

# Baden Outlook

"Keeping the  
Community  
Connected"

OCTOBER 2011  
VOLUME 12, ISSUE 3



## A MEETING OF THE MINDS ~ ARE WE SUPPOSED TO FLOCK AND FLY? OR ~ WHY CAN'T WE STAY HERE?



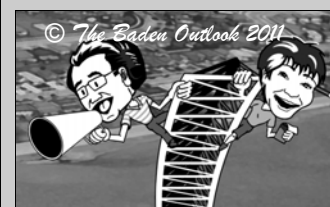
### Special points of interest:

- Don't miss out on Rural Routes Annual Studio Tour
- Meet Mathilda and her glorious brood.
- Year-end stats for the Baden Outlook Baseball Pool
- Time to plan your float entry for the annual Santa Claus Parade
- Don't fret—there is a monkey on the loose!
- Theatre Wellesley Showing in November
  - Wilmot Family Resource Centre offering Parenting Workshop November 5
  - Baden Baseball Banquet Award Photos



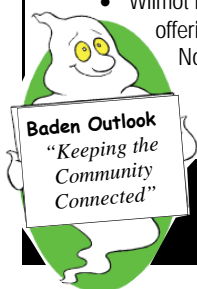
### Meet Amazing Baden Boys...

- \* Nine-year old Carter Freund, Baden's youngest triathlete — see his story on page 16
- \* Flight Corporal Nathan Gibbons, a fourteen-year old Royal Canadian Air Cadet—see his story on page 10



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**This paper is priceless - Please have one!**

# Talking with Ed

The fall is here, the nights are cooler and darker, the spiders are bigger with their webs hanging everywhere—all creating the mood for Halloween! There are many images that come to mind centred on this druid holiday. Pumpkins, black cats, full moon, witches, and goblins are all part of the annual event that gives Halloween its mystique. Ghosts are also a big part of the occasion and are very much misunderstood.

While rummaging around our basement bookshelf I came across a book that was purchased some time ago entitled "Ghost Stories of Ontario" written by John Colombo. The book features over seventy different experiences of ghosts in Ontario that people had submitted to him. The paperback explains that there are eight different types of ghosts. Seven of them would be considered apparitions, which are principally visual; also included are poltergeists which are generally invisible, "noisy spirits" that go unseen but not unheard, for they are known by the noises and the disturbances that they create.

One of the hauntings in this book occurred on Moore Avenue in Waterloo, just around the corner from the home of a co-worker of mine, Linda. In this house there were several poltergeists which were oddly—very visible. A mother encountered a ghostly older woman who floated past her. Her son had an elderly gentleman sit on the edge of his bed. Footsteps were heard in the attic, and there was movement down the stairs regularly. There was also frequent banging in the basement. The family lived in the house for five years and finally moved.

While Linda and I were discussing the book at work another co-worker suggested that I talk to Glenn Murphy, also on staff at Zehrs; I've known him for over fifteen years, but didn't know of his interest in the paranormal. Glenn took some online courses and in 2008 he informally created Cambridge Paranormal Investigators. In 2010 he took on several other members and officially launched his ghost-exploring venture. He explains that when people die

## Ghost Writer



suddenly or violently, a spirit may attach itself to an object or person. Glenn investigates this activity, but does not eliminate the spirits. If needed, Glenn can recommend some mediums that can help the spirits to move on.

He believes that there are many types of ghosts but maintains there are two main categories: residual and intelligent. Residual are the spirits that walk the hallway at the exact time night after night. Then there are the intelligent ones who are capable of moving objects, creating various visual and auditory effects and sometimes interacting with people.

Glenn does not search out investigation sites but is contacted for each exploration. The team members, who are Glenn Murphy, Frank Van Damme, Caroline Finamore, Kyle Mercer, and Steve Romano, investigate over a dozen a year and have had some very interesting moments. They have

not yet experienced an angry ghost but did meet one particular spirit with multiple personalities. In a neighbour's house he heard footsteps, saw a doorknob turn, and a door open. Some of his team mates have been poked and touched and Glenn saw a shadow walk across the room. One of the weirdest investigations was at the Fiddler's Green Pub in Cambridge where he experienced a spirit touching his leg. "There was definitely a lot of activity in that historical building," Glenn stated.

A typical investigation would begin with a visit to the household to get a sense of where and what type of activity is happening. They would also take an EMF (Electric Magnetic Field) sweep of the house that detects energy, which spirits basically are. Glenn feels there are a limited amount and specific type of people that can sense energy, but that his team mate Steve is very good at it.

A problem may arise when the spirit's energy will try to overpower the investigator. In this scenario the team will schedule a return visit, preferably at night, with the power shut off in the house. To detect energy, cameras are set up in strategic spots throughout the

According to "thefreedictionary.com" the meaning of ghost is: *The spirit of a dead person, especially one believed to appear in bodily likeness to living persons or to haunt former habitats; The centre of spiritual life; the soul. A demon or spirit. A faint, false image. A returning or haunting memory or image.*

## 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.

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home. The team also carries a hand-held infrared camera. EVP (Electric Voice Phenomena) recorders are set up. A spirit's answer to a question might not be heard live, but may be detected afterwards on the super sensitive recorder. Glenn has had many bizarre voices and responses to questions. One question asked to a spirit was, "Do you want me to come back in?" It responded with a, "NOOOO". In an investigation in Woolwich he asked if the spirit liked staying there which was responded with a, "No I don't like it here."



If you'd like to contact Glenn regarding a paranormal experience you may reach him by emailing [murphy2833@rogers.com](mailto:murphy2833@rogers.com) and you can also visit their website at [www.cambridgeparanormalinvestigators.com](http://www.cambridgeparanormalinvestigators.com)

where you can watch taped investigations, including voice playbacks.

Until next month...  
Don't let the ghouls getcha!  
... Ed



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



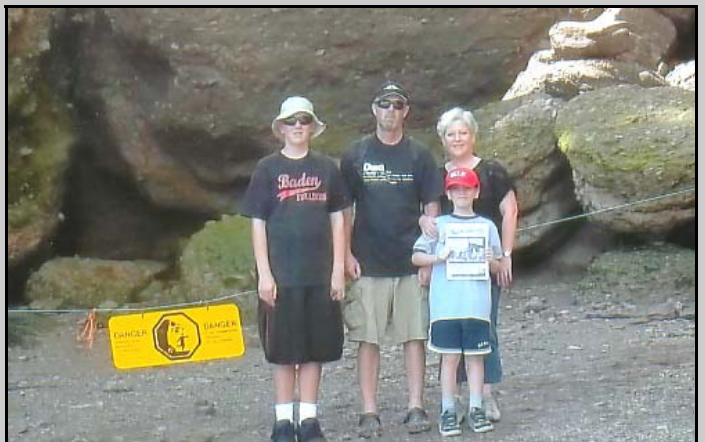
Leta and Rob Gastle of Baden spent their anniversary ATVing the Hatfield-McCoy Trails in the Appalachian Mountains of West Virginia. They are seen here at the top of one of the trails with their Baden Outlook.



Brad Ziegler took his Baden Outlook to Ireland where he spent a week golfing. This picture is in front of the group's incredible hotel called Carton House, which is close to Dublin.



Diane (daughter of Joan Krueger of New Hamburg) and Peter Viragh travelled to Budapest, Hungary with their Baden Outlook. The highlight was the brilliant displays of fireworks celebrating freedom seen from the top of a mountain.



Andrew and Jennifer Weber, with sons Spencer and Carson, took their Outlook as they walked along the ocean floor at Hopewell Rocks in New Brunswick.

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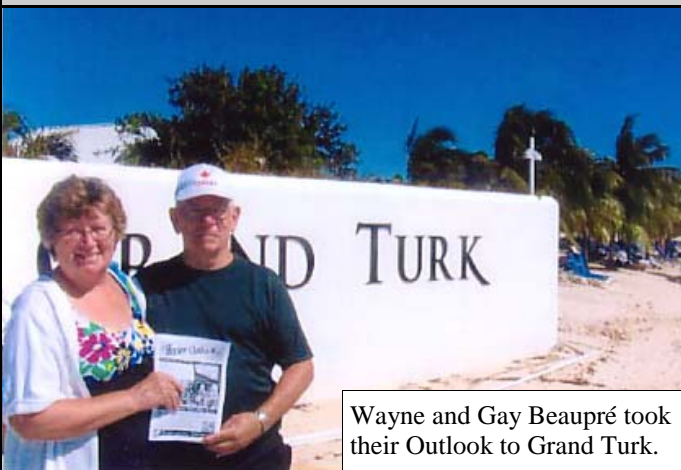


Bill and Pat Leggett, Ken and Jennie Mulholland, and George and Lynn Heath from Stonecroft, New Hamburg, recently travelled to Russia with the Baden Outlook. This picture was taken on the island of Kizhi in Lake Onega in front of the amazing Church of the Transfiguration, built in the 17th century and now a UNESCO World Heritage site and a Russian Cultural Heritage site.

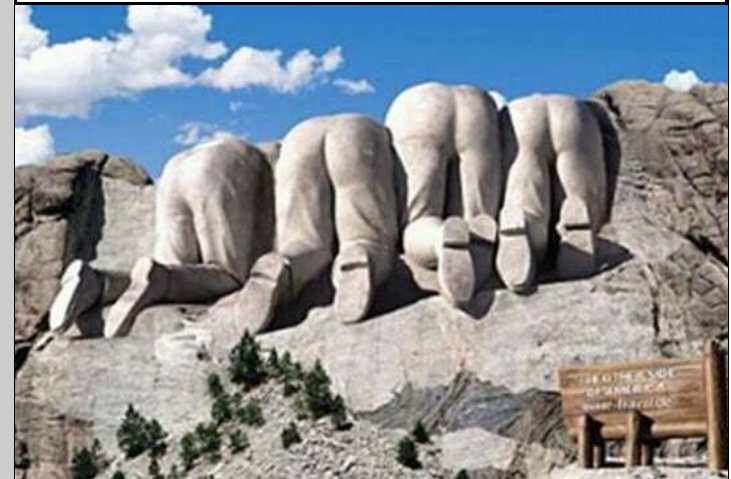


Darlene and Mike Mabee took their Baden Outlook as they travelled to New Orleans, Louisiana, in early September. This photo was taken on the porch of the Rathbone Mansions.

*You know, there are some things that you just never think of... Like Mount Rushmore from the Canadian side. (We only assume they are all holding their Baden Outlooks on the other side.)*



Wayne and Gay Beaupré took their Outlook to Grand Turk.



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# Mathilda and Her Brood

Written by Vicki Lass

What a turkey! A common expression used by many, myself included. An expression used to indicate the subject was a little silly, possibly even a little dim. Then I met Mathilda, Waltzing Mathilda to be exact, so named for her fluid strut.

Mathilda is a Bronze turkey born here on Church Hill Farm 3 years ago. She was a lovely little poult who spent her first winter with us in her turkey condo in the barn where she played singing games with us during evening chores. We would sing while forking hay and when we hit certain high notes Mathilda would gamely join in. Come spring, Mathilda made a cozy outdoor nest for herself in a fallen tree a few feet from our kitchen window. The location of her little hide-a-way allowed us to observe her on a regular basis. All she was missing was a tom. Mathilda's motherhood dreams came true when George, our new Bronze tom, arrived. Being a pretty smart turkey, Mathilda quickly set about laying her clutch and posting George to guard as she got all broody.


One spring morning the open bedroom window welcomed in little peeping and squeaking noises; the poult had hatched, nine in total. Well done Mathilda! Now the fun began. We had watched a variety of mothers raise their young but never with such a ringside seat.

Mathilda and George waltzed around the yard and fields daily with the poult scurrying along, swirling around their parents, never far from the safety of long grass. For weeks we anxiously counted and recounted Mathilda's swirling brood to ensure they were all still alive.


Lazily waking one morning, our daughter's delighted shriek drew us all to the window. Mathilda and George stood on the ground by our single storey barn looking up. At the edge of the roof stood all nine poult. How on earth did they get up there? Mathilda called and the first in line flew down to her and then scurried over to George. Again Mathilda called; another brave little poult flew down. Six more times this was seamlessly repeated, but the last poult proved a bit more stubborn. Mathilda called once, twice; calling a third time she moved closer to the barn encouraging her fearful poult down. Finally he leapt off the roof to join his brood and earned his name: Fearful Fred.

A few days later the fledgling flyers were spotted on the roof of the two storey barn. Once again the same process was followed. Mom and Dad on the ground, poult on the edge of the roof encouraged to fly. We held our breath wondering how everyone was going to manage it. They seemed so small to fly such a great distance. Then it came time for Fearful Fred to make his flight. Mathilda called: we waited, we tensed, we crossed our fingers, Mathilda called again. Fred inched forward then paced backward. Mathilda moved in closer and called a little louder, the other poult stopped moving and looked up, and finally Fred flew! We cheered. Another successful lesson. Second storey lessons proceeded for a week or so as Fred gained confidence. Soon he was flying down like a champ.

On a bleary-eyed Saturday morning a week or so later as I stood, coffee in hand, something caught my eye on the roof of the old bank barn, near the peak. I was jolted awake by the realization that the flying lessons had moved to new heights. The poult were preparing to leap off the side of the bank barn roof—the equivalent of a three storey drop. I yelled for everyone to watch. We stumbled over each other to get out on the deck for a better look. Our view did not include their landing pad but we knew the routine and could picture Mathilda and George below. One by one the poult launched off the steep roof and disappeared from our sight, all except for Fred. It looked like Fred may have met his Waterloo. He carefully approached the roof's edge and immediately scurried back. He paced nervously around the roof's peak before cautiously approaching the edge again. Time stood still: to the edge, scurry back, pace in circles, and again, time after time Fred repeated his worried path. Just when we thought he was stranded, Fred disappeared over the edge of the roof. We cheered with excitement at Fred's victory over fear and headed into the house feeling proud,



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as if we had managed the flight ourselves.

Over the next few months we continued watching the little brood learn their lessons. Some lessons were as captivating as “flight school.” Some were more frustrating, like trying to intervene and teach appropriate territory. Our son missed the school bus while he was herding them home trying to assist with that lesson. Some were endearing, like when I would look up from supper preparations to see the entire brood perched in the trees outside the kitchen window looking in at us. Often one brave poult would perch right on the deck rail and look in at us, only feet away. How satisfying to watch a species in their natural habitat. But who was watching whom?

I think that after this summer if I have the urge to say “what a turkey” the expression will be delivered with a new overtone of respect and endearment. Mathilda, what a turkey!

*George and Mathilda hover proudly over their poults.*



**Studio Tour**

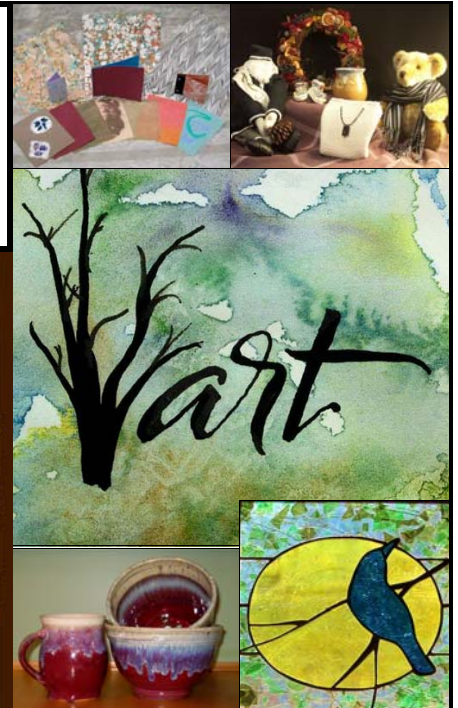
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## You Must Be Joking!!



They're Back!

Those wonderful Church Bulletin Bloopers!

- \* The Fasting & Prayer Conference includes meals.
- \* The sermon this morning: "Jesus Walks on the Water." The sermon tonight: "Searching for Jesus."
- \* Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.
- \* Remember in prayer the many who are sick of our community. Smile at someone who is hard to love. Say "Hell" to someone who doesn't care much about you.
- \* Miss Charlene Mason sang "I will not pass this way again," giving obvious pleasure to the congregation.
- \* For those of you who have children and don't know it, we have a nursery downstairs.
- \* Next Thursday there will be tryouts for the choir. They need all the help they can get.
- \* Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.
- \* A bean supper will be held on Tuesday evening in the church hall. Music will follow.
- \* At the evening service tonight, the sermon topic will be "What is Hell?" Come early and listen to our choir practice.
- \* Eight new choir robes are currently needed due to the addition of several new members and to the deterioration of some older ones.
- \* Scouts are saving aluminum cans, bottles and other items to be recycled. Proceeds will be used to cripple children.
- \* Please place your donation in the envelope along with the deceased person you want remembered.
- \* The church will host an evening of fine dining, super entertainment and gracious hostility.
- \* Potluck supper Sunday at 5:00 PM - prayer and medication to follow.
- \* The ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon.
- \* Ladies Bible Study will be held Thursday morning at 10 am. All ladies are invited to lunch in the Fellowship Hall after the B. S. is done.
- \* The pastor would appreciate it if the ladies of the Congregation would lend him their electric girdles for the pancake breakfast next Sunday.
- \* Weight Watchers will meet at 7 PM at the First Presbyterian Church. Please use large double door at the side entrance.
- \* The Associate Minister unveiled the church's new campaign slogan last Sunday: "I Upped My Pledge - Up Yours."

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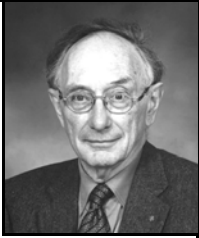
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## Movember is also Roeverember

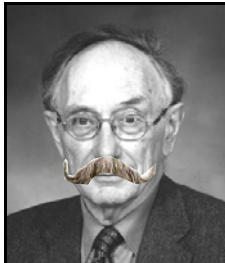
Peter Roe, Ward Two councillor for Wilmot, will be growing a moustache for the month of November. This is not only to enhance his good looks but also to support an annual fundraising event.



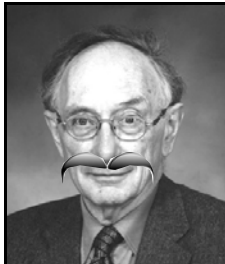
During November each year, Movember is responsible for the sprouting of moustaches on thousands of men's faces in Canada and around the world. With their "Mo's," these men raise vital funds and awareness for men's health, specifically prostate cancer. The event started in Melbourne, Australia in 2005 and has grown to become a global fundraising event for prostate cancer, which is the second most lethal cancer behind breast cancer.

Each registered participant is asked to raise \$1,000 for the event. In 2010, nearly 119,000 Canadian Mo Bros and Mo Sistas got on board, raising \$22.3 million Canadian.

Peter has always been a big supporter of community events and has put others ahead of himself many times. This is a time when we can support his efforts. He is very excited about the event so if you are willing to contribute to the cause you can e-mail him at [peter.roe@wilmot.ca](mailto:peter.roe@wilmot.ca) or call him at 519-886-6395. If you contribute over \$20 you will be issued a charitable tax receipt.



We have added some potential moustache styles for Peter to ponder. However his stache grows in, he will surely look dapper as always!



We will keep you posted in our November issue on his progress.



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If you've ever been to the Waterloo Regional International Airport, did you notice the military-looking building and ask yourself, "What is that?" Well, Flight Corporal Nathan Gibbons of Baden, a fourteen-year old Royal Canadian Air Cadet, is proud to show you around the Cadet Youth Development Centre.



goals -- nothing is handed to them. But there's a wonderful support in the excellent officers who teach the courses."

While air cadets is a military-based organization, their website points out that "cadet participation in the Air Cadet program does not necessitate military service. The most important aspect of the program to the instructors and administrators is giving students the tools to achieve excellence in all aspects of their lives, whether in business, academics, or any other career a cadet may choose."

The Cadet Youth Development Centre is the home of the 822 Tutor Cadet Squadron (the name refers to a type of Canadian Air Force aircraft), a group of cadets who participate in a wide range of activities, community events, and public service. Nathan, a grade nine student at Waterloo-Oxford, is a three-year "veteran" of the cadets organization!

The squadron's website ([www.822tutor.ca](http://www.822tutor.ca)) puts it best: "The Air Cadet program is designed to encourage students to become better citizens. With an emphasis on leadership training and skills building, the Air Cadet program helps develop the 'whole person' by including classroom as well as physical training."

And there's a lot happening in and out of the classroom: "We have so much going on," says Nathan. "There's something going on nearly every night!" The cadets participate in a wide range of both physical activities and lessons, including such things as parade drill, marksmanship, debate team, public speaking, pipe and drum band and much more.

"I wish I could participate in it all," says Nathan, "but my favourite is aerospace." This class offers the cadets experience on computer flight simulators, as part of their learning to become actual pilots—a goal Nathan is well on his way to achieving. He's already flown (with an experienced pilot's help) numerous times, and particularly enjoys flying gliders: "They're more unpredictable!" he grins.

Nathan first became interested in airplanes and in becoming a pilot when he was very young. "I took him on his first flight when he was six," recalls his father Scott. It's only natural Nathan would be interested in flying and in cadets, as his family history is peppered with veterans and active service members in the Canadian Forces.

This history of service serves Nathan well in his involvement with the cadets, as the group also participates extensively in community events and helping other organizations with their events. From helping with community food drives to fundraising for charities, the squadron is always busy. "It's rewarding," says Nathan, "when you know you're helping out."

The 822 Tutor Squadron is named for the planes flown by the Snowbirds, and the students have a special relationship with that beloved Canadian group. At the Region's airshow in August, the Snowbirds were in attendance, dazzling the crowds with their precision aerial acrobatics—and the cadets were with the pilots all weekend, working alongside them as they prepared for their shows.

This wide variety of experiences offers the cadets a wonderful learning environment for students aged 12-19. Scott lists many benefits of the cadets for young people, but emphasizes the "self-awareness—figuring out your identity in life." He notes that "The cadets have to work hard for their

If it sounds like air cadets might interest your youngster, the squadron is always actively recruiting, and there's no better time to encourage your teen to check it out: this year is the 40th anniversary of the squadron, and as part of the commemorations, the group hopes to embark on a trip to Halifax in March Break of 2012.

The trip would include a visit by the cadets to Canadian Forces Bases Greenwood and Shearwater, air and naval bases in Halifax that focus on search and rescue, and maritime patrol. It's a wonderful learning opportunity for the cadets, and they hope to raise money to help as many of them as possible make the trip.

To that end, the squadron is fundraising in two ways: first, on November 6 from 11:00 a.m. - 5:00 p.m., there's a craft sale at the Preston Legion in Cambridge. All gate proceeds of the sale go to the Halifax trip, and it's a great way to get an early start on your Christmas shopping while supporting a terrific cause!

Secondly, the squadron is collecting used ink-jet and laser printer cartridges (NOT photocopier cartridges), as well as used cell phones, as an eco-friendly fundraiser. If you have such items, please drop them off at 80 Snyder's Road East (just leave them in the mailbox).

"Air Cadets is an unbelievable organization," smiles Scott, and Nathan enthusiastically agrees: "I love flying!" So, next time you're at the Waterloo Regional Airport, take a look at the cadets' building. And be sure to look up at the planes—because it just might be that a young man from Baden is piloting that plane across clear blue skies!

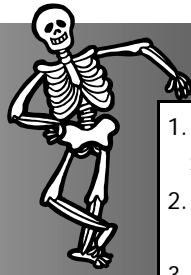
*If you'd like to help the cadets in their goal to see Halifax, please contact Captain King at [capt.king@bell.net](mailto:capt.king@bell.net) or The Cadet Youth Development Centre at [cydc@rogers.com](mailto:cydc@rogers.com).*

*The cadets are hosting a bake sale at the Preston Legion Saturday October 30, 12-5. All funds raised go to their educational trip to Halifax.*

Kristen Hahn

81 Peel St. New Hamburg, ON N3A 1E7  
 Ph. 519-662-3535 Fax. 519-662-1110  
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# LookOut Kids' Korner



## Halloween Quiz

## Random Act Of KXndness Day®

Let's celebrate kindness!  
Random Act of Kindness Day 2011 is  
Friday, November 4th.



- ⇒ Hold the door open for someone.
- ⇒ Greet people — say hello and smile.
- ⇒ Admit a mistake, it's ok to say I'm sorry.
- ⇒ Say something nice, offer compliments.
- ⇒ Tidy up—your space or even a mess from someone else.
- ⇒ Send a thank you note to teacher, parent or someone who was kind to you. How nice that you noticed!
- ⇒ Share: give something to someone...even a gum.
- ⇒ Recognize a lonely or sad person and be a friend.

**Courtesy** ~ It was once taught in school as seen in a notebook from a class of the 40s. What a great lesson!

*If your lips would keep from slips  
Five things observed with care,  
To whom you speak, of whom you speak,  
And how and when and where.*

**Tips on courtesy in conversation:**

- Talk in quiet tones, never shout.
- Don't talk too much.
- Never interrupt a person speaking.
- Don't be quarrelsome or quick to dispute.
- Be aware of how often you speak of "I".
- Be yourself—don't put on talking airs.
- If you cannot hear, say— "I beg your pardon"

We all know someone like this... and we run the other way.



**MANNERS MATTER**

1. Which Vegetable was originally used to make Jack O' Lanterns?  
Spinach, Carrots, Celery, Turnips
2. Which animals are commonly associated with witches?  
Green Frogs, Black Cats, Yellow Dogs, Red Pandas
3. Spiders have eight legs, but what other body do they usually have eight of?  
Mouths, Hands, Feet, Eyes.
4. What sort of supernatural being is Dracula?  
Goblin, Ghost, Banshee, Vampire
5. If a mummy were chasing you on Halloween, what country would you be in?  
China, Great Britain, Egypt, Transylvania.
6. The Corpse Flower gets its name from what?  
Smell, Texture, Location, Appearance
7. What is a pumpkin?  
Animal, Fruit, Vegetable, Mineral.
8. Which of these words is another name for a ghost?  
Gnome, Phoenix, Sprite, Phantom
9. Which of the following superstitions is not considered to be bad luck?  
Walking underneath a ladder, Having a black cat cross your path, Walking backwards, Breaking a window.
10. What U.S. city is known as the Halloween Capital of the World?  
Salem, Massachusetts; Anoka, Minnesota; Madison, Wisconsin; Rutland, Vermont



### ANSWERS

1. Turnips
2. Black Cats
3. Eyes
4. Vampire
5. Egypt
6. It smells like rotting meat and is the largest flower in the world
7. pumpkin is a fruit
8. Phantom, Spirit or Shade
9. Walking Backwards
10. Anoka, Minnesota

What is Dracula's favourite dessert?  
...I scream!!

Where do vampires keep their savings?  
...In a blood bank!!

What do sea monsters eat?  
...Fish and ships!!

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## Baden Outlook Hockey Pool Stats

Place	Name	PTS	Place	Name	PTS
1	Rita Kaufman	400	31	Kyle Erb	358
2	Heather Dubrick	391	32	Cody Dietrich	356
3	Brad Ziegler	380	33	Katie Cook	355
4	Ed Tschirhart	380	34	Samantha Simpson	354
5	Mark Struth	378	35	Cheryl Erb	354
6	Wayne Beaupre	377	36	Craig Wahl	354
7	Patricia Miller	374	37	Trudy Roth	354
8	Joyce Snyder	374	38	Gerrie Culbert	354
9	Carol Stumpf	373	39	Shae-Lynn Campbell	354
10	Maggie Litwiller	373	40	Katie Erb	353
11	Buzz Morrison	373	41	Lindsay Snyder	352
12	Kevin Scott	372	42	Chuck Herold	352
13	Richard Roth	371	43	Jessie Gingerich	351
14	Ben Griffey	371	44	Blair Camm	351
15	Dianne Brackenbury	371	45	R. Westfall	351
16	Paul Schnarr	370	46	Dave Riddoch	350
17	Gord Mills	370	47	Jayden Gawlik	350
18	Mike Taves	369	48	Nancy Wilson	350
19	Granne Girl	368	49	Doug Bair	349
20	Tyler Naumann	367	50	Su Simpson	349
21	Chris McKee	367	51	Shaelyn Heise	349
22	Roy Blake	367	52	Patrick Henderson	349
23	Mike Lichti	366	53	Rob Litwiller	348
24	Susan Mills	363	54	Ralph Schmidt	348
25	Greg Morrison	363	55	Chris Murray	348
26	Henry Brattan	361	56	Noah heinbuch	348
27	Tim Cutting	361	57	Sierra Simpson	348
28	Doug Mueller	361	58	Benjamin Ziegler	348
29	Darren Pearson	359	59	Steve Glofcheskie	347
30	Cal Honderich	359	60	Paul Morrison	347

## Baseball Pool



These are the year end stats for the Outlook Baseball Pool. Thanks for playing ball with us!!

The Hockey Pool stats will begin posting in November issue with 385 adult entries, and 106 children entries (12 and under). Go Baden Go!!

**Congratulations to Rita Kaufman for taking the leader prize of the season, winning a gift package from The Baden Outlook.**



**Congrats to Brad Ziegler for taking the monthly prize, winning a gift certificate from EJ's of Baden.**  
(Congrats to you too Rita and Heather, but remember, you're able to win the leader prize only once!)

**The lucky random draw winners are Steve Glofcheskie, winning a gift certificate from Egli's Meat Market, and Kellie Campbell winning a Baden Outlook sweater.**



Matt & Jackie Rolleman  
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*Celebrate the American Thanksgiving at EJ's — November 24th*  
**\$12.99 Turkey Dinner**



\$10 from each meal goes to the Wilmot Family Resource Food Bank—Please donate a non-perishable food item.

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Thurs. 8-5:30, Fri. 8-6, Sat. 8-2  
Closed Sunday & Monday



### The Baden Outlook Hockey Pools



**WOW! Sports fans...Thanks for playing hockey with us! There are 491 entrants in this year's Outlook Hockey 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 "hockey" The pool I.D. is [outlookhockey](http://outlookhockey) or [outlookkids](http://outlookkids) and the password is [quest](http://quest). To view both pools, you must log out of one to get into the other. The top 100 entries will be listed—to view all teams click on "more teams" on bottom of page. Have Fun and Good Luck!**



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*The Baden Chamber Annual BBQ Brought Neighbours Together*

The annual barbeque held in August brought together over 200 people. Thanks to the following sponsors, suppliers, and donors for their generosity: The Blue Moon, Angie's Kitchen, Baden Coffee, M & M Meats, Mac's, Erb Transport, Mars, Eva Pocsai, Petersburg Optimists, Pfenning's Organic Vegetables, KW JumpyThings.com, The Baden Outlook, and The Sales Wizard. The kids had a great time in the Jumpy Thing and people of all ages thoroughly enjoyed the community event.



**KIDS SAY THE DARNEDEST THINGS!**

A grandmother was telling her little granddaughter what her own childhood was like. "We used to skate outside on a pond. I had a swing made from a tire; it hung from a tree in our front yard. We rode our pony. We picked wild raspberries in the woods."



The little girl was wide-eyed, taking this all in. At last she said, "I sure wish I'd gotten to know you sooner!"

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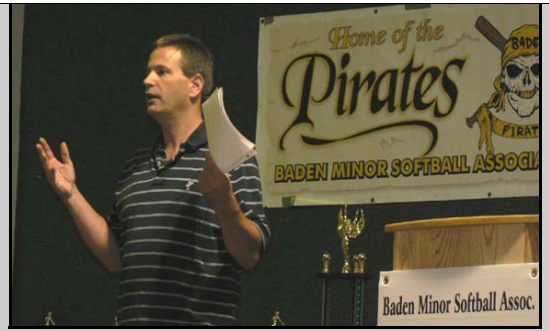
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<p><b>Wonder Bread</b></p> <p><b>\$1.49</b> Whole Wheat or White</p> <p><small>STOP2SHOP</small> Limit 2 per coupon until November 15/11</p>	<p><b>Bag Milk</b> 1%, 2% 4 ltr. bags</p> <p><b>\$2.99</b></p> <p><small>STOP2SHOP</small> Limit 2 per coupon until November 15/11</p>

**\*\* UNDER NEW MANAGEMENT \*\***

# Baden Softball Awards Banquet

"We had a great year" says President Dan Finn.



Ty Stemmler —the Murray Wagler, Most Improved Player award



Phil Schmitt — the Penny Roth, Most Sportsmanlike Award



Brianna Marks, Ty Stemmler, Alex Uhrig, winners of the Most Improved Player award. Missing from photo: Tyler Cormier, Holly Kavanagh and Zach

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Joel Alles, Ben Windl, Logan Baker, Josh Kneisel, Carly Shantz winning the Most Valuable Player award. Missing from photo: Madeline Sturgeon.



Mike Carey and David Alles — Tom Musselman Award, Coach of the Year



Dean Stemmler — the Rose Palla, Best Volunteer Award



Sally Gunter, Robbie Mason, Zach Dredge, Phill Schmitt, Nathan Stere, Olivia Hunt Winners of the Most Sportsmanlike awards.

*Where there is baseball — is where you'll find Bob Bontaine*



John Windl — Norm Ryckman Memorial, Fan of the Year Award





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## Meet Baden's Youngest Triathlete, Carter Freund

Nine-year old Baden resident, Carter Freund, recently participated in the Sunrype Tri Kids Triathlon Series in Fergus this summer. The triathlon consisted of swimming 100m, biking 6 km, and running 2km. To prepare for the race he started training three months before the race. His training included running and biking three times a week with Mom, Dad, and sister Hannah. He already had his level ten in swimming, which was three years ahead for his age level, so he was in good shape in that category. He had a very good race, placing 31st out of 65 entries in his age class.

But that isn't the most amazing aspect of Carter's race. The race was a fundraising event with all proceeds supporting POGO—Pediatrics Oncology Group Ontario—with monies going to childhood cancer. Carter had a lofty goal of raising \$1,000. He not only passed that goal by raising \$1,400, but was also the highest fundraiser in the Fergus event and second highest in Ontario.

When asked why he joined this race Carter replied, "I love to swim, I wanted to challenge myself, and Mom inspired me to help kids with



cancer have a good life like me." Dennis and Andrea (mom and dad) and sisters Autumn and Andrea volunteered at the event and are extremely proud of Carter. Carter is planning on attending next year's event as well. Way to go Carter!

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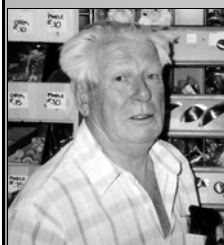
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*Over 5000 handles and knobs!*

*Bob passed away in July. His presence will surely be missed. He knows his girls will do him proud!*

Monday to Friday 9 am - 6 pm,  
Saturday 9-4:30 Sunday - Closed





As an intrepid reporter for the Baden Outlook, I’m always on the “outlook” for fascinating small-town stories. No matter where my husband Kenton and I travel, it seems that the most incredible things can be found ... if you’re willing to dig deep enough.

Recently, we found ourselves in a small town outside of Ottawa called Carp. Just outside of Carp, we found ourselves very deep indeed ... inside one of Canada’s best-kept Cold War secrets, the “Diefenbunker!”

The “Diefenbunker” is a previously secret underground bunker, meant for protecting the core of Canada’s federal government and its communication networks in the event of a nuclear attack. Properly called the “Central Emergency Government Headquarters,” the bunker was informally named for the Right Honourable John Diefenbaker, Canada’s Prime Minister from 1958 to 1961.

It was the height of the Cold War then, a time when western nations were in political conflict with Communist Russia. Called a “cold” war because no actual attacks ever took place, the time was still defined by suspicion, an ongoing war of words, and fear—mostly fear of nuclear war.

The Diefenbunker was built as a place where essential government members could continue to run the country, even under threat of a nuclear attack. Remember “bomb shelters” of the 1950s and 1960s? Well, the bunker operates under the same basic principle: a stronghold under the earth built to withstand a nuclear blast and protect its occupants from nuclear “fallout,” radioactive pollution that would poison air, water, and earth after a nuclear explosion.

We entered the bunker through the “blast tunnel,” a 378-foot-long steel tube that’s open on both ends. It’s designed so that the pressure wave from a nuclear explosion would pass right through, leaving untouched the doors to the actual bunker, a four-level labyrinth of poured-concrete walls that go down to a total of almost sixty feet.

After passing through the massive entrance doors (the two doors weigh 4,000 pounds each!), we began our tour of the bunker. The first level (level 400) surprised me: I expected to see a military operation, but this level is focussed instead on decontamination, medical facilities (including a dentist and full operating room), and especially communications.

There’s a Message Control Centre, where encrypted messages could be sent and received, and a teleprinter room (at the time, most high-security messages were received in this now-outdated way). There’s also a radio room and a telephone room; as the guide book to the bunker explains, “in any emergency situation, good communications are essential; in times of war, they are vital.”

On the next level down (level 300) we saw a focus on military strategy, including the emergency government situation

centre, the war cabinet room, the military information centre, and a number of offices for governmental departments such as public works and transportation. It was fascinating to see how prepared our government was!

The 300 level also has living quarters (separate ones for women and men, and a private suite for the Prime Minister), and the 200 level has a cafeteria. We were again surprised to learn that in the event that the government would have to move to the bunker, only certain people were to be admitted: even the Prime Minister would not have been allowed to bring his wife or children.

Going deeper yet, we descended to level 100, where we saw the Bank of Canada Vault, a cavernous and chilly room that was designed to store Canada’s 800 tons of gold reserves, which would have been taken to the vault in case of emergency. Today, the room contains a memorial to people who have died in nuclear attacks, including the victims of Hiroshima and Nagasaki.

Throughout our tour, we were impressed by the extent of our government’s preparations for the possibility of nuclear attack. And we were amazed to learn that even though the bunker was constructed during the Cold War, it remained staffed by military personnel 24 hours a day, seven days a week, until it was decommissioned in 1994.

The tour took over an hour, and we certainly could have stayed longer, reading all the excellent information about the bunker and the exhibits about such things as the Berlin Wall, the construction process for the bunker, and the Cold War.

You can learn more about this fascinating piece of Canadian history at [www.diefenbunker.ca](http://www.diefenbunker.ca).

It was a terrific experience to see the bunker, and we highly recommend it. But don’t expect all of the Canadian government’s secrets to be revealed ... when we asked our guide where today’s government would go in case of emergency, the answer was: “no one knows.” Maybe we’d better take a close look around Baden hill ... !



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From little on up teach your family that "everything needs a home" and this includes the dirty wash. Make it easy for items to be placed in the wash basket. The ideal is to have a basket in the room of each family member.

Teach children to check their clothing for stains when they take it off...if the knees of the pants look ok...if there is no lunch or supper spilled on the front of the shirt...then it is clean enough for another wear. Have them put the item back in their drawer or hang it on the handy hooks that you have installed in their bedroom. If it's dirty teach them to rub the spot with a laundry 'stain stick' themselves before putting the item into the wash. As we teach our children from little on up that each member of the family has a part to play, we are teaching valuable life skills.

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Allow dumbbell to roll out of palm down to fingers. Raise dumbbell back up by gripping and pointing knuckles up as high as possible.

Lower and repeat.

Keep elbow approximately wrist height to maintain resistance through full range of motion. Hand may be placed under wrist to offer stability. Repeat 10 - 15 times each arm for up to 3 sets.

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Registration required.

To Register, contact Karen at 519-662-2731 or [fvpp4wfr@bellnet.ca](mailto:fvpp4wfr@bellnet.ca)



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

## Checking Out Baden Branch Library

The Let's Read program is ready to spring into action for its third year! The Let's Read family literacy initiative encourages families across Waterloo Region to read together. Families read a common book and participate in Let's Read activities at public libraries around the region. This program also provides a sense of community through the shared experience of reading.

The 2011 Let's Read selection is a picture book entitled *The Farm Team*, written by Linda Bailey and illustrated by Bill Slavin. *The Farm Team* features a good old fashioned hockey game with various farm animals competing for the honour of winning the Stolski Cup.

Coming this fall, members of the New Hamburg Firebirds Junior C Hockey Team will be guest readers at the Baden Branch and New Hamburg Branch Libraries. Players will connect with local children by reading hockey stories together one-on-one to promote literacy in our community.

The Let's Read team is partnering with the New Hamburg Firebirds to host a free Family Skate at the Wilmot Recreation Complex. Be sure to join us on Thursday, Jan. 5, 2012 from 1 to 3 p.m. for this fun event. The Firebirds will read *The Farm Team* to children and their families before joining fans on the ice for an hour of skating.

October is Canadian Library Month! Each October we celebrate the role of Canadian libraries and information services in the lives of Canadians.

Celebrate the theme *Your Library: A Place Unbound* with libraries across Canada.

This year Ontario Public Library Week takes place from October 16 to October 22, and coincides with Canadian Public Library Month. Come in and check out all the services your library has to offer!

The always popular Food For Fines week will also take place from October 16 to 22. This is a great opportunity to use food to erase your overdue fines! One non-perishable food item is worth \$2 in fines. All food collected is donated to the Wilmot Family Resource Centre Food Bank.

Contact the library at 519-634-8933 or by email at [badenlib@regionofwaterloo.ca](mailto:badenlib@regionofwaterloo.ca) for more information. Up-to-date information is also available on our website at <http://www.rwl.library.on.ca>.



Chris Baechler, Assistant Supervisor - Baden Branch

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Mayor Les Armstrong was there to share her day, as seen with Nancy and her granddaughters, Avery and Mae Ballaban.

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## A "Mono Loco" Badenite

By Wendy Pauls

Back in March of this year, I was on a volunteer humanitarian aid trip to Guatemala with Possibilities International (PI). During an excursion to a nearby tourist city, I was introduced to a great little restaurant called "Mono Loco." Mono Loco, I came to learn, is Spanish for "crazy monkey." Little did I know that, eight months later, I would become the "mono loco" to help raise funds for PI.

As an avid runner, and also a running coach for the last few years, I have helped lots of newbies move off the couch and across the finish line of various races in the area (very exciting indeed!!). For the last couple of years, I have been able to combine my roles (runner, running coach, and PI supporter) at a single event—The Road2Hope Race weekend in Hamilton.

For the 3rd year, Possibilities International is a Community Partner charity at Road2Hope. We invite PI supporters to participate in one of the events (1K, 5K, 10K, half or full marathon) as a runner or walker, and ask them to collect pledges for PI. ALL pledge money goes directly to PI to help fulfill the simple dreams of the hurting, helpless, and hopeless in various countries around the world.

Last year, we had a team of approximately 50 people running or walking on behalf of PI. This year, our goal is to exceed 100 participants for the PI Dream Team. At the time I am writing this, our team is 52 people strong.

Now, back to me becoming the "mono loco"....while attending a charity conference earlier this year, I was sitting in a workshop trying to think of something that I could do personally to help raise more funds for this charity with which I am passionately involved. And I came up with this crazy idea. PI has a mascot - a stuffed monkey named Phil. Well, I decided to have a full monkey costume made so that "Phil" could join the Dream Team at Road2Hope this year. Now the "loco" part? Phil (me) will be running the FULL marathon at the event.

A full marathon is 42.2 kilometres. While wearing appropriate fitness clothing it would likely take me 4 hours and 15 minutes to complete. Wearing a monkey costume? I'm not sure.



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My fundraising goal for this "loco" idea is \$10,000—if I'm going to run 42.2 km as a monkey, I'd like to make it worthwhile. If you would like to help me reach this goal by making a donation, you can visit [www.iam1ru.com](http://www.iam1ru.com) and find Phil on the list of race participants.

So during the next month, if you happen to see a monkey running down the road, please don't call animal control. Yes, I may be crazy, but I'm harmless.



Wendy Pauls lives in Baden with her husband and three kids.



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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

## What's New at the Thrift Centre?

### Seasonal Donating

Thank you for your past support with clean, saleable donations. As we shift from summer to fall, we would like to take this opportunity to inform you so we can serve you better. Off season donations present great challenges for us. The most popular time for Christmas decorations to come in is January! We simply don't have the storage space to keep items for a full year before we can display them.

If you have Halloween costumes from previous years that your kids have outgrown, we would love to have them now!

Many shoppers and donors are surprised to learn that we do not store off season clothing. As you sort through your summer clothing, please tuck a bag in your closet, labeled *NH Thrift Centre*, that you will see when you pack away your winter wear.

This is the perfect time of year to bring in your skates, skis, toboggans, etc.

Helping us by donating seasonally allows us to offer our customers the best quality items we can at affordable prices. Let's all work together to keep useful items out of landfill while raising money to support the work of Mennonite Central Committee!

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## Baden Birding

In July I was at a week-long conference held at the University of Waterloo. As we walked or biked from place to place on the campus it was amazing how many birds were around: chickadees, nuthatches, robins, house sparrows, red winged blackbirds, starlings, blue jays, wood peckers, adder and willow flycatchers, and hawks—red tailed and cooper's.

So it wasn't surprising one day to hear what I thought was a flock of blue jays mimicking red tailed hawks. They often do that, giving the cry of a red tail which is floating on thermal updrafts somewhere overhead. But as I walked, it became apparent to me that I was actually hearing three red tailed hawks. When I got near to where they were I saw that it was a mated pair and a young hawk. The young hawk was pretty much full grown already and was in fact beginning to have its tail change from the brown of a young hawk to the red of a mature hawk. It was sitting in a conifer tree crying out piteously—I think it was hungry and expecting its parents to feed it. The adults were sitting in two other trees some distance away. Hawks only come together to mate and then rear their young. Otherwise they are solitary animals, hunting rodents and riding thermals. I expect the two parents were starting to wear on each other and wanted to go back to their solitary lives, especially as it was obvious to them that



By Dave Rogalsky

junior was becoming an adult too. But their young's piteous cries were keeping them close. This calling went on most of the day with the parents refusing to feed the young.

The next day I was walking again (to dinner) when I suddenly saw a group of people focussed on something under a group of trees. There was one of the adult red tails sitting with its talons dug into quite a

large rabbit. From the lack of calls around the campus I think that the territorial and child rearing issues had come to an end with two hawks vacating the area. The one who stayed was carrying on with its mandate—eat rodents.

Over the last ten years hawks have moved into urban areas and have begun to impact the number of rodents like rabbits and squirrels. The small hawks, like kestrels and merlins, see into the ultraviolet part of the spectrum. Mouse urine shines in the ultraviolet, giving a sense where mouse paths are on the ground to the hovering or perched hawks. Not everyone likes the hawks—lately I saw two crows chasing a large buteo (red tailed belong to this family) and not letting up for a long way. Hawks, at the top of the food chain, are still bouncing back from the effects of DDT.

What have you seen lately?



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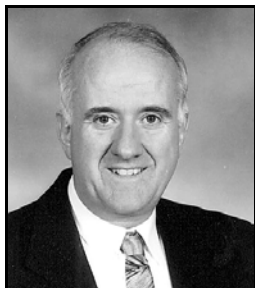
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*Time passes quickly — it's time to start thinking about how you are going to decorate your float for the upcoming Santa Claus Parade!*

*The parade is Saturday, December 3rd at 1:30, starting at Snyder's Road East at Sandhills Road and finishing at the seniors' workshop on Beck Street. For more information and to register your entry please contact Eva at 519-572-6131 or Elaine at 519-634-5205. Float entries are open to individuals, families, groups or businesses, with cash prizes awarded.*

**Holy Family Parish CWL Bazaar**

329 Huron St. New Hamburg

Saturday November 19  
11:00 a.m. to 2:00 p.m.

Baking, crafts, Penny Sale,  
Silent Auction, Kids Corner,  
Christmas Crafts, Tea Room

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

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*Applications must be received by Friday, December 2nd*

*Questions?*

*Contact Joanne Kuntz at joannekuntz@ipm2012.ca*



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# Theatre Wellesley



Theatre Wellesley is excited as we prepare for our 2011 "The Hitchin' Post" by Pat Cook. It's the story of a small town general store that stocks everything from cat food to carburetors. The store is a sort of meeting place for the locals. Among the locals are Hurley Squonk, the cranky

store owner; Pinch Burdett, who's always making up stories; Mrs. Bastrop, a feisty lady who got thrown out of the town's softball tournament; and Gloria, or "Glow Worm," a romantic teen who camps out at Hurley's magazine stand. Add to these characters an eloping couple, an overbearing mother, and two inept robbers, and the results are hilarious.



Theatre Wellesley Presents...

November 17, 18, 19 2011

**THE HITCHIN' POST** by Pat Cook

Wellesley Community Centre

8pm - \$15  
Sat. Matinee: 2pm - \$10

Tickets available at PYM'S Village Market

Produced by special arrangement with Eldridge Publishing Company  
For more information, or to become involved with Theatre Wellesley contact edtessier@rogers.com or 519-897-1737

Performances are at the Wellesley Community Centre on the 17th, 18th, and 19th of November at 8 pm and Saturday the 19th at 2 pm. Tickets are available at Pym's Village Market. For more information or tickets contact us at: edtessier@rogers.com, 519-897-1737 at [www.theatrewellesley.ca](http://www.theatrewellesley.ca).

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# Waterloo Arms

B r i t i s h P u b

## British Pub Coming to New Hamburg

Who doesn't like good times and good food at reasonable prices?! Get excited about the new restaurant opening soon in New Hamburg! It's called *Waterloo Arms* and will open up later this year, located at 338 Waterloo Street, which is the redeveloped Foodland Plaza in New Hamburg. Waterloo Arms will be located in the most westerly unit of the plaza and will have an outdoor patio for those warm summer evenings to gather with friends and relax.

Past Wilmot resident Ted Connolly, co owner with Bill Satkin, of the British pub, is no stranger to the restaurant scene. Ted and a partner developed a popular chain of pubs, Molly Blooms, but has since sold these restaurants. Currently they own the Duke & Duchess in Cambridge and Williamsburg Arms Pub in Kitchener. The Waterloo Arms will be a carbon copy of the Williamsburg Arms, so pop in there to see what's coming our way. That location offers a large bar area for those informal meet and greets with friends, or the dining room for private meals. The atmosphere is alive with fun and hospitality. The décor is inviting and friendly — much like the staff. The menu offers a variety of choice meals or traditional pub fare, all at affordable prices. Live entertainment will be available Friday and Saturday nights and the facility will be capable of accommodating 170 guests.



Ted embraces his community and believes in what you give out, you get back and his kind and generous spirit reflects that.

## Erb Transport Proud to Declare Scott Steckly a Winner!

Scott Steckly raced his Canadian Tire Dodge to a second-place finish in the NASCAR Canadian Tire Series season finale. With the finish, Steckly secured the points championship for the second time in four seasons. As he was presented with the Champion's trophy, the popular racer and his team were cheered by a full house at the Peterborough-area oval.

"The Canadian Tire Dodge performed very well; we didn't have any big adventures," said Scott, who came home behind 2010 Canadian Tire Series champ DJ Kennington. "We raced hard but by the end we were pretty sure we had it clinched and we were going for the race win. It feels really good to earn the championship again. People don't realize how hard it is to win one of these things; a lot of things have to go right in a lot of races to get to here."

Steckly was eager to recognize the support of his family, sponsors, and friends, who contributed to him winning the NASCAR Canadian Tire Series—the biggest prize in Canadian stock car racing.

"I can't give enough thanks to Canadian Tire for sponsoring our team and supporting the series as well as companies like Exide and Castrol. Also, AW Millwrights and ERB Transport who have sponsored me for 18 years. And my family and crew are the best, making sacrifices and supporting my racing."

Steckly lined up fourth in the field of 26 racers who took part in the series' 12th and final event of 2011. During time trials, the Milverton, Ontario racer lapped the high-banked 3/8-mile oval in 17.839 seconds (75.677 mph). The driver of the Canadian Tire Dodge was careful to protect his car in the early going, but quickly moved forward. Steckly was out front by lap 100 but pitted prior to the halfway point of the 250-lap race, for fuel and tires.

During the championship presentation, Steckly and the Canadian Tire team were joined in the victory lane by Allan MacDonald, Senior Vice-President of Automotive for Canadian Tire. "On behalf of Canadian Tire I'd like to congratulate Scott and his team on a phenomenal performance in this race and for a truly outstanding season. Scott is a great asset to the NASCAR Canadian Tire Series and to the sport of racing in Canada. We couldn't have asked for a better way to end the 2011 race season."



Canadian Tire Driver Scott Steckly Reigns Supreme as NASCAR Canadian Tire Series Champion

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...And where does one go to buy shoes like these?



### Ask Armand ~



Irvin, from Baden, is impressed by how much you know about Baden and really enjoys your column. He wonders if Baden ever had a town band?

Armand says: Thanks for the kind words, when you grow up in Baden you can't help but embrace its history.

And yes Irvin, Baden did indeed have its very own town band. It was first organized by Noah Zoeller in 1880. Practices were held on the third floor of the Baden Hotel (now EJ's) and the organization was disbanded in 1923. In 1966 funds that were still left in the treasury were donated to the Baden Public Library to purchase books. Other bands have come and gone over the years and there have been many summer concerts at the band shell which was located behind Centennial Hall.

I sure hope you were able to enjoy the concert series held this summer at the beautiful grounds of Castle Kilbride, which featured local bands.

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## THANKSGIVING WORDSEARCH ~

On the theme of thanksgiving we must be thankful and appreciate those in our lives every day. We are all a work in progress and admirable personal qualities will take you a long way in securing valuable relationships. And remember ...what you give, is what you get — so put your heart and head into it. As you search for these words of positive personal characteristics may they become imbedded in your memory bank. You will find them frontward, backward, up, down and diagonally.

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R	O	H	H	O	N	E	S	T	X	Z	P	U	H	S	K	P	E
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| ATTENTIVE   | JOYFUL     |
| CONSIDERATE | KIND       |
| COURTEOUS   | LOVING     |
| EMBRACE     | OPTIMISTIC |
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Millions of Canadians suffer from osteoarthritis, the most common form of arthritis.

Osteoarthritis accounts for more trouble with climbing stairs and walking than any other disease, and is the most common reason for total hip and knee replacement surgeries. This article provides a review of the current scientific understanding of osteoarthritis, including common symptoms, risk factors/causes, and natural management strategies.

It is important to first understand what osteoarthritis is. Many joints in our body have smooth cartilage surfaces that glide against each other, which allow two or more opposing bones to move freely and perform a specific set of movement(s). A joint becomes arthritic when there is wearing down of these cartilage surfaces, and a change in the composition of the bone underneath the cartilage occurs. Soft tissue structures in and around the joint are also affected. An arthritic joint does not mechanically function like it is supposed to. This may result in a number of symptoms including: muscle tightness and weakness, joint pain and stiffness, decreased ranges of motion, instability and creaking in the joints, swelling, inflammation, joint thickening (i.e. finger nodules, bunions), secondary movement patterns, and physical de-conditioning. Weight-bearing joints such as the hips and knees are most commonly affected, but osteoarthritis can affect any area of the body, including the hands, neck, and low back.

Osteoarthritis risk factors/causes are typically multi-factorial, meaning that there is usually no single cause, but rather a combination of several different factors. The more risk factors an individual has, the greater chance they have of developing osteoarthritis. These risk factors/causes may include but are not limited to: advancing age, genetic predisposition, mechanical overload from occupational and recreational activities, direct



joint injury, lack of exercise, and being overweight or obese.

There are several natural strategies that may be employed in the management of osteoarthritis. These may include proper diet and nutrition to help control weight and decrease inflammation, ice and heat therapy, and supplementation with glucosamine sulphate, omega-3 fatty acids, and natural anti-inflammatory agents.

Treatment from Regulated Health Professionals who utilize manual mobilization therapies, soft tissue therapy, electrotherapy, acupuncture, exercise and rehabilitation strategies can also significantly help to decrease pain by restoring normal muscle and joint motion, and promote healing of arthritic or injured areas. Exercise has been shown to be particularly helpful and effective as it increases an individual's functional capacity to withstand occupational, recreational, and everyday stresses to the body more efficiently. This minimizes the risk of joint injury and subsequent disability. Join us next month when we take a closer look at the specific role of exercise in the management of osteoarthritis.

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

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## Belated Happy Thanksgiving Wishes

*'Twas the night of Thanksgiving, but I couldn't sleep  
 I tried counting backwards, I tried counting sheep.  
 The leftovers beckoned—the dark meat and white,  
 But I fought the temptation with all of my might.*

*Tossing and turning with anticipation, the thought of a  
 snack become infatuation.*

*So, I raced to the kitchen, flung open the door, and  
 gazed at the fridge full of goodies galore.*



*Gobbled up turkey and buttered potatoes,  
 pickles and carrots, beans and tomatoes.*

*I felt myself swelling so plump and so round, 'till all of  
 a sudden I rose off the ground.*

*I crashed through the ceiling, floating into the sky, with  
 a mouthful of pudding and a fork full of pie.*

*But I managed to yell as I soared past the trees...  
 Happy eating to all, pass the cranberries please!*



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# the Health & Wellness Page

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

~ Emerging Trend in Canada ~



As I meet and talk with more people about their nutritional habits I find an interesting trend emerging. It is a very positive trend, in my mind, and one that has beneficial implications to more than just one's health. **People are eating less meat.**

I am not a vegetarian and I am not suggesting that people refrain from eating beef, chicken or pork; on the contrary, meat provides a full spectrum of essential amino acids that our bodies recognize and can assimilate very well. These amino acids are necessary for your muscles, ligaments, tendons, organs, glands, nails, hair, many body fluids, and are essential for the growth of your bone. They form the basis of your immune system as components of antibodies. The reason why I am excited is that, as a society, I feel we eat too much meat. Most of our meals are designed around meat, steak and potatoes, chicken and rice; where are the vegetables? Not only is the process of digesting meat taxing on your body, meat is expensive. In a time when our pocketbooks are feeling a pinch from many outside influences, saving money at the grocery store is an attractive option.

Implementing one meal each week that is meatless is a great way to start practising eating less meat. For our family, we started with Meatless Monday's. Every Monday I would prepare a vegetarian dish that included lots of vegetables, grains and/or legumes in order to ensure I was providing a full-spectrum of amino acids to my growing family. The kids got used to it and

**Lentil Chili:** (begin 2 ½ hours before dinner – Serves at least 8)

- 4 cups lentils (green, brown or red)
- 7 cups of water
- 18 ounce can diced tomatoes
- 2 tsp ground cumin
- 1 tsp paprika
- ½ tsp dried thyme
- 10 (yes 10) medium-sized garlic cloves, minced
- 2 medium onions, chopped finely
- 1 tsp grey sea salt
- Lots of fresh black pepper
- 5 ½ ounce can tomato paste
- 1 ½ tsp Balsamic vinegar
- 1 tsp chili powder

Place lentils and water in large pot, bring to boil, cover and simmer 30 minutes – stirring occasionally. Add tomatoes, cumin, paprika, thyme, garlic, and onions – stir in and cook for one hour stirring every 15 minutes. Add more water if needed. Add salt, pepper, and tomato paste – cook another 30 minutes. Add vinegar and chili powder – Serve.

over time it was just part of the routine. We were able to experiment with new dishes and I found that getting the children involved with the decision making process (which recipe we were going to try) and preparation of the meals really helped with their buying into the idea. Not to say that I didn't get a few strange looks along the way— believe me, I did— but ultimately they began to accept that "Mom just wants us to eat healthy and be healthy."

In order to inspire you to think about implementing a few meatless meals into your weekly routine, I have included a wonderful recipe for Lentil Chili. This delicious dish can be stuffed into a steamed whole wheat pita or served over brown rice and is a great alternative to traditional meat-filled chilli.

**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.

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Fall is a gorgeous time of year with beautiful scenery, unpredictable temperatures, and family friendly holidays. There are also a few essential garden tasks that creep up during this season. Prep for spring, keep the colour alive, and get some crisp fresh air by spending time in your garden this month.

## Icicle Pansies

Drop a few collections of Icicle pansies into your garden for continuous colour. Replace spent summer annuals with these beautiful blooms and enjoy their show until December. They will bed down at that point, but you can cover the pansies with evergreen cuttings and look forward to more blooms in early spring.

Watch for these flowers at the local garden centres. They're affordable and help to extend our gardening season into the freezing days of December.

## Garlic Anyone?

October is an excellent time to plant garlic, getting ready for next season's harvest. "Music" or other Rocambole strains with hard necks will last over the harsh winter when planted properly. Pick a sunny spot and mix in plenty of manure and organics. Plant bulbs at least 3" down and cover with mulched leaves at least 2" thick.

This garlic will be ready to harvest in July, perfect timing for that much anticipated tomato crop.

## Look For Bargains

This is an excellent time of year to pick up flowering shrubs and evergreens at deeply discounted prices. Fall also happens to be an ideal time for planting these trees and shrubs, as long as you can get them in before the soil freezes.

Choose specimens that look healthy and be sure to make a careful inspection of the plant before bringing it home. You don't want to bring a diseased shrub or tree into your yard, no matter how cheap it is. Follow the planting instructions to the letter and look forward to seeing those green needles all winter long. Flowering

shrubs may be ready to put on a show come spring, depending on the age and species of the plant.

## Leaves Are Your Friends

You may dread raking them. And the kids may love jumping in them. But fallen leaves are genuine treasure for your garden. Collect the smaller leaves of ginkgo, honeysuckle and birch trees to spread as is on any exposed soil. Shred larger leaves (Norway maple are a good choice) for mulching. Worms will work hard to turn this natural waste into rich fertilizer for your plants.

## Gamble With Seeds

Seeds of hardier annuals like cleomes, poppies and cosmos can be sown in the fall, ready to surprise you with blooms next season. This is a bit of a gamble and could lead to nothing (depending mainly on the snow cover and temperatures experienced this winter), but as the saying goes—nothing ventured, nothing gained. Give it a try and you may give yourself a leg up come springtime.

Gardening in the fall offers unique rewards and distinct challenges. Many favour September and October as ideal times to get in the garden, where bugs are less plentiful, the heat of the sun is welcome, and hot apple cider awaits them at the end of the task. Enjoy the fall. Enjoy your fall garden.

*Why were the fire fighters called to the neighbour's flower garden?*



*Because it was ablaze with colour!!*

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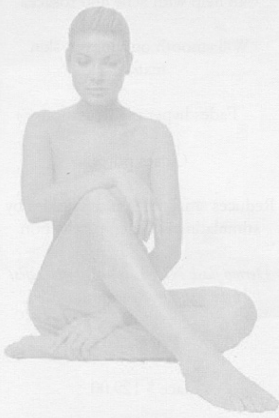
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**Big Becky Comes Through**

Submitted by George Carter

The biggest boring machine in the world finally chewed its way back into the daylight after grinding its way through more than ten kilometers of solid rock beneath Niagara Falls. It had been at it since 2006, making a huge tunnel over fourteen meters high as the main part of a massive \$1.6 billion project aimed at bringing more renewable energy to Ontario.

Premier Dalton McGuinty had the privilege of ordering the final breakthrough to proceed. "Big Becky" delighted the crowd assembled for the occasion by coming through in a cloud of dust and falling rock. It had taken five years of grinding hard work, twelve hours a day, for hundreds of construction workers who now joined with the crowd waving and cheering as the custom-built machine broke through on Friday May 13th, 2011.

"Big Becky" was named by Rachel Wiens when only a sixth-grader back in '06 and

she and her classmates in St. Catharines were searching for a name for the humongous machine. She suggested Big Beck in memory of Sir Adam Beck who was largely responsible for getting hydro-electric power going in Ontario. It was subsequently affectionately given the diminutive 'Becky' as is man's wont in dealing with awesome objects. The machine is the biggest of its kind, and the tunnel it chewed through hard rock about a hundred meters (over 300 feet) beneath the city is one and a half times taller than the famous Channel Tunnel which connects England and France.



This massive tunnel is part of a hydro-electric project that will be completed in 2013. It is already \$600 million over budget, but Premier Dalton McGuinty says it will be worth it. Rachel Wiens says that it is pretty cool, another of those delightful understatement common to people involved in making history. Sir Adam Beck would no doubt agree.



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