

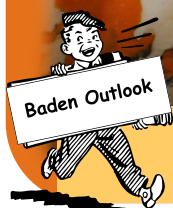
OCTOBER 2021

VOLUME 22, ISSUE 3

Baden Outlook

~ Your Favourite Good-News-Letter ~
Keeping the Community Connected Since 2000

Photo taken at Fall Harvest Farm



This paper is priceless - Please have one!



GOING DOWN MEMORY LANE - WE FOUND THIS PHOTO FROM 2007... JUST IN CASE YOU HAVE FORGOTTEN WHAT SNYDER'S ROAD EAST LOOKED LIKE BEFORE ROAD CONSTRUCTION BEGAN, HERE'S A GLIMPSE FROM YEARS GONE BY.

Baden Outlook aerial photograph from 2007.



From my family to yours

**HAPPY
THANKSGIVING!**

*Have a happy and
safe celebration!*



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Barry, Pat, & Katie Fisher
Check out what's happening in the paper this month:

- Fraser Gibson writes about the birth journey of a local Turkey Vulture
- Dr. John Papa debunks myths of back pain
- Check out the many activities offered at the Baden Library
- Amy Krug from ICC gives tips on meditating
- Squash & pumpkin tips from Josephine at Fall Harvest Farm
- Creepy under-the-sea creatures have their own feature this month!
- Meet Jennifer Woolner from NH Thrift Centre
- Join New Hamburg Optimist Club for their annual pumpkin carving event
- Check out Gary White's Travel News and Views for tips on traveling this fall

The Baden Outlook is a grassroots family business serving the community of Baden and Wilmot Township.

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



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Greetings from Headquarters ~

Welcome to autumn! When discussing favourite seasons, fall is often the winner in many people's eyes. There are less bugs, reasonable temperatures, and the famous pumpkin spice. I am not a fan of this beloved pumpkin spice trend but I do love a good cinnamon baked treat. Just this week, I made gingerbread cookies and brown sugar and cinnamon coffee cake! Yum... my family is smiling.



My family and I also enjoy outdoor fall activities. There are so many options to choose from, such as apple picking, fall hikes with colourful leaves, and of course the pumpkin patch. After another year of the pandemic, I still prefer less crowds and more scaled-back experiences. Mom and I recently visited Fall Harvest Farm on Gerber Road just north of St. Agatha. I was determined to find the perfect front page picture with that beautiful fall colour scheme. The farm was exactly the experience I was looking for. It had that autumn feel to it with the corn stalks, haybales, and painted pumpkins. The thing that blew me away the most was the sheer number of different squashes, gourds, and pumpkin varieties. I brought my family back the next day so they could experience the farm and pick out their own pumpkins. They are only open until October 31, so if you would like to visit, go sooner rather than later!



I remember last Halloween when we weren't sure if it was a smart idea to trick-or-treat? The World Health Organization continues to learn more about the virus. The airborne particles do not stay on items and have been deemed less transmissible outside, making Halloween seem safer to celebrate this year. We still need to be smart and give space. Do what's right for you.

Stay safe and have a happy Halloween!



When I planted my front flower bed this year, I strategized having my tall zinnias be visible from our front window with hopes of having a view of flowers from both inside and out. But I never imagined the excitement the hummingbirds, bees, and butterflies would bring. They loved it, and so did I! And just when I thought they were gone, they were back, so I put my hummingbird feeder back up for them when I realized they were actually in migration from the north and stopping by to fuel up for their journey.



I've always enjoyed putting the October issue together...It's a busy month with so much to talk about. The kids are back in school, many of us are moving into some new routines, and we are busy cleaning up our yards and gardens. It sure was a pretty quick turn around from summer to fall and so odd to experience the first day of autumn with the Nith River Flood warning—that sure was a lot of rain in a short amount of time! Also, we celebrate Thanksgiving, Halloween, and apples! So in the spirit of the month I feature some trivia on some creepy creatures from the deep, dark sea, some apple fun facts, and a recipe too. Thanks to the Fall Harvest Farm Market who shared tips on squash and pumpkins that you will find most interesting.



Talking with Ed

~ Plane to See



Remembrance Day is just around the corner and the Royal Canadian Legion is ramping up their annual Poppy Campaign—please support them. This time of year, my mind starts to drift back to the horrors of war and the experiences that soldiers and families must have endured. I have always had a fear of heights, so I can surely respect the trials and tribulations of the Royal Canadian Air Force.

Did you know that Canada made a major contribution to the manufacturing of aircraft for World War Two? At its peak, the aviation industry employed 120,000 men and women, who assembled 16,000 military aircraft, including Lancaster bombers and fighter aircraft. Of those aircraft, 10,000 were shipped directly to Britain, and the rest were either shipped to the United States or kept in Canada for training purposes. Canada contributed to the air force in many ways. We lost 106 aircraft during the Second World War and of the 6,086 men who made it ashore, 3,367 (60%) were killed, wounded, or captured.

The number of aircraft lost by countries in the war is staggering. The country with the most losses was Germany with 119,907 aircraft of all types, followed by the Soviet Union (106,400), USA (95,000) and the British Empire (42,260). Those numbers are unbelievable – such a waste.



The United States produced 294,000 aircraft during WWII. As noted above, 95,000 were lost, so what happened to the other 181,000 planes that were not shot down? Many have been sold off to other countries or taken apart and melted down, but apparently in the United States and Canada there are airplane boneyards where planes taken out of service are stored.

Canada has two very small boneyards, which are in Saskatoon and Mountainview (near Markham, Ontario). The United States has 13 boneyards with the largest one being Davis-Monthan Air Force Boneyard, which is in Tucson, Arizona. This location was used due to its low humidity, which slows down the rusting of parts, and the fact that the ground was solid enough to keep the planes from sinking into the soil. The storage facility is 10 square miles (2,600 acres) in size and employs 550 people. Planes are either refurbished, or used for spare parts, and/or cut up and taken to a smelter located on the property. Davis-Monthan boneyard stores and regenerates 3,100 retired aircraft.



There are many procedures taken when an airplane is shipped to the Davis-Monthan boneyard. All guns, ejector seats, and classified hardware are removed, fuel systems are drained then filled with light weight oil and drained again. Next the aircraft is sealed from dust, sunlight, and high temperatures. This is done using a variety of materials. They are then moved to a storage area. If you would like to research this further, you can Google “Davis Monthan” and select “airplaneboneyards.com”. They have lots of facts and an aerial video of the site, which is quite amazing.

As stated above, the numbers of those downed aircraft are staggering. You could also add in the numbers of ships, subs, army tanks, and other equipment to the “lost through war” list which makes war so mind-boggling. The largest loss, however, is the casualties, deaths, and trauma from war that many have experienced. Lest We Forget.
... Until next month...Ed



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ALL THINGS SCRAMBLED

Within each category the words are jumbled up.
Can you unscramble them? Answers on page 33

Fall Harvest

LAKE _ _ _ _ _
ETEB _ _ _ _ _
DROUG _ _ _ _ _
RAROCT _ _ _ _ _
OTTAPO _ _ _ _ _
SHAQUS _ _ _ _ _
KUPMINP _ _ _ _ _
SPARPIN _ _ _ _ _
CRIBLOOC _ _ _ _ _
HUCZINCI _ _ _ _ _

Relating to Fall Season

OPUS _ _ _ _ _
DICER _ _ _ _ _
SLEAVE _ _ _ _ _
CLUOOR _ _ _ _ _
MAUNUT _ _ _ _ _
SLAPEP _ _ _ _ _
WEETARS _ _ _ _ _
KIPUMPN _ _ _ _ _
CLOBBER _ _ _ _ _
WALLONHEE _ _ _ _ _

"Keeping the Community Connected"

Did you know that Township of Wilmot has a wonderful YouTube channel? It's where you can watch Township meetings, tips of fire and flood safety from Wilmot Fire Department, and historical videos from Castle Kilbride—it's very interesting!

Tracy Loch, the curator at Castle Kilbride, has recently released, "A Day in the Life Behind the Scenes of Castle Kilbride." It is a fabulous way to see just what happens with the her crew that works at the castle. The three part series shows the labour and skills that goes into documenting, organizing, and protecting Baden's awesome history.

There are more fantastic videos to watch from the castle such as "Going to School in Wilmot Township" and "Derby Days in New Hamburg 85 Years Ago."

To visit these cool videos, type Township of Wilmot in YouTube and click on the video link.

<https://www.youtube.com/channel/UCcA8fcRx03H8zYkFLIQMjow/videos>

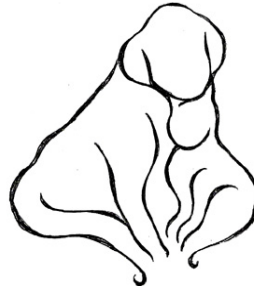


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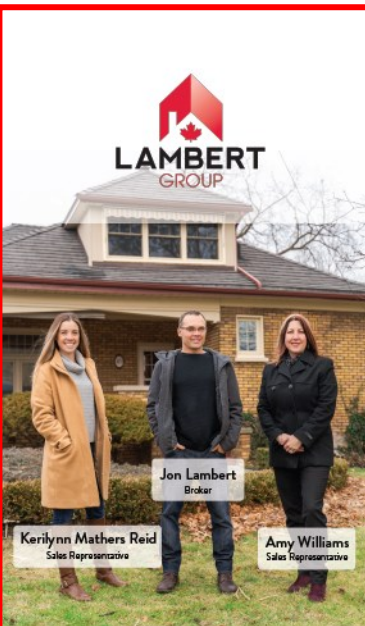
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THE SEASONS ARE CHANGING

...and there's nothing better than toasting to the end summer with this beautiful community!

In September, we joined forces with our good friends at CVE Mortgages to enjoy ice cream with our valued clients, friends, and family at the Lambert Group office in Baden. We couldn't have asked for a more beautiful day for treats, and a special thank you to the Tastes Like Moreish ice cream truck for providing the sweets.

Thank you to everyone who came out to enjoy one of the last days of summer with us - we love supporting local businesses and connecting with our beautiful Wilmot community!



"Jon and the whole Lambert Group were very friendly and helpful. They were very professional and helped ease the stress of selling. Was definitely the easiest, most successful selling experience we've had... and shortest! Bonus that they know the area so well. Thanks for all your help :)"

-Meg K

Checking out the Baden Library



Food for Fines – October 18 to 23

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

NEW! Hobby Kits

Anytime is the perfect time to learn something new! Place a hold on one of our new Hobby Kits. Woodcarving, cake decorating, bird watching, canning, calligraphy, ukulele, yoga, and more! These kits contain the tools or accessories required for the activity. Please note consumable materials (paper, wood, baking ingredients, etc.) are not supplied. You must have an adult membership (16 years or older) to borrow a kit. Kits are available for a three-week loan period and can be renewed.

Adult Book Club (on Zoom)

Adult book discussions continue on the third Thursday evening of each month from 7 to 8 p.m. Register in advance to receive your Zoom link and to join Jen, our Collections Co-ordinator, for the October book discussion on the book *The Marrow Thieves* by Cherie Dimaline.

If you are interested in borrowing a print, digital or audio copy, please contact Librarian Jen Cyr at jcyr@regionofwaterloo.ca and the book will be delivered to your inbox or home branch for pick up! Looking ahead...the November book will be *The Shadow King* by Maaza Mengiste. For more details, ask your local library staff or visit rwlibrary.ca.

Join us for these upcoming virtual Programs and Events!





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Discovery Time – Wednesdays, Sept. 22 to Nov. 24, 9:30 to 10 a.m.
A collection of stories, songs, crafts, and more!

Physiotherapy Series with Amanda Stevens

Join Registered Physiotherapist, Amanda Stevens for her three-part series:

Part 1: At Home Ergonomics – Tues, Oct. 14, 7 p.m.

Part 2: Fall Preventions – Tues, Nov. 9, 7 p.m.

Part 3: Weight Bearing Exercises and Osteoporosis – Wed, Dec. 15, 7 p.m.

Baby Connections at Home – A four-week session starting Tues, Oct.19, 10:30 to 11 a.m.

Be part of a fun, interactive program with strategies and resources that support baby's brain and language development. Build a strong foundation for literacy development and success in school and beyond.

Fly through Fall Waste Collection – Wed, Oct. 20, 6:30 to 7:30 p.m.

Fall brings with it leaves, pumpkins, candy, and so much more. We promise no tricks just tips on how to avoid pitfalls surrounding fall curbside waste collection. Presented by Waste Management.

Halloween Trivia – Mon, Oct. 25 – Sun, Oct 31

Join us on Kahoot to test your "spooky" knowledge!

At Home First Aid Tips – Tues, Oct. 26, 6:30 p.m.

Learn basic first aid and safety tips with volunteer firefighter Dan Dreer.

Let's Get Quizzical – '90s sitcoms, Tues, Nov. 2, 7 p.m.

Cozy up at home for a fun night of trivia.

RWL YouTube Channel

Tune in for the following features:

Pretzel Making for Oktoberfest,
Pumpkin: Seven Ways!

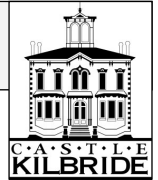


For more details and to register, visit rwlibrary.ca/virtualprograms

Questions? For more information, please contact the Baden Branch at 519-634-8933, badenlib@regionofwaterloo.ca or visit rwlibrary.ca.

Bereavement in Baden - A Quiet Glimpse Inside Castle Kilbride's Livingston Family

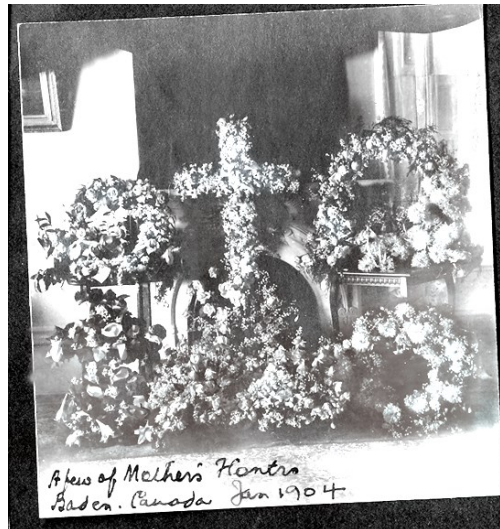
From the Staff of Castle Kilbride



Castle Kilbride staff are sad knowing that this is the final month of the exhibit *My Dearly Departed*. We have learned so much about Victorian mourning customs, the traditions of the Livingston family, and how many Baden residents in particular honoured their departed loved ones.

the cemetery where the casket was laid in and grave literally embanked in flowers.

People ask, "What would a typical funeral look like in Baden in 1900?" We can share that most funerals were performed at the deceased family member's home and Castle Kilbride was no exception. This newspaper account from September 21, 1899, details the funeral for daughter Agnes Livingston and would have been typical for many families in the village.



Funeral flowers for Mrs. Livingston in 1904

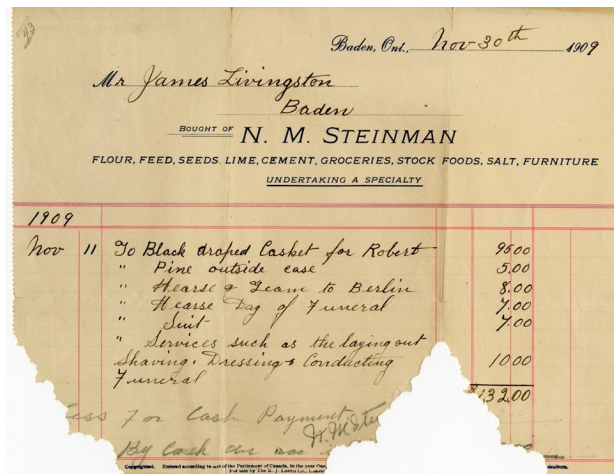
MISS LIVINGSTON'S FUNERAL

The funeral of the late Agnes Livingston, daughter of Mr. James Livingston, M.P., took place on Thursday the 21st. The funeral was one of the largest, if not the largest ever seen in Baden. In many ways it was a remarkable concourse of people that assembled to pay their tribute of respect for the death, their expressions of sympathy with the living. Many came from considerable distances, were there, friends and acquaintances of the genial and respected member whose home has been for the third time within a few years and for the second time within three months invaded the ruthless march of Death. Besides these, Baden seemed with the surrounding district to have turned out en masse to show their esteem and fellow-feeling for the afflicted family. Many of the sincerest mourners were the humblest Mennonites, whose plain but striking garb was everywhere in evidence. The floral gifts were profusely beautiful and numerous. After a short service at the house, the funeral cortege wended its way to the Presbyterian Church, which was largely the gift of Mr. Livingston and bears his name. Only a small portion of those in the procession could find accommodation in the church where the services were conducted by the Rev. McLennan, the pastor; assisted by R.E. Knowles of Galt and Rev. Mr. Johnston of Chesterfield. The procession thereafter reformed and turned its way to

the cemetery where the casket was laid in and grave literally embanked in flowers. With respect to the topic of funerals, one cannot mention funeral customs in Baden without mentioning the name of Noah M. Steinman. Mr. Steinman was a highly-respected businessman who established a successful feed, seed, and furniture business. Steinman began the undertaking portion of his business in 1904. In 1914, he was licensed as an embalmer and undertaker, and he continued these services until 1956.

James Livingston of Castle Kilbride asked Mr. Steinman to conduct the funeral arrangements when his cousin Robert Livingston died in 1909. Mr. Steinman

carried out a range of amenities from fashioning a black draped casket, the rental of a hearse, providing a suit as well as laying out of the deceased, to conducting the service. In total, Mr. Livingston paid \$132.00 for the memorial of his dear cousin. Just one of many interesting documents preserved in the Archives, below features the original receipt which provides such valuable insight for museum staff from a documenting point of view.



Although this topic can be viewed by some as macabre, the customs and traditions that were followed and celebrated over 100 years ago are quite fascinating. As our exhibit comes to an end (pun intended), we invite you to tour the exhibit and learn more about Victorian funeral customs during our unique evening tours called

"Mourning at Night."

These limited tours will be available October 22, 27 & 28 with time slots from 7:00 – 9:00 p.m. with tours running every 30 minutes. Tickets are \$15 per person and must be purchased in advance.

(Please note, if you would like to enjoy Castle Kilbride during our regular touring hours (Wed-Sun 11am-4pm) in October, the exhibit is still featured and is part of your regular tour. However, the interpretation of the main part of the house will reflect a traditional tour.)

Word Search - Keeping It Local ... The names of 27 places within easy driving distance are hidden in the grid. A variation this month: there are NO remaining letters and included are some words used in daily conversation. You will find them horizontal, vertical, backwards, and diagonal. Have fun!!
 - Submitted by John Westlake.

M	H	S	E	B	A	S	T	O	P	O	L	S	D
I	O	T	A	V	I	S	T	O	C	K	A	E	A
E	P	D	A	H	T	A	G	A	T	S	W	Y	E
H	E	H	O	M	E	A	M	U	L	R	E	E	R
N	T	N	I	H	A	Y	S	V	I	L	L	E	A
N	E	E	P	L	A	T	T	S	V	I	L	L	E
A	R	W	T	W	I	L	M	O	T	H	E	R	P
M	S	D	H	O	N	P	W	O	D	S	S	A	S
D	B	U	G	A	R	O	S	E	V	I	L	L	E
N	U	N	I	H	M	O	T	B	E	S	E	I	K
A	R	D	R	T	H	B	N	W	U	L	Y	S	A
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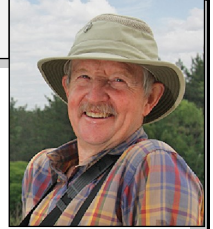
- AMULREE
 - GRAND
 - NEW HAMBURG
 - PLATTSVILLE
 - ST AGATHA
 - WILMOT
 - AYR
 - HAYSVILLE
 - NEWTON
 - POOLE
 - TAVISTOCK
 - WODSS
 - BADEN
 - LISBON
 - NITH
 - ROSEVILLE
 - TORONTO
 - BAMBERG
 - MANNHEIM
 - PETERSBURG
- SEBASTOPOL
 - WASHINGTON
 - BRIGHT
 - NEW DUNDEE
 - PHILIPSBURG
 - SHAKESPEARE
 - WELLESLEY
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 - PALS
 - YES
 - HOPE
 - WORD
 - MATH
 - READ
 - ASTUTE
 - MOTHER

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This past summer I saw something I had never seen before. I learned of a farm in Wilmot Township where an abandoned barn was the nesting site of a Turkey Vulture (TUVU). These large birds, with nearly 6-foot wingspans, are often seen eating roadkill but they prefer nesting sites isolated from human disturbance. An opening in the barn allowed the TUVUs access to a dark corner in the granary where two eggs were laid on the floor. Incubation, by both parents, takes 30 - 40 days, a very long time for the parents to protect the eggs from potential threats in an easily-accessible nest.

The first egg hatched on June 11th into a helpless, fuzzy snow-white ball with a large dark grey beak and grey face. Shortly thereafter, the second unhatched egg somehow disappeared.

Adult TUVUs have rather weak legs and feet and do not kill prey in order to procure food. As a result, they do not bring prey back to the nest but instead both parents feed their young regurgitated food which the young get from the throat of the adult.



Photo Kyoko Imamura

June 11, hatch day



Photo Kyoko Imamura

June 25, 14 days old



Photo Kyoko Imamura

July 12, Day 32

By day 32 the chick was wandering further from the nest site and black wing feathers were finally beginning to show.

TUVUs do not have vocal organs so they do not sing or call as do most other birds but when threatened, they hiss. Even this two week old would hiss at intruders.

A whole month later (day 63), white downy feathers had been replaced by black feathers except for around the head and on the lower belly. By then, the chick was able to wander the whole floor area of the barn, often stretching and flapping its wings.



Photo Kyoko Imamura

August 13, Day 63

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Photo Kyoko Imamura



August 19, Day 69

On day 69 the young vulture was able to fly onto the higher beams in the barn.

On day 70, a full 7 weeks after hatching, the young TUVU left the barn to join its parents. The time from which the eggs were laid until fledging was approximately 100 days. TUVU parents invest a tremendous amount of time and energy (from early May until late August) in raising their young.

Obviously TUVU chicks are not the cute and cuddly type! However, as adults they are very important scavengers, clearing our environment of dead carcasses. Their task is not glamorous, but they are extremely well-equipped to fulfill their duties.

Although they appear awkward on the ground, adult TUVUs are amazing flyers and can stay aloft for hours without flapping their wings. By searching out rising columns of warm air they are able to cover vast distances without expending much energy.

Unlike most birds, TUVUs have a keen sense of smell which they use in conjunction with their acute eyesight to locate carcasses. The smell of mercaptan, a gas given off by decaying animals, guides them to their target.

Their bald heads are not attractive, but since TUVUs stick their heads into carcasses, a feathery head would retain bits of flesh and bacteria. Having a bald head, exposed to UV light therefore helps keep them healthy. The acid in their stomach is very strong which helps kill the bacteria in the food they eat. Additionally, TUVUs sometimes urinate on their legs which kills any bacteria picked up while standing on a carcass. Since TUVUs do not sweat, urinating on their legs also helps cool their bodies as the urine evaporates.

As adults, TUVUs have few enemies because they are large and because they spend so much time in the air. They employ an unusual form of defense if threatened—they vomit! The putrid-smelling pile of rotting meat often deters the predator.

There is no other bird species in our area that fills the same niche as the TUVU. Their way of life, their appearance, and even their young may be much less appealing than those of other avian species. Despite this human negativity they have impressive adaptations and provide an essential service to our natural ecosystems.

I was thrilled to have the opportunity to follow the development of a TUVU chick in a local nest and appreciated the owner's photo updates.

Living and working in Baden



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- * You eat all the leftovers... on Thanksgiving.
- * The steering wheel is starting to get uncomfortably personal.
- * The dog eyes you with new respect.
- * You are forced to slip into your old maternity pants.
- * You step on the scale and the scale screams for mercy.
- * You received a personalized thank you note from the president of Butterball.
- * Your belly button suddenly popped out like one of those turkey thermometers.
- * Getting up off the couch requires assistance from the local fire department.



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I am often asked in my counselling sessions with clients, "Does meditation help with stress?" I am then often told, "my mind is so busy all the time, I cannot possibly learn to meditate."

Meditation is a practice which has served and sustained me for many years. I would like to offer you some helpful guidance and tools if you are considering meditation as a daily self-care and grounding practice in your own life.

Meditation can wipe away the day's stress, bringing with it inner peace. It can also allow you to sit with your feelings, both difficult and beautiful, observing them and then allowing them to move through you.

Anyone can practise meditation. It's simple and inexpensive, and it doesn't require any special equipment.

Understanding meditation

Meditation has been practised for thousands of years. Meditation originally was meant to help deepen understanding of the sacred and mystical forces of life. These days, meditation is commonly used for relaxation and stress reduction as well as a way of learning to be comfortable in your mind and body.

Meditation is considered a type of mind-body complementary medicine. Meditation can produce a deep state of relaxation and a tranquil mind.

During meditation, you focus your attention and eliminate the stream of jumbled thoughts that may be crowding your mind and causing stress. This process may result in enhanced physical and emotional well-being.

Benefits of meditation

Meditation can give you a sense of calm, peace, and balance that can benefit both your emotional well-being and your overall health.

These benefits don't end when your meditation session ends. Meditation can help carry you more calmly through your day and may help you manage symptoms of certain medical conditions.

Meditation and emotional well-being

When you meditate, you may clear away the information overload that builds up every day and contributes to your stress.

The emotional benefits of meditation can include:

- Gaining a new perspective on stressful situations
- Building skills to manage your stress
- Increasing self-awareness
- Focusing on the present
- Reducing negative emotions
- Increasing imagination and creativity
- Increasing patience and tolerance
- Meditation isn't a replacement for traditional medical treatment. But it may be a useful addition to your other treatment.

Baden Outlook

Ways to meditate can include:

Guided meditation. Sometimes called guided imagery or visualization, with this method of meditation you form mental images of places or situations you find relaxing.

You try to use as many senses as possible, such as smells, sights, sounds, and textures. You may be led through this process by a guide or teacher.

Object meditation: when you use an object such as your breath or a stone to focus your attention on.

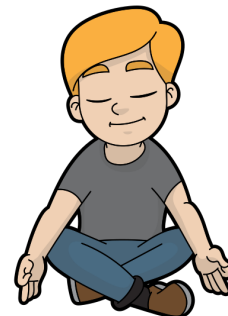
Mindfulness meditation. This type of meditation is based on being mindful or having an increased awareness and acceptance of living in the present moment. In mindfulness meditation, you broaden your conscious awareness. You focus on what you experience during meditation, such as the flow of your breath. You can observe your thoughts and emotions but let them pass without judgment.

Building your meditation skills

Don't judge your meditation skills, which may only increase your stress. Meditation takes practice.

Keep in mind, for instance, that it's common for your mind to wander during meditation, no matter how long you've been practising meditation. If you're meditating to calm your mind and your attention wanders, slowly return to the object, sensation or movement you're focusing on.

Experiment, and you'll likely find out what types of meditation work best for you and what you enjoy doing. Adapt meditation to your needs at the moment. Remember, there's no right way or wrong way to meditate. What matters is that meditation helps you reduce your stress and feel better overall.



Happy Meditating 😊

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The passenger apologized and said, "I didn't realize that a little tap on your shoulder would scare you so much."

The driver replied, "Sorry, it's not really your fault. Today is my first day as a cab driver—I've been driving a hearse for the last 25 years."



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- **Heat people – not the space:** Get cozy. Put on a sweater and slippers. Pull out the electric blanket and hot water bottle. Drink hot drinks.
- **Mind your thermostat:** Save between 1.5 – 5% of your heating bill by turning down your thermostat when you are not home or are sleeping. Buy a programmable thermostat.
- **Draft-proof your home:** Drafts can waste 5-30% of home energy. Apply plastic insulation shrink film to windows.
- Check out: <https://davidsuzuki.org/queen-of-green/how-to-winterize-your-home/>

For more information contact:
nvecoboosters@gmail.com

Are you interested in climate change and other global environmental issues? We have recently created a **Policy Working Group** with the goal of expanding our influence over local government decisions about the environment. We are very excited about this new opportunity. **Help us make a difference in our community by getting involved.**

Our next monthly meeting will be held at **7:00PM on Wednesday, October 27th**. Please contact us via e-mail (nvecoboosters@gmail.com) or call **519-662-9372** if you would like to participate in this "Zoom" meeting or if you want more details about our Policy Working Group.

Don't wait. Help our communities. Help our environment.

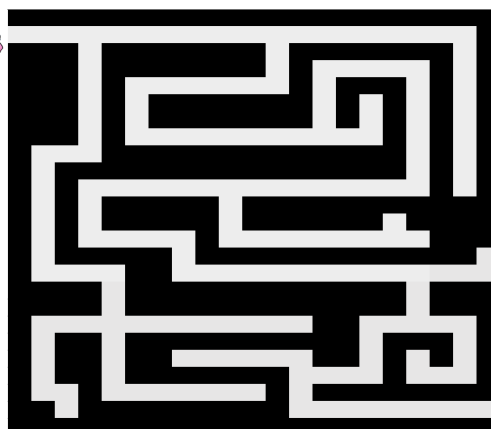
You Must Be Joking!!



- What do birds say on Halloween? Twick or tweet.
- What is a witch's favourite class? Spelling.
- What do mummies listen to on Halloween? Wrap music.
- What does a skeleton order at a restaurant? Spare ribs.
- How do you make a skeleton laugh? Tickle his funny bone.
- Where does Dracula keep his money? In a blood bank.



Help the kids get to the candy!



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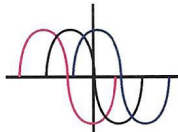
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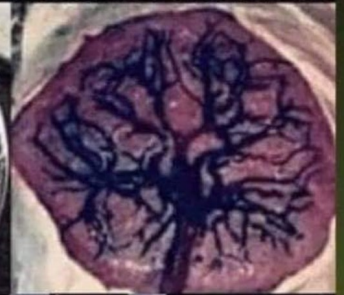
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"When you go into the woods and look at trees, you see all these different trees. And some of them are bent, and some of them are straight, and some of them are evergreens, and some of them are whatever. And you look at the tree, and you allow it. You see why it is the way it is. You sort of understand that it didn't get enough light, and so it turned that way, and you don't get all emotional about it. You just allow it. You appreciate the tree.



The minute you get near humans, you lose all that. And you're constantly saying: You are too this, or I'm too that. That judging mind comes in. And so I practice turning people into trees. Which means appreciating them just the way they are."

Quote by Ram Dass



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COMMON BACK PAIN MYTHS

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

Myth 1: *If you've injured a disc (i.e., herniation, rupture), you must have surgery.*

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 to help 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 caused by 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 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.

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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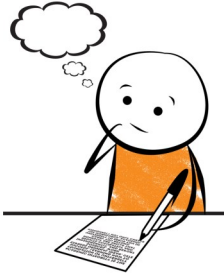
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How to Write Good



1. Avoid Alliteration. Always.
2. Prepositions are not words to end sentences with.
3. Avoid cliches like the plague. They're old hat.
4. Comparisons are as bad as cliches.
5. Be more or less specific.
6. Writers should never generalize.
- Seven. Be consistent!
8. Don't be redundant; don't use more words than necessary; it's highly superfluous.
9. Who needs rhetorical questions?
10. Exaggeration is a billion times worse than understatement.





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You Must Be Joking!!



- ◆ Where do baby ghosts go during the day?
~ Daycare centres.
- ◆ Why did the ghost go into the bar?
~ For the boos.
- ◆ What's a ghost's favourite dessert? ~ I scream.
- ◆ Where do ghosts like to trick-or-treat? ~ Dead ends.
- ◆ Where did the ghost go on holiday?
~ The Boohamas.



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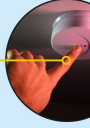
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Home Fire Safety Checklist


Smoke & Carbon Monoxide Alarms

- Install working smoke alarms on **every storey of the home** and outside **all sleeping areas**. Install carbon monoxide alarms outside all sleeping areas. **It's the law.**
- For extra protection, install a smoke alarm in every bedroom and a carbon monoxide alarm on **every storey.**
- Test your smoke and carbon monoxide alarms **once a month.** 
- Change alarm batteries annually or whenever the low-battery warning sounds.
- Always **follow the manufacturer's instructions** for installing, testing, maintaining and replacing smoke and carbon monoxide alarms. **Any alarm older than 10 yrs requires replacing.**


Cooking Fire Safety

- Always stay in the kitchen** and stay alert when cooking. 
- Keep anything that can catch fire—*oven mitts, wooden utensils, food packaging, towels or curtains*—away from your stovetop.
- Keep a proper fitting pot lid near the stove when cooking. If a pot catches fire slide the lid over the pot and turn off the stove. **Do not move the pot.**
- Wear tight-fitting or rolled up sleeves when using the stove. Loose dangling clothing can easily catch fire. If your clothing catches fire, stop, drop to the ground and roll over and over to put out the fire.

Home Fire Escape Planning

- Develop a **home fire escape plan** and practice it with the entire family. 
- Make sure everyone knows **two ways out** of each room, if possible.
- Determine who will be responsible for helping young children, older adults or anyone else that may need assistance when escaping.
- Choose a **meeting place** outside, such as a tree or lamp post, where everyone can be accounted for.
- Call the fire department from outside the home, from a cell phone or neighbour's home.
- Once out, stay out.** *Never re-enter a burning building.*
- Make sure exit doors and windows open easily and are kept clear of obstructions.

Other Things to Consider to Prevent Fire in Your Home

- Keep matches and lighters out of the sight and reach of children. 
- Always **blow out candles** before leaving the room.
- If anyone in the home smokes, **smoke outside.**
- Ensure items that can burn are **one metre away** from space heaters.
- Avoid overloading the electrical outlets.** Extension cords should be used only as a temporary connection.

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FOX
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PIG
RAT

For more information contact your **local fire department.**



Wilmot Fire Department
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Community Corner ~ Check Out What's Going On!



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September 6, 2021

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September 20, 2021

Winner: Steve Becker (New Hamburg)
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September 13, 2021

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September 27, 2021

Winner: Nancy and Terry Lowell (Kitchener)
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WHERE: NEW HAMBURG FIREHALL
WHEN: SATURDAY OCTOBER 30, 2021
PUMPKIN PICKUP: 9:00 — 10:00AM

PHYSICAL DISTANCING REQUIRED

Pumpkins will be displayed on lights
Cut out the bottom of the pumpkin

BRING YOUR CARVED PUMPKIN TO THE
FIREHALL BY 5:00PM
FIREFIGHTERS – FIRE TRUCKS – LIGHTS
JOIN IN THE FUN!!

ENTRIES WILL BE DISPLAYED BETWEEN 5 & 6 PM
LUCKY DRAW + DOOR PRIZES
GOODIE BAGS FOR ALL PARTICIPANTS

OPTIMIST CLUB OF NEW HAMBURG PUMPKIN CARVING RULES



- NO STENCILS - BE ORIGINAL
- FREEHAND CARVING
- CUT OUT BOTTOM OF PUMPKINS

HAVE FUN AND BE CREATIVE!!

* Return pumpkins to New Hamburg Firehall by 5pm
Pumpkins will be displayed on lights

GOODIE BAGS FOR ALL PARTICIPANTS

Pictures of your creations will be posted on the New Hamburg Optimist Facebook page and the New Hamburg Optimist Website. <https://newhamburgoptimist.ca/>

PUMPKINS FROM: SHANTZ FAMILY FARM



New Hamburg Legion

Branch #532—Boulee Street, New Hamburg

We will be open Wednesday and
Saturday 1-5 pm beginning in October.
Everyone must show proof of vaccination
when entering the Legion.

*It is poppy season, please support
the poppy campaign!*



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Thank you!



Happy Fall Y'all



The New Hamburg Legion Branch 532
would like to take a moment to say
"THANK YOU" to the many volunteers and
donors over this past year.



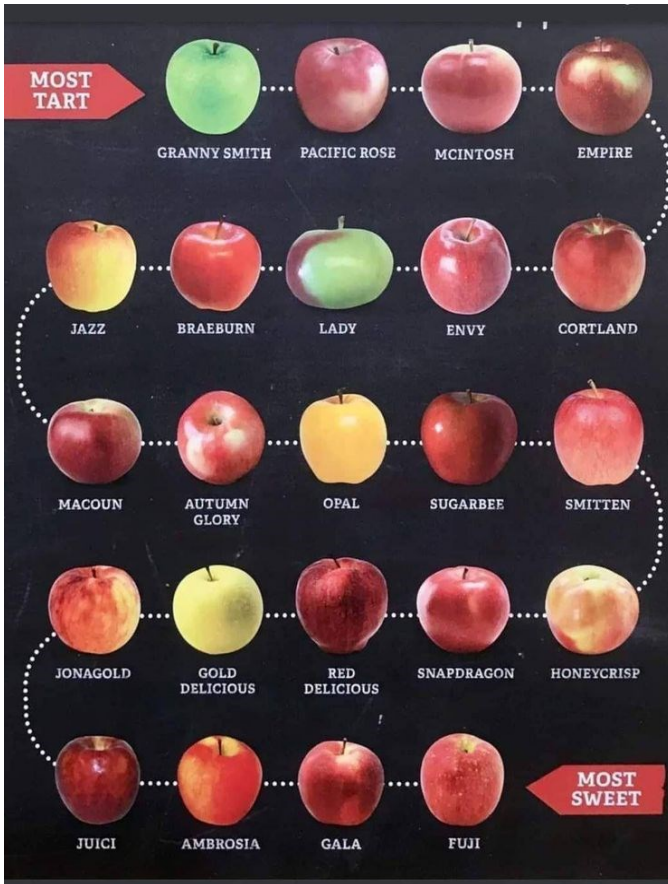
BRANCH 532 is slowly and cautiously
re-opening in order that the many clubs and organizations
can get back to using our facilities.

THANKS to the Optimist Club of New Hamburg, the Lions
and Lioness Clubs, the New Hamburg Firebirds, Friday
Night Darts, Restless Seniors, the Solo Club, Waterloo
Region Police Services Band, River Meadow Homes
(Morningside), Home Hardware, Ladies Dart League, and
all of the many businesses that allow us to place our
Poppy Boxes in your establishments. We are a busy
Legion Branch and without all of your volunteering and
support it would be a difficult task to provide and
maintain the many things we do for our veterans past and
present.

LEST WE FORGET.....

NEW HAMBURG LEGION BRANCH 532

APPLES—AWESOME TO THE CORE!



It's autumn ... the perfect time to talk about apples, which are one of the most popular fruits in the world! They are nutritious, easy to eat, and flavourful. There are 15 different main varieties of apples grown on nearly 15,580 acres in Ontario, and 7500 varieties of apples are grown worldwide. The province's major apple-producing areas are along the shores of Lake Ontario, Lake Erie, Lake Huron, and Georgian Bay.



Some studies have shown that consuming apples regularly may reduce your risk of cancer. This healthy fruit contains pectin, quercetin, procyanidins, and Vitamin C, which are all beneficial in the prevention of disease and cancer. Apples are an excellent source of fibre, and the natural source of acid brightens your teeth. It takes four apples to make a glass of pure apple juice. A medium apple packs only 80 calories, making this heart-healthy, handheld meal a winner!

Check out the reference chart on the left to learn what apples are sweet or more tart. We all have a favourite.

And we all lived apple-ly ever after!

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

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Apples... they offer up so much, whether raw, as juice, applesauce, or apple butter. Apple butter is a must have in my pantry and not so much as a toast topper but as an ingredient in many recipes. I add it in when baking my muffins or in marinades for pork tenderloin. I also use it as a sweetener and yummy goodness. Sisters Janet and Greta Podleski of *Crazy Plates* agree with me and conjured up this pork recipe using apple butter. I invite you to try their [Happily Ever Apple Pork Chop](#) recipe.

Apple butter is a thick, dark brown preserve made by slowly cooking apples with spices, sugar, and cider. Although it sounds fattening, one cup contains less than four grams of fat! Locally you can find it in specialty stores or in the jam section at your grocery store.

Ingredients:

6 boneless pork loin chops
1 cup apple butter
2 tbsp mustard
1 tsp ground cumin
1/4 tsp salt
1/8 tsp black pepper
3 cups peeled and sliced Golden Delicious Apples (about 3 large)
1/2 cup thinly-sliced onions
2 tbsp apple cider vinegar

- Spray a large, non-stick skillet with non-stick spray. Cook chops over medium-high heat until browned on both sides, about 5 minutes.
- In a small bowl, combine apple butter, mustard, cumin, salt, and pepper and spoon evenly over the chops. Reduce heat to medium-low, cover, and cook until chops are just slightly pink in the centre and juices run clear, about 10 minutes.
- Lift out chops, leaving sauce in the skillet, and keep warm.
- Add apples, onions, and vinegar to the skillet and stir to coat apples and onions with the sauce. Cover and cook over medium-high heat for 5 minutes, until apples are softened and onions tender.
- To serve, spoon apple mixture over the warm pork chops.

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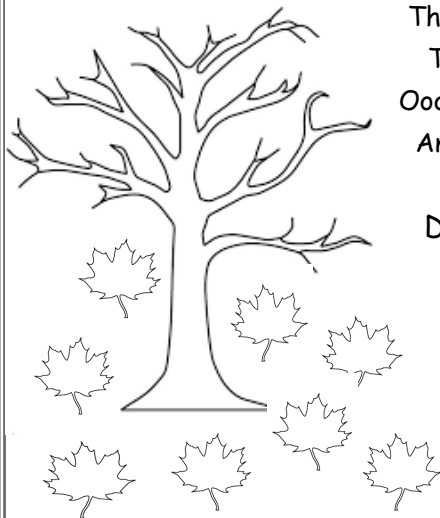
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Kids' Corner

By: Karrienne Berberich

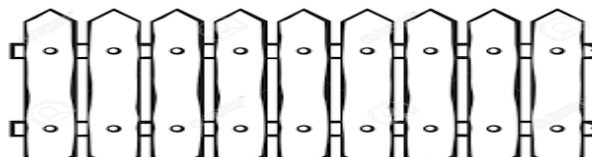


Colour in the fall leaves. How many fell from the tree?

Five Little Pumpkins

Five little pumpkins sitting on a gate.
 The **first** one said, "Oh my, it's getting late!"
 The **second** one said, "There are witches in the air."
 The **third** one said, "But we don't care."
 The **fourth** one said, "Let's run and run and run!"
 The **fifth** one said, "I'm ready for some fun."
 Oooooo went the wind. And OUT went the lights.
 And the five little pumpkins rolled out of sight.

Draw the five little pumpkins on the gate.



Halloween Scavenger 'Haunt'

Go for a walk and see if you can find a:

1. ghost
2. pumpkin
3. spider web
4. skeleton
5. straw bale
6. jack o' lantern
7. corn stalk
8. spider



Local Churches Invite You to Join Them

Visit www.badenoutlook.com for a directory of local churches

Steinmann Mennonite Church

Sunday Worship 9:45 a.m.
www.smchurch.ca

Zion Philipsburg Lutheran Church

Sunday Worship 10:30 a.m.
www.philipsburglutheranchurch.ca

Emmanuel Lutheran Church

Sunday Worship 9:30 a.m.
www.petersburgchurch.org

Shantz Mennonite Church

Sunday Worship 9:30 a.m.
www.shantzmcc.ca

St. James Lutheran Church

Sunday Worship 9:00 a.m.
www.stjamesinbaden.org

Wilmot Mennonite Church

Sunday Worship 10 a.m.



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Following a year and a half of uncertainty, lockdowns, job losses, and struggles, we are now entering a time of growth and harvest! As I reflect on the past, present, and possibilities for the future I am reminded of how truly blessed I am. My name is Jennifer Woolner and I am so thankful to be the new Volunteer Coordinator at MCC Thrift in New Hamburg. A little bit about myself, I was born and raised on a dairy farm just outside of Mannheim. I currently reside with my two sons and two large dogs in the small town of Petersburg but still continue to enjoy regular visits to the farm. As a member of Mannheim Mennonite Church, I am no stranger to the many ways MCC helps those locally and around the world.

With the Thanksgiving weekend approaching I am reminded of all the things I have for which to give thanks.

- For this new opportunity to grow and learn in my new position at MCC, I give thanks.
- For the blessing of meeting all our wonderful volunteers who work tirelessly, giving their time and talent, I give thanks.
- For the warm welcome and continued kindness from all of the staff at MCC, I give thanks.
- For the community support and the generous donors who think of us when they have items to pass along, I give thanks.

- For the love and encouragement I have received from friends and family as I start this new and exciting journey, I give thanks.

As you enter into this season of Thanksgiving I challenge you to examine your life and see all the ways that you are blessed and return that blessing by extending yourself to those in need.

What a time to be thankful! I will leave you with my open invitation to come say hi to me and some of the wonderful staff and volunteers here at MCC. We would love to see you and maybe even explore what your volunteer gifts could be.

Contact me at: **New Hamburg Thrift Centre**
41 Heritage Drive
New Hamburg, On
519-662-2867
jenniferwoolner@mcco.ca
www.newhamburgthrift.com

A Prayer for Thanksgiving

*O God, when I have food,
 Help me to remember the hungry;
 When I have to work
 Help me to remember the jobless;
 When I have a home,
 Help me to remember those who
 have no home at all;
 When I am without pain,
 Help me to remember those who suffer,
 And remembering,
 Help me to destroy my complacency;
 Bestir my compassion,
 And be concerned enough to help;
 By word and deed,
 Those who cry out for what we take for granted.
 Amen.*

~ Samuel F. Pugh



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Tel: 519-662-2867

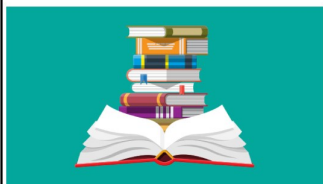
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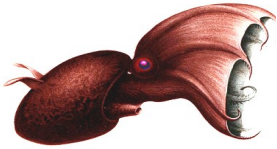
SEA-RIOUSLY SPOOKY FROM THE DEEP DARK DEPTH OF THE SEA!

Halloween brings on a creepy theme for October, so here are some *sea-riously* spooky fish to get you in the spirit! There is something magical and mysterious about the deep, dark depths of the sea. What lives there? There are many layers of the sea determined by how much light travels there. The first layer is the Sunlit zone, which is the upper 200 metres (656 feet), where most sea creatures live. Deeper down is the Twilight zone, which is between 200 metres and 1,000 metres (3,280 feet) below the surface, and then the Midnight zone which lies miles below the surface, where no light penetrates. Yet deeper and darker are the trenches that plunge into the core of the earth called the hadal zone.

- Meet the **Goblin Shark**. Growing up to 7 feet long, these frilled sharks primarily prey on squid. They've also been known to feed on fish — and even other sharks. You can identify goblin sharks, a rare, bottom-dwelling species, by the shape of their snouts, which are elongated and flattened. With 50 teeth in their mouths, these gruesome creatures command attention. Interestingly, female goblin sharks are larger in adulthood than the males of the species.



- The vampire squid's scientific name, *Vampyroteuthis infernalis*, means "vampire squid from hell." In Latin, the name of this cephalopod — which is neither a squid nor an octopus — is even more sinister. But the **vampire squid**, found in the inky depths about 3,300 feet below the ocean's surface, is gentler than its name indicates. Unlike its namesake, it doesn't feed on blood. Instead, this creature subsists on decaying organic material that falls to the ocean floor — kind of like the dead leaves that litter forests.



- The **anglerfish**, possibly one of the world's ugliest creatures, is magically equipped with a glowing growth on its head. This acts like a fishing rod which lures prey to its death at the lightless bottom of the ocean. However, there are more than 200 species of anglerfish, and only females possess the iconic, bioluminescent angling apparatus. Most live at the bottom of the Atlantic and Antarctic Oceans, sometimes as far as a mile below the surface.



- Meet the **ghoulish chimaera**, or **ghost shark**, which is a type of cartilaginous fish. It has rabbit-like front teeth, plate-like back teeth, a long and slim tail, a snout (which varies in size), and wing-like fins. There are about 47 species, which range in length from 24 to 80 inches. Archaeological evidence has proven that chimera have been around for millions of years. These fish can breathe through their noses as well as their gills and are known too for their huge emerald green sad eyes.

- The translucent "**ghost fish**" with unearthly white eyes and gelatinous scale-less skin is a member of the Aphyonidae family and was discovered during a deep water National Oceanic and Atmospheric Administration (NOAA) research mission of marine national monuments, according to The Weather Channel. It marked the first time that this "ghost fish," part of the family Aphyonidae, was seen alive and swimming in 2016. The fish was seen swimming along a ridge, at a depth of 8,202 feet, at the Mariana Trench National Monument.



- The **Fangtooth** fish would be the Freddy Krueger of fish. Although the fangtooth fish is relatively small, growing to about six inches in length, its teeth/fangs are the *largest* in the ocean compared to their body size, and able to kill fish much larger than itself. Fangtooth fish even have special pouches on the roof of their mouths to ensure that when they close their jaws, their fangs won't pierce their brain.



Research taken in part from livescience, Wikipedia, oceanconservancy



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Drop One For Fun

Answers on page 33

Write the five-letter answer to clue #1 in the first box. Drop one letter and rearrange the remaining letters to answer clue #2. Put the dropped letter into column A. Drop another letter and rearrange the remaining letters to answer clue three. Put the dropped letter into column B. Follow the pattern for each row into the diagram. When completed, the letters in column A and column B, reading down, will spell words or a phrase. Have fun!

1. Prevent from growing
2. Deranged or mad
3. Big ball in the sky
4. Support the weight of
5. Notty
6. Low bank of rock or sand
7. Accept a rule
8. A drop of liquid on a surface
9. Pressed against lightly
10. Confronted with
11. Unable to hear
12. Nourished
13. T-Bone for one
14. A direction
15. Salt water expanse

	A		B
1		2	3
4		5	6
7		8	9
10		11	12
13		14	15

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 Thursday to Saturday 9 am - 4:00 pm

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.

i cdnuolt blveiee taht l cluod aulacly uesdnatnrnd waht l was rdanieg. The phaonmneal pweor of the hmuan mnid, aocdrnig to a rscheearch at Cmabrigde Uinervtisy, it dseno't mtaetr in waht oerdr the ltteres in a wrod are, the olny iproamtnt tihng is taht the frsit and lsat ltteer be in the rghit pclae. The rset cna be a taotl mses and yuo cna sitll raed it whotuit a pboerlm. Tihs is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe. Azanmig huh? yaeh and I awlyas tghuhot spleling was ipmorantt! if you cna raed tihs your brain is 50% faster than those who can't !!

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It's peak fall season and hopefully we will get some lovely dry, sunny weather this fall. I love fall. The cooler

temperatures, the sound of flocks of birds migrating, eating fall raspberries, the royal golds and purples of golden rod and asters in the wild, and the riot of colours of our maples, oak and other trees, and shrubs.

Take stock of how your yard performed and note what worked and what didn't. I'm sure you noted in the spring where you would like to add colour with spring bulbs! If not, just wing it. You can plant bulbs until the ground freezes. There are a few crazy spreaders like *Scilla siberica* (Category 2 Highly Invasive list), *Chionodoxa*, and *Star of Bethlehem* to avoid as they can take over your garden, lawn and beyond. For WHS members, show your membership card at Heritage Pet & Garden and Meadow Acres to get a discount.



There are lots of things to do in the fall. Leave perennials up for winter interest and to feed the winter birds. Garlic can be planted, perennials divided or transplanted. Rake or "mow" leaves and remove to garden beds. Leave some leaves uncut for beneficial insects and pollinators who overwinter in leaf litter. Keep on weeding as long as soil is workable and remove invasive plants



A friend asked that I write about our native grapevine and Virginia Creeper. These lovely but aggressive vines offer lots of beauty, shelter, and food to wildlife but can be thugs in our gardens and surrounding spaces. In my old place, I had a lovely 25 year old white cedar hedge which Virginia Creeper sprawled over. I loved the look. The bright red orange leaves and blue fruit offered a stunning view from my kitchen window in the fall. However, I soon discovered, the vine shaded the hedge and the cedars were suffering so out it went! And not easily! Virginia Creeper uses sucker disks to cling to buildings, and tree trunks. I have seen it used to cover chain link fences and it is lovely but it needs some trimming back. I volunteered for a group that cut back grapevine in our local wetland as the vines were covering the young trees. Not only does the grapevine shade the young trees and hinder their growth, but the extra weight of the vine can lead to limb breakage and distort growth. I have noticed the grapevines are loaded with fruit this year so wild life will be thrilled. Also, the wild grapes are edible with best flavour after a good frost. They are seedy and tart. Check online for recipes. For more information on wild grapes and challenges for our trees go to: <https://extension.psu.edu/invasive-weeds-wild-grape>

Keep those fingernails and knees dirty!

Save the Dates! Tree Planting:

Saturday at 9:00 am- Oct 23rd Petersburg C. Park **Join us!**
To register go to: **Website:** <http://wilmothortsociety.ca/ltw>

For more information & great gardening information.

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SQUASH & PUMPKIN TIPS

By: Josephine McCormick



- * Winter squash is ready to harvest when the stem begins to shrivel, split and dry up. By this time the plants will also look ragged.
- * Leaving squash in the sun to cure for 10-14 days will give them more sweetness and will toughen the skin for better storage.
- * For better storage, wipe the squash or pumpkins with a cloth dipped in a weak bleach solution of 4 teaspoons bleach per gallon of water. Let dry and wash before use.
- * When buying squash for storage, pick ones with stems, and that are free of nicks and bruises. Store in a cool, dry place such as a basement or garage.
- * Pumpkins and squash don't mind light frosts but cover them or bring them in before a heavy frost comes.
- * Putting squash or pumpkin in the freezer is easy peasy! Wash and cut your pumpkin or squash horizontally, spoon out seeds and the stringy stuff. Place face down in a baking dish with some water. Bake on



medium and once a fork goes in easy it is done. Once slightly cooled turn over and scoop out the meat. Use a blender or a food processor to puree using the juice/water left over in the pan. Fill freezer bags or margarine containers in 2 cup measures, perfect for all your winter baking. When cooking a squash follow the above directions but once out of the oven, turn over and use the squash as your bowl. Just add butter, spices, and maple syrup. Yummy!

- * Don't throw out the seeds! Wash and clean them, bake them on a cookie sheet covered with some olive oil for approximately 10 minutes or until lightly-toasted. Add your favourite spices or just lightly salt. Sprinkle on salads, soups or cereal or just enjoy as a snack!
- * There are pumpkins that are grown specifically for edible seeds. They don't have the outer hull, just the green seed. Perfect for those who don't want their seeds so chewy.

Enjoy these tips, have a lovely happy Autumn, and enjoy all those wonderful fall vegetables!

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or call 519-662-2731.

Supported by Wilmot Family Resource Centre.

Currently funded by the Government of Canada, New Horizons for Seniors program.

LEARN! SHARE! GROW!



Photos courtesy of
Andy Shinnie & Yvonne Zyma



Local group, *Let's Tree Wilmot*, hosted a tree planting event at Beck Park on September 21. They planted 90 native trees funded by Trees Canada with support from Home Hardware (sponsoring stores being New Hamburg and Tavistock). Home Hardware staff and *Let's Tree Wilmot* volunteers made up the 42 people who attended. Geoff Dubrick, Manager of Parks and Facilities, came to water and plant trees too. Thank you to volunteers, Home Hardware, and Township of Wilmot for planting trees in our park.

Next planting event is October 23rd at 9 a.m. at Petersburg Park! Check details at the bottom of Wilmot Horticultural Society article this month!



The New Hamburg Firebirds 2021/2022 Season

The PJHL 21/22 regular season first puck dropped on October 1/2021. The New Hamburg Firebirds were excited to get into the rink and to get back to game action! After a challenging year being away from the game it is great to be back.

We were in full swing with training camp which started on September 8, 2021 with lots of players looking to wear the Firebirds jersey. We have a great core of returning players to draw on with some exciting new players joining the Birds. It should be a fun group of players to come out to watch this season. Our staff worked hard to have the boys ready to go for the season that started on October 1, 2021.

The New Hamburg Firebirds would like to thank our community for all the support we have received this past year. The support to our fundraising endeavours and all the local business that have once again come through to help the Birds soar this season is very much appreciated. This is your community team so please come out to CHEER on your New Hamburg Firebirds this season.

GO BIRDS GO!



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Terry Fox Walk in Morningside September 19th, 2021

Over the past 6 years of being involved with the Terry Fox organization and organizing this wonderful group, "The Morningside Walkers," I have found that we are not alone on our journey. There are many of us here in Morningside who have lost a family member or friend, are currently dealing with cancer ourselves, or are survivors helping to carry on what Terry Fox started 41 years ago. I know that Terry lives here...

The Morningside Walkers, from a team of 7 in 2016 to a team of 25 or 30 today, have raised more than \$16,000 for cancer research. We are deeply grateful.

I am happy to be a part of the Morningside Walkers and extremely proud of all our dedicated team members. Thank you all for participating and carrying on the tradition.

Donations can still be made. Make cheques payable to The Terry Fox Foundation and I will pick them up at your location.

Let's do it again next year!

- Ross Eichler,
team coordinator



ANSWERS to Outlook Puzzles

All Things Scrambled

Fall Harvest	Relating to Fall
Kale	Soup
Beet	Cider
Gourd	Leaves
Carrot	Colour
Potato	Autumn
Squash	Apples
Pumpkin	Sweater
Parsnip	Pumpkin
Broccoli	Cobbler
Zucchini	Halloween

Drop One For Fun

1. Stunt	2. Nuts	3. Sun
4. Carry	5. Racy	6. Cay
7. Abide	8. Bead	9. Dab
10. Faced	11. Deaf	12. Fed
13. Steak	14. East	15. Sea

Creating special words
TRICK and TREAT

Reduce to Produce

He had no body to dance with



Dave and Elaine, Judy and Doug, Gail and Darryl, Neva and Duncan took their August and September Baden Outlooks... and their boots with them on a recent rainy camping trip!

STONETOWN TRAVEL

CONTACT US FOR FULL DETAILS

Stonetown Travel Ltd.

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Branch Office: 210 Mill Street, New Hamburg, ON N3A 1P9 TICO #50025796

Phone: 226-333-9939 or 1-877-301-2332

www.stonetowntravel.com • agent@stonetowntravel.com

ANNOUNCEMENT

We are very pleased to introduce the newest members of the client service team at Stonetown Travel Ltd.

TRACI JUTZI KRISTINA ZIEGLER



traci@stonetowntravel.com
226-333-9939



kristina@stonetowntravel.com
226-333-9939

Collectively, Traci and Kristina have over 50 years of extensive travel industry experience. Prior to joining the team at Stonetown Travel, they both worked for several years at Imagine Travel. Kristina and Traci look forward to re-engaging with past clients as well as helping new clients in making travel memories to last a lifetime. Welcome, Traci and Kristina!

Last month I left you with a number of questions that I said I would address this month. Let's start off with the answers to those questions.

Do all travel insurance companies provide the same coverage for Covid-19?

What makes insurance companies different on this issue is the limit of coverage for this type of a medical emergency. Some companies will include coverage for Covid up to their policy limit. Others will provide a lower limit. For example, the policy limit may be \$5,000,000 but coverage for Covid may have a limit of only \$200,000. These same companies may have an option available to increase the coverage to a higher limit. You will want to make sure your broker explains this to you and offers you the option.

Are you covered by the Trip Cancellation or Interruption benefit if you are denied boarding on your return flight due to a positive Covid test?

No. Trip Cancellation or Interruption insurance does not cover situations that were known at the time the insurance contract was purchased or when the trip was booked. Insurance companies consider Covid-19 to be a known situation since March 12, 2020.

Does Emergency Medical Care cover expenses for subsistence allowance (i.e. accommodation, meals, taxi transportation, childcare costs) if you are denied boarding on your return flight due to a positive Covid-19 test?

No. The Emergency Medical Care benefit only covers the expenses for subsistence allowance in the event of a medical emergency.

Do you have access to subsistence allowance during quarantine when you return to Canada?

No, you will not receive subsistence allowance if you must quarantine upon your return to Canada.

THE BIGGEST STUMBLING BLOCK FOR TRAVELLERS HEADING SOUTH THIS WINTER

You got it! It's the reopening of the border since most snowbirds take their car south for the winter. The good news is there are options for getting yourself and your vehicles across the border using a combination of planes, helicopters and commercial vehicle shipping companies, and commercial driveaway services. There are commercial companies that are permitted to

cross the border and able to carry cars, SUV's, pickup trucks, and RVs on vehicle transport trucks. Prices vary depending on your pick-up point, destination, and the type of vehicle you have.

Having your vehicle shipped all the way to your sunbelt location can be expensive. Generally, the cost is between \$1,400 and \$2,000 and the price will depend on your destination.

Many people are looking at having their vehicle shipped to Buffalo and then taking a flight there to pick it up and start their road trip south. The cost to ship your vehicle across the border is generally in the range of \$400 to \$1,000. Of course, you now also have to pay for your airfare to Buffalo.

There are a number of ways to fly across the border. Commercial airlines, charter plane, or helicopter service are the most popular. For sure, there is some homework to be done.



The question you have to ask yourselves is, "how badly do I want to get away this winter?"



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