

BADEN OUTLOOK

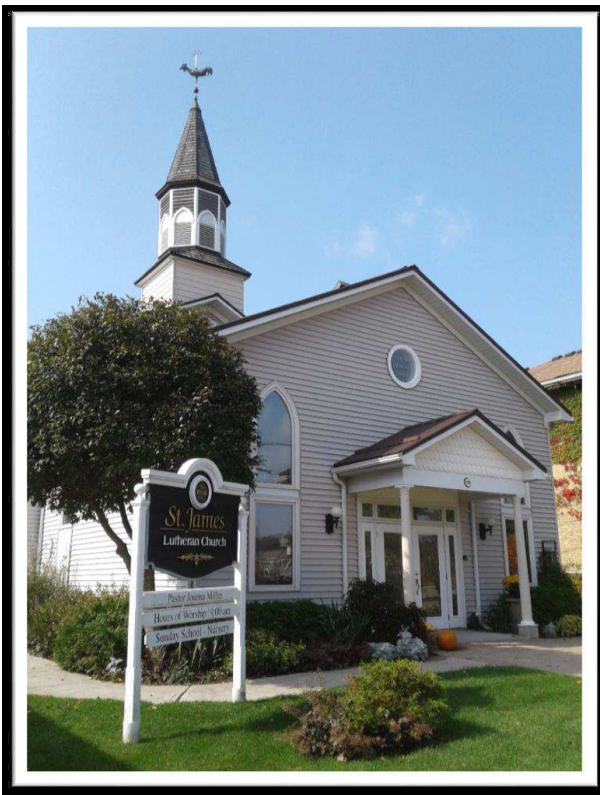


~ Your Community Newsletter ~

Keeping the Community Connected since 2000

Background photo courtesy of Linda Frank

ST. JAMES LUTHERAN CHURCH DESIGNATED AN HISTORICAL PROPERTY



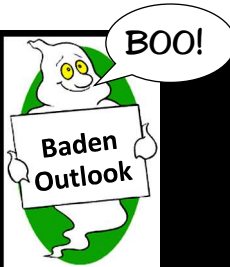
What is a Designation?



HERITAGE WILMOT

- ◆ It is a way of publically acknowledging a property's value to a community.
- ◆ It helps to ensure the conservation of these important places for the benefit and enjoyment of present and future generations.
- ◆ It is a legal process outlined in the Ontario Heritage Act, created to preserve the unique heritage of our province.
- ◆ A designation registers the property as a historically significant property.
- ◆ It is a way for property owners to display pride in their property.
- ◆ A designation protects and preserves Canada's heritage!

The formal presentation and dedication for the church is scheduled for Sunday, November 3 at 2.00 pm at St. James.



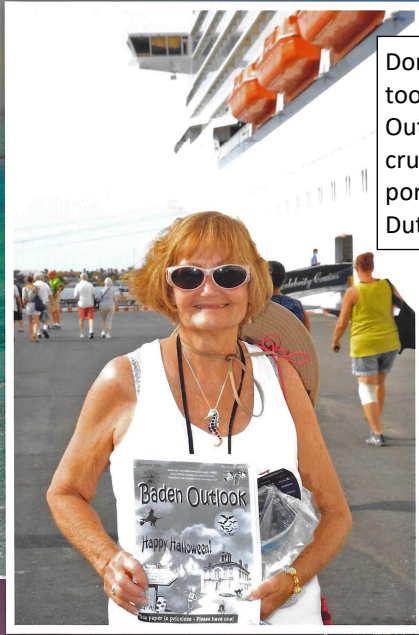
This paper is priceless -
We dare you to take one!





Wow! More exciting destinations as *The Baden Outlook* continues to travel ...
To Scotland, a Cruise, Charlottetown Festival, and Toronto Masquerade Dinner.

Kralendijk, Bonaire



Don and Gerrie Culbert took their *Baden Outlook* along on a cruise and stopped in port at Bonaire, on a Dutch island.

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



AVING THE TIME OF OUR LIVES AT THE CHARLOTTETOWN FESTIVAL!

MAMMA MIA!
by Tim Hortons

The Dancing Queens (Pat Gillies, Jamie Murray, the lead actress as Sofia in *Mamma Mia!* with the *Baden Outlook*, and Dorothy Pikor) had a blast at the Charlottetown Festival Theatre.



Tom Ferris and Doreen Brydon visited Tom's birthplace in Glasgow, Scotland.



The ladies of *Imagine Trave*, Karen Weber, Kristina Ziegler and Traci Jutzi, took the *Baden Outlook* along to their recent Transat Conference and masquerade dinner in Toronto.



We're on the Web!
Read the paper in colour on-line at
www.badenoutlook.com

Talking with Ed

~ Climate Awareness Month

The following is the journey of a 24 pack case of single plastic bottles of water:



A water company fills a single bottle of water, puts 24 full bottles together, shrink wraps them, puts 60 cases together on a skid, and shrink wraps the skid.

Next, skids are loaded on a tractor trailer and delivered to distribution warehouses across Ontario. The trucks are unloaded and skids are reloaded onto supermarket trucks for distribution to stores. (My previous store at which I worked sold on an average week 5 to 6 skids, and on an advertised special week up to 20 skids).



Once purchased, customers take the water home for consumption and place the empty bottle in their recycling bin. The bottles are picked up by the region and sent to the recycling area, sorted and then sent to a plastic recycler. The bottles are remade and the process is started all over again.

That's quite a feat for a drink of water. The other option that people can do is take a glass out of the cupboard, pour a glass of water from the tap (which is sanitized and safe for drinking), or from your Brita water pitcher or other filtered system, and drink it! It almost sounds too easy.

There is a major push on right now to take control of the climate crisis (or climate emergency, as Wilmot Township council just declared) so we can leave our world in better shape for our children and future generations. Using the strategy above is one way of helping, but there are certainly many other ways to join in. Sometimes it is hard to determine where we are going wrong because habits are formed and that is considered normal for us.



Councilor Jennifer Pfenning brought forth a notice of motion at township council proclaiming October to be a "Zero Waste Month", which to me is a great idea on how to bring awareness to our habits and bring the community together in action for a healthy, clean, and sustainable community. Her suggestion is to bring your waste level, other than the green and recycling bins, to a point where it will fit into a mason jar. Great way to change those habits! Maybe you can find your own way.

REEP Green Solutions were also on hand at the last council meeting and offered suggestions on how people can be more aware and change their habits. One of these ideas was an app that can be used to examine your own carbon footprint. The tool can be found at the website projectneutral.org/reep which will give you your amount of CO2 tonnes that you are giving off. There are five categories to input data including home energy, daily transportation, travel, food, and waste. You can come back in a month or two, input your updated data and see how things have changed.

There are many ways to help the environment, but one of the biggest ways, according to Mary Jane Patterson from REEP, is eliminating beef from our diet. One website has noted the following: "*A new study has found that the **environmental** impact of **beef** production is significantly **worse** than that of dairy, poultry, pork and eggs. According to one expert, cutting down on red **meat** would actually have more impact on carbon emissions than abandoning cars*".

As you can see, there are many ways of changing our ways and slowing down or eliminating climate change. During this October I think we should all try our best to help the environment. Our local group, "The Ecoboosters, offer tips in this paper each month which would make a great start.

Until next month...Ed

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Greetings from Headquarters ~



Hello Fall Y'all! Now that my chair is all warmed up, I was much more diligent with the October issue than last month. It was easier to get done as the weather has cooled down and our time at the trailer is wrapping up for another year, although it was amazing to greet the first of the month with 27 degrees, balmy breezes, and blue skies. But... ugh—where did all these spiders come from and what are they eating that made them so big? I even despise their webs that tangle me up and send me into the ridiculous spiderweb dance (which is so uncool)!! Spiders are my phobia, and I realize at my age that I will not get over it.

Once again, there is much going on in the community. It was an exciting time to celebrate the 25th anniversary of the Castle Kilbride and we have featured a collage of the day. Thanks to Al for sharing the history of our museum, as the new Badenites may not know its story or the amazing transformation it took to bring it to its grandeur. We will dig through our archives and feature some dated photos in the upcoming issues to honour this milestone. There is always something new to experience at the castle and you may want to partake in a ghost walk—check it out on page 32 if you dare!



Just a few other interesting things in this issue to check out are:

- ⇒ We are very happy to see that Baden's Colleen Herner won the Citizen of the Year Award for Culture—check out her attributes that awarded her this honour on the following page.
- ⇒ Thank you to Ara Luckhart who submitted a Halloween poem and hand drawn picture, making this issue festive. And also thanks to Linda Frank who shared her sunset photo, setting the stage for my front page Halloween scape.
- ⇒ We had the pleasure of visiting with a local woman whom we've known her whole life who has just had her first novel published. Be sure to keep up with Amy-Sue (Good) Compton and get a copy of her book. Her second novel is already in motion—Bravo!
- ⇒ Much attention has been given to the recent Climate Change Awareness—Wilmot is fortunate to have a plan in motion to develop a Carbon Sink, which you can learn about on page 31.
- ⇒ With the kids back in school and all of us who spend too much time at a desk or computer, you will be reminded to sit up straight by Dr. Pierre.
- ⇒ As you see on the front page, Wilmot Heritage has designated St. James Lutheran Church as a Heritage Site. It has an interesting history dated back to 1856—check it out on page 27.
- ⇒ Once again we are sponsoring our local Firebirds hockey team and we are hoping you will join us at the game on Friday, October 25th. You can use the coupon on page 13 to take the family for free!



I hope you all had a wonderful Thanksgiving and enjoyed some quality family time. It's important to take the time from our busy lives to arrange a hearty meal, gather with family and friends, and truly feel thankful.



EXTRA EXTRA!!



You'll find us around the 15th of each month, available at over 80 places within Wilmot Township, while quantities last.

The best things in life are free - like the changes of season bringing us autumn colours ..and this paper—We hope you enjoy this issue.

Congratulations to Colleen Herner ~ Citizen of the Year in Culture Category

For 25 years, Castle Kilbride has flourished in its new life as a museum and National Historic Site; it has become an integral part of Wilmot Township's tourism, of course, but more importantly has become an important part of its community. Twenty-five years ago, it was that same community that worked to bring Castle Kilbride from near ruin to breathtaking elegance; many people, most of them Wilmot citizens, contributed their talents and time to make Castle Kilbride the incredible museum it is now. One among them, however, stands out for being there every step of the journey, from the very beginning to today—Colleen Herner.

In the museum's early days, Colleen was an integral member of the Gala Fundraising Committee: those who were lucky enough to get a ticket for that sold out evening in September of 1994 still recall the magic created by Colleen's remarkable creativity. Her vision for the night was one of elegance and beauty to celebrate the newly crowned 'Jewel of Wilmot Township,' and she achieved that splendour with style.

In addition to the inaugural Gala, Colleen's creativity has been extended to many special events over the last

quarter century:


- Christmas at the Castle, 1994-present—Colleen's passion for creating nostalgic and themed Christmas trees throughout the museum put the Castle on the map for Christmas tourism from the very beginning.
- Wedding Shows- Colleen has presented the most fascinating wedding fashion shows in 2000, 2001 and 2011 that inspired many brides to bring their dresses out of storage to be celebrated once again.
- The Galas - Of course Colleen couldn't just do one gala, she had to do two. Colleen was instrumental in Castle Kilbride's 10th anniversary gala held in 2004, which once again was a sold out event and a tremendous fundraiser for the museum.
- Princess Tea & Tour - What is a tea for little girls surrounded by their favorite princess without a fairy godmother? Yes, it was Colleen that made a surprise appearance on these days and brought such smiles to the faces of Castle Kilbride's youngest visitors... and their mothers and grandmothers too. Complete in a tutu, wand and bag of silver glitter, she gave every little girl a wish and a memory to last a lifetime.
- Member of the Castle Kilbride Advisory Committee 2016-present; Colleen has always been involved with Castle Kilbride. Joining the Advisory Committee simply officially confirmed her involvement. For Castle Kilbride's 25th anniversary she is the Chair of Anniversary Sub-Committee and once again, she is leading the museum towards another memorable celebration!



The Castle has been made a much brighter and special place because of Colleen Herner, and you could say that about her hometown of Baden too.


Bravo—well deserved, Colleen!

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Township of Wilmot Declares Climate Emergency



At the September 23rd Council meeting, the Township of Wilmot took another solid step forward in continuing its efforts to promote sustainability by joining government agencies in the declaration of a climate emergency.

Over the past few months, Kai Reimer-Watts and Andreas Fuentes from the Climate Emergency Declaration Group Waterloo Region have been working with area municipalities on formulating resolutions in support of the Climate Emergency Declaration.

Data provided by Mr. Reimer-Watts and Mr. Fuentes indicates that municipalities are significant contributors to climate change, consuming more than 2/3 of the world's energy and accounting for more than 70% of its carbon emissions.

The Township of Wilmot has an absolute Green House Gas (GHG) emissions target reduction of 25% from 2012 levels by 2027, and has already reduced its GHG emissions by approximately 19.6% or 330 tons since 2012.

At a meeting held earlier in the month, the Township's Sustainability Working Group endorsed the draft resolution supporting a Climate Emergency Declaration, and the investigation of a carbon budget process for the Township.

"The mandate of the Sustainability Working Group is to

demonstrate leadership in environmental stewardship for the Township, and serve as a forum for addressing specific environmental issues. This Climate Emergency Declaration continues to promote a greater sense of accountability for the Township as it strives to not only meet but exceed our existing carbon reduction commitment," explained Ashton Romany, CPA, Wilmot's Manager of Finance/Deputy Treasurer and Chair of the Sustainability Working Group.

Staff have initiated preliminary efforts to help identify projects in the Township's 10-year capital forecast that will help reduce carbon emissions. Although the proposed timeline for implementation of a carbon budget is by 2022, efforts by staff and the committee will begin in 2020.

Through the declaration, the Township joins a growing list of over 440 municipalities across Canada who have made similar declarations.

"Council and I are proud to support the continued efforts of our organization in making progress towards reducing our carbon footprint. It is hoped that this declaration and similar statements from our peers at all levels of government will promote action towards a cleaner environment for future generations," stated Wilmot Mayor Les Armstrong.

Start Dreaming...
of that new backyard!

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Checking out the Baden Library



New Hours

Starting October 2, we will be experimenting with something new! The Baden Library will be open 10 a.m. to 8 p.m. on Wednesdays for a trial period. Come see us and let us know what you think!

Ontario Public Library Week – October 20 to 26

October is Canadian Library Month! This is an opportunity for libraries to raise awareness of the valuable role libraries play in the lives of Canadians. A library is more than books. Do you know about all the FREE eLibrary resources we have for you to download? There are eBooks, eAudiobooks, eMagazines and eNewspapers (PressReader), eMusic (Freegal and Hoopla), as well as Streaming Video (Hoopla and Kanopy). Drop in and learn about all the resources we have for you!

Food for Fines - October 21 to 26

One week only! Pay off your outstanding overdue fines with food. One non-perishable food item is worth \$2 in fines. The library donates all food collected to the Wilmot Family Resource Centre Food Bank. Erase your overdue fines and help your community at the same time!

Third Tuesday Adult Book Club

Join other adults for a discussion about a different book every month. Meetings are at EJ's Tavern and Restaurant

on the third Tuesday of the month from 6:30 to 7:30 p.m.

Drop in and pick up a copy of the book to read at the library. The fall meeting dates are October 15, November 19, and December 17.

Kids Book Clubs

It's not too late to join a book club. The Awesome Book Club is for kids ages 10 to 12 and meets the first Tuesday of each month. Chat about books with friends and participate in fun activities. Registration is required. The Online Teen Book Club is for kids ages 13 to 18. Read and discuss great books wherever and whenever! Complete reading challenges and share favorite books with other teens. Visit <https://bit.ly/2Yelobl> to participate.



Free 1:1 Technology Coaching

Need help with your computer, tablet or smartphone? Sign up for a free, one-on-one training session! Register online or call the Baden branch at 519-634-8933. Appointments are available Tuesdays: October 17, 29, November 12 and December 10. Additional appointments are available upon request.

Like Us on Social Media

Like us on Facebook (@RegionofWaterlooLibrary) and Twitter (@RWLibrary) to get information on what's currently happening at the Library, as well as all kinds of interesting and useful articles on various subjects.

Contact us at 519-634-8933 or badenlib@regionofwaterloo.ca and for up-to-date information visit rwlibrary.ca.

Chris Baechler, Assistant Supervisor

OPTIMIST CLUB OF BADEN PRESENTS

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CRAFTS

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SATURDAY OCTOBER 19 1:00PM-3:00PM

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ALL SCRAMBLED UP! Within each category the words are jumbled up... can you unscramble them?

ALL THINGS HALLOWEEN

- SKAM _____
- DACNY _____
- STOGH _____
- ATERT _____
- CIRTK _____
- CHITW _____
- MUSTOCE _____
- KIPPMUN _____
- PRIMEVA _____
- NEELTOSK _____

THINGS WE FEAR

- TAR _____
- KARD _____
- BOOLD _____
- THEAD _____
- KANES _____
- THIGHE _____
- LEENED _____
- PRIDES _____
- RISEPURS _____
- ARELUFI _____

Answers on page 16

HOW DO YOU CURE
SOMEONE WITH A
PUMPKIN SPICE ADDICTION?
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Car Care Tips
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Winter driving tips to help you conquer the snow

Keep up with maintenance

A little preventative maintenance can go a long way towards staying ahead of winter driving difficulties. This includes fluid checks, suspension and ride control tests as well as general tune-ups to stay ahead of winter driving problems. After all, if you don't take care of basic maintenance, problems can be far worse down the road.

Make sure your tires are in-season

While all-season tires can handle the milder temperatures and drier roads, winter tires are equipped for cold temperatures and slushy, snow-packed roads. With winter tires, the increased tread and specialized rubber compound ensures they stay soft and pliable while gripping the road and keeping ride control in check.

Stay powered up

The best way to stay ahead of dead batteries and stuck cars is making sure your connections are tight, clean and free of corrosion. By regularly inspecting your battery, you've got one less thing to worry about in the winter months. How long does a battery typically last? The consensus is five years. If you can't remember the last time you changed a battery, it's probably a sign to get that taken care of for the season.

Keep the road in sight

Designed to resist wind and prevent ice and snow build-up, winter wiper blades are a great investment for tackling winter visibility issues. Consider changing out your washer fluid before the winter months for one with detergent to withstand temperatures below -40 degrees Celsius.

Prepare for the worst

Winter can take us by surprise. Even though we might think it won't happen to us, getting into a situation where we're stuck in our car overnight or other "worst-case scenarios" are possible. Although we can't predict the future, we can certainly be prepared for the worst.

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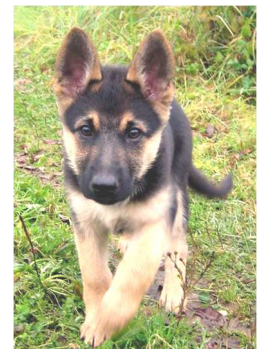
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You Must Be Joking!!



This is Duffy, he's an 8 week-old German Shepherd and I bought Duffy as a surprise for my wife. It turns out she is allergic to dogs so we are now looking to find her a new home. She is 62 years old, an attractive and caring woman who drives, is a great cook, and keeps a clean house.



Submitted by Robert Price



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LIVE MUSIC — HERE AT EJ'S

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Juneyt on October 26, Craig McNair on November 9th,
and Jonathan Knight on November 23.

Remember parents, if you're too tired or late to throw dinner together... come by on Tuesday nights when kids eat for free!!



As our pets age, they too are at risk of decreased mental function. Pets may start to exhibit symptoms similar to Alzheimer's and dementia, ranging from mild to severe. These changes can be subtle and confusing for pets and owners alike. In dogs, these changes may be due to something called canine cognitive dysfunction. There are no known direct causes of cognitive dysfunction, but age and genetics are contributing factors.



There is currently no test available to accurately diagnose canine cognitive dysfunction, so the information you share with your veterinarian is an important step towards diagnosis and management. A specific list of symptoms, when observed together, can help make the diagnosis. The most common symptoms are:

- Disorientation – loss of ability to navigate the house or remember where specific places are (i.e. furniture, corners of rooms)
- Interaction changes – decreased interest in social interaction (i.e. petting, grooming, playing)
- Sleep/wake cycle changes – restlessness throughout the night, sleeping during the day
- Housebreaking issues – defecating indoors, not signaling to go outside
- Physical activity level – decreased interest in being outside, decreased responses to stimuli (e.g. sounds around home, people)



Remember this Halloween that not everyone enjoys the ghouls at the door. Be mindful of your pooch and be sure he knows he's safe!



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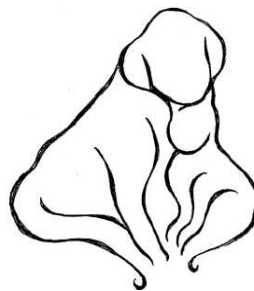
Medical causes for these symptoms must also be ruled out. Medical issues that may contribute to these symptoms include thyroid disorders, Cushing's disease, diabetes, kidney disease, musculoskeletal disease, cancer, liver problems, and sensory loss. Specific tests may be required to rule out these conditions.

There is currently no cure for cognitive dysfunction, although there may be ways to slow its progression.

As our pets age, their nutritional requirements change. There are prescription diets that have been formulated to help with brain aging. These diets contain specific antioxidants, high levels of Omega 3 fatty acids, and therapeutic levels of L-carnitine. These ingredients work together to prevent damage to brain cells from free radicals.

If you are noticing changes in your pet, a visit to your veterinarian is the first step in obtaining a proper diagnosis. Once a diagnosis has been made, steps can be taken to aid in maintaining the health and vitality of your pet.

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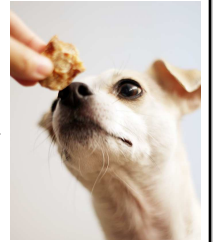
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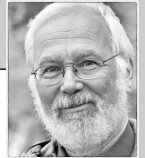
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Baden Birding ~ Bald Eagle

By Ken Quanz



In the middle of August I visited the Sobeys Plaza in New Hamburg. As I got out of my car I happened to look up and saw a large bird gliding over the river. Of course, I had to try to identify it but it had, with a few beats of its wings, glided away to the east.

What could it be I wondered? Was it a turkey vulture gliding effortlessly over the town looking for road kill or the remains of another species' meal, or using its highly developed sense of smell to detect the odour of mercaptan which emitted from decaying meat?

Was it a hunting Osprey, perhaps one of the adults that was nesting or one of the young birds that hatched on Christner Road? They like to hunt for fish along the river, spying their prey from quite a height, then diving down on folded wings until they extend their long legs and deadly sharp talons just before they hit the water in order to grab an unsuspecting fish to feast on.

It certainly was not a Great Blue Heron, a frequent visitor to the river's edge and shallows. It was not steadily flapping its way across the sky at a fairly low altitude, while its legs stuck out straight behind it. That was easy to rule out.

Then I saw the high altitude speck appear again. A few flaps, then a long circular glide, another flap or two, then glide; all the time getting closer to me as if it were coming back on a regular circuit.

The wings did not show the dark leading half and the lighter trailing area of a Turkey Vulture, or what we



affectionately call a "Black and White TV". The flapping intervals were too regular for a vulture, a bird that really likes to soar in order to conserve its energy because its food does not remain long in its short digestive tract in order not to give the pathogens found in rotting or decaying food a chance of infecting the new host. There is no energy to waste on flapping about!

As the bird came closer I could see a white head, very broad wings and a white tail, then I spotted the yellow bill: a Bald Eagle! You probably guessed this already if you frequent downtown New Hamburg and look up occasionally, because this adult Eagle is a regular visitor, along with the other large birds mentioned in this article. How times have changed! In 1970, researchers found very few of these birds in this area. The chemical DDT had affected the estrogen hormones which control calcium in the body and therefore the calcium based egg shells were thinner and often broke under their own weight or that of the parent which was hatching them. Herons were not as severely affected because they tended to eat small, shorter lived prey which had not stored as much DDT in their bodies as the larger and older prey of the eagle family. The banning of DDT slowly reversed the downward trend of these populations so that we now can regularly enjoy the sightings of these magnificent birds.

Does the future look bright for other species which are being affected by today's wonder chemicals? Only time and changing attitudes will tell.



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2. Has a 'nodding' acquaintance with the 'King' and 'Queen'. 'Springs' to mind when you are 'tired'. 'Backs' you up when you 'lie'.
3. 'Lights up' at the thought of food. They lose their 'cool' during a 'breakdown'. They give hungry people a 'cold reception'.
4. They 'foam at the mouth' in a 'heated' confrontation. They're used with 'alarming' frequency. The 'tanks' you get for helping people out of a 'hot spot'.
5. Something that people have a lot of 'hang-ups' about. A 'conversation piece'. Too much time with this leaves you trapped in a 'cell'.

ANSWERS ON PAGE 16

You Must Be Joking!!



It's Saturday night and I'm a fun dad so I go to the KFC to get the kids something to eat. They wanted the kids' meal with a leg so I said, "Kids meal with the leg please," and the lady says, "Which side?"

Hmmm... I go silent as I heavily contemplate such an odd decision.

"I guess the right side is ok, heck... what is the difference?"

After several moments of laughter she says, "No sir, which side would you like to go with the leg? Mashed potatoes or fries."

A pumpkin says to a jack-o'-lantern, "All we ever do is sit around on the stoop. Don't you want to mix it up, try something different?"

The jack-o'-lantern says, "I don't have the guts."



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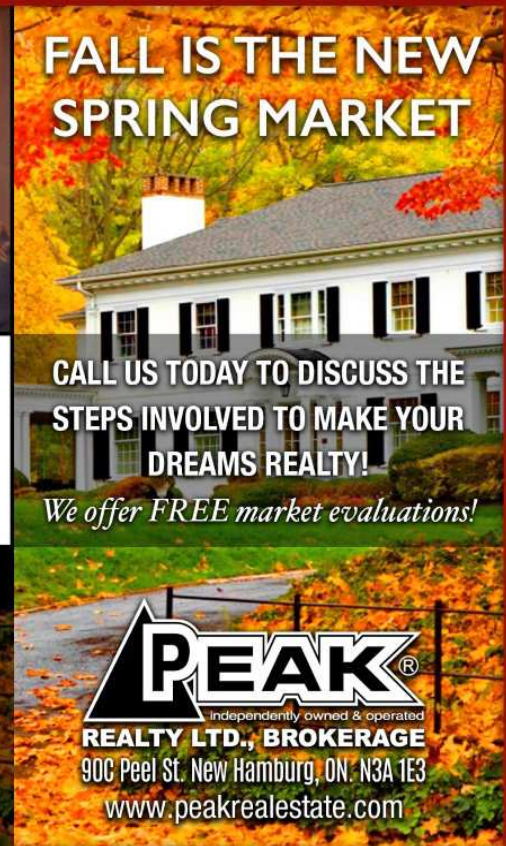
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Tavistock	6	5	1	0	0	10	.833	30	17	100	3-1-0-0	2-0-0-0
Norwich	6	4	2	0	0	8	.667	46	18	174	3-2-0-0	1-0-0-0
Woodstock	7	4	3	0	0	8	.571	38	18	136	3-1-0-0	1-2-0-0
Paris	7	4	3	0	0	8	.571	21	20	140	1-1-0-0	3-2-0-0
New Hamburg	7	3	3	0	1	7	.500	34	22	94	2-1-0-0	1-2-0-1
Ayr	5	3	2	0	0	6	.600	23	21	199	2-1-0-0	1-1-0-0
Burford	7	1	6	0	0	2	.143	11	50	179	0-4-0-0	1-2-0-0
Delhi	6	0	6	0	0	0	.000	6	61	119	0-4-0-0	0-2-0-0

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Interesting People: Meet Local Author Amy-Sue Compton



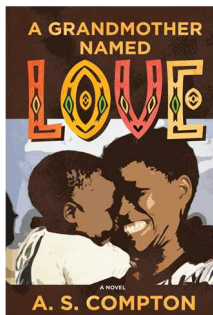
Susanna (Amy-Sue) grew up on her family's intergenerational farm between New Hamburg and Baden. She attended Waterloo-Oxford High School, then attended the University of Western Ontario, receiving her BA in English and Literature in 2012. In 2008, her gap year, she decided to go on an adventure and spent six months volunteering in Botswana. For most of her time there, she stayed with hosts Glynn and Susan Allison-Jones, who had pastored at her home church at Wilmot Mennonite. The Jones' had been working in Botswana for several years already, in the largest city of Botswana, Gaborone. Botswana has a population of 2,315,130 and Gaborone's population is 232,000.

Early on in her time there, she was sent to a remote village for a month. She marveled at their way of life. It was a new but important experience being the only Caucasian in the village. After that month, she went back to Gaborone; many of the workforce would have jobs in the city and they would stay there throughout the week and return home to villages for the weekends. The local university took four months off and during that time they sent a couple of students to every high school in Botswana to teach about safe sex and HIV – Susanna joined them. Botswana had the highest HIV rate in the world at the time and much of it had to do with multiple partners. The people are very polite but reserved in Botswana, and they have their acceptable traditions such as multiple partners. Another customary practice is mothers who go to work in the city and leave the childrearing to the grandparents. It was awe inspiring to see the childrearing and love of the grandparents.

That awe is what inspired Susanna to write her first novel entitled *A Grandmother Named Love*. The fictional main character is in charge of raising seven grandchildren in a village one hour away from the city. This village is in the desert, with no indoor heating and

cool nights. It is a heart-warming story of the challenges and beauty of this family.

Susanna will have a book release party in Toronto on October 24th from 6-8 pm at The Supermarket, 268 Augusta Avenue (Kensington Market). She will also have a Waterloo book release at Seven Shores with Words Worth Books on November 14th, and The BookShelf in Guelph will be having an event for her on November 26th. The book is available online on Amazon and your favourite book outlets.



It has been an experience for Susanna, not only travelling to Botswana, but learning the process of publishing a book. She has also joined a creative writing club from Cambridge where she has made many new friends. Susanna took English at Western and applied three times to get into the creative writing class; she was not accepted. She finds it amusing that recently she was asked to talk to the class. She is currently writing her second book which is based on some local people during war time. Stay tuned for more information in the *Outlook* on that.

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Baden's Monthly Newsletter
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Most men don't like to shop for clothes. I've been there, done that. I went through a personal metamorphosis a few years ago and through some trial and error, that changed for me. My new motto is: *Style is fashion filtered through your personality.* Everyone's style is different. That's why they call it style! But if you're a novice like I was, it takes a few small steps to get there.

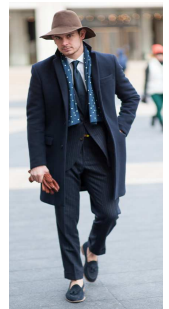
The most fundamental thing is to **know your right size and fit.** This, to me, is the most challenging aspect of finding your style. Once you know your size in shoes, boots, shirts, pants, jeans, jackets, belts, coats, suits, active wear and underwear, then you're off to the races. I can tell you my size in all of those categories, as well as the designer, style, and fit that I prefer for each. There is only one way to do it. You have to try things on. But once you've done it, you've done it. And once you do, record it on Notes on your phone or start a document on your computer and make note of the designer, size, and fit for each clothing article. Then when you want that new shirt or pair of jeans, just go to your records and avoid doing the dressing room two-step all over again.

The trick is to do this when you're not rushed or have a deadline. Pick a weeknight when the stores are

quiet. When I started my style journey I first looked at the way the mannequins are dressed. *They're no dummies.* Also look at the pictures on the walls. They tell you a lot. Take notice of the way the clothes hang. Is the shirt tucked in and if so, does the belt match the shoes? And does the shirt appear to be loose fitting (classic fit) or snug (tapered or modern)? Look at the bottom of the jeans and pants and notice how they break on the shoes. There shouldn't be any more than a 1/2". Anything more looks sloppy. Besides looking at mannequins and pictures on the walls in-store, also spend some time online looking at retailers' men's departments. Or go to designer websites and look at the styles, colours, and cuts they use.

Once you've done this homework, you're ready to try on some clothes. You've seen what you like, but you're still not sure about the size and fit. Do what I did: work on one thing at a time. Start with jeans since they are your cornerstone for leisure or even business casual. There are lots of jean styles--- slim fit, tapered, straight leg and boot cut. When you pick the style you like, take the size you think you are into the dressing room along with the next size up and next size down--and don't forget to take the shoes you're going to wear with them. Remember, your inseam (or leg size) should not change with your waist. So if you like boot cut jeans and you think your waist is 34 and inseam is 34, take that into the dressing room along with a 36" waist and a 32" waist (both with 34" inseams). This will save you running back and forth across the store floor half-dressed looking for another size. And if you can't quite get the right length, you can always purchase a longer inseam and have a local tailor shorten them.

These are just some quick thoughts on how to get started on your path towards finding your style and doing it with the least amount of time, money, and aggravation.



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- Ask your local stores to stock items with less plastic packaging.
- Recycle what you can.
- More tips: **100 Steps to a Plastic Free Life:** myplasticfreelife.com/plasticfreeguide

Are you interested in climate change and other global environmental issues? **Help us make a difference in our community by getting involved and taking action on one or more local environmental concerns.** Our next monthly meeting will be held at **6:45 p.m. on Wednesday, October 23rd**. Our special guest will be Samantha Tremmel from Climate Action Waterloo Region. For meeting location or more information, contact nvecoboosters@gmail.com or call **519-662-9372**. Want to know more about the Nith Valley Ecoboosters? Check out our website at: nvecoboosters.com

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Submissions are due on the 1st of each month.



You Must Be Joking!!



A German Shepherd, Doberman and a cat have died. All three are faced with God who wants to know what they believe in.

The German shepherd says: "I believe in discipline training and loyalty to my master."

"Good," says God. "Then sit down on my right side. Doberman, what do you believe in?"

The Doberman answers: "I believe in the love, care and protection of my master."

Ah," said God. "You may sit to my left."

Then he looks at the cat and asks, "And what do you believe in?"

The cat answers: "I believe you're sitting in my seat."

~ You know how it goes with cats and dogs: dogs have masters, while cats have servants. ~

Submitted by Wolfgang Wurbacher

Answers to Word Scrambles from page 8

ALL THINGS HALLOWEEN

MASK
CANDY
GHOST
TREAT
TRICK
WITCH
COSTUME
PUMPKIN
VAMPIRE
SKELETON

THINGS WE FEAR

RAT
DARK
BLOOD
DEATH
SNAKE
HEIGHT
NEEDLE
SPIDER
SURPRISE
FAILURE



Answers to Having Pun from page 12

1. Dishwasher
2. Bed
3. Refrigerator
4. Fire Extinguisher
5. Telephone

Why is Cinderella so bad at soccer?

Because she has a pumpkin for a coach and she runs away from the ball.



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You Must Be Joking!!

Out of the Mouths of Babes



I didn't know if my granddaughter had learned her colours yet, so I decided to test her. I would point out something and ask what colour it was. She would tell me and was always correct. It was fun for me, so I continued. At last, she headed for the door, saying, "Grandma, I think you should try to figure out some of these colours yourself!"

When my grandson asked me how old I was, I teasingly replied, "Well now, I'm not quite sure."

"Look in your underwear, Grandpa," he advised "Mine says I'm 4 to 6."

After putting her grandchildren to bed, a grandmother changed into old slacks and a droopy blouse and proceeded to wash her hair. As she heard the children getting more and more rambunctious, her patience grew thin. Finally she threw a towel around her head and stormed into their room, putting them back to bed with stern warnings. As she left the room, she heard the three-year-old say with a trembling voice, "Who was THAT?"

A grandfather was returning his grandchildren to their home one day when a fire truck zoomed past. Sitting in the front seat of the fire truck was a Dalmatian dog. The children started discussing the dog's duties. "They use him to keep crowds back," said one child.

"No," said another. "He's just for good luck."

A third child brought the argument to a close. "They use the dogs," she said firmly, "to find the fire hydrants."

A grandmother was telling her little granddaughter what her own childhood was like. "We used to skate outside on a pond. I had a swing made from a tire; it hung from a tree in our front yard. We rode our pony. We picked wild raspberries in the woods." The little girl was wide-eyed, taking this all in. At last she said, "I sure wish I'd gotten to know you sooner!"

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SIT UP STRAIGHT

By Dr. Pierre Plante



Do you remember hearing your mother saying things like, “Eat all your vegetables,” and, “Look both ways before crossing the street,” or, “a person is known by the company they keep.” And let’s not forget the mantra, “Sit up straight! Don’t slouch!” Moms usually give the best advice, and she certainly wasn’t wrong with the sitting up straight advice.

So many of us today work in sedentary jobs that require that we sit for most of the workday. Many experts believe sitting with proper posture is imperative to spinal health. Others believe varying your posture while you sit is a great choice as well!



How are you sitting right now?

- Are your feet flat on the floor, with your knees at a 90° angle?
- Are your buttocks, back and shoulders up against the backrest of your chair?
- Does the chair you’re sitting in provide lumbar support? Does the backrest fit into the natural curve of your spine? Are all your spinal curves

properly supported?

- Are your shoulders relaxed, or are you hunched in a forward position?
- Is your body weight equally distributed across both hips?
- Are your knees level with or slightly higher than your hips?

If you answered no to any of these, you’re probably exerting undue stress on your spine.

Many experts have determined that 40 minutes is the most that you should be sitting in the same position. It is okay to lean to the left, lean to the right, lean back, and lean forward. Varying your posture also gives specific muscles that have been working a bit of a break. Even if you sat in a perfect position all the time, you would be constantly stressing the same muscles. Changing your positions allows different muscles to take on some of the work as well. Chronic sedentary poor posture or slouching can affect a few different things such as: the discs between the vertebrae (it may cause bulging or herniation); cardiovascular disease; increases tightness in hips; may cause an inflexible spine; decreased blood to the brain causing “foggy head”.

Remember to periodically take the time to stand up and stretch your back and legs or take a short walk.

The chair you use should provide lumbar support that allows the backrest to fit into the curve in your lower back. This helps avoid pressure on the spine and prevents back muscles from becoming fatigued. If your chair doesn’t have it, you can use a rolled towel or invest in a lumbar support pillow to provide you with the proper amount of spinal support. If you sit for long periods, it is certainly worth the investment.

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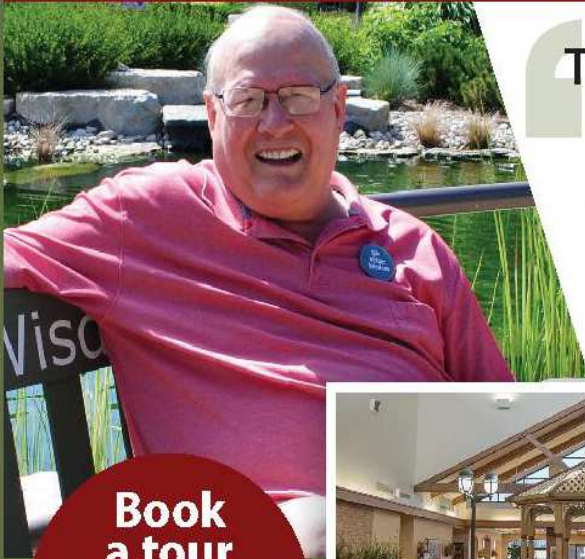
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2nd prize winner Barb Rouleau received a \$50 gift certificate from Old Country Restaurant in New Hamburg.

3rd prize winner James Ingold received a \$50 gift certificate from My Place Restaurant in New Hamburg.

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Self-Compassion and Mindfulness

Written by Amy Krug, MSW RSW

We have all likely heard a great deal about self-compassion and mindfulness in the media, doctor's offices, and through our colleagues and peers, but what exactly does this mean to be Mindful and Self-compassionate?

Consider the following scenario: your dearest friend is losing the love of her life, or perhaps your brother has found out that he lost his job. Would you treat them with indifference, criticism or harshness? In all likelihood, you would not. However when you yourself are in pain or lose something of great value, do you offer yourself the same kindness, love, and understanding? Or do you insist that you could have done better and thought harder; can you see little but failure?

We have a tendency to attack and blame ourselves for things both in and out of our control. What if we could turn this tendency around, treating ourselves with a mindful awareness that we too are human and so deserving of our own loving kindness? Approach this hurt-filled moment and take notice of how we feel about ourselves and how we speak to ourselves. In being mindful of the feelings involved when we perceive ourselves as missing our own or other's expectations, we can become aware of their immediate origins, historic projections, and future effects. This can replace pushing them away or avoiding them altogether. With courage to stay in this present moment, we can breathe, feel our muscular tightness, and accept what we are feeling. We can learn our habitual patterns that trap us in our own lack of self compassion, we can imagine new patterns and so free ourselves to move forward. Breathe into this feeling and sit with it for a moment or two. Breathe in the mantra/affirmation; may I be happy, may I be at peace, may I be free from pain and suffering, may I be healthy.

Self-compassion is a healthy alternative to the relentless pursuit of self-esteem and doesn't require that you

compete with or be better than anyone else. As opposed to self-esteem, self-compassion fosters a type of self-worth that isn't contingent on social comparisons. The emphasis is on learning rather than performance. When you extend kindness to yourself, life becomes about being healthy, happy, and reaching your highest potential. We can leave behind the need for unhealthy competition, the need to feel special or superior compared to everyone else.

As the famous Buddhist teacher and writer Jack Kornfield states: "If your compassion does not include yourself, it is incomplete". The benefits of practising self-compassion are many: it can increase motivation, boost happiness, improve body image, enhance self-worth, foster resilience and can also reduce anxiety, depression, and stress.

I invite you today to offer yourself some gentle compassion, and by being kind and mindful, recognize we are all interconnected. You are worthy and deserving of the same grace, love and kindness that you strive to give everyone else.

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Community Corner ~ Check Out What's Going On!

Holy Family Parish CWL Christmas Bazaar 329 Huron St., New Hamburg

Saturday, November 16, 11:00 am - 2:00 pm

Home Baking, Craft, Penny Sale and Tombola Tables,
Raffle Tickets, Tea Room with delicious lunch
available. Something for everyone!!

Nithview Community Christmas Bazaar

Bake Sale, Silent Auction,
Community Vendors, Tearoom,
Saturday, November 16, 2:00 to 4:00 p.m.
200 Boullee St, New Hamburg

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

We are a support group for weight loss.
Weekly meetings are held on Wednesday
mornings at St. James Lutheran Church,
66 Mill Street, Baden.

Weigh-ins at 10:30 am followed by a short
meeting. Annual open house the fourth
Wednesday in September.

For more information call 519-634-9690.
Everyone is Welcome.

Mindful Movement

Mondays on October 21,
November 4 & 18,
December 2 & 16

6:30-7:00 pm Tea and conversation
7:00-8:00 pm Mindful Movement
(Yoga)

At Wilmot Mennonite Church,
2995 Bleams Road,
New Hamburg

Cost: \$5-\$10 Pay what you can.
Please wear comfortable clothing.
Bring a yoga mat if you have one.



Blood Donor Clinic

Monday, November 11, 5 pm - 8 pm
Steinmann Mennonite Church
1316 Snyder's Road W., Baden



JOIN US FOR F.R.O.G.

ON THE FOLLOWING DATES:
October 15, 29, November 12, 26,
December 10, January 7, 21, February
4, 18, March 3, 31, April 14 & 28
6:30pm - 7:30pm

Baden Public School

Come enjoy floor hockey, free play,
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SANTA CLAUS WANTS YOUR FLOAT TO JOIN HIM IN THE BADEN PARADE

Register your float and get busy decorating
for the Baden Santa Claus Parade on
Saturday, December 7th at 1:30pm
To register contact: Sue Rickert and Penny Collins at
baden_santaparade@outlook.com



Wilmot Family Resource Centre

FAMILY VIOLENCE PREVENTION PROGRAM

There are many ways a person can abuse. Abuse is about
intimidation and control and comes in many forms.

- ◆ PHYSICAL ABUSE
- ◆ SEXUAL ABUSE
- ◆ VERBAL ABUSE
- ◆ EMOTIONAL ABUSE
- ◆ FINANCIAL ABUSE



If you are experiencing any form of abuse and would
like help, contact Kelly at Wilmot Family Resource
Centre Family Violence Prevention Program

kelly@wilmotfamilyresourcecentre.ca 519 662-2731

The Kitchen Table



Tea, coffee and conversation
for seniors

Join in the Conversation for Seniors

At Wilmot Mennonite Church,
2995 Bleams Road, New Hamburg

Topic: **Barry and Pat Fisher**
Baden Outlook: A Dream Come True

Tues. October 29 12:00-2:00

A light lunch will be served at noon.
Suggested donation of \$10 accepted.
519-634-5030

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- #639 Adam/Hayley Mohr – New Hamburg- Trip for 2 Halifax
- #230 Hilary Purvis- \$200-New Hamburg
- #303 Brad Lipskie-\$100-New Hamburg

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BY EDDIE McPHERSON

NOVEMBER 21-24

SHOW TIMES:

Thursday & Friday 8 pm
Saturday & Sunday 2 pm
Tickets \$17

Wellesley Community Centre
1000 Maple Leaf Street

GET YOUR TICKETS:

At Pym's Village Market, Wellesley
Visit www.theatrewellesley.com
Call 519-897-1737

Find us on

Directed by Al Strong

Produced by special arrangement with Haver Publishing LLC.

Many of us dream of winning the lottery. What would you do if you won? Would you quit your job? Buy a house? Go on a trip? Theatre Wellesley's latest production takes a funny look at one family who wins big!

In Lickskillet, a small, rural community in the middle of nowhere, Virgil Sludge dreams of winning the lottery. As his wife, Margaret Sludge, reminds him the house needs urgent repairs, the baby needs new clothes, and Virgil needs a raise down at the hardware store. Virgil and Margaret may not have money, but they have steadfast and loyal best friends and helpful and devoted parents. The Hoopers and the Sludges may not be the sharpest tools in the belt (or even the whole shed) but they are family! One Friday night, when the families are listening to Lickskillet's own D. J. Wolf on the radio, the unimaginable happens! Virgil wins the lottery. Suddenly all their dreams come true! Virgil and Margaret vow to remain the same down home, simple people they have always been. Of course, things do not go as planned. Do they ever?

Virgil Wins the Lottery, by Eddie McPherson, runs November 21 and 22 at 8 p.m. and November 23 and 24 at 2 p.m. Tickets are available at Pym's Village Market. Alternatively call 519-897-1737 or visit www.theatrewellesley.com for more information.



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- Costume Contest
- Bus transportation back to town



New Hamburg Legion

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Friday Oct 25, 6pm- Ribs & Tails Dinner
\$15 advance, \$17 Fri at the door

Entertainment - Saturday Oct 26, 2-5
The Fab 50's (Songs from Bobby Darren, Elvis, Buddy Holly & more)

Donations at the door ~ come out & support your Legion

Express Lunch Nov 1. 12- 1
Lasagna. Caesar salad, dessert -\$7

Until Next Year... Thank You Very Much!

Our Last Baden Cruisin' At The Pond Car Show was the Largest Show in the Baden History. We had over 450 cars in attendance. The Main area was full by 4:30 already . The Streets were full as well as the street down past mill, and up to EJ's Tavern. A Huge Thank You to all of our volunteers and car enthusiasts and spectators. As well we extend our appreciation to The Wilmot Summer Market which joined us this year and to The Optimist of Petersburg for the food; and the Ice Cream Vendor; The Baden Outlook for being our voice; Mayor Les Armstrong with a great speech to the people; and to the many donations from businesses, and people bringing in prizes. And especially our thanks go to Baden Feed for the beautiful property for the 10th Year Anniversary. Last but not least a special thanks to Anne Boehm from Children's Wish for the hard work on the 50/50 Draws each week. Setting a Record with the last show of \$1835 to the winner. We are happy to say that we were able to donate \$7000 to the Children's Wish Foundation over this summer season.



Thanks Again for an unforgettable year making this a popular event from year to year.

Till next year... Rockin' Ronnie and Marlene Weber.



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You Must Be Joking!!



Subject: Driving Lesson

A lady failed the written driving test 4 times. At the fifth attempt, she was determined to pass. But the test had the same question: "You are driving at 100 km/h. On your right is a wall, on your left is a cliff. On the road you see an old man and a young man. What will you hit?"

The woman walked up to the examiner and said, "I've answered this question all four ways, wall, cliff, old man and young man, yet I failed all four times. How is this possible, what am I supposed to hit???"

The examiner replied, "The brakes!!!"

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"One Spooky Night..."

By: Ara Luckhart



His eyes were dark and hollow,
Like a cut out in a tree,
With no thoughts behind them,
They coldly stared at me.

All day he sat within my view,
From my porch across the street,
And though my eyes are dimming,
I could swear he had no feet!

He had no hair to cover his head,
That looked to be strangely round,
Just an unusual twisted stump shape,
Like something you'd find on the ground.

By noon you'd expect he'd be at lunch,
But no! There he sat like a stone.
I couldn't keep watch for much longer,
My stomach was starting to moan.

By dinner time, my mind was set:
He was waiting to unfoil a plan.
He was up to no good I tell ya!
You can't slip one past this old man!

With weapon in hand I
waited, I readied myself
for a fight, I knew there
would be something coming,
Once my view was covered by night.

In the darkness of my little porch,
I'll tell you what I saw next...
I bet ya you'll never believe me,
But I swear, this is no test!

His eyes began to light on FIRE!
From the hollows deep within,
Glowing the most angry red,
I could even make out a GRIN!

That was all too much for me,
I jumped up and ran inside!
I locked my doors, curled up in bed,
I'll admit it! I went to hide!

Then in the dark, I lay wide awake,
Much too afraid to count sheep.
On my front door I heard pounding...
...and a voice screamed: 'Trick-or-treat!'

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Worship in the Beauty of God's Creation

October 20, November 17 at 1:30 pm

Wilmot Mennonite Church
2995 Bleams Road

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3 Byron Street, New Hamburg

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Saturday, October 19 at 2 p.m.

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All Ages Welcome!

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sgac@stgeorgesnewhamburg.com.



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¹ Terms and conditions apply. Auto deposit includes pre-authorized credit or payroll deposit. Offer expires after 100 qualifying memberships have been opened or November 30, 2019, whichever comes first.

² Terms and conditions apply. There will be three draws this fall and non-winning entries will be eligible for the subsequent draws. For full contest rules, visit your local branch or kindredcu.com.

Local Churches Invite You to Join Them ~ Visit www.badenoutlook.com for a directory of local churches

Wilmot Mennonite Church

2995 Bleams Road, New Hamburg, ON

Worship Service 9:45 a.m. ~ Christian Formation 11:00 a.m.

Pastor Susan Allison-Jones

519-634-5030 www.wilmotmennonite.ca



SHANTZ MENNONITE CHURCH

2473 Erb's Road, Baden, Ont N3A 3M3

Phone: 519-634-8712 / www.shantzmc.ca

Pastor: Don Penner

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

Emmanuel Lutheran Church

1716 Snyder's Road East, Petersburg, ON

519-634-5511 www.petersburgchurch.org

* Wheel Chair Accessible *

Worship Service 9:30 am / Sunday School

Wilmot Centre Missionary Church

2463 Bleams Road—corner of Bleams & Sandhills Road

Church Service and Children's Church 10:00 am

Rev. Wayne Domm

519-634-8687

www.wcmc.ca

ST. JAMES LUTHERAN CHURCH

66 Mill Street, Baden, ON

519-634-5191 www.st.jamesinbaden.org

Sunday Worship 9 am / Sunday School

Pastors: Bonnie Schelter-Brown & Pastor Barry Boeckner



ZION PHILIPSBURG LUTHERAN CHURCH

3357 Erbs Road, just west of Philipsburg

Worship time: 10:30 a.m.

Interim Pastor Bonnie Schelter-Brown

519-214-0055, www.philipsburglutheranchurch.ca

or Zion Philipsburg Lutheran Church on Facebook

Livingston Presbyterian Church

44 Beck Street, Baden / 519-662-4949

Hymn Sing 9:45 am ~ Worship to follow at 10 am

Moderator: Linda Ashfield, 519-886-4150

Steinmann Mennonite Church

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

Sunday Worship 9:45, Sunday School 11:00 am

Phone: 519-634-8311 / www.smchurch.ca

ST. JAMES LUTHERAN CHURCH DESIGNATED AN HISTORICAL PROPERTY

St. James Lutheran Church has been awarded a historical site under the Ontario Heritage Act. The Wilmot Heritage Committee has designated the property of St. James as a property of Historical or Architectural value or interest under part 4 of the Ontario Heritage Act. The historical connection is in regards to the church being Sir Adam Beck's boyhood church. The original church was a frame building built in 1856 and constructed at a cost of \$1,000 and capable of seating 300 people. The church was built on land donated by Jacob Beck, father of Sir Adam Beck.

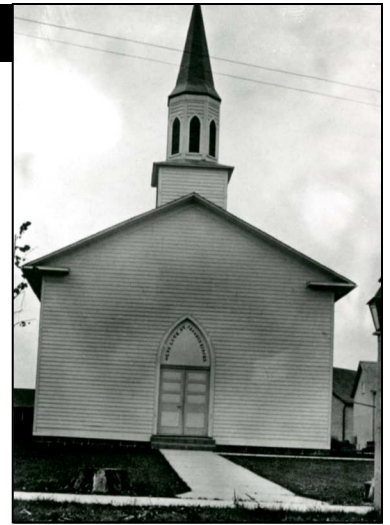
Shortly after Beck was knighted by King George V, Sir Adam Beck returned to his boyhood town and church of Baden in December of 1911

to which he donated and dedicated the lights to the church in memory of his mother. St. James was the first church in the area to have electricity. Once inside the church, a perfect blaze of light flooded the building from nine clusters along with other fittings. A huge Christmas tree, also lit up by hundreds of miniature electric lights, reached from floor to the roof.



An eloquent address was given by the pastor, Rev Vosz and it was also stated that Sir Adam Beck had donated a bible for the pulpit.

In 1953, the church was renovated when a basement and kitchen, boardroom, narthex, and oil furnace were added. When the narthex was expanded in 2000 to create a large new foyer, workers uncovered the original sign over the doorway to the sanctuary. The German words "EVG. LUTH. ST. JACOBUS KIRCHE" still remain an integral part of the church in honour of Jacob Beck (father of Sir Adam Beck) in whose honour the church was built. In 2006, church members took on the task of organizing a restoration of the steeple. They took an old picture and hired a historical architect to create a replica of what appeared in the original photo prior to 1920.



GREETINGS FROM NH THRIFT CENTRE

October is a big month in Canada! With Thanksgiving coming up faster than expected year after year, then Halloween following it only a few weeks later, it can be hard to keep up with the excitement! Whatever your plans are, here are a few tips for making your October the best one it can be:

One: be sure to rely on New Hamburg Thrift for all of your holiday decorations, and anything that you suddenly realize you might need while you're in the middle of cooking a turkey! Our prices and the fact that we don't charge tax will mean that the prices you find here will be the best anywhere. Plus, thrifting is a great way to give items a second chance and help the environment.

Two: get all your costumes for a reduced price at New Hamburg Thrift. Whether you or one of your family members is dressing up, the best way to get a costume is to find one that's been loved for a season or two already and keep from paying far too much money for a costume that'll only be worn a few times. Or, make a costume from the great selection of clothes that we have! You never know what you'll be able to find here!

Three: if you find any decorations, costumes, or other items that you've decided to pass along to someone else, be sure to bring them to New Hamburg Thrift when you come by to do your shopping. That way, when you get all the things to make your October awesome, you can give someone else a chance to have the same experience!

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9:00 am - Open Late 8 pm
9:00 am - 4:00 pm
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Restoring Castle Kilbride

It's hard to believe that twenty-five years have passed since Castle Kilbride opened as Wilmot's community museum. The occasion caused me to look back into my personal archives and review what was a monumental achievement; the purchase and restoration of a National Historic Site by a community of 13,000 people.

Castle Kilbride was built by James Livingston who came to Canada from East Kilbride, Scotland in 1854. After working as a farm labourer for a year he moved to the village of Conestogo to work for M.B. and J.S. Perine in their flax scutching mill. The company also owned a mill in Baden and James eventually moved to that facility. In 1864, James, along with his brother John, formed J. & J. Livingston and began operating a flax mill in Wellesley. They soon added a mill in Baden. The Livingstons benefitted from the collapse of the cotton industry due to the American Civil War, when linen, manufactured from flax, became an important commodity. They expanded their enterprise, establishing flax mills throughout Southern Ontario and into Michigan and Western Canada. Sometime around 1872, J. & J. Livingston expanded into the linseed oil business, establishing a plant in Baden. Linseed oil is produced by pressing flax seeds and was a primary ingredient in the manufacture of paint. Livingston became known as the "flax and oil king."

In 1876, James purchased all of Lot 15 North of Snyder's Road for \$9000 from Christian Wagler. A year later, he began the construction of a home which he named Castle Kilbride in honour of his birthplace. No expense was spared. The home was built in the Italianate Style and included an impressive belvedere on the roof. However, it is the interior artwork,

rendered in the trompe l'oeil style by Henry Scharstein, which makes Castle Kilbride unique and is the primary reason it has been designated a National Historic Site. This style is referred to as "fools the eye", as the illusion of a three-dimensional image is created on a flat surface. James lived in the house until his death in 1920. At that time, the Castle was taken over by his son J.P. (John Peter) Livingston. Following J.P.'s death, the house passed to his daughter Laura Louise and her husband Harris (Hap) Veitch. In 1985, Castle Kilbride was the first building designated as a heritage building by the Township of Wilmot under Part IV of the Ontario Heritage Act. The home remained in the Livingston family until 1988, when the property was sold to a developer.

My first contact with Castle Kilbride came in June 1988. Tammy and I stood in line for hours, with thousands of other people, to walk through the building as a preview for the upcoming auction sale of its contents. For the price of \$10, we received an auction catalogue and a hasty walkthrough of a very crowded building. The catalogue was 56 pages long and listed 899 items. The auction lasted for four days over two weekends. The Castle was severed from the rest of the property, but development did not proceed.

The house had a variety of tenants and became a rooming house. It was deteriorating before our eyes and became a matter of great concern for those of us in the heritage community, especially after a fire was started in the nearby carriage house, heavily damaging the building. In February 1993, the Township of Wilmot purchased Castle Kilbride. An ambitious plan to restore the house and build an addition on the rear of the building to house the Township's administrative offices and council chambers was developed under the leadership of Mayor



Castle Kilbride Front Entrance Before Restoration
January 23 1993 Photo: Al Junker



May 25, 1984 Photo: Al Junker

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June 8, 1994 Photo: Al Junker

Lynn Myers. At the time, I was chair of Wilmot’s Heritage Committee, then referred to as L.A.C.A.C., and a member of Wilmot Township Council. I had the privilege of working closely with provincial officials in order to obtain a grant of close to a million dollars from the Province of Ontario to help restore the castle. In addition, I worked with the staff person from the Historic Sites and Monuments Board who wrote the report recommending that the Castle receive a national heritage designation. I also attended site meetings during the restoration in order to monitor the project. In addition, the Friends of Castle Kilbride, chaired by Paul Knowles, was established to raise funds, furnish Castle Kilbride, and plan for an opening gala. Through the hard work of a lot of volunteers, financial supporters, talented artists, and skilled tradespeople, we made it happen, and here we are 25 years later.



January 23, 1993 Photo: Al Junker



Jan. 23, 1993 Photo: Al Junker



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For in the true nature of things, if we rightly consider, every green tree is far more glorious than if it were made of gold and silver. ~ Martin Luther

I have Flare and I want to show it!

Hello, my name is Mabel the Maple. I have a flare and I like showing it off! Flare? It is my feet, just so you know! I love my flare like you like your footwear. Not only do I want to show off my beautiful flare, I need it to keep me healthy.



My fellow trees have brought their concerns to me and I sent out my human friend to have a look around to see how many of my friends get to show off their flare. I was stunned to learn how few, especially the younger trees. They seemed to get this mulch stuff all piled up around their feet.



Look at the picture. That looks like a volcano! It appears that I'm shooting out of that darn thing. And to add insult to injury, that white thing is choking me!

My trunk likes sun, wind, and air, **not** mulch, soil, and moisture. My roots love that! This volcano is hurting me by letting fungus, bugs, mold, and mildew to get to me via my trunk. I could rot and get sick. If that volcano stays, sometimes I grow feeder roots to grow in the mulch; these can become girdling roots which can stop my growth through choking off my food supply and shortening my life. I don't want that? Do you? I hear you pay a lot to have me planted.

Also, when you put too much mulch down (over 2-4 in or 5 – 10.5 cm), my roots cannot breathe! I can choke to death. Please do put mulch down as it helps me retain moisture, but place the mulch well away from my trunk as my feeder roots are more to the other edge of my leaf canopy. Organic mulch such as bark, leaves or wood chips will help feed me over time. By the way, take off the collar thing in the spring. If you want to prevent rabbits or other critters eating me, put it back on in early winter.

Remember my rules!

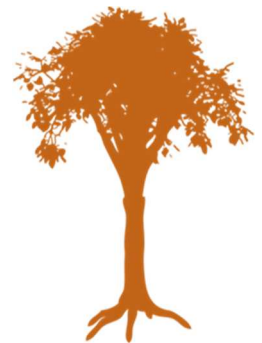
Mulch out, not up! No deeper than the heel of your hand, generally 2-4 inches or 5 to 10 cm. Mulch less if soil is poorly drained or using finely textured mulch, which may compact.

Back off from my trunk! Keep all mulch away from the trunk, allowing my root flare to show just above ground level.

Mulch to my drip line, if possible! Remember, the drip line moves out as I grow.

Go organic! Arborists recommend organic (bark, leaves, wood chip) mulches. Yum! They provide health benefits as they decompose. Think of a forest, the leaves drop and stay to mulch and feed us.

Keep my trunk dry and the roots moist! ~ Thanks, Mabel the Maple



<https://extension.psu.edu/mulching-landscape-trees> for much more detail.

Mon., Nov. 9, **6:00pm** at Wilmot RC, Rm A. **Christmas Potluck Dinner.** Please bring your own dishes, cutlery and mug. **Paul Knowles**, a gardener and writer, will share **Stop moping and start coping!** A Canadian response to winter in the garden. Free meeting, 50-50 draw.

Website: gardenontario.org/view/society-layout/entry/852

email: wilmothortsociety@gmail.com



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Introducing the Mike Schout Wetlands Park in New Hamburg

Wilmot Township council approved the design of a Carbon Sink on township lands fronting Smith's Creek Drive as part of the 2019 Capital Budget. The Carbon Sink concept was originally predicated on the two-fold objective of utilizing the site to sequester carbon through the planting of trees and the development of recreational trails.

At that time staff advised that a Community Champion had shown interest in becoming involved in the project and those discussions have resulted in a proposal from Mike Schout that he be given permission by Council to proceed with engineering design and approvals and construction of a plan for the naturalization and rehabilitation of the lands.

Mike's vision is to design a multi-faceted recreational and naturalization project. It will provide enhanced storm water management for a significant portion of the New Hamburg community, improve the river quality, provide habitat for birds and aquatic life, provide flood storage opportunities to potentially offset smaller flood events and possibly help minimize the downstream effects in the core area, and to provide recreational and educational opportunities for the community in addition to the beneficial aspects of carbon sequestration. Boardwalks are part of the proposed project which will give citizens a unique view of nature. Ducks Unlimited will be used as a consultant in the project.

Township staff strongly and enthusiastically supported the granting of permission for this project to proceed. They

recommended that the Council acknowledge the significance of the proposal and the \$1.5 million financial commitment by naming the project the Mike Schout Wetlands Park.

Upon completion of the design and approvals exercise, an implementation plan will be developed to leverage and supplement the estimated \$1.5 million investment by Mike Schout through a variety of funding mechanisms, including government and private grants and donations. There is not a definite time frame to date, but three years has been proposed.

Courtesy of Harold O'Krafka Township of Wilmot

What is a Carbon Sink?

A carbon sink is a natural reservoir that stores carbon-containing chemical compounds accumulated over an indefinite period of time. The process by which carbon sinks remove carbon dioxide (CO₂) from the atmosphere is known as carbon sequestration. The main natural carbon sinks are plants, the ocean and soil. Plants grab carbon dioxide from the atmosphere to use in photosynthesis; some of this carbon is transferred to soil as plants die and decompose. The oceans are a major carbon storage system for carbon dioxide. Marine animals also take up the gas for photosynthesis, while some carbon dioxide simply dissolves in the seawater.

Combined, the Earth's land and ocean sinks absorb about half of all carbon dioxide emissions from human activities.





Scary to think that Castle Kilbride is going in a whole new direction with tours this year, but we have decided to take a walk on the wild side... well, the ghost walk side, that is.

Local legends and lore have swirled around Castle Kilbride for generations about unusual inhabitants and eerie happenings. Are they true? Well, we have left that part to Ghost Walks to investigate.

Who and what is Ghost Walks? Daniel Cumerlato started with Canada's second oldest paranormal investigation group back in 1999. It was in a journalistic role when he realized he had a passion for ghost stories. In 2003 he started Ghost Walks from that passion and a love of history, expanding it from Hamilton to Niagara, Toronto and now Baden.

Cumerlato's expertise in ghosts and history has been featured on such shows as OLN's Creepy Canada and YTV's Ghost Trackers, and numerous other TV shows including Space's "Shadow Hunter", TLC's "Magnificent Obsessions", TVtropolis "TV Made Me Do It", W Network's "Rescue Mediums" and more.

Starting the tour in Castle Kilbride was interesting from the start, with ghost stories and legends already existing in its history. Having that much energy from the start is rare; mixing in the amazing interior beauty, it's no surprise the Walks are popular in Baden.

The goal has been to showcase the Castle's history and beauty, while creating an interesting experience for visitors. The walk is interesting as a standalone event, and interesting for ghostly occurrences. In both cases, Castle Kilbride hasn't disappointed.

After conducting an investigation on the home and gathering historical information from staff, Ghost Walks prepared a script for the house. On July 20th the first, lucky participants gathered on a stormy and ominous night to tour the mansion. Guests were guided on a 90-minute tour of the home and were entertained with strange and peculiar tales.

Tickets are selling FAST for the October 12th and October 25th Ghost Walks. Visit www.ghostwalks.com tickets or for more information.



"Feel Good Friday"

We have been loving our Feel Good Fridays and giving back to the community. This month Christina donated blood to the Canadian Blood Services! There is constant demand for blood donations and with the increased demand comes many more locations to donate for your convenience. Christina donates at the blood drives set up at Steinman Mennonite Church in New Hamburg.



One of our continuous donation programs that we do all throughout the year is the Hockey Sponsorship Program. This program allows for kids and even adults to get equipment that they need to get out on the ice. If you ever have any equipment that you would like to donate please reach out to christina@lambertgroup.ca and we will gladly take your used equipment and make sure it gets to those who need it.



"Building Trust One Home At A Time"

Grilling All Autumn Long with Local Produce



Thanks to what seems like the hottest summer ever, it seems everyone is looking forward to this cooler weather and the bounty of produce that will be harvested in Ontario this fall. The grocery store is filling up with a variety of beautifully fresh, in-season fruits and vegetables. Walking through each aisle of the produce department, it's so exciting to see local fare including many varieties of apples and pears, bright purple beets, huge heads of cauliflower, sweet corn, many colors of peppers, and so much more.

Eating a variety of fruits and vegetables is essential to an overall healthy lifestyle, as these foods provide the body with the nutrients necessary for optimal health. All fruits and vegetables are a source of fibre, vitamins, and minerals, and they contain antioxidants.

During this transition in weather, why not enjoy the bounty of the season while preserving any ounce of warm weather that is left? Throw all this produce on the backyard grill to bring out the flavour with the char and caramelization of a flame. Slice cauliflower lengthwise into 'steaks', slice peppers into quarters, and remove the husks from corn. Simply drizzle or brush vegetables with oil and sprinkle with salt, pepper and your favorite herbs and spices. Place directly on the grill or on skewers. Cook, turning every few minutes until charred on all sides. The grilling possibilities also extend to fruits. Sprinkle apple or pear wedges with cinnamon and place directly on the grill. There really is no vegetable or fruit that cannot be grilled, so get creative!

Grilling can help with batch cooking for packed lunches and dinners on busy weeknights. Add leftover grilled cauliflower florets to fresh greens and sprinkle with chopped walnuts or pumpkin seeds, then drizzle with balsamic vinaigrette for a side salad with dinner. Prepare an extra few cobs of corn, a pepper, and some chicken breasts on the grill with supper to use the next day in the Chicken Confetti Salad recipe below – just stir in some leftover quinoa or couscous and this is a complete meal that can be eaten cold right out of the lunchbox.

When you do your next grocery shop, check for the word "local" on the shelf tags as you make your vegetable and fruit selections. For most stores, this means the produce was grown within 150 kilometers of the store. The short transportation time required to ship within this geographical region means that the produce is fresh and excellent quality when it reaches your fridge (and the grill) at home.

Chicken Confetti Salad



Ingredients:

- 1 lb (500 g) skinless, boneless chicken breasts
- 2 tbsp (25 mL) chopped fresh coriander
- ¼ tsp (1 mL) each salt & freshly ground black pepper
- ½ cup (125 mL) Salsa Ranch flavoured salad dressing
- 2 tbsp (25 mL) cold-pressed extra virgin olive oil
- 1 sweet red pepper, diced
- 1 large celery stalk, diced
- 1 small red onion, diced
- 2 cups (500 mL) frozen peaches & cream corn, thawed

Instructions:

1. Preheat barbecue to medium-high.
2. Brush chicken breasts with oil and sprinkle with salt and pepper. Place on greased grill. Cook for 5 to 7 minutes per side or until cooked through. Meanwhile, in large bowl, toss together corn, red pepper, celery, onion, dressing and coriander.
3. Divide corn salad among four plates; top with chicken breasts.

Makes 4 servings *Per serving: 424 calories, fat 20 g, sodium 525 mg, carbohydrate 23 g, fibre 3.5 g, protein 38 g*

Recipe source: pc.ca

Submitted by Diana Sutherland, Zehrs In-Store Registered Dietitian

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TRAVEL INSURANCE NEWS & VIEWS

By Gary White

So much goes on these days at Queen's Park that flies under the radar that I thought this would be a good time to shed more light on changes affecting those who will be travelling south this winter.

Most people have heard that the Ontario government is discontinuing their limited coverage for out-of-country medical costs. They have confirmed this will be effective January 1, 2020. Currently OHIP covers out-of-country inpatient services to a maximum of \$400 per day for a higher level of care, such as intensive care, and up to \$50 per day for emergency outpatient care and physician services.

So why the decision to discontinue the program? In 2018, Ontario's Auditor General reported that the province's Out-of-Country Travellers Program has had long-standing issues. The program spends a third of its funding on administration alone with 90 per cent of its payments going directly to the private travel industry, which submits claims on behalf of their insured clients. As well, with low reimbursement rates, Ontarians who do not purchase private travel health insurance can be left with catastrophically large bills to pay. Christine Elliott, Deputy Premier and Minister of Health said, "Simply put, the Out-of-Country Travellers Program was an irresponsible use of taxpayer's money."

OHIP will continue to reimburse eligible emergency out-of-country claims incurred up to and including December 31, 2019. The timeframe to submit eligible claims has not changed and is still 12 months from the date of service.

If you haven't already heard, effective January 1, 2020, the Ontario government is launching a program to fund out-of-country Dialysis services. This program will be operated by the Ontario Renal Network with funding from the government and patients will receive the same reimbursement rates as currently provided through existing programs.

QUICK FACTS

- ◆ The ministry is providing \$700,000 annually to the Ontario Renal Network to establish and operate the new program that will fund out-of-country dialysis services.
- ◆ The ministry currently spends approximately \$2.8 million a year to administer the Out-of-Country Travellers Program, which pays about \$9 million in claims annually.

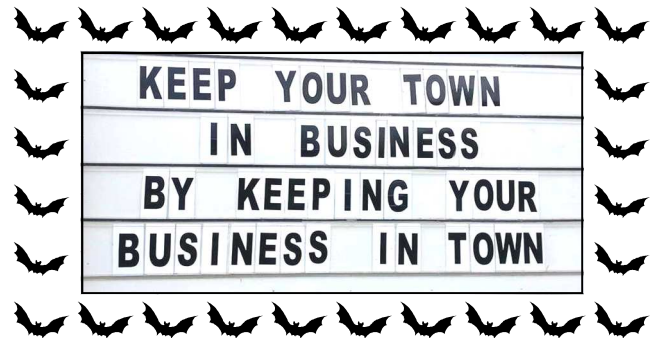
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CRITICAL ILLNESS INSURANCE

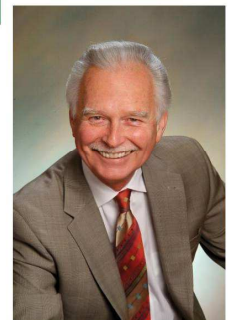
- 25 covered events
- Payable upon diagnosis
- Tax free, lump-sum benefit

LIFE INSURANCE

- Guaranteed Issue plans
- Last expenses
- Estate planning

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- Single or Multi-Trip Annual plans
- Pre-existing Conditions covered
- Trip Cancellation, Trip Interruption



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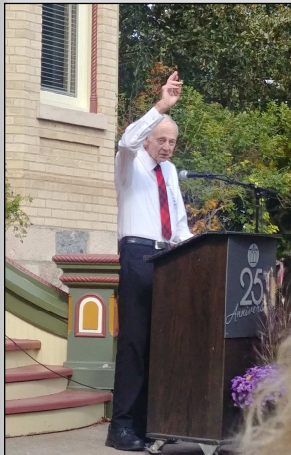
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VOTE: October 21



Mr. Jim Veitch was present and excited to be part of this day.

Colleen Herner was Master of Ceremonies for the day sharing stories of her love and journey of the Castle. She was proud to introduce Jim Veitch to the crowd as this was his family's home.



David Herner was there with the truck from Herner Woods that delivered the lumber that re-built the stairs and front entryway.



Castle **25th** Kilbride Anniversary

Seen above is Colleen Herner with Castle Curators Sherri Gropp and Tracy Loch.

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