

BADEN OUTLOOK



Your Community Newsletter ~ "Keeping the Community Connected"
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ST. JAMES LUTHERAN CHURCH WELCOMES NEW PASTOR



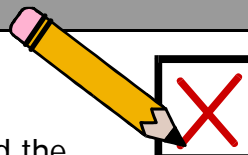
St. James congregation is happy to welcome Pastor Karen Kuhnert! See story page 12

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GET OUT AND VOTE

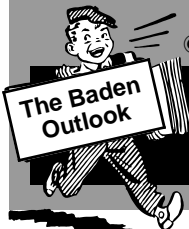


Okay Baden, election time is right around the corner and your vote counts. A quick check with Elections Canada shows that at the five polling stations in Baden, 1,473 constituents voted out of possible 2,267 in the 2006 election. This works out to 65% voters. Not bad, but we could do better! So, make sure that you mark October 14 on your calendar. Take the time to exercise your rights - happy voting!

BE IN THE KNOW

HERE ARE YOUR OPTIONS

- Liberal - Orlando DaSilva
- Conservative - Harold Albrecht
- NDP - No Candidate
- Green - Jamie Kropf



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This paper is priceless! Please have one!

Talking With Ed – Just a Dull Guy?

WOW!!



Upon returning to work after a relaxing week of holidays, I was asked by a co-worker (I will call him Monty, to protect the innocent) if I did anything exciting. I briefly reported some camping experiences, but he was quick to go on...

"I was on holidays too," interrupted Monty, "and I did something really exciting".

Okay, I'll bite... "Tell me about it."

"I went on a 1500 horse power jet boat down the Niagara River," he declared. And he went on to say that he is a real thrill seeker who has bungee jumped several times, parachuted out of a plane twice and loves roller coasters, along with other wild experiences.

"Wow" was my simple response.

Monty pushed further, asking, "Seriously, what do you do for excitement?" I was starting to feel somewhat pathetic, as if my manhood were in question. I quickly ran through the activities that I normally enjoy and couldn't come up with one exhilarating one to impress him. My exit line was: "A drive down the 401 pulling our camper is enough excitement for me!" I put my head down and awkwardly walked away. Why was I trying to impress him anyway? He doesn't know anything about my busy and stimulating life.

This conversation bothered me for the next couple of days. I wracked my brain searching for activities that I had enjoyed that others would deem exciting. "Am I that dull a guy?" I wondered. I always enjoyed playing hockey but found that, with age, limping for several days afterwards was not as pleasurable anymore.

It then occurred to me that Monty's exciting activities involved great *speed and elevation*. As a teenager I took a flight around Wasaga Beach in a glass bubbled helicopter, unfortunately I was the one to sit next to the window. That pretty much triggered my fear of heights which has eliminated everything from roller coasters to small aircraft rides. I found our Baden fly-over exciting, - standing below waving up to Pat with her camera - great fun! As for "speed" - well, I just think it's foolhardy.

Also, to complete my confession, as a teenager I freaked myself out watching an uncut version of *The Exorcist* in a movie theatre: hence, my horror of horror films. Yep, it is not looking good for Mr. Adventure.

A check of www.dictionary.com confirmed my worst fears. The meaning of "excite":

1. to arouse or stir up the emotions or feelings of: to excite a person to anger 2. to arouse or stir up (emotions or feelings): to excite jealousy or hatred 3. to cause, awaken: to excite interest or curiosity 4. to stir to action; provoke or stir up: to excite a dog by baiting him. Strangely, I can't see myself in any of them.

But wait. Excitement surely is in the eye of the beholder! Fishermen and hikers have a very different feel for excitement, just as do bird watchers and golfers. How about a woman finally finding that perfect dress after a long day of shopping, or a child at Christmas waiting for daybreak, the moment they can rip into those presents? My idea may be the thrill of beating Pat at Crib, Liz at Scrabble getting the final word in the crossword puzzle, finding that perfect camp site (just the right amount of shade, grass, privacy) or even the bumper crop of tomatoes we reap from our garden.

Yes, I know what you are thinking – age may be a factor, thank you very much. Anyway, we will keep Ed's other exciting experiences private for now, but publishing this paper is right up there on my excitement list. Until next month...Wild & Crazy Ed.

EXTRA!! EXTRA!!



There are extra copies of The Baden Outlook available at Teddy's Bakery, Stop 2 Shop (Baden & St. Agatha), Old Fashioned Variety (Petersburg), N.H. Foodland & Sobey's, the New Hamburg and Baden Libraries and various businesses throughout Wilmot Township.

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www.badenoutlook.com

Interesting People: *Meet Our Writers*

As we delve into our ninth year of publication, we'd like to introduce you to our talented line-up of writers. We appreciate their contributions and salute them!

Chris Baechler began working with the Region of Waterloo Library system in 1999. She worked at the New Hamburg Branch and Library Headquarters until 2005 when she took over as Assistant Supervisor at the Baden Branch. Chris completed her Excel Certificate in managing a small public library in 2006. She graduated from Conestoga College with a diploma in Early Childhood Education in 1985, and was the supervisor/teacher of Kingsdale Participating Preschool for seven years. Since 1998, she has also been the Healthy Start Program Coordinator at the Wilmot Family Resource Centre. This relationship skills program has been presented to young children and their families in the four rural townships. Chris is actively involved in her church's Sunday School.

Teresa Brown is a freelance writer who grew up in Baden and is the author of several published short stories and plays (including Theatre Wellesley's recent *Shootout at the Sacred Heart Saloon*). She has published nonfiction articles in the annual volume of the Waterloo Historical Society, Canadian Firefighter and EMS Quarterly, Firefighting in Canada, and was a member of The Record's Community Editorial Board in 2006 and 2007. Teresa's short stories have won several awards, including first place winner for Senior Prose in the 2006 Dorothy Shoemaker Literary Awards. An active community participant, Teresa is president of the Wilmot Heritage Fire Brigades, a

member of the Waterloo Historical Society and Theatre Wellesley, and volunteer with Box 690, the fire canteen service for Waterloo Region's firefighters. She has been a writer with *Baden Outlook* since 2006. Visit Teresa's web page at www.teresamariebrown.com.

Verda Cook is an Accredited Landscape Designer who holds a diploma in Landscape Design through studies at the University of Guelph and Lifetime Career Schools in Pennsylvania with a specific interest in Heritage Designs. She has been invited to speak to various groups across the country as well as conduct workshops. Her design work has taken her beyond Waterloo Region. She was a regular guest on the Daytime Live T V Show as the Gardening Guru. Verda is Past President of the Wilmot Horticultural Society. She served four years on the Board of Directors for Doon Pioneer Village; eight years on the Board for the Waterloo Regional Heritage Foundation; as a member of the Heritage Advisory Committee of the Regional Municipality of Waterloo for three years; and as a founding member of the Wilmot Local Architectural Conservation Advisory Committee (LACAC) now called Heritage Wilmot, serving seven years. Verda began writing for *Baden Outlook* in May 2002.

Michael Fisher is a Registered Whole Foods Nutritionist who is passionate about food and healing. While running his own health coaching program, *Good For You Coaching* (www.goodforyoucoaching.ca) and doing private consultations, Michael also speaks to many groups and conducts seminars focusing on whole foods nutrition. Michael is a regular contributor to Canada's *Open* magazine, *Baden Outlook*, Conestoga College's *Spoke*, and has his own newsletter *The Healthy Carrot* available at www.michaelfisher.ca. Michael's goal is to inspire others regarding harmonious eating habits and to improve health through whole foods and mindful practices.

Dr. John A. Papa is the Clinic Director and Founder of the New Hamburg Wellness Centre (www.nhwc.ca), where he practices full-time, offering a comprehensive and evidence-based approach in the diagnosis, treatment and management of work, sport, recreational and motor vehicle injuries. He attended the Canadian Memorial Chiropractic College and graduated with clinical honours. He is also a graduate of the McMaster Contemporary Medical Acupuncture Program. His post-graduate training has included specialty courses in rehabilitative exercise prescription, orthotic prescription and active release therapy. He is an approved provider of the Workplace Safety and Insurance Board (WSIB) Programs of Care for Acute Low Back Injuries, Upper and Lower Extremity Injuries, and Mild Traumatic Brain Injuries. He also serves as an Independent Consultant for several Disability Management Companies. He has been an active contributor of health and wellness articles for *Baden Outlook* for over five years.

Special thanks to the students from Baden Public School who keep us up-to-date on their events and to Karla Richards who gives us an inside view of the New Hamburg Thrift Centre.



It's Our First Year Anniversary!

Dr. Rick Pereira and staff wish to thank everyone for their tremendous support of our clinic over the past year. We look forward to serving everyone for years to come!

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Cartoon Trivia - answers on page 26

1. Inspired by an unflattering baby photo of himself, what cartoon character did Bob Clampett create in 1942?

Your Answer: A: Elmer Fudd, B: Tazmanian Devil, C: Tweety Bird

2. How many years after the debut of Mickey Mouse was it before Minnie Mouse made her first appearance?

Your Answer: A: One Year, B: They appeared the same year, C: Five Years

3. In a 1965 episode of *The Flintstones*, what little green alien from the planet Zetox is assigned to serve prehistoric "dumb-dumbs" Fred and Barney?

Your Answer: A: Gazoo, B: Gazam, C: Mork

4. What blue-skinned cartoon characters took North America by storm in 1981?

Your Answer: A: Blue's Clues, B: Pokemon, C: The Smurfs

5. Who was the hamburger loving character in Popeye?

Your Answer: A: Jughead, B: Wimpy, C: Brutus

6. What town did The Flintstones live in?

Your Answer: A: Rockwood, B: Bedrock, C: Boulder

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September 20th



- ⇒ Live music
- ⇒ Roast
- ⇒ Horse drawn wagon rides
- ⇒ Corn Roast - 5 pm Birthday Cake

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- * Rolls
- * Tortes
- * Pumpkin CheeseCake
- * Sugar Cookies



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Sunday 8 am-10 pm

A Puzzling Word Search - Celebrating Teddy's Tenth Anniversary

Find listed words in the grid below. They will be found across forward, backward, up, down and diagonally.

Answers are on page 26

O	W	S	B	B	Y	P	S	R	Y	A	N	E	S	P
Z	R	R	T	C	O	C	E	P	B	V	S	T	S	J
M	K	E	A	S	L	P	T	F	M	L	I	E	C	V
A	V	T	T	D	A	U	R	F	A	L	F	D	Y	M
F	S	A	F	P	N	F	I	K	E	O	P	D	E	S
R	L	W	S	H	C	S	K	E	R	T	H	Y	O	O
I	X	W	G	W	B	O	F	A	C	T	R	S	Z	Y
E	E	U	T	A	W	F	O	P	E	E	J	O	T	Y
N	O	A	K	N	O	E	B	K	C	R	P	J	T	B
D	W	E	X	C	Z	B	E	O	I	Y	B	X	V	H
L	R	Z	X	P	J	Q	R	S	L	E	G	A	B	Q
Y	A	N	R	V	J	G	O	H	S	R	S	F	O	S

BAGELS
BAKERY
BREAKFAST
COFFEE
COOKIES
DOUGHNUT
FAX
FRIENDLY
GROCERY
ICECREAM
LOTTERY
NEWSPAPER
POSTAL
RYAN
STACY
TEDDYS
TORTE
VIDEO
WATERS
ZOEY



Team Canada Headed for Korea

Canada's Elite Ultra Runners are headed for Olympic Park in Seoul, Korea, to compete in the World Championships! The race is October 18-19, 2008

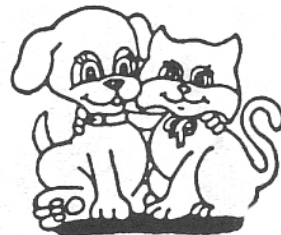
Three of Canada's best are running in this annual 24-hour race looking to garner a podium finish and announce their presence on the world stage. Local women Laurie McGrath, Theresa McGrath and Charlotte Vasarhelyi are training together and excited to travel and compete. They are all experienced and successful racers, each having run 24-hour races or longer.

Having already broken the 200 km barrier and the Canadian record at the World's in 2007, Badenite Laurie McGrath reflects on her time commitment to racing with five children at home: "There are a lot of sacrifices with Ultra running in terms of time. I feel like my family are the ones doing the sacrificing; I'm just out there having fun."

In terms of the sacrifice and commitment made by Canada's Ultra Racing Team, they're winners already.



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Interesting People : Steerage Sails Into St. Agatha

Rob Leonard of Baden recalls the "Kitchen Parties" that were held in North Waterloo in the early 2000's. Several musicians would get together to play, sing and have a good time, usually around St. Patrick's Day. The founding nucleus included Rob - drummer, Ben Kemple - bassist - from the K-W area; James Bickle - fiddler - originally from Tavistock now a Stratford resident; Sharon Foran - step dancer and vocalist from Cambridge; Dave Kelly - guitarist and vocalist from Dublin (Ontario); and Scott Hanselman - vocalist and guitarist originally from Powassan.



The Celtic rock group was searching for a name the same year that *Titanic* came out. A scene - in which the lead couple left the stuffy upper-class party, ventured down to the lower deck, called the Steerage, and joined the "Kitchen Party" - was the inspiration behind their name.

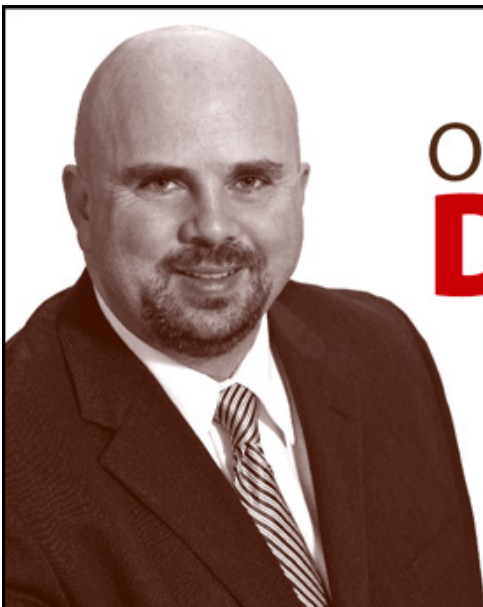
Kitchen party-goers found the group extremely good and encouraged them to look for a gig at a bar. Steerage mulled the idea over and in 2001 decided to contact *Molly Bloom's* on Fairway Road in Kitchener. The gig was so successful that patrons were lined up out the door and *Molly Bloom's* couldn't handle the influx of people. That night was a catalyst for the six musicians to book more gigs. That year they played thirty engagements. One was an after hours party for *Blue Rodeo* in Stratford. Other notable engagements over the years have included "Lobsterfest" in Dauphin, Manitoba (all expenses paid), opening band for Ashley MacIsaac in Stratford, the Highland Games in Fergus, the Guelph Multicultural Festival and Paddyfest in Listowel. The band has also released its C.D. entitled *Overboard*.

They are now in their seventh year of performing. The financial aspect of performing is secondary to the entertainment value. And high in entertainment value, according to Rob, is vocalist and step dancer Sharon Foran. "She brings our music to life by adding the energetic visual aspect and interacting with the crowd, which always creates a full dance floor," says Rob.

The group continues to play when they can. But they are limited to fewer performances each year by growing families and distances. Scott, for one, now lives in North Bay with many miles of travel to venues. Steerage gathers to play at Bentley's in Stratford on September 19 and Kennedy's Tavern in St. Agatha on September 20th. Step out, step up, step dance with Steerage - a good time to be had!

For more information on Steerage visit www.steerage.ca

Steerage: The part of an ocean passenger vessel in the forward lower decks; any markedly inferior, overcrowded, third class accommodation - Funk and Wagnall's Standard Desk Dictionary.



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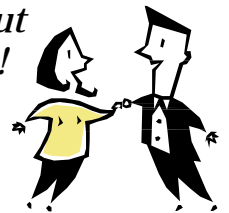
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due on the
1st of each month.

What's Happening at the Wilmot Heritage Fire Brigades: September - October 2008

The Wilmot Heritage Fire Brigades has had a full and productive summer. Events, plans for the new building, and restoring our horse-drawn hand pumper have kept WHFB members busy.

This summer, antique fire trucks from the WHFB's collection have appeared at Landings Campground, Moparfest and New Hamburg Cruise Night, the St. Agatha Strawberry Festival, Expressway Cruise Night and New Hamburg's Canada Day celebrations. **Many thanks to Ray Cook and Bert Currie** for their time and skill in driving the 1935 Bickle pumper and the 1939 GMC Bickle pumper to so many events -- these trucks continue to be very popular with the crowds!

A special appearance was at **Moparfest**, where the **1940 Fargo/Bickle pumper** was once again a hit. This truck was used for twenty years as a fire department vehicle until it was refitted as a Baden hydro truck, used to change streetlight bulbs. The pump was left intact on the truck, enabling it to be used as a fire truck also. The WHFB is hoping to restore this unique part of Wilmot's history; please contact Teresa if you're interested in helping out.

This fall, WHFB continues to showcase its trucks at public events:

Sept 6 Tavistock Fall Fair
Sept 10 Wellesley Fall Fair
Sept 13 Elmira Fire Dept 100th Anniversary Parade
Sept 21 New Hamburg 150th Anniversary Parade

And remember -- if you're interested in an appearance by our trucks at your event, don't delay in contacting us well ahead. We have seven antique trucks but very few drivers and our schedule is busy!

Speaking of keeping busy, members of the WHFB have been hard at work this spring and summer, working to restore a **horse-drawn hand pumper** that is estimated to be at least 150 years old. The hand pumper was located in Creemore, Ontario, one year ago and has since received much TLC from Blain Bechthold, Bruce Gerber, Peter



Photo and article by Teresa Brown

Gingerich, and many other WHFB members. However, even after the new parts, paint, and hours of labour were applied, one question remained: will it still pump water?

On August 27, we gave it a try. Several WHFB members arrived at our museum behind the Baden fire station, filled the hand pumper with water, and started applying muscle-power. By pumping the handles on either side (it's designed for four people but even two can do it), water is pumped from the reservoir out the hose -- and onto any fires in the vicinity! WHFB is proud of its achievement in restoring this old pumper to working condition -- hopefully fires we fight with it will be very small.

Our next fundraising event is **Refundable Bottle Collection**, taking place throughout Baden on **Saturday October 4**. If you have beer, wine, or liquor bottles collecting dust in your basement or garage, just leave them on your curb by 8:00 a.m. on October 4. We'll pick them up in one of our antique fire trucks. It's a great way to get rid of those bottles before winter, and a great way to support a worthy cause. All money will go to the WHFB's Building Fund as it continues working toward our new museum facility. Call Teresa to arrange a pickup or to volunteer.

In the meantime, of course, our current museum remains open to welcome visitors into the winter months. Until spring, our hours will be **Wednesdays from 6:30 - 9:00 p.m., or call to arrange a visit at another time**. Don't hesitate to drop by -- we love to meet new people and show off the fantastic collection of trucks, photos, uniforms, and so much more. You can also visit our web site to see photos and get updates: www.whfb.ca

If you have bottles you'd like us to collect, want to learn about volunteering (adults as well as teens needing community hours are welcome), or would like to visit our free museum, please call Teresa at 519-634-8580 or Blain at 519-634-8153 -- the Wilmot Heritage Fire Brigades would love to hear from you!

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Baden Outlook HomeRun Pool To follow along through the season, ...



...log on to our website at www.badenoutlook.com - Click on sports pool, choose "Quick Access" the pool I.D. is [outlookhomerun](#) and the password is [quest](#). Click on "Ranking" (left side of page) to view the full list of names.

Outlook HomeRun Pool Stats

Place	Name	PTS	Place	Name	PTS
1	Dave Randerson	283	31	Heather Leu	257
2	Steve Campbell	282	32	Emma Herold	256
3	Colton Holba	281	33	Tyler Naumann	255
4	Greg Snyder	281	34	Cheryl Erb	255
5	Kellie Campbell	281	35	Becky Zehr	255
6	Ray Miller	279	36	Wayne Amos	254
7	Evin Patrick Henderson	277	37	Brett Fournier	254
8	Victoria Windl	277	38	Anne Falk	254
9	Brad Flood	277	39	Isabelle Coxon	253
10	Craig Bell	273	40	Sara Roth	253
11	Paul Holba	272	41	Geoff Hutter	253
12	Matt Loree	272	42	Keith Wagler	253
13	Darren Pearson	268	43	Samantha Simpson	252
14	Andrew Ewanchuk	268	44	Mike Snyder	252
15	Sheila Jones	268	45	Renate Taylor	252
16	Doug Baier	268	46	Bill Knipfel	252
17	Susan Mills	267	47	Kaden Eichler	252
18	Bailey Taves	266	48	Ben Griffey	251
19	Ross Herold	266	49	Shae-Lynn Campbell	251
20	Doug Taylor	265	50	Larry Gascho	251
21	Isaac Roth	265	51	Doris Blake	251
22	Riley Finn	264	52	Wendy Held	251
23	Jacquiline Bender	264	53	Dave Murray	250
24	Mason Doerr	263	54	Bob Brydon	250
25	Jessie Gingerich	262	55	Lea Bender	250
26	Logan Snyder	260	56	Tyler Kleine	249
27	Quentin Martin	260	57	James Hastings	249
28	Randy Martin	260	58	Bob Morley	249
29	Jakob Windl	259	59	Dave Guier	249
30	Ralph Schmidt	258	60	Ken Snyder	248

Congratulations to **Dave Randerson** for taking the leader prize in this month's HomeRun Pool, winning a gift certificate from **EJ's of Baden**.

"Who's on first?"



The lucky random draw winners are **Matt Loree**, winning a gift certificate from **Egli's Meat Market**, and **Katie Erb**, winning a breakfast from **Teddy's Bakery** and a **Baden Outlook shirt**.

Thanks for playing ball with us! There are 261 entrants in this year's Home Run Pool. Be sure to follow your stats which are updated daily on the site. The Outlook draws the stats on the 7th of the month. Have Fun and Good Luck!



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October 4th - Come to EJ's,
Celebrating Alexander Keith's Birthday -
Door Prizes and Live Band

News from the New Hamburg Thrift Centre

School Kits for Iraq

At this time of year consumers are constantly bombarded with "back to school" marketing messages. Whether it is for the latest style, a new laptop, or stationery supplies, traditional retailers want your money.

Given all the hype, can we take a moment to remember children who will not feel the buzz of the back to school season? Education is such a privilege and is often taken for granted in North America. Many children around the world dream of attending school some day. Many will never have the opportunity.

Mennonite Central Committee (MCC) is committed to programs supporting education. One of the most requested items for refugee and displaced children is the **MCC School Kits**. Every year more than 100,000 school aged children, whose lives have been interrupted by war, disaster and poverty, receive a draw-string bag filled with new school supplies. **Each kit contains (new items only): four notebooks, four unsharpened pencils, a package of 12 coloured pencils, a ruler, and a large eraser.** These fabric draw-string bags (often sewn by volunteers of the thrift centre) are then distributed to refugee camps, schools and orphanages.

Over the past five years, 2.8 million people have fled their homes for safer locations within Iraq. MCC is undertaking a \$2 million humanitarian crisis response by sending 20,000 relief kits, 62,000 blankets, 62,000 school kits, 12,000 newborn kits and 5,500 sewing kits to be distributed in 11 of the 18 governates in Iraq. **MCC Ontario has set a provincial goal of collecting 1,000 school kits by November 8.**

If you are interested in providing the contents of a school kit, please bring your newly purchased items to the New Hamburg Thrift Centre where the cloth draw sting bags are provided.

For more information on the response to Iraq and details on all MCC kits, please visit www.mcc.org/iraqrelief/

Submitted by Karla Richards

**New Hamburg
Thrift Centre**
41 Heritage Drive
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WORRY:

- * Blessed is the man who is too busy to worry in the day, and too sleepy to worry at night.
- * Worry is like a rocking chair; it gives you something to do but it doesn't get you anywhere.
- * Memory Test: What were you worrying about this time last year?
- * Elephants live longer than people. Maybe it's because they never worry about trying to lose weight.
- * If worry ever changed anything, it would be worth a lot. But it only serves to wear you down and spoil what you've got.



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Hmmm... EVER WONDER?? ...



- ? Why the sun lightens our hair, but darkens our skin?
- ? Why can't women put on mascara with their mouths closed?
- ? Why you don't ever see the headline ... 'Psychic Wins Lottery'?
- ? Why is it that doctors call what they do 'practice'?
- ? Why is lemon juice made with artificial flavour, and dishwashing liquid made with real lemons?
- ? Why is the man who invests all your money called a broker?
- ? Why is the time of day with the slowest traffic called rush hour?
- ? Why do people order double cheeseburgers, large fries and a diet coke?
- ? Why didn't Noah swat those two mosquitoes?
- ? Why do they sterilize the needle for lethal injections?
- ? You know that indestructible black box that is used on airplanes? Why don't they make the whole plane out of that stuff?
- ? Why don't sheep shrink when it rains?
- ? If flying is so safe, why do they call the airport the terminal?
- ? Why do we leave cars worth thousands of dollars in the driveway and put our useless junk in the garage?
- ? Why do we buy hot dogs in packages of ten and buns in packages of eight?
- ? Why do we use the word 'politics' : 'Poli' in Latin means 'many' and 'tics' means 'bloodsucking creatures'? ... Oh, yeah.

Piano Lessons

Fall season starting now

Lessons offered weekday evenings in my home
(located on Stiefelmeyer Cr., Baden).
Please call for rates, teaching plans, and references.

Janna Lynn Ropp Cressman
519 214-0234

Friends... Just Strollin' Along



FRIENDSHIP...

- * Real friends don't care if your socks don't match.
- * A good friend is like toothpaste - she always comes through in a tight squeeze.
- * Real friends are those who, when you've made a fool of yourself, don't feel like you've done a permanent job.
- * If you want an accounting of your worth, count your friends.



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St. James Lutheran Church Welcomes New Pastor

In May, St. James Lutheran Church welcomed their new Pastor, Karen Kuhnert from Waterloo. Karen is married to Peter, a part-time pastor to Maranatha Lutheran Mission congregation and a part time doctor at a community health centre in downtown Kitchener. The two have three daughters, Kristina 13, Katarina 11 and Hanne 8. Karen has taken on the role of Pastor in a 20-hour workweek, which will also allow her time for her family, friends and volunteer work. The position is a good fit for both the church congregation and Karen.

Karen is originally from Northern Alberta. She met Peter at the University of Alberta while working on a degree in Community Development. Peter was working on his medical degree. After graduating they moved to Inuvik, Northwest Territories, where they lived for seven years with aboriginal and international residents. Karen and Peter both felt drawn to ministry, so in 2000 they moved to Ontario to train at Waterloo Lutheran Seminary.

Karen came to Baden many times in their first few years of living in Waterloo. She registered her children in the terrific summer camps at Castle Kilbride. While waiting for the children she would spend time in the Castle, take time to lounge in the archives in the basement, drop into Teddy's

Bakery for a coffee or walk around the town. She found everyone very friendly and enjoyed the small town atmosphere. Little did she know that she would be employed here six or seven years later.

Karen feels that Baden has a booming population of young families and is excited to meet the newer and older residents alike. She senses that families newer to town are hungry to learn the local history, to make connections and "to put down roots." In her opinion, the people of the 150 year old congregation are ideally suited to helping people grow into living "deeper."

She is welcoming everyone to visit the historic "Beck" building and to meet the people of the St. James congregation. The Sunday School picnic is scheduled for September 21st. There will be events throughout the year, many tying in with music.

Karen is clearly excited to learn all about Baden, support it and meet as many people as she can.



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- * Root canal treatment
- * Bleaching/whitening
- * Headache/migraine control (related to TMJ)

Among my personal "treasures" lies a small child's necklace of tiny pink glass beads interspersed with gray tear-shaped seeds. This necklace was given to me when I was hospitalized with rheumatic fever at the age of three. The relative who gave the necklace to me, grew the tear shaped seeds in her garden.



Throughout my childhood my mother told me the story of the necklace. No one in our village grew that type of seed so we knew little about the plant on which they grew. Later, about twenty years ago, an Aunt, living in Toronto, discovered these seeds in a market and purchased some. As the recipient of the seeds, I did some intensive research and this is what I discovered.

The common name for this plant is *Job's Tears*. Its Botanical name is *Coix lachryma - jobi*. Lachryma refers to the tear producing lacrimal glands located near the eyes and jobi is Latin for Job. The name *Job's Tears* refers to the shape of the seed which is that of a tear drop. Legend has it that no one shed more tears than the Biblical prophet Job. There is unanimous agreement that the seeds resemble tears but there is disagreement as to whose tears they resemble. Depending on where in the world you encounter them, the plant may go by various names including *David's Tears*, *Saint Mary's Tears*, or *Christ's Tears*. Use of *Job's Tears*

seeds dates to at least 2,000 B.C. The plant is native to the East Indies and parts of Asia. A soft-shelled variety is cultivated as a cereal plant where the seeds are used in soups, drinks and pastries. In the Nagas region of India the grain is used for brewing a beer. The leaves are used as fodder, which is especially relished by elephants. A Japanese variety is brewed into a tea and roasted seeds are made into a coffee-like drink. In the Americas, the seeds are used in crafts. The seeds are varied in colour - gray to black and some may be striped. These are used as 'beads' and can be painted. It is the oldest bead known. It has a wire-like straw extending from its tip and when that straw is removed the bead has a natural hole through which a needle and thread can pass to string the beads. These have long been used in the making of Rosaries and Mother Theresa insisted on using only Rosaries made from *Job's Tears*. In the 14th century every cloistered garden in a Monastery contained a row of these plants. Stems with seeds in place make an interesting additions to dried winter arrangements. Seeds can also be used in making bead curtains. Although the practice is questionable, strings of *Job's Tears* have been used as "teethers" by babies.

During the past ten years, *Job's Tears* have grown in our garden. Growing four to five feet in height, it resembles a planting of corn. The beads are harvested each fall and sorted according to size and colour. A local manufacturing company purchases them.

While this is a tropical plant, it will grow in our climate provided the plants are given an early start in peat pots indoors. In the tropics, *Job's Tears* is a perennial plant. Here in the north it is an annual, but I find that seeds can overwinter and sprout in the garden in spring, although not reliably.

The person who has an expertise in crafts would find these homegrown beads an asset. *Job's Tears* are now offered by several seed companies in their catalogues.

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WILMOT FAMILY RESOURCE CENTRE FALL 2008

Baden Parent and Child Drop-in:

Tuesday mornings 9:30 am-11:30 am
Centennial Hall, 35 Beck St., Baden
Beginning September 9, 2008



Just For You Baby:

Free circle time program for parents and children 0-12 months old. Six or eight week program, registration required. Baden, Wellesley and New Hamburg locations. Contact your local library to register.

New Parent Connection:

A drop-in for new parents and their babies 0-12 months old. Tuesday mornings, 10 - 11:30 am. Beginning September 16. WFRC, New Hamburg

Creative Kids Club:

An after school program for children ages 5-10 years. Come explore, discover and experiment while creating your own individual art! Pre-registration required. Program begins Tues., September 23, 2008 and runs for 10 weeks
Cost: \$25 for agency members, \$35 for non-members.
WFRC, New Hamburg

Teen Fun Zone:

Youth drop-in/skate park is now open year round at the New Hamburg Arena (Through generous donation of space by the Township of Wilmot).
Skateboarding, in-line skating, basketball, foosball, Guitar Hero, music, tuck shop and more.
For youth from grades 5 to 12.
Beginning September 25th -Thursdays from 4:30 – 8:30 pm
September 25th will be registration night. Youth, bring your parents!

Family Math:

A community-based program for families who would like their children to experience success in math.
For parents and children JK, SK and grade 1, Oct. 20-Nov. 24
Call for more information.
For more information about these and other programs, contact Wilmot Family Resource Centre 519-662-2731

Pick up/drop off at Teddy's Bakery - Tues. & Fri.

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You Must Be Joking!!



Breakfast Special -

A senior couple we know went to breakfast at a restaurant where the 'seniors' special' was two eggs, bacon, hash browns and toast for \$1.99. 'Sounds good,' the wife said. 'But I don't want the eggs.' 'Then, I'll have to charge you two dollars and forty-nine cents because you're ordering a la carte,' the waitress warned her. 'You mean I'd have to pay more for not taking the eggs?' the wife asked incredulously. 'YES!!' stated the waitress. 'I'll take the special then,' the wife said. 'How do you want your eggs?' the waitress asked. 'Raw and in the shell,' the wife replied. She took the two eggs home.



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FORREST GUMP GOES TO HEAVEN

The day finally arrives. Forrest Gump dies and goes to Heaven. He is at the Pearly Gates, met by St. Peter himself. However, the gates are closed, and Forrest approaches the gatekeeper.

St. Peter said, 'Well, Forrest, it is certainly good to see you. We have heard a lot about you. I must tell you, though, that the place is filling up fast, and we have been administering an entrance examination for everyone. The test is short, but you have to pass it before you can get into Heaven.'

Forrest responds, 'It sure is good to be here, St. Peter, sir. But, nobody ever told me about any entrance exam. I sure hope that the test ain't too hard. Life was a big enough test as it was.'

St. Peter continued, 'Yes, I know, Forrest, but the test is only three questions.'

First: What two days of the week begin with the letter T?

Second: How many seconds are there in a year?

Third: What is God's first name?'

Forrest leaves to think the questions over. He returns the next day and sees St. Peter, who waves him up, and says, 'Now that you have had a chance to think the questions over, tell me your answers'

Forrest replied, 'Well, the first one -- which two days in the week begins with the letter T? Shucks, that one is easy. That would be Today and Tomorrow.'

The Saint's eyes opened wide and he exclaimed, 'Forrest, that is not what I was thinking, but you do have a point, and I guess I did not specify, so I will give you credit for that answer.'

'How about the next one?' asked St. Peter 'How many seconds in a year?'

'Now that one is harder,' replied Forrest, but I think and think about that, and I guess the only answer can be twelve.'

Astounded, St. Peter said, 'Twelve? Twelve? Forrest, how in Heaven's name could you come up with twelve seconds in a year?'

Forrest replied, 'Shucks, there's got to be twelve: January 2nd, February 2nd, March 2nd ...'

'Hold it,' interrupts St. Peter. 'I see where you are going with this, and I see your point, though that was not quite what I had in mind ... But I will have to give you credit for that one, too. Let us go on with the third and final question. Can you tell me God's first name?'

'Sure,' Forrest replied, 'it's Andy.'

'Andy?' exclaimed an exasperated and frustrated St Peter. 'Ok, I can understand how you came up with your answers to my first two questions, but just how in the world did you come up with the name Andy as the first name of God?'

'Shucks, that was the easiest one of all,' Forrest replied. 'I learnt it from the song, 'ANDY WALKS WITH ME, ANDY TALKS WITH ME, ANDY TELLS ME I AM HIS OWN.''

St. Peter opened the Pearly Gates, and said: *'Run Forrest, run!'*

Submitted by Robert Price



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The History of APRONS

I don't think our kids know what an apron is:

- * The principle use of Grandma's apron was to protect the dress underneath, but along with that, it served as a potholder for removing hot pans from the oven.
- * It was wonderful for drying children's tears, and on occasion was even used for cleaning out dirty ears .
- * From the chicken coop, the apron was used for carrying eggs, fussy chicks, and sometimes half-hatched eggs to be finished in the warming oven.
- * When company came, those aprons were ideal hiding places for shy kids.
- * When the weather was cold, grandma wrapped it around her arms.
- * Those big old aprons wiped many a perspiring brow, bent over the hot wood stove.
- * Chips and kindling wood were brought into the kitchen in that apron.
- * From the garden, it carried all sorts of vegetables. After the peas had been shelled, it carried out the hulls. In the fall, the apron was used to bring in apples that had fallen from the trees.
- * When unexpected company drove up the road, it was surprising how much furniture that old apron could dust in a matter of seconds.
- * When dinner was ready, Grandma walked out onto the porch, waved her apron, and the men knew it was time to come in from the fields to dinner.

It will be a long time before someone invents something that will replace that 'old-time apron' that served so many purposes.

They would go crazy now trying to figure out how many germs were on that apron. I don't think I ever caught anything from an Apron.



Submitted by Bob Price

Math Tutoring

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FUN Join "Girls Club" **FUN**

Wilmot Mennonite Church -2995 Bleams Road

We get together on the 3rd Tuesday of every month from 7-8:30 pm. Our first night is September 16th.

For more info call: Marcia 634-5960 or

Beverly 662-9514

FUN

FUN

At West Hills Centre.....

It is time for Westhills Centre in Baden to begin our coffee time. If you enjoy fellowship and a cup of coffee and goodies, then please join us from 10 - 11 AM on



Wednesday mornings, starting on Sept. 17.

This is for all ages, young or senior and in between. Look for us beside the library on the main street. Hope to see you there!

Wilmot Horticultural Society

Monday, October 20th, 2008 - 7:30 p.m.

Wilmot Recreation Complex -

Community Room - 2nd Floor

Speaker - Paul Knowles - "Old & Eccentric Truths About Gardeners"

Everyone Welcome

Please note new venue.



SUPPORT GROUP FOR PARENTS

Parents linked with our Community to assist in the need for Support, Awareness and Empowerment against narcotics.

Meeting Monday Evenings at 8 pm
Trinity Lutheran Church
23 Church Street, New Hamburg
Martin Luther Room (upstairs)



Livingston Presbyterian Church

Invites you to ...

Apple Dumpling Fest

October 1st, 5:30 pm

\$5 per adult - Children free.

Apple dumpling with ice cream,
coffee, tea or juice.

See you at the church, corner of Beck and Mill Street. If you can't stay, take it to go!

Wilmot Family Resource Centre

Annual Poor Boy's Luncheon

Thurs. Sept. 25

11:30 am - 1:30 pm

5:00 pm - 7:30 pm

New Hamburg Community Centre

The Baden Scout Group will be registering for the 2008/2009 Season



If you would be interested please let us know. For further information please call the Group Commissioner, Sheila Bayne 519-662-3430.

This space is generously donated by Erb Transport to support community events

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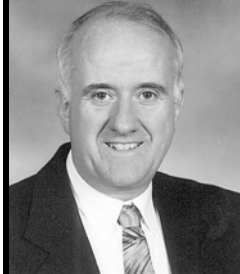
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~ FROM THE BADEN CHAMBER OF COMMERCE

Despite the weather, the Annual Baden Community BBQ was a great success!!!

The last Thursday in August is usually sunny and warm, but, not so this year! However, the drizzle that fell this year did not stop nearly 200 *Badenites* from coming out to join in the fun, *great* food, festivities and the music of Erick Trapplin, at the Baden and District Chamber of Commerce's Annual Community BBQ at Beck park in downtown Baden.

The Board of Directors would like to take this opportunity to sincerely THANK the many volunteers (*Glen, Peter, Diane, Teresa, Steve, Monica, Dave, Kristie, Matthew, Harold, Linda, Ralph, Dorothy, Al, Steve B., and many others*), who worked tirelessly to keep the event moving like a well-oiled clock.

This year *some* of our local food and beverage suppliers included **Egli Meats**, (*Thanks for the FREE burgers*), **Stop 2 Shop**, (*A kind donation of pop*), **Baden Coffee Company**, (*Great coffee GRATIS!*), **OWWS** (*The wonderful FREE water*), **The Baden Outlook** (*for ALL of your complimentary advertising*). Other purveyors of fine food were **Angie's Kitchen**, **Castleview Variety** and **Herrle's Market**. Thank you to the local businesses who generously donated prizes for our draws!!

And a very big Home Town 'thank you' to Erb Transport, for the use of the refrigeration truck the night of the BBQ!



Annual Baden BBQ - Another successful event!

Erick Trapplin (above) entertains all ages with music, dancing and a lot of bubbles, while Harold Albrecht (right) serves corn to the hungry crowd. A good time had by all!



NEW HAMBURG SKATING CLUB

New Arena, New Programs, New Season!



Now accepting registrations for **boys and girls** for the 2008-2009 season.

We offer learn-to-skate programs for ages 3 and up.

Whether you can barely stand up on skates or you're doing triples, our professional, Skate Canada certified coaches are here to help you improve your skating skills and have fun!!

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WILMOT CITIZENS OF THE YEAR

Wilmot Township has announced this year's Citizens of the Year:



Linda Laepple of Shingletown is this year's winner in the Environment category.

Virginia Weiler of Baden is this year's recipient in the Senior's category.

Warren Bechthold of Petersburg has been awarded the Community Service Award.

Aaron Fewkes of New Hamburg has won the Youth Award for this year.

Doug Fischer of New Dundee has won the Athletics Award.

Dale Brubacher-Cressman has been given the award in the Culture Category

Congratulations to this year's winners!



When you can think of yesterday without regret and tomorrow without fear, you are near contentment.

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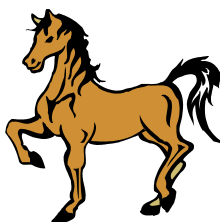
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Fall clothing line has now arrived

The food is exceptional and the atmosphere is timeless. Reservations are required for the Restaurant, but you can drop in to the Boutique anytime.

Visit our website for hours of operation as well as our monthly dinner menus.

www.TheNewDundeeEmporium.com

You Must be Chickening

Q: Why did the chicken cross the road halfway?

A: She wanted to lay it on the line.



Q: Why did the rubber chicken cross the road?

A: She wanted to stretch her legs.

Q: Why did the Roman chicken cross the road?

A: She was afraid someone would caesar!

Q: Why did the chicken cross the road?

A: To prove to the possum it could actually be done!

You Must be Joking!

⇒ What do you get when you cross an elephant with a computer?

⇒ A 5,000 pound know-it-all.





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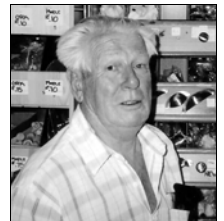
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* *Reflexology Certification Training*

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Baden Branch Library News



Spaces are still available in some of our fall programs - **Baby Storytime**, **Storytime for 3-5 year olds** and **Adult Beginner Computer Classes**. Please call the library for more information.

The **One Book, One Community Author Reading** will be held on Thursday Sept. 18 from 1:30 – 2:30 p.m. at Elmira District Secondary School, 4 University Ave., Elmira. Meet the authors of *The 100-Mile Diet*, Alisa Smith and James MacKinnon. Admission is free and everyone is welcome! For the complete author readings' schedule see www.therecord.com/onebook or call RWL headquarters 519-575-4590.

If you liked *The 100-Mile Diet*, check out these other titles:

- *I Am What I Ate and I'm Frightened!*, by Bill Cosby
- *Animal, Vegetable, Mineral*, by Barbara Kingsolver
- *Harvest for Hope*, by Jane Goodall
- *Coming Home to Eat*, by Gary Paul Nabhan
- *In Defense of Food /The Omnivore's Dilemma*, by Michael Pollen

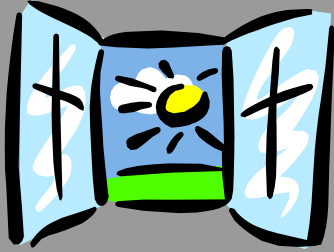
Please welcome our new student Page, Micah Gold-Utting. Micah will be working at both the Baden and New Hamburg branches and is the "first ever" Page at the Baden branch! He lives in New Hamburg and is currently in his third year at Cameron Heights in Kitchener in the International Baccalaureate Program. He fills his time with activities, including Volleyball, Ultimate Frisbee, Debate and is delighted to add the library to this list. The time he has between these activities is filled with books, movies, and debate research (in the areas of political science and philosophy).

Lost and found Items: There are many items that have been left behind at the library over the busy summer (especially caps and hats!). A cell phone is also still waiting to be identified. If you are missing something, you may want to check here!

Contact the library at **519-634-8933** or by email at badenlib@region.waterloo.on.ca to register, or for more information.
Website – www.rwl.library.on.ca

Chris Baechler, Assistant Supervisor, Baden Branch

Local Churches Welcome You



Wilmot Centre Missionary Church
www.wilmotcentremc.org

2463 Bleams Road
R.R.#2 Petersburg, Ont.

Rev. Don Mills
Rev. Wayne Domm

Phone: 519-634-8687
Fax: 519-634-5090
Email: office@wilmotcentremc.ca



SERVICE TIMES - 9 & 11 am
SUNDAY SCHOOL 9:30 am
CHILDREN'S WORSHIP 11:30 am

Where there is hope for the future

Come Worship
with us 9:30 a.m.

Sunday School 10:45



WILMOT MENNONITE CHURCH

2995 Bleams Road, New Hamburg, ON 634-5030



Steinmann Mennonite Church

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Young Adult and Adult groups
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Sunday School: Preschool - Adult, 11:00 a.m.



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Sunday Worship 9:30 am

All Children Welcome!

Minister: Rev John Deyarmond - 747-9902

Contact Person: Wendy von Farra - 662-3002

Come join us in praise.



The location of the
aerial photograph
shown on page 20 is
the intersection in
Philipsburg.

We're on the Web!
www.badenoutlook.com

Local Energy Co-op Erects Wind Test Tower

Petersburg, ON, August 1, 2008 -- Local Initiative for Future Energy Co-operative Inc. (L.I.F.E.), an energy co-op with nearly 80 members based in Wilmot Township, has completed the installation of a 60 meter wind test tower. The tower, located near St. Agatha, will be used to monitor and record wind conditions with the long-term plan of installing a wind park in the area.

Wind data from the research site will be used to calculate how much energy from local wind power generators can be contributed to the power mix. The Ontario government's goal is that ten percent of power is to come from renewable sources by 2015. It is estimated that in our area, that one wind turbine could supply up to 600 homes.

Linda Laepple, president of L.I.F.E., observed that the co-op is "locally pioneering a sustainable energy concept that is already firmly established in Europe and other parts of the world." The co-op is working toward partnerships with like-minded groups and individuals, as well as municipalities, electricity distributors, researchers and other stakeholders.

L.I.F.E. Co-op's membership is open to all individuals and corporations sharing their vision to work together to reduce the environmental footprint we leave on the earth in an economically sustainable co-operative framework. L.I.F.E. Co-op welcomes new members and has information packages available.

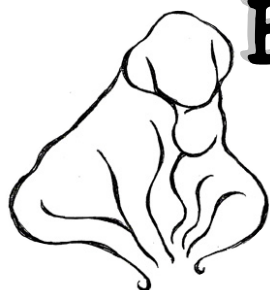


WATERLOO-WELLINGTON

Start up support for the purchase of the test tower and equipment was received from WWCFCDC (Wellington-Waterloo Community Futures Development Corp.). Local supporters include Ritz Printing, Stitch Graphix, Nautalex Business Services, Wilmot Centre Missionary Church, Laepple Organic Farm and Teddy's Bakery.

Contact: Linda Laepple, President
Local Initiative for Future Energy Co-op Inc.
519-634-1033
life.info@yahoo.ca / www.lifecoop.ca

Office at 125 Snyder's Road East, Baden
Hours: 7:30 - 9:30 pm or by chance.
For appointment call 634-1033 - Linda or
662-6778 - Yvonne









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Focus has been serving the
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In celebration of our
50th Anniversary, the
Baden and District
Chamber of Commerce is
proud to announce our
Outdoor Holiday Decorating Contest.



Judging will take place on **Dec. 18th** by the
Baden Chamber Board of Directors.

The four categories for entrants are:

1. Best **Traditional** outdoor display
2. Best **Children's** outdoor display
3. Best **"GREEN"** outdoor display (eco-friendly)
4. Best **Overall** outdoor display

More information on how to register your home will
follow in subsequent Baden Outlook publications.
Oh, and don't forget to mark your calendars for the
Baden and District Chamber of Commerce **Christmas
Dinner Party** to be held the **last Thursday of November.**
All **area residents and businesses** are welcome to this
fun filled evening, with entertainment, key note speaker
and lots of door prizes. (You *do not have to be a*
Chamber member to attend this event!)

Tribute to Elsie Cressman Fundraiser

On September 28th there will be a celebration/
fundraiser to honour the life of Elsie Cressman. Elsie,
who has been featured in the Kitchener-Waterloo
Record and New Hamburg Independent, has led an
extraordinary life in nursing.

At age sixteen, in 1939, she entered a three year
nursing program at St. Mary's Hospital. After some
time in the United States, she left for Tanganyika,
arriving there in 1952. She remained there for over 20
years. During her stay in Africa, she worked and
supervised at Leprosy Clinics and assisted with the
delivery of babies.

Back in Canada she made a career of midwifery
which lasted until 1998, when she was forced to retire at
age 75. She had delivered approximately 150 babies
during that time. She is now 85 and plans to make a trip
back to Africa to rekindle relationships that she made
there.

The fundraiser will be held from 2 - 4 p.m. at the
Wilmot Recreation Complex on September 28. The
public is invited to this special event and of course some
special guests - the many Elsie babies who are now
adults are most welcome.

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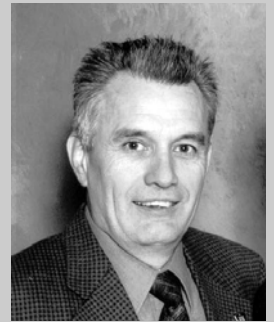
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sales person

peter.gingerich@rogers.com

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**Anything less
is second best!**

Answers from Cartoon Trivia—from page 4

1. C - Tweety Bird
2. B - They appeared the same year
3. A - Gazoo
4. C - The Smurfs
5. B - Wimpy
6. B - Bedrock

The answers from Teddy's Anniversary Wordsearch from page 4

O	W	S	B	B	Y	P	S	R	Y	A	N	E	S	P
Z	R	R	T	C	O	C	E	P	B	V	S	T	S	J
M	K	E	A	S	L	P	T	F	M	L	I	E	C	V
A	V	T	T	D	A	J	R	F	A	L	F	D	Y	M
F	S	A	F	P	N	F	I	K	E	O	P	D	E	S
R	L	W	S	H	C	S	K	E	R	T	H	Y	O	O
I	X	W	G	W	B	O	F	A	C	T	P	S	Z	Y
E	E	U	T	A	W	F	O	P	E	E	J	O	T	Y
N	O	A	K	N	O	E	B	K	C	R	P	J	T	B
D	W	E	X	C	Z	B	E	O	I	Y	B	X	V	H
L	R	Z	X	P	J	Q	R	S	L	E	C	A	B	Q
Y	A	N	R	V	J	G	O	H	S	R	S	F	O	S

Bugs... The strange ways of nature.



We found Mr & Mrs Mystery Bug enjoying each other's company in our yard - staged in this position for 24 hours. When the winged mate departed, the lonely one was left standing with an empty shell of a body—it crawled away slowly before dying. Bigger than a June Bug, but uncertain what kind it is? The mysteries of nature...

the Health & Wellness Page

Rising Up to the Fall

Submitted By Michael Fisher, R.N.C.P



Whether we like it or not, September is a time of change. Students are returning to school and adults are finishing up holidays and returning to routine. Most everyone finds themselves in a new schedule once the cool weather sets in. Activity registrations begin along with sports seasons, new ambitions, and usually a new diet.

In fact, September is a little like January 1st when goals are set, a clean slate is presented and we give new things a crack. We say things such as "I'm going to walk every morning," or "I'm going to eat much healthier," because we took the whole summer off to relax, let go, and not worry about health, routines, or self discipline. But the tricky part is coming back to safe ground quickly and easily, back to feeling good about ourselves again. At this point we crave a health routine. Here is some simple advice I have to offer:

- Don't set goals that are too difficult or unrealistic. If you can't complete them, you will have a sense of failure and reinforce that idea! Start with little goals that are easy for you, like a bowler's perfect strike, and then set up new goals that you can easily knock down. This reinforces that you can do it! Eat one more vegetable than normal, rather than forcing yourself all vegetables then crashing into bad foods. Another example is eating snack foods out of a small bowl rather than the bag - instead of cutting yourself off completely. This ensures you eat smaller quantities.

- Be prepared with "safety" or backup foods that you know you can go to when feeling vulnerable. People sometimes stray from a good diet because they don't have good foods to turn to in times of stress, where most people turn to junky foods.

- Don't be extreme. Following strict diets and making radical changes can result in extreme behaviours in other areas of your life. Doing a little more of the positive, or a little less of the

negative usually creates the best, most enduring results. Changing our habits is like steering a cruise-liner, just give a little nudge at the wheel, and with time you'll be going in a whole new direction! Live consciously.

- Don't feel alarmed if you crave new foods. The fall presents different foods and body needs. The body may start naturally being turned off of salads, and craving meat and potatoes.

Embrace these cravings and properly satiate them by introducing seasonal foods. Eating too much salad in cool weather could leave you turning to heavy carbs in attempt to keep warm!

- Don't give up on your new habit. Whatever it is, don't stop after the first hurdle or slip. Follow through for at least thirty days. Only thirty days is required to change a habit, you just have to persist. Don't give up on a new habit because you skipped it for one day - continue on with the next!

Whatever it is you are trying to change or improve upon, try to view it from a third person perspective. Coach yourself as you'd coach another! Probably your best evaluation would be "you're doing great!" Chances are - you are doing great! We are often our own worst critic, but be your own best promoter and appreciate every effort you give. Whatever presents itself in a life lived consciously, is the perfect medicine for that moment. So embrace each seeming setbacks with gratitude and appreciation, and you'll see that you're doing just fine, and always have been! Just enjoy the ride!

*Michael Fisher, Whole Foods Nutritionist, presents his new program **Good For You Health Coaching**. Read more about his guaranteed, transformative health program at www.michaelfisher.ca or www.goodforyoucoaching.ca*

The Outlook Hockey Pool

Yes! It's hockey season! And we're ready to play - are you?



Mail your entry form to The Baden Outlook, 178 Snyder's Rd. E., Baden, N3A 2V6 or drop it in our yard "Outlook Mailbox" by Oct. 1st.

<input type="checkbox"/> Ovechkin * WAS * 112	<input type="checkbox"/> Iginla * CAL * 98	<input type="checkbox"/> Alfredsson * OTT * 89	<input type="checkbox"/> Kovalchuk * ATL * 87
<input type="checkbox"/> Malkin * PIT * 106	<input type="checkbox"/> Datsyuk * DET * 97	<input type="checkbox"/> St. Louis * TB * 83	<input type="checkbox"/> Kovalev * MON * 84
<input type="checkbox"/> Spezza * Ott * 92	<input type="checkbox"/> Thornton * SJ * 96	<input type="checkbox"/> Savard * BOS * 78	<input type="checkbox"/> Gaborik * MIN * 83
<input type="checkbox"/> LeCavalier * TB * 92	<input type="checkbox"/> Zetterberg * DET * 92	<input type="checkbox"/> Briere * PHI * 72	<input type="checkbox"/> Getzlaf * ANA * 82
<input type="checkbox"/> Crosby * PIT * 72	<input type="checkbox"/> Heatley * Ott * 82	<input type="checkbox"/> Hossa * DET * 66	<input type="checkbox"/> O. Jokinen * PHO * 71
<input type="checkbox"/> Staal * CAR * 82	<input type="checkbox"/> D. Sedin * VAN * 74	<input type="checkbox"/> Elias * NJ * 55	<input type="checkbox"/> Drury * NYR * 58
<input type="checkbox"/> Roy * BUF * 81	<input type="checkbox"/> Kane * CHI * 72	<input type="checkbox"/> Marleau * SJ * 48	<input type="checkbox"/> Hejduk * COL * 54
<input type="checkbox"/> M. Richards * PHI * 75	<input type="checkbox"/> Kariya * STL * 65	<input type="checkbox"/> Cammalleri * CAL * 47	<input type="checkbox"/> Blake * TOR * 52
<input type="checkbox"/> Morrow * DAL * 74	<input type="checkbox"/> Toews * CHI * 54	<input type="checkbox"/> Afinogenov * BUF * 28	<input type="checkbox"/> Gagner * EDM * 49
<input type="checkbox"/> Vanek * BUF * 64	<input type="checkbox"/> Perry * ANA * 54	<input type="checkbox"/> Gagne * Phi * 18	<input type="checkbox"/> Stamkos * TB * 0
<input type="checkbox"/> Campbell * CHI * 62	<input type="checkbox"/> Markov * MON * 58	RULES: 1. Only one ballot per person. 2. Updates will be calculated on the 7th of each month. 3. Ties will be broken by the entry that has gained the most points that month. 4. Prizes are given for most accumulated points. One point each is given for goals and assists made by forwards and defensemen. This year there are two goalie boxes. *Two points will be given for every game a goalie wins. 5. There will be two random draws each month. You are only able to win the leader prize once! 6. Pick one player from each box. (Team and 2007-2008 points included with each player). 7. No entry fee required... just have fun! No trades or substitutions through the year.	
<input type="checkbox"/> Phaneuf * CAL * 60	<input type="checkbox"/> Kaberle * Tor * 53		
<input type="checkbox"/> Green * WAS * 56	<input type="checkbox"/> Pronger * ANA * 43		
<input type="checkbox"/> Rafalski * DET * 55	<input type="checkbox"/> S. Niedermayer * ANA * 25		
<input type="checkbox"/> Zubov * DAL * 35	<input type="checkbox"/> McCabe * FLO * 23		
<input type="checkbox"/> Nabokov * SJ * 92	<input type="checkbox"/> Lundqvist * NYR * 74		
<input type="checkbox"/> Brodeur * NJ * 88	<input type="checkbox"/> Miller * BUF * 72		
<input type="checkbox"/> Kiprusoff * CAL * 78	<input type="checkbox"/> Toskala * TOR * 66		
<input type="checkbox"/> Luongo * VAN * 70	<input type="checkbox"/> Gerber * OTT * 60		
<input type="checkbox"/> Fleury * PIT * 38	<input type="checkbox"/> Price * MON * 48		

ALL ENTRIES MUST BE IN BY OCTOBER 1ST

Name:

Address:

Phone Number:

To Follow the Stats simply visit www.badenoutlook.com—select "sports pools". Type in pool ID: outlookhockey and the password is: *guest*. The NHL season doesn't start until October 4th, so prizes will not start until November.
Thanks for playing and **GOOD LUCK!**

