



Your Monthly Newsletter ~
Keeping the Community Connected
with 3000 copies in circulation!



Baden Outlook

VOLUME 17, ISSUE 2

DO YOU REMEMBER WHEN...



**...ALL THESE EMPORIUM BUILDINGS WERE STILL PART OF THAT PROPERTY?
WE TOOK THIS AERIAL PHOTO IN APRIL 2008 ... HOW THINGS CHANGE.**

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



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This paper is priceless - Please have one!

Talking with Ed

~ Constant Transformation



It continues to fascinate me to realize how our world is in a constant state of transformation. Heating, cooling, shifting, and extinction seem to be the norm in this ever-changing world. I didn't quite realize the extent of the change until we visited our friends Brant and Rosi at their cottage on Lake Huron, north of Wiarton.

As we were walking to the lake, I noticed the odd craggy boulders and asked Brant, "What type of rocks are these?" The rocks were dark-coloured and looked like they were predrilled in preparation for blasting. Brant, who seems to be a wealth of information on many subjects, responded, "They are fossilized coral—evidence that most of North America was once a tropical sea over four hundred million years ago." Intrigued with the conversation, I decided to research the evolution of Southern Ontario and found many interesting facts. Here are some of them:

The world was once a super planet called "Rodina." When Rodina was formed, the early continents of South and North America were pushed together and the Grenville Mountain Range rose up 1.2 billion years ago. It is hard to imagine a mountain range running through our area! Around 600 million years ago, weathering and erosion had worn away the Grenville Mountains, which left swirling patterns in the rocks that are the deep roots of the mountains. The strange folds in the rocks in the Georgian Bay area, which are an inspiration for many artists including the Group of Seven, tell of rocks under great pressure. Temperatures of up to 1200 degrees F. and depths of up to 25 kilometres enabled the rocks to flow like toffee.

The Great Lakes were formed by extreme pressure, volcanic lava, and two tectonic plates that split apart. The weight of glaciers, up to two miles thick, compacted the ground to leave massive compressions on the earth's surface. As the glaciers retreated, flooding followed. The Great Lakes today are the largest freshwater system on earth. The average depths of the lakes are as follows: Superior-483 feet; Ontario-283; Michigan-279; Huron-195; and Erie-62.

A state-of-the-art mine in Goderich is the entrance to what was once a vast tropical sea, over four hundred million years ago during the Silurian period. As the continent shifted away from the equator, the sea disappeared, but the salty deposits on its bottom remained. More than five hundred metres underground, towering salt pillars gleam inside the mines walls. The same deposit is found deep below the city of Detroit. The salt mine in Goderich is the largest in the world, extending five kilometres under Lake Huron.

It may be hard to imagine, but about 20,000 years ago Canada was at the peak of its last glaciations, and 97% of Canada was entirely covered by ice! The animals which lived on the planet at this time had to adjust, so many of them had thick coats of fur. Mastodons (6 to 10 feet tall), Stegodon (13 feet tall), Sabre Tooth Cat (8 feet tall/800 pounds), Cave Bears (similar size to today's bears), and Beavers that were 8 feet long and up to 220 pounds lived in our area. Those would be some massive beaver dams!

Evidence of the ice age in our area is close at hand. The Baden Hills, which is a kame (a steep-sided mound of sand and gravel deposited by a melting ice sheet), and the kettle lakes such as Spongy Lake (which is owned by the University of Waterloo) to the north of the Baden Hill are evidence of the glacier retreat. Kettles are depressions left behind after partially buried ice blocks melt. Many are filled with water, and are then called "kettle lakes." Puslinch Lake in Cambridge is the largest kettle lake in North America.

My friend Brant has a concern that the Earth, which has been going through constant periods of overheating, may be followed by a cooling period (ice age). He hopes that we are not heading in that direction with global warming. It won't be something that we see in our lifetime, but it surely does make one wonder.

Until next month...Ed



EXTRA EXTRA!!

You'll find us around the 15th of each month, at over 80 locations within Wilmot Township—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 Fisher's Esso, Angie's 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, 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 ~
Please Have One!*

Greetings from ~ Outlook Headquarters

I'm back in my chair, staring into the blank page on the computer and can't quite believe I am writing for the September issue. It seems we wait forever for summer to arrive and in a snap it is over.

We have been so lucky to have such a lovely, but mighty hot summer, and looks like more warm weather to come for a while yet—I'll take it! I will continue to appreciate the windows wide open hearing the morning birds, the lovely piped music from St. James Lutheran Church, and pulling the blankets up as the nights get cooler.

We have been spending every spare moment at the trailer, and realize that too will be over soon for another season. The friends we've enjoyed there will go back to their homes and their lives until next season when we meet again. And so it goes, another change—not only with the weather, but with our new fall schedules and routines to get back into. Summer vacations are over and school begins, leaving moms relieved and kids revved up to get back with their pals.

So what else is new since last month?

- ⇒ The new restaurant “Melina’s Grill” is open on Snyder’s Road West, serving up delicious food—make sure you drop in and greet the owners and enjoy some new tasty foods!
- ⇒ For those who haven’t passed through the intersection at Snyder’s Road and Nafziger lately, you will find new traffic lights set up there. That should make traffic run more smoothly and safely at that busy intersection.
- ⇒ Dirt is moving and the foundation is laid on Snyder’s Road East, just east of the tracks, as Baden Eyecare prepares to re-locate their business there early next year. Hope all goes well with the building and the move!
- ⇒ Take notice of the new Castle Kilbride banners hanging on hydro posts, replacing the faded and weather beaten old ones, adding a fresh touch in town!
- ⇒ The Baden tennis courts had a make-over with new rubberized flooring.
- ⇒ There is a new crushed-asphalt path joining Schneller Drive to the Baden Park that goes to the concession booth.
- ⇒ The trails at Schmidt Woods (surrounding the Wilmot Recreation Centre) are nearing completion with 2 km of compacted stone dust and approximately 1.2 km of natural ground hiking trail. This trail begins on Gingerich Road at the round-about west of Erb Transport and travels through the woods ending at the WRC.
- ⇒ The Baden Outlook Hockey Pool registration form is on page 36, and due to hand in by October 1st—you can’t win if you don’t play! If you need extra registration forms please photocopy, or you can print them off from our website choosing the current issue—thank you!!

Till October... Enjoy these lovely fall days!



More silliness at camp as the girls (Michelle, Pat and Rose) cool off in the little deck pool.

Oh Canada!

Next year we celebrate the 150th birthday of our country. In the upcoming issues you will find all kinds of interesting quizzes and trivia to get you educated or refreshed in tribute to our country. Last month we featured the birds of each province; I hope you got some of them. This month we are featuring the new Canadian dollar bills and what is on the front and back of each bill... check it out on page 26.



We appreciate all the fun we've had with you while on your holidays.

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

Simply email your photo to www.badenoutlook.com with a brief description of your trip.

Baden ~ Our Town

The Baden Community Association will be launching a fundraising campaign in Baden over the next few weeks. The “Toonie or Fiver Drive” will be a door-to-door campaign where BCA members will ask residents to donate a toonie or five dollar bill. All monies raised will stay in Baden and will go towards paying down debt of the Foundry Street Parkette ramps, and keeping the annual events going, such as Family Day at the Rec Centre, the Baden Fishing Derby, and the Baden Corn Festival. The BCA have many new projects they will be initiating to make our community vibrant and a great place to live. Please be kind to the volunteers and give with your hearts!

The Township of Wilmot has created a short video of the BCA’s recent fishing derby with Maureen Edwards, who spoke of the success of the event. This video is a wonderful representation of the benefits of the Discover Your Wilmot Program, which gave us a grant to get the derby back on the ground—or should we say *pond*. The video will also be presented to the Kitchener and Waterloo Community Foundation (KWCF) Vital Grants program. This is an example of the use of funding given to the township. The video can be watched at the following link: <https://www.youtube.com/watch?v=fGVCXcVCCCM>. It is exciting to have a day of fishing at the derby, but it is equally exciting to see people fish at the Mill Pond throughout the rest of the summer, still looking for the big one!

The BCA supported the Baden Library’s TD Summer Reading Program with a donation. The donation provided great support to local reading programs in Baden.

The BCA meets the last Wednesday of each month at 7 pm in the basement of the Township Hall. You are welcome to join in anytime to see what’s going on, or to take part in whatever project interests you!



Energy Saving Tips to Help You Power Down

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



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

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

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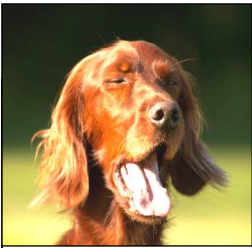
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Achoo! Allergies Get Under Your Skin!

Dogs and cats, just like humans, can have allergies. Actually, more than 30% of all skin irritations in our pets can be attributed to allergies. These allergies can come from foods, inhaled allergens like weed, tree, and grass pollens, fungi, even insects and dust mites.

These allergies cause a reaction in the skin which causes it to become inflamed. The inflamed skin gets itchy and tends to be more prone to secondary bacterial or yeast infections. What you might see if your pet has allergies is continual chewing at their feet, shaking their head, or scratching at their belly. The skin will often start to look red and raw.

Sensitivity to environmental allergens is called ATOPY. Atopy usually starts with seasonal itchiness, although over time the itchy periods usually get longer and eventually can be all year long. Seasonal itchiness because of atopy tends to begin when your pet is young, usually 1 to 3 years of age, in comparison to food allergies, which usually start later, often around 5 or 6 years of age. Keeping a log of the period of itching and the severity can really help. Sometimes the patterns that we see can help

narrow down the causes.

Since there is no known "cure" for allergies in our pets, our only choice is to manage their sensitivities as best we can. In the case of environmental allergies, we can try, but voiding all the things your pet reacts to is often unrealistic. The main therapies used to control these pets include antihistamines, topical shampoos and ointments, specially formulated skin diets and supplements, steroids and other medications that modify the immune response. Hyposensitization or allergy injections are also an option to help manage your pet's allergies. Antibiotics and antifungals may also be needed to control the secondary infections the are frequently seen in the patients.

If your pet is itchy, it is a good idea to make an appointment with your veterinarian. They can help make your pet more comfortable and help you better manage the condition.

For those of you that have pets with seasonal allergies, you can always hope for an early frost!

Dr. Rebecca Ricker ~ Baden Veterinary Hospital



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K.W. Khaki Club ~ A Diamond in the Rough

The K.W. Khaki Club was formed in 1969 by a group of militia members (Khaki being the colour of their uniform), looking for wide open spaces outside of the city for recreation and social fellowship. They purchased approximately 30 acres of Lot 18, Concession II, black B of Wilmot Township.



One of their first ventures was building a few primitive horseshoe courts. Then in 1978, they built sixteen professional courts, increasing it to 24 by 1983.

Since then they have hosted 4 Canadian horseshoe championships, at least ten provincials, 18 Michigan-Ontario friendship tournaments, plus the Elmer Hohl Ringer Classic. They were also instrumental in Kitchener getting the first world horseshoe tournament to be held in Canada in 1997.

They built a small hall (capacity of 40-50) in 1971, and in 1975 a larger hall (capacity of 175). They also have lots of open area and shaded areas for picnics.

The facilities are available for banquets, auction sales, picnics, wedding receptions, birthday parties, and family gatherings.

Since 1994, the K.W. Khaki Club has been well used for up to 20 plus auction sales per year.

One of the features people often comment on is the 1500 foot beautiful long and winding laneway through the woods.

Ask Armand ~



Sue from Wilmot Centre asks – Our area must have been quite forested when settlers moved to our region. Were there any sawmills in the region to handle the wood from the clearing of land for farming?



Armand says – Great question, Sue. The first sawmill built in the German Block (the early name for Wilmot Township), was right here in Baden! Joseph Goldschmidt built a sawmill on Lot 14 NSR (North of Snyder's Road) in 1829, the current location of 9 Brubacher Street. The land that he purchased had the Spring Creek, which was earlier called Kropf Creek, running through it so he could power the sawmill. Goldschmidt ran the mill from 1829 until 1831 and then sold the mill to Jacob and David Kropf. They operated the mill from 1831 to 1862. In November of 1853 a fire destroyed the entire sawmill. The mill was rebuilt and the business continued. There were also sawmills on Smith's Creek (now the Nith River) near New Hamburg, on Alder Creek at Mannheim, Plum Creek west of Shingletown, and Bamberg Creek north east of Philipsburg.

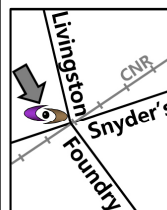


BADEN EYECARE CENTRE

Dr. Sonya Frank, Optometrist

DID YOU KNOW?

-  Pupils are not black spots – they are holes in the coloured part of the eye that let light through to the retina at the back of the eye so you can see
-  Unless a really bright light shines in the eye to give you "red eye", pupils appear black



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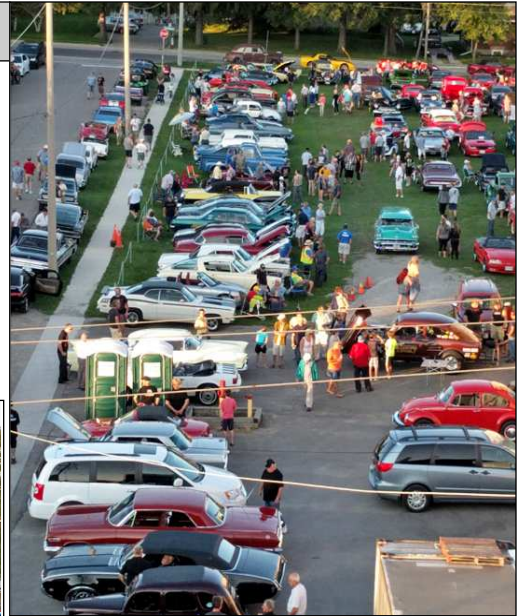
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Cruisin' at the Pond Bids Farewell Until Next Year!

The last car show of the year was the biggest of the year, with perfect weather and awesome cars everywhere you looked! It ended with a surprise visit from Lydia Herrle, who continues to do well since the accident several years ago.

We made donations to St. Agatha Lions Club, and to Child Witness Centre.

We would like to thank all the sponsors, spectators, car enthusiasts, volunteers, and Baden Feed for the use of the property—all helping to make it another successful year at the pond.



Thanks to everyone, from Rockin Ronnie & Marlene Weber

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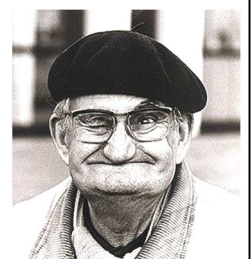
You Must Be Joking!!



On the first day at the new seniors' complex, the manager addressed all the new seniors pointing out some of the rules: "The female quarters will be out-of-bounds for all males. Anybody caught breaking this rule will be fined \$20 the first time."

He continued, "Anybody caught breaking this rule the second time will be fined \$60. Being caught a third time will cost you a fine of \$180. Are there any questions?"

At this point, an older gentleman stood up in the crowd inquired: "How much for a season pass???"



Submitted by Bruce Bousher

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Back to school and time to wake up your sleepy summer-time brain. See the seven words below and see if you can figure out what they all have in common—no, it is not that they all contain double letters... look carefully, it's puzzling!

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

Answer is on page 23.

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**TOWNSHIP OF WILMOT
2016 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: October 3, 2016
Completion date: October 21, 2016**

The work will occur weekdays between 7:00am - 3:00pm.
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.

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Checking Out the Baden Branch Library

One Book, One Community (OBOC) Author Readings

The 2016 OBOC book title is **A House in the Sky**. Hear the author, Amanda Lindhout, at meet-the-author events taking place September 26 to 28 in Waterloo Region. Admission is free and everyone is welcome! For further event details, visit oboc.ca.

Now Available - Region of Waterloo Museums Family Pass

A family pass provides regular admission for a family of two adults and their dependent children to the following museums: Waterloo Region Museum/Doon Heritage Village, Joseph Schneider Haus, and McDougall Cottage. Family passes can be checked out for one week and cannot be renewed. The replacement fee for a lost pass is \$25.

Free Computer Help - Technology Tutoring on Tuesdays

Take advantage of free, one-on-one computer training sessions at the library. Sessions are intended for people with little or no computer knowledge, or those who want to build their confidence using a computer, tablet, or e-reader. This fall, the Baden branch is offering sessions on Tuesdays, October 4 and 18, November 1 and 22, and December 6 between 2 and 4 p.m. Register online at rwlibrary.ca or call 519-634-8933.

Youth Book Clubs

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

Baden Book Worms is for children, ages 7 to 9 years. **The Awesome Book Club (ABC)** is for children, 10 to 12 years. **The (TGIR Thank Goodness I'm Reading) Teen Book Club** is for teens, 13 years and up.



Registration for all fall programming begins Tuesday, September 13 online, by phone, or in person. All programs are free. Registration is required due to space limitations.

Questions? For more information, contact the Baden branch at 519-634-8933, badenlib@regionofwaterloo.ca or visit rwlibrary.ca.

Chris Baechler, Assistant Supervisor — Baden Branch



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You Must Be Joking!! Back to School Funnies



Teacher: It's harder teaching the alphabet to kids these days.
Second Teacher: That's right...they all think V comes after T.

Pupil: Will you punish me for something I didn't do?
Teacher: No, of course not!

Pupil: Oh good, because I didn't do my homework.

Kid: I think we need a new teacher.

Mom: Why is that?

Kid: Our teacher doesn't know anything. She keeps asking us for the answers.

Mom: What did you learn at school today?

Kid: Not enough. I have to go back tomorrow.

Teacher: James, where is your homework?

Pupil: I ate it.

Teacher: Why?

Pupil: You said it was a piece of cake!

Teacher: Why is your homework in your father's handwriting?

Pupil: I used his pen!



Castle Kilbride Lecture Series

Imperial Hotel Restoration
With Marie Voisin

September 29, 7:00 – 8:00 p.m.
Tickets \$10

October 27- Charming Part II (Joanna Rickert-Hall)

November 24- Historic Christmas Cooking
(Carolyn Blackstock)

Last Chance to see the **Wearing Whimsy** exhibit.
This exhibit explores fashion and accessories from the 1850s to the 1950s.
From silks, satins and sequins, this fun exhibit spanning a century is one you don't want to miss! Ends September 25th.

(Exhibit is included as part of regular admission).
www.castlekilbride.ca

Catch the Smile Epidemic!

Smiling is infectious, you catch it like the flu. When someone smiled at me today, I started smiling too. I passed around the corner and someone saw my grin; when he smiled I realized I passed it onto him.

I thought about that smile and then I realized its worth, a single smile, just like mine could travel around the earth.

So, if you feel a smile begin, don't leave it undetected— Let's start an epidemic quick, and get the world infected!



"Keeping the Community Connected"

New Beginnings Consignment Shop

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Mail Out Club - Ages 5-14 - Oct 5th - 7:15-8:15pm

Halloween Workshop - Ages 5-14 - Oct 26th - 7:15-8:15pm

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After School Classes - Workshops - Parties

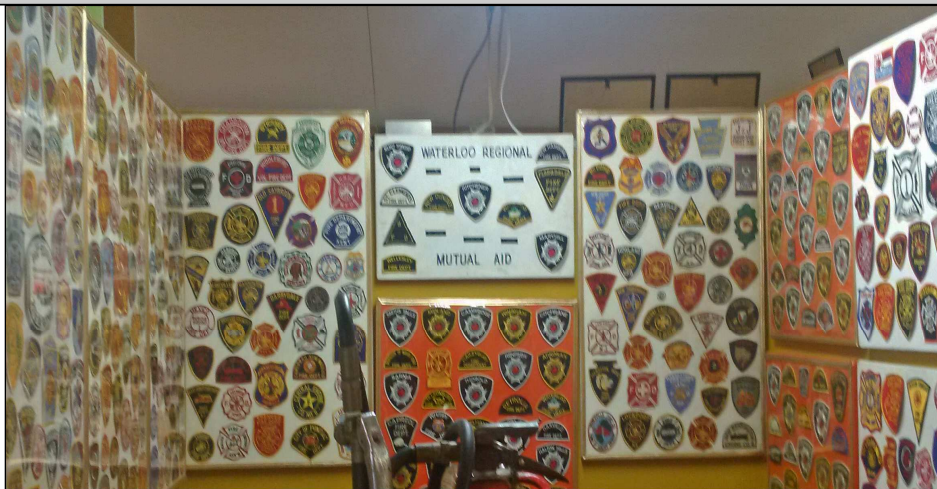
Revealing the Treasures from the Wilmot Heritage Fire Brigades

Wilmot Fire Brigades Badge and Crest Collection

The first crest that the Fire Brigades received was from the Cambridge Fire Department. That crest was the start of an extensive collection that has been built up over the years.

Many communities around the world have found the Wilmot Fire Brigades website and have sent a crest to the group. Some have been sent from as far away as Russia and Australia.

Today they have over 1,000 crests and badges in their collection. One very unique badge is from Ainsworth-Deep River Fire Department from the states, showing Smokey the Bear peeing on a fire.



Baden Telephone Office:

Did you know that the first telephone lines through Baden were strung in 1911? That telephone company was a privately owned company until 1922, when it was sold to the township. The exchange was later moved to 25 Foundry Street. Calls at that time could be made only between 8 am and 10 pm on weekdays, and 2 to 4 pm on Sundays. The exchange purchased the house, and in 1948, a separate phone exchange was built onto the side of the building. On March 15, 1964, a new building located at Foundry Street equipped to handle the new dial system was built, which eliminated the need for the older crank system.



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The Twin Water Towers—Outlook Aerial Photograph taken in April 2008



Seen here are photos of three generations of Baden's water towers.

The new one was completed on July 15th 2008. The old one sat like a small child next to its parent until it went down in October of 2008.

Below: The arrival of the Grand Trunk Railway in 1856 had a major impact in Baden along with its water tower.

(Thanks to Sean Montgomery from the township for helping us with the dates.)



Grand Trunk Water Tower, Charlotta Street, Baden



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Baden Outlook Baseball Pool Stats

Place	Name	PTS	Place	Name	PTS
1	Doreen Dean	347	31	Justin Ertel	312
2	Bonnie	345	32	Vicki Hardman	312
3	Paul Koenig	340	33	James Aoki	312
4	Sammy	336	34	Lisa Egli	312
5	Nic Egli	336	35	Mike Taves	312
6	Ross Roth	330	36	Steamer	311
7	Rachel de Martines	329	37	Sarah Martin	311
8	Geoff Hopkins	326	38	Tristan Wilhelm	310
9	Jennifer Sicoli	326	39	Bruce Litwiller	310
10	Zach McGrath	325	40	Echoe Lambertz	310
11	Paige Fishback	325	41	Jean Faulhafer	309
12	Bob Good	325	42	Kayla Schenk	309
13	Matt Bowen	323	43	Brad Ziegler	309
14	Zach Schwartzentruber	323	44	Colton Holba	309
15	Jeff Snyder	323	45	Nik Morin	309
16	Ronnie Skowron	321	46	George Jones	309
17	Ken Alischer	321	47	Jayme Grebinski	309
18	Amanda Podann	321	48	Luke Bennett	309
19	Shelly Schenk	319	49	Leola Roth	308
20	Reynold Skowron	317	50	Sheldon Martin	308
21	Tyler Randerson	316	51	Tom Bennett	308
22	Colin Moore	316	52	Lucas McGahan	308
23	Charlotte Hopkins	316	53	Michelle Roth	307
24	Owen Roth	315	54	Shawn Fishback	307
25	Susan Honderich	315	55	Charlie Baumbach	307
26	Rick Gardner	315	56	Laura Grebinski	307
27	Sean East	315	57	Brad Honderich	307
28	Sheila Snyder	314	58	Kaden Eichler	306
29	Madeline Lichti	312	59	Charity Aubin	306
30	Kim Rempel	312	60	Tara Jokic	305



Congratulations to Doreen Dean 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 Gary Gorel winning a Baden Outlook jacket.

Are you ready for hockey? You can't win if you don't play! Fill out the registration form on page 35 and get it to us by October 1st!



39 Snyder's Road W, Baden
519-634-5711

Back to school and you are busy—so don't forget kids eat free on Tuesday!

Also come enjoy Burger Mondays, Wing Wednesday, and Fish & Chips on Friday!

You Must Be Joking!!

As I was getting into bed, she said, "You're drunk!"

I said, "How do you know?"

She said, "You live next door."



Hello sports fans! Thanks for playing baseball with us! There are 352 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 your stats, log on to our website at www.badenoutlook.com, click on sports pool, and choose "baseball," Then choose "Quick access:" Pool name is outlookbaseball and the password is [quest](http://outlookbaseball). On left bar, click on "ranking" to view your stats. Have Fun and Good Luck!



You Must Be Joking!!



A mechanic was removing a cylinder head from the motor of an expensive car when he spotted a well-known cardiologist in his shop.

The cardiologist was there waiting for the service manager to take a look at his car, when the mechanic shouted across the garage, "Hey Doc, want to take a look at this?"

The cardiologist, a bit surprised, walked over to where the mechanic was working.



The mechanic straightened up, wiped his hands on a rag and asked, "So Doc, look at this engine. I opened its heart, took the valves out, repaired or replaced anything damaged, and then put everything back in, and when I finished, it worked just like new."

So how is it that I make \$48,000 a year and you make \$1.7M when you and I are doing basically the same work?"

The cardiologist paused, leaned over, and then whispered to the mechanic.... "Try doing it with the engine running."

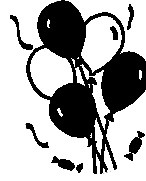
Submitted by Robert Price



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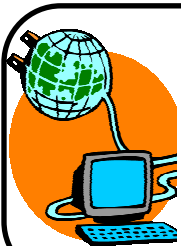
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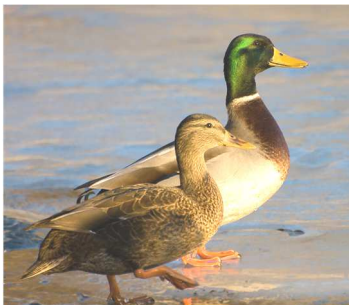
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Baden Birding ~ *Just Ducky*

By Ken Quanz



I have noticed that the Baden pond has a rapidly growing population of Mallards which seem quite at home with children playing nearby, people relaxing with a fishing pole in hand, or the weekly cruise night crowds. But why so many ducks?



In the turn of the century, Mallards were considered to be a rare migrant in the area. Even in the 1920s and 30s they were an uncommon sighting. American Black Ducks were the most common duck in southern Ontario in the mid 1930s, but usually were not seen in great numbers. Scientists tell us that Ontario was originally the breeding area for Black Ducks, while Mallards were mainly a western bird. Why did the Mallards move in and thrive?

Mallards were mainly a prairie bird, living in the sloughs and ponds while feeding on grass seeds and aquatic life. They like to nest near water where they can take the newly hatched ducklings to feed on water plants, algae, and the small attached snails, finger clams, insect larva and aquatic worms. However, they will nest almost anywhere, even without water nearby! One female made a nest in a school's inner courtyard for many years in a row. Between setting times she would fly out of the courtyard to feed, but always came back to look after her eggs. Since there was no way out for the ducklings, the staff and students daily fed them a commercial duckling mash and provided drinking

water as well as a swimming pool complete with duckling ramps. Without any predators in the courtyard, the mother usually raised 7 to 12 young. After observing the family for three weeks, the students and staff would hold a duckling round-up and deliver the healthy family to the mother, which was waiting at the local pond. She had a good plan and was sticking to it. Mallards seem to adapt to humans very well, or perhaps they adapt humans to their own uses.

Will "our" pond Mallards follow their instincts and migrate? Maybe. It seems that more and more are spending the winter with us. They have one of the best down coats available. They also have some open water in local rivers. Food is plentiful and easy to glean in harvested fields. This is one bird species (along with Canada Geese) that has benefited from the switch from mixed farming, with its necessary pasture land, to cash cropping. Warmer winters also seem to be helping the ducks decide to stay: global warming is changing many wildlife patterns.

If weather patterns continue the way they have been going, will this help our farmers grow bigger and better crops? We don't know yet, but the Mallards are finding it "just ducky."

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You Must Be Joking!!



Do Las Vegas Churches accept gambling chips?

This may come as a surprise to those of you not living in Las Vegas, but there are more Catholic churches than casinos. Not surprisingly, some worshipers at Sunday services will give casino chips rather than cash when the basket is passed.

Since they get chips from many different casinos, the churches have devised a method to collect the offerings. The churches send all their collected chips to a nearby Franciscan monastery for sorting and then the chips are taken to the casinos of origin and cashed in.



This is done by the chip monks!

Submitted by Robert Price

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

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I look forward to teaching “Good Fuel for My Body, My Brain and My Planet” to over 200 grade four children at the New Hamburg Fall Fair each September. Reactions are varied and insightful. One student said all vegetables were “yuck.” Another came to me at the end of a presentation and asked, “Mrs. G., what do you do when you want to eat healthy foods but your mom only buys unhealthy foods?” Concerned parents comment on how *infrequent* sweet treats were when they were youngsters, but often conclude with, “Healthy food takes too much time to make.” I am constantly reminded that it is an uphill battle to change our ways.

StatsCan says that Canadians consume an average of 26 teaspoons of sugar a day. This is almost 273 cups per year! In fact, 25% of our daily caloric intake is currently derived from processed sugar. Obvious sources of white sugar include: cake, candy, cookies, soda, and ice-cream. Many people, however, underestimate the amounts concealed in every-day items such as bread, bagels, pasta sauce, condiments, salad dressing, fruit juice, and canned foods.

I believe white sugar should be totally eliminated from our diet because it’s a triple threat:

- Empty calories – White sugar deposits absolutely no healing nutrients into your body
- Nutrients are leached – White sugar steals nutrients, mostly from the skeletal system, contributing to our growing deficiency problems
- Displaces healthy foods – Sugary foods push out healthy foods that could otherwise nourish and heal

Sugar entering the blood stream is registered by the pancreas, which produces insulin. Too much insulin increases internal inflammation and leads to:

- Increased blood cholesterol levels
- Buildup of unhealthy plaque in our arteries leading to cardiovascular disease
- Increased body fat
- Decreased ability to access this body fat as fuel
- Sluggish feelings, lack of energy
- Inability to concentrate, retain and recall information

Drinking one soda a month led to an 83% greater risk of diabetes in women

- Headaches, migraines
- Bloating
- Stiffness, aching joints
- Hormonal imbalances
- Weight gain
- Diabetes, cancer
- Advanced puberty in children

One soda each day will add an extra 15 pounds of weight per year

This increased lack of optimal nutrition also impacts our I.Q.s. The February 21, 2011 edition of *Time Magazine* tells of a British study on nutrition and children that found those eating healthy diets at three years of age (described as lots of fruits, vegetables, and little to no sugary food) had higher IQs by the age of eight than those who ate high sugar and fat diets. **I believe we give our children an extra edge in life by establishing healthy eating habits, and when we lead by example by slowing down and preparing high quality foods!**

The April 2010 issue of Reader’s Digest quoted Dr. Arya Sharma, the scientific director of the Canadian Obesity Network, saying that *25 000 Canadians die each year because of obesity*. The article went on to note that two thirds of Canadian children live close enough to walk to school but less than half do, while in 1971 over 80% walked! We must be the generation of adults who will motivate our children by getting outside to walk and play. We must purchase and prepare healthier food for our children. We must care more about the future health of our children – and our nation – than the quick conveniences we too frequently grab.

Obesity now surpasses smoking as the greatest health-threat of our time. It’s time to take this threat seriously. It’s time to take a look at how these consequences impact you and me personally. Do you have an extra 10 or 20 pounds to shed? How are your lifestyle choices positively influencing your children or grandchildren? It’s time to take action in our homes and communities. We can do it, one choice at a time. What are you going to change today to make that change happen?

Wishing you and yours a healthy, fit, back-to-school and work season! ~ Christine Gingerich www.optimalYOU.ca

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You Must Be Joking!!



Grandpa, what is couple sex?

All you Grandpas and Grandmas—Make sure that you understand the question first....

We are all reaching that stage where we need to keep the wax out of our ears and keep the hearing aids tuned up.

An 8-year-old girl went to her grandfather, who was working in the yard and asked him, "Grandpa, what is a couple sex?"

The grandfather was surprised that she would ask such a question, but decided that if she's old enough to ask the question then she's old enough to get a straight answer.

Steeling himself to leave nothing out, he proceeded to tell her all about human reproduction and the joys and responsibilities that go along with it.

When he finished explaining, the little girl was looking at him with her mouth hanging open, eyes wide in amazement. Seeing the look on her face the grandfather asked her, "Why did you ask this question, honey?"

The little girl replied, "Well, Grandma says to tell you that dinner will be ready in just a couple secs."

Submitted by Robert Price

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FYI — CAPS on!

It's okay to leave the plastic caps on plastic bottles or containers as they are recycled too!



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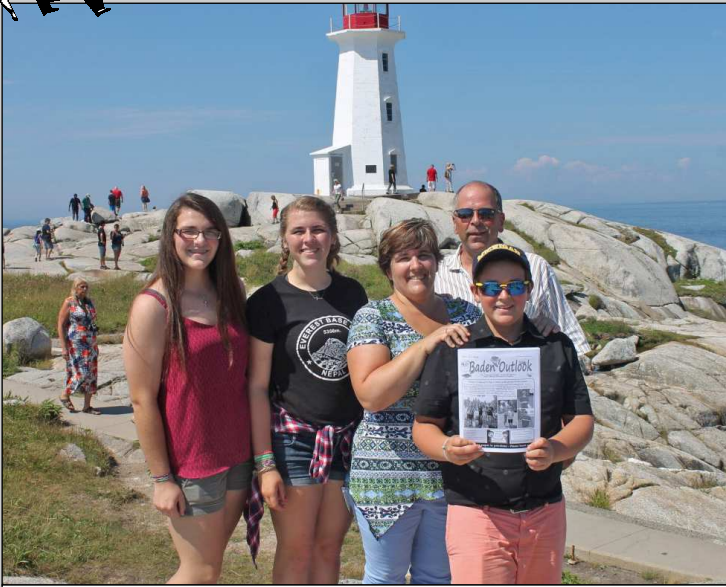
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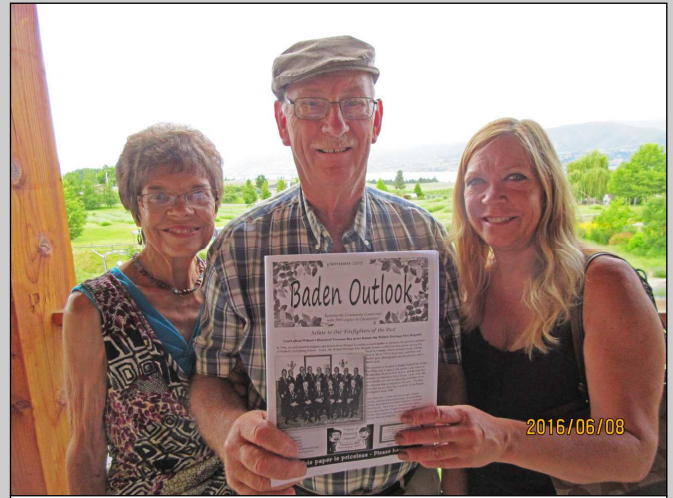
*September is eavestrough month!
Get them gutted before winter comes.*



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



Tracy and Greg Weber took the *Baden Outlook* to Peggy's Cove, Nova Scotia, in July as they celebrated their 25th Anniversary with their children Natalie, C.C., and Joey.



Ray and Audrey Roth and the *Baden Outlook* had a fun time while visiting their daughter Caralee in Kelowna, B.C.



The *Baden Outlook* went to HELLS GATE, a geothermal area in Rotorua, New Zealand, with Dawn and Mike Aveline, while visiting family.



Siblings Shelby, Cassidy, and Alex Wagler travelled to Dilsberg, Germany, in August to visit their cousins Pia and Kai. Here they are standing with their *Baden Outlook* on and in front of the German Alps in Bavaria.

We're loving the fun—Don't forget to pack your Baden Outlook when going on vacation!

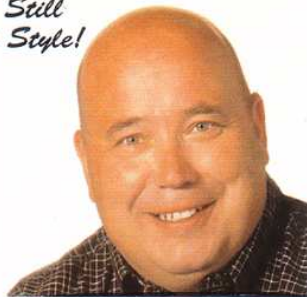
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Dan and Rose Mandler always invite The Baden Outlook along to their pool parties on their deck at Nith River Campground—that's how they kept cool this summer!



John Ilett and Gloria Richardson from Drumbo, and Glenda and Ross Roth of New Hamburg, took their Baden Outlook along on a river boat cruise on the Danube.



Donna and Leif Nielsen took their Baden Outlook along on a fishing trip to Trout Lake, along with daughter Sherry, son-in-law Greg, and grandson Kyle.



Jennie and Eric Sprague rented a cottage near Burleigh Falls, Ontario, along with their daughter Lindsay and husband Brian. Seen holding the Baden Outlook on the beach are Lindsay and Brian's children Rhys and Wesley Cullen.

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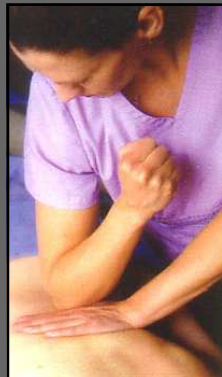


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Cook's Corner

"One potato, two potato, three potato, four...!"

That was a childhood ditty we chanted, but today it could tell of the many ways we can serve potatoes! They are abundant and fresh and local —now is the time to hoard potatoes. Sadly, the potato has gotten a bad rap from dieters, but they are super healthy and filled with fibre, Vitamin C, and antioxidants, and are gluten free! Healthy. That's right, potatoes can be part of a healthy diet. It's the toppings that typically put spuds over the top in calories and fat. One medium potato has no fat, sodium or cholesterol. You can choose from Russets, reds, yellows, purples/blues, whites, fingerlings and



petites. There's a different type for every day of the week. Try them all! I usually cook them mashed or scalloped in the cooler months, but here are a few ways to enjoy potatoes during the barbecue season.

Pat's Potato Salad

Boil and dice potatoes.

Mix together in a bowl: 1 beaten egg, ½ cup of vinegar, 1 cup sour cream, ½ tsp mustard, 1 tbsp. of flour, and ½ cup sugar.

Melt a tbsp. of butter in a pot on the stove, then stir in the mixed ingredients and boil until thickened.

Pour sauce over diced potatoes and toss in a handful of chopped chives and 2 hard boiled eggs, salt and pepper to taste. Enjoy!

* (I've substituted plain yogurt when I was out of sour cream and it tastes the same)

I'm going to share my favourite potato salad recipe; sadly I don't remember who gave it to me over 30 years ago. It's in my handwriting in my Grandma's old collectibles cookbook, so if one of my friends recognizes this as theirs, thank you very much—it's a family favourite and a hit at every summertime social gathering!

Another quick and easy way to cook potatoes on the barbecue is to put a bit of olive oil in a tin pie plate and toss in some minced garlic and other herbs of your choice (oregano, chives, rosemary, parsley), then add cubed potatoes. Toss potatoes in the oil mixture—don't forget some salt and pepper. Cover the tin plate with foil and put it on the barbecue, tossing occasionally so they cook evenly and don't stick. You can cook them until soft or until browned a bit with a crusty edge.



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Answer to Word Quiz
from page 8

Of all of the words listed, if you take the first letter and place it at the end of the word and then spell the word backwards, it will be the same word! Amazing!

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Understanding Back Pain

By *Baden Integrative Health*

Back Pain is one of the most debilitating conditions that many of us will face at some point in our lives. In a period of six months of work, five in every ten Canadians will suffer from low back pain. Up to 85 % of working citizens in Canada will experience back pain in their careers. Low back pain appears to be increasing annually.

Low back pain is usually attributed to three main sources:

1. **Soft tissues** — Soft tissue injuries refer to pain coming from muscles, tendons, nerves, or ligaments. In the majority of cases, the pain will diminish with time; however, management during the inflammation phase can reduce pain and return function quickly and with less time off work. Sometimes the pain can change how your body wants to move. This mechanical change may be attributed to fear-avoidance behaviors, where one changes the way they perform specific movements in fear of further aggravation. This phenomenon could potentially lead to the person putting pressure on other structures, leading to chronic pain. Carefully selected rehabilitation exercises should be performed after pain has been reduced to help decrease the risk of reoccurrence. These should always be individualized based on patients' work demands, home demands, body type, and fitness level.
2. **Joints** — The sacroiliac (SI) joint is located at the bottom of the low back where the spine attaches to the pelvis. SI pain can present as a band-like pain across the low back, which can refer into the hip and the front of the groin, making it an easily misdiagnosed problem.

The low back (or lumbar spine) consists of 5 vertebrae; all of these vertebrae have 4 joints. The joints of the lumbar spine allow for motion in the lower back. They are easily inflamed or aggravated by sudden movements, such as getting up too quickly, rotation, or lifting. These joints are often overloaded in individuals with a big arch in their low back. The pain is often sharp and can lead to muscle spasms. Range of motion is usually decreased with daily activities for this condition. A chiropractic adjustment as well as specific exercises and stretches are the gold standard in dealing with these conditions.

3. **Vertebral disc injuries** — Disc degeneration is a common cause of low back pain for many Canadians. Degeneration and disc herniations are not the same. Disc degeneration is a tear in the outer fibers of the vertebral disc, often due to



improper forces going through the spine as the result of bad posture or poor lifting mechanics. These tears become weak, predisposing the person to disc herniations, degenerative disc disease, and facet arthritis. Proper lifting mechanics are crucial to helping decrease the rate in which they degenerate. Proper lifting requires good core strength as well as flexible hips.

The question I am most often asked is, how do I fix these problems and help to alleviate the pain?

The truth is that there is no easy answer or quick fix. The first step is determining the source of the problem and addressing it individually. A physical exam from one of our Chiropractors will help direct your care and allow us to recommend what therapy would be appropriate for you. A series of adjustments and other therapies may assist in the pain management, but the issues may persist. Exercises and stretches that can easily be performed at home may help decrease the chance of reoccurrence. Again, these stretches and exercises should be individualized to the specific person. See your health care provider to determine where your pain is coming from so you can get an individualized treatment plan that would be best suited for your specific problem.

Children can experience low back pain as well. A consideration with back to school should include backpack use. Here are some helpful tips recommended by the Ontario Chiropractic Association:

- * Pack it light. Generally the backpack should not weigh more than 10-15% of your child's body weight.
- * The heaviest items should be located closest to the body.
- * Shoulder straps should be padded and adjustable.
- * Wear both shoulder straps and ensure the hip and shoulder belt are done up.
- * Purchase children's backpacks, as they are made from lighter materials than those for adults.
- * The length of the backpack should be the length of the torso.

WIDE STRAPS

A PADDED BACK
(to reduce pressure on the back)

REFLECTIVE MATERIAL



Yours in good health, Dr. Oscar Alba / Dr. Pierre Plante



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Bereavement Support Group

(8 Week program for Adults coping with Loss)
Monday October 17th-Monday December 5th
7:00pm-8:30pm

Why? Group

(Support after a suicide loss) 9 weeks
Starts: Wednesday October 19th-December

Side by Side

Mutual support group with other community members also bereaved by suicide.
Starts: Ongoing 4th Wednesdays of each month (7pm-8:30pm)-Kitchener Location

Parent Support Group

Parenting teens with substance abuse and mental health concerns
Starts: Tuesday October 18th (Meetings are third Tuesday of each month)

Mental Health Awareness Breakfast

Coming in November– stay tuned for more details



*To register or for more
details about upcoming
support groups, please
contact our office.*

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Canadian Currency Match-Up Quiz

How well do you know your Canadian Currency? We see and touch our bills every day—do you actually see and know what’s on them? Match the appropriate bill to the front and back of the following new issue Canadian Currencies. (answers on page 34)



Front of bill

- William Lyon Mackenzie King
- Sir Wilfrid Laurier
- Sir Robert Borden
- HM Queen Elizabeth
- Sir John A. Macdonald

- Five dollar bill
- Ten dollar bill
- Twenty dollar bill
- Fifty dollar bill
- One Hundred dollar bill

Back of bill

- The Canadian National Vimy Memorial
- Canadarm 2 and Dextre
- The “Canadian” train
- Canadian Coast Guard Ship “Amundsen” in the North
- Canadian innovations in the field of medicine



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Meet the NEAT Club

The North Easthope Antique Tractor Breakfast Club (NEAT) was formed by Lawrence Diamond in the early 90s, and the initial group of 10 has grown to just over 80. Many of the members are retired, with the oldest being in his 90s. Every week from mid-May to Mid-September at least 40 tractor enthusiasts drive to pre-determined locations for fellowship, and quite often breakfast.

Scheduling for the last ten years has been done by Robert Miller of Morningside in New Hamburg. The group boasts members from communities throughout the area, including Tavistock, New Hamburg, Wellesley, Poole, and Milverton, to name just a few. Many of the locations that they visit in the New Hamburg/Shakespeare area include nursing homes, long care facilities, churches, and the occasional restaurant.

On Thursday, September 1st the group gathered at Steinmann's Mennonite Church where they had breakfast together. The members purchased their fundraising breakfasts, with all proceeds being donated back to the church.



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Back to School Jokes that are Plays on Words

Q: How did you find school today?

A: I simply hopped off the bus – and there it was.



Q: Have you heard about the teacher who was cross-eyed?

A: She couldn't control her pupils!

Q: What kind of tree does a math teacher climb?

A: Geometry.

Q: What is white when it's dirty and black when its clean?

A: A blackboard!

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Calling All Girls Ages 7-14

Girls' Club ~ Please join us for our first meeting on Tuesday, September 20th at Wilmot Mennonite Church.



It will be a Weiner Roast from 7 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.

WEDNESDAY, SEPTEMBER 28, 7:00PM

The Nith Valley ECOBOOSTERS are a group committed to supporting a long-term healthy environment in Wilmot and Wellesley Townships. Our current projects include planning an anti-idling initiative and a public education event focused on what actions each of us can take to help stop climate change. Join us at 7:00PM on the 4th Wednesday of every month at Zion United Church, 215 Peel Street, New Hamburg.

For more information, contact

nvecoboosters@gmail.com or call 519-662-9372.

Another Cool Move

Blood Donor Clinic
Monday, September 19th, 5 - 8 pm
Steinmann Mennonite Church
1316 Snyder's Rd. W. Baden

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 marlene.brenneman@gmail.com



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 519-634-5129
Everyone Welcome.

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

Pay it Forward

September 23, 2016

The Wilmot Family Resource Centre will host a Pay it Forward PD Day Program for grades 1 - 5.



Participants will have the opportunity to see how our Food Bank works and will get to have some hands on experience by packing an emergency food hamper for a family in need. There will also be a lot of games and crafts (it won't all be work!)

2 Healthy Snacks will be provided, please pack a candy and nut free lunch for your child.

Registration is \$25 and forms are available at The Wilmot Family Resource Centre or any off site

9 am - 3 pm
Will be held at the Wilmot Family Resource Centre (175 Waterloo Street New Hamburg)

For more information please contact Rachel or Tina at 519-662-2731 cr4wfrc@bellnet.ca



Wilmot Family Resource Centre

EARLY YEARS PROGRAMMING Fall 2016

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-10:30am in the upstairs program room at Wilmot Recreation Complex. Program starts September 12th.

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, New Hamburg, and Wellesley locations.

Visit our website for days and times.

For more information about our programs and services call 519-662-2731 or visit our website

www.wilmotfamilyresourcecentre.ca

Be part of something *special!*

Sometimes parents have challenges caring for their children and keeping them safe. You can help. Foster parents can provide a safe and nurturing home to a child in need.

Learn more about becoming a foster parent:

Foster Parent Information Night Wednesday September 28 at 7pm

To register, call 519-576-0540 or email foster.adoption@facswaterloo.org

*"The most rewarding experience of our life is fostering children who need our love and support."
~ Foster parent*



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Become A Foster Parent. Be Part of Something Special.

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From newborns to teenagers, children entering foster care are often scared and many do not fully understand why they can't be at home. Their parents may be struggling with complicated issues that are hard for children to understand. These children need a family environment that provides warmth, acceptance, and structure, so that they can begin to heal from difficult experiences.

As a foster parent, you can give them what they need: a safe, nurturing home at the time when they need it most.

Most children keep in close contact with their parents and siblings, and - with the right supports - are able to return home.

To learn more about how to become a foster parent, visit www.fosteringkids.ca.

A Foster Parent Information Night will be held on Wednesday, September 28, 2016 from 7:00 pm to 8:00 pm at the Wilmot Recreation Complex, Wayne Roth Meeting Room, in Baden. To register for this event, please call 519-576-0540 or email us at foster.adoption@facswaterloo.org

*"I'm an everyday dad who just extends the love I give to my family to a special child in our home."
~ Mark, a Foster Dad*

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Resource Centre

Wilmot Family Resource Centre
22nd Annual Poor Boy's Luncheon
Thursday, September 22, 2016

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

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



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

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519-634-4993 office.westhills@gmail.com

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

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66 Mill Street, Baden ON

519-634-5191 joanna.e.miller@gmail.com

Pastor Joanna Miller

Sunday Worship 9 am / Sunday School

Wilmot Mennonite Church

2995 Bleams Road, New Hamburg, ON

Worship Service 9:30 a.m. ~ Christian Formation: 11:00 a.m.

Pastor Susan Allison-Jones

519-634-5030 www.wilmotmennonite.ca

Livingston Presbyterian Church

44 Beck Street, Baden / 519-662-4949

Hymn Sing 9:45 am ~ Worship to follow at 10 am
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Wilmot Centre Missionary Church

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

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Emmanuel Lutheran Church

1716 Snyder's Road East, Petersburg, ON

519-634-5511 www.petersburgchurch.org

* Wheel Chair Accessible *

Worship Service 9:30 am / Sunday School

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

*Check out What's Happening at
Your Local Churches*

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Potluck lunch to follow worship service
All are welcome!

Know God - Love God - Live God - Share Jesus
www.westhillsfellowship.com

Calling All Girls Ages 7-14

Girls' Club ~ Please join us for our first meeting
on Tuesday, September 20th at
Wilmot Mennonite Church.
It will be a Weiner Roast from 7 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.

*The kids are out and about as they make their
way to and from school—Be mindful of them
as you drive each day!*



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Sat 9:00 am - 4:00 pm

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

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You Must Be Joking!!



How to Tell the Sex of a Fly

A woman walked into the kitchen to find her husband standing around with a fly swatter.

"What are you doing?" she asked.

"Hunting Flies," he responded.

"Oh! Killing any?" she asked.

"Yep, 3 males, 2 females," he replied.

Intrigued, she asked, "How can you tell them apart?"

He responded, "3 were on a beer can, 2 were on the phone."



Submitted by Robert Price

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It's so dry the trees are bribing the dogs -- Charles Martin

So thankful that the rains have finally fallen, but it is too late for some of the farmer's crops. Even with the rains, we are still in a Level 2 water condition as more rain is needed to get to normal water levels. This means that all water users should voluntarily reduce consumption by 20 percent, in particular by eliminating non-essential water use like lawn watering and car washing. It is important to keep these limited water supplies available for essential human health, agricultural, and ecological needs (Grand River Conservation Authority).

Shoulda, Coulda or Might-Get-To- List – September to October



- ✓ Prepare & seed new lawns.
- ✓ Plant shrubs & evergreens.
- ✓ Renovate perennial border.
- ✓ Take cuttings from geraniums & coleus.
- ✓ Plant tough, reliable blooming plants like sedum and butterfly bush so you can enjoy them in the spring.
- ✓ Dig gladioli, cannas, and dahlias and cut off stalks after the first hard frost. Dry the tubers and store indoors in a cool, dry place.
- ✓ Plant spring-flowering bulbs and garlic. Home Hardware is selling the CANADA 150 tulip to celebrate Canada's 150 birthday.
- ✓ For open ground, plant annual ryegrass as green manure to improve the soil and protect it from erosion; then till it under in the spring.
- ✓ Pruning: repair storm damage or remove dead branches at any time. DO NOT use pruning paints to do this; modern research shows they often cause more harm than good.
- ✓ Bury pots in the garden soil if plants grow in our zone 5, or move plants into the garden. Pots left above ground will be down to zone 3 because of exposure.
- ✓ Plant winter-hardy pansies and fall annuals (calendula, dianthus, ornamental cabbage, and kale).
- ✓ Plant tag teams of perennials and spring-blooming bulbs that will complement each other or bloom in sequence next season.
- ✓ Water trees and shrubs when rainfall is scarce to "winterize" them before freeze-up.
- ✓ Dehead chrysanthemum plants to keep flower buds forming through the fall.
- ✓ Clean out rose beds; leave hips for winter color and bird food.
- ✓ Move tender houseplants, etc., indoors after rinsing (removes insects) and repotting, and set up a grow light to supplement natural light or place in a bright area.



Upcoming meeting: Monday, October 17th, 7:30 pm, Wilmot Recreation Complex, 1291 Nafziger Rd., Baden, Mtg Rm A (upstairs). Horticultural Therapy Speaker: Bruce MacNeil, Master Gardener and volunteer at several seniors centres, will share his love of horticulture and extoll its virtues. Fun speaker and great photographer! **Free meeting**, a 50/50 draw (bring your loonie or toonie), door prizes, and a social with tea/coffee with snacks.

Keep your fingernails and knees dirty!

www.gardenontario.org/site.php/wilmot email: wilmothortsociety@gmail.com member of OHA: <http://www.gardenontario.org/>

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You Must Be Joking!!



Keys...

They weren't in my pockets. Suddenly I realized I must have left them in the car.

Frantically, I headed for the parking lot. My husband has scolded me many times for leaving my keys in the car's ignition. He's afraid that the car could be stolen.

As I looked around the parking lot, I realized he was right. The parking lot was empty. I immediately called the police. I gave them my location, confessed that I had left my keys in the car, and that it had been stolen.

Then I made the most difficult call of all to my husband:

"I left my keys in the car and it's been stolen."

There was a moment of silence. I thought the call had been disconnected, but then I heard his voice.

"Are you kidding me?" he barked, "I dropped you off!"

Now it was my turn to be silent. Embarrassed, I said,

"Well, come and get me."

He retorted, "I will, as soon as I convince this cop that I didn't steal your damn car!"

Welcome to the golden years...

Submitted by Bruce Bousher

Shirley's Sewing
Alterations and More

Shirley Cudney
Seamstress

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Baden, Ont. N3A 2M3

519-214-1115

Answers from Canadian Currency Match Quiz from page 26

- ⇒ **Five Dollar Bill** – Laurier and Canadarm 2 and Dextre
- ⇒ **Ten Dollar Bill** – Macdonald and the "Canadian" train
- ⇒ **Twenty Dollar Bill** - HM Queen Elizabeth and the Canadian National Vimy Memorial
- ⇒ **Fifty Dollar Bill** - Mackenzie King and Canadian coast guard ship
- ⇒ **One Hundred Dollar Bill** – Borden and Canadian innovations in medicine



Jon came very well prepared, helped us make our home look as good as it possibly could. Thanks Jon for all your efforts and the time you took to help us sell our home!"

By: Jenn and Ric Christiansen

Thinking of Moving This Fall?

Go with someone you can trust!



The Lambert Group is growing to serve you better, our newest addition is Heather Goc, as our new Executive Assistant she is helping to run the behind the scene to make your transaction run as smooth as possible!

This fall the market is **BOOMING**, if you or a friend, relative or coworker are looking to sell why not give us a call for a **FREE** home evaluation! I bet your house is currently worth more than you expect! The Lambert Group is local and has the experience that makes the **difference**.



Wondering what your property is worth in today's market? Contact us, your local real estate agents, today for a

FREE
Home Evaluation!



Jon Lambert – Sales Representative
519.897.1507 – jonlambert@remax.net

Kerilynn Mathers – Sales Representative
519.897.1786 – kerilynn@lambertgroup.ca

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The Outlook Hockey Pool

Be a sport and play hockey with us!

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 give us a call at 519-634-8916.



<input type="checkbox"/> Kane * CHI * 106 <input type="checkbox"/> Benn * DAL * 89 <input type="checkbox"/> Crosby * PIT * 85 <input type="checkbox"/> Seguin * DAL * 73 <input type="checkbox"/> McDavid * EDM * 48	<input type="checkbox"/> Pavelski * SJ * 78 <input type="checkbox"/> Gaudreau * CAL * 78 <input type="checkbox"/> Kuznetsov * WAS * 77 <input type="checkbox"/> Tarasenko * STL * 74 <input type="checkbox"/> Malkin * PIT * 58	<input type="checkbox"/> Ovechkin * WAS * 71 <input type="checkbox"/> Tavares * NYI * 70 <input type="checkbox"/> Giroux * PHI * 67 <input type="checkbox"/> Stamkos * TB * 64 <input type="checkbox"/> Getzlaf * ANA * 63	<input type="checkbox"/> Thornton * SJ * 82 <input type="checkbox"/> Karlsson * OTT * 82 <input type="checkbox"/> Panarin * CHI * 77 <input type="checkbox"/> Forsberg * NAS * 64 <input type="checkbox"/> Perry * ANA * 62
<input type="checkbox"/> Wheeler * WIN * 78 <input type="checkbox"/> Burns * SJ * 75 <input type="checkbox"/> Kopitar * LA * 74 <input type="checkbox"/> Kucherov * TB * 66 <input type="checkbox"/> Hall * NJ * 65	<input type="checkbox"/> Johansen * NAS * 60 <input type="checkbox"/> Barkov * FLO * 59 <input type="checkbox"/> Duchene * COL * 59 <input type="checkbox"/> Eichel * BUF * 56 <input type="checkbox"/> Couture * SJ * 36	<input type="checkbox"/> Letang * PIT * 67 <input type="checkbox"/> Monahan * CAL * 63 <input type="checkbox"/> MacKinnon * COL * 52 <input type="checkbox"/> Subban * NAS * 51 <input type="checkbox"/> Eberle * EDM * 47	<input type="checkbox"/> Pacioretty * MON * 64 <input type="checkbox"/> Scheifele * WIN * 61 <input type="checkbox"/> Kessel * PIT * 59 <input type="checkbox"/> Toews * CHI * 58 <input type="checkbox"/> Brassard * OTT * 58
<input type="checkbox"/> Spezza * DAL * 63 <input type="checkbox"/> Carter * LA * 62 <input type="checkbox"/> Stone * OTT * 61 <input type="checkbox"/> O'Reilly * BUF * 60 <input type="checkbox"/> Vorachek * PHI * 55	<input type="checkbox"/> Hoffman * OTT * 59 <input type="checkbox"/> Huberdeau * FLO * 59 <input type="checkbox"/> Neal * NAS * 58 <input type="checkbox"/> Zetterberg * DET * 50 <input type="checkbox"/> Gallagher * MON * 40	<p>RULES: (there are 2 pools : adult and kids-12 & under)</p> <ol style="list-style-type: none"> 1. Only one ballot per person. 2. Updates will be calculated on the 7th of each month. 3. Ties will be broken by the entry that has gained the most points that month. 4. Prizes are given for most accumulated points. One point each is given for goals and assists made by forwards and defensemen. There are two goalie boxes. *Two points will be given for every game a goalie wins.* 5. There will be two random draws each month. You are only able to win the leader prize once! 6. Pick one player from each box. (This year's team and 2015-2016 points included with each player). 7. No entry fee required... just have fun! <p>No trades or substitutions through the year.</p>	
<input type="checkbox"/> Holtby * WAS * 96 <input type="checkbox"/> Quick * LA * 80 <input type="checkbox"/> Crawford * CHI * 70 <input type="checkbox"/> Bishop * TB * 70 <input type="checkbox"/> Rinne * NAS * 68	<input type="checkbox"/> Jones * SJ * 74 <input type="checkbox"/> Lundqvist * NYR * 70 <input type="checkbox"/> Luongo * FLO * 70 <input type="checkbox"/> Allen * STL * 52 <input type="checkbox"/> Price * MON * 20		

ALL ENTRIES MUST BE IN BY OCTOBER 1ST

Name:

Address:

Phone Number:

Adult or Child (12 and under - age ____)

To Follow the Stats simply visit www.badenoutlook.com—select "sports pools" . For adult pool, type in pool ID: [outlookhockey](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 7th, so prizes will not start until the November issue.

Thanks for playing and
GOOD LUCK!



Fabulous Fall is *hear*



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