

#### Mass Hysteria

king with Ed I have seen the effects of mass hysteria in the movies (most of it embellished), but never experienced it close at hand. Pat and I had a slight taste of it recently and it was an unusual experience! Allow me to set up the scenario.

The Waglers (Ed, Sue, Ervin, and Harvey) invited Pat and I to join them on a two week trip to Italy. The eight hour Alitalia flight was scheduled to leave at 10:30 p.m., and it left on time. The Airbus 333 seats over 300 people and we were three rows back in the middle of the economy section. Once we were at cruising altitude, the cabin staff served complimentary drinks followed by a nice pasta dinner. I had assumed that once we were wined and dined, and the lights were dimmed, the passengers would take the next couple of hours to sleep during the eight hour overnight flight - not so!

Shortly after the meal was finished, an elderly male passenger sitting one row behind us tried to stand up but fell on top of his wife. His wife yelled, "Roland what are you doing? Get off of me!" There was no response from Roland! A passenger across the row tried

to help get him off of her but he fell to the floor, bumping his head on the way down.

Roland was clearly incoherent and things started getting hectic. His wife got up and yelled, "Pam, get over here now," with a lot of intensity and concern in her voice. Pam rushed over and the two of them tried to revive Roland, who was looking quite pale, but to no avail. Oddly enough, there was no cabin staff in sight. One passenger ran to the forward part of the plane and several attendants then flew into action, getting Roland some water, applying CPR, and calling over the intercom, "Is there a doctor on board?" A nurse came forward to see if she could help with the situation. And yet things continued to get even crazier.

Just moments after Roland hit the floor, a middle-aged female passenger sitting at the front collapsed, bumping her head on the way down. Several

attendants ran to her aid. Passengers started wondering what was happening and concern was on everyone's face. Shortly after, another passenger from the middle section had trouble breathing and he was laid down on the floor in the aisle for examination as well.

Passengers started reaching for the overhead air valves to turn them up but pandemonium was in full gear! A woman in front of us stood up and lost control as she was concerned about her elderly mother sitting many rows back. Passengers and crew all took time to console her and get control of the situation that was teetering on bedlam. Several minutes later, one more passenger was brought to the forward section and given oxygen and medical attention. So now this was four people in distress in less than a half hour.

The others came around quickly, but it took about an hour to fully revive Roland. At that point all seemed to be well, but there was still a nervous energy for the remainder of the flight.

Italy was fantastic and we had a great time exploring, eating crazy amounts of pasta, and enjoying the incredibly cheap and delicious wine. We travelled through the scenic countryside, to the seaside, the northern Alps through canyons and apple orchards, and enjoyed the town Serramazzoni where our villa was, with the genuine hospitality of the locals. It is no surprise that many professional racecar drivers come from Italy, as the roads have prepped them with curvy one lane roads up and around with no curbs or street lights; they drive at ridiculous speeds, making the driving very treacherous. Quite often there were cars lined up behind us and they sure do tail-gate, so we'd move over and let them by...zoom-zoom! It made us appreciate the wide and flat roads of our area, with lined highways and reasonable speed limits (401 excluded).



Special greetings and thanks to our friends in Romallo who toured us through their amazing apple orchards (where 15% of the European market gets golden delicious apples). It was a privilege to be invited to dine in their home. The Outlook is seen with Pat and me, Harvey Wagler, Sue Wagler, Ancilla Dominici (our host), her nephew Silvano (Mayor of Romallo), her brother Bruno with his wife Hilda (who cooked us an amazing pasta dinner with fine wine and apple strudel), and Ervin Wagler. Ed Wagler took the photo. We had a wonderful time!

> But all good things must come to an end as we flew from Bologna to Paris, then boarded Air France for our eight hour return flight home. We were flying over the Atlantic Ocean when..."Is there a doctor on board?" A female passenger with a small child (again, oddly enough at the front of the plane), complained of not feeling well. There was commotion as they removed her to a private place leaving the child on the hips of stewardesses through the remaining flight. No one knew of her condition but upon landing we were met with an ambulance and airport health authorities informing us that we could not disembark the plane until emergency officials in protective suits took her off the plane 45 minutes later. Passengers seated around her were asked to fill out personal identification forms and then we were able to deplane. I was once fearful of flying but over time gained my courage... ah, or did I? Most peculiar for sure, but we made it home safe and sound.

> > Until next month...Ed

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# Greetings from ~ Outlook Headquarters the an am

wish you all a nice Thanksgiving, feasting and spending time with family. We sure will—thanks to Ron and Gwen for hosting, with fourteen gathering around their table. Guaranteed superb dining with an amazing autumn view in their yard creating a perfect day! Yes, so much to be thankful for!





We had the privilege of being invited to the retirement

party of Fire Chief Ron Taves (serving 46 years) and Captain Shane Waters (serving 25 years). It was a grand party with tears shed as they shared their experiences with the Baden Fire Department — touching moments as seen in this photo shows the bond shared among them. Wilmot Fire Chief Michael Raines was there on behalf of the township, giving them



recognition and honouring them with awards for jobs well done.

Firefighters are so valuable in our community; we must not take these fine people for granted! We don't realize how many family Thanksgiving, Christmas, birthday celebrations, etc were interrupted for them as they dashed away from their personal events to respond to the call of a crisis. All the wives and children deserve our gratitude as the empty chair waited for them to return. *Indeed, so much to be thankful for!* 

We just returned from an amazing 2 week trip to Italy with friends and I was concerned how I would get my act together for the October issue, but the timely email submissions and ads were waiting for me. I'm sorry if I was tardy in responding to your emails as we didn't always have access to the internet. We had nearly 400 entry forms for the hockey pool (special thanks to the Gowlands for driving to Baden, getting the forms from the mailbox, and to Zachary for loading them onto the site—once again, we couldn't have done it without you!).

#### **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, Baden Dental, Wilmot Rec. Complex, Tim Hortons, Baden Library, EJ's, and several outdoor magazine boxes located

and several outdoor magazine boxes located conveniently throughout town for Baden readers.

Also in St. Agatha at Fishers Esso, Angies Kitchen, Stop 2 Shop. In Petersburg at Blue Moon,

Old Fashioned Variety and Foxboro.
There are over 30 places in New Hamburg
to pick it up—including: No Frills, Sobey's,
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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!

There is lots of energy towards the upcoming election as you will see in this issue. It was pretty exciting for Barry to win his position as councillor of Ward 3 by acclamation; he takes the role seriously and enjoyed working with the great people in Baden these past 4 years — and nice to know he has your confidence. Once again, we are thankful!





Local filmmakers Ken Ogasawara, Jonathan Steckley and Trevor Hunsberger recently premiered their first narrative feature film *The Volunteer*, at Cinéfest Sudbury International Film Festival. Many of you have been asking when you can see it – now's your chance! The local premiere will be at The Princess Twin, Friday Nov. 7th at 7pm followed by matinees at The Original Princess on Saturday and Sunday at 3pm. Below is an excerpt from the film makers blog about their time at Cinéfest.

Friday, September 19, 2014

Finally!! The premiere of THE VOLUNTEER! It's hard to believe that two years after shooting and three years after writing the story, we finally unveiled it to our first public audience!

It was weird standing outside the theatre and hearing the

ushers directing customers - "You're here for The Volunteer? Number Four to your right."

It was like, "Really? But... you don't even know us!"

Managing Director Patrick O'Hearn was, once again, wonderful in facilitating a great Q&A where our cast got up in front to say some words about their role and experience rehearsing and shooting. Amazingly, nobody said the words, "It turned me off filmmaking forever." A few key cast members were missing - Theodore Bouloukos and Cheryl Lee - we missed you!

Finally, we leave you with the kind words of a woman who raised her hand during the Q&A: "I don't really have a question; I just wanted to say you guys knocked it out of the park! It was beautiful and wonderful and I want to watch everything you make."

**UPDATE:** Andrew Cherry, Dave Walpole, and Ken went to the gala that evening (there's a gala every evening, free booze and food! Live music! What's not to like?) and there we got the real heart of the

Cinéfest experience. We were recognized and people were coming up to us, to take pictures with us, telling us they loved our movie! It was fantastic and weird!

For more info: www.thevolunteerfilm.com





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With the cooler weather, we welcome heating up our stoves and creating some hearty foods while filling the kitchen with delicious aromas. Sister Cathy called to say, "My house smells great and the soup tastes divine." I said, "Super, share it in Cook's Corner."

Enjoy the season of squash!

#### **Curried Squash Soup**

- 1 tbsp olive oil
- 1 medium onion, diced
- 2 tsps. curry powder
- 1 medium butternut squash, peeled and cubed
- 2 cups milk (or nut or rice milk)
- 2 cups flavourful stock
- 1/4 tsp sea salt
- 1 tbsp maple syrup

#### Instructions:

Heat oil over medium heat in large heavy pot. Saute onion, add curry powder and cook for one minute while stirring. Add squash, milk, stock and salt, bringing to boil. Let simmer until squash is tender. Puree in blender or hand blender. Stir in maple syrup.. Dish up!

#### **Cathy's Minestrone Soup**

1/4 cup olive oil 1 1/2 cups onion 2 cups diced carrots 2 cups diced celery 1/2 butternut squash chopped 1/2 cabbage chopped

- 3 cloves garlic, minced 2 tsp chopped fresh thyme
- 26 oz can chopped tomatoes
- 6-8 cups chicken broth
- 1 bay leaf
- 1 can beans of choice
- 2 cups cooked tubetti pasta or your choice of noodle
- 1/2 cup red wine
- 2 tbsp pesto

#### Instructions:

Heat olive oil in large stock pot, add onions, garlic, carrots, celery, squash, cabbage and thyme and cook, stirring occasionally for 8-10 minutes. Add the tomatoes, chicken broth and bay leaf. Bring to boil and simmer for 30 minutes until vegetables are tender. Add the beans and pasta and heat through. Remove bay leaf and season with salt and pepper. Add pesto and wine and enjoy.



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#### Handy Tips:

Put an apple with your potatoes to keep them from budding.



Put a few marshmallows in your brown sugar bag to keep it soft and free of clumps...clever!



Baden Outlook

#### Baden ~ Our Town

On September 22<sup>nd</sup>, Wilmot Township Council approved a two-step plan by the Baden Community Association to convert a townshipowned property to the north of the fire hall on Foundry Street to a parkette. This fall the focus will be on creating a trail extending half way back of the property and a garden. Foundry Street is one of the main entrances into town and the property needs some loving care. It is also across the street from many local events including the weekly Cruzin at the Pond Car Shows and the Baden Corn Festival.

The BCA received a grant from the Waterloo Region Environmental fund for \$3,000 which can be used for the purchase of rocks, soil, soil amendments, trees, and native plants which will kick start the project. Proceeds from the previous two Baden Corn

Photos by Dave Kleine

Festivals and additional fundraising will fund the project.

In 1995, the Baden Pond Committee, led by long-time Baden resident Donn Eby, had fundraised and placed a pedestrian bridge at the back of the property.

Foundry Street That bridge has deteriorated to the point where it has become unsafe. On September 26<sup>th</sup>, the Township of Wilmot hired a crane to remove the bridge and place it behind the Baden Fire Hall.

Next year the BCA will be refurbishing the bridge (sand blasting, painting, new decking and railings) and it will be placed back on its moorings. The park and bridge will be used as a future trail



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Page 6 Volume 15, Issue 3 system which will link Foundry Street with Tannery and Brewery Streets. The township owns property all along the south side of the creek. The rest of the trail and parkette will be completed at that time.

In the upcoming months the BCA will be driving a fundraising campaign to raise money for the project. It is estimated that the entire project will cost \$17,000. This project falls into the community association's mandate of beautifying our community and bringing people together!



For more information on the Baden Community Association or if you would like to join us with the project, check us out on facebook (Baden Community Association) or email us at <a href="mailto:info@baden.ca">info@baden.ca</a> or call 519-634-8916.



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As the new school year rolls around, so does **Wilmot's Youth Action Council**; a group of students age 14-19 coming together to bring a sense of connection and community for the youth in Wilmot Township.

Established in 2013, we have volunteered with the Living Well Festival, The Community Players of New Hamburg, as well as Youth Movie night out of our Youth Centre. We hope to continue volunteering with local events this year, so please contact us if you would like our involvement!

We have also hosted multiple events, including: "Wilmot's Next Great Baker", a free outdoor movie night screening Despicable Me 2, and returning this October, *Triple Threat*, a series of team-oriented "Minute-to-Win-it" style challenges. Become a Triple Threat by conquering physical, mental, and social challenges such as "Face Scrabble", "Feathered Up", plunger races, and finally... The Extreme Obstacle Course. Stay tuned for event times and details.

Our members are becoming role models in Wilmot as some have participated in local Fair Ambassador competitions, held positions on the Student Activities Council at Waterloo-Oxford, or led children through Wilmot teams, clubs, or programs. We are thankful for the involvement of each member, and actively encourage the addition of new members to continue our mission of reaching out to Wilmot's youth.

Our mission this year is dedicated to re-inventing the Youth Centre at the Wilmot Recreation Complex, in hopes it will become more youth-oriented. We have plans for decorating the ceiling, adding interactive furniture, and covering an entire wall in mock-Scrabble tiles... Well, you may just have to see it for yourself. Feel free to drop by the Youth Centre. Furthermore, all youth interested in joining or assisting an event, please contact us at wilmotsyouthactioncouncil@gmail.com.

Regards, Lia Humphrey and Sophia Kinch, WYAC Vice Chairs

#### I CAN READ IT! CAN YOU?

if yuo cna raed tihs, yuo hvae a sgtrane mnid, too. Cna you raed tihs? Olny 55 plepoe out of 100 cna.

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#### PET FOOD DRIVE

Help our local pets and families in need!

All pet food donations will be presented to the Wilmot Family Resource Center

We will accept any type or format of unopened pet food and cat litter.

Donations can be made at the New Hamburg Vet Clinic (19 Arnold St. New Hamburg) during the month of October 2014.



Thank you in advance for your generosity and for supporting our community.

#### Plan for the PURRRR-fect HOWL-oween!! By Rebecca Ricker

Halloween is fun for kids of all ages, but it poses particular concerns for pets. With a little bit of planning and preparation, you can ensure your pet's Halloween is stress-free.



#### **Gobbled Goodies**

All candy should be kept out of reach of your cat or dog to eliminate temptation and children should be taught not to share Halloween candy with their pet. Tin foil, lollipop sticks and cellophane wrappers can be hazardous if swallowed so make sure Halloween goody bags are not left on the floor where a pet can get into them.

Chocolate in all forms can be dangerous for dogs and cats. If you suspect that your pet has ingested chocolate, contact your veterinarian immediately.

#### **Better Safe Than Sorry**

Pets that are easily excitable or threatened by strangers should be kept away from the front door to keep them from biting or running into the street. Set up a barrier between your pet and the door so if they do make a dash, you will have time to catch them.

Take your dog out for their walk early, preferably before dark, so that they will miss the crowds of costumed trick or treaters.

Pets may become nervous and upset by a ringing doorbell, doors opening and closing, or the commotion of a constant stream of strange looking visitors. Crating your pet or locking your pet in a quiet room may be the kindest thing you can do. A favourite chew toy or blanket may help ease being banned from the action.

If you think your pet is up for a fun night of trick-ortreating, you will want to keep these tips in mind:

- Keep them on a very short leash to keep them from fighting with other scared or wary animals or biting strangers that may think it fun to scare your trick-or-
- Be sure the dog has a legible ID tag. If you do get separated it will be easier to ensure your pet's return.
- Use a glow-in-the-dark type collar to ensure your pet can be seen to traffic.
- Remember: have fun and always be safe!

#### **Checking Out the Baden Branch Library**

#### **Food For Fines**

The week you have been waiting for is almost here! *Food For Fines* will take place during Ontario Public Library Week from Oct. 21 to 25. One non-perishable food item is worth \$2 in fines. The library donates all of the food collected to the Wilmot Family Resource Centre Food Bank. Erase your overdue fines and help your community at the same time!

### Face Off with the Firebirds – Wednesday, Nov. 26, 6:30 – 7:30 p.m.

The New Hamburg Firebirds Junior C Hockey Team will join us for this popular event as guest readers at the Baden and New Hamburg Branch Libraries. Players will connect with children by reading books, playing games, and visiting together 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 November 26 and you'll have a chance to win some great prizes. Come out and read with the Firebirds!

#### **Technology Workshops**

Can't figure out how to set up an email? Want to download ebooks but don't know where to start? Befuddled by the library catalogue? Then join the library for our new Technology Workshop series! Workshops available are: Buying an eReader, Computer Coaching 1:1, Digital Library, eBook Download Clinic, Library Catalogue Made Easy, and You have a new eReader. Now what? All workshops are free but registration is required. Contact the Baden Branch for details to learn more on the library website at www.rwlibrary.ca

#### Welcomes and Goodbyes - Staff Changes

We say goodbye to Nancy Runstedler, Irena Ndreka and student page, Miranda Schultz.

Nancy and Irena will be pursuing jobs with other library systems while Miranda has moved to the library in her hometown of Wellesley.

We welcome back Rose Mak, who was covering a maternity leave at RWL Headquarters as well as Katelyn Emrich, who is back from her student exchange to Germany.

Region of Waterloo

We are pleased to introduce newcomer, Lee Puddephatt. Lee is a huge book lover who went back to university as a mature student to study English Literature and Classical History. She is currently working on an MLIS degree at Western. Lee has two daughters (who keep her busy running to soccer practices and computer classes), and loves canoeing, writing, hiking, playing guitar and drinking ridiculously expensive coffee. Lee enjoys talking to people, and looks forward to meeting our Baden library members!

Please remember that you <u>must present your library card to</u> borrow all library materials, no matter what staff person is working. Thank you for helping us to serve you better!

Contact us at 519-634-8933 or badenlib@regionofwaterloo.ca for more information. Up-to-date information is also available in the library's online Events Calendar at www.rwlibrary.ca.

Chris Baechler, Assistant Supervisor, Baden Branch







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In mid September of this year I was invited to accompany a group of grade 1-2's on a visit to a nearby storm water pond as part of their study of water. I was delighted to have the opportunity to be able to assist in this outing since environmental education is very high on my list of priorities. I feel that every person needs to know as much as possible about the natural world inside and outside in order to better understand how precious life in on this planet. For the last 20 years of my career I taught grade 8 science, but I didn't really know what it would be like to accompany grade 1-2s on a field trip.

After signing in at the main office of Wellesley Public School, I found the class already getting organized into groups of 4-5 students. I was assigned the blue group: 4 boys. Each student carried a clipboard and pencil and had been instructed to look for signs of living things and human activity. They were also to find out where (how?) water entered the pond and where it went when it left the pond. I, as the adult, carried a bag with crayons in case they wanted to colour their pictures, and an iPad. An iPad! Wow. Things sure had progressed in the years since I was in grade one. We didn't even have iPads in grade 8 when I retired from teaching 15 years ago. If the students found something exciting, they were to ask the adult to take a photograph of it with the iPad so as to be able to share it with the rest of the other groups back at school.

We walked about 5 minutes to the local storm water pond where the sight of a Great Blue Heron hunting on the far side of the pond was greeted with excitement. The groups got down to business, exploring the area for signs of life and human activity. Several Green Frogs were greeted with enthusiasm. A dead crayfish was carefully examined and sketched. Dragonflies and Damselflies were spotted cruising along the edge of the water. Students spotted coils of monofilament fishing line lying on the bank, just waiting to entangle the legs of some unsuspecting animal leading eventually to a slow and painful death.

At the end of the allotted time, the students reassembled and counted, we started the walk back to school. When we got back to the edge of the playground, we paused at a metal manhole cover where the sound of rushing water could be distinctly heard. We talked about why there was water in there, where it had come from, and where it was going. The students reasoned that the water had come from the playground and was a result of the heavy rainfall the previous Friday. The water was draining from under the ground into pipes which would carry it down to the storm water pond we had just left. I hoped that by knowing this connection, students would be less inclined to put chemicals or oil down grates since it would go directly into a pond where it would have an adverse effect on the living creatures that are found there.

As I drove home, I got to thinking about this experience and concluded that there are two primary reasons why we are put on this Earth. One is to reproduce our own species; something we're already pretty good at. The other is to impart our knowledge and values to the next generation. Although I may not see any of these children again, I hope some of what they learned will have a lasting positive effect on their lives. As Pat Fisher said to me a day or two later; "It takes a village to raise a child."





My wife and I had the opportunity for a road trip to Manitoba in early July. We packed our bird books and binoculars and off we went. As we travelled we wrote down each bird we saw – the first day is the 'low hanging fruit.' We saw Robins, Grackles, house sparrows and on and on. Though blue herons are quite abundant we didn't actually see our first until we were near Kenora, Ontario on the third day of the trip.

New species on this trip included the black vulture.

Ken Quanz told me that some folk had seen them around. Most of us have gotten used to the turkey vultures with their naked red heads but we saw several of the black as well. To tell them from the turkey vulture look for their more uniform black on the underside of their wings, black heads and shorter tails. They also hold their wings differently than the turkey vulture and flap more often while soaring less.

We also saw three species of grouse – spruce, ruffed, and sharp tailed. These chicken like birds of the bush stand very still, thinking

that you can't see them. In the bush this is true, but along road ways, in ditches, and on paths they show up quite nicely. The male spruce has red on the top front of the head. Ruffed grouse have a darker toned ruff around their necks and upper bodies. The sharp tailed have a tail that comes to a sharper point than others as the two central feathers are square-tipped and somewhat longer than their lighter, outer tail feathers.

A fun task along the way was to distinguish crows from ravens. Since crows are approximate the size of a young raven it isn't easy. But crows flap more as they fly and if you can see the tails, crows have a square cut tail while the raven's is rounded. The raven also has a heavier beak and the feathers around its neck will often be more ruffled. But if you can stop and listen, then there is no confusion. While the raven doesn't actually say "never more" it has a deeper and more musical caw than the crow.

We were particularly on the lookout for birds like the grey jay or whiskey jack. We only saw one in flight. I was disappointed to see no boreal chickadees, but we'll try again. All in all we saw around 75 species of birds including bald and golden eagles, and an osprey; many kinds of hawks including a great sighting of a merlin; many warblers with yellows being everywhere. In Sleeping Giant Provincial Park we saw a common merganser female with ten young, many of which were riding on her back, and we also saw loons a number of times.

A great sighting on the trip was sandhill cranes, but I'm going to save that for another article.

In the meantime, the swallows and red wings are gone, the black birds are flocking in mixed flocks of grackles, brewer's blackbirds, cow birds and starlings, and the fall warblers with their confusing colours are coming through. I guess it must be fall.

What are you seeing?



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#### Paul Koenig, Baden Station's New District Chief: Third Generation Firefighter (and Counting!)

By Teresa Brown

When the Baden Fire Brigade first began, the year was 1926. Their first fire truck was a 1926 Ford Model T, outfitted with a Lorne pumper; and one of the brigade's founding members was Wilfred Naumann, who became Baden's Chief in 1954.

The family tradition continued when in 1947, Wilfred Naumann's son-in-law Elmer Koenig joined the Baden Department. Elmer would also eventually become District Chief in 1973, heading the station until his retirement in 1978.

And now the same family is once again leading Baden Firefighters, as Paul Koenig -- Wilfred's grandson and Elmer's son -- is the new District Chief of the Baden Station, Wilmot Fire Department.

District Chief Paul Koenig took on the leadership role on September 1st, after the retirement of outgoing D.C. Ron Taves. Paul first joined the department in 1995 when he

was thirty-one, although his interest was there since childhood. "When I was a kid, I used to bug my dad to let me come along on fundraising outings, when the firefighters would fill people's swimming pools for a donation," Paul says. "He didn't ask me -- I bugged him!"

While the firefighters filled the pools, Paul would help out under his dad's watchful eye. "I'd help lay out hoses, or get the portable pump started -- Dad would laugh at me, because sometimes I couldn't manage the pull-start. I was only eight years old, after all!" he smiles.

Despite that early passion for the job, when Paul grew up he didn't immediately become a firefighter. After working briefly at the Baden Cheese Factory, he worked at Lear Seating in Kitchener for sixteen years as a press operator, die setter, lift tow operator, and welder. He married Sharon in 1987, and raising daughter Briana and sons Nathan and Gavin kept him busy.

It was when the children were older that Paul joined the Baden Station, feeling that he had the time to devote to volunteer firefighting. He recalls his first barn fire: "It was in the winter time," he laughs, "and it was too hot close to the fire, and too cold farther away!"

Firefighting soon became not only his community involvement, but also his career: in 1999 Paul became a full-time firefighter when he joined the Richmond Hill Fire Department. The following year he joined the Kitchener Fire Department, where he continues to serve today.

The role of District Chief is already proving to be very different from the work of firefighting itself, or even of being Captain: Paul explains that being D.C. means "a lot more responsibilities, a lot more administrative duties, and a lot more meetings -- which I've been finding out!"

But Paul is confident that he has an excellent team of officers to help him: "One of my first tasks was to delegate





areas of responsibility to the Captains. Lieutenants have duties, as well," he says. "I have faith in those guys -- if I didn't, I wouldn't ask them to do the job."

Today, firefighting is very different than when Paul first joined. Training is far more extensive, and meeting national standards in all aspects of the job is now essential for volunteer departments, just as it is for full-time. "We've come a long way," says Paul. "When I started, the training happened on the calls -- it was great to get practical experience, but 'trial by fire' isn't ideal. Now, things are more structured."

Firefighting has indeed changed in the eighty-eight years since the Baden Station first began. But as some things change, there are still traditions that carry on, especially in the Koenig family: in fact, Paul's son Gavin is one of Baden's newest firefighter recruits.

Oh, and Baden's first fire truck, the 1926 Model T? It still runs ... and is still at the Baden fire station, owned by Baden firefighters. Some things may change, but others carry on their legacy. And as his

grandson Paul takes on leadership of the same fire department in a new century, Chief Wilfred Naumann would no doubt be proud.



Bo	iden Outlook	Bas	sebal	l Final Pool S	Stats
Plac	e Name	PT5	Plac	e Name	PTS
1	Dave Ferguson	340	31	Greg Zehr	315
2	Jennifer Sicoli	340	32	Daniel East	315
3	Madison Wilde	335	33	Laurie Honderich	313
4	Sara Ross	330	34	Jay Schnarr	312
5	Missy Routhier	329	35	Gavin Koenig	312
6	Tyler V	329	36	Geoff Hopkins	310
7	Craig Bell	329	37	Adam Schmitt	309
8	Julie Litwiller	328	38	Tracy Ferguson	309
9	Kimstress	328	39	Henry Lellwitz	309
10	Mandy Wilde	328	40	Brad Wilson	309
11	John Westlake	327	41	Rich Held	308
12	Patricia Miller	326	42	Len Mueller	307
13	Garrett Lichti	325	43	Ben Griffey Jr.	307
14	Nancy Wilson	324	44	Tim Wenn	306
15	Isaac Roth	324	45	Brittany Schmearer	305
16	Dave Randerson	324	46	Pierrette Schmidt	305
17	Hollywood Moore	323	47	Stephen Wenn	304
18	Ellie Schmitt	322	48	Kelly Reiber	304
19	Lou Sicoli	321	49	Bob Hillar	304
20	Marg Litwiller	320	50	Cooper Honderich	303
21	Drew Henderson	319	51	Pete Rose Jr.	303
22	Zack Gowland	319	52	Joe Rector	303
23	Tyler Naumann	319	53	Justin Reiber	302
24	Taylor Randerson	318	54	Alia Henderson	301
25	Beth Gilbey	317	55	Brett Fournier	301
26	Mary Pfaff	317	56	Whitey Moore	301
27	Phillip Schmitt	316	57	Evin Henderson	300
28	Damian Moore	316	58	Malcolm Duggan	300
29	Bryan Pfaff	316	59	Gord Mills	300
30	Sean East	316	60	Meghan Mueller	300

Congratulations to
Madison Wilde who took
the lead in October pool,
winning a gift certificate from
EJ's of Baden.

The winners—tying for first
place for the Year End
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Ferguson and Jennifer Sicoli
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Think of EJ's when planning your Christmas party—Call now to reserve your space.

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Hello sports fans—thanks for playing hockey with us! We had 375 hockey pool entries and you can start following your stats which are updated daily on the site. The Outlook draws the stats on the 7th of each month to determine the winners.

To follow the stats, log on to our website at <a href="https://www.badenoutlook.com">www.badenoutlook.com</a> click on sports pool and select "hockey". Once in the site select login your pool

(adult pool is outlookhockey and kids pool is outlookkids) and both pools have a password of guest. Have Fun and Good Luck!

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#### ~ Firewood for Sale ~ **Maple Hardwood**

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Page 15 Baden Outlook

#### Sean's Journey to Hearing

No one could have imagined how our son's deafness would change our lives; the lessons we would see, the places we would go, and the miracles that we would witness. Sean was born profoundly deaf in both ears, but wasn't diagnosed until he was 13 months old. He didn't hear our voices until the age of 23 months, after bilateral cochlear implant surgery.

Sean finally had access to sound, but, like an infant hearing for the first time, he would have to learn to listen. Hearing was going to be a lot of work for Sean. Every sound had to build a connection in his brain. Our life is a constant narrative with lots of repetition, but it is working. Sean can recognize sounds and words. AMAZING!

The joy of seeing our son hearing all the sounds around us has been such a blessing. Think of all those sounds we take for granted. The wind in the trees, leaves under our feet, and the sound of the rain. This profoundly deaf child has access to everyday sounds and speech. He knows his name, he dances to music, and he loves the sound of the train. This is a miracle.

Speech is going to take a lot of time and a lot of work for Sean. Sean's "hearing age" is 14 months, which means he babbles and has a few words. Fortunately, he also has sign language and we are glad to let our hands do the talking when Sean has his new ears off. He is loud and we are so proud. We live in a wonderful community that supports him. If you see us (or hear us) around town please feel free to meet us. We are happy to share our happy hearing stories with you.

If you want to experience Sean's activation video it may help you understand our story— Here is the link:  $https://www.youtube.com/watch? \\v=P2dGskoWRxw&feature=share$ 

Submitted by Sharlene Hanson

#### Ask Armand ~

Brad from Baden asks: Armand, I see that the wooden tower behind the fire station has been torn down. When was that built and what was it used for?



Armand says: The tower was built in the late seventies and was used for rescue and training purposes. There was a local silo accident that prompted the construction of the tower to better their training for high height rescue. A company was hired to put the poles in the ground and place the platform on the poles. The local firefighters added the other features.



It hadn't been used for years and was in need of repair, so it was taken down on September 26th with the help of a crane and township public utilities staff.

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#### The Magic Bank Account

Imagine that you had won the following \*PRIZE\* in a contest: Each morning your bank would deposit \$86,400 in your private account for your use.

However, this prize has rules. The set of rules are:

- 1. Everything that you didn't spend during each day would be taken away from you.
- 2. You may not simply transfer money into some other account.
- 3. You may only spend it.
- 4. Each morning upon awakening, the bank opens your account with another \$86,400 for that day.
- 5. The bank can end the game without warning; at any time it can say, "Game Over!" It can close the account and you will not receive a new one.

What would you personally do? You would buy anything and everything you wanted, right? Not only for yourself, but for all the people you love and care for. Even for people you don't know, because you couldn't possibly spend it all on yourself.

You would try to spend every penny, and use it all, because you knew it would be replenished in the morning, right?

ACTUALLY, This GAME is REAL ... Shocked ?? YES! Each of us is already a winner of this \*PRIZE\*. We just can't seem to see it.

#### The PRIZE is \*TIME\*

- 1. Each morning we awaken to receive 86,400 seconds as a gift of life.
- 2. And when we go to sleep at night, any remaining time is not credited to us.
- 3. What we haven't used up that day is forever lost.
- 4. Yesterday is forever gone.
- 5. Each morning the account is refilled, but the bank can dissolve your account at any time without warning...
- So, what will you do with your 86,400 seconds?

Those seconds are worth so much more than the same amount in dollars. Think about it and remember to enjoy every second of your life, because time races by so much quicker than you think.

So take care of yourself, be happy, love deeply and enjoy life! Have a wonderful day...and start "spending"!

"DON'T COMPLAIN ABOUT GROWING OLD, SOME PEOPLE DON'T GET THE PRIVILEGE".

Submitted by Robert Price

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#### You Must Be Joking!!

#### HE MUST PAY...

Husband and wife had a tiff. The wife called up her mom and said, "He fought with me again, I am coming to live with you."

Mom said, "No darling, he must pay for his mistake. I am coming to live with you."



#### ...with Donna & Rhonda

#### "Cloud Nine" list

Are you a dreamer? Do you dream of all the things you are going to do when you "get organized"? Does that seem so far in the future that it doesn't even feel within your grasp? Start an inventory of what you want to do WHEN you get organized. What is your passion? What brings you joy?

Take several weeks to complete this inventory. Write down a list of your dreams, craft projects laying around, rainy day projects, etc. When you feel the list is complete, start to prioritize that list. Ask yourself: If I had a ½ hour to spend on anything I want, what would I spend it on? We often find that clients have an abundance of "to do" projects. They have too many projects for one person to complete in a lifetime!

Start to eliminate the projects on your list that are there out of "guilty obligation" ... eg. something I started for my child when he was a baby and I didn't finish ... (not to mention the child is now grown up and has his own family!). Eliminate the projects on your list that can be delegated to someone else. Eliminate the projects that you have lost interest in. Then, highlight the projects that are in line with your passions. Once you have narrowed your list down to your top "nine" choices ... you have completed your "Cloud Nine" list. Post this list where you can see it EVERYDAY for inspiration. This is your daily reminder of the dreams and passions that you want to operate in WHEN you get organized. Organization is foundational in life.

Heart of the Matter strives to teach and mentor individuals to get their space in order to have the time and energy to fulfill their purpose in life. Heart of the Matter desires this for each and every one of you. We're here for you at www.heartofthematter.ca Next month, we will explain how to move toward being on "Cloud Nine"! ©

In order . . . . to live a life of purpose





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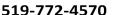
Although Bob passed away, his presence is there with his girls ~ and they do him proud!

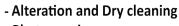
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## Eat Well ~ With Heather McKague-Bandl, ROHP, RNCP Registered Nutritionist Consultant Practitioner



#### Fall Flavours

Each season brings with it a new flavour and new nutritional requirements. I love the Fall season for many reasons. The leaves changing colour provides depth and

beauty to the landscape, warm days and cool nights are great for sleeping, and a harvest of colourful vegetables and fruit to enjoy, preserve or store up for the inevitable coming of winter all contribute to the perfect season. Mother Nature never ceases to amaze in bringing forth nutritious foods to feed our bodies optimally based on the

month and season of the year. Fall is no exception. During the Fall months we can enjoy a plethora of fresh apples, squash, cabbage, beets, broccoli, onions, zucchini, brussel sprouts and more. Each of these fruits and vegetables are dense and hard, providing the necessary vitamins, minerals, anti-oxidants and to prepare our bodies for the possibly long winter ahead.

To celebrate this beautiful season and enjoy the harvest, I would like to share with you a scrumptious recipe that is sure to be a crowd pleaser. You can serve it on a Sunday afternoon, include in your Thanksgiving feast, or enjoy as an appetizer when hosting company. The combination of healthy fat from coconut oil, anti-oxidants from the orange squash and anti-viral nutrients from the garlic cloves makes this dip one of the most wholesome combinations I have found to date. Enjoy!

#### **Butternut Squash & Tahini Dip**

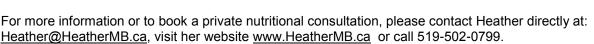
500 gram (18 oz) of butternut squash (peeled, deseeded & chunked)

- 1. Place 2 Tbsp Organic Coconut oil on baking pan and place in oven while it preheats to 350 degrees.
- 2. Once oven is heated and coconut oil melted, place chunked squash on the pan and toss to coat
- 3. Add some Himalayan Salt and black pepper
- 4. Cook for 20 minutes
- 5. Add 3 crushed garlic cloves and cook another 10 minutes

Remove from oven and place in blender or food processor, then add:

- 2 Tbsp Tahini
- ½ tsp Turmeric
- ½ tsp Paprika
- Small handful of fresh parsley

Blend until smooth. Place in serving bowl and drizzle with 1 Tbsp Flax or Olive Oil. Serve with veggie sticks or Mary's Gluten-free crackers. Serves 4





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### Heather McKague-Bandl

ROHP, RNCP, Orthomolecular Nutritionist

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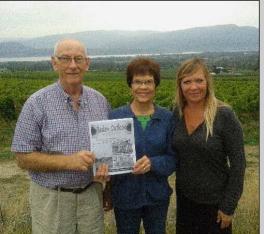
### Wow! More exciting destinations as The Baden Outlook continues to travel ...



Along with fans, the Outlook travelled by bus (driven by Diane Hiller) to Flamboro Speedway, Saturday September 27th to watch Shawn Arnott. owner of Automotive Truck and Tire from New Hamburg, race his #76 Thunder Car. Shawn placed 3rd in his 2014 race season. Congratulations to Shawn. Photo was taken by Judy Hiller



Colton, Ava and Lauryn Porchak vacationed with their family (and their Baden Outlook) at a cottage in Tiny, Ontario. Pictured with them are cousins Mackenzie, Chayse, Kaden, Jaci and Kipp.



Ray & Audrey Roth took their Baden Outlook to Kelowna B.C. while visiting their daughter Caralee.



Don't forget to pack your Outlook when going on vacation!

#### **New Hamburg Legion**



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#### ...To Flamboro, Tiny, Kelowna, Louisiana, Tennessee, New Brunswick, Pelee Island, Mount Forest



Ken McGrath and Susan Sutherland of Foxboro Green took their Baden Outlook to Shediac, New Brunswick and the Big Lobster.



The last weekend of summer Judy Padfield went to Pelee Island by ferry to try out her new tent, taste some wine, eat some perch and just chill with her Baden Outlook.



CJ Schaub and Tammy Sproule travelled to Louisiana and Tennessee with the Baden Outlook. Picture was taken in West Monroe, Louisiana, in front of the Duck Commander warehouse, from the TV show Duck Dynasty.



Our Destin Snowbirds held their Annual Golf Tournament on Sept. 16th at the Mount Forest Golf Club, followed by a Barbeque at Silent Valley Campground. We brought the Baden Outlook along with us. Thanks to John Laurie for his generous donation of prizes and getting "The Gang" together again.





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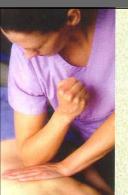


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#### A Note from Greg Heikoop-Physiotherapist

"I'm very excited to be joining the team here at Livewell Health and Wellness and growing my practice in beautiful Baden. My initial message to you is this- you don't have to be an athlete or suffer from chronic pain in order to benefit from physiotherapy. It is for everyone! Most of my patients experience great relief with active and preventative physiotherapy in their work and daily activities. I strongly believe in patient education to help foster an overall improvement in quality of life."

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- Address physical challenges associated with back pain, arthritis, repetitive strain injury etc.
- · Attend to sports injuries and provide advice on prevention and recurrence
- Direct care for children with pediatric conditions such as developmental delay, fractures, and torticollis
- · Get you back on your feet after surgery
- Help you manage the physical complications of cancer and cancer treatments
- Maximize your mobility if you have a neurological disorder such as stroke, spinal cord injury or Parkinson's disease
- Provide pre- and post-natal care and attend to other women's health conditions
- · Treat neck and back pain and other joint injuries

#### Did you Know?

- · Physiotherapy assessments with treatment are a full hour
- Physiotherapy treatments are one on one for 30 minutes
- Physiotherapy treatments may include: Manual Therapy, Acupuncture, Electrical Stimulation Therapies, Patient Education, and various advanced techniques!
- · Physiotherapy does not require a physician's note
- Physiotherapy is covered by many insurance companies

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#### Improving the Health of our Community

#### ~ Is Your Cell Phone Making You Anxious?

By Melodie O'Connell MSW RSW

One of the greatest inventions of our generation is the cell phone. The competition within the industry has enabled it to be accessible to many people young and old. It allows us to stay connected with our spouse, family and friends. We can ensure that we know where our kids are at all times, and they can contact us at any time. We can check the news, weather, sports stats, schedules, and anything else our mind can imagine. We can also stay connected to our work, and respond to anything that may arise when we are not in the office. Although this all sounds amazing, are you aware that there may be a cost to our mental health as a result?

One of the most important things we can do for our mental well-being, is give ourselves permission to enjoy some 'down-time'. Time that we spend in the present, enjoying the weather, people, and activities that are around us. For many people, it is hard to do this when our phones are in our pockets, or easily accessible. We are not able to give our full attention to those around us. We constantly either feel the need to check our phones, or we are responding to our phones.

Anxiety is caused by focusing on events from the past, or preparing for something that may be coming up in the future. Quite often, much of our time on our phones is dealing with events or incidents that have already taken place, or something that is coming up in the future. As a result, it prevents us from fully enjoying the present. Although we may not feel the effects of the stress, there is a cumulative effect that does occur.

In order for us to lower our anxiety and stress, it is important that we create some unscheduled time doing things that we enjoy. A large factor in this is giving ourselves freedom from our phones. There are a number

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196 Peel Street New Hamburg, ON N3A 1E3 519 662 1143 of ways that we can do this. For example, when we get home from work, we can make our families our priority, by putting our phones away for several hours, and spending quality time with them family in conversation and activities. The quality of our relationship with them will also improve as well. We can also enjoy time watching our children participate in their extra-curricular activities, instead of using that time to catch up on email or social networking.

On a personal note, my family and I recently went on vacation for a week in the States. Early in the week, my phone died. At the time, I was frustrated, as I did not want to buy a new phone yet. However, I found that I was able to enjoy my week much more for two reasons. I was able to spend more quality time with my kids, and I was not receiving all of the negative news alerts throughout the week. I have since learned that by leaving my phone home more often, I feel more relaxed and better able to enjoy myself with family and friends. I challenge you to be more disciplined with your cell phone. You will find that you will have more quality time with your family and friends, and improve your health as well!!

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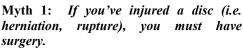
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#### **COMMON BACK PAIN MYTHS**

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

Eighty percent of all Canadians will suffer from at least one significant episode of back pain in their lives. Below are some of the common myths surrounding back pain and what modern science has to say about them.



**Truth:** Surgery to relieve back pain should only be used as a last resort. Even if specific testing reveals a damaged disc, recovery often results without surgery. An injured disc in the back may become inflamed and put pressure on nerves and surrounding pain sensitive structures. Non-surgical treatment aims at minimizing pain and discomfort from joint irritation and muscle spasm, and prescribing specific exercises helps with recovery.

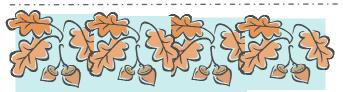
### Myth 2: Most back pain is caused by injuries or heavy lifting.

**Truth:** Injuries caused by heavy lifting do not account for all back pain. In up to 85% of cases, individuals can't recall a specific incident that brought on their back pain. Back pain can result from a single exposure to a bending or twisting incident or it can be small cumulative loads placed on the spine over time. Scientific research also links the following risk factors to back pain: smoking, being overweight, poor posture, poor physical fitness, and stressful life events.

### Myth 3: X-ray images, CT and MRI scans can always identify the cause of pain.

**Truth:** Even the best imaging tests cannot identify a muscle spasm or ligament sprain that may be the cause of pain. Imaging is usually reserved for special cases such as those suffering trauma in a





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fall or accident, surgical candidates, unresolved cases of severe chronic back pain, and suspicion of underlying tumor, infection or other serious disease.

### Myth 4: If your back hurts, you should take it easy until the pain goes away. Bed rest is the mainstay of therapy.

**Truth:** Clinical data indicates that individuals who remain active do better than those who try bed rest. Remaining active means continuing with daily activities as tolerated and easing back into a regular routine. Activities may have to be modified while recovery occurs, but movement is important for recovery provided it does not put the individual at risk for further injury.

#### Myth 5: Diagnosing back pain is simple and straightforward.

**Truth:** The causes of back pain can be complex and difficult to diagnose. There are many biological tissues that can generate pain in the back. These may include muscles, ligaments, bones, nerves, and joints. Quite often it is a combination of several or all of these structures that can manifest into back pain, and potentially radiating pain into the buttock or leg regions. Sometimes stress and depression can also contribute to back pain. A licensed health practitioner who deals with back pain is best trained to diagnose the source(s) of your problem and prescribe appropriate therapy when required. For more information, visit **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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#### Let's Talk Mental Health

For individuals who have family members or friends facing a mental health challenge.

Every 3rd Wednesday Evening 6:30pm to 8:00pm

September 17 November 19 January 21 March 18 May 20

October 18 December 17 February 18 April 15 June 17

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Registration open until October 28th 2014

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#### Side by Side Support Group

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#### THANKSGIVING BLESSINGS

May your stuffing be tasty May your turkey be plump, May your potatoes and gravy Have never a lump. May your yams be delicious And your pies take the prize, And may your Thanksgiving dinner Stay off your thighs!



Lord, thank you for walking with us through the seasons of our lives. For the winter, when we are held safe in your arms through the darkness. For the hope of spring, as we are filled with new promise and life.

For summer time, full of warmth and colour, and for autumn days as leaves fall to seed new growth. You are always with us. Amen.



#### T.O.P.S (Take Off Pounds Sensibly)

We are a support group for weight loss Meetings are held on Tuesday evenings St. James Lutheran Church, 66 Mill Street, Baden Weigh-ins at 6:30 pm followed by a short meeting For more information call 519-634-5226 Everyone Welcome

#### Saturday Night at the Movies

Wilmot Mennonite Church, 2995 Bleams Road

Saturday, October 18<sup>th</sup>, 7:00 p. m. featuring "The Note III"

#### With faith, every day is a second chance.

Recently married journalist Peyton MacGruder has just written her first book. Traveling to a scenic village in Washington State, Peyton is surprised when her husband King shows up with a special weekend planned at a beautiful cottage for their first anniversary.

Free admission. Nursery available but not staffed. .
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### Another Col Move

#### WILMOT HORTICULTURAL SOCIETY



### Monday, October 20, 7:30 pm WILMOT RECREATION COMPLEX

Topic: Lawns and Lawn Care SPEAKER: Rob Witherspoon

Everyone is welcome to attend. No Admission Charge

### Monday, November 10, 6:00 pm HAYSVILLE COMMUNITY CENTRE

Christmas Program Potluck Supper

\* Please bring your own dishes \*

Demonstration Christmas Wreath Arranging SPEAKER: Anne Diebel

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#### Keep the *Miracles* Flowing

#### **Blood Donor Clinic**

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Erb Transport for providing
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since September 2000!

~ Another Cool Move!





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#### The play "Cracked - New Light on Dementia" is coming to Nithview in October

Cracked - New Light on Dementia was written with the support of researchers connected to Partnerships in Dementia Care Alliance out of the University of Waterloo following studies done with people living with dementia.

This professionally acted 50 minute play is about life with dementia, the principles of "person-centred care" which is being rolled out at Nithview, and the importance of relationships among staff, family members, and residents living in long-term care or people receiving support in their homes.

"Cracked" will shed new light on the importance of changing the way we approach people living with memory loss.

The name of the play was inspired by the Leonard Cohen song "Anthem" which speaks of cracks allowing light to enter. Nithview's desire in offering this play FREE of charge to everyone living within our community is to crack open perceptions about life after diagnosis and to shed new light that will help us move forward.

Bringing this play and research program to Nithview is giving everyone who sees it an amazing opportunity to consider greater possibilities for those living with dementia. We hope you will join us. To reserve seats call 519-662-2707.

Don't call too late and be disappointed that we are "reserved out". To offer this play for free is a real gift to our community. Please accept this gift. From Cohen's song, PiDCA selected these lyrics for their marketing pieces: Ring the bells that still can ring Forget your perfect offering There is a crack in everything That's how the light gets in.

Nithview Community's Auditorium - 200 Boullee Street, New Hamburg, Ont. Show Times: Monday, October 20<sup>th</sup> 2:30 PM and 7 PM / Tuesday, October 21<sup>st</sup> 2:30 PM and 7 PM

#### Theatre Wellesley invites you to Chateau La Roach

Things are buzzing and beginning to take shape on Theatre Wellesley's set for its upcoming show "Chateau La Roach" by Lauren Wilson. The day begins as any other at the lovely Chateau La Roche. The staff are squabbling, the maid is eating the mints, the waitress is late for her shift, the Italian chef is complaining about the help and then disaster begins to unfold. Cockroaches are coming out of the woodwork, the Health Department is coming for a surprise inspection and the latest guests are about to arrive. These are no ordinary guests: they are none other than Ronnie Zircon, the famous child star actor and his Manager Lola St Britannia; Hanula Bing of Bing Travel Books; the wealthy widow Enira de Can and her spiritual advisor Madame Zillinda; the renowned British cyclist Nigel Havoc; and the newlyweds Jip and Josie Nackerly. When the exterminator Roskel T. Goomey arrives, things go from bad to worse.

By Rhonda Caldwell



Theatre Wellesley has been providing laughter to the Wellesley Community since 1997. This year six new actors join the stage. With 17 cast members there is never a dull moment. On stage you will recognize many of the actors who are from Wellesley and Wilmot Townships. The show will be performed November 20-22 at the Wellesley Community Centre. The Saturday evening show will include appetizers and dessert by Bellzy's Catering. For tickets or more information go to Pym's Village Market, contact@theatrewellesley.ca, www.theatrewellesley.ca. or call 519-897-1737

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#### NITH VALLEY MINISTRY AREA—REFORMATION SERVICE



Sunday, October 26, 2:00 p.m. Trinity Evangelical Lutheran Church Sebastopol - Tavistock 2210 Line 29 Perth East Guest Preacher: Rev. Douglas Reble FELLOWSHIP TO FOLLOW SERVICE



Please visit The Baden Outlook web site at www.badenoutlook.com for a directory of local churches.

#### Lost Purse and Found Pizza

By Janice Harder

Recently, I lost my purse and then recovered it within a few hours with the help of the Sevos from Pizza Express, in Baden, and Dave MacKay, from No Frills in New Hamburg. After grocery shopping at No Frills, I carelessly left my purse in the grocery cart when I returned it to the cart corral. Later, when I noticed my purse was missing, I immediately thought I might have left it at the grocery store. I called the store office but it had not been turned in. Not good. There was a video surveillance tape but it would take until the next day to have time to comb through the footage. Not good. Though there was only \$20 in the purse, there were the credit and debit cards, driver's licence, health card etc. etc. Cursing my own negligence, I called Bell Mobility to find out if the cell phone, in my purse, could be located. Yes, it could be done, but only in a criminal investigation. Not good. Minutes later, Dave MacKay, owner of No Frills, telephoned. He would

look at the videotape right away! There was hope! The phone rang again. Mrs. Sevo from Baden had my purse, found in the cart in the corral! Oh joy! While I was preparing a little gift bag and a thank-you card, Dave MacKay phoned again. Good news, I told him excitedly. Thanks-you for your efforts! I drove to Baden where Mrs. Sevo was on her way to work at their shop, Pizza Express. "Thank-you so much!" I gushed as she handed me the purse. On the way home, I decided I would order a pizza from them for dinner. Later, at the shop, I delivered a basket of garden produce and then Mrs. Sevo asked me if I would like a pizza. I said, "Yes, I have ordered one already. How much?" She said it was for me. "Wait a minute. I lost my purse, you found it and now you give me a free pizza?" She insisted I take it. How fortunate we are to have not only honest but also generous people in our community!



### Nith Valley **Animal** Hospital



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### **New Hamburg Thrift Centre**

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#### **REGULAR HOURS**

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#### What Children Hear

I had been teaching my three-year old daughter, Caitlin, the Lord's Prayer for several evenings at bedtime. She would repeat after me the lines from the prayer. Finally, she decided to go solo. I listened with pride as she carefully enunciated each word, right up to the end of the prayer: "Lead us not into temptation," she prayed, "but deliver us from E-mail."

A Sunday school teacher asked her children as they were on the way to church service, "And why is it necessary to be quiet in church?" One bright little girl replied, "Because people are sleeping."

A wife invited some people to dinner.

At the table, she turned to their six-year-old daughter and said, "Would you like to say the blessing?"

"I wouldn't know what to say," the girl replied.
"Just say what you hear Mommy say," the wife

answered. The daughter bowed her

head and said,

"Lord, why on earth did I invite all these people to dinner?"



#### Thank You

In the month of October we celebrate Thanksgiving. We are reminded to call forward the many things in our lives for which we are grateful. The very first Thanksgiving was celebrated in 1621 in America, which honoured the harvest reaped by the Plymouth Colony after a harsh winter. Today, we continue this tradition, and are deeply grateful for all the blessings that are bestowed upon us.

Here at The New Hamburg Thrift Centre, we too look to the many blessings that affect our everyday lives. Our gratitude includes all of our many dedicated, loyal, and hard-working **volunteers** who are committed to support the ministry of Mennonite Central Committee. To our **customers**, we give thanks for their financial support through their purchases. We are thankful for the overwhelming amount of **donations** that keep coming to our receiving dock, for these donations keep our store plentiful and bountiful.

We are also thankful for the **time we share together**, for the **friendship**, **and smiles** that surround us on a daily basis, by customers, volunteers and donors, for the **groups** of students, churches, and others that love coming to the Thrift centre to learn about our mission and donate their time, for New Hamburg, Baden, Stratford, and surrounding **communities** who give us continual and positive support. Without these things, we would not be able to thrive as we do. We are thankful for the warm, safe, and pleasant surroundings of the thrift centre, for the joy it brings and for the people we know we are helping in all areas of the world.

And so, for Thanksgiving 2014, we wish you the happiness of good friends, the joy of a happy family, and may the year to come be filled with warm and cherished moments. Enjoy a bountiful Thanksgiving!

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#### **ARE YOU "GOING GREEN?"**

Checking out at the store, the young cashier suggested to the much older woman that she should bring her own grocery bags because plastic bags weren't good for the environment. The woman apologized and explained, "We didn't have this 'green thing' back in my earlier days."

The young clerk responded, "That's our problem today. Your generation did not care enough to save our environment for future generations."

She was right -- our generation didn't have the 'green thing' in our day. Back then, we returned milk bottles, soda bottles, and beer bottles to the store. The store sent them back to the plant to be washed, sterilized, and refilled, so it could use the same bottles over and over. So they really were recycled.

Grocery stores bagged our groceries in brown paper bags that we reused for numerous things; most memorable, besides household garbage bags, was the use of brown paper bags as book covers for our school books. This was to ensure that public property (the books provided for our use by the school) was not defaced by our scribbling. Then we were able to personalize our books on the brown bag, but we didn't do the "green thing" back then.

We walked up stairs because we didn't have an escalator in every store and office building. We walked to the grocery store and didn't climb into a 300-horsepower machine every time we had to go two blocks.

But she was right. We didn't have the "green thing" in our day. Back then, we washed the baby's diapers because we didn't have the throwaway kind. We dried clothes on a line -- not in an energy-gobbling machine burning up 220 volts -- wind and solar power really did dry our clothes back in our early days. Kids got hand-me-down clothes from their brothers or sisters, not always brand-new clothing.



But that young lady is right; we didn't have the "green thing" back in our day. Back then we had one TV, or radio, in the house -- not a TV in every room. And the TV had a small screen the size of a handkerchief (remember



them?), not a screen the size of the state of Montana.

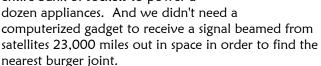
In the kitchen, we blended and stirred by hand because we didn't have electric machines to do everything for us. When we packaged a fragile item to send in the mail, we used wadded up old newspapers to cushion it, not Styrofoam or plastic bubble wrap.

Back then we didn't fire up an engine and burn gasoline just to cut the lawn. We used a push mower that ran on human power. We exercised by working so we didn't need to go to a health club to run on treadmills that operate on electricity.

But she's right; we didn't have the "green thing" back then. We drank from a fountain when we were thirsty instead of using a cup or a plastic bottle every time we had a drink of water. We refilled writing pens with ink instead of buying a new pen, and we replaced the razor blades in a razor instead of throwing away the whole razor just because the blade got dull.

But we didn't have the "green thing" back then.

Back then people took the streetcar or a bus and kids rode their bikes to school or walked, instead of turning their moms into a 24-hour taxi service in the family's \$45,000 SUV or van, which cost what a whole house did before the "green thing." We had one electrical outlet in a room, not an entire bank of sockets to power a



But isn't it sad the current generation laments how wasteful we old folks were just because we didn't have the "green thing" back then?



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"Keeping the Community Connected"



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#### AppleTree Blossoms, Westhills Benefit—A Tale of Two Churches ~ by Lori LaRonde

If you've heard the saying 'be careful what you wish for', you might relate to those who similarly espouse: 'be careful what you pray for.' And the folks who attend AppleTree Community Church in Wellesley will attest to the belief in the latter.

While some would call it good luck, karma, or serendipity, the folks at AppleTree call it 'prayer answered' as their prayer for their own building was recently granted in a most dramatic fashion: They were offered a beautiful church for the princely sum of \$10.

"Only God could orchestrate such an amazing turn of events," said Pastor Mark LaRonde who recently completed negotiations for AppleTree to be the benefactors of the historic Lisbon church that has housed the Westhills Mennonite congregation since 2002, the same year they received the same gifting from the United Church of Canada.

Pastor Sean East, of the Westhills Church, was instrumental in brokering the recently inked deal that was reached between Westhills and AppleTree, previously unknown to each other, that will see the folks of AppleTree take possession of the building under a rental situation. As soon as the Westhills group moves into their new location in Baden in the Baden Emporium building, the AppleTree church will become tenants until such time as the building ownership can be transferred.

It's a win-win for both groups as the Westhills group was going to close the Lisbon building after vacating it, yet still having to pay the bills to maintain it. In this way, the bills will be paid by AppleTree, once they take possession.

And AppleTree benefits from having a place to call home and not have to set up and tear down every Sunday for their worship service.

This will also allow AppleTree to hold numerous events such as youth nights, family nights, Bible study, Vacation Bible

Camp and all the other activities that churches offer when they have their own building.

"The community centre has been a terrific place for us in our first 18 months but it's exciting for us to be able to offer so much more. As a contemporary non-denominational church, we offer so much to the families of Wellesley, New Hamburg and surrounding areas. Because many families drive into Kitchener to our type of service, we are now able to offer the community not just an alternative to the Sunday morning drive, but all the trimmings that go with having our own building that wasn't previously possible with the community centre which has served us so well," said the Pastor.

The AppleTree group now waits patiently for the Westhills group to move to their new home once their renovations are complete. Currently, they are waiting for permits to transform the building into a new worship centre to serve the Baden area. They hope to make their move sometime in the new year.

In the meantime, AppleTree Church is hosting a free community concert to mark the gifting of the Lisbon church. Contemporary Christian recording artist, Kevin Pauls, along with special guests, rocking Christian youth band, WordsUnspok'n, will take the stage at the Wellesley Community Centre, Saturday, October 25th and the entire community and beyond is invited. Doors open at 6pm, Concert at 7pm. Tickets are free but seating is limited; it is best to acquire tickets in advance and not wait to see if there are tickets at the door. Tickets may be picked up at Pym's in Wellesley or ordered online at Eventbrite. See the church website at <a href="https://www.appletreechurch.ca">www.appletreechurch.ca</a> or contact <a href="mailto:info@appletreechurch.ca">info@appletreechurch.ca</a> or 226-989-6623. There will be a freewill donation opportunity with proceeds in thanks to the Westhills Church.



25 Byron Street New Hamburg, ON N3A 1P1



519-656-3355

1215 Queen's Bush Rd., Unit 2 Wellesley, ON NOB 2T0

### We Welcome New Patients We're Here to Support Emergencies

- Dr. Miyen Kwek
- Dr. Manning Chiang
- Dr. Ruth MacCara

Proudly serving Wilmot Township for over 30 years.

#### WE OFFER THE FOLLOWING SERVICES:

- \* General and cosmetic dentistry
- \* Preventive dental care
- \* Emergency dental care (seen the same day)
- \* Braces and orthodontics for children and adults
- \* Oral surgery (including wisdom teeth)
- \* Crowns and bridges
- \* Implants and dentures (to replace missing teeth)
- \* Root canal treatment
- \* Bleaching/whitening
- \* Headache/migraine control (related to TMJ)

### Re-elect Peter Roe for Councillor, Ward 2

- Support for the Arts, Culture & Heritage
- Preserve the environment improve our roads
- Maintain Wilmot's taxes as one of the lowest in the Province
- Prudent growth without debt



Vote for Peter Roe for honest open experienced collaborative government in Wilmot Township.



Microdermabrasion Treatments **Organic Facials & Skin Care Products Vitamins & Nutritional Whole Foods Debbie Norenberg** 519-662-6210

#### News on the Moon:

On Wednesday morning, October 8th, the Earth's shadow blocked out the moon, causing it to glow red, a sight known as the "Blood Moon."



A full moon nearest the autumnal equinox is called the Harvest Moon. This moon is not just the full moon that occurs at the time of the harvest. It is the full moon that actually helps the harvest by providing more light at the right time than other full Moons do.

Why dogs howl on moonlit nights: Because it is light. It is as simple as that. On dark nights dogs are sleeping and not awake. On moonlit nights they can see and are often awake for a longer time than dark nights. Also, since many other dogs are awake in the neighbourhood, the howling of one dog a mile away will awake many other dogs within audible distance. And one (or more) dogs will answer the howling.





PERFORMANCE RUDY HELD PERFORMANCE 519-662-2821 New Hamburg, Ontario

#### **Car & Truck Accessories**

Tires and Wheels Car Care Products



www.rudyheld.com



On October 27, 2014

### **VOTE:** Terry Broda for Mayor

#### **Township of Wilmot**





"Putting People First"

#### My Job as Mayor:

 As your Mayor, my job is to ensure that council works as a cohesive team so that the residents of Wilmot are well represented.

#### Wilmot: The Place to Be:

 I will ensure that Wilmot will be known as "The Municipality that is the easiest to do business with"! The result of this can only be positive, prosperous, economic growth and activity while maintaining a strong sense of community.

#### Vision:

- To attract and work with developers, which in turn will attract businesses to Wilmot while maintaining responsible, clearly thought out growth of our community that is vital to move forward with the change around us.
- New Hamburg Arena Putting it Back into Operation! Ice time is needed now, as caps have been implemented to programs, and not wait for 7 or 8 years at a cost of millions!

#### Infrastructure:

 As your Mayor, I will ensure our infrastructure and public facilities remain safe, viable, practical, accessible, upgraded, and maintained.

#### The Arts

 The Arts are vitally important to our community and our culture whereby I will continue to support, nurture and grow this valuable asset of Wilmot Township.

#### Vibrant, Prosperous Agriculture & Businesses:

- As your Mayor, it is vital that our business areas and our agricultural community remain vibrant and prosperous
- Implement Business and Agriculture Advisory Councils to liaise with Municipal Council.

#### Your Voice will be heard:

- As your Mayor, hearing your voice is how we decide to live, work and recreate.
- Your voice and involvement is the lifeblood of this Township and will not fall on deaf ears.



We can and will be better than 'business-as-usual' to build a strong community being the envy of all the rest.

As your Mayor, I will work with you to build on our accomplishments, fill in the missing pieces and make the Township of Wilmot stand above the rest!

#### For Further Details, visit:

www.terrybroda.com facebook.com/terrybrodacampaign Twitter: @TBrodaCampaign (519) 662-2679

terrybrodacampaign@yahoo.ca

#### **PUBLIC OFFICE & PERSONAL:**

- Previously served for 7 years as Wilmot Councilor for Ward #3 which included all of Baden and ½ of New Hamburg
- Served as Wilmot Councilor for 2 years in the 1980's
- Lifetime resident of Wilmot Township with my wife Sandy of 42 years
- Retired Materials Logistics Manager (over 25 years)

For my campaign, it is my goal to knock on every door in Wilmot. However, this campaign for me is much shorter than the one 4 years ago. I apologize if we didn't have the chance to meet face-to-face.



#### LA CORPORATION DU CANTON DE WILMOT AVIS DE SCRUTIN

AVIS EST DONNÉ PAR LA PRÉSENTE AUX ÉLECTEURS MUNICIPAUX DU CANTON DE WILMOT QUE SI, POUR L'UN OU L'AUTRE DES POSTES SUIVANTS, PLUS DE CANDIDATS SE PRÉSENTENT QUE LE NOMBRE REQUIS POUR OCCUPER CES POSTES, DES ÉLECTIONS SERONT TENUES AUX DATES, AUX HEURES ET AUX ENDROITS INDIQUÉS DANS CET AVIS AFIN D'ÉLIRE LES TITULAIRES DESDITS POSTES.

UN (1) MAIRE DEVANT ÊTRE ÉLU PAR SCRUTIN GÉNÉRAL
UN (1) CONSEILLER DEVANT ÊTRE ÉLU POUR LE QUARTIER 1
UN (1) CONSEILLER DEVANT ÊTRE ÉLU POUR LE QUARTIER 2
DEUX (2) CONSEILLERS DEVANT ÊTRE ÉLUS POUR LE QUARTIER 4

UN (1) PRÉSIDENT RÉGIONAL DEVANT ÊTRE ÉLU PAR SCRUTIN GÉNÉRAL PARMI LES VILLES DE

CAMBRIDGE, KITCHENER ET WATERLOO, ET LES CANTONS DE NORTH DUMFRIES,

WELLESLEY, WILMOT ET WOOLWICH

TROIS (3) MEMBRES D'ÉCOLES PUBLIQUES DE LANGUE ANGLAISE POUR LE CONSEIL SCOLAIRE DU

DISTRICT DE WATERLOO DEVANT ÊTRE ÉLUS DANS LA ZONE GÉOGRAPHIQUE FORMÉE

DE LA VILLE DE WATERLOO ET LE CANTON DE WILMOT

QUATRE (4) MEMBRES D'ÉCOLES PUBLIQUES DE LANGUE ANGLAISE POUR LE CONSEIL SCOLAIRE DU

DISTRICT DE WATERLOO DEVANT ÊTRE ÉLUS DANS LA ZONE GÉOGRAPHIQUE FORMÉE

DE LA VILLE DE WATERLOO ET LE CANTON DE WILMOT

UN (1) MEMBRE D'UNE ÉCOLE PUBLIQUE DE LANGUE FRANÇAISE POUR LE CONSEIL SCOLAIRE

DE VIAMONDE DEVANT ÊTRE ÉLU DANS LA ZONE GÉOGRAPHIQUE FORMÉE DE LA RÉGION DE WATERLOO ET DES COMTÉS DE HURON, MIDDLESEX, PERTH ET

WELLINGTON

UN (1) MEMBRE D'UNE ÉCOLE SÉPARÉE DE LANGUE FRANÇAISE POUR LE CONSEIL SCOLAIRE

DU DISTRICT CATHOLIQUE CENTRE-SUD DEVANT ÊTRE ÉLU DANS LA ZONE GÉOGRAPHIQUE FORMÉE DE LA RÉGION DE WATERLOO ET DES COMTÉS DE BRANT,

HALDIMAND ET NORFOLK

<u>SCRUTINS RÉGULIERS</u>: \*(Transport gratuit aux bureaux de vote pour les personnes éligibles au service de transport Kiwanis - Réservez d'ici le 23 octobre en téléphonant au 519-669-4533 ou 1-800-461-1355)

DATE: LUNDI 27 octobre 2014

HEURE: DE 10 h À 20 h

LIEUX DE VOTE : À DIVERS ENDROITS DANS LE CANTON, LES CARTES DES ÉLECTEURS SERONT POSTÉES

À LA FIN SEPTEMBRE À TOUTES LES PERSONNES FIGURANT SUR LA LISTE ÉLECTORALE. IL SERA ÉGALEMENT POSSIBLE DE CONNAÎTRE VOTRE LIEU DE VOTE AU BUREAU

MUNICIPAL.

<u>Équipement de dépouillement des votes</u> : Le canton utilisera un équipement de dépouillement des votes à tous les bureaux de vote.

#### **DEMANDE DE VOTE PAR PROCURATION**

UNE PERSONNE QUI A ÉTÉ NOMMÉE MANDATAIRE PEUT PRÉSENTER UNE DEMANDE À LA SECRÉTAIRE OU AU SECRÉTAIRE ADJOINT AU PLUS TARD À 16 h 30 LE JOUR DU SCRUTIN (LE 27 OCTOBRE 2014) AFIN D'OBTENIR UN CERTIFICAT DE VOTE PAR PROCURATION POUR LA SECTION DE VOTE DANS LAQUELLE LA PERSONNE QUI L'A NOMMÉE MANDATAIRE A LE DROIT DE VOTER. POUR LES SCRUTINS PAR ANTICIPATION, LE BUREAU DU SECRÉTAIRE SERA OUVERT DE 12 h À 17 h LE SAMEDI 4 OCTOBRE 2014 ET LE MERCREDI 8 OCTOBRE 2014 AFIN DE RECEVOIR LES DEMANDES DE VOTE PAR PROCURATION.

Barbara A. McLeod, CMO, Directrice des services au bureau du greffier/directrice du scrutin - Canton de Wilmot 519 634-8444

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### THE CORPORATION OF THE TOWNSHIP OF WILMOT NOTICE OF POLL

NOTICE IS HEREBY GIVEN TO THE MUNICIPAL ELECTORS OF THE TOWNSHIP OF WILMOT THAT WHEREAS MORE CANDIDATES HAVE BEEN NOMINATED TO EACH OF THE FOLLOWING OFFICES THAN THE NUMBER REQUIRED TO FILL SUCH OFFICES, THEREFORE POLLS WILL BE HELD UPON THE DATES AND AT THE TIMES AND PLACES STATED IN THIS NOTICE FOR THE PURPOSE OF ELECTING THE HOLDERS OF SUCH OFFICES.

ONE (1) MAYOR TO BE ELECTED AT LARGE
--------------------------------------

ONE (1) COUNCILLOR TO BE ELECTED FOR WARD 1
ONE (1) COUNCILLOR TO BE ELECTED FOR WARD 2
TWO (2) COUNCILLORS TO BE ELECTED FOR WARD 4

ONE (1) REGIONAL CHAIR TO BE ELECTED AT LARGE BETWEEN THE CITIES OF CAMBRIDGE, KITCHENER AND WATERLOO, AND THE TOWNSHIPS OF NORTH DUMFRIES, WELLESLEY,

WILMOT AND WOOLWICH

THREE (3) PUBLIC SCHOOL MEMBERS, ENGLISH LANGUAGE, WATERLOO REGION DISTRICT SCHOOL

BOARD, TO BE ELECTED FROM THE COMBINED GEOGRAPHIC AREA OF THE CITY OF

WATERLOO AND THE TOWNSHIP OF WILMOT

FOUR (4) SEPARATE SCHOOL MEMBERS, ENGLISH LANGUAGE, WATERLOO CATHOLIC DISTRICT

SCHOOL BOARD, TO BE ELECTED FROM THE COMBINED GEOGRAPHIC AREA OF THE CITY OF

KITCHENER AND THE TOWNSHIP OF WILMOT

ONE (1) PUBLIC SCHOOL MEMBER, FRENCH LANGUAGE, LE CONSEIL SCOLAIRE VIAMONDE, TO BE

ELECTED FROM THE COMBINED GEOGRAPHIC AREA OF THE REGION OF WATERLOO AND

THE COUNTIES OF HURON, MIDDLESEX, PERTH, WELLINGTON

ONE (1) SEPARATE SCHOOL MEMBER, FRENCH LANGUAGE, LE CONSEIL SCOLAIRE DE DISTRICT

CATHOLIQUE CENTRE-SUD, TO BE ELECTED FROM THE COMBINED GEOGRAPHIC AREA OF

THE REGION OF WATERLOO AND THE COUNTIES OF BRANT, HALDIMAND, NORFOLK

<u>REGULAR POLLS</u>: \*(Free Transportation to Polls for Eligible Kiwanis Transit Riders – Reserve by October 23 519-669-4533 or 1-800-461-1355)

DATE: MONDAY, OCTOBER 27, 2014

TIME: 10:00 AM TO 8:00 PM

LOCATIONS: VARIOUS LOCATIONS THROUGHOUT THE TOWNSHIP, VOTER CARDS WILL BE MAILED LATE

SEPTEMBER TO ALL THOSE ON THE LIST OF ELECTORS, OR CONTACT THE MUNICIPAL

OFFICE FOR YOUR LOCATION.

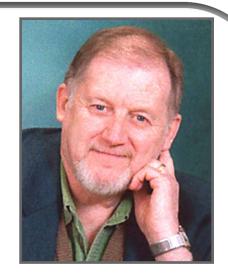
<u>Vote Counting Equipment</u>: The Township will be using vote counting equipment at all polling locations.

#### PROXY APPLICATIONS

A PERSON WHO HAS BEEN APPOINTED A VOTING PROXY MAY APPLY TO THE CLERK OR DEPUTY CLERK NOT LATER THAN 4:30 PM ON THE AFTERNOON OF POLLING DAY (OCTOBER 27, 2014) TO RECEIVE A CERTIFICATE TO VOTE BY PROXY FOR THE POLLING SUBDIVISION IN WHICH THE PERSON APPOINTING THE VOTING PROXY IS ENTITLED TO VOTE.

Barbara A. McLeod, CMO Director of Clerk's Services, Returning Officer - Township of Wilmot (519) 634-8444

# Looking for your support on October 27.



DEBT FREE DAY is November 17, 2014. This is one of the many accomplishments of your current council.

We have completed a Strategic Plan, which is a vision of the future, you the residents of Wilmot helped to create.

An Asset Management Plan was completed. This allows us to manage our infrastructure via the ten year capital plan. We can continue to complete future upgrades and needs without going into debt, and still maintain the lowest tax rate in the Region.

A lot of items have been crossed off of our list of things to do. Phase 2 of the Wilmot Recreation Complex is complete. New Dundee has two new ball diamonds and an expanded parking lot at the Community Centre as well as a much needed new library. The New Hamburg arena lobby has been renovated. There is an accessible Play Ground at the Wilmot Recreation Complex, soon to be joined by a Splash Pad.

A fire Master Plan was completed and is currently being acted upon. We have hired more firefighters. Upgrades to the stations are being completed in 2015.

We will continue our program of hard surfacing gravel roads and replacing those surfaces which are reaching their end of life.

A program to prepare fire halls and community centers will be equipped with generators for emergency situations.

Please get out and VOTE October 27.

**Vote Les Armstrong for Mayor** 

