

SEPTEMBER 2012

“Keeping the Community Connected”
with 2850 copies
in circulation

VOLUME 13, ISSUE 2

Castle Kilbride Concert Series Ends in a High Note with Festival City Big Band!



As the summer concert series at Castle Kilbride came to a close on Thursday August 23rd, it was great to see over 500 enthusiastic people show up for the final night. It featured the Festival City Big Band, a marvelous 17-piece band from Stratford that has been entertaining audiences since 1995 with a wide range of music, including swing-era standards, contemporary jazz charts, Latin numbers, unclassifiable weird stuff and so much more. This

was the seventh of the eight shows lined up this year - and despite the wonderful summer nights we've had - the *Handkerchiefs* scheduled in July was the only rained-out gig. But not to worry as they will be playing for the 135th Birthday Bash of Castle Kilbride on Sunday, September 23. Don't miss them!

This capped off an amazing summer of concerts that entertained Badenites and beyond!



This paper is priceless - Please have one!

Talking with Ed

~ Theories of Living a Long Life



While going through some old newspaper clippings, I stumbled upon an article regarding Mrs. Stemm of Baden who was celebrating her ninetieth birthday.

Mrs. Stemm was born on June 15th, 1848 and lived at the south end of Brewery Street (south of Gingerich Road), with her husband Albert Stemm--who was Baden's police officer. When she was asked what the secret to a long life was, she replied: "All work and no rest is the secret to longevity."

Several weeks later I read an article about the world's certified oldest living person, Besse Cooper from Georgia, who just turned 116 years young. Besse is a retired school teacher who was widowed in 1963 after 39 years of marriage. She had four children, 12 grandchildren, 15 great grandchildren and one great-great grandchild.

Besse was born in 1896, the same year as the Games of the 1st Olympiad, Utah's admission as the 45th state, and the first x-ray ever taken. She is one of ten people verified to have lived beyond 110 years. The oldest person is Jeanne Louise Calment, of Arles, France who lived to the ripe age of 122, according to the Guinness records (Jiroemon Kimura, the world's oldest living man, celebrated his 115th birthday in April at his home in Kyotango City, Japan). Besse's claim to longevity is, "I mind my own business and I don't eat junk food."

Coming home from work the other day I heard an announcer on the radio claim that after a poll, it was determined that the age a person becomes a senior is no longer 60, but now is considered to be closer to 80. I also read in *Eye Health* magazine that the life expectancy in 1987 was 79 and today it is 85. I think that people are much more educated and aware of good lifestyles. I know in the grocery business the meat department sales used to be double that of produce sales, but that trend has reversed with produce far exceeding meat sales. We are curious, getting wiser, and thinking more about how to take better care of ourselves. It's no surprise that healthy foods, plenty of exercise and rest, while limiting stress and the bad things in life are all contributors to longevity; but what about our state of mind? Our attitudes and ideals about aging also matter in the big picture of longevity.

It seems that location has something to do with it too. Something remarkable links the remote Japanese island of Okinawa, the small Sardinian mountain town of Ovodda and Loma Linda in the United States. People live longer in these three places than anywhere else on Earth. At Okinawa the reasons focus on the dinner table. They eat more tofu and soya products than any other population in the world and they also eat a variety of vegetables that are rich in antioxidants, but perhaps one of the biggest reasons is that they only eat until they are 80% full.

In Ovodda, Sardinia they don't count calories and meat is very firmly on the menu, but this town of 1,700 boasts five centenarians. For hundreds of years families in Ovodda have lived in relative isolation from the rest of the world, marrying into each other's families. Some scientists claim from a genetic point of view when this happens there's a higher probability of having genetic diseases, but also having positive results like centenarians.

For many living in Loma Linda, California, long life is a matter of faith. A significant number of people in the town are Seventh Day Adventist, a religion whose members live between five and ten years longer than average. To me eating well, a balanced lifestyle and thinking young all make for a longer life.

Until next month...Ed

We decided to take an impromptu poll and see what some people thought to be the secret to a long life. Here are some of the responses we got from:

- * 80 year old woman- "Keep it simple"
- * 19 year old girl - "Continued goals and achievements"
- * 47 year old mother and homemaker - "Love"
- * 54 year old woman - "Ignore the number of your age and simply feel as young as your spirit is!"
- * 50 year old man - "Keep your mind full and your bowels empty."
- * 50 year old woman - "Fresh air, fresh greens, exercise."
- * 79 year old man - "If you have to work then try and work with nice people."
- * 14 year old girl- "Stay close to your friends and family."
- * 65 year old father - "Keep laughing."



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Observations On Growing Older

- ~Your kids are becoming you...and you don't like them...but your grandchildren are perfect!
- ~Going Out is good.. Coming Home is better!
- ~You forget names But it's OK because other people forgot they even knew you!!!
- ~You realize you're never going to be really good at anything Especially Fishing.
- ~The things you used to care to do, you no longer care to do, but you really do care that you don't care to do them anymore.
- ~You sleep better on a lounge chair with the TV blaring than in bed. It's called "pre-sleep".
- ~You miss the days when everything worked with just an "ON" and "OFF" Switch..
- ~You tend to use more 4 letter words
- "what?"...."when?"... ???
- ~What used to be freckles are now liver spots.
- ~Everybody whispers.
- ~You have 3 sizes of clothes in your closet 2 of which you will never wear.
- ~But Old is good in some things: Old songs, Old movies, and best of all, OLD FRIENDS!!



Greetings from Outlook Headquarters

Well, back in the saddle, so they say... *bitsa!*
 September is here and kids are back in school, vacations are done, new schedules are developing, and everyone is busy. But it's a very different kind of busy from the summer-time fun crazy busy. Whatever this new season brings you—embrace it... as time has its way of running away from us. The fall is a wonderful time of year. We were delighted to see the August papers fly out so fast, nearly all 2800 copies were snapped up within the first week. Thank you! We will be increasing our circulation this fall as the paper is now available at Tim Hortons in Baden, and the Wilmot Recreation Centre.

We must apologize to those who got an overly bulky copy with additional blank pages in it. Our printer was a bit eager (after not being used since the June issue) and it snatched up extra pages and inserted as it pleased. We believe the humidity in the basement got into the stored cases of paper there and made them a bit sticky. However, some wondered if it was for making notes, others thought a good place for the kids to colour—but perhaps you had your own creative ideas with those blank pages.

bitsa ~ "Back in the Saddle Again" - meaning back to work or to whatever you are supposed to be doing. It indicates a state of readiness to get down to work after a break. I was on vacation, but now I'm bitsa.

Till next month, bitsa... Mrs. ED

EXTRA!! EXTRA!!

There are copies of The Baden Outlook available in Baden at Mars Variety, Mac's, Baden Feed, One Way Water, Livewell Clinic, Wilmot Rec. Centre, Tim Hortons, Baden Library, EJ's, Seasons Grande (formerly Eglis) 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 at Stop 2 Shop (St. Agatha), Old Fashioned Variety (Petersburg) Foxboro.

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

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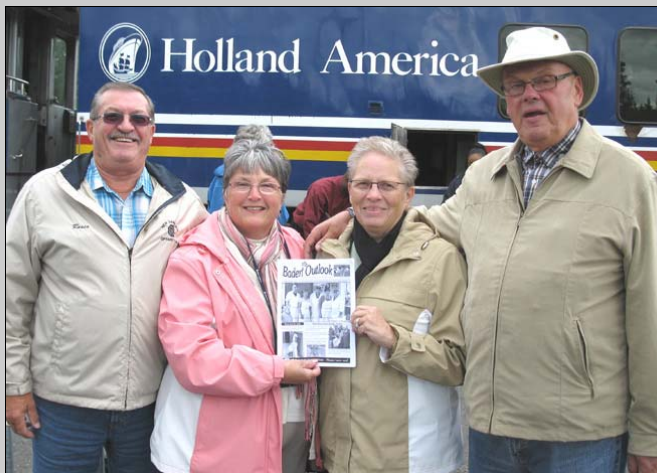
Wow! More exciting destinations as *The Baden Outlook* continues to travel to Slovakia, Collingwood, Peru and Alaska/Yukon!



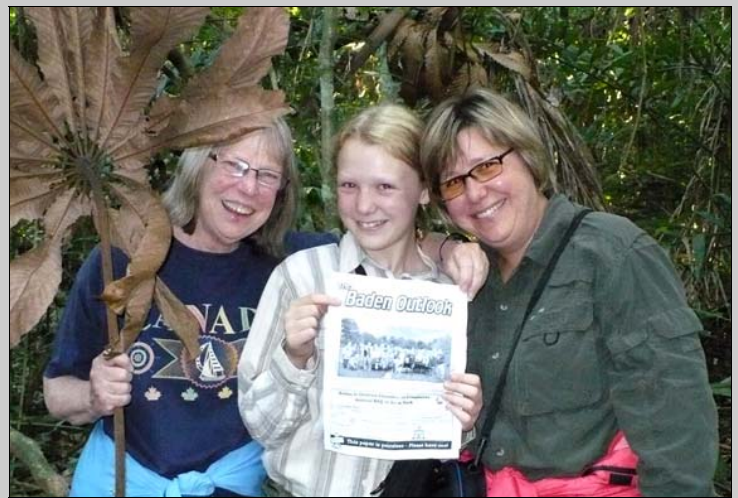
10 yr old Marcel Michale went to Piestany, Slovakia in Europe and took along his Baden Outlook.



The Baden Outlook has a wonderful tube ride around Georgian Bay near Collingwood with Kelly Williams and Pat Fisher. Thank you Kevin for not dumping us in the lake as promised!!



Ross and Glenda Roth (left) & Jack and Jean Wettlaufer of Woodstock took their Baden Outlook on a land/cruise tour of Alaska and the Yukon at the beginning of August.



The Baden Outlook enjoyed a fabulous trip to Peru —Lima, Cuzco, Valle Sagrado, Machu Picchu, Puerto Maldonado and the Amazon Jungle. Seen is Elaine Gross (Grandma), Natasha Elaine Weber (Grandchild) and Rachel Elaine Weber (daughter) in the jungle. The three Elaines choose a special travel destination together each year. They enjoyed their trip to Peru and it was extra fun deciding how and where to pose with the Outlook. The picture was taken by a couple from England they met along the way.

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Update on Michael Heath in London at the Paralympics

We featured Michael Heath in the August issue as he was about to go to London to compete in the Paralympics.

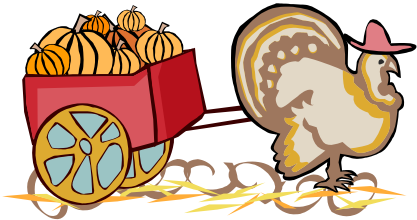


As the Paralympics have come to a close, the latest update comes from Wilmot Aquatic Aces Coach Joni Martin-Sanders, who is in London and happy to share his current status.

"He had two best times in 100 metre backstroke and 200 freestyle. He finished 13th in 100 backstroke and 17th in 200 freestyle. He was 13th in the 100 breaststroke - the swim wasn't what he wanted but he swam well and did us all proud.



With the second largest number of athletes and events at the Games, Swimming is one of the most popular Paralympic sports.



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The construction is complete on Snyder's Road West, providing a new sidewalk on the north side of the road and bike paths. This will help take kids of all ages to and from school safely.

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Baden ~ Our Town

The Baden Community Association joined forces with the Baden Chamber of Commerce in their annual Barbeque at Beck Park on August 30. Over 250 people enjoyed the hamburgers, chicken, four types of salads, corn on the cob, desserts and drinks. We were privileged to have local dignitaries MPP Michael Harris, MP Harold Albrecht, and Mayor Les Armstrong join us. Ten-year old Caleb Bors, local champion soapbox racer, was there with his family and showed his soapbox cars. Everyone had a great time connecting with their neighbours, enjoying the food and the wonderful summer weather.



What's on the Agenda??

- The Baden Community Association will be patrolling the streets on Halloween night helping to keep the streets safe for all the wee ones.
- Plans are also in the works to team up with the Baden Chamber of Commerce and Wilmot Optimist Club with their annual Santa Claus Parade. They are planning a fun time for the children to meet up with Santa after the parade.
- The Baden Community Association also has plans for a Family Day function, which will be held at the Wilmot Rec Centre.

If you are looking for a fun and simple way to contribute to your community then please feel free to come out and see what it's all about and give what you can! The Baden Community Association meets monthly at the Township hall. Watch us on facebook for meeting times or call Barry at 519-634-8916 or badengroup@hotmail.ca



Enjoying the good food at the annual Baden BBQ!

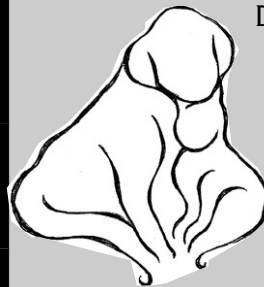


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 - Book 'Some Things Best Forgotten'
 - Book 'Stories from the Porch'
 - Zero Gravity Lawn chair
 - Brown golf shirt
 - Blue golf shirt
 - Tim Horton's gift box
 - Family Swim & Skate
 - Family Swim & Skate
 - \$10 gift card

Winner

- Dominick Cudney
 - Shawn Beggs
 - Cathy Baier
 - Caleb Bors
 - Bob Zoeller
 - Les Armstrong
 - Ian Campbell
 - Samantha Wagler
 - Lindsay Beggs
 - Olivia Miller
 - Linda Campbell
 - Nevin Gingerich
 - Maeve Campbell
 - Monica Brietenstein
 - Camryn Zitzelberger
 - Gwen Hill
 - Linda Murray
 - Hailey Tallman
 - Elaine Bender
 - Ken Alischer
 - Shannon Joseph

Many hands make the load light, as the Baden Community Association tag teamed with the Chamber of Commerce Annual BBQ



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Checking Out the Baden Library

One Book, One Community (OBOC) Author Readings

What does "the lake" mean to you? What is the significance of lakes in the life of a community? How do lakes define who we are as Canadians? *Lakeland* is an interesting, non-fiction book that explores our connection with Canadian lakes. The book is available in several formats, including e-book, which can be downloaded with your library card at www.downloadlibrary.ca.

Meet this year's OBOC author Allan Casey at public readings, from September 25 to 27, in Waterloo Region. Admission is free and everyone is welcome! For a complete author reading schedule, and more information about the book, visit www.oboc.ca or call RWL headquarters at 519-575-4590.

Kids Book Clubs

The Baden Book Worms is a Book Club for kids ages 7 to 9. The first meeting is Tuesday, Oct. 23, from 6:45 to 7:30 p.m.

The Awesome Book Club is for kids ages 10 to 12. The first meeting is Tuesday, Oct. 9, from 6:45 to 7:30 p.m. Children all take home the same book to read each month. Fun activities, great discussion and more! Advance registration is required for both clubs as space is limited. Please contact the Baden Branch Library for more information.

Teens! Would you like a book club of your own? Let's talk about it! Contact Chris at the library.

Goodbye, Emily and Welcome, Aaron!

Emily Hunsberger has been a student page at the Baden Branch for the past two years, as well as a page at our Library Headquarters for one year. We say good bye and good luck to Emily as she leaves us to attend the University of Waterloo this fall.

Please drop-in and welcome our new library page, Aaron Shantz. Aaron is a Grade 12 student at Waterloo-Oxford. He loves music and enjoys being in bands and choirs. He also enjoys playing sports, including volleyball, badminton and track. He is a dedicated member of the student activities council, music council, and is also a member of the Shantz Mennonite Church MYF.

Fall Children's Programs

Just For You Baby, Toddler Tales and Storytime for 2 ½ - 5 year olds all begin the week of October 2. Advance registration is required.

Due to space limitations, registration is required for ALL Baden Branch programs. Contact us at 519-634-8933 or badenlib@regionofwaterloo.ca for more information. Up-to-date information is also available in our Events Calendar on our website at www.rwl.library.on.ca.

Chris Baechler, Assistant Supervisor -
Baden Branch



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DUNDEEWEALTH

Wonderful Progress as Lydia Continues to Heal

Four months have passed since that tragic day when Lydia was critically injured. The green ribbons displayed throughout Wilmot show a community who cares. The constant prayers and support continue though as she struggles on her long journey back to health.

Since then the family has rejoiced to have her arouse from her coma and learn once again the basics of living. She gave her father James, a wonderful gift when she recently said, "Happy birthday Dad." She has learned to drink from a straw and has her appetite back, enjoying pizza and her other favourite foods.

"As students go to our local schools to see the class lists that will be posted this weekend, Lydia's name will appear on one of the lists. This may cause some to wonder if this is an oversight, or if Lydia will be returning to school. Lydia is enrolled in grade 8 at Baden Public School, and hopefully, she will be able to return to school some time in 2013. There is a school at Holland Bloorview for BIRT (Brain Injury Rehabilitation Team) patients, and Lydia begins there on Tuesday. Classes are small, with individualized instruction and breaks for therapy or rest, as needed.

When Lydia's rehabilitation is moved to home, she will be tutored and educated at home. When she is able, she will begin to attend Baden Public School, accompanied by a therapy support worker for short time periods a couple of times a week. Or, she may not get to Baden Public School for this school year, but perhaps to Waterloo Oxford the following year. We do not know how fast she will progress academically. We do know that school is a place that Lydia loved, and we are sure she will be excited when she is able to return."

On Wednesday, September 5th, the Herrles did a trip to Sick Kids Hospital for a follow up neurology appointment. Returning to the place where they had lived so deeply for eight weeks was powerful for her parents, James and Michelle. Lydia has no memory of the hospital or the people they saw that day.

Her neurology Doctor, who did her brain surgery for the ICP probe and drainage tube, was amazed at Lydia's progress. With a twinkle in his eye, he said to Lydia, "We always thought you might make a rapid recovery, but this is wonderful to see!" Consequently, Lydia does not need to return until Sept 2013 for a follow up visit. (To follow along with Lydia's recovery see the blog at prayforlydia2012.blogspot.com)



Information taken from her blog on approval of The Herrle Family.

SIR ADAM BECK P.S.
MEET THE TEACHER
FUN NIGHT!
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5:00pm - 7:00pm

5:00-5:15 RIBBON CUTTING CEREMONY
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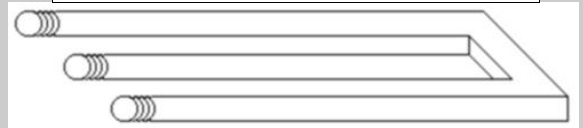


LookOut Kids' Korner

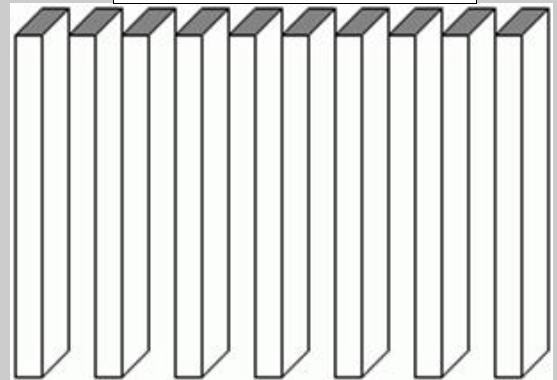


What are illusions? Illusions trick us into seeing something differently than it actually exists, so what we see does not correspond to physical reality. In addition, some illusions show us one thing in a picture, while someone else sees something entirely different in the same picture.

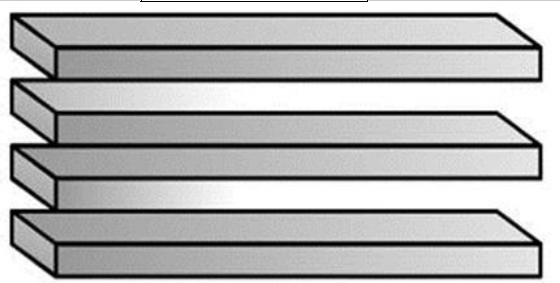
Look from left to right from top to bottom. The rod in the middle does not exist.



How many, 7 or 10. Count at the top and then at the bottom.



How many, 3 or 4?



The centre beam disappears, look from left to right.



Thanksgiving is October 8th and there is so much to be thankful for... Getting back to school to learn, see your friends and to wake up the lazy summer-time brain. Let's also be thankful for our sense of humour, to have a giggle and smile. Check out these Thanksgiving jokes —wake up the mind and laugh a little too!

1. What happened when a turkey got into a fight?
2. Why was the turkey the drummer in the band?
3. What sound does a space turkey make?
4. Why did the turkey cross the road?
5. If April Showers bring May flowers then what do May flowers bring?



1. He got the stuffing knocked out of him.
2. Because he had the drumsticks.
3. Hubble, Hubble, Hubble.
4. Because it was the chicken's day off.
5. Pilgrims.



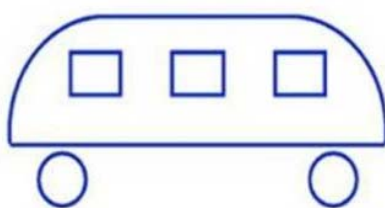
Be creative and make a pine cone turkey, for your table, or to give as a gift. Fun and easy to do... go on-line and see the many ways to make one!



Which way is the bus below traveling?
To the left or to the right?

Can't make up your mind?
Look carefully at the picture again.

The answer: The bus is traveling to the left. — Because you can't see the door.



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BADEN TEEN TOPS ADVANCED AVIATION COURSE AT AIR CADET TRAINING CENTRE IN TRENTON



Cadet Jordan Brenneman (centre) from 19 Stratford Royal Canadian Air Cadet Squadron receives the Lieutenant-Colonel J. M. Donnelly Trophy for Top Cadet on the Advanced Aviation Course from his course officer Captain Mike Blakely-Bazinet (right/left), and Major Doug Irish, Officer Commanding of the Aviation Wing at Trenton Air Cadet Summer Training Centre (TACSTC). On August 17, 2012, Cadet Brenneman who hails from Baden, was one of 45 cadets from across Ontario to complete a three -week course which focused on advanced principles of aviation. This course is often used as a stepping stone for cadets who wish to continue on and qualify to become glider and power pilots. Joined by over 600 cadets on parade for the final graduation parade of the training season, Cadet Brenneman is one of 1520 cadets who attended the training centre over the course of the summer.



New Hamburg Legion



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Ask Armand ~



Dave from Baden asks– *I know Baden had an Optimist Club and a Chamber of Commerce, but did Baden ever have their own Community Group?*

Armand says – *Why yes Dave, Baden did have its own Community Group. It was started in the early 40s and they orchestrated the Dominion Day celebrations in town. The normal activities for the Dominion Day event included an afternoon parade, picnic and evening program. It lasted at least 25 years and was an annual event that everyone looked forward to. The folks in town are lucky that the group has started up again creating more energy and fun!*

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Outlook Home-Run Baseball Pool Stats

Place	Name	PTS	Place	Name	PTS
1	Patricia Cherrey	315	31	Dallas Diebold	261
2	Daniel East	304	32	Hunter Delay	261
3	Lindsay Snyder	300	33	Greg Naumann	260
4	Jacob Janes	293	34	Krista Schmidt	259
5	Taylor Naumann	288	35	Pat Beaver	258
6	Ellie Schmitt	284	36	Josh Egli	258
7	Travis Miles	284	37	Tyler Naumann	256
8	Wendy Held	284	38	Dave Taves	256
9	Maggie Litwiller	283	39	Todd Janes	256
10	Andrew Bain	281	40	O'D Gingerich	255
11	Tim Gowland	280	41	Lia Bender	254
12	Sir David Murray	279	42	Lab Snyder	254
13	Mary Pfaff	278	43	Karen Sisko	254
14	Joyce Leis	277	44	Ken J. Schmidt	254
15	Evin Henderson	274	45	Gord Mills	254
16	Pat Delay	274	46	Chris Murray	254
17	Alia Henderson	273	47	Leafster Lee	253
18	Gail Kotylak	273	48	Brittany Schmearer	253
19	Meghan Mueller	271	49	Greg Rempel	252
20	Ben Ziegler	268	50	Steve Salese	252
21	Kim Rempel	268	51	Debbie Bender	251
22	Lisa Holba	267	52	Don Bender	251
23	Sheri Mueller	267	53	Quinn Weicker	250
24	Ashten Snyder	265	54	Dan Schmidt	250
25	Kelly Flood	265	55	Cooper Honderich	249
26	Joe Diebold	264	56	Tyler Valcanoff	249
27	Brian Roote	264	57	Lou Sicoli	247
28	Bob Wilson	264	58	Shad Janes	247
29	Marieta Eckert	264	59	Joyce Snyder	247
30	Bryan Pfaff	262	60	Katie Paghal	246

Congratulations to Patricia Cherrey



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

The lucky random draw winner is Bob Wilson winning a Baden Outlook shirt.



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Typically it's the September issue that we provide the Outlook Hockey Pool registration form. But considering the NHL contract disputes we are holding out until next month to determine if it's a go!

Cross your fingers that we have a Outlook Hockey pool this season!



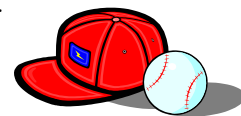
Baseball Pool



Be sure to follow your stats which are updated daily on the site. The Outlook draws the stats on the 7th of the month. To follow the stats, log on to our website at www.badenoutlook.com - Click on sports pool—choose "Baseball Pool" then click on "Baseball Pool Manager" - then "Quick Access" —the pool I.D. is outlookhomerun and the password is quest. Click "Ranking" on the left side.

The top 30 entries will be listed - to view more click on "next page" below listing.

~ Have Fun and Good Luck!



Summer Fun ~ Cruizin at the Pond is Huge Success

Rockin' Ronny and Marlene Weber have quite possibly created the largest weekly car show in Waterloo Region and it was held right here in Baden at the Mill Pond every Wednesday night from June to August. Roger and Tim Scheerer have graciously allowed Ron and Marlene to host the event on the Scheerer property— a perfect setting beside the pond and willow trees.

The last show, held on August 29th brought out 245 late model vehicles, setting a record for this weekly summer-time show. Car owners started showing up just after four o'clock determined to get a good location—the show doesn't start until 5:30 pm. Ron was interested in knowing where the car owners are from and was surprised to hear that some come from as far away as Burlington, London, St. Catherines, Waterdown, Hamilton and St. Thomas. Car enthusiasts have found out about the show mainly through word of mouth and they like the highly organized event at the terrific location.



Paul and Catherine Rektor and Rob Carter, from Zehrs Beechwood were kind enough to donate and serve bottles of water and sliced watermelon at the recent show.



Ron also commented that a significant amount of money was raised through the car shows to support the Herrle Family. He also thanked all the local businesses for supplying prizes and car enthusiasts who attended the shows. The local Optimists raised funds for their group through the sale of hamburgers, hotdogs and beverages. This is a wonderful event for our town and we are thankful for the energy, enthusiasm, and all the hard work Ron and Marlene put into these weekly events.



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A Community that Cares!

It seems that whatever the occasion or wherever people are gathered, thoughts of Lydia are there.



A recent garden party was held at the home of Fred and Dorothy Elwood where music, food and socializing turned into an opportunity to put out a donation can and give to Lydia and her family.

Meghan Weber shared her music with the crowd with the "Lydia Donation Can" up front and centre which brought in \$200.



Local musicians Chris Ehrat, Reynold Skowron, Debbie and Ralph Norenburg also provided entertainment for the day.

A NOTE OF THANKS FROM THE HERRLES

DONATIONS: We have been inundated by the many who eagerly desire to donate to Lydia's long term recovery. Thank you for your support. From Baden Public School, to neighbourhood popsicle and lemonade stands, to lime green bracelets, ribbons and stay strong Lydia T-shirt sales, to gift cards for parking, gas and food, to volunteers and home cooked meals ... we are overwhelmed by the tangible reminders of your love for our family at this time. Thank you. As James and I have both experienced, it is often these gestures of kindness that undo us - that readily bring the tears to the surface.



#Pray For Lydia
a community showing support
Information taken from her blog on approval of The Herrle Family.

Kids say the darnedest things...



- * When my grandson asked me how old I was, I teasingly replied, "I'm not sure." "Look in your underwear, Grandpa," he advised. "Mine says I'm 4 to 6."
- * Children's Logic: "Give me a sentence about a public servant," said a teacher. The small boy wrote: "The fireman came down the ladder pregnant." The teacher took the lad aside to correct him. "Don't you know what pregnant means?" she asked. "Sure," said the young boy confidently. "It means carrying a child."
- * A 6-year-old was asked where his grandma lived. "Oh," he said, "she lives at the airport, and when we want her, we just go get her. Then, when we're done having her visit, we take her back to the airport."
- * She was in the bathroom, putting on her makeup, under the watchful eyes of her young granddaughter, as she'd done many times before. After she applied her lipstick and started to leave, the little one said, "But Grandma, you forgot to kiss the toilet paper good-bye!" I will probably never put lipstick on again without thinking about kissing the toilet paper good-bye....



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And with the now-completed expansion of their rainbow trout fingerling production facilities, the family-owned New Dundee business is even better positioned for further growth in the Ontario and East Coast markets which depend on a reliable supply of fingerlings in order to cultivate their industry.

Clarke Rieck, who manages production at Lyndon Fish Hatcheries, welcomed the vital investment from the Wellington-Waterloo Community Futures Development Corporation, which made this expansion possible.

"The WWCFCDC investment has presented us with an opportunity for growth that will have a positive impact not only for Lyndon, but for the farms we do business with here in Ontario and on the East Coast; farms that depend on a reliable supply from us to maintain their own production."

Rieck also commented on the positive relationship they've developed with the WWCFCDC, and insight they received from attending a workshop put on by WWCFCDC for entrepreneurs and business owners.

Harold Albrecht, Member of Parliament for Kitchener-Conestoga is also enthusiastic about the potential created by the WWCFCDC's investment.

"Lyndon Fish Hatcheries hasn't lost a load of fish in 9 years. I'm always proud to see a local business such as Lyndon being

recognized for their high-quality products and services from coast to coast in Canada, as well as internationally, and I'm proud of the emphasis our Government has placed on CFDCs which make rural towns and businesses a priority."

Bill Weichel, Wilmot's representative on WWCFCDC's Board reiterated federal support for small business in rural regions.

"Community Futures is pleased to provide the assistance that our entrepreneurs in small towns need in order to continue to energetically pursue the opportunities they see in their industries. Lyndon serves as a perfect example of collaboration between our Federal Government and the diligent, resourceful individuals in our township and many others."



Left to right, Harold Albrecht, Clarke Rieck, Bill Weichel, and Rick Whittaker touring the Lyndon Fish Hatcheries Inc. facilities on September 4, 2012.

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You Must Be Joking!!



Nobody likes a wise guy... but these are pretty good!

WISE GUY #1

It was mealtime during an airline flight. 'Would you like dinner?' the flight attendant asked John, seated in front. 'What are my choices?' John asked. 'Yes or no,' she replied.

WISE GUY #2

A truck driver was driving along on the freeway and noticed a sign that read: Low Bridge Ahead. Before he knows it, the bridge is right in front of him and his truck gets wedged under it. Cars are backed up for miles. Finally a police car comes up. The cop gets out of his car and walks to the truck driver, puts his hands on his hips and says, 'Got stuck, huh?' The truck driver says, 'No, I was delivering this bridge and I ran out of gas!'

WISE GUY #3

The police officer got out of his car as the kid who was stopped for speeding rolled down his window. 'I've been waiting for you all day,' the officer said. The kid replied, 'Yeah, well I got here as fast as I could.' When the cop finally stopped laughing, he sent the kid on his way without a ticket.

Fun times with Harold Albrecht and Michael Harris as they competed in the Wellesley Soap Box Derby. See story and pics on page 35



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DO YOU REALLY KNOW YOUR HYMNS? (Proverbs 17:22)

- Dentist's Hymn..... Crown Him with Many Crowns
- Weatherman's Hymn..... There Shall Be Showers of Blessings
- Contractor's Hymn..... The Church's One Foundation
- The Tailor's Hymn..... Holy, Holy, Holy
- The Golfer's Hymn..... There's a Green Hill Far Away
- The Politician's Hymn..... Standing on the Promises!
- Optometrist's Hymn..... Open My Eyes That I Might See
- The IRS Agent's Hymn..... I Surrender All
- The Gossip's Hymn..... Pass It On
- The Electrician's Hymn..... Send The Light
- The Shopper's Hymn..... Sweet By and By
- The Realtor's Hymn..... I've Got a Mansion, Just Over the Hilltop
- The Massage Therapists Hymn..... He Touched Me
- The Doctor's Hymn..... The Great Physician

AND for those who speed on the highway - a few hymns:
55 mph God Will Take Care of You
75 mph Nearer My God To Thee
85 mph This World Is Not My Home
95 mph Lord, I'm Coming Home
100 mph Precious Memories

Give me a sense of humour Lord, give me the grace to hear some
jokes, and enjoy the humour of life.

Email submitted by Dorothy Shantz

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1st of each month.



**New Hamburg Legion
Branch #532 - Boulee Street, NH**



Invites you to ...
Fish Fry on Friday, September 28th
2 sittings - 5 and 7 pm / \$12 plate

Please join them Saturday September 29th
for dance with band "Locomotion"
~ free admission ~

"Get It Together"

...with Donna & Rhonda



Back to school already? Each summer seems to move at a faster pace every year! I love the fall, as each September brings the opportunity for a "fresh start" and new routines.

We encourage you to take the time to have a "family meeting". Make a list of all the tasks that need to be done in your household on any given day. Divide them into two groups - what needs to be done in the morning and what can be done the "night before". Some morning routines could include: exercise, shower, get dressed, make bed, fix hair, have breakfast, decide supper meal, and feed the pets. Some evening routines could include: make lunches, get permission forms and letters signed, get backpacks ready, set table for breakfast, lay out clothes for next day, and your bedtime routine.

Next, divide the tasks among each family member. Document it and put the list in a page protector. Hang the master list on the fridge and use a dry erase marker to check off the tasks until they become routine. We all know that mornings can become chaotic and stressful. We never know what could happen in the middle of the night - you may be up with a sick child or your alarm fails to go off. Try to be proactive and get as much done as you can the "night before".

Remember it takes 27 days to form a new habit.

Once everyone catches on to the routines, your household will run more smoothly, incur less stress, and everyone starts the day with a positive attitude!

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Tuesday & Thursday at 8:25 a.m. & 5:25 p.m. on AM 920 or Listen Live at www.am920.ca

20 12 WATERLOO REGION INTERNATIONAL PLOWING MATCH AND RURAL EXPO



Look what's cropping up in the fields of North Dumfries Township to celebrate the upcoming 2012 Waterloo Region International Plowing Match and Rural Expo.

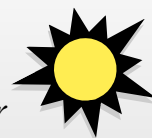
Don and Lynn Brodhaecker are celebrating the 99th International Plowing Match by decorating their farm and encouraging passers-by to attend this year's IPM, held in Roseville, September 18 - 22.

The IPM Committee is encouraging all residents in Waterloo Region to show their colours (blue, yellow and green) by decorating their homes, driveways, and lanes in IPM colours to celebrate this region's agricultural community.

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"THREADS OF HOPE" is an inter-denominational mission team started over 10 years ago, and is operated under Missionary Ventures of Guelph.

Team volunteers travel to third world countries to teach women sewing skills which help them become self-sufficient. They raise money through fundraisers, donations and speaking engagements to supply sewing machines and supplies.

Please pray for this local team as they travel to South Africa on October 19. Contact either Karen Buhr at 634-5637 Or Sheryl Crabbe at 662-1980 to help.

MountainOak Cheese Opens for Business

Adam and Hannie van Bergeijk took over the family dairy farm in Holland from Adam's parents in 1976. From the beginning, they had an interest in making artisan cheese on the farm. In 1981, they both attended the renowned cheese maker's school in Gouda, a centre of cheese making expertise for over three hundred years. Now a teacher of cheese making himself, Adam has trained students from countries throughout Europe in the art of cheese making.

Adam and Hannie moved to Canada in 1996 from Holland. Moving to their 200-acre farm just south of Baden on the Huron Road, Adam dreamed of some day opening his own Gouda cheese making operation. Their sons Jon and Arjo are at the age where they can take over the dairy operation of the farm and with several requests from the cheese makers of Ontario board they decided the time was right!

Adam gave the Baden Outlook a tour through their brand new facility, Mountainoak Cheese, which has several processing areas. The back of the building contains the 4,000-litre milk storage area and milk heat treatment area. They use only the highest quality milk from their own cows. The temperature of the milk can be raised to 64 or 72 degrees. This is significant as it enables the Bergeijks to make raw or pasteurized Gouda cheese.



Next, the milk is sent to the second room where it is processed and put into round forms. The forms are loaded onto racks and submerged in a brine pool. The final stage has the round cheese pieces being stored in a refrigerated a warehouse for aging. Mountainoak Cheese has many flavours of Gouda including Prima Gouda (traditional), cumin, fiery, mustard seed, nettle, truffle and black pepper. The cheese has no additives and is completely natural. Mountainoak Cheese is the only raw Gouda cheese maker in Ontario. Check out their website www.mountainoak.ca to see a slide show of the entire process and facility.

A literal translation from Dutch to English of the family name, "Van Bergeijk", would be "*from the*

mountain oak". Coming to a new land where English is spoken, they chose "Mountainoak Farms" as the name of their dairy. When their dream to make cheese in Canada became a

reality, it just made sense that fresh Mountainoak milk should be made into high quality, all-natural, Mountainoak cheese!

Adam and Hannie have been producing high-quality, superb-tasting Farmstead Gouda cheese since July and the store is ready for their grand opening, which will be held Saturday, September 15th from 10 a.m. to 4 p.m. (the grand opening ceremony will be at 11:00 a.m.). They will be giving tours of the plant, cheese sampling, and a complimentary lunch served at noon. The store and plant are located at 3165 Huron Road. If you are coming from Baden it is the last farm on the south side of the road just before Puddicombe Road. Drop in and say hello to Adam, Hannie and the family. They make a fine quality product with more flavours than one can image... made right here in Wilmot Township!



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Welcome to Mountainoak Cheese!



You are invited to the
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of
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Saturday, September 15, 2012
Open House
10:00 a.m. - 4:00 p.m.
Official Opening - 11:00 a.m.



*We look forward to seeing
you there!*

**Adam and Hannie
van Bergeijk**

**"Come out and enjoy self guided tours of the processing plant, cheese sampling and
tasting, and information about cheese making."
*"A complimentary lunch will be served at noon."****

* although all refreshments are complimentary, in response to recent hurricane damage in Haiti,
we will provide opportunity for free will donations to Mission to Haiti Canada.

Interesting People: Meet Ambassadors for Global Family for Ontario ~ Leigh and Lois Steckley

What is Mennonite Central Committee's best kept secret? No, it's not the Ontario Mennonite Relief Sale. No, it's not that they're an outstanding relief and disaster service in times of need. No, it's not that they have the best quilters in the world.

The best kept secret is its "Global Family" program. In the past, it was a child sponsorship program but that has all changed. Global Family is now a community-based education sponsorship program that is cost effective and gives schools the freedom to decide what is best for students and families in their area. For example, funds are used to support student scholarships, nutritious lunches, library materials, school supplies, school fees, uniforms, teacher training, special equipment for students with disabilities and more.

Global Family currently partners with over 100 community-based organizations in more than 40 different countries. The goal is to assist community groups in providing their children with quality learning experiences.

Did you know that over 70 million children don't have the opportunity to go to school? We believe education gives children a real hope for the future that awaits them! We believe every child should have the opportunity to learn.

Leigh and Lois Steckley of New Hamburg (also ambassadors for Global Family for Ontario) recently returned from a Middle East learning tour with MCC. They were a part of a Canada/USA 12 team member unit who visited Global Family programs in Jordan and Palestine. Many connections and relationships were enriched during this visit to a land of unrest and conflict. A few of the projects visited are highlighted below:

1. The Al-Malath Society in the Beit Sahour of Bethlehem, which means "refuge" in Arabic, is a centre that serves youth with mental and intellectual disabilities that are not looked after by other schools. The program contributes toward a long term increase in clients' independence and dignity in living their lives. They hope to open a workshop where graduates of the program can be employed. Leigh said, "Seeing the smiles on their faces was enough to convince him of the need for sponsoring this school."

2. The Latin Patriarchate School, in Zababdeh, a village in the northern West Bank, provides quality education to Catholic, Anglican and Orthodox students, as well as Muslim students from the local area. Here Christians and Muslims can come together on equal footing and become friends. Global Family funds provide scholarships to students who would otherwise not have access to quality education. They also assist with school supplies, including books and classroom furnishings.

3. Arab Episcopal School in Irbid, Jordan is the only school in northern Jordan that provides integrated education for visually impaired, low vision and sighted students. The school realizes the impact integrated education can have on the visually impaired student, their peers, school families and the larger community. AES strives to provide quality education that is focused on developing the students' academic capabilities, as well as their character, providing them with a peace education that is built on democracy, respect of human rights and an emphasis on volunteer work. Global Family Funds help pay teachers' salaries and finance needed renovations at the school.



Leigh and Lois Steckley with the two main administrators of the Arab Episcopal School in Irbid, Jordan. The school integrates visually impaired Christian and Muslim students into regular classrooms where all are treated equally and fairly.

If you're interested in any of these projects or any others around the world, or for presentations, contact Leigh or Lois Steckley at lsteckly@sentex.net or the

Global Family website at <http://globalfamily.mcc.org>. Join us in sponsoring a Global Family project for only \$25 a month or \$300 a year. You will receive two reports each year from the program you helped fund. These reports give you a glimpse into another part of the world and specifically into the lives of some of their students. Another way to sign up is to complete your sponsorship online or call MCC and ask for Werner or Janessa at 204-261-6381 or 877-684-1181 (toll free). You can also email them at wernerwiens@mennonitecc.ca or janessagiesbrecht@mennonitecc.ca. They can answer your questions and help you get connected. Need a special birthday gift, need a special family Christmas gift, need to remember someone special, think 'Global Family' and together we can give hope for a new tomorrow.
~ Leigh and Lois Steckley 519-662-2066.

Photo courtesy MCC staff.

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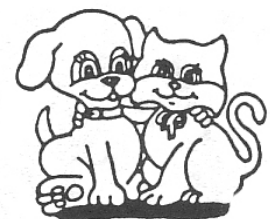
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Fair Trade refers to products and goods that have been certified by various Fair Trade organizations (such as Fairtrade International, which includes Fair Trade Canada). These certifications ensure that these goods were produced in humane conditions and for fair wages, under accountable companies. Instead of international production companies needing to undercut everyone else globally, fairly traded goods are produced at a living wage, and in safe labour conditions.

In Canada we have laws and regulations in place that ensure minimum wages are enforced and working conditions are as safe as possible. However, in struggling and impoverished countries the pressure to compete in a global market can cause employees to be undercut and overworked. Fair Trade strives to bridge the gap between the producer and the consumer, giving us as consumers the opportunity to consider where a product came from, and to support producers around the world.

Fair Trade certifications are gained when wages are negotiated to provide producers and their families with enough to live, feed, clothe and house themselves. Sometimes schooling costs for children are factored into this "living wage" as well. Often, the company in partnership with these fair trade producers will reach out to the community as well by building a local school or clinic to support producers and their families. The working conditions of the producers are also part of the certification. Producers must be provided with necessary protective equipment, and not be forced to work extreme hours. The key is transparency in a partnership between producer and international vendor.

So what's all the fuss about?

Coffee, tea, cocoa/chocolate, sugar and bananas are among the products which are most commonly produced for poor wages and in unhealthy conditions. These are products we purchase and consume daily, without a thought as to where it originated or how it reached us. They are produced for extremely low costs, at the expense of the labourers and producers. When these items are produced in Fair Trade certified condition, producers are acknowledged as equals to consumers and consumers receive high quality products.

We all want to be paid fairly for the work we do, to be

able to provide for our families, sustain our lives, and participate within our community.

Purchasing Fair Trade products is a way of reaching beyond our own community, to the global community, and acknowledging fair wages for people around the world.

How can I become involved?

Locally, Ten Thousand Villages is a primary Fair Trade retailer for handmade products and many nonperishable foods (including coffee, tea, sugars, rice, spices, dried fruits, cocoa and chocolate). The New Hamburg location is the Canadian warehouse, where you can find excellent selection and variety. No Frills grocery store carries select coffees, teas, chocolates and biscuits, and Sobey's grocery store carries select coffees. Buying local goods and produce also guarantees fair wages and safe conditions. The key is to take time to ask where goods were produced, and under what circumstances.

To learn more, check out Fairtrade.ca for detailed specifications on certifications and products, as well as a list of companies that carry the Fairtrade International certification.

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Here's a quick history question for the Outlook's readers: what does Wilmot Township have in common with the city of Whitehorse in Yukon Territory?

If you're stuck, it will only take a visit to Castle Kilbride to discover the answer in the museum's current exhibit: Wilmot was the birthplace of Ephraim Johnson Hamacher, treasured Whitehorse Photographer!



history. The photography business he continued in his new home catered to private clients as well as to the city of Whitehorse, but his remarkable eye for art shines brightest in his Yukon scenes: such subjects as gold miners, prospectors, animals, and of course the Yukon's stunning landscapes are among his finest work.

Ms. Shantz sums it up best: "His black and white photos are very distinct and still widely used in historic

E.J. Hamacher's connection to Wilmot is outlined in a booklet written by his great-niece Clarene Shantz. Ms. Shantz explains that the Hamacher family (back then, spelled "Hammacher") came to Wilmot Township in 1831 when Ephraim's grandfather, John K. Hammacher, "purchased crown land in Wilmot Centre, Wilmot Township." John K. built a sawmill and also a church (now the Wilmot Centre Missionary Church), thus leaving a lasting impact on our Township.

But it was John's grandson E.J. who would take his rural roots to the farthest reaches of Canada. Ms. Shantz writes that E. J. was born on the family farm in 1857, and opened a photography studio in New Hamburg; then (at the tender age of 26) E.J. moved to Washington State, where he continued his work. Some years later he moved first to British Columbia and then to the Yukon, arriving in the year 1900 in the land he would come to love.

With his incredible talent in photography and love for the outdoors, Ephraim then began to make his mark in

brochures, books and pamphlets. His photos include Yukon scenery, steamboats, dog teams, mining scenes, mail wagons and sleigh, Yukon communities, animals and unique varieties of settings featuring people."

Ms. Shantz also notes the touching emotional impact of many of Ephraim's works, particularly striking considering that in the early days of photography it was necessary for subjects to remain absolutely still for long



periods of time. She also mentions Ephraim's sense of humour: he would often include animals in his photos, and several are of his cat - wearing tiny spectacles!

The exhibit now at the Castle is presented by courtesy of the Yukon Archives, and the stunning beauty of that rugged territory radiates from so many of Ephraim's photos: a prospector panning for gold in a sparkling river; train tracks disappearing into the imposing rock of a mountain; a line of hikers making their way up a perilously steep snowy hillside, with only a rope as a handrail.

To be sure, such landscapes are a world away from the agricultural landscapes of Wilmot. But for Ephraim Johnson Hamacher - outdoorsman, gold miner, and artist - his love for his Whitehorse home might indeed have been born where he himself grew up: on a farm of far-reaching wheat fields, blessed by wide-open sky. Perhaps our worlds are not so different, after all.

The Whitehorse Photographer exhibit will be open at Castle Kilbride until November 10. Many thanks to Clarene Shantz and the Yukon Archives.

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NEWS FROM THE NEW HAMBURG THRIFT CENTRE

The gift of education can change the life of a child. At a time of year when we hear children in North America complain about having to go back to school, we know that there are many children dreaming of the opportunity to **attend** school. Throughout the world, children and young people are ready to learn. But education remains out of reach for many – often because families can't pay school fees or buy supplies or uniforms, because students must work, or because schools do not have enough classrooms or funds for teachers.

MCC provides many ways for our community to help a child achieve the dream of education. The New Hamburg Thrift Centre is currently collecting **MCC School Kits** - our most requested item. Each year MCC provides more than 100,000 school kits to students around the world. Notebooks and pencils become treasures to families who struggle to afford basic school supplies. School kits are also given to refugee and displaced children, helping students and teachers add some normalcy to disrupted lives. They are frequently requested after disasters. For more information on MCC School Kits, visit www.mcc.org/kits/school

Another option to support the gift of education is through our **Global Family program**. MCC supports creative, community-based education through the Global Family education sponsorship program. Community-based education happens when local communities determine educational needs within their context and create programs to address them. It is cost-effective and allows schools the freedom to decide what is best for students and families in their area.

In some communities, this may mean lunch programs that help children focus on school instead of hunger. In others, it may mean providing school supplies to equip children for success. For others still, it may mean walking alongside teachers, providing them with adequate training for effective classroom teaching. Community-based education fosters effective learning! For more information, visit www.mcc.org/globalfamily

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'Dear Mum.

It is with great regret and sorrow that I'm writing you. I had to elope with my new girlfriend, because I wanted to avoid a scene with Dad and you.

I've been finding real passion with Stacy, and she is so nice, but I knew you would not approve of her, because of all her piercings, tattoos, her tight Motorcycle clothes, and because she is so much older than I am.

But it's not only the passion, Mum. She's pregnant.

Stacy said that we will be very happy. She owns a trailer in the woods, and has a stack of firewood for the whole winter. We share a dream of having many more children.

Stacy has opened my eyes to the fact that marijuana doesn't really hurt anyone. We'll be growing it for ourselves, and trading it with the other people in the commune, for all the cocaine and ecstasy we want.

In the meantime, we'll pray that science will find a cure for AIDS, so Stacy can get better. She sure deserves it!!

Don't worry Mum, I'm 15, and I know how to take care of myself. Someday, I'm sure we'll be back to visit, so you can get to know your many grandchildren.

Love, your son, Nicholas.

"P.S. Mum, none of the above is true. I'm over at Jason's house. I just wanted to remind you that there are worse things in life than the school report that's on my desk".

I love you! Call when it is safe for me to come home.'

Email Submission by Robert Price



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For several years, this community-based organization has assisted us with the assembly of our products for Environmental testing market.



As a way of us saying "Thanks for all of your hard work", we, at Systems Plus, had the pleasure of serving a barbecue lunch at the Connections facility in New Hamburg on August 8th.

It was a fun-filled day of joy and laughter, and we, at Systems Plus were honoured to have the privilege of sharing this time with our friends.



Looking forward to many more years of partnership
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NOTES FROM THE ATTIC – A Tribute to Joseph Hofele

Joseph Hofele was born in Buffalo in 1853 and came to Preston with his parents at age two. From Preston, he moved to Baden where he resided for over 80 years. At the age of ten he started a seven-year apprenticeship in the foundry business under Jacob Beck, the founder of Baden and the father of Sir Adam Beck. Following this, he worked as a moulder at the foundry where he had Sir Adam as his apprentice.

For the following 60 years he was in charge of the foundry that was located beside Mill Pond (the concrete floor can still be seen at the location). Mr. Hofele married Elizabeth Linker on January 2, 1877 and sixty years later (1937) they celebrated their Diamond Anniversary. At that celebration he was asked what it was like in the early days. "Baden was a flourishing village with many more men being employed in the local industries, especially the foundry."



Another question posed to him was what did people do for fun on New Year's Eve in the olden days? "Usually on New Year's Eve all my friends armed with rifles and shot guns would go from house to house. Just at midnight we would fire our guns. The girls would go from house to house singing Christmas carols."

Joseph, before his death in 1937, was the oldest living person in town. He boasted never being sick enough to require medical attention in his life and was only ill for one week. He and his wife Elizabeth, originally lived at 98 Snyder's Road East (at the corner of Snyder's and Foel—which was also where Carl Zehr—Mayor of Kitchener was raised). He built the house at 157 Snyder's Road East and Armand (Mike) Weiler is the great grand-child of the Hofeles.



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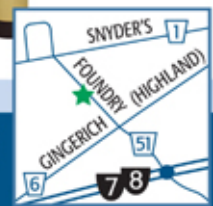
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The top of the page in *The Peterson Field Guide to the Birds: Eastern Land and Water Birds* is entitled "Confusing Fall Warblers." The "colour" plates of the birds on the following pages look like the printer only had black and yellow ink to work with or almost like pencil sketches in black, on grey paper. Bird after bird is a mixture of muted yellow, grey and black, with a few white spaces left open. Compared to the colourful drawings of the heads of Wood Warblers in Golden's *A Guide to Field Identification: Birds of North America* the Fall Warblers look washed out and bland. And difficult to differentiate! A confession – I don't like Peterson's guide to Spring Warblers either; the plates of pictures seem like caricatures rather than real birds, and the colours are muted. On the other hand, Golden's spring birds are much more colourful. Though to be honest, most of these birds look like 'little brown birds' until you look at them through binoculars when their colours and patterns become dazzling.

The fall warblers *are* confusing. They lack the bright differentiating colours they had in spring, both as adolescents hatched during the summer, and the muted feathers full adults have after their mid-August moult. (Ever notice that the birds get quieter in mid-August? They're replacing their feathers and so are less mobile, more prone to predation, and much more secretive, except for the English Sparrows. But don't get me started on English Sparrows . . .) While the adults have bright colours during their spring migration, on the home trip they look tired, like many a weary traveller in the airport.

Andy Bezener's *Birds of Ontario* lists thirty-six warblers which nest in Ontario, including the waterthrushs and ovenbird. All of these birds are between three and a quarter and five and a quarter inches long (8.2 x 13.2 cm) long. The largest warbler is the size of an English Sparrow. To identify warblers, spring, summer or fall, look first at the wings. Does the bird have wing bars, or are the wings plain? Wing bars run at right angles to the wing, kind of like the bars on a military uniform. This divides warblers nearly in half with barred warblers being the minority. Next, check for markings on the head – lines that begin in front of the eye and end at or continue past the eye – what colour is it, or isn't there one? Does it have a ring or partial ring around the eye? Does it have a 'cap' of a different colour? Next look at the bird's chest – colours, striations – and the rump – colours – and further along the tail – does it have white feathers at the outside edges? Did you hear the bird sing? A little five inch long bird with no wing bars, a yellow cap, a bit of a coloured 'eyebrow' and deep striations on the chest is often seen running in the woods singing out *tea-cher* over and over again. This is the ovenbird. Songs, behaviour and the kind of terrain in which you find the bird all help to identify it.

Golden shows fifty warblers. Many beginning birders will 'find' birds in their area through incorrect identification. (A mea culpa is necessary here!) More experienced birders will take such identifications with a grain of salt. But exceptions do happen. In 2003 I was sure I saw a Prothonotary Warbler in my backyard in Waterloo. This would be an exceptional sighting as they only nest in a few places in Ontario, all along one of the southern Great Lakes. I chalked it up as a false sighting, fuelled by having spent the day before at a fellow birder's wedding, until I looked at a local list and found that someone else had also seen it. Like the varied thrush that hung out west of Waterloo a few winters ago, chance sightings are possible, but rare. While thirty species are common to Ontario, another thirteen species show up on the Ontario Field Ornithologists' web-site. An example would be the Painted Redstart which shows up as a single observation in 1971 in Pickering Township in Durham.

You won't find warblers at your bird feeders as they are all insectivores, munching down on mosquitoes, gnats and other bothersome bugs. But both spring and fall are good times to see them. I remember sitting under a tree on Pelee Island one early October and observing six or seven species at one time. So, train your binoculars on the LBJs you see (Little Brown Jobs) – you never know! It could be a fall Black Throated Gray, heading back to Mexico for the winter. *Happy Birding!*



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18th Annual Poor Boys' Luncheon

New Hamburg Community Centre

Thursday, September 27th, 2012

11:30 a.m. – 1:30 p.m.

5:00 p.m. – 7:30 p.m.

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Spoken from a Wise Woman

Maya Angelou was interviewed by Oprah on her 70+ birthday. Oprah asked her what she thought of growing older. And, there on television, she said it was 'exciting...'
Regarding body changes, she said there were many, occurring every day.....like her breasts. They seem to be in a race to see which will reach her waist, first.

The audience laughed so hard they cried. She is such a simple and honest woman, with so much wisdom in her words!

Maya Angelou said this:

'I've learned that no matter what happens, or how bad it seems today, life does go on, and it will be better tomorrow.'

'I've learned that you can tell a lot about a person by the way he/she handles these three things: a rainy day, lost luggage, and tangled Christmas tree lights.'

'I've learned that regardless of your relationship with your parents, you'll miss them when they're gone from your life.'

'I've learned that making a 'living' is not the same thing as 'making a life.'

'I've learned that life sometimes gives you a second chance.'

'I've learned that you shouldn't go through life with a catcher's mitt on both hands; you need to be able to throw some things back.'

'I've learned that whenever I decide something with an open heart, I usually make the right decision.'

'I've learned that even when I have pains, I don't have to be one.'

'I've learned that every day you should reach out and touch someone. People love a warm hug, or just a friendly pat on the back.'

'I've learned that I still have a lot to learn..'

'I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.'

Email submitted from Donna Cook

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REPETITIVE STRAIN INJURY

Repetitive strain injury (RSI) is a type of disorder that primarily affects muscles, nerves and joints. This includes conditions such as rotator cuff and achilles tendonitis, carpal tunnel syndrome, neck tension syndrome, bursitis, golfer's elbow, tennis elbow, and plantar fasciitis. Symptoms of RSI may include restricted mobility, weakness, numbness, tingling, burning sensations, swelling, redness, sharp and/or aching pain. In its severest form, RSI can significantly limit physical functioning and render people incapable of carrying out even simple tasks.



By Dr. John A. Papa, DC, FCCP(C)

help relieve symptoms that have already developed. This may include treatment options such as joint mobilizations, specialized soft tissue therapy, acupuncture, and electrotherapy. In addition, a chiropractor can advise you on modifications to your work environment as well as assist you in improving work habits and postures. Specific rehabilitative exercise prescription that includes strengthening and stretching exercises, combined with aerobic conditioning, may also be part of your treatment plan to prevent recurrence of RSI.

RSI can affect anyone involved in activities that require rapid and/or repetitive motion of muscles and joints in work, sport, or leisure activities. It is more likely to happen if these movements are combined with awkward posture(s), excessive force, poor technique, and using the wrong equipment or tool. Physical deconditioning can also make individuals susceptible to RSI. As a result, RSI can affect a broad variety of people including: trade workers such as electricians, painters, and carpenters; recreational athletes such as tennis players and golfers; and labourers such as cleaners and assembly line workers. Video gaming, computer use, holding one's phone between the neck and shoulder, and even hobbies like knitting and playing a musical instrument are associated with RSI.

While most cases of RSI are treatable, it can recur and may become chronic without appropriate management. Pain in one area of the body may also spread to other areas as the body tries to compensate. For example, pain in the wrist can move to the forearm, shoulder joint and neck muscles as an individual attempts to avoid pain and symptoms while continuing to perform the offending activities. Therefore, prevention is key to managing RSI. This is accomplished through identifying and then altering or eliminating the situations that contribute to the cause of RSI. This may include making changes to a work station, using the correct tools/equipment, taking breaks to relax overworked muscles and joints, and performing exercises to relieve stress and strengthen the affected parts of your body.

Chiropractors are healthcare professionals skilled in evaluating, maintaining and restoring physical function. They can provide education to help prevent RSI and offer effective therapy to

If RSI is affecting your ability to get through the day and keeping you away from your favourite activities, consider chiropractic care. A chiropractor will assess your symptoms, diagnose your condition, and recommend a treatment plan to put you on the road to recovery. For more information, visit www.nhwc.ca.

This article is a basic summary for educational purposes only. It is not intended, and should not be considered, as a replacement for consultation, diagnosis or treatment by a duly licensed health practitioner.

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Soap Box Derby Races Gets Political

Harold Albrecht, Member of Parliament for Kitchener-Conestoga, was thrilled to learn that MPP Michael Harris accepted Albrecht's challenge to race in the Wellesley Soap Box Derby on Monday September 3rd.

"I've done this before," said Albrecht, "I've seen people lose control of their soap box racers. Get ready to eat my dust, Harris!"

When asked for comment, Michael Harris said that it would be an honour to participate with Albrecht, regardless of who wins.

"The oldest person to participate in a soap box derby race in Wellesley was 86," noted Harris with a smile. "I'm looking forward to being there with Harold when he breaks that record."



Well, it was a good race and both came up winners!! There were two races and Michael smoked Harold the first time, but Harold glided through the finish line with ease and grace on the second run! Bravo to the gentlemen, who shook hands as the race began, and for being team players and showing good sportsmanship.

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Canning ~ Is it Becoming a Lost Art?

By Martha Good

I stood in awe as I gazed at the rows of jars on the cellar shelves. I thought, *How might an artist capture this vast array of colour displayed amid the dimly lit cellar?* Purple and green plums, pinkish gold peaches, pale yellow pears, green pickles and blood-red beets were all neatly spaced on their particular shelf. Extending from floor to ceiling, two inch planks nailed to a frame and solidly attached to the wall looked stable. An artist could perhaps capture the colours and transfer them to an easel, but could never paint the wonderful aromas in the kitchen while all the preserving was happening. It seemed the preserving had been occurring for weeks and I wondered. *Would all this canning and preserving ever stop?* No, there was still the fall harvest; the carrots, potatoes and beets were waiting to be dug and carried to their specified bins in the cellar. When all the harvest was gathered and stored, I knew our family would have enough food to eat all winter.

How different my adult world is from that of my mother's! Choosing to be a professional woman with a full time job leaves little time for canning and preserving. Since grocery store shelves are stocked with fresh fruits and vegetables year round, there is no longer need to gather and preserve during the summer months; instead there is lots of time to vacation and travel. When I compare the differences, I note that there was always food ready to be

prepared when unexpected company came. Most of the fruit came from our fruit trees, and the vegetables were from the garden. We knew their source and how they were cared for.

I have not followed my mother's pattern of canning and preserving. My cupboards may have a few jars of peaches and pears. There will likely be some tomato sauce, tomato juice and diced tomatoes, but that is all. Times have changed with women entering the professional world of full-time jobs leaving no time for the extra work of gardening. Is the art of preserving being lost?

I think back to those days and remember how hard my mother worked. As each fruit and vegetable was ripe in its season and canned or stored in its designated shelf or bin my mother would know that her family of six children would have enough food to last for the winter. Then she could breathe a sigh of relief at the harvest's end knowing she could now rest from those labours for about six months until next year's harvest. My mother canned until she was in her 90s and I always looked forward to her succulent canned peaches fresh from the cold cellar.



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Are you tired of counting sheep and just want to get a good night's sleep? You're not alone. Sleep disorders affect a large percentage of the population. There are many probable causes which can include (but are not limited to) disruption of the daily circadian rhythm as a result of excess artificial light, excess stress, lifestyle factors or hormonal issues. One proactive solution is to make changes in your behaviour and environment that promote ideal sleep. This is known as the practice of sleep hygiene.

Here's what to do:

1. **Set a regular sleep and wake time, even on weekends.** Ideally go to sleep a few hours after sunset and wake up at sunrise.
2. **"Eye" see darkness! Use an Organic Eye Mask for sleep and keep lights dim in the evening.** Keep lights to a minimum after the sun goes down. This includes your computer screen, TV and artificial lights. Darkness is the signal for your body to create melatonin, the hormone responsible for a deep sleep. Any light will stop the production of melatonin which results in keeping you awake. If you can't avoid light when going to sleep, wear an eye mask, proven to be a drug-free way to naturally increase melatonin.
3. **No more noise with Earplugs.** Noises can be arousing and keep your mind awake and alert. By wearing earplugs you block out the stimulus and quiet the mind.
4. **Sanctify your bedroom. Only sleep and sex allowed.** Your bedroom should be a "no electric zone" because electromagnetic waves and light can disrupt your body's natural sleep/wake cycle. Keep the temperature in your bedroom cooler than your other rooms to stimulate the drop in body temperature that occurs when sleeping.
5. **Don't exercise before bed.** Exercise is stimulating so do it in the morning if you can, preferably outside in the sunlight.
6. **Naps and snacks.** Mid-afternoon naps are beneficial only if they are between 20 to 45 minutes. If they are too long they can inhibit your ability to sleep at

night. No large meals before bed. A small snack is okay so that your blood sugar doesn't drop too much overnight. Dairy foods, turkey and pumpkin seeds make nice snacks because they are a source of tryptophan that helps to make melatonin.

7. **Stay away from stimulants and depressants.** Caffeine and nicotine are stimulants and if you must indulge, do so in the morning. Avoid them at least 6 hours before bed. Alcohol initially depresses your system but you can experience rebound stimulation that may wake you in the middle of the night.
8. **Sleep rituals.** Creating a routine or practice every night tells your body that it's time to go to bed. It can be as simple as washing your face nightly, doing some deep breaths to clear the mind or have a little meditation, or for some it's doing a castor oil pack.

Repetition is key because you are training your body to know this means bedtime.

If you put these tips into play and you still can't sleep, then check with your naturopathic doctor. There may be an underlying health condition that needs to be addressed. For everyone else, what's stopping you? Start your Super Sleep health practice today.

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'Tis The Season of Freshness

I love this time of year. The highlight for me is going to the market and getting bushels of potatoes, beets, tomatoes, sweet peppers and many more locally grown vegetables. It's the time of year when it is easy to live the 100 Mile Diet. It is also a great time to try new recipes and enjoy nutrient-dense, alkaline-forming, locally grown produce.

The 100 Mile Diet is an interesting book written by Canadian authors Alisa Smith and J.B. MacKinnon, recounting the year that they spent focused on eating foods only grown within 100 miles of their home. Finding little in grocery stores, they relied on farmer's markets and visits to local farms. The book spent 5 weeks on the Maclean's non-fiction best-sellers list and if you haven't read it, you may want to pick up a copy at your local library. I like the concept because it supports our local farmers, supports eating whole foods (rather than pre-packaged foods with dangerous additives and preservatives) and identifies the foods that our ancestors, who lived in this area, would have eaten on a regular basis.

I am not a fan of fad diets or a one-size-fits-all approach to health and wellness. Our needs are as individual as our DNA. We need to be in tune with our bodies and know what feels right and what doesn't. What foods make us feel good, and what foods cause us to feel unwell. Sometimes, we need to eliminate a food for a period of time to see if we feel any different. I am always amazed to learn how great my clients feel after they implement some dietary changes. We can all feel better, look better and have more energy. We make choices every day as to what we are going to eat, what foods we choose to buy and what agriculture we are going to support.

I would like to share with you today a recipe that will help you take advantage of some of those locally grown vegetables and provide warmth on a cool summer day. This recipe is low in fat, and high in flavour, taste and nutrition. One cup would provide you with 2 servings of vegetables and makes a great accompaniment for a salmon and wild rice dinner. Enjoy.

Roasted Red Pepper Soup:

Ingredients:

2 cups White Wine
1 Onion, finely chopped
5 Roasted Red Peppers (cleaned, cut in half, tossed in Olive Oil and roasted for 15 minutes in oven)
2 cups Celery, chopped
1 Tbsp minced Garlic
2 Plum Tomatoes, diced
¼ cup Tomato Paste
2 cups low sodium, fat-free, Chicken Broth
4 Tbsp fresh chopped Basil
¼ tsp each of black pepper and cumin
Dash of Salt

Directions:

Heat wine in large soup pot, add onion, red peppers and celery. Cook for 3 minutes. Add garlic, cook for 2 more min. Add tomatoes, tomato paste, and broth, cover and bring to boil. Reduce heat, simmer for 25 min. Puree soup in blender. Return to pot, add seasonings, heat through.

Eat Healthy and Be Healthy.

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.

Please stop by to see Heather as she is guest speaker in the Food Tent at the International Plowing Expo in Rosedale on Sept. 19.

She is part of their Healthy and Green Living day. The seminar will be at 4 pm and the topic is Eating For The 21st Century - the new challenges we face.



Heather McKague-Bandl,
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