd!

Crackerjack Palace entertained at the summer concert series at the Castle in July and drew a huge crowd, complementing Ron Weber's Car Show. It was a great success and a fun way to gather Badenites together. Don't miss out on the final concert this Thursday, the 18th, featuring the Irish Celtic band *The Shananigans*. Bring your chair, park it in the beautiful garden setting on Castle Kilbride's front yard, and relax and enjoy! (Visit our website for more concert and car show photos).

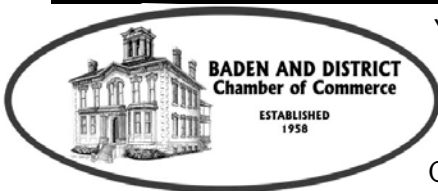
Photo Courtesy of Brian Campbell



Photos Courtesy of Paul Cassel



More Summer Fun to Come!! Baden's BBQ in the Park!



Yes, it's Baden's Annual BBQ in the Park, sponsored by the Baden & District Chamber of Commerce.

Call your friends and team up with your neighbours to dine outside together on Thursday, August 25 — serving begins at 5:30 p.m.

Children 5 years old and under eat for free;

children from 6-12 are \$5; adults pay \$10 in advance and

\$12 at the gate. Tickets are available at local merchants.

There will be a bouncy castle to keep the kids entertained.

Contacts are Elaine at 519-634-5205 and Eva at 519-572-6131.

It's hot out... who wants to cook? Get Out — Good Food — Good Fun!



This paper is priceless - Please have one!

Talking with Ed

~ Spam a Lot



This year we decided to spend our summer holiday camping in New York State. We haven't camped there since the kids were young, but with the great exchange rate it seemed like a good time to experience some new areas and re-visit some old turf too. The clincher was that New York State campgrounds are \$26 per night, while a comparable Ontario park is \$43 — when and why has renting a 12 x 12 piece of land in a park become so darn expensive? Our first stop was at Golden Hill State Park, on the south side of Lake Ontario, where we enjoyed the breeze of our lakefront site and the song of the kingfishers. We relaxed there for three days then moved south into the Finger Lakes region to Cayuga Lake State Park for four days; we spent the final four days at Letchworth State Park, which is called the Grand Canyon of the East. It was a great holiday, even though we were challenged by hiking in the overly high temperatures -- but what better place to be during a heat-wave!? We were never more than two hours from the Canadian border and gas was definitely cheaper at \$3.85 a gallon.

Upon returning home we checked our Hotmail account and weren't surprised with the amount of email that had accumulated over 2 weeks, but were very shocked and disturbed to find over 200 junk-mail messages. Despite our security systems and firewalls, we are constantly bombarded with them. All this junk mail (SPAM) has got under my skin and has me wondering... who is sending all these messages and why?

Most of the familiar messages were there by sender and subject: – Lorna/ The letter of introduce, Hamed Smani / With due respect, Debt Settlement Board / No Subject, Dear Beneficiary / No Subject, Tabbara Ghida Ahmad / Bibles for precious souls, and also Larry Chukwuemeka / Re: Compassion. I think we have all seen these types of messages, not to mention the pharmaceutical and sexual enhancement e-mails.

The world's earliest documented SPAM was a message advertising the availability of a new model of *Digital Equipment Corporation* computers sent by Gary Thuerk to 393 recipients on ARPANET in 1978. In 1978, single messages were the only way to e-mail. Reaction from the net community was fiercely negative, but the SPAM did generate some sales.

The first major commercial SPAM incident started on March 5, 1994, when a husband and wife team of lawyers, Laurence Carter and Martha Siegel, began using bulk Usenet postings to advertise immigration law services (which was commonly termed the Green Card Scam).

SPAMMING remains economically viable because advertisers have very few operating costs beyond the management of their mailing lists and it is difficult to hold senders accountable for their mass mailings. In 2011, the estimated figure for SPAM messages is around seven trillion. *Spammers* know that if they send out one million SPAM emails and if even 100 of those people buy something for ten dollars each, that puts \$1,000 in their pocket.

One of the worst parts of SPAM is the threat of viruses, Trojans, and identity theft through these unsolicited emails. One poster who was discussing the SPAM issue had a suggestion. He recommends changing your browser to Firefox, which is as simple as downloading it. While at the homepage (after the download) go to "Add-Ons" and type in WOT. WOT is a fantastic little add-on which tells you which sites are safe and which aren't. It will indicate the link/websites safety status with a little coloured circle – green safe, yellow for medium and red for potential danger.

I put SPAM in the same category as telephone solicitors – one of life's annoyances over which we don't have a lot of control. Hopefully someone in the near future will create a SPAM block that will remedy this issue, but until then I will just keep deleting. Until next month...Ed

Spam is flooding the Internet with many copies of the same message, in an attempt to force the message on people who would not otherwise choose to receive it. Most spam is commercial advertising, often for dubious products, get-rich-quick schemes, or quasi-legal services. Spam costs the sender very little to send -- most of the costs are paid for by the recipient or the carriers rather than by the sender.

Spam Origins –2009

1	Brazil	7.7%
2	United States	6.6%
3	India	3.6%
4	South Korea	3.1%
5	Turkey	2.6%
6	Vietnam	2.5%
7	China	2.4%
8	Poland	2.4%
9	Russia	2.3%
10	Argentina	1.5%



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Local Girls Travel to Compete in International Competition

Four students from Waterloo Oxford participated at the Future Cheer UK International competition with their club, Cheer Sport Sharks, and won the championship.

They left Toronto on June 28th and spent a few days sightseeing London before heading to Bournemouth for the competition on July 2nd. They travelled then to Paris, did some exploring and spent some time with a French team, before returning home on Friday July 8th.



Visit the Cheer Sport Sharks Facebook page to view the girls at the competition.

The students are Rachel Connors and Bronte Soper, and sisters Cassandra Detweiler & Jenna Biernaskie.

Cassandra, Jenna and Bronte's team also won the Canadian National Championship in their level back in May in Niagara Falls. Bronte also competed with another Cheer Sport team at the World Cheer Leading Championship at Disney World in April where they placed 5th in the world, competing against teams from all over the world.



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




The Baden Outlook went out east with Bob and Rick French as they visited Commissariat House in St. John's this July. ..No sign of the Doyles.

Doug and Judy Bowlby went to Cornwall, England and visited the port of Port Issac, known also as Port Wenn in the British soap, *Doc. Martin*. (For those watchers of British comedy, this sitcom is wonderful. The scenes of the port and the small narrow streets make one homesick for Britain - It is on Vision TV and the new series will start probably in November). As regular watchers of the show, we were excited to see that they were filming that day. We saw Bert, the restaurateur coming down the street. My husband and his cousin went into the pastie shop for a real Cornish Pastie and while in there, Bert came in, sat down and started talking to all of us. I quickly whipped out my *Baden Outlook*, told him it was our local paper, and if I could have a picture with him. He was most happy to hear of Baden, Ontario, Canada. We also saw his son, and Louisa who plays Dr. Martin's girlfriend. What a thrill!




We also visited Arlington Court in Devon, England. We had this picture taken with Doug's sister Bev, her husband Jim Kaufman and Doug's cousin Graham, and his wife Pamela Sparkes from Braunton, North Devon.

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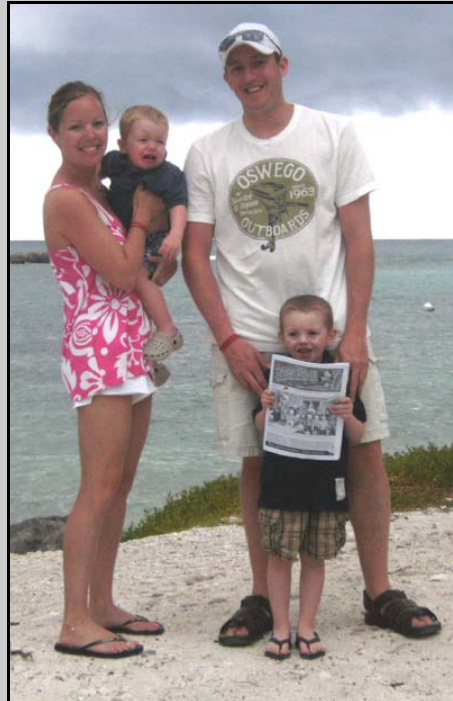
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Imagine the stories that could be told from all these adventures! Thanks for taking us with you!



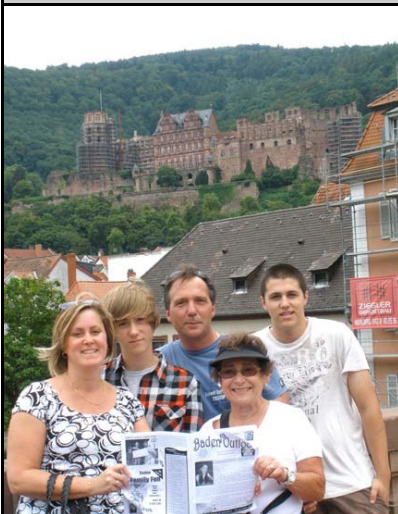
In June, Yara travelled with her dad, Chris Janzen, to Israel, Palestine and Egypt. She is posing at the Giza Pyramids in Cairo with the Baden Outlook.



Malcolm, Sara, and sons Aiden & Liam McAuley took their Baden Outlook to the Mayan Riviera in Mexico.



The Jollys, Marni & Drew, Jasmine & Taylor took the Baden Outlook to Disney in Feb! What a trip!



See these photos in colour at www.badenoutlook.com

Lisa and Sean Montgomery and their sons just returned from Germany where they spent 3 weeks visiting relatives. They had a fantastic time and took their Outlook along to Heidelberger Schloss (Heidelberg Castle) in Heidelberg.

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While We Were Out....

It was good to get away and turn off the computer for the month of July—and sorry if we were slow with our responses; thanks for understanding! But while we were away, life continued on here in Baden—a lot has happened.

- ⇒ We grieve the lost of some dear Badenites who recently passed away. We say good-bye to: Enid (Mrs. Harold) Schmidt; Wendy VonFarra, born and raised in Baden, and previous owner of former Stop 2 Shop; and Robert Wood, founder of W.W. Liquidators of 22 years. Our thoughts are with their family and friends.
- ⇒ Also the sad news as we returned to town to see our friends, Joan and Dan Munro, whose home (The Central House) and home to tenants, was ravaged by fire. We wish them well as they move forward with this historic building.
- ⇒ On a different note... We are excited to see some new business come to town. The ice-cream store in the former Teddy's Bakery building is looking good with more developments on the way. Also the Baden Optical shop is about to open soon, on Snyder's Road next to The Little Things shop. Be sure to pop by to greet these new folks and give them a warm Baden welcome!
- ⇒ We were excited to get a call from our friend John Honderich who told us his Uncle Ted Honderich (a professor from England, and a fan of the Outlook) was coming to visit and wanted us to join them at EJ's. We weren't able make it but called our gal Teresa Brown before we went away on our holiday. She was happy to meet them—she had a great time and snapped a few fun pics for us. (Thanks again T)
- ⇒ We want to thank our Baden readers for seeking out the paper as we no longer deliver in your mailbox. The boxes were emptied and we appreciate that! We were so happy to see our local readers extend themselves to pick up their papers from our newly erected mailboxes throughout town.
- ⇒ Another year has passed as The Baden Outlook celebrates its 11th Anniversary. The time goes by fast and yes, we are still having fun with the paper!! It continues to grow—last June 2010 we had 32 pages with 2700 copies in circulation and currently we are publishing 36 pages with 2800 copies in circulation. We can't say it enough: the advertisers make this paper happen so please thank them and shop local. We continue to be faithful to local business, as we only accept advertising from within Wilmot Township. The small serve the small—and we all flourish!



We took our Outlook to Letchworth State Park.

Uncle Ted Honderich (living in England) who grew up in Baden, comes to visit his Canadian relatives



John had a wonderful time visiting friends and relatives.

EXTRA!! EXTRA!!

There are copies of The Baden Outlook available in Baden at Egli's Meats, Mars Variety, EJ's, Mac's, One Way Water, Baden Library, and several outdoor magazine boxes located conveniently throughout town for Baden readers.

In New Hamburg at No Frills, Sobey's, Short Stop, Kasemann's, Morningside, Absolute Fitness, NH Dry Cleaners, NH Wellness, New Hamburg Library and various offices and retail locations throughout Wilmot Township. Also available at Stop 2 Shop (St. Agatha), Old Fashioned Variety (Petersburg), Foxboro.

~ And as always, It's Priceless ... Please Have One!



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You Must Be Joking!!



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- ◆ IF YOU HAVE A BAD COUGH, TAKE A LARGE DOSE OF LAXATIVES. THEN YOU'LL BE AFRAID TO COUGH.
- ◆ YOU ONLY NEED TWO TOOLS IN LIFE - WD-40 AND DUCT TAPE. IF IT DOESN'T MOVE AND SHOULD, USE THE WD-40. IF IT SHOULDN'T MOVE AND DOES, USE THE DUCT TAPE.
- ◆ IF YOU CAN'T FIX IT WITH A HAMMER, YOU'VE GOT AN ELECTRICAL PROBLEM.

Email submitted by Aimee Gutzeit

This funnel cloud was sighted south of Baden / New Hamburg. In the foreground is Coleman Farm Equipment on Hwy. 97. This photo was taken Monday, August 8th by Ted Doda.



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The Golden Harvest

By Martha Good

Ahhh! The sweet, sticky fragrance wafting through the summer kitchen door beckons me inside. It is peach canning season.

The summer kitchen is steaming hot today. A wood fire burns briskly creating a stifling heat in spite of the cross ventilation from the multiple windows and doors. The sweat is running in streamlets down Mom's face, and the back of her dress is wet from perspiration, but she continues to sing as she shoves more wood into the old cook stove. Today's work is an activity of love. In the winter these peaches will help feed her family as well as visitors to our home.



Already, the century old harvest table is laden with row upon row of jars filled with golden peaches still hot after their removal from the copper boiler where they were processed in boiling water for a full twenty minutes. Their golden colour is in sharp contrast to the worn, blue checkered linoleum covering the table top. I watch as more peaches are peeled, carefully placed in two-quart jars, and then filled with sugary syrup by my sisters in preparation for processing. It is late afternoon as Mom works continuously providing winter resources for her family.



Mom and Dad had left early in the morning for the annual trip to Vineland, Ontario to pick up the yearly stock of ripe peaches.

"Can we go along?" Earl, my brother and me, asked.

"No," said Dad, "there would not be enough room for peaches if you went along."

Disappointed with his reply, we settle ourselves into waiting for their return. While we wait, we climb the large black walnut tree, ignoring the coarseness of the rough bark scratching our skin like harsh sandpaper.

"Are peaches your favourite fruit, too?" I ask Earl.

"I don't know," he answers. "I like all fruit."

"Listen," I say. "Is that our car coming up the road?"

Peering through the dense leaf foliage, we catch a glimpse of the old, black, seven passenger Dodge almost at our driveway.

Jumping down from the tree's branches, we run with haste to greet them and to bite into that golden, succulent peach. In spite of peach juice running down our chins and staining our clothes, Mom chuckles, and with a merry twinkle in her eye exclaims:

"Help yourselves. We brought five bushels. That should keep you going for awhile."

I scamper out the door where it is cooler. My mouth is watering, as I think of those golden peaches in the delicate, blue flowered, china fruit bowl on the dining room table next winter when they will remind our family and visitors of the late summer gold.

Please Take My Card!



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- * Meet the people who grow your food
- * See the farm animals
- * Learn about sustainable agriculture
- * Hear about new projects related to food and energy
- * Taste wholesome foods fresh from the farm
- * Meet friends, neighbours and like minded people



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Hair Care ~ In Kindness She'll Share.



In the June issue we featured Rebecca Vitello, who was cutting her hair and fundraising for childhood cancer.

Her goal was \$5000 but she was delighted when over \$8000 was contributed to help her cause. Half of the funds raised will go to the Optimist Childhood Cancer Program and half to London Children's Health Foundation.

Donations came from Petersburg's Breakfast in the Park, Strawberry Fest in St. Agatha and special thanks to Pestell's for their \$1200 donation and to Bechtold Home Improvements donating \$1000. Also thanks to the many others who helped her and to Michelle Wagler for doing the task and giving her a short new haircut!



Rebecca with her long locks cut off—still smiling!



Before haircut

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Mini Sudoku ~ Fill in the missing number so that every row, column and quadrant contains the number 1 through 4



Knock Knock!
Who's there?
Dewey.
Dewey who?
Dewey have to go to school today?

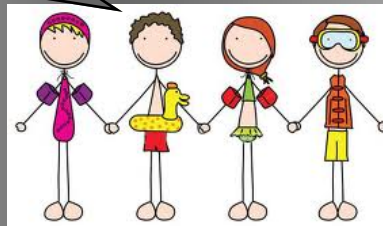
.....
Have you heard about the teacher who was cross-eyed?
She couldn't control her pupils!

.....
Teacher: James, where is your homework?
James: I ate it.
Teacher: Why?
James: You said it was a piece of cake!

	2		
4		1	
			3
3		2	

	3	4	
2			
	1		
			1

Yea!!! We love the summer!!



How they SAY it in ...

- ENGLISH: speak
- SPANISH: hablar
- ITALIAN: parlare
- FRENCH: parler
- GERMAN: sprechen



It may seem like a long summer for moms not used to having their busy children around 24 -7... but don't feel bad... Even mama birds are desperate to hush their children sometimes!!



New Word: Bluetooth
Wireless technology that exchanges data over small distances



The Longest Password ~

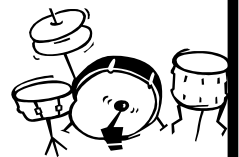
Yes, you may laugh, but this password is safe. During a recent password audit by an internet company, it was found that a youngster was using the following password: "MickeyMinniePlutoHueyLouieDeweyDonaldGoofyOttawa"
When asked why she had such a long password, she said she was told that it had to be at least 8 characters long and include at least one capital.

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Baden Outlook BaseBall Pool Stats

Place	Name	PTS	Place	Name	PTS
1	Rita Kaufman	279	31	Tim Cutting	250
2	Ed Tschirhart	276	32	Roy Blake	250
3	Heather Dubrick	265	33	Patrick Glofcheskie	249
4	Darren Pearson	264	34	Su Simpson	249
5	Mike Lichti	264	35	Cheryl Erb	248
6	Buzz Morrison	263	36	Doug Mueller	248
7	Chris McKee	262	37	Jacob Kaufman	247
8	Brad Ziegler	261	38	Ben Griffey	247
9	Cal Honderich	259	39	Blair Camm	247
10	Paul Schnarr	258	40	Missy Routhier	246
11	Carol Stumpf	258	41	Katie Erb	246
12	Dianne Brackenbury	258	42	Brian Cherewka	245
13	Maggie Litwiller	257	43	Noah heinbuch	245
14	Susan Mills	257	44	Edward Eckert	245
15	Joyce Snyder	256	45	Brad Snyder	245
16	Mark Struth	256	46	Samantha Simpson	245
17	Gord Mills	256	47	Sierra Simpson	244
18	Jayden Gawlik	256	48	Patrick Henderson	244
19	Greg Morrison	256	49	Chuck Herold	243
20	Vince Aquilina	254	50	Tyler Naumann	243
21	Granne Girl	254	51	Kyle Erb	243
22	Kevin Scott	253	52	Benjamin Ziegler	243
23	Patricia Miller	252	53	Gerrie Culbert	243
24	Tony Papa	252	54	Paul Morrison	243
25	Steve Glofcheskie	252	55	Katie Cook	242
26	Richard Roth	251	56	Tara Brodrecht	242
27	Trudy Roth	251	57	Findlay Johnson	242
28	Lindsay Snyder	250	58	Stan Bender	241
29	Cody Dietrich	250	59	Bob Wilson	241
30	Wayne Beaupre	250	60	Chris Murray	241

Congratulations to Ed Tschirhart
for taking the leader prize in this
month's BaseBall Pool - winning a
gift certificate from EJ's of Baden.
Congrats to Rita Kaufman for
winning the leader prize in July!
(But remember Rita you can own take the leader prize once!)

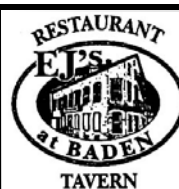
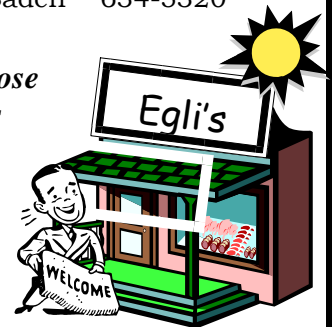
The lucky random draw winners
are **Ian Johnson**, winning a gift
certificate from **Egli's Meat Market**,
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Be sure to follow your stats which are updated daily on the site. The Outlook draws the stats on the 7th of the month. To follow the stats, log on to our website at www.badenoutlook.com - Click on sports pool—choose "Baseball Pool" then click on "Baseball Pool Manager" - then "Quick Access" — the pool I.D. is outlookhomerun and the password is quest. Click "Ranking" on the right side. The top 30 entries will be listed - to view more click on "next page" below listing.
~ Have Fun and Good Luck!



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



Have you ever had your wallet or purse stolen or know of someone who has? One of our staff's mom did, another staff member's mother-in-law did, as well as an acquaintance of ours. What a terrible feeling...to think that someone could steal your money and possibly your identity. Heart of the Matter's staff recently attended an Identity Theft workshop and here are some tips that we learned and recommend in order to protect yourself:

What to do if your wallet/purse is stolen or lost:

- * Contact your Bank or Financial Institution: Report your missing bank and/or credit cards.
- * Contact Your Local Police: Refer to your phone book for the local number. Do not dial 911.
- * Cancel Your Additional Credit Cards: Immediately notify customer service or credit department of your retail or other credit card companies.
- * Replace Your Driver's Licence: In many cases, a replacement may be issued on the spot. You must provide your Birth Certificate and identification with your signature (i.e. health card, credit card...good to keep some at home, I guess).
- * Replace Your Health Card: Two or more pieces of identification are required (driver's licence and birth certificate, credit card)

To avoid having your identity stolen and to be more prepared so that it is less of a headache:

- * Next time you order cheques, have only your initials (instead of your first name)--so if they are stolen, they will not know if you sign with just your initials or your full name.
- * Never keep a birth certificate in your wallet. It is the hardest ID to replace.
- * Also do not keep your social insurance number in your wallet as this is your second most important piece of identity you have and criminals will have "hit the jackpot" if found.
- * Photocopy the contents of your wallet. Copy both sides of every license and all credit cards. You will know what was in your wallet, all the account numbers and toll free numbers to call to cancel. Keep these copies in a safe place in your home.
- * Shred or burn any documentation with your personal information on it (examples: applications you get in the mail, credit card receipts, pay stubs, bank statements, anything with your SIN (social insurance number) on it.
- * Obtain your credit report at least once a year from the credit bureau (www.equifax.ca or www.tuc.ca).
- * Take your name off mailing lists.



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- * Headache/migraine control (related to TMJ)

Getting married — it's a beautiful event, with two people in love promising to share their lives. For those who decide to take the plunge, it's often helpful to listen to some solid relationship advice. After all, everyone can benefit from the experience of others, whether you're a middle-class Canadian couple or the future King and Queen Consort of England, isn't that right?

Elizabeth Campbell Huss thought so ... and so she did just that: she sent her advice for a long and happy marriage to Prince William and his bride Kate Middleton, via Queen Elizabeth!

Elizabeth (the one who lives here in Wilmot Township, that is) is the author of "Love That Lasts: Personal Stories of Lasting Marriage." It's a book that came about when Elizabeth, now retired from her work as the Director of Clinical Services at Interfaith Pastoral Counseling Centre in Kitchener, decided to put her years of couples and family counseling experience to work.

"After working as a marriage therapist, I found I had a wealth of information to share about what makes a successful marriage work. I also knew that I wanted to call on other couples to share their own experiences of successful marriages, so I put the word out that I wanted to interview couples who had been married for at least thirty years."

The response, explains Elizabeth, was terrific: "I spoke to many, many couples -- one who had been married for seventy-five years! -- and collected their stories into the first edition of "Love That Lasts." The book was a huge success, selling 1,300 copies and holding the number-one-seller place at Chapters for three months. In 2007, Elizabeth decided to update the book with a revised edition.

It's this new edition that Elizabeth wanted to share with the Queen, and with the Queen's grandson and his new bride. "I've always had a connection to Queen Elizabeth," says Elizabeth. "My father was stationed in England in World War II, and he always told me about how Princess Elizabeth (now the Queen, of course) would come out and help the soldiers grease the army trucks."

Elizabeth's father was always a great fan of the young Princess who was soon to be Queen, and when he heard that his



wife, at home in Canada, had given birth to a daughter, he immediately decided: "We have to name her Elizabeth!" And so, Elizabeth Campbell Huss began her lifelong connection to her royal namesake.

It's this marvelous story that Elizabeth related in a personal letter to the Queen, a letter she included in a copy of "Love That Lasts," hoping to somehow get the book and its message to its intended recipient. "I signed the book to William and Kate, because it seemed appropriate as they are newlyweds," Elizabeth says. "But I didn't know how to get the book and letter to the Queen."

As luck would have it, she found a way. "We bumped into M.P. Peter Braid at a 100th birthday party for a friend -- you see, when you turn 100 years old in Canada, you get a greeting from the Queen. Peter and I were chatting and I mentioned that I would like to send my book to Her Royal Highness, so that she could pass it along to William and Kate -- and Peter said he'd send it for me, which he could do as an M.P."

And so, the book and letter were sent off. But the story doesn't end there -- because some time later, Elizabeth Campbell Huss received something in the mail ... something in a cream-coloured envelope marked with an ornate, red "ER." It was a thank-you letter from Queen Elizabeth, by way of her Lady-in-Waiting, and it read:

"The Queen wishes me to write and thank you for your letter, which she was very pleased to receive, and for the gift of your book which I have forwarded to The Duke and Duchess of Cambridge ... Her Majesty has been deeply touched by the response to this very happy occasion and thanks you so much for your kind words and message of loyalty and support."

Needless to say, Elizabeth (the one in Wilmot!) was thrilled. "I've always had a connection to the Queen because of my father's experiences, and so this is very special indeed." And will William and Kate heed Elizabeth's advice about marriage? Time will tell ... and the world will no doubt be watching to see if the Duke and Duchess have a "love that lasts!"

"Love That Lasts" is available at Upper Case Books in New Hamburg, and can also be ordered through Elizabeth's web site: www.lovethatlasts.ca

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Ask Armand ~

Louise wonders: *Hey Armand, where did the children go to swim and cool off in the hot humid days of summers gone by?*



Armand says: *Well Louise, we had lots of places to go and frolic when I was a youngster. We went to the dam in behind Brubaker Street—south of the tracks where the water was 10 feet deep in front of the dam, 4 feet in out-lying areas. Water was very clean in the pond in the 40s because of the constant flow of spring water.*



Also years ago the Mill Pond was larger, bordering both sides of Foundry Street, giving us more places for summer swimming and skating in the winter.

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Smart Drivers Roll with Fuel Efficiency

Under-inflated tires will waste 533 million litres of fuel in 2011.

With the summer driving season in full swing and thousands of motorists getting set to hit the highway on long weekends, drivers are reminded they can save at the pumps by ensuring their tires are properly inflated.

Every year Canadian drivers waste millions of litres of fuel simply because their tires are not inflated to the vehicle manufacturer's recommendation. In 2011, Natural Resources Canada estimates that under-inflated tires will waste 533 million litres of fuel at a cost of \$722 million in unnecessary fuel bills. This wasted fuel, which is enough to power 275,000 vehicles for a full year, will also release an additional 1.2 million tonnes of carbon dioxide into the atmosphere.

Why does an under-inflated tire burn more fuel? A tire that is under-inflated does not roll as smoothly or as easily as it was intended. The result is increased rolling resistance, which causes the vehicle to consume more fuel than necessary.

According to the Rubber Association of Canada (RAC), which represents tire makers, the average Canadian motorist who drives 20,000 kilometres per year can save more than \$100 dollars at the pumps if their tires are properly inflated. For drivers who spend considerably more time behind the wheel, the annual fuel savings can add up to hundreds of dollars.

Despite these obvious benefits, too many Canadian drivers ignore tire inflation. According to a recent study commissioned by the RAC, one third of Canada's 21 million vehicles have at least one under-inflated tire, and only 30 per cent of drivers measure their tire pressures monthly.

The study also revealed major knowledge gaps about tire inflation. For example, only 52 per cent of drivers knew how to locate the vehicle manufacturer's recommended tire pressure (owner's manual or vehicle placard) and 26 per cent wrongly believed that the pressure stamped on the sidewall, which refers to the maximum pressure a tire can contain under maximum load, was the recommended inflation level.

As well, 59 per cent of drivers interviewed made the serious mistake of relying on a visual inspection to tell them if their tire pressures should be measured. In fact, a tire can be under-or over-inflated by 20 percent or more and look normal.

"Properly inflated tires deliver the fuel efficiency and exceptional performance that tire makers want every driver to have," says Glenn Maidment, president of the RAC. "Drivers need to know that improperly inflated tires waste fuel, increase stopping distance, and hamper performance by lessening vehicle stability, particularly when cornering. All it takes to get the outstanding fuel economy and performance your tires were designed to deliver is to use a reliable tire gauge each month to measure and, if necessary, adjust your tire pressures."

Shortened tire life should also be of concern to motorists who want to save their money and help the environment. According to the RAC, under-inflation can carve as much as 15,000 kilometres off the service life of a tire, adding to tire-related vehicle costs and the number of scrap tires.

The RAC recommends motorists take fuel economy and environmental protection into their own hands by buying a reliable tire gauge and using it at least once a month to ensure their tires are always inflated to the vehicle manufacturer's recommendation.

Tire Inflation Tips

Here are some tire inflation tips for motorists who want the best performance and fuel efficiency from their tires:

Ø Invest in a reliable tire gauge. The most accurate way to know if your tires need to be inflated or deflated is by measuring their pressure with a reliable gauge monthly. Too many drivers make the mistake of thinking a visual check will tell them if their tire pressures are correct. A tire can be under or over inflated by 20 percent or more and not be noticeable.

Ø Always inflate your tires to the vehicle manufacturer's recommendation. The right tire pressure by wheel position is listed on the vehicle placard, which is located on one of the vehicle's inside door posts, or inside the glove compartment or fuel door. Never use the tire pressure stamped on the sidewall. That pressure refers to the maximum pressure a tire can contain under maximum load. If you experience difficulty locating your vehicle placard, consult your vehicle's owner's manual for its location.

Ø You should only measure tire pressure when the vehicle has been stationary for at least three hours, or has not been driven more than two kilometres. Tires heat up when rolling, so if they are measured after driving more than two kilometres, the pressure reading will be inaccurate.

~ Tire makers recommend an easy, four-step approach to proper tire inflation:

Step One

Ø Find the recommended inflation pressure for your tires on the vehicle placard. Check the owner's manual for its exact location.

Step Two

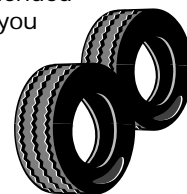
Ø Remember to only measure pressure when the tires are cold. If you have been driving, wait three hours before measuring tire pressure.

Step Three

Ø Use a tire gauge when measuring pressure. Remove the cap from the valve stem, press the tire gauge onto the valve and take the pressure reading.

Step Four

Ø Add air until the recommended air pressure is achieved. If you overfill the tire, release air by pushing on the metal stem in the centre of the valve, then re-check the pressure.



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BADEN FAMILY FUN DAY CELEBRATES ITS SIXTH YEAR WITH SUNSHINE AND A FULL PARK



On behalf of West Hills Mennonite Fellowship, Steinmann's Mennonite, Wilmot Mennonite, and Our Space – Baden, we would like to thank everyone who came out to see us at the 6th annual Baden Family Fun Day on June 18th at Beck Park. The weather was beautiful and it was great to see the park full of families enjoying fun activities and time together as a community. We look forward to holding the event for the 7th year running in 2012.

We are always seeking ways to improve this event in order to meet the needs of the community, so please feel free to send an email with any suggestions or feedback to office_westhills@rogers.com and we will review all your comments.

We would also like to thank Mayor Les Armstrong and Councillor Barry Fisher for their assistance with door prizes, and the following local businesses for their support through their door prize donations: Pizza Express & Subs; Egli's Meat Market; Hairworks (Baden) Inc.; Baden Automotive; J.R. Auto Service; Baden Veterinary Hospital; Baden Feed & Supply Ltd.; Tim Horton's (Baden) and to The Baden Outlook for spreading the word!

A special thanks go to the Milk Board for donating the white and chocolate milk and to One Way Water for supplying the drinking water.

Hope to see you again next year!
Baden Family Fun Day Organizing Committee

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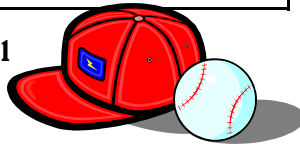


Most Valuable Players: back - Mike Taves, Laurel McLaughlin, Rick Pearson, Dennis Roth. Front: Lois Rettinger, Paul Koenig, Bobby Burgess



Penny Roth Memorial Trophy (*most sportsman-like*):
Back—Mike Krone, Barry Taves, Cathy Honderich.
Front—Danny Finn, Peter McLaughlin, Cam Struth

Be sure to check out our local ball teams at the park as they too are making history!



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Welcome Back to School Tuesday, September 6

All Waterloo Region schools will be open on Tuesday, September 6 to welcome students to the beginning of the 2011-12 school year.

Students should be at their school at the regular starting time.

All school buses will be running and it is a good idea to be at your bus stop a little early. Buses will leave schools to deliver students home at regular times.

Elementary school classes will be held all day.

Junior and senior kindergarten students will have staggered entry times over the first two weeks of school.

Secondary schools have planned various opening day programs. Each student should bring along an appropriate school lock or money to purchase one.

It isn't too late to register!

All schools will be open starting August 29 for students who haven't yet registered. If you aren't sure which school you should attend, visit our web site at www.wrdsb.ca and click on School Finder or phone 519-570-0003 ext. 4419. For transportation information, please call Student Transportation Services of Waterloo Region at 519-650-4934.

Kathleen Woodcock, Chairperson of the Board

Linda Fabi, Director of Education

www.wrdsb.ca

Baden Birding

Written By Ken Quanz

Upon returning from a vacation, Pat commented that the birds now sounded differently than they did before she left. Why was that?

Perhaps she became used to the bird songs and calls where she was travelling. Perhaps memory plays tricks on us and we “remember” a more rich and pleasing home soundscape. Perhaps she was just giving me my next assignment!

In fact, the birdcalls and songs have changed over this fairly short period of time. When Pat left on her vacation robins were in the height of their breeding season. The males started singing at the first hint of light – some days it seemed they hardly even stopped at night. Many other species of male birds were also singing – a mainly male attribute that is part of the learned mating ritual. Researchers tell us that males develop their songs throughout their lives, progressing from early imitations of other males of their species on to “elaborations” of their own as they age. Females seem to think that this could show that the more mature male would provide better genes for their offspring – after all, they have been able to survive longer.

As one species ends the breeding period, the



males’ songs diminish, but the hole in the soundscape is filled by another male’s song as his species start their breeding season. Did you noticed the American Goldfinches starting their courting songs and flights in late June and early July? Most other species have finished breeding for the year so the young have time to prepare for migration. One reason for the late nesting of goldfinches lies in what they feed their young: early nesting birds rely on insects, worms, etc., while goldfinches feed their young on thistle seeds almost exclusively (Nyger seed is an imported thistle seed which has been treated so it will not sprout).

But, you say, I hear robins, blue jays and crows almost every day – they just sound different than they did in the springtime. What you are mainly hearing outside of breeding season is known as bird calls – everyday chatter about territory, food sources, predator alarms, flock control, and, perhaps, some plain old joy of life.

So, Pat, you were right – the sounds have changed. If you were to keep careful notes of what bird songs you hear on what days you could probably build a fairly decent calendar. You may also become better at predicting weather and maybe even learn to take a nap mid-day like many birds do.

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Giant Hogweed Reduction Program



Giant Hogweed (*Heracleum mantegazzianum*) is a plant in the family Apiaceae. It typically grows to heights of 2–5 metres (6 ft 7 in–16 ft 5 in), sometimes reaching 7 metres (23 ft). The Giant Hogweed (GHW) is native to central Asia. It was introduced to Britain as an ornamental plant in the 19th century, and it has also spread to Finland, Germany, France, Belgium, United States, and Canada.

The sap of Giant Hogweed may cause phytophotodermatitis” in humans, resulting in blisters, long-lasting scars, and if it comes in contact with eyes, blindness. In 2008, Regional Council passed By-Law 08-024 designating GHW as a local noxious weed and is now on the Provincial Noxious Weed List. Council also directed that a program be initiated that provides a more proactive approach to identifying and eliminating this plant. Three University students were hired in 2010 to carry out the initiative.

The three students travelled approximately 18,000 kilometres by walking 850 km, driving 17,003 km, and canoeing 567 km. Throughout their travels, they had 810 phone calls about suspected hogweed sightings and found 6,300 plants in Waterloo Region. The vast majority of the plants were found in Wellesley and Woolwich Townships due to the large number of waterways including the Conestoga, Grand, and Nith rivers. Wilmot also had its share of plants found in 2010 with 600 plants found in May, 200 in June, fewer than 50 in July and 275 in August.

Most of the plants in Waterloo Region were found along the waterways, as seeds travel the best in water. Finding clusters of one to five plants happens 55 percent of the time. As well, 26 percent of the time, six to twenty plants were found, showing that the majority of the clusters are not unmanageable.

The Reduction Program is focussing on four different methods of reducing the noxious weed. Education through pamphlets, school, and media outlets is paramount in fighting this weed. This team of University students is again carrying out property inspections. Phone interviews are being used to determine the

priorities of the weed and to deal with each call as quickly as possible. Proactive Inspections are being carried out, as sites that were registered last year will be checked again this year to see if there is any evidence of more plants.

This year the program is already in full swing - plants have been found in New Dundee, Haysville, New Hamburg and Baden. This year, in Wilmot Township, there are 13 separate locations whereas last year, there were 12. This is most likely due to the fact that more and more people are becoming aware of the noxious plant and contacting the region to inspect their property rather than allowing the plant to rapidly spread. By their estimates, the students have found 260 plants this summer as opposed to approximately 525 plants last summer.

The Giant Hogweed is very similar to a plant called Angelica. Here are the differences between the two plants:

- 1 the stem on Angelica is smooth while Giant Hogweed has white bristles that give the stem a prickly appearance
- 2 Angelica has a spherical flower head (typically brownish like the seeds of Giant Hogweed) whereas Giant Hogweed has an umbrella type of flower head with a very distinct white colour
- 3 Giant Hogweed leaves are very large and usually one leaf per stem, whereas Angelica has many leaves per stem and are much smaller (about 10 cm long)

If you have any questions regarding the Giant Hogweed plant please call the Invasive Species Hotline at 1-800-563-7711.

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Smith asks, 'And what does a million dollars mean to you?'

The Lord replies, 'like one penny.'

Smith asks, 'Can I have a penny?'



The Lord replies, 'In a minute.'

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Christian Formation: 11:00 a.m. Pastor Dave Rogalsky

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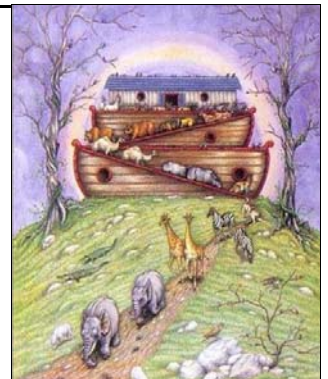
www.wilmotmennonite.ca

*Please visit The Baden Outlook web site for a directory of
local churches with names, numbers, addresses and web sites.
If your church is missing from this list please contact us to be included.*

We're on the Web!
Visit www.badenoutlook.com

Noah's Ark: Everything you need to know, you can learn from Noah's Ark ~

- ONE: Don't miss the boat.
- TWO: Remember that we are all in the same boat!
- THREE: Plan ahead. It wasn't raining when Noah built the Ark.
- FOUR: Stay fit. When you're 60 years old, someone may ask you to do something really big.
- FIVE: Don't listen to critics; just get on with the job that needs to be done.
- SIX: Build your future on high ground.
- SEVEN: For safety's sake, travel in pairs.
- EIGHT: Speed isn't always an advantage. The snails were on board with the cheetahs.
- NINE: When you're stressed, float awhile.
- TEN: Remember, the Ark was built by amateurs; the Titanic by professionals.
- ELEVEN: No matter the storm, when you are with God, there's always a rainbow waiting.



*Email submitted by
Jean and Willie Shantz*

New Hamburg Thrift Centre

41 Heritage Drive

New Hamburg

tel: 519-662-2867

www.newhamburgthrift.com



Now accepting donations in response to drought and severe food shortages in East Africa

MCC food security work is well established in Ethiopia and Kenya where we may also need to help Somali refugees who are pouring in by the tens of thousands. Immediate responses planned include food for children under 5 and pregnant/lactating women.

Donate in store or online at www.mcc.org



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

MCC Requests Funds for East Africa Drought Response

Mennonite Central Committee (MCC) is appealing for donations in response to a critical drought and food crisis in East Africa, which has affected about 11 million people.

MCC is responding in Kenya by supporting food-for-work projects. In Ethiopia, MCC funds are expected to be used for supplemental food for children under age 5 and lactating or pregnant women. As the impact of the crisis grows, MCC anticipates the potential for an expanded and ongoing response in these countries.

Two consecutive poor rainy seasons have caused drought in large sections of Kenya and Ethiopia, where MCC has worked for at least 35 years. In addition to crop failure and many livestock deaths, the situation is exacerbated by high local grain prices and areas of conflict.

MCC is committing \$1.2 million through Canadian Foodgrains Bank to support two food-for-work programs in Kenya that will have short- and long-term benefits.

Kenyans will be paid with cooking oil, maize, and beans for their construction of 92 sand dams and 25 wells. These water-conservation projects, done through partner organizations, the Sahelian Solutions Foundation, and the Utooni Development Organization, will help minimize the impact of future droughts.

In Ethiopia, MCC's partner, the Relief and Development Association (RDA) of the Meserete Kristos Church, will use an initial \$200,000 from MCC to help the most vulnerable in the Boricha area, 150 miles (240 km.) south of the capital, Addis Ababa. Representatives from MCC and RDA are consulting with the community to determine the most effective way to address its ongoing needs. Meserete Kristos Church is an Anabaptist denomination and member of Mennonite World Conference.

MCC also is assessing the possibility of responding to the needs of refugees from Somalia who are pouring into Ethiopia and Kenya by the tens of thousands.

Financial donations to support MCC's response can be made online at www.mcc.org or at any MCC office or thrift store. Gifts should be designated for "East Africa Drought Response." MCC encourages you also to pray for the people of East Africa at this time of crisis.

There are some things that you cannot recover in life:

The stone...after it's thrown.

The word ... after it's said.

The occasion ...after it's missed.

The time ... after it's gone.

A person ... after they die.



*The Waterlot Presents: 3rd Annual Clam Bake on the Patio:
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Sunday Brunch -11:30 am to 2 pm, Dinner 5 pm-8:30 pm



17 Huron Street, New Hamburg, ON N3A 1K1
(519) 662-2020 or waterlot@waterlot.com

Film Crew Visits Baden: "The Perfect Location!"

By Teresa Brown

Did you notice anything strange happening on Brewery Street one sunny morning in July? Perhaps you walked by and saw the huge screens and video cameras, or noticed the many people busily working with makeup, costumes, lighting, and more?

Maybe you were even one of the neighbours who wandered over to watch the excitement. And "excitement" is what happened ... as Waterloo-based production company Memory Tree filmed a commercial at 24 Brewery Street for RIM, maker of the famous BlackBerry smart phone!

A truck pulled up bright and early on July 13, and fifteen crew members from Memory Tree, along with three actors and the client from Verizon Wireless who has contracted the commercial, piled out and got to work. And what a lot of work! Peter Shannon, executive producer for Memory Tree, lists some of the equipment that was used:

"Our camera is a Cannon 60D with Red Rock micro accessories with a selection of fixed film lenses. A Hydraulic Dolly and 16' track [was used] to make all our shots smooth, HMI pars and fresnel lighting fixtures for most of our lighting, 20 x 20 silks to help us use the sun while eliminating harsh shadows, also a full complement of grip equipment, cable, distribution, expendables -- everything you need on a film set."

Whew! Once everything was set up, the filming began. The commercial, intended to advertise the BlackBerry 7 and the new BlackBerry Bold 9930, tells the story of a single father who is often on the road as a trucker. He's able to stay in contact with his two daughters with the help of the family's BlackBerrys; the day's filming included scenes of the girls receiving messages from their dad, as well as scenes of dad away at the Grand Canyon.

The Grand Canyon? That's right -- those scenes were shot with the help of a "green screen," placed behind the actor while a Grand Canyon background was projected onto it. Such movie magic is just par for the course for Memory Tree, a production company that was established in 1996 and includes clients such as Home Depot, Broil King, the Government of Canada, and many others. (Check them out at www.memorytree.ca)

But why Baden? Peter explains that "Erb Transport generously donated a beautiful truck for our shoot," for the scenes showing the father away from home. Brewery Street, because it's close to Erb Transport, made it "a perfect location for us, with plenty of space to shoot the green screen 'Grand Canyon' shots."



Personal Support Worker – Part-time



Nithview Community, a division of Tri-County Mennonite Homes (TCMH), is a not-for-profit service agency located in New Hamburg that has provided leadership in service to seniors for over 35 years. Our continuum of care seniors' complex consists of 97 Long-Term Care beds, 50 Retirement Home Suites, 18 Supported Living Apartments and 52 Independent Living Units.

We are currently looking for PSWs to join our Nithview team and become an integral member of the Resident Care Team. The responsibilities of this position include: providing for the basic care and needs of residents, performing specific interventions from individual resident care plans, and assisting in the nursing process by observing and reporting changes in the residents' physical and emotional condition. The successful candidate must be a graduate of the Personal Support Worker course and should have experience and/or a willingness to work with seniors.

If you have the above noted qualities and experiences, please submit your application to:

Nithview Community
200 Boullee Street, New Hamburg, ON N3A 2K4
Fax (519) 662-1090
e-mail: employment@tcmhomes.com

But there's another connection ... one of Memory Tree's employees happens to have a mom who lives at 24 Brewery Street. That's right, this mom (yours truly) had the terrific opportunity to watch all this from the inside -- literally, as my kitchen became the makeup studio, my patio became the costume department, and my backyard was the set!

All in all, it was a fascinating and fun day for everyone: from those of us who live here (thanks, Doris, for being such a good sport -- especially when your power went out!) as well as for the Memory Tree crew, who fell in love with Baden's small-town charm.

And when will we see the BlackBerry commercial? Stay tuned ... we'll update you when it's on the air!

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Saturday Night At The Movies

Wilmot Mennonite Church, 2995 Bleams Road
September 17 —7:00 p.m.

Donations to cover costs appreciated. All are welcome!
For further information call (519) 584-7089 or (519)634-8963

Wilmot Mennonite Church will again be holding their
once a month "Saturday Night At The Movies".

The first movie of the season to be shown is titled --
"The Long Road Back" :

A prison door clangs shut and the reverberation echoes with immense meaning both for the person locked up and those left on the outside. The reality is, however, that once offenders have served their terms and leave prison, doors still slam shut.

*~Feel the heartbreak and the victories as you follow a young woman putting her life back together after 11 years in prison.-
~ Experience the difficulties ex-offenders face when looking for a job.*

The movie offers valuable insight on how released offenders can be encouraged to new and productive lives.

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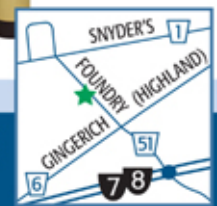


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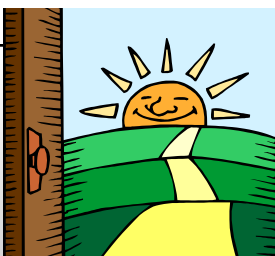
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For more information or if you are interested in volunteering with Community Care Concepts please call 519-749-0784

WILMOT HORTICULTURAL SOCIETY

Monday, September 12 - 7:00 p.m.
Wilmot Rec Complex



Junior Gardener Awards Presentation and Flower Show
Speaker: Marianne Weiler (Master Gardener)
Topic: Cacti and Succulents
You're welcome to attend, - please note change of time

Attention Girls 8-13 - Join Girls Club ...Great Fun!

Come to Our Annual Wiener Roast & Games Night!
Come Join the Fun, Tuesday, September 20th
Held at Wilmot Mennonite Church 7:00 until 8:30 p.m.
All girls ages 8 to 13 welcome.
For more information call Marcia 519-634-5960.

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

Another Cool Move

The graveside service just barely finished when there was a massive clap of thunder, followed by a tremendous bolt of lightning, accompanied by even more thunder rumbling in the distance. The little old man looked at the preacher and calmly said, 'Well.....she's there.'



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Checking Out the Baden Library



One Book, One Community (OBOC)

Learn more about the 2011 OBOC selection, *Bury Your Dead*, and more at www.oboc.ca. Meet the author Louise Penny in the Region of Waterloo from September 20 to 22. Check out the OBOC website for upcoming events or contact Region of Waterloo Library Headquarters at 519-575-4590.

Summer at the Library

The library was a busy place this summer with over 230 children ages 3 and up participating in various activities in the 2011 TD Summer Reading Club, *SPLASH! Celebrate Summer*. Everyone had lots of fun trying their luck at guessing games, playing I Spy, searching through the sand bottle for hidden treasures, creating unique beach rock crafts and taking prizes from the Fantastic Fish Bowl! Congratulations to everyone for the great reading you did this summer! And a big thank you to the local businesses and families who donated prizes to make our program even more special!

Shout out for Volunteers

The library is looking for volunteers to help lead book clubs for children. Ask library staff for more information if you are interested in this rewarding opportunity. Stop in at the Baden Branch to get a volunteer application form, or download one from our website at www.rwl.library.on.ca.

Pre-registration for the following fall Storytime programs begins Tuesday, Sept. 6:

Just For You, Baby – a storytime program for parents and babies 0 to 12 months.

Wednesday mornings: Oct. 5 to Nov. 23 from 11 to 11:30 a.m.

Toddler Tales – a storytime program for parents and toddlers 24 to 36 months.

Wednesday mornings: Oct. 5 to Nov. 23 from 10:15 to 10:45 a.m.

Storytime for Children 3 to 5 years old.

Choose either Tuesday afternoons: Oct. 4 to Nov. 22 from 1:45 to 2:30 p.m.

OR Wednesday mornings: Oct. 5 to Nov. 23 from 9:15 to 10 a.m.

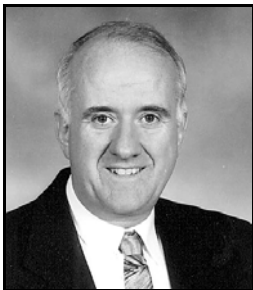
Storytime programs include stories, songs, and rhymes, as well as games and crafts for the older children. Come and enjoy having fun with literacy!

Due to space limitations, registration is required for ALL Baden Branch programs. Contact us at 519-634-8933 or by email at badenlib@regionofwaterloo.ca for more information. Up-to-date information is also available in our Events Calendar on our website at www.rwl.library.on.ca.

Your library card is an important and valuable item. We require that you bring your card with you each time you visit the library.

Chris Baechler, Assistant Supervisor

Baden Branch, Region of Waterloo Library / <http://www.rwl.library.on.ca>



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Have you felt the brush of the pendulum this year? We went from a super wet spring to a dusty, dry summer, weather conditions that have left even seasoned farmers baffled and frustrated. Although the light sprinklings at the beginning of this month were very welcome, our gardens are still dry and thirsty. Rain barrels are all but empty and potted plants are getting leggy and sparse.

What are the easiest ways to have a beautiful garden, even in the hot, dry conditions of this summer?

Follow these tips to a healthier, lush garden, no matter what the weather throws at you.

Water Well

There are three basic principles to proper watering in a residential garden:

* Water at the RIGHT TIME - early morning is best, later in the evening is good (but may result in more disease). Watering your garden or pots in the middle of the day is not a wise plan (although it's completely understandable if that's the only time you can remember to). As for the frequency, it's recommended that your flower beds and vegetable gardens get a good watering once a week, while pots are likely to need it once a day. Watering less frequently encourages deeper root systems, which will allow your gardens to weather better through parched conditions.

* Water in the RIGHT AMOUNTS - aim for gentle and consistent saturation. Use enough water for the soil to be damp all the way through. One inch of water per week is an often quoted number,

but that is entirely dependent on the type of soil and drainage situation in your yard.

* Water using the RIGHT METHODS - using drip irrigation systems is the most efficient choice, including perforated hoses and other clever set ups. Sprinklers are a decent choice, but try to get them as close to the ground as possible, reducing the amount of water that lands on the foliage (it will evaporate quickly and can increase the risk of disease). Use a rain barrel and traditional watering can for your pots - it's a great job for the kids on a sunny summer morning.

Mulch, Mulch, Mulch

If you didn't spread mulch this spring, you're very likely regretting it now. Wood chips, stone mulch, even grass clippings, straw and other homemade solutions help to control evaporation (not to mention weeds).

Be sure that the mulch is spread well and remains thick. Wind and pets are famous for thinning out the mulch layer, but a quick inspection and a few swipes of your gloved hands will remedy the situation. Not only will mulch keep the sun at bay, but by cutting back on weeds it will reduce the water sucked up by those pesky rascals.

Take Care of Yourself

Don't forget to keep the gardener watered as well. You may be so concerned with watering the flowers and veggies that you forget your own needs, but heatstroke and exhaustion are very real threats to gardeners at this time of year.

Keep hydrated and have frequent rests in the shade. Set up your lawn chair near the work area for a comfy spot to sit and have a stash of cold water close at hand. This will allow you to stay healthy and keep on appreciating the beauty of your garden - even amidst the scorching heat of summer.

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Come Sing With Us! Everyone is Welcome!

Respect, equality, and diversity are three words that represent the highest ideals of multiculturalism in Canada. Our nation has always been multicultural, beginning with the diversity of the First Nations, followed by the English, French, and then by representatives from countries all over the world. The Millennium Choral Organization saw over one thousand people come together to celebrate this rich heritage in our *Canadian Promenade* concerts this past Spring. As a parade of world, provincial, and territorial flags unfurled during the performance of my *Fanfares & Canzona* and *Canada Song*, our red-and-white clad audiences rose to their feet and sang while waving their own hand-held Canadian and international flags.



This most successful season would not have been possible without the support of local singers from the Nith Valley Singers and Music Alive. We look forward to another season in which our community-based choirs share their love of music by involving Waterloo Region in audience participation concerts such as *Hallelujah! A Christmas Story* in November of this year. This will be an exciting concert of sacred and secular music with a narrator and an audience sing-a-long *Hallelujah Chorus* from Handel's *Messiah*. Back by popular demand, the Tenor Delight will join our Christmas concerts as well.

This fall we look forward to another season of sharing our love of music with the communities of this region and we would again ask for those who love to sing to come out and join the Nith Valley Singers for another exciting year. We invite you to be part of our musical family. Registration and a simple voice check will take place on **Wednesday, September 7, 2011 at Wilmot Mennonite Church on Bleams Road in New Hamburg**. For further information call **519 662-3291** or email us at kunzmusc@sentex.net. Everyone is welcome! Come and sing with us!



Dr. Alfred Kunz,
Artistic Director/
Conductor
Nith Valley Singers



The Millennium Choral Organization
Artistic Director/Conductor Dr. Alfred Kunz
invite you to join the

Nith Valley Singers

as they prepare for

Hallelujah! A Christmas Story

Back by popular demand:

Tenor Delight

A chance to sing *Glory to God* and the *Hallelujah Chorus*
From Handel's *Messiah*

Registration

Wednesday, September 7, 2011

Wilmot Mennonite Church, Bleams Rd., New Hamburg
7:00pm

Information

519 662-3291 or kunzmusc@sentex.net

Everyone Welcome! Come sing with us!



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- 1911 - The product Crisco was introduced by Procter & Gamble Company.
- 1914 - The Panama Canal was officially opened to commercial traffic as an American ship sailed from the Atlantic to the Pacific Ocean.
- 1939 - *The Wizard of Oz* premiered in Hollywood, CA. Judy Garland became famous for the movie's song "Somewhere Over the Rainbow."
- 1949 - In San Francisco, a stunt leap off the Golden Gate Bridge was performed for the first time.
- 1961 - East German workers began construction of the Berlin Wall.
- 1987 - \$100 million in damage was done in the Chicago area when 13 1/2 inches of rain fell.
- 1987 - On the tenth anniversary of the death of Elvis Presley thousands of people marched past his grave in Memphis, TN.
- 1991 - 750,000 attend Paul Simon's free concert in Central Park
- 1997 - Dow Jones drops 247.37 pts



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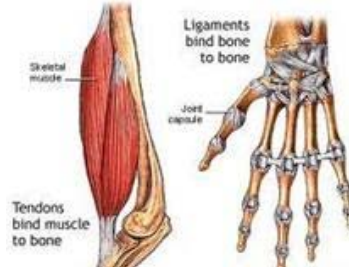
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CLASSIFICATION OF COMMON MUSCLE AND JOINT INJURIES

By Dr. John A. Papa, D.C.

Physical injury to your muscles and joints can occur with workplace, household, sporting, and recreational activities. Common mechanisms of injury include slip and fall or collision-impact type accidents, overstretching a body part, twisting awkwardly, or performing repetitive movements or activities. This can cause pain, stiffness, and swelling in a joint or muscle, leading to injuries such as *sprains*, *strains*, and *contusions*.

A *sprain* refers to a stretching or tearing of a ligament. Ligaments are tough bands of fibrous tissue that connect one bone to another. They help stabilize joints, preventing excessive movement. One or more ligaments can be injured at the same time. Common locations for *sprains* are the ankle, wrist, and knee joints.



A *strain* refers to a stretching or tearing of a muscle or tendon. Muscles are responsible for producing force and causing motion, whereas tendons are the tough fibrous extensions of muscle that attach to bone. A *strain* injury can occur when the muscle-tendon complex suddenly or powerfully contracts, or when it is overstretched. This is called an acute *strain*. Overuse of certain muscles over time can lead to a chronic repetitive *strain*. *Strains* are commonly referred to as "pulled muscles" or "tendinitis". The shoulders, forearms, low back, and leg regions are common locations for *strains* to occur.

Contusions are commonly called "bruises", and occur when small blood vessels in the skin, muscles, or bones are subjected to trauma. *Sprain*, *strain*, and *contusion* injuries can exist on their own or in combination with each other.

Initial conservative management and first aid of such injuries should follow the **P.R.I.C.E.** principle (**P**rotection, **R**est, **I**ce, **C**ompression, **E**levation). This can significantly reduce swelling, tissue damage, inflammation, muscle spasms, pain, and recovery time. With a mild injury you should experience progressive improvement within 2 to 3 days. You should gradually begin using the injured area after this time. Mild injuries usually heal completely without any residual consequence in 1 to 4 weeks. Moderate injuries usually require 4 to 12 weeks to heal and may require basic rehabilitative treatment and exercises. Severe injuries will take longer to heal. Healing times may also vary dependent on a persons age, physical condition and general health.

You should seek immediate medical care under the following circumstances: a popping sound heard during the injury accompanied by a feeling of joint instability or inability to weight bear; obvious evidence or suspicion of a broken bone, fracture or joint dislocation; or injuries at risk for infection. For less serious injuries, you should contact a licensed health professional who deals in the diagnosis and treatment of muscle and joint pain if symptoms do not subside. A qualified health professional can determine the cause of your pain and prescribe appropriate therapy, exercises, and rehabilitation strategies specifically for your circumstance. Join us next month when we take a closer look at muscle and joint first aid utilizing the **P.R.I.C.E.** principle.

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 A: German Shepherds

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Service Department ~ Table Of Excuses:

To save time for this department and yourself, please give your excuse by number. The list below covers most situations.

1. That's the way we've always done it.
2. I didn't know you were in a hurry for it.
3. That's not in my department.
4. No one told me to go ahead.
5. I'm waiting for an OK.
6. How did I know this was different?
7. This is his job, not mine.
8. Wait till the boss comes back and ask him.
9. I forgot.
10. I didn't think it was very important.
11. I'm so busy that I just can't get around to it!
12. I thought I told you!

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