

The

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AUGUST 2012  
VOLUME 13, ISSUE 1

# Baden Outlook

*The Baden Outlook had a wonderful summer and had the privilege of travelling with many people to some very amazing places... see where else the Outlook went this summer on pages 4 and 5!*



*A total of forty-one members of the Stonecroft community and friends spent fourteen days in Ireland under the guidance of Royal Irish Tours and Gregg Murtagh (standing far right). This photo was taken in Keats' burial town of Drumcliff with Belbulbin Mountain in the background.*

## Baden & District Chamber of Commerce Annual BBQ in Beck Park



Thursday, August 30 ~ Serving will start at 5:30 p.m.

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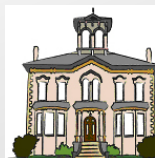
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# Talking with Ed

## Summer Vacation —What a Great Trip!



Our family has been camping for close to thirty years, mostly throughout southern Ontario Provincial Parks or conservation areas, but with the high Canadian dollar and cheaper fuel in the USA, we decided to be adventurous and take a camping trip through the states with a destination of Virginia Beach. We found many differences - some good and some just different - but all very interesting. Here are some of our observations. Please keep in mind that conditions vary from state to state.

**Highways** - We found some of New York State's highways to be rough, but Delaware, Maryland, Pennsylvania, West Virginia and Virginia all seemed to be in good shape. Some of the previously mentioned southern states had the rumble strip in the middle of the highway and not the shoulder, which does make sense. Most of the major expressways had the grass trimmed along the roads; in some cases back 50 to 100 feet, and some of it done by prisoners of local institutions. In some states, motorcyclists were not required to wear helmets - which was kind of strange to see. We also found that most drivers stayed at the speed limit, there was a large police presence, and most drivers were very courteous. This was very different than a drive down the 401. Speed limits were raised by five mile an hour increments to a maximum of 70 miles an hour.

**Fuel Prices** - Our first fill-up in New York State was \$3.87 a gallon. The further south we drove, the cheaper the price. In Virginia, gas averaged \$3.25 a gallon with the lowest cost being \$3.19. For comparison's sake, there are 3.8 litres to a U.S. gallon so that would make the price range between \$1.01 and .84 cents a litre. Quite a difference there! All gas stations in the U.S. require pay at the pumps or pay in advance. We are trusting in Canada.

**Campgrounds** - We found the campgrounds to be very similar to our Ontario parks, which are always clean with very courteous staff. The two campgrounds we visited in Pennsylvania cost \$32 a night with hydro, not including on-site water hookups. The Delaware and Virginia Beach campgrounds included hydro and on-site water and were also \$32 (prices in New York State average \$26 a night). The Delaware camp required all trailers to be parked on a four-lane strip of pavement facing into the dune campsite off the pavement. Our Virginia Beach campsite was right on Chesapeake Bay, with amazing sand dunes and ocean breezes, which was awesome in the 100-degree F. weather temperatures. The cicada bugs loved the heat and sang loudly for us each evening.



Did you know there is cactus in Delaware?

**Restaurants** - We only visited three restaurants in our ten-day trip, but we found them to be cheaper than many of the Canadian restaurants we have visited. Some of the liquor laws are relaxed as well. An example of this was at an Italian restaurant in Delaware. Pat and I both wanted a glass of wine but their offered deal of \$20 a bottle was hard to resist. We agreed we shouldn't drink a bottle and safely drive; however, they said no problem and offered to re-cork it for taking home. This ruling wasn't the same in Virginia though. An authentic Mexican restaurant in Virginia Beach offered half price Margaritas (Happy Hour) which added to the ambiance with personal, table-side guacamole prepared, and also for us to take home... including the fancy bowl they served it in! And more food than we could eat for under \$45.

**Sinful Stuff** - I took note of the cigarette prices and they ranged from \$8.75 a pack in New York State to \$3.19 for a 20 pack in Virginia. I found it odd that there were specials on cigarettes and lots of advertising promoting them. Alcoholic beverages were at least half the price that we would pay in Canada. We found Yellow Tail wine for \$5.99 and a 30 pack of Budweiser for \$15.99 - in Canada it would be approximately \$12 and \$40 for the same products.

**Military** - On Father's Day it was my choice to take a tour of the Norfolk Naval base at Norfolk Virginia. This is the largest naval base in the world with 54,000 personnel and 66 war ships stationed there. The ships were incredible in size - the aircraft carriers carried 90 jet fighters on board. I am not a big fan of the military, but our lives might be vastly different if we didn't have our neighbours to the south. They sure are proud folks there.

**American Citizens** - We found everyone very friendly, helpful and accommodating. We never felt threatened although every city has its dark side, not unlike here at home. Some of the backwoods areas of the northern states had unkempt properties, which might reflect living in remote areas. In Virginia Beach they didn't understand when we asked if we had to pay for bags at the grocery store. They double bagged everything and plastic bags were free. We are much better recyclers here in Canada.

There were many wonderful sights that made this trip memorable such as the Chesapeake Bay Bridge-Tunnel (20 km long with two tunnels under the bay), mountains that never seemed to end through New York State and Pennsylvania, camping on the ocean and seeing all the local events along the way.

Summertime... what fun!! Until next month...Ed.



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# Greetings from Outlook Headquarters

## What Does Summer Mean to You?



Whew, that went fast—two months gone in a blink since our last issue in June. Summer does that - we dream of these warm sunny days during those frosty winter months with such anticipation and before you know it we are talking about it in past tense. Well, as the saying goes: “time flies when you’re having fun!”

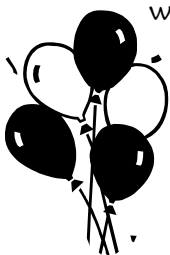
What does summer mean to you? What did you dream of, and what were you waiting for? Is it all you imagined it to be? Did you accomplish what you wanted to?

I dreamed of breaking routine and getting away, being outdoors, visiting, living a sort of gypsy life, travelling and seeing lots of different things. I wanted to catch up with those dear to me with whom I never seem to find time to connect—spend quality time, not rushed or with any specific agenda, just being together. Well, I believe I succeeded in my summer fantasy with lots of camping, travelling and quality time with family, those living both near and far. It was wonderful having my brother and his family join us for a few weeks, seeing young ones grow, and getting to know one another again. I was able to remove myself from the computer, my familiar office chair, and my mess of papers. I do apologize to those who did not get immediate response from either phone or email messages, but I did indeed make a point of plugging in on occasion (thanks to free WiFi at McDonalds while on the road). With the heat and drought I even surrendered to my failing garden plants, not to mention the hardy bugs that took care of things while we were away.

Yes, super grand summer fun, but when all is said and done, it feels good to connect once again and sort out the input that accumulated for the August issue. And it’s not just any issue, but the one that begins—Volume 13! Speaking of time going fast!! It was August 2000 when we published our first issue with excitement yet uncertainty of what was happening, what was next, and what would become? So, we celebrate another anniversary and are still

wondering where this is all going! Perhaps we have arrived! No specific answers, but are still having fun so we’ll just keep on movin’ on! No end in sight, no shortage of content, generosity beyond belief, and a super community that continues to blossom in one way or another.

Thanks again to you all for your continued support and for receiving us so kindly - It’s our pleasure ... just “*Keeping the Community Connected*”. Till next month... *The Mrs.*



*Sandwiched between my niece Lauren and sister Cathy*

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## EXTRA!! EXTRA!!

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

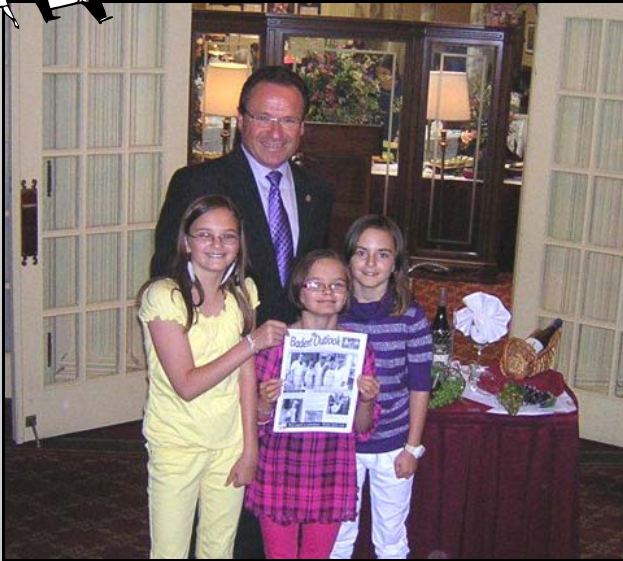
In New Hamburg at No Frills, Sobey's, Short Stop, Kasemann's, Morningside, Absolute Fitness, NH Dry Cleaners, NH Wellness, New Hamburg Library and various offices and retail locations throughout Wilmot Township. Also available at Stop 2 Shop (St. Agatha), Old Fashioned Variety (Petersburg) Foxboro.

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





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



Steve, Elaine, Bailey, Sierra, and Brooke Bechthold had lunch with our MP Harold Albrecht at the Parliamentary Restaurant in Ottawa in June. The Bechtholds' put in the winning bid for this lunch as part of a fundraiser for Sir Adam Beck School. After the lunch, Harold Albrecht also arranged for the family to attend Question Period.



Gina Ruttan of PunkeyDoodle's Corners catches up on the news from home with the Baden Outlook during her exchange term at ESSEC University near Paris, France. In this photo, she's taking a break from studies to tour Paris (with the Eiffel Tower in the background.)



Lesley Prange travelled to Whitehorse, Yukon to read her Baden Outlook to her grandson Hamish Martin who was three months old when she saw him for the first time. Hamish's parents are Laurie Prange-Martin and Brad Martin. Laurie is a W.O. grad, and they both work at Yukon College. The large wooden Mountie is a favourite place where tourists have their picture taken.



Robert and Laurene Bender took their Baden Outlook to Newfoundland and Labrador.



Deb Vinski took her Outlook on vacation to Lion's Head this summer.



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Missy Routhier, Sawyer Johnson, Finlay Johnson, Lily Johnson, Denise Routhier and Zachary Bennett reading the Baden Outlook in Cancun.



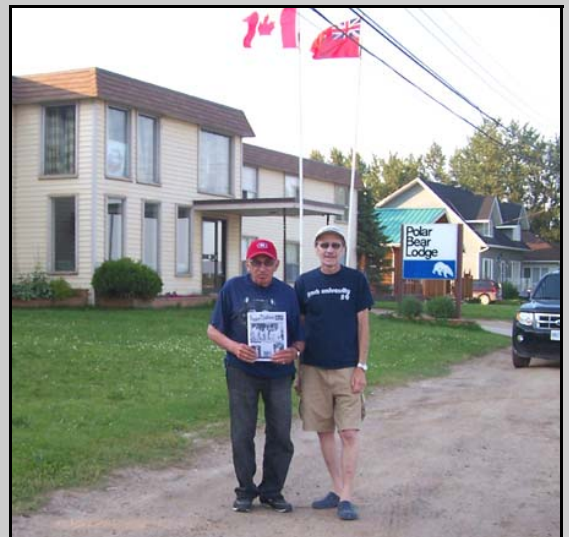
In May the Waterloo Oxford Outers Club took the Baden Outlook to the Adirondack mountains to the top of Mount Algonquin (5114 feet), which is the second highest peak in New York state. Unfortunately a cloud covered the summit when they got there.



Five 1970 Waterloo-Oxford Graduates celebrated their significant 2011 birthdays by taking their spouses and the Baden Outlook to France. Jane & Jim Baird, Debbie & Larry Gravill, Carol & Brian Sararus, Robin & Lyle Pearson, and Susan & Bill Stinson toured Paris, cruised through Burgundy and Provence, and explored the French Riviera celebrating their many years of friendship.



Ron and Marlene Weber of Petersburg took their Outlook on vacation to San Francisco to visit their son and daughter-in-law. They enjoyed the sights and saw an Oakland A's game. Picture taken in front of AT&T Park—Home of the San Francisco Giants.



The Baden Outlook travelled with Richard and Robert French to Moosonee, and then a little jaunt to James Bay. They avoided all polar bears.

# Baden ~ Our Town

Many locals have noticed the flowers when passing through the intersection at the lights of Livingston Boulevard. On July 1<sup>st</sup>, a few volunteers from the Baden Community Association (BCA) met with their gloves, shovels, and some great deals from local nurseries to turn over the packed earth, add fresh soil, plant flowers, and mulch them up to endure the heat and weeds. Only a few hours and lots of fun brightened up the central focal point of town – one of the mandates of the BCA is beautifying our town and bringing people together.



*(If you enjoy the flowers, take your watering can there and give them a drink!)*

The Baden Community Association is teaming up with the Baden Chamber of Commerce to help with their annual community barbeque held at Beck Park the last Thursday of August (this year it is the 30<sup>th</sup>). Tickets are available at many local vendors in town (*ask for your 1 complimentary child's ticket when you purchase 1 adult ticket by Wednesday, August 22. Two adults and two children between the ages of 6 and 12 can dine for just \$20*). Tap your neighbour's shoulder to get them to join you for a few hours to dine outside at the park – lots of food, lots of fun! Who wants to cook in this heat anyway?! See front page for more BBQ details.

## What's on the agenda?

The Baden Community Association is also helping the Chamber with the annual Christmas parade and children's visit with Santa after the parade.



The BCA is working on plans for a Family Day event to be held at the Wilmot Recreation Centre.

If you would like to get involved with the Baden Community Association to share your thoughts or ideas and bring your enthusiasm please call Barry at 519-634-8916, e-mail badengroup@hotmail.ca or simply show up at the next meeting -- you will connect with people in your town who share the same dream of what Baden could be.

The group meets the last Wednesday of each month at the township hall at 7:00 and is looking for continued enthusiasm to make our town distinctive.

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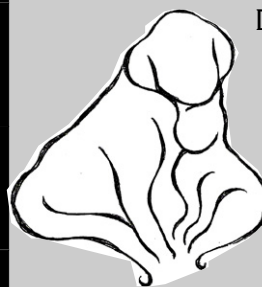
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**The Baden Firefighters Annual Ball Tournament, Pig Roast and Outdoor Dance**  
 Another successful event that brought lots of energy and community friendship together on a warm summer night in June. There were a number of teams competing. Seen below is the winning team "Eh Team" (like Canada Eh!!)



Photo courtesy of Allison Romashyna

**The Baden Firefighters would like to thank all of Baden for yet another successful Baden Hosemonkey Ball Tournament and Dance!**

Held in June for the past six years, the weekend-long event brings out hundreds of participants, from the 24 co-ed softball teams and dozens of volunteers, to the 150 additional attendees at the pig roast and dance. And what a dinner and dance it was: everybody stuffed themselves on fantastic food and danced to the excellent tunes of "Becky J and the Good Friends." A round of applause for that terrific live band!

And speaking of applause, the Baden Firefighters would like to extend their heartfelt thanks to all their volunteers: the firefighters' spouses and friends, and members of the community who worked long hours to prepare food, run the beer garden, and countless other jobs. It's your effort that makes it all work so well.

A special thank you goes out to Kevin Jewitt (along with his expert team of cooks), whose new business Chewy's Barbecue provided the amazing food all weekend long, especially the pig roast on Saturday night. If you're thinking of hosting an event, give Chewy's Barbecue a try. You won't be disappointed ... and that's high praise coming from hungry firefighters!

At the end of the weekend, the winners were "Eh Team," who proudly held the Baden Firefighters' Hosemonkey trophy. The trophy features a model of the 1926 Model T pumper, our town's first fire truck (still owned by the BFFA). Congratulations, guys and gals!

But the real winners here are everyone in the Baden community, who benefits from this important fundraiser. This year's event raised \$7,600 towards a Thermal Imaging Camera, a high-tech heat sensor that allows firefighters to "see" the location of hot spots behind walls, often long before flames are visible.

The Baden Firefighters are truly grateful for the support of their community, their volunteers and families, and of course for everyone who came out to enjoy a great time. See you next year, when it'll once again be time to "play ball!"

Submitted by  
 Teresa Brown

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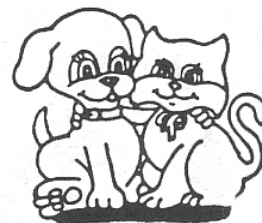


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Maturity has more to do with what types of experiences you've had and what you've learned from them, and less to do with how many birthdays you've celebrated.

## Junior Farmers Has Been Resurrected

Submitted by Barclay C Nap, Alumni Volunteer

Junior Farmers has been resurrected in Waterloo. After nearly a decade of inactivity, a new club was formed back in December in Haysville.

Since then, the members have met monthly to plan their community involvement, organize monthly socials, and learn about parliamentary procedures. Mentored by Peel Junior Farmers' Alumnus Graham Johnston and Wellington Alumnus Barclay Nap, the group has been coached on the Junior Farmers program. "Understanding how JF functions compared to other youth organizations isn't something that is reached in a month, but this group is on the right road," stated Johnston.

The Waterloo Junior Farmers club will be very involved this summer, as the events they have been planning are quickly approaching. The members will be collecting trash on a portion of Nafziger Road that has been adopted and have held a fundraising barbeque at the Elmira Home Hardware. Recently, they held a Learn-To-Square-Dance Night in Winterbourne that was open to the community and attracted enough young people to have four sets. To showcase the diversity of agriculture in Waterloo Region, Waterloo Junior Farmers hosted a Mystery Farm Bus Tour, on July twenty-first. "Twenty dollars got you a day of visiting local farm businesses by bus, lunch included. Each location on the tour was a surprise.

Junior Farmers is a rural youth organization that provides opportunities for young people aged 15-29 of all backgrounds. The provincial Junior Farmers mission statement is "To Build Future Rural Leaders Through Self-Help And Community Betterment." The first Junior Farmer club in Waterloo County was formed by the Department of Agriculture in 1915 in Elmira. The new club meets on the first Sunday of the month at the New Hamburg Community Centre. For more information on the Mystery Farm Tour, square dancing or monthly meetings, contact the club at [waterloojf@jfao.on.ca](mailto:waterloojf@jfao.on.ca).



Front row: Andrew Stoltz, Nick Weber, Zachary Williams, Meaghan Weber  
Back row: Nathan Leis, Jody Thiessen

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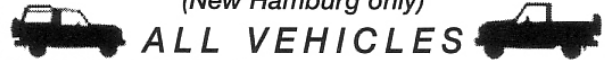
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## Local Athletes Compete at the Worlds 2013

Sensei Roger Steckly of Kick 'n Sport Karate club in New Hamburg has been training an Elite Group of athletes to participate in the 2012 WKC World Championships in Quebec in the fall.

Seven students were selected to train specifically for point sparring matches three times a week in addition to attending regular karate classes Monday to Saturday. These students pledged to try their hardest at all times, show good sportsmanship, to attend a minimum of five tournaments annually, and to support and cheer on other teammates.

Canadian citizens of all belt ranks can try out to qualify for Canadian Championships. The sparring divisions are classified by age and weight. It is recommended that only Advance belts or Black belts compete at the tryouts. To qualify for the Canadian Championships in Montreal, competitors must first qualify at a regional event. There were regional events held across Canada including British Columbia, Alberta, Manitoba, Northern Ontario, Ontario, Quebec, and New Brunswick. On April 21st, the elite athletes from Kick 'n Sport Karate Club travelled to London, Ontario to try and place as one of the top eight fighters who would go on to Nationals. Kurtis Proksch and Zach McGrath both won Gold at provincials. Jordan Sooley, Kayla Stumpf, Jacob Schumm, Lexi Stumpf, and Claudia Schumm also placed as a top eight fighter earning them a spot at the upcoming Nationals.

The WKC Nationals were held over three days in Quebec. All competitors were guaranteed 2 rounds of competition. The scores from both rounds were added together to determine the top 6. The top 6 then advance to the finals for the Gold medal round. By having the competitors compete in the three rounds the best fighters in Canada would be determined.

Kick 'n Sport Karate Club is sending three elite students as well as Sensei and two instructors to represent Canada at the World Championships. Zach McGrath won Gold in the 12 and under, under 50kg division; Jordan Sooley won Silver in the under 12, under 50kg division; and Jacob Schumm placed fourth in the 16-17, under 70kg division. Sensei Roger Steckly won two gold medals in the continuous sparring and speed fighting divisions for fighters over 48 years of age and under 75 kilograms; Chris Steckly won bronze in the 18-34 year, under 75 kg; and Wendell Schumm placed fourth in the 35-42, over 85 kg age division.

It is very impressive that several of these competitors placed in top spots against black belt fighters despite being at lower belt levels. Zach McGrath is at intermediate, red belt,



Chris Steckly is a blue belt, and Jordan Sooley and Wendell Schumm are brown belts. It shows that their focus on their training has paid off and allowed these athletes to represent Canada at the 2012 WKC World Championships being held in Montreal in October where they will be challenging for Gold in their divisions. Congratulations to all athletes.

The elite fighting team which includes Kurtis, Zach, Jordan, Kayla, Jacob, Lexi and Claudia will continue to focus and train together. While Jordan, Jacob and Zach are committed to representing Canada in Montreal this year they are all looking ahead to representing Canada on the National Team at Worlds in 2013.

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The Township of Wilmot is adding new programming at the Wilmot Recreation Complex. New programs include Fitness classes and more! Watch the Rec Guide and the township website at [www.wilmot.ca](http://www.wilmot.ca) for more details.

The Recreation Complex is also hosting Movie and Swim nights/afternoons for both Youth and Families. We are looking for movie suggestions for the fall.

Youth swim and movies are for youth between the ages of 10 and 16.

For the fall the movie and swim will be held on the 3rd Friday of every month. (September 21, October 19, November 16, December 21) Swim starts at 7:30pm and Movie starts at 9:15pm. Cost is \$5.50/person

Family swim and movie for the fall will be held on the last Sunday of every month. (September 30, October 28, November 25, December 30) Swim starts at 1:30pm in the leisure pool only and the movie starts at 3:15pm. Cost is \$20.00/family (max 2 adults and 2 children or 1 adult and 3 children), \$6.75/adult or \$5.50/child and Children under 3 are free. Please note the Admission policy for the pool still applies.

For more information please contact the customer service desk at 519-634-9225

## Thoughts of Lydia...



Donna Bruder was quite proud of her two granddaughters, Ava Rice and Kaela Burgetz (who attend Baden Public School) when they were visiting at her cottage at Ipperwash Beach.

In light of the recent tragic accident involving Lydia Herrle, the girls, on their own set up a table at the roadside of our cottage asking for donations for Lydia. They would stop people walking or riding their bikes and tell them the story of this terrible mishap of one of their fellow school students.

At the end of the day they had collected a whopping \$32.00.

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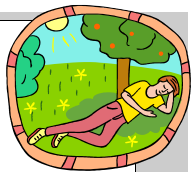
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# LookOut Kids' Korner



## What do you hear?

Looking for a game that has the kids resting or at least being still and laying down outside under a big shade tree? Give them a challenge to come up with the largest list or perhaps a group list of all the noises you can hear outside. After a set period of time have them take turns imitating the noise to see if you can guess what it is.

Perhaps they will hear...  
A jet, motorcycle, truck, train, lawnmower, chain saw/buzz saw, cricket, bee, bird (what kind?), the wind, a raindrop, music or radio, dog barking, .. You get the idea. When your eyes are shut the ears hear so much!

## AMAZING ANIMALS ~ SEE IF YOU KNOW THESE ANIMAL FACTS.



1. What is the strongest creature?
2. What bird has feet but can't walk?
3. Does only the female mosquito bite?
4. Which bird doesn't like to sing?
5. What does a bullfrog eat?

## Mind Benders



1. Forward I am heavy but backward I am not. What am I?
2. The more you have of it, the less you can see. What is it?
3. What is in the middle of nowhere?
4. What gets whiter the dirtier it gets?

## About Friendship ~

*We don't have to change friends if we understand that friends change.*

*No matter how good a friend is, they're going to hurt you every once in a while, and you must forgive them for that.*

*Best friends can do anything or nothing and have the best time.*

## AMAZING ANIMAL FACTS ANSWERS

1. Ants—can carry 10 times their body weight!
2. Hummingbird—while they do have feet, they don't use them to walk because they are so poorly developed.
3. Only female mosquitoes bite humans—males feed on flower nectar. Mosquitoes mean nothing personal when they take your blood. Female mosquitoes need protein for their eggs.
4. Woodpeckers do not have vocal songs, and instead they drum on resonant objects such as hollow trees and logs, utility poles, chimneys, rain gutters and trash cans. Woodpeckers drum to attract mates, establish territories and otherwise communicate
5. They are carnivorous and have a meat-based diet that includes insects, mice, fish, snakes, birds, turtles and even other frogs. They have teeth in the roofs of their mouths and muscular tongues that can flick prey into their waiting, open mouths.

## Mind Bender Answers

1. The word ton
2. Darkness
3. The letter h
4. A chalkboard



## Be smart... stay safe in the water!



A boy leaves home and takes a left, a left and another left and is confronted by a masked man. What happened?

He is a baseball player who just hit a homerun!



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## Wilmot Aces Send Swimmer to Paralympics

Michael Heath, a Paralympic swimmer for the Wilmot Aces, will be representing Canada at the Paralympic games in London this summer! Michael, who lives outside of Woodstock but has been swimming with the Wilmot Aces for



the last two and a half years, is 23 years old and has been swimming for 19 years, 15 of those competitively. Michael has worked hard by swimming 4,000 to 5,000 metres a day (the length of the WRC pool is 25 metres), which takes about two hours to swim.

Paralympics are much different than Special Olympics. The Paralympic games are a major international multisport event where athletes with a physical disability compete; this includes athletes with mobility disabilities, amputations, blindness, and cerebral palsy. They are competitive in nature. The Special Olympics is the world's largest sports organization for children and adults with intellectual disabilities, providing year-round training and competitions to more than 3.7 million athletes in more than 170 countries and are more about participation. Special Olympics competitions are held every day, all over the world—including local, national and regional competitions, adding up to about 50,000 events a year.

The Paralympics accept 4200 athletes for the games, with 600 being dedicated for swimmers worldwide - Canada is allowed to send a team of 24. Of those 24 swimmers, nine of them are men (14 qualified) and 15 women (18 qualified). Even though a competitor makes the qualifying time over three events they might not make the team. Michael tied with another swimmer, but had better times in some events so he was accepted to the team.

He has been very competitive at some of his recent

events which include the Worlds two years ago, the Global games last October where he medaled, and at a competition two weeks ago in Winnipeg. He feels he can compete with the best around the world.

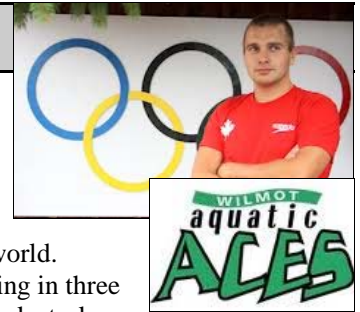
Michael will be participating in three events in London; the 100 metre back stroke, 100 metre breast stroke, and the 200 metre free style. His goals are to make it into the finals in all three events and at least win a medal in the breast stroke which is his specialty. The athletes will be using the exact same venues, and accommodations as the Olympians, except two weeks later. Swim Canada covers much of the costs of the trip

Michael and his coach Joni Martin-Sanders will be going to Italy on Friday August 10<sup>th</sup> to train for two and a half weeks. After that they will land at London on August 23; the games begin on August 29<sup>th</sup> and finish on September 9<sup>th</sup>.

Michael and Joni would like to thank all of their supporters through Michael's rise to the Paralympics. They love the new Wilmot pool for training and the opportunity to do Canada and Wilmot Township proud.

The Wilmot Aces held a going away party to send Michael off to London with encouragement and well wishes!

**Go Michael Go!**



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## Yet Even More Words of Wisdom!



- Accept the fact that some days you're the pigeon, and some days you're the statue!
- Always keep your words soft and sweet, just in case you have to eat them.
- Drive carefully... It's not only cars that can be recalled by their Maker.
- If you lend someone \$20 and never see that person again, it was probably worth it.
- Never buy a car you can't push.
- Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.
- Nobody cares if you can't dance well. Just get up and dance.
- Since it's the early worm that gets eaten by the bird, sleep late.
- The second mouse gets the cheese.
- When everything's coming your way, you're in the wrong lane.
- Birthdays are good for you. The more you have, the longer you live.
- You may be only one person in the world, but you may also be the world to one person.
- Some mistakes are too much fun to make only once.
- We could learn a lot from crayons. Some are sharp, some are pretty and some are dull. Some have weird names and all are different colours, but they all have to live in the same box.
- A truly happy person is one who can enjoy the scenery on a detour.

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A Quebecer staying in a hotel in Edmonton phoned room service for some pepper.



"Black pepper, or white pepper?" asked the concierge.

"Toilette pepper!" yelled the Quebecer.



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Want to hear the sad part? All of that tender, loving care, indeed all of that hard work and dedication can be rapidly chewed away by garden pests. Ugh.

How could such tiny creatures wreak such enormous chaos? And how does a Wilnot gardener battle the likes of Japanese Beetles, earwigs, and Red Lily beetles?

## Pesticide Use

Having never been a fan of chemical warfare, the current pesticide bylaws have little effect on my personal plan of attack. Some gardeners (I'm looking at you, Nana) still try the chemical route, and some may even import products well proven to eliminate these pesky bugs.

Apparently malathion works well against aphids and small populations of beetles, and this product is available at local retailers and garden centres. But how to specifically target each pest remains the question of the season.

## Japanese Beetles

These copper-coloured beetles tend to congregate on plants with larger foliage. Slow moving and dim-witted, Japanese beetles have few natural predators. They feed relentlessly and multiply ferociously, leaving skeletal foliage behind.



I've seen these little creeps on vines, roses and clematis. Apparently honeysuckle and ivy are susceptible, along with around 300 other local plants.

Easy methods of attack include:

- Removing the bugs by hand – works very well at the beginning of the season, and not so well once the population has swollen.
- Applying nematodes to your lawn in the fall deters the larvae from hatching next season.
- Setting up a Japanese beetle trap – available at local garden centres and area retailers, these traps use a dual lure to attract full grown beetles and larvae (the traps are also refillable).

## Earwigs

Another nasty specimen that enjoys snacking on young plants and annuals, the earwig strikes terror in many gardeners. OK, maybe not terror, but serious annoyance.



Homemade earwig traps seem to net a decent catch, with these popular contraptions making headlines:

- Wet a few pieces of old newsprint and roll into a tube shape. Lay this out beside the plants that display earwig damage. Earwigs should hide inside the tube during the day, and can be collected into a jar and disposed of daily. Use an old piece of hose as an alternative to the newsprint.
- Fill a small plastic or metal container with a mixture of molasses and water OR soya sauce and water (in 1:1 ratios). Sink this container into the garden near the affected plants and watch the earwigs pile up.

## Red Lily Beetles

This lovely creature resembles a red ladybug, without the telltale spots. And it also destroys lilies with abandon, moving from stem to stem with diligence. I lost nearly all of my lilies last year (Asiatic, Tiger and Oriental lilies – my day lilies weren't on the menu), and have fought hard for this year's blooms.



But it's been a tough battle. Other gardeners share my despair, and have shared strategies. One of the best ways to deter this garden pest is by removing the larvae. Look for bubbles or lumpy bits stuck to lily foliage. With your gloves on, remove each lump (which is actually a weird mixture of feces and egg) and squish to destroy the larvae.

Icky? Yes, but also effective.

I've used an insecticidal soap with some success, but it must be applied daily and more often when it rains. Once you've removed the larvae and chased away the adults, apply Neem oil or rotenone to discourage them from returning.

Get a grip on pests this season, and get the most from your garden. Do you have any secrets, tips or tricks when dealing with harmful bugs? While we always like to encourage organic gardening, it's nice to have a few weapons in our arsenal when our favourite flowers come under attack.



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## Mill Street Brewery Gets Close to Home

Some may be familiar with the award winning *Mill Street Brewing Company*, which has breweries in Ottawa and Toronto. The brewery offers a wide variety of quality products that have won over 50 awards for their beers and pubs. But did you know that the brewery has a local connection? This is a description on the Mill Street website of their Walkers Blueberry Wheat Beer:

"This is a Canadian twist on a classic Belgian-styled ale. Our Blueberry Wheat Beer is made with a blend of wheat and barley malts and aromatic hops to create a smooth, creamy ale base to which we add a huge quantity of blueberries and blueberry puree and prior to secondary fermentation. This refermentation on the fruit creates a wonderful "berry" coloured beer that is very strongly fruit flavoured but still subtle enough to allow the base notes of the beer to evolve on the palate. A wonderful summer beer brewed in part with fruit from the family farm of a member of the Mill Street team!"

The team member is Tyler Walker (salesman for Mill Street). Tyler's parents are Marianne and Rob Walker who own Walker's Blueberry Farm just southwest of New Hamburg.



## Ask Armand ~



Sharon from Baden asks – "Do you know what year the Baden Chamber of Commerce was formed?"

Armand says – You bet Sharon! The first Baden Chamber of Commerce was formed in 1958, although there were several attempts to form a chamber before. A survey showed that there were 159 eligible businesses and over 100 Baden and district men attended the first meeting.

The first executive included President - Wilfred Schneller, Vice President - George Sword, Secretary - D.N. Snyder, and Directors - Dr. R.W. Barton, William Petznik, Raymond Gingerich and Norman Haufschield. The Baden and District Chamber of Commerce are still functioning today.

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## Outlook Home-Run Baseball Pool Stats

Place	Name	PTS	Place	Name	PTS
1	Jacob Janes	149	31	Ken J. Schmidt	118
2	Daniel East	148	32	Bryan Pfaff	118
3	Patricia Cherrey	143	33	Dave Taves	117
4	Tim Gowland	140	34	Don Bender	117
5	Wendy Held	138	35	Todd Janes	117
6	Travis Miles	133	36	Tim Wenn	116
7	Ellie Schmitt	133	37	Ashten Snyder	116
8	Mary Pfaff	129	38	Joe Diebold	116
9	Pat Delay	128	39	Paul Holba	115
10	Joyce Leis	127	40	Leafster Lee	114
11	Stephen Wenn	127	41	Ryan Schnarr	114
12	Maggie Litwiller	126	42	Hunter Delay	114
13	Taylor Naumann	126	43	Marieta Eckert	114
14	Andrew Bain	125	44	Arlene Naumann	114
15	Kim Rempel	125	45	Dallas Diebold	113
16	Zach Bennett	125	46	Lab Snyder	113
17	Brad Ziegler	125	47	Greg Rempel	113
18	Sir David Murray	125	48	Phil Schmitt	112
19	Tyler Valcanoff	124	49	Krista Schmidt	112
20	Brittany Schmearer	123	50	Karen Sisko	112
21	Melba Honderich	122	51	Kurtis Hughes	111
22	Lindsay Snyder	121	52	Craig Bell	111
23	Hudson Bradshaw	121	53	Tyler Naumann	111
24	Steve Salese	121	54	R. Westfall	111
25	Meghan Mueller	120	55	Pauline Tschirhart	111
26	Brad Eckert	120	56	Cooper Honderich	111
27	Brian Roote	119	57	Bradley Vitello	110
28	O'D Gingerich	119	58	Shad Janes	110
29	Elvira Brattan	119	59	Chris Murray	110
30	Ben Ziegler	118	60	Paige Naumann	110

Congratulations to **Jacob Janes** for taking the leader prize in this month's Home-Run Pool winning a gift certificate from EJ's of Baden.



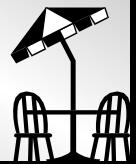
The lucky random draw winner is **Karla Salese**, winning a Baden Outlook shirt and Teresa Brown's novel - *Some Things Best Forgotten*



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## You Must Be Joking!!

What's in a name?

Do you remember the famous Olympic skier Picabo Street (pronounced Pee-Ka-Boo)? Well, Picabo is not just an athlete. She is now a nurse currently working at an Intensive Care Unit of a large metropolitan hospital. She is not permitted to answer the hospital telephones any longer. It caused too much confusion when she would answer the phone and say, "Picabo, I.C.U."



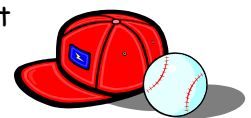
### Baseball Pool



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](http://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](http://outlookhomerun) and the password is quest. Click "Ranking" on the left side.

The top 30 entries will be listed - to view more click on "next page" below listing.

~ Have Fun and Good Luck!



## CTT – IS ALIVE AND WELL IN WILMOT TOWNSHIP

Canada's Technology Triangle Inc (CTT) is a not-for-profit, public-private regional economic development partnership that markets the competitive advantages of the Waterloo Region to the world, and works to attract new businesses, investment and talent to the Region. As an information provider and business network facilitator, CTT is typically the first point of contact for enterprises outside the Waterloo Region interested in start-up, expansion, or relocation to the Waterloo Region. CTT's activity complements its partner municipalities, who focus on local business retention and expansion. CTT's municipal partners are the cities of Cambridge, Kitchener and Waterloo, and the townships of North Dumfries, Wellesley, Wilmot, and Woolwich.

CTT has two Wilmot Township partners that are taking an active role in the organization. Grant Whittington, CAO for Wilmot Township, is one of five directors on the executive committee for CTT and the first executive director from any of the townships in Waterloo region. He has been a director for a number of years and this year moved to the executive committee role. The executive directors meet once a month and their main mandate is to review services currently created to look after the international role of CTT, confidential

opportunities and to provide a direct link between the board of directors and staff - CTT has about a dozen staff members. They also bring ideas to the directors regarding strategic and business plans for the group. David Seyler of New Hamburg sits on the board of directors for CTT and represents the New Hamburg Board of Trade.

CTT receives funding from federal, provincial, and regional grants and they also receive money through corporate and private funding. In their effort to attract international firms and investment to Waterloo region, and export markets for local companies they are planning "Doors Open" missions to foreign countries. Their success rates improve greatly by having senior politicians, such as mayors of local large cities along to help in selling Waterloo Region to other countries.

Waterloo region has become a hotbed for high tech companies such as RIM, Open Text, Desire to Learn and many others. Comunitech also plays a large role in helping local high tech companies and works hand in hand with CTT. It is exciting to see the local involvement of our Wilmot Township representatives and the difference they are making in our community and the regions. For more information visit [www.techtriangle.com](http://www.techtriangle.com)

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## "Get It Together"

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In your vehicles, just like in the house, everything needs a home. This includes garbage! It can be as simple as a plastic grocery bag hung over the head rest. This will go a long way towards keeping your vehicle looking its best.

Have a bin in the trunk that includes emergency items (booster cables, safety vest, tools, flashlight, etc.) You might even want to store your owner's manual in this spot so it doesn't take up so much room in the glove box.

The glove box is the spot to store notepad, pens, tape measure, maps, and first aid supplies. A local phone book is another handy thing to have stored somewhere in your vehicle. I started doing this a few years ago and it has come in handy many times.

There are great products available for purchase too. One of the best is a kleenex box holder that hangs over the head rest. It means the end to trampled up dirty boxes of kleenex flying all over the place in the back seat.

Every once in a while set aside a bit of time to vacuum out your vehicles and use a surface cleaner to freshen things up. There are lots of great deodorizers out there too! I found a great one recently that is from "Yankee Candle"...there are lots of fragrances to choose from and I have never had one that holds its scent for as long as this particular brand.

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### AMAZINGLY SIMPLE HOME REMEDIES:



- ▶ Avoid cutting yourself when slicing vegetables by having someone else hold the vegetables while you chop.
- ▶ A mouse trap placed on top of your alarm clock will prevent you from rolling over and going back to sleep after hitting the snooze button.
- ▶ If you have a bad cough, take a large dose of laxatives — you'll soon be afraid to cough.
- ▶ You only need two tools in life 1) WD40, 2) duct tape. If it doesn't move and it should, use the WD40. If it shouldn't move but it does, then use the duct tape.
- ▶ If you can't fix it with a hammer you've got an electrical problem.

## There's a New Girl in Town!

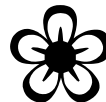
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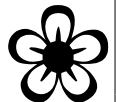
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## You Must be Joking!!



An older gentleman was on the operating table awaiting surgery and he insisted that his son, a renowned surgeon, perform the operation. As he was about to get the anaesthetic, he asked to speak to his son.

"Yes, Dad, what is it?"

"Don't be nervous, son; do your best, and just remember, if it doesn't go well, if something happens to me, your mother is going to come and live with you and your wife...."

Some people try to turn back their odometers. Not me! I want people to know why I look this way. I've travelled a long way and some of the roads weren't paved.

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## Checking Out the Baden Branch Library

Imagine the library full of happy children with books, and you will see what a busy place it was this summer. Over 250 children ages 3 and up participated in various activities for the **2012 TD Summer Reading Club, IMAGINE**. Children used their imagination while trying such activities as: the Weekly Challenge, Nursery Rhyme Guessing Game, and Chris' Crazy Crystal Ball. Also, don't forget the best part - taking home prizes from the Fantastical Treasure Trove! Congratulations to everyone for using your imagination and for a great summer of reading at the Baden Branch Library!

Check out this year's One Book, One Community (OBOC) 2012 selection, *Lakeland* by Allan Casey. Casey will be in Waterloo Region from Sept. 25 to 27 for author readings. For more information about the book, upcoming events, and previous OBOC titles visit the OBOC website at [www.oboc.ca](http://www.oboc.ca).

Pre-registration for the following fall Storytime programs begins Tuesday, Sept. 4:

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

Wednesday mornings: Oct. 3 to Nov. 21, 11 to 11:30 a.m.

Toddler Tales – a storytime program for parents and toddlers 13 to 30 months.

Choose either Wednesday mornings: Oct. 3 to Nov. 21, 10:15 to 10:45 a.m. **OR** Thursday mornings: Oct. 4 to Nov. 22, 9:30 to 10 a.m.

Storytime for Children 2 ½ to 5 years old.

Choose either Tuesday afternoons: Oct. 2 to Nov. 20, 1:15-2 pm. **OR** Wednesday mornings: Oct. 3 to Nov. 21, 9:15-10 am.

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

Kids' Book Clubs begin again this fall:

The Baden Book Worms for ages 7 – 9, we meet one Tuesday a month beginning Oct. 23 from 6:45 to 7:30 p.m.

The Awesome Book Club (ABC) for ages 10 – 12, we meet one Tuesday a month beginning Oct. 9 from 6:45 to 7:30 p.m.

Teens!! Are you interested in having a book club of your own? Let's talk about it! Contact Chris at the library.

Due to limited space, registration is required for ALL Baden Branch Library programs. Contact the branch at 519-634-8933 or [badenlib@regionofwaterloo.ca](mailto:badenlib@regionofwaterloo.ca) for more information. Current information is also available in our Events Calendar on our website at [www.rwl.library.on.ca](http://www.rwl.library.on.ca).

There are many different staff people working at the library. Library cards **must** be presented to borrow all materials. Thank you for helping us serve you better!

Chris Baechler, Assistant Supervisor—  
 Baden Branch



# We're here to help.

Please contact my office for more information on government programs, congratulatory certificates or for assistance resolving specific provincial government issues.

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## Doing the Speed Limit? Then Slow Down!

Submitted by Jason Redman

Ever strike up a conversation with a neighbour, only to hear the whine of a car engine tear down your street? Ever wonder what would happen if one of our many kids popped out in front of that car? With so many people parking on the side streets and providing cover for children at play, how long until we have an incident? How long until one of our little ones get hit by someone “doing the speed limit”?

**Some thoughts on the matter.** I have addressed my concerns with a fair few of the offenders only to hear back, “I was doing the speed limit”.

Really? Getting up to 50 km/h (residential speed limit) on a side street makes sense? The part I find confusing is how you get up to 50 km/h within a distance of 3 houses. Are folks really in that much of a hurry to get to the stop sign at the end of their street? I am not sure some people “get it”, so let’s go over some basics (a physics background will not be required).

Whether you have kids or not (we do not, but plan to, cars doing the speed limit are a real and tangible danger. Our side streets and main roads (Livingston, in particular), were designed to handle motorists at 50 km/h, but that REALLY doesn’t mean you have to do the speed limit. Would travelling at 35 km/h or thereabout within our subdivisions

REALLY wreck your day? I can tell you without a doubt, travelling at 50 km/h on our side streets won’t wreck your day, but could very easily wreck someone else’s.

Street hockey season is among us and I wonder how your reaction time varies while travelling 50 km/h instead of a reasonable 35 km/h. Well, I don’t really wonder, but you get the point. You have a far better chance avoiding a collision with a child travelling at the latter.

I work in the transportation department at the Region of Waterloo, so our department does not govern non-regional roads. All of Baden’s side streets and subdivisions are property and jurisdiction of the Township of Wilmot. I encourage anybody who is concerned with some of our street-speed-offenders (SSOs), to ask them politely and kindly to slow down. You can also contact Township Employees at Castle Kilbride to voice your concerns.

I don’t want a child on OUR street to be the catalyst for a more detailed discussion, as I would hope YOU would not want to be the cause for that discussion. Colliding with anything at 35 km/h instead of 50 km/h at least gives the parties involved a fighting chance.



Whatever the limit is, **Just Be Smart!**



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## THESE ARE SOOO PUNNY!



- ▶ I changed my iPod name to Titanic. It's syncing now.
- ▶ Jokes about German sausage are the wurst.
- ▶ A soldier who survived mustard gas and pepper spray is now a seasoned veteran.
- ▶ I know a guy who's addicted to brake fluid. He says he can stop any time.
- ▶ How does Moses make his tea? Hebrews it.
- ▶ I stayed up all night to see where the sun went. Then it dawned on me.
- ▶ This girl said she recognized me from the vegetarian club, but I'd never met herbivore.
- ▶ I'm reading a book about anti-gravity. I can't put it down.
- ▶ I did a theatrical performance about puns. It was a play on words.
- ▶ A dyslexic man walks into a bra.
- ▶ I didn't like my beard at first. Then it grew on me.
- ▶ How do you make holy water? Boil the hell out of it!
- ▶ Did you hear about the cross-eyed teacher who lost her job because she couldn't control her pupils?
- ▶ When you get a bladder infection, urine trouble.
- ▶ What does a clock do when it's hungry? It goes back four seconds.
- ▶ I wondered why the baseball was getting bigger. Then it hit me!
- ▶ Broken pencils are pointless.
- ▶ I tried to catch some fog. I mist.
- ▶ England has no kidney bank, but it does have a Liverpool.
- ▶ I used to be a banker, but then I lost interest.
- ▶ I got a job at a bakery because I kneaded dough.
- ▶ Haunted French pancakes give me the crepes.
- ▶ Velcro: what a rip off!
- ▶ Cartoonist found dead in home. Details are sketchy.
- ▶ Venison for dinner? Oh, deer!
- ▶ I used to think I was indecisive, but now I'm not so sure.
- ▶ Two antennas met on a roof, fell in love, and got married. The ceremony wasn't much, but the reception was excellent.
- ▶ A jumper cable walks into a bar. The bartender says, "I'll serve you, but don't start anything."

Email submission by Jean Shantz

Remember when Mom or Dad gave you a long talking-to that made you late for a movie, and you told your friends you had to sit through a lecture before you could leave? Try to forget that mental connection with the word "lecture." If you are beginning college or university this autumn, you will be sitting through a lot of lectures, but not from Mom and Dad; this is about a professor teaching from the centre of an amphitheatre to 400-1000 students. Some will be exciting, some worthy of nap-time, and some will fall somewhere in the middle.

The college or university experience isn't just about the academics, and (like everything else in your life) it will be different from grade 12. In all the excitement of this new stage in your life, the academic changes can be overlooked. Your high school teachers did all they could to prepare you for post-secondary, but lectures are one thing that are difficult to prepare for in a high school setting. One of your biggest academic adjustments from high school to college/university will be learning how to take notes from lectures. In high school your notes were given to you, as handouts or word-for-word on the board to be copied. Professors will often just talk at you; it is up to you to weed out what is important. Most people are visual or tactile learners, and auditory lectures feel very counter to our preferred learning-styles. PowerPoint slides are common, but meant to highlight concepts; their content should not be the

only content in your notes. And yes, do take notes on digressions; they have a habit of showing up as bonus questions. Some professors prefer to lecture without any visual aids, and some will talk really quickly. It can be constructive to tag-team with a friend in your class, so that between the two of you, you will have the content of the lecture. It is always a good idea to share notes and study for midterms and exams with classmates.

Don't get too stressed out; you will make it out in one piece. My British, polka-dotted-tie-wearing first year English professor gave us this advice: close Facebook, never be afraid to ask questions, and always bring coffee.

Good luck!

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

In the May edition of the Baden Outlook, Gail and Mike Roth listed a number of businesses who supported their daughter's pizza and ice cream sandwich fundraising project. They named one business incorrectly and want to extend their sincere apologies and make the correction.

*"We want to publicly thank Bright Cheese & Butter Mfg from Bright for their generous donation of cheese for the project (not Bright Cheese House). Again...Thank you so much!"  
The Roth family*

**We're on the Web!**  
See the paper  
in colour at  
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**It's our anniversary!**  
August marks Issue 1 of Volume 13



# Baden Fun Day

On June 16th, the rain of the previous two Saturdays was history as clear blue skies reigned over Beck Park in Baden where over 520 kids of all ages left their worries behind and enjoyed the annual Baden Fun Day.

The first “guests” to arrive were two goats who weren't so eager to stay put in their makeshift pen. Soon they were joined by a bunny, a baby calf and baby chicks who all enjoyed the attention of the little ones anxious to have a turn holding the chicks and petting the others. Kiddies Fun Trak entertainment filled the grass area with bouncy castles,

obstacle courses and the like. A face painting station and carnival games were set up around the picnic area for the younger ones to enjoy as well as antique fire engines and the “real” thing. Students from Sir Adam Beck Public School and Baden Public School anxiously herded around the dunk tank for the opportunity to “dunk” Mr. Boettcher (the Principal of Sir Adam Beck) and Mr. Roth (teacher at Baden Public School). Baseball fans got to improve their batting at the batting cage and skateboarders hung out in the skate board park trying old and new tricks. Hot dogs, kettle corn popcorn, decorate your own cookies, apples, and cold drinks were there to make sure that everyone had the necessary sustenance to enjoy the time to the fullest. A vast array of door prizes all donated by gracious local businesses also received a lot of attention. The lucky winners had an opportunity to choose which door prize they wanted. Prizes were awarded to family units; thus for some it became a friendly test of family decision making! With no cost for anything, it was a win-win day for parents and children alike!

The Baden Fun Day is an annual event sponsored by local churches. In its 7th year, it has emerged into a well-loved event. Desiring to bless the parents and children of Baden, there is no cost to the event. Judy Shantz, a long term volunteer at the event remarked, “All I could hear were the sounds of laughter and talking. The only time I heard crying was because children didn't want to go home!”

Mark your calendars for next year. We'll be there at the park on Saturday, June 15th.

*Susan Allison-Jones, Chair, Baden Fun Fair 2012*



*The Baden Fun Day committee would like to thank the Baden Heritage Fire Engines and the Baden Fire Department for bringing the trucks for all to enjoy as well the merchants and businesses of Baden who donated a gift or gift card. (And hats off to the Toronto Blue Jays for t-shirts and baseball hats!) Also thanks to the financial support of local churches and our many volunteers who made this day possible!*



Door Prizes were donated by:

- ◆ Baden Dental Clinic
- ◆ Baden Feed and Supply Ltd
- ◆ Baden Optical
- ◆ Baden Eye Care
- ◆ Baden Veterinary Hospital
- ◆ Hairworks (Baden) Inc.
- ◆ Live Well Health & Wellness
- ◆ New Hamburg Thrift Shop
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- ◆ Tim Hortons (Baden)
- ◆ York Nursery
- ◆ Wilmot Recreation Centre

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***Cruizin at-the-Pond*** ~ What a great way to spend a summer evening! It has become one of the top weekly car shows in Waterloo Region. The vintage car show, managed by Ron and Marlene Weber, has grown by leaps and bounds beating last year's numbers consistently. Wednesday August 1, 179 vehicles nestled in next to the pond; a record number for the show. Ron attributes the great summer weather, the great location beside the water with large willows, and a quick drive in from



the K-W area for the high numbers. He believes the weekly barbeques put on by local Optimist Clubs have also added to the event.



Well done Ron and Marlene ~ your hard work and dedication is appreciated !



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# Baden Birding - The Amazing Hummingbird

By Ken Quanz

Search in your pocket, change purse, or bedside table for a penny and a nickel. Carefully hold each in your hand to experience how heavy it is. The two together seem to weigh almost nothing, yet the nickel and penny together outweigh a pair of adult Ruby-throated Hummingbirds which I watched at a friend's feeder. A dime has a mass of 2.35 grams (g), a nickel is 3.95 g, and an average adult Ruby-throated Hummingbird tips in at 3.1 g (or 1/8 ounce). This, of course is determined for adults in prime condition: a female feeding nestlings by herself may be as light as 2.5 g while her well-fed, fat-storing young may tip in at 4.5 g as they get ready to leave the nest.



cycles per second. If you could walk at that pace you would cover an average of 100 m per second! If you think the wing beats are rapid, think of the Ruby-throated Hummingbird's respiration rate of about 4 breaths per second and its heart rate which accelerates from a resting 250 beats per minute to a rate of 1200 while feeding.

Our hearts could not function because they are too large for this speed. Perhaps being small has its advantages.

Please don't forget that these amazing 9 cm long (3.5 inch) birds are migratory to the tropics. Old folklore stated Hummingbirds would hitch a ride on the backs of larger birds like Canada geese, but that has been proven to be false. Instead, they fly from their summer to winter range, then back in the spring at about 50 kph. If they need to escape a predator they can put on a burst of 80 kph or dive at an amazing 100 kph.

Ruby-throated Hummingbirds love sweet liquid from specialized feeders that usually have red "flower" tubes attached. There is no need to mix red food colouring in with the sugar water: that might make them more hyperactive than they already are!

A great resource is [hummingbirds.com](http://hummingbirds.com)

The Ruby-throated Hummingbird is the only type of Hummingbird found to breed in our area. Females lack the iridescent red bib (gorget) of the male, but lighting plays an important part in how we see the colours of both sexes – some gorgets of males appear to be black if the light is behind the bird.

Nests built of spider silk (imagine collecting that) and lichens, lined with down from dandelions, goat's beard, thistles and the like, are about the size of a half walnut shell. Into this minute nest, which is attached to the top of a branch, the female usually lays two pea-sized white eggs which the female will incubate from the time the first egg is laid. This means that the young will hatch two to three days apart. Most other bird species don't start to incubate the eggs until the entire clutch is laid. As the young grow the spider silk nest stretches to accommodate the family. With a little renovation work the nest may be used in future years.

Depending on food availability and other factors such as weather conditions, the young will take their first flight 14 to 31 days later. A normal year would have the young leaving the nest at about 21 days. Incubating the eggs, then collecting enough insects and spiders to raise young keeps the mother working from early morning to dusk cutting her weight of muscles, feathers and bones down to about that of a dime!

Hummingbirds make mouse-like twittering squeaks to communicate, but why do Hummingbirds hum? Some would like to think they don't know the words, but the humming sound is produced by wing beats of 40 to 80



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## WILMOT HORTICULTURAL SOCIETY



### Junior Gardener Awards

Wed., Sept. 12 - 7:00 p.m.

*(Note the change of date and time)*

Wilmot Recreation Complex - Mtg. Rm. A

Topic: 'Flower Arranging for Children'

Speaker: Mary St. Louis

For more information, contact Janice at 519-662-2436

Everyone is welcome to attend.

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## Another Cool Move

A man was telling his neighbour, "I just bought a new hearing aid. It cost me four thousand dollars, but it's state of the art. It's perfect."



"Really," answered the neighbour. "What kind is it?"  
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## IT'S SO HOT in Ontario —



- ⇒ the birds have to use potholders to pull the worms out of the ground.
- ⇒ the trees are whistling for the dogs.
- ⇒ the best parking place is determined by shade instead of distance
- ⇒ hot water comes from both taps.
- ⇒ you learn that a seat belt buckle makes a pretty good branding iron.
- ⇒ the temperature drops below 90 F and you feel a little chilly.
- ⇒ you discover that in July it only takes two fingers to steer your car (one on each hand).
- ⇒ you discover that you can get sunburned through your car window.
- ⇒ you break into a sweat the instant you step outside at 5:30 a.m.
- ⇒ you realize that asphalt has a liquid stage.
- ⇒ the potatoes cook underground, so all you have to do is pull one out and add butter.
- ⇒ the cows are giving evaporated milk.
- ⇒ farmers are feeding their chickens crushed ice to keep them from laying boiled eggs.



Email submitted by Jean Cook

## *Congratulations Sue & Fritz!*



The children of Fritz Entz and Sue (Bowlby) Wilgress are delighted to announce the wedding of their parents on Fri. July 27, 2012 in the garden of the bride's parents.

Left to right: Nicole, Shawn & Tyler Entz, Sue & Fritz and Katey, Amanda and Jon Wilgress. Following a honeymoon in Las Vegas, the couple will reside in Bright.



  
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Paraprosdokians are figures of speech in which the latter part of a sentence or phrase is surprising or unexpected; frequently humorous.

- ◆ Where there's a will, I want to be in it.
- ◆ Since light travels faster than sound, some people appear bright until you hear them speak.
- ◆ War does not determine who is right - only who is left.
- ◆ They begin the evening news with 'Good Evening,' then proceed to tell you why it isn't.
- ◆ Money can't buy happiness, but it sure makes misery easier to live with.
- ◆ You're never too old to learn something stupid.
- ◆ Nostalgia isn't what it used to be.
- ◆ Change is inevitable, except from a vending machine.
- ◆ Going to church doesn't make you a Christian any more than standing in a garage makes you a car.
- ◆ Where there's a will, there are relatives.
- ◆ In filling out an application, where it says, 'In case of emergency, notify:' I put 'DOCTOR.'
- ◆ We never really grow up, we only learn how to act in public.

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## Who Celebrates the Civic Holiday?

~ Taken from Wikipedia

Civic Holiday is the most widely used name for a public holiday celebrated in parts of Canada on the first Monday in August, though it is only officially known by that term in Nunavut, the Northwest Territories, Prince Edward Island, and Manitoba. It is a statutory holiday in Nunavut, the Northwest Territories, and Prince Edward Island, but not in Manitoba.

The holiday is known by a variety of names in different provinces and municipalities, including British Columbia Day in British Columbia, New Brunswick Day in New Brunswick, and Saskatchewan Day in Saskatchewan. The holiday is celebrated as Natal Day in Nova Scotia, but is not an official holiday.

In 1974 the Government of Alberta, acting through Minister of Culture Dr. Horst A. Schmidt, declared the first Monday in August an annual holiday to recognize and celebrate the varied cultural heritage of Albertans, known as Heritage Day. This gave rise in 1976 to the Edmonton Heritage Festival, a three-day celebration of food, dance, and handicrafts of cultures from around the world. Heritage Day has been an "optional" civic holiday, having been downgraded from a statutory holiday following the introduction of Family Day in 1990.

In Ontario, the day may be known as Simcoe Day in honour of the first Lieutenant-Governor of Upper Canada and the promulgator of the Act Against Slavery; the Scotiabank Caribbean Cultural Festival, formerly known as Caribana, is held this holiday weekend in Toronto, coinciding with Emancipation Day. Civic Holiday may also be known by one of a number of local appellations such as Mountie Day in North York, Colonel By Day in Ottawa, George Hamilton Day in Hamilton, Joseph Brant Day in Burlington, Founders' Day in Brantford, McLaughlin Day in Oshawa, Alexander Mackenzie Day in Sarnia, James Cockburn Day in Cobourg, Peter Robinson Day in Peterborough, and John Galt Day in Guelph, as well as numerous other names in smaller municipalities. Although a work holiday is given to employees of the federal and many municipal governments, the Government of Ontario has not defined this day as a statutory holiday and it is not mentioned in either Ontario's Employment Standards Act or Retail Business Holidays Act.

## BATHROOMS

*A man has six items in his bathroom: toothbrush and toothpaste, shaving cream, razor, a bar of soap, and a towel.*

*The average number of items in the typical woman's bathroom is 337. A man would not be able to identify more than 20 of these items.*



## We're hiring a family!

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## My Western Gypsy Vardo (Wagon)

As a young boy, Peter Gingerich read a book about a gypsy family that travelled the countryside in England with their horse and wagon. They lived without a timeframe and travelled where they wanted, living simply off the land. Peter also enjoyed reading about early settlers travelling across the land in their prairie schooners, Conestoga wagons and covered wagons. Every day they endured the many challenges and hardships that came along their journey.

Some years later he purchase his first horse, and dreamt again of his idea to travel with horse and wagon.

Peter enjoys wood-working and has developed fine craftsmanship in the many projects, big and small, that he has made over the years. This new project involved his hobby and his dream, and it has come to fruition.

In 2010 Peter and his wife Janice were visiting her father and he told Peter of a retired teacher who trekked through the back roads of eastern Ontario to Lake Huron and back with a horse and wagon. His father-in-law jokingly suggested that he should build a wagon and do a similar trip. That was enough to push Peter to start putting his dream in motion.

After some research, Peter concluded that a gypsy wagon would be more comfortable than a covered wagon, so he started drawing up plans for his new project. The plans were modified many times and after finalizing them, he approached Wayne (an Amish friend)



from Creekside Carriages, to build the wagon gear (wheels and chassis) for him.

Between Christmas and New Year's of this year, Peter started building the interior cabinets and sleeping compartment. He had some interesting ideas in his design such as using a water holding station with a spout from a water cooler, and created a water-dispensing cupboard. He also created some other remarkable custom cabinetry, which housed plates and cutlery, and other kitchen and household items, making practical use of the small space.

Peter then began building the framed walls of the

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The International Plowing Match comes to Waterloo Region, celebrate its 99th year in Roseville. The five-day event will draw 20,000 people a day to a celebration of traditional rural skills and talents, including quilting, cooking, and of course plowing and farming! We hope you will plan to come and bring your friends and family to share the fun. To volunteer, or for specific inquiries related to the event, please email us at [celebrate@ipm2012.ca](mailto:celebrate@ipm2012.ca)

IPM is a non-profit organization looking to recruit 1500 volunteers to assist with the planning and execution of one of Canada's largest agricultural events.

"We've started a volunteer campaign that aims to bring in 1500 volunteers from local communities. This is a very large scale event and we need all the hands and talent we can get. I'm confident the community will embrace this historic event and get involved," said Paul Buttinger, Chair for the IPM Media Committee.

Recently, a local media station partnered with IPM to produce a community advertisement to showcase the plowing match site and encourage volunteerism. The advertisement includes diverse community members who share the catch phrase "We're In!" Organizers assure prospective volunteers that there is something for everyone as the event includes an Artisan Exhibit, Education Sessions, a Tent City and the Plowing Competition.

The International Plowing Match (IPM) was established in Ontario in 1913 as a non-profit venture to showcase Ontario's agricultural industry. Since then, it has grown to become one of Canada's largest outdoor events and is executed through the dedication of nearly 2000 volunteers. IPM occurs in a different rural community each year and contributes 25 million dollars to the host community. Key highlights of IPM include Education Sessions, the RV Holiday Mini Town, Artisan Exhibit, and the Plowing Competition.

For ticket and general information, please visit [www.ipm2012.ca](http://www.ipm2012.ca).

wagon, trusting that everything would fit the wagon support gear made by Wayne. That day came when the newly designed gear arrived and Peter was thrilled that the pre-assembled walls lined up just fine, furthering the success of his developing structure!

The roof was the next project. Peter got some old cedar hydro poles from a neighbour who owned a sawmill, which were then fashioned by Peter into beams and rafters for the roof. A roof was installed with flat metal roofing, tongue-and-groove siding was installed on the outside walls, three windows for ventilation, and with some small finishing touches (such as safety lights/reflectors), the project was complete.

The wagon has no hydro and they will use oil lamps and candles to keep it as rustic as possible. They have taken it on a weekend test drive to be sure all worked well. Their first big excursion will be in September to the 99<sup>th</sup> Annual Plowing Match at Roseville--a 48 km trip. The one-ton wagon travels at about three miles per hour. They plan on spending about ten days, part of which will be at the match, and will be proud to give the many visitors at the event an opportunity to see Pete's handiwork up close and talk to Peter and Janice about their experience.



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As they journey with their team of horses and happen to cross paths with these travellers, be sure to offer a friendly wave, but **please do not toot or honk your horn!**

The pair decided to dedicate this event to charity, with all proceeds going to Breast Cancer Research. In recognition of this trip they would gladly accept any donations, or if anyone would be willing to sponsor them, contact them at 519-275-3384.



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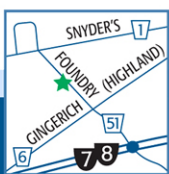
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## The Miracle of Birthing Life!

Submitted by Dr. Marisol Teijeiro, Naturopathic Doctor



Witnessing a life being born in your living room is like watching nature at its finest. This spring my little 6 lb Yorkshire Terrier Rana, gave birth to her first planned litter.

When we found out that Rana was expecting we immediately got her checked out by the vet, made sure her diet was the best it could be with healthy ingredients and made sure she was on the essential prenatal naturopathic care, fish oils, prenatal multivitamin and probiotics (for doggies of course!). What is interesting is that these are similar recommendations that I give to any of my patients who are expecting.

As we watched Rana's baby belly grow over a 2 month period, it was incredible how little it affected her. Besides having a voracious doggie kibble appetite and an insatiable thirst, she continued her daily routine without any hitches. Even our daily 5 km run was no problem and was in fact a healthy prescription as part of her daily health practice. Onward she went, excited and wagging her tail in delight!

The birth day was astounding; there was no fear whatsoever surrounding the event (well

maybe a bit on my part but not on Rana's!). Humans are programmed to be fearful of the birth process, and told we will require an epidural to endure it. But my Rana had no such expectation and her birth process was just as natural as going to the bathroom, with her own version of Lamaze breathing. She just did it - and gave birth to 2 pups, a large sized girl Lola and a teeny tiny pinky-sized male we called Kudjo.

Instincts took over for Rana. She would lick and clean her pups, feed them, and keep them warm. Unfortunately Kudjo, the little male didn't make it past the first day despite our extensive efforts to get him to feed. It was a sad lesson in the natural laws of life: it was outside of our control, but Kudjo was just not meant to survive. As Lola flourished and grew Rana taught her how to self-soothe. Lola would cry and Rana would watch from afar. If there was no danger, she would allow her to cry herself back to sleep.

What was most interesting were the physical changes that were happening to Rana, the mommy. The more Lola indulged in her milk, the more Rana's hair dried out. Luckily for Rana, she had a Naturopathic Doctor come to the rescue! Like any newbie mom, she needed increasing amounts of healthy fats to support her breast feeding and also have enough for herself. I increased her fish oils and started feeding her at least a half an avocado per day for extra essential fats (which is quite a bit considering Rana is only 6 lbs); her hair quickly regained its brilliance.

I'm always so amazed at what lessons and health practices I learn whenever I appreciate the natural phenomena that are provided by Mother Nature. This experience reminding me of how abiding by natural laws helps us all to live our best lives. Whether we are pregnant Yorkshire Terriers, or having your first human baby, there are natural tips and tools that will help you give it your best go!

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**Hospital regulations** require a wheel chair for patients being discharged. However, while working as a student nurse, I found one elderly gentleman already dressed and sitting on the bed with a suitcase at his feet, who insisted he didn't need my help to leave the hospital.

After a chat about rules being rules, he reluctantly let me wheel him to the elevator.

On the way down I asked him if his wife was meeting him.

"I don't know," he said. "She's still upstairs in the bathroom changing out of her hospital gown."



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Silly Stuff from Janet & Greta's Crazy Plates



- > Minutes at the table don't make you put on weight—it's the seconds!
- > On a diet? Go to the paint store ~ you can get thinner there!
- > If a parsley farmer is sued, can they garnish his wages?
- > The idea of a balanced diet is having a bacon double cheeseburger in each hand!
- > If a cow laughed, would milk come out of its nose?
- > What's the best way to introduce a hamburger?... "Meat Patty!"
- > You can't lose weight by talking about it — you have to keep your mouth shut!
- > Where's the best place to eat along the highway? ... Wherever there's a fork in the road!

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# Eat Well ~

With Heather McKague-Bandl, ROHP, RNCP  
Registered Nutritionist Consultant Practitioner



## Eggsellent Eggs!

Eggs have gotten mixed reviews. Good. Bad. Good. Bad. How do you know? Who do you believe? I would like to weigh in on this debate from a different perspective: the benefits of raw egg yolks for nourishing your body and mind.

Egg yolks are high in cholesterol, 250 mg per egg. For a person diagnosed with high cholesterol, it may be prudent to consume only a couple whole eggs each week. Eggs, however, for those who do not have high cholesterol, an allergy or sensitivity, are one of the most nutritious foods available today!

Dr Natasha Campbell-McBride, MD, speaks very highly about eggs in her book *Gut and Psychology Syndrome*. As a parent of a child fully recovered from a severe learning disability, she realized that nutrition played a critical role in helping children and adults to overcome their disabilities.

About eggs, Dr Campbell-McBride says; "Eggs are one of the most nourishing and easy-to-digest foods on this planet. Raw egg yolk has been compared with human breast milk because it can be absorbed almost 100% without needing digestion."

Eggs are almost a perfect food. They contain protein, omega-3 fats, B-vitamins, a whopping dose of zinc, magnesium and many other nutrients. However, fully cooking them as in hard boiled, scrambled or omelets reduces their powerhouse potential. In order to capitalize on the nutritional benefits, I recommend soft boiled, poached, or over-easy eggs. Dippy eggs will provide you with a host of benefits, not only providing the most absorbable form of nutrients to your body, but also delivering nutrients to support your nervous system, liver function, and brain health.

Free-range organic eggs are the best because the hens have better nutrition and there is less risk that they possess Salmonella. Omega-3 eggs are the next best because the hens have been fed a diet rich in omega-3s which will be passed on to you through consumption.

So let's get cracking and enjoy our eggs, improved digestion, improved nutrition and improved brain health. Here's a recipe you can try today.

### Heather's Egg Salad:

- Place a bed of organic mixed salad greens on a medium sized plate.
- Chop ½ tomato and sliced cucumber, place on top of salad greens
- Drizzle 1 Tbsp olive oil and 1 Tbsp apple cider vinegar on top
- Sprinkle with a pinch of dried basil
- Top with 2 soft boiled, poached or over-easy eggs (let the yolks run all over the salad for a yummy dressing)
- Sprinkle with 1 Tbsp ground flaxseed or hemp hearts

Enjoy.



Eat healthy and be healthy.

**Disclaimer:** Individual articles are based upon the opinions of this author, who retains copyright. This information is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from

the research and experience of Heather McKague-Bandl, ROHP, RNCP. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.



Heather McKague-Bandl,  
ROHP, RNCP

Registered Nutritionist

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"Let your medicine be your food and your food be your medicine" Hippocrates



# School Starts Tuesday, September 4

## First Day

Students should be at their school at the regular starting time. Visit [wrdsb.ca/schools](http://wrdsb.ca/schools) to confirm start and dismissal times.

**Elementary** students are in class all day.

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

**Secondary schools** have various opening day activities on the first day. Students should bring an appropriate combination lock for their locker, or money to buy one from the school.

## Taking the bus?

All school buses will run and it is a good idea to be at your bus stop early. Bus schedules will be available at the end of August. For bus information, please call **Student Transportation Services of Waterloo Region** at 519-650-4934, or visit [stswr.ca](http://stswr.ca)

## It isn't too late to register!

All schools are open starting August 27 for registration. If you are a current student, you do not need to re-register. If you are not sure which school you should attend, visit our web site at [www.wrdsb.ca](http://www.wrdsb.ca) and click on School Finder, or phone 519-570-0003 ext. 4419.

## Other registration dates:

French Immersion: January 2013

Before & After School Programs: February 2013

Kindergarten: February 2013

Visit our website for more information [www.wrdsb.ca](http://www.wrdsb.ca)

