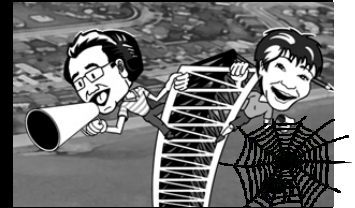




OCTOBER 2013

# Baden Outlook



*Keeping the Community Connected with 2900 copies in circulation!*

VOLUME 13, ISSUE 3

## Badenites Gather Together to Clean Up the Town!



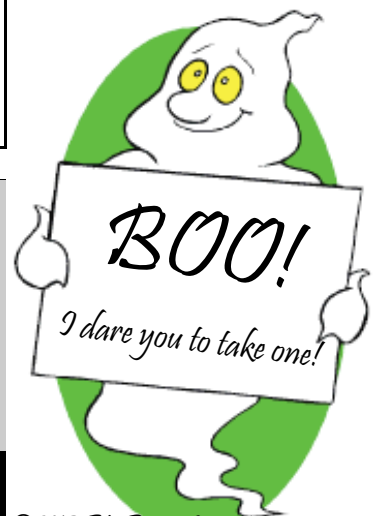
Bravo to the folks who joined together to walk the streets to collect garbage. It was a group event sponsored by the Baden Community Association. The Baden Optimists and Westhills Church were among some of the people who joined in to make a super team and cleaned up our town.



*"Keeping the Community Connected"*

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

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

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# Talking with Ed

## Keep on Trucking

Trucks deliver most everything we purchase! That is a fact and it shows how important the trucking industry is to our economy and the availability of goods for us to purchase. In my opinion, Wilmot Township is the trucking capital of Waterloo Region! The following is a list of some of the major trucking companies from within Wilmot Township (taken from company websites and [www.quicktransportsolutions.com](http://www.quicktransportsolutions.com)):



Erb Transport - The Erb Group of Companies developed from a one-man company (Vernon Erb) in 1959 to one that currently employs over 1,300 employees and 140 owner/operators. Today over 1,800 companies rely on the Erb Group of Companies for the delivery of time and temperature-controlled products to over 24,000 consignees. To anticipate those needs, Erb Transport has over 700 power units and 1,000 refrigerated trailers. They also have terminals in seven Ontario cities, including Baden, Barrie, North Bay, Ottawa, Thunder Bay, Toronto, and Trenton. Their main administrative offices are located in Baden and New Hamburg. They also have terminals in Montreal and Winnipeg, and Erb International Inc. delivers to 48 states from Elverson, Pennsylvania. Erb Transport is one of the largest refrigerated trucking companies in Canada!



transport trucks delivering wood shavings to U.S. customers while picking up feed ingredients from U.S. based suppliers that would be distributed by Pestell Agri-Products. Pestell Agri-Products is one of the first companies in North America to sell soft

wood shavings as a replacement for straw bedding for use in broiler barns and horse stables. In 1992 Pestell Pet Products launched a line of small animal bedding and built the first production facility in Canada to produce compressed wood shavings for the pet market. In 1995 Pestell Group purchased a fertilizer blending facility in Baden, and converted it to a packaging facility. This gave them the capability of receiving bulk materials via rail or truck. Today Pestell has many divisions including a line of pet food as well as minerals and mining. Their trucking division includes 26 trucks, 35 power units and 33 drivers.

Grant Transport - Grant Jutzi started this company in 1972, which is located in new Hamburg. His dream to create a trucking company has grown from two trucks to transportation service to and from Northern Ontario using tanker trailers (Petroleum and Chemicals), van division trailers (hard, soft side) that total over 300 trailers and 125 power units. This includes two pump-equipped trucks for the bulk petroleum industry. The company has terminals in Montreal, New Hamburg, Ottawa, Toronto, and Windsor and they are licensed to deliver to all points in Canada and 48 states in the USA. Grant Transport employs over 200 people from their New Hamburg branch.

DJ Pestell Transport LTD. - Pestell Agri-products was developed in 1976 by Don Pestell. Pestell Transport was established with four

K-DAC - This trucking company was started by Bruce Schumm of New Hamburg in 1991. Originally K-DAC Enterprises offered exclusively dedicated expedite service to freight forwarders and the manufacturing sector. As the customer base grew, so did the services that were offered. Today K-DAC has three divisions including expedite, climate controlled, and transportation and logistics division. K-DAC was purchased recently by Erb Transport. Today they have 79 tractors, 124 trailers and 83 drivers. All of their operations are run out of their Baden operation on Sandhills Road.

There are a number of smaller carriers in the area including Klemm Transport that has four trucks and Client Transport which is based in Cambridge but owned by Paul Ming of New Hamburg. That is a lot of local trucks on the road and it always brings a smile to my face to see them...It's especially exciting to see them on the U.S. roads - it makes me think of home. So be sure to give the driver a proper salute!

*Until next month...Ed*

## EXTRA EXTRA!!!



You'll find us around the 15th of each month, while quantities last. Available in Baden at Mars Variety, Mac's, Baden Feed, One Way Water, Livewell Clinic, Wilmot Rec. Complex, Tim Hortons, Baden Library, EJ's, and several outdoor magazine boxes located conveniently throughout town for Baden readers.

Also at St. Agatha at Angies Kitchen, Stop 2 Shop, in Petersburg at Blue Moon, Old Fashioned Variety and Foxboro.

Over 30 places in New Hamburg to pick it up—including: No Frills, Sobey's, Short Stop, Cooks Pharmacy, McDonalds, Kasemann's, Morningside, Absolute Fitness, NH Dry Cleaners, NH Wellness, NH Library and various offices and retail locations throughout Wilmot Township.

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



# Greetings from ~ Outlook Headquarters

Well, as always...back to the weather!  
We have been fortunate to enjoy the weeks of extended warm weather. Lucky for those enjoying a bit more golf and for the gardeners who are cleaning out their flower beds. The beauty of the changing leaves, along with the bounty of Thanksgiving, escort us



nicely into autumn. I hope the weather holds up for the children for Halloween as well! Watch for the hidden jokes and ghouls throughout the paper!

As we celebrate the season of Thanksgiving, this issue features some inspirational words and ways to take gratitude in your daily lives. Life can be simple if we let it — attitude is everything!! You will see the many ways the community is working together, and all that is offered in Wilmot Township. We had the privilege of time with the fellas at the public works department to learn how our water is processed and you'll be happy to hear our water is right for drinking...yes, out of the tap ! We knew that, but are happy to share the process and report — so surrender all those plastic water bottles that cost hard-earned money and get dumped into the land-fill! You will also find some easy recipes featuring seasonal foods; yup—pumpkins and apples. Next month I'd like to feature soups and stews and would invite you to send me some of your personal favourites to share with our readers. You can either pop them in our yard mailbox or simply email them—the contact information is on the front page.

As the sports season changes too, we are wrapping up the Outlook baseball pool (check out who won). We are happy to have the hockey pool back in motion with 366 entries this year (last year's hockey strike sure messed up our fun!). We had to call 'Dave' whose pool entry form wasn't complete and he said he didn't even enter the hockey pool and did we make a mistake? Well— with the form sitting here on our desk with his name and number, he concluded that one of his buddies entered it on his behalf!! Ha ha, so let's see how well Dave does this season. His buddy may be surprised if he takes over the leader board and leaves him in the dust! However, good luck to you all, and thanks for playing hockey with us. More prizes coming your way!



A very special thank you to Zachary Gowland who volunteered to enter all the pool entry forms for us this year! ...we appreciate your time and interest in our paper. And our daughter Katie says thanks too —for getting her off the hook! Go team go!!



**Please support the advertisers of this paper. We couldn't do it without them!!**

*Submissions are due on the 1st of each month.*



**Happy Halloween**

# Happy Thanksgiving

# Michael HARRIS

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OPTIMIST CLUB OF BADEN KIDS

# HALLOWEEN PARTY

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OPTIMIST CLUB OF BADEN

## ADULT HALLOWEEN PARTY

Saturday November 2, 8:00pm - 1:00am

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19+ only, cash bar!

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fun & help support local youth!



OPTIMIST CLUB OF BADEN

## Optimist Club of Baden

On September 7<sup>th</sup>, 94 golfers gathered at Foxwood Golf Course to have some fun and raise money for Autism Speaks and youth activities sponsored by the Optimist Club of Baden. We are pleased to confirm that over 6000 dollars was raised at this event!

Thank you to all of our local sponsors and golfers that made this day a success.

The golf tournament was a great way to end what has been a busy summer season for the Optimist Club of Baden. We have been volunteering non-stop with local groups and schools to provide events for the youth (and grown-ups) of our town.

Did you have a chance to be a part of the Bike Rodeo where a bike was raffled off while kids learned bike safety skills? Maybe you saw us at the Baden Public School Backyard BBQ laughing and cooking? Or was it at Moparfest volunteering at the food booth? You may have caught us flipping burgers at Cruisin' at the Pond in partnership with the Petersburg Optimist. Or did you have the chance to taste some fries at the Corn Festival while running with the kids through the obstacle course? All these great events help us to sponsor activities for youth including the Summer Reading Program at the Baden Library. We are happy to be a part of all the great events going on in and around our community!

Watch for our members while they do a Fall clean-up of our adopted road (Foundry Street) as we do our bit to help keep the community of Baden clean.

Looking for a Spooktacular event? The Optimist Club of Baden will be hosting their second annual Halloween parties for kids and adults. Dress up your little ghouls and goblins and bring them for a treat and then dress yourselves up and come out to the Wilmot Rod and Gun for a night of dancing and fun.

Just around the corner, we'll be waving from the Baden Santa Claus parade!

Come out and be a part of the events that support our youth and make our community such a great place to live.

The Optimist Club of Baden meets the third Wednesday of each month downstairs at the township hall meeting room at 7:30 p.m. Everyone is welcome to come out and see what this community group is all about.

Check out [www.facebook.com/badenoptimist](http://www.facebook.com/badenoptimist) or [www.badenoptimist.com](http://www.badenoptimist.com) for more information and to see details and pictures of the latest events.



## Check Out the Baden Branch Library

### New Hours

As of Oct. 1, the Baden Branch will be open:  
Tuesday: 10 a.m. – 1 p.m. & 2 – 8 p.m.  
Wednesday: 2 – 8 p.m.  
Thursday: 10 a.m. – 1 p.m. & 2 – 8 p.m.  
Saturday: 10 a.m. – 1 p.m.

### Food For Fines

Food For Fines will take place during Ontario Public Library Week from Oct. 22 to 26. 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.

### Let's Read

This year's Let's Read title is a picture book entitled *Snow Day!* written and illustrated by Werner Zimmermann. *Snow Day!* will warm you with all the possibilities of things you can do on a cold winter's day. Copies are available at the library – sign one out today! The Baden Branch Library will host the author on Nov. 14 at 10:30 a.m. Come and meet Werner! Space is limited so contact the branch to reserve your spot.

### Face Off with the Firebirds,

**Wed. Nov. 27, 6:30 – 7:30 p.m.**

Players from the New Hamburg Firebirds Junior C Hockey Team will join us again as guest readers at the Baden and New Hamburg Branch Libraries. Players will connect with children by reading hockey books and other stories together one-on-one to promote literacy in our community.

Drop by the library before the event and pick up your "Face Off with the Firebirds" Game Sheet. Complete the "plays" on the game sheet before Nov. 27 for a chance to win some great prizes! Come out and read with the Firebirds!

For more information, contact the Baden Branch at 519-634-8933 or by email at [badenlib@regionofwaterloo.ca](mailto:badenlib@regionofwaterloo.ca). Up-to-date information is also available in the library Events Calendar at [www.rwllibrary.ca](http://www.rwllibrary.ca).

Chris Baechler,  
Assistant Supervisor, Baden Branch



Q. Why did Dracula go to the library?  
A. He wanted a good book to sink his teeth into!



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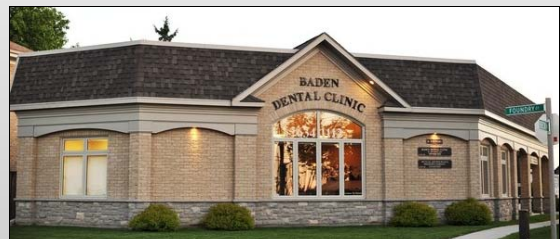
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# Baden ~ Our Town

The Baden Community Association had their community clean-up day on October 5<sup>th</sup>. Despite the gray damp day, a good crowd of 40 people showed up to help in the cleanup. Thanks to the Baden Optimists and Westhills Church who joined our clean-up team. About 20 bags of garbage were collected—cleaning up our town!! The barbeque that followed rewarded the volunteers for their time and energy.

The BCA, which has been in existence since March of 2012 with Barry Fisher as founder and Chairman, is happy with the group's development, but found it time to share the reins. Elections were just held and the group is happy to announce Maureen Edwards as the new Chairperson. She is committed and motivated to bring fresh new ideas to the group. Michelle Lang will be the co-chair, and Joanne MacCallum (Secretary) and Sonya Frank (Treasurer) will stay on at their respective positions.

Look for the bright green T-shirts on Halloween night as the BCA members take to the streets to keep our little ones safe. Future events for the group include helping out at the Baden Santa Claus parade and hosting a family day event at the Wilmot Recreation Centre.

The BCA meet the last Wednesday of each month at 7 p.m. in the basement of the Township Hall. We always welcome new members who want to contribute to their community.

Check us out on facebook – Baden Community Association or Baden Corn Fest.

See you on the streets of Baden this Halloween!



*Baden & District*  
CHAMBER OF COMMERCE

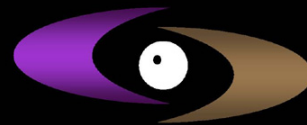
ESTABLISHED 1958

It's time to start planning your float for this year's Santa Claus Parade which is held on Saturday, December 7<sup>th</sup> at 1:30. It starts at the corner of Snyder's Road East and Sandhills Road.

For more information and to register your float please contact Eva at 519-572-6131 or Elaine at 519-634-5205



BCA members Matt Higgins and Chris Powell served up hotdogs and sausages to the hungry volunteers who joined in for the Baden clean-up event.



## BADEN EYECARE CENTRE

Dr. Sonya Frank, Optometrist



*Happy Halloween!*



### DID YOU KNOW?

Some people notice 'ghost'-like objects in their vision, spookily known as "floaters", that are actually bits of tissue moving around inside their eyeballs



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|---------------------------|-----------|-----------|
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|                           | Tuesday   | 9:00-6:00 |
|                           | Wednesday | Closed    |
|                           | Thursday  | 9:30-8:00 |
|                           | Friday    | 9:00-5:30 |
|                           | Saturday  | By Appt.  |

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# DRINK IT UP! OUR WATER IS CLEAN AND WELL MANAGED

We take our water for granted – whether it's a cold glass to drink, a nice hot shower, washing our clothes, watering our lawns, or a simple flush of the toilet. It is important to have fresh safe water available to us each and every day. The Baden Outlook recently met with two of the key people responsible for this. Gary Charbonneau (Director of Public Works for Wilmot Township) and Sean Montgomery (Utilities Foreman for Wilmot Township) gave us some insight into the workings of our water system in Wilmot Township.

Waterloo Region is responsible for the supply, disinfections, and storage of our water, while Wilmot Township is responsible for the distribution of the water, which also includes testing and maintenance of the lines. Each month, the region bills the township for the water and the township in turn bills citizens in Wilmot Township.

The distribution of water works on pressure, and since Baden is the highest point within Wilmot, they have the only water tower. New Hamburg has a reservoir at the bend in the road on Fairview Street. These two holding areas are filled each night so that there is a supply available for citizens in the communities.

All of our water comes from two locations. The wells are located on Walker Road near the Newburg Inn and on Bleams Road near Shingletown. The region runs these wells. There was a well located at the corner of Sandhills and Gingerich Road in Baden, but it was abandoned in the mid-90s due to high nitrate levels.

There are six full time employees in the utilities department for Wilmot Township. Their responsibilities include maintaining the lines, valves, and lift stations, repairing broken water mains during the dead of winter, installing the new radio read meters, and walking to the old meters to make visual readings. Their most important job is taking seven chlorine and bacterial samples twice a week that are sent to

the region for analysis by a third party lab. Results are given within 24 hours.

The water lines in Wilmot Township vary in ages and settlements. St. Agatha's water lines are only five years old while New Dundee's were upgraded in the mid-80s. Baden's older part of town was upgraded in the early 70s while New Hamburg's older areas vary from the 50s to the 70s. Petersburg has a privately owned system, and Mannheim and Shingletown are owned by Wilmot Township but operated by the city of Kitchener.

All of New Hamburg's and Baden's sewage is piped to a sewage treatment plant located on Haysville Road south of New Hamburg. There are four lift stations for waste water throughout the two settlements that will move the waste water. One such lift station is located on Charlotta Street in Baden.

The building on the east of Foundry Street just south of Gingerich, used to be a sewage treatment plant for Baden, but in 2001 was converted to a sewage pumping station. Baden's sewage runs in pipes along the south side of the 7&8 highway, cutting through Morningside under the Nith River where it meets up with a sewage line coming from New Hamburg. From there it travels south to the Haysville Road treatment plant.

Once again, the township is responsible for the collection of the sewage and the region is responsible for the treatment. Once the sewage is treated, it is sent down an oxbow and emptied out into the Nith River. The treated waste is cleaner than the Nith River water.

That is our water system in a nutshell. Thanks to Gary and Sean for all the information and be sure to look at the fast facts to the right of this article.

## WILMOT WATER NUMBER FACTS

The New Hamburg Reservoir capacity is 2180m<sup>3</sup>

The Baden Tank capacity is 5400m<sup>3</sup>  
And the average gallons used per day is 240,000 gallons /day

New Hamburg/Baden system has

- 68.2 km of water main
- 338 fire hydrants
- 636 water main valves
- 4200 water services

New Dundee

- 9.7 km of water main
- 89 water main valves
- 350 water services

St Agatha

- 3.75 km of water main
- 27 water main valves
- 150 water services

Mannheim

- 10.8 km of water main
- 80 water main valves

Shingletown

- 10.8 km of water main
- 18 water main valves
- Mannheim and Shingletown have 390 services combined

Operational plan has it totalled as

- 103.3km of water main
- 391 fire hydrants
- 850 water main valves



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## You Must Be Joking!!

The Real Laws of Nature—Sent by Robert Price



1. Law of Mechanical Repair - After your hands become coated with grease, your nose will begin to itch and you'll have to pee.
2. Law of Gravity - Any tool, nut, bolt, or screw, when dropped, will roll to the least accessible corner.
3. Law of Probability- The probability of being watched is directly proportional to the stupidity of your act.
4. Law of Random Numbers - If you dial a wrong number, you never get a busy signal and someone always answers.
5. Supermarket Law - As soon as you get in the smallest line, the cashier will have to call for help.
6. Variation Law -If you change lines (or traffic lanes), the one you were in will always move faster than the one you are in now.
7. Law of the Bath - When the body is fully immersed in water, the telephone rings.
8. Law of Close Encounters - The probability of meeting someone you know increases dramatically when you are with someone you don't want to be seen with.
9. Law of the Result - When you try to prove to someone that a machine won't work, it will.
10. Law of Biomechanics - The severity of the itch is inversely proportional to the reach.
11. Law of the Theatre & Hockey Arena - At any event, the people whose seats are furthest from the aisle always arrive last. They are the ones who will leave their seats several times to go for food, beer, or the toilet and who leave early before the end of the performance or the game is over. The folks in the aisle seats come early, never move once, have long gangly legs or big bellies and stay to the bitter end of the performance. The aisle people also are very surly folk.
12. The Coffee Law - As soon as you sit down to a cup of hot coffee, your boss will ask you to do something which will last until the coffee is cold.
13. Murphy's Law of Lockers - If there are only 2 people in a locker room, they will have adjacent lockers.
14. Law of Physical Surfaces - The chances of an open-faced jam sandwich landing face down on a floor, are directly correlated to the newness and cost of the carpet or rug.
15. Law of Logical Argument-Anything is possible if you don't know what you are talking about.
16. Brown's Law of Physical Appearance - If the clothes fit, they're ugly.
17. Wilson's Law of Commercial Marketing Strategy -As soon as you find a product that you really like, they stop making it.
18. Doctors' Law- If you don't feel well, make an appointment to go to the doctor and by the time you get there you'll feel better. But don't make an appointment, and you'll stay sick. This has been proven over and over with taking children to the pediatrician.

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## Wilmot Trails In Motion

Andrew Martin, who is working hard at developing the Wilmot Trails Master Plan, presented an update at the September 23<sup>rd</sup> Council meeting. All of the councillors were very happy with the content and possibilities that were brought forward. Trails are something that all Wilmot Councillors have made a priority and it is great to see the Wilmot Trails Master Plan take shape! Some of the ideas were only concepts, but here are some of the ideas and plans, focusing more on Baden, introduced to council.

The township believes in promoting a healthy lifestyle through physical activity and provides alternative ways to reach points of interest throughout the township. It was important to engage the community in choosing the path for trail development. The Trails Master Plan study was completed in four stages: background research and creation of existing conditions and base mapping; public consultation meetings and community engagement; analysis and general implementation guidelines; and finally, a detailed implementation plan (which is where we are at now).

Existing trails such as Petersburg Regional Forest, Walker Woods, Petersburg Crown Lands, the Avon Trail, Morningside Trail, and Christner Trail were all recognized as usable parts of the trail system. Next, public lands such as storm water management areas were considered as possible trail routes. Examples of this in Baden would be the storm water management pond to the east of Livingston Boulevard which

could connect the main intersection in Baden to Hammacher, the trail connecting Schneller Drive and Country Creek, and the creation of a continuance loop around the Samuel Foster Court storm water management pond for recreational use.

Other public lands in and around Baden include the Wilmot Recreation Centre woodlots which could open up a possible trail connecting Baden and the WRC within the next five year, and the Laschinger Woods trail which would link the WRC to New Hamburg. In essence, a person could travel from Baden to New Hamburg through a series of trails.

Other community connecting trails in Baden might include Schneller Drive to Elizabeth Street, Brewery Street to Foundry Street which would be a trail following the south side of Spring Creek utilizing the pedestrian bridge, and Wagler Avenue to Snyder's Road. Road allowances might be used in some occasions. Sir Adam Beck Park could be used as a trail system and also a loop around the Mill Pond. There might be other possibilities as time goes on!

One of the exciting concepts of the trail system is that it could be used through the summer months for hiking, cycling, or walking pets – but it could also be used in the winter months for cross country ski trails.

The township is still looking for comments on the Trails Master Plan. To see a full list of the trail possibilities throughout Wilmot Township visit [www.wilmot.ca/trails](http://www.wilmot.ca/trails)



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### Splash Pad Donor Levels Approved

Wilmot Council approved the corporate and service club donor levels for the Wilmot Splash Pad fund-raising committee on October 7th. They are as follows:

|             |          |                   |
|-------------|----------|-------------------|
| Ocean Level | \$60,000 | One available     |
| Sea Level   | \$25,000 | Two available     |
| Lake Level  | \$15,000 | Six available     |
| Bay Level   | \$8,500  | Six Available     |
| Pond Level  | \$1,500  | Fifteen Available |

Each of these levels come with specific entitlements. To find out about the availability of these donor packages please visit the website at [splashpad.wix.com/splashpadtowilmot](http://splashpad.wix.com/splashpadtowilmot)

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Child & Youth Programs ~ Fall 2013**



**For Children Grade 1 to 5**

**Kids Café** – Get Ready, Get Messy- Make some fun healthy snacks! The cost is just \$45. per 9wk session. First session begins in October at the Wilmot Rec. Complex. Pre –registration is required (there are still a few spaces available).

**Youth Programming for Grades 6 to 12**

**TFZ Youth Drop-in (New Hamburg)** – Thursday evenings from 4pm to 8pm at the “old” New Hamburg arena (251 Jacob St.). Drop-in re-opened October 3—admission is \$2 per visit .

**Youth Drop-in (St. Agatha)** – The second Tuesday of each month we will be at the St. Agatha Community Centre from 5:30 to 8:30pm. Drop-in! Bring your friends! Come out and enjoy supper, movie nights, board games, get creative... and more! A meal and a fun evening with friends \$2 per visit.

**Youth Drop-in (New Dundee)** – The second Wednesday of each month we will be at the New Dundee Community Centre from 5:30 to 8:30pm. Drop-in! Bring your friends! Come out and enjoy supper, movie nights, board games, get creative... and more! A meal and a fun evening with friends \$2 per visit.

For more information on any of these programs please email [cr4wfrc@bellnet.ca](mailto:cr4wfrc@bellnet.ca) or call Tina @ 519-662-2731 [www.wilmotfamilyresourcecentre.ca](http://www.wilmotfamilyresourcecentre.ca)

**Conversations about Parenting  
School Aged Children**

Parenting is one of the most important task that we will ever take on in life and yet no formal training is needed. Mark the last Tuesday of the month and meet together with other parents at Baden Elementary School, 6:30-8 pm, in the library (Children can join the FROG free play night in the gym). We'll provide coffee and tea and a speaker who will lead us through a discussion on a relevant topic. All you have to do is come. Topics could include: Keeping your children safe. How much and what kind of technology do children need? Helping your child manage and reduce stress.

Self care for parents, etc.

The first meeting will be Tuesday, October 29th.

(Sponsored by Third Space Connections. For more information contact Susan at [thirdspaceconnections.com](http://thirdspaceconnections.com) or at FROG on Tuesday evenings.)

Q. What does a ghost call his mom and dad?

A. His transparents.

Q. Why is it hard for a ghost to tell a lie?

A. Because you can see right through him.

Q. Why couldn't the skeleton cross the road?

A. Because he didn't have the guts.



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Please see the following website for more information. [www.genbukan.ca](http://www.genbukan.ca)

# LookOut Kids' Korner

Have a Spooktacular Halloween!



Q. Why did the mummy get a belly-ache?  
 A. Because he was GOBLIN his candy!

It's hard to not gulp down all those yummy sweet treats, but spare your tummy and teeth all that sugar! Too much sugar can also upset your sleep and concentration!

Check out some other ideas to do with all your loot!

- ☺ Donate it to the food bank for other children who didn't get to go trick-or-treating.
- ☺ Give some to Grandma and Grandpa with a love note!
- ☺ Freeze it for later!
- ☺ Let mom bake with it... toppings for cakes, pudding or cookies
- ☺ Save it to include with a gift
- ☺ Use it for parties, to decorate or to share.

## Halloween Word Jumble—

Try to unscrambled the jumbled letters to find some spooky characters!

Answers are at the bottom, but no peeking!

1. CHITW
2. STOHG
3. YUMMM
4. PAIRMVE
5. BLOGNI
6. FLOWEREW
7. RACULAD
8. HOLUG
9. STONEKLE
10. BOZIME



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It's important to realize that not all children enjoy Halloween. Some are truly afraid of masked characters, along with the spookiness that comes with the event. Be sensitive and never try to force the issue as it may even ramp up the fear. Don't tease or shame them but encourage that they are safe and let them choose the distance they keep from these ghoulish characters. You can help your shook-up child by respecting their reaction and following their lead.

Have a safe and happy Halloween!

1. WITCH
2. GHOST
3. MUMMY
4. VAMPIRE
5. GOBLIN
6. WEREWOLF
7. DRACULA
8. GHOUL
9. SKELETON
10. ZOMBIE



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A first grade school teacher had twenty-six students in her class. She presented each child in her classroom the 1st half of a well-known proverb and asked them to come up with the remainder of the proverb. It's hard to believe these were actually done by first graders. Their insight may surprise you.

1. Don't change horses — until they stop running.
2. Strike while the ——— bug is close.
3. It's always darkest before ——— Daylight Saving Time.
4. Never underestimate the power of ——— termites.
5. You can lead a horse to water but ——— how?
6. Don't bite the hand that ——— looks dirty.
7. A bird in the hand ——— is going to poop on you.
8. A miss is as good as a ——— Mr.
9. If you lie down with dogs, you'll ——— stink in the morning.
10. Love all, trust ——— me.
11. Where there's smoke there's ——— pollution.
12. Happy the bride who ——— gets all the presents.
13. A penny saved is ——— not much.
14. Two's company, three's ——— the Musketeers.
15. Don't put off till tomorrow what ——— you put on to go to bed.
16. Laugh and the whole world laughs with you, cry and ——— you have to blow your nose.
17. Children should be seen and not ——— spanked or grounded.
18. If at first you don't succeed ——— get new batteries.
19. You get out of something only what you — see in the picture on the box.
20. When the blind lead the blind ——— get out of the way.



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*...we hope we haven't missed anyone...  
thank you all!*



## Meet Matt Higgins, Baden Firefighter

By Teresa Brown

Some people find being busy stressful -- and for others, it can be exciting, fulfilling, and fun. This is the case for Matt Higgins, one of Wilmot Township's newest firefighters and a rookie at our Baden Station.

"I definitely enjoy being busy -- but I didn't know how busy I was going to be!" And he's right: since he joined the department in July of this year, Matt has responded to barn fires, car rollovers, flooding, and numerous medical emergencies.

But becoming a firefighter and helping others is what he's always hoped to be doing. "It's something I've always wanted to do, from when I was really, really young," he explains. "And I'd like to become a full-time firefighter, eventually."

Working toward that goal takes a lot of time and effort, and Matt is no exception. Currently he's a sheet metal mechanic foreman at Maple Ridge Mechanical, but he's completed the pre-fire course at Conestoga College and is applying to city departments.

In the meantime, being a firefighter in Baden is a particular dream come true.



Matt, his wife Ashley, and daughter Aynsleigh moved to Baden from Kitchener for two reasons: "because we love the town, and because the Baden Station is so busy -- it means I'll get lots of experience."

In his spare time (when he finds any!) Matt enjoys activities that take him outdoors. "Hunting, fishing, camping," he lists, "and I do a lot of volunteering." A member of the Baden Community Association, Matt is always willing to get out there and join in.

"I'm just thankful to be part of Baden Fire -- that's why we moved here. It's been a lifelong dream to be a firefighter," says Matt. Whether it's at an emergency or simply as part of his new community, he's sure to continue staying busy -- and of course, enjoying every minute.

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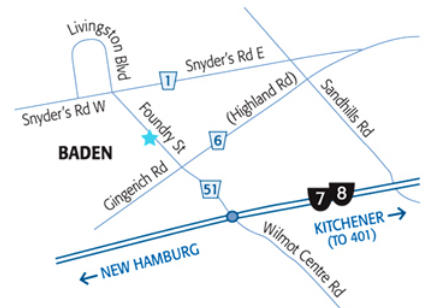


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## Baden Birding

"Christmas is coming and the geese are getting fat!" I guess I now owe you two apologies.

The first, obviously, is my mis-information I gave you in the article on Mourning Doves. As I wrote that article the law did not allow the hunting of Doves in Ontario – I checked the published Ministry of Natural Resources documents on-line. A day after publication it was announced that they were fair "game," in the true meaning of the word. If you recall the facts quoted about Mourning Doves, you would remember that a live adult has a mass of about ¼ pound. I would guess that the only really edible parts of a dove are the breasts, each of which must weigh less than one ounce. The new possession limit is 60 birds – about four pounds! Why, you may ask would someone spend money on bird shot for the shotgun? Let me remind you of two well-known phrases from songs we teach our children: "Four and twenty blackbirds baked in a pie," and "Alouette, gentille alouette, Alouette, je te plumerai", which translates to Lark, nice lark, Lark, I will pluck you." It seems we have a long time fascination with eating small birds. This is perhaps more easily understood from a starving peasant's point of view.

The second apology is for my reference to the nursery rhyme/Christmas Carol which predicts our feasting on geese (and perhaps, the odd turkey). We are barely into the autumn season but the birds know winter is coming! Check out the Goldfinches: they have lost their bright colours because breeding season is over. Blackbirds are gathering in flocks in preparation for



By Ken Quanz

migration. Many Hummingbirds have already left for warmer climes. More ducks and geese are flying in large, V-shaped flocks (although how many plan to go far is still a great question). Our own behaviour has changed.

People wear coats on days that would have had us wearing T-shirts in the spring. More blankets are on our beds, or the furnace is turned on to take away the early morning chill. We are filling our bird-feeders in the hopes of attracting our winter friends.

So, what will turn up for our seed and suet feasts this year? The usual suspects are already at the feeders: Black-capped Chickadees, Blue Jays, Cardinals, Downy Woodpeckers, Hairy Woodpeckers, Goldfinches, White-breasted Nuthatches, Red-breasted Nuthatches, Mourning Doves and House Sparrows seem to be numerous. Will we see the Crossbills and Redpolls that we had last year? Early indications would suggest that very few of the Northern irruptions will take place this year because of the abundant seed crop in the coniferous forests. Check out your own pines, spruces and cedars to see how much Gymnosperm (naked seed) food source is available this year. Many garden Angiosperm (fruiting plants, more commonly referred to as flowering plants) seed heads are available as well due to the wonderful growing season this past summer.

And so, our annual feeder watch comes around again. Have fun checking your feeders in the coming days and months.

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Everyone Enjoys Halloween!! ....at least we think they do! Dog Owners Dress up Their Pals!



Q. Why wasn't there any food left after the monster party?

A. Because everyone was a goblin!

Q. Why didn't Dracula have any friends?

A. He was a pain in the neck!

Q. What do you call a witch who likes the beach but is scared of the water?

A. A chicken sand witch.



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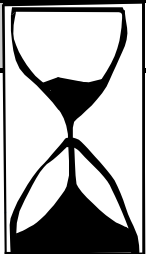
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## The Value of Time



To realize the value of a sister/brother  
Ask someone who doesn't have one.

To realize the value of ten years:  
Ask a newly divorced couple.

To realize the value of four years:  
Ask a graduate.

To realize the value of one year:  
Ask a student who has failed a final exam.

To realize the value of nine months:  
Ask a mother who gave birth to a stillborn.

To realize the value of one month:  
Ask a mother who has given birth to a premature baby.

To realize the value of one week:  
Ask an editor of a weekly newspaper.

To realize the value of one minute:  
Ask a person who has missed the train, bus, or plane.



To realize the value of one second:  
Ask a person who has survived an accident.

Time waits for no one. Treasure every moment you have. You will treasure it even more when you can share it with someone special.

To realize the value of a friend or family member:  
**LOSE ONE.**



## Healthy Back to School Tips

As a kid growing up, lunches seemed to be so much easier. Many of you may be surprised to learn that I would come home for lunch every day (because that's what we did back then) and I would eat four (yes, 4) peanut butter and honey sandwiches every day for lunch. I don't know where I put all that bread, I guess I always had a good metabolism; I was always active, playing outside, walking to and from school three times a day, plus extracurricular activities. I would think nothing of eating a half loaf of bread (and it was white bread back then) and a whole lot of peanut butter. I always said "peanut butter is a food group" because I had to eat some every day. Obviously I had no allergy to peanut butter and there was no health watchdog advising me not to eat the sugar-laden peanut substance or the high-glycemic bleached white bread. I liked it and I ate lots of it.

Today, we have many challenges that we did not have in years gone by. First, kids don't go home for lunch anymore; two, nutrition breaks do not provide sufficient time for the children to get home, eat and get back to school. Many families have two working parents and are not able to be home to provide nutritious lunches even if the children did have time to walk home; and third, most children are bussed to school which means they need to have snacks and lunches packed into a bag ready for consumption at school.

As a mother of four children and a nutritionist, I have developed a system to make this morning ritual as quick and painless as possible for all involved, while still providing a healthy lunch for my children and teaching them about healthy food choices.

I would like to share with you some of my strategies as it may help you on this journey as well.

- 1. Water:** Pure, clean, filtered or spring water should be the first thing you add to your child's lunch. Our bodies are 70 to 75% water and we need to drink plenty of clean water every day to stay healthy. Find a great re-useable BPA free or stainless steel water bottle that your child can pack every day.
- 2. Sandwich/Wrap:** I always make some kind of sandwich/wrap using the healthiest bread I can afford with no added sugar listed as an ingredient (Grainharvest and Ezekial are good choices). The sandwich can contain any meat they choose; however, I add low-fat cheese (under 20% MF) and greens (romaine, kale, spinach leaves). On occasion I will give them a treat - Soy Nut Butter and Raw Honey or banana. This base ensures they have the all important protein, calcium and greens for their growing bodies.
- 3. Veggies:** I wash and cut up some veggies, ones I know they like, and place them in a separate container; (carrots, cucumber, celery, sweet peppers, broccoli, cauliflower, snow peas, etc.) so I know they are getting at least 1 serving of veggies during the day.
- 4. Fruit:** I wash and cut up some fruit they love and place in

another container; apples, peaches, pears, plums, berries, are the best choices. High in soluble and insoluble fiber to keep their digestive system happy and they travel well in containers.

- 5. SuperFood Muffin!** On Sunday I bake 12 muffins with wholesome ingredients that the kids love and I know they will eat. I freeze them and pull one out every morning for each child and it is thawed by the time they go to eat it at school. These muffins are gluten free, egg free, nutritionally packed and delicious. Let me know if you would like my SuperFood Muffin recipe.
- 6. Trail Mix:** Sometimes kids just like to pick at food and chat with their friends so I make sure I always include some type of healthy snack food. You can make your own trail mix using ingredients from your cupboard: raisins, dates, goji berries, dried coconut, pumpkin seeds, sunflower seeds, or send dry organic gluten free cereals for them to munch on.

In this day and age of convenience foods, it is really challenging to prepare fresh foods for our children's lunches. Making up and placing their lunch in the bags the night before is an option. Place the whole lunch bag in the fridge overnight for a quick grab and go in the morning. Or if you have time, prepare fresh in the morning.

Keep your kitchen stocked with these healthy foods and avoid the temptation to use pre-packaged foods that are deficient of any nutritional value or loaded with additives and preservatives overloading their little bodies with toxins. Do I wash more dishes at night, YES, absolutely; using all these little containers makes for a lot of dishes at night for our family of six; however, the benefits of feeding my kids whole foods far outweighs the extra time I need to spend doing dishes at night time. I challenge you to try and incorporate some of these strategies this week; plan ahead and feed your children the best food you possibly can!

## Eat Healthy to Be Healthy

**Disclaimer:** Individual articles are based upon the opinions of this author, who retains copyright. This information is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Heather McKague-Bandl, ROHP, RNCP. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

## Heather McKague-Bandl

ROHP, RNCP, Orthomolecular Nutritionist

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Did you ever stop to think about the value of what we call "Little Minutes"?



Often we don't start something because we don't think we have "enough" time. I challenge you to work on a new mindset!

Think about what you could do during the commercials of your favourite TV show..... how about empty dishwasher, tidy the kitchen table or switch the laundry from the washer to the dryer.

Have a mental list of "5 minute tasks" you could do when you are waiting for somebody to arrive to pick you up.

- make an appointment
- water plants
- sew on a button
- write a note
- address a birthday card

We won't save time by looking for it in large blocks....we need to look for it in small pieces instead.

If we save 30 sec. every 5 minutes, by the end of the day we have an hour—that is pretty significant—and a good motivator to make best use of our "little minutes."

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



Joyce and Bill MacDonald took their Outlook to the Caledonian Canal in Fort Augustus, Scotland.



Donna and Bob Grigg of New Hamburg and Kathy and Mike Tovey of Milton took their Outlook to Branson, Missouri and had their picture taken with The Twelve Irish Tenors.

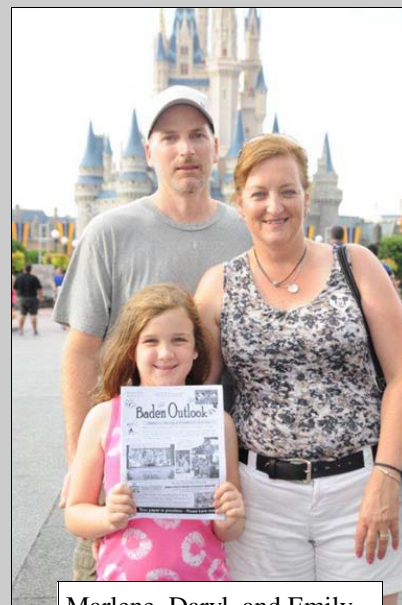


The Baden Outlook went to Sturgeon Lake for a few days of GOOD fishing (as you see) while visiting at Bob and Sharon Dietrich's cottage.

Left to right : Ron Weber, Walter (Lodge) Grygaski, Bob Dietrich, and Alvin Sararas.



Garth and Arden Linton took their Baden Outlook to Cape Spear, Newfoundland , the most easterly point in North America.



Marlene, Daryl, and Emily Hahn took their Baden Outlook to Magic Kingdom at Disneyland, Orlando.



Karen Weber  
Owner/  
Consultant



Traci Jutzi  
Consultant



Kristina Ziegler  
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Ashlyn Schmidt celebrated her ninth birthday in style, wearing a tiara and dancing with her friend Pat at Nith River Campground. It was an evening of fun with an "Elvis" impersonator.



These Destin, Florida Snowbirds held their Annual Golf Tournament at the Tavistock Golf Course. Following their game, they took their Baden Outlooks for a great dinner at the Waterloo Arms!



Jalyssa Steinmann went to Lugo, Galicia, Spain, through a program called Children's International Summer Village. Jalyssa travelled with four 11 year olds from London, Ontario, and represented Canada as a delegation. Shown are the leaders from Spain: Emma, USA; Joey, Great Britain; Corrie and Jalyssa from Canada. Jalyssa taught lessons and activities about Human Rights, Diversity, Conflict Resolution, and Sustainability and Development.



Douglas Nichols, Carol Nichols, Lyn Heath and George Heath took their Baden Outlook and leaned into the mood at Pisa, Italy.

At Michigan International Speedway the Outlook is proudly displayed with the NASCAR race car and Mike and Cathy Bossenberry



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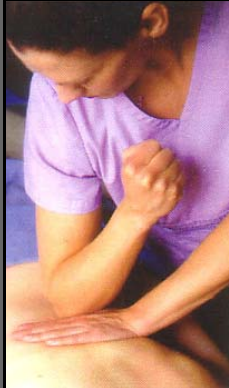
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### Notice

#### Emmanuel Lutheran Cemetery/Petersburg

Emmanuel Lutheran Church has submitted by-laws to the Registrar of the *Funeral, Burial and Cremation Services Act, 2002*.

Any interested parties may contact Karin Demerling at (519)634-8346 for information, or to make copies.

By-laws or amendments may be reviewed or copied at 31 Alice Cres. Petersburg ON.

These by-laws are subject to the approval of the Registrar, *Funeral, Burial and Cremation Services Act, 2002*.

[Tel: Cemeteries Regulation Unit (416)326-8399]

# UNDERSTANDING NECK PAIN

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

Neck pain is a widespread experience among the general population, with 30-50% of adults reporting pain symptoms at any given time. Once an episode of neck pain happens, most individuals will find it is a persistent or recurrent condition. The purpose of this article is to outline our current scientific understanding of neck pain.

The *cause* of neck pain is usually multi-factorial, meaning that there is usually no single cause. Factors such as overall physical and mental health, along with work and daily activities are just a few factors that can contribute to the development of neck pain. Most causes are not the result of serious injury or disease.

*Neck pain* can affect people in different ways and *is usually classified into the following categories:*

**GRADE 1:** Neck pain with no signs or symptoms suggestive of major structural pathology, and little or no interference with daily activities.

**GRADE 2:** Neck pain with no signs or symptoms suggestive of major structural pathology that limits daily activities.

**GRADE 3:** Neck pain with no signs or symptoms suggestive of major structural pathology, with presence of neurologic signs of nerve compression (i.e. radiculopathy or "pinched nerve") and may include pain, weakness and/or numbness in the arm.

**GRADE 4:** Neck pain with signs or symptoms suggestive of serious structural pathology (i.e. tumor, fracture, infection, systemic or visceral disease).



*Evaluation of neck pain* should include a proper medical history, along with a physical examination consisting of inspection, range of motion testing, and palpation for tenderness, along with strength, neurological, orthopaedic and functional testing. Diagnostic tests such as x-rays, CT or MRI scans are

only required in a minority of cases.

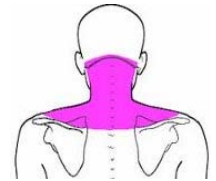
The majority of neck pain is classified as Grade 1 or 2. There is scientific evidence to support the following *treatments for*

*Grades 1 and 2 neck pain: education, exercise, mobilization, manipulation, acupuncture, soft tissue therapy, and analgesics.* Conservative treatment of Grade 3 neck pain should proceed with caution. The majority of Grade 4 neck pain will require specialty medical management.

Due to the persistent and recurring nature of neck pain, individuals need to have realistic expectations when addressing their symptoms as pain relief is often modest and short-lived. The scientific literature does not identify any "best" treatment that is effective for everyone. *Trying a variety of therapies or combination of therapies may be required* to find relief and help manage neck pain. It is important that individuals play an active role in managing their symptoms by participating in their usual daily activities as tolerated, exercising, and reducing mental stress.

Most people can expect to experience some neck pain in their lifetime that may or may not limit daily activities. For those with neck pain that may be interfering with their activities of daily living, a qualified health professional can prescribe appropriate conservative therapy, rehabilitation and self-management strategies specifically for your circumstance. For more information, visit [www.nhwc.ca](http://www.nhwc.ca).

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



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- ~Going out is good. Coming home is better!
- ~You forget names, but it's OK because other people forgot they even knew you!!!
- ~The things you used to care to do, you no longer care to do, but you really do care that you don't care to do them anymore.
- ~You sleep better on a lounge chair with the TV blaring than in bed. It's called "pre-sleep."
- ~You miss the days when everything worked with just an "ON" and "OFF" switch.
- ~You tend to use more 4 letter words ..."what?", "when?"
- ~You used to save that special shirt or expensive perfume for a special occasion. Now you wear it every day, because today is special!
- ~You notice everything they sell in stores is "sleeveless."
- ~What used to be freckles are now liver spots.
- ~Everybody whispers.
- ~You have 3 sizes of clothes in your closet, 2 of which you will never wear.
- ~But Old is good in some things: Old Songs, Old movies, and best of all, OLD FRIENDS!!

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The Little Ball ~ A Bit of 'ol Arizona humour.



An old cowboy walks into the barbershop for a shave and a haircut and he tells the barber he can't get all his whiskers off because his cheeks are wrinkled from age.

The barber gets a little wooden ball from a cup on the shelf and tells the old cowboy to put it inside his cheek to spread out the skin.

When he's finished, the old cowboy tells the barber that was the cleanest shave he's had in years. But he wanted to know what would have happened if he had swallowed that little ball.

The barber replied, "Just bring it back in a couple of days like everyone else does".



*Submitted by Robert Price*

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





It's that time again, people. Winter is coming (cheers for Game of Thrones!) and we need to tackle some gardening tasks before the snow flies. Here are ten things you can do this autumn to get your flower beds and landscape clean and tidy.

**1 - Gather Your Leaves for Mulching**

Leaves are like gold for your garden. Use them as an inexpensive and fully organic mulch on your plants and trees. Smaller leaves work best, so gather the castaways from your birch, ginko, and beech trees. Shred larger leaves to allow for quicker decomposition.



**2 - Divide and Conquer**

Dig out large clumps of perennials like hostas, daylilies and summer phlox and divide to spread the love. Use a clean, sharp knife or spade on the hostas and phlox. Daylilies generally come apart by hand, but be gentle.

**3 - Consider the Wildlife**

It's a hot topic for horticulture debate, but many gardeners avoid cutting down perennials with existing seed heads in order to provide food for birds and other winter wildlife. These stark plants also provide visual interest in your garden throughout the long winters. Other gardeners clean their beds up completely, and the flocks hang out at the neighbours. Think about what you prefer and cut down accordingly.

**4 - Collect Herbs**

Dry your own herbs for delicious flavouring all year long. Snip your basil, oregano, thyme, and whatever else your herb garden grows and hang to dry. This is best done in September, but you may find some growth in your bed this month.

**5 - Trim the Grass Around Trees**

Avoid creating a comfy nest for pesky rodents by trimming long grass around your trees, shrubs and outdoor buildings. Check your foundation while you're at it and remove any organic build-up.

**6 - Rip Out Annuals**

Again, not all gardeners agree on this practice. Expert advice varies from source to source, but many suggest pulling out spent annuals once we've "enjoyed" a heavy frost. This cuts down on surprises in the spring and leaves your flower beds looking clear and tidy.



**7 - Gather the Tender Bulbs**

October is the month to dig out canna lilies, gladiola and dahlia. Move these tender bulbs from the garden and wrap in moist newsprint or other material for storage in your basement or other dark, cool space.

**8 - Get Rid of Disease**

Inspect your garden for diseased plant material and remove the foliage and stems where necessary. Be sure to avoid placing this material in your compost. The garbage can or fire pit works best.

**9 - Clean Up Fallen Fruit and Veg**

Yellow jackets have swarmed our lawn this autumn, feasting on the fallen pears that litter our grass. Avoid these buzzing menaces by cleaning up fallen fruit and veg. Early mornings provide the best time for this task.

**10 - Pull Weeds and Other Undesirables**

What is a weed? Any plant that you don't want in your garden should be cut down and pulled out now to avoid further spread. If they've already gone to seed, be prepared to join battle again next year. But clearing up the existing weeds makes sense at any time.

These (and many other) tasks will help your landscape get ready for winter. Above all, enjoy the beautiful weather and capture a few more rays of sunshine.



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## Laymen's Ten Commandments

Someone has written these beautiful words. Try to understand the deep meaning of them. They are like the ten commandments to follow in life all of the time!

- 1] Prayer is not a "spare wheel" that you pull out when in trouble, but a "steering wheel" that directs the right path throughout the journey.
  - 2] So why is a car's WINDSHIELD so large and the Rear View Mirror so small? Because our PAST is not as important as our FUTURE. So, Look Ahead and Move On.
  - 3] Friendship is like a BOOK. It takes a few minutes to burn, but it takes years to write.
  - 4] All things in life are temporary. If going well, enjoy them, they will not last forever. If going wrong, don't worry, they can't last long either.
  - 5] Old Friends are Gold. New Friends are Diamond. If you get a Diamond, don't forget the Gold, because to hold a Diamond, you always need a Base of Gold!
  - 6] Often when we lose hope and think this is the end, GOD smiles from above and says, "Relax, it's just a bend, not the end!"
  - 7] When GOD solves your problems, you have faith in HIS abilities; when GOD doesn't solve your problems HE has faith in your abilities.
  - 8] A blind person asked St. Anthony: "Can there be anything worse than losing eye sight?" He replied: "Yes, losing your vision!"
  - 9] When you pray for others, God listens to you and blesses them, and sometimes, when you are safe and happy, remember that someone has prayed for you.
  - 10] WORRYING does not take away tomorrow's TROUBLES, it takes away today's PEACE.
- Live simply, Love generously, Care deeply, Speak kindly and, Leave the rest to God.

*Email submitted by Jean Cook*

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**Brain Teaser:** Can you answer all seven of the following questions ... With the same word?

1. The word has seven letters....
2. Preceded God....
3. Greater than God...
4. More Evil than the devil...
5. All poor people have it...
6. Wealthy people need it...
7. If you eat it, you will die.



*Submitted  
 by Robert Price*

Did you figure it out? See answers on page 33

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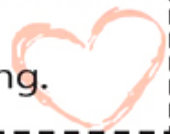
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*What's the Scoop on the Jack-O-Lantern?*

THE NAME "jack-o'-lantern" is of British origin and dates from the 17th century, when it literally meant "man with a lantern" (e.g., a night watchman). Over time, "jack-o'-lantern" became the popular term for a homemade object also known as a turnip lantern, defined as a lantern made by scooping out the inside of a turnip, carving the shell into a rude representation of the human face, and placing a lighted candle inside it. It wasn't until Irish immigrants brought the custom of carving jack-o'-lanterns to North America that the more commonly available pumpkin came to be used for that purpose, and not until the mid-to-late 19th century that pumpkin carving became a Halloween staple.



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## Baden Outlook Baseball Pool Stats

| Place | Name             | PTS | Place | Name               | PTS |
|-------|------------------|-----|-------|--------------------|-----|
| 1     | Jeff Schmidt     | 355 | 31    | Homer Zaplenty     | 319 |
| 2     | Dave Riddoch     | 345 | 32    | Claire Gingerich   | 319 |
| 3     | Mitchell Mueller | 343 | 33    | Ernie Faulhafer    | 319 |
| 4     | Bryce O'Farrell  | 339 | 34    | Mark Struth        | 319 |
| 5     | Elias Bizony     | 338 | 35    | Alex Wagler        | 318 |
| 6     | Kristina Ziegler | 336 | 36    | Bruce Litwiller    | 318 |
| 7     | Dani Erb         | 332 | 37    | Hannah Litwiller   | 317 |
| 8     | Joe Simas        | 330 | 38    | Tara V.            | 317 |
| 9     | Rhonda Egerdee   | 330 | 39    | Burt Bizony        | 316 |
| 10    | Eric Hodgson     | 329 | 40    | Nancy Livingston   | 316 |
| 11    | Cheryl Erb       | 329 | 41    | Don Becker         | 316 |
| 12    | Carol Gascho     | 328 | 42    | Dianne Gingerich   | 316 |
| 13    | Brad Egerdee     | 328 | 43    | Lukas Pickard      | 316 |
| 14    | Heather Dubrick  | 327 | 44    | Kristy Schmidt     | 314 |
| 15    | Rob Schmidt      | 327 | 45    | Sydney Helmke      | 314 |
| 16    | Norma Weiler     | 325 | 46    | Dave Miles         | 313 |
| 17    | John Jokic       | 325 | 47    | Kim Devison        | 313 |
| 18    | Nadine Evans     | 325 | 48    | Mike Pajot         | 312 |
| 19    | Colton Cobean    | 325 | 49    | Michelle Ruston    | 311 |
| 20    | Steve Hardman    | 324 | 50    | Sheri Morrison     | 310 |
| 21    | Bonnie Jokic     | 323 | 51    | Jeremy Price       | 310 |
| 22    | John Papa        | 323 | 52    | Patty Ann          | 310 |
| 23    | Michelle Roth    | 322 | 53    | Ray Bilton         | 309 |
| 24    | R. Westfall      | 321 | 54    | Dave Randerson     | 308 |
| 25    | Jean Cook        | 321 | 55    | Rob Litwiller      | 308 |
| 26    | Bethany Roorda   | 320 | 56    | Beth Martin        | 307 |
| 27    | Darren Roorda    | 320 | 57    | Charlie Bain       | 306 |
| 28    | Len Rempel       | 320 | 58    | John Bain          | 306 |
| 29    | Bob Wilson       | 319 | 59    | Brittany Schmearer | 305 |
| 30    | Steve Vickers    | 319 | 60    | Mackenzie Wilde    | 305 |



**Congratulations to  
Jeff Schmidt taking the Year  
End Leader Prize for this  
season's Baseball Pool,  
winning a gift certificate from  
Jake & Humphreys' and a  
Baden Outlook coat.**

**The leader of the October pool is  
Bryce O'Farrell, winning a gift  
certificate from EJ's Tavern of Baden.**  
*(remember Jeff, Dave and Mitchell—  
you can only win the monthly leader prize once)*

**The lucky random draw winner is  
Ken Schmidt winning a  
Baden Outlook shirt.**




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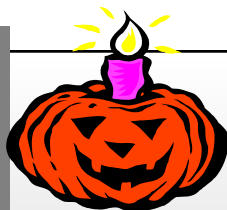
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A little boy got lost at the YMCA and found himself in the women's locker room. When he was spotted, the room burst into shrieks, with ladies grabbing towels and running for cover. The little boy watched in amazement and then asked, 'What's the matter, haven't you ever seen a little boy before?'




Hello sports fans — Thanks for playing hockey with us! There are 316 adults and 71 kids entered 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. To view both pools, you must log out of one to get into the other. The top entries will be listed. Have Fun and Good Luck!





### Saturday Night at the Movies

Featuring ~ The Confession a sequel to The Shunning by Beverley Lewis ~ In view of the fact that these movies are very popular, and seating capacity is limited, the movie will be shown on two consecutive Saturday nights – October 19th and 26th at 7:00 p. m. Admission by donation. However, registration is required. To reserve your seat, please call (519) 584-7089 or (519) 634-8963 prior to October 18th.

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### New Baden Book Club Forming ~ Please Join Us!



We meet the 4th Thursday of the month at the Baden Library. Next meeting is October 24, 7 pm. To learn more about the book club call Dorothy (519-634-8779) or Susan (519-214-0247).

### SCRAPBOOKING IN THE COUNTRY

Come and join us for a day full of fun and fellowship at Zion Lutheran Church, Philipsburg Saturday, October 26 - 9 a.m. to 9 p.m.

Lunch, Dinner and all day Snacks provided.

Prizes throughout the day / \$50.00

Contact Tammy Doering at 519-742-2420 or Tammydoering@sympatico.ca for tickets.

### Proceeds to National Service Dogs

(National Service Dogs is a non-profit agency that raises and trains dogs to assist children with Autism as well as Veterans with Post-Traumatic Stress Disorder)

Holy Family Parish CWL Bazaar  
329 Huron St. New Hamburg

Saturday November 16, 2013  
11:00 a.m. to 2:00 p.m.

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

### Join us... *Baden Girls Club*

Where old friends and new friends meet ~  
Doing Crafts and Having Fun!

Meetings are held every third Tuesday of the month from 7-8:30 p.m. at Wilmot Mennonite Church 2995 Bleams Road, New Hamburg

All Young Ladies (Grades 3-8) are Welcome!  
~ And please bring a friend along too!

For more information please contact Marcia (519)634-5960

FREE / NON DENOMINATIONAL [wilmotmennonite.ca](http://wilmotmennonite.ca)

### SHANANIGANS ~

The Best of Irish, Scottish & East Coast Celtic Rock

Coming to St James Lutheran Church, 66 Mill St., Baden

Friday Evening ~ November 15<sup>th</sup> at 7:30 p.m.



Minimum donation of \$6.00 per person

Refreshments to follow  
Contact number 519-634-8904

### Annual Christmas Bazaar

St. James Lutheran Church  
66 Mill St. Baden Ontario

Saturday Nov. 30<sup>th</sup> ~ 10:00 a.m. – 1:30 p.m.

Christmas Cookies, Bake table, Crafts, Vendors, Santa's raffle table, Face painting, Chili and a Bun for lunch. Take out available! Horse drawn Wagon Rides by Riverside Acres. Contact number 519-634-8904

Making a blood donation this fall helps ensure an adequate supply for patients. Bring a friend or family member to donate with you!

Baden/New Hamburg Blood Donor Clinic

Monday, October 28

1:30 p.m. – 7:30 p.m.

Waterloo Oxford District S. S.

Walk-in's welcome!

Book your appointment to save a

life: [www.blood.ca](http://www.blood.ca)  
1 888 2 DONATE  
(1-888-236-6283)



**Another Cool Move**

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

The Optimist Club of New Hamburg Presents

## JimmyG's Live Hypnotic Comedy Show

Enjoy a fun-filled evening of clean, hilarious fun with JimmyG the Hypnotic Comedian, as he thrills and entertains you!

All proceeds donated to Wilmot Splash Pad

BRING a  
**Splash Pad**  
to WILMOT!

Tickets \$35 each

tickets can be purchased at **ReNu** 251 C Huron St.  
Health & Wellness New Hamburg  
from any Optimist member, or by calling 519-662-2623

Friday November 1st @ 8pm

Doors open @ 7:30pm

New Hamburg Arena / Community Center  
251 Jacob St. New Hamburg



No 000 ticket design by Social Me

Complimentary Wine ~ Cheese and Crackers

## Ladies' Night is Fun and Festive!

Bring a friend and stroll around down town New Hamburg on Ladies' Night, Tues. Nov. 5th.



The stores of New Hamburg will be open late, from 6 to 9 pm, to unveil their Christmas displays. Each store will have its own specials or give-aways. Follow the path of lit Christmas trees to the doors of the local shops.

Have dinner early at your favourite New Hamburg restaurant and stay to enjoy the shops. Find that perfect Christmas gift for someone on your list, or that perfect something for your home! You can get many things locally you need for yourself, your family, or friends.

When you shop local it helps our community. See you at Ladies' Night - Tues. Nov. 5th, from 6-9 pm.

## EMPTY BOWLS FOR HAITI

Ontario potters donate the bowls.  
Local restaurants and organizations donate the soup.

You donate \$25, eat the soup and take home a beautiful bowl.

Most importantly, you have the opportunity to support sustainable change in Haiti.

Saturday, October 19, 2013

Steinmann Mennonite Church

1316 Snyders Rd. W., Baden

Directions at [www.dundeepottery.ca](http://www.dundeepottery.ca)

Seatings at 5:00 and 7:00 p.m.

Make cheques payable to MCC Haiti

FOR TICKETS CALL:  
519-696-2484 Dundee Pottery  
or 519-662-2066

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## An evening of fun and fellowship... All-you-can-eat SPAGHETTI SUPPER Bolivian Mission Trip Fundraiser

Yummy Dessert Auction



Great Raffle and Silent Auction Items

ADVANCE TICKETS—\$10.00

CHILDREN 5-10—\$5.00

KIDS UNDER 5—FREE

Available from: 519-662-4444

BRING YOUR FRIENDS AND COME ENJOY A FUN EVENING WHILE SUPPORTING A TEAM GOING TO HELP THE "NINOS CON VALOR" MISSION IN BOLIVIA IN JANUARY.

Tuesday, October 22, 2013  
Dinner is served from 5:30 - 7:30 p.m.  
Desserts auctioned periodically.

Silent Auction and Raffles  
close at 8:00 p.m.

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Rev. Wayne Domm  
Pastor Greg Mills

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9 & 11 AM

SUNDAY SCHOOL  
9:15 AM

CHILDRENS  
WORSHIP  
11:15AM



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With us 9:30 a.m.



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

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www.wilmotmennonite.ca



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LUTHERAN CHURCH**

(Member of Lutheran Church-Canada)

1716 Snyder's Road East  
Petersburg, Ontario  
519-634-5511

www.petersburgchurch.org

**Worship Service: 9:30 AM**

Sunday School, Bible Study, Youth Group, Women's Group,  
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**SHANTZ MENNONITE CHURCH**  
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**Everyone Welcome!**

Intergenerational Worship Service - 9:30 am  
Christian Education - 11:00 am

Community Bible Study, Various Worship Styles,  
Kid's Club, Junior & Senior Youth Groups,  
Vacation Bible School, Other programs for all ages  
Activities for all Ages



**SUPPORTING IN FAITH ... EXTENDING IN PEACE**

Phone: 519-634-8712 Email: office@shantzmc.com Pastor: Don Penner



**Steinmann Mennonite Church**

1316 Snyder's Rd. W. (at Nafziger Rd.), Baden

LOGOS - Gr. 1-12, Wed. 5:25 p.m.

Youth Group - Friday 7:30 pm

Young Adult and Adult groups

Worship: Sunday, 9:45 a.m.

Sunday School: Preschool - Adult, 11:00 a.m.



519.634.8311

www.smchurch.ca.

**ST. JAMES LUTHERAN CHURCH**

66 Mill Street, Baden ON

519-634-5191 www.stjamesinbaden.org

Pastor Joanna Miller

Sunday Worship 9 am / Sunday School.

Nursery care provided.



"To serve Christ by supporting local and global  
communities in a loving Christian spirit."



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

**We're on the Web!**  
Visit [www.badenoutlook.com](http://www.badenoutlook.com)

## Funny Church Signs Sure to Get Your Attention!





## “Seek peace and pursue it” (Psalm 34:14).

At the heart of the Mennonite Central Committee values are peace and justice. As an organization, we seek to live, serve, and promote justice and peace-building through different programs.

For instance, in Indonesia, groups work together in an effort to recycle spoiled fruit and turn it into cooking fuel. They are building relationships of trust and respect for each other, bringing justice and harmony to communities.

South Sudan, a country affected by decades of civil war, is working on building trust as a key part of rebuilding communities. These are courageous efforts to work for peace and reconciliation in a place affected by years of violence.

These are just a few examples of how peace-building is impacting and transforming different communities by helping to break down stereotypes and discrimination. Imagine a world without war and violence; where there are enough resources for everyone, everywhere.

As Remembrance Day approaches, we encourage you to think about peace and the different ways you can help to promote peace. For more information on MCC Canada peace projects visit <http://mcccanada.ca/peace/peacesunday>

You can also pick up a peace button at the New Hamburg Thrift Centre to wear instead of (or in addition to) a poppy to spread the message of peace this Remembrance Day.

**“To remember is to work for peace”**

## New Hamburg Thrift Centre

41 Heritage Drive

New Hamburg

tel: 519-662-2867

[www.newhamburgthrift.com](http://www.newhamburgthrift.com)



### Spread the message of PEACE this Remembrance Day

Wear a *peace button* instead of, or in addition to, a poppy.

**Buttons available in the store.**

For more information about Ontario programs visit, <http://mcco.ca/peace>



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

## Ask Armand ~

*Neil from New Hamburg asks:* “Was linseed oil the only thing produced at the Dominion Linseed Oil Company?”



*Armand says:* J&J Livingston founded the firm in 1868. Linseed oil, which was used for a variety of reasons including oil based paints, was originally a by-product. The plant was started for the manufacture of fibre for linen - the by-product became the principle product. There was no linseed oil company in Canada at the time and upon incorporation it became the Dominion Linseed Oil Company. The company's property included the foundry formerly owned by Jacob Beck. In this foundry there was a ten-ton press which pressed the oil from the flax seed for years.

### Answer to Brain Teaser from page 26

**NOTHING!**



NOTHING has 7 letters..  
NOTHING preceded God.  
NOTHING is greater than God.  
NOTHING is more Evil than the devil.  
All poor people have NOTHING.  
Wealthy people need NOTHING.  
If you eat NOTHING, you will die..



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# Cook's Corner

Apples, hearty root vegetables, and sweet toppings are feel good foods! Be sure to give these recipes a try. The caramel dip can be used to dip apples and other finger fruits, dip pretzels, or drizzle over ice-cream. The apple crisp recipe can be altered by adding other fruits like blueberries or raspberries.



## Yummy Apple Crisp

6 medium baking apples  
 1/4 to 1/2 cup (50 to 100 g) granulated sugar, depending on tartness of apples  
 1 teaspoon ground cinnamon  
 1/4 teaspoon ground nutmeg

For the Topping:

3/4 cup (105 g) all-purpose flour  
 3/4 cup (65 g) rolled oats  
 1/2 cup (100 g) sugar  
 (option: combine 1/4 cup brown sugar + 1/4 cup granulated sugar)  
 1/2 cup (115 g) butter, melted (1 stick)

Heat oven to 350 degrees F (177 C).  
 Butter a 9-inch (23 cm) square (or 2-quart) baking dish for 30 minutes.

## Sweet Curried Squash / Pumpkin Soup

1 tablespoon olive oil  
 1 medium onion, chopped  
 1 clove garlic, crushed  
 2 teaspoons curry powder  
 1/2 teaspoon salt  
 2 cups chicken broth  
 1 chopped butternut squash or (15 ounce) can pumpkin  
 2 cups milk (nut or rice milk works well for those intolerant to dairy)  
 1 tablespoon maple syrup

Directions: Heat olive oil over medium heat and saute onion and garlic. Stir in the curry powder and cook for one minute. Add the broth and squash, bring to a simmer, and cook uncovered for 20 minutes. Stir in milk, then puree squash with hand blender when tender. Stir in maple syrup, and serve!

## Cathy's Favourite Caramel Dip

1/2 cup salted butter  
 1 1/2 cups brown sugar  
 3/4 cup light corn syrup  
 1 can (14 ounces) sweetened condensed milk  
 1 teaspoon vanilla

In a medium saucepan, melt butter over medium heat. Add the brown sugar, corn syrup, and sweetened condensed milk, stirring to combine. Stir constantly until mixture comes to a light bubbly boil. Remove from heat right away and add the vanilla. Stir to combine. Serve warm or at room temperature with apple slices and pretzels or drizzle over ice cream.

Don't let the caramel come to a full, rolling boil —let it get nice and bubbly and then take it off the heat. It will get too hard and thick to scoop if you cook it too long.



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- \* Headache/migraine control (related to TMJ)

## Thanks to our very generous community!!!

Interfaith Community Counselling Centre (ICCC) has seen increasing need for counselling for children, families, and couples. ICCC is very grateful to the community for their kind donations as the proceeds provide individuals, who couldn't otherwise afford counselling services, the opportunity to access support. Your support has a positive impact on the work we do in the community.

Special thanks to our community partners for hosting fundraisers and donating proceeds to Interfaith. Thank you also to all those who participated in New Hamburg McDonald's McHappy Day, Erb Group of Companies Golf Tournament, W.O. Magazine Fundraiser, New Hamburg Classic Road Race, and Nith Valley Mennonite Church Canada Day Brunch, Ford Test Drive and Baden Public School Free Skate. Your participation has directly contributed to increasing emotional wellness of our community.



## Volunteer Opportunities

We have exciting and rewarding volunteer opportunities at ICCC:

Office Support  
Marketing and Promotions Committee  
Finance Committee  
Silent Auction Committee

Strategic Planning Committee  
Board of Directors  
Ladies Night Out Committee  
Website Design

**For more information on how we can help you give back to your community please call us at 519-662-3092 ext 101**



Jamie McQuay, Paula Clements (ICCC) with Dwight Brennehan of Expressway Ford



Roland Wolff (Erb) & Lisa Akey (ICCC)



### BEREAVEMENT SUPPORT PROGRAM

*A safe and supportive environment for individuals facing loss*

#### Connections Adult Support Group

An 8 week support group for those who have experienced loss.

Start Date: Monday October 7th, 2013  
Weekly  
from 6:30pm to 8:00pm

At the:  
**Zion United Church**  
215 Peel Street  
New Hamburg, Ontario  
N3A 1E7

Registration open until October 21st 2013

This program is available to participants free of charge thanks to the proceeds from the 8KM New Hamburg Classic Race and Sponsored by Mark Jutzi Funeral Homes



**Register at**

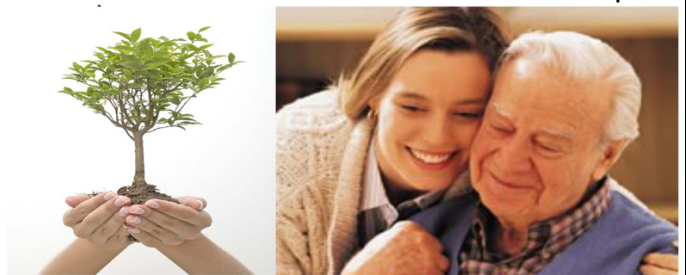
519 662-3092  
or  
interfaith@golden.net

*ICCC strengthens the fabric of our community by equipping individuals, couples and families to realize emotional wellness and triumph over life's challenges*



## Caregiver Support Workshop

*A safe and supportive environment for family members and professionals to gain strategies to balance self care and the care for those in need*



#### Your Role as a Personal Caregiver

Wednesday October 23rd from 2:00pm to 4:00pm

#### Professional Caregiver

Wednesday November 13th from 7:00pm to 9:00pm

**Location for both workshops are at the Active Living Centre at the Wilmot Recreation Centre**

#### Contact for Further Information and to Register

519-662-3092 or interfaith@golden.net

**Sponsored by the New Hamburg Lioness Club**



*ICCC strengthens the fabric of our community by equipping individuals, couples and families to realize emotional wellness and triumph over life's challenges*

This Advertising Space is Sponsored by Expressway Ford



# Baden Minor Soft Ball Awards Banquet



**MOST IMPROVED PLAYER:** Sykora Waechter, Tyler Schnarr, Stevie Glauser, Kira Kuttis, Alexys Marks.



**MOST SPORTSMANLIKE PLAYER:** Nash Ferguson, Will Eddy, Jake Simpson, Nyomi Jackson, Megan Peacock.



**MOST VALUABLE PLAYER:** Colby Ricketts, Alicia Bausmer, Ty Stemmler, Kohen Patten, Mason Beaver.



**TOM MUSSELMAN COACH OF THE YEAR AWARD:** Chester Powell, and Curt Bausmer.

**Baden Ball News** ~ Our 2013 season was very successful! Thanks go out to our players, families, umpires, and the many volunteers who coach, manage, prepare diamonds, man the booth, and keep the organization running. We also thank these generous sponsors, who made it possible for us to wear sparkling new uniforms this season, as well as to keep costs manageable for local families: Yahn Custom Plumbing, Floods Plumbing, Heating and A/C, Livewell Health and Wellness, Traugott Construction, Network-Telecom, Josslin Insurance, EJ's at Baden, Michlynn Schweitzer Photography, and the Baden Outlook. We truly appreciate the engagement and spirit demonstrated by these community-minded businesses!

Looking ahead to the 2014 season, we will have an updated name: Baden Minor Ball Association Inc. Please look for our new Facebook page this winter and remember that registration is in February and March at WRC. Our website, [badenminorball.com](http://badenminorball.com)

is also full of important information. Our new adult league, playing out of either Petersburg or St. Agatha, will be starting this spring; team rosters are filling up fast, so please contact Michelle Gleeson at (519) 634-9298 or [mrsgleeson@me.com](mailto:mrsgleeson@me.com) for more information.

As for our Executive, we are thrilled that some parents have joined as Directors-at-Large. Thank you! We appreciate the organizational skills of Peter Aikman, this season's convenor, and wish him well. We are grateful for the service of our long-standing booth coordinator, Carol Rennick, who is stepping down from her position on the Executive after several years of volunteering. We wish Carol all the best! Our next meeting is November 27th, at WRC. Please join us!

Our 2014 season looks great! Baden Minor Ball works, because of our parents, players, fans, volunteers, and community-spirited supporters. Why not join our team next season?



PENNY ROTH-SPORTSMANSHIP & ABLILITY AWARD: Jake Simpson



ROSE PALLA-VOLUNTEER AWARD: Brady Finn



MURRAY WAGLER-MOST IMPROVED PLAYER AWARD: Delaney Helmke



NORM RYCKMAN MEMORIAL FAN OF THE YEAR AWARD: Fran Reger.



What do baseball players use to bake a cake?

I don't know. What?

Oven MITTS, BUNT pans and BATTER!!

## St. Agatha Clothing Outlet

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Selling for \$20.00 each and selling quickly.

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Ladies - New Parkhurst Sweaters and Coats  
Reg. Retail from \$80.00 - \$225.00  
On sale from \$40.00 - \$100.00  
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*Christmas is coming sooooooon!  
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- Wine improves with age. The older I get, the better I like it.
- I cook with wine; sometimes I even add it to the food.
- Mama always said eat your veggies and drink your fruit!
- Wine a bit – You'll feel better
- I'm Aging like Fine Wine ... I'm getting Complex and Fruity!

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Keep a Daily Gratitude List—Write down at least five things you're grateful for each day. Add new things to your list every day, because there are thousands of things to be grateful for. Expand your mind and see your list grow and feel the gratitude come streaming in.

Try to look within yourself rather than rely on others or the world around you to make you happy. The root of joy lives within you and not influenced by external events.

Recite a Daily Affirmation—We all have the ability to create a happy future, and affirmations are a powerful tool in attracting the positive experiences we want. Write an affirmation using positive statements about something you want in your life.

Find Forgiveness in Gratitude—It is especially hard to feel appreciation for those who have hurt us, and, yet, harbouring anger only prolongs our own suffering and strengthens our connection to a painful past. Work toward forgiving those individuals by finding a way to thank them.



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