

OCTOBER 2022

VOLUME 23, ISSUE 3



Baden Outlook

Your Favourite Feel Good Newsletter

~ Keeping the Community Connected ~

"Gorgeous Sunset of Wilmot Centre"

Photo captured by Christa Yost and posted on the local Facebook group "Show Us Your Wilmot"— catching the moody sky of October.



THIS PAPER IS PRICELESS -



Elect Natasha for the Wilmot you want

The Experience to Serve Wilmot

I am running to provide a fresh perspective on council. One that realizes Wilmot's voice at the regional level, provides responsible, representative, transparent, knowledge-based decision making and stewardship of our township for both current and future generations.

✓ EXPERIENCE

Working for Kitchener-Conestoga Federal and Provincial Members of Parliament I have become acutely aware of the needs of Wilmot. My extensive comprehension of all levels of Canadian politics and existing working relationships with levels of regional, provincial, & federal government, staff & local stakeholders will prove invaluable in building the Wilmot we want.

✓ EDUCATION

Hons. B.A. in Human Sciences from the University of Oxford, UK. Post-secondary studies include demography, policy management, public affairs, law, international policy.

✓ BORN, RAISED, & ACTIVE IN WILMOT

Currently serving as President, Optimist Club of Baden; Board of Directors, Wilmot Agricultural Society; Co-founder & member, Wilmot Homecoming Steering Committee; and member, 100 Women Who Care Wilmot.



NATASHA SALONEN
FOR MAYOR

STEWARDSHIP



Providing responsible, knowledge-based, transparent, accountable leadership and decision making that represents the present community while keeping the impacts on future generations in mind.

FISCAL RESPONSIBILITY



Holding the township and the region accountable for every tax dollar. Attracting and retain local business, investment and saving for our future.

REPRESENTATION



Represent the voices and interests of all Wilmot residents in council decisions. Provide a strong and steadfast voice for Wilmot at the Regional table.

REFOCUS



Getting councils focus back on track to issues under municipal jurisdiction.

CONNECTING



I want to hear your ideas. Listening, collaborating, & bringing people together to build the Wilmot we want.

How to Vote

Internet and Phone Voting

Wilmot will be using online and telephone voting for the Municipal Election. This means that voters can vote at any time of the day from Friday, October 14 at 10:00 a.m. to Monday, October 24 at 8:00 p.m. These methods provide residents with a convenient, secure and safe way to vote.

In-Person Voting

There are limited voting days during this period when you can vote in-person if you prefer to mark a paper ballot from 10:00 a.m. to 6:00 p.m. on the following dates: Saturday, October 15, Sunday, October 16, Saturday, October 22, Sunday, October 23

Please be aware that you can only vote by internet or by phone on Monday, October 24.

When you vote or are applying to amend the Voters' List please bring identification. Ontario Regulation 304/13 contains a complete list of acceptable identification.



Scan to learn
more

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.

Baden Outlook

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Baden, ON N3A 4J3

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Barry, Pat, & Katie Fisher

Check out what's happening in the paper this month:

- Barry ponders the days of war and honours the Royal Canadian Legion
- Castle Kilbride staff take us back in time 100, 75, and 50 years ago
- Try your hand at our math game, "Missing Numbers"
- Learn about warming spices with Carrie Bergen-Geisel from Springhill Yoga
- Irleen Karn from Tri-County Mennonite Homes gives us her perspective on Autumn
- Find out where the Outlook has travelled
- Learn new ways to vote in the upcoming election
- Mercedes Kay Gold writes about understanding nightshade vegetables



Baden Outlook

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Greetings from Headquarters ~



Happy Autumn! I am so excited to spend some time indoors and look at my home with a cozy feeling. It was a busy summer and I am ready to play games, use my slow cooker, and do some baking.

Recently, I was thinking of my grandma and how different her upbringing would have been. What she would have experienced and what different a viewpoint on life she must have. I have always noticed how thrifty she can be with washing and reusing bags... even empty milk bags do not go to waste. It made me stop to think about how living without all of today's conveniences is better for both the environment and the bank account. The Great Depression era would have been life altering especially for those running a household. Scrimp and save all food and monies to make due. With the economy and environmental issues being more and more of an issue, maybe we should take more steps to get back into an older way of thinking. Here are some small ideas of just how some simple changes in our life could make an impact.

-Buy bar soap instead of liquid soap. Liquid soap leaves a large plastic container when we are finished whereas bar soap leaves behind only a small cardboard wrapper.

-Mend clothes or fix broken items in your home instead of just buying new things.

-Create a weekly meal plan to help save food costs and hopefully reduce food waste.

-Buy local produce when in season and either pickle, make jam, freeze, or do some canning.

-Save bacon grease. Use to grease cast iron pans or in certain recipes.

-Buy dry goods in bulk. Rice, flour, sugar... staples in our home can be purchased in larger quantities making less packaging in the end. Just keep things airtight or freeze to keep it fresh.

-Chat with seniors about small ways to make changes. They are wiser than we know. Grandma wonders why we pay money for paper towels when rags are plentiful and free.

I find it interesting that what most would call garbage, those back in the day would call useful. Imagine the amount of garbage going to the road in the 1930s from each house. Probably very, very little would be waste. Let's make the most of what we own! Repurpose what you can or donate what you can't. Aiming at reducing expenses and environmental impact is a two for one special. Let's show our kids how to be thrifty and make a healthier world.



Hello October! The furnace is on and we are digging around for a jig-saw puzzle as Barry and I are currently locked in with Covid. It's amazing we've dodged it this far and are thankful for the vaccines as even a mild form is rotten. We had been very social over the summer and having lots of fun, so it may be time to make friends with our puzzles again for a while.

We have a satisfying pantry and freezer full of our garden preserves to enjoy this winter. Yes, there will surely be chili, casseroles, and pasta served up this winter with all those tomatoes we processed. We also had an amazing potato crop so that will cook up many great meals of comfort...we love potatoes! It really sets the fall season in motion.

This is quite the month as the energy of the election takes its place on the streets, in the media, and also in our paper. I sure hope that Thanksgiving and Halloween get the good energy the fall usually brings. There are many wonderful community events happening so let's just use our own judgment in what we all take part in. You'll see plenty of fun and interesting things to catch you up in this issue—enjoy!

Talking with Ed



~ *Lest We Forget.*



I am not sure some people (including myself) fully appreciate what the Royal Canadian Legion stands for or what they do. The horrors of war and the sacrifices that our veterans have gone through seem unimaginable. Their website states, "Whether helping local veterans, supporting seniors, providing youth sports programs, raising funds, volunteering to help those in need, or simply offering a place to gather for fun and celebration." I know growing up in the small town of MacTier, the Legion supplied all the hockey and some of the baseball uniforms for the youth. My father and grandfather are honoured in the MacTier Legion and on the cenotaph there.

To illustrate how much of an impact war has on people I did some research focusing on World War 1 and World War 2. I am stunned at the information I continue to learn regarding number of deaths and destruction that these wars generated. WW1 as an example had twenty-one million wounded and twenty million deaths including 9.7 million military and ten million civilians. There were 66,000 Canadian deaths and 172,000 wounded during that war. It may just sound like numbers but those numbers reflect human lives.

It was estimated by Britannica.com that WW2 had 40,000,000 to 50,000,000 million deaths. USSR suffered the most with 18,000,000 deaths followed by Poland with 5,800,000, 4,200,000 Germans, and 1,972,000 Japanese. American deaths totaled 298,000 and Canada lost 44,090 soldiers, which is sadly so senseless! These numbers are disputed and could be higher. Other sites suggest 75 million casualties in World War 2.

I had read somewhere that the United Nations estimated there are over three million ships of all types that have sunk for assorted reasons all over the world. That got me wondering how many were lost through the two great wars. World War 1 had over 5,000 ships sunk, and World War 2 had 14,576. Some of these would have merchant carriers but still, think about the environmental issues that are attached with the loss of life.

On further research I discovered that in WW1, 50,000 air crew had died. Pilots had also suffered in their open cockpits that were exposed to the elements. In WW2, 76,875 aircraft were either damaged or destroyed; 40,000 were a complete loss. There is also a consideration of cost to governments with all these losses in equipment.

Thankfully the New Hamburg Legion was formed shortly after the Second World War to be there for veterans. Several veterans discussed the possibility of forming a Legion in New Hamburg and on Wednesday

November 7, 1951 a meeting was held on the second floor of the old New Hamburg Firehall. George Thomas, who was New Hamburg's first Chief of Police and a veteran of the second World War, called the meeting to order. A motion was presented that a local branch be formed which was moved by Alfred Richards and seconded by John Neilson. The New Hamburg Legion Charter was presented at Royal Canadian Legion Branch 50 in Kitchener on Sunday, April 20, 1952. George Thomas was elected first President and Alfred Richards first Vice President.

There are many things that the Legion does for the community. They support or donate monies to the following organizations: Service Dogs for Veterans, Leave the Streets Behind (homeless veterans' program), Ontario Command Bursary Fund, and they contribute to the Veterans Hospital in London three times a year. Locally they offer their hall for use to other service groups, support the New Hamburg Firebirds and minor sports, host a youth education program, offer a veteran's dinner the first Saturday in November, give gift cards to veterans at Christmas, support the Wilmot Family Food Bank, and contribute to local hospitals. Their recent program is honouring local veterans by hanging banners on hydro poles.

Remembrance Day is just around the corner and Legion personnel will be on the streets to distributing Poppies. Be sure to wear one and thank a veteran for all their service. They have given more that we can imagine and deserve a special thank you. That also goes to Legion members who give their time to this worthy cause.



The New Hamburg Royal Canadian Legion held a memorial service on the passing of Queen Elizabeth II on September 18th at the New Hamburg Cenotaph. A eulogy was given, a wreath was laid in her honour, and the New Hamburg Band performed God Save the King.

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ALL THINGS SCRAMBLED

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

In the Frozen Food Aisle

- CRON _ _ _ _ _
- SHIF _ _ _ _ _
- ZIPZA _ _ _ _ _
- ICEUJ _ _ _ _ _
- TURFI _ _ _ _ _
- SERIF _ _ _ _ _
- BESTOR _ _ _ _ _
- SNAGALA _ _ _ _ _
- SURGERB _ _ _ _ _
- GORIESEP _ _ _ _ _

Movie Genres

- MARDA _ _ _ _ _
- CINATO _ _ _ _ _
- DOMECY _ _ _ _ _
- RORORH _ _ _ _ _
- ANTSYAF _ _ _ _ _
- CLAMISU _ _ _ _ _
- CROMEAN _ _ _ _ _
- STEMYRY _ _ _ _ _
- STEWREN _ _ _ _ _
- RILLTHER _ _ _ _ _

"Keeping the Community Connected"

Baden Residents Continue to Cope with Road Construction



Thank you Franklin Morgan for this photo submission of crew working on new railway ties. Photo taken on the corner of Snyder's Road and Foundry Street, September 13th at midnight.

Road construction on Snyder's Road continues as the construction crew have been hampered with water issues especially in the area of the old Baden Emporium and Baden Library. They have four pumps running regularly pumping out 400,000 litres per day so they can continue to work. They are approximately eight weeks behind in their work and because of this, they will be deferring the section from Brubacher to Whittings Way until 2023. Badenites have been patient and kind.



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Checking out the Baden Library

The Baden Library continues to be closed until further notice due to unforeseen maintenance and repairs. Please check our website at rwlibrary.ca for updates regarding re-opening of the branch. While we are closed, check out the services at the New Hamburg branch located at 145 Huron St., New Hamburg or the New Dundee branch located at 1176 Queen St. N., New Dundee.

Holds for Baden patrons are currently available for pick-up at the New Hamburg Library. Alternatively, you may contact our Ask a Librarian service at 226-478-8030 or by email at askrwl@regionofwaterloo.ca to suspend your holds until Baden re-opens.

We thank you for your understanding and look forward to seeing you again soon!

FREE in-person AND virtual programs with Region of Waterloo Libraries

For kids:

- Discovery Time
 - * Wednesdays, until November 16, 9:30-10 a.m. – Wellesley Branch
 - * Wednesdays, until November 16, 9:30-10:15 a.m. – New Dundee Branch
- Code. Like a Kid – Tuesdays, until November 1, 4-4:45 p.m. – via Zoom

For tweens/teens:

- Escape the Haunted Library – Monday, October 17, 6:30-7:30 p.m. – Wellesley Branch
- Parent/Tween CraftEve: Spooky String Art – Wednesday, October 19, 7-7:45 p.m. – New Hamburg Branch
- Crafternoons: CD Scratch Art – Wednesday, October 26, 4:30-5:30 p.m. – Wellesley Branch

Parent/Tween CraftEve: Hand Painted Records – Thursday, November 3, 7-7:45 p.m. – Wellesley Branch

For adults:

- The Mad Hantsport: Growing Up Weird and Autistic in Rural Nova Scotia in the 90s – Tuesday, October 18, 7-8 p.m. – via Zoom
 - From Picture Books to Full-Length Novels: Behind the Scenes with Author Carolyn Huizinga Mills – Thursday, October 20, 7-8 p.m. – via Zoom
 - Local River Monsters presented with Doors Open Waterloo Region – Wednesday, October 26, 7-8 p.m. – New Hamburg Branch
 - Adult Craft Night: Paper Dahlia Wreaths – Thursday, October 27, 7-8 p.m. – via Zoom
 - Ugly Craft Night – Thursday, November 10, 7-8 p.m. – via Zoom
 - DIY Firestarters – Tuesday, November 1, 7-8 p.m. – New Hamburg Branch
 - Music Bingo: Disney Tunes – Tuesday, November 8, 7-8 p.m. – New Hamburg Branch
- Save Energy and Reduce Stress: Accessible spaces do both! With Julie Sawchuk – Wednesday, November 16, 7-8 p.m. – via Zoom



Family events:

Cards for Community – Wednesday, November 16, 7-8 p.m. – New Hamburg Branch

Scan to see our full Events Calendar, and to register for our programs



Visit us online at rwlibrary.ca for the most up-to-date information.



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Realized I had to use the bathroom.
 Got up and walked across the house, to the pantry.
 Couldn't remember why I was in the pantry.
 Remembered I had to use the bathroom.
 Walked across the house to the bathroom.
 Sitting on the throne, I remembered why I went to the pantry...
 Toilet paper.



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The New Hamburg Fall Fair is BACK!

After a 2 year hiatus, we were so incredibly thankful to be able to return as a sponsor for the 2022 edition of the New Hamburg Fall Fair! It's amazing to see how this event gathers the entire community together year after year, and we loved connecting with each and every one of you there.

What was even more amazing was seeing the extra support the community showed to the event in 2022. This year's edition of the Fall Fair was incredibly successful, breaking attendance records from years past and delivering an energy like no other.



A huge thank you to the organizers, sponsors, and community for rallying around the Fall Fair this year.

We loved handing out noise makers to the kids so they could cheer on their favourite cars during the demolition derby!

We can't wait to see you all again next year for the 2023 New Hamburg Fall Fair!

-The Lambert Group

" The Lambert Group made our whole first home buying exercise in Waterloo smooth and worthwhile. Amy was very patient in onboarding us and answering all of our questions during the initial session. She always kept us informed. Amy's responsiveness is A+!

-Shrikanth S.

Castle Kilbride Staff Looking Back on Baden 100, 75 and 50 Years Ago

By Tracy Loch Director/Curator, Sherri Gropp Assistant Curator and Delaney Regehr Summer Student

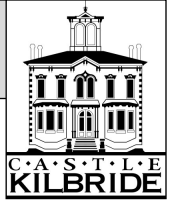


Photo courtesy of Brad Schneller.

100 YEARS AGO

Fall of 1922

A snapshot into rural life in Baden with this photograph of the Wilfred Schneller property from the fall of 1922 on the outskirts of Baden.



Photo: Plowing Match from 1946. From the Township of Wilmot Archives.

75 YEARS AGO

October 1947

The Wilmot Township plowing match, hosted in New Dundee, attracted a record number of visitors with nearly 1000 in attendance. The event boasted a large refreshment booth, numerous farm machinery exhibits, and a log-sawing contest. The sunny weather and clear skies made for an enjoyable time, and at the end of the day a number of proud Baden contestants walked away with prizes. William Jutzi and Cecil Shoemaker placed first and second in Class No. 2 (single plows), Clayton Shantz placed second in Class No. 5 (furrow plows), Mahlon Shantz placed second in Class No. 7 (3 furrow tractors), Clarence Schneller placed first in Class No. 8A (2 furrow tractors, contestants under 16), and Ariel Shantz placed third in Class No. 10 (2 & 3 furrow tractors).

Also 75 years ago, the First Baden Troop and Cub Pack raised a total of \$114.05 at their Scout Apple Day fundraiser. Baden residents generously supported the cause, purchasing almost twelve crates of apples. Leading the Scouts were Lorne Beisel and Stanley Miller, who sold 97 and 26 apples respectively. Leading the Cubs were Douglas Kuhn and Dennis Pelznick, who sold 90 and 78 apples.



Photo: Apples being taken to the cider mill in the fall of 1947. From the Township of Wilmot Archives.



SCHMIDT, HAROLD J. COUNCILLOR



Ernst Ritz

50 YEARS AGO

October 1972

Two prominent members of the Baden community, Norman H. Weber and Harold J. Schmidt compete to represent Ward 4 as councillor in the October 16th regional elections. Harold Schmidt was eventually elected by a margin of 36 votes. In other news, Ernie Ritz is elected the first mayor of new Wilmot in a landslide victory, earning over 70% of the vote.

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. Erie and Superior are examples
2. Fasten or close securely
3. This is found in a pub
4. Another name for a rabbit
5. A bucket
6. To hurt
7. A Mexican goodbye
8. Soft drink
9. Not happy
10. Evidence
11. Lacking sufficient money
12. Better than an amateur
13. A tree or Colorado town
14. A measure
15. A health resort

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

It's Halloween—a good time to have fun and play with your vegetables! Try cutting bell peppers and adding some googly eyes will give your kids a giggle and maybe even eat more vegetables!

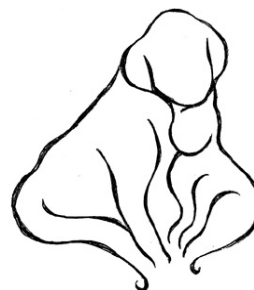


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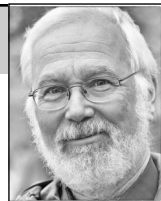
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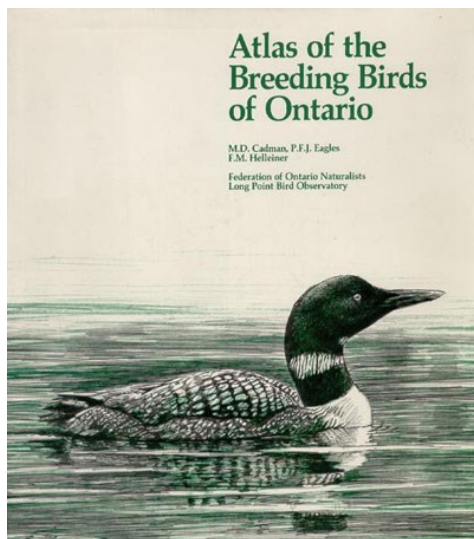
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Baden Birding ~ And The Seasons They Go Round And Round By Ken Quanz,



It seems time travels at different speeds depending on your age and what is happening in the world. The stop and start of late winter turning to spring seemed to drag along as we waited for the first migrating birds to appear. Tundra Swans seemed to spend only a few days in our area this year. Red-Winged Blackbird males came in droves to claim territory on which they fought and sang to attract the later migrating females, then became less boisterous and obvious as they started to rear their young. Spring progressed into a long dry and seemingly endless summer that lasted well into September and the new school year. Then suddenly, flocks of American Goldfinch families feeding on seeds of matured plants replace the visiting Ruby-Throated Hummingbirds, which had busily fed on the sweet nectar of the flowers. Hummingbirds, like many other nectar feeders, have been leaving for warmer climates.

Nature does not put all her eggs (or egg bearers) in one basket. Some individuals leave much earlier than others of the same species do. In fact, some individuals may not migrate far, or at all. A few Robins can usually be found in our area throughout the winter, while Canada Geese, Mallards, and some Mergansers also choose to remain in the area. Likewise, not all Canadian Snowbirds chose to winter in Florida or Arizona during the pandemic. It seems that birds also make individual decisions, which they may or may not regret.



The inbound migration from the far north has started, and will probably pick up in pace as the fall chills take over. When will we see the first Dark-eyed Junco in Wilmot? Could it be possible that it liked the local fields and forests so much that it has never left the area? How will this year's seed crop in the far north influence the Common Redpolls and the Hoary Redpolls? Will there be a greater number of Snowy Owls? Is the presence of four Great Egrets on the Erbsville Road pond an anomaly, or part of an ever-changing pattern?

For information when writing articles I often rely on the "Ontario Breeding Bird Atlas" which is compiled from volunteers' field observations over a period of 5 years. This project is repeated every 20 years so results and trends can be analyzed over time. Presently, the third Atlas is being compiled with field work being conducted between 2021 and 2025. Each breeding bird is given a two page layout which has a picture(s) of the species, a description of the species as well as its distribution and population status, map(s) showing locations of possible and probable breeding, breeding biology, and abundance. For avid birders, the good news is the Atlas is available for you to download at www.birdsontario.org/atlas-2/book or by typing "Atlas of the Breeding Birds of Ontario" into your search engine.

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- Minimize window collision - Keep your houseplants from direct window exposure to prevent birds from hitting windows
- Reduce outdoor lighting - Majority of migrating birds travel at night relying on moon and stars to guide them. Overnight lights confuse the birds and can make them collide with our windows.
- Keep your cat inside - Many birds fall prey to domestic and feral cats during their journey.
- Grow bird friendly gardens - Help give birds a healthy & safe spot to rest by planting berry bushes and native plants.



-Sourced from ontarionature.org

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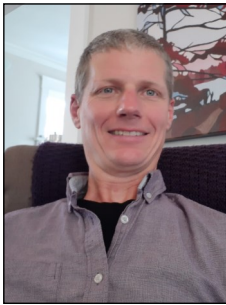
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Never Enough Time

Life is busy. It never seems like I have enough time to fit in all the things I want to get done in any given day, like regular exercise, time with family and friends, reading, or time for reflection. It's not all bad, I almost always have time to do the daily Wordle, and even

several of the multi-word versions of Wordle in which you attempt to solve anywhere between two and thirty-two words at a time. Reflecting on my inability to accomplish some of my higher priorities while still having time to devote to frivolous pursuits like Wordle reminded me of an illustration popularized by Stephen Covey.

He tells the story of a teacher putting several big rocks into a jar until they reached the top of the jar. When she asked the class if the jar was full, they responded with a resounding "YES!" Next, she pulled out a bag of gravel and dumped it into the jar and the small stones filled the gaps between the big rocks until the gravel also reached the top of the jar. This time when she asked the question about the jar being full her students were able to respond by saying, "Not yet!" Following the bag of

By Chip Bender, RP (qualifying)



gravel, she pulled out a bag of sand which filled the tiny spaces between the little rocks. Finally, she got a pitcher of water, with which she managed to fill in the spaces even the sand was not able to reach.

The lesson being conveyed was every day we are each given a jar to fill with whatever activities we want, represented by the four different elements. The big rocks represent the areas in our lives we deem to be the most important. They are the things we value the most and the activities we believe combine to make a good life. However, even though we recognize their importance, our natural inclination seems to be drawn to the smaller three elements, which we tend to put into the jar first, leaving little space for the big rocks, or the truly important activities.

It's not hard to see the absurdity of filling my jar with multiple Wordle versions to the exclusion of much bigger rocks; the difficulty is changing old habits. It would be easy to continue with my old habit and be frustrated by my lack of time to do more important activities, though I plan to try to live differently. Instead of trying to do an immediate full overhaul, I plan to experiment by putting one of my big rocks into the jar

first and every subsequent week adding another big rock. I invite you to join me in the experiment to see how it might transform your life. What are some of your big rocks: relationships, health, personal growth, a new project?



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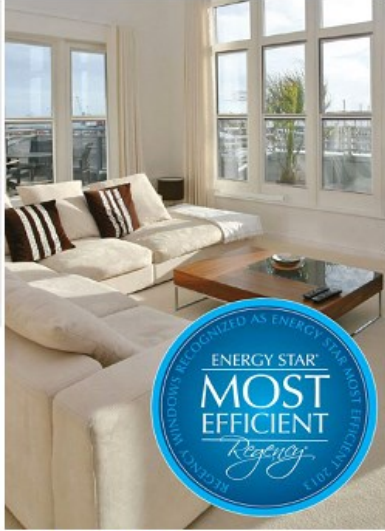
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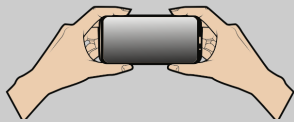
You Must Be Joking!!



- * What happened to the witch who flew her broom while angry? She flew off the handle.
- * What did the pumpkin say to its carver? Cut it out!
- * Why did the zombie become a mortician? To put food on the table.
- * What brand of shampoo do zombies use? Head and Shoulders.
- * Where do zombies live? On a dead-end street.
- * How do vampires start their letters? Tomb it may concern.
- * Why are cemeteries the perfect location for scary movies? Because it has great plots.
- * Why does a witch ride a broomstick? So she can make a clean getaway.
- * What do you call a witch's garage? A broom closet!



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AND**



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ME TO GET
WELL SOON!**



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Each quadrant has missing numbers to complete the equations. Look for an obvious starting point and go from there. Challenge your mind and see how well you can do!

12	+		=	18				
		+		-				+
	-		=	13				7
+		=		=		-		=
		15			+	18	=	
=							=	
41		29	-		=	17		24
		-		+				-
6	+		=					5
		=		=				=
				23	-		=	

		7		24	÷		=	
		x		÷				x
18	÷		=			3		7
x		=		=		x		=
		21			x		=	
=						=		
54	÷		=			42		64
		÷		x				÷
		3		4	x		=	
		=		=				=
	÷	2	=					16

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It where's me down,
they're choice of word;
there grammar should not be scene
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SELLING THE SENIORS' WAY

Reduce to Produce *Answers on page 33*

Eliminate words from the clues below. The remaining words will create the answer to this riddle.
(Read remaining clues left to right, top to bottom)

Why did the mummies have smiles on their face? Because....

A	B	C	D
IT	THE	POST	WAS
TIME	SPRING	PLANE	SOFT
CUTE	AND	FOR	WRAPS
GHOST	THEIR	SCARY	HOST
SUMMER	TRUCK	FALL	COFFIN
BOOTS	ITS	BREAK	THERE

1. Remove all footwear
2. Remove all 5-lettered words in column D
3. Remove all adjectives
4. Remove all 3-lettered words in column B
5. Remove all modes of transportation
6. Remove all seasons of the year
7. Remove all words that rhyme with most

Write leftover words here:



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Fall Herbs and Spices for Health

By Carrie Bergen-Geisel, RHN, RYT-500hr

Fall is here and it's time for sweaters, hot baths, and warming foods. Did you know that herbs and spices have many medicinal uses? In this article, I'd like to highlight four amazing ingredients you may want to add to your diet this fall.

GINGER has a warming component that is excellent to use if feeling cold or sluggish and has the following benefits:

- Digestive system - upset tummy, nausea, and stagnant digestion
- Reproductive system - menstrual cramps
- Respiratory and immune system - helps strengthen
- Promotes circulation - hips and the pelvic area (prolonged sitting or bed rest)
- General anti-inflammatory

Overall, this herb is well tolerated by most, especially when using it in foods. However, higher doses of 5 grams per day can increase the risk of side effects and reduce tolerability. Ginger can be too 'hot' of a herb for those with a warm constitution.

CINNAMON is not only delicious in recipes, it has the following features:

- Anti-inflammatory, antimicrobial, antioxidant, cardiovascular, cholesterol-lowering, and immunomodulatory properties
- Studies show that cinnamon may mimic the actions of insulin, to increase insulin activity
- Promise shown for cinnamon to benefit in the treatment of type 2 diabetes but more research is needed for this to be confirmed
- It is best to use Ceylon ("true" cinnamon) over the Cassia variety



Ceylon cinnamon is generally well tolerated, and adverse reactions are uncommon.

TURMERIC has become very popular lately and for good reason:

- Full of antioxidants and has anti-inflammatory properties
- Supports liver functions and aids the digestive process by increasing bile (elimination process)
- Ideal for people who feel cold and sluggish
- Not easily absorbed by the digestive system so here are two tips:
 - Add a small amount of freshly ground black pepper which can increase the bioavailability by as much as 2,000%
 - Heat in oil (like coconut oil) to better extract the constituents, making them more available in your body
- Therapeutic dosages needs to be about 10 grams (check with healthcare practitioner)
- Use whole turmeric (includes curcumin) for widest range of health benefits

Turmeric is drying so if taking in higher amounts you may become more thirsty, have dry eyes and/or skin. You may want to take less or, try to increase the healthy fats and liquids in your diet.

OREGANO is hot and dispersive with the following benefits:

- Respiratory system, digestive tract, and female reproductive system - used to break up stagnation
- Digestion - good for slow stomach emptying, a heavy feeling in the gut long after eating, flatulence, belching, bloating, slow transit time in the bowels and parasites
- Strong antimicrobial herb that has been shown to be effective against a variety of bacteria and fungi
- For colds and the flu - can help break up congestion in the sinuses and lungs, and warm the body when feeling chilled due to a fever

Oregano is well tolerated when used in amounts typically found in foods. If using oil of oregano, use sparingly as it is very strong and problems have been noted when overused.

This article is for educational purposes only. Contact your healthcare practitioner to discuss your personal needs.



Wellness Workshops & Events

- Let Go & Create Balance Yoga & Meditation - Oct 15
- Fall Detox - Oct 17 to 23
- Fall Herbs, Spices & Practical Uses - Oct 29
- Make Natural Laundry Soap & Cleaning Supplies - Nov 11
- And more!



Yoga classes held at *Springhill* YOGA STUDIO

Get the full details at
forthe love of movement.ca/events

Happy 92nd birthday to Mr. Mike Weiler!
Baden's oldest born and raised resident.
We hope you had a great birthday!!



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Steven Martin

Ward 4 Councillor

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My Qualifications

- ✓ Retired Vice President of North American Business Operations for a Fortune 500 Company (staff of 200)
- ✓ Member of the Wilmot Optimist Club
- ✓ Member of The Royal Canadian Legion New Hamburg
- ✓ Executive New Hamburg Board of Trade
- ✓ Member of the 100 Women Who Care Wilmot
- ✓ Chair of the National Women in Roofing Canadian Council
- ✓ Advocate betweenusgirls.ca (supporting girls in rural communities)

What people are saying about me

Lillianne's combination of community service and business experience make her an excellent choice to move Wilmot Council forward.

Jeff Gerber

Wilmot Ward 4 Councillor 2000-2003, 2010-2022



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- 2. STICK TO MUNICIPAL POLITICS***
- 3. GROW OUR BUSINESS BASE***

**Lillianne Dunstall
for New Hamburg
(Ward 4)
Councillor Wilmot.**

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WATERLOO – WILMOT**

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- Increased Focus on Students
- Back to Basics Education
- 'Education' NOT 'Indoctrination'
- Ensure Safe & Secure Facilities



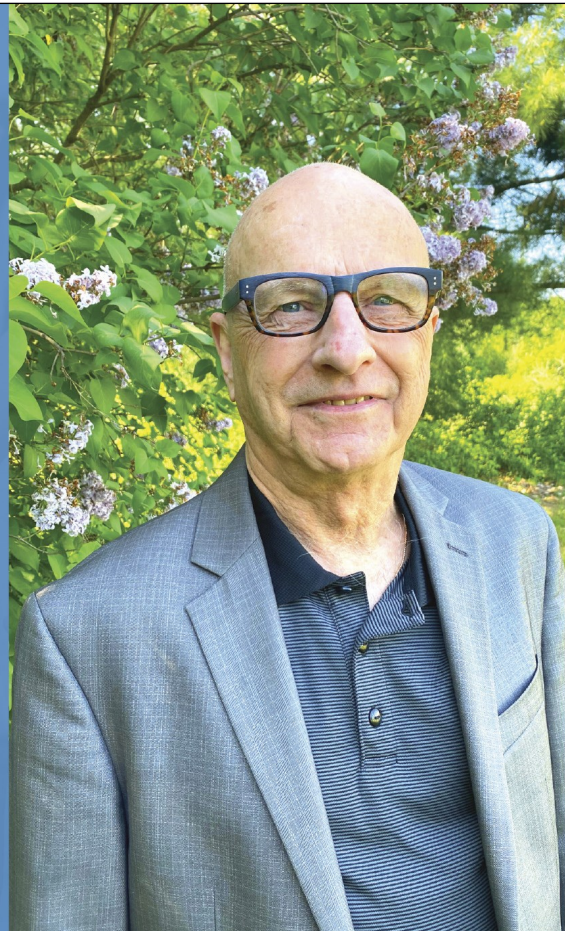
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The Baden Outlook Continues to Travel!



Gary and Anne White took their Baden Outlook along with them on their vacation to Lisbon, Portugal.



Ron and Linda Brander proudly show their Baden Outlook in Wilmot Valley, Prince Edward Island.



Eloise and Jillian Ziegler (granddaughters of Murray and Donna Ziegler from Petersburg) on vacation in England with their Baden Outlook.



Mary Gross and her family took the Baden Outlook to the Giant's Causeway in Northern Ireland.



Stonetown Travel took a group of 36 people on a tour out west on the Rocky Mountaineer. Pictured left-right are Traci Jutzi, Karen Jutzi, Saundy and Keith Bast in front of Bow Falls in Banff, Alberta.

Don't forget to pack your Baden Outlook when going on vacation. Then simply email your photo and where you've been — to badenoutlook@hotmail.com And share the fun!

FROM MY FAMILY TO
YOURS

Happy
Thanksgiving!



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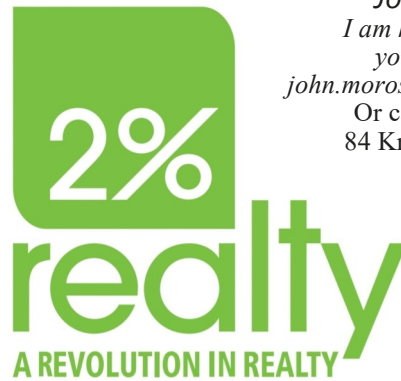


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HARVIR SIDHU



FOR COUNCIL – WARD 3

In-Person Voting

There are limited voting days during this period when you can vote in-person if you prefer to mark a paper ballot.

The Voting Days will take place from 10:00 a.m. to 6:00 p.m. on the following dates:

- Saturday, October 15
- Sunday, October 16
- Saturday, October 22
- Sunday, October 23

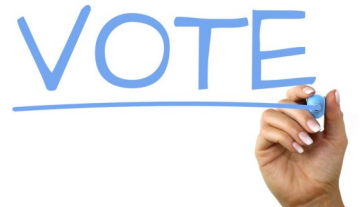
Please be aware that you can only vote by internet or by phone on Monday, October 24.

More Days, More Ways!

Internet and Phone Voting

Wilmot will be using online and telephone voting for the Municipal Election. This means that voters can vote at any time of the day from Friday, October 14 at 10:00 a.m. to Monday, October 24 at 8:00 p.m. These methods provide residents with a convenient, secure, and safe way to vote.

If you need assistance, email elections@wilmot.ca or call 519-556-0135.



Endorsements for Cheryl

“I’m endorsing Cheryl because she’s already shown she’s prepared to work hard in the role.” **Al Fisher**

“Her approach and her knowledge are what our community needs for the challenges ahead.” **Kevin Thomason**

“Cheryl Gordijk possesses all the best characteristics of a politician who is in it for the people she represents.”

Ann Dube

“Cheryl is committed to helping Wilmot achieve a prosperous future.”

Ginny Dybenko

“Cheryl is a positive and strong voice in the community.” **Erin Coccimiglio**

“Cheryl is not afraid to dig-in and put in significant effort when people need her to be there.” **Aaron Fewkes**

“She takes every issue, every decision seriously.” **Betsey Daub**

“Wilmot needs her and more people like her.” **Sherry Robinson**



REELECT CHERYL GORDIJK

FOR COUNCILLOR, WARD 2

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Vote Jenn Pfenning
Community Driven
for Mayor



Ask me about ...
● Environment ● Community ● Infrastructure

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in your community

jenn4wilmot.ca



This is your time—your voice counts. Get out and vote!

**ELECT
Terry Broda**

**Ward 4
Councillor**




Cristina Bairos Fernandes

Waterloo Region District School Board
Trustee Candidate for Waterloo-Wilmot.

On October 24, 2022, vote for:

- * Honouring Parent Perspectives
- * Respecting Educator Expertise
- * Fostering Student Success & Wellbeing

*Vote for Cristina Bairos Fernandes.
She's listening! Vote for a Board
where educators teach, students
thrive and community is fostered.*



cfernandes.ca
@CrisBairosFern
Cristina.BF@pm.me

Community concerns I've heard: speeding, flooding, road safety, building permits, new ice rink, police presence, supporting small biz, 6 pizza restaurants are too much, youth programs, crosswalks

WARD 4 WILMOT COUNCIL
VOTE STEPH GOERTZ

.....

On **Oct 17, 6:00-7:30 pm**, join local families to discuss what businesses and outdoor activities youth (6 -12yrs) would like to see in New Hamburg.

*Ideas: martial arts studio, paths for rollerblading, indian restaurant, bike park, gaga ball pit, benches for fishing, entrepreneurship programs.
What ideas do you and your children have? Let's build a welcoming community*

.....

Visit www.stephgoertz.ca to learn more and how this information will be shared with local businesses and service clubs to help create more enjoyment for all.

A dedicated volunteer with a track record of local community involvement and capacity building



Visit my website or call me to learn how you can vote in person, online, by phone. 519-242-8524

f in t @steph4ward4

Community Corner ~ Check Out What's Going On!

Want to Try Curling??

Open house October 23 from 1-3 p.m.
Curling season starts week of October 24th.
Register for the season on our website.
plattsvillecurling.ca



Blood Donor Clinic

Monday, November 14, 2 pm - 8 pm
Steinmann Mennonite Church
1316 Snyder's Road W., Baden



Rotary
Wilmot



Calendar Fundraiser Winners

September 1, 2022

Winner: Jean Gillespie (Ripley)
Prize: \$50 Gift Certificate to Pizza Arca

September 8, 2022

Winner: Mckayla Meyer (New Hamburg)
Prize: \$50 Gift Certificate to New Hamburg Office Pro

September 15, 2022

Winner: Tammy Kryz (New Hamburg)
Prize: \$50 Gift Certificate to Sweets Too Nice To Slice

September 22, 2022

Winner: Benjamin Goodyear (Baden)
Prize: \$50 Gift Certificate to TLC Pet Foods

September 29, 2022

Winner: Nancy Livingston (Baden)
Prize: \$50 Gift Certificate to Sobeyes

Mindful Movement

Every Monday Night ~ 7:00 to 8:00 pm
Wilmot Mennonite Church
2995 Bleams Road, New Hamburg

For more information and reservations contact:
Marcia Kastner (519-634-5960)



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Baden Girls Club – Free Event

Every 3rd Tuesday from September 20th to May 16th
7:00 pm to 8:30 pm

Wilmot Mennonite Church
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For More information contact:
Marcia Kastner (519-634-5960)



*This space is generously donated by Expressway
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Most Needed Food Bank Items Fall 2022

- Kraft Dinner
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- Breakfast Cereal
- Crackers
- Canned meat and fish
- Fresh fruits and veggies
- Eggs
- Dairy products

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New Hamburg Legion

Branch #532—Boulee Street, New Hamburg

Invites you to join us for ...

Entertainment with Cracker Jack Palace
Saturday October 22nd from 2-5 p.m.
\$5 donation at the door. Food will be available!
Come out and support your Legion and
also some local talent!

Parent Wellness In-Person Parent Group



No Cost Parent Program

Tuesdays, 1-2:30 pm

September Outdoor Program

Location: William Scott Park, New Hamburg

October - November Indoor Program

Location: Wilmot Family Resource Centre

Join other parents to explore topics of parent and family wellness and creative activities.

Register to receive a weekly email invitation with the topic of the week & attend as you choose.

To register call 519-662-2731 or email
info@wilmotfamilyresourcecentre.ca

"Keeping the Community Connected"



New Hamburg Optimist Pumpkin Carving Night



COME IN COSTUME!!!



WHAT: PICK UP YOUR FREE PUMPKIN!!

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BETWEEN 10:00-NOON**

**ALSO WHEN: TAKE IT HOME, CARVE IT
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THEN---WATCH THE MAGIC!!**

WHERE: NEW HAMBURG FIREHALL





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~ Blackball Comedy show on October 14th

~ Live music with Woody Woodbury
October 22nd from 7-10 p.m.

~ Halloween Party featuring the band Unleashed
October 29th at 7 p.m. Come out, taste local, and join in the fun!!

I'M HERE FOR THE BOOS



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WHAT ARE THE SOURCES?

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FURNACE

WHAT ARE THE SYMPTOMS OF CARBON MONOXIDE POISONING?



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DIZZINESS



NAUSEA



BREATHLESSNESS



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Office of the Fire Marshal and
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New Program
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Sept 29th

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Time: 9:30-11:30 a.m.

Parent/Caregiver Discussion and Interactive Play
Group and Story Time: 10:30 a.m.



For more information call 519-662-2731 or email
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www.badenoutlook.com



Aging... Some Adjustments Required

- * Age 60 might be the new 40, but 9:00 pm is the new midnight.
- * It's the start of a brand-new day, and I'm off like a herd of turtles.
- * The older I get, the earlier it gets late.
- * When I say, "The other day," I could be referring to any time between yesterday and 15 years ago.
- * I remember being able to get up without making sound effects.
- * I had my patience tested. I'm negative.
- * Remember, if you lose a sock in the dryer, it comes back as a Tupperware lid that doesn't fit any of your containers.
- * When you ask me what I am doing today, and I say "nothing," it does not mean I am free. It means I am doing nothing.
- * I finally got eight hours of sleep. It took me three days, but whatever.
- * I run like the winded.
- * I hate when a couple argues in public, and I missed the beginning and don't know whose side I'm on.
- * When someone asks what I did over the weekend, I squint and ask, "Why, what did you hear?"
- * When you do squats, are your knees supposed to sound like a goat chewing on an aluminum can stuffed with celery?
- * Don't bother walking a mile in my shoes. That would be boring. Spend 30 seconds in my head. That'll freak you right out.
- * Sometimes, someone unexpected comes into your life out of nowhere, makes your heart race, and changes you forever... We call those people cops.
- * My luck is like a bald guy who just won a comb.



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1lb Peameal Bacon
1lb Back Bacon

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Baden Soldiers: Featuring Private Herbert Edward Erbach

By Castle Kilbride staff: Sherri Gropp, Assistant Curator and Tracy Loch Director/ Curator



Photograph of Private Erbach in Baden c.1916. From the Schumm Collection, Township of Wilmot Archives.

Private Herbert Edward Erbach

Herbert and his twin sister Ida Elizabeth were born in Baden on April 12, 1890 to William and Charlotte Erbach. His grandparents were Philip and Caroline (Liersch) Erbach. Herbert was the nephew to Louisa (Liersch) and James Livingston of Castle Kilbride. Herbert's father Philip worked for James at Livingston Linseed Oil Company. Unfortunately, Herbert's twin sister Ida died in May of 1900 due to "Membranous croup," which is a viral inflammation of the larynx which obstructs the upper airway, often referred to as Diphtheria.

Herbert Erbach's occupation was that of salesman when he enlisted in World War I. In his personal life, he was dear friends with fellow Baden resident, Regina Schumm. Over 100 years later, an impressive photographic collection belonging to Regina would be donated from a Baden resident and become a treasured collection in the Castle Kilbride/Township of Wilmot Archives. These photographs give a beautiful glimpse and insight of early Baden.

Private Erbach enlisted in the 111th Battalion on the 28th of March in 1916 during the Battalion's recruitment march through Wilmot Township. He was later transferred to the 75th Battalion.

After training, Private Erbach went overseas and participated in the attack at Vimy Ridge where he leapt from a trench and was sadly killed by enemy fire. He died on April 9, 1917 at the age of 26.

He is buried at the Canadian Cemetery No.2 in Pas de Calais, France. Grave reference 2.C.16. The Canadian Cemetery No. 2 is located about 2.5 kilometres north of the village of Neuville-St. Vaast. (Information courtesy of the Commonwealth War Graves Commission).



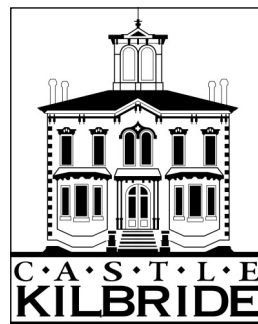
Photo: Private Herbert Erbach with Regina Schumm taken in Baden. From the Schumm Collection, Township of Wilmot Archives.



Photo: Headstone of Private Herbert Edward Erbach (Photo Credit: Find a Grave)



Photo: Wilmot Street sign in Baden honouring Pte. Erbach. (Photo Credit: Development Services)



Lest We Forget...
Take time to remember our Veterans on Remembrance Day...and wear your poppy proudly.



Halloween Fun Facts

- * Anoka, Minnesota (population 17,512) claims it is the “Halloween Capital of the World”. In 1920, the town was tired of tricks such as cows roaming the main street, windows soaped, and outhouses tipped over, so they created an annual party. The festivities include costume parades, pillow fights, fireworks, snake dances, scarecrow contests, pumpkin bowl, and celebrity appearances.
- * Jack-o'-lanterns were originally meant to represent souls in purgatory. In Ireland and Scotland, they were made of turnips.



David Skal writes, “Dracula” has been depicted in more films than almost any other fictional character. Here are a couple of weirder movies that include Dracula.

- * **Atom Aged Vampire (1960)** A mad professor restores the face of a scarred accident victim. Cheesy special effects included.
- * **Samson vs. the Vampire Women (1961)** Sampson is brought in to take care of sexy Vampire women.
- * **Billy the Kid vs. Dracula (1965)** The title says it all.
- * **Planet of the Vampires (1965).** Astronauts crash land on a strange planet only inhabited by Vampires.
- * **Haunted Cop Shop (1984)** Vampires invade a meat packing plant so, the elite Monster Police Squad is sent in to stop them.
- * **Vampires on Bikini Beach (1988)** Californians save their beach from undesirable vampires.

* In the ninth century, the Catholic church established All Saints Day on November 1st. The church service was called Allhallowmas, so the ghostly night before became known as All Hallow'se'en.

* Harry Houdini died on Halloween in 1926. In the following years, his wife Bess held Halloween seances based on his promise to contact her from “the other side”. (He never did).



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Kids' Corner

By: Karrienne Berberich



Sort your Hallowe'en candy.
How many of each did you get?

Mini chocolate bars ____

Lollipops ____

Bags of chips ____

Rockets ____



What do you call a witch
who lives at the beach?



A SAND-WITCH!

Fall is Here!



Have fun
and jump in
the leaves!

Can you complete these fall words?

LEA__ES	__OOTS
PUM__KIN	GHOS__
CO__TUME	HALL__W'EEN
__PPLE	COR__
WIN__Y	__IE
TUR__EY	R__KE
COO__	__CARECROW

Can you match the
jack o' lanterns?



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St. James Lutheran Church

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It looks like fall is officially here! With Thanksgiving weekend behind us, the stores are filling up with Christmas décor and gift ideas! Before we jump into the excitement of the Christmas season, I'd like to just reflect a bit longer on Thanksgiving and take a few moments to talk more about our many blessings! Although Thanksgiving weekend has passed, it is still the time of bountiful harvest, and we are reminded of the many things in our lives for which we are grateful. As we sat around the dining room table enjoying our Thanksgiving feast, I was thinking that Thanksgiving should not be just a day we celebrate, it should be the way we live our lives every day. Gratitude for every day can transform common days into days of Thanksgiving, can turn routine jobs into joy and wonderment, and change ordinary opportunities into blessings. What did you give thanks for during this past weekend of celebrations?

As I reflected on the past, present, and possibilities for the future I am reminded again of the blessings I have in my life. This Thanksgiving, I focused on the blessing that working at the New Hamburg Thrift Centre has bestowed upon me. If I named them all we would be here all day but here are a few that really stand out....



I am thankful for the endless education on MCCO missions and programs. When I started with MCCO I really had no idea just how many ways we help in local and international communities.

I am thankful for the generous donors who continue to think of us when they have items to pass along. These donations keep our store plentiful and bountiful.

I am thankful for the old and new connections I have made working here at New Hamburg Thrift. The staff and Volunteers are one of a kind, they are committed to support the ministry of MCCO and they make going to work every day good for the soul.

I am thankful for the customers who shop at New Hamburg Thrift and continue to give MCCO their positive support.

“A thankful heart is the parent of all virtues.” Therefore, Thanksgiving gives us an opportunity to give thanks for all the things we have and those that we are yet to receive. I challenge you to carry that thought with you through your daily activities. I hope you had a blessed Thanksgiving.

With Thanksgiving in our rearview mirror, the staff and volunteers at New Hamburg Thrift Centre have Christmas in their sights. Keep an eye on our social media pages for sneak peeks at this year’s Christmas roll out. New Hamburg Thrift is the place to be for all your decorating, Christmas baking, and gift buying needs. If you have Christmas décor you no longer use and are interested in donating it, now is the time! If you are interested in helping by volunteering your time during this holiday season, please reach out to me, I'd love to meet with you and talk more about having you join our volunteer team.

Contact me at:

New Hamburg Thrift
 41 Heritage Drive
 New Hamburg, ON
 519-662-2867
jenniferwoolner@mcco.ca
 New Hamburg – MCC Thrift (mccthriftontario.com)





EcoNugget

The 3Rs are not enough! A Circular Economy will drastically reduce WASTE

- A **Circular Economy** is more than just recycling water bottles and metal cans.
- A **Linear Economy** takes resources to make products which are used once and disposed.
- **Extracting resources** from the Earth for a **Linear Economy** generates waste, environmental degradation, and greenhouse gases (GHG).
- A **Circular Economy** minimizes inputs and maximizes the life cycle of materials through reuse, sharing, repair, recycling, remanufacturing, and repurposing of goods. Priorities are to **eliminate waste and pollution, circulate products and materials to maximize value and regenerate nature.**
- Unlike a Linear Economy, a **Circular Economy** is a **closed loop system** and is seen to be an integral part to achieving net zero GHG emissions.

This month, Ontarians will have the opportunity to vote for a mayor, councillors, and other local officials. The Nith Valley EcoBoosters (NVEB) urge you to get out and cast a ballot! Why? **Because the October 24 election is a crucial opportunity to protect nature and address the climate crisis.** Although we often focus on federal and provincial decision-makers, municipal governments can also play a major role in protecting the people and places we love. The sad fact is that many people don't bother to vote in municipal elections. **Please get out and vote!** When you do, please vote for candidates who are concerned about **protecting nature and taking action on the climate crisis!**

Our next NVEB general monthly meeting will be held at **7:00PM on Wednesday, October 26th**. Please contact us via e-mail (nvecoboosters@gmail.com) or call **519-662-9372** if you would like to participate in this "Zoom" meeting.

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



THE WILMOT LIONS/LIONESS CLUB

Annual Twelve Days of Christmas Draw

December 1-12, 2022

Twelve Draws Totalling \$8000.00 CASH

Draw Dates	Prizes	
December 1, 2022	\$500.00	<ul style="list-style-type: none"> • Tickets good for all 12 draws • Draws to be held at 12:00 noon at Wilmot Recreation Centre, 1291 Nafziger Road • Proceeds to eligible charities attached to licence • 500 tickets printed • Tickets are available from any Lions member
December 2, 2022	\$500.00	
December 3, 2022	\$500.00	
December 4, 2022	\$500.00	
December 5, 2022	\$500.00	
December 6, 2022	\$500.00	
December 7, 2022	\$500.00	
December 8, 2022	\$500.00	
December 9, 2022	\$500.00	
December 10, 2022	\$500.00	
December 11, 2022	\$1000.00	
December 12, 2022	\$2000.00	



Tickets: \$25.00



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Halloween Riddles

1. *The maker of this product does not want it, the buyer does not use it, and the user does not see it. What is it?*
2. *I am tall when I am young and short when I'm old and every Halloween I stand up inside pumpkins. What am I?*
3. *A zombie, a mummy, and a ghost all bought a house. It has usual rooms except for one. What room won't you find?*

3. A livingroom
2. A candle
1. A coffin

BADEN OUTLOOK PUZZLE ANSWERS

All Things Scrambled

<u>Movie Genres</u>	<u>Frozen Food Aisle</u>
Drama	Corn
Action	Fish
Comedy	Pizza
Horror	Juice
Fantasy	Fruit
Musical	Fries
Romance	Sorbet
Mystery	Lasagna
Western	Burgers
Thriller	Perogies

Drop One For Fun

1 Lakes	2 Seal	3 Ale
4 Lapin	5 Pail	6 Ail
7 Adios	8 Soda	9 Sad
10 Proof	11 Poor	12 Pro
13 Aspen	14 Span	15 Spa

Creating Special Words Knife and Spoon



Missing Numbers

12	+	6	=	18					16			7		24	÷	3	=	8
			+									x		÷				x
22	-	9	=	13		35			7	18	÷	3	=	6		3		7
	+		=				-		=	x		=	=		x			=
19		15		5	+	18	=	23	3		21		4	x	14	=	56	
	=						=				=				=			
41		29	-	12	=	17		24	54	÷	6	=	9		42		64	
			-		+				-		÷		x				÷	
6	+	5	=	11					5		3		4	x	1	=	4	
	=		=				=		=		=		=				=	
		24		23	-	4	=	19	72	÷	2	=	36				16	

Reduce to Produce

Because it was time for their coffin break!





Fall is here and I can't believe at the end of September, droughty conditions persist. We continue watering our shrubs/trees that were planted in the past 2 years and even established ones! Let's see what October/November brings us. In the meantime, gardeners

have completed or are winding down garden chores. Some continue until the ground freezes with tree, shrub, perennial, and bulb planting and perhaps starting new projects, such as a cold frame.

Speaking of planting trees, Let's Tree Wilmot has its own 'How to Plant a Tree' video. Instead of relying on YouTube findings, we wanted our local version and thanks to a Local Initiative for Future Energy (LIFE) Co-op grant, LTW created one. Go to letstreewilmot.ca. Planting a tree properly is important for its long life. Find out about the root flare.

Currently in the garden, chryanthemums, asters, flowering kale, snapdragons, and a few other plants continue to provide colour. I have snapdragons that self-seed and survive the winters. Have you ever left flowering kale planted in the garden for the following year? Try it. In the spring, it may look dead but pull away the dead leaves and the stem may still be alive. I had some that came back and was a tiered version. Experiment! I have some gladioli that are perennial now. Kale, cabbage, leek, lettuce, beets, turnip, and other cold weather veggies are still going. Yum!



Frost is welcomed by allergy sufferers as it kills ragweed which sends billions of pollen grains into the air. The poor goldenrod often gets the rap but is innocent! It provides a golden café for bees, wasps, and butterflies. Its late-season nectar feeds pollinators, especially the monarch, now classified as endangered. I have seen goldenrod loaded with feasting monarchs on their way to Mexico. Goldenrod's latin family name, Solidago, means 'to heal or make whole'. Herbalists have used it for a diuretic, wound binding, arthritis, liver enlargement, and allergies. When you see a round growth on the stem, that is the home of the goldenrod gall fly's larva. While it hibernates during the winter, it becomes a treat for woodpeckers and chickadees. I love goldenrod and have it in my garden but only well-behaved ones. I have the clumping stiff and slow spreading zigzag goldenrods. There are others on my wishlist such as bluestem, grass-leaved and the upland white. To purchase many of our native plants, online native nurseries are your source. If interested in more info on native plants, go to our Facebook page and look under files for Native Plant Nursery List and how to grow them.



Keep your fingernails and knees dirty!

In-person – Monday, November 14th, 7:00 - 9:00 pm, Wilmot Rec Complex Rm A. *Free Meeting, LTW Fall Celebration* with speaker Ron Wu-Winter of Grand River Conservation Authority speaking on the role and health status of trees in the Grand and Nith river watershed.

For events, garden stories and info go to:
Email: wilmothortsociety@gmail.com
FB: www.facebook.com/groups/3133495739996313
Website: wilmothortsociety.ca

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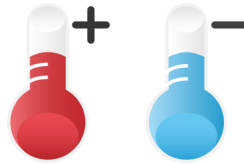
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Submissions are due on the 1st of each month.



Canadian Highs and Lows

Winter is fast approaching and the uncertainty of travel is still there due to COVID. Here are the highest average temperatures for Canadian locations in Canada and the lowest temperatures for Canadian cities.



#1 Victoria B.C – This community boasts the highest average winter temperature in the country with an average daily elevated temperature of 7.6 degrees Celsius (45 F) and an average daily low of 1.5 degrees Celsius.

#2 Vancouver - The average for Vancouver is 6.9 degrees and average daily low of 1.4 degrees. Unfortunately, there is the issue of rainy days that must be contended with.

#3 St. Catharine's – This one surprised me a bit as I would have thought Windsor. St. Catharine's does get quite chilly in the winter; however, November has a daily high of 8.4 while March has a daily high of 7.4 degrees Celsius. Shorter Winters!

Next in line are #4 Kelowna, #5 Halifax, #6 Courtenay B.C., #7 Sunshine Coast B.C, #8 White Rock B.C., #9 Kamloops B.C., and #10 Sooke B.C. All these locations are identified by Planet Ware. There certainly seems to be a focus on British Columbia. The cities with the coldest maximum daily temperature for December, January,

February, and March in Canada according to the website current results, are as follows #1 Winnipeg -9.3 Celsius, #2 Saguenay -7.7, #3 Regina -7.7, #4 Saskatoon -7.3, #5 Thunder Bay -6.2, #6 Sudbury -6.0, #7 Quebec City -5.9, #8 Trois Rivières -4.9, #10 Edmonton -4.4.



How many Outlook readers will sing these jingles instead of read them?

1. "My bologna has a first name"
2. "I don't wanna grow up"
3. "Gimme a break, gimme a break"
4. "The best part of waking up"
5. "Sometimes you feel like a nut"
6. "I'd like to teach the world to sing"
7. "Reach out and touch someone"
8. "If you dare wear short shorts"
9. "They're magically delicious"
10. "Meow, meow, meow, meow"



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The TCMH Corner: Resident Perspectives

It's October which means Tri-County Mennonite Homes (TCMH) is preparing for Thanksgiving and Halloween – two of our favourite holidays. We love Thanksgiving because there is much for which we are thankful, and Halloween because everyone is young at heart and costumes are fun! We sat down with long-time Nithview Home resident, Irleen Karn, to ask her what she thinks of October.



Of course, October isn't complete without Halloween. Irleen enjoyed dressing up to go trick-or-treating. She received homemade fudge and caramel popcorn as treats. Later in life, Irleen made treats as well, handing out candy apples and other delights to any kids who stopped by. She would ask the kids to perform a trick or to sing a song before she gave them their treats and she liked to see all the different costumes the kids would wear, especially nurse and firemen costumes.

Irleen has been living at Nithview Home since 2018, but she originally hails from Centerville, Kitchener. For those who might not remember where Centerville was located, it was down by Chicopee Park, at the corner of King Street and Fairway Road, in the southeast portion of Kitchener. Centerville was known for being the geographic middle of Waterloo Township, an area that became part of the Region of Waterloo in 1973. Back in the 1950s the City of Kitchener annexed Centerville, but the name of the village remains as one of Kitchener's neighbourhoods to this day.

Each year for Thanksgiving, we ask TCMH residents like Irleen what makes them thankful. Irleen has a large family with 4 kids, 13 grandchildren, and 31 great-grandkids. She is thankful for her family, her church (St. Luke's Evangelical Lutheran Church), her good health, the beauty of nature that surrounds her, and the farmers' bountiful harvest. She is also thankful that she will enjoy Thanksgiving with her family again this year – though with such a large family, Irleen will enjoy multiple Thanksgiving dinners each on a different day.

Irleen's family had many Thanksgiving traditions that make her smile. When the weather was good, they would go for a hike up Chicopee Hills before dinner. Irleen's Thanksgiving dinner also had its traditions with turkey, turnips, corn, and of course lots of pie. For many years, Irleen made the pies for her family and the favourite was always pumpkin pie. Now, she enjoys eating the pies and letting other people make them for her. When Irleen would prepare Thanksgiving dinner, her family tradition meant the kids would do the dishes and the cleanup while she enjoyed a coffee and a break from all the cooking.

Something Irleen didn't cook for was Oktoberfest. Instead, she would go out to Wellesley for a sing-along, sausage on a bun with sauerkraut, and a good mug of beer to wash it all down. She would don her dirndl (that she got from Germany), her hat with many Oktoberfest pins, and off she would go to enjoy some dancing.

Halloween is also a night for mischief, something Irleen knows all about. With a wry little smile, she told us about the time she and a bunch of her friends knocked over the neighbour's outhouse, and how she was grounded for a week as a result. Irleen doesn't recommend knocking over outhouses, for anyone who might be considering that as a Halloween trick this year. Instead, she recommends good wholesome family fun – the kind that makes lasting memories that you can be thankful for later in life.



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Nature is painting the countryside a palette of ravishing russets as we sip pumpkin spice lattes. With the arrival of autumn, mealtime magic should shift from raw salad favourites to soothing soup. The body craves warmth from the inside out and these fantastic four nutrient-dense beauties are fall fabulous and winter wonders. Potatoes, tomatoes, eggplants, and peppers are part of the nightshade family and often get a bad rap for no reason.

Noshing on nightshade vegetables is heaps of holistic health even for those suffering from arthritis. Inflammation results in swollen achy joints. The key to pain prevention is exercise and maintaining a healthy weight. Food can fuel flare-ups but nightshade vegetables aren't to blame. Potatoes, tomatoes, eggplant, all varieties of peppers, and even food flavour favourites "paprika and cayenne," contain the chemical solanine. The circulating nutritional urban legend is that solanine worsens arthritis symptoms. In large amounts, solanine is toxic but keep in mind, it's found in the leaves and stems of these vegetables, not the parts we eat. There is no solid evidence to support the rumour mill. The real villains are fatty foods, simple sugars, and excess sodium. Focus on eliminating processed foods and fuelling life with fresh produce. Following an anti-inflammatory diet is about limiting foods that affect the levels of C-reactive protein (CRP) in the blood. Eating an array of colourful fruit and vegetables helps the body fight oxidative stress, keeps CRP at bay and offsets chronic inflammation throughout the body.

Without further ado, let's focus on to the not so naughty nightshades and their powerhouse profile.

Potatoes are the most versatile vegetable in the nightshade family. They are packed full of potassium and surprisingly super sources of vitamin C. Potatoes are a bounty of vitamin B6, necessary for brain and liver function plus support for sensational skin and healthy eyes. The body can't produce the B vitamins and B6 is essential for over 100 chemical reactions in the body. Potatoes are often linked to a wide waistline but this naturally gluten-free carbohydrate provides tons of energy and contains a resistant starch linked to improved blood sugar and first-rate flora. Reap the rewards of the magnitude of marvellous minerals and forgo frying plus please no peeling.



Sweet sensation or fantastically fiery, there is a pepper for every taste bud. Fun fact! Did you know peppers are classified as a botanical fruit and culinary vegetable? They share the honour with the eggplant and tomato. Peppers are more than pretty, primary colours. All the hues are high in vitamin A, C and potassium. Fibre is first-class for taming a growling tummy and a dreamy digestive system. Peppers are full of folic acid, a fancy name for vitamin B11. Unfortunately, the

body can't store B11 and most people are deficient. Peppers are a stir-fry sensation, supporting immunity, marvellous memory, and a top-notch nervous system. Bell peppers are body-boosting but reach for red. There are boatloads of beta-carotene and vitamin C compared to green and yellow! Watching your mid-section? The capsaicin found in hot peppers turns up the heat in more ways than one. It appears that boosting our internal temperature might be your missing mealtime link to shedding unwanted pounds.

Eggplant has a rich health history as a holistic treatment for diabetes and relieving asthma in traditional Auryvedic Medicine. Luckily, approximately 200 years ago, North America was introduced to the awesome aubergine. Eggplant is packed full of potassium, perfect for supporting healthy blood pressure and potent plant chemical called polyphenols, and perfect for addressing diabetes. All varieties of eggplant are low in calories and carbohydrates. Eggplant is a fibre filled friend to the digestive system. Eggplant parmigiana is a time-honoured Italian favourite and babaganoush a Middle Eastern staple, but no need to become a master chef as roasting or frying eggplant is simple and savoury. Here is my happy holistic pre-cooking tip. After slicing eggplant, simply soak in milk or an alternative overnight, and ta-da, tender, bitter free, and primed for herbs and a splash of olive oil.



Tomatoes are the total package. The ravishing red beauty is loaded with lycopene, an all-star antioxidant fighting free radicals throughout the body and assisting the immune system. The high vitamin C content has this certified nutritionist recommending tomatoes raw, simmered in savour sauces or stuffed with rice and herbs for mealtime magic. Tomatoes are blood pressure aids due to potassium, contain vitamin K1 for blood clotting and bone health plus a bounty of beta-carotene. Tomatoes are too spectacular to skip in soups, stews, and salads.



The nightshades are newsworthy but no negativity to report. These fabulous four nightshades are nothing but health-giving nutrient-dense plate worthy and soon-to-be family favourites. Choose a new recipe and prepare a little plate pizzazz tonight.

**Always consult your MD, ND or health practitioner before starting any health program.*

Mercedes Kay Gold is a Certified Holistic Nutritionist, Certified Personal Trainer, and a published writer who loves helping others live their best life when not spending time with her children and grandson Theodore.



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