

SEPTEMBER 2013

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VOLUME 14, ISSUE 2



Baden Outlook

Township of Wilmot Splash Pad Celebrates Live ~ with TSN & KRAFT



The hype and the enthusiasm were evident at the recent celebration, as the Wilmot Splash Pad won the grant competition sponsored by sports network TSN and KRAFT. It was a grand event as the big coach buses rolled into New Hamburg bringing the party and monster barbecue.

The committee is delighted with the support the community has given — see story of the day's events on page 35.



The Baden Outlook was proud to join Wendy Wagler, her daughter and granddaughters at Sobey's during the welcoming of the TSN crew.

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Web: www.badenoutlook.com



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This paper is priceless - Please have one!

Talking with Ed

MEET NITHY



Three times a year there is a televised council meeting on Rogers Cable 20 – Kitchener (the next one is September 23rd). Most televised meetings include many of the hard-hitting subjects that you would find in a normal council meeting, but the township also uses the opportunity to showcase local groups (such as awards to successful youth sports teams) and offers many local presenters a platform to show how great it is to live in our township.

The last televised council meeting was held on Monday July 22nd with many local presenters. One of them was our former long-time Mayor Wayne Roth. Wayne had apologized that his fellow presenter Ed Becker could not make it that night, but he had brought along another guest, Nithy the Monster, a five foot, green, aquatic, lizard-like creature. We were stunned by his presence.

As Nithy's handler, Mr. Roth did a good job of keeping him under control and encouraged him to move around the council chambers greeting the staff and council. Nithy seemed exuberant and happy, giving high fives to all the department heads. Unfortunately when he got to Mayor Les Armstrong he appeared to become visibly agitated and shied away from him. His mood lifted greatly as he greeted Wilmot's CAO Grant Whittington and the councillors, although he seemed edgy again in front of Ward 4 councillor Mark Murray. He finished off the greeting with a large high five to Doug Coxon, Editor of the New Hamburg Independent.

Nithy seemed to remain relatively well behaved for the rest of the presentation but his handler had to warn him several times to remain calm or he would put him back in his enclosure... Perhaps not used to being in such surroundings or in front of the camera.

Many long-time residents will remember Wayne and Nithy appearing in local parades years ago. During those parades the handler, Wayne Roth, would drive the Toot and Puff train with Nithy in a caged train car. To the delight of the crowd, Nithy from time to time would escape from the cage and charge toward the crowd. Mr. Roth would stop the train and corral Nithy back into his enclosure. "People love the fact that the float was very interactive with the crowd," stated Wayne. "We won many awards, and people always remembered this float that gave Wilmot Township a great representation." It has been many years since Nithy and Wayne appeared at parades...but that is about to change—they're back!

During the council meeting, Wayne informed council of his intention to build a new exhibit for use in parades and events around Waterloo Region. Mr. Roth will absorb the capital costs associated with building the new vehicle portion of the exhibit, and would appreciate the township paying entry fees, costs to transport the exhibit, and any other incidentals that may occur as the exhibit would bear the township's name and logo. Nithy is a registered trademarked river monster character belonging to Wilmot Township.

Council unanimously approved the move, which is just another way that Wilmot citizens can be proud of their township. To read about the history of the Nith River Monster be sure to go to page 7, and be sure to watch for Nithy and Wayne at many of the regional parades.



EXTRA EXTRA!!!

You'll find us around the 15th of each month, while quantities last. Available in Baden at Mars Variety, Mac's, Baden Feed, One Way Water, Livewell Clinic, Wilmot Rec. Complex, Tim Hortons, Baden Library, EJ's, and several outdoor magazine boxes located conveniently throughout town for Baden readers.

Also at St. Agatha Stop 2 Shop, in Petersburg at Blue Moon Hotel, Old Fashioned Variety and Foxboro. Over 30 places in New Hamburg to find it —including: Sobey's, NoFrills, Short Stop, Cooks Pharmacy, McDonalds, Kasemann's, Morningside, Absolute Fitness, NH Dry Cleaners, NH Wellness, NH Library and various offices and retail locations throughout Wilmot Township.

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



Greetings from Outlook Headquarters

Are we all settling back into our routines and getting organized? The season is changing once again with the cooler air in the evening and the darker mornings giving us time to wake up slowly to begin the walk of our fall schedules.



The ads and submissions were all quite slow coming in this month; our deadline falls on the first of the month and with that being the long weekend, people were just not quite ready to get it together... me too. Then suddenly in a flurry, my computer was in high speed and my eyes glazed by the end of the day. Lots of travel photos came in, sharing summer holidays and adventures, and fall programs are in place. As we move to a new mind set, check out what's happening in the community—there is plenty to see and do!

The papers went quickly last month, so we are adding another 50 papers to our print job bringing circulation up to 2900 copies. Our paper is now available for pick-up at McDonald's too—it seems to be a hot spot with over 200 copies gone in a week, right along with NoFrills, Baden Tim Hortons, Wilmot Rec Centre and NH Thrift Centre being the most popular pick up spots. We have the paper in over 65 locations in and around Wilmot Township, so thanks to you all for finding your most convenient place and for cleaning out the boxes in super fast time last month. That was our wow-factor!!

EXTRA! EXTRA!



We have some new information regarding last month's submitted **WATER WARNING** article. Please learn more about this topic.

Disposable water bottles

You may have seen e-mails or websites that say disposable plastic water bottles cause cancer if they're frozen, or left in the car and exposed to heat. These rumours are not true.

Disposable water bottles are generally made of a plastic known as PETE or PET (polyethylene terephthalate). Recycling codes help identify different plastics from each other and make recycling more efficient. PETE plastics can usually be identified by the raised recycling mark containing a "1" on the bottom of the item. See the American Chemistry Council for a description of recycling codes.

Some versions of the rumour incorrectly say that cancer-causing substances known as dioxins leach from the bottles.

Dioxins are a group of highly toxic substances that are known to cause cancer. However, there is no evidence that plastic water bottles contain dioxins.

Some plastics contain substances known as "plasticizers" to make

the plastic more flexible and less brittle. DEHA is one common type of plasticizer. Most of the rumours say that the disposable plastic water bottles leach DEHA, but incorrectly call it diethylhydroxylamine - another substance sometimes used in plastics. Neither substance is suspected of causing cancer.

Canadians should be aware that re-using disposable plastic water bottles can be harmful if they are not cleaned and dried properly or if they're left in warm areas - this can allow harmful germs to grow. These germs can make people sick if ingested, causing vomiting or diarrhea. This is true with other types of containers, not just disposable water bottles. However, there is no evidence that re-using disposable plastic water bottles can cause cancer.

For more information

Health Canada – The Safety of Bottled Water

Read more: <http://www.cancer.ca/en/prevention-and-screening/be-aware/cancer-myths-and-controversies/disposable-water-bottles/?region=on&acc=true#ixzz2dS8CFdFv>

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Wilmot goes Radio Read

In an effort to cut costs and offer better service, Wilmot Township is installing radio read devices on Wilmot home water meters. Water costs continue to climb and Wilmot Township officials are doing their best to control their charges to citizens. The radio read meters would eliminate staff walking from home to home taking visual readings and would also reduce human error.

Waterloo Region accounts for 53.4 % of the water bill (which is out of Wilmot's control). Other costs include infrastructure 23.6%, operating costs 10.7% and Wilmot's staffing costs 12.3%. It is the staffing costs that Wilmot is focusing on. This is important, as the number of water users has risen from 3600 in 2007 to 4700 by the end of this year. Wilmot wants to limit costs to the consumer as much as possible.

Baden is the first settlement to be converted to the new radio read meters and it is 68% complete (1100 homes). The township is in the second year of the four-year plan. Tyler Wendland, manager of revenue, met with the Baden Outlook to explain the entire process.

Wilmot's initial package included hand-held radio readers to gather the information. The initial run of the equipment was the end of July and the township is pleased with the results. A blue tooth application is placed on the dashboard of a vehicle and the vehicle drives to a central area to collect the information. In the past it would have taken approximately 65 hours to collect the data from the 1,100 homes while the radio read application can be done in just over two hours. As the

program is laid out the township will require a larger collection device.

Baden seemed like a natural place to begin. Many of the homes behind Castle Kilbride were built within the last ten years so their water meters were easily converted to the new radio read meters. That section of town was completed first. Brenneman Street was completed next and home conversions have moved east from there. Most of Baden East is yet to be converted, but Tyler believes Baden will be complete by the middle of next year.

Township Utilities staff is responsible for the conversions. They focus on regular maintenance duties, such as flushing of lines and checking valves throughout the warmer months, and leave conversions to the colder weather. Older homes will require township staff to come into the homes to complete the transitions.

Once Baden is completed they will move on to another settlement – that location is not yet determined. Wilmot is one of a handful of smaller communities in Ontario to convert to the radio read system. "There are about 2000 older meters in Wilmot that have out lived their life expectancy," explains Tyler. "Replacing them with the new technology just makes sense."



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In Memory of Debra Gerber

(September 6, 1958- August 14, 2013)

We, Deb's family would like to thank everyone in the community for their prayers and support during this difficult time. She will be missed. ~ Bruce, Stacey, Joel, Heather & Ava.



Deb was active in our community for over 30 years. She was part of the Baden Minor Softball Association looking after the booth for many years. She also was part of the Baden scouting association for 14 years. Employed at Max Canada Insurance Company, she greeted many customers as the office manager.



Baden & District
CHAMBER OF COMMERCE

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Once again the weather provided a wonderful evening for the annual barbecue. It was great to see some old faces as well as new faces from around town, with 200 people served delicious foods. The corn from Pfenning's Organic Vegetable Farm, the salads by Angie's Country Kitchen and the barbecued chicken done by The Blue Moon were a hit. *Great fun was had by all!*



Thank you to the following donors:

Pfenning's Organic Vegetable Farm for the corn
Erb Transport for the refrigeration truck
One Way Water Solutions for the water
Baden Coffee for the coffee and tea
Baden Optimists for designing and printing the tickets
Baden Community Association for volunteers

Thanks also to our ticket vendors:

Glenn Brosowski, Mars, and Pizza Express

Congratulations to the winners of the following door prizes:

- Kelly Stewart won a Family Swim Pass compliments of the Wilmot Aquatic Centre
- Mateo Hill won a Puzzle Ball compliments of Accounting at the Ritz
- Florence Snyder won a gift certificate for Cadillac Fairview Mall compliments of Money Measures Inc.
- Nerea Roth won an insulated lunch bag and coasters compliments of the Township of Wilmot
- Shawna Bourke-Heimpel won a Family Swim Pass compliments of the Wilmot Aquatic Centre
- Kim Taylor won a bucket of sweet treats compliments of the Baden and District Chamber of Commerce
- Pat Fisher won admission for 6 to Castle Kilbride compliments of the Township of Wilmot
- Rod Weber won admission for 6 to a public skate/swim compliments of the Township of Wilmot
- Carmen Bouffard won a complimentary family pass for Castle Kilbride
- Karissa Kliever won a Family Swim Pass compliments of the Wilmot Aquatic Centre
- Robbie Ogram won a zero-gravity lawn chair compliments of the Baden and District Chamber of Commerce
- Helen Eby won an insulated lunch bag and coasters compliments of the Township of Wilmot
- Michael Paven won a complimentary \$20 gift card from Angie's Country Kitchen
- Joanne Hills won a complimentary \$20 gift card from Angie's Country Kitchen
- Robert Brown won a gift card for the Galaxy Theatre and for Bonappetit compliments of the Baden and District Chamber of Commerce

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Baden ~ Our Town

The Baden Community Association was happy to help out at the annual Baden Chamber of Commerce barbeque on Thursday August 29th. Beautiful summer weather, an enthusiastic crowd and another wonderful meal!

The BCA will be hosting a community fall clean-up day on Saturday, October 5th. Hopefully the weather will be pleasant. It is a great way to get out and meet your neighbours and keep our town clean at the same time. Please join us!

The BCA will be patrolling the streets again this Halloween making sure that the streets are safe for our children. Watch for the BCA members with their bright green shirts walking our streets.

The Baden Community Association will be assisting in the Baden Santa Claus parade again this year and will be handing out their freshly cooked kettle corn. Last year they handed out close to 300 bags to hungry spectators.

The BCA meets the last Wednesday of each month at 7:00 at the basement of the township hall.



We always welcome new members!

Be sure to visit our facebook page!



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Dr. Sonya Frank, Optometrist

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- Diabetics should have their eyes checked at least once per year since eye exams can detect early complications – and it's covered by OHIP!

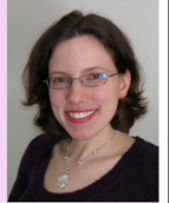


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WORD LETTER SWAP QUIZ

ANSWERS ON PAGE 7 – NO CHEATING →

Change one letter of each of the given four words to make 4 different word that relates to a category. We have given you the category as a hint.

CATEGORY HINT

- | | | | | |
|------------|------|-------|--------|---------------------------|
| 1. moose | limb | black | tax | ~ Describe tension: _____ |
| 2. wind | clap | peak | tall | ~ Avian parts: _____ |
| 3. crumpet | hard | fluke | hello | ~ Instrument: _____ |
| 4. cold | ripe | barn | spring | ~ Bind with: _____ |
| 5. sea | bran | meet | core | ~ Vegetable: _____ |




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The Tale of Nithy

Wilmot Township is home to many legends, but none created the stir that the Nith River monster did. The aquatic beast made its debut in July of 1953. Chief Constable George Thomas, who enforced the law in the region at that time, claimed to have seen the monster once, at night, but could not clearly make out what it was. In a story covered by out-of-town papers, he says he “spotted it dragging itself towards the river from the business section.” He made a snap decision and fired at the animal, which was about three or four feet long, but it escaped into the river. No one else reported seeing the monster itself. To protect citizens in the area, Chief Thomas imposed restrictions banning children from the riverbanks until the mystery was solved.



Most of the stories were built around peculiar large foot prints found on the river banks. There was a continuous groove about the width of a bicycle tire; many believed that this was the tail of the creature. There were also three-toed claw prints present that showed signs of webbing. Zoologists from the University of Western Ontario were called, but claimed that no creature indigenous to the region left foot prints of this type.

The story reached national and international notoriety, being covered by many large newspapers. Interest in the myth grew further when “Tuffy” Truesdale, the so-called world’s best alligator wrestler, showed up in town with several alligators he believed would lure the monster from its depths in the Nith River – but to no avail.

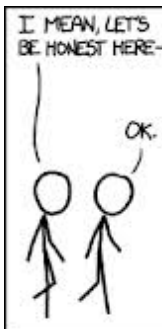
Although this is an urban legend, Nithy’s legacy lives on through locals, Wayne Roth and Ed Becker, who will be seen at many local parades. *Don’t be afraid to greet him... Nithy is harmless—we think!*

Field Guide to Lake Monsters and Sea Serpents in Ontario (possible description or nickname in brackets)

1. Agawa Bay, Lake Superior (Monster)
2. Bay of Quinte (Monster)
3. Berens Lake (Cryptid Crocodilian)
4. Big Rideau Lake (Monster)
5. Charleston Lake (Dino Monster)
6. Chats Lake, Ottawa River (Monster)
7. Conway’s Marsh (Monster)
8. Darky Lake (Monster)
9. Georgian Bay (Monster)
10. Lake Huron (Monster)
11. Lake of the Bays (Monster)
12. Lake of the Woods (Monster)
13. Long Point Bay (Monster)
14. Mazinaw Lake (Probable Sturgeon)
15. Muskrat Lake (Mussie, Hapyxelor)
16. Niagara River (Monster)
17. Nighthawk Lake (Monster)
18. Lake Nipigon (Monster)
19. Nith River (Slimy Caspar)
20. Lake Ontario (Kingstie, Oshawa Oscar)
21. Red Horse Lake – near Lyndhurst (Monster)
22. Rideau Canal (Monster)
23. Lac Seul (Monster)
24. Lake Simcoe (Igotogo)
25. Lake Temiskaming (Mugwump)
26. Thunder Bay (Merbeing)

ANSWERS TO LETTER SWAP QUIZ

- | | | | | |
|----|---------|------|-------|--------|
| 5. | pea | bean | beet | corn |
| 4. | cord | rope | yarn | string |
| 3. | trumpet | harp | flute | cello |
| 2. | wing | claw | beak | tail |
| 1. | Loose | limp | slack | lax |



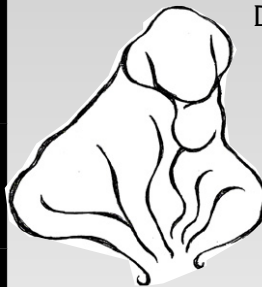
*Be honest in all you say and do,
that way others will know you
are a trustworthy person!*

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The Final Exam

At an American University, there were four sophomores taking chemistry and all of them had an 'A' so far. These four friends were so confident that the weekend before finals, they decided to visit some friends and have a big party. They had a great time but, after all the hearty partying, they slept all day Sunday and didn't make it back to the university until early Monday morning.

Rather than taking the final then, they decided that after the final they would explain to their professor why they missed it. They said that they visited friends but on the way back they had a flat tire. As a result, they missed the final. The professor agreed they could make up the final the next day. The guys were excited and relieved. They studied that night for the exam.

The next day the Professor placed them in separate rooms and gave them a test booklet. They quickly answered the first problem worth 5 points. Cool, they thought! Each one in separate rooms, thought this was going to be easy ... then they turned the page. On the second page was written...

For 95 points: Which tire? _____

Farewell to Cruisin' at the Pond

The last show of the season drew over 350 cars and we donated \$2850 to Hope Spring Cancer Centre.

We'd like to thank all companies for their donations and to all car owners, spectators, and the Optimists of Petersburg—We appreciate your support.

Rock'n Ronnie and Marlene will see you next year!



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Checking Out the Baden Library



NEW HOURS! Starting Oct. 1, the Baden Branch will be open:
Tues.: 10 a.m. – 1 p.m. & 2 - 8 p.m.
Wed.: – 10 a.m. - noon & 2 - 8 p.m.
Thurs.: 10 a.m. – 1 p.m. & 2 - 8 p.m.
Sat.: 10 a.m. – 1 p.m.

Our new, consistent, and easy-to-remember branch hours were created in response to feedback from our 2012 Citizen Survey. We also applied your recommendations to our Library Service Plan 2013 - 2015. Please feel free to pick up a copy at any of our Region of Waterloo Library Branches.

One Book, One Community (OBOC) Author Readings

The 2013 OBOC book title, *Ragged Company* is available in hardcopy and audiobook formats, as well as a downloadable e-book from www.downloadLibrary.ca.

Meet author Richard Wagamese at this year's free OBOC book reading Sept. 16 to 18, in Waterloo Region.

Waterloo-Oxford District Secondary School on Snyder's Rd. will play host to the author on Sept. 17, at 1:30 p.m. 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.

NEW Collections

Adult Literacy Kits - Learning English as a second language? Want to improve your reading skills? Try our Adult Lit Kits. Each comes with a carry bag, book and audio CD, so you can read along as you listen.

Freegal is a free (and legal) downloadable music service. Simply log in using your library card number and PIN and download up to three songs per week. The songs are yours to keep – no returns! Plus there are millions of songs available from thousands of record labels.

Express DVDs and Magazines– Because Express DVDs have been so popular, we've expanded the collection to include Express Magazines. Now all current magazine issues are Express with a one week loan period. Limit of two Express Magazines per person. Spot the pink dot for Express materials!

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Goodbye Aaron and Welcome Katelyn!

Aaron Shantz has been a student page at the Baden Branch for the past year. We say goodbye and good luck to Aaron as he will be busy with his studies and extra-curricular activities during his fifth and final year at Waterloo-Oxford.

And welcome to our new library page, Katelyn Emrich. Katelyn is going into grade 11 at Waterloo-Oxford District Secondary

School. She enjoys taking music, leadership and language courses and is involved with her school's music department. Katelyn takes piano lessons, likes to have fun with her family at their youth group, and also enjoys German dancing at the Transylvania Club. She is excited to start working at the Baden Branch Library!

Fall Storytime Programs

Baby & Me, Wonderful Ones, Toddler Tales, and Storytime programs all begin the week of Oct. 1. Registration is required. Contact the library for more information on available programs.

Kids Book Clubs

The Baden Book Worms is a great reading club for kids ages seven to nine. This group meets the first Tuesday of each month beginning Oct. 1 from 6:45 p.m. to 7:30 p.m. For the older bunch, the Awesome Book Club covers kids ages 10 to 12. They meet on the first Wednesday of each month beginning Oct. 2 from 6:45 p.m. to 7:30 p.m. Due to limited space, registration is required for **ALL** Baden Branch programs.

To learn more about our programs please feel free to contact us at 519-634-8933 or by email at badenlib@regionofwaterloo.ca. Up-to-date information is also available on our Events Calendar and branch program page at www.rwlibrary.ca.

Chris Baechler, Assistant Supervisor -- Baden Branch


26 Foundry Street, Unit 1, Baden



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STARTING SEPTEMBER 9TH

COOKING WITH KIDS: While children 3-6 yrs. old make a tasty creation in the kitchen, parents with tots under 3 can enjoy time playing and socializing in the drop-in area.
Monday afternoons, 1:00 pm – 2:30 pm.

REGISTRATION NOW OPEN!
Pre-registration required. 10 week session for \$10
FALL SESSION BEGINS SEPTEMBER 30TH

PARENT & CHILD DROP IN: Come out and enjoy time playing with your children and socializing with other parents/ caregivers in your community. Baden, New Hamburg and Wellesley locations. Check our website for start dates for each location.

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Please see the following website for more
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thirdspaceconnections@gmail.com

LookOut Kids' Korner



You are bound to be the new kid someday, somewhere —Till then, you will meet someone new, whether at school, your sports group or church. How does that feel? Are you rushing forward to say hello?... or not? Are you bashful, or waiting to have someone choose you to play with? Sometimes it's hard to begin. Smiling is the first thing to do but you can do more...

Learn more about Friendship Skills :

Kids want to play with kids who can have fun without taking over and bossing everyone around.

You can practise empathy by being kind to either a new student or someone bashful. Help them feel like they belong! Someone may be waiting to be included.

Find something in common to talk about, whether it is a talent, hobby, or sport—even your family pet.

Listen! People learn to trust and relax if their story

or feelings are important —use your ears to make a pal.



Always be ready to lend a helping hand, or to give someone a boost!

Baden Fall Community Clean Up Saturday, October 5th

It's time once again to clean up the streets, parks and boulevards of our town. Meet members of the Baden Community Association on the grass beside Tim Horton's (near the gazebo) at 11 a.m. on Saturday, October 5th. Garbage bags and gloves will be supplied. Gather the family and join in—take pride in your town!

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**A Golden Opportunity to
Support Children with Cancer** Canadian Blood Services
it's in you to give

Give blood during Childhood Cancer Awareness Month

Three time brain tumour survivor, Stephanie Simmons, is one of childhood cancer's greatest adversaries. Among her many efforts to advocate for children facing cancer, the 18-year-old from London, Ontario has created the Gold Ribbon Campaign to raise awareness about childhood cancer and encourage people to donate blood in honour of cancer's young victims.

During the month of September—Childhood Cancer Awareness Month—Canadian Blood Services and the Gold Ribbon Campaign are encouraging residents of New Hamburg & Baden to give blood on Monday, September 16 in honour of children who have lost their lives to cancer and those who are survivors.

Monday, September 16, 5 p.m. – 8 p.m.
Royal Canadian Legion — 65 Bouleee Street, New Hamburg

Laura Marques—Canadian Blood Services
519 690-3947 / laura.marques@blood.ca

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Ask Armand ~

Mike from Baden asks – Did Baden ever have an undertaker and funeral home?



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



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

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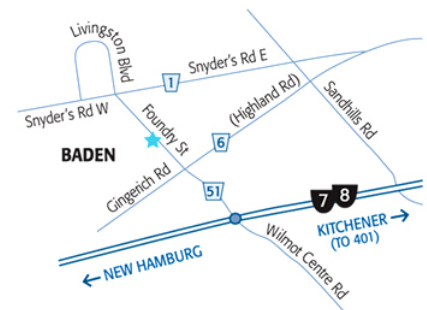


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Baden Birding

By Dave Rogalsky

"Are you taking bins?" asked Ken. The Wilmot Mennonite Church had given me the opportunity for a two month sabbatical in May and June this year. For the first month my wife and I were travelling in Europe, mostly Italy. "Bins," are birder shorthand for binoculars. "No," I allowed, we weren't – binoculars weigh quite a bit and we would need to drag our suitcases through many narrow and bumpy streets and, unbeknownst to us, up the many stairs on the bridges of Venice. Besides, this was a trip for history, art, faith and culture, not birding. Also, I'd be carrying a heavy professional camera and would have no room for binoculars. That settled, no 'bins' came with us.

But while you can take the birder out of the bush, you can't take the bush out of the birder. There we were, the first full day in Rome and a large black bird landed on a light near us. A crow. But no ordinary crow, a hooded crow with grey on the belly and back. The head and wings are black. That was cool, as was the carrion crow, the common blackbird, and the expected starlings and common house sparrows (Eurasian sparrows). Interestingly, we saw no hawks. It seemed like Great Black-backed Gulls took their place, attacking smaller birds. We saw common black birds chasing a Great Black-backed Gull, but too late as it had already been at their nests.

The next day we were at the Roman Forum,

Palatine Hill and Coliseum. While near the museum on the hill I saw a large green bird fly and tried to photograph it with my 200 mm lens. Back at the hotel I dumped the photo onto the laptop and enlarged the photo – it looked like a . . . parrot? Turns out there are local populations of the Rose-ringed Parakeet in Rome – both at the Palatine Hill and in the Bourghese Gardens where we heard and saw them a few days later.

The trick to use the camera and then later enlarge came in handy a number of time with birds. That lbj – little brown job – turned out to be a Eurasian Blue Tit. (think a Chickadee but a rich blue colour instead of black). We also got some closer looks at European Goldfinches, Siskins, Black Redstarts and barn swallows.

While we were in Germany visiting relatives we were in a wetland, an oxbow lake that used to be the Rhine River near Mannheim. There we saw a grey heron, swans, greylag geese, coots, a great crested grebe, yellow billed gull, and magpies. The magpies are ubiquitous through Europe and Asia, being South Korea's totemic bird.

Not bad for not birding, and for not having taken along the bins.

What have you been seeing?

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**A FULLFILLED LIFE IS NOT POSSIBLE
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We have a wide variety of friends who are all so different in character. How is it possible to get along with them all? Perhaps each one helps to bring out a "different" part of our personality.

With one of them we are polite. With another we joke. We can sit down and talk about serious matters with one. With another we laugh a lot. Or just listen to one friend's problems. Then listen to another one's advice.

Friends are like pieces of a jigsaw puzzle. When completed, they form a treasure box. A treasure of friends! Your friends may understand you better than you understand yourself. They're friends who support you through good days and bad. Real-age doctors tell us that friends are good for our health.

Dr. Oz calls them Vitamin F (for Friends) and counts the benefits of friends as essential to our well being. Research shows that people in strong social circles have less risk of depression and terminal strokes.

If you enjoy Vitamin F constantly you can be up to 30 years younger than your real age. The warmth of friendship stops stress and even in your most intense moments, it decreases the chance of a cardiac arrest or stroke by 50%.

How wonderful to have a stock of Vitamin F! We should value our friends and keep in touch with them. We should try to see the funny side of things and laugh together and pray for each other in the tough moments.

Email submitted by Jean Cook

822 Tutor Squadron Air Cadets invite you to their annual Model Show Exhibition and Contest on October 19 from 9 am-4 pm. Located at Waterloo International Airport, 14-4881 Fountain Road N. in Breslau

There will be tributes all day to fallen veterans with cenotaph displays and a changing of the guard.

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Are You Magnesium Deficient?

How would you know? Our bodies are talking to us all the time. When trying to ascertain what your body is saying, sometimes we need the assistance of a health professional. Our bodies are complicated and maintaining homeostasis (balance) is challenging during busy, stressful times. Let's take a look at magnesium, an element that is necessary for bone structure, enzymes, nerve, and muscle functioning. Orthomolecular medicine has also found a direct link between magnesium deficiency and multiple risk factors for cardiovascular disease. So how do you know if you may be deficient in magnesium? Ask yourself these questions:

1. Do I get leg or foot cramps?
2. Are my shoulders frequently tight or tense at the end of the day?
3. Does my back ever go into spasm?
4. Do I ever experience muscle twitching around my eye?
5. Do I wheeze or have asthma, especially after exercise?
6. Do I ever experience shortness of breath, for example, after climbing stairs?
7. Do I suffer from heart palpitations or an irregular heart beat?
8. Do I urinate frequently, especially at night?
9. Am I ever constipated?
10. Do I sigh frequently?

If you answered "yes" to any of these questions, you may be experiencing a magnesium deficiency. The next steps would be to resolve the deficiency through food and supplementation. Some great food sources of magnesium include:

- Pumpkin seeds
- Chocolate (baking)
- Mixed nuts
- Black beans
- Oatmeal (whole grains)

Standard North American Diet (SAD) is a major contributing factor to magnesium deficiency and in order to correct the imbalance and reduce your risk for Cardiovascular Disease I recommend a diet rich in vegetables, fruits, whole grains, and low-fat dairy. Chronic stress and commonly used medications can also contribute to poor magnesium status and additional supplementation may be recommended. Individual needs for magnesium are hard to predict and vary for each individual; therefore working with your health care provider is recommended before you begin supplementation.

For more information about Orthomolecular Nutrition or to book your private consultation, please visit our website www.HeatherMB.ca

Eat Healthy to 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.



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Photo organizing

Do you feel overwhelmed with your photos? Do you have so many pictures and feel SO far behind, that you stop taking pictures?

I have some tips for you:

If you have a digital camera – commit to editing your pictures ON YOUR CAMERA at the end of every event. Take the time to get rid of the blurry or duplicate pictures.

Some of our clients use this rule of thumb: "If I don't look fabulous in the picture – I get rid of it!" If you like to scrapbook, go the next step and decide how many pictures you want of each event, for a scrapbook layout, and narrow down your pictures to that number.

Next, put your finished photos on a memory card or stick, Take the stick with you when you do your regular grocery shopping. Drop them off and get them developed while you are shopping.

Lastly, bring the developed pictures home and put into a binder style acid free pocket photo album. They can either stay there permanently or be a holding spot until you can transfer them to a scrapbook. This way, they are kept chronologically and photos can still be enjoyed until they are scrapbooked instead of sitting in boxes. If you decide to scrapbook, they are ready and you can simply take pages out of the front of the binder. Then file the empty pages in the back of the album to use for the next photos.

We have mentioned in previous articles to use your timer to tackle those overwhelming jobs. So commit to setting aside even ½ hour per week to work away at your photos. Bring your photos back into your life!

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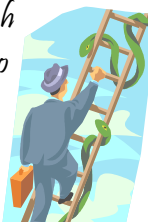


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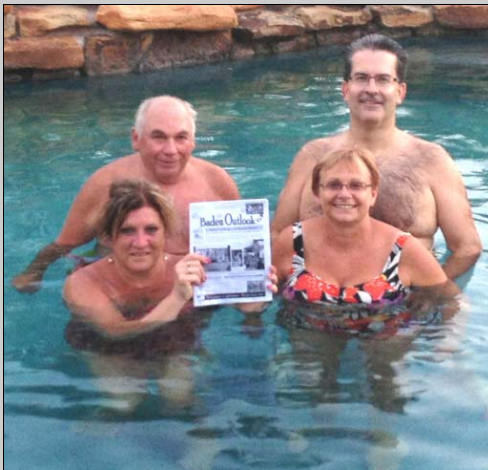
Wow! More exciting destinations as *The Baden Outlook* continues to travel ...



The Baden Outlook was included in the Parrot Head family photo at the Jimmy Buffett concert at Comerica Park in Michigan on July 20th. The Cooks, DaCostas, Floods, Haffners, Hopkins, Jokics, Langeneggers, Pfaffs and Zieglers all had a great time!



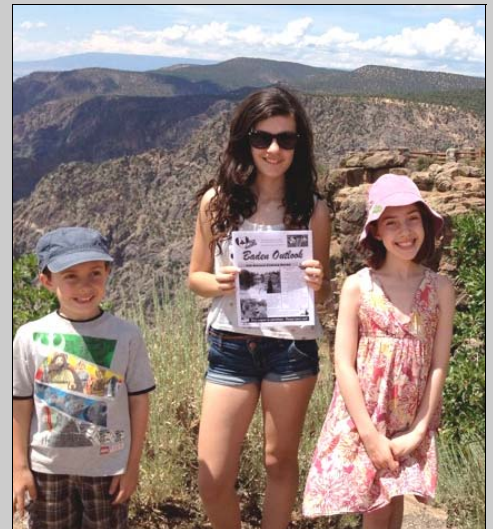
Doug and Renate Taylor of Baden recently took their Outlook to Basel, Switzerland, where their son-in-law Chad was a participant in the Basel Military Tattoo. Daughter Michelle and granddaughters Avery and Rowan also took in the performance on a very hot July afternoon.



Bruno and Debbie Egli surprised his sister Monica and husband Brian in Katy, Texas. They came down for Brian's 50th birthday — In true Bruno style they showed up standing on the doorstep. They had a great time together!



Dan and Frances Moriarty of New Hamburg celebrated their retirements on an Alaskan cruise. The Outlook travelled along to the mountains of Denali National Park.



The Eriksen family of Baden took their Outlook along on a month long road trip this summer to the California coast (Anaheim to San Francisco). Alexandra, Charlotte, and Samuel (seen in photo) visited Colorado, Utah, and Disneyland in Anaheim, California.



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The Porchak family took their Outlook across three provinces and six states as they traveled to Calgary to visit family. Ontario, Michigan, Indiana, Illinois, Wisconsin, Minnesota, North Dakota, Saskatchewan, Calgary and back again, all in 10 days! Pictured here are Colton, Ava, and Lauryn Porchak in Moose Jaw, Saskatchewan.



Susan Sutherland and Ken McGrath from Foxboro Green, took their Baden Outlook to breakfast at the Calgary Stampede.



On their 14 day cruise, 25 'Morningside Retirement Village' residents went to the 'Blue Lagoon' in Iceland after cruising the Norwegian Fjords; Copenhagen; Amsterdam; Oslo, Bergen, Skjolden, and Alesund in Norway; Lerwick, Scotland; and Dublin, Ireland. Seen left to right: Mary Laight, Junine Streeter, Conny Petersen, Bill Laight, Mary Taylor (who brought Baden Outlook), Carla, Margaret Bennett, and Gail Skelly.



Doug Wagner took his Baden Outlook to the summit of Mount Kilimanjaro (19,340'). He and six other hikers climbed Mount Kilimanjaro and raised \$45,000 for the Amani Children's Home in Tanzania.



Don't forget your Baden Outlook when packing up for your next vacation!



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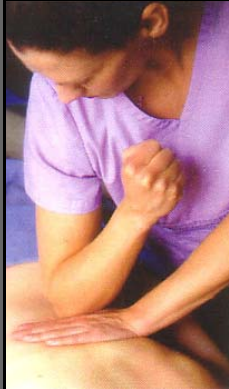
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What are your Distractions & Obstacles & Bears?!

What are those things, those Distractions, that pull you away from your intentions? The things that grab your attention ... the bright, shiny things ... something new to try ... something interesting to follow. And next thing you know there's that vague, anxious, worried feeling getting into your shoulders, and they're coming up around your ears. It happens because somewhere inside, you know that you've been pulled away from what it was you really wanted to do ... what you really wanted to be ... your best ... your highest. You find yourself left standing in the middle of nowhere, with your hands full of shiny paper and trinkets ... Distractions.



And what about those Obstacles, the things you run up against every day? Those things also get in the way of your intentions ... your best ... your highest. The things that seem immovable, that get bigger as you

stand staring at them with your hands on your hips. That solid stance ... that dropping into the hips, that's where those things stay. Anger and frustration settling into the hips, because you know you're left standing there in the middle of nowhere ... staring ... while those Obstacles get bigger.

And what about the Bears? Not the Bears in the woods. Not the cuddly Bears, the cute fuzzy Teddy Bears. The things you BEAR, the things you swallow, you put up with ... the little hurts ... the big ones ... the disappointments ... all the things that you don't express, and that the HEART doesn't want to see. So you push them back in that heart space, in that Anahata Chakra. There they sit ... stuck ... and there you sit ... stuck. Stuck in pain and discomfort, your intentions ... your best ... your highest, all seem very far away.



So find those Obstacles & Distractions & Bears!!! Shine the light of awareness on them. Watch them melt ... wither... fade away, under that light. Get back on your course to your intentions ... your best ... your highest!!! Your path to happiness and true contentment.

Taken from the blog of Kate Stevely
<http://www.kateskinetics.com/2013/08/>



Great yoga chat—Check it out!

YOGA ~ What is it, and why is it so good for you?

What is Yoga? Depends who you are asking. My Yoga is different from everyone else's. Once you've begun your Yoga practice, your Yoga too will be different from everyone else's. One of the first folks to write down the particulars of Yoga was Patanjali, around 150 BC. He defined Yoga as "the cessation of the fluctuations of the mind." But a lot of what we see about Yoga these days is physical exercise in the fanciest (or skimpiest) workout clothes possible, without much thought to the mind.

In reality, Yoga is about making the body healthy, strong, balanced, self-adjusting, and relaxed, so one can work on getting rid of those fluctuations of the mind. What are they?

- Fears from the past
- Fears for the future
- Fears about livelihood
- Fears about relationships
- Attachment to possessions
- Aversion to situations
- And on and on ...



Kate Stevely, E-RYT200
Certified Yoga Instructor

Mostly those fluctuations are all those things that we lump under the label "STRESS".

Yoga was not the only philosophy that recognized the "Sound Mind in a Sound Body" principle. Think of our Olympics. They sprung from the same belief among the ancient Greeks. In an effort to create that perfect state, Yoga mapped out in detail, the energies of the body and the mind, and developed methods to improve them. Those methods are the simple asanas (physical exercises) and the energy/breathing exercises we still practice today.

What can Yoga do for you? You can start from where you are and become healthier. No experience required.

- Improve your breathing, regulate your blood pressure, manage your weight
- Build strong, long muscles, and a strong, stable core
- Help manage chronic pain and illness
- Improve your focus and concentration
- Lower your "stress" levels
- Make everybody you know easier to get along with (really!!!)
- Improve your Golf game (no kidding!!!)
- Build a deep respect for your Body, Mind, and Spirit

What Yoga is not? Yoga is not a religion. I have regularly practiced Yoga with folks of every imaginable religious persuasion. Yoga is very spiritual, in that through building a deep respect for your own body, mind, and spirit, you come to feel that same respect for all others. Yoga means Unity/Union, within self and with all others. Not easy!!! That's why my Yoga is a lifelong practice in learning to say and really mean Namaste.

Namaste' ~ Kate



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ANNUAL PET FOOD DRIVE

September is here, and before we realize, it will be Christmas! At the New Hamburg Veterinary Clinic, we are getting prepared for Christmas generosity. This means it is time for us to start organizing our annual pet food drive. Many of you will already know about the food drive because you have participated in years past. We belong to such a strong and caring community that each year we see a great response as members reach out to each other in this way. The Wilmot Family Resource Centre is available to help families in need and we partner with them to ensure that the family pets are provided with food during the winter months. Christmas can be a difficult time for families when finances are tight and we want to see that the nutritional needs of these pets are met. 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.

Donations may include unopened pet food of any type or format, as well as cat litter, and can be dropped off at the New Hamburg Vet Clinic, 19 Arnold Street, through the month of October. All donations will be presented to the Wilmot Family Resource Centre, which operates the Emergency Food Bank for Wilmot Township and the lower half of Wellesley Township.

In addition to our pet food drive, we will also be donating the proceeds from our monthly charity nail trims for November and December to the Wilmot Family Resource Centre. Charity nail trims are 100% donation and have raised over \$2450 for other



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charities (including National Service Dogs, Morningstar Ministries, Wilmot Family Resource Centre, and Cat Lake Dog Rescue) this year so far. For the months of September and October we will be trimming nails for the Farley Foundation (www.farleyfoundation.ca). Stay informed on our charity nail trims by checking in on our Facebook page. To book a pedicure for your pet, call us at 519-662-1525.

We want to thank everyone in advance for your generosity and support. Let's share this generosity again this year and together, provide help and hope to the furry members of our community!

Anne Marie Hunter



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*Although Bob has passed away,
his presence is there with his
girls ~ and they do him proud!*



An ankle *sprain* is a very common injury that can happen to athletes, non-athletes, children and adults. A *sprain* refers to a stretching or tearing of a ligament.



Ligaments are tough bands of fibrous tissue that connect one bone to another. They help stabilize joints, preventing excessive movement. One or more ligaments can be injured at the same time. Sprained ankles often result from a fall, a sudden twist, or a blow that forces the ankle joint out of its normal position. This may occur while participating in sports and recreational activities, wearing inappropriate shoes, or running, walking or stepping on uneven surfaces.

Inversion ankle sprains constitute 90% of all ankle sprains. This type of injury occurs when the foot is forced inward (*inversion*) and produces most of the pain on the outer side of the ankle. *Eversion* ankle sprains are less common and occur when the foot is forced outward (*eversion*), causing the most pain on the inner side of the ankle. A high ankle sprain is a unique and separate injury in which the ligaments around and above the ankle joint are injured. This is known as a *syndesmotic* sprain.

Pain and swelling are the most common symptoms of an ankle sprain. There may be bruising over the area of injury which may spread down into the foot towards the toes several days following the injury. Individuals may also experience difficulty walking or weight bearing on their injured ankle. Most ankle sprains can be managed conservatively. However, obvious evidence or suspicion of a broken bone, fracture or joint dislocation necessitates the need for emergency medical care.

Initial conservative management of ankle sprains should follow the **P.R.I.C.E.** principle (**P**rotection, **R**est, **I**ce, **C**ompression, **E**levation). The **P.R.I.C.E.** principle helps decrease pain and

swelling and can be used during the rehabilitative process as needed. Additional treatment options include electrotherapy, ultrasound, taping, bracing, soft tissue techniques, and manual mobilization to assist in returning to full functioning. Rehabilitative strategies should progress to include active range of motion, stretching and strengthening exercises for the ankle joint and lower extremity. Proprioceptive/balance training is crucial in minimizing the risk of ankle instability and re-injury.

Assuming that proper rehabilitative strategies are employed, successful recovery from an ankle sprain injury will depend upon the severity of ligament damage. Mild injuries usually heal completely without any residual consequence in 1 to 4 weeks. Moderate injuries usually require 4 to 12 weeks to heal. Severe injuries will take longer to heal. In some circumstances, surgery may be required for severe ankle sprains.

An untreated ankle sprain may lead to chronic ankle instability. This may also result in secondary foot, knee, hip, and back problems because of subtle changes in movement patterns. If you are having difficulty with ankle pain, a qualified health professional can determine the cause of your pain and prescribe appropriate therapy and rehabilitation strategies specifically for your circumstance. 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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BEREAVEMENT SUPPORT PROGRAM

A safe and supportive environment for individuals facing loss

Connections Adult Support Group

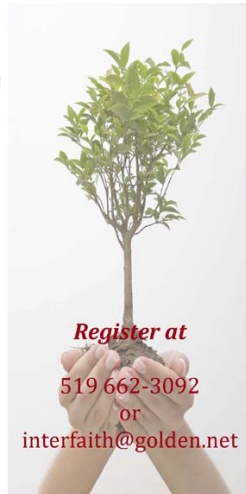
An 8 week support group for those who have experienced loss.

Start Date: Tuesday October 1st, 2013
Weekly
from 6:30pm to 8:00pm

Location: Tri-County Mennonite Homes
Board Room



This program is available to participants free of charge thanks to the proceeds from the 8KM New Hamburg Classic Race.



Register at
519 662-3092
or
interfaith@golden.net

ICCC strengthens the fabric of our community by equipping individuals, couples and families to realize emotional wellness and triumph over life's challenges



Caregiver Support Workshop

A safe and supportive environment for family members and professionals to gain strategies to balance self care and the care for those in need



Your Role as a Personal Caregiver

Wednesday October 23rd from 2:00pm to 4:00pm

Professional Caregiver

Wednesday November 13th from 7:00pm to 9:00pm

Location for both workshops are at the Active Living Centre at the Wilmot Recreation Centre

Contact for Further Information and to Register

519-662-3092 or interfaith@golden.net

Sponsored by the New Hamburg Lioness Club



ICCC strengthens the fabric of our community by equipping individuals, couples and families to realize emotional wellness and triumph over life's challenges

Interfaith Awarded Grant from Green Shield Canada



Engaging the community in volunteer opportunities available at Interfaith Community Counselling Centre (ICCC) has been a focus of the strategic planning process for the past several years. ICCC has experienced a 40% growth in the demand for counselling services since 2010. Despite the increase in demand for services, funding available to provide subsidies for those in need has not increased, requiring ICCC to continue to utilize fundraising events to generate revenue that contributes to 25% of their annual budget. It is essential for ICCC to have a well established volunteer program to ensure sustainable fundraising practices and allow the clinical staff at the agency to focus solely on the clinical needs of the individuals and community they serve. ICCC could not generate the funds to develop a volunteer coordinator position, as their main priority continues to always focus on contributing every available dollar to providing subsidies for individual and group counselling programs to those in need. In February of 2013, ICCC applied to the Community Giving Program available through Green Shield Canada and is thrilled to be accepted as one of the recipients. The sustainable financial grant received will enable ICCC to move forward with plans to develop and implement a sustainable

volunteer recruitment and training program. More importantly, this program will enable ICCC to provide meaningful volunteer opportunities for the local community. Volunteer opportunities for special events, such as Annual Silent Auction and Ladies Night Out will be of focus, in addition to recruitment for the Board of Directors, finance committee, promotions and marketing committee and office support. As a result of the increased volunteer support, ICCC will anticipate an increase in availability of counselling subsidies to those in need and support the community by increasing the number of free workshops and groups available, which will further increase emotional wellness in our community. We look forward to the fruition of this project and anticipate the benefits to the community as this program becomes a reality. Thank you to Green Shield and the Community Giving Program for providing the financial support to help Interfaith and other not-for-profit organizations to achieve success with their goals and provide support to our communities. For further information about the Community Giving Program offered by Green Shield Canada, please visit <http://www.greenshield.ca>

Workshops Available this Fall at ICCC:

Your Role as a Personal Caregiver Workshop: Wednesday October 23, 2:00 to 4:00 pm @ Active Living Centre, Wilmot Rec Centre, proudly sponsored by the New Hamburg Lioness.

Professional Caregiver Workshop: Wednesday November 13, 7:00 to 9:00 pm @ Active Living Centre, Wilmot Rec Centre, proudly sponsored by the New Hamburg Lioness.

Bereavement Support Group: Tuesdays from October 1 – November 26, 6:30 to 8:00pm - Tri-County Mennonite Homes Board Room, sponsored by proceeds from New Hamburg Classic Road Race.

For more information about our programs and volunteer opportunities, or to register, please call ICCC at 519-662-3092 or interfaith@golden.net

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Meet Your New Baden Firefighter: Kevin Shantz

By Teresa Brown

“A farm building fire, an abandoned building fire, two serious medical emergencies, and a bunch of MVCs (motor vehicle collisions).” That’s Kevin Shantz’s answer to the question: “have you been on any emergency calls yet?”

For the record, that’s a lot of fire and rescue responses for one of Baden’s newest firefighters: Kevin has only been a member of the Wilmot Fire Department - Baden Station for about six months -- and he’s already getting plenty of experience.

It’s valuable experience that adds to his already full resume: Kevin has completed Conestoga College’s pre-fire program, has a diploma in Fire Protection Engineering from Seneca College, and was a member of REACT (Waterloo Region’s emergency services support, providing things like scene lighting).

Even his day job is fire-based: Kevin works at Vipond Fire Protection, designing, estimating, and project managing fire sprinkler system installations. So it was a natural fit for Kevin to become a part-time firefighter; the decision to be

part of a small-town’s fire service was part of the reason Kevin, his girlfriend Erin, and their son Hunter moved here from Kitchener.

But it’s not just about fires and rescues for Kevin; also a football coach for the Cambridge Lions, he explains that being part of a close-knit community also drew his family here. “I like being involved and volunteering, and I hope I can bring some of my knowledge from work to situations here, and hopefully help.”

Kevin then laughs: “I’m still learning, though! There’s a lot to learn. But I’m loving every minute of it!” If his next six months on the Baden Station are like his first six, he’ll no doubt get plenty of opportunities to keep on learning -- and will no doubt keep on loving it.



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Saturday Night at the Movies

September 21st at 7:00 p. m.

Feature Film ~ **RUST**

Can Jimmy find the clues to get to the bottom of the mysterious fire and clear his friend Travis?

Will any good come from this tragedy?

When things look their bleakest, Travis reminds Jimmy that "God has His plan."

The story of Rust takes place in Saskatchewan and is a mystery that will have you seeking the beauty in sacrifice and the hope of faith renewed.

Wilmot Mennonite Church
2995 Bleams Road, New Hamburg

Beverages provided, bring your own snacks.

Nursery available but not staffed.

Donations to cover costs appreciated.

Everyone Welcome!

For further information call (519) 584-7089

New Baden Book Club Forming ~ Please Join Us!

This is an opportunity to tell other Badenites about the books you have read recently, or maybe about a favourite book on your shelf. We will all come away with new reading recommendations, and the bonus will be getting to know each other through our books!

Meet Susan (519-214-0247) and Dorothy (519-634-8779) at the Baden Library, Thursday, September 26, 7 pm

If you have a copy of your books, bring them along.

Call us if you have any questions.



To learn more about the book club please call Dorothy at 634-8779 or Susan at 519-214-0249



It's ...

*Apple Dumpling Time at
Livingston Presbyterian Church
44 Beck Street, Baden*

*Friday, September 27,
6-8 pm
Everyone Welcome!!*



WILMOT HORTICULTURAL SOCIETY



Join us Mon. Oct. 21, 7:30 p.m.
Wilmot Recreation Complex -

Speaker - Tony Fleischmann

Topic - 'Don't Plant Problems - Growing Healthy Trees'

Everyone is welcome to attend.

Calling All Girls Ages 8-12

Girls' Club: Please join us for our first meeting on Tuesday, September 17th at Wilmot Mennonite Church. It will be a Weiner Roast from 7:00 pm to 8:30 p.m.

Meetings are held every 3rd Tuesday of the month from September to May

Contact Marcia 519-634-5960 for more information.

Hosted by Wilmot Mennonite Church.

Wilmot Family Resource Centre



19th Annual Poor Boys' Luncheon

Thursday, September 26th, 2013

11:30 a.m. – 1:30 p.m.

5:00 p.m. – 7:30 p.m.

New Hamburg Community Centre

Admission: \$8.00/person or 30/family (4 or more)

Tickets can be purchased at the door or by calling WFRC 519-662-2731

Blood Quota Met



Canadian Blood Services
it's in you to give

At last month's blood donor clinic held at Waterloo-Oxford DSS Canadian Blood Services were well pleased with the turnout.

168 residents registered with 140 donating at a critical time of year. Nith Valley Mennonite Church sponsored the clinic, welcomed the donors, and served them refreshments.

The next clinic will be held on Monday, September 16 at the New Hamburg Legion between 5:00 and 8:00 pm and will be sponsored by Morningside Village. September is Childhood Cancer Awareness Month so CBS is encouraging donors to donate to show their support in this vital program.

Please call 1-888-2-DONATE (1-888-236-6283) or online at www.blood.ca to book an appointment or for further information. Walk-ins are always welcome.

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



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Thank You from NH Lioness

The New Hamburg Lioness hosted a charity BBQ at Meadow Acres during their recent summer sale.

We wish to thank Ellen, Charles and staff at Meadow Acres, Bill at Sobey's, Angie at Cloverleaf Farms, and Andrew Rome from Broil King for their donations, discounts, and assistance over the weekend.

We sincerely appreciate the support shown to our Lioness club. Thanks again.



Jim and Laurie Arkell

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New Hamburg Legion



65 Bouleee Street
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Call Terri Taylor 662-3834
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11:15 AM

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

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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.

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Pastor Olavi Hepomaki

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"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

LIFE IS WAY TOO SHORT TO SPEND ANOTHER DAY AT WAR WITH YOURSELF.



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The New Hamburg Thrift Centre is now collecting school kit items for Mennonite Central Committee

School kits are MCC's most-requested item. 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 natural disasters. MCC sends school kits to places including Iraq, Nicaragua, North Korea, and to poorly funded schools in Canada and the United States.

A school kit contains:

- 4 spiral or perforated notebooks (140 pages)
- 8 unsharpened pencils
- 1 ruler (flat; flexible plastic; indicating both 30 cm and 12 in)
- 12 coloured pencils (in packaging)
- 1 large pencil eraser

Donors need not purchase a full kit. Individual items may be brought to the New Hamburg Thrift Centre and kits will be made up.

We will also accept cash contributions to help purchase items locally. Sometimes when a disaster strikes, it makes sense for MCC to purchase items locally to enable a quick response, when culturally appropriate, or when government restrictions don't allow supplies to come into a country. Donations will be accepted by cash, debit or credit card at the store. Each school kit costs approximately \$10. For more information, please call the store 519-662-2867 or visit www.newhamburgthrift.com

Please remember less fortunate students while purchasing your back-to-school items. We appreciate your support!

New Hamburg Thrift Centre
 41 Heritage Drive
 New Hamburg
 tel: 519-662-2867
www.newhamburgthrift.com



Help a Child in Need
 MCC School Kit Drive

We are now collecting MCC School kit supplies:

- 4 spiral or perforated notebooks (8.5in x 10.5in/140 pages)
- 4 unsharpened pencils
- 1 ruler (flat, flexible plastic; indicating both 30cm and 12in)
- 12 colored pencils (in packaging)
- 1 large pencil eraser



NEW items only
Also accepting cash donations
 For more information visit www.mcc.org/kits/school



All proceeds benefit
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**Mennonite Central
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And food. I'm told there's a good, well-earned lunch at halfway, when we've finished the first 50km loop.

I've never cycled 100km before, and I'm starting to question what I've got myself into. But I've been training all summer, and I'm pledged, sealed and committed. This October 5th, I will Ride for Refuge, come sun, rain, wind, or snow.

The Ride for Refuge originated in the Waterloo region, and is celebrating its 10th year in existence. It's a charity cycling event for all skill levels, with 10km, 25km, 50km and 100km routes. The Ride partners with over 175 organizations who work with the displaced, vulnerable and exploited, locally, nationally, and globally. All money raised during the Ride goes to the rider's specified organization, or where it's needed most. These organizations help to stop human trafficking, bring refugees to Canada and help settle them once here, or work with the homeless and vulnerable in our communities. Learn more at RideForRefuge.org.

I'm excited for my first Ride. I've been calling and pestering friends, coaxing out sponsorships, and begging people to join me. If nothing else, I've learned that I really believe in this cause. And I love being on my bike. Training for the Ride has been a challenge. I cycle 3-5 times a week, distances varying from 20km to 50km, and increasing as Ride Day gets closer. I also weight train to build up leg and upper-



body muscle, so my ride is smoother and more comfortable. I believe I can do it, so I tell myself. Sometimes getting on my bike or pushing 5km farther than my last ride is a challenge, so I set my goal in front of me

and bike for those without a home or hope. I guess I am glad to push my body through physical challenges, knowing at the end of the day I have a safe, soft bed to sleep in. And I wonder about those who sleep in tents and huts and on sidewalks, alienated, land-less, hopeless. I've always struggled with a guilt of privilege. Somehow, because I was born into a Canadian family in a growing and healthy community, I have a right to good education, to hopes for a successful future (whatever that means), and my own rights and voice as a woman. Maybe it's my guilt for having never gone hungry or having a roof over my head that drives me to bike for strangers until my legs can't move any more.

Maybe this is what community means to me. Friends and strangers alike, taking time from their usual schedules to train and push their bodies, and bike in rain and snow, for people we may never meet. Unreasonable hope— that somehow, I think riding my bike can make a difference to someone.

Come join me. Cycle for strangers, for children who have lived their entire lives in tent cities, and refugees who dream of having a place to call home. I believe riding my bike can change the world.



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The Beauty of Aging

~Submitted by Jim Bishop

As I've aged, I've become kinder to myself, and less critical of myself. I've become my own friend. God love us all!

I have seen too many dear friends leave this world, too soon; before they understood the great freedom that comes with aging.



Whose business is it, if I choose to read or play on the computer until 4 am, or sleep until noon? I will dance with myself to those wonderful tunes of the 50, 60 & 70s, and if I, at the same time, wish to weep over a lost love, I will.

I will walk the beach, in a swim suit that is stretched over a bulging

body, and will dive into the waves with abandon, if I choose to, despite the pitying glances from the jet set. They, too, will get old.

I know I am sometimes forgetful. But then again, some of life is just as well forgotten. And, I eventually remember the important things.



Sure, over the years, my heart has been broken. How can your heart not break, when you lose a loved one, or when a child suffers, or even when somebody's beloved pet gets hit by a car? But broken hearts are what give us strength, and understanding, and compassion. A heart never broken is pristine and sterile, and will never know the joy of being imperfect.

I am so blessed to have lived long enough to have my hair turning gray, and to have my youthful laughs be forever etched into deep grooves on my face. So many have never laughed, and so many have died before their hair could turn silver. As you get older, it is easier to be positive. You care less about what other people think. I don't question myself anymore. I've even earned the right to be wrong. So, I like being old. It has set me free. I like the person I have become. I am not going to live forever, but while I am still here, I will not waste time lamenting what could have been, or worrying about what will be. And I shall eat dessert every single day (if I feel like it).

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Where Tails Wag



Meet Chief Michael Raine: Wilmot Township's New Fire Chief

~ By Teresa Brown

Fires, car accidents, and medical emergencies: nobody wants these things to happen, but unfortunately they do. And when they happen, Wilmot Township is lucky to have an excellent fire department. With three stations each having 30 firefighters and a District Chief, as well as everything from defibrillators to rescue trucks, our communities are well-protected.

But that protection doesn't just happen -- it takes organization and leadership, bringing together the skills and talents of all three stations. And now that leadership has a new face: meet Chief Michael Raine, Wilmot's new Township Fire Chief.

Chief Raine brings an impressive wealth of experience and education to the job. He began his firefighting career as a young firefighter for eight years with the City of Brampton, and then spent the next 22 years as Brampton's Training Officer.

As his career with Brampton continued, Raine also served with the Fergus-Elora Fire Department for 14 years as a firefighter, Training Officer, and Chief Training Officer. Then, after 30 years with Brampton Fire, he moved to Portugal Cove-St. Philip's, Newfoundland, where he accepted a 2-year position as Fire Chief. "I found this to be a very rewarding part of my career," he says, "and it was where a new collaboration was created."

Throughout his career, Raine added to his already-impressive resume with a long list of diplomas and certificates, including a Master's degree in Leadership, and a Diploma in Public Administration. As he explains, "it's all given me a lot of confidence in working with people."



At the end of the Newfoundland contract, Raine felt ready for a new challenge: "I woke up one day and said 'I want to go home to Ontario!'" he laughs. "When the job with Wilmot Township came up, it was ideal."

Ideal, indeed! Raine's two children and their families live in this area, and the move will afford him the opportunity to see them often. Wilmot also offers the new Chief something else: a familiar small town and country environment. "I was raised outside of Brampton in a country atmosphere," he

says. "A volunteer department protects its fellow citizens -- that's what I like. That, and working with a positive attitude with positive people."

"Working together" is one of Raine's philosophies, and "collaboration" is a word that comes up often as he describes his goals for the Wilmot Fire Department. "I've visited all three stations to meet the firefighters, and it's been good," he says. "I'm very much looking forward to working with everyone, from Council to the firefighters themselves. I'm a lot stronger when I have ninety firefighters behind me, rather than taking on the job myself."

Already, Chief Raine has seen the strength of Wilmot's Fire Department at work: at a recent structure fire, he had the opportunity to see all three stations work together to contain a large fire, protecting other buildings and putting out the flames safely and efficiently. "It was good to get back into the swing of things," he says. "It was a very positive experience."

As an administrator, Chief Raine's job will be to oversee operations from behind his desk, to provide leadership throughout constantly working to improve the department, and to do so by working with the firefighters, Officers, District Chiefs, CAO and Council to provide our communities with the best possible fire and rescue service he can. He adds that "keeping the Wilmot Fire Department a vital and integral part of this community is paramount for everyone involved."

But sometimes, Chief Michael Raine will also be out there in the trenches, supporting the firefighters when needed. And that's part of the job that suits him just fine. "Something gets in your blood about it," he smiles.



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On Saturday, August 24th there were an estimated 4,000 people at Norm S. Hill Park in New Hamburg celebrating with TSN Sports Centre's Rod Smith, Kate Beirness and the Kraft Celebration Tour.

Saturday morning the Wilmot Wild Lacrosse team helped unload the Kraft / TSN trucks. Food preparation was underway at the Royal Canadian Legion New Hamburg Branch 532. Excitement filled the afternoon as many dedicated volunteers came to help run the sample booths and activities.

The North Easthope Antique Tractor Breakfast Club and the Wilmot Heritage Fire Brigade arrived and the Waterloo 4-H chapter came with a variety of animals. The Waterloo Regional Police Service's Mounted Patrol was there to show their support.

As the free BBQ started, local performers Joshua Warren and Vanyah performed songs and Liliana Dominguez and her team treated the crowd to a Zumba demo. A friendly baseball game between the New Hamburg Heat and the Baden Pirates squirt teams was an additional treat. LA Kings' Tanner Pearson, the Toronto Maple Leafs' David Clarkson and Aquatic ACES long distance swimmer Sam Whiteside were on hand at the TSN Autograph Tent.

The event's MC Dave Schneider, from KOOL 105.3 and 99.5 KFUN, introduced Kraft Canada's Tim McElroy who presented the \$25,000 Kraft Celebration Tour cheque. Special guest Lydia Herrle joined Angie Hallman, Mike Rice and MaryLynn Hoerle from the Local Organizing Committee along with Wilmot Wild MVP Derek Lebold, New Hamburg Huskies' Tanner Snyder, New Hamburg Firebirds' Kory Nowak, and 6 year-old Champion motorcycle racer Evan Perry were all there to accept the cheque. Mayor Les Armstrong, Michael Harris MPP and Harold Albrecht MP welcomed the enthusiastic crowd and the Kraft Celebration Tour crew.

Then the live broadcast was underway. The profile on Canadian Motorcycle Hall of Fame inductee Buddy Koehler from New Dundee got a great reaction from everyone! The broadcast ended with Rod and Kate



We made history that Saturday. I will never forget it and I hope you won't either. It was a privilege to accept the \$25,000 for the Splash Pad but I am most proud that we showed the country who we are and why we choose to live in Wilmot Township.



Bill from Sobeys welcomes Kate Beirness.

with their customized Wilmot Wild Lacrosse jerseys standing on a Fire truck from the Wilmot Heritage Fire Brigade.

I feel so much pride to call this area my home and the area in which I choose to raise my family. It is my privilege to write you this thank you note.

Thank you for sharing your passion for this community with me and for supporting this event. I am so blessed to have had such great volunteers ranging in age from 5 to 88 years old. I can't forget my petting zoo friends!

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STUDENTS: Are you having your prom in the fall? Check out the beautiful long and short prom dresses. Selection is limited, some of the long ones retail for \$600 now on sale for \$150 and under!

We have great deals on new gift/household items!

Men's and Ladies heavy duty, full zip hoody's
Reg: \$69 now on sale for \$20
Ladies Black patterned hoody's ~ Reg: \$80 on sale for \$30
(these are really nice and great Christmas gifts).

GET READY FOR THE FALL or start your Christmas Shopping early!

Store Hours: Closed Monday & Tuesday
Wed. & Thurs. 10 a.m. - 4 p.m. Fri. 10 a.m. - 6 p.m.,
Sat. 9 a.m. - 5 p.m., Sunday 12 p.m. - 4 pm

Autumn brings more than pumpkin spice lattes, crisp mornings and glorious sedum. Autumn also presents the ideal opportunity to plant a wide range of hardy plants, trees and shrubs. Are you dreaming of another flower bed in the yard, or wishing you had the time to plant a few trees over the summer? Don't despair; now is the time and your property is the place for these plants.

Fall-Flowering Plants

You've probably been told that fall-flowering specimens must be planted in the spring. While these plants will thrive when handled on that schedule, it's also entirely possible to get mums, asters and Japanese anemones in right now. Canadian Gardening magazine suggests gardeners shear their favourite fall-flowering plants back by half, eliminating the bloom and allowing the warm, moist soil to do its job on new roots. Boom. Your fall-flowering plants will deliver beautiful foliage this year and mind-blowing blossoms next year.

Poppies, Peonies, Phlox and Pinks

The Oriental poppy and uber popular peony also thrive when planted before mid-October. If you found yourself admiring your neighbour's garden this year, get on down to the garden centre and choose a few specimens. Poppies blanket the ground with incredible colour and wave in the early summer winds, while peonies deliver one of the most impressive performances of all the Ontario-grown perennials.



My phlox battle powdery mildew almost every year, but they continue to take up an important space in my garden. Why? Because their small blossoms and nearly infinite variety force gardeners to sit up and take notice. Consider planting phlox in your garden this fall. Find this flower in pink, purple, blue and white shades, ideal for contrast or monochromatic gardens. Pay attention to the growing habits as well, since phlox comes in groundcover and taller cultivars.

Pinks, aka Dianthus, presents another bright, low care flower you can plant this fall. Look for a full sun location with well drained soil and enjoy this slightly old fashioned but still fantastic perennial. I especially like the varieties with silver blue foliage, as they add a touch of class to border beds.

Trees and Shrubs

Landscapers know that fall presents excellent conditions for planting larger specimens, such as trees and shrubs. Thinking about a natural windbreak for the winter? Get your spruce and pine trees before the end of September, while the ground is wet and temperatures allow for better working conditions. Be sure to mulch the base of any newly planted evergreens well.

Or perhaps you hope for more shade next year. Consider planting maple, elm or ash trees this fall and look forward to lower cooling bills over the next few years, as these trees grow tall and majestic.

Ninebark and crabapple trees provide colour and visual interest in the garden, and also take well to autumn planting. Talk to the pros at your local garden centre and ask about end-of-season sale prices.

Whatever you're planting this season, be sure to dig a hole large enough for the root ball and amend your soil where necessary. Mulch is always a good idea, and be sure to keep the ground evenly moist (not soggy) until we hit steady freezing temperatures.

Above all, have fun and extend your gardening pleasure as long as possible. Happy Fall!

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Region of Waterloo

Notice of Public Consultation Centre No. 1

Class Environmental Assessment for the Expansion of the New Hamburg Wastewater Treatment Plant

The Regional Municipality of Waterloo (Region) is undertaking a Class Environmental Assessment (EA) for the Expansion of the New Hamburg Wastewater Treatment Plant (WWTP). The New Hamburg WWTP provides wastewater treatment services for the communities of Baden and New Hamburg in the Township of Wilmot (Township).

In 2011, the Region completed the Baden-New Hamburg Water and Wastewater Master Plan, which recommended a Phase 1 expansion of the New Hamburg WWTP to 7.8 million litres per day (MLD) and a Phase 2 expansion to 10.5 MLD as the preferred wastewater treatment alternative, subject to the ability of the Nith River to receive the effluent.

This Class EA focuses on the Phase 1 expansion of the New Hamburg WWTP. The study is being conducted in accordance with the requirements for a Schedule C project under the Municipal Class Environmental Assessment (EA) (Municipal Engineers Association, June 2000, as amended in 2007 and 2011). The study will complete Phases 3 and 4 of the Municipal Class EA process.

A Public Consultation Centre (PCC) has been scheduled to receive input and comments on the project from interested members of the public. The PCC will provide background information on the project, including recommendations from the 2011 Master Plan, objectives and overview of the Class EA process, population and flow projections for the communities, opportunities for public comment, and next steps. The PCC will be held as follows:

Tuesday, September 24, 2013

5:30 PM to 7:30 PM

**Wilmot Recreation Complex, 1291 Nafziger Road
New Hamburg, Ontario**



The PCC will be a drop-in open house format, with project information presented on display boards, and Regional staff and their project consultants in attendance to provide further explanation and to receive your comments and questions.

Information on the New Hamburg WWTP Class EA study will periodically be posted on the Region's web site at: <http://www.regionofwaterloo.ca/en/aboutTheEnvironment/Wastewater2.asp>. The information presented at this PCC will be available at this web site after October 1, 2013.

For further information or to be added to the mailing list, please contact:

Mr. David Arsenault, M.Sc., P.Eng.
Senior Project Engineer
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Mr. Stephen Nutt, M. Eng., P. Eng.
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Kitchener, Ontario N2R 1K4
Phone: 519-741-5774
Fax: 519-741-5627
Email: StephenN@xcg.com

Accessibility: If you require assistance to attend or participate at this PCC, please contact Mr. David Arsenault (as above) at least five days prior to the PCC.

All comments and information received from individuals, stakeholder groups and agencies regarding this study are being collected to assist the Region of Waterloo in making a decision. Under the *Municipal Act*, personal information such as name, address, telephone number, and property location may be included if a submission becomes part of the public record. Questions regarding the collection of this information should be referred to Mr. David Arsenault.

This notice was first issued on September 11, 2013.

Baden Outlook Baseball Pool Stats

Place	Name	PTS	Place	Name	PTS
1	Jeff Schmidt	316	31	Don Becker	285
2	Dave Riddoch	310	32	Bruce Litwiller	285
3	Mitchell Mueller	309	33	Carol Gascho	285
4	Bryce O'Farrell	304	34	Len Rempel	285
5	Elias Bizony	304	35	Joe Simas	284
6	Kristina Ziegler	299	36	Bob Wilson	284
7	Norma Weiler	297	37	Steve Hardman	284
8	Dani Erb	296	38	Homer Zaplenty	284
9	Michelle Roth	294	39	Mike Pajot	284
10	Brad Egerdee	294	40	Hannah Litwiller	283
11	Cheryl Erb	294	41	Rob Schmidt	283
12	Tara V.	293	42	Kristy Schmidt	282
13	Rhonda Egerdee	293	43	Dave Miles	282
14	John Papa	293	44	Michelle Ruston	282
15	Steve Vickers	292	45	Charlie Bain	280
16	John Jokic	292	46	Sydney Helmke	280
17	Bethany Roorda	292	47	Mark Struth	279
18	Eric Hodgson	291	48	Pauline Schmidt	278
19	Darren Roorda	291	49	Sheri Morrison	277
20	Jean Cook	291	50	Ray Bilton	277
21	Nadine Evans	290	51	Dave Randerson	276
22	Colton Cobean	290	52	Madisyn Wilde	276
23	Alex Wagler	288	53	Patty Ann	276
24	Nancy Livingston	288	54	Lukas Pickard	276
25	R. Westfall	287	55	Brittany Schmearear	275
26	Claire Gingerich	287	56	Craig Tallman	275
27	Ernie Faulhafer	287	57	John Bain	275
28	Burt Bizony	286	58	Jeremy Price	275
29	Bonnie Jokic	286	59	Dianne Gingerich	275
30	Heather Dubrick	285	60	Chloe Duggan	273

**Congratulations to
 Dave Riddoch winning the
 leader prize for the
 September Baseball Pool,
 winning a gift certificate from
 EJ's Tavern of Baden.**



(remember Jeff, you can only win the leader prize once),

**The lucky random draw winner is
 Rhonda Egerdee winning a
 Baden Outlook shirt.**



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The Dreaded Phone Call

My boss phoned me today. He said "Is everything OK at the office?"



I said "It is all under control. It's been very busy, I haven't stopped to take a break all day."

"Can you do me a favour" he asked.

I said "Of course, What is it?"

"Pick up the pace a little. I'm in the foursome behind you."

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 per page—to view more, click on "next page" below listing. ~ 292 Entries —Have Fun and Good Luck!





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 Brennehan, Stiefelmeyer and Snyder's Road.

<input type="checkbox"/> St. Louis * TB * 60	<input type="checkbox"/> Kane * CHI * 55	<input type="checkbox"/> Hall * EDM * 50	<input type="checkbox"/> Zetterberg * DET * 48
<input type="checkbox"/> Stamkos * TB * 57	<input type="checkbox"/> E. Staal * CAR * 53	<input type="checkbox"/> Getzlaf * ANA * 49	<input type="checkbox"/> Toews * CHI * 48
<input type="checkbox"/> Crosby * PIT * 56	<input type="checkbox"/> Kessel * TOR * 52	<input type="checkbox"/> Datsyuk * DET * 49	<input type="checkbox"/> Kopitar * LA * 42
<input type="checkbox"/> Ovechkin * WAS * 55	<input type="checkbox"/> Giroux * PHI * 48	<input type="checkbox"/> Backstrom * WAS * 48	<input type="checkbox"/> D. Sedin * VAN * 40
<input type="checkbox"/> Malkin * PIT * 53	<input type="checkbox"/> Tavares * NYI * 47	<input type="checkbox"/> H. Sedin * VAN * 45	<input type="checkbox"/> Perry * ANA * 36
<input type="checkbox"/> Nash * NYR * 42	<input type="checkbox"/> Ribiero * PHO * 49	<input type="checkbox"/> Duchene * COL * 43	<input type="checkbox"/> Semin * CAR * 44
<input type="checkbox"/> Vanek * BUF * 41	<input type="checkbox"/> Voracek * PHI * 46	<input type="checkbox"/> Thornton * SJ * 40	<input type="checkbox"/> Wheeler * WIN * 41
<input type="checkbox"/> Eberle * EDM * 37	<input type="checkbox"/> Moulson * NYI * 44	<input type="checkbox"/> Couture * SJ * 37	<input type="checkbox"/> Gaborik * CLB * 27
<input type="checkbox"/> Neal * PIT * 36	<input type="checkbox"/> Stepan * NYR * 44	<input type="checkbox"/> Seguin * DAL * 32	<input type="checkbox"/> Lupul * TOR * 18
<input type="checkbox"/> Spezza * OTT * 5	<input type="checkbox"/> Parise * MIN * 38	<input type="checkbox"/> Ryan * OTT * 30	<input type="checkbox"/> Karlsson * OTT * 14
<input type="checkbox"/> Gagner * EDM * 38	<input type="checkbox"/> Ladd * WIN * 46	RULES: (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. There are two goalie boxes. *Two points will be given for every game a goalie wins.* 5. There will be two random draws each month. You are only able to win the leader prize once! 6. Pick one player from each box. (This year's team and 2012-2013 points included with each player). 7. No entry fee required... just have fun! No trades or substitutions through the year.	
<input type="checkbox"/> Subban * MON * 38	<input type="checkbox"/> Letang * PIT * 38		
<input type="checkbox"/> Koivu * MIN * 37	<input type="checkbox"/> Carter * LA * 33		
<input type="checkbox"/> Krejci * BOS * 33	<input type="checkbox"/> Sharp * CHI * 20		
<input type="checkbox"/> Van Riemsdyk * TOR * 32	<input type="checkbox"/> Kesler * VAN * 13		
<input type="checkbox"/> Niemi * SJ * 48	<input type="checkbox"/> Price * MON * 42		
<input type="checkbox"/> Lundqvist * NYR * 48	<input type="checkbox"/> Quick * LA * 36		
<input type="checkbox"/> Howard * DET * 42	<input type="checkbox"/> Rinne * NAS * 30		
<input type="checkbox"/> Rask * BOS * 38	<input type="checkbox"/> Anderson * OTT * 24		
<input type="checkbox"/> Crawford * CHI * 38	<input type="checkbox"/> Luongo * VAN * 18		

ALL ENTRIES MUST BE IN BY OCTOBER 1ST

Name:

Address:

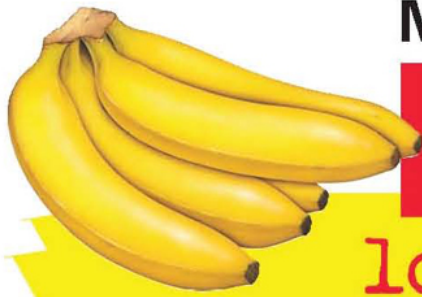
Phone Number:

Adult or Child (12 and under - age ____)

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

Thanks for playing and **GOOD LUCK!**





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