

Baden Outlook

"Keeping the Community Connected"
with 2750 copies in circulation.




September 2010

Volume 11,
Issue 2



Special points of interest:

- Election Series~
Meet the Candidates
- Outlook Sports Pool— Are you in the lead?
- Register now for Hockey Pool, page 35
- Herner's Visit the Home of James Livingston
- Good Luck Racers 
- Dedication Ceremony for Old Baden Cemetery
- Enjoy the Pleasures of Your Fall Garden with Diana Dart

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BADEN MOVIE PLAYING ON BIG SCREEN AT TORONTO INTERNATIONAL FILM FESTIVAL



We featured a story in last December's issue about the movie that was filmed in Baden. The movie called *Small Town Murder Songs*, which was partially filmed at Centennial Hall on Beck Street, is being featured at the Toronto International Film Festival this month. The Canadian film, which was directed by Ed Gass-Doonnelly, stars Peter Stormare, Jill Hennessey, Martha Plimpton, and Aaron Poole.



Pictured to the left: A stand-in Listowel boy, actor Peter Stormare, and Badenite, Brayden Gingerich (son of Janice & Duane Gingerich).

Two Baden residents Harold Okrafka and 8 year old Brayden Gingerich made stellar cameo performances to give it our small town feel. The film was reviewed by citytv.ca and this is what they had to say about it; *The intensity of the performances and grim cinematography, along with a powerful soundtrack by Canadian rockers Bruce Peninsula, puts Small Town Murder Songs in a category all on its own and will definitely make people notice Gass-Donnelly (4 out of 5 stars).*

Showing at AMC-6 Sunday Sept. 12– 7:00 p.m., and Friday, September 17-9:00 p.m. and Varsity-7 Tuesday September 14 – 12:00 pm.

If you'd like to follow the success of the movie check the website at <http://www.imdb.com/title/tt1429392/>

Ribbon Cutting at Morningstar Acres



The "Kids Hope Festival" opened with Mayor Wayne Roth supporting the ribbon cutting ceremony held on Saturday, September 11.

*All proceeds of the event will support **Leanne's Haven**, a treatment foster home for girls located in Baden at 1117 Snyder's Road East.*

This paper is priceless - Please have one!

Talking With Ed – What's It Worth?!



Apparently, once people attain "celebrity status" they're entitled to two things: first, they lose the right to a private life and, second, they gain boat loads of cash through endorsements, advertising, and speaking engagements. Bill Clinton is a perfect example: a President of the United States who earned \$200,000 a year while he was probably the most powerful man in the world, since his retirement has made millions on speaking engagements.

Another celebrity example is Tiger Woods. *Sports Illustrated* listed him as earning more money than anyone in the sports industry. Though they noted he made ten per cent less than the year before his personal troubles hit the news, he still managed to earn 90 million dollars. Not bad, considering his status has dropped from an upstanding mentor to all up-and-coming golfers to one at the low end of the guru scale.

But money rules in the sports industry. The Major League doesn't have a salary cap for ball players. *Sportsline.com* has a wage ranking for all Major League Baseball players, with the New York Yankees leading the way with the top four players. Alex Rodriguez leads the Bronx Bombers with an annual salary of 33 million, and Mark Teixeira is fourth with a paltry 20 million dollar salary. Breaking down Alex's salary over the 162-game schedule puts him at a lowly \$203,000 per game. The highest paid Toronto player is Vernon Wells at 16 million per year followed by Lyle Overbay at seven million. These numbers do not include endorsements which will elevate their pay cheque considerably.

As I mentioned, the New York Yankees top the team salaries at 223 million dollars per year. Second are the Boston Red Sox at 163 million and Detroit Tigers are third at 123 million. The Toronto Blue Jays, having the dubious distinction of being in the same division as the Red Sox and Yankees, are 20th on the list with a team salary of 62 million. Hardly seems fair to have a quarter of the operating budget and still be only 10 games behind the team that Steinbrenner built.

So teams spend whopping amounts of money to keep players and field strong teams but that doesn't always work. Switching to basketball, the exit of Chris Bosh has left the Toronto Raptors looking like a very ordinary team. I don't discredit Bosch for wanting to leave Toronto and play for a contending team, but really--three of the top players (Bosch, LeBron James, and Dwyane Davis) on the same team? Are they more concerned with winning than the health of the league?

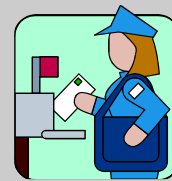
So, where am I going with this entire million dollar mumble jumble, you ask? What does it matter to the ordinary person, whether a sports figure gets overpaid or not? Who really determines the value?

In the late eighties/early nineties, I remember looking daily in January for that "Blue Jay's early bird order form". I would rush home, fill it out, and mail it in the very next day -- hoping I would get the best seats possible. Come game day, I'd drive down to the Go Station at Mississauga, take the train to the game, watch the game and fight the crowds leaving the game. I loved it then, when it truly was a sports event.

But the last time I went to a game was probably ten years ago. Do I consider myself a baseball fan? Yes I do. However, I think differently of the sport, which seems to have become a business, and I am not a fan of the business aspect of it! *Until next month...Ed.*

ATTENTION READERS: IF YOU DO NOT RECEIVE YOUR PAPER...

We continue to get calls asking to have the paper delivered to your door. The paper is put into all Baden residential mailboxes, UNLESS YOU HAVE A JUNK MAIL BLOCK. Please call your postal station to have it removed or simply pick it up at the many drop off locations.



EXTRA!! EXTRA!!

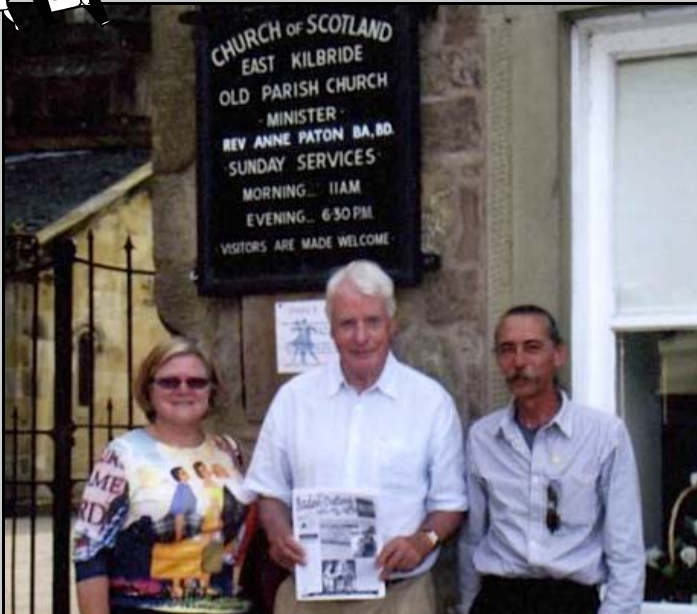


There are extra copies of The Baden Outlook available at Teddy's Bakery, Stop 2 Shop (Baden & St. Agatha), Old Fashioned Variety (Petersburg), N.H. No Frills & Sobey's, Short Stop, the New Hamburg and Baden Libraries and various businesses throughout Wilmot Township.

Barry & Pat Fisher
178 Snyder's Road East
Baden, ON N3A 2V6
Phone: 519-634-8916
Email: badenoutlook@hotmail.com
www.badenoutlook.com



Wow! More exciting destinations as *The Baden Outlook* continues to travel ...



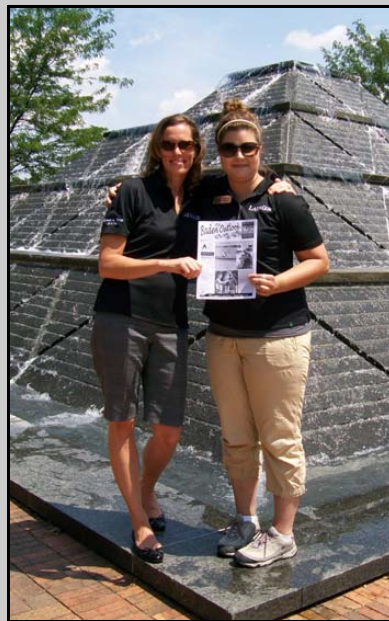
Colleen and Dave Herner took their *Outlook* to the East Kilbride Old Parish Church, Scotland -- the very church attended by James Livingstone and his family over 150 years ago. Read about their trip on page 16.



The *Baden Outlook* travelled to Point Pleasant Park in Halifax with John and Wally Mueller when they visited their daughter Christel who graduated from Dalhousie University with her third degree. They enjoyed this beautiful park on the tip of Nova Scotia where everyone from the city hikes along the coast line.

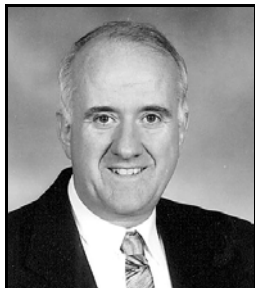


Tae-min Kim of South Korea took the *Baden Outlook* back home with him after visiting his aunt Soo Lee Weiler families of St. Agatha this past summer. He just arrived at the airport, In-Chun.



Baden residents Leanne Holland Brown (left) and Melissa Jean Skerritt (right) at Indiana University-Purdue University Indianapolis in Indianapolis, Indiana.

Leanne Holland Brown & Melissa Skerritt (Master of Social Work student) of Baden travelled over 10 hours by bus to visit Universities in Kentucky & Indianapolis August 2010 on Wilfrid Laurier University's annual Dean's Trip.



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Darlene Vorstenbosch Councillor Ward 3



A resident of Baden for 23 years, I have been a dedicated hands-on volunteer from Scout Leader to member of the MURF fundraising committee. As President of the Optimist Club of Wilmot, I worked with Township staff to secure a Trillium grant to fund facilities in Baden.

As your Councillor, my priorities would be: a wider variety of businesses in Baden, a community centre, facilities for young people in Baden, improved transportation links with the region and maintaining the fiscal responsibility.

October 25
Vote Vorstenbosch Ward 3

IT'S COMING!! Wilmot Lacrosse



Yes, Junior C Lacrosse is coming to Wilmot. The "Fastest Game On Two Feet" is only months away from its home opener in the spring of 2011. Playing out of the Wilmot Recreation Complex, this exciting sport will be right in everyone's backyard.

Together the founders, Wayne Paddick and Bruno Richter, have over 60 years of combined lacrosse experience in various aspects of the game. They are respected members of the lacrosse community who are striving to increase the opportunities for local kids to participate in the game at a higher level.

These gentlemen hope to bring a level of organized lacrosse to an area that has already proven it can support an amateur junior athletic program, namely, the New Hamburg Firebirds. Lacrosse is one of the fastest growing sports in the country and the Waterloo Region is among the highest in the province when it comes to growth.

With support already gathered from the KW Minor Lacrosse Association and the KW Braves Jr. A Lacrosse Club, the necessary player pool is present and supportive of this bid.

The team is looking for volunteers and will be launching its sponsorship campaign in the weeks to come.

Please go to wilmotwild.com if you are interested in being a part of bringing this exciting new franchise to the area.



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Meet Mark Murray ~ Candidate for Councillor, Ward 4

Mark Murray, the 48 year old owner of Murray's Clothing & Footwear of New Hamburg, has made it official that he will be running for Councillor in New Hamburg's Ward Four. The municipal election is scheduled for October 25, 2010.

A lifelong resident of New Hamburg, Mr. Murray has worked in the family owned business, located in the heart of downtown, since 1980. Mr. Murray is the third generation to be involved in the business that has been serving the community since 1952.

Murray's interests in the community also include membership in the New Hamburg Board of Trade and the Wilmot Fire Department. He has served on the fire department for the past 28 years in various positions including Sr. Captain; has been District Fire Chief since 1997.

Murray believes that his lifelong association with the community gives him a unique view of New Hamburg and positions him well for Council membership. With the potential for a new, inexperienced Council, he believes that it will be necessary to have membership on that body which will reflect an understanding of the historic development of New Hamburg as well as a concern for its future development.

Mr. Murray is confident that his business experience and leadership as District Fire Chief have prepared him to play that

role. Above all, he believes in a levelheaded and common sense approach to handling the community's finances.

He also believes that Council should be run like a business and stresses that Council needs to focus on maintaining and developing the downtown business core of New Hamburg.



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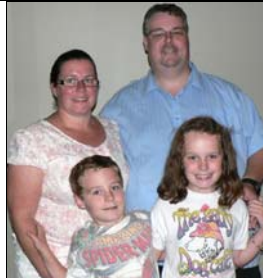
New Clients Welcome!



Baden Scouting Has New Leadership: Meet Kevin and Kate



Kevin and Kate Cruse and their children Adryanna and Nathaniel moved from St. Thomas to Baden in March of 2010. They were apprehensive about moving during a school year, but the community has made the transition a pleasurable experience. In fact, they love their new town.



that all three scouting groups -Beavers (age 5-7 ½), Cubs (7 ½ -10 ½) and Scouts (10 ½ -14 years) -encourage girls/young women to join. The whole family attends many group events together, which creates memorable family moments.

In St. Thomas, Kevin was Commissioner of the St. Thomas Scouting Group and Kate was the Primary Beaver Leader. The membership increased each year and Kevin and Kate ran a very successful program. Now that they are in Baden they will be filling the same roles and hope to double last year's numbers. Baden struggled last year with a lack of leaders, but this year all the primary leaders are in place and organizational meetings are planned. Sheila Bayne has been Commissioner; and has done a terrific job keeping Baden Scouting operating over the last two years; she will be staying on in multiple capacities to help the organization .

"Scouting teaches the children a number of life skills, including ethics, responsibility, environment, laws, badge work, physical activity, and interacting with other children," explains the new Commissioner. "Gaining a new set of friends is a bonus as well and an opportunity to create memorable family moments."

Kate has her whole year planned out and is excited about her role in her new town. She would like to emphasize

Parents, volunteers, or students who need their 40 hours "Community Service Time" are encouraged to help in any capacity, small or large. This is a learning, impressionable, and memorable time for youths, and scouting plays a role in their development.

Registration night will be held on September 16th at Castle Kilbride. If you miss that evening's registration, don't worry, you can register anytime by email at 1stbadenscouting@hotmail.com or by calling 519-214-0210 (Kevin and Kate).

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You Must Be Joking!



A cat died and went to Heaven. God met her at the gates and said, "You have been a good cat all these years. Anything you want is yours for the asking."

The cat thought for a minute and then said, "All my life I lived on a farm and slept on hard wooden floors. I would like a real fluffy pillow to sleep on."

God said, "Say no more." Instantly the cat had a huge fluffy pillow.

A few days later, six mice were killed in an accident and they all went to Heaven together. God met the mice at the gates with the same offer that He made to the cat.

The mice said, "Well, we have had to run all of our lives, from cats, dogs, and even people with brooms! If we could just have some little roller skates, we would not have to run again."

God answered, "It is done." All the mice had beautiful little roller skates.

About a week later, God decided to check on the cat and found her sound asleep on her fluffy pillow. God gently awakened the cat and asked, "Is everything okay? How have you been doing? Are you happy?"

The cat replied, "Oh, it is wonderful. I have never been so happy in my life. The pillow is so fluffy, and those little Meals on Wheels you have been sending over are delicious!"

Barry Fisher

Candidate for Councillor, Ward Three



Through the realignment of wards in Wilmot Township, Baden and Wilmot Centre will now have it's own voice in council. Every position, including the Mayor's office, could have a new representative. It is even more important through this time of change to have the right person in place to represent Baden and the township.

I have worked 38 years at Zehrs Markets, 28 of those years in management. I have learned to work hard, analyse situations, and make many tough decisions. Working in the service industry I have also learned to work with people, understand customer and employee concerns, and to react in a positive and decisive manner.

Co-publishing "The Baden Outlook" with Pat, my wife of 32 years, I have learned what Baden is about and understand the needs of this community. It has a fascinating history and, with many new residents, an unlimited potential. I would be proud to be part of the team that will guide Baden and the ever growing Wilmot Township into the next era.

This town is my home and I see what it takes to nurture a community ~ People who care. I am committed and dedicated.

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*You, Me and Our Brother—A Canadian Family
Email Submission*

Once in a while someone does a nice job of describing a Canadian: this time it was an Australian dentist.

An Australian Definition of a Canadian
In case anyone asks you who a Canadian is . . .



You probably missed it in the local news, but there was a report that someone in Pakistan advertising in a newspaper offered a reward to anyone who killed a Canadian-any Canadian.

A Canadian can be English, or French, or Italian, Irish, German, Spanish, Polish, Russian or Greek. A Canadian can be Mexican, African, Indian, Chinese, Japanese, Korean, Australian, Iranian, Asian, Arab, Pakistani, or Afghan.

A Canadian may also be a Cree, Métis, Mohawk, Blackfoot, Sioux, or one of the many other tribes known as native Canadians. A Canadian's religious beliefs range from Christian, Jewish, Buddhist, Muslim, Hindu or none. In fact, there are more Muslims in Canada than in Afghanistan. The key difference is that in Canada they are free to worship as each of them chooses. Whether they have a religion or no religion, each Canadian ultimately answers only to God, not to the government, or to armed thugs claiming to speak for the government and for God.

A Canadian lives in one of the most prosperous lands in the history of the world. The root of that prosperity can be found in the Charter of Rights and Freedoms which recognize the right of each person to the pursuit of happiness.

A Canadian is generous and Canadians have helped out just about every other nation in the world in their time of need, never asking a thing in return. Canadians welcome the best of everything: the best products, the best books, the best music, the best food, the best services and the best minds.

But they also welcome the least—the oppressed, the outcast and the rejected.

These are the people who built Canada. You can try to kill a Canadian, if you must, but in doing so you could just be killing a relative or a neighbour. This is because Canadians are not a particular people from a particular place. They are the embodiment of the human spirit of freedom. Everyone who holds to that spirit, everywhere, can be a Canadian.

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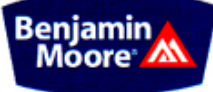
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Meet Reg Simpson, Candidate for Councillor, Ward 4

Reg was born in Brampton, Ontario, and has lived in New Hamburg for ten years. Reg is married with four adult children and four grandchildren. He has served in the Canadian Armed Forces and is a veteran of the Cold War Era, serving with N.A.T.O. Forces. He has been involved in volunteering in various community activities across Canada.



He has:

- * Studied theology at Queen's University
- * Served on the Board of Directors in the United Church of Canada (Kingston)
- * Assisted paraplegic patients in the rehabilitation program at Deer Lodge Military Hospital (Winnipeg)
- * Organized and co-ordinated a Neighbourhood Watch Program (Kingston)
- * Organized and coached special Olympics athletes for 25 years across Canada
- * Service Officer at New Hamburg Legion #532 for veterans and seniors
- * Retired Provincial Offense Officer for eight years
- * Worked with refugees at Immigration Centre for three years (Mississauga)

Reg's vision is to ensure the safety of our community and to serve constituents well by devoting a lot of time to the position. As councillors we must be more visible to the people. We have a lot of historical values in Wilmot and need to draw more tourism to help build our economy. We also have need for more affordable housing in Wilmot Township. We live in an aging society and seniors and families are in need of housing geared to income.

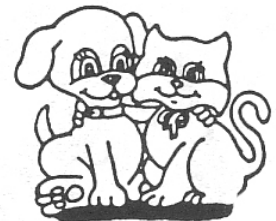
If elected I promise to give full attention to issues set forth from the constituents. I would appreciate your support in the upcoming municipal elections.

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LookOut Kids' Korner



1. What do you call a kitten drinking lemonade?
2. Why did King Kong climb to the top of the Empire State building?
3. There were two ducks in front of a duck and two ducks behind a duck, and one duck in the middle. How many ducks were there in total?
4. What do you call a zipper on a banana?



1. A sourpuss!
2. He was too big for the elevator!
3. Three!
4. A fruit fly!

Sidewalk Chalk Game

Instructions

1. The object of this classic game is for players (you'll need two or more) to land their bottle caps (or chestnuts) in the numbered squares
2. To set up, use chalk to draw the board shown at right on a patch of pavement (about 3 feet square).
3. To start, one player sets a cap on the starting line and flicks it, trying to land it in the 1 box without touching a line. If he succeeds, he leaves the cap in that box and goes again, shooting another cap at the 2 box, and so on. If he misses, he collects that cap and the next player takes a turn.
4. If a player hits another's cap out of a box, he places his in that box and continues shooting (the other player has to shoot for that box again).
5. If a player lands his cap in the square around the 9 box, he loses two turns.
6. The first player to get a cap in all nine squares wins.



Have fun with this puzzle - Simply find a word for each category that begins with the letters of the word TEACH
Eg... boys name - Tom, fruit/veg- turnip ... I think you'll get it!! Your answers are correct!! Good fun!

CATAGORY	BOYS NAME	FRUIT / VEG	ONT. TOWN	GIRLS NAME	ANIMAL
T					
E					
A					
C					
H					

Weekly Baden Car Show Over...For This Year

The local car show, brought in by Ron Weber, at the plaza parking lot, is over for this year but sure to return next year. The event was more popular than he imagined as 87 vehicles attended one of his Wednesday night shows. The last one was held on September 1st drawing 80 cars and delighting car enthusiasts from Baden and beyond. Ron would like to thank the following merchants, listed below, who contributed with either donated gifts or supplies, and of course, to all the car fans who attended - making it so successful! *Thank you!*



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- * Baden Automotive
- * Baden Auto Spa
- * Baden Coffee
- * Baden Feed And Supply
- * Baden Market
- * Dave Rola-St Agatha
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- * St. Agatha Clothing
- * Subway Restaurant
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Help and Hope for Local Pets

New Hamburg Veterinary Clinic is lending help and hope to the furry members of our community by organizing a pet food drive.

"We thought this would be a great way to show support for our community," says Anne Marie Hunter, one of the veterinarians at the Clinic. "The staff team wanted to do something that would make a difference and this is a practical way to help out pets and families right here in our own community."

All donations will be presented to Wilmot Family Resource Centre, which operates the Emergency Food Bank for Wilmot Township and the lower half of Wellesley Township.

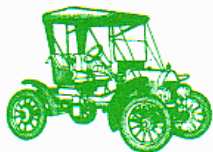
"We are thrilled with this initiative. Often, this is an item that gets overlooked when people think about donating to the food bank," says Trisha Robinson, Executive Director of the Wilmot Family Resource Centre. "Pets are an important part of many families and can help reduce isolation, decrease loneliness, and increase a sense of well-being."

Donations can be dropped off at New Hamburg Vet Clinic, 19 Arnold Street, New Hamburg. Donations of unopened pet food of any type or format, as well as donations of cat litter will be accepted. The pet food drive will run the entire month of October.

"We want to thank everyone in advance for your generosity and support. We know we have a very caring community," states Dr. Hunter.

Contact: Anne Marie Hunter, DVM
New Hamburg Veterinary Clinic (519) 662-1525 phone

Trisha Robinson, Executive Director,
Wilmot Family Resource Centre, (519) 662-2731 phone
adminwfrcc@bellnet.ca www.wilmotfamilyresourcecentre.ca



NEW HAMBURG LICENCE OFFICE

100 Mill Street, Unit B,
New Hamburg, Ontario N3A 1R1

Deb or Les Armstrong Ph: (519) 662-3420
Fax: (519) 662-4788



19 Arnold St. New Hamburg, ON N3A 2C6
519-662-1525 fax. 519-662-1473 e-mail. nhvet1@bellnet.ca

The Staff of the New Hamburg Vet Clinic Invites you to our OPEN HOUSE

Sunday, September 26, 2010 1-4 pm

Come out and enjoy the petting zoo, door prizes, games, refreshments, teddy bear surgery and silent auction.

All donation proceeds will go towards
The Farley Foundation (www.farleyfoundation.org)

Think Pink ~ Baden Believers Do!

Baden Believers are working together to fight cancer and need YOU to be part of our team!!

The *Baden Believers* are very excited about the generosity of the community this year towards raising \$5,000 for the CIBC Run for the Cure! We already have 28 members on the team, and would love to have more people join us on October 3rd @ Bingemans for this amazing event. The *Baden Believers* are hoping to reach the fundraising goal, with already close to \$4,000 raised, and less than a month to go!

If you would like to join our team, to walk, jog, or run on October 3rd, please email sparky1@primus.ca or visit www.runforthecure.com. You can also sponsor the team from that link as well.

Angela Desjardins,
Team Captain of the *Baden Believers*

THINK PINK!!



THE CORPORATION OF THE TOWNSHIP OF WILMOT

ARE YOU ON THE VOTERS' LIST?



REVISIONS TO THE 2010 VOTER'S LIST

NOTICE is hereby given that the Preliminary List of Electors for the Township of Wilmot, indicating the names of those persons entitled to vote at the Municipal Elections, is available for review effective September 1, 2010 upon request at the following locations:

1. Township of Wilmot Administrative Complex,
60 Snyder's Road West, Baden, Ontario
Monday to Friday, 8:30 am to 4:30 pm
2. New Hamburg Branch Library
145 Huron Street, New Hamburg, Ontario
3. Baden Branch Library
115 Snyder's Road East, Baden, Ontario
4. New Dundee Branch Library
136 Main Street, New Dundee, Ontario

** Please contact your local library for hours of operation.*

Electors should examine the list to ensure that their names and relevant information are correctly shown. Applications for inclusions, additions, corrections to, or deletions from, the list may be made by an elector by completing and filing a form available at the Office of the Clerk, 60 Snyder's Road West, Baden, Ontario, during regular office hours, Monday to Friday, 8:30 a.m. to 4:30 p.m., **commencing September 7, 2010**. The last day for filing applications concerning, inclusions, additions, corrections, or deletions is **Monday, October 25, 2010 at 8:00 p.m.**

Barbara A. McLeod, C.M.O., Director of Clerk's Services
Township of Wilmot, Telephone: 634-8444

TOWNSHIP OF WILMOT

MUNICIPAL ELECTION
OFFICIALS REQUIRED



The Township of Wilmot is currently recruiting Deputy Returning Officers, Election Assistants and Revision Assistants for the Municipal Election to be held on Monday, October 25, 2010.

For additional information please contact the Deputy Clerk at 519-634-8444 ext. 230 or refer to the website, www.wilmot.ca.

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Classes will be held from 7:15 - 8:15 p.m.
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Please see the following website for more
information. www.genbukan.ca

BADEN BIRDING

By Dave Rogalsky and Ken Quanz



A friend recently asked what had happened to the birds in her yard. Until recently, they had been seen daily in their usual places, but suddenly they had disappeared. Could the birds have moved or did something happen that decimated their population? In all probability, the available feed sources of insects and flower seeds had caused this movement, but how can we tell what is happening with bird populations?

Ornithologists (scientists who study birds) use a variety of tactics. Bird banding programs at places such as Long Point and Cape Heard make it possible to record data on many species as they migrate. Year to year fluctuations in population numbers as well as times of migration are tracked. Smaller bird banding programs such as the one at Wrigley Corners Outdoor Education Centre concentrate on individual species and how the flock interacts. (I will cover this in another article about chickadees as we head towards the winter months.) Often observation stations use sound tracking antennae to estimate the number of birds of various species as they pass overhead during nightly migrations. All of these methods of tracking require specialized training and equipment, and so are left to the professionals of Nature Canada and the Canadian Wildlife Service. These organizations work on a national basis and also interface with agencies in other countries as birds do not respect political boundaries.

One of the most important tools for tracking birds, however, is run by non-professional birders like you and me. Each year there are days set aside by Field Naturalist Clubs and other organizations for a concerted effort to count all the birds in a specific area. Over the years this data is compared and trends for the area are established. The largest of these bird counts is the annual Audubon Christmas Bird Count (CBCs). Last year, circles of birders with a radius of 10 km each took part in the endeavour in a two week period. These circles covered North, Central and parts of South America, giving us a "snapshot" of bird populations. Locally there are three CBCs: Kitchener on Dec. 18, 2010, Cambridge on Dec. 19, 2010, and Linwood after Christmas. A circle contains about 314 square kilometers of area. This is broken down into smaller spaces using roads and

rivers as boundaries. Birders are assigned to each area to cover as much habitat as possible during the day. My group typically starts about 5 a.m. by calling for owls along a specific route. The owls are counted by their answering calls, but we also usually get the owls in close enough to see them with a flashlight. As the sun starts to come up we extend our count to forests, rivers, lakes, and grassland as well as farm building areas and residential/commercial areas. Much of this is done on foot, although we drive to gravel pits and hydro lines. Some birders simply stay at home in the count area and watch their bird feeders on a regular basis. By sunset we have gathered all the data we can get except for the odd visit to an owling area we were unable to cover in the pre-dawn time. Then it is back to a central location to meet with all the other groups, compare notes, and total our findings. Do some birds get counted twice? Since we stay in specific areas and tend not to cover the same ground twice, only birds that fly some distance may be counted twice. If this happens with a Herring Gull or a Canada Goose, it is probable that some that were missed in one area were also missed in another area so there is no great problem reporting the numbers. On the other hand, birds like Bald Eagles which cover great lengths of the river are identified by age, exact time seen, and direction headed in order to compare notes and eliminate duplication.

If you would like to join us this year, no matter what your skill level, please call one of the following team leaders who will be glad to assign you an area or team you up with other birders who know the terrain. Cambridge – Levi Moore 519-632-7503; Kitchener and Linwood – Ken Burrell 519-699-4695



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**Wilmot Family Resource Centre
Child & Youth programming for the Fall of 2010**

After School Programming:

We will be running three different afterschool programs through out the 2010/2011 school year. Beginning this fall with...

“KIDS CAFÉ” for children from grades 1 to 5.

Get ready, get messy, and make some fun healthy snacks !!

If your child enjoys preparing and learning about food then this is the club for you! We will try some foods that may be new and different, do fun activities that reinforce, or expand on the lessons learned while preparing the snack. The activities will be designed to be fun and give kids a chance to use their creativity and thinking skills.

When: Wednesdays from 3:30 to 5p.m. beginning October 6th

Where: WFRC 175 Waterloo St. New Hamburg

Who: Children from grades 1 to 5.

Cost: The program runs for 10 weeks & is \$40 for agency members \$50 for non-members. Pre-registration and payment are required to hold your child’s spot.

Teen Fun Zone:

Will be up and running once again on Thursday afternoons/evenings from 4:30 to 8:30 at the Old New Hamburg arena, 251 Jacob St. New Hamburg. All youth from grades 5 to 12 are welcome to drop-in to skateboard, play video games, air hockey, fooseball, and more.. We do require youth to have registration/emergency information forms filled out, as well as a helmets to skateboard.

The cost to attend is \$2.00 per day.

For more information or to have registration forms emailed to you please contact Tina @ cr4wfrc@bellnet.ca or call

**Nutritional Cooking Classes with
Baden’s own Nutritionist:
Heather McKague-Bandi ROHP, RNCP**



Learn how to make healthy, nutritious meals for on-the-go families.

Cost: \$25. Per person/session.

Location: 15 Foundry St, Baden, ON (next to Wilmot Ju Jitsu studio) **Time:** 6:30 to 8:00 p.m.

September 29, 2010 – Immune Boosting Quinoa:
Pronounced Keen-wah, this delicious, high protein alternative to rice and pasta is loaded with health benefits. Learn how to boost your immune system naturally, from food, and create a quick dinner at the end of a busy day.

October 27, 2010 – Lower Cholesterol Chili:
Whether you have been diagnosed with heart disease or want to prevent it, this delicious vegetarian chili recipe is wonderful on a cool fall day. Learn what foods will help to lower your cholesterol and how to combine them for a delicious chili the whole family will enjoy.

November 17, 2010 – Smoothies, Smoothies, Smoothies:
This class will give you an opportunity to create and taste various smoothie recipes to find the one you love. Protein smoothies can be prepared inexpensively at home and are a great snack/drink alternative any time of day.

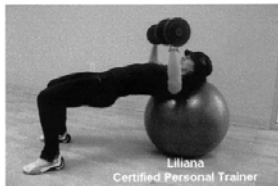
For more information or to reserve your spot, please call 519-656-9600 or email mckaguebandi@rogers.com

Heather McKague-Bandi is also available for individual nutritional consultations at Grass Roots Nutrition and Wellness Centre, 3710 Nafziger Rd, Wellesley, ON.

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No one laughs at themselves more than a retiree! And they ask---
What's so Great About Retirement?



Question: How many days in a week?

Answer: 6 Saturdays, 1 Sunday

Question: When is a retiree's bedtime?

Answer: Three hours after he falls asleep on the couch.

Question: How many retirees to change a light bulb?

Answer: Only one, but it might take all day.

Question: What's the biggest gripe of retirees?

Answer: There is not enough time to get everything done.

Question: Why don't retirees mind being called Seniors?

Answer: The term comes with a 10% percent discount.

Question: Among retirees what is considered formal attire?

Answer: Tied shoes.

Question: What is the common term for someone who continues to work and refuses to retire?

Answer: NUTS!

Question: Why are retirees so slow to clean out the basement, attic or garage?

Answer: They know that as soon as they do, one of their adult kids will want to store stuff there.

Question: What's the biggest advantage of going back to school as a retiree?

Answer: If you cut classes, no one can call your parents.

Question: What do you do all week?

Answer: Monday to Friday- nothing, Saturday, Sunday-rest.

Certainly some retirees can relate to some of these AND, If you have not yet retired, look what you have to look forward to.

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Castle Kilbride: the pride of Baden, and a national historic site. We all pass by it every day, but have you ever wondered why it's called "Castle Kilbride?"

A trip to the Castle's website at www.castlekilbride.ca or a trip to the Castle museum itself will give you the answer: James Livingston, the flaxseed industrialist who built the stately mansion as his home, was born in the town of East Kilbride, Scotland.

He simply named his remarkable house after his birthplace. But curious minds want to know more: where, exactly, is East Kilbride, Scotland? What is the town like? And does any hint of James Livingston remain there today?

Colleen and Dave Herner of Baden wondered these things, and decided that, like the shorter journeys described above, these questions could be answered only with another trip. But this adventure would take Colleen and Dave across an ocean and 156 years back in time, to the birthplace of James Livingston himself.

A Trip Back in Time

In June of this year, Colleen and Dave visited Scotland and England, spending one week in each country. But it was only on the final day of their time in Scotland that they made the drive over the lush Scottish countryside to East Kilbride, a town about one hour south of Glasgow.

The Herners had already been in touch with a man named Bill Nevin via e-mail. Bill is a historian and author of several books about his home in East Kilbride, and he had actually been to visit Baden about ten years before. He had met Tracy Loch, curator at Castle Kilbride, and it was Tracy who put the Herners in touch with him.

"Because we looked forward to East Kilbride as the highlight of our trip, we'd saved it for the last day," explains Colleen. "We'd sent a message to Bill, but hadn't received any confirmation, so in a panic, I phoned him the morning of our last day. Sure enough, he was more than happy to meet with us."

"We arranged to meet in East Kilbride, but the directions were pretty vague," laughs Dave. "Bill had told Colleen to come to East Kilbride and meet him at the Montgomery Arms, a pub 'beside the church with the steeple'. 'I said to Colleen, do you know how many churches with steeples there are in East Kilbride? But she found it!'"

Once the Herners met Bill, the first thing he said was "I'll get the key to the church." "What church?" thought Dave, but it soon became clear: Bill took them to the East Kilbride Old Parish Church--the very church attended by James Livingston and his family over 150 years ago.



A Brief History of the Man

James Livingston was born in East Kilbride in 1838, the son of a weaver. Not much is known about his early life, but he and his brother John left East Kilbride for Canada in 1856. James, then, was only sixteen years old when he arrived in Perth County, Canada West, to seek his fortune.

Soon after his arrival, James moved to Conestogo in Waterloo County. One of the first jobs James found there was working for flax growers. He learned quickly: by 1865 he and John were growing flax themselves in Wellesley, and soon began producing linseed oil (a byproduct of flax) in Baden.

James Livingston's flax business soon grew into an empire: his business expanded, and his political aspirations also grew when he became a reeve for Wilmot Township in 1878, and then a member of the Ontario legislative assembly. He was elected to the House of Commons as a Member of Parliament in 1882.

And of course, in 1877 he built an enduring and beautiful monument to his legacy: Castle Kilbride.

Surprises from the Past

As Dave and Colleen walked through the streets of East Kilbride with Bill Nevin, they wondered about the early years of the famous and powerful James Livingston. They asked Bill about the Livingston family, and wondered where the burial sites were of James's ancestors.

"They aren't marked," said Bill. "The Livingstons were far too poor to have marked graves."

The Herners were astounded. How could such a prosperous man have left no mark in his birthplace? But Bill explained that because James left at such a young age, he hadn't had a chance to explore his talent for business before leaving for Upper Canada. In fact, the Livingston family is barely remembered in East Kilbride today.

Bill, however, as a local historian, is well-informed about the Livingstons. When he and the Herners entered the East Kilbride church attended by James and his family, Bill was able to point out the pews where the Livingstons would have sat.

"They sat in the loft, again because they weren't rich enough to have pews on the floor," explains Bill. But despite learning about the Livingstons' humble beginnings, the Herners were deeply touched by that moment, when they felt the connection between James's beginnings and the place where he made his mark in life.

"We'd come from Baden where James Livingston made such an incredible impact. And then I stood there, in the place where James Livingston spent time as a child, and saw the



Melissa Rabbets

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baptismal font where he would have been baptized--and shivers went down my spine," recalls Colleen.

"It was meant to be," adds Dave.

A Walk Through History

Next, Bill took Colleen and Dave outside for a walking tour of East Kilbride. He pointed out the places that existed during James Livingston's life, and the HERNERS were struck by East Kilbride's interesting mix of new architecture and old structures. Stone inns and churches stood beside new construction, like the Rolls Royce Motors plant that manufactures engines for aircraft. Colleen was charmed by a "loupin," a set of stone steps on the street used by people hundreds of years ago to mount carriages.

Then Dave asked Bill a question that had been on his mind for some time: "Do you know where James Livingston would have lived?" he asked.

The answer was "Yes!" Bill pointed to a grassy boulevard on Glebe Street where nothing remained: there was no indication or remnant of a house, but Bill knew from his research that it was the place where James Livingston was born.

Again, Dave and Colleen had the shivers --and they were also saddened to think of how there was nothing left of the Livingston's legacy. "It's very sad that virtually nobody there knows anything about James," says Colleen. "He did such incredible things in Canada, and in such a short time."

"This man is an important part of my life," she continues. "My life, and of everyone in Baden. But nobody knows him in the place where he was born."

A Trip to Remember

Dave and Colleen's trip to East Kilbride marked the end of a glorious exploration of Scotland: they were captivated by that land's incredible beauty, and by the history that still lives everywhere you look. Their time there, and then in England, took them to such places as the Rosslyn Chapel (made famous by The Da Vinci Code), and numerous abbeys, churches, museums, and other historic sites.

"The landscape is so beautiful," says Colleen, "both in Scotland and in England, where we went the day after our visit to East Kilbride." When asked why she and Dave had decided to make the trip, she answered: "We'd visited England about eight years ago, and we wanted to do it again--and particularly to see where James Livingston was born. It was a 'bucket list' thing!"

"The place is so steeped in history," adds Dave. "Too often, we tear down our oldest buildings to build parking spaces. We need to ask ourselves: would our grandparents want to see this building taken away?"

It's that sense of history--and that appreciation for connecting the past to the present--that led the HERNERS on their voyage from Baden to Scotland.

In some ways, their trip completed a circle begun 156 years ago: by journeying back to East Kilbride, all the way from the little Canadian town where a man's Castle now stands, Dave and Colleen brought James Livingston home.

Many thanks to Dave and Colleen HERNER for their wonderful story and photographs, and many thanks also to Tracy Loch, Curator at Castle Kilbride for further information and photos.



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16th Annual Poor Boys' Luncheon

Thursday, September 23rd, 2010

11:30 a.m. - 1:30 p.m.

5:00 p.m. - 7:30 p.m.

New Hamburg Community Centre

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For tickets or information call WFRC at 519-662-2731

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Have you been down to the east side of Snyder's Road in Baden lately? Unless you happen to live there, that end of town is perhaps easy to forget: it's a bit off the beaten track, with few businesses and no immediate highway access.

It's a quiet part of Baden. One place in particular has sat for years, apparently a vacant lot, oddly empty in a row of lovely homes. If you walked by that lot, you may have wondered: why is this place untouched?

Ah, but it's not untouched--not since 1830, when Jacob Kropf created a cemetery there...a cemetery that had all but been forgotten until the efforts of Wilmot Township and the descendants and friends of those buried there joined together to recognize this hallowed ground.

Jacob Kropf was a Deacon for the Wilmot Amish Mennonite Settlement, and researchers believe that he provided the land at Lot 13, north of Snyder's Road, as a burial place for Christian Stuckey and his wife Barbara when they died between 1830 and 1832. Later, by 1866, Jacob and the trustees of a school that had also been built at the site dedicated a portion of the land "for the use of all denominations of Christians."

Trustees were established, and the cemetery was used in the 19th and early 20th centuries. but it seems that the trustees were never replaced, and the cemetery fell into disuse. Other cemeteries in the area became more popular, and the old Kropf Cemetery was abandoned.

But it was never completely forgotten, and of course there were always the tangible reminders of what the land had been used for— broken and fallen headstones were stacked in the centre of the lot (sadly, the cemetery had been vandalized and many headstones were damaged). However, the families of those buried there remembered the significance of the place.

Wilmot Township also recognized the importance of the lot's history. In 2010, Heritage Wilmot, Wilmot Township and the descendants and friends joined together to mark the place as an important historic landmark by creating a poignant memorial to those buried there. It was decided that a stone cairn be constructed at the site at a cost of \$13,200.

In January, the Township approved \$5,000 towards the project, and a Trust Fund has been established to raise money for the rest. (Donations are still welcome, and can be dropped off at the Finance Department at the Township of Wilmot office on Snyder's Road in Baden). This summer the concrete base was poured, and in recent weeks the cairn itself was completed.

The monument is primarily fieldstone, and is a simple yet powerful design recalling the strength of Baden's pioneers. Within the cairn are set two plaques: one briefly outlines the history of the cemetery, while the other lists the names of those buried, or believed to be buried there.

And of course, the remaining headstones have been carefully set into the cairn, once again tenderly marking the resting place of some of Baden's first residents. Stuckey, Oesch, Miller, Wagler, and more--and, of course, Kropf. These names are also memorialized in the street names of Baden, so that today's residents are surrounded by the names of Baden's oldest families.

From the legacy, set in motion by those first pioneers, has grown the Baden that we love, nearly two hundred years later. Whether you're an "old" or "new" Baden family, this cairn--and the history it recognizes--are a meaningful part of where we live.


All are welcome to the dedication ceremony on Sunday September 26th, beginning at the Kropf/Baden Cemetery on Snyder's Road East at 2:30 p.m. After the ceremony, the public is invited back to Castle Kilbride for a reception. (Thanks to Tracy Loch, Lorraine Roth and Heritage Wilmot for information about the cairn and about Jacob Kropf.)



7

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A View From the Back Door at the New Hamburg Thrift Centre

The most common image of a volunteer is a mature adult—most likely retired. But if you have had the opportunity to wander into the New Hamburg Thrift Centre you will see that our volunteers span all age groups! As our teenagers head back to school, the community service hours required for a high school diploma may be at the top of their minds for some.

During the 2009 school year, we had a committed high school student, Reid Kennel, join us as a volunteer. Reid quickly completed his hours and carried on as a volunteer throughout the year. When an opportunity opened for a paid summer student role, Reid was the obvious choice! We asked Reid to share some reflections from his summer spent with us.

From the Back Door - by Reid Kennel

Something I learned this summer is that the amount of donations that the New Hamburg Thrift Center receives is truly staggering. For the past two months I have been working at the receiving door of the New Hamburg Thrift Center and that makes me one of the few people who sorts through every item that enters the store.

Being the first to get any donations, I see some pretty weird and interesting things come through the back. I've seen everything from an alligator head to a small sword from India to eight-track tapes, mostly Elvis Presley's works. After I look through donations in the back, I send the items to their appropriate departments. The departments can be very broad, like housewares, or they can focus on a single item, like clocks or cards. This is where the beauty of the thrift store is: with many departments and volunteers there will always be someone who knows what an item is and how it should be priced.

Since the majority of volunteers are older, one would think that they would always be asking the younger volunteers, "What's this new-fangled thing here?" But that happens only rarely. Admittedly they might not be the hippest bunch of people but they're very observant and have a relevant and insightful viewpoint that is quite refreshing. That being said, the older folks have a great sense of humour and that is what makes them a joy to work with. The best example of this is a prank involving a manager's parking space and a couple of giant teddy bears in a volunteer's car.

Overall, the New Hamburg Thrift Center is a great place to get student hours. The managers and volunteers are a friendly and fun group of people who really make the volunteer experience great. If you want proof of this, ask one of the volunteers. After all, 300 people can't be wrong.

For more information about volunteering at the New Hamburg Thrift Centre, or to print off an application form, visit us at www.newhamburgthrift.com

New Hamburg Thrift Centre

41 Heritage Drive

New Hamburg

tel: 519-662-2867

www.newhamburgthrift.com



Urgent Appeal! Relief Efforts in Pakistan



We are now accepting financial donations to aid the victims of devastating flooding in Pakistan.

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Sunday Brunch - 11:30 a.m. to 2 p.m., Dinner 5 p.m.-8:30 p.m.



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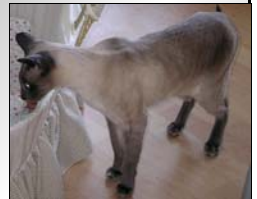
Front Word or Back Word Scrambles:

Listed below are four unrelated words. Can you find a word that can either precede or follow the words in each group? Answers on page 33
 Example: tin tea half stanley (answer is - cup) tin cup, tea cup, half cup, stanley cup

- | | | | | |
|---------|--------|---------|------------|-------|
| 1. red | deck | measure | masking | _____ |
| 2. mill | trade | tail | breaker | _____ |
| 3. live | pile | option | market | _____ |
| 4. cat | way | back | bowling | _____ |
| 5. mate | powder | service | conference | _____ |

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**AVIS AUX ÉLECTEURS DES MUNICIPALITÉS
DE LA RÉGION DE WATERLOO
ET DES
COMTÉS DE BRANT, HALDIMAND ET DE NORFOLK**

**DÉCLARATIONS DE CANDIDATURE ET CAMPAGNES DES CANDIDATS - 2010
CONSEIL SCOLAIRE DE DISTRICT CATHOLIQUE CENTRE-SUD
(au membre doit être élu)**

La Loi de 1996 sur les élections municipales stipule que la campagne électorale d'un candidat débute le jour où il dépose sa candidature à un poste.

Les espèces, les biens et les services donnés pour la campagne électorale d'un candidat, que ce dernier accepte lui-même ou qu'un représentant accepte en son nom, sont des contributions. Les contributions ne peuvent commencer qu'après le dépôt de la déclaration de la candidature de la personne qui a l'intention de se présenter à un poste.

Procédure de mise en candidature:

- 1) Les mises en candidature pour les postes susmentionnés doivent se faire par le biais de la formule prescrite et elles doivent être déposées au bureau du secrétaire de la ville de Kitchener, 200 rue King Ouest, Kitchener, en personne par le candidat ou par son agent autorisé.
 - entre 8 h 30 et 17 h durant la journée jusqu'à le au 9 Septembre 2010, lorsque mon bureau est ouvert au public; ou
 - entre 9 h et 14 h le jour des déclarations des candidatures, soit le vendredi 10 Septembre 2010

On peut se procurer la formule prescrite au bureau de n'importe quel secrétaire municipal en Ontario.
- 2) La déclaration de candidature doit être accompagnée de ce qui suit :
 - des droits de dépôt de 100 \$ payables en espèces, par chèque certifié ou par mandat à l'ordre de la Ville de Kitchener, et
 - une déclaration d'éligibilité dans la formule prescrite signée par le candidat.
- 3) Si un nombre insuffisant de déclarations de candidature pour un poste est reçu d'ici la date limite indiquée ci-dessus, il sera possible de déposer des déclarations de candidatures additionnelles entre 9 h et 14 h le mercredi 15 Septembre 2010.
- 4) **Il incombe au candidat à un poste de présenter une déclaration de candidature en bonne et due forme.**

R. Gosse
Secrétaire de la ville
Kitchener

**NOTICE TO THE ELECTORS OF ALL MUNICIPALITIES
WITHIN THE REGION OF WATERLOO
AND THE COUNTIES OF BRANT, HALDIMAND AND NORFOLK**

**2010 NOMINATIONS & CANDIDATE CAMPAIGNS
CONSEIL SCOLAIRE DE DISTRICT CATHOLIQUE CENTRE-SUD
(1 member to be elected)**

The Municipal Elections Act, 1996 provides that a candidate's election campaign period begins on the day he or she files a nomination for an office.

Money, goods and services given to and accepted by or on behalf of a person for his or her election campaign are contributions. This can occur only after the individual intending to run for office has been nominated.

Nomination Procedure:

- 1) Nominations for the above office, using the prescribed form, shall be filed only in the Office of the City Clerk, 2nd floor, City Hall, 200 King Street West, Kitchener, either personally by the candidate or by his or her agent,
 - during the hours 8:30am to 5pm on any day until September 9, 2010 when my office is open to the public; or
 - during the hours 9am to 2pm on Nomination Day, Friday, September 10, 2010.

The prescribed form is available in the office of any Municipal Clerk in Ontario.

- 2) The nomination shall be accompanied by
 - a filing fee of \$100.00 payable in cash, certified cheque or money order (payable to the City of Kitchener), and
 - a declaration of eligibility, in the prescribed form, signed by the person being nominated.
- 3) If insufficient nominations for an office are received by the deadline described above, additional nominations may be filed between 9am and 2pm on Wednesday, September 15, 2010.
- 4) **The onus is on the person nominated for election to an office to file a bona fide nomination paper.**

R. Gosse
City Clerk
City Hall, Kitchener

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This is only to those whose level of maturity qualifies them to relate...

Each year the staff at local college puts together a list to try to give the faculty a sense of the mindset of this year's incoming freshmen. Here's this year's list:

1978: Long hair
2010: Longing for hair



1978: Moving to California because it's cool
2010: Moving to Arizona because it's warm

1978: Hoping for a BMW
2010: Hoping for a BM



1978: Going to a new, hip joint
2010: Receiving a new hip joint

1978: Rolling Stones
2010: Kidney Stones



1978: KEG
2010: EKG



1978: Parents begging you to get your hair cut
2010: Children begging you to get their heads shaved

1978: Passing the drivers' test
2010: Passing the vision test



The people who are starting college this fall across the nation were born in 1992.

Meet Jeff Gerber Ward 4 Councillor Candidate

Jeff Gerber is the latest to join the race for Ward Four councillor, bringing the total number of declared candidates to six. Jeff will be familiar to many in the area as he represented Baden and New Hamburg in the since restructured Ward 3 on Wilmot Council from 2000-2003, and from his 20 years teaching at Waterloo-Oxford.

He lives on Hamilton Road in New Hamburg with his wife Julie, daughters Brookelynn and Katherine, 12, and son Jackson, 10. He is active in the community in many areas. As a teacher at Waterloo-Oxford District Secondary School, he serves as the Student Activities Council advisor and oversees many of the school's main charity and community events, like Relay for Life, the annual Seniors' Yuletide Feast, and Community Outdoor Movie Night. In addition to serving on the Executive of the Wilmot Girls' Hockey Association, he has coached for New Hamburg Minor Hockey, Wilmot Girls' Hockey, and New Hamburg Minor Softball. He is a past member of the Board of the Wilmot Family Resource Centre, and is an active member of Wilmot Centre Missionary Church.


"It is exciting to see the level of interest and the many new faces in this election campaign. At the same time it will be important for there to be some members of the new Council that have previous experience, and having served on Council before I believe I can provide that voice. Many candidates have expressed their support for the hard work done by previous Councils that have helped our Township get to the strong position it is currently in, and having been part of the group in 2000-2003 that helped set that new direction, I feel a certain responsibility to help make sure the strides forward we have taken are not squandered."

Gerber's campaign will focus on four main areas: strong local government, strong local economy, strong local infrastructure, and a strong experienced local voice on Council for Ward 4. You can find out more by visiting Jeff's campaign website at www.jeffgerber.ca.



Baden Outlook Baseball Pool Stats

Place	Name	PTS	Place	Name	PTS
1	Cooper Honderich	299	31	Matt Van De Wynckel	268
2	Patricia Miller	297	32	Lee Fitzpatrick	268
3	Lucas McKee	293	33	Shane Witt	268
4	Henry Brattan	286	34	Cody Dietrich	268
5	Kim Mitchell	286	35	Linda Simas	267
6	Mike Lichti	285	36	Pete Heise	267
7	Gregory Rempel	284	37	Marg Leppington	267
8	Bryce Snyder	283	38	Logan Snyder	267
9	Brandon R. Figg	281	39	Landon Martin	267
10	Colt Holba	281	40	Kathryn Herold	267
11	Su Simpson	280	41	Doris Blake	267
12	Bev Campbell	278	42	Gerald Martin	267
13	P. Sisco	276	43	Zack Gowland	267
14	Tanner Heinbuch	275	44	Bob Brydon	266
15	Dan Schmidt	275	45	Dick Dean	266
16	Caleb Hunter	274	46	Emily Schaefer	265
17	Melba Honderich	274	47	Imma Duffus	265
18	Laura Martin	274	48	Tyler Randerson	265
19	Tim Cutting	273	49	Rebecca Vitello	265
20	Jim Brodie	273	50	Melissa Smith	264
21	Paige Naumann	273	51	Trevor Ross	264
22	Bob Brackenbury	272	52	Brad Ziegler	264
23	Homer Zaplenty	270	53	Mark Struth	264
24	Mary Lou Gingerich	270	54	Bryn Fournier	264
25	Brittney Snyder	269	55	Elias Bizony	264
26	Larry Gascho	269	56	Bob Leppington	264
27	George Schmidt	269	57	Maria Azevedo	264
28	Susan Mills	269	58	Stuart Mitchell	263
29	Patrick Henderson	268	59	Michelle Ruston	263
30	Sarah Martin	268	60	Rita Vitello	263

Congratulations to Cooper Honderich for taking the leader prize in this month's Baseball Pool - winning a gift certificate from  EJ's of Baden.

The lucky random draw winners are **Mark Struth**, winning a gift certificate from Egli's Meat Market, and **Ashley Leu**, winning 2 passes for the Children's Museum and a Baden Outlook coat.



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Peoples Favourite Meat Market*



Baseball 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. To follow the stats, log on to our website at www.badenoutlook.com - Click on sports pool—choose "Baseball Pool" then click on "Baseball Pool Manager" - then "Quick Access" — the pool I.D. is outlookhomerun and the password is quest. Click "Ranking" on the left side. The top 30 entries will be listed - to view more click on "next page" below listing. ~ Have Fun and Good Luck!

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"Get It Together" ...with Donna & Rhonda



This month we conclude our 5 part "HEART" series . These five steps, when completed in order, are what we consider to be the backbone of organizing. These are the steps in the process that we have learned so far:

- H - Handle & Sort (group like things together),
- E - Evaluate (evaluate items - recycle, garbage, donate or keep),
- A - Assign a Home (decide home for each item),
- R - Re-store (restore order and decide which storage container you need) and our last step is ...
- T - Tune up.

If we go to all the trouble to organize an area and then cannot maintain the new system, then all our hard work is futile! It is important to maintain the system by returning the item to its home when you are finished.

Here are several ideas for "tuning up" your new system:

- Set aside time at the end of every day to return items to their homes
- Set aside the last 5 minutes of every hour to tidy
- Set a timer and make "tidy up time" a game
- If you are a checklist person, set up a template and check off items as you complete them

• Set an appointment with yourself, in your daytimer, to maintain your area
Decide a "maintenance style" that fits your personality. Whatever your style looks like, take time to share your new goals with a friend. Ask your friend to call you in a month to see whether or not you are maintaining your "new space". Remember it takes 27 days to make a new habit. Don't be hard on yourself if you take a couple of steps back into old habits. Pick up yourself (and your stuff) and move forward!

In order . . . to live a life of purpose

Ask Armand ~

Dave from Phillipsburg wonders:
Did Baden ever have a hockey team?



Armand says: *You bet we did! And I have the coat to prove it! The Baden Jets played in a four team Intermediate "B" league- consisting of Baden, Philipsburg, St. Agatha and Petersburg. The league ran for a couple of years in the early 50's and slowly dissolved. Most games were played in the New Hamburg arena (two games in one night) and the league was part of the Western Ontario Athletic Association.*



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You Must Be Joking!!



Have you ever been guilty of looking at others your own age and thinking, surely I don't look that old?

Well, while sitting in the waiting room for my appointment with the new dentist (no, not in Baden) I noticed his DDS Diploma on the wall, which bore his full name. Suddenly I remembered a tall, handsome, dark-haired boy with the same name that had been in my high school class around 30 years ago. -- Could he be the same guy that I had a secret crush on, way back then?!

Upon seeing him, however, I quickly discarded any such thought. This balding, gray haired man with the deeply lined face was way too old to have been my classmate.

After he examined my teeth, I asked him if he had attended that particular school and he said "Yes, yes I did. I was on the football team", he gleamed with pride.

"When did you graduate?" I asked.
 He answered "In 1975, why do you ask?"
 "You were in my class!" I exclaimed.
 He looked at me closely, ... Then that ugly, old, bald, wrinkled, gray haired \$**¥##* asked, " Oh, what did you teach?"



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M ID-WEEK
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Moving Towards Healing Through Art

Wilmot Family Resource Centre is partnering with Community Justice Initiatives (CJI) to bring a new support group to New Hamburg. "Moving Towards Healing Through Art" is a peer support group for female survivors of sexual trauma. The group allows women to express themselves creatively through art, using paint to express emotions.

"Using art and painting can allow survivors to express emotions when words can't," says Iliana Pressman, CJI's Service Coordinator of the Survivor Program. "Peer support groups help to reduce isolation and offer a safe space to self-reflect."

This group will begin September 29, and is offered free of charge. Child care is also available. Registration is required and anyone interested in more information can contact Karen at 519-662-2731 ext 201 or fvpp4wfrc@bellnet.ca.

Wilmot Family Resource Centre is a community based

agency that promotes the enrichment and well-being of families and individuals in Wilmot and Wellesley Townships. The Wilmot-Wellesley Family Violence Prevention Program empowers individuals, families, and communities to work towards a violence-free future. Working towards healing from violence is an important step.

Community Justice Initiatives is a non-profit organization, known world-wide as having started the first Restorative Justice Program. In Kitchener, CJI offers peer support groups for men and women who have been impacted by sexual trauma.

Karen Dymond, Wilmot-Wellesley Family Violence Prevention Program Coordinator, Wilmot Family Resource Centre, 1-175 Waterloo Street, New Hamburg, ON N3A 1S3 (519) 662-2731 ext 201, (519) 662-2158 (fax) fvpp4wfrc@bellnet.ca www.wilmotfamilyresourcecentre.ca

COMMON BACK PAIN MYTHS By Dr. John A. Papa, DC

Back pain is the second most common medical complaint, after the common cold. Eighty per cent of all Canadians will suffer from at least one significant episode of back pain in their lives. Below are some of the common myths surrounding back pain and what modern thinking and science has to say about them.



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

Truth: Surgery to relieve back pain should be used only as a last resort. Even if specific testing reveals a damaged disk, recovery often results without surgery. An injured disk in the back may become inflamed and put pressure on nerves and surrounding pain sensitive structures. Non-surgical treatment aims at minimizing pain and discomfort from joint irritation and muscle spasm by prescribing specific exercises to help with recovery.

Myth 2: *Most back pain is caused by injuries or heavy lifting.*

Truth: Injuries caused by heavy lifting do not account for all back pain. In up to 85% of cases, individuals can't recall a specific incident that brought on their back pain. Back pain can result from a single exposure to a bending or twisting incident or it can be small cumulative loads placed on the spine over time. Scientific research also reveals the following statistics and risk factors linked to back pain: smoking, being overweight, poor posture, poor physical fitness, and stressful life events.

Myth 3: *X-ray images, CT and MRI scans can always identify the cause of pain.*

Truth: Even the best imaging tests cannot identify a muscle spasm or ligament sprain that may be the cause of pain. Imaging is usually reserved for special cases such as those suffering trauma in a fall or accident, surgical candidates, unresolved cases of severe chronic back pain, and suspicion of underlying tumor, infection or other serious disease.

Myth 4: *If your back hurts, you should take it easy until the pain goes away. Bed rest is the mainstay of therapy.*

Truth: Clinical data indicates that individuals who remain active do better than those who try bed rest. Remaining active means continuing with daily activities as tolerated and easing back into a regular routine. Activities may have to be modified while recovery occurs, but movement is important for recovery provided it does not put the individual at risk for further injury.

Myth 5: *Diagnosing back pain is simple and straightforward.*

Truth: The causes of back pain can be complex and difficult to diagnose. There are many biological tissues that can generate pain in the back. These may include muscles, ligaments, bones, nerves, and joints. Quite often it is a combination of several or all of these structures that can manifest as back pain and even referred pain into the buttock or leg regions. A licensed health practitioner who deals with back pain is best trained to diagnose the source(s) of your pain and prescribe appropriate therapy when required. For more information, visit www.nhwc.ca.

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.

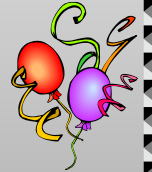
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- **Sunfish Lake:** Population 13 residents
- Largest lake area -754,568 cubic metres
- Deepest lake - maximum depth 18.3 metres
- Most northern town

Lisbon : Population - 61
Most westerly town, sits on either side of Wilmot & Perth Counties



Foxboro: Population 430
First home - May 15, 1995. Village completed 2002 with 215 homes

St. Agatha: Population 624
Oldest Wilmot Church: St. Agatha Mennonite est. 1824. St. Agatha was mainly Catholic faith which was unique to Waterloo Region in the early years.



Philipsburg : Population 80
Originally a native trail, hamlet formed in the 1840's. Zion Church established 1843, first town school 1844 and post office 1851 to 1915.

Baden: Population 4223

- Highest elevation 1,067 metres
- Largest public school population 795 students
- Shallowest lake maximum depth 0.2 metres and smallest lake area 16,047 cubic metres (Spongy Lake)
- Steinman Mennonite also oldest church in Wilmot 1824
- Waterloo Oxford High School 1,322 students



Petersburg: Population 406
Second Post office in Wilmot (1842) Grand Trunk Railway Stop, beginning in 1856. School opened 1848, named after Peter Wilker.

Luxemburg : Population 27
Hamlet connecting New Hamburg and Baden and growing!



Mannheim : Population 1,071
Wilmot's most eastern town

New Hamburg: Population 7,387, largest town in Wilmot
smallest public school-Grandview 158 students.
Other schools: Forest Glen-585 and Holy Family-226 students. Home of Mennonite Relief Sale, Moparfest and The Community Players theatre group.

Wilmot Centre: Population 55
Once housed the township seat of government 1860's. Previous school SS#10 1847, Wilmot Senior School, Once had an inn and two saw mills.

Shingletown : Population 113
Also known as Schindelstедdle and Victoriasburg. A small industry manufacturing shingles was located there.



Haysville: Population 129
First Post Office in township -1837
Also stage coach stop on route to Goderich.
Originally known as Jonestown

Rosebank :
First Frame Building built in Wilmot—1830 (not a log home)
One of two stage coach stops in Wilmot

New Dundee : Population 1,214
Wilmot's southern most town—public school -256 students
New Dundee Creamery, founded in 1908
New Dundee Emporium, founded in 1887



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Baden Branch Library News

One Book, One Community (OBOC) Author Readings

Join us for this year's OBOC author readings, September 21, 22 and 23, in Waterloo Region. Meet the author of *The Best Laid Plans*, Terry Fallis. Admission is free and everyone is welcome! For a complete author reading schedule, and more information about the book, visit www.oboc.ca or call RWL headquarters at 519-575-4590.

Library Elf

Want to avoid the hassle of overdue materials? Sign up for ELF – your personal email library reminder service at www.libraryelf.com. Elf can help you manage your library account with email alerts.

NEW Kids Book Clubs coming this Fall

The Baden Book Worms: is a Book Club for kids ages 7 to 9. The first meeting is Tuesday, Oct. 19, from 6:45 – 7:30 p.m.

The Awesome Book Club: for kids ages 10 to 12. The first meeting is Tuesday, Oct. 5, from 6:45 -7:30 p.m. Fun activities, great stories and more! Pre-registration is required for both clubs. Please call the Baden Branch Library at 519-634-8933 for more information.

Wit's End Book Club

The Wit's End Book Club is always looking for new members! This group of young moms meets once a month to discuss their book selection and have some time out! Please contact Sherilyn Van De Wynckel at 519-634-4946 for more information.

Study or Meeting Space

The library has a room available for quiet study, tutoring or meeting space. Please talk to library staff to reserve the room or for more information.

Lost and Found

There are a few items that have been left behind at the library over the busy summer. Please check with library staff if you are missing something.

Contact the library at 519-634-8933 or by email at badenlib@regionofwaterloo.ca for more information. Up-to-date information is also available on our website at <http://www.rwl.library.on.ca>.

Chris Baechler, Assistant Supervisor,
Baden Branch



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the Health & Wellness Page

POTATOES

Submitted By Michael Fisher, R.N



Why do people say these are bad again? I'm not sure, I can't figure it out. Yes, they are a great complex carbohydrate -- precisely what our body thrives on. Yes, they are nourishing, deeply satisfying and gently 'filling' for those trying to lose weight. So why the fuss?

Contrary to popular belief, potatoes are an awesome food. They may not be right for you, as nothing is right for everybody, but for most people, the qualities I just spoke of are greatly welcomed. Not to mention, this plant is a vegetable. As with any whole food, leave the skins on, which greatly changes the properties of the food. Fiber, which is sought after by any health food junkie is what gently cleanses the digestive tract (especially in the case of the soft, insoluble potato skin fiber), creates a feeling of satiety, and lowers the blood sugar levels in the body. If you skin them and cook them to mush, they can elevate sugar levels for those who have glucose stabilizing issues, but otherwise, potatoes calm and centre the mind, as whole complex carbohydrates should. In fact, they are so calming that they can cause laziness if eaten in excess! (Especially if eaten with excess oil, in the case of chips). They build the digestion, especially if cooked with a little spice such as cumin or mustard seeds, but also build body tissues and support hormones. They are great for jet lag and menopause, help relieve inflammation and reverse issues caused by the stresses of the modern world.

Go with your gut, if this feels like a good food for you, eat it. But... ahem, french fries are another thing! The oil used in deep frying french fries will ruin your tissues enough that no potato will be able to heal them! Instead, saute, bake, or gently boil; add your own quality oil, or eat with your own home created sauce like your grandmother used to make.



Michael Fisher
mike@michaelfisher.ca
www.michaelfisher.ca / www.fooddharma.ca

We wish Michael well as he travels to Bali, Indonesia in September to teach and cook for an international health retreat with Nutritionist, Paul Pitchford.

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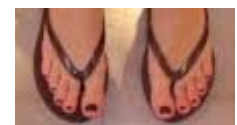


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Summer may be coming to an end, but the garden season still has a lot left to give. There are colours, flavours, sights and sounds completely unique to this time of year. And there's also a lengthy list of tasks you need to tackle before the snow flies.

Let's talk about the enjoyment first...

Distinct Fall Looks

Now is not just the time for you to have a wardrobe swap. The garden goes through an amazing transformation throughout September and October, changing from the brilliant colour of summer blooms to the mature depth and shades of the fall bed.

Every Ontario garden needs some Chrysanthemums (or just "mums" for short). Pick them up at the local garden centre or even at the grocery store. Available in red, orange, yellow, purple and white, among other colours, these flowers produce a beautiful blanket in your garden.

Shop for hard to find varieties to create a unique look in your garden. Belgian mums are compact, short plants that boast mounds of blooms, sometimes hundreds on a single plant. Another fall variety that also has a long bloom period is the "Clara Curtis" cultivar, with a tall shape and pink flowers sporting a yellow centre.

Sedum is a late-summer or fall bloomer that delivers distinct texture and shape as well as colour. Autumn Joy sedum is stunning and an absolute favourite in my garden. Sedum Maestro has dramatic blue-gray leaves and brilliant purple buds that attract the local butterfly population.

How about perennial grasses, whose tips are crowned in

majestic plumes throughout the fall and winter? Try *Miscanthus sinensis* (Japanese silvergrass) or *Miscanthus strictus* for hardy, impressive grasses.

And of course our local trees are getting ready to display their magnificent fall colours, including the Autumn Blaze Maple, Serviceberry and Swamp Red Oak. Take a walk through your neighbourhood to enjoy the different views around every corner.

Now For the Work

Fall brings a list of garden and lawn care tasks that will get you out into the fresh air and get your home ready for winter.

September is when the collection and clean up starts. Start slowly and bask in the beauty while you work.

- Collect seeds for next year's plantings
- Remove all visible weeds before they go to seed
- Fertilize the lawn
- Add compost to the gardens
- Plant your spring bulbs
- Plant trees (you can do this until mid- to late October, allowing them about six weeks before the first sign of frost)

October reminds us to be thankful for our garden and is still a wonderful time to appreciate all that our outdoor living space has to offer.

- Dig up your tender bulbs, wrap and store in a cool, dark place (cannas, dahlias and gladiolas need this TLC)
- Rake the lawn
- Bring in clay pots and any plants that will need to overwinter inside
- Clean your garden tools, sharpen pruners and lawn mower blades
- Remove any diseased foliage and burn
- Trim back your plants, but be sure to leave flowers with seeds for the birds
- Near the end of the month, clean out the veggie garden, removing dead plants and fallen fruit

There are still a few things left to do in November, as the cold weather hurries in and thoughts of the holidays start to crop up.

- Lay mulch over rose bushes
- Drain the outside hoses and turn off exterior water valves
- Wrap trunks of tender trees to protect them from nibbling creatures
- Clean leaves and debris out the gutters
- Keep raking the leaves
- And if you're feeling really motivated, hang up the Christmas lights!

Above all, enjoy the fall garden every moment you can.



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Answers from Front Word Scramble– page 21

1. Tape
2. Wind
3. Stock
4. Alley
5. Room

What is Parents Together?

Submitted by Chris Douglas

A growing group of young mothers with their active preschoolers has been meeting at St. James Lutheran Church on Mill St in Baden, on Wednesday mornings since the beginning of January 2009. As the Moms chat over a cup of tea or coffee, in another room, Jenn entertains the busy youngsters amongst an assortment of games, stories, songs, books, and of course a snack. Any parent with preschool children is welcome to join them.

The group have had several excellent facilitators join in to lead the discussion around topics important to new parents. Topics such as taking care of yourself as well as the children, managing anger, facing depression, the trap of trying to do everything, staying a couple while being parents, feeding the family on a budget, travelling with little ones, talking so your preschooler will listen, and listening to them. The group had fun as Sarah taught massage techniques to help soothe a child, and help relieve baby colic, and another week, Nancy from the Baden Dental Clinic talked about taking care of young teeth. Everyone learns so much from each other in a relaxed format. Always looking to meet suggestions from the group.

Comments around the table;

- Great to connect with other parents in the neighbourhood.
- Wonderful to talk to another adult!
- These are my struggles..... lots of helpful ideas.
- Now my baby will already have friends when he goes into school.
- I'm new in town, a great place to find new friends who are also at home in the day. been home 24/7 before having my baby.....I needed to get out!!

This group is a free, joint venture of Safe Pasture and St James Lutheran Church. They have been privileged to have the support of the Parent and Child Resource Centre at the Salvation Army in Kitchener, Wilmot Family Resource Centre, and Interfaith Counseling Centre, and to welcome staff from these organizations to the meetings.

*Starting again September 22
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*For more information contact
Chris 634 -5929 or Arlene 634- 8904*

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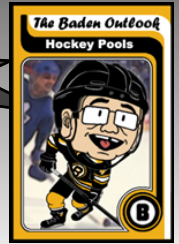
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<input type="checkbox"/> H. Sedin * VAN * 112 <input type="checkbox"/> Ovechkin * WAS * 109 <input type="checkbox"/> Crosby * PIT * 109 <i>Choose between the super threesome!</i>	<input type="checkbox"/> Backstrom *WAS * 101 <input type="checkbox"/> Stamkos * TB * 95 <input type="checkbox"/> St. Louis * TB * 94 <input type="checkbox"/> D. Sedin * VAN * 85 <input type="checkbox"/> Malkin * PIT * 77	<input type="checkbox"/> Thornton * SJ * 89 <input type="checkbox"/> Kane * CHI * 88 <input type="checkbox"/> Semin * WAS * 84 <input type="checkbox"/> Heatley * SJ * 82 <input type="checkbox"/> Parise * NJ * 82	<input type="checkbox"/> B. Richards * DAL * 91 <input type="checkbox"/> Gaborik * NYR * 86 <input type="checkbox"/> Marleau * SJ * 83 <input type="checkbox"/> Kopitar * LA * 81 <input type="checkbox"/> Datsyuk * DET * 70
<input type="checkbox"/> Perry * ANA * 76 <input type="checkbox"/> LeCavalier * TB * 70 <input type="checkbox"/> Zetterberg * DET * 70 <input type="checkbox"/> Getzlaf * ANA * 69 <input type="checkbox"/> Toews * CHI * 68	<input type="checkbox"/> Stastny * COL * 79 <input type="checkbox"/> E. Staal * CAR * 70 <input type="checkbox"/> Nash * CLB * 67 <input type="checkbox"/> Spezza * OTT * 57 <input type="checkbox"/> Tavares * NYI * 54	<input type="checkbox"/> Green * WAS * 76 <input type="checkbox"/> Roy * BUF * 69 <input type="checkbox"/> Iginla * CAL * 69 <input type="checkbox"/> M. Richards * PHI * 62 <input type="checkbox"/> Savard * BOS * 33	<input type="checkbox"/> Ryan * ANA * 64 <input type="checkbox"/> Carter * PHI * 61 <input type="checkbox"/> Kessel * TOR * 55 <input type="checkbox"/> Cammalleri * MON * 50 <input type="checkbox"/> Hossa * CHI * 51
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<input type="checkbox"/> Bryzgalov * PHX * 84 <input type="checkbox"/> Miller * BUF * 82 <input type="checkbox"/> Luongo * VAN * 80 <input type="checkbox"/> Howard * DET * 74 <input type="checkbox"/> Fleury * PIT * 74	<input type="checkbox"/> Kiprusoff * CAL * 70 <input type="checkbox"/> Lundqvist * NYR * 70 <input type="checkbox"/> Rinne * NAS * 64 <input type="checkbox"/> Hiller * ANA * 60 <input type="checkbox"/> Turco * CHI * 44		

ALL ENTRIES MUST BE IN BY OCTOBER 1ST

Name:

Address:

Phone Number:

Adult or Child (12 and under - age ____)

To Follow the Stats simply visit www.badenoutlook.com—select "sports pools" . For adult pool, type in pool ID: outlookhockey and for kids type in outlookkids and the passwords are: *guest*. The NHL season doesn't start until October 1st, so prizes will not start until November.



Thanks for playing and **GOOD LUCK!**



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Dr. John A. Papa, DC
Sheila Reinhart, RMT Sayde Burgers, RMT

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