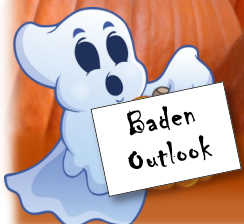


Baden Outlook

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Barry, Pat, & Katie Fisher

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

- Check out the many programs and activities our local libraries offer
- Looking back at Baden 100, 75, and 50 years ago with Castle Kilbride staff
- Meet one of our new Baden Birders ... David Gascoigne!
- Meet Cathy Walsh from Nithview and see what she loves about autumn
- As always, see where our readers have taken the Baden Outlook
- Details about the Remembrance Day parade
- Try Theresa Billo's costume party wordsearch!
- Katie explains her tips on how to be a thrifty grocery shopper in a tricky economy
- Baden Outlook aerial photo looks over Baden Public School

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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Baden Outlook

Greetings from Headquarters ~

Happy Fall Ya'll! I love fall. It is one of my most favourite seasons alongside spring. Autumn makes me think of hunkering down with a light blanket, going for hikes with beautifully coloured leaves, and cooking. It's nice to bring back some hearty meals after eating lighter over the summer. The tricky part is, the cost of groceries is atrocious lately. We need to act smarter to combat the rising costs. Here are my ideas to help.



1. If you have the upfront finances for it, order in bulk. My family loves getting the bundle deals from Cressman's Meat and filling our freezer. In the long run, it definitely saves some funds without skipping on quality.
2. Rethink sauces, spice mixes, and simpler things that can be easily made without being prepackaged. Over Covid, I learned how to make a roux. Suddenly, buying those alfredo sauces in jars didn't seem as necessary and home-made tastes much better. I already have those ingredients at home; it's just extra time spent. Or taco seasoning packets... After learning what was actually in those packets, I haven't bought them since. See page 29 for my basic recipes.
3. Buy what is on sale. Watch those flyers and plan meals around what's on special. If you stop and think about it, saving 50 cents here and there can actually add up quickly!
4. Bake! The prices of muffins and cookies lately are out of this world. Or, put the ingredients in a bread maker and wait for the beep. Healthier and cost effective.

The economy isn't great, but that doesn't mean we always have to skimp out on all the fun foods we are used to. Maybe make a slight adjustment here and there or put the occasional thing back on the shelf when it's just priced too high.



Hello fellow readers—I hope you are all keeping well as the flu, cold and Covid seasons begins to poke at us. We are all experts now at knowing what, and what not to do, so make good choices! I hope you all had a wonderful time with family and friends over Thanksgiving and had your fill of turkey and pumpkin.

We are very happy to have new writers in our paper recently and welcome and thank our new birder David Gascoigne. It was a great relief to have someone step up and offer to fill the big shoes left behind from Birders Ken and Wayne. Also, we thank Theresa Billo who has been consistently sending in monthly themed wordsearch puzzles! We are so very fortunate to have so much great input into our/your paper.

I found it very interesting to read Chip's article (page 13) on how to let go of things that cause you grief and come to terms with what is. It is especially helpful advice for those who are aging—losing their energy and youthful bodies. It reminded me of the autumn season when the trees release the leaves and stand bare and cold until spring. For all things there is a season. "Let nature be your guide."

We are always excited to see where our papers travel with our readers. We took ours along on our recent trip out west and hiked the Kaslo River Trail where we came upon several concrete sculptures hidden in the forest...how fun is that!? The perfect photo opportunity!



Talking with Ed

~ Exploring the West



Pat's brother Greg rented a beach house on Kokanee Lake near Nelson, British Columbia and invited us to join them in mid-September. We flew from Kitchener into Calgary where he left his car for us and we totally enjoyed the seven-hour road trip to Nelson. We took the Cowboy Trail south of Calgary, through the Crowsnest Pass. It was incredible to see the changes in landscape! The drive started with flat land followed by rolling hills, then into the mountainous foothills before the high peaks of solid rock made their presence. It was a very dramatic transformation all within a couple of hours which makes our local landscape somewhat blasé. Greg had given us an interesting itinerary to follow along our journey and one of the points of interest was the Frank Slide.

The Frank Slide is the worst natural disaster in Alberta's history. On April 29, 1903 the east face of Turtle Mountain fell way into the Crowsnest River valley. In the course of one hundred seconds the mountain face toppled and slid four kilometres across the valley, rising to 152 metres above the valley floor on the other side. The slide buried the southern end of the town of Frank, the Canadian Pacific Railroad (CPR) through the Pass, and the mine plant of the Canadian-American Coal Company, killing seventy people.

The slide was caused by a number of reasons including the mountain limestone having an unstable structure: ice/water penetration in cracks, coal mining tunnels, and severe weather conditions. There are many stories that came out of this disaster. A baby, who was in a cradle, survived as the flow of rock pushed the child along, a railway employee raced over the rubble to stop an approaching train, seventeen miners trapped inside managed to dig their way out of the rubble, and a donkey lived in a tunnel for a month, by eating shreds of timber and drinking droplets of water. It is now a national historic site and is considered one of the twentieth largest slides in the world. Large boulders are still strewn on either side of the highway and it is eerie to know that there are still bodies below all that rubble.

Next on Greg's itinerary was the world's largest tandem truck at Sparwood, British Columbia. This is a one-of-a-kind truck that was put into service in 1978. In 1990 it had broken down and it was deemed too expensive to repair, so it was put on display in Sparwood. Here are a couple of facts regarding the vehicle: height 22 feet, 7 inches; length 65 feet, 11 inches; width 24 feet, 10 inches; and weight 260 tons – fully loaded 600 tons. Massive! That is me, standing in front of the vehicle.



One hour south of Nelson is the town of Creston, a fertile valley that produces amazing amounts of fruits and vegetables which are so appreciated in the west. Again, a dramatic change in landscape. The other change was the towering mountains were no longer solid rock but fully treed and numerous logging mills were all along the route. The rail lines had many trains that were either hauling lumber or minerals. Nelson was originally a silver mining town, but that industry has diminished.

The cottage had a large beach area situated on Lake Kokanee which was surrounded by mountains. It was stunning to say the least. We made the trip in late September which is the same time that bears are trying to pack on the weight for their annual hibernation. The property had lovely fruit trees making it a popular destination for the bears evident by the fresh displays of poop in the yard each morning. Something we aren't accustomed to in the greater Baden area. It was a bit disturbing to know they lingered so closely. Not to mention we were just a few miles from Kokanee Park where the salmon were spawning and trying desperately to climb the rock ladder. Much of the park was closed due to the higher population of bears in the area at this time. At the Interpretive Centre, it was interesting to learn of the life cycle of the salmon.

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



All submissions are due by the 25th of each month to get in the following issue.

It is easy to forget how beautiful our country is when most of our travels are only several hours away. We are blessed to live in such a large, diverse country. Lots to explore for sure!
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 32

Card Games

ROPEK _____
EATCH _____
YUMRM _____
UCHEER _____
SHERAT _____
GRIDEB _____
BOPSKI _____
ATSANAC _____
BRIBECAG _____
LOSTIAIRE _____

Board Games

SIRK _____
ELCU _____
SESCH _____
RORSY _____
TANCA _____
ABOUT _____
SLOBKU _____
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CRABSELB _____

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Baden Trivia: Did you know that Baden used to have a Funeral Parlor?

Noah H. Steinman was the village undertaker from 1904 to 1956. The location was at the Baden Emporium / Baden Farmers Market location on Snyder's Road. He also sold confectionary, furniture, cement, Purina feed, and groceries out of that location. Records show that in 1924 the prices of caskets ranged from \$1.25 for a baby's to \$16 for a rosewood model. Costs of an average funeral, including the casket were up to \$25. Noah Steinman died in 1964.

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Mrs. Livingston

As seen by this receipt heading from 1952, The Checkerboard Service Store offered more than just flour and seeds, — they also provided furniture and funeral services. One stop shopping!



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On September 21, 2023 Waterloo-Oxford D.S.S. hosted a cross-country event at Schmidt Woods trails. Numerous local schools and youth came to participate in the walk/run.



The event started at noon and had different heat categories to engage in. There was The All-Ability Schmidty (1 or 2 km) which was open to anyone who wanted to participate. There was also two heats of The Gritty Schmidty (5.5 km), and two heats of The Pretty Schmidty (2.8 km). These races were for cross-country racing teams to participate in. The day was a success and had a wonderful turn out!

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Checking out the Baden Library



RWL's Fall session continues!

FOR FAMILIES

- Family Storytime – Wednesdays at 9:30 a.m. through to November 15 – Wellesley Branch
- Discovery Time – Wednesdays at 9:30 a.m. through to November 15 - New Dundee Branch
- Discovery Time – Thursdays at 10:30 a.m. through to November 16 - New Hamburg Branch
- Spooky Tales: Storytelling with Lynn Torrie – Tuesday, October 24 at 7:00 p.m. – Baden Branch
- Fun with the Firebirds – Wednesday, November 22 at 6:30 p.m. – Baden Branch

FOR BABIES

- Baby & Me – Mondays at 10:30 a.m. through to November 13 – New Hamburg Branch
- Baby Connections – Wednesdays at 11:00 a.m. through to November 15 – Wellesley Branch

FOR KIDS

- Youth Under the Rainbow: Kid's Korner – Mondays at 4:00 p.m. through to November 13 – Baden Branch
- Preschool STEAM – Tuesday, October 17 at 10:00 a.m. – Baden Branch
- Little Tykes Art Club: Spooky Season - Wednesday, October 18 at 10:00 a.m. – Baden Branch
- Not Too Spooky Storytime – Tuesday, October 31 at 10:30 a.m. – Baden Branch
- Crafty Tween – Monday, November 6, 13 & 20 at 4:00 p.m. – New Hamburg Branch

FOR TEENS

- Minute to Win It! Wednesday, October 18 at 4:00 p.m. – New Dundee Branch
- Escape the Library: Goblins and Ghouls! Thursday, October 19 at 6:30 p.m. – Wellesley Branch
- Edit That Painting – Tuesday, November 7 at 4:00 p.m. – Baden Branch



FOR ADULTS

- Drop-in Yarn Craft Club – Wednesdays from 6:30-8:00 p.m. – New Hamburg Branch
- Book Talk – 2nd Wednesday of the month, October 11 & November 7 at 3:00 p.m. – New Hamburg Branch
- Adult Book Club – Tuesday, October 24 at 6:30 p.m. – Wellesley Branch

WE ARE OPEN FOR YOUR BUSINESS! Even though it looks like it, the current Snyder's Road construction is not in front of the library. During the day, you can only get to the library from the west end, however in the evenings there is usually open access from the east. Drop by for a visit!

BOOK SALE

Visit the Baden Library to stock up on books to expand your collection! Stuff a bag of your own for \$8.00 or get a re-usable Library Logo bag to keep and fill it for \$10.00. We've got a large selection of books in our on-going sale - children's non-fiction and picture books (great resources for teachers!) along with Young Adult and Adult fiction. Come check it out during regular branch hours.

MEMORY LAB

Did you know that RWL is home to a new Memory Lab, located in our Ayr Branch? The Memory Lab contains a variety of equipment that can be used to digitize older format 'memories' (e.g., VHS tapes, photos, slides) in order to make them accessible on modern devices, so you can preserve your memories for the next generation. Sessions in our Memory Lab are 2-3 hours in length and can be booked in advance by calling our Ask A Librarian Service at 226-748-8030 or on our website at <https://www.rwlibrary.ca/en/your-library/memory-lab.aspx>

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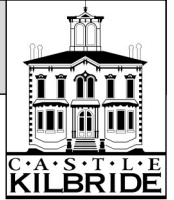
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SELLING THE SENIORS' WAY

October Over the Years - Looking Back 100, 75, and 50 Years

By Sherri Gropp, Curator and Taylor Hynes, Museum Assistant



October 1923- 100 years ago

The nice fall weather of the past weeks surely came in handy to help the farmers with their potatoes which are a bumper crop. The apple crop will be the next one but is not quite so heavy although Bill says they keep him pressing most night and day. Press ahead Bill and squeeze out all you can, for there are very few that won't take a lick at it.

Mr. J.P. Livingston purchased a new Cadillac eight-cylinder Sedan this week.

October 1948- 75 years ago

Effective Monday October 4th. New Hamburg and Baden barbers have raised their prices to conform with the prevailing district prices. Prices now are Haircuts, adults 50c; children (under 15), 35c; children Saturdays and before a holiday, 40c; shave, 30c.



Photo: Threshing Day and Apple Picking. Township of Wilmot Archives

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Baden midgets, winners of the All Ontario midget B championship, are, front row, from left: Duane Gingrich, Barry Taves, Paul Morrison, bat boy: Brian Taves, Glen Shantz, Pat Kelly. Middle row: Ron Taves, coach, Roger Baechler, coach; Keith Yantzi, captain; Steve Yantzi, Tom Musselman, Richard Van Orschott, Dave Filsinger. Back row: Moe Callaghan, manager; Steve Frank, Steve May, Rick Pearson, Tim Weiler.

Ad from October 1973 for a dance held at the Maple Leaf Inn in Baden by the hockey club and featured Diane and the Country Cavaliers.

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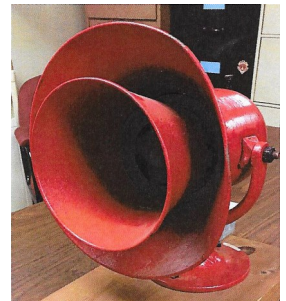


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THE WILMOT HERITAGE FIRE BRIGADES...

Is a fire service museum and wanting to share some trivia and nostalgia with you?
Do you know what this pictured item is?

Prior to the advent of modern paging system that is currently used by the Wilmot Fire Department, in an emergency, a person would call directly to the local telephone office and the telephone operator would activate this fire siren at the appropriate fire station. This would emit a loud wailing sound to alert the local firefighters. This particular siren was used in Baden. There were three similar sirens mounted around the town in different locations so that the firefighters could hear them in the event of an emergency.



Happy Halloween from the team at EJ's!

We are hosting a Halloween party on Saturday, October 28th featuring local live band, Unleashed, from 6-10 p.m.
John Sean will be playing November 11th from 7-10 p.m.
Don't forget, we are open on Mondays starting at 1 p.m.

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COSTUME PARTY WORD SEARCH

Submitted by: Theresa Billo

T	F	G	Y	U	O	R	E	H	R	E	P	U	S
I	H	R	S	H	E	R	L	O	C	K	R	Z	C
E	G	G	A	V	D	W	I	E	E	B	A	E	A
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W	E	S	H	O	A	W	F	I	R	S	R	N	J
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- BEE
- BETLEJUICE
- BIG BIRD
- CHEF
- COW
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- ELF
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Miller's Recycle, Repurpose
Tip of the Month!

Just because clothing and accessories are damaged or stained, doesn't mean they're garbage. Repurpose the fabric and transform them into a new upcycled item. Keep used clothing out of the landfill sites. Donate them!

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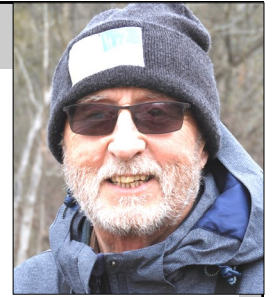
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Baden Birding ~ Black-Capped Chickadee

By: David Gascoigne



One of our most familiar resident birds, and unquestionably one of our most endearing, is the Black-capped Chickadee (*Poecile atricapillus*). This is a species that is known by almost everyone, birder and non-birder alike. They can be found in your backyard, will readily accept feeders, and will announce themselves by their *chickadee-dee-dee* call in virtually any copse of trees that provides food, shelter, and cover from predators.

At any time of the year it is not hard to find a chickadee and it is impossible not to be charmed by these little bundles of energy.

They are acrobatic and often feed hanging upside down from branches and will glean insects from every conceivable position. They quickly learn where friendly humans deposit seeds for them and waste no time in exploiting an accessible source of food. Sunflower seeds seem to be their preferred choice, although they do not hesitate to take peanuts either.

One of the reasons for the universal popularity of chickadees is that they will feed from the hand. Their confiding nature appeals to young and old alike, and the thrill of having a tiny creature display confidence and trust never loses its appeal. I think there is something primal about it, some connection to nature buried in the far recesses of our mind, and perhaps regretted. In a world beset by pollution, climate change, rising sea levels, increased aridity, and habitat degradation this simple connection to nature is rendered all the more significant, and touches the psyche in unfathomable ways perhaps.



It never fails, when I lead nature walks, that participants are eager to feed a chickadee, whether five years of age or eighty-five. And the birds never fail to oblige. Interestingly, both species of nuthatch resident in southern

Ontario, will often accompany the chickadees, especially in winter, and they too can be coaxed into landing on an outstretched hand offering food. If you are really lucky a Downy Woodpecker will join in the fray.

We have nest boxes in our backyard (very important for cavity-nesting birds, for whom natural cavities are in short supply) and we have several times experienced the joy of watching a pair go about the business of parenthood; the critical function of passing on their genes to the next generation.

On average, a pair of chickadees will lay a clutch of five or six eggs, in a cozy nest, lined with soft moss, fur, hair, and feathers, constructed by the female alone. The eggs are white speckled with reddish-brown at the larger end. The female incubates the eggs for around twelve days, during which time she is fed by the male. Once the young hatch, blind and naked (altricial), both parents are dedicated providers of food. In addition to feeding hungry mouths the adults maintain scrupulous sanitation in the nest, removing fecal sacs so that the lining does not become soiled. The young grow quickly and leave the nest after around sixteen days. This is their most vulnerable period and diligent parents keep a close watch on them for another three or four weeks. During the first week after leaving the nest the young still rely on their parents for food, but gradually they acquire the skills they will need to secure food and embark on an independent life.

Chickadees stay with us all year and will brighten even the coldest winter's day. The next time you are sitting by your fire, hot chocolate in hand, toasty and warm, give a thought to these tiny waifs, weighing barely more than two quarters, surviving outside in daunting conditions.

It is a fine thing to share the world with chickadees.

Baden Birding Sponsored by:

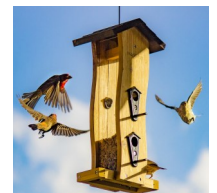


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~ Autumn is the season that teaches us that change can be beautiful. ~

You Must Be Joking!!



- * When you see cows sleeping in a field, it's pasture bedtime.
- * I have a friend who has a fear of elevators. He is taking steps to avoid them.
- * Glass coffins.... Will they be popular? Remains to be seen.
- * Apparently you can't use BEEFSTEW as a password. It's not stroganoff.
- * Buying groceries is starting to make me wonder what a pinecone tastes like.
- * Due to inflation, you can now eat food that has been on the floor for up to 7.3 seconds.
- * When people say, "enjoy them while they are young," they're talking about your knees and hips, NOT your kids!
- * Fruit farmers eat what they can and can what they can't.
- * I tried to go to a moving sale today but I couldn't catch up to it!
- * It doesn't make any cents but volunteering is rewarding.

I Before E....



Except when your foreign neighbour Keith receives eight counterfeit beige sleighs from feisty caffeinated weightlifters. WEIRD.

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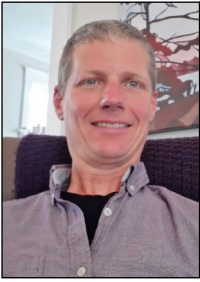
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Learning to Let Go

By Chip Bender, Registered Psychotherapist (Qualifying)

Several months ago, during a conversation with a few peers about achy backs and other ailments, one of my friends reached for his reading glasses to assist him to read the small print on his cellphone and then stated that life from here on in will be about learning to let go.

Although I am still relatively healthy thanks to regular visits to my chiropractor to keep my back moving well, my eyesight is not as top-notch as it once was, and I know other aspects of my health will invariably fade with time. Around the table we knew that over time there would be more things beyond our health that we would need to let go of. Our children will become independent and move out (hopefully), our parents will die, and, at some point, our peers will also begin to die. In addition, our regular working days will eventually come to an end, and we will need to let go of our careers.

Now that autumn has officially begun, I am reminded of that conversation because one of the most important lessons autumn can teach human beings is the art of letting go. The fact that the leaves are still green suggests to me that the things we need to let go of are not only things that are dying and have no more usefulness, but

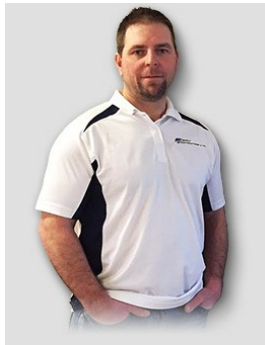
also things that have come to full fruition, like the ripe fruits and vegetables being harvested at this time of year. Perhaps a season or phase of life has concluded, and we need to give thanks for what has been produced as well as grieve the end of the season, much like we do when we recognize summer is drawing to a close.

Humans seem to have the tendency to want to hold tightly on to the things we have known and appreciated so we do not need to deal with the loss. Unfortunately, the belief that holding tightly on to those things will prevent them from being lost does not bear itself out in reality. Gripping tightly onto those things will not prevent the losses, just like we cannot prevent summer from slipping away. Autumn and winter will eventually arrive. Holding on to things too tightly will only serve to keep our hands unavailable to accept the next moment as it comes.

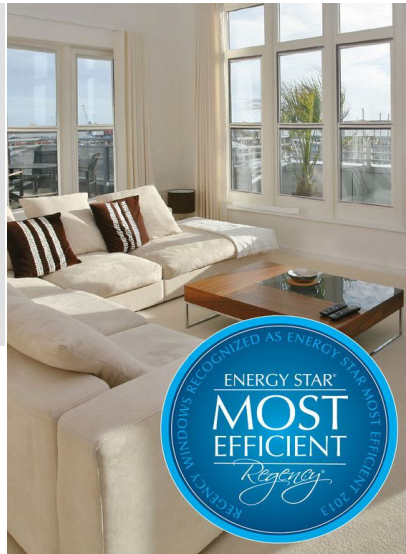
Let nature be your guide. Go for a walk and admire the changing colours. Give gratitude for what has been and the beauty it has produced. Look forward with open hands in anticipation of what the next season holds.



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Reduce to Produce *Answers on page 32*

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)

The invention of the shovel was groundbreaking,
but it was the invention of the.....

A	B	C	D
BLACK	BROOM	RAKE	RUNNY
ARM	CAMEL	THE	THAT
TRULY	EIGHT	ORANGE	COW
PENNY	INNER	SWEPT	HAND
THE	MAKE	AND	YELLOW
FOUR	NECK	NATION	FAKE

1. Remove all words that are animals
2. Remove all words containing "NN"
3. Remove all words that are body parts
4. Remove all 3-lettered words in column C
5. Remove all words that are numbers
6. Remove all words that are colours
7. Remove all words that rhyme with BAKE

Write leftover words here:

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Some Favourite Oxymorons

Assistant supervisor	Limited lifetime guarantee
New tradition	Elevated subway
Original copy	Dry lake
Plastic glass	True replica
Uninvited guest	Forward lateral
Highly depressed	Standard options
Live recording	Random order
Authentic reproduction	Only Choice
Partial cease-fire	



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Snowbirds who spend part or all their winters away have many things to take care of related to their medical and health needs before departing for the season.

This is an important part of preparing to go away for an extended period and will reduce the likelihood of medical problems arising and ensure you are prepared should any health issue come up while you are out of the country.

To help you get organized before you leave, here are our top pre-departure health and medical tips for snowbirds.

Annual check-ups

Experienced snowbirds know that the best time to schedule all your medical check-ups and annual physical is in the spring, after you return to Canada. Why? Because if your doctor needs to schedule any procedures or surgeries - or adds, removes, or changes any of your medications - it can affect your ability to qualify for travel insurance.

Many travel insurance providers require a stability period of 90 or 180 days - or longer - following a change in your health or medical conditions for those conditions to be covered.

In many cases, scheduling all your doctor and specialist visits in the spring should allow for enough time to meet those stability period requirements.

Of course, we are not suggesting you avoid doctors in the late Summer and Fall - but that regular scheduled doctor visits should be scheduled in the spring when possible.

In addition, if you do have an issue that is diagnosed in the Spring that may affect your ability to travel, it may be resolved by the time the Fall rolls around.

Get your shots and bring your records with you

It is best to get all your vaccinations and immunization shots before leaving Canada, as they may be difficult or expensive to obtain in your destination.

Remember to bring your COVID records with you just in case they might still be needed, along with a copy of your immunization records such as Tetanus, Shingles, Pneumonia, etc....

Get an adequate supply of all your prescription medications

Snowbirds who spend extended periods outside Canada often need to arrange for larger than normal supplies of their prescription medications in advance to make sure they have enough to last them through the winter.

Many pharmacies will provide up to a 3-month supply of your medication if you request it, but you should check with your pharmacy ahead of time, as well as your doctor(s) to make sure they prescribe enough refills to meet your needs. If you need more than a 3-month supply – as many snowbirds do – your traditional pharmacy may or may not be able assist you.



However, many snowbirds are now switching to digital Canadian pharmacies that ship your medication to your home in Canada for free, can often provide up to a 6 months' supply of your medication at a time (depending on your province of residence) and can sometimes ship your medication to you in the U.S. if you run out.

And always remember when travelling to leave your medications in their **original containers** with labels that clearly show the name of the medication, the dosage and that they were prescribed for you to avoid issues at customs when leaving and returning to Canada.

Prepare a digital list of all medical conditions, medications, and dosages

It is also a good idea to have a **copy of your prescriptions** with you when you are travelling in case your medications are misplaced or stolen or you require medical treatment while travelling and the treatment provider needs to know which medications you are taking.

Here's something most snowbirds may not know about. You may also want to bring a copy of your **medical records**. These can be obtained from your doctor in electronic format and saved on your phone, tablet, or laptop, and can be very helpful if you require medical treatment.

Remember **NOT to bring any cannabis products across the border**, as this is illegal. If you are going to a destination where cannabis is legal, you can buy it there, but do not bring it with you across the border in either direction.

The bottom line

Going away for all or part of the winter requires a lot of organization before you leave and nothing is more important than being prepared on the medical front.

Hopefully you won't need any medical or dental services while you're away, but we all know that this is impossible to predict. Being prepared in advance is always the best approach.



The Baden Outlook enjoyed the journey around Canada and over seas!



Atticus and Georgina went camping at Grundy Lake provincial park and brought the Baden outlook with them when they visited the Big Nickel in Sudbury.



Ray and Denise St. Croix and Bill and Donna Pearson took their Baden Outlook to Dunkirk Beach in France. They enjoyed a two week trip observing the battlefields of WW1 and WW 11.



Kristina Ziegler, a local independent travel consultant, recently went on a G Adventures Local Living Sorrento tour in Italy with her sister and Mom. They enjoyed celebrating their Mom's 80th birthday on this wonderful tour!



Dorothy, Chandler, and Gregory Pikor had an amazing whale watching experience in Digby, Nova Scotia along with the Baden Outlook.

Mike Fisher took his Baden Outlook along with him to Scotland. While there he searched for his Fisher Family ancestry roots. He hit the jackpot in Killin where he found a headstone dated back to the 1795.



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You Must Be Joking!!



A sweet grandmother telephoned the local hospital. She timely asked, "Is it possible to speak to someone who can tell me how a patient is doing?" The operator said, "I'll be glad to help, dear. What's the name and room number of the patient?"

The grandmother in her weak, tremulous voice said, "Norma Findlay, Room 302." The operator replied, "Let me put you on hold while I check with the nurse's station for that room."

After a few minutes, the operator returned to the phone and said, "I have good news! Her nurse just told me that Norma is doing well. Her blood pressure is fine; her blood work just came back normal, and her Physician, Dr. Cohen, has scheduled her to be discharged tomorrow."

The grandmother said, "Thank you. That's wonderful. I was so worried. God bless you for the good news." The operator replied, "You're more than welcome. Is Norma your daughter?"

The grandmother said, "No, I'm Norma Findlay in room 302. No one tells me anything around here!"



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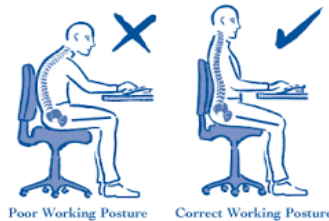
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80% of all Canadians will suffer at least one significant episode of back pain in their lives. Back pain prevention can go a long way in reducing the risk of injury. Below are some tips on how to overcome some of the common everyday activities that can contribute to back pain.

1. **Improper lifting is a risk factor associated with back pain.** There are several strategies that should be employed during lifting activities. Maintaining the *natural curve/hollow (lordosis)* of your low back is important, as this is its strongest and most secure position. During lifts, you should square your entire body toward the object being lifted, and keep the object close to yourself to improve mechanical leverage. Avoid bending forward/reaching and twisting positions with your back. Contracting your abdominal muscles during lifting, lowering, and moving activities improves spinal stability, referred to as bracing. Whenever possible, you should hinge at the hips, bend at the legs and not the waist, lifting slowly and smoothly, not jerking. Minimizing lift load and exposure, taking mini-breaks, and job rotations can be helpful. The use of assistive devices such as dollies, handgrips, and pull carts is also recommended.



2. **The physical strain of sitting.** People who sit for prolonged periods of time may adopt a poor posture that includes losing the natural hollow of the low back, along with rounding or slouching of the upper back and shoulders. These less than ideal positions put cumulative compression and strain on the spine. Take 10 to 30 second stretch or posture breaks every 20 to 40 minutes to make sure weight is evenly distributed, your shoulders are not rounding forward, and you are not slouching.
3. **Avoid back postures that increase strain on your back.** When you keep your back in a neutral/straight position, the mechanical load on your spine is considerably lower and safer than when your back is *bent forward* and/or *rotating/turning*. Many activities around the home and workplace expose our back to these positions (*i.e., prolonged forward stooping or repetitive twisting*). The *longer and more often* you work in these positions, the more likely you are to experience back problems. Injury risk can be reduced by finding alternative ways of completing tasks without exposure to these postures.
4. **Smoking contributes to an increase in spinal problems.** Smoking has been shown to decrease bone mineral density and increase the risk of osteoporosis and future fractures. The reduced blood circulation found in smokers deprives spinal tissues of vital nutrients which can lead to premature degeneration. Smoking may also provoke disc herniation through coughing. Exposure to secondhand smoke during childhood may also increase the risk of developing back problems later in life.
5. **Lack of physical activity de-conditions the body.** This makes us more susceptible to cumulative spinal strain and injury. Regular exercise increases our functional capacity to withstand occupational, recreational, and everyday stresses on our back more efficiently, thereby minimizing the risk of injury.

For some, back pain can be dramatically minimized or avoided; while for others it needs to be managed so that its negative effects on activities of daily living can be reduced. If you are suffering from back pain, a qualified health professional can determine the cause of your pain and prescribe appropriate therapy, exercises, and back sparing strategies specifically for your circumstance.



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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EcoNugget

Take the Zero Waste Challenge

- <https://reepgreen.ca/> This Kitchener nonprofit offers the zero waste challenge in October, as well as helpful tips for reducing waste.
- <https://www.storyofstuff.org/> This American nonprofit is launching **Bring Back Refill**, a campaign demanding that Coca-Cola, the world's largest bottler, match its global commitment of 25% refillables by 2030 in the U.S., its largest market. See their website for many other waste reduction initiatives & ideas.
- <https://www.tru.earth> Make a real difference. Buy products like dishwasher tabs, detergent & fabric softener from a Canadian company. No plastic jugs offered here!!
- <https://www.terracycle.com> Find out about free recycling solutions for hard-to-recycle waste items not accepted in your blue bin.
- <https://earth911.com/> Concrete ways to help you change habits to create a more sustainable environment. More ideas, less waste!!

The Nith Valley EcoBoosters has started up a new youth-led working group called the **NVEB Youth Advocates**. The group's goal is to encourage and support Primary and Secondary schools within Wilmot and Wellesley Townships to take greater climate action. **All students in Primary or Secondary school in Wilmot or Wellesley Townships** are invited to join. You can help your school and community to become climate change leaders and get volunteer hours at the same time!

Are you interested in the climate crisis and other local and global environmental issues? Take a look at our website to see what we do (nvecoboosters.com) and join us at our next general monthly meeting at **7:00PM on Tuesday, October 17th**. Everyone is welcome to attend!! Please contact us via e-mail: nvecoboosters@gmail.com or call **519-662-9372** if you would like to participate in this meeting or want more information.

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

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Drop One For Fun

Answers on page 32

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!

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

1. Uneven surface
2. Sixty minutes
3. Belonging to
4. Regular tendency
5. Lure or decoy
6. Small piece
7. An abode
8. Multiple colours or shades
9. Referring to a woman
10. Clues or indications
11. Narrow
12. A ball players desire
13. A name of a book
14. A thin slab of baked clay
15. Fib

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Saturday, Nov. 4 — 9 to 4

Sunday, Nov. 5 — 10 to 3



Friday, Nov. 10 — 1 to 7

Saturday, Nov. 11 — 9 to 4

Sunday, Nov. 12 — 10 to 3

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Draw Dates	Prize	
December 1, 2023	\$500.00	<ul style="list-style-type: none"> • Tickets good for all 12 draws • Draws to be held daily at 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, 2023	\$500.00	
December 3, 2023	\$500.00	
December 4, 2023	\$500.00	
December 5, 2023	\$500.00	
December 6, 2023	\$500.00	
December 7, 2023	\$500.00	
December 8, 2023	\$500.00	
December 9, 2023	\$500.00	
December 10, 2023	\$500.00	
December 11, 2023	\$1000.00	
December 12, 2023	\$2000.00	

Tickets: \$25.00

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 Lion Maggie McElligott - mmcelligott290@gmail.com
 Lion Michele Brousseau - mishelbrousseau@gmail.com

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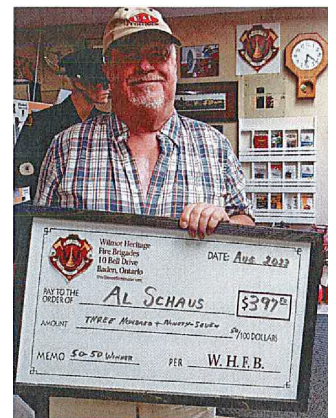
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WILMOT HERITAGE FIRE BRIGADES

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Don't forget our can and bottle drive is the last Saturday morning every month from 9 am until noon. We want your empties, including all type of alcohol and also pop cans!

We are open Wednesday evenings from 6:30-8 p.m.



This space is generously donated by Expressway Ford supporting non-profit community events



New Hamburg & Stratford

THE NEW HAMBURG OPTIMIST ANNUAL

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SATURDAY OCTOBER 28

WHAT: PICK UP YOUR FREE PUMPKIN!!

WHEN: SATURDAY OCTOBER 28 BETWEEN 10:00-NOON

ALSO WHEN: TAKE IT HOME, CARVE IT AND RETURN IT AT 6:00 PM AND THEN---WATCH THE MAGIC!!

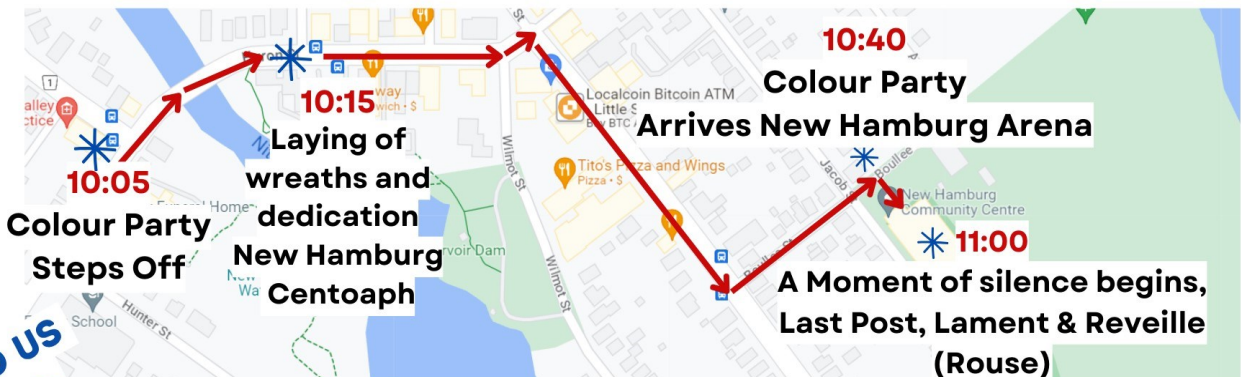
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Lunch Included
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“Your Safety, Your Health, Your Community”
Agenda

9 - 9:15 am	Opening Remarks
9:15 - 10:30 am	Guest Speakers
10:30 - 11 am	Stretch Break/Coffee/Vendors
11:00 - 11:20 am	SMART Exercises
11:20 am - 12:30 pm	Panel: Older Adult Services in Wilmot
12:30 - 1:15 pm	Complementary Lunch
1:15 - 1:30 pm	Door Prizes and Closing Remarks
1:30 - 2:00 pm	Vendors

You must register for this event

Please contact
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This event is hosted in partnership with the Older Adult Centres’ Association of Ontario (OACAO) and sponsored by the Ministry for Seniors and Accessibility.



Most Common Vegetables Quiz

Answers on page 32

The following are the top 30 vegetables produced in Canada according to Agriculture Canada. We have given you the first letter of each vegetable. See if you can fill in the appropriate names that go with each letter.

Hint: there are a few tricky vegetables on the list that many might assume as fruit! Good luck!

A _____	E _____	P _____
B _____	G _____	P _____
B _____	K _____	P _____
B _____	L _____	R _____
B _____	L _____	S _____
C _____	M _____	S _____
C _____	M _____	T _____
C _____	O _____	T _____
C _____	P _____	W _____
C _____	P _____	Z _____



This quiz will be easy—you know our puzzles .. *Bean there, done that, so romaine calm and don't be squashed. Not to worry, you won't be the laughing stalk, just beet it! And really, it's just for fun, so don't carrot all! And peas don't get mad.. and when you're done, lettuce celebrate! And turnip the laughter with this pun fun!*

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– Ron Schlegel, founder of Schlegel Villages

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Autumn Bucket List

- Make soup from scratch
- Curl up with a good book
- Thrift a cozy sweater
- Bake a pie
- Decorate for fall
- Visit a pumpkin patch
- Bake a squash
- Order a warm drink
- Stop by a farmer's market
- Light a fall candle
- Wear your favourite boots
- Make a fall craft
- Eat something pumpkin-flavoured
- Take a picture of colourful leaves



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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.

St Agatha Mennonite Church

Sunday Worship 10 a.m.
All are welcome. 519-634-8212



“Have you noticed the trees changing colours?” my five-year-old asks me. He’s truly excited about the changing colours and the leaves falling from the trees. “I can’t wait until we have enough leaves to make a big pile and jump in it,” he exclaims. His enthusiasm for the beauty of nature’s transition during the fall season is infectious, reminding us of the joy that can be found in the simplest moments. I hope you share the same level of excitement as he does for the beginning of a new season.

As the season changes, so do our wardrobes, home decor, and lifestyles. It’s a natural part of life, but what if I told you that these transitions could hold more significance than just a change in scenery? When you donate seasonally to the MCC New Hamburg Thrift Centre, you’re not just making room for new items; you’re actively participating in a sustainable and compassionate cycle that benefits both your community and the environment. In this article, I want to share with you the importance of donating seasonally and how it can make a meaningful impact.

1. **Sustainability in Action:** Seasonal transitions are the perfect opportunities to declutter and reassess what we really need. Instead of stowing away unused items in the attic or tossing them out, consider the sustainable option of donating them to us. This act extends the lifespan of your belongings, reducing the demand for new manufacturing and decreasing the overall carbon footprint.

2. **Empowering Your Community:** Your seasonal donations directly benefit your community. Many individuals and families rely on secondhand stores to find affordable clothing, winter coats, household items and holiday decorations. By donating items that are still in good condition but no longer serve you, you provide your neighbours with access to quality goods they may not be able to afford otherwise.
3. **Meeting Seasonal Needs:** Each season presents unique requirements. In winter, the demand for warm clothing and blankets surges, while newcomer families often require essential household items and furniture. By aligning your donations with the current season, we ensure a consistent inventory that caters to the immediate needs of our community. This strategy enables us to maintain well-stocked shelves and organized display racks, simplifying the shopping experience for our customers. On the other hand, donating out-of-season items poses a logistical challenge as our limited storage space cannot accommodate such items.
4. **Decluttering and Simplifying:** Donating seasonally is also a fantastic way to declutter and simplify your life. By regularly assessing your belongings, you prevent the accumulation of unnecessary items and maintain a more organized living space. It’s a win-win situation: you get a tidier home, and someone else gets the opportunity to find joy in the items you no longer use.
5. **Supporting the work of MCC:** Your purchases from the MCC New Hamburg Thrift Centre contribute to the vital work of Mennonite Central Committee (MCC). The income generated from thrift store sales helps meet people’s basic needs, both in your community and in places dealing with conflict and disaster worldwide.

In conclusion, donating seasonally is not merely about clearing space in your closet or garage; it’s about actively engaging in a sustainable, community-focused cycle that benefits everyone involved. By participating in this cycle, you embody the beauty of seasonal transitions. Embrace the beauty of seasons and consider making seasonal donations to the MCC New Hamburg Thrift Centre, where everyone wins!



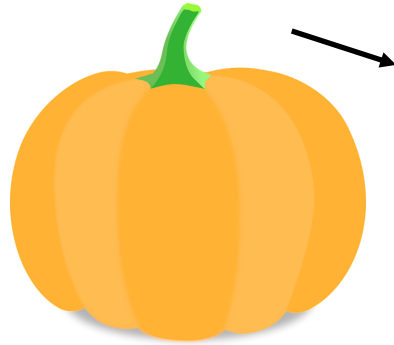
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KIDS' CORNER

Fill in your friends responses to the missing information. Don't let them see the words so they say silly answers!



Decorate this pumpkin with a face!

Halloween Riddles What Am I?

I float around and say "BOO!" _____

I am dead but walk around moaning _____

I am orange and glow with a candle _____

I am all bones and heartless _____

OUTLOOK AD LIBS!

It's Halloween night. Me and

_____ of my friends decided to
number

trick or treat. While walking, we

saw a _____, a
adjective costume

_____ house, and a couple
adjective

of kids _____. We
verb ending ing

had fun, ate some _____,
food

and stayed up until _____!
time

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Cook's Corner

Let's Get Thrifty in the Kitchen

Once you get started, it's easy to become cost effective. You will see the healthier alternatives to packets or jarred sauces.



Made with ingredients commonly found in homes!
Get creative!

Roux (that multi-purpose yummy sauce)

In a pan, melt butter over low/med heat. Add flour and whisk until smooth. Cook and stir until the butter and flour combine and begin to thicken.

1/4 cup butter
1/4 cup flour

Continue reading for recipes.....

To make alfredo sauce, add

2 cloves of minced garlic
3 cups of warm milk
2 cups of parmesan

Continue to whisk until sauce is thickened to desired consistency.

To make cheesy sauce, add

3 cups of warm milk
1/2 tsp of onion powder
2.5 cups of shredded cheddar cheese
3/4 cup parmesan cheese

Continue to whisk until sauce is thickened to desired consistency.

Taco Spice Blend

Mix spices together in a bowl. Brown the ground meat and strain the grease. Add 1/4 cup hot water to spice mix. Add to drained meat. Let simmer and spices infuse the meat. Enjoy!

1 tbsp chili powder
1/4 tsp garlic powder
1/4 tsp onion powder
Pinch of cayenne powder
1/4 tsp oregano
1/2 tsp paprika
1-1/2 tsp ground cumin
1 tsp salt

Honey Garlic Stir Fry Sauce

In a pan, sauté your ingredients for your stir fry as you normally would do. When everything is cooked through, add these ingredients together then add to pan.

3 tablespoons of honey
3 cloves of garlic
2 tablespoons of soya sauce (or Bragg or Tamari)
2 tablespoons of Hoisin (optional)

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There is still lots of gardening life if you wish keep your fingers in the soil. Spring bulbs can be planted until the ground freezes and I still split and replant perennials. I use my tree leaves or ones I have gathered to mulch my gardens and around the trees. This feeds the soil and allows many insects and invertebrates who hibernate in them, to have a

winter home. You can also wrap everything up and enough the last of the fall colours while strolling around the trails or neighbourhoods.

Did you plant trees this year? Water them and other plantings to prepare them for the drying winter weather. Early October was dry so it is important to hydrate. Mulch holds in moisture but keep it away from the tree trunk by creating a donut.

The most prevalent garden theme is creating a wildlife habitat or an ecological garden. This helps increase our insect and bird populations that have dropped as much as 40%. This loss is due to habitat loss as we expand urban centres, farms and plant mostly non-native vegetation and pesticide use. We may rile at the pesky bugs but they are critical for pollination for many crops and feeding birds and other wildlife. I found this article/ podcast that list 10 steps to guide you on your way. Some suggestions listed are



ways to improve soil health, natural mulches, water conservation, using native plants and avoiding invasive plants. Go to: joegardener.com/podcast/ecological-garden-blueprint-10-essential-steps

Growing houseplants is a wonderful way to add greenery in the home. Know the needs of the plants such as the light and moisture. Some plants such as cacti want a south window. Plants that survive in especially shady, low-light conditions include ZZ plant, snake plant, pothos, and philodendron. They can grow in north and east-facing windows. Watering can be tricky and often, we love plants too much by over-watering. Keep the soil moist but not soggy (with succulents being an exception to this rule—they require periodic soakings). Pour water slowly into the potting soil until it trickles out from the drainage holes in the bottom of the pot. Most plants only need to be watered weekly, and less during the winter months. I find that some larger potted plants, only require monthly watering. An easy way to check if your plant needs a drink is to stick your finger two inches deep into the soil. If it feels dry, then it's most likely time to water.

The last tree planting event of the year is being held on Saturday, Oct 30th at Foundry/Gingerich Roads, Baden both in the morning and afternoon. Our tree canopy is expanding with your efforts. Go to our website listed below for details and registration.



Keep your fingernails and knees soiled!



Wilmot Horticultural Society

Monday, November 13th at WRC, 7:00 p.m., free meeting - Fall Celebration. Let's Tree Wilmot is celebrating our accomplishments and volunteers. Mark Schwarz, speaker, conservation award winner - "Volunteer Led Ecological Restoration". Join us!

Email: wilmothortsociety@gmail.com **Website:** wilmothortsociety.ca
FB: facebook.com/groups/wilmothorticulturalsociety

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ANSWERS

Reduce to Produce

The invention of the shovel was groundbreaking, but it was the invention of the broom that truly swept the nation.

Drop One For Fun

1 Rough	2 Hour	3 Our
4 Habit	5 Bait	6 Bit
7 House	8 Hues	9 She
10 Hints	11 Thin	12 Hit
13 Title	14 Tile	15 Lie

Creating special words GHOST and HAUNT

Vegetable Quiz

1. Asparagus	16. Melon
2. Bean	17. Mushroom
3. Beet	18. Onion
4. Broccoli	19. Parsnip
5. Brussel Sprout	20. Peas
6. Cabbage	21. Pepper
7. Carrot	22. Potato
8. Cauliflower	23. Pumpkin
9. Celery	24. Rutabaga
10. Cucumber	25. Spinach
11. Egg Plant	26. Squash
12. Garlic	27. Tomato
13. Kale	28. Turnip
14. Leek	29. Watermelon
15. Lettuce	30. Zucchini

All Things Scrambled

Card Games

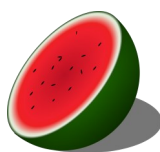
Poker
Cheat
Rummy
 Euchre
Hearts
Bridge
Skipbo
Canasta
Cribbage
Solitaire

Board Games

Risk
Clue
Chess
Sorry
Catan
Taboo
Blokus
Checkers
Monopoly
Scrabble

THE DEBACLE ON WATERMELON!

For years people have debated whether watermelon is a fruit or a vegetable. Decide for yourself based on the facts below.



Watermelon is a Fruit

Like the pepper, tomato, and pumpkin, watermelon is a fruit, botanically. It is the fruit of a plant originally from a vine of southern Africa. Loosely considered a type of melon (although not in the genus Cucumis), watermelon has a smooth exterior rind and a juicy, sweet interior flesh.

Watermelon is a Vegetable

Watermelon is a member of the cucurbitaceae plant family of gourds (classified as Citrullus lantus), related to the cucumber, squash, and pumpkin (Maynard, 2001). It is planted from seeds or seedlings, harvested, and then cleared from the field like other vegetables. According to Webster's dictionary, a vegetable is anything made or obtained from plants (2004). Since watermelon is grown as a vegetable crop using vegetable production systems, watermelon is considered a vegetable. (Wolford, 2004).



THEATRE WELLESLEY PRESENTS "ALL'S FAIR"

Theatre Wellesley is proud to present their Fall Show, the family comedy "All's Fair" by Pat Cook. The show will be running from November 16th to 19th at the Wellesley Community Centre on Maple Leaf Street.

"All's Fair" celebrates not only all the familiar foibles of life in a small town where everyone knows each other, but also the bonds of love, family, and community that stretch across the generations in a place that might just feel a little bit like home.

This will be Theatre Wellesley's last production in the old Wellesley Community Centre, which has been home to the fall show for almost 20 years. The local community theatre group chose "All's Fair" to honour the 170th annual Wellesley Township Fall Fair in 2023 - and the cast took a break from rehearsals in early September just to watch the celebratory fireworks.

Next year, Theatre Wellesley will move into the new Wellesley Township Community Centre, but for this November, they'll pay tribute to the past and present of all that's good about small town life on the old stage at 1000 Maple Leaf Street.

"All's Fair" by Pat Cook is directed by Mary Beth Jantzi with assistant director Rhonda Caldwell. Shows are Thursday and Friday evening, on November 16 & 17 at 8:00 p.m. Matinee shows will be Saturday and Sunday afternoons on November 18 & 19 at 2:00 p.m.

Tickets are \$20 and available in Wellesley at Pym's Market or online at theatrewellesley.com.

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GLOBAL OUTLOOK — THE SEASON OF HURRICANES

Hurricanes in the Atlantic generally occur between mid-August and late October, but the storm season is between April and December. During these times, oceans have warmer water, which is what a hurricane needs to form. Hurricanes begin as a tropical depression which is a line of rain showers and thunderstorms that circle a low-pressure area. The low air pressure causes the hot, humid air from the ocean to rise in a spiral shape. As that warm air rises, it releases heat, cools down, and condenses into gusty bands of clouds and storms.

Tropical depressions become tropical storms when they reach 39 miles per hour, and become a hurricane at speeds of 74 miles per hour. Hurricanes are grouped into a scale of five categories. Category one has a wind speed between 74 to 95 miles per hour (mph); two 96 to 110 mph, three 111 to 129 mph, four 130 to 156 mph, and five 157 mph or higher. The fifth category can cause catastrophic damage and is the equivalent of 252 kilometres per hour. The strongest gust of storm wind ever recorded was 254 mph which is 408 kph.

Hurricane rankings can help predict the severity of an approaching storm, but any hurricane can be devastating. For instance, Hurricane Katrina was only a Category 3 storm when it hit the U.S. Gulf Coast around Louisiana and Mississippi in 2005. The storm caused over \$100 billion in damages, and nearly 2,000 people died. The average number of tropical storms in the Atlantic Basin per year are 12.1. The average diameter of a hurricane eye is 12 to 25 miles.



Fast Facts of a Few Significant Hurricanes in Atlantic Canada

Hurricane Ginny— October 29, 1968

- Nova Scotia- 300 million in damages
- Category 2 with winds of 110 mph
- Ginny dropped four feet of snow!

Hurricane Igor— September 21, 2010

- Newfoundland- 200 million in damages
- Category 1 with winds of 85 mph
- Igor dropped 9.5 inches of rain

Hurricane Juan - September 28, 2003

- Nova Scotia— 200 million in damages
- Category 2 with winds of 100 mph
- Halifax Airport recorded top wind speed of 143 mph!



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3 Tips to Prepare Your Yard for Winter

The beautiful fall colours are here, and while we are still a month or more away from the first snow (we hope), that does mean it's time to start thinking about protecting your lawn and gardens for next spring.

1. Repair Damage to your Lawn

If your lawn was damaged at any time during the summer, now is the time to rejuvenate it with a round of fertilizer. You may want to consider a round of overseed if the damage in spots is worse than anticipated.

2. Remove Fallen Leaves from Lawn and Garden Beds

This may seem obvious, but plants need light to continue to grow, and fallen leaves will really get in the way! Remove or mulch them for best results.

3. Leave the Lawn Cut at the Right Height

Longer grass blades means longer roots, so cut the lawn higher in the fall!

“ Kerilynn and the Lambert team were amazing! They helped us prepare and sell our mom's condo seamlessly and with no fuss. They were all professional, sensitive and supportive throughout the process. The concierge service provided was a lifesaver! Thank you to all!

-Rita R.

The TCMH Corner: Resident Perspectives ~ Meet Cathy Walsh

October is here! At Tri-County Mennonite Homes (TCMH) we are getting ready for Thanksgiving and Halloween. Corner tables are adorned with cornucopias and autumn centrepieces. The windows are decorated with paper leaves. Boxes of ornamental pumpkins are being brought up from storage. And there's a bit more hustle and bustle in the hallways as our residents start moving their activities indoors. Residents like Cathy Walsh.

Cathy moved into Nithview in July and has really enjoyed living in Retirement so far. Cathy spent most of her life in Cambridge where, before retirement, she worked at Zehrs and Cambridge Towel. Since moving in, Cathy is finding her way around, making friends, and participating in activities with the other residents.

One such fall themed activity was making crab-apple jelly. Cathy didn't do much canning when she lived in her home, but she had fun making jelly with the others at Nithview. She loves all the fall fruits and veggies and couldn't decide whether she liked apples, corn, or pumpkins best. Instead, she professed she eats them all and is really looking forward to some pumpkin pie.

Hopefully she can have some pie with her Thanksgiving dinner. Cathy is planning to spend Thanksgiving with her family where she is looking forward to the delights of the holiday meal – roasted turkey, mashed potatoes, summer peas, gravy, and most importantly, dessert. Whether it is pie, squares, cookies, or cake, dessert is an important part of the Thanksgiving meal!

After Thanksgiving, it will be Halloween and Cathy loves Halloween. When she handed out candy, Cathy would always dress up as a witch. She felt it suited the holiday and she enjoyed having fun with the kids who came to her door. Her favourite part of trick-or-treating was seeing the kids all dressed up and excited to knock on doors for candy. When Cathy was a kid, she also enjoyed Halloween, but she didn't get into any Halloween mischief. There were no eggs thrown or toilet paper lobbed into trees. But that's mostly because Cathy didn't want to get into trouble. Understandable. No one really wants to be in trouble on Halloween when there are so many fun things to do.

In between Thanksgiving and Halloween, Cathy plans to spend as much time outside as she can. While the weather is nice, she grabs her light sweater and finds a sunny spot to enjoy. But when she can't be outside, she likes watching the birds come to the feeder by her

window and watching the leaves slowly turn yellow and start to fall. She thinks there is so much beauty to take in during fall – and we think she's right.

Part of the beauty and enjoyment of autumn is all the fall activities, like picking pumpkins, baking, and going to the end of season county fairs. Cathy did not attend any fall fairs recently, but she remembers them fondly. The fairs always seemed like a nice way to wrap up the season. She especially liked candy apples and watching people get excited for the rides and the midway.

Whether you are also looking forward to county fairs, or turkey, or pie, or carving pumpkins, we hope you will take a page out of Cathy's book and enjoy the dwindling days of autumn. We know they won't last, but there is much beauty to enjoy before the season changes again.



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