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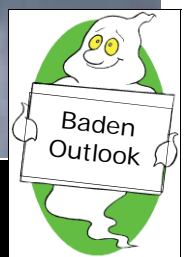
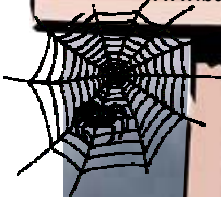
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Baden Outlook



Happy Halloween!

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



This paper is priceless - Please have one!

Talking with Ed

What's your Phobia?



"The only thing we have to fear is fear itself - nameless, unreasoning, unjustified terror which paralyzes needed efforts to convert retreat into advance." FDR - First Inaugural Address, March 4, 1933.

With Hallowe'en around the corner, I thought it would be timely to focus on phobias. I would have to say that one of my biggest fears would be height (Acrophobia). I am not talking about standing-on-a-ladder fear – I can definitely handle that. Looking down from a tall apartment balcony, flying in a small aircraft, or riding a Ferris wheel gives me the willies though.

Oddly enough, as a teenager I refused to believe that it scared me and I kept trying to overcome it. My first attempt was at the CNE when I was challenged by my friends to go on the "Wild Mouse" ride. This two-seated cart ran on tracks like a roller coaster but made ninety degree turns at break neck speeds and high in the air. My second attempt was in a glass bubble helicopter where I had the misfortune of sitting against the glass (my cousin took the middle seat). Every bank that the pilot took was sheer terror for me. My third experience was with Pat at the New Hamburg Fair – my very last attempt at a Ferris wheel. Whenever it stopped and we were left dangling, it scared me tremendously.

You'd think I'd have had a fear of snakes (Ophidiophobia) since I grew up in a small northern town – with three or four rattlesnake sightings in our yard each year. I recall two other events concerning snakes. The first one was during a game of daytime hide and seek. I elected to hide under my Grandparents' front porch and came face to face with a Puff Adder. This snake stood up tall, seemed to inflate itself, and hissed at me – I cleared out of my hiding spot on the double. The second event was with my two cousins Jim and Bill. After loading a 14-foot aluminium fishing boat with gear we headed out onto the lake. About two minutes later in the boat, a large water snake came out from under the seat and slithered over the side into the water. Jim was doing the same but on the other side of the boat, as that was his phobia... totally petrified of the creatures. I never did develop that fear.

I think the scariest event of my life happened during my teen-age years shortly after I left home. My friends asked me to join them on a trip to Toronto to see the uncut, new release of "The Exorcist." I thought that would be fun and saw no harm in that. Everything was fine until they dropped me off at my apartment and my roommate was gone for the weekend. I never slept the whole night and prayed for morning to come – yup, absolutely freaked out!! Obviously there are many horror films out there that are just as scary, but imagining the existence of vampires, mummies, or zombies seems a little farfetched. The thought of demons existing in the world seemed much more real and a whole lot scarier. It took me several days to get over that movie and made me apprehensive of selecting horror rental movies.

In closing, I would like to share with you a statement from Anna Roosevelt,

"You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself – 'I lived through this horror. I can take the next thing that comes along.' You must do the thing you think you cannot do."

That is all very true but I still won't get on a Ferris wheel or a tower again in my lifetime. Happy Hallowe'en and stay safe. BOO!!! Until next month...Ed

I searched the Internet and found the top ten scariest movies of all time as selected by Boston.com. There are many other lists out there but these movies were consistently in the top ten of other lists. They are as follows:

- 1-The Thing
- 2-Jaws
- 3-The Exorcist
- 4-Poltergeist
- 5-Ju-On
- 6-Night of the Living Dead
- 7-Halloween
- 8-Texas Chainsaw Massacre
- 9-Alien
- 10-The Ring

"Still not sure how I got up this tower!"



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

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

Greetings from Outlook Headquarters

We had a paper delivery last week which seems routine enough, but not so much for the delivery driver who had not delivered here before. I wish you could have seen his face as he realized that I wasn't going to supply a tow-motor or lift jack of some type to take off those two skids of paper into a typical warehouse setting. "Yes, this is the right place, and yes it comes in the front door, yes all 40 cases... yes, that is correct, you have the right place", and no, at 60 lbs a box I am not helping you buddy. So I prop open the front door and he proceeds to build a 2400 lb castle in my living room, rolling his eyes and heaving big sighs. Hmm, I hope the floor joists can hold the weight of this— is what is on my mind!



We typically use nearly 100,000 sheets of paper (although it varies if we have outside print jobs) in three/four months and we were glad to get a shipment in before the nasty weather comes. It's important to keep it dry as the dampness makes the paper sticky and it either jams in the printer or the pages stick together making it an extra bulky copy, not to mention—a costly copy.

So, five o'clock rolls around and Barry comes home after his eight hour work day and sees the project before him... Yup, 40 cases—one at a time, to be carried through the house, down the basement stairs to the printing room where two empty skids sit awaiting this shipment. Well, between dinner and evening meetings the job took a few days— but it's all in the day of the life of The Baden Outlook! The next shipment will probably be delivered in the snow!

As the paper continues to grow (both in pages and in distribution), we have outgrown a copier/printer. Although it is in fine working function as a copier, it is not fast enough for making our Outlook Booklets. We purchased it 5 years ago and it will be happier going to a place with less demand on it. If you or your business could use this Sharp Printer, please let us know. A best offer would work! Give us a call—it doesn't match our rec room décor! It's gotta go!!



EXTRA!! EXTRA!!



There are copies of The Baden Outlook available in Baden at Mars Variety, Mac's, Baden Feed, One Way Water, Livewell Clinic, Wilmot Rec. Centre, Tim Hortons, Baden Library, EJ's, Seasons Grande (formerly Eglis) 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 at Stop 2 Shop (St. Agatha), Old Fashioned Variety (Petersburg) and Foxboro.

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



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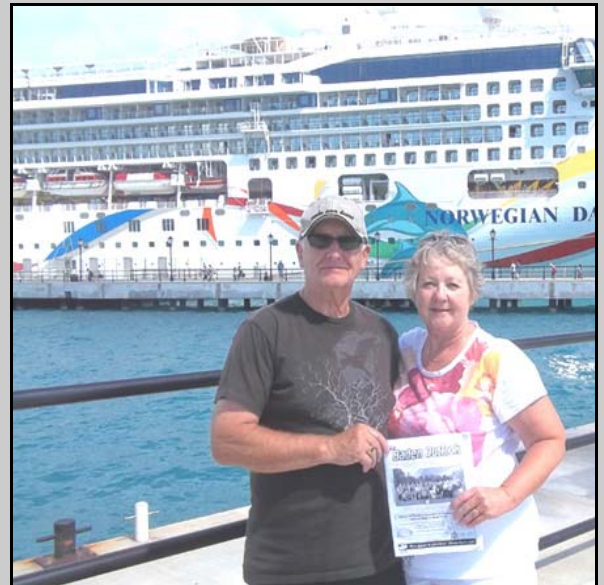
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Wow! More exciting destinations as *The Baden Outlook* continues to travel ...



Mary Eby and her 10 children with their spouses travelled with *The Outlook* throughout Central Europe visiting London, England; Paris, France; Lucerne, Switzerland; Venice, Florence and Rome, Italy. From Left: Tawn, Anne, Donn, Todd, Nancy, Kim, Lynda, Cindy, Jim, Nita, Mary, Rene, Kris, Sandy, Ursula, Sandra, Robin, Donna, Monty.



What a great end to the summer as Bryan and Mary Pfaff flew to Boston and boarded the Norwegian Dawn for a 6 day cruise to Bermuda and back to Boston for 2 days! It was smooth sailing, then back to Boston at Fenway --the Jays won all three games and the Outlook had fun!



We took this photo at the beautiful Peterhof just outside St. Petersburg, Russia. Pictured are Diny Bos and Ron Sheppard, Lois and Hank Bos and Ferne Bos. *Tony Bos was the photographer.*



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Monday to Wednesday
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Friday 10 am - 7 pm
Saturday 9:30 am - 3 pm

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David and Jackie Young of Stonecroft, New Hamburg, added this Wilmot sign to the over 65,000 signs already at the Sign Post Forest, a famous landmark along the Alaska Highway, at Mile 613 in Watson Lake, Yukon.

(They even got approval from our township office to hang this sign!)



Michelle Brenner caught her 4 month old retriever, Bentley as he'd been nipping at the Outlook. She finally let him go to see what he would do...proud as punch, he ever so carefully took it from the table and plopped up on the couch—hardly making a mark in the paper!! He enjoyed his Outlook too, and never even left home!



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New Clients Welcome!

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 1st 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.

Baden ~ Our Town

The Baden Community Association will be out patrolling the streets on Halloween night to help ensure that our children are safe. The Association members will be distributed through town from 6 to 8 p.m. that evening.

The Baden Community Association, Baden Chamber of Commerce and Wilmot Optimist are also finalizing plans for this year's Baden Santa Claus parade. They plan to add more music to the parade and are asking local churches, schools, seniors and other groups to submit entries. If there are enough entries they might add another category to the prizes for best musical group. If your group would be interested in submitting a singing group or float into this year's parade you should contact Chief Elf Eva Poscai at 519-572-6131.

Plans are also being put together for the Community Associations Family Day event, which will be held at the Wilmot Recreation Centre on February 18. Watch this column for more upcoming news about this event.

The Baden Community Association meets in the basement of the township offices – the next meeting is Tuesday October 30th at seven o'clock. We welcome those who are looking for a relaxed way to contribute to our town. We only meet once a month and generally host an event every two months. As everyone has busy lives we appreciate any way you are able to connect and contribute to your town. For more information call Barry at 519-634-8916, E-mail at badengroup@hotmail.ca or visit the Baden Community Association Facebook page. While at that page be sure to check out the video of Baden created by Baden resident Jon Lambert – it is worth the watch.



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Carved Pumpkin Contest

Oct. 27th, in Seasons Grande parking lot

Arrival of Carved Pumpkins begins 10 am.

Judging begins 10:30 am. sharp.



Categories are as follows:

Scariest, Most Creative,

Largest Carved, Smallest

Carved & Most Traditional.



Awards will be given for first, second and third place in each category for each of the following age groups :

12 & Under, Ages 13 - 20, Adults (21+).

One entry per person per category. Treat bag for each child 12 and under that enters a carved pumpkin.

Come out and show your Halloween Community Spirit!!!

- * Local Fresh Beef & Pork Products
- * Free Range Drug-Free Whole Frozen Chickens
- * Local Brights Cheese

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You can help make thanksgiving a little brighter by donating to your local food bank.

Visit my community calendar for more details at MichaelHarrisMPP.ca

What's YOUR Wilmot? Township of Wilmot – Strategic Plan Development

The Township of Wilmot will soon be asking you, "What's YOUR Wilmot?" Municipal representatives, including staff and members of Council, want to know what you love about Wilmot, what your vision is for Wilmot's future, and what you think would improve Wilmot.

This will all feed into a Strategic Plan that the Township will be developing over the coming months to establish a long-term vision and mission for the municipality, as well as goals, objectives, and short-term action plans. Awarded at the August 27 meeting of Township Council, Lura Consulting has been contracted to assist in developing the plan.

A core component of this process will be reaching out to all corners of the Township to hear your ideas about your community. "It's important that we hear everyone's ideas about the future of Wilmot," said Mayor Les Armstrong. "There is no shortage of good ideas out there and we want to tap into those and see what direction our community wants us to go over both the short and long-term," he continued.

To engage the community and obtain your ideas over the next several months, representatives will be at events and will be looking to meet with community groups, service clubs, and

other organizations of all shapes and sizes.

Additionally, comment cards and drop boxes for their return will soon be available at the Municipal Office in Baden, the Wilmot Recreation Complex, the Baden, New Dundee and New Hamburg Libraries, as well as the St. Agatha Post Office (Stop to Shop). You can also provide your ideas online by visiting www.surveymonkey.com/s/Wilmot and completing a brief, three question survey.

If you have any questions, or would like to arrange a meeting, you can send an email to: whatsyourwilmot@wilmot.ca or call: 519-634-8519, x 430.

Contact info:
Mayor Les Armstrong
Email: les.armstrong@wilmot.ca

Grant Whittington, CAO, Township of Wilmot
Email: grant.whittington@wilmot.ca

Liz Nield, CEO, Lura Consulting
Phone: 1-416-536-6174
Email: lnield@lura.ca



A passenger in a taxi leaned over to ask the driver a question and gently tapped him on the shoulder to get his attention. The driver screamed, lost control of the cab, nearly hit a bus, drove up over the curb and stopped just inches from a large plate window. For a few moments everything was silent in the cab.

Then the shaking driver asked, "Are you OK? I'm so sorry,

but you scared the daylights out of me." The badly shaken passenger apologized to the driver and said, "I didn't realize that a mere tap on the shoulder would startle someone so badly."

The driver replied, "No, no, I'm the one who is sorry. It's entirely my fault. Today is my very first day driving a cab. I've been driving a hearse for 25 years."



Dundee Private Investors Inc. presents an evening with Wilmot George of Mackenzie Investments Corp., who will discuss Estate Planning. This presentation will focus on the role of executors and how to ensure that final wishes are met for those 65 years plus.

Unit 1B— 148 Peel St. New Hamburg

TUES. OCT. 26, 2012

7:00 to 9:00 pm

Call 519-662-4001

to register.

Registration is \$10.

All proceeds to the WFRC Food Bank

DUNDEEWEALTH



Checking Out the Baden Branch Library

Let's Read

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.



This year's Let's Read title is a picture book entitled *Ten Birds*, written and illustrated by Cybele Young. *Ten Birds* is an interesting fable and counting book all in one! It won the 2011 Governor General's award for illustration.

Copies are available at the library – sign one out today!

Canadian Library Month and Ontario Public Library Week

The Canadian Library Association designates October as Canadian Library Month! This month is dedicated to raising awareness about library and information services in Canada and the valuable role they play in the lives of Canadians. Ontario Public Library Week takes place from October 14 to October 20, which coincides with Canadian Public Library Month. Celebrate the theme *Libraries Connect* at your local branch and come in and check out all the services your library has to offer!

Food For Fines

Food For Fines week will take place from October 16 to 20. Erase your overdue fines and help your community at the same time! One non-perishable food item is worth \$2 in fines. All food collected is donated to the Wilmot Family Resource Centre Food Bank.

Face Off with the Firebirds

Back again 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 books and other stories one-on-one to promote literacy in our community. Come out and read with the Firebirds on November 28 from 6:30 to 7:30 p.m.

Drop by the library to pick up your "Face Off with the Firebirds" Game Sheet. Complete the "plays" on the game sheet before November 28 for a chance to win some great prizes at the library!

Contact us at 519-634-8933 or by email at badenlib@regionofwaterloo.ca for more information. Up-to-date information is also available in our Events Calendar on our website at rwlibrary.ca.

Chris Baechler, Assistant Supervisor—Baden Branch



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- > ASTRONOMER:
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MOON STARER
- > DESPERATION:
When you rearrange the letters:
A ROPE ENDS IT
- > THE EYES:
When you rearrange the letters:
THEY SEE
- > THE MORSE CODE:
When you rearrange the letters:
HERE COME DOTS
- > DORMITORY:
When you rearrange the letters:
DIRTY ROOM
- > SLOT MACHINES:
When you rearrange the letters:
CASH LOST IN ME
- > ANIMOSITY:
When you rearrange the letters:
IS NO AMITY
- > SNOOZE ALARMS:
When you rearrange the letters:
ALAS! NO MORE Z 'S
- > A DECIMAL POINT:
When you rearrange the letters:
I'M A DOT IN PLACE
- > THE EARTHQUAKES:
When you rearrange the letters:
THAT QUEER SHAKE
- > ELEVEN PLUS TWO:
When you rearrange the letters:
TWELVE PLUS ONE

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- ◆ *Fall Produce - Squash, Gourds*
- ◆ *Sweet Corn*
- ◆ *Firewood / Straw*
- ◆ *Indian Corn*



Bring the family for a fun day of farm fresh air ~ parking available.

The Green Flashing Light: Firefighter on Board!

Did you know that in Ontario, volunteer firefighters may display a flashing green light in their cars? Some of you may have seen these lights flashing from a car driving behind you, but what does it mean? And what are you as a driver expected to do?



In rural areas, volunteer firefighters don't usually stay at their stations day and night: they sleep at their own homes, work at their regular jobs, and go about their daily routines. When a medical emergency, vehicle accident, or fire occurs, the firefighters are paged to their station, where they board the trucks and head out to the emergency.

The green light is an important part of that system. The Highway Traffic Act allows emergency responders to use these green lights when responding to their fire hall for a call, or when using their own vehicles to respond to an emergency scene. The green light doesn't give firefighters any special privileges on the road -- it only helps the public identify emergency responders as they travel to their station or to a scene.

So what does the green light mean for you? When you see the flashing green light in a vehicle, you're being asked to give up your right-of-way so that the firefighter may proceed safely past you.

In most cases, this means you can pull over, give the firefighter your turn at the four-way-stop, or let them into the flow of traffic. There's no need to panic, of course: don't brake suddenly or swerve out of the way! Simply pull over to the shoulder if it is safe to do so.

The firefighter behind you will appreciate your courtesy -- and so will the people he or she is going to help. Remember, in an emergency, seconds count -- help our firefighters get there as soon as possible!

By Teresa Brown

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

F.R.O.G



Tuesdays, 6:30 - 8:00 p.m.,
starting October 9, 2012

Baden Public School

-fun group games and spontaneous
play in the gym

Everyone is welcome!

More info contact Susan -
badenspace@gmail.com or 226-808-4353

LookOut Kids' Korner

Ah Ah Ah... theeze are soooo funny - I dare you to laugh!



Q: What do ghosts eat for breakfast on Halloween?
 A: Shrouded Wheat, Ghost Toasties, Scream of Wheat, Terrified eggs and Rice Creepies.

Q: How do monsters tell their future?
 A: They read their horror-scope.

Q: Why don't skeletons ever go out on the town?
 A: Because they don't have any body to go out with...



Random Act of Kindness ~



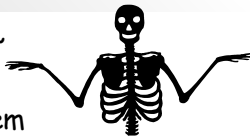
Take your rake out and surprise your neighbour or grandparent who needs help raking their leaves!!



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.

Hallowe'en Word Search ~

Find the words below in the grid. You will find them frontward, backwards, up, down or diagonally. Have fun -- Good luck!



AUTUMN
 BAT
 BLACK CAT
 BLOOD
 BREW
 BROOM
 CANDY
 CARNIVAL
 CEMETERY
 COSTUME
 FUN
 GHOST
 GHOUL
 GOBLIN
 GOODIES
 GRAVES
 HAG



HAUNTED HOUSE
 HAY
 JACK O LANTERN
 MASK
 MONSTER
 PARTY
 PIRATE
 PRANKS
 PUMPKIN
 SCARE CROW
 SCARY
 SKELETON
 SPOOKS
 TOMBSTONES
 TRICK OR TREAT
 VAMPIRE
 WITCH

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

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RURAL LANDOWNERS CAN GET ADVICE ON BEST WAYS TO MANAGE PROPERTY

Rural landowners in Waterloo Region who want to learn how to better manage the natural features on their property can get some advice at a series of workshops.



The four workshops are targeted at non-farm landowners. They are being organized by the Grand River Conservation Authority in partnership with the Region of Waterloo's Community Environmental Fund

At the evening sessions, landowners will go through a workbook that will provide them with information that will help them manage and enhance their property. It will include information on the grants and other support available for tree planting through the Trees for the Grand Program.

All of the workshops begin at 7 p.m. The workshops are free but space is limited so please register in advance. Call 519-621-2763 Ext. 2277 or send an e-mail to treesales@grandriver.ca

Oct. 16 – Event Room, North Dumfries Community Complex, 2958 Greenfield Road, Ayr

Oct. 23 – Wilmot Recreation Complex, 1291 Nafziger Rd., Baden

Nov. 6 – Linwood Community Centre, 5279 Ament Line, Linwood

Nov. 13 – Farmers Plus, 21 Church Street. W, Elmira.



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Outlook Home-Run Baseball Pool Stats

Place	Name	PTS	Place	Name	PTS
1	Patricia Cherrey	361	31	Don Bender	303
2	Daniel East	352	32	Dan Schmidt	302
3	Travis Miles	346	33	Ken J. Schmidt	302
4	Lindsay Snyder	345	34	Marieta Eckert	302
5	Jacob Janes	344	35	Chris Murray	302
6	Wendy Held	337	36	Ben Ziegler	301
7	Maggie Litwiller	336	37	Hunter Delay	301
8	Ellie Schmitt	331	38	Bryan Pfaff	300
9	Sir David Murray	331	39	Dallas Diebold	299
10	Mary Pfaff	330	40	Tyler Naumann	299
11	Tim Gowland	325	41	Brittany Schmeareur	299
12	Taylor Naumann	323	42	Steve Salese	299
13	Andrew Bain	320	43	Steve Campbell	299
14	Joyce Leis	319	44	Sheri Mueller	299
15	Gail Kotylak	319	45	Elvira Brattan	299
16	Alia Henderson	318	46	Greg Naumann	298
17	Joe Diebold	316	47	Shad Janes	298
18	Ashten Snyder	313	48	Lia Bender	297
19	Kim Rempel	313	49	Josh Egli	297
20	Pat Delay	312	50	Tyler Valcanoff	297
21	Kelly Flood	312	51	Lab Snyder	296
22	Evin Henderson	311	52	Paige Naumann	296
23	Brian Roote	310	53	Brad Ziegler	295
24	Meghan Mueller	309	54	O'D Gingerich	294
25	Dave Taves	307	55	Joyce Snyder	294
26	Karen Sisko	307	56	Greg Rempel	293
27	Bob Wilson	306	57	Melba Honderich	293
28	Krista Schmidt	304	58	Gord Mills	293
29	Todd Janes	304	59	Cooper Honderich	292
30	Lisa Holba	303	60	Leafster Lee	292

Congratulations to Patricia Cherrey for taking the year end leader prize in the Outlook Home-Run Pool winning a gift certificate from Seasons Grande

The monthly winner of the Home-Run Pool is Travis Miles, winning a gift certificate from EJ's (And congrats to you too Daniel, but remember, you're only able to win the leader prize once!)



The lucky random draw winner is Dan Schmidt winning a Baden Outlook coat.

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Baseball Pool



Here ends this seasons Outlook Baseball Pool — thanks for playing ball with us... and sadly, at this time there is no hockey pool due to NHL conflict. (however... let's wait & see!)

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Meet Nancy Woodhall -- Baden Public School's New Principal

By Teresa Brown

There's nothing quite as exciting as the first few weeks of school: new teachers, new things to learn, and of course new friends all make these crisp fall days even more special. And this year, the Baden Public School community is also excited about another "new" part of school: join staff and students in welcoming new principal Nancy Woodhall!

Nancy Woodhall comes to Baden with a wealth of experience in education. Most recently, she was principal at John Darling Public School in Kitchener; prior to that, she was Vice Principal at Laurelwood and then Wilson Avenue public schools. "Before becoming an administrator, I was also a classroom teacher at many schools -- oh, and I was a swim coach, too!" she smiles.

Nancy's introduction to Baden took place back in June, when she visited the school to begin meeting staff and students. "I felt welcomed right away," she recalls. "It was fantastic!" She also remembers being extremely touched by the caring shown to Lydia Herrle, and it's that caring she now sees daily: "we have very positive and supportive staff and students ... I'm really impressed with how the community has pulled together."

The closeness of the school community suits Nancy's philosophy, to be sure: "my three guiding words as a principal are 'safe - happy - learning,'" she explains. "My job is to make sure that my students and staff are all three -- and that can only happen with positive and supportive teamwork."

Nancy has another philosophy: "I'm a lifelong learner,"

she says. "I believe we all need to be." She again points out the importance of the right environment for that learning to happen: "you have to have that trust, that connection, with parents, staff, and students -- only then can learning take place."

It's this belief in teamwork that makes Nancy tick, and it's something she's seeing in action already. "We had twenty-five parents at September's Parent Council meeting," she grins, "an awesome turnout!" Nancy invites all parents to the meetings, which take place on the third Tuesday of every month at 7:00 p.m.

Another event Nancy enjoyed in September was the International Plowing Match. "The entire school went," she says, "and we had a terrific day!" It was a great opportunity to get to know her staff and students, she adds, "and a lot of fun, too!"

No doubt Principal Woodhall will enjoy many more such events as she embraces her new school. And it seems the school is embracing her, too: "From the start, I've felt welcome - thank you to everyone!" Sounds like the new school year has been special indeed ... for new teachers, new friends, and for the new Principal, too!



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



TD Bank Group Property Donation to Township of Wilmot

The Township of Wilmot is pleased to announce the generous donation of building and property from TD Bank Group. The former TD Canada Trust branch located at 1176 Queen Street in New Dundee will be transformed into the new Region of Waterloo, New Dundee Library Branch. The Township will retain ownership of the building and property and maintain the physical structure. The Regional Library will be responsible for the interior fittings and operation.

The transaction closed on September 7, 2012. On Monday, September 24, 2012 at 7:00 pm representatives from the bank were at the Township Council Meeting to be formally thanked by Mayor Les Armstrong for their donation and continued support of local communities.

For additional Information please contact the following parties:

Les Armstrong, Mayor
Grant Whittington, Chief Administrative Officer
Township of Wilmot
60 Snyder's Road West
Baden, Ontario N3A 1A1
519-634-8444

Pamela Dietrich, Branch Manager
TD Canada Trust
1187 Fischer Hallman Road
Kitchener, Ontario N2E 4H9
519-744 5238 x 250



"Investing in literacy is investing in our future and TD is proud to have donated this building for the new library in New Dundee," says Pamela Dietrich, Branch Manager TD Canada Trust. "We believe that this project will make a great contribution to everyone in the community."

Quote from Mayor Les Armstrong:

"The Township always appreciates our corporate citizens who give to the community. The residents of New Dundee and area will certainly welcome this new facility that will educate and provide reading enjoyment for all. As a smaller municipality this type of contribution is a welcome gift that helps to relieve the tax burden on our citizens."

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HOW I BECAME A HISTORY DETECTIVE ~ by Teresa Brown

For the last few months, I've been researching World War II for my next writing project. Now, that's a tall order, but I can narrow it down a bit: I'm most interested in the experiences of Canadian soldiers, fighting throughout Europe.

Still, what a job! Luckily, I'm finding it absolutely fascinating, particularly reading the personal stories of those soldiers. I want to read everything I can, look at every photograph and every museum artifact I can uncover.

Speaking of artifacts, it was only a few weeks ago that it finally dawned on me: my Mom still has a few keepsakes that my Dad brought home from the war. Could these be of any interest to my research? They could, indeed ... and of course they're of even more interest to me personally, as a chance to learn about my Dad's military service.

Hector Brown passed away in 1991, and we only know a bit about his time in the army: he had enlisted in his hometown of Harbour Grace, Newfoundland, and had fought in Europe. He wasn't one to talk about his experiences, but now I hoped I could look at his memorabilia with new, more informed eyes.

And so, I turned to the artifacts: an army-issue New Testament and Army Prayer Book; a Soldier's Service and Pay Book; and a photograph of his regiment.

Fascinating, to think that these things are now seventy years old. The New Testament is bound in worn, brown leather, and is embossed with a Royal insignia: "GR." Old, indeed: that insignia indicates "George Rex" or King George the Sixth, British Monarch at the time and father to our current Queen Elizabeth.

Inside the front cover I found even more fascinating clues. There, barely legible, is pencilled Dad's army number, "Gnr (Gunner) Brown," and this notation: "22/59 N.F.L.D. Heavy Reg. RA."

What on earth does that mean? The answer is found in the photograph of Dad's regiment, where in the centre of a group of young, fresh-faced soldiers is a sign reading: "22 BATTERY 59TH (NFLD) HEAVY REGT."

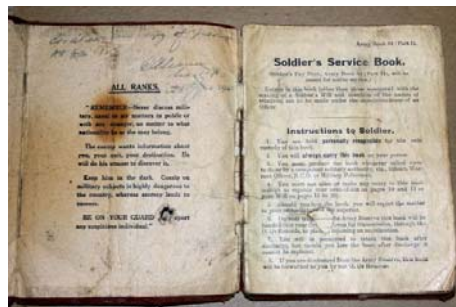
Remember how I said I was researching World War II? This is where my learning has proven very useful: thanks to a number of sources, I know that Dad's regiment -- the 59th Newfoundland Heavy Regiment, Royal Artillery -- saw its first

offensive action in July 1944, in Normandy, France.


The 59th wasn't part of the initial D-Day assault, but it was right behind them, forcing the German army back as part of the Allied advance. Then they pressed forward into Belgium, the Netherlands, and finally Germany, where they fought into Hamburg -- right up until the city surrendered in May 1945.

That's all I know, so far -- I'm not much of a detective yet, but I'm learning. And I've sent a request to the Library and Archives of Canada for my Dad's service records; hopefully I'll learn more about where his regiment went, what battles they engaged in, and what challenges they overcame.

It's remarkable that these artifacts have survived their long journey. They've been through six countries, battles I'm only beginning to learn about, and an ocean crossing in the pocket of a young soldier, going home at last. Perhaps, as I continue to research the history of the 59th -- and the history of Gunner Brown -- I'll learn that it was no less remarkable that a young man from Harbour Grace survived as well.



As we near Remembrance Day, it's good to remember this: that the films you watch and the history books you read are only part of the story. Remember that those young men and women were as real as their military-issued Bibles, their photographs and Service and Pay Books: those things that were once just ordinary objects, but are now the keepers of memories ... from a war that was all too real.




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NOTES FROM THE ATTIC

A Tribute to the Decher Family

Henry Decher and his wife Catherine Daub immigrated to Baden in 1874 from Germany. They set up a village blacksmith shop at the current location of Vesper Springs on Snyder's Road East. The Dechers had four children: Annie born in 1876, Catherine 1879, John 1880, and Theodore 1886.

In 1900 Theodore, who was 14 years old at the time, took an interest in working in his father's blacksmith shop but his father insisted that he needed a year of bookkeeping classes first. A year later he started working with his father until Henry passed away in 1922 at age 84. Theodore, with the help of his brother John who died in 1956, carried on the family business until his retirement at age 70 in 1960. Although he retired from shoeing horses in 1960 he continued to offer repair work in his shop for a number of years.

Theodore, and his sister Catherine, lived in the older section of Vesper Springs their entire life and neither of them ventured away from Baden for more than two weeks at a time. They were both born on the land on which they lived and refused offers for many years to sell their property which had a large garden to the east of the house and a stream to the north. Catherine died in 1978 at 99 years old, and Theodore died in 1969 at the age of 83. Many long-term residents of Baden fondly remember them.



Theodore and his sister—in front of their blacksmith shop on Snyder's Road, current property of Vesper Springs.

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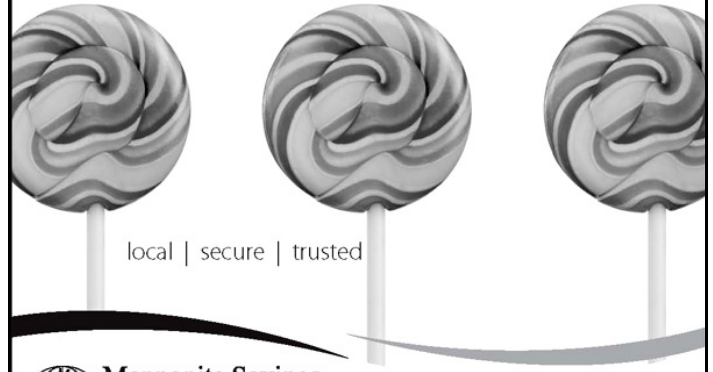
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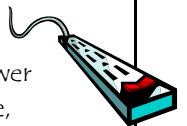
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- > When my wife and I arrived at an automobile dealership to pick up our car, we were told the keys had been locked in it. We went to the service department and found a mechanic working feverishly to unlock the driver side door. As I watched from the passenger side, I instinctively tried the door handle and discovered that it was unlocked. 'Hey,' I announced to the technician, 'It's open!' His reply: 'I know. I already got that side.'
- > Living in a semi rural area, we recently had a new neighbour call the local township administrative office to request the removal of the DEER CROSSING sign on our road. The reason: "Too many deer are being hit by cars out here! I don't think this is a good place for them to be crossing anymore."
- > I work with an individual who plugged her power strip back into itself and for the sake of her life, couldn't understand why her system would not turn on.
- > I handed the bank teller a withdrawal slip for \$400. I said "May I have large bills, please". She looked at me and said "I'm sorry sir, all the bills are the same size."



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The New Hamburg Thrift Centre has partnered with three other MCC shops from Waterloo, Kitchener, and Elmira to raise funds for MCC water projects with a one-night-only fashion show.

Splash of Fashion is your opportunity to learn about what MCC is doing in response to water issues and at the same time be entertained by "celebrity" models that understand the importance of clean water for everyone. At this point we can't drop too many names, but can say for sure you will see your very own Mayor Les Armstrong up on the catwalk with Harold Albrecht and the Township of Wilmot Water Works Staff representing your community. George Michaels from 96.7 CHYM FM, along with Susan Cook-Scheerer from Rogers TV will be Master of Ceremonies.

This is a very exciting opportunity to see firsthand all the incredible donations the Thrift Centre has received in fall and winter fashions for the whole family. Shoes, purses, jewelry, clothing and Christmas giftware will all be available for sale in our boutique-like shopping experience after the show.

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Grant from Baden asks – Everybody talks about the Livingston family in Baden. Did they make that big of a difference in our town?

Armand says – In 1864, James and his brother John, established the firm J and J Livingston and by 1867 they operated a flax mill in Baden. By 1872, they were operating a linseed oil mill and within five years they expanded and were running mills in six nearby villages. The Baden linseed oil mill was the largest of its kind in Canada and James, arguably the most successful resident of Wilmot became known as the “Flax and Oil King of Canada.” In its heyday the Baden mill employed over 100 people from Baden and the area. After John’s death, in 1895, James established the Livingston Linseed Oil Company expanding his holdings across Canada and the United States. The company operated under the Livingston family until the late 1940s.

James also established ownership of several banks and had an influential career. He served as the Reeve of Wilmot Township, from 1878 to 1882, became a Member of the Provincial Parliament in 1878 and was elected as a Member of the House of Commons in Ottawa in 1882.

So to answer your question Grant, yes the Livingstons left a significant mark in Baden!

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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.

New Hamburg Legion Branch #532 -

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Please join them Saturday October 27th
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Demand for Services at Interfaith Continues to Grow



Interfaith Community Counselling Centre (ICCC) continues to experience a significant increase in the demand for services. As of August 31, 2012, ICCC has already provided more than 2000 hours of direct counselling service to the community. If this trend continues, ICCC can predict closing the year with a 40% increase in counselling hours provided to the community since 2010. The increased growth can be attributed in part to recent marketing efforts to raise awareness of the agency and the result of population growth in the Township of Wilmot. As ICCC plans for continued growth in 2013, it is a priority to ensure that 2013 grant and subsidy applications to the Township of Wilmot, Region of Waterloo and United Way of Kitchener-Waterloo not only reflect the increase in services provided, but also accurately reflect the population growth in Wilmot Township. ICCC will continue to focus on maintaining the strong partnerships with local service clubs, churches and businesses to help sustain our valued programs.

One of our priority programs, the School Based Counselling Program, has already provided over 300 hours of group and individual counselling support at the 5 local elementary schools and at Waterloo Oxford Secondary School in 2012. We are thankful for the annual financial commitment of \$5000 from the New Hamburg Optimist Club and funding from the United Way of Kitchener-Waterloo that covers the cost of counselling for families that require support and do not have benefits or financial means to access counselling. Even with all of the generous support that we have received, the increase in demand for our school based counselling services continues to exceed our available funding for this program. Third party fundraising events, such as the Ford Test Drive, Lioness Bake Sale and the Petersburg Optimist Breakfast, allow us to sustain the program, as well as the generous support from many of our local churches and services clubs.

ICCC also is offering the following community programs: Bereavement Support: Wednesdays starting October 17, 7-8:30 pm. This program is an adult group designed to support those who are grieving the loss of a loved one. Sponsored in part by Mark Jutzi Funeral Home and New Hamburg Classic Road Race.

Moving Forward: Mondays starting October 15, 7-8:30. Workshop designed for women coping with anxiety and stress.

Side by Side Open Support Group: Ongoing, 4th Wednesday of the month, 7-8:30 pm. In partnership with the Waterloo Region Suicide Prevention Council. It is open for families bereaved by suicide. Please contact us if you would like further information or to register at 519-662-3092.

ICCC would like to thank Christine Bruder for the years of dedication and support that she has contributed to Interfaith as both a Therapeutic Counsellor and in recent years, as Executive Director. Interfaith is a better place because of her contributions and she will be missed. Christine went on maternity leave in October 2011 and has recently accepted an exciting opportunity as Program Manager at KidsLink in St. Agatha. Congratulations Christine and best wishes in your new role. Lisa Akey will continue in the role as Clinical Director/ Executive Director.

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Interfaith
Community Counselling Centre

23B Church Street
New Hamburg, ON N3A 1J1
Telephone: (519) 662-3092
email: interfaith@golden.net
Fax: (519) 662-4313
website: www.interfaith.golden.net

2012 Baden Softball Awards



Megan Guillemette - Penny Roth Award for Most Sportsmanlike



Ryan Schnarr - Murray Wagler Award for Most Improved



Ron and Marie Gerber - Norm Ryckman Memorial Fan of the Year Award.



Jake Simpson and Riley Finn - Most Valuable Players. *Absent from photo—Zack Mark, Samantha Hild, Owen Bruder, Scott Carey*



Bob Bontaine - Rose Palla Award, Volunteer of the Year.



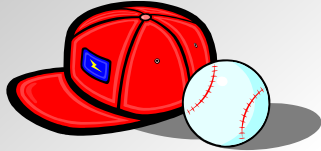
Jay Schnarr - Tom Musselman Award for Coach of the Year.

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Programmings



Megan Guillemette, Lucas MacLaurin, Isaiah Ruby, Craig Kuepfer - Most Sportsmanlike.
Absent from photo—Ben MacLaurin, Brett Clifford.



Reid Simpson, Jayden Troupe, Ryan Schnarr, Alex Uhrig, Jacob Robertson - Most Improved Players
Absent from photo—Alicia Koepke.



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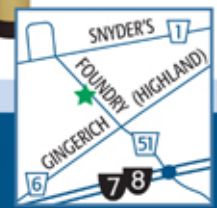
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You Must be Joking ~ Blonde Men Jokes!



- ✦ "Why do Scuba divers always fall backwards off their boats?" To which the blonde man replies: "If they fell forward, they'd still be in the boat."
- ✦ Two blonde men find three grenades, and they decide to take them to a police station. One asked: "What if one explodes before we get there?" The other says: "We'll lie and say we only found two."
- ✦ A woman phoned her blonde male neighbour and said: "Close your curtains the next time you and your wife are in the bedroom. The whole street was watching and laughing at you yesterday." To which the blonde man replied: "Well the joke's on all of you because I wasn't even at home yesterday."
- ✦ A blonde man goes to the vet with his goldfish. "I think it's got epilepsy," he tells the vet. The vet takes a look and says, "It seems calm enough to me". The blonde man says, "Wait, I haven't taken it out of the bowl yet".
- ✦ A blonde man shouts frantically into the phone "My wife is pregnant and her contractions are only two minutes apart!" "Is this her first child?" asks the Doctor. "No", he shouts, "this is her husband!"
- ✦ A blonde man was driving home, drunk as a skunk. Suddenly he has to swerve to avoid a tree, then another, then another. A cop car pulls him over, so he tells the cop about all the trees in the road. The cop says, "That's your air freshener swinging about!"

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Stress

A lecturer, when explaining stress management to an audience, raised a glass of water and asked, 'How heavy is this glass of water?'

Answers called out ranged from 20g to 500g.

The lecturer replied, 'The absolute weight doesn't matter. It depends on how long you try to hold it. If I hold it for a minute, it's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case, it's the same weight, but the longer I hold it, the heavier it becomes.'

He continued, "And that's the way it is with stress management. If we carry our burdens all the time, sooner or later, the burden will become increasingly heavy and we won't be able to carry on."

'As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden. So, before you return home tonight, put the burden of work down: don't carry it home. You can pick it up tomorrow. Whatever burdens you're carrying now, let them down for a moment if you can.'

So, my friend, put down anything that may be a burden to you right now. Don't pick it up again until after you've rested a while.

~ Email Submission



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Baden Birding ~ More on Warblers By Dave Rogalsky

Re: You won't find Warblers at your feeders as they are all insectivores . . . Please obtain a copy of Stokes Field Guide to Eastern Birds. Donald and Lillian also note nesting and feeders for each bird. They show that the Orange-crowned Warbler, Yellow-rumped Warbler, Yellow-throated Warbler and Pine Warbler all come to feeders. The Yellow-throated Warbler has, for the past three years, visited feeders at Rondeau Provincial Park. Many local birders have seen it there. We've seen it only in Florida during the winter. ~ John & Geraldine Sanderson

Hi John & Geraldine Sanderson, Thanks for the correction. As I read your email I remembered that the first warblers I saw were at a feeder in Manitoba. Duh! Peace, Dave Rogalsky



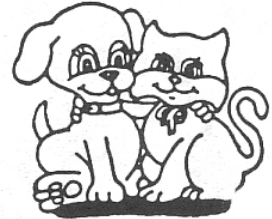
So it goes, there is so much to learn about birds. I was a bit overzealous with my comment last month. It would have been more accurate to write, "You won't find *many* Warblers at your feeders as they are *mostly* insectivores. The Sandersons' kind email makes that point. Out of the thirty-six species of Warblers found in Ontario just a few will frequent feeders. My first view of warblers, in Manitoba in 1988, was near a feeder, and they included both the Yellow-rumped and the Pine Warblers. Since they are mostly insectivores, suet cakes are one way to attract them to your feeders, though some will be attracted to the black sunflower seeds as well. Water and bushes to hide in aid them in feeling safe and at home in your yard. Warblers, with their short pointed beaks, show their insectivore priorities, unlike finches (including what we call the English Sparrow or House Sparrow), which have heavy short beaks for breaking open seeds. If you get the chance to see a Crossbill, a northern bird that comes south in winters when the pine cone supply in the north is limited, you will see their specialized beak used to open the layers of cones to get at the seeds deep down between the layers.

Should you manage to attract one warbler to your feeder you will probably see many. Most likely you'll see them in the spring or fall when they're migrating in mixed flocks of many species together. And if you see them in their favoured habitats you'll often see them in mixed *feeding* flocks of many species, sometimes even including chickadees and other insectivores. Their favoured habitats are often near water where insects are also more plentiful. I once came across a flock along the Walter Bean trail on the Grand River just above the Bingeman's complex. There were several small creeks spilling down the embankment creating small swampy areas and the Warblers were having a great time. Just as a note, most species of birds become insectivores during the time when they're feeding their young. You'll see birds that normally only eat seeds out hunting down spiders, ants and insects. An exception is the Goldfinch which is very fixed on eating small seeds like thistles and dandelion.

Happy birding!



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Recipients of the Queen's Diamond Jubilee in Kitchener-Conestoga



Following the successful Queen's Diamond Jubilee event on Sept. 20, 2012, MPP Michael Harris issued the following statement:

I am honoured to have had the opportunity to recognize 14 outstanding individuals and reward them for their commitment and selfless dedication to our community and those in need. The recipients of the Queen's Diamond Jubilee in Kitchener-Conestoga come from all walks of life and have served our region in a number of unique ways, like supporting the arts and culture, developing educational programs, improving health care, providing spiritual guidance, building strong local neighbourhoods and keeping our community safe.

The contributions of these individuals, and others like them, have truly made our community into the success it is today. I want to congratulate Chattar Ahuja, Jason Ball, Garo Bostajian, Mandy Bujold, Maureen Cowan, Charles Foy, Michael Kennedy, Paul Knowles, David Kuhn, Kelly Meissner, Alvin Sararus, Laurie Sellers, LuAnn Snyder and Brent Thomlison for their amazing dedication to the public and outstanding accomplishments.



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You Must Be Joking!!



It seems we just can't get enough words of wisdom... these are sure to make you wiser, or leave you scratching your head!

- ◇ No one is listening until you pass wind.
- ◇ Always remember you're unique. Just like everyone else.
- ◇ Never test the depth of the water with both feet.
- ◇ Before you criticize someone, you should walk a mile in their shoes. That way, when you criticize them, you're a mile away and you have their shoes.
- ◇ If at first you don't succeed, skydiving is not for you.
- ◇ If you lend someone \$20 and never see that person again, it was probably well worth it.
- ◇ If you tell the truth, you don't have to remember anything.
- ◇ Some days you are the dog, some days you are the tree.
- ◇ Good judgment comes from bad experience ... and most of that comes from bad judgment.
- ◇ A closed mouth gathers no foot.
- ◇ Generally speaking, you aren't learning much when your lips are moving.
- ◇ Experience is something you don't get until just after you need it.
- ◇ Never under any circumstances take a sleeping pill and a laxative on the same night.



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You Must Be Joking!!



Why didn't the skeleton cross the road?

> He didn't have the guts!

What do skeletons say before they begin dining?

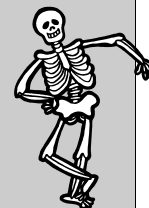
> Bone appetit!

What do ghosts serve for dessert?

> Ice scream!

What do you call a skeleton who won't work?

> Lazy bones!



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Christmas Crafts, Tea Room*

baden strategy games night!



join us at baden public school

6:30-9:30 pm (2nd & 4th friday of each month)

All ages & skill levels welcome!
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friend. Snacks are provided.

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The Optimist Club of Baden is hosting two Hallowe'en events ...
one for kids and one for adults!

Kids Halloween Party - Saturday October 27th from 1-3 p.m.
New Hamburg Community Centre (251 Jacob Street)

Games, activities, and a haunted house!

For ages 12 and under. Costumes encouraged!



Adult Halloween Party - Saturday Oct. 27th from 8 pm- 1 am
New Hamburg Community Centre (251 Jacob Street).

Dancing and late-night buffet for \$15/person (\$25/couple). DJ,
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Tickets available at Baden Eye Care (in the Macs Plaza) and from
any Baden Optimist member. (19+ only)

Another Cool Move

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New Service Times

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10:30 am - Communion (with choir)

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WILMOT HORTICULTURAL SOCIETY

Monday, November 12th at 6:00 p.m.

Christmas Potluck
Haysville Community Centre
(Note the change of Venue and Time)



Entertainment: Inspiring Bell Boy - Kedric Ireland

Everyone is welcome to attend.
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Saturday Night at the Movies

Wilmot Mennonite Church, 2995 Bleams Road, New Hamburg

October 20th at 7:00 p. m.

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On the eve of her wedding to a handsome Amish widower, Katie
Lapp makes a discovery that throws her life into confusion.

Why would Katie's mother, a simple Amish woman who
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And why is an "Englischer" woman searching for Katie?

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ZUMBA FOR DIABETES *By Deb Goring*

JUVENILE DIABETES, WHAT DOES IT MEAN?

To be a parent of a child with type 1 diabetes, the diagnosis is life changing; to the child it is scary, confusing and a day to day struggle. The word diabetes is so scary and devastating. Many of us think nothing of reaching for a certain snack any time of the day, but to a child with type 1 diabetes this snack can mean big consequences. With type 1, the body does not make enough insulin or cannot use what little insulin it produces, so when a snack is eaten the glucose (sugar) is not used. Symptoms of diabetes begin to appear—lack of energy and appetite, with weight loss over a period of time. As a parent with a child who has diabetes, we want our kids to live as they did before being diagnosed with a life-changing disease. Is this going to go away in time? — No, but since my daughter was diagnosed this past June, I have read so many books and have learned so much, but the day-to-day is the challenge. So, I am hosting a zumba fundraiser in Wellesley, November 24, 1-3 pm, at the community centre at 1000 Maple Leaf Street with all contributions going to the diabetes society.

My hope is that one day there will be a cure for this disease so that children do not have to endure the discomfort of the poke of their fingers before each meal to get their glucose reading, count each carb and give themselves (parents give the injections until the child is usually 16) 5 injections, 5 times a day.

Imagine a world without type 1 diabetes, and let children be free of this. If you can, please come to the 'zumba for diabetes' and learn more and have fun.

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Submissions are due on the 1st of each month.



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Your body talks. We listen. Anything can change.

Prostate Awareness for Men and the Women that love them.

By Phil Gorman

November, a.k.a Movember, is prostate awareness month. So men, let that facial hair grow and raise some money for Cancer Research. I would like to personally bring the awareness back to, "What can I do to help prevent the big C in the first place?" So let's explore the facts and then move towards some good things you can do every day to promote prostate health and optimize wellness.

I would like to remind you that this information is for men and women. We all have our part to play in prevention of the #2 Cancer killer in men.

The prostate is a walnut sized shaped gland that wraps around the neck of the bladder. Its job is to secrete semen and also contains smooth muscles that help expel semen during ejaculation. You can only imagine what will happen if that gland gets enlarged. You got it: a list of symptoms which include frequent urination, a need to get up in the night frequently, a reduction in the force of your urine stream, difficulty starting peeing, erectile dysfunction, and painful urination to name a few. To be honest, I know a man who had prostate cancer and his only symptoms were hip and low back pain (Wow, I know). By 60, it is believed that 80% of all men experience some sort of urinary interference due to prostate enlargement. The point of all of this is not to scare you, but add to the seriousness of this growing disease. Our society can't afford to lose these wise and valuable members of our society prematurely.

So let's talk about some lifestyle things we can be doing and get our wives, partners, children and grandchildren to support us in living a healthy and full life.

- Stay Active. Exercise 20 minutes a day. Walking is a great way to mobilize the prostate. Stretch your hips and lower back post-walk and you will thrive!
- Minimize your alcohol and caffeine intake. Try on some green tea; it is delicious!
- A minimum of 8 glasses of water a day. Little sips all day. If you chug water, you will spend your day going to the bathroom!
- Stop smoking. It's bad for ya!
- Avoid processed foods. Yes, they taste great, but are full of sugar and harmful additives.
- Avoid sitting for long periods. Your prostate doesn't like to be squished.
- Include Zinc in your diet. I prefer raw pumpkin seeds.
- Try to eat 6 portions of brightly coloured fruit and veggies a day. Include 3 portions of oily fish a week, such as salmon, herring, mackerel or sardines, which are rich in vitamin D and essential fatty acids, omega-3 and 6.
- Eat less. There is a clear link between obesity and cancer!
- Eat meat that is free of hormones, antibiotics and genetically modified feed. How will I know, you may ask? Talk to the farmer.
- Get your prostate checked once a year by your doctor after the age of 40.

Some excellent news my friends! Your prostate is a muscle and you must use it or lose it! Studies have shown that men who enjoy an active sex life do not risk prostate cancer in later life. Leitzmann's findings (National Cancer Institute in Maryland), were that men who ejaculate between 13 and 20 times a month had a 14% lower risk of prostate cancer than the group who ejaculated 4-7 times a month for most of their adult life. Wow! That's exciting news.

Let me leave you with one quick quote from a friend who died from Prostate Cancer..."If I only would have let someone stick their finger up my butt, I would have known I had a giant prostate tumor." The moral of the story is that there is no shame in getting your prostate checked. The truth is that early detection will save your life!

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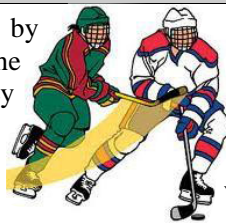
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INJURY PREVENTION TIPS FOR HOCKEY PLAYERS

By Dr. John A. Papa, DC, FCCP(OR)(C)

Hockey is a popular recreational sport enjoyed by individuals of all ages and abilities. Due to the high speed and aggressive play involved, hockey can put players at risk for injury. Although sticks, pucks, and skate blades can do damage, **most hockey-related injuries** occur due to collisions with other players and the boards.



Fatigue and low energy of participants due to poor endurance, insufficient rest, or too much ice time can also make them more likely to get hurt.

Most hockey injuries involve the upper body, and can include fractures, sprains and strains of the collarbones, hands, arms, and shoulders. Low back, groin, hip, knee, and ankle injuries also occur frequently. Concussions are the most common type of head injury and are often accompanied by neck injury/pain.

Included below are some tips to help players avoid and/or minimize the chances of muscle and joint injuries.

- 1. Proper training is important.** A good training program should involve cardiovascular, stretching, and strengthening exercises.
 - Cardiovascular training will increase endurance and decrease fatigue, which has been linked to injuries.
 - A comprehensive stretching program for the back, arms, shoulders, thighs, and legs should be performed both before and after games to keep muscles limber and prevent stiffness and soreness.
 - Strengthening programs improve a muscle's ability to contract and perform joint movement. Muscles also act as important shock absorbers and help prevent sprains and strains of vulnerable regions such as the back and neck, along with the shoulder, hip and groin regions.
- 2. Get enough rest and hydration.** Since fatigue is one of the most common causes of injury, even the fittest players should often take breaks to rest. Dehydration affects your energy level and your physical functioning. Drink plenty of fluids before, during, and after play.
- 3. Use the right equipment.** Properly fitting gear can make a world of difference when it comes to avoiding injury.

Replace worn out equipment. Helmets have a life span of three to five years, depending on how often they are used. Helmets with face shields have been proven to reduce the severity of concussions regardless of the player's experience level and position when compared to visors alone.

- 4. Respect the rules.** Promote sportsmanship and fair play. Support a zero tolerance rule for illegal checks and maneuvers.
- 5. Take care of injuries before returning to play.** This will ensure top physical functioning and help prevent further injury and chronic pain.

Chiropractors are healthcare professionals skilled in the diagnosis and treatment of hockey-related injuries. In the event that you suffer a muscle or joint injury while playing hockey that does not subside, consider chiropractic care. For more information, visit www.nhwc.ca. The author credits the Ontario Chiropractic Association (OCA) in the preparation of this educational information for use by its members and the public.

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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Lessons about the way we treat people ~

First Important Lesson - The Cleaning Lady.

During my second month of college, our professor gave us a pop quiz. I was a conscientious student and had breezed through the questions until I read the last question. "What is the first name of the woman who cleans the school?"

Surely this was some kind of joke. I had seen the cleaning woman several times. She was tall, dark-haired and in her 50s, but how would I know her name?

I handed in my paper, leaving the last question blank. Just before class ended, one student asked if the last question would count toward our quiz grade.

"Absolutely," said the professor. "In your careers, you will meet many people. All are significant. They deserve your attention and care, even if all you do is smile and say, "Hello."

I've never forgotten that lesson. I also learned her name was Dorothy.

Second Important Lesson -

Always remember those who serve.

In the days when an ice cream sundae cost much less, a 10-year-old boy entered a hotel coffee shop and sat at a table. A waitress put a glass of water in front of him.

"How much is an ice cream sundae?" he asked.

"Fifty cents," replied the waitress. The little boy pulled his hand out of his pocket and studied the coins in it.

"Well, how much is a plain dish of ice cream?" he inquired. By now more people were waiting for a table and the waitress was growing impatient.

"Thirty-five cents," she brusquely replied.

The little boy again counted his coins. "I'll have the plain ice cream," he said.

The waitress brought the ice cream, put the bill on the table and walked away. The boy finished the ice cream, paid the cashier and left. When the waitress came back, she began to cry as she wiped down the table. There, placed neatly beside the empty dish, were two nickels and five pennies.

You see, he couldn't have the sundae, because he had to have enough left to leave her a tip.

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1. Do I have more containers than what I really need and use?
 - Maybe you have special containers that you use only when you do your Christmas baking
 - Are there certain larger items that you only use for entertaining?
 - Do you have containers that you fill only when you make large batches and put extra meals in the freezer?

These items should not be stored in "prime real estate" but rather elsewhere, in your "kitchen overflow" area.

3. Do you keep "recyclable" containers just in case you might need them? I give you permission to let those go! Chances are you have lots of nice containers that are clear and easy to see through. Use those for food storage.

The key to keeping this plastic storage area under control is to simplify!

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October is Eye Health Month, and is the perfect time to educate people about the importance of taking care of what many consider to be their most precious sense - their sight.

Eyes are only about an inch long, yet their complex design opens up the whole world to us in the form of vision. Not only do they provide us with the gift of sight, but they also can tell us so much about our bodies. Diabetes, multiple sclerosis, high blood pressure, impending strokes, high cholesterol, and numerous other autoimmune and metabolic disorders can show signs in the eyes, which is part of the reason that comprehensive eye exams are recommended on a routine basis.

A complete eye exam involves many different tests, not just reading the chart at the end of the room and answering "1" or "2" many times over. Although checking the vision and the need for a prescription is important and often the reason patients come in for an exam, it really only tells us about the health of a tiny area at the back of the eye that is about the size of the head of a pin. A truly comprehensive exam should also include testing for eye co-ordination, using a microscope to check the health at the front of the eyes including the eyelids, and viewing of the interior of the eye which occasionally should involve the use of drops to dilate the pupils and give a complete view of the back of the eyes. Eye

pressures should also be measured in adults to screen for glaucoma, and hundreds of other tests can be done by your Optometrist if they are required.

Kids are covered by OHIP for yearly exams since their eyes can change fast as they grow and because Optometrists can help slow down an increasing prescription by making sure it is up-to-date. It's strange but true - using old, weak glasses does not strengthen a child's eyes and make them less dependent on glasses; instead, studies have found that too low of a prescription actually makes prescriptions go *up*, or sometimes the eyes just never develop the proper 20/20 vision that should be present by age 6 to 8.

Seniors, like kids, are also covered by OHIP for annual eye check-ups; but problems like cataracts, macular degeneration, and glaucoma are the reasons for frequent exams in this age category. And since eyes can tell a lot about a person's health, diabetics and those with many other major health conditions are also still covered by OHIP so that problems are found and treated sooner rather than later in order to preserve sight.

We use our eyes and vision every day, yet eyes rarely give any warning that something might be wrong. This is why they should be checked routinely - yearly for kids aged 6 months & up as well as seniors 65 & over, and every two years for adults. Getting your eyes examined does not mean that you need new glasses or contacts; in fact, sometimes simple exercises are all that are needed to get them in top performing shape. Eye exams are about the easiest test you will ever take, and, especially with kids where you never know what they will do. Eye Exams can be really fun and interesting, too!




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Happy Halloween!

DID YOU KNOW?
Animals that are most active at night often have a mirror-like layer at the back of their eyes that allows them to see better at night. It is also why their eyes have that creepy shine when they see light.



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It's Detox Time Again!

Well folks, it's that time of year again. Time to change the batteries in your smoke detector, flip your mattress, air out your home, change the oil in your car, and detox your body. Why is it that we have no problem maintaining our home, cars, and other personal assets of value but when it comes to our bodies, it doesn't get a high priority?

Instead we choose to continually assault it with poor food choices, too much caffeine, pop, or alcohol, driving it to a state of constant stress in which it will eventually rebel, the only way it knows how: headaches, insomnia, vision problems, infections, skin eruptions, chest pain or congestion, digestive issues, increased weight, low energy, and poor memory.

Detoxing or cleansing your body every Fall and Spring should be as regular as your oil changes to your car. In order for our bodies to run smoothly without additional stresses that can lead to different forms of *dis-ease*, we need to take a break, a time out per se, from the everyday foods and beverages. We need to focus on our mental, spiritual, and emotional health. We need to remember that after everything else is gone, we only have our health and that it is the most important asset.

Detox programs vary and there are many options in the market today. I recommend you consult with your health practitioner in order to determine which program would best fit your specific needs. Programs can run from 7 to 28 days and longer, depending on your current health state and what your goals are. It is a prudent strategy for maintaining and improving health. By taking action now, you can start to feel re-energized soon.

There are several websites that promote detox programs as well, providing you with recipes and assistance with food elimination/re-introduction. If you choose to look up any of these programs, please consider the source and make sure it is coming from a reputable company. Below I have provided 2 recipes, one for a detox shake and one for a detox salad. Try one or both and begin your journey to improved health.

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.

Detox Salad:

Ingredients:

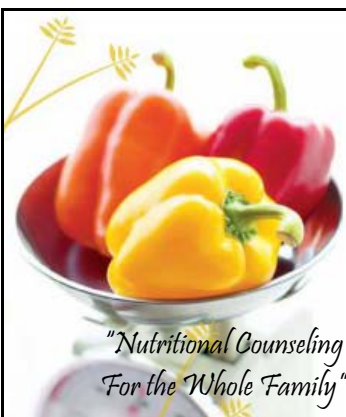
4 cups chopped red cabbage
1 cup shredded carrots
1 cup shredded beet root
Handful of fresh chopped parsley
2 chopped Golden Delicious apples
2 chopped organic celery ribs
3 Tbsp pine nuts
1 Tbsp pumpkin seeds
2 Tbsp sunflower seeds

Dressing:

Combine 2 tsp grated ginger, 1 tsp raw honey, ½ lemon juiced, 4 Tbsp Extra Virgin Olive Oil

Detox Shake:

2 apples, cored and cut into chunks
2 ripe pears, cored and cut into chunks
1 to 2 cups water
2 lemons, juiced
1 to 2-inch piece fresh ginger, peeled and sliced
5 kale leaves, rinsed and torn
5 romaine lettuce leaves, spinach leaves, or collard greens, rinsed
1 cup coarsely chopped green cabbage, optional
Place the apple chunks, pear chunks, 1 cup water, and lemon juice into a blender fitted with a sharp blade or a Vita-Mix and blend until smooth and creamy. Add ginger, kale, romaine lettuce, and green cabbage and blend again until very smooth. Add more water for a thinner smoothie.



Heather McKague-Bandl,
ROHP, RNCP

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