

SEPTEMBER 2011

# Baden Outlook

VOLUME 12, ISSUE 2



The New Hamburg Heat recently competed in the Eastern Canadian Softball Championships in Trenton, Nova Scotia on August 24 - 28. The fans brought along a copy of the Baden Outlook to make the trip.

Left to right, back row: Brady Gerber, Jake Simpson, Tyler Randerson, Josh Jeschke, Matt Ramseyer, Eric Dakin, Carson Hammer

Front Row: Brady Honderich, Shea Brenneman, Colin Martin, Marcus Roth, Daniel McKenzie.

Missing: Avery Fried (who got stuck behind the slowest train ever in Nova Scotia!)

Barry and Pat Fisher  
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#### Special points of interest:

- Local author features former W-O "Students who Soared".
- Thanks and farewell to our summer nights Cruisin' at the Pond.
- Baden Believers are at it again... and they want you!
- Baden Scouting is closing - but New Hamburg welcomes more kids.
- Baden blooms with more businesses opening in town!
- Baden Outlook Hockey Registration - due back October 1st!

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**This paper is priceless - Please have one!**

# Talking with Ed

~ *This Great Land & Our Leaders*



The recent passing of Jack Layton reminded me how much we honour our leaders. I didn't personally know much about this man, but with his death I came to learn more. My lack of knowledge about Jack Layton propelled me to look further back into our history. You may recall more of your high

school history class than I did, but it was enlightening to dig up some Canadian facts.

I believe that most Canadians would have an easier time naming ten American Presidents than they would ten Canadian Prime Ministers. Here are the top ten presidents that first came to my mind, not including our current leaders: Washington, Lincoln, Jefferson, Roosevelt, Nixon, Kennedy, Grant, Clinton, Reagan and Bush. The top Canadian Prime Ministers include: Laurier, McDonald, King, Pearson, Trudeau, Chretien, Mulroney, Diefenbaker, St. Laurent, and Borden (I had to research to get the last two). And I think it would be safe to say that American history is much more memorable than Canadian history. Much of U.S. history is centred on violence, which, sadly, gets our attention. Events such as the War of 1812, the American Civil War, the Battle of the Alamo, the Mexican Revolution, and the Wild West (Wyatt Earp, Billy the Kid, Custer's Last Stand, etc.). All of these wars help us understand why that country has such a passion for their military. As of September 2010, their military had 1,430,895 people on active duty and another 848,000 in several reserve components. Canada has 67,000 people in its armed forces.

Although Canada does not have a history that is as flamboyant as our neighbours (or is it neighbors?) to the south, we do have some interesting stories and personalities. One such person who has done much for our country yet received little recognition, is Sir John A. Macdonald. There are no Canadian cities named after Macdonald, unlike George Washington. He has a mountain peak (Mount Macdonald) named after him at the Rogers Pass, B.C.; he is co-named on highway 401 (Macdonald –Cartier Freeway) and an Airport (Ottawa Macdonald –Cartier International Airport). He is on our ten-dollar bill, and in 2001, Parliament designated January 11 as Sir John A. Macdonald Day (*that was news to me!*).

John Macdonald was born in Glasgow, Scotland in 1815 and moved to Kingston, Ontario in 1820 with his family. At age ten he was sent to grammar school, which he attended for five years. By 15 he worked to support his parents, whose business had failed. His parents persuaded him to become a lawyer, so in 1830 he took a steamship to York (now Toronto) where he passed an examination by the law society. His supervising lawyer died in 1834, but Macdonald, who was not of age to be a lawyer, or even qualified, continued his practice.

Being a lawyer meant power and fame, which put him on the path to politics. He quickly entered the political scene, moving up from Alderman in Kingston to Attorney General for Upper Canada. In 1867 Macdonald ran for Prime Minister of a smaller Canada than we know today, which consisted of Ontario, Quebec, New Brunswick, and Nova Scotia.

Sir John A. was Prime Minister for 19 years, and in that short time his accomplishments were nothing short of incredible. Here is a list of the provinces and territories brought into confederation: The North West Territories (1870), Manitoba (1870), British Columbia (1871), and Prince Edward Island (1873). Keep in mind that the United States owned Alaska in 1867 and desperately wanted British Columbia to be part of the United States.

One of his most crowning achievements was creating a railroad system across Canada. His government granted the Canadian Pacific Railroad 25 million acres along the route of the rail line, plus 25 million dollars for costs to build the railroad. His government also pledged 32 million to other railroads for off-shoot lines. Through his terms of office he had difficult times as well. He endured the North West Rebellion headed by Louis Riel; the Pacific Scandal; and the Head Tax issue (taxing Chinese immigrants who entered this country). His accomplishments were staggering: Confederation above all, but almost as important if not more so, connecting the country across the continent by a railway that was, objectively, an economic insanity.

Yes -- Canada might have a less interesting history than our southern counterparts but I think everyone can be grateful for less violence and for the foresight of leaders such as Sir John A. Macdonald. Without his vision and energy Canada might have consisted of the four original provinces. Until next month...Ed

*Sir John A. Macdonald Day is held every year on January 11. The Right Honourable Sir John A. Macdonald was the first Prime Minister of Canada and one of the architects of Confederation.*

*Every January 11, Canadians organize activities and events in his honour. Teachers and youth leaders often use this day as an opportunity to teach young people about our first prime minister and the founding of our country.*

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# What's New You Ask? ... Well ...



People ask us what we have to talk about each month and we say... plenty. By the first of each month our inbox is full of great stuff to share with you. It just comes to us... and there are plenty of new and exciting things happening in town. We have new businesses, (a naturopathic doctor, an optician, and a retro candy store) and even more things in the works. Fun stuff! This is the scoop:

- ⇒ Parvez and Joahna Baloo, Baden residents for over 10 years, have opened Baden Optical on our main street. They are excited and say you must pop in to say hello. They have offered some great deals as they begin their business—just may be what you need to see clearly (ha ha)! Check out their featured ad on page 16.
- ⇒ Retro Candy Store - you may say, what?! Yes, Jonathon and Janet Waterhouse, who have their successful “The Little Things” business on Snyder’s Road have now opened up a store at the old Teddy’s Bakery location with an old-fashioned candy store (also on our main street — we may soon have an uptown and a downtown in Baden). Oh yeah, what real candy is... you may recall Black Cat licorice gum, and that soapy tasting “Thrills” chewing gum that we all loved. Their grand opening is September 24, so be sure to pop in and go down memory lane with all your favourite treats from the good old days. The store will be staffed by their children as Janet continues to focus on her alterations shop (with up-coming sewing classes). See their ad on page 25.
- ⇒ As health care changes and continues to evolve with many alternative options, we now have a Naturopathic Doctor in town — welcome to Marisol Teijeiro who will practice out of the Livewell Health & Wellness clinic at the Village Square. Marisol studied in Baden-Baden, Germany and found a soft spot for our town when she visited. Book an appointment with her; as she offers you a 15 minute complimentary visit. This is just one more wonderful wellness option that Sarah Scott is providing for us within her business at Livewell. Be sure to check out her web-site at [www.livewellhealthandwellness.com](http://www.livewellhealthandwellness.com).
- ⇒ And.... keep your eyes on the former Baden Emporium / Baden Market building as plans are “brewing” for a people gathering place! Next month we will have more information to share.
- ⇒ FYI -- The movie “Small Town Murder Songs” which filmed a segment in town in November 2009, with cameo feature Baden boy Brayden Gingerich and Harold O’Krafa, is now available on Rogers On Demand.



There are extra copies of the hockey pool forms in the box.

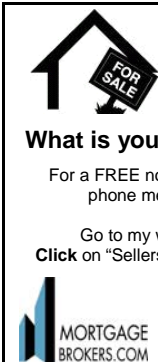
## EXTRA!! EXTRA!!



There are copies of The Baden Outlook available in Baden at Egli’s Meats, Mars Variety, EJ’s, Mac’s, One Way Water, Baden Library, and several outdoor magazine boxes located conveniently throughout town for Baden readers.

In New Hamburg at No Frills, Sobey’s, Short Stop, Kasemann’s, Morningside, Absolute Fitness, NH Dry Cleaners, NH Wellness, New Hamburg Library and various offices and retail locations throughout Wilmot Township. Also available at Stop 2 Shop (St. Agatha), Old Fashioned Variety (Petersburg), & Foxboro.

*~ And as always, It's Priceless ... Please Have One!*



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



Todd Crouse and Danielle Guistini-Crouse, with boys Connor and Owen, took their Outlook to Stonehenge, which is in a farmers' field just outside of Salisbury, England.



Nathan and Colin Shantz with the Baden Outlook, riding the Peak to Peak gondola at Whistler, British Columbia in July.



Rebecca Bearinger Fay took her family to PEI in August. Jesse and Ruby Fay stand in front of a sign near Wilmot River, Summerside, PEI with their Baden Outlook.



Barry and Sharon Roth and Lamar & Audrey Schumm went on an Alaska Cruise vacation from Vancouver to Glacier Bay and back. This photo was taken in Skagway in the Red Onion Saloon, a famous watering hole in this gold rush town. They are seen in order -Barry & Sharon Roth, 2 locals, and Audrey & Lamar Schumm with their Baden Outlook.



Sean, Deanna, Braedyn, and Ryland Carney took their Baden Outlook aboard the Jolly Breeze Tall Ship for whale watching in St. Andrews, NB.

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...From coast to coast...B.C. to P.E.I., north to Alaska, across the ocean to England, and to tropical Mexico, *The Baden Outlook* has been on the move. Thanks for taking us with you on your holiday!



Brenda and Dean Jutzi on vacation in Kelowna, BC in August. Daughter Angel and her fiancé Keith Middaugh, who live in Kelowna, as well as dogs Abbey and Tanqueray, are posed in front of Ogopogo, the famed "sea" monster of Okanagan Lake. They enjoyed the first annual Fusion Festival highlighting downtown businesses and restaurants.




While in Playa Del Carmen, Mexico in July for a fellow Badenite's wedding, (couples from left to right) Paul Novakovic (groom) and Michelle Palmer (bride), Dave Lefebvre and Reina Squire, Jarett and Carrie Schneider, Adam and Jennifer Meyer (Stiefelmeyer Cres), Dean and Christine Robertson, and last but not least Isabelle Palmer, daughter of the happy Couple, hold the Baden Outlook.



Tom and Cecile Hale took their Outlook to Whitehorse, Alaska to visit their daughter and family. They all took a day trip to Haines as seen with their grand daughter Lily.

# BADEN

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## Notes From The Attic ~ Livingston Presbyterian Camp – Baden, 1931

John P. Livingston was very active with the Livingston Presbyterian Church. He donated the property, helped raise money and funded many of the articles inside the church such as the pipe organ. But did you know that he also donated space for a summer camp for boys and girls? It was very popular in its day.

The camp was located at the south end of Baden and was operated by the Presbytery of Canada. A contract was drawn up and signed in June of 1931. The contract was between John P. Livingston / Laura Emma Margaret Livingston and the trustees of the Guelph Presbytery of the Presbyterian Church in Canada. The contract required the Presbytery to give the Livingstons one dollar in exchange for a seven-acre piece of land with buildings, swimming facilities (an actual swimming pool), and athletic grounds. In recognition of Mr Livingston's generosity, the camp was called Livingston Camp.

The first year of operation was in July of 1931. Sixty teen-aged boys attended the camp from July 8<sup>th</sup> to the 17<sup>th</sup> and

sixty teen-aged girls attended from July 21<sup>st</sup> to July 31<sup>st</sup>. Livingston Camp was known as one of the best-equipped camps in Ontario and compared their facilities to the Rockwood Camp.

The registration fee was one dollar, with the balance of five dollars being paid upon arrival. According to the brochure, campers were encouraged to bring a heavy blanket, towels, soap, tooth brush, bathing suit, Bible, notebook, pencil, and sports equipment such as baseball mitts, softball, tennis racket, baseball bat, etc. Registration was paid to Rev. James Fleming, Knox Presbyterian Church of Waterloo, Ontario.

The second year of operation noted that attendance had increased; two full weeks were available for boys aged 12 to 19 (July 7<sup>th</sup> to the 16<sup>th</sup>) and two weeks for girls aged 12 to 19 (July 19<sup>th</sup> to July 28<sup>th</sup>). There were also two weeks (July 30<sup>th</sup> to August 13<sup>th</sup>) added for a young women's camp. The young women's camp was described as follows: *here is a splendid opportunity for young women to spend a profitable vacation under the care of an efficient leadership. A Mother's camp or other adult camps not provided on this folder may be arranged on notifying the secretary not later than August 1<sup>st</sup>. This is a Presbytery Camp and all congregations are required to make use of it the same.*

The camp ran for several years but it is not known exactly when the camp shut down.

### "Saturday Night at the Movies"

Wilmot Mennonite Church, 2995 Bleams Road  
October 15 - 7:00 p. m.

Have you watched the TV series Sue Thomas FB Eye?

"Breaking The Sound Barrier" is a movie featuring Sue Thomas, herself, telling her life story. She had total hearing loss at eighteen months. Her parents were determined that she should live a normal life so enrolled her in a special school where she learned to speak and read lips. At age seven she earned a trophy as a Champion Free Style skater. Later she became an accomplished classical pianist. She was hired by the FBI and her undercover work is the basis for the TV series Sue Thomas FB Eye.

This remarkable true story is an inspiring tribute to the ability of the human spirit to overcome adversity and achieve great things.

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### Wilmot Aquatic Aces Swim Team and local Sun Life – Certified Financial Planner team up with Championship BBQ team for October 1, 2011 fundraiser!

Theresa Dietrich, Financial Planner for Sun Life, New Hamburg, and the Wilmot Aquatic Aces Swim Team are teaming up with the **Black Pig Competition BBQ Team** on October 1, 2011, for a first ever Pulled Pork, Chili and Nachos fundraiser with proceeds going to the Wilmot Aquatic Aces Timing Equipment fund. With the new Wilmot Recreation Complex Aquatic Centre opening in early 2012, the Aces are getting underway with their efforts to raise the funds necessary to provide the state of the art timing equipment required to make sure the new aquatic centre is competition ready for local, regional, and even provincial competitive swim meets!

The Wilmot Aquatic Aces on the verge of their most exciting year ever, (moving into a brand new competitive aquatic centre – the ONLY eight (8) lane competitive facility in the Region of Waterloo). Theresa Dietrich of Sun Life and her love of swimming, along with her brother Mike Callaghan, and the Wilmot Aquatic Aces, all developed the idea of a fundraiser for the Aces. Championship style BBQ Pulled Pork, along with world class Chili and Nachos will be served up Sat. Oct. 1, 2011 from 11:00 am to 3:00 pm at the Wilmot Recreation Complex, 1291 Nafziger Road, Baden.

The Black Pig BBQ Team is led by Mike Callaghan, known as the Big Dog. Mike has had great success with both his Chili recipes and BBQ competitions across Canada and the United States. As the 2009, 2010 & 2011 National Canadian Chili Champion and with multiple BBQ Grand Championships, Mike is very active as a starring guest chef on "Daytime" television. Check out Mike's Blog <http://blog.lesnoiracochon.com/> where you can follow the antics of his recipe development and interactions with his biggest food focus group – his Francophone family – including Theresa Dietrich!

*Corporate sponsor: Theresa Dietrich – Certified Financial Planner, Sun Life Financial Services, New Hamburg*



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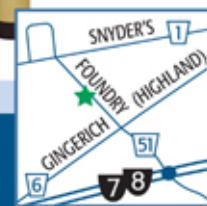


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## Local Author Features W-O Stars

*At the end of the month, there's a book launch going on at the local high school and The Community is invited! After all, Waterloo-Oxford is your high school. Come out and renew acquaintances with past W-O alumni who have "soared."*

I arrived at Waterloo-Oxford District Secondary School in the fall of 1980. W-O was my first teaching assignment, and while I had no reference point to compare, I felt from the beginning that this school and its student body were special. Over the next 19 years of my W-O teaching career, I had no reason to change this point of view.

Perhaps, I'd speculated, it was the setting that made W-O a comfy place to hang one's hat; few schools in the Waterloo Region, at least, could lay a claim to being more countrified. And everyone knows that rural and small town kids just seem less worldly-wise, with fewer sharp edges, than city slickers.

Or perhaps it was the family feel of the school. In many cases, the parents, aunts, uncles and cousins of the current school population had been "Crusaders" themselves. And that seemed to create a certain pride of place. In time, I added my own family's surname to these statistics; both my daughters Meredith and Aliesa attended and graduated from W-O.

But lest anyone mistake "country" for lack of "smarts," it soon became crystal-clear to me that W-O kids, past and present took no back seat to any one in the brains, talent and achievement categories. In fact, I later learned that W-O graduates were given precedence by some university admissions boards.

### Moving On.....

By 2000 my professional path was taking me elsewhere—as a Counsellor at the University of Waterloo, and later at Wilfrid Laurier University; then as a freelance writer. Still, part of my heart remained at W-O. I felt an enduring gratitude and connection to this country school. In 2009, I began an ambitious project that would put the spotlight on it and its alumni.

The news that W-O alumni and *Globe & Mail* Foreign Correspondent Graeme Smith had won an Emmy Award for his ground-breaking *Globe* series of articles: "Talking to the Taliban," got my wheels turning. I started to make an informal list of the names of other W-O alumni who had achieved significant success in their fields. The names came fast and furious...

## Author Says "Mark Your Calendars!"



Author Nancy Silcox says, "This is an open invitation to the community! Everyone is welcome!!"

**Book launch at W-O Library  
Sunday afternoon, Sept. 25, 2011  
2 pm to 4 pm**

Above is the selected date for Nancy Silcox's W-O book launch,

**Star Quality:  
Fifty Waterloo-Oxford  
Students Who Soared**

A cast of thousands will be there to buy books and to get Nancy's W-O scholarship established and off the ground.

All proceeds from the sale of the book will go to a W-O (non-academic) scholarship for a future "star."

Kitchener Mayor Carl Zehr; Lake Ontario swimmer Sam Whiteside; entrepreneurs Bob and Myrna Schlegel; stand-up comic Wade McElwain; eminent American theologian Ron Sider; Canada's Next Top Model Rebecca Hardy; Random House Canada CEO Brad Martin; M.P. Harold Albrecht; Restorative Justice founder Mark Yantzi; Trudeau biographer John English....

Within an hour I'd jotted down close to 50 former Crusaders. Out of this exercise, the idea of a book, celebrating their successes and the school that "spawned" them was born.

I met with W-O principal Ed Doadt to gauge his acceptance of the project, and he was delighted. My decision to forgo royalties for writing the book and to turn the profits towards starting a scholarship for a deserving W-O student put an even wider smile on Ed's face.

### The Book Begins

And so, in January 2010 the book began. I'd settled on 50 subjects, knowing that even in this significant number I might omit some worthy candidates. They'd represent the fields of entertainment, sports, politics and community service, writing and publishing, social service, and last but not least, agriculture. A book about W-O without farmers would be sorely incomplete!

But no easy task would the interview process be. With



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various subjects spread around the globe in (London, England; Paris, France; Istanbul, Turkey; Rome, Italy; Philadelphia, Pennsylvania; Dallas, Texas; Las Vegas, Nevada, as well as Canada--Pacific to Atlantic), it would take some long-range planning to interview them without becoming a globe-trotter myself.

I caught many of them while they were on personal or business visits back to Waterloo Region. And thanks to the wonders of email and SKYPE, I snared the rest.

Over the 16-month course of interviewing, I came across delightful tales and uncanny subject intersections: high-fashion model Crista Cober's discovery by modeling scout Anthony Gordon in a Fairview Park Mall store, and the humorous tale of businessman Bob Schlegel's "con" of his life-long friend, retired Waterloo Region Police Service Chief Larry Gravill.

But the prize in this "it's a small world" anecdote goes to Random House Canada CEO Brad Martin, and Indigo Books Vice-President On-line Andrew Sloss. I'll turn the microphone over to Mr. Sloss to tell the story:

*"Shortly after I was hired by Indigo, my boss Heather Reisman sent me to New York for a business meeting. She informed me that other publishers, both American and Canadian, would be present.*

*After the meeting concluded, the group of us met for supper and some informal mixing. Being the new kid on the block, it was a good opportunity for me to get to know others socially in the publishing business. I joined a conversation that seemed to revolve around family and school backgrounds. One man, whose name I couldn't recall, challenged his colleagues light-heartedly:*

*"I'm sure I'm the only one in this group who comes from Mennonite background; who grew up on a farm and went to a country high school in the middle of a corn field," he stated.*

*This made me sit up and take notice, and I spoke up: "Well, I was raised in Mennonite country; I grew up in a little village with farms all round me; and my high school was in the middle of a cornfield too. I'm Andrew Sloss from New Dundee and I went to Waterloo-Oxford. Who are you?"*

*"I'm Brad Martin," he laughed. "My parents' farm was right across from the Baden Hill, and I went to Waterloo-Oxford too."*

*"What are the chances that two guys from the same country school would first meet in a New York City bar? Andrew asked with a laugh."*

~ Submitted by Nancy Silcox



Carl Zehr



Bob and Myrna Schlegel



Teresa Brown

Just a few of the faces featured...

The Pfenning's



The launch of *Star Quality: 50 Waterloo-Oxford Students who Soared* takes place at the school library on Sunday afternoon, September 25, from 2 pm to 4 pm. Many of the subjects, some travelling from out of province and country, will be present. Several retired teachers, including Miss Dorothy Sherk, one of the original W-O teachers when the school opened in 1955, will also be in attendance.

The community, as well as current W-O students, are invited to attend and renew acquaintances. Come celebrate that special country school still churning out "stars."

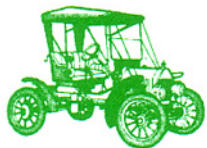


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Petersburg, Ontario

One of the most common and sometimes maddening animals in our area is the ever-versatile raccoon. We easily recognize the raccoon by its distinctive facial mask; just think of the many “famous” TV and movie raccoons of the past years—Ranger Rick, Rascal, Smokey, Ty Coon, Bandit, Joey, Rocky, and of course, the Ninja raccoon. But since long before our electronic age, the raccoon’s facial mask has been an important element in folk tales and Native culture: the Dakota Sioux, for example, believed the raccoon had natural spirit powers, and the Aztec believed the raccoon possessed supernatural abilities.

To attest to this reverence of the raccoon, the figure appears in Native paintings and petroglyphs across Canada and the United States. Fossil evidence has shown that relatives of the raccoon lived in Europe about 25 million years ago, and today populations can be found in Europe and Asia and in many parts of the former Soviet Union, as well as in North America (including Mexico). In the years after the discovery of the North American continent, raccoons became an important source of income for fur traders when coonskin hats and coats became popular.

### The Masked Bandit



The average litter size of these common animals is two to five pups, which have a mortality rate of 50% within the first year. While a captive raccoon can live more than twenty years, the life expectancy of raccoons in the wild ranges between only 1.8 and 3.1 years. The most frequent cause of death is distemper, but in our increasingly crowded communities, heavy vehicle traffic can account for 90% of raccoon deaths.

The raccoon’s weight can vary from up to 30 pounds; the heaviest raccoon ever found tipped the scales at 62.6 pounds! Raccoons will double their spring weight before winter arrives by eating all through the summer to store fat. While its face is the feature we most recognize in a raccoon, an asset important to the raccoon is its dexterous front paws, which help it find food. Its sense of touch is paramount, perhaps because of its nocturnal behaviour. It usually feeds at night, and is omnivorous, with a diet that consists of 40% invertebrates, 33% plant material, and 27% vertebrates. As you can see, while the raccoon prefers to eat fish and amphibians (especially crayfish), this species will eat almost anything.

In their search for food, raccoons can be very destructive. Complicating this destructive tendency is the fact that they are also intelligent. Studies have shown that the raccoon can remember solutions to tasks for over three years. Consequently, when they discover an entry point into an attic or garage, they are very hard to get rid of—professional help is often required. The seed that falls from bird feeders attracts raccoons, so it’s advisable to clean fallen seed regularly to prevent luring raccoons into our gardens; any stray food material (in compost bins, for example) should be firmly locked down.

The masked bandit is an interesting and appealing creature, but one we’d be wise to keep away from our homes.

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*Research is verifying that the old adage that ‘wanting what you have’ is more important to health and well-being than ‘getting what you want.’*

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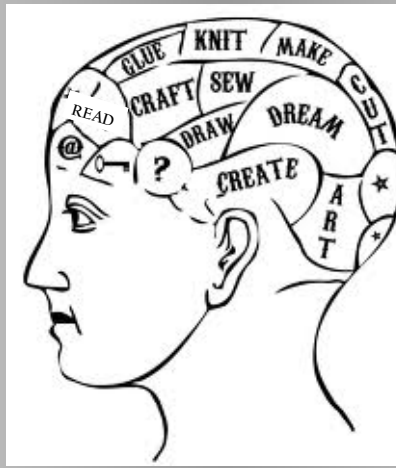


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# LookOut Kids' Korner

Back to school! OK, let's do some puzzles that make you think and exercise your brain! There are many parts of your brain that require different types of stimulation.

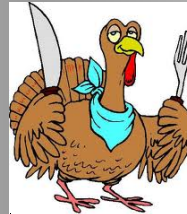


## Thanksgiving Quiz

- 1) What year did the Pilgrims have their first Thanksgiving Feast?  
1619, 1520, 1621, 1935
- 2) What food was probably NOT on the Pilgrims' Thanksgiving menu?  
fish, potatoes, dried fruit, corn.
- 3) Which Western Ontario town is the world's largest producer of turkey eggs?  
Stratford, Baden, Strathroy, Forest City.
- 4) What are baby turkeys called?  
Chicks, poultts, turklets, kidlings
- 5) What are male turkeys called?  
Leghorns, Toms, Sparkie, Roosters
- 6) What are female Turkeys called?  
chicks, hens, fillies, flams

Palindromes... A word that reads the same if read front-to-back or turned and read back-to-front. (example: part of the body / eye)

1. A young dog \_\_\_\_\_
2. Mid day \_\_\_\_\_
3. An Eskimo canoe \_\_\_\_\_
4. Pieces of music for one person \_\_\_\_\_
5. Your parents \_\_\_\_\_ & \_\_\_\_\_



- > Why can't you take a turkey to church?  
*Because they use such FOWL language.*
- > What do you get when you cross a turkey with an octopus?  
*Enough drumsticks for Thanksgiving.*
- > What's the key to a great Thanksgiving dinner?  
*The turKEY.*



Answers to Thanksgiving Quiz:  
1) 1621  
2) Potatoes  
3) Strathroy  
4) Poultts  
5) Toms  
6) Hens

What do these seven words have in common?

1. banana
2. dresser
3. grammar
4. potato
5. revive
6. uneven
7. assess

*Look at each word carefully. This is so cool...no, it is not that they all have at least 2 double letters...*

Answers to palindromes:  
1. Pup  
2. Noon  
3. Kayak  
4. Solos  
5. Mom & Dad

Asked to write a composition entitled, "What I'm thankful for on Thanksgiving," little Timothy wrote, "I am thankful that I'm not a turkey."



Answers to seven common words:  
In all of the words listed, if you take the first letter, place it at the end of the word and then spell the word backwards, it will be the same word!

*Happy Thanksgiving!*

## Guitar, Bass, Drum Lessons

This year marks 30 years of teaching music for John Wiebe in Wilmot Township

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## Baden Outlook Baseball Pool Stats

Place	Name	PTS	Place	Name	PTS
1.	Rita Kaufman	357	31.	Cody Dietrich	317
2.	Heather Dubrick	347	32.	Kyle Erb	317
3.	Ed Tschirhart	344	33.	Paul Morrison	317
4.	Buzz Morrison	338	34.	Vince Aquilina	316
4.	Mark Struth	338	35.	Henry Brattan	316
4.	Maggie Litwiller	338	36.	Tyler Naumann	316
7.	Carol Stumpf	337	37.	Roy Blake	316
8.	Paul Schnarr	334	38.	Nancy Wilson	316
9.	Dianne Brackenbury	333	39.	Benjamin Ziegler	315
10.	Chris McKee	332	40.	Steve Glofcheskie	315
11.	Richard Roth	330	41.	Lindsay Snyder	314
11.	Granne Girl	330	42.	Noah Heinbuch	314
11.	Greg Morrison	330	43.	Alan Dietrich	314
14.	Joyce Snyder	329	44.	Chuck Herold	314
14.	Mike Lichti	329	45.	Syl Yantzi	314
16.	Darren Pearson	328	46.	John Papa	313
16.	Susan Mills	328	47.	Cheryl Erb	313
18.	Brad Ziegler	327	48.	Brian Cherewka	312
18.	Gord Mills	327	49.	Bill Hall	312
20.	Kevin Scott	325	50.	Kyle Gawlik	312
21.	Patricia Miller	324	51.	Logan Snyder	312
21.	Jayden Gawlik	324	52.	Kathleen Rempel	311
23.	Doug Mueller	323	53.	Ashten Snyder	311
24.	Tim Cutting	322	54.	Colton Holba	311
25.	Wayne Beaupre	321	55.	Jacob Kaufman	310
26.	Cal Honderich	320	56.	Chris Murray	310
27.	Mike Taves	319	57.	Mary Lou Gingerich	310
28.	Ben Griffey	318	58.	Linda Riddock	309
28.	Trudy Roth	318	59.	Katie Erb	309
30.	Katie Cook	317	60.	Gerrie Culbert	309

Congratulations to Heather Dubrick for taking the leader prize in this month's Baseball Pool - winning a gift certificate from E.J's of Baden.

(Hats off to Rita who has been the leader since July, but remember, you're only able to win the leader prize once!)



The lucky random draw winners are Janet McKee, winning a gift certificate from Egli's Meat Market, and Richard Held, winning a Baden Outlook shirt.

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**It's time!! The Outlook Hockey Pool registration form is on page 35 and due back to us by October 1st! If you need more forms you can print them off our web-site off the current issue... or you will find extra copies in the outdoor stand mailboxes we have located throughout Baden. Please do not hoard papers just to rip out the registration form! Thanks for saving that tree and also our paper! P & B**

### 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](http://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](http://outlookhomerun) and the password is [quest](http://quest). Click "Ranking" on the right side. The top 30 entries will be listed - to view more click on "next page" below listing. ~ Have Fun and Good Luck!



**WORDSEARCH— BADEN HAS MUCH TO OFFER** - You know the rules - find these listed words featuring just some of the many great things Baden has to offer. These words can be found horizontally, vertically, frontward, or backward in the grid. Have fun.. Good luck, answers on page 28

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

- |             |            |
|-------------|------------|
| ALTERATIONS | ICECREAM   |
| CANDY       | JUJITSU    |
| CARPENTRY   | LIBRARY    |
| CASTLE      | MASSAGE    |
| CHOCOLATE   | MECHANIC   |
| CHURCH      | MUSIC      |
| COFFEE      | NUTRITION  |
| CONVENIENCE | OPTICAL    |
| DANCE       | PEDICURE   |
| DENTIST     | REALESTATE |
| DINING      | SAUSAGE    |
| DONUTS      | VETERINARY |
| GARAGEDOOR  | WATER      |
| HAIRCUT     |            |



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## Greg Rola: Dancing his Way to Austria

By Teresa Brown

Teen boys are known for their high level of activity: whether playing hockey, skateboarding, or just biking around town, young men are famous for never sitting still. For one St. Agatha teen, however, "movement" is not only a big part of his life, but an artistic and extremely rewarding one. Meet Greg Rola, a dancer headed to Austria for the world championships in hip-hop dance!

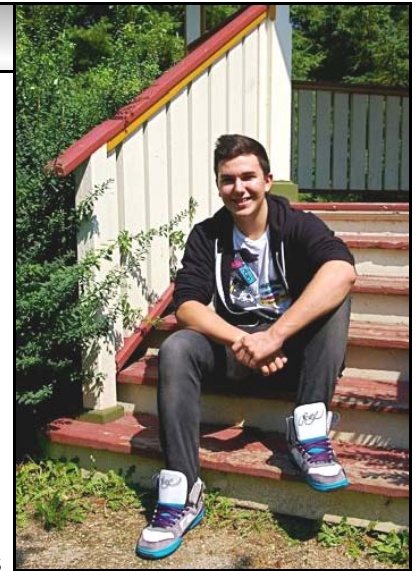
Greg first found his love for dance at around age six, when his mom took him for lessons at Centre Stage Dance Studio in New Hamburg. "I liked it!" Greg remembers, but that was no surprise to his family since mom, dad, and Greg's sister are all involved in music as well. Greg began with jazz dancing, and quickly moved on to tap and ballet, amongst other styles. "Basically, I've done everything except ballroom!" says Greg.

Talk about never sitting still: over the next few years, Greg not only continued dancing (including lessons at Innovative Dance in Baden and dancing at the Meyerhofer Academy of Dance in Cambridge), he also became involved in theatre and singing. He performed in the musical *42nd Street* at the Centre in the Square, and he's also participating in this year's Wellesley Idol. And of course he competed in dance, taking part in about six or seven competitions each year.

But it's hip-hop dance where Greg is currently focussed. Hip-hop came into vogue in the 1970s, when it was popularly known as "break" dancing. No matter what you call it, the dancing is incredibly athletic, and showcases an astonishing style of street dancing where bodies spin, leap, and balance in ways that seem to defy gravity.

Greg agrees that the style is "very physically demanding -- you have to have a lot of endurance." He dances at least twenty hours every week, but in addition to the physical aspect, hip-hop is also very artistic. "It's not choreographed much, but dancers improvise to the beat of the music. Everyone has their own style."

But all that preparation has paid off. Greg has won a number of awards, including last year's Teen Male Dancer of the Year, as well as what he humbly describes as "a bunch of outstanding performance awards." The highlight, however, is what's



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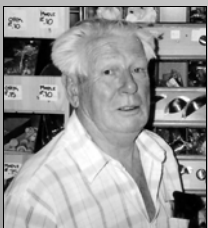


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coming up this fall: Greg was selected to join the Canadian team to compete in the International Dance Organization's World Championships, taking place in Austria.

The championships welcome competitors from all over the world; a major competition, the IDO World Championships is known as the "dance Olympics." Greg will be competing in two events, a group event and a duet. It certainly sounds challenging: Greg explains that for the group number, the dancers will perform a dance choreographed by Nick Tull, a choreographer from Cambridge. But in the duet, the pairs are "given the choreography, but we don't know what song we get until we're on stage."

It's an exciting event to look forward to, and Greg is spending many hours a day in preparation. And of course he's busy in school, as he's in the Arts Program at Eastwood, taking theatre and vocal in addition to dance. Finally, the trip to the World Championships in Austria demands financial preparation, too: the team is busy fundraising, as each member has to raise \$3,000 towards the trip.

Even though life is busy, Greg loves the pace: "For sure, I want to keep it up," he says. "I just want to go as far as I can go!" Certainly he's got the energy and dedication to move him forward, because on the dance floor, Greg Rola is a teen who won't be caught standing still!

Greg is accepting donations to help fund his trip to the IDO World World Hip-Hop, Electric Boogie, and Break Dance Competition in Austria. If you'd like to help, contact Barb Rola at [bmayrola@gmail.com](mailto:bmayrola@gmail.com)



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## The Circus Comes to the Blue Moon Hotel

Locals John and Bev Finnegan, owners of the Blue Moon Hotel in Petersburg, hosted a most unusual wedding reception this summer. There were no elephants in the parking lot or dancing ponies, but when guests entered the reception room there was no doubt that a circus was going on! Bev was delighted when she learned her relatives wanted to celebrate their special day at their establishment.

On Saturday August 20, at Waterloo Park, Ben Juhn and his fiancée Samantha Meyers were married. The pair currently resides in San Francisco but decided to have their wedding locally as most of their relatives live nearby. Ben and Samantha chose the Blue Moon as their wedding venue because they love the heritage aspect and the vintage look of the Blue Moon (built in 1848). Their guests had the opportunity to visit the other rooms at the Blue Moon, to play shuffleboard or pool in the Games Room, enjoy other live entertainment in the Tree Room, or have a quiet conversation in the cozy John A. Bar. As many of their guests did travel some distance to join in the celebration, Samantha said she wanted to show her guests a wonderful time.

There were many unusual touches beyond the obvious décor: the menu, the costumes, and the entertainment were all in circus theme. And the bride and groom wanted the focus to be FUN for their guests. The reception began at 6:00 p.m. at the Blue Moon and featured over the course of the evening were a

stilt walker and hoop artist from Toronto tossing fire batons, belly dancers from Down Hips Studio in K-W, and burlesque dancers from The Girly Show in K-W.

We too enjoyed the show, and could see their intent was successful, as everyone had a really good time!





## ***PINK ALERT!! Baden Believers Want YOU!***

PINK ALERT!! The Baden Believers are at it again and need your support! This enthusiastic team consists of a growing group of friends, family, and neighbours who are joining forces to raise money and awareness for the CIBC Run for the Cure on October 2nd.

On September 18th, the Baden Believers will be hosting the 2nd Annual Zumba for the Cure at St. Agatha Community Centre at 1:00pm. The Baden Believers are asking members of the community to come out and enjoy Zumba fitness with Liliana Dominguez and live Latin Music with CAZU. If you haven't had an opportunity to try Zumba, this is your time! Pay a minimum \$10 donation at the door, and enjoy prizes, raffles, refreshments, snacks, and other surprises, all in support of the Canadian Breast Cancer Foundation. Remember to wear PINK to the events!



WE NEED YOU!! We need members of the community to join us at Bingemans on October 2nd as we Run (Walk, Jog) for the Cure. Our team started off with 12 members 2 years ago, and now we are 36 members and hoping to reach 50 for the big day! Many members of the team will be walking the event, so please remember you are not required to RUN. If you have ever participated in the Run for the Cure, you will understand the feeling of being in the "sea of pink" and knowing that everyone is there for the same cause. Many members of the team have family members and friends who have been affected by breast cancer, and are hopeful that more caring members of the community will join the team and help the cause! Come on Baden, let's paint the town PINK! Join the Baden Believers and help us make a difference!

Please look for our information on Facebook at <http://www.facebook.com/groups/118950098162754/> or email Angela Desjardins or Trina Litwiller at badenbelievers@yahoo.ca **THINK PINK!**



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5. Law of the Alibi: If you tell the boss you were late for work because you had a flat tire, the very next morning you will have a flat tire.
6. Variation Law: If you change lines (or traffic lanes), the one you were in will always move faster than the one you are in now (works every time).
7. Law of the Bath: When the body is fully immersed in water, the telephone rings.
8. Law of Close Encounters: The probability of meeting someone you know increases dramatically when you are with someone you don't want to be seen with.
9. Law of the Result: When you try to prove to someone that a machine won't work, it will.
10. The Coffee Law: As soon as you sit down to a cup of hot coffee, your boss will ask you to do something which will last until the coffee is cold.
11. Law of Physical Surfaces: The chances of an open-faced jelly sandwich landing face down on a floor, are directly correlated to the newness and cost of the carpet or rug.
12. Wilson's Law of Commercial Marketing Strategy: As soon as you find a product that you really like, they will stop making it.
13. Doctors' Law: If you don't feel well, make an appointment to go to the doctor; by the time you get there you'll feel better. But don't make an appointment, and you'll stay sick.

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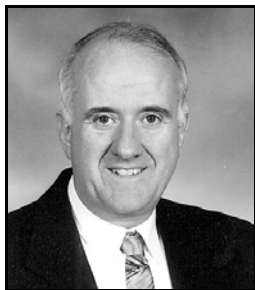
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MS 250 C-BE	45.4	2.3	4.9 / 10.8	\$479.95	\$449.95
<b>NEW</b> MS 261	50.2	2.8	5.3 / 11.6	\$649.95	\$599.95
MS 290	56.5	2.8	5.9 / 13.0	\$479.95	\$449.95
<b>NEW</b> MS 291 C-BE	55.5	2.8	6.2 / 13.6	\$549.95	\$499.95
MS 362	59.0	3.4	5.9 / 13.0	\$779.95	\$749.95

\* Limited time offer. Wood-Pro™ Kit offer and featured chain saw pricing applies to purchases of new eligible chain saws, and is valid at participating STIHL Dealers until November 30th, 2011, while supplies last.

www.stihl.ca

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# Five Ways We Will Bring Change For Our Families

- ✓ Remove the HST on Home Hydro and Heating Bills
- ✓ Lower The Tax Burden On Middle-Class Families
- ✓ Invest In Health Care And Education
- ✓ Clean Up Fraud and Waste In Government
- ✓ Keep Our Neighbourhoods Safe

**ONTARIO**  **PC**

Michael  
**HARRIS**  
**KITCHENER – CONESTOGA**

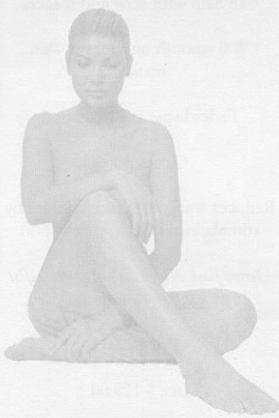
A long-time resident of Kitchener, Michael grew up on his family's farm. Michael, Sarah, Brayden (9) and their dog Eliot live in South Kitchener.

**MichaelHarrisPC.ca**  
**519.954.8679**

Authorized by the CFO for the Michael Harris Campaign.



**Vote for change on October 6. Contact us now.**



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**Hair Removal ~ Safe ~ Effective**

Start your permanent hair reduction now and be ready for next summer. No more razors or wax treatments. These treatments work best when we are not in the sun.

Fall is the best time to start.

**This Month: 50% off your 1st hair removal treatment (can be new area)**

**Photo Rejuvenation & Pigmentation Treatment**

Designed to stimulate and encourage the regeneration of the skin through the application of heat and light.

This Dermo Flash procedure targets the dermal or lower layer of the skin, simultaneously removing damaged skin while stimulating collagen production. This therapy will treat a wide range of skin problems when performed in a series, seeing improvement with each treatment. Over time sun spots will fade, pore size reduce, fine lines and wrinkles smooth out and fade away!

**This Month:**

**Package of 3 photo facials at \$200 regular \$387**

**Call Linda now to schedule your free consultation!**

With over 30 years experience

Located in New Hamburg and other locations.

THE YEAR IS 1910 and this will boggle your mind. One hundred and one years ago; what a difference a century makes!

Here are some statistics for the Year 1910:

- The average life expectancy for men was 47 years.
- Fuel for "the car pictured here" was sold in drug stores only.
- Only 14 percent of homes had a bathtub.
- Only 8 percent of homes had a telephone.
- There were only 8,000 cars and only 144 miles of paved roads.
- The maximum speed limit in most cities was 10 mph.
- The tallest structure in the world was the Eiffel Tower.
- The average US wage in 1910 was 22 cents per hour.
- The average US worker made between \$200 and \$400 per year.
- A competent accountant could expect to earn \$2000 per year, a dentist \$2,500 per year, a veterinarian between \$1,500 and \$4,000 per year, and a mechanical engineer about \$5,000 per year.
- More than 95 percent of all births took place at home.



- Ninety percent of all Doctors had no college education. Instead, they attended so-called medical schools, many of which were condemned in the press AND the government as "substandard."

- Sugar cost four cents a pound.
- Eggs were fourteen cents a dozen.
- Coffee was fifteen cents a pound.
- Most women washed their hair only once a month, and used Borax or egg yolks for shampoo.

Email Submitted by Anne Honderich

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I slumped down into the theatre chair in the huge lecture hall, pondering how my freshman year had gone sour so quickly. I was hungry, having hurried out of the apartment with no time to get creative with the half empty jars of condiments, stray pieces of bread and rice that stared at me from the refrigerator. Other students filed into the classroom, including that girl, Sue, flanked by three guys (again) and sporting a new ultra-short haircut. She laughed at them as they flirtatiously commented on her “boy” look, shooting back, “I’m not having any trouble finding dates with it!”

I couldn’t help but grimace, thinking back to the last time I went out for a good time. It seemed a lifetime ago, before I burned through what little savings I had scrounged together working two jobs over the summer. For someone who couldn’t wait to leave my small town to get a start on a “real” life, I sure didn’t plan well for my escape.

As I watched Sue take her seat, I realized that she, like most of the students around me, was actually enjoying her first year on campus while I seemed to barely exist and wondered whether I belonged there at all.

It had all begun well enough, until one day early into my second term, when my roommate left. She quit school and moved out of the apartment with no notice, leaving me with double the rent, double the utilities and double the financial worry. I was already working 30 hours a week to pay my bills and could not see a way to work more without seriously compromising my grades. I had begun to fall behind in classes because I couldn’t afford textbooks until my OSAP loan came through. I couldn’t ask my parents for help – they had six other children to clothe and feed.

And so I sat in my Western Civilizations class, watching a makeup-plastered professor energetically deliver a lecture on Cellini’s Autobiography while asking the universe for a sign to let me know if I was destined

to hold a degree or not. Sue and her legion of boys helped me see all the more clearly that I was not like other students. I sank deeper into my chair attempting to appear as though I was focused on the professor while I tried not to panic.

After class I headed out of the building, certain I was witnessing the sign I had asked for. It was pouring rain and I was unprepared. Wearing a meagre jacket and porous mesh sneakers, I began the long walk home cursing the fact that I could not afford to take the bus and swearing that it would be my last walk away from the school. I wasn’t normally a quitter, but it felt like every sign was leading me away from completing my first year. In the midst of 25,000 people, I felt completely and utterly alone.

But if I didn’t belong here, why did it feel like my heart was being torn from my chest when I thought about quitting?

I hung my head to shield my face from the driving wind and rain, though my face filled with its own wetness. My blurry eyes followed the cobbled bricks along the pathway that led to the road as I imagined the alternate path my life would take with no university degree in it. My throat ached with defeat and failure.

As if further nudging me away from the figurative University path, a wayward student actually bumped me off the cobblestone path and into a growing mud puddle beside it with a quick shout of “Sorry!” over his shoulder. Now I was wet *and* dirty and completely overcome. As I looked for a break in the crowd so I could get back onto the sidewalk, I caught a glint of something directly in my path ahead. Could that yellow flash be a one-dollar coin, promising a safe, dry ride on the bus? Maybe, but given my luck, it was probably a piece of a chocolate bar wrapper.

With the rain still driving at me, I lunged and scooped up the glimmering object to find it was indeed a cold chunk of metal and not a piece of gilded paper. As the coin warmed in my palm, I could almost feel the warmth of the bus ride home. And with a sudden jolt I realized that if I hadn’t been knocked off the path to begin with, I would have walked right past the coin along with the rest of the students on the solid cobblestone path.

Maybe I wasn’t supposed to be on the same path as the rest of the students.

My fingers slid over the coin’s smooth surface as a smile grew on my face along with the certainty that I had gotten the signs wrong. This second sign was the one that I was really meant to heed. I made my way to the main road where I could board the bus, but instead of waiting with the rest of the students at the stop, I kept on walking. And I hardly noticed the rain for the rest of the walk home.

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2463 Bleams Road, corner of Bleams & Sandhills Road

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9 & 11 AM

**SUNDAY SCHOOL**  
9:15 AM

**CHILDRENS WORSHIP**  
11:15AM



Rev. Wayne Domm  
Rev. Andrew Mills  
Pastor Greg Mills

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CHILDREN'S AND  
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*Come Worship*  
with us 9:30 a.m.



Christian Formation: 11:00 a.m. Pastor Dave Rogalsky

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www.wilmotmennonite.ca



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LUTHERAN CHURCH**

(Member of Lutheran Church-Canada)

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Petersburg, Ontario  
519-634-5511  
www.petersburgchurch.org

**Worship Service: 9:30 AM**

Sunday School, Bible Study, Youth Group, Women's Group,  
Stained Glass, Quilting, Choir

*"Spreading the Word of our Lord, Jesus Christ since 1851"*

**SHANTZ MENNONITE CHURCH**  
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Intergenerational Worship Service - 9:30 am  
Christian Education - 11:00 am

Community Bible Study, Various Worship Styles,  
Kid's Club, Junior & Senior Youth Groups,  
Vacation Bible School, Other programs for all ages  
Activities for all Ages



**SUPPORTING IN FAITH ... EXTENDING IN PEACE**

Phone: 519-634-8712 Email: admin@cwisp.ca Pastor: ellie witzke-huebner



**Steinmann Mennonite Church**

1316 Snyder's Rd. W. (at Nafziger Rd.), Baden

LOGOS - Gr. 1-12, Wed. 5:25 p.m.  
Youth Group - Friday 7:30 pm  
Young Adult and Adult groups  
Worship: Sunday, 9:45 a.m.  
Sunday School: Preschool – Adult, 11:00 a.m.



519.634.8311  
www.smchurch.ca.

**ST. JAMES LUTHERAN CHURCH**

66 Mill Street, Baden ON

519-634-5191 Email: stjamesinbaden.org

Pastor Olavi Hepomaki

Sunday Worship 10 am  
Nursery care provided.



*"We are a family of Christians  
committed to the Gospel of Christ."*



Please visit *The Baden Outlook* web site for a directory of local churches with names, numbers, addresses and web sites. If your church is missing from this list please contact us to be included.

**We're on the Web!**  
Visit [www.badenoutlook.com](http://www.badenoutlook.com)

## SUMMER FUN CRUISIN' AT THE POND!

The summer is leaving us and so are the Wednesday night car shows. It was a successful event with over 100 cars some evenings.

Ron and Marlene Weber who hosted the Cruisin' at the Pond Car Shows want to thank the sponsors who helped make it happen. They know who they are and their generosity is appreciated! They also thank the car owners and the spectators for coming out and mingling, and to the Baden Outlook for spreading the word.

It was a nice gesture of Zehrs Markets—Laurentian and Beechwood for putting together an appreciation barbeque on the last night .

*They too are grateful for the kindness of Tim and Roger Scheerer who allowed them to enjoy their green space beside the Mill Pond. Until next year....see you back cruisin' at the pond!*



# New Hamburg Thrift Centre

41 Heritage Drive

New Hamburg

tel: 519-662-2867

www.newhamburgthrift.com



Fall decorations  
& Halloween  
costumes  
on display  
starting Sept 20!



We are now accepting costume donations.



All proceeds benefit  
the work of  
Mennonite Central  
Committee

### REGULAR HOURS

Mon-Thurs 9:00 am - 5:00 pm  
Fri 9:00 am - 8:00 pm  
Sat 9:00 am - 4:00 pm

## What's Happening at New Hamburg Thrift Centre

September often feels like the start of a new year. Whether you have children returning to school or have the pleasure of being retired, it seems routines return in the fall. If you are looking to shake up your upcoming indoor months, and have considered volunteering as part of **your** routine, there are a number opportunities for you at the New Hamburg Thrift Centre!

We provide a relaxed atmosphere to meet people from your community while working to benefit those in need. We offer volunteer positions for half days or full days with group breaks so we can get to know each other. We even provide refreshments!

Check out our open positions below and if a position interests you, drop by or give us a call at 519-662-2867. Volunteer Application Forms are available in store or online at [www.newhamburgthrift.com](http://www.newhamburgthrift.com).

- Pictures** – sorting and pricing picture donations Tuesday afternoons from 1 - 5 pm.
- Retail Floor Support** – assisting our customers, putting out product, tidying change rooms and other merchandise. Needed most days either mornings or afternoons.
- Receivers** – meet & greet donors, receive donations, and perform initial sort. Needed Mondays and Tuesdays from 1 pm - 5 pm.
- Music & Videos** – sorting donations of CDs, DVDs, & VHS tapes either Tuesday or Wednesday afternoons.
- Clothing Sorting Support** – assist by carrying and emptying donations for clothing sorters. Requires heavy lifting. Half days occasionally on Tuesdays.
- Clerks** – handling cash and serving customers. Morning and afternoon shifts. Could also be occasional.

**TO YOUR  
TOMORROWS  
THE NEXT  
TOWN  
BLIND THE  
CARRIER**

Steinmanns Church, Baden on Sept 30th  
Cost: \$5, Doors open at 7:30pm  
Not recommended for young children due to LOUD NOISE



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SPONSORED BY:

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Meet Silver Lake Mennonite Camp Vacation Bible School Troupe Leaders, who led a camp organized and sponsored by Wilmot Mennonite, St. James Lutheran, West Hills, and Steinmann Mennonite churches during the week of Aug 15-19. Vacation Bible School was held at Steinmann's church. The theme was "Taste & See" with the MCEC Troupe.

**ANNOUNCING OUR 2<sup>ND</sup> ANNUAL  
PET FOOD DRIVE**



New Hamburg Veterinary Clinic is organizing our second annual pet food drive. This is a great way to show support for our community and will make a difference for our local pets and families. Pets are an important part of many families and can help reduce isolation, decrease loneliness, and increase a sense of well-being.

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.

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 as last year's food drive was a huge success. We were able to present the Resource Centre with 232 kg of dog food, 54 kg of cat food, 62 kg of cat litter and additional monetary contributions. Let's share this generosity again this year and together, provide help and hope to the furry members of our community!

Anne Marie Hunter, New Hamburg Vet Clinic

**TWO WOLVES**

One evening an old Cherokee told his grandson about a battle that goes on inside people.

He said, "My son, the battle is between two wolves inside us all.



"One is Evil - It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.

"The other is Good - It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith."

The grandson thought about it for a minute and then asked his grandfather: "Which wolf wins?"

The old Cherokee simply replied, "The one you feed."

**"I Do"**

*All eyes were on the radiant bride as her father escorted her down the aisle. They reached the altar and the waiting*

*groom; the bride kissed her father and placed something in his hand. The guests in the front pews responded with ripples of laughter. Even the priest smiled broadly. As her father gave her away in marriage, the bride gave him back his credit card.*



**NEW HAMBURG'S MOST ESTABLISHED FITNESS FACILITY**

**Exercise of the Month**

**ONLY 5KM WEST OF BADEN**

Hang Squat Cleans with trainer Eric Parr



- This is an advanced exercise and should only be performed by those with experience lifting weights.
- Stand with your feet approximately hip width apart. Squat down and grasp the barbell in an overhand grip, with your hands wider than shoulder width apart. Your back should be slightly arched.

- Lift the barbell off the ground by extending your knees and hips. Keep your arms straight. Shrug your shoulders up as the barbell reaches your knees.
- As the bar reaches mid-thigh, jump upward and extend your hips and legs. Most of the power for the lift should come from your hips and your jump, not from your arms.
- As the bar is moving up, pull your body under the bar by bending and lifting your elbows.
- Catch the bar on your shoulders while at the same time moving into a Front Squat. Your thighs should be at least parallel with the floor. Your feet should move out slightly so you land with your feet shoulder width apart.
- Extend your legs and hips to stand straight up. This exercise should be done as one quick, fluid movement.

We are **Absolutely** sure we can help you...

- Reach your goals
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- Exercise safely and effectively

With...

- Certified Personal Trainers
- **Energizing** Group Exercise Programs including Zumba, Spin & Yoga
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**HAIRWORKS**

36 Snyder's Road E, Baden

**634-5140**

*Freshen up your look for fall~ let us help you choose the perfect colour!*



*Call for your appointment today. We also have tanning and waxing!*

*Tues-Fri. 9-8  
Saturday 8-3  
Closed Monday*



**Baden's new retro candy store...**



**55 Snyder's Rd W**  
(across from the castle)

**GRAND OPENING SATURDAY SEPTEMBER 24TH**  
**FREE TREATS ALL DAY!!!**

All the best candy for kids... big AND small



## The Little Things

**Alterations Apparel Sewing & Designs**

125A Snyder's Rd E (519)513-9088

MON - FRI: 9 - 6 / SAT: 9 - 4

**Let Us Hem your Jeans,  
Dress Pants, Skirts.**  
**No sewing project is too  
big or too small!**

*Sewing classes begin  
Wednesday September 21st  
Please call to signup.*

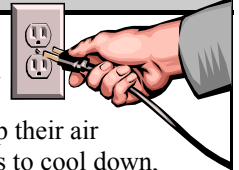
(1st project autumn quilted table runner)



**Special Orders Always Welcome!**  
Call Janet & Lindsey to discuss your  
special sewing project.

## Energy Saving Tips to Help You Power Down

Although summer is coming to an end, it seems that some of the hottest days in Ontario may happen in September. As the temperature rises, everyone starts to crank up their air conditioners to beat the heat. In our attempts to cool down, energy consumption jumps up – impacting the grid and the environment.



The global demand for energy is forecast to rise nearly 50 per cent by 2035. The rise in energy consumption will also likely increase greenhouse gas (GHG) emissions that contribute to climate change. There are a number of ways that you can do your part to reduce your own energy consumption this summer, helping to lower CO2 emissions and save on your home energy bills. A great place to begin is with your home electronics. Here are a few tips from HP Canada to help you get started:

- > **Read the label:** Seek out products that have environmental information on the label that can help educate you about what you are buying. When choosing a product, look for ENERGY STAR® qualified products – they meet strict energy efficiency guidelines and will help conserve energy and save you money.
- > **Check the settings on your electronics:** Many HP products ship with a “power management” capability enabled. These features save energy by automatically switching the PC or monitor into a standby, low-power mode after a period of inactivity. Did you know that using these features on your monitor and desktop will save enough energy to power a 75-watt light bulb burning continuously for one year?
- > **Power Down:** Sometimes it is as simple as shutting down your computer. HP estimates that if 100,000 users shut down their work computers at the end of each day, the energy savings and carbon emissions reductions would be equivalent to taking more than 105 cars off the road.
- > **Old vs. new products:** Older technology products tend to be less energy efficient than newer models – which means they can cost you more money. Purchasing energy-efficient electronics can equal big savings on your electricity bill -- for example, an ENERGY STAR® rated PC and monitor with power management tools enabled can save up to \$75 in energy costs in one year. You can compare the cost and energy savings of your own products by using free tools like HP's Carbon Footprint Calculator.



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**Baden Minor Soft Ball  
Annual General Meeting**  
Wednesday, October 19th at 7 pm  
Wilmot Rec Centre.  
*All are welcome to attend and new  
executive members are needed!*

**Community Care Concepts of  
Woolwich, Wellesley & Wilmot**  
We offer a wide range of services to help seniors and adults with a disability remain independent and active in the community.

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For more information or if interested in volunteering with Community Care Concepts please call 519-749-0784



Afternoon Spots  
available for  
September  
Ages 2 yrs and up  
A fun and  
Interactive  
environment for  
learning and play!  
519-662-4655

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Participating Preschool**

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Qualified ECE teacher  
Mondays and Wednesdays  
9:15-11:45 am.  
For more info e-mail  
newdundee@preschool@yahoo.com  
Or call 519 696 2943

**Wilmot Family Resource Centre  
Poor Boy's Luncheon**

**Thursday, Sept 22, 2011  
New Hamburg Community Centre**

**Shantz Mennonite Church**  
(corner of Erb's Rd. and Sandhill Rd.)

Please join us for evenings of fun and fellowship over dinner and DVD presentations on bettering your marriage or preparing for marriage. Both classes run Sundays October 2 ~ Nov. 27 for 8 sessions (no class on Oct. 9) 5:30 ~ 8:30 pm  
Marriage course - (8 weeks) \$160 couple  
Marriage Preparation course - (5 weeks) \$100 couple  
Contact Shantz Mennonite Church for details and registrations:  
Office: 519-634-8712 or admin@cwisp.ca

**Wellesley Apple Butter  
& Cheese Festival  
September 24**

**BEAVERS, CUBS, SCOUTS REGISTRATION**

*Please join in the fun with  
New Hamburg Scouting.  
Please contact Gary 662-1502 for more information*



**Livingston Presbyterian Church**  
*Inviting you to enjoy...*

Apple Dumpling, Ice Cream & Drink \$6  
Friday, September 30th, 6-8 p.m.

**Attention Girls 8-13 - Join Girls Club ...Great Fun!**

Come to Our Annual Wiener Roast & Games Night!  
Come Join the Fun, Tuesday, September 20th  
Held at Wilmot Mennonite Church 7:00 until 8:30 p.m.  
All girls ages 8 to 13 welcome.  
For more information call Marcia 519-634-5960.



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

**Another Cool Move**

**BADEN SCOUTING IS CLOSING**

It is with very mixed emotions that after many, many years of success in the community, I must announce that Baden Scouting has closed.

As Baden grew in size the Scout Group seemed to shrink. There were fewer youth members as well as Adult Volunteers coming forward to work in this worthwhile organization.

My years working in the Group have been spent doing things in the community to make everyone aware that Scouting was here. Our Pancake Dinners, Popcorn Sales and Apple Days, our Bicycle Rodeo and our appearance in the Santa Claus Parade and at the Baden B.B.Q. with our Kub Kars and track were held

so the youth of the community would get to know us. Nothing seemed to help our declining numbers.

I would like to thank all our past and present adult volunteers as well as all the youth who were part of this great movement of Scouting.

All our present members have transferred to the New Hamburg Scout Group. If you wish to enroll your child in Scouting please call the Group Chairman Garry Gibbons at 519-662-1502.

A Special Thanks goes to the Baden Outlook which has been a strong supporter of the Group for years.

*Respectfully submitted by Sheila Bayne - Secretary*

Rise up this mornin',  
Smiled with the risin' sun,  
Three little birds  
Pitch by my doorstep  
Singin' sweet songs  
Of melodies pure and true,  
Sayin', ("This is my message to you-ou-ou:")



Singin': "Don't worry 'bout a thing,  
'Cause every little thing gonna be all right."  
Singin': "Don't worry (don't worry) 'bout a thing,  
'Cause every little thing gonna be all right!"  
(Lyrics by Bob Marley)

## Baden Birding

By Dave Rogalsky

There they were, not "three little birds" but four, count 'em, four Rose Breasted Nuthatches, sitting along the roof line over our backyard deck. They were very interested in the peanut feeder just below them (a 7.5 cm diameter cylinder with 1 cm holes filled with shelled peanut halves). But the feeder at just that moment was the sole property of a male Downey Woodpecker. When he flew off all four of the nuthatches flew down onto the feeder. This is not usual behaviour for the nuthatches – they are quite fractious and territorial. As we watched we noticed that only two of the birds were feeding, rapidly poking their beaks through the holes and getting out bits of peanut, occasionally scoring a whole one. The other two were exhibiting the common behaviour of young who have fledged but are not yet

independent – they crouched down onto the feeder, flapped their wings feebly and cried pitifully. These young were then fed by their parents. I've often seen young birds perched on a feeder beside a parent, demanding to be fed. If you're close enough you'll notice that most young birds have orange mouths and throats. As they get older the orange fades. As it does the parents become less likely to feed them. The young nuthatches were obviously still being fed.

The next day they were back, but I noticed that once in a while the young would sneak a surreptitious peck and feed themselves, all the while demanding that their parents feed them. Within a few days all four were there feeding themselves with only an occasional demand for feeding. The adults mostly ignored the demands and the young more and more fed themselves.

But that wasn't the end of it – by the fourth or fifth day, while all four were still around, the territorial nature of the birds was asserting itself – there were never more than two birds on the feeder. If another one or two landed the first would chase the newcomers away. I wasn't able to identify which were the young and which were the parents by this point as the parents had not yet started their late summer moult. Within a day or two there were only solitary Rose Breasted Nuthatches in the yard – breeding and parenting were over – it was everyone for themselves.

Little dramas are playing themselves out every day in our yards – what have you seen?



**519-662-2632**

25 Byron Street  
New Hamburg, ON N3A 1P1



**519-656-3355**

1215 Queen's Bush Rd., Unit 2  
Wellesley, ON N0B 2T0

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

# "Get It Together"

...with Donna & Rhonda

## Kitchen Keep-up

Do you ever feel like I do....? Some days it seems impossible to keep your kitchen tidy! It's easy to procrastinate when there is a big clean-up job that you need to tackle!



Here is a strategy that you might want to try...Make friends with your kitchen timer. Often times a task seems huge because we think we need to work at it for a long period of time...the prospect of that is no fun...especially if it is something we don't like to do.

A favourite example for me is cleaning up the kitchen. Sometimes it seems like such a huge job and I just can't face it...but if I set my timer for 15 minutes and work hard and fast it is amazing what I can do. When the timer goes off usually one of two things has happened...either, I've accomplished what I need to do and I can move onto something else, or I've got over the biggest hurdle "getting started"...and I can easily continue on with the job until it is completed, because I'm on a roll.

Does it seem like the garbage can always needs to be emptied? This may seem like a simple thing, but maybe you need a bigger garbage can. We talked about this with a woman recently who has 4 children. She was complaining that the garbage was always overflowing.....the simple suggestion to get a bigger container never occurred to her, but ended up making a world of difference. Sometimes little things can have a huge significance! Look around your kitchen with a critical eye.....are there some simple yet positive changes that you can make?

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*I don't object to people looking at their watches when I am speaking. But I strongly object when they start shaking them to make sure they are working.*



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## Answers from 'Baden Has Lots To Offer' Wordsearch from page 13

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

# Happy Anniversary!

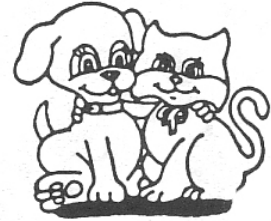


Orland and Marcella Gerber of Baden celebrated their 60th wedding anniversary on Aug. 25. An open house was held at First Mennonite Church in Kitchener on September 3rd in order to coincide with a family reunion. The Gerber family thanks all who came to honour them, especially those who drove from Indiana, Pennsylvania, and West Virginia.



*The family surprised Marcella with her wedding gown cleaned and displayed at the party!*

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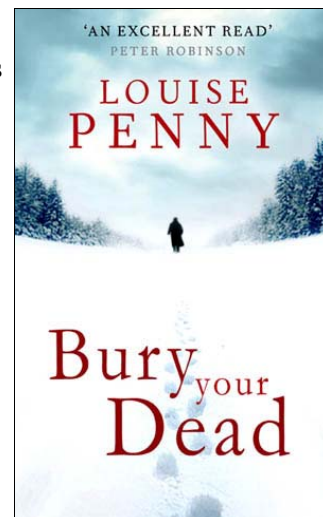
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## Checking out the Baden Library

### One Book, One Community (OBOC) Author Readings

A murder in old Quebec opens a door into the past, exposing a mystery unsolved for 400

years. Meet the author of *Bury Your Dead*, Louise Penny, at this year's OBOC author readings, Sept. 20, 21 and 22 in Waterloo Region. Admission is free and everyone is welcome! For a complete listing of author readings and special events, or for more information about the book, visit [www.oboc.ca](http://www.oboc.ca) or call Region of Waterloo Library Headquarters at 519-575-4590. Our Region Reads! *Bury Your Dead* is available in print and audio book formats.



### Library Elf

Tired of having overdue materials? Sign up for ELF – your personal email library reminder service at [www.libraryelf.com](http://www.libraryelf.com). Elf can help you manage your library account with email and text alerts.

### Kids Book Clubs are back!

**The Baden Book Worms:** for kids ages 7 to 9. The first meeting is Tuesday, Oct. 25, from 6:45 – 7:30 p.m.

**The Awesome Book Club:** for kids ages 10 to 12. The first meeting is Tuesday, Oct. 11, 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.

### Tumblebooks

Kids! Have you checked out TumbleBooks? TumbleBooks is a group of online ebooks, audiobooks and games that help you learn to read. There are picture books, early readers and chapter books for various ages and reading levels. No checkouts required! Have fun becoming a better reader!

Due to space limitations, registration is required for ALL Baden Branch programs. Contact us at 519-634-8933 or by email at [badenlib@regionofwaterloo.ca](mailto:badenlib@regionofwaterloo.ca) for more information. Up-to-date information is also available in our Events Calendar or the Baden Branch Program Schedule on our website at [www.rwl.library.on.ca](http://www.rwl.library.on.ca).

Chris Baechler, Assistant Supervisor  
Baden Branch



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## MUSCLE AND JOINT INJURY FIRST AID

By Dr. John A. Papa DC



Physical injury to your muscles and joints can occur with workplace, household, sporting, and recreational activities. This can cause pain, stiffness, and swelling in a joint or muscle, leading to injuries known as *sprains*, *strains*, and *contusions*. Initial conservative management and first aid of such injuries should follow the **P.R.I.C.E.** principle (**P**rotection, **R**est, **I**ce, **C**ompression, **E**levation) outlined below.

**PROTECTION:** Immobilize the injured area to protect from further injury. This can be accomplished with the use of an elastic wrap, brace, splint or sling. Walking aids such as crutches or a cane can be useful to help you get around.

**REST:** To ensure proper healing, rest the injured area and avoid activities that cause pain. Do not restrict all activities completely. Other regions of your body can still be used. This will help prevent physical de-conditioning. An attempt should be made to return to regular or modified activities as soon as possible provided it does not put you at risk for further injury.

**ICE:** Crushed ice, ice cubes, or snow should be molded or applied to an injury site immediately. Icing will help to reduce pain, swelling, and inflammation in the injured tissues. Ice application should not exceed 10 to 30 minutes at a time. Allow for skin temperature to return to normal before ice is reapplied. This cycle can be repeated as often as necessary within the first 48 to 72 hours. Ice should not be applied directly to the skin. Instead, a damp towel should be used to serve as a barrier between the ice and skin and act as a conductor of cold. Do not apply ice to blisters, open cuts or sores. Individuals hypersensitive to cold and those who have a circulation problem should avoid ice.

**COMPRESSION:** Compress the injured area with an elastic tensor bandage. This will help decrease swelling. Do not wrap the bandage too tightly as to cut off circulation. You should not feel an increase in pain with compression.

**ELEVATION:** Elevate the injured area (whenever possible) above the level of the heart, especially at night. Gravity helps reduce swelling by draining excess fluid.

You should seek immediate medical care under the following circumstances: a popping sound heard during the injury accompanied by a feeling of joint instability or inability to weight bear; obvious evidence or suspicion of a broken bone, fracture or joint dislocation; or injuries at risk for infection.

By using the **P.R.I.C.E.** principle after an injury, you can significantly reduce swelling, tissue damage, inflammation, muscle spasms, pain, and recovery time. In the event that you suffer from ongoing muscle and joint pain following an injury, you should contact a licensed health professional who can diagnose your condition and prescribe appropriate therapy, exercises, and rehabilitation strategies specifically for your circumstance. For more information, visit [www.nhwc.ca](http://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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*Submissions are due on the 1st of each month.*



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## Ask Armand ~



Mary is happy to see more new businesses, but wonders if one day she'll be able to buy her shoes, purse or jewellery in town. She asks if there was ever a shoe store in Baden.

Armand says: Yes Mary, In the early 1900s you could buy shoes at Fred Daub's shoe store, (later Heidlinger's Shoes) which was located on Snyder's Road at the corner of Foell Street.

### Downtown Snyder's Road



Baden was booming in the late 1800s to early 1900s! There were 4 dressmakers in town (Mrs. Hoffmeyer, Mrs. Ratz, Mrs. Schumm, and Mrs. Sherk), a jewellery store owned by Bill Goebel, a bakery, carpet weaving, furniture store, funeral parlour, dentist (Jerome Lorentz), drug store, hardware store, three hotels, two lumber yards, two grocery stores, butcher shop, cheese factory, cigar box factory, cider mill, flour mill, oil mill, woollen mill, tannery, apiary, barber shop with billiard room, TD Bank, tin smith, coal yard, post office, livery stable, cold storage and meat locker, 3 tailors and much more!!



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# the Health & Wellness Page

Heather McKague-Bandl, ROHP, RNCP  
Registered Nutritionist Consultant Practitioner



## Ontario Fresh String Beans

It's that time of year again, when string beans are coming in by the bushel. These tasty little treats can be enjoyed raw or steamed to perfection. String beans grow very well in our climate and are easy to grow in a garden or pot. Local businesses such as Pfenning's Organics, Organic Oasis, and Herrle's Country Farm Market are also brimming with beans this time of year.

From a nutritional standpoint, we don't always think about string beans as providing us with important nutrients such as carotenoids, anti-oxidants or Omega 3 fatty acids. We usually think of carrots or tomatoes as a rich source of carotenoids and anti-oxidants and salmon for our Omega 3s.

Green beans are actually comparable to other carotenoid-rich vegetables, only we don't see the carotenoids because of the concentrated chlorophyll content that gives the green beans their amazing colour. Carotenoids are beneficial for the eyes, are effective free-radical scavengers -reducing oxidative stress in the body, and are protective nutrients to reproductive organs.

While there is a relatively small amount of omega-3 fatty acids in string beans, it is believed that the amount can still be very important and is actually fairly large in comparison to the amount of calories in green beans. This type of fatty acid has been well researched and documented for its cardiovascular benefits and, while I realize it is not as concentrated as salmon, string beans are nevertheless an underrated source of this heart-protective nutrient.

A serving size of one-half cup of steamed string beans will yield 30 calories, 1 gram of protein, 6 grams of carbohydrates and 0.5 gram of fat. Not bad at all, as long as you keep the added fat to a minimum, or try the included recipe for a tasty twist on a garden favourite.

**Disclaimer:** Individual articles are based upon the opinions of this author, who retains copyright. This information is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Heather McKague-Bandl, ROHP, RNCP. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.



### Garlic Steamed String Beans:

- 1 pound garden fresh string beans
  - 2 garlic cloves, minced
  - 2 Tbsp Tamari
  - 4 Tbsp Tahini
  - Juice of half a lemon
1. Wash beans, chop ends off and cut in half
  2. Fill a pot with 2 inches of water, bring to boil
  3. Place beans in a steaming basket and place over boiling water
  4. Cover beans and steam for 5 minutes
  5. In a large bowl, combine garlic, tamari, tahini and lemon juice
  6. When beans are done, add them to the garlic mixture and toss until well coated
  7. Serve and Enjoy

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## THE HISTORY OF MEDICINE...

- 2000 BC - Here, eat this root.  
1000 BC - That root is heathen, say this prayer.  
1805 AD - That prayer is superstition.  
Here, drink this potion.  
1940 AD - That potion is snake oil.  
Here swallow this pill.  
1985 AD - That pill is ineffective.  
Here, take this antibiotic.  
2000 Ad - That antibiotic doesn't work anymore.  
Here, eat this root.

## Welcome to the Air Canada Centre

Who can forget Foster Hewitt's weekly openings to his broadcast on Hockey Night In Canada - "Hello, Canada, and hockey fans in the United States, Newfoundland" and ... *Wilmot Township*. Well, if Foster were alive today he would be excited to see the way the Vitello family of St. Agatha transformed their basement into a miniature version of the Air Canada Centre.

The Vitellos are hockey enthusiasts. They enjoy playing the game and watching their favourite team, the Toronto Maple Leafs. Until five years ago, their large unfinished basement was used as a hockey practice facility. But damage done to the walls' vapour barrier prompted Diego (dad) to build a smaller more contained area. Chipboard was applied to a framed wall and the floor was painted grey. After a year or two, Diego had the vision to recreate the "Air Canada Centre" in that space.

The floor and walls were painted white and netting was applied to one end of the room. To make the conversion complete they needed logos, so the family picked out their favourite ACC



logos and sent them off to their good friend Mark Pfaff. Mark found the logos, applied them to one-inch by one-inch frames, and loaned the family his projector. The logos were projected on to the ACC boards and traced out with a pencil. Logos were also traced out on to the floor and centre ice circles were created.

The whole family - Rita (mom), and kids Rebecca, Michael, and Bradley - all helped paint the selected logos red, blue and white. Diego took extra care painting the floor logos, which kept him up into the wee hours of the night. Diego is proud of the shrine but insists that it is not finished yet. He would still like to put a large photo of fans sporting the blue and white jerseys on both of the longer walls.

Diego kept his "Air Canada Centre" at a low budget and estimates that the whole thing cost around \$400. "It was a great family project," says Diego.

They do have some hockey parties from time to time. In the meantime the kids enjoy their time at the "Air Canada Centre" in St. Agatha. All we need now is for the Leafs to have a great year!



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# 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.

If you need more entry forms you can print them from our web-site (off current issue) or pick one up from the outdoor boxes in Baden, located at Macs, Mars, by postal boxes on Brenneman, Stiefelmeyer and Snyder's Road.

<input type="checkbox"/> D. Sedin * VAN * 104	<input type="checkbox"/> Iginla * CAL * 86	<input type="checkbox"/> Zetterburg * DET * 80	<input type="checkbox"/> Toews * CHI * 76
<input type="checkbox"/> St. Louis * TB * 99	<input type="checkbox"/> B. Richards * NYR * 77	<input type="checkbox"/> Giroux * PHI * 76	<input type="checkbox"/> Vanek * BUF * 73
<input type="checkbox"/> H. Sedin * VAN * 94	<input type="checkbox"/> Getzlaf * ANA * 76	<input type="checkbox"/> Kesler * VAN * 73	<input type="checkbox"/> Backstrom * WAS * 65
<input type="checkbox"/> Stamkos * TB * 91	<input type="checkbox"/> E. Staal * CAR * 76	<input type="checkbox"/> Kopitar * LA * 73	<input type="checkbox"/> Malkin * PIT * 37
<input type="checkbox"/> Ovechkin * WAS * 85	<input type="checkbox"/> Datsyuk * DET * 59	<input type="checkbox"/> Kane * CHI * 73	<input type="checkbox"/> Parise * NJ * 6
<input type="checkbox"/> Thornton * SJ * 70	<input type="checkbox"/> M. Richards * LA * 66	<input type="checkbox"/> Lucic * BOS * 62	<input type="checkbox"/> Spezza * OTT * 57
<input type="checkbox"/> Briere * PHI * 68	<input type="checkbox"/> Nash * CLB * 66	<input type="checkbox"/> Doan * PHX * 60	<input type="checkbox"/> LeCavalier * TB * 54
<input type="checkbox"/> Tavares * NYI * 67	<input type="checkbox"/> Pavelski * SJ * 66	<input type="checkbox"/> Grabovsky * TOR * 58	<input type="checkbox"/> Semin * WAS * 54
<input type="checkbox"/> Carter * CLB * 66	<input type="checkbox"/> Kessel * TOR * 64	<input type="checkbox"/> Plekanec * MON * 57	<input type="checkbox"/> Gaborik * NYR * 48
<input type="checkbox"/> Kovalchuk * NJ * 60	<input type="checkbox"/> Skinner * CAR * 63	<input type="checkbox"/> Hossa * CHI * 57	<input type="checkbox"/> Roy * BUF * 35
<input type="checkbox"/> Visnovski * ANA * 68	<input type="checkbox"/> Ehroff * BUF * 50	<b>RULES:</b> (there are 2 pools : adult and kids-12 & under) 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. <b>*Two points will be given for every game a goalie wins.</b> 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. (This years' team and 2010-2011 points included with each player). 7. No entry fee required... just have fun! <b>No trades or substitutions through the year.</b>	
<input type="checkbox"/> Lidstrom * DET * 62	<input type="checkbox"/> Weber * NAS * 48		
<input type="checkbox"/> Yandle * PHX * 58	<input type="checkbox"/> Kaberle * CAR * 47		
<input type="checkbox"/> Letang * PIT * 50	<input type="checkbox"/> Liles * TOR * 46		
<input type="checkbox"/> Boyle * SJ * 50	<input type="checkbox"/> Green * WAS * 24		
<input type="checkbox"/> Luongo * VAN * 76	<input type="checkbox"/> Kiprusoff * CAL * 74		
<input type="checkbox"/> Price * MON * 76	<input type="checkbox"/> Bryzgalov * PHI * 72		
<input type="checkbox"/> Howard * DET * 74	<input type="checkbox"/> Lundqvist * NYR * 72		
<input type="checkbox"/> Fleury * PIT * 72	<input type="checkbox"/> Niemi * SJ * 70		
<input type="checkbox"/> Thomas * BOS * 70	<input type="checkbox"/> Miller * BUF * 68		

**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](http://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!**





# New Hamburg Wellness Centre



**WE'RE  
MOVING  
FALL 2011!**

## ***EXCITING NEWS!***

### **NEW LOCATION:**

The New Hamburg Wellness Centre is excited to announce our relocation and expansion to a **brand new facility** in the Fall of 2011. We will be located at **338 Waterloo Street, New Hamburg**, in the re-developed Foodland Plaza. Our large spacious office will be wheelchair accessible and offer free parking and extended hours. Same day emergency appointments are available.

### **NEW PRACTITIONERS:**

Dr. John A. Papa, DC and Sheila Reinhart, RMT are pleased to welcome to our practice:

- Dr. Sean Delanghe, Chiropractor (DC)
- Olivia Galloway, Lindsay Leduc, and Heather Durie, Registered Massage Therapists (RMT)

New patients are always welcome,  
with no referral required.

***Proudly serving Baden, New Hamburg and surrounding areas.***



**[www.nhwc.ca](http://www.nhwc.ca)**

**519-662-4441**