

SEPTEMBER 2014

# Baden Outlook

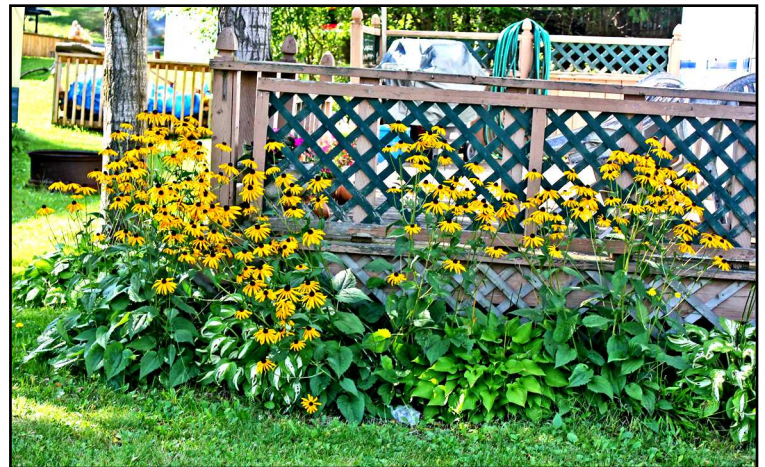
*Your Monthly Newsletter*  
*Keeping the Community Connected since August 2000*  
*With 2900 copies in circulation.*

VOLUME 15, ISSUE 2

FAREWELL TO SUMMER...  
... ENJOY THE BEAUTY OF FALL!



*Photo courtesy of Cheryl Good*



This paper is priceless - Please have one!

# Talking with Ed

## ~ It's an Art



I'd like to think I am a well-rounded individual, "knowing a little bit of everything but a whole lot of nothing," as they say. But I've come to realize I know nothing about art.

I was reading the Toronto Sun recently, where they have a regular full-page column entitled "In Five Minutes," focussing on a variety of subjects. The July 29<sup>th</sup> subject was on Vincent Van Gogh. Van Gogh was considered to be one of the greatest Dutch painters, but he remained poor and virtually unknown throughout his life. He had sold only one painting to his brother for 400 francs, struggled with mental illness, and at age 37 shot himself to death on July 29, 1890.

The article further went on to say that if he was alive long enough to see the sales of his paintings that he would have been one of the richest people around. Here are some of the values of his paintings today:

- ◆ *Portrait of Gachet* - 82.5 million (m)
- ◆ *Portrait de l'artiste sans barbe* - 71.5 m
- ◆ *Portrait of Joseph Roulin* - 58 m
- ◆ *A wheat Field with Cypresses* - 57 m
- ◆ *Iris* - 53.9 m
- ◆ *Peasant Woman Against a Background of Wheat* - 47.5 m
- ◆ *Madame Ginoux* - 40.3 m
- ◆ *Vase with Fifteen Sunflowers* - 39.7 m
- ◆ *Canal with Women Washing* - 18 m
- ◆ *A Bridge at Trinquetaille* - 14 m

In his early years, Van Gogh aspired to be a pastor in the Dutch Reform Church; instead, between November 1881 and July 1890 Van Gogh painted almost 900 paintings. Van Gogh's most famous work *The Starry Night* was created while staying in an asylum in France. Van Gogh was a very troubled person and it was conveyed through his works.



I struggled to understand why his paintings were not valued when he was alive. Was he a poor marketer; did his death all of a sudden make the paintings more valuable; was the quality of his work not recognized at the time; or did he even have an interest in selling his works? Did Andy Warhol's works become more valuable after his death? I decided to do some research on what creates value in art.

Art is not a tangible commodity such as water, gas or hydro, so it is hard to put an absolute value on it. We might identify its personal value to us, in the form of heightened feelings which are shared to us by the artist. An example of this is one person's laugh affects another person, who hears it and becomes merry; or another person weeps and another person feels sorrow. It is the ability of artists to convey what they are feeling through their work – the quality of the person's work is judged by the feelings evoked.

Art's value can also be found in the value of its own existence. Art has a fundamental value, meaning that some art is irreplaceable and there would be a great loss if it were destroyed. Art's essential value is also judged by the uniqueness of their creation.

In a strictly business sense art is only worth what the buyer is prepared to pay. A person might have a Wayne Gretzky rookie card that is valued at \$700, but they still need to find someone who is willing to pay that.

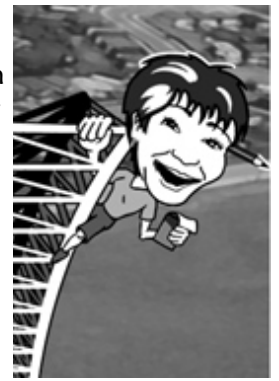
This article stirred up interesting conversation with Pat (*as if we ever sit and chat about art?!*) which led us to investigate more. We were intrigued with all we discovered, so I have prepared a list of the top ten most famous paintings according to [www.10mosttoday.com](http://www.10mosttoday.com), which is located below. Most of the list is from the early ages, which is not a surprise.

I'm not sure I can say I am any more cultured now knowing this, but it sure was an interesting journey!

1. *Mona Lisa* – Leonardo da Vinci –1503
2. *The Last Supper* – Leonardo da Vinci. Late 15th century
3. *The Creation Of Adam* – Michelangelo—1510
4. *Starry Night* – Vincent van Gogh—1889
5. *The Scream* – Edvard Munch—1893
6. *The Persistence Of Memory* – Salvador Dali - 1931
7. *Girl With A Pearl Earring* – Johannes Vermeer - 1665
8. *The Night Watch* – Rembrandt van Rijn—1642
9. *Self-Portrait Without Beard* – Vincent van Gogh - 1889
10. *Guernica* – Pablo Picasso—1937

*Greetings from ~  
Outlook Headquarters*

Yes, it's true—we have arrived at the month that officially turns our summer to fall. But fear not, you know we deserve an Indian Summer that will surprise us yet! Not to mention all the good stuff that lies ahead...



like the Outlook hockey pool! So be sure to fill out your registration form found on page 39.

With our recent anniversary we found ourselves looking through past issues for what works and what didn't—and it seems that the sports pools have been on the success list. We held our first hockey pool in our third issue in the fall of 2000 with 53 entries and each year the entries have been increasing to over 500 in 2009. In 2010 we split the pool giving the kids their own entries and stats separate from the adult pool; 370 adults and 110 kids played hockey with us, with more fun and even more winners. Then there was the hockey strike in 2012 leaving a gap in the paper. Last year we were back in business and still growing in popularity. The pool is free to play and no hockey wizardry is required, simply check one player in each box (many just pick random names and have surprising success), get it to us by October 1st, and hang on for the season to see where your team goes. We give a prize to the leader each month (but only allowing one leader prize per person, giving better chances for others to win a prize) and also pull a random registration form giving more opportunity for our pool players to win a prize. Local advertisers have supported us with gifts making this all about fun and not money! The stats are updated daily on the pool website for those who want to follow along each month.



On our end it's quite a task getting all the forms loaded up onto the pool website to have it in motion for the following issue—so help us out, print clearly and get 'em in our Outlook mailbox quick! Our kids used to tag-team with us but recently our friend Zachary Gowland has been a dear and volunteered many hours inputting entry forms...whew! From there on, the pool manages itself. On the 7th of each month, we pull the stats to have them ready to print in the Outlook displaying the scores and announcing the monthly winners...so get on board and join the fun. If you need help feel free to tap our shoulder; we're happy to guide you along if need be. Next month wraps up the Outlook Ball Pool, so good luck with the final games!

## 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, Baden Dental, Wilmot Rec. Complex, Tim Hortons, Baden Library, EJ's, and several outdoor magazine boxes located conveniently throughout town for Baden readers.



Also in St. Agatha at Fishers Esso, Angies Kitchen, Stop 2 Shop. In Petersburg at Blue Moon, Old Fashioned Variety and Foxboro.

There are over 30 places in New Hamburg to pick it up—including: No Frills, Sobey's, Short Stop, NH Legion, McDonalds, Kasemann's, Morningside, Office Pro, NH Thrift Centre, 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!*



On another note of the summer passing, we bid farewell to the Cruizin' On the Pond weekly car shows and the Summer Castle Concert series. Both of these weekly events were well attended and truly put a nice touch of summer into our town!

But now it's time to move along and enjoy all the things that fall brings ... till next month.

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## August 25th - Wilmot Splash Pad Ground Breaking!



And so it begins! The dream has come true for Angie Hallman, as she and her team took on this gigantic mission to provide a cooling, summer-time fun playground experience for her children and the families in Wilmot!

"It was overwhelming to be celebrating the official beginning of the Wilmot Splash Pad with the community! I am overcome by emotion that we are really here! Construction starts on September 8th : The ground work, water system and a few of the water features will be installed this fall and the rest of the features will be installed in the spring. I can't wait for the trucks to roll in and watch the Wilmot Splash Pad come to life! Yipee!" says Angie.

The balmy, evening event began with Lyndsay Morrison, broadcasting live from CTV sharing the news of Wilmot's success. Sponsor Pillers Meats was there to celebrate with a barbeque. A great crowd gathered with shovels in hand as Mayor Les Armstrong, MP Michael Harris, and Wilmot councillors dug their shovels in the dirt along with Angie! After the initial ground breaking, the crowd was let loose to do their part in turning over the dirt.



The splash pad includes three different play zones that cater to toddler, through to pre-teen age groups. The centre feature includes a 'mega-soaker' dump bucket that dumps up to 190 litres in a giant, diffused splash every minute. Interactive elements include a "tuney tube" musical feature that plays music and sprays water when activated. There will be a "spin soaker", and " splash blaster", water guns that will please the pre-teen zone on the pad.

Site amenities include sidewalks from the splash pad and accessible playground to the outdoor access washrooms at the aquatic centre, a 20' x 20' shade structure, benches, picnic tables, trees, and landscaping.



*Groundbreaking for Wilmot Splash Pad*

Michael  
**HARRIS**

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## August Baden Ball Update



Our 2014 season has wrapped up and, if you don't mind, we'd like to brag a little ...

In our T-Ball program, sixty players practised their ball skills each week and celebrated the season with plenty of cheers, timbits ... and medals! Our association goal is to keep teams small and players engaged, so unfortunately we had to turn registrations away. The exciting news is that we are exploring an expansion to eight teams next season!

In our Coach Pitch program for 6-7 year olds, again we kept the teams small for maximum player engagement. It paid off, as coaches reported tremendous growth in players' skills, teamwork, and sense of how to play the game. If you are interested in sharing your ideas on developing our Coach Pitch program, please let us know!

Our three Tyke teams travelled in the South Oxford Softball League, gaining valuable experience as they played teams from other centres. Again, our coaches applaud the commitment and perseverance of our young players as they developed their skills and attitudes. At the final tournament, Tyke 1 won the C-division Championship, Tyke 2 and 3 both played for the A-division Championship and Tyke 2 won!

Atom boys' and Atom girls' players continued to develop skills as the level of play naturally increased throughout the league. Second-year players were able to build on leadership skills as they helped the first-years, which is an exciting aspect of 2-year divisions. An excellent partnership was initiated between a local PWSA bantam team, Wilmot Wildfires, and our

Atom Girls, as the older team practised skills with our Atoms and inspired them with their love of the game. Our Atom Boys won the B-division Championship!

Our Squirt teams, boys and girls, were created from a great partnership with New Hamburg Softball in an effort to make numbers work to keep kids playing ball in our area. We are extremely proud of these teams' tremendous growth, both in skills and in teamwork as previously unknown teammates came together to form strong bonds. Our Squirt Boys won the C-division Championship!

Our PeeWee boys enjoyed a very successful season, finishing third in league play. At the final tournament, they proudly went home with silver medals and the distinction of winning a game with the previously undefeated first-place team. The team participated in ORSA as well, winning the first two rounds and second place in the final round.

Our Midget boys' team has a core group of players that have been together for 7 years! The boys and their coaches are a testament to coming together to have fun and play ball in the summer, no matter their different interests in the winter.

**Exciting News for 2015!** We are excited to offer the opportunity for Atom-aged players to play on the new Baden Atom Rep team. We are pleased to welcome the Wilmot Wildfires Bantam Rep girls' team, who will be playing under the Baden Minor Ball umbrella next season.

As you can see, Baden Minor Ball is thriving, thanks to the hard work of our parents, players, volunteer coaches, and executive members. You should join us! *Your Baden Ball Executive*  
[www.badenminorball.com](http://www.badenminorball.com) / [badenminorball@gmail.com](mailto:badenminorball@gmail.com)

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## Bravo Dr. Rick! The Ice Bucket Challenge for ALS.



Dr. Rick took the ALS challenge with help from staff, Erin Zitzelberger (left) and Elizabeth Araujo (right). It looks like they took pleasure in this opportunity to ice bucket their boss!

## "What's Your Dog Saying to You"

We asked Dr. Rebecca Ricker what message our dogs' tail-wagging may mean and she shed some light on the topic...

### Tail Wagging 101:

The biomechanical purpose of the dog's tail is balance. It prevents him from toppling over as he makes sharp turns while running or swimming. The tail also balances him when walking along narrow structures, climbing, or leaping. Dogs also use their tail to spread their natural scent from their anal glands. Each dog has an anal gland scent that's unique to him or her...YUCK!



Another vital role of the tail is in communication. The "wagging" of the tail is particularly important when a dog is walking or standing still.

For help with figuring out what the tail wag means, look for the direction of the wag or at how fast his tail is moving. Studies show that dogs wag their tails more to the right side when they are happy and more to the left when they are frightened. Tail height and position during the wag is important as well. If the dog wags his tail high and back and forth loosely, he is happy and confident about the situation. When he's being curious, the tail will be wagging horizontal to the ground. When the tail is tucked between the hind legs, the dog is either frightened or being submissive. When the wagging is low and stiff, it indicates worry or feeling insecure about something. Always be cautious when you see the low, stiff wag, the dog is trying to tell you something!

## You Must Be Joking!!

The other day I saw two dogs walk over to a parking meter. One of them says to the other, "How do you like that? Pay toilets!"



Q: What is more amazing than a talking dog?

A: A spelling bee.

Q: What do you say to a dog before he eats?

A: Bone appetite!

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Did you ever notice when you blow in a dog's face he gets mad at you? But when you take him in a car he sticks his head out the window!



## PET FOOD DRIVE

Help our local pets and families in need!

All pet food donations will be presented to the Wilmot Family Resource Center

We will accept any type or format of unopened pet food and cat litter.

Donations can be made at the  
New Hamburg Vet Clinic  
(19 Arnold St. New Hamburg)  
during the month of **October 2014**.



Thank you in advance for your generosity and for supporting our community.



*and the  
Say "thank you!" to  
everyone who helped  
make the day a success...*



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Mayor Les Armstrong  
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*... Plus a huge thank-you to our many volunteers, and of course the Corn Festival Committee!*

## You Must Be Joking!!



TODAY IS THE OLDEST YOU'VE EVER BEEN,  
YET THE YOUNGEST YOU'LL EVER BE SO -  
ENJOY THIS DAY WHILE IT LASTS.

More wise words from a well lived senior...

- ~Your kids are becoming you.....
- ~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 golf.
- ~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?" ... ???
- ~Now that you can afford expensive jewelry, it's not safe to wear it anywhere.
- ~You notice everything they sell in stores is "sleeveless"!!!!
- ~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!!

*It's Not What You Gather, But  
What You Scatter That Tells What  
Kind Of Life You Have Lived.*

*Submitted by Robert Price*



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## Ask Armand ~

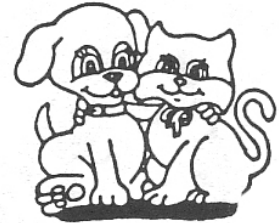


*John from Baden asks* – I have heard that Baden was known for Limburger cheese – Is this true?

*Armand says* – Yes John, that is true. Baden XXX Limburger cheese made Baden the Limburger capital of Canada. The Baden Cheese Company distributed more than 300,000 pounds of the soft cheese each year, through three plants: Baden Cheese, Wellesley Cheese and Butter Company of Wellesley since 1949, and The European Cheese Company of Milverton since 1956 – all under the Baden Cheese name.

In the processing of Limburger, it is ready for the table a scant 10 days after the production process begins. The pungent odor comes from the bacteria activity in the milk. The cheese originated in the Belgium city of Limberg. Baden Cheese was at the site of Coachman's Lane on Snyder's Road and was owned for many years by Raymond Gingerich and his father Peter Gingerich.

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# Checking Out the Baden Library



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

The 2014 OBOC book title is *The Massey Murder*. Meet the author, Charlotte Gray, at this year's free OBOC meet-the-author events, Sept. 16 to 18, in Waterloo Region. Admission is free and everyone is welcome!

Visit [www.oboc.ca](http://www.oboc.ca) or call RWL headquarters at 519-575-4590 for a complete author reading schedule, and more information about the book.

## Fall Storytime Programs

Baby & Me, Wonderful Ones, Toddler Tales, and Storytime programs all begin the week of Oct. 7. Registration is required. Contact the library for more information on available programs.

## Kids Book Clubs

The Baden Book Worms is a fun reading club for kids aged seven to nine. This group meets the first Tuesday of each month beginning Oct. 7 from 6:45 to 7:30 p.m.

The Awesome Book Club is fun for kids aged 10 to 12. This group meets on the first Wednesday of each month beginning Oct. 8 from 6:45 p.m. to 7:30 p.m.

Due to limited space, registration is required for ALL Baden Branch programs.

## Computer Help

Don't fret! We are here to help you. Free one-on-one computer training is available at all library branches. Call 519-575-4590 to book an appointment.

## Fun Stuff!

Our Library Card can now be stored in your phone! Here are the instructions:

### Installing the app on your device:

1. Download the free Stocard app available for Android and Apple devices. (Unfortunately, BlackBerrys and Windows devices cannot use the app yet.) For Apple devices, you can search for the app in the App Store. Android users can find the app in Google Play Store.
2. Open up the app.
3. Search for the Region of Waterloo Library.
4. Patrons can either scan their card or manually enter the card

number.

5. Save the number.

6. The card will now show on the 'My Cards' tab in Stocard.

**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! There are millions of songs available from thousands of record labels.

**Zinio** - If you love magazines, you might want to try out Zinio. This online magazine service lets you download magazines directly onto your computer, tablet or smartphone. The best part: no waiting or sharing! You get the issue as soon as it becomes available on Zinio.

To learn more about our programs, please feel free to contact us at 519-634-8933 or [badenlib@regionofwaterloo.ca](mailto:badenlib@regionofwaterloo.ca). Up-to-date information is also available on our Events Calendar and branch program page at [www.rwlibrary.ca](http://www.rwlibrary.ca).

*Chris Baechler, Assistant Supervisor — Baden Branch*

## Full Day Kindergarten Program Philosophy

With summer coming to an end, excitement of Back to School is in the air. This fall marks the last year of the 5 year integration process into FDK-Full Day Kindergarten Program in the Waterloo Region District School Board. Some of you may be curious of the contents of the new kindergarten curriculum now in effect. It is a play-based philosophy focused on the children learning best through their own play. Teachers work in partnership with an Early Childhood Educator. Teachers and ECE staff observe the children to determine their interests and unique learning style. They provide material and inquiry questions to expand their play and learning. They also have the opportunity to provide learning activities based on the results of their observations. The curriculum includes assessment of 6 main domains: Social/emotional development, Physical Health, Language, Math, Science and Technology, and The Arts. Emphasis is on problem-solving skills with the teacher as a guide through this process. The goal is to teach the children self-regulation. This is an awareness of their self-identity. Children learn to identify their unique learning styles, likes and dislikes, and ways to control and monitor their feelings and behavior.

Emphasis is on the early learning years to give children a strong foundation for later learning, appreciation for themselves, and diversity. It is valuable for parents, the school, and the community to work together and become involved in this early learning process. That is why the first step is becoming aware of the Full Day Kindergarten Program and its purpose.

For more information, please see the WRDSB website.

*Submitted by Kelly Mink - R.E.C.E.*



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# LookOut Kids' Korner

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Good luck trying to figure out these puzzles!



**Crack the Code!** Below is a list of 8 basic colours, but written in our own Outlook alphabet—see if you can crack the code. When you have identified a word, write the known letters to help decode the other words.  
(Hint: some colours have double letters)



- |          |           |
|----------|-----------|
| 1. VBOXL | 5. MDOTRQ |
| 2. DQA   | 6. VDMPT  |
| 3. RDQQT | 7. PYNJQ  |
| 4. VBCQ  | 8. HQBBMP |

Answers are on page 34

Kids Sudoku ~ Sudoku is a puzzle involving logic – no arithmetic or guessing is required! This block is divided into four sections —within each section you must place the numbers 1-4 (in any order), which will make each row also consist of numbers 1-4. Give it a try!

	4	2	3				
2			1	3	1		
					3		
			4		2	1	3

## WILMOT FAMILY RESOURCE CENTRE

### EARLY YEARS PROGRAMMING FALL 2014



**KIDS IN MOTION:** This drop-in program, geared to children walking to 4yrs old, is a great opportunity to have fun while developing gross motor skills. Every Monday, 9:30am-10:30am in the upstairs program room at Wilmot Recreation Complex. *STARTING SEPTEMBER 8<sup>th</sup>*.

**PARENT & CHILD DROP IN:** Drop-in is a time to come out and enjoy playing with your children (ages 0-6) while socializing with other parents and caregivers in your community. A great opportunity to play, meet new friends and create a craft. Everyone welcome....no need to sign up just drop in!

#### Baden Location

Tuesday mornings 9:30am-11:30am  
Wilmot Community Room, Township of Wilmot Admin. Bldg. (attached to Castle Kilbride)

#### New Hamburg Location

Wed, Thurs, Friday mornings 9:15am-11:15am  
Wilmot Family Resource Centre

#### Wellesley Location

Monday and Wednesday mornings 9:15-11:15am  
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**CREATIVE TOTS:** This NEW 8 week program will encourage self-expression, self-esteem, imagination, and creativity through art, songs, and books. For children 2-4yrs old and parent/caregiver. Thursdays, 9:30am-10:15am. Starts October 16<sup>th</sup>. Location: TBD Pre-registration required.

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# Improving the Health of our Community

## Setting S.M.A.R.T. Goals ~

By Melodie O'Connell MSW RSW



September has arrived, and it is often considered a time for new beginnings. The children and teens are given a fresh start with the hopes of having a successful year. Many of our youth may be starting the year at a brand new school, whether it is grade 7, 9 or College or University. It is also a time for kids to become involved with extra-curricular programs or try out for a school team. There is plenty of excitement and energy when we begin a new endeavour. It can also be a time for adults to set some goals as well, whether it is related to our careers, or health and wellness, or relationship-based. In order to achieve success in these areas, it is important to begin with setting SMART goals.

- S = Specific
- M = Measurable
- A = Attainable
- R = Realistic
- T = Timely



1. Specific – One of the most difficult parts of goal setting is identifying a specific goal. We have a tendency to set very non-specific goals, such as “I want to lose weight”, or “I want to be healthier”. When we are able to narrow down our goal to become specific, such as

“I want to lose 10lbs by Christmas by running 3x /week,” we begin to set out a plan to start to meet the goal.

2. Measurable – In order for a goal to be successful, it must be measurable. This way we can monitor our progress, which helps to maintain our motivation.
3. Attainable – As our goal becomes clearer, we start to develop the confidence that we can attain the goal. However, we need to ensure that we have the time, effort, and possibly the finances to attain the identified goal.
4. Realistic – In order for a goal to be realistic, you must be both **willing and able** to work on it. This may require you to examine certain aspects of your life to see if the goal you have set is realistic. For example, for someone who is working full-time with a large family, returning to school may not be realistic at this point in time.
5. Timely – In order for us to achieve success, it should be grounded with a time-frame. By adding a time-frame, it creates a sense of priority and urgency. The time-frame may be as simple as the number of times that you may participate in an activity, or it may be related to a date of completion.

By setting goals, we create a sense of excitement and commitment towards something that is important to us. We often feel great when we have *accomplished a task or project*. This has such a positive impact on both our confidence and self-esteem. When we share our goals with others, it creates a sense of accountability, and we are more likely to stay committed. Also, if we write our goals down and keep them in a place that is visible, we are more likely to ensure that the goal is a priority. As you head into the fall season, it may be a great time to set some personal or professional goals. Good luck as you begin on your next endeavor.



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# TOWNSHIP OF WILMOT

## TOWNSHIP OF WILMOT

### NOTICE OF THE PRELIMINARY LIST OF ELECTORS 2014 MUNICIPAL ELECTION

**ELECTION DAY- Monday, October 27, 2014**

NOTICE is hereby given that the Preliminary List of Electors for The Township of Wilmot 2014 Municipal Election, indicating the names of those persons entitled to vote, is available for review in the Office of the Clerk, 60 Snyder's Rd. W., Baden, Ontario commencing **Tuesday September 2, 2014**.

Electors should examine the list and take immediate action to correct any errors or omissions, or make deletions from the list on the prescribed forms, either an Application to Amend Voter's List (EL15) or an Application for Removal of Another's Name from the Voter's List (EL16), which are available from the Municipal Office (Clerk's Office).

Applications may be filed in person or by an agent. Identification will be required when submitting an Application to Amend Voters' List (Form EL15) and/or an Application for Removal of Another's Name from the Voter's List (EL16).

Staff will receive applications for the purpose of revising the list Monday to Friday from 8:30 a.m. to 4:30 p.m., **commencing Tuesday, September 2, 2014**.

Applications may also be filed at an advance poll location at the Wilmot Recreation Complex 1291 Nafziger Rd., Baden on Saturday, October 4<sup>th</sup>, 2014 from 11:00 a.m. to 6:00 p.m. and at The Township of Wilmot Administration Office, 60 Snyder's Rd. W., Baden on Wednesday, October 8<sup>th</sup>, 2014 from 11:00 a.m. to 8:00 p.m.

The last day for making additions, corrections or deletions is Monday, October 27, 2014 (Voting Day).

Applications for deletion of another person's name from the Voter's List must be made in writing on the appropriate form between September 2<sup>nd</sup> and September 12, 2014.

Electors may also access [www.voterlookup.ca](http://www.voterlookup.ca) (site owned and managed by Municipal Property Assessment Corporation / MPAC) for elector information.

### QUALIFICATIONS OF ELECTORS

A person is entitled to be an elector (unless prohibited by Section 17(3) of the Municipal Elections Act, 1996 or any other Act) if he or she:

- A. Resides in the local municipality or is the owner or tenant of land there or the spouse, or same-sex partner of such owner or tenant;
- B. Is a Canadian citizen;
- C. Is at least 18 years old.

For additional information regarding Municipal Elections, please call the Clerk's Department at 519-634-8444 ext. 228 or 230 or visit the Township of Wilmot at [www.wilmot.ca](http://www.wilmot.ca)

Barbara McLeod,  
Returning Officer / Director of Clerk's Services

## The \$50 Lesson

Last year, while I was working in the flowerbeds in the front yard, my neighbours stopped to chat as they returned home from walking their dog. During our friendly conversation, I asked their little girl what she wanted to be when she grows up.

She said she wanted to be Prime Minister some day.

Both of her parents were standing there, so I asked her, "If you were Prime Minister what would be the first thing you would do?"

She replied... "I'd give food and houses to all the homeless people."

Her parents beamed with pride. "Wow...what a worthy goal!" I said. "But you don't have to wait until you're Prime Minister to do that," I told her.

"What do you mean?" she replied. So I told her, "You can come over to my house and mow the lawn, pull weeds, and trim my hedge, and I'll pay you \$50. Then you can go over to the grocery store where the homeless guy hangs out, and you can give him the \$50 to use toward food and a new house."

She thought that over for a few seconds. Then, she looked me straight in the eye and asked, "Why doesn't the homeless guy come over and do the work, and you can just pay him the \$50?"

I said, "Yes, interesting question!"

*Submitted by R. Price*

## **St. Agatha Clothing Outlet**

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## **Y.A.C. is BACK!**

The Wilmot Youth Action Council is back in action as of September 2<sup>nd</sup>!

We are looking for new members to join our Council; nothing is required of you, other than showing up to the meetings and planning awesome events (as well as being 14-19)! We meet every Wednesday from 7:00pm-9:00pm in the Youth Centre at the Wilmot Recreation Complex. What do we do, you ask? Well, we bring interactive and accessible events for both families and youth in the community on a monthly basis, as well as learn how to successfully give back to our community through volunteering opportunities with local events and organizations. We aim to have the Youth Voice in Wilmot Heard!

If you are interested in joining, or want more information, send us an email at [wilmotsyouthactioncouncil@gmail.com](mailto:wilmotsyouthactioncouncil@gmail.com), or come on out to a meeting and see what you think! We hope to see you there!

On another note, Y.A.C. is pleased to announce the creation of the Jr. Youth Council! This is for grades 7 & 8 students living in Wilmot. We will meet every other Wednesday starting on October 1<sup>st</sup> 2014 from 6:00pm-7:00pm. For more information please email us!

## Baden Birding

By Shelly Heipel

If you live around Louisa Street in Baden you have probably heard a piercing bird call throughout the summer. Those calls you were hearing were from a pair of Merlin Falcons. We had the pleasure of hosting a mating pair this summer in an appropriated crow's nest in the spruce tree just outside of our bedroom window.

Merlins never build their own nests; they reuse old crow, raven and hawk nests making very few modifications to the nest. In our case, the day the Merlins arrived the crows were actually still in their nest with fledglings. After a bit of aerial combat and posturing, the Merlins had their nest and the crows were relegated to nearby poplars, squawking their protest.

Now that they had their nest, the Merlins entertained us with their amazing flight displays of high speed dips and dive bombs. Merlins are small, fierce falcons that use fast, surprise attacks to bring down small songbirds, bats, and large insects such as dragonflies. They are powerful fliers, but you can tell them from larger falcons by their size, their rapid wing beats and their attack from either below or horizontally. Medieval falconers called them "lady hawks," and noblewomen used them to hunt smaller birds. We knew when the Merlins were successful on the hunt

when feathers would rain down from the spruces above our house.

During the time they were nesting, the falcons would fly from tree top to tree top preferring only spruce trees.

You would rarely see them in the trees since they were so far up but you would hear their loud call all day long! In fact, we were unsure if they were successful in raising fledglings until the beginning of August when we finally started seeing fledglings fluttering their wings at the top of our spruce. After a few days of this fluttering, the first fledgling made his flight to a nearby spruce tree. Now all the fledglings have flown and the bird feathers strewn across our property have multiplied. Indeed they are fine hunters! The photo provided is of the male, who is slightly smaller than the female, with prey he has caught.

These Merlins will soon be migrating south so if you live around Louisa St/Brewery St, hopefully you will catch sight of them before they are gone. At the very least, you can now identify that noisy bird you heard all summer!



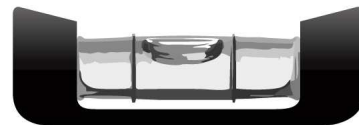
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**Cruizin' on the Pond Final Summer Car Show**

Another successful year behind us and it went out with a bang on August 27 with the biggest show ever! Many cars came from all parts of Ontario. We would like to thank all the people and businesses who donated prizes, and to the car enthusiasts and spectators who helped make this weekly car show a great success.

*Thanks Again—Rock'n Ronnie and Marlene Weber*



**We're on the Web!!**

See the paper in colour at  
[www.badenoutlook.com](http://www.badenoutlook.com)



**You Must Be Joking!!**

I thought I was a nice guy...Here's the story.  
It's still hard to believe the way it turned out.



My wife said she wanted a riding lawn mower. She works all day and was always tired when she came home from work, and I thought that a riding lawn mower would help her get the yard work done quicker so she would have more time for the chores inside.

SO, being the handy sort of guy that I am, with my son Ron of course, I made her a riding lawn mower! I thought she would squeal with delight or something and give me a big hug. I even put a light on it so she could work at night (see photo), after she finishes putting away the dinner dishes.



To this day I still can't understand why some women are so hard to please!!

## Interesting People ~ Meet District Chief Ron Taves Retires From the Wilmot Fire Department (Baden Station)

By Teresa Brown



In 1968, a young man from Baden was presented with a question by Elmer Koenig, a firefighter: "Would you consider joining the fire department?"

The young man's answer: "Fire? No, I don't think so."

Thankfully, Elmer wouldn't take no for an answer. Forty-six years later, that hesitant young man -- Ron Taves, who ultimately became District Chief of the Baden Station as well as a Platoon Chief with the Kitchener Fire Department -- is now leaving a long and accomplished career with the Wilmot Township Fire Department.

In 1968 Ron was 18 years old, and working for Steinman Furniture on Snyder's Road -- a job that made him available for daytime hours, and therefore a valuable asset for a volunteer department whose firefighters often worked in other towns.

Like most citizens of a small town, Ron understood the importance of community service. And so, after a few repeated requests from the Chief, Ron finally agreed, becoming the newest recruit on the Baden Fire Department (back then, Baden and New Dundee ran a combined department, while New Hamburg ran their own).

He soon found himself wondering about the wisdom of his choice: "I wanted to quit after my first couple of calls," he admits. "Certainly, things like car accidents were tough." Back then cars were far less safe than they are today, and accidents -- especially on the highway -- were usually very serious.

"Seeing someone injured -- especially young people, and when you can see they aren't going to make it -- that feeling of helplessness is very hard for firefighters."

But Ron stuck it out. Thankfully, back then there were not many tough calls; when Ron joined the department, Baden's call volume (number of calls per year) was around 20 - 30. "Maybe 90 - 95% of those were fires," Ron says. "The rest were MVCs (motor vehicle collisions), false alarms, and a few serious medicals."

That soon changed when Waterloo County regionalized in 1973. Then, Wilmot Township took on fire service for the entire Township, dividing coverage among the three

stations. Some time later, the Township went to a "tiered response" system: the fire department would now respond not only to fires and MVCs, but also to medical calls such as heart attacks.

Firefighting equipment also started to change. When Ron first walked into the old Baden fire hall on Snyder's Road, firefighters were called to an emergency with the siren on top of the building. Today, pagers are worn by all firefighters.

While today every truck has a radio (and most firefighters as well), in the early 1970s this wasn't the case. "There was only one radio, and it was on a truck," Ron explains. "If information changed on our way to a call, only one truck knew about it -- everyone else had to stop at the nearest house and use the phone to call dispatch for an update!"

The addition of passenger cabs to the trucks was another welcome change. "Back in the 1960s, we were still riding tailboards," says Ron, describing how firefighters would cling to the outside of a truck. "If you want a scary ride, depending on who was behind the wheel, you just tried to hang on."

What also changed as the years went by was Ron's rank: in the 1970s, he was promoted to Captain. "When I became a Captain, I kept bugging Elmer, who by then was my Chief: put me in command of a call! Well, I got my chance, and it wasn't just an alarm ringing: it was Geiger Mennonite Church, on fire."

When firefighters arrived, it looked as if the church's interior was fully ablaze, and Ron's first thought was: "Holy ... I need help." Luckily, firefighter Brian Roth walked around the church and reported that the fire was actually confined to the basement. "We got it out fairly quickly," says Ron, "and I give 'Roter' a lot of credit for that."

Ron's career with Wilmot continued, but his growing passion for the fire service also led him to become a full-time firefighter with the Kitchener Fire Department. "It was my experience with Wilmot that led me to that career," says Ron -- a career that saw him achieve the ranks of Captain and then Platoon Chief with Kitchener until his retirement a few years ago.

But Ron was also advancing in Wilmot. Around 1995, he became the District Chief of Baden: the "head" of the firefighters and officers (Captains) at the Baden Station. As such, being at the end of a hose was rarely any longer his job: now, his responsibilities became management and leadership.

Some of the things Ron helped implement over the years include qualification testing for firefighters hoping to become

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Lieutenants and Captains. He was also part of the Township's Fire Master plan and Facilities planning, helping to develop the future of fire protection in Wilmot.

But most significantly, Ron has led his station to a remarkably high standard of training. "The tremendous amount of live fire training we've done -- we never used to do that," he says. "Live fire" involves using a donated house slated for demolition to introduce firefighters to real-world smoke conditions, search and rescue techniques, and safety practices, including hazard recognition and self-rescue.

(Author's Note: It's well-known amongst the firefighting community that Baden Station has extremely high training standards, and is known as an exceptional place to learn the skills of the trade: many of its firefighters have gone on to full-time careers in Kitchener, Waterloo, Cambridge, Toronto, London, and beyond. This excellence in training is now overseen by Wilmot's new Fire Training officer.)

As Wilmot's population grew, so did the call volume: in 2013 Baden logged 280 calls, with about 60% medicals. Ron remembers many of them but especially the significant fires, like the "grass fire" (almost always a minor incident) that turned out to be a far-reaching blaze along the rail line from Baden to Kitchener, requiring a massive effort from Wilmot, Wellesley, and



Kitchener stations.

And of course, the things that stick with him are the tragedies, whether MVCs or fires. "We're fortunate that in our Township we don't see a lot of deaths from fires -- but when they happen, they stick with you."

Although the memories -- and they are overwhelmingly positive -- will stay with Ron, he's looking forward to his retirement and to traveling. But it will be an adjustment for him: "what's going to hurt is having no more pager -- no more emergencies. My BlackBerry data will drop 95%!" he laughs.

"I spoke to the new District Chief and Senior Captain," he says, "and I said: 'You are stewards now -- you must be aware of everything, from the condition of the fire hall to Township policy changes. No matter what, I can't make you see the learning curve you'll both go through'."

It's a learning curve that Ron embraced, from his first doubtful moments as a firefighter to his tremendous impact on the fire service. Ron leaves behind a legacy of excellence in training, professionalism, and leadership at the Baden Station -- and has set the bar high for the next stewards of the service, the people who make protecting the community their job and their passion.

*Congratulations and all the best for your future, Chief: command is terminated on a job extremely well done.*

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

The Baden Outlook travelled to Red Bay for the 14th annual Schwartzentruber Soiree—Hawaii was this year's theme. Joining in the fun were the Wettlaufer, Murray, Kuntz, Hammer, Livingston, Clutterbuck, Schwartzentruber, Shantz, Jokic, and Ruston families.



Thanks for taking us along on your vacation!!



The Purcell's went to Chester, Virginia to visit their friends the Cobean's, who just moved from Baden. Seen from l-r: Colton Cobean, Jessa Cobean, Cora Cobean, Charli Purcell and Evy Cobean holding the Outlook with Melanie Purcell (behind) and Mac Purcell.



Glenda Rutherford and her daughter Jaclyn took their Baden Outlook to Finland. The architecture was very impressive but dog-sledding in June was the highlight.

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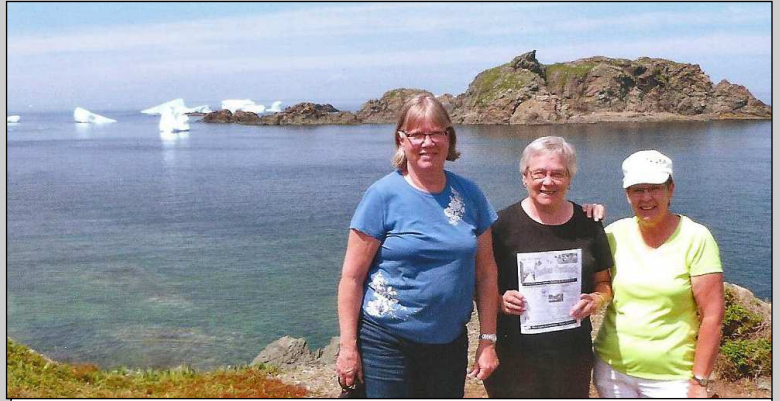
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Helene Mayer of Baden took her Baden Outlook with her on her trip to Krakow, Poland, where she spent 2 weeks at the IBM office training for Frito Lay. This photo was taken in the Rynek Glowny, the centre square in Krakow.



Effie Boshart with sister Carol and long time friend Joan took the Baden Outlook to Twillingate, Newfoundland. Icebergs, icebergs!



The Outlook recently travelled to Iceland with these Stonecroft residents. In front of some beached icebergs at Jokulsarlon are George and Lyn Heath, Carol and Doug Nichols, Jennie and Ken Mulholland.



Dragan, Wilma, Skyler, and Stirling Todorov from Petersburg, took their Baden Outlook to the waterpark at Memories Splash Resort, Punta Cana.

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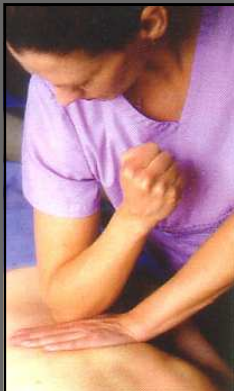


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### Can't say No?

Several years ago I heard this statement - When you say "yes" to something then you are saying "no" to something else. Simple.....yet true. Sometimes the requests that our family, friends, and colleagues make are reasonable and we want to say "yes". Sometimes people ask us to do things we don't want to do, don't have time to do, and resent being asked to do. Before you learn to say "no", you need to know the difference between situations when you really want to say "yes" and those when you should say "no". It isn't easy to change patterns and routines. Your weak "no" can be developed just like any of your other muscles.....by practice! By always saying "yes" to outside commitments, you are also saying "no" to yourself and your family.



If you find it hard to say "no", one of the best strategies to work on is to have the right script ready for action. It can be as simple as: "Let me check my schedule, and I'll get back to you". This response buys you time to determine if you want to say "yes" OR how to politely turn the request down. Other responses can be as simple as: "Sorry I can't" - and then be quiet, don't say another word! It's hard!! "I'd like to help you out, but it isn't convenient for me with my schedule"

We often spend time thinking about existing habits that we want to change or new habits that we want to form. These often surround health and fitness. We encourage you to not forget about this area of your life and make a commitment to healthy habits around your decision making. The impact can be very positive for you and those around you!

In order . . . to live a life of purpose

### You Must Be Joking!!



Guy stuck his head into a barbershop and asked, "How long before I can get a haircut?" The barber looked around the shop full of customers and said, "About 2 hours." The guy left.



A few days later, the same guy stuck his head in the door and asked, "How long before I can get a haircut?" The barber looked around at the shop and said, "About 3 hours." The guy left.

A week later, the same guy stuck his head in the shop and asked, "How long before I can get a haircut?" The barber looked around the shop and said, "About an hour and a half." The guy left.

The barber turned to his friend and said, "Hey, Bob, do me a favour, follow him and see where he goes. He keeps asking how long he has to wait for a haircut, but he never comes back."

A little while later, Bob returned to the shop, laughing hysterically. The barber asked, "So, where does he go when he leaves?" Bob looked up, wiped the tears from his eyes and said, "Your house!"

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## You Must Be Joking!!



### Bertha and Betty

Two 90-year-old women, Bertha and Betty, had been friends all of their lives. When it was clear that Bertha was dying, Betty visited her every day.

One day Betty said, "Bertha, we both loved playing softball all our lives and we played all through high school. Please do me one favour: when you get to heaven, somehow you must let me know if there's women's softball there."



Bertha looked up at Betty from her deathbed and said, "Betty, you've been my best friend for many years. If it's at all possible, I'll do this favour for you." Shortly after that, Bertha died.

A few nights later, Betty was awakened from a sound sleep by a blinding flash of white light and a voice calling out to her, "Betty, Betty."

"Who is it," asked Betty, sitting up suddenly. "Who is it?"

"Betty -- it's me, Bertha."

"You're not Bertha. Bertha just died."

"I'm telling you, it's me, Bertha," insisted the voice.

"Bertha! Where are you?"

"In heaven," replied Bertha. "I have some really good news and a little bad news."

"Tell me the good news first," said Betty.

"The good news," Bertha said with joy and enthusiasm, "is that there's women's softball in heaven. Better yet, all of our old buddies who died before me are here, too. Even better than that, we're all young again. Better still, it's always springtime and it never rains or snows. And best of all, we can play softball all we want and we never get tired."



"That's fantastic," said Betty. "It's beyond my wildest dreams! So what's the bad news?"

"You're pitching Tuesday."

*Submitted by Robert Price*

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## Water and Hydration

Ever wonder what the earth and your body have in common? Why you feel more at peace when you can plant yourself close to water, listen to waves lapping on the beach, or even a CD softly playing the crashing sounds of an ocean in the far off distance. We are connected to this world in so many ways.

The earth is over 70% water and ideally, your body should be 70% hydrated as well. There is an expression that I love and it helps remind me of the importance of drinking pure, clean water, even when we don't always feel like it: **The Solution to Pollution is Dilution!**

We bombard our bodies every day with pollutants from the food we eat, beverages we drink, air we breathe, jobs we have, and stress levels that exist in our everyday lives. I would like to highlight three of the most common pollutants we put in our bodies and what their effects are to help motivate is to drink more water.

1. **Coffee:** Coffee is the most common beverage consumed world-wide. Over 1 million cups of coffee are drunk daily. Coffee is what I call a robber; it actually robs the body of certain vitamins and minerals in order to be metabolized by the body. Coffee is also very acidic and a diuretic, which means it encourages water loss, again robbing the body of the most important key nutrient, water. Coffee for many is a daily habit and one cup (8oz) per day will not harm you and may actually be therapeutic in its own way; however, if you drink coffee, be aware of the vitamins and minerals you are losing and always replace each cup of coffee with an extra glass of water to replace the water you are losing.

### The Solution to Pollution is Dilution!

2. **Soda Pop and Fruit Juices:** I combine these two together because the amount of sugar that is in one can



of soda is almost equivalent to the amount of sugar in one cup of fruit juice. Like coffee, these sugary beverages are also vitamin and mineral robbers and very acidic. Water helps to neutralize the acidity in our body, especially when combined with fresh squeezed lemon. If you are drinking

orange juice for vitamin C, I recommend eating an orange instead. The fiber in fruit helps to neutralize the natural fruit sugar while providing you with a perfect blend of nutrition not present in commercial juices.

### The Solution to Pollution is Dilution!

3. **Boxed Foods:** Most boxed foods that appear healthy (like granola bars, crackers, and cereals) contain other additives and preservatives that will contribute to pollution in the body. Salt, hydrogenated or partially hydrogenated fats and oils, maltodextrin as well as preservatives like ammonium bicarbonate and sulphites need water to flush them from your body. Better yet, avoid boxed foods with these ingredients.

### The Solution to Pollution is Dilution!

A general rule of thumb to remember is to drink one half of your body weight in ounces of water every day. Therefore, a 200 lb person should be drinking 100 ounces or 12 ½ cups or 3 litres of water per day. If you are not already doing so, increase your water intake slowly until you reach your optimum intake for the day.

**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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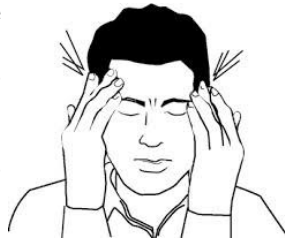
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## CERVICOGENIC HEADACHE

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

**Cervicogenic headache is defined as a headache which has its origin in the area of the neck.** The source of pain arises from biological tissues such as muscles, ligaments, joints, and nerves that have become injured and/or irritated. When these structures become stimulated, their nerve endings send pain signals from nerves in the neck to the head.



proper medical history and physical examination. Serious causes of headache symptoms must be ruled out before appropriate treatment can be administered.

After a diagnosis of **cervicogenic headache** is made, the goal of therapy is to minimize headache frequency and diminish levels of pain associated with each episode. Treatment and management options that have demonstrated effectiveness include: postural correction, joint mobilization and manipulation, acupuncture, soft tissue therapy, and rehabilitative exercises. Trying a variety of therapies or combination of therapies may be required to find relief. It should be remembered that many patients who are diagnosed with migraine and tension headaches may also respond to these treatment strategies.

**Cervicogenic headache** is a relatively common cause of chronic headache and has symptoms similar to those seen in other well known headache disorders such as migraine and tension type headaches. For example, both migraine and cervicogenic headaches affect females more than males, with headache symptoms generally located unilaterally (on one side of the head). These headache sufferers may complain of severe pain, head throbbing, sensitivity to light and sound, and nausea. Neck pain and muscular tension are also common symptoms in tension headaches, migraine attacks, and cervicogenic headaches. The problem of symptomatic overlap in these common and frequent headache types makes the accuracy of precise diagnosis difficult. Furthermore, the fact that an individual may have two or more headache types co-existing at any one time further elevates the diagnostic challenge.

For those suffering from headache symptoms that may be interfering with their activities of daily living, a qualified health professional can prescribe appropriate therapy, rehabilitation, and self-management strategies specifically for your circumstance. For more information, visit [www.nhwc.ca](http://www.nhwc.ca).

**Cervicogenic headaches** are usually unilateral (occasionally bilateral), and can be experienced in several different regions of the head including the base of the skull, the forehead, or behind the eyes. The intensity of pain may fluctuate from mild to moderate to severe on a daily basis. Individuals with cervicogenic headache may also exhibit physical signs of altered neck posture and restricted range of motion of the neck. Headache symptoms can be triggered or reproduced by active neck movements or passive positioning. Tenderness can also be palpated in the neck and upper shoulder region with muscular trigger points spreading pain upwards into the head.

*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.*

The cause of **cervicogenic headache** may be singular or multifactorial. This may include a whiplash injury, sports injury, arthritic changes, chronic postural strain, stress, and fatigue. The evaluation and assessment of headaches should include a

An advertisement for ABSolute Fitness & Personal Training. It features a woman, Angela McFalls, holding a sign that says "MEMBER SINCE 1999". The text includes "15 YEARS STRONG" and "1999 ★ 2014". A diagonal banner says "Memberships start from only \$39 a month!".

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An advertisement for New Hamburg Wellness Centre. It features a logo of a stylized figure and a list of services: Chiropractic Care, Rehabilitation Speciality Services, Registered Massage Therapy, Medical Acupuncture, Custom Orthotics, and Naturopathy. It also includes a photo of a family and contact information.

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Thursday, September 25th, 2014  
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)  
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## Saturday Night at the Movies

Wilmot Mennonite Church,  
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Saturday, September 20<sup>th</sup>, 7:00 p. m.  
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*A sequel to Angel Hunt's best selling novel, The Note. Newspaper columnist Peyton MacGruder has returned to her job after covering the story of an ill-fated Pan World flight. She discovers answers to her own heart-rending dilemma.*

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Contact: Sparks – Tammy Chislett – 226-988-2861;  
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Girls' Club ~ Please join us for our first meeting on  
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Meetings are held every 3rd Tuesday of  
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Contact Marcia 519-634-5960 for more information.  
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Golfer's Hymn.....	There's a Green Hill Far Away
Politician's Hymn.....	Standing on the Promises!
Optometrist's Hymn.....	Open My Eyes That I Might See
IRS Agent's Hymn.....	I Surrender All
Gossip's Hymn.....	Pass It On
Electrician's Hymn.....	Send The Light
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Realtor's Hymn.....	I've Got a Mansion, Just Over the Hilltop
Massage Therapist's Hymn.....	He Touched Me
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"Where did you get that?"  
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always talking about Verge n' Mary."



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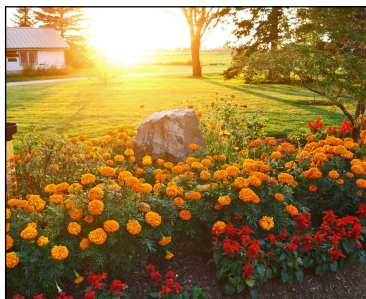
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*“Volunteers do not necessarily have the time; they just  
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The New Hamburg Thrift Centre is one of the biggest  
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different tasks of sorting, cleaning, pricing, displaying,  
recycling, repairing, testing, sewing, quilting, weaving and  
managing thousands of items couldn't be possible without the  
passion and commitment of our volunteers. If you are a  
volunteer at the New Hamburg Thrift Centre, know that you  
are much appreciated and we are thankful for your time. Also,  
if you are looking to donate some spare time, want to be a part  
of the work that helps to support the Mennonite Central  
Committee, and have fun all at once you might be just the  
person we need!

Currently, we need additional volunteers in the following  
areas:

- Housewares support: Do you enjoy china, glassware and funky knickknacks? Our housewares volunteers have an active role cleaning, sorting, pricing and displaying items. Position requires standing. Volunteers needed for Wednesday afternoons.
- Retail support: Volunteers tidy change rooms, organize merchandise racks, re-stock seasonal displays, etc. They also pack for cashiers as needed during busy times.
- Clothing Support: Volunteers support clothing sorters by carrying 'garbage bag' sized bags to be sorted (must be physically able to carry up to 30lbs) and keep sorting areas organized and tidy. Volunteers are needed for Tuesday mornings, afternoons, or both.
- Backdoor receiving: Curious to know what people donate?? This is the position for you. Volunteer Receivers greet donors, receive donations, and perform initial sort. Position requires walking/standing and volunteers must be physically able to lift up to 30lbs. Regular shifts or call in as needed. Students welcome!
- Truck Driver: Various local destinations (e.g. landfill, partner charities, etc.). Could include furniture pick-up and delivery. Ability to lift heavy items. Clean driver record. No special license required.
- Shoe Diva: Can't pass up a good shoe bargain? Are you familiar with all the best brand names? If you know quality from the rest, we need you Monday or Tuesday or Wednesday afternoons.
- Linens: Drapery, quilts, pillows, towels, sleeping bags and more! Our linen team sorts, prices, and displays linens in the store. Active volunteers with a good sense of humour needed Monday mornings or afternoons. Position requires standing.
- Clothing display: Tuesday afternoons we have lots of freshly priced items to be hung in the store. Required from 1 pm - 4 pm.

For more information about volunteering call Karla at 519 662 2867 or [karlar@mccthrift.on.ca](mailto:karlar@mccthrift.on.ca) or visit [www.newhamburgthrift.com](http://www.newhamburgthrift.com)

Thank you for giving not only your time but supporting a good cause and impacting millions of lives.

## HEALTH IN PRACTICE ~ Fall Slim Fast by Dr. Marisol Teijeiro, Naturopathic Doctor

Have you been overindulging in the delicious fall bounty? Feeling your waistline expanding? With the abundance of sweet corn available at every corner it is definitely hard to resist. Did you know that our body's natural seasonal time clocks are set to crave sugars and starchy vegetables like corn at this time of year? It's an ingenious survival mechanism from our paleolithic ancestors to make you gain weight so you can survive the winter. Is this extra weight really necessary, or can you have your sweet corn and slim down too?

Over the last 2 years, in practice and at every conference I've been attending, there has been an overwhelming surge of revolutionary new information about lifestyle such as fasting, exercise, caloric restriction, sugar intake, timing, and amount of meals and snacks per day. It has revolutionized how patients are losing weight and getting healthier. Many of the myths that have been ingrained in our brains are being dispelled and I'm here to enlighten you to a few.

Myth BUST # 1 -Breakfast is **NOT** the most important meal of the day.

Yes, you heard it here first (unless you're a patient)! During the night, from the moment you ate your last meal, your body begins its self-cleaning mode. The minute you put food in your mouth upon waking, you spike a cascade of hormones, namely insulin, that switches your body from cleaning to depositing fat. So if you want to be lean and clean, extending the morning hours of not eating and flushing your system with healthy water, appropriate supplementation, and organic green and herbal teas is the way to go to maximize your internal cleansing and enhance your metabolic wind up.

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Myth BUST #2- Eat **LESS** meals and **AVOID** snacking.

Unless you're Madonna, six small meals per day is not the way to get healthy. The new ideal for frequency of meals is to have two healthy and hearty meals per day and not to snack. Research has demonstrated that having a minimum of 4-5 hours between meals allows our intestines to truly digest well. When you eat anything too close together you halt the digestive process that leads to a natural back up of metabolic waste.

These are just two of the myths that have been busted. To put it into context, think about our evolution as a species. The paleolithic era (circa way back BC), which was the longest phase in humankind's history. The cavemen didn't wake up to a cozy meal of bacon and eggs with toast and freshly squeezed OJ (by the way, that freshly squeezed cup orange juice is equivalent to 6 teaspoons of white sugar!). Quite the opposite: they would wake up and go out in search of their meals. They also didn't have time for 6 mini meals a day. They would participate in active exercise trying to catch their next meal.

These people were lean, mean, healthy fighting machines. So why can't we do the same? We can, and if you want to learn more about fasting, meal timing, less is more exercise, calorie restriction and all the myths being busted— join our FALL SLIM FAST, [www.fallslimfast.ca](http://www.fallslimfast.ca) or call Sanas Health Practice 226-444-9591 for more information. It's an educational community event that'll teach you how to fast safely and slim down at the same time, and learn health practices in a group setting that will revolutionize your life.

Disclaimer: This is not meant to diagnose, treat or cure any disease. Always seek the advice of a qualified health care practitioner before undertaking any program.

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## The Wellesley Wildcats win Gold in Fredericton, New Brunswick

Submitted by Lee Fitzpatrick

The Wellesley Wildcats was one of three teams representing Ontario at the 2014 U16 Boys' Fast Pitch Canadian Championship August 6 - 10, 2014, in Fredericton, NB.

The boys played at a **Provincial Eliminations Tournament** July 12 -13 in Toanche, Ontario and placed 3rd to represent Ontario at the Canadian Championship. The title game between the Wildcats and the Campbellford Cougars was rained out.

Seven provinces participated in the **Canadian Championship Tournament** with a total of 12 teams.

To advance in the finals:

Wellesley faced British Columbia and won 9-0 in 4-1/2 innings. Wellesley then faced Kitchener/ Ontario #2 and came out on top with a score of 5-2. Dylan Lebold pitched a three hitter with six strike outs.

On Sunday, the final day of the tournament, Wellesley played three games in a row. First up was Newfoundland; Lebold threw a one hitter while striking out eight batters in five innings. Wellesley won 8-0 in five innings of play.

Their second opponent was Quebec. The boys had played Quebec and lost 3-2 earlier in the week. This time Wellesley outscored the Quebec side 11-2. Brendan Schneider set the tone early in the game as the lead- off batter hit a huge home run over the fence on the second pitch of the game.



Players: Cole Zacher, Jacob Erb, Darryn Ropp, Kolton Schwartz, Donald Hammer, Dylan Lebold, Patrick Glofcheskie, Braedan Becker, Brendan Dietrich, Chayse Herrfort, Nathan Robitaille, Colton Bisch, Nathan Schnarr, Brendan Schneider  
Coaches: Paul Schnarr, Brad Dietrich, Todd Schneider, Kevin Doerbecker, Steve Glofcheskie (Most of the boys on the Wildcats team attend Waterloo Oxford High School.)

The final game pitted the Wildcats against their rivals from back home in Ontario, the Campbellford Cougars/Ontario #1. Again, Lebold took the mound. This championship game turned out to be a nail biting, see-saw battle.

The first inning saw the Wildcats score on an over throw from the catcher to the third baseman, who were trying to keep Chayse Herrfort honest on the base. Campbellford answered their mistake by scoring three runs in the bottom of the second inning. Wellesley bounced back in the fourth inning with three runs, highlighted by a two run homer by Darryn Ropp. Wellesley's Brendan Dietrich, in the fifth, singled to right field, stole two bases and scored the go ahead run on a passed ball at home plate which gave the Wildcats a 5-3 lead. Campbellford responded with a run in the bottom of the fifth.

Wellesley played the final two innings with stellar defense to preserve their 5- 4 victory and to win the Gold medal. Dylan was named the Most Valuable Player in the championship game.

Of note: On Wednesday, August 20<sup>th</sup> the Wildcats won the **Ontario Provincial Championship** with a definitive 4 - 0 victory over the Campbellford Cougars.

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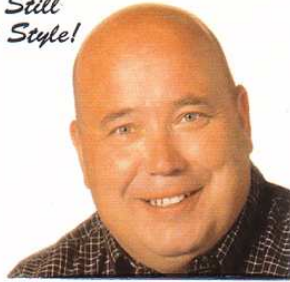


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The views expressed in this newsletter are not necessarily those of The Baden Outlook.

*Living the past is a dull and  
lonely business; looking back  
strains the neck muscles and  
causes you to bump into  
people not going your way.*

Answers to Crack the Code Quiz - page 11

- |          |           |
|----------|-----------|
| 1. Black | 5. Orange |
| 2. Red   | 6. Brown  |
| 3. Green | 7. White  |
| 4. Blue  | 8. Yellow |

## Notice of Public Consultation Centre #2 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 (Class EA) for the planned expansion of the New Hamburg Wastewater Treatment Plant (WWTP), which will provide additional capacity for servicing growth in the communities of New Hamburg and Baden in the Township of Wilmot.

This study is being conducted in accordance with the requirements of a **Schedule C Municipal Class Environmental Assessment** project.

The second of two Public Consultation Centres (PCC #2) is planned to provide further information about the study to the public, present the preliminary recommendation for the preferred WWTP design concept, and to receive input and comments from the public and other interested parties.

### Public Consultation Centre #2

Wednesday, September 24, 2014, 5:30 p.m. – 7:30 p.m.

Wilmot Recreation Complex, Room B

1291 Nafziger Road, Baden, ON

If you are unable to attend the PCC or if you have additional comments, please address your comments to the Region's Project Manager:

Dave Arsenault, Senior Project Engineer, [darsenault@regionofwaterloo.ca](mailto:darsenault@regionofwaterloo.ca), 519-575-4757 x3682.

All comments and information received from individuals, stakeholder groups and agencies regarding this project are being collected to assist the Region in making a decision. Under the Municipal Act, personal information such as name, address, telephone number and property location that may be included in a submission becomes part of the public record. Questions regarding the collection of this information should be referred to the Region's Project Manager.

Full details of this notice and contact information are available at the Region's Public Notices webpage at [www.regionofwaterloo.ca](http://www.regionofwaterloo.ca), Public Notices link in the top right of the homepage.

If you have any trouble viewing this information, or to obtain a full copy of any public notice, please contact the Regional Clerk's office at 519-575-4420 or email [regionalclerk@regionofwaterloo.ca](mailto:regionalclerk@regionofwaterloo.ca).



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# Down Memory Lane with the Baden Hotel

Re-Uniting with Former Baden Hotel Owners: Meet The Gallaghers ~ Part 2 - By Keith Gallagher



**Upstairs:** My first awakening as the son of an hotelier was quite remarkable. In 1967, there was a brick stable across the road from the hotel, where Tim Hortons is now. What I saw that first morning from my northeast corner bedroom window was a man and a boy fighting with a big horse. They were either trying to get a bridle on the horse or trying to get a bridle off the horse. Either way, same outcome—it wasn't happening. Orley and Mr. Quast could not get that horse to go along with the program. I watched all this going on in silent disbelief. Really? A horse?  
"Ma! Where have you brought me?"

**The Staff:** When I went downstairs that first morning, I saw this little man with an impish little twinkle in his eye. He was cleaning up with a broom, a mop and a bucket. He said "Hey there, you young buck. You Fred's boy?" "Yes sir," I replied. "Well, I'm Jerry and my wife Pearly is around here somewhere and we work for your dad."

That was Pearl and Jerry Lautenslager of Baden. They lived down behind Master Feeds. Many a night Jimmy Livingstone would be there with his guitar all tuned up and was just a blistering off the old rockin' country tunes he was known for. Little Dennis Lautenslager would play his harmonica with all his heart: "When the house is rockin' don't bother knockin'. Come on in!"

I soon realized I was hungry so I went looking for the kitchen. Wow! Did I find the kitchen? I should mention we had moved out of a very normal 3 bedroom bungalow in Streetsville. Of course we had a kitchen, but nothing like this. There was this huge gas stove with eight burners and two giant ovens. There was a flat top grill and massive exhaust blowers roaring full tilt overhead. There was an open flame B.B.Q. grill. But...the greatest thrill of all!? A two banger deep fryer. "Wow! Endless French Fries!" Further exploration revealed not only an ice cream cooler with the scoop sitting in water, but an honest to God milkshake machine. No kidding. We had a Hamilton Beach milkshake machine of our very own. Holy Moly! Baden was definitely starting to look a lot better.

The smell in the restaurant was making my mouth water. Someone was cooking up a huge batch of "Waterloo County" spare ribs. I learned that this meant they had been oven-roasted in sauce for many hours, then finished up per order in a frying pan to caramelize the sauce.

"Hey! Who are you and what are you doing sneaking around out there?" After I swallowed my heart back down, I met

Mrs. Schnarr. When we bought the hotel she was the cook. I thought we had bought her with the hotel but I was corrected. She was the one with all the secrets. How long to cook the spare ribs. What was the special sauce that we cooked the pig tails in? And the schnitzel! She was a master schnitzeler. She was pretty old but she was feisty. She and husband George were real dynamos and she didn't take no guff. From no one. No how!

**The Centennial:** The Hotel Baden turned 100 years old on July 22, 1974. Dad wanted to do something different to mark the occasion. A beard-growing contest was planned to be the ongoing community involvement in the celebration. A huge dinner was planned and a program was worked out for everyone's entertainment. We invited our next door neighbour Mrs. Stiefelmeyer to be our special guest. She and her husband had owned the hotel from 1920 to 1946. We had set up a keg of beer on one of the tables to serve the guests. Few people had ever actually seen a beer keg with beer coming out of it. These things were traditionally hidden away from view down in dark basements. This was way before "keggers".

I believe there was judging of the beards in the contest but I'm afraid I have no recollection of who won or what they



Mrs. Stiefelmeyer—1920 to 1946 owner at the 100th anniversary party, seen with Marg and Fred Gallagher.

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won. I remember that dad looked pretty sharp in his but he had shaved the mustache off so it made him look kinda like a Mennonite, not that there's anything wrong with that. It was just funny to see an Irishman with a stanky beard. Many people claim that they were there for that party but I think it's a little like Woodstock. Not everybody that says they were there were actually there. There are still a few T-shirts around from that party that say, "Drink at Fred's I do." We had glass beer steins made with "Baden Hotel 100 Anniversary" written on them. I have also been told that some old-timers still call it "**Fred Time**" when they are on their way in for a brown pop.

**The Men's room:** Say what you will but it was the men's room that kept the place going. When we sold in 1977, Fred was paying the mortgage from the pool table and shuffleboard revenues. And we only got half. Of course the payments were far less than now but all things being equal it was an indicator of just how busy and successful Marg and Fred were in the hospitality business. In 1967, our house in Streetsville was worth around \$40,000. The hotel cost \$50,000; we sold it ten years later for \$150,000. Not bad eh? In those days, hotels were bought and sold based on gallonage. The more beer you sold, the more your business would be worth. King Street Kitchener will always be worth more than Snyder's Road in Baden (1967 Pop. 580), but it was sales volumes not real estate values that mattered when selling a hotel.

We left the Hotel Baden in the hands of the John Bastasich family from Oakville. Fred was the First Mortgage holder so we still had an interest in the place. Carman was the owner in the early summer on 1982 when Dad got a call from neighbour Lloyd Hart at the general store. "Fred you better get over here. There's a sign on the front door that says **Gone Fishin'.**"

*Once again the Gallaghers were back in Baden. But, as they say, that's another story.*

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Steakette Dinner .....	1.25	Onion Rings .....	.50
Roast Beef Dinner .....	2.50	Sauerkraut .....	.30
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## Baden Outlook Baseball Pool Stats

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2	Jennifer Sicoli	296	32	Zack Gowland	279
3	Isaac Roth	296	33	Meghan Mueller	276
4	Patricia Miller	295	34	Benjamin	276
5	Missy Routhier	294	35	Rich Held	275
6	Tyler V	294	36	Dave Randerson	275
7	Sara Ross	294	37	Brittany Schmearer	274
8	Julie Litwiller	293	38	Laurie Honderich	274
9	Kimstress	293	39	Kristina Ziegler	273
10	Hollywood Moore	292	40	Adam Schmitt	273
11	Nancy Wilson	291	41	Ben Griffey Jr.	273
12	Craig Bell	290	42	Brad Wilson	273
13	Ellie Schmitt	289	43	Daniel East	272
14	Mandy Wilde	288	44	Tracy Ferguson	272
15	Madison Wilde	287	45	Susan Honderich	271
16	Mary Pfaff	286	46	Pierrette Schmidt	271
17	Lou Sicoli	285	47	Len Mueller	271
18	Tyler Naumann	285	48	Whitey Moore	270
19	Damian Moore	284	49	Stephen Wenn	269
20	Henry Lellwitz	283	50	Evin Henderson	268
21	Bryan Pfaff	283	51	Gavin Koenig	268
22	Taylor Randerson	282	52	Granny Fewkes	267
23	Phillip Schmitt	282	53	Tim Wenn	267
24	John Westlake	282	54	Dick Dean	267
25	Drew Henderson	281	55	Rollie Fingers	267
26	Greg Zehr	281	56	George Jones	267
27	Sean East	281	57	Dungi Taves	267
28	Beth Gilbey	280	58	Ann-Marie Ferguson	266
29	Geoff Hopkins	280	59	Justin Reiber	266
30	Garrett Lichti	280	60	Jay Schnarr	266



Matt & Jackie Rolleman  
39 Snyder's Road W, Baden  
519-634-5711

*Stay close to home -  
meet your friends,  
have great food & a good time!*

Join us for  
**Monday Night Football**



**Congratulations to  
Dave Ferguson for  
taking the Leader Prize for  
this month's Baseball Pool,  
winning a gift certificate from  
EJ's Baden Hotel**



**The lucky random draw winner  
is John Westlake winning a  
Baden Outlook coat.**

*"Keeping the Community Connected"*

**THE INSIDE EDGE**  
SKATE SHARPENING SHOP

**JOHN WINDL,**  
PROPRIETOR

129 ELIZABETH STREET,  
BADEN ON, N3A 2L4  
TEL: 519-634-9671  
EMAIL: jwindl@netflash.net

### Baseball Pool



Hello sports fans! Thanks for playing baseball with us! There are 255 eager players entered in this year's Outlook Baseball Pool. You can follow your stats which are updated daily on the site. The Outlook draws the stats on the 7th of the month. To follow the stats, log on to our website at [www.badenoutlook.com](http://www.badenoutlook.com) click on sports pool and choose "baseball", then choose "Quick access" and pool name is outlookbaseball and the password is quest. On left bar, click on 'ranking' to view your stats.

**Have Fun and Good Luck! FINAL STATS NEXT MONTH**





# 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"/> Getzlaf * ANA * 87 <input type="checkbox"/> Giroux * PHI * 86 <input type="checkbox"/> Malkin * PIT * 72 <input type="checkbox"/> Tavares * NYI * 66 <input type="checkbox"/> Stamkos * TB * 40	<input type="checkbox"/> Seguin * DAL * 84 <input type="checkbox"/> Perry * ANA * 82 <input type="checkbox"/> Hall * EDM * 80 <input type="checkbox"/> Kessel * TOR * 80 <input type="checkbox"/> Ovechkin * WAS * 79	<input type="checkbox"/> Benn * DAL * 79 <input type="checkbox"/> Backstrom * WAS * 79 <input type="checkbox"/> Duchene * COL * 70 <input type="checkbox"/> Kane * CHI * 69 <input type="checkbox"/> Kunitz * PIT * 68	<input type="checkbox"/> Pavelski * SJ * 79 <input type="checkbox"/> Karlsson * OTT * 74 <input type="checkbox"/> Toews * CHI * 68 <input type="checkbox"/> MacKinnon * COL * 63 <input type="checkbox"/> Datsyuk * DET * 37
<input type="checkbox"/> Thornton * SJ * 76 <input type="checkbox"/> St. Louis * NYR * 69 <input type="checkbox"/> Parise * MIN * 56 <input type="checkbox"/> H. Sedin * VAN * 50 <input type="checkbox"/> Zetterberg * DET * 48	<input type="checkbox"/> Kopitar * LA * 70 <input type="checkbox"/> Krejci * BOS * 69 <input type="checkbox"/> Okposo * NYI * 69 <input type="checkbox"/> Eberle * EDM * 65 <input type="checkbox"/> E. Staal * CAR * 61	<input type="checkbox"/> Marleau * SJ * 70 <input type="checkbox"/> Wheeler * WIN * 69 <input type="checkbox"/> Landeskog * COL * 65 <input type="checkbox"/> Johansen * CLB * 63 <input type="checkbox"/> Pacioretty * MON * 60	<input type="checkbox"/> Vanek * MIN * 68 <input type="checkbox"/> Van Riemsdyk * TOR * 61 <input type="checkbox"/> Iginla * COL * 61 <input type="checkbox"/> Couture * SJ * 54 <input type="checkbox"/> Skinner * CAR * 54
<input type="checkbox"/> Spezza * DAL * 66 <input type="checkbox"/> Neal * NAS * 61 <input type="checkbox"/> Lucic * BOS * 59 <input type="checkbox"/> Carter * LA * 50 <input type="checkbox"/> Gaborik * LA * 30	<input type="checkbox"/> Keith * CHI * 61 <input type="checkbox"/> Subban * MON * 53 <input type="checkbox"/> Kadri * TOR * 50 <input type="checkbox"/> Bozak * TOR * 49 <input type="checkbox"/> Nash * NYR * 39	<p><b>RULES:</b> (there are 2 pools : adult and kids-12 &amp; under)</p> <ol style="list-style-type: none"> <li>1. Only one ballot per person.</li> <li>2. Updates will be calculated on the 7th of each month.</li> <li>3. Ties will be broken by the entry that has gained the most points that month.</li> <li>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. <b>*Two points will be given for every game a goalie wins.*</b></li> <li>5. There will be two random draws each month. You are only able to win the leader prize once!</li> <li>6. Pick one player from each box. (This year's team and 2012-2013 points included with each player).</li> <li>7. No entry fee required... just have fun!</li> </ol> <p><b>No trades or substitutions through the year.</b></p>	
<input type="checkbox"/> Varmalov * COL * 82 <input type="checkbox"/> Niemi * SJ * 78 <input type="checkbox"/> Fluery * PIT * 78 <input type="checkbox"/> Rask * BOS * 72 <input type="checkbox"/> Crawford * CHI * 64	<input type="checkbox"/> Bishop * TB * 74 <input type="checkbox"/> Price * MON * 68 <input type="checkbox"/> Lundqvist * NYR * 66 <input type="checkbox"/> Quick * LA * 54 <input type="checkbox"/> Miller * VAN * 50		

## ALL ENTRIES MUST BE IN BY OCTOBER 1ST

Name:

Address:

Phone Number:

Adult  or Child  (12 and under - age \_\_\_\_ )

**To Follow the Stats** simply visit [www.badenoutlook.com](http://www.badenoutlook.com)—select "sports pools" . For adult pool, type in pool ID: [outlookhockey](http://www.badenoutlook.com) and for kids type in [outlookkids](http://www.badenoutlook.com) . The passwords are: *guest*. The NHL season doesn't start until October 8th, so prizes will not start until November issue.

Thanks for playing and **GOOD LUCK!**



— Sanas Health Practice Presents —



# fall slimfast



Presented by  
**Dr. Marisol Teijeiro**

Naturopathic Doctor and Expert in  
Cleansing and Detoxification

this is what  
health feels like



Engage in your Health Practice  
Wednesday October 22nd 7pm

You will learn how to strategically avoid food to feel full and satisfied. Techniques you will use include timing of delicious meals, health promoting beverages, supplements and the intermingling of short bursts of exercise. This will teach your body how to maximize metabolism to burn fat and eliminate toxins regardless of your age.

**All Fall Slim Fasters receive local health merchant discounts, goody bag, 14 day food plan, and daily motivational emails.**

**REGISTER TODAY!**

**WWW.FALLSLIMFAST.CA OR CALL 226-444-9591**

## Fasting Benefits

- clear body toxins
- switch your metabolism into fat burning mode

## Fasting Results:

- weight falls off
- sleep soundly
- lose bloating and gas
- feel energized

**\$30\* IN ADVANCE**  
**\$40\* AT THE DOOR**

\*PLUS HST