

Salute to Our Firefighters of the Past

Learn about Wilmot's Historical Treasure Box as we feature the Wilmot Heritage Fire Brigades

In 1996, several retired firefighters and friends from Wilmot Township joined together to preserve the priceless artifacts of Wilmot's firefighting history. Today, the Wilmot Heritage Fire Brigades boasts a collection that counts among the



finest in Canada, which includes trucks (dating back as far as 1935), hose reels, uniforms and bunker gear, photographs and documents, and so much more.

The museum is located in Baden, behind the Baden Fire Hall, and is open to the public year-round on: Wednesdays from 6:30-8:30 p.m. and through the summer on Saturdays from 9 a.m.-1 p.m. Over the next months we will be featuring an artifact from the museum that is unique to our area. The first item that we are showing is a photo of the Baden Firefighters from 1986.

Seen here are — Front row, left to right: Orland Gerber, Laverne Schwartzentruber, Armand (Mike) Weiler, Blain Bechthold, Peter Gingerich, Alexander (Bert) Currie. Back row, l-r : David Herner, Brian Roth, Larry Nauman, Douglas Ferguson, Roger Weiler, Alvin Steinman, Glenden Lichty, Harold Glasser, Murray Gingerich

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

Outlook

Baden



The Baden Outlook is a completely independent publication, not affiliated with any other printer, organization, individual or commercial enterprise.

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

©2015 The Baden Outlook



- Random Thoughts

g with Ed For the Birds - Recently we were sitting in our back patio and noticed that the bush behind us was full of flocking birds. We've also been hearing different morning voices of squawking

blue jays and crows seriously reporting some message—are they making a plan? Really, is it that time of year already? I guess we can't complain...it has been a great summer weatherwise, and the forecast calls for a lovely autumn coming our way.

Charitably speaking – Have you noticed that more and more large retail locations are asking for donations at the checkouts? I am not against helping charities, but in most cases it is **our** money contributing to **the company's** chosen fund – on behalf of the company. Two notable exceptions that I found have been Tim Hortons and McDonalds, who often donate a portion of their day's sales to their preferred charity.

More lights for Baden? - The Region of Waterloo, who is responsible for Gingerich Road and Foundry Street in Baden, has indicated that they might be interested in putting stop lights or a roundabout at that intersection... as early as next year. Currently that intersection can be challenging at times. It may get extra busy with the recently approved light industrial lands on the southeast corner of those roads.

Hair Today - Gone Tomorrow - We say goodbye to Hairworks on Snyder's Road, who have had a great following, providing quality hair care for many years! Good luck Sonya - we will miss you and your staff. But word has it that you can still be found cutting hair in New Hamburg... don't hang up your scissors yet!

Water, Water Everywhere - The new splash pad at the Wilmot Rec Centre has been an overwhelming success, what with the warm weather we have experienced. Many thanks to the splash pad committee who have made it all happen—surely the kids are saying "Yahoo!!"



It's a Blue Frenzy – It has been many years since we have experienced the passion that the Toronto Blue Jays are sparking within us all. It seems to be a major disappointment when they lose a game – which is unrealistic. It is an exciting time and we can only hope that down the road our other Toronto blue team can generate



EXTRA EXTRA

You'll find us around the 15th of each month at over 60 pick-up locations in Wilmot- while quantities last. Available in Baden at EJ's, Mars Variety, Mac's, Baden Feed, Levetto, Baden Dental, Wilmot Rec. Complex, Tim Hortons,



Baden Library, 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, and Foxboro. There are over 30 places in New Hamburg to pick it upincluding: No Frills, Sobey's, Short Stop, NH Legion,



McDonalds, Kasemann's, Morningside, Stonecroft, 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 \sim Please Have One!

though- let's be honest!

Penny for my thoughts? Does anyone miss our copper penny? No, me neither.

It's that time again! - Well it's election time again and I am always faced with the same dilemma. Do I base my voting on the party's policies, or the leader of the federal party, or the politician who is running in our area? I guess lots of research and a blend of all three might be the answer.

Till next month... Ed.

Please support the advertisers in this paper and keep our community alive and thriving!



Greetings from ~ Outlook Headquarters

Pere we go!! Back to the busyness with our fall schedules. As much as the summer is a pleasure, it feels good to get back into some routine. I think it's healthy for everyone. But fear not, as I've seen the weather forecast for the fall looks wonderful, with above seasonal temperatures.



I hope you ladies took notice of the article last month featuring "100 Women in Wilmot Who Care"; it is a wonderful group of women who come together (only 4 times a year) to support local charities. I joined the group; the August meeting brought \$8000 to the National Service

Dogs. The next meeting is November 25th. It's never too late to join in and nominate your favourite local charity. To learn more about the group, contact Nancy Silcox at silcox@cwisp.ca

So-what does this month's Outlook bring? As always, a collection of fall jokes, quiz and trivia.

- ⇒ You will find the Outlook hockey pool registration form on page 39 which is due by October 1st... get at it!! The ball pool is winding down (even as the Jays are winding up) so watch for the winning stats in the upcoming issues.
- ⇒ The long-time Badenites who know Cindy Eby will be excited to see what a wonderful 60th birthday she had. We have watched her thrive in our town and she surely deserved to be Queen for a day! Check out her birthday story on page 5.
- ⇒ Be sure to check out pages 28-29 with the many upcoming community events—get out to the Poor Boy Luncheon (lunch or dinner) on September 24th and support Wilmot Family Resource Centre, which ultimately gives right back to your community!
- ⇒ Looks like a fun time ahead at the New Hamburg Fall Fair with the AirBand Competition sponsored by the Youth Action Council... no entry fee, just go have fun! (see article on page 9)
- ⇒ Also coming to the NH Fall Fair is the Saturday evening Demolition Derby, where the Baden Outlook along with Nith River Campground and Better Mustangs (Bruce Bousher) sponsored a car to be driven by junior driver Austin Schmidt taking his first attempt, followed by his dad Scott Schmidt.

TOWNSHIP OF WILMOT 2015 Water Main Flushing Program New Hamburg and Baden

Township of Wilmot will be doing maintenance work on the water distribution system which may cause discoloured water.

Commencement date: September 14, 2015 Completion date: September 28, 2015

The work will occur weekdays between 7:00 am - 3:00 pm. Your water will not be shut off.

If you experience discoloured water allow your cold water tap to run until clear.

Any question or concerns may be directed to the Utilities office at 519-634-8525 extension 401 or 403.



Thank you for your cooperation.



We all had a fun time out at the camp painting the car.

Good luck Austin—show your dad how it's done!!



Baden Outlook

Baden ~ Our Town

The Foundry Street Parkette project is nearing completion! The asphalt trails are laid, benches are in place, and the trees and gardens are planted. Many thanks to Pete and crew at PW Concrete who have been generous and very helpful through this whole project!

The old pedestrian bridge had its railings removed by Waldor Industries, the steel beams sandblasted and painted by ABR Sandblasting, and the frame placed back in place by a crane, courtesy of Wilmot Township on September 9th. On September 12th (weather permitting) a group from the Baden Community Association, Ken Young Construction and his employee along with other enthusiastic Badenites will lay the floor and railings for the bridge.

This will be part of the Wilmot Township Trail System, which will link Brewery and Foundry Street. The dedication ceremony is postponed until next spring. It is overwhelming to see how much area businesses, service groups, and citizens have come together to support this project. Way to go Baden and Wilmot Township!

The Adopt-a-Road Clean up crew hit the ditches on Wednesday, September 2nd along Gingerich Road, collecting 5 garbage bags along with the dumped excess brush. It was hot and dirty but the job got done!

The BCA meets the last Wednesday of each month in the basement of the township hall at 7 p.m. If you would like more information or to join the group then call 519-634-8916. And don't forget to watch us on facebook to see what we're up to!



We did it! Thanks to all of you who helped build our bridge!

- ♦ BCA \$4000
- Region of Waterloo \$3000
- Schout Corporation \$2,500
- Baden Outlook \$500
- PW Concrete \$2000
- Optimist Club of Baden \$500
- Baden & District Chamber of Commerce - \$5000
- TLC Pet Food \$2,500
- Rotary Club of Wilmot \$150

Buy A Plank Donors

- 1. George & Elaine Schertzer
- 2. Ken Alischer & Cindy Dickinson
- 3. Scott & Crystal Alischer
- 4. Shane & Cailyn (Alischer)Bowman
- 5. Shirley Honderich
- 6. Mary Beth Simms
- 7. John Haberstroh
- 8. Eddy Livingston
- 9. Mike & Fiona Haggerty
- 10. Kevin Haggerty & Carleen Haggerty
- 11. Liz Livingston (Riehl)
- 12. Doris Duncan
- 13. Jon & Jen Lambert
- 14. Frank Morgan
- 15. Vic & Irene Thiessen
- 16. Michael, Sherilyn, Brayden & Matthew Van De Wynckel
- 17. Dorothy and Ralph Shantz
- 18. Anonymous Donor x 2

- 19. Porchak family
- 20. Jim & Mary Anne Gehl
- 21. Rob & Sue Waechter
- 22. Maureen & Wayne Edwards
- 23. Nancy & Larry Livingston
- 24. Mrs. Stirling's Kindergarten Class
- 25. Dennis & Ferne Rabideau
- 26. W&W Liquidators
- 27. Amanda Salsibury
- 28. Danica, Georgia, Becky & Greg Zehr
- 29. Mike and Norma Weiler
- 30. Kathleen & Bert Currie
- 31. Mary Eby
- 32. Cliff & Pam Jordan
- 33. Travis & Desiree Bondy
- 34. Roy & Betty Bondy
- 35. Tom Quackenbush
- 36. Lindsay Goodsell
- 37. George Gilbey
- 38. Bob & Judy Wettlaufer
- 39. John & Maureen Westlake
- 40. Sasha Bejjeny
- 41. McCallum Family
- 42. James Arthur Kline
- 43. Calvin & Ben Linthorne
- 44. Joan Berge
- 45. Bill and Helene Hume
- 46. Chris & Verna Wagler & family
- 47. Doug & Cathy Baier & family
- 48. Bruce & Chris Baechler
- 49. Murray & Helen Hoerle
- 50. Dean & Brenda Jutzi
- 51. Mary & O'Derald Gingerich



Thank You!



Fall Trivia Quiz Answers on page 12

- 1. In the Northern Hemisphere, autumn begins in September. When does it begin in the Southern Hemisphere?
- 2. What term refers to the full moon closest to the autumnal equinox?
- 3. What weed pollen causes the most common fall allergies?
- 4. What language does the word autumn come from?
- 5. Why do leaves change color in autumn?
- 6. Is autumn a good time to transplant perennial plants?
- 7. Are all chestnuts edible?









"IT TAKES A VILLAGE" AND THEN SOME "TO RAISE A CHILD"

Cindy Eby is 60 years old this year (September 4th), a milestone for her. She loves the "Royals" so we had a birthday garden party at her brother's residence on Saturday, August 29th. Cindy was "Queen" for a day; all the ladies at the party had fascinators in their hair and the men wore black bow ties and top hats. Cindy has 8 brothers and sisters-in-law and 1 sister and brother in-law. We were all entertained by "Elvis" for the afternoon. In attendance were Cindy's friends from Aldaview and family and other

friends. What a wonderful party with singing and dancing in celebration of our "Queen".

Cindy was born in 1955, an "RH" baby. This condition required her to have a complete blood replacement at birth, but because of her frailty, the doctors had to wait about 4 hours to begin the procedure. That delay caused brain damage. Cindy grew up with many challenges including severe hearing loss.

With the help of specially trained staff and teachers at KW Rotary Centre, Baden Public School, McQuarry School, and Grand River Collegiate, Cindy mastered many skills. After graduation she worked at the March of Dimes Workshop and eventually at Dutch Boy Food Market on Highland Road (now Sobey's) for sixteen years, taking a Grey Coach Bus from Kitchener to Baden 3-5 days a week. When Dutch Boy was purchased by Sobey's, Cindy came to Aldaview Services, working in their workshop. Cindy has now been working for Tim Hortons in Baden for 5 years.

Cindy has become independent enough to live in her own apartment in Baden with the assistance of a Social Worker from Aldaview Services, her immediate family, and the protection of this community.



Cindy Celebrates Her Birthday Like a Queen!

Cindy has enjoyed travelling. She has visitied many countries in Europe, and the UK, (including Ireland), Mexico, Cuba, and Australia, and of course from Halifax to Vancouver. Two trips to Vancouver she did on her own, with only an airline attendant for help.

Cindy has a good sense of humour, loves music and has attended many live concerts in Kitchener, Toronto,



Hamilton, Drayton, Stratford—too many to mention. She has also seen River Dance in Ireland, the Jersey Boys in London, England, the Moulin Rouge in Paris, France, and the Scottish Tattoo at Edinburgh Castle in Scotland.

Cindy has been able to accomplish so much because of the dedication of all the special teachers and agencies that guided her.

But, the foundation of all, is the caring, understanding and patience of the citizens of Baden, who created a safe environment for, not only Cindy, but many other Special Needs Individuals in this community. What a great village to raise a child. Thank you so much for caring.

Sincerely— Mary Eby and Family



Ohhhhh, Dog Gone Stinky!!

ell it's September! Where did the summer go? Although I am ready for the routine of back to school, it is sad to see the summer pass so quickly.

With the coming of the fall, we see lots of changes. Cooler nights, darker mornings andmore skunk encounters! We have received several calls at the veterinary hospital recently about unfortunate smelly encounters in which our patients have found themselves. This is likely because this is the time of year that young skunks leave the nest and the whole skunk family is looking to stock up their fat stores for winter.

Dogs are the most common pet to be skunked, but cats that venture outside are also at risk - isn't that right Echo! If your pet has been "skunked," there are a couple of steps that you can take to make sure your pet and your home goes back to smelling sweet as quickly as possible.

First, keep your pets outside until you are ready to wash them. Otherwise, they might spread the smell around your house. Change into old clothes that you are comfortable getting smelly or throwing out, as it is likely that you will get smelly during the process. If you have prepared anti-skunk shampoo on hand, great! If not, prepare the following solution.

- •1 quart of hydrogen peroxide (3 percent is recommended)
- •1/4 cup of baking soda
- •1 teaspoon of liquid dishwashing soap
- Regular dog shampoo

Wear rubber gloves and combine all the ingredients in a large bucket. Wash your pet with the solution as soon as possible after they have been sprayed, to try to prevent the oil from the skunk from drying on their coat. Once the skunk oil has dried on the coat, it will be that much harder to get rid of the smell.

A skunk's spray can be very irritating to your pet's eyes, so pay attention if they seem red or irritated. Also, avoid getting the cleaning solution in their eyes. Rub the mixture thoroughly through the fur and then rinse it off within 5 minutes. This is because the peroxide contained in the solution can irritate the skin and can slightly lighten your pet's coat, if left on for too long.



Repeatedly apply and rinse the solution until the odor is noticeably gone. Once the solution is rinsed entirely from your pet's coat, wash your pet with its regular shampoo and rinse thoroughly. Use a towel to dry your pet down and make sure it has a warm space to dry off.



If you have any questions or concerns following one of these smelly encounters, as always, contact your veterinarian for further information.

Happy September! ~ Dr. Rebecca Ricker





Checking Out The Baden Library

One Book, One Community (OBOC) Author Readings

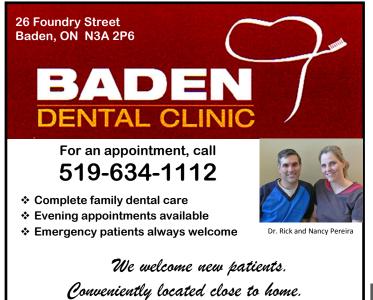
The 2015 OBOC book title is Station Eleven. Meet the author, Emily St. John Mandel at this year's free OBOC meet-theauthor events from Sept. 22 to 24, in Waterloo Region. On Wednesday, Sept. 23 from 1:30 - 3 p.m. Emily will speak at Waterloo-Oxford District Secondary School. The author visit will be followed by a short book signing. Admission is free and everyone is welcome!

For a complete author reading schedule, and more information about the book, visit <u>www.oboc.ca</u> or call RWL headquarters at 519-575-4590.

Free Computer Help - Technology Tutoring on Tuesdays

Free, one-on-one computer training sessions are available from the Region of Waterloo Library. These sessions are designed for people with little or no computer knowledge, or who want to build their confidence using a computer, tablet, or ereader.

This fall training will be offered at the Baden Branch on the following dates: Oct. 6 and 27, Nov. 10 and 24, and Dec. 8. Specific appointment times are listed on our website or at the library. Registration begins on Sept. 16, online, in person or by phone. More information can be found on the library website at <u>www.rwlibrary.ca</u>. We are here to help you!





Visit our website at www.badendentalclinic.com

Fall Storytime Programs



Baby & Me, Wonderful Ones, Toddler

Tales, and Storytime programs all begin the week of October 6. Registration is required. Contact the library for more information on available programs.

Youth Book Clubs

All of our youth reading clubs promote fun and literacy together through reading, activities, crafts, and games. Each month, members read the same book and discuss it as a group at their following meeting.

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

The Awesome Book Club is for kids, 10 to 12 years. This group meets on the second Tuesday of each month beginning Oct. 13 from 6:45 p.m. to 7:30 p.m. *Please note the new meeting night for this age group.

Teen Book Club is for kids, 13 years and up. This group meets the first Wednesday of each month beginning Oct. 7 from 6:45 p.m. to 7:30 p.m. **The Teen Book Club is new this year! Help us find a clever name for the teens and their club!**

Registration Dates:

Sept. 15: Registration for children new to a program begins. Register by phone or in person at the library. Sept. 16: Registration for returning children begins. Register online, by phone, or in person.

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

Feel free to contact us anytime at 519-634-8933 or at <u>badenlib@regionofwaterloo.ca</u>. Up-to-date information is also available on our Events Calendar and branch program page at <u>www.rwlibrary.ca</u>.

Chris Baechler, Assistant Supervisor—Baden Branch

Premium Organic Composted Cattle Manure



Rejuvenate your garden over winter WEED FREE, ODORLESS, NON-BURNING Top dress – Mulch – Amend Sold in bulk loads, pickup or delivery

Phone Paul 519-504-5516 Email: advancedcompost@gmail.com www.advancedcompost.ca

You Must Be Joking!!

Today's riddle for seniors... Here is the situation:



You are on a horse, galloping at a constant speed.

On your right side is a sharp drop-off.

On your left side is an elephant traveling at the same speed as you.

Directly in front of you is a galloping kangaroo and your horse is unable to overtake it.

Behind you is a lion running at the same speed as you and the kangaroo.

What must you do to get out of this highly dangerous situation?

Quietly get off the merry-go -round and go home!



Submitted by Robert Price







It's that time of year again, the time where YAC is BACK! Wilmot's Youth Action Council, Jr. Youth Action Council, and Volunity are all kicking off this month! Youth Action Council is for youth aged 14-19 who are looking to become more active members in the community. We meet every Wednesday evening from 7-9pm in the Optimist Youth Centre at the Wilmot Recreation Complex. Please join us on Wednesday, September 9th to kick off another successful year!

Wilmot's Jr. Youth Action Council is for Grade 6, 7 & 8 students who are looking to be more involved in the community. We meet bi-weekly on Wednesdays starting September 9th from 6-7pm in the Optimist Youth Centre. If you would like more information on either of these councils please contact us via email at <u>wilmotsyouthactioncouncil@gmail.com</u>.

What is Volunity, you may ask? It's a youth driven initiative where local individuals, organizations, and businesses contact the Youth Action Council about volunteer opportunities that they have, and we let our youth know. It's about the easiest way for Wilmot's youth to find a place to get those mandatory 40 hours of community service. All you need to do is send us an email at <u>volunitywilmot@gmail.com</u> and fill out a quick questionnaire so we can match you with the opportunities that best fit you. We look forward to hearing from you!

Lastly, we want to let the community know about our first youth event, AIRBANDS! We are hosting an airbands competition on Saturday, September 19th from 4pm-5:30pm at the New Hamburg Arena during the Fall Fair. The Fair admission is charged, and the cost to participate is FREE! So grab some friends, send us an email to reserve your 5 minute spot, and we'll see all you shining stars there!



Sew Your Dreams!

You could make fabric bags, pillows, aprons, p.j. pants, t-shirts, stuffed toys, make-up bags, pencil cases, art journals, hem pants, doll clothes, or something you designed. If you want to sew and don't know what, there are lots of samples and books to inspire you.



Bring materials for your projects. Thread and machines supplied. Any age from 7 through adult. Individuals; \$25 per 1.5 hour.

Bring some friends (adult or child) and it's \$17 per person. Pay for 6 classes and save 10%.



Located one block south of the Wilmot Recreation Centre.

Call Cheryl at 519-634-5503 or Email: cheryl@writehand.ca

Cruizin' at the Pond Drives Off into the Sunset

It was a wonderful time down at the pond with the car shows this summer, but all good things must come to an end. Till next year...

"We would like to thank all the people involved in making Cruizin' at the Pond such a success from sponsors to volunteers to spectators to car enthusiasts. We raised \$4000— distributed to 3 charities".

Rock'n Ronnie & Marlene Weber

Wilmot Jujitsu Professional Self Defense 13 Foundry Street, Baden (519) 590-4946 - www.wilmotjujitsu.com



JUJITSU - GENTLE, EFFECTIVE, BALANCED OFFERING: - ESCAPES, JOINT LOCKS, CONTROLS, PRESSURE POINTS AND WEAPONS. A PRACTICAL SELF DEFENSE ART INSTRUCTOR: NEIL CALHOUN

Training for Children and Adults! Classes are held on Monday and Tuesday evenings as well as Saturday mornings.

You Must Be Joking!!

My wife hosted a dinner party for all our friends, some of whom we hadn't seen for ages; and everyone was encouraged to bring their children along as well.



All throughout dinner my wife's best friend's four-year-old daughter stared at me as I sat opposite her. The girl could hardly eat her food for staring.

Self-consciously, I checked my shirt for spots, felt my face for food, and patted my hair in place; but nothing stopped her from staring at me. I tried my best to just ignore her; but finally it was too much for me.

I asked her, "Why are you staring at me?"

Everyone at the table had noticed her behavior, and the table went quiet, waiting for her response.

The little girl said, *"I'm just waiting to see how you drink like a fish."*

Submitted by Robert Price











Fall plants of different sizes and colours are ready to fill your empty summer pots!

Choose from potted mums, grasses, fall planters and perennials.

HARVEST ROOM

Pesticide Free Herbs, Vegetables and Fruit grown right in Mannheim with the same care and quality you have come to know through Colour Paradise Greenhouses.

From Our Garden to Your Table, enjoy beautiful, delicious, fresh produce picked daily.

Mon-Fri 9-7 Sat 9-5 Closed Sundays 1209 Bleams Road, Mannheim www.colourparadise.com 519.745.0200



Six New Hamburg sites are opening their doors during Doors Open Waterloo Region (DOWR), Saturday, September 19, 10 a.m. to 5 p.m.

On the third Saturday of every September, noteworthy buildings, interesting places, and heritage sites in Waterloo Region, many of which are

not regularly open to the public, open their doors to visitors for a look behind the scenes during DOWR. Admission to all sites is free of charge.

Built in 1872, Cranberry House B&B at 54 Waterloo Street, New Hamburg, will be participating in DOWR for the first time. The yellow triple-brick Italianate style facade graced by several pairs of arched windows with finely detailed hood moulds makes it a familiar local landmark. Inside,

the rooms are decorated with authentic period lighting fixtures and furnishings, and original details include flooring, windows, mouldings, central stairs, and landings.

Like Cranberry House, Puddicombe House at 145 Peel Street is another Italianate style gem in New Hamburg that will be open for tours. The grand, c.1868 heritage home was restored in 2006 as a restaurant, spa, hair salon, and B&B. Its 12-foot ceilings with plaster cornice mouldings and painted detail are a must-see. Original blueprints are also on display.

St. Agatha Clothing Outlet

1651 Erb Street, St. Agatha, Ont. NOB 2L0 519-746-9969 ~ Betty & Dave Winkler Retail & Wholesale Sales

Fall and Winter around the corner....

We have a new shipment of Ladies' and Men's Coats from: \$60 - \$100 (Parkhurst, Tuff Duck, Whiteridge, and more)

Check out our new shipment of tools and kitchen gadgets!



Hats, hats, and more hats \$10 (NHL, NFL, Hunting, Nascar)

New Parkhurst ladies' winter sweaters \$40

SPECIALS THIS MONTH: **ALL LADIES' JOCKEY NOW: \$5 KIDS' HOODY AND SWEATSHIRTS NOW: \$5**

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

Four more sites will round out the Doors Open offerings in New Hamburg:

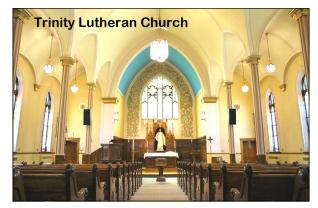
The New Hamburg Library, celebrating its 100th anniversary this

Cranberry House B&B

year, is one of eight libraries built in Waterloo County that were funded by Carnegie library grants, but one of only three that are still operating as libraries.

Two participating heritage church buildings are St. Peter's Evangelical Lutheran Church and Trinity Lutheran Church. Both were built around 1910. St. Peter's is a first-time Doors Open site. Trinity has its original carved woodwork: chancel paneling and furniture, altar,

pulpit, communion table, hymn boards, pews, and balcony front. The church also has its lovely original non-pictorial stained glass windows with Fraktur lettering.



Historic Walking Tours by Heritage Wilmot is another first-time Doors Open site. Heritage Wilmot's Al Junker will lead informative tours through the heart of New Hamburg's Heritage Conservation District at 10 a.m., noon and 2 p.m., departing from the New Hamburg Public Library, rain or shine.

Doors Open Waterloo Region is part of the popular, provincewide series of annual architecture and heritage open-house events that are supported by the Ontario Heritage Trust. Since 2003, more than 250 Waterloo Region sites have opened their doors to more than 100,000 visits during Doors Open.

For more information and a full site list visit www.regionofwaterloo.ca/doorsopen or phone 519-747-5139.

BADEN OUTLOOK Celebrating 15 Years ..

Keeping the Community Connected

Baden Outlook

You Must Be Joking!!

Arthur is 90 years old. He's played golf every day since his retirement 25 years ago. One day he arrives home looking downcast.

"That's it," he tells his wife. "I'm giving up golf. My eyesight has gotten so bad that once I've hit the ball, I can't see where it went."

His wife sympathizes and makes him a cup of tea. As they sit down, she says, "Why don't you take my brother with you and give it one more try."

"That's no good," sighs Arthur. "Your brother's a hundred and three. He can't help."

"He may be a hundred and three," says the wife, "but his eyesight is perfect."

So the next day, Arthur heads off to the golf course with his brother-in-law. He tees up, takes an almighty swing, and squints down the fairway. He turns to the brother-in-law. "Did you see the ball?"

"Of course I did!" replies the brother-in-law. "I have perfect eyesight."

"Where did it go?" asks Arthur.

"I don't remember."

Submitted by Bruce Bousher

Homemade, Fresh, and Delicious Baked Goods



73 HINCKS ST. UNIT #5 NEW HAMBURG (Entrance on James St.)

Wednesday - Thursday 8 - 4:30 Friday 8 - 6 Saturday 8 - 3

519-301-7288 | confectionerycousins.com

Answers to Fall Trivia from page 4

- 1. March
- 2. Harvest Moon
- 3. Ragweed
- 4. French
- 5. Trees respond to the decreasing amount of sunlight by producing less and less chlorophyll.
- 6. Yes, as long as they are no longer in bloom.
- 7. No, those that are edible are American, European, Chinese and Japanese. Be sure to stay away from the poisonous imposters such as horse chestnuts and Ohio buckeyes.

THE TIRES YOU NEED. THE SERVICE YOU DESERVE.



Passenger, Light Truck, Lawn & ATV, Commercial, Farm

With a wide variety of top name brand tires, OK Tire provides you with a large selection to meet your driving needs.

519.662.4990	BRIDGESTONE	@ntinental 🏂	GENERAL TIRE	
1413 Gingerich Rd.,	Firestone	GOOD Ş YEAR.	TOYO TIRES dríven to perform	
BADEN oktire.com	KUMHO TIRE	IRELLI		Honestly driven.

CONGRATULATIONS TO OUR NEWEST CITIZENS OF THE YEAR

<u>Culture</u> - Kenton Frey and Teresa Brown have given to the community for many years. Teresa is a well known playwright, humourist, and author. She has won many awards for her works, and her plays have been performed locally. She is a member of Box 696 and she is also a member of the Castle Kilbride Advisory Committee.

Kenton is a long time volunteer fire fighter in Baden who is currently a Captain at the Baden station. Both Teresa and Kenton have played key roles in Theatre Wellesley (acting, directing, producing, and past president). They are charter members of the Baden Community Association in 2012 and helped to form the group into what it is today. It was also their idea and ambition to create the Baden Corn Festival, which is a daylong event in August celebrating the heritage and culture of our area. They have worked tirelessly over the past three years, together as co-chairs of the popular event that draws thousands to Baden each year.

Environment - Joanne McCallum is a relatively new resident to Baden, but she has left her mark quickly. In 2012 she became a charter member of the Baden Community Association and assumed the role of secretary for the organization. She has a passion for the environment and in 2013 she organized a community clean-up for the town. Working with the Township of Wilmot and Tim Hortons she planned an Earth Day event in and organized the necessary supplies and documents to make things happen. What did happen was 99 citizens showing up to collect 80 bags of garbage throughout Baden. The following



year's numbers were down due to inclement weather, but on August 26th 2015, 112 Baden residents showed up to pitch in and make the town sparkle!

<u>Senior</u> - Doris Weber has lived in Wilmot Township for many years. Doris has volunteered for Wilmot Family Resource Centre for the past 10 years. She serves as office support to the Administrative Assistant, answering phones, doing mailings, shredding papers and keeping track of all the comings and goings of staff members. She is also the one who keeps the archive scrapbooks up to date. She has sorted and catalogued books in their Resource Library. She has also been active in many ways through her local church at Mannheim Mennonite.

Athletics - Craig Humphrey is a grade 11 student at Waterloo Oxford, who is an active member of the Stratford Fencing Club and is making a name for himself in the fencing world. Craig had a great season in 2014-2015 ranking 11th in Montreal's Challenge des Nations, and 14th overall in the Ontario Provincial championships. Craig is quickly learning the importance of the mental and physical strength working together to allow for some big wins. His biggest accomplishment so far is ranking 244th out of over 600 fencers at the Paris Marathon Challenge, held in France this past February.

Youth - Lia Humphrey is an involved member in our community through the Youth Action Council, Our Youth Volunteering Program, and Volunity, where she was a Co-Chair and did a wonderful job. Lia works at the Wilmot Aquatic Centre. Lia provides Tutoring Service to local children and youth, is a runner up for the 2014 Wellesley Fair Ambassador, and a representative of Waterloo Oxford and Wilmot Township on an exchange to France in her grade 11 year. Lia is a role model for many youth, as she is organized, determined, and passionate. Lia likes to take the reins and just go for it, which leads her to always put in 110%.

<u>Community Service</u> – Ron Weber is a lifelong resident of Petersburg and has played a major role in contributing to the well-being of the community. He has been a volunteer at NithView Home for five years, and a member of the Petersburg Optimist Club for many years.

His love of classic cars inspired him to create a weekly car show in Baden. The shows started at Tim Hortons parking lot, but he quickly outgrew the space. Today "Cruizin by the Pond" weekly car shows are the largest in the region which draw 300 plus cars each Wednesday night in Baden— bringing people together throughout the summer months.

_ _ _ _ _ _ _ _ _ _ _ _



Baden Outlook Baseball Pool Stats								
Pla	ce Name	PTS	Plo	ace Name P ⁻	٢s			
1	Sam Gingerich	323	31	Cole Schwartzentruber	298			
2	Wendy Held	323	32	Ashley Ferguson	298			
3	Calub Heinbuch	320	33	Dick Dean	298			
4	Heather Dubrick	320	34	Bob Price	298			
5	Ernie Faulhafer	317	35	Rebekah East	297			
6	Echoe Lambertz	317	36	Al Junker	297			
7	Denise Routhier	316	37	Doug Baier	296			
8	Evin Henderson	315	38	Nicholas Pokorny	295			
9	Steve Cameron	315	39	Rob Litwiller	295			
10	Adam Kaspar	314	40	Yule Brenner	294			
11	Hannah Litwiller	313	41	Tim Brenner	294			
12	Vicki Hardman	312	42	Stephen Wenn	294			
13	Kenneth J. Schmidt	312	43	Melba Honderich	294			
14	Dallas Diebold	310	44	Sean East	294			
15	Bob Brydon	310	45	Bruce Litwiller	293			
16	Tim Wenn	310	46	Brandon Gingerich	293			
17	Michelle Naumann	306	47	Conor Burke	292			
18	Aiden Kooy	306	48	Greg Stoyko	292			
19	John Westlake	304	49	Brenda Grebinski	292			
20	Peter Woolfrey	304	50	Grant Meadows	292			
21	Nate Roth	303	51	Jake Livingston	291			
22	Norma Weiler	303	52	Jahveda Faulkner	291			
23	Matt Vickers	303	53	Shannon Zister-Kasper	291			
24	Gord Mills	302	54	Lois Kinney	291			
25	Susan Nickolas	302	55	Madiysn Wilde	291			
26	Rich Held	302	56	Susan Mills	291			
27	Harold Wilhelm	301	57	Tony Straus	291			
28	Amy Papa	300	58	Kim Rempel	291			
29	Jack Papa	299	59	Tom Bennett	289			
30	Mackenzie Wilde	299	60	Isaiah Ruby	288			

Hello sports fans—thanks for playing baseball with us! We had 289 pool entries and you can start following your stats which are updated daily on the site. The Outlook draws the stats on the 7th of each month to determine the winners.



To follow the stats, log on to our website atwww.badenoutlook.com click on sports pool and select "baseball". Once in the site select login your pool-Quick Access. The pool ID is outlookhomerun with a password of quest.

Have Fun and Good Luck!



STUDENT MONDAY \$5.99 PITAS ALL DAY ONLY AT YOUR NEW HAMBURG PITA PIT

Congratulations to Sam Gingerich and Wendy Held who tied for first place, taking the Leader Prize for this month's Baseball Pool, winning gift certificates from EJ's Baden Hotel



BIRTHDAY BOWLING PARTIES

Cosmic Bowling

Pizza

Beverage

Slushie



TEAM SPORTS PACKAGE

FAMILY BOWLING SPECIALS

519-662-1938

<u>NEW HAMBURG LIONS CLUB THIRD</u> <u>ANNUAL GOLF TOURNAMENT</u>

Following on its previous successful golf tournament, the New Hamburg Lions held its 4th Annual Mixed Tournament in support of the Wilmot Recreation Centre Splash Pad. Sixty golfers spent a great day on the links at Woodstock Meadows Golf Course in great weather and completed the day with a silent auction and a steak dinner.

Overall, the Club realized a net income of \$7600, which will be used to meet its commitment of \$6000 over ten years in support of the construction of the pad.

The success was attributable to the golfers who showed up, but the New Hamburg Lions want to thank all the Wilmot merchants and individuals who donated to the silent auction. In addition, the Club appreciated the support of our businesses in purchasing sponsorship holes.

As well as thanking our partners, we want to invite them to join us again as we work to make Wilmot an even better community.





* Valid for 2015 season

Can you identify what trees these belong to? Answers on page 29



Baden Outlook



I love the cheery song of the Eastern Bluebird. When the males arrive back here mid-March and start singing to attract a mate, I know that winter is

finally drawing to a close, though there will still be more storms for sure. As I lie in my sleeping bag near a lake in Algonquin Park and hear the haunting call of the Common Loon I am reminded of the primal wilderness that was once here in Canada. The mating call of the Great Horned Owl in February never fails to give me shivers.

But for overall virtuosity, I don't think you can beat the songs (plural intended) of the Brown Thrasher (BRTH). The BRTH is one of 3 members of the Mimic Thrush family who inhabit this part of Ontario. The other 2 family members are the Catbird, so named for the its purr-like call, and the Northern Mockingbird, a different species than the more southern one in the title of the book written by Harper Lee, To Kill a Mockingbird. All 3 are robin-sized birds but are slimmer in appearance with longer curved bills.

These birds are usually difficult to see but one can learn to identify them by their melodious songs. The Catbird usually sings each syllable of its song, **once**. The BRTH sings each syllable twice, repeating the same syllable before moving on to a different syllable. The Mockingbird sings each syllable 3 times (thrice) before moving on to a new syllable. Of course there are often instances when the BRTH will sing a syllable once or thrice. They do not sing



Baden Birding ~ Bird Serenade

By Wayne Buck

the same song over and over the way many birds do, preferring to **mimic** the songs of some of the birds they hear around them; hence the name Mimic Thrush.

The BRTH is about 29 cm long, slimmer than an American Robin, reddish-brown above with striped under parts. It has 2 white wing bars, a curved bill, and - if you manage to get close enough - a vellowish eve, which I have never seen. Other Brown Thrushes (Hermit, Wood, etc.) have no wing bars. The American Robin and Bluebird are also Thrushes. BRTH inhabit thickets and hedgerows which, I find, are rapidly being cleared to make agricultural fields larger, making the finding of suitable habitat more challenging for these birds. They do not inhabit forests or fields like the Bobolinks or Woodpeckers. They can also be found in Hawthorn thickets, which are also rapidly being bulldozed.

BRTH eat insects, and if you are patient, you may spot one "thrashing" about in the leaf litter on the ground searching for insects. It will also eat fruit such as sumac, hawthorns and various berries. Their nests are

not very high above the ground, in small trees, shrubs or brush piles. BRTH are, like Bluebirds, fastidious house keepers, removing the fecal sac from the nest as soon as the young bird passes it. They usually lay 4 eggs, pale bluish with mottled brown markings.

So remember: the Catbird says it once. The Brown Thrasher says it twice. And the Mockingbird says it 3 times. I hope you get to hear one this coming spring.





Hours: Monday-Friday 8-5:30, Saturday 8-noon



76 Mill Street, Baden

Buy any size of Pronature or Boreal cat or dog food and receive 50% off one collar or leash.

Limit one per purchase per customer.

September 15/2015 to December 15/2015



Wilmot's First Window Cleaning Service

19-572-9645

Fall is approaching book your eaves troughs cleaning now and get 10 % off!

Expires September 31

www.wilmotwindowcleaners.com for prices and service details





Wondering how the real estate market in Baden is doing?

According to Canadian Real Estate Wealth, Baden ranks **1259 out of 4772** neighbourhoods putting us in the top half of the country.

- As of September 1, there were **25** homes for sale in Baden
- The average price of a 3 bedroom house is now \$312,400.

In comparison, the average house price in the Waterloo Region in 1970 was **\$27,899** and in 1990 was **\$157,516** and in 2014 was **\$336,302**.

• There have been **175** re-sale homes sold in Baden since Jan 1, 2015, not including 25 + new build sales

Times have changed and so has the cost of borrowing money for a mortgage. Does anyone remember paying 16% interest rate or even as high as 21%? As I think back to my parents raising four children in the 1980s– I have no idea how they coped with such high interest rates! Today, you can get an interest rate as low as 2.59% for a 5 year fixed term.

Fall season is upon us!

This fall may be a seller's market as there are fewer homes for sale than there were 3 months ago. More demand and fewer houses for sale means you may get more for the sale of your home.

After a slower August, people are back from vacation, so you should expect real estate activity to increase and see more For SALE signs in our neighbourhoods.



~ Jon Lambert Check back next month for more *Baden Real Estate News*.

Have any real estate related questions? Contact me at jonlambert@remax.net



Improving the Health of our Community

Identifying your Life Purpose

Throughout our days and weeks, we often get caught in the grind of running here and there. We may feel like we are on a merry-go-round that we want to get off so that we can breathe. We are trying to meet the expectations of our spouse, employer, or maybe children. Or, maybe our time is spent trying to meet our own goals and objectives. Our goals may be dictated by what we see in the media, or hear from others. This may include working overtime in order to buy a bigger house, go on a nice vacation, or purchase the latest trends and fads. When we have lost sight of our purpose (or have not identified it), these things become extremely important, and become our sole motivation.

For many of us, we live within our own personal bubble, where we are at the centre of our universe. We are most concerned with our own well-being, with not wanting to look bad to our peers. We are more focused on success and personal gains. When we can look beyond ourselves, it is amazing what becomes important to us. Stephen Covey once said, "When you define your purpose, a purpose that shakes your heart and stirs your soul that is when conscious living begins." In order to identify our life purpose, we need to spend some time reflecting on what is important to us. It will stem from our values, which are often shaped by our life experiences, or tragedies, or maybe by the faith in which we were raised.

When we are able to have a stronger impact on those around us, it creates a positive feeling within ourselves, more than we are able to achieve when we are self-serving or self-motivated. We are able to rise above the challenges and struggles that might normally make us feel defeated.



This can be illustrated by using the analogy of following your North Star. Think of yourself in a boat, and the only navigation tool is the North Star. The North Star represents your hopes, dreams, purpose, and vision. While in the boat, the waves in the water may knock us off of our path. The waves represent other



By Melodie O'Connell MSW RSW

people's expectations or societal motivations. If we do not have the North Star to direct us, we can lose our path or direction altogether. As long as our North Star is



visible, the waves can knock us around a bit, but we will never lose our way.

Some people may be fortunate to find a career in which they are also fulfilling the purpose for which they feel they were created. For others, they may not be so fortunate. In this case, they may reach that potential through volunteering for a charity or non-profit organization, developing a vision and fulfilling it, or connecting with others in an informal way.

In all situations, identifying a life purpose involves putting the needs of others ahead of ourselves. Ironically, this empowers us to achieve greater life satisfaction, has a positive impact on our mental health, and is also associated with longevity. There is no greater satisfaction, than living a life of purpose; one that has a positive impact on the lives of others!



59 Huron St, New Hamburg, ON www.zehrinsurance.com

"Protecting What Matters to You"



8.

Something to Activate the Brain Cells (Answers on page 32)

- 1. Johnny's mother had three children. The first child was named April. The second child was named May. ...What was the third child's name?
- There is a clerk at the butcher shop, he is five feet ten inches tall and he wears size 13 sneakers....What does he weigh?
- 3. Before Mt. Everest was discovered,what was the highest mountain in the world?
- 4. How much dirt is there in a hole ...that measures two feet by three feet by four feet?
- 5. What word in the English Language is always spelled incorrectly?
- 6. Billy was born on December 28th, yet his birthday is always in the summer. How is this possible?

- In California, you cannot take a picture of a man with a wooden leg. ...Why not?
 - leg. ...Why not? What was the Prime Minister's name...in 1975?
- 9. If you were running a race, ...and you passed the person in 2nd place, what place would you be in now?
- 10. Which is correct to say,... "The yolk of the egg are white" or "The yolk of the egg is white"?
- 11. If a farmer has 5 haystacks in one field and 4 haystacks in the other field,how many haystacks would he have if he combined them all in another field?

DENTALGROUP 519-656-3355 519-662-2632 1215 Queen's Bush Rd., Unit 2 25 Byron Street Wellesley, ON NOB 2T0 New Hamburg, ON N3A 1P1 WE OFFER THE FOLLOWING SERVICES: We Welcome New Patients General and cosmetic dentistry We're Here to Support Emergencies Preventive dental care Emergency dental care (seen the same day) Dr. Miyen Kwek Braces and orthodontics for children and adults **Dr. Manning Chiang** Oral surgery (including wisdom teeth) Crowns and bridges Dr. Ruth MacCara Implants and dentures (to replace missing teeth) Root canal treatment Bleaching/whitening Proudly serving Wilmot Township for over 30 years. Headache/migraine control (related to TMJ)

Baden Outlook

Page 19

think I got it!

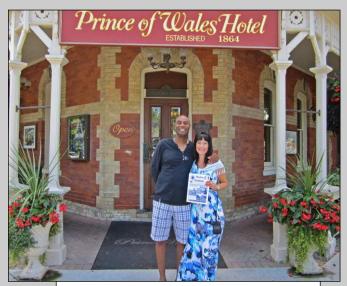
Wow! More exciting destinations as The Baden Outlook continues to travel ...



The annual Thimbleberry Crossing neighbours-get-together at Stonecroft raise a glass in cheer to celebrate the Baden Outlook's 15th anniversary. It was their way of wishing the Outlook many more years of success !



Chris and Sarah Scott along with son Holden took their Baden Outlook to the Bean in Chicago.



Jerelyn Erb and Sean took their Baden Outlook to Niagara-On-The-Lake

Jake

Licensed under AGCO



196 Peel Street New Hamburg, ON N3A 1E3 519 662 1143

Volume 16, Issue 2

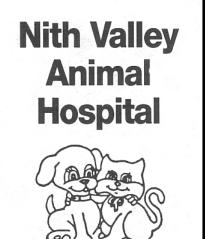
Page 20

...To Chicago, Alaska, Barry's Bay, Tavistock, and Niagara-on-the-Lake

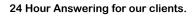
The Destin, Fl. Golfing group took their Baden Outlook with them when golfing at the Tavistock Golf course, followed by dinner at My Place. Special visitors from out of town were Mary and Mark Eggert from Green Bay, Wisconsin. Those attending were: Larry and Helen Thrower, George and Judy Schultheiss, John and Liz Laurie. Barb and Ken Allen. Bob and Marv Ambeau, Clive and Jill



Walters, Grace and Earl Nelham, Doug and Judie Bowlby, Linda and Dave Fobert, Gloria and John, Howard and Elaine as well as Bill and Norma Wright.









Bill & Joyce MacDonald from Morningside in New Hamburg took their Baden Outlook along on their Alaskan Cruise --photo taken at the port in Juneau Alaska.



Donna and Leif Nielsen enjoying the Labour day weekend in Barry's Bay with daughter Sherry, son-in-law Greg, grandchildren Elizabeth and Kyle, and The Baden Outlook.







Karen Weber Owner/ Consultant

Traci Jutzi

Consultant

Kristina Ziegler Consultant

Where your journey begins... Let our experience guide you.



Don't forget to pack your Outlook when going on vacation!

New Hamburg Legion



65 Boullee Street New Hamburg

Hall Rentals

Call Terri Taylor 662-3834 Or Legion 662-3770





63

- Whatever you may look like, marry a man your awan age. As your beauty fades, so will his eyesight.
- ♦ Housework can't kill you, but why take a chance?
- Cleaning your house while your kids are still growing up is like shoveling the sidewalk before it stops snowing.
- ♦ Best way to get rid of kitchen odours: Eat out.
- We spend the first twelve months of our children's lives teaching them to walk and talk and the next twelve years telling them to sit down and shut up.
- What I don't like about office Christmas parties is looking for a job the next day.
- \diamond % My photographs don't do me justice -they just look like me.
- The only time I ever enjoyed ironing was the day I accidentally got gin in the steam iron.
- I admit, I have a tremendous sex drive. My boyfriend lives forty miles away.
- The reason the golf pro tells you to keep your head down is so you can't see him laughing.

"Get It Together"

...with Donna & Rhonda

Dealing with your Digital photos

Anyone discouraged with the number of digital pictures you have? Are they on your computer and you never have a chance to enjoy them?

At a Mothers of Preschoolers group this year we learned a great tip from Stephanie (who is proud to call Baden her home). It was such a great idea that we wanted to share it with our readers.

Stephanie decided to download all her digital pictures onto four memory sticks. She divided her pictures into four categories: January – March, April – June, July – September, and October – December.

She has a digital photo frame that she has on ALL the time when they are at home. She displays this frame in her kitchen so that the family can enjoy the pictures and it keeps her children entertained while she is preparing meals.

Each season, she puts in the corresponding memory stick and keeps it in for 3 months. Eg. In January, she puts in the Jan-March memory stick. So she enjoys seeing pictures in the "present" season. She said it is wonderful to be able to compare how they have grown from season to season. It also cues her to take special "tradition" pictures so that she can compare their growth from year to year. Eg. Picture by the front door on the first day of school.

This is the perfect way to enjoy the pictures that have been taken and you don't have to feel the pressure of having them all in photo albums or in fancy scrapbooks. Great idea Stephanie! Thanks for sharing.

If you have any further questions, please feel free to let us know at <u>www.heartofthematter.ca</u> or call 866-214-6004.

In order . . . to live a life of purpose



We're on the Web!

See the paper in colour at

www.badenoutlook.com

"Keeping the Community Connected"





















Reflexology By Christina Flood RRPr. www.solesjourney.ca

I am pleased to announce the Grand Opening of my new Reflexology Business *"Soles Journey"*, on September 14th, 2015.

Located out of:

Affinity Health Clinic 3 Waterloo St., New Hamburg http://affinityhealthclinic.ca/

> **Phone Number:** 519-662-2123

Please contact Affinity to set up a Reflexology session

with me, where we can connect "Soul to Sole".

I look forward to meeting you.



"Happy Feet, Happy Body. Our Feet are our means of transportation, treat them well"



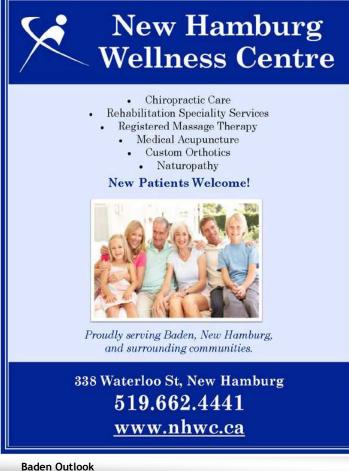
UNDERSTANDING MEDICAL ACUPUNCTURE TREATMENT By Dr. John A. Papa, DC, FCCPOR(C)

Acupuncture is a 2000-year-old Chinese treatment in which needles are inserted into specific points on the body. The World Health Organization (WHO) lists approximately four-dozen different conditions that can legitimately be treated by acupuncture. Acupuncture treatments can be particularly helpful for pain complaints such as: muscular strains, joint sprains, arthritic pain, neck and low back pain, rotator cuff tendonitis, tennis

elbow, hip, knee and leg pain, sciatica, bursitis, migraine and tension headaches.

The term "Medical Acupuncture" refers to acupuncture performed by a licensed health care professional who has training in the health sciences. Practitioners of Medical Acupuncture derive the concepts of disease, dysfunction, and healing from the western biomedical understanding of pathology, anatomy, physiology and biochemistry. Under this model, the act of inserting an acupuncture needle into the body is believed to result in the following:

- Pain Control - Pain-blocking substances are released locally and by the central nervous system to suppress the transmission of pain.
- Inflammation Control Natural anti-inflammatory chemicals • are released locally, and inflammation control centres are stimulated in other parts of the body.
- Blood and Lymphatic Flow Enhancement of blood and





lymphatic flow locally and throughout the body allows for the delivery of fresh oxygen and the removal of injury debris from the injury site.



The needles used for acupuncture are much smaller than a standard hypodermic needle. These needles are solid, not hollow, and

have a finely tapered point as opposed to a bevelled cuttingedge point. The sensations felt during needle insertion range from feeling nothing at all, to mild tingling, to slight numbness/ achiness, to small electrical pulsations distant to the site of insertion. All these sensations typically subside once the needles are removed. It is common practice nowadays for practitioners to use sterile disposable needles that are discarded following treatment.

As with any health intervention, there is always a potential for side effects and adverse reactions. The good news is that acupuncture performed by an experienced and knowledgeable practitioner is relatively safe and infrequently yields minor side effects. These may include but are not limited to: a slight discoloration at the acupuncture site that is temporary and not dangerous; minor bleeding; nausea; short-term fatigue or drowsiness; or a short-term increase in pain before relief sets in. An experienced and knowledgeable practitioner aims to avoid treatment of certain points during pregnancy, over wounded or infectious areas, to individuals who are hemophiliacs, and to individuals who have needle phobia.

Medical Acupuncture treatments can be safely and successfully employed to help promote healing and recovery from pain complaints including muscle and joint injuries. Acupuncture treatments are also often utilized in conjunction with other rehabilitative strategies such as exercise prescription, manual adjusting and mobilization techniques, and soft tissue therapy. 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.



Page 25

HEAR THE SOUNDS OF SUMMER PLAY A BEAUTIFUL MELODY

90 DAY RISK FREE TRIAL PERIOD FOR GUARANTEED SATISFACTION

CALL TODAY FOR A FREE HEARING TEST!



HEALTHY HEARING FOR LIFE

608 BELMONT AVE. W., KITCHENER

TUANA

10 WATERLOO ST., NEW HAMBURG

LYNNE

519.745.5888 519.662.6884

Be Well ~ Drought Begets Drought

It's an agricultural expression: "Drought begets drought." This phrase indicates an unhealthy cycle: Not enough rain contributes to drought; drought-like conditions stop supporting plant-life; vegetation dies, causing atmospheric moisture to decrease; and rain production is further reduced, with a vicious cycle of drought ensuing.

Drought begets drought can also be used to describe our lives. When mental, emotional, physical, and/or spiritual drought occurs, it's easy for this terrible cycle to continue. A lack of vibrancy in life can indicate a "drought" that needs attention, and I find the emotional area of life most often ignored. Let's make time to resolve these emotional parasites that unknowingly leech our energy and reduce vitality.

It's easy to become overwhelmed with life when we have too many goals and demands. A quotation I once read sums up how many of us are often feeling: *Have you ever felt that even though you're taking things "one day at a time" it's about 24 more hours than you can take?* (Author unknown)

Summer can be a wonderful time to rest, recover, repair and rebuild, but those lazy days of summer can feel far-gone by mid -September. Be sure to remember that **"Wise choices beget more wise choices."** Every time we invest positively in our health, we promote and sustain further health and wellness.

W & W Liquidators

Handles / Hinges / Knobs / Spindles / Cabinet Hardware

118 Victoria Street S., Kitchener, ON N2G 2B4 Phone or Fax: (519) 744-1080

Jean Wood & Family

** Residing in Baden for 55 years ** In business over 25 years.

"We have more knobs than you can handle!!" Over 5000 handles and knobs!



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

Monday to Friday 9 am - 5:30 pm Saturday 9-4:30 / Sunday - Closed

By Christine Gingerich

Here are four subtle areas that can help turn internal and external chaos into peace, restoring your energy, and relieving drought:



1. HAVE AN "ATTITUDE OF GRATITUDE." We live in a culture that is rarely satisfied. A

heart of gratitude will cause you to look at your own life (and the world around you) differently. Recognizing others in greater need can put your problems into perspective, helping you realize *how much* you have to be grateful for. Being thankful encourages peace and contentment to rule in a heart that could otherwise become envious and resentful. At the end of each day write out (or express) 10 things you can be thankful for.

2. BE YOU!

Don't compare yourself to others. You are unique. Don't fall into the trap of comparing:

- •Body shape and size
- ClothingChildren
- Careers/IncomesHomes
- •Status/Popularity

Free yourself from the enemy of comparing. It sets unreasonable expectations, devours our joy, and replaces contentment and peace with dissatisfaction and angst.

3. RESOLVE GUILT.

Never be too big to admit your mistakes...but don't wallow there. Ask forgiveness when necessary and move forward. Guilt is an emotional leech that sucks the life out of too many people. We all make mistakes and will continue to fail and make mistakes as long as we're human, and as long as we live. I often remind my clients (and myself!) of a quotation I coined: You might not be able to celebrate the mistake, tragedy or failure, but you can celebrate what you've learned from it!

4. SIMPLIFY YOUR LIFE.

Two powerful places to simplify include:

i) Your (Family) Schedule: "Too busy" is almost always selfinflicted. A schedule too full equals too much stress. Don't allow our culture to dictate how you live. Order your life simply. Focus on what *really* matters most.

ii) Your Space: Too much stuff = too much clutter = too much emotional chaos!

• Purge all excess from home and office spaces

•Purpose & Place – Every item you own should have a PURPOSE and PLACE

•Provide – Donate any unnecessary/excess items and bless others

May your emotionally wise choices beget more wise choices and provide you with a drought-free year!

Be Well! Christine Gingerich www.optimalYOU.ca



Calling All Girls Ages 8-12

Girls' Club~ Please join us for our first meeting on Tuesday, September 15th at Wilmot Mennonite Church. It will be a Wiener 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 HORTICULTURAL SOCIETY



Wednesday, September 16, 2015 **7:00pm** Wilmot Recreation Complex, Mtg Rm A 1291 Nafziger Rd., Baden Junior Gardener Awards **Speaker:** Mark Johnson

Everyone is welcome to attend ... No Admission Charge

New in the Neighbourhood?

If you are new in the neighbourhood, call us to receive your gifts and learn about your community.

Local Representative: Marlene Brenneman Welcome Wagon Representative 519-591-5963 <u>marlene.brenneman@gmail.com</u>



T.O.P.S (Take Off Pounds Sensibly)

We are a support group for weight loss Meetings are held on Tuesday evenings St. James Lutheran Church, 66 Mill Street, Baden Weigh-ins at 6:30 pm followed by a short meeting For more information call 519-634-5226 Everyone Welcome Keep the Miracles Flowing

DONATE IN NEW HAMBURG

Royal Canadian Legion Branch 532 65 Boullee St., New Hamburg

> Monday, September 21 5:00 p.m. – 8:00 p.m.

Canadian Blood Services it's in you to give New donors needed. Rally your friends and family to donate blood.

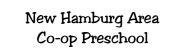
Call 1 888 2 DONATE (1 888 236-6283) to book an appointment or book on-line at www.blood.ca and help meet the continuing need for blood.

Livingston Presbyterian Church, Beck Street Invites you to join them for Apple Dumpling with Ice Cream and beverage.

Wednesday, September 23, 5-7:30 pm

Take Out Available!





September spaces available.

Info at Newhamburgpreschool.com



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

3rd Annual New Hamburg Fall Fair Frog Jump! San

Hosted by Michael HARRIS Saturday, September 19 2015 Contest begins at 1:00 p.m. at the Ball Diamond, Left Field. Prizes, awards and FREE ice cream! 13 & under Bring your own Frog or borrow one of ours.

More details at NewHamburgFallFair.ca or Call 519-954-8679

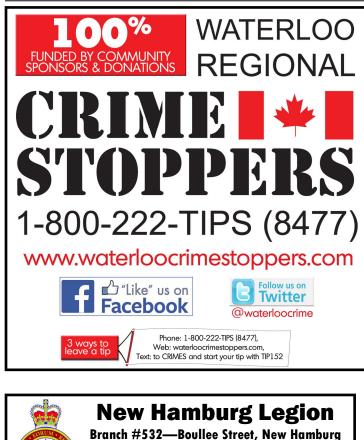


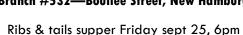
EARLY YEARS PROGRAMMING FALL 2015

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! **Visit our** website for days and times - STARTS SEPTEMBER 8TH

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, 9:30 am - 10:30 am in the upstairs program room at Wilmot Recreation Complex. *STARTS SEPTEMBER* 14^{TH}

For more information about our programs and services Call 519-662-2731 or visit our website <u>www.wilmotfamilyresourcecentre.ca</u>





15 advance \$17 at door

Express lunch Friday Oct 2, 12-1 \$8 advance Friday sales \$10 Solo begins Monday Sept 21 @ 7:30 Euchre begins Wednesday Sept 23, 8pm *Everyone welcome!*



21st ANNUAL POOR BOYS' LUNCHEON

Thursday. September 24th 2015 Lunch: 11:30 a.m. - 1:30 p.m. Dinner: 5:00 p.m. - 7:30 p.m.

New Hamburg Community Centre (Arena) Admission: \$8.00/person or \$30/family (4 or more)

For tickets: call 519-662-2731 or purchase at door www.wilmotfamilyresourcecentre.ca



How do you get a squirrel out of a tree?



Run around and act like a nut!



Hey! Kids, ages 4-10 You are invited to...



Starting October 6, 2015 Baden Public School

Spontaneous play, fun group games, and a short Bible story in the gym

Everyone is welcome!

contact Sean at <u>pastor.westhills@gmail.com</u> or 519-634-4993

Provided by West Hills Fellowship of Baden and Community Volunteers

Answers to Tree Quiz on page 15

- Oak
- 2. Pine

1.

- 3. Elm
- 4. Walnut 5. Beech
- 7. Aspen 8. Cedar
- 9. Willow

Maple

10. Chestnut

6.

Our Stuff became Hope, Water, **Education and Chickens!**

hat's right, when you donate to any of the MCC thrift shops, your donation is alive. It is transformed into hope for a homeless family in Waterloo Region, a new well in Haiti, a kindergarten class for a refugee camp in Syria, or a sustainable chicken farm in Nepal, and many other local or worldwide projects.

Visit www.thriftdifferent.com to see how your donations make a difference.

Donations are the foundation of our business. We rely on the generosity of our supporters to bring us clean, seasonally appropriate, saleable items to help us reach our goals. To help us even further, please separate donations with similar items bagged together (all shoes together, all toys together, etc.). Smaller bags with one type of item are better than one large garbage bag.

Please note that our back door receivers cannot accept items that are unclean or non-saleable. Please be sure to dispose any broken or soiled items at home, and note we are unable to accept chemicals of any kind (cleaning products, paint, etc.). A complete list of items we accept and items we are not able to accept is on our website www.newhamburgthrift.com under the How to Donate tab. If you are in doubt, call the store and we will be happy to help you.

Also, if you are considering volunteering as part of your routine, there are a number of opportunities for you at the New Hamburg Thrift Centre! We provide a relaxed atmosphere to meet people from your community while working to benefit those in need. We offer volunteer positions for half days or full days with group breaks so we can get to know each other. We even provide refreshments!

Volunteer Application Forms and a list of the volunteer positions are available in the store or online at our website. If a position interests you, drop by or give us a call at 519-662-2867. We hope to see you soon!



Are you an energetic retiree with extra time in your hands?

We have volunteer openings. For more information call Karla at 519 662 2867 or karlar@mccthrift.on.ca



or visit www.newhamburgthrift.com



All proceeds benefit the work of Mennonite Central Committee

REGULAR HOURS

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

Ask Armand



George from New Hamburg asks ... I saw a soccer ball recently that had the name Baden on it. Do you have any history on that?

Armand savs -

Yes George, Baden Sports, Inc. is an independent, family-owned company, which entered the athletic ball market in 1979 to address the need for higher quality products. They make balls for the following sports - baseball, basketball, football, soccer, volleyball, softball, rugby, and water polo. In 2011, the company, which is located in Renton, Washington, introduced bats to their line up. They are sold worldwide including in Canada.

Yes, Baden is a name we are all proud of!



- ONSITE AND IN-STORE SERVICE AVAILABLE - NEW AND USED COMPUTERS FOR SALE - VIRUS REMOVAL, MAINTENANCE, UPGRADES AND MORE!

computers inc. • REPAIRS

QUALITY SERVICE FOR 20 YEARS

73 Peel St, New Hamburg, 519-662-6720

Please visit www.badenoutlook.com for a directory of local churches.

WILMOT MENNONITE CHURCH

2995 Bleams Road, New Hamburg, ON

Worship Service 9:30 a.m. ~ Christian Formation: 11:00 a.m Pastor Dave Roglasky 519-634-5030 www.wilmotmennonite.ca

Wilmot Centre Missionary Church

2463 Bleams Road—corner of Bleams & Sandhills Road Services at 9 & 11 am, Children's Worship 11:15 am

Rev. Wayne Domm, Dr. Rob Gulliver, Youth Director Jason Erb

519-634-8687 www.wilmotcentremc.ca

SHANTZ MENNONITE CHURCH

2473 Erb's Road, Baden, Ont N3A 3M3

Phone: 519-634-8712 / Email: office@shantzmc.ca Pastor: Don Penner

Worship Service - 9:30 am Christian Education - 11:00 am

Steinman Mennonite Church

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

Sunday Worship 9:45, Sunday School 11:00 am

Phone: 519-634-8311 / www.smchurch.ca

Saturday Night at the Movies

Wilmot Mennonite Church, 2995 Bleams Road September 19th at 7 pm

Family Night - Featuring ... "The Letter Writer" "A wonderful movie families everywhere will enjoy." ~ The Dove Foundation (All ages) When Maggy Fuller (Aley Underwood) receives an anonymous letter full of praise and encouragement, she can't imagine who would say such wonderful things to her.

Free admission. Nursery available but not staffed. Bring a snack for yourself - Drinks provided. For further information call (519) 584-7089 or (519) 634-8963

Do you want to hear a skunk joke? ... naaa, pretty sure they stink!



Q: How many skunks does it take to make a big stink? • A: A phew!

> Q: How much money does a skunk have? A: One scent!

O: What did the religious skunk say? A: "Let us spray!"

ST. JAMES LUTHERAN CHURCH

66 Mill Street, Baden ON

519-634-5191 joanna.e.miller@gmail.com Pastor Joanna Miller Sunday Worship 9 am / Sunday School

West Hills Fellowship

Sharing space at St. James Church, 66 Mill Street, Baden ON

Pastor Sean East / pastor.westhills@gmail.com 519-634-4993 office.westhills@gmailcom

Sunday School 9 am, Fellowship 10 am, Worship 10:40

Livingston Presbyterian Church

44 Beck Street, Baden / 519-662-4949

Hymn Sing 9:45 am ~ Worship to follow at 10 am Rev. John Deyarmond—519-747-9902

Emmanuel Lutheran Church

1716 Snyder's Road East, Petersburg, ON

519-634-5511 www.persburgchurch.org

Worship Service 9:30 am / Sunday School

THE BEST SERMONS ARE LIVED, NOT PREACHED

Today, I kissed my dad on the forehead as he passed away in a small hospital bed. About 5 seconds after he passed, I realized it was the first time I had given him a kiss since I was a little boy.

Today, in the cutest voice, my 8-year-old daughter asked me to start recycling. I chuckled and asked, "Why?" She replied, "So you can help me save the planet." I chuckled again and asked, "And why do you want to save the planet?" "Because that's where I keep all my stuff," she said.

Today, when I witnessed a 27-year-old breast cancer patient laughing hysterically at her 2-year-old daughter's antics, I suddenly realized that I need to stop complaining about my life and start celebrating it again.

Today, a boy in a wheelchair saw me desperately struggling on crutches with my broken leg and offered to carry my backpack and books for me. He helped me all the way across campus to my class and as he was leaving he said, "I hope you feel better soon."

Submitted by Jean Shantz

Baden Outlook





MEET THE HICKORY TUSSOCK MOTH CATERPILLAR

Have you seen this caterpillar? If you spot one, don't touch it! We recently heard from one of our readers that she knew someone who got in contact with one of these cute fuzzy characters and had a bad reaction. As some creatures have cyclical seasons, these guys may be in one as plenty of people have reported seeing them in gardens and yards.

What is a Hickory Tussock Moth caterpillar?

The caterpillar is white and fluffy and has black chainlike markings on its back. It also has long black hairs that protrude from areas near the front and rear of the caterpillar; these hairs are connected to poison glands which excrete venom on contact.

What happens after you touch a Hickory Tussock Moth caterpillar?

The caterpillar can leave behind venom that can cause a rash similar to that caused by nettles or poison ivy.

Symptoms can range from slight reddening of the skin to a burning sensation with swelling and pain. Some people may experience an allergic reaction which could include nausea.



What to do if you've been in contact with a Hickory Tussock Moth caterpillar

Wash the affected area with soap and water as soon as possible. In the case of itching or swelling, apply calamine lotion and/or ice packs to affected areas. Individuals who experience more generalized allergic reactions should seek medical advice from their family physician.

The Hickory Tussock Moth caterpillar is present in Southern Ontario from July to September, at which time it feeds on the leaves of hickory, walnut, ash, elm and oak trees in preparation for overwintering in its cocoon. The caterpillars grow to a length of about 4.5 centimeters.

Source: OxfordCounty.ca / healthyplaces

The Baden Outlook is a completely independent publication, not affiliated with any other printer, organization, individual or commercial enterprise.

Keeping the Community Connected

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

HöllisWealth.





- \Rightarrow Investment and cash flow planning
- ⇒ Risk Management and Estate Planning
- \Rightarrow Retirement Planning
- \Rightarrow Tax Planning

KLT Wealth Management · 148 Peel Street Unit 1B, New Hamburg · 519-662-4001 · www.knowliketrust.ca

HollisWealth is a trade name of HollisWealth Advisory Services Inc. Mutual Fund products are provided through HollisWealth Advisory Services Inc. TM Trademark of The Bank of Nova Scotia, used under license.



The Outlook Hockey Pool



Yes! It's hockey season! And we're ready to play - are you? Mail your entry form to The Baden Outlook, 178 Snyder's Rd. E., Baden, N3A 2V6 or drop it in our yard "Outlook Mailbox" by Oct. 1st.

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

□ Benn * DAL * 87	Ovechkin * WAS * 81	🗆 Tarasenko *	STL * 73	Backstrom * WAS * 78		
🗆 Tavares * NYI * 86	🗆 Voracek * PHI * 81	🗆 Giroux * PHI	[*73	Johansen * CLB * 71		
Crosby * PIT * 84	🗆 Malkin * PIT * 70	🗆 Kessel * PIT	* 61	🗆 Pavelski * SJ * 70		
Seguin * DAL * 77	🗆 Getzlaf * ANA * 70	Perry * ANA	* 55	□ Kucherov * TB * 65		
Stamkos * TB * 72	Kane * CHI * 64	McDavid * E	DM * 0	□ Hall * EDM * 38		
□ Johnson * TB * 72	□ Hudler * CAL * 76	□ Thornton * S	5J * 65	Turris * OTT * 64		
Toews * CHI * 66	D. Sedin * VAN * 66	🗆 Palat * TB *	63	🗆 Gaudreau * CAL * 64		
🗆 Kopitar * LA * 64	Pacioretty * MON * 67	🗆 Parise * MIN	V * 62	Wheeler * WIN * 61		
Eberle * EDM * 63	🗆 Couture * SJ * 67	🗆 Spezza * DA	L * 62	Van Riemsdyk * TOR* 56		
□ Duchene * COL * 55	□ Datsyuk * DET * 65	🗆 MacKinnon *	COL* 38	Galchenyuk* MON * 46		
Schwartz * STL * 66	Nash * NYR * 69	RULES: (there	JLES: (there are 2 pools : adult and kids-12 & under)			
□ Landeskog * COL * 61	□ Zetterburg* DET * 66	 Only one ballot per person. Updates will be calculated on the 7th of each month. Ties will be broken by the entry that has gained the most 				
Tatar * DET * 59	🗆 Hossa * CHI * 61					
□ Bergeron * BOS * 50	🗆 Marleau * SJ * 57	 points that month. Prizes are given for most accumulated points. One point each is given for goals and assists made by forwards a defensemen. There are two goalie boxes. *Two points be given for every game a goalie wins.* 				
Hornqvist * PIT * 30	□ Eichel * BUF * 0					
Price * MON * 88	□ Rinne * NAS * 82					
□ Holtby * WAS * 82	$\square \text{ Quick * LA * 72}$	 There will be two random draws each month. You are or able to win the leader prize once! Pick one player from each box. (This year's team and 20 				
□ Bishop * TB * 78	□ Fleury * PIT * 68					
Lundqvist * NYR * 66	□ Bobrovsky * CLB * 60	-2013 points i	-2013 points included with each player).			
□ Crawford * CHI * 64	□ Miller * VAN * 58	 No entry fee required just have fun! No trades or substitutions through the year. 				
Name: Address: Phone Number:	J <u>ST BE IN BY OCTO</u>	W P O O T O N T	To Follow the Stats simply visit www.badenoutlook.com—select "sports pools" . For adult pool, type in pool ID: <u>outlookhockey</u> and for kids type in outlookkids . The passwords are: guest. The NHL season doesn't start until October 7th, so prizes will not start until November issue. Thanks for playing and GOOD LUCK!			
Baden Outlook Page 35						
Page 35						

Hear Well Be Well's New Hamburg Gift of **Hearing winner Melba Honderich**

Are you hearing well? FOR

Take this short quiz to find out.

- Do you have ringing or buzzing noises in your ears?
- Have you been exposed to loud noises?
- Do you have difficulty hearing TV or phone conversations clearly?
- Do you have trouble following conversations in a group?

519-846-0090

58 Wellington Rd. #7

- Do people complain that the TV is too loud?
- Do you have trouble hearing when there is background noise?
- Do you ask people to repeat themselves?
- Do people sound like they are mumbling?
- Do people get annoyed because you misunderstand what they say?

If you checked 2 or more boxes, CALL NOW to book a FREE hearing screening test!

Hear Well Be Well Life sounds good **ELORA NEW HAMBURG**

519-390-3300

79 Huron St. (behind Cook's Pharmacy)

www.hearwellbewell.ca

Find us on
Facebook

ALL YOUR HEARING NEEDS:

HEARING TESTS

HEARING AIDS

HEARING AID BATTERIES

& ACCESSORIES HEARING AID CLEANING

& REPAIRS