

Baden Outlook



Baden's Monthly Newsletter ~ Keeping the Community Connected!

Serving the GBA Since August 2000 with 3000 Copies in Circulation

Fifth Generation Celebrates Summer Wedding at Castle Kilbride

Romantic music, beautiful gowns, and fragrant, lush flowers -- these are only some of the things that make weddings magical. And when you add the presence of family and a celebration of heritage, a wedding truly becomes meaningful.



Seen to the right is Laura Pearson, great-great-granddaughter of Castle Kilbride's builder James Livingston, who married Michael Rand on the Castle's front lawn. To the left is her Grandmother Laura Louise Livingston who married Hap Vietch in 1942.



Read more of this story on page 30.

Photos courtesy of Castle Kilbride

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This paper is priceless - Please have one!

Talking with Ed

~ The 90% Rule!



Pat and I enjoyed a camping trip to Falls Reserve Conservation campground near Benmiller several weeks ago. It is a very pleasant campground with the Maitland River flowing through it, conveniently located seven kilometres from Goderich. We decided to go to Goderich for brunch and I recommended to Pat that we should check out the Bluewater Restaurant – I had eaten there several times while working on the road for Zehrs many years ago and recalled their great breakfast menu.

The Bluewater Restaurant is a small, friendly diner with great food and prices – let’s just say you aren’t going to walk away hungry. Our waitress was friendly, efficient, and a little quirky in a very enjoyable way. I scanned the menu and noticed in a corner an advertisement for the *Jabba the Hutt Breakfast* – ask your waitress for details. Okay, I will bite, no pun intended, “So what’s the deal?” I asked, referring to this ad.

“The Jabba the Hutt breakfast sells for \$24.99 and if you can eat it all within the 45-minute allotted time, then you get your picture on the wall and a free T-shirt,” she responded. I looked at the wall where she was pointing and surrounding the shirt were about 20 pictures of successful patrons. Oddly enough, the vast majority of them were men.

Okay, I’ll bite... part two – “What is included in a Jabba the Hutt breakfast?” I queried. Her response was quick and obviously repeated many times: four eggs (your choice of style), plus four each of bacon, sausage, ham, and toast, a mound of home fries, an eleven-inch pancake, and a five ounce steak. I am pretty sure I got all that she said – but I think you get the idea of the enormity of ordering that breakfast.



I have over eaten several times in my lifetime and one particular event left me on our reclining chair for the night due to discomfort while lying down. Shortly after that I imposed a 90 % rule on myself and I am proud to say that I stick to it quite strictly. What is a 90% rule you ask? Only eat until you are 90% full and do not eat anymore! Basically the only time I break the rule is staring at a delicious desert. Even then I am probably only 95%. I won’t forget that night when I felt so ill from over eating!

I decided to research how big an actual average stomach is. Most sites agree that the average stomach holds about the equivalent of one litre of food. There are some people whose stomachs can expand to about four litres. When I read that, I thought of the winner of the hot dog eating contest at Coney Island who ate 59 hot dogs in a very short amount of time. Ouch... that had to hurt! This just begs the question— “Why?”

I will share another experience I witnessed regarding a “Wall of Fame” eating achievement. One other restaurant that I frequented when traveling for Zehrs was a small Thai restaurant near the Zehrs on Weber Street in Kitchener. They had a wall full of Polaroid photos with “Wall of Fame” posted above – once again, the vast majority were men. I asked, “How does a person get their picture on the wall?” The waitress responded, “We have five varieties of spice temperature to choose – mild, medium, hot, extra hot, and inferno. If you can eat a plate of an inferno dish, then you get you get your picture on the wall.” I would order medium fairly regularly and I found it bordering on too spicy.

Bryson, who was one of our travelling colleagues, was eyeing this up for weeks. One day he informed us that “today is the day”. He ordered the inferno chicken noodle creation. The plate was delivered and he dove in immediately. We were all splitting a gut watching him eat his plate of food. Sweat was pouring off his face and each fork-full consisted of three chews and a swallow. I have never seen jaws work so quickly. In the end he proudly stood for the picture – I am not sure how that night or next morning went for him (don’t want to know those details).

I am not sure how I determined what 90% full is but I feel that it has helped me manage my weight and remain fairly healthy. Happy eating!

Until next month...Ed

EXTRA EXTRA!!

You’ll find us around the 15th of each month, available at over 80 places within Wilmot Township, while quantities last.



You’ll find us In Baden at Mars Variety, CircleK, Baden Feed, Baden Dental, Wilmot Rec. Centre, Tim Hortons, Baden Library, EJ’s, and several outdoor magazine boxes located conveniently throughout town for Baden readers.

You can pick it up in New Hamburg at No Frills, Sobey’s, Short Stop, NH Legion, McDonalds, Morningside, Stonecroft, Office Pro, NH Thrift Centre, Personally Fit Gym, Pharmasave, NH Dry Cleaners, NH Wellness, all libraries and various offices and retail locations throughout Wilmot Township.



It can also be found at Foxboro, in St. Agatha at Fishers Esso, Angie’s Kitchen, and Pfenning’s.

The best things in life are free - like a big red moon on a warm summer night, and this paper ~ Please Have One!

Greetings from ~ Outlook Headquarters

September...what?! Where did August go? As usual, time is moving too fast and summer vacations are over and kids are back to school. Good luck to the parents sending off their wee ones for their first day of kindergarten and to those who have packed up their bigger kids sending them off to college or university.



It is both an exciting yet scary time to try out all the new 'firsts' that they will experience.



Although the month of September has arrived, don't be so quick to say good-bye to summer. There will be plenty of warm sunny days yet and still more fun to have. The community has been busy with CornFest; you will see a re-cap of fun photos of the day in this issue. New Hamburg held MoparFest, the New Hamburg Fall Fair, and is now ramping up for Oktoberfest — yes, coming to New Hamburg, learn more on page 9. Yet even more fun is the upcoming Karaoke Idol Contest hosted by Scran and Dram, as seen in their ad on page 15.

A painted-rock craze is sweeping communities and has come to Baden. You paint then plant hidden stones around town to cheer and inspire one another, as explained on page 12. Join in the fun—seen here are the stones I painted to share, hope you can find one! With the Baden Rocks theme in mind, we decided to create a quiz about Baden on page 13, and I hope you have as much fun doing it as Barry and I had making it while camping one rainy night.



So what else is in this issue? Plenty! We are happy to introduce Carolyn Rutledge, a Pelvic Health Physiotherapist from Livewell Health and Wellness, as she educates us on how to keep a healthy bladder on page 25. Also learn about your thyroid from Helen on page 23. Thanks go out to these gals - we are fortunate to have them share this information in our paper. I really liked the article on page 24, submitted by Interfaith Counselling, about coming to terms with a bad day... after all, we all have them and it is good to put that into perspective. Congratulations to the Grade 8 youth who were given awards by the Baden Optimist Club— see who they were on page 18. If your garden is over abundant with zucchini and you're not sure how to use them all, you will find a recipe by Colleen Herner in Cooks Corner on page 37. And to our hockey fans...be sure to fill out the hockey pool entry form on page 39. As always, there is plenty of silly stuff to entertain you as well. When casually chatting about the paper I often ask people what they like to read and what they pass by, and it is without fail that most continually want more jokes, quizzes and fun stuff. That says something... keep smiling!

I came across this peculiar creature hanging on the side of our trailer. It first looked like a dried up stick until I saw it move...slowly and sort of creepy. I took a picture of it and of course I had to Google it. This is what I learned from Wikipedia ~ Meet the Stick Bug...

The common walkingstick or northern walkingstick (*Diaperomera femorata*) is a species of phasmid or stick insect found across North America.

The common walkingstick is a slender, elongated insect that camouflages itself by resembling a twig. The sexes differ, with the male usually being brown and about 75 mm (3 in) in length while the female is greenish-brown, and rather larger at 95 mm (3.7 in). There are three pairs of legs, but at rest, the front pair is extended forward beside the antennae, forming an extension of the twig-like effect. Neither sex has wings, the antennae are two thirds of the length of the body, and each of the cerci (paired appendages at the tip of the abdomen) has

a single segment.

This walkingstick is native to North America. Its range extends from the Atlantic coast from Maine to Florida, as far west as New Mexico and northwards to North Dakota. It also occurs in Canada (where it is the only stick insect) being present in Alberta, Manitoba, Ontario, and Quebec.

It is easy to see how stick bugs get their name. They resemble straight, slender sticks with six long spindly legs and two thread-like antennae. ... Since stick bugs eat only foliage, they do not attack or bite people or other insects.



Checking out the Baden Library



One Book One Community (OBOC) excitement in September

There are many ways to get involved with this Waterloo Region community literacy initiative. Begin by reading the selected book **Broken Promise** by Linwood Barclay. Barclay's book is a suspenseful thriller filled with imperfect characters, secrets, baby-napping, and murder. Follow all the twists and turns that main character David Harwood goes through. Can you make sense of it all and solve the murder? Search our catalogue to get your copy of the book or eBook and then join us for two events in September and to learn more about OBOC visit oboc.ca.

OBOC edition book club

Attend this one-time special book club to discuss this year's OBOC title, **Broken Promise** by Linwood Barclay. Come discuss your opinion about the book at the Scran & Dram in New Hamburg on Tuesday, September 18, 6:30 – 8 p.m.

One Book One Community (OBOC) author visit

Author Linwood Barclay will be visiting Waterloo Region September 25-27, 2018 to discuss his OBOC selected book **Broken Promise**. The Region of Waterloo Library will host Barclay for a drop-in author reading and discussion on Wednesday, September 26, 1:15-2:20 p.m. at the Elmira District Secondary School, 4 University Avenue West in Elmira.

Baden book club at EJ's

Adults of Waterloo Region are invited to join Jen Cyr, Coordinator Library Collections the third Tuesday of each month starting October 16, 6:30-7:30 p.m. at EJ's Tavern. Treat yourself to a beverage or food item and contribute to the conversation regarding the selected book. Note: there is no book club in December.

Free 1:1 computer coaching

Would you like to learn more about your computer, tablet or smartphone? Sign up for a free, one-on-one technology

training session by calling the Baden branch at 519-634-8933. Appointments are available Tuesdays: September 25, October 23, November 6 & 20, 10 a.m. - 3 p.m.

Fall programs for youth

Registration for all fall programming begins Tuesday, September 11. Fall programs include Baby Connections, Lil' STEAM, Family Storytime, Ready Set Go Kindergarten, Maker Club, Tails for Tales and youth book clubs. Library programs are free and some require advanced registration unless otherwise indicated. Programs begin the week of October 2 and run for eight weeks. Register online, by phone, or in person. Check rwlibrary.ca for information.

Lost and found

Are you missing a favorite book, hat, or other special item? Our lost and found basket is full after a busy summer.

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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2018 Water Main Flushing Program
New Hamburg and Baden

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

Commencement date: September 17, 2018
Completion date: September 28, 2018

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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Fall Allergies Affects Your Pets Too!

The kids are back to school and things are falling back into the usual routine – how nice! With a little less of the summer crazy going on, we can once again take a minute to notice unusual behaviours in our pets. If your pets are frequently itching, scratching or biting his skin, they may be suffering from an allergy.

Your dog or cat can suffer from the same seasonal allergies that affect humans. Allergic dermatitis is one of the most common conditions affecting pets. Pollen, mold, ragweed, and dust mites may trigger pet allergies. Rather than experiencing watery eyes or congestion like their human counterparts, pets usually suffer from itchy skin. Repeated biting and scratching causes irritated, moist skin that is susceptible to secondary bacterial infections. Prompt treatment is essential to relieving a pet's painful itching symptoms and preventing secondary skin infections or more complex problems.



Food allergies can also cause pets to itch or scratch their skin. The most common sites of irritation when food allergies are involved are the ears, feet, and the anal area. Pets with a food allergy may bite or scratch at their skin, frequently bite or lick their paws, and drag their rear across the ground to scratch the area and release their anal glands.

Veterinarians have substantial experience diagnosing and treating pet allergies, both those caused by food and by environmental allergens, such as pollen. If you suspect that your pet is suffering from an allergy, schedule an appointment as soon as possible. Diagnostic tests or an elimination diet may be necessary to precisely identify the cause for your pet's allergies. Treatments may include reduced exposure to a seasonal allergy, and/or medication to manage allergy symptoms as well as a potential diet change.

If your pet is itching, scratching or biting its skin, schedule an appointment with your veterinarian as soon as possible.

By Dr. Rebecca Ricker

The best thing you can wear is a smile... it always looks good on you!



Baden ~ Our Town

The Baden Community Association was happy with the weather for the Corn Festival, with blue skies and sunshine bringing out a great crowd. There was a variety of things to see and do with lots of vendors, food, music, kids activities, and fun for the whole family. Special thanks to all the volunteers who came out to help, and to Baden Hotel for partnering up and supplying the dinner and evening entertainment. See attached photos of the day.

The BCA will continue to fuss over the flower beds as the gardens become unruly this time of year. Then after taking a well-deserved break, they will begin planning for their annual kids' party for New Year's Eve.

Stay in touch with the group on Facebook or join in a meeting on the last Wednesday of each month at the Township Hall at 7 p.m.



Eric Traplin returned again this year to entertain the children. He gets them on their feet with interactive singing and dancing...where there is Eric you're sure to find fun!



The children were drawn to the petting zoo with lots of farm animals to connect with.

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MORE CORN FEST FUN PICS!



The bouncy castles are always a hit with the kids on the green space next to the pond.



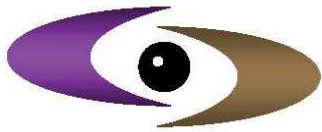
Many enjoyed a try at the Cornhole game!

Thanks to those who volunteered to husk corn!



The horse ride was popular and gave the horses a workout on a hot day!

Cornfest photos courtesy of Joanne McCallum



BADEN EYECARE CENTRE

Dr. Sonya Frank, Optometrist

DID YOU KNOW?

Carrots are not the only vegetable that keep your eyes healthy – dark leafy greens like spinach and romaine, as well as orange/red veggies like squash and peppers help maintain vision, so enjoy the bounty of the harvest!

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Baden Outlook



Lots of fun vendors laid out their wares next to the pond.



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You Must Be Joking!!



My Son the Veterinarian

One Sunday, in counting the money in the weekly offering, the Pastor of a small church found a pink envelope containing \$1,000. It happened again the next week!

The following Sunday, he watched as the offering was collected and saw an elderly woman put the distinctive pink envelope on the plate. This went on for weeks until the pastor, overcome by curiosity, approached her.

"Ma'am, I couldn't help but notice that you put \$1,000 a week in the collection plate," he stated.

"Why yes," she replied, "every week my son sends me money and I give some of it to the church."

The pastor replied, "That's wonderful. But \$1000 is a lot, are you sure you can afford this? How much does he send you?"

The elderly woman answered, "\$10,000 a week."

The pastor was amazed. "Your son is very successful; what does he do for a living?"

"He is a veterinarian," she answered.

"That's an honorable profession, but I had no idea they made that much money," the pastor said. "Where does he practice?"

The woman answered proudly, "In Nevada..... He has two cat houses, one in Las Vegas, and one in Reno."



Submitted by Robert Price

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Early autumn is nearly here with all its delights, coloured leaves, a bountiful harvest time, and celebration of a late summer.



There also is the tantalizing scent of sizzling Oktoberfest sausage, kraut and all the tasty trimmings, washed down with the clean refreshing taste of a Bavarian brew. All that can be yours at a return of Oktoberfest to this area, one day only, Saturday, October 6. The day-long event takes place at the New Hamburg branch of the Royal Canadian Legion, 65 Boulee St, New Hamburg.

For the entire family, the event begins at eleven in the morning and though there is no admission charge, a donation at the door will be appreciated. The family portion features activities

and face painting for the children, and food and beverages will be on sale.

The family segment closes at four to allow preparation for the adults-only Oktoberfest which will begin at six p.m. At that time there will be a full German food menu, all freshly made on the premises. Tapping of the keg at seven pm and singing and dancing will provide a fine atmosphere. A special selection of German beer and schnapps will be available.

One objective of the event is to raise funds to help meet the \$20,000 cost of a new heating/ventilating/air conditioning system for the Legion Building. The current one has come to the end of its useful life and needs complete replacement.

Over the past 5 years, the New Hamburg Legion has donated just over \$55,000 to various organizations, including \$2500 to each of St. Mary's, Grand River, and Stratford General Hospitals and the Military Family Resource Centre, and \$11,500 to the Fund for Homeless Veterans. Also there is support for Veterans' Day poetry contests and scholarships at Waterloo-Oxford District Secondary School. The Legion is also involved in supporting Canada Day celebrations, Moparfest, the Christmas Parade, and several local sports teams.

Advance tickets for Oktoberfest are \$15 up to September 29 (\$20 at the door). They are available online: <http://www.rcl532newhamburg.ca/> or at the Legion, New Hamburg Cleaners and Riverside Flowers.

When the event for adults ends at one a.m. it is hoped all present will have had an enjoyable time while also aiding a long-time community organization which gives back to the community. Wear your Bavarian hat, lederhosen and join us for a great time. See you there!

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Submissions are due on the 1st of each month.



Local Town Word Scramble

SCRAMBLED CITIES – UNSCRAMBLE EACH OF THE GROUPS OF LETTERS BELOW TO UNCOVER THE NAMES OF SIX LOCAL TOWNS. ANSWERS ON PAGE 13

1. LELESLYWE _____
2. BNOILS _____
3. YVIHASLEL _____
4. BBGRAUM _____
5. NEADB _____
6. EEEAASSHPKR _____
7. HEMINNAM _____
8. PLUGSLIPHIBR _____
9. LEVITTPALLS _____
10. GRUBMEXUL _____

*A Tid-bit of Trivia taken from August 2001
Baden Outlook, Volume 2, Issue 1
Check out what was going on back then.*

- Cheese Factory property update - To date 10 of the 24 homes are sold and two of them are now occupied.
- In 1882 James Livingston of Baden, defeated Samuel Merner of New Hamburg, in an election for the Federal Member of Parliament for this Waterloo South area.
- Work has commenced on the new golf course in Petersburg. Plenty of earth moving equipment can be seen beside the K-DAC location.
- In early settlements around this area, hogs were run wild in the woods to fatten up on the fallen beechnuts before butchering-time in the autumn.
- Wilmot Township has its own web site. Be sure to check it out - the email address is www.township.wilmot.on.ca/



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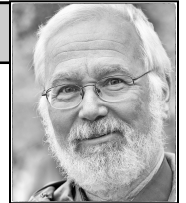
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Baden Birding

By Ken Quanz



During the last two weeks of August I got several comments about strange birds visiting hummingbird feeders. I suspect that many more people had the same question: "What is that bird doing at my feeder?" Invariably, the bird was identified as a member of the woodpecker family. Are they not supposed to eat insects?

The identification is correct; they are woodpeckers. Every picture I have seen and every good description identifies them as juvenile Downy Woodpeckers.

I spoke with a local bird expert and he agreed with identification, but cautioned that some people may be seeing Sapsuckers as well. Next, I went to my favourite online site for bird information, Cornell University, to see what they had to say. Sure enough, juvenile woodpeckers, mainly Downy Woodpeckers, are known to frequent hummingbird and oriole feeders in the first weeks after they have fledged. During these first weeks of flight, the parent birds find insects and larvae which they feed to their young while the fledglings are learning how to find their own



food. It must be hard for a tender beak to break into bark of a tree or dig under the bark scales for small Arthropoda which the woodpecker's keen hearing can pinpoint. It sure would be tempting to stop off at an oriole or hummingbird feeder for a cool sugary energy drink. Eventually, however, the young grow up, the beaks become stronger and longer and natural instinct takes over. As fall starts to set in, an easier target presents itself on the stems of goldenrod. Female Goldenrod Gall Flies lay their eggs one at a time in the upper stems of the tender, fast growing plants. In response to this intrusion and the hormones in the fly larva, the stem grows out and around the fat little maggot. What a tempting, juicy morsel for a young hungry woodpecker! And nature's cycle continues!

Please do not confuse goldenrod with allergy provoking ragweed. Goldenrod produces a heavy pollen which must be moved by insects such as bees, therefore playing a large role in fall honey production. Ragweed pollen is very light and is spread in the breeze. Much of the time it hides right under our noses (so to speak). Often there is an excellent crop of ragweed growing between the sidewalk and the curb!



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BADEN ROCKS!

A painted-rock craze is sweeping communities around the world. This group is part of the Kindness Rocks Group. A never ending treasure hunt that encourages art, creativity, outside adventure, family time, and just plain fun.

The premise is simple: Gather a few supplies (flat, paintable rocks, acrylic paint, sealer, paint brushes), decorate your rock — getting as creative as you like — and seal it.

You can keep the rock, leave the rock, if you want take a picture and upload where you found it, re-hide the rock to a new location, post new clues to where it can be found.

You can hopefully paint some rocks, hide, and post where you place them for others to scour and find. You can count on bringing a smile to the finder. Your paintings can be as simple or elaborate as you like.

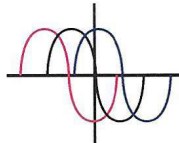
Popular hiding spots are parks, playgrounds, trails, outside restaurants and stores. Always be mindful of the environment and respectful of community guidelines. Do not hide rocks on private property. And remember, hide loosely, these are meant to be found!



Join in the fun... but don't take yourself so seriously, not everyone is an artist, just share the fun. Check out the Facebook Group "Baden Rocks" where you can join in, then get out for a walk and keep your eyes open!

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Just For Laughs...



Having troubles understanding those medical terms? This may help.

- * **VEIN-CONCEITED**
- * **ARTERY-THE STUDY OF PAINTINGS**
- * **BARIUM-WHAT DOCTORS DO WHEN A PATIENT DIES**
- * **BOWEL-A LETTER LIKE A, E, I, O, U**
- * **CAUTERIZE-MAKE EYE CONTACT WITH HER**
- * **DILATE-TO LIVE LONG**
- * **FESTER-QUICKER**
- * **IMPOTENT-DISTINGUISHED, WELL KNOWN**
- * **LABOUR PAINS-GETTING HURT AT WORK**
- * **NITRATES-CHEAPER THAN DAY RATES**
- * **NODE-WAS AWARE OF**
- * **OUTPATIENT-A PERSON WHO FAINTED**
- * **PELVIS-A COUSIN OF ELVIS**
- * **TUMOR-MORE THAN ONE**
- * **VARICOSE-NEARBY**



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Indeed, Baden Rocks! Here is a quiz about Baden that will poke your memory, educate or enlighten you on all things Baden! Fill in the answers on the right side with the clues given on the left side in random order. The answers begin with the first letters of **BADEN ROCKS**. The answers can be found on page 15.

Baden's summer festival

What these are: Foel, Beck, Foundry

Baden's Castle _____

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Mayor Les _____

Baden's neighbouring town

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R _____

O _____

C _____

K _____

S _____

The Baden Outlook



Baden's Monthly Newsletter
"Keeping the Community Connected"

Answers to
Town Word Scramble
From page 10

1. WELLESLEY
2. LISBON
3. HAYSVILLE
4. BAMBURG
5. BADEN
6. SHAKESPEARE
7. MANNHEIM
8. PHILLIPSBURG
9. PLATTSVILLE
10. LUXEMBURG



Q: How do you catch a squirrel?

A: Climb up a tree and act like a nut!



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Baden Outlook Baseball Pool Stats

Place	Name	PTS	Place	Name	PTS
1	Peter Woolfrey	330	31	Pamela Hadley	295
2	Wayne Erb	326	32	Michael Vitello	294
3	Marissa Schmitt	320	33	Jim Vickers	294
4	John Biesel	320	34	Reynold Skowron	293
5	Earl Nikolas	317	35	Dianne Brackenbury	293
6	Brandon Gingerich	315	36	Greg Stoyko	293
7	Mike Pajot	315	37	Rick McBrien	293
8	Jake Durrer	314	38	Burt Greb	293
9	Una Taves	314	39	Dave Beaver	292
10	Diego Vitello	309	40	Steve Roth	292
11	L. McGrath	307	41	Josie Coombs	292
12	Tyler Naumann	305	42	Ashley Ferguson	291
13	Mike Robinson	305	43	Samuel Gingerich	291
14	Ernie Faulhafer	304	44	John Papa	291
15	Vicki Hardman	304	45	Rob Schmitt	291
16	Mary Lichti-Neeb	303	46	Stephanie Duggan	290
17	Dick Dean	302	47	Phillip Schmitt	290
18	Stephen Campbell	302	48	Linda Robinson	289
19	Eugene Kuntz	301	49	Carol Pajot	289
20	Aiden Kooy	301	50	Colton Porchak	289
21	Scott Kooy	301	51	Scott Gingrich	289
22	Amy Papa	301	52	Scott Strickland	289
23	Paul Koenig	299	53	Arlene Naumann	288
24	Cooper Honderich	299	54	Brittany Schmidt	288
25	Doreen Dean	298	55	Sam Murray	288
26	Jesse Heibein	297	56	Bridget McBrien	287
27	Bob Good	296	57	Bonnie	287
28	Johnnie Reiner	296	58	Patricia Miller	286
29	Michelle Roth	295	59	Nick Heipel	286
30	Amber Porchak	295	60	Isaac Roth	286



Congratulations to Marissa Schmitt for taking the Leader Prize for this month's Baseball Pool, winning a gift certificate from Baden Hotel.

(Sorry Peter and Wayne, remember you can only win the monthly leader prize once—but good luck next month!)

Watch for next month as we post the final year end ball-pool stats and see who the lucky winner is!

Don't forget to fill out the hockey pool registration form on the inside back page.



Hello sports fans! Thanks for playing baseball with us! There are 296 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" and pool name is [outlookhomerun18](http://www.badenoutlook.com) and the password is quest. On left bar, click on 'ranking' to view your stats. Have Fun and Good Luck!



Q: Where can single men over the age of 65 find younger women who are interested in them?

A: Try a bookstore, under Fiction.



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Answers to BADEN ROCKS
quiz from page 13

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Have you noticed that the critters are acting differently? The squirrels are running into the street and not watching where they are going, and the bees are trying to get into every little crack and crevice. They seem to be busy with their own agendas as the season is changing. I guess that means that we at home have got work to do too!



Excuse me, but get out of my way I'm in a hurry!



Oh ya, well so am I... and I'm in a bad mood, so look out!

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You Must Be Joking!!

Hmmm... and they walk among us!



A man, wanting to rob a downtown Bank of Commerce, walked into the branch and wrote this, "Put all your munny in this bag." While standing in line, waiting to give his note to the teller, he began to worry that someone had seen him write the note and might call the police before he reached the teller's window.

So he left the Bank of Commerce and crossed the street to the Royal Bank. After waiting a few minutes in line, he handed his note to the Royal Bank teller.

She read it and, surmising from his spelling errors that he wasn't the brightest light in the harbour, told him that she could not accept his stickup note because it was written on a Bank of Commerce deposit slip and that he would either have to fill out a Royal Bank deposit slip or go back to Bank of Commerce.

Looking somewhat defeated, the man said, "OK" and left. He was arrested a few minutes later, as he was waiting in line back at Bank of Commerce.

Submitted by Bruce Bousher

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You Must Be Joking!!



Final Exam

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

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

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

For 95 points: Which tire? _____

Submitted by Bob Smith

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Baden Optimist Club Presents Youth Awards

In June, the Club presented an "Optimism Award" to three Grade 8 graduates. These students were chosen based on the volunteering they did both in and out of school and they demonstrated a positive attitude toward school and class mates.

This award had a money component. These students were given money from our club and they had to pick a charity of their choice and present a cheque to that charity in person.



Adam Roth from Baden Public School gave his donation to the Hidden Acres Camp (seen with camp owners) to help pay for a child to go to camp.



Abby Denomme from Sir Adam Beck gave hers to the KW Humane Society to help pay for medical care for animals.



Joey Weber from Baden Public School gave his donation to the Mennonite Central Committee (New Hamburg Thrift Shop) where they will use it to help change lives around the world.

Congratulations to all three of these students and our club wishes them success in high school!!

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Township of Wilmot Receives Generous Donation of \$1M Over Two Years for Trails

At their Council Meeting on September 10, 2018, Wilmot Council received a generous donation of \$1,000,000 to be used towards trail development within the Township. Lifelong resident, Mike Schout, presented Council with the first of two donations of \$500,000, with the second donation coming in 2019.

The development and maintenance of a robust trail system in the Township has been priority for Council for many years. In 2013, Council approved the Township of Wilmot Trails Master Plan, a comprehensive document, written with community input to establish the goals, objectives and policies for trails throughout the Township. This generous donation to trails development within the community will allow the Township to advance the timing of many projects which were identified in the trails masterplan.

Mr. Schout grew up in Wilmot Township and has always considered the walkability of the community as a key factor in making it a desirable location to live, work and play. When asked where his dedication for this cause came from, these were his comments:

“My heritage is Dutch and I spent 3 weeks living with relatives in a small town in Holland in the early ‘90s while celebrating my Aunt & Uncle’s 50th anniversary. I was amazed at the trail system throughout the entire town and countryside and impressed by how many people were using them. They even had exclusive trail tunnels under major streets and train tracks.

When I designed Stonecroft several years later I wanted to incorporate what I’d seen and included over 5 km throughout the community. Today the community has almost 900 residents and the trails are the #1 amenity contributing to the social lifestyle.”

Mike Schout

Recommendations outlining how the funds will be used will come forward from an interdepartmental staff working group for approval by Council, using the Trails Master Plan as a guiding document. Trail development is traditionally funded through a combination of Development Charges and General Levy funding; however, more recently corporate donations of funds and land have allowed works to move ahead sooner than originally anticipated.

The community has positively embraced the Townships efforts over recent years to connect our communities and our public spaces with multi-use recreational trails, and this donation acknowledges and further supports the continuation of these efforts.

“Mike is a lifelong resident of Wilmot Township and a true champion of building our vibrant countryside community. His generosity and investment in projects to improve the health and wellness of the community are noteworthy with donations to many causes, sports groups and community events.”

Les Armstrong, Mayor, Township of Wilmot

For more information, please contact: Scott Nancekivell
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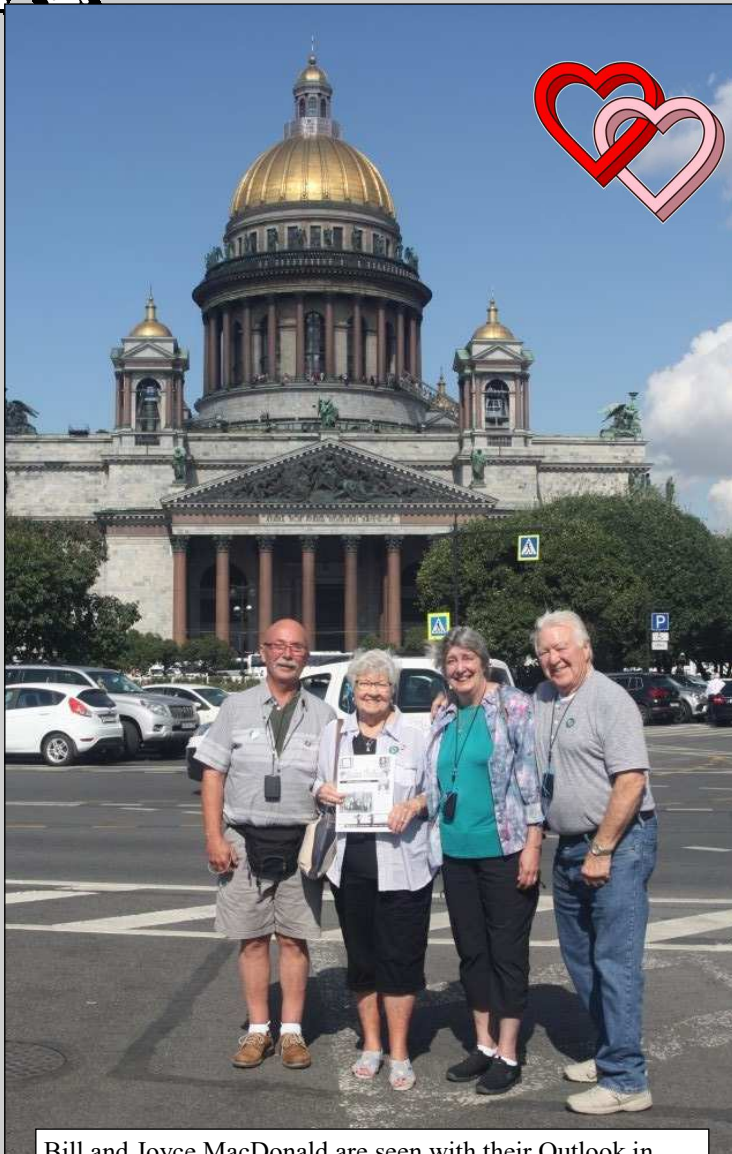
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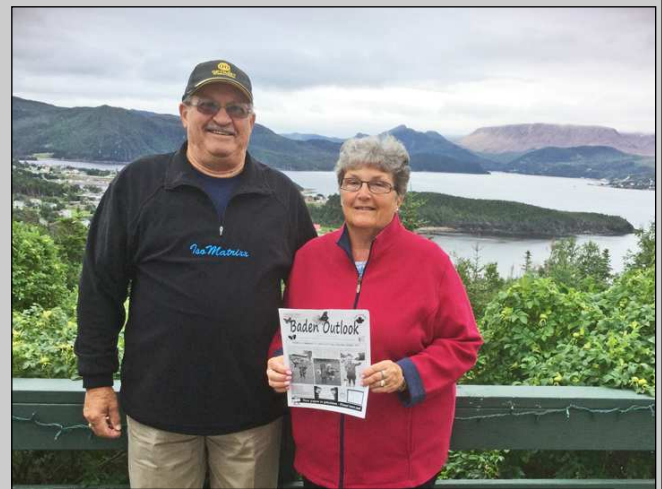
Wow! More exciting destinations as *The Baden Outlook* continues to travel ...



Bill and Joyce MacDonald are seen with their Outlook in front of St. Isaac's Cathedral in St. Petersburg, Russia on August 16th, which was their 60th wedding anniversary. Later that day, and as a surprise to Joyce, they renewed their wedding vows with their daughter, Lee Anne and son-in-law, Randy as witnesses, along with the Oceania cruise ship Marina's captain and senior officers in attendance.



Deb Harte took her Baden Outlook along with her to Bonavista, Newfoundland in June.



Ross and Glenda Roth in Rocky Harbour with Gros Morne in background on their tour of Newfoundland; they took the ferry to Labrador.

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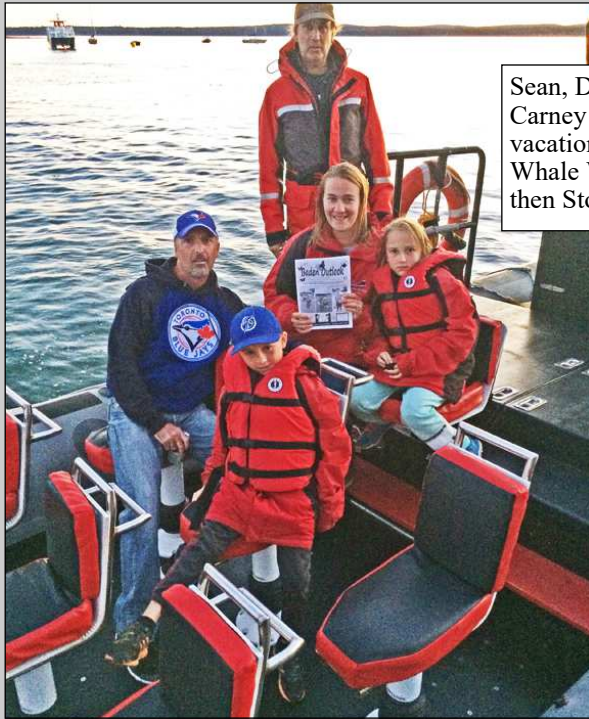
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Sean, Deanna, Braedyn and Ryland Carney took their Baden Outlook on vacation out east. First to PEI, then Whale Watching in St. Andrews, NB, then Storyland, New Hampshire.

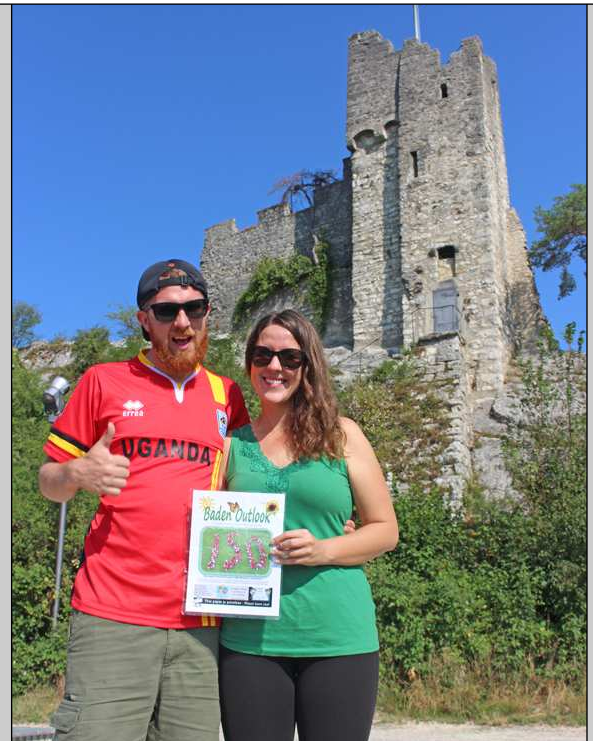


Don't forget to pack your Baden Outlook when going on vacation!

Ryan and Jalyssa Brink are winding down their year trip around the world and were recently in Baden, Switzerland. They took their Outlook to visit the ruins of Stein Castle; it is said to have been founded in the 11th century. They are standing in front of the watch tower; that along with the chapel, they are the only two remaining parts of the castle. It was so fun to be in Baden, Switzerland!!!



Sue and Fritz Entz, Judie Bowlby, Pam and Graham Sparkes took the Baden Outlook along to Edinburgh, Scotland. Here they are enjoying a bubbly at the Wellington Pub as they wait to queue-up to see the Edinburgh Tattoo. The show was phenomenal, and highly recommended!



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The Key To Good Thyroid Function

~ By Helen Steinmann, Holistic Nutritionist



Thyroid issues seem to be on the rise and health professionals are looking in different areas for a smoking gun. Some blame gluten (it is not a cause). Some assume everyone has an autoimmune condition like Hashimoto's, even without a proper diagnosis.

Most approach the thyroid like it is the problem, and therefore giving it some key nutrients will solve the problem. The issue with all the theories is a failure to truly understand what affects the thyroid. The truth of the matter is that for most people with thyroid issues, lack of thyroid nutrients is not the problem. Nor is autoimmunity and it is certainly not gluten.

The problem is that too many other systems in the body affect how we produce and use thyroid hormones:

- Excess cortisol from the adrenals can lower thyroid function
- The liver does as well, as it helps convert T4 to T3 (our active thyroid hormone) and plays a key role in affecting metabolism
- The gut bacteria also help convert T4 to T3. Gut bacteria also exerts influence on the HPT axis (hypothalamus, pituitary, thyroid) which is the main signalling pathway for the production of thyroid hormones
- Excess insulin adversely affects thyroid function again by influencing the HPT axis

The thyroid's relationships with the liver, the adrenals, the gut and the pancreas are important, and these areas must be supported to help the thyroid. This is not usually part of most thyroid protocols and may explain why so many people fail to see an improvement even when they are prescribed thyroid medications.

So what can you do for your thyroid?

Eat thyroid foods such as sea vegetables (like nori, kelp, or dulse), seafood, and coconut oil.

Eat liver-friendly foods such as kale, broccoli, garlic, onions, apples, beets, lemon, limes, berries, Jerusalem artichokes, and regular artichokes.

Consume plenty of fiber, probiotic and prebiotic foods to feed the gut and help it function as its best.

Reduce stress and support the adrenals. Adaptogens such as maca root powder and schizandra powder can be worked into recipes. Ashwaghandha, holy basil or licorice tea can all be consumed throughout the day. Pick the one you like. Also, developing a routine that can reduce stress and allow for proper relaxation is important.

Lowering stress will also help prevent blood sugar from swinging up and down and help prevent high insulin. Eating small meals throughout the day as well as consuming many foods good for the gut, adrenals and liver will all play a role in keeping blood sugar stable.

A good thyroid protocol is not hard to accomplish and it is great that we can eat our way to better thyroid function and hopefully, have some relaxing fun along the way.



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It's Ok if You're Not Ok

By Brooke-Anne Willis, MSW



You've got your gratitude wall up at work, facebook covered in motivational quotes, and your positive affirmations rehearsed on the daily. But you're still miserable. Everyone else seems to be able to fix everything with a positive quote or by counting their blessings; does this mean there is simply something wrong with you if these things don't make you happy? Of course not! Sometimes, despite your best efforts, that jerk who cut you off on the highway is going to be under your skin for the whole day, that pit in your stomach is not going anywhere, and the world remains dull and colourless. And pushing yourself to have gratitude for the warm weather doesn't give you the magical key to all-around happiness. But there is a secret answer to make the miserable days a little more bearable, and that's to accept that not every day is going to be sunshine and daisies. Some days are going to suck. Sometimes you'll be cranky and miserable. And it won't matter that you don't want to be cranky and miserable or that today was supposed to be the best day, because emotions don't always get to be chosen. There doesn't even have to be a reason for this sadness, anger, or fear. It just is. And that's ok. We are not always going to be happy, and that's ok. Humans have a lot of complex emotions and they tend to come out in ways we don't always expect, but the cool thing is that after a day or so of dark cloudy skies, when the sun does come out it shines all the brighter. If the colours have been missing for

a little bit, when we see them again they are all the more beautiful. And when we've had to go without for a while, we appreciate so much more what we do have. We get to experience a kind of joy, gratitude, and positivity that no Pinterest board could have provided. Our lives are made so much richer by the highs and the lows. Now, if you've been having more bad days than good days, and it's hard to even remember what it was like when life was fun and colourful, it might be time to reach out to someone who can help. Being able to talk to someone we trust, getting support when things are low, and learning some strategies for coping with tough times can also be just what we need to pick us up and bring back the colour. But there's no shame in throwing ourselves a pity party every once in a while. So have yourself a good cry in the car, skip those plans so you can sulk at home instead, win those imaginary arguments in your mind that you wish you had thought to say that in the moment. As long as it's occasional and not every day, a little misery can make happiness so much sweeter.

K.R. ABBOTT

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in colour at
www.badenoutlook.com

Nature's Call

~ By Carolyn Rutledge, Pelvic Health Physiotherapist



It is estimated that as adults we spend about an hour and a half per week using the toilet. Over the course of a lifetime, that equates to 92 full days! How much of that time do you consciously think about what you are doing?

For most of us, we don't think about it at all. When everything is going just right, voiding is a function that we can do with almost zero thought. However, have you ever wondered whether your body is working normally? We take for granted that whatever we put into our system will efficiently and effortlessly get filtered out. If we drink too much or too little, the bladder takes care of that. But what if we have to hold it a REALLY long time because our kids are finally asleep in the back of the car and we don't dare let that vehicle stop before getting all the way back home? The bladder keeps on stretching to accommodate for us (at least to a point). Doing these "bad habits" once in a while isn't a big deal, but if we routinely ask our bladder to accommodate to less than ideal circumstances, the voiding system changes to become abnormal or unhealthy. These changes can lead to issues such as an overactive, leaky, shy, or even a painful bladder.

One of the best ways to avoid these symptoms is to equip ourselves with the knowledge of what is normal so we can be aware if a bad habit is creeping into our routine.

In clinical practice we will often ask clients to fill out a bladder diary which tracks things such as:

- ⇒ How often you void throughout 24 hours
- ⇒ When the voids occur
- ⇒ How much is voided
- ⇒ What liquid is consumed, how much, and when

Perhaps not surprisingly, this exercise is often an eye-opener for those who undertake the task.

In pelvic health, it is always easier to work on prevention of symptoms whenever possible since bladder and bowel trouble are not something that naturally gets better with age.



How many of these warning signs or "bad habits" do you notice yourself doing?

- * Going to the bathroom "just in case" before leaving the house
- * Voiding more than 5-7 times per day (or once every few hours)
- * Getting up more than once during the night to void
- * Drinking less than 8-10 cups of good hydration (depending on body size). Don't include caffeinated, carbonated or alcoholic beverages in this count.
- * Having a bowel movement less often than once every 1-2 days
- * Needing to strain with bowel movements
- * Sudden spikes of bladder urgency where you need to go NOW
- * Leaking with any activities including coughing, sneezing, a nice deep laugh or even jumping jacks
- * Unable to stop going mid-flow
- * Feeling like you need to go urgently but then finding very little is actually there to void

Take some note of your own patterns and try to keep a happy, healthy bladder.

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Community Corner ~ Check Out What's Going On!



Blood Donor Clinic

Monday, September 17, 5 pm - 8 pm
Steinmann Mennonite Church
1316 Snyder's Road W., Baden

NITH VALLEY ECOBOOSTERS

Are you interested in climate change and other global environmental issues? **Help us make a difference in our community by getting involved and taking action on one or more local environmental concerns.** Our next monthly meeting will be held at **7:00PM** on **Wednesday, September 26th** at Zion United Church, 215 Peel Street, New Hamburg. For more information, contact nvecoboosters@gmail.com or call **519-662-9372**.

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



ST. GEORGE'S ANGLICAN CHURCH, NEW HAMBURG 180th ANNIVERSARY DINNER AND TRIBUTE SHOW

Friday, October 19, at the Royal Canadian Legion Hall,
65 Bouleee Street, New Hamburg

5:30 p.m. Cash Bar / 6:00 p.m. Buffet Dinner

7:30 p.m. Tribute Show featuring your favourite performers of the 50s and 60s presented by Celebrity Productions, Cambridge.

Great Impersonations! Great Entertainment!

TICKETS: \$25 PER PERSON Advance Sales Only.

To reserve tickets, please call: 519-662-3450

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

We are a support group for weight loss. Meetings are held on Tuesday evenings at

St. James Lutheran Church, 66 Mill Street, Baden
Weigh-ins at 6:30 pm followed by a short meeting

For more information call 519-634-9690

Everyone Welcome.

Calling All Girls Ages 7-13

Girls' Club ~ Please join us for our first meeting on Tuesday, September 18th at Wilmot Mennonite Church.

It will be a Weiner Roast from 7—8:30 p.m.

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

Contact Marcia 519-634-5960 for more information.

Hosted by Wilmot Mennonite Church.



Wilmot Family Resource Centre's 24th Annual Poor Boy's Luncheon

Thursday, September 27, 2018
New Hamburg Community Centre



Lunch served from 11:30—1:30

Dinner served from 5:00—7:30

\$8 person, \$30/ family (4 or more)

For more information contact:

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Wilmot ADULT DAY PROGRAM

COMMUNITY
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Monday - Friday
9:30am - 3:00pm

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Socialize • Music
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SOCIAL MEDIA

Safety Night

A parent's guide to online safety tips for kids and teens
Presentation by Constable Paul Rabidoux of
Waterloo Regional Police Service

MONDAY SEPTEMBER 17TH, 2018
7:00PM-8:30PM
WILMOT FAMILY RESOURCE CENTRE

1-175 Waterloo St. New Hamburg, ON, N3A 1S3

- This event is free, however, registration is required (limited seating)
- Refreshments will be available during the presentation
- Children are invited to bring a snack along



Wilmot Family
Resource Centre

CONTACT
519662-2731 or
harpreetwfr@gmail.com



The Lambert Group
will be collecting
gently used hockey
equipment on:

Saturday, Sept. 22, 2018, 9am - 11am

Wilmot Rec Centre - Front Lobby

All equipment to be donated to the Wilmot Family
Resource Centre for children in need in our community.



New Hamburg Legion

Branch #532—Boullee Street, New Hamburg

Invites you to join us for ...

Express Lunch is back
1st Friday of the month
Noon -\$6

Legion Fish Fry
Friday Sept 28th, 5-8
\$15 advance
\$18 at the door

Ask Armand ~



Bill from Baden asks: I noticed that a crane was removing the bridge at Holland Mills, on Bleams Road between New Hamburg and Haysville. Could you give me some history of it?



Photo courtesy of Wilmot Township

Armand says: Great question Bill. The bridge was built in 1910 by the Hamilton Bridge Company of Hamilton, Ontario. The bridge itself is 97.4 feet (29.69 metres) in length and 16.8 feet (5.12 metres wide). The bridge is a six panel pin connected Pratt through truss bridge. It features a wooden deck and pole railings. The bridge is seated on concrete abutments. Pin connected metal truss bridges are not very common in Ontario; however, there are a few in Waterloo Region.

Several years ago there was a car accident on Highway 7 & 8 causing traffic to be redirected. Unfortunately with the excess traffic and some heavy trucks driving over the bridge, it caused major structural damage.

The township was given 1.2 million dollars to replace the bridge. The cost of the replacement was 1.35 million dollars and the replacement bridge is intended to be replaced this fall.

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You Must Be Joking!!



After 10 years, the wife started to think their kid Larry looked kinda strange, and quite different from the rest of the kids, so she decided to do a DNA test. She found out that child was actually from completely different parents.

Wife: "Honey, I have something very serious to tell you."

Husband: "What's up?"

Wife: "According to DNA test results, Larry is not our biological kid."

Husband: "Well you don't remember, do you? When we were leaving the hospital, we noticed our baby had pooped. Then you said: "Please go change the baby; I'll wait for you here". So I went inside, got a clean one and left the dirty one there."

Moral: Be very careful when you give a man a task.

Submitted by Bob Smith

Tumultuous Times: Canada and World War I



A Lecture Series Commemorating the 100th Anniversary of the End of WWI

It is almost one hundred years since the official end of World War I. This momentous conflict has been traditionally described in Canadian history as a watershed event for the country's political and constitutional development.

But what did the war, and war's end, mean for ordinary people at the time and for their future?

Come and join us as we hear from some of the region's foremost historians as they explore the military, social, cultural, and medical repercussions of World War I.

Oct. 2. **1918: Exploring the Legacy of Canada and the First World War** —Dr. Geoffrey Hayes, University of Waterloo

Oct. 9 **Canadian Women Step Forward** — Dr. Gail Cuthbert Brandt, University of Waterloo

Oct. 16 **The Contributions of Indigenous Peoples to the War** — Dr. Susan Roy, University of Waterloo

Oct. 23 **Canada's Black Battalion in a White Man's War** —Dr. James Walker, University of Waterloo

Oct. 30 **Shell Shock in the Great War and its Legacy** — Dr. Mark Humphries, Wilfrid Laurier University

Place: St. George's Anglican Church, 3 Byron Street, New Hamburg

Time: 10 a.m.–noon [lecture, 10:00 a.m.–11:00 a.m.; refreshments, 11:00-11:30 a.m.; questions and discussion, 11:30 a.m.–noon]

Cost: \$20 for the entire series, or \$5 per lecture at the door.

To reserve your tickets, please contact the church office at 519-662-3450.



Upcoming Events

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



Special Events

Mental Health Breakfast

Wednesday November 21, 2018

ICC Rotary Trip-A-Month Lottery

Draw: First Thursday of each month

Adult Bereavement Support Program

Support groups for those who have experienced the death of a loved one.

Dates: To be determined upon registration
Cost: Free

Cool Kids -A play based CBT group for children with Anxiety

How to recognize symptoms of anxiety, strategies to stay calm, alternate patterns of thinking and how to face fears.

Dates: Mondays 5pm-6pm
Start: October 15th-December 3rd, 2018
Cost: FREE-- thanks to donation from SAF Drives

CBT, Mindfulness & Acceptance Group

Learn more about using Cognitive Behaviour Therapy and mindfulness tools to help you with depression and anxiety..

Dates: Tuesdays 6:30pm-8:00pm
October 4th, 11th and 18th
November 1st, 8th and 15th
Cost: \$100/six weeks

YOGA-by Bloom

We are also excited to welcome Bloom to ICC. Offering a 6 week Yoga class in our wellness room. breathe • stretch • grow
Fridays 9:30am-10:30am
October 12th, 2018– November 16th, 2018
Cost: \$75

Register: Jennifer@breathestretchgrow.ca
or <https://bloomwithjenn.as.me/>

Contact the office for additional program information and registration
519 662-3092 or interfaith@golden.net



We are happy to be your voice!





Celebrating a 5th Generation Wedding at Castle Kilbride

Romantic music, beautiful gowns, and fragrant, lush flowers -- these are only some of the things that make weddings magical. And when you add the presence of family and a celebration of heritage, a wedding truly becomes meaningful. Here at Castle Kilbride, we have always been delighted to be the venue for these wonderful days: from the nineteenth century to today, weddings have been the highlight of our history, and especially so when they celebrate the marriage of a Livingston descendant.

In August, such a wedding took place: Laura Pearson, great-great-granddaughter of Castle Kilbride's builder James Livingston, married Michael Rand on the Castle's front lawn. The ceremony took place within the same heart-shaped path created by James as a token of affection for his wife Louise. This connection between 2018 and 1877 bridges many other Livingston family weddings, such as the wedding of Laura Louise Livingston (Laura's grandmother) and Hap Veitch in 1942; years later, that Laura Louise's wedding dress was worn by her daughter Sherry when she married in 1973 (and in a touching tribute, the dress was on display at this summer's wedding). Other Livingston descendants, including Jennifer Pearson and Lindsay Veitch, were also married at their ancestral home: it is a tradition that celebrates not only the beginning of a couple's new life together, but acknowledges the importance of family, even across the centuries.

While many wedding traditions have changed since James Livingston's days, one consistent aspect has always been the presence of beautiful flowers. Flowers at a wedding convey messages of love, devotion, and faithfulness -- but did you know that flowers carry many other meanings, all used to communicate very specific messages? "Floriography," the Victorian coded language of flowers, is explored in our September lecture: join Master Gardener Karen Sciuk on Thursday, September 20 for "The Language of Flowers - 19th Century Coded Communication." The evening begins with a tour of Castle Kilbride, including the "Bouquets of Bliss" exhibit, at 6:00 pm; the lecture then starts at 7:00 pm. Tickets are \$15, include both tour and lecture, and are available at Castle Kilbride.

Just a few days after the lecture, a long-awaited event at last returns, with Castle Kilbride again taking part in the magic: season two of *Anne* with an E premieres September 23 on CBC and continues the much-loved televised tale of Prince Edward Island's most precocious and endearing redhead. Be sure to keep a close eye on the final episode, as a very special Castle in Baden is visited by Anne ... what better place to be the backdrop for Anne's brilliant and colourful imagination!

Until then, enjoy the colours of fall ... and watch for more Victorian traditions in October!

~ By Teresa Brown



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You Must Be Joking!!

THE TOILET SEAT ~ OOPS !

My wife, Judy, had been after me for several weeks to varnish the wooden seat on our toilet. Finally, I got around to doing it while Judy was out. After finishing, I left to take care of another matter before she returned.

She came in and undressed to take a shower. Before getting in the shower, she sat on the toilet. As she tried to stand up, she realized that the not-quite-dry epoxy paint had glued her to the toilet seat. About that time, I got home and realized her predicament.

We both pushed and pulled without any success whatsoever. Finally, in desperation, I undid the toilet seat bolts. Judy wrapped a sheet around herself and I drove her to the hospital emergency room.

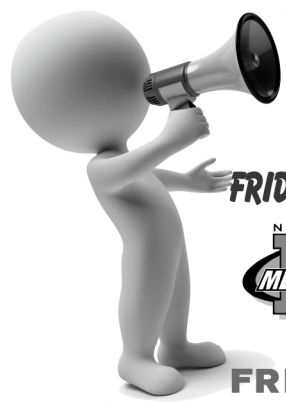
The ER Doctor got her into a position where he could study how to free her (Try to get a mental picture of this.)

Judy tried to lighten the embarrassment of it all by saying, "Well, Doctor, I'll bet you've never seen anything like this before."

The Doctor replied, "Actually, I've seen lots of them but ... I've just never seen one mounted and framed."



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HELP US HELP OTHERS!

The Baden Outlook has been serving the GBA (Greater Baden Area) since August 2000, but Tri-County Mennonite Homes has been serving for even longer!

Most citizens recognize the names **Aldaview Services**, **Greenwood Court** and **Nithview Community**, which are all part of Tri-County Mennonite Homes. Many residents and former residents of the GBA will have a connection with one or more of our divisions as a former staff member, or because a family member lived at one of our divisions, or both.

CELEBRATING 50 YEARS OF TRI-COUNTY MENNONITE HOMES

DATE SEPTEMBER 2018	EVENT
Sunday, 16 th	<i>Service of Celebration</i> ~ 2:30 pm - special address by Rev. Bob Thaler Steinmann Mennonite Church - <i>live streaming at www.tcmhomes.com</i>
Monday, 17 th	<i>Envisioning the Future</i> ~ 2:00 pm - Greenwood ~ 7:00 pm - Nithview
Tuesday, 18 th	<i>Tri-County Mennonite Homes Annual General Meeting</i> 7:00 pm - Avon Mennonite Church, Reception at Greenwood
Wednesday, 19 th	<i>Remember & Celebrate ~ Nithview</i> 2:00 to 4:00 pm - Tea Room ~ 6:30 pm to 8:00 pm - Open Door Tours
Thursday, 20 th	<i>Remember & Celebrate ~ Aldaview</i> 1:00 to 3:00 pm - Open House
Friday, 21 st	<i>Remember & Celebrate ~ Greenwood</i> 10:00 am to 12:00 pm - Open Door Tours ~ 2:30 pm to 4:00 pm - Tea Room
Saturday, 22 nd	<i>TCMH Reunion ~ Music, Food and Reminiscing</i> 12:00 to 4:00 pm - Steinmann Mennonite Church - Musical Entertainers include: ♫ Bob Seebach ♫ Rezonation ♫ Carol Weicker ♫ John Wiebe ♫ Mike & Diana Erb



We will be celebrating our 50th anniversary in September 2018 (the 16th to 22nd) and are hoping that you will be able to join us for at least a part of our week-long celebrations.

Our theme is “Remember the Past: Celebrate the Present; Envision the Future”.

We hope to see you there!

Local Churches Invite You to Join Them

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



Livingston Presbyterian Church

44 Beck Street, Baden / 519-662-4949

Hymn Sing 9:45 am ~ Worship to follow at 10 am
Moderator: Linda Ashfield, 519-886-4150

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

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

ST. JAMES LUTHERAN CHURCH

66 Mill Street, Baden, ON

519-634-5191 www.st.jamesinbaden.org

Pastor Joanna Miller



Sunday Worship 9 am / Sunday School

Wilmot Centre Missionary Church

2463 Bleams Road—corner of Bleams & Sandhills Road

Church Service and Children's Worship 10:00 am

Rev. Wayne Domm, Dr. Rob Gulliver, Rev. Don Boyd

519-634-8687

www.wilmotcentremc.ca

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

Wilmot Mennonite Church

2995 Bleams Road, New Hamburg, ON

Worship Service 9:45 a.m. ~ Christian Formation 11:00 a.m.

Pastor Susan Allison-Jones

519-634-5030

www.wilmotmennonite.ca

Recycling at the New Hamburg Thrift Centre

We all know the recipe to save our planet is to **reduce, reuse, recycle** as much as possible. But are we recycling all that we can? The New Hamburg Thrift Centre has taken recycling to new levels. Dedicated teams of volunteers work hard to ensure items do not make it to landfill while supporting the work of the Mennonite Central Committee.

Our recycling programs include:

- **Metal recycling:** Energetic volunteers dismantle hundreds of items to separate various grades of copper, stainless steel, brass, cast iron, and aluminum, which generate funds to support the work of MCC. All just because they took some time to properly separate and dispose of various components. With over 20 grades of metal to be sorted, these folks really know their stuff!
- **Comforter patches:** Squares are cut from cotton and denim pants to create comforter patches. Volunteers assemble kits which customers can sew together and make their own comforter or give one step further by donating the comforter back to MCC for someone in need.
- **Wipes:** Groups of volunteers cut t-shirts, towels & flannel sheets into rags/wipes for industrial & household use. Just call us to place your order.
- **Recycled mats:** Volunteers are hard at work cutting up denim and cotton pants, chenille bedspreads, wool blankets and sheet sets to create beautiful hand-woven floor mats and placemats. Buttons and pockets are kept for craft projects.
- **Paper and Cardboard recycling:** Working in conjunction with a local farmer, we provide paper, books, and cardboard to be shredded and used for animal bedding.

Craft projects using recycled materials is the latest trend. Pinterest and DIY programs provide lots of ideas of what can be done using unwanted items. The New Hamburg Thrift Centre is no exception. We love upcycling!

All proceeds from store sales and recycling projects support the work of the Mennonite Central Committee, locally and around the world. Thank you to our talented volunteers for all their efforts, and our environmentally friendly donors and customers. Your planet thanks you too!

The kids are back to school and on the streets, whether walking to the bus stop or to their school.



Please be mindful of them when you are on the road!



NEW HAMBURG THRIFT CENTRE

41 Heritage Drive, New Hamburg
Tel: 519-662-2867
www.newhamburgthrift.com



Fall decorations
now on display in
store!

We are accepting fall and winter clothing, as well as Halloween costume donations.

REGULAR HOURS

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



All proceeds benefit the work of Mennonite Central Committee



Tea, coffee and conversation for seniors

Topic: Our Neighbours – The Low German Speaking Population

Tuesday, September 25, 12:00-2:00

At Wilmot Mennonite Church
2995 Bleams Rd. 519-634-5030

*A light lunch will be served at noon.
Suggested donation of \$10 accepted.*



Ned: "Young Emma next door swallowed two of those little building blocks with the letters on them. The doctor says they will likely just pass through her system."

MaryLou: "Which letters?"

Ned: "No clue. Why?"

MaryLou: "Trust me... Obstructed Vowel Syndrome is no picnic!"

Ned returned from the grocery store: "I saw Mildred in the bakery. Says she's off bread products till her butt shrinks."

MaryLou: "Sounds like she seeks Gluteus-Free Buns".

MaryLou: "How was your visit to Uncle Gary's farm?"

Ned: "Depressing. He received notice that the dealer can't fix that old green tractor. I'm afraid it's never coming home."

MaryLou: "Oh no!!!! The dreaded 'Deere John' letter!!!"

We're on the Web!
 Read the paper in colour at
www.badenoutlook.com

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You Must Be Joking!!



I am a Seenager (Senior teenager). I have everything that I wanted as a teenager, only 55-60 years later. I don't have to go to school or work and I get an allowance every month. I have my own pad and I don't have a curfew. I have a driver's license and my own car. The people I hang around with are not scared of getting pregnant, they aren't scared of anything. They have been blessed to live this long, why be scared? And I don't have acne. Life is Good!

Also, you will feel much more intelligent after reading this, if you are a Seenager because brains of older people are slow because they know so much.

People do not decline mentally with age; it just takes them longer to recall facts because they have more information in their brains. Scientists believe this also makes you hard of hearing as it puts pressure on your inner ear.

Also, older people often go to another room to get something and when they get there, they stand there wondering what they came for. It is NOT a memory problem; it is nature's way of making older people do more exercise. SO THERE!!

Submitted by Uncle Brian Lemkay :)

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You Must Be Joking!!

Hmmm... and they walk among us!



I am a medical student currently doing a rotation in toxicology at the poison control center. Today, this woman called in very upset because she caught her little daughter eating ants. I quickly reassured her that the ants are not harmful and there would be no need to bring her daughter into the hospital.

She calmed down and at the end of the conversation she mentioned that she gave her daughter some ant poison to eat in order to kill the ants. I told her that she better bring her daughter into the emergency room right away.

Submitted by Bruce Bousher

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Forecast Your Own Weather



The weatherman said it was going to be a nice day, now it looks like rain!! Ever wish you could make your own predictions? Here are a few indicators that can help you determine if it will be a nice day or not. Each indicator is not enough to make a prediction by itself; however, the more indicators you observe, the greater the chance that your prediction will be correct.

Good Weather Indicators:

- 1) "Red sky at night, sailors delight, red sky in the morning, sailors take warning." Often if the sky is red at sunset it means nice weather tomorrow, conversely if the sunrise produces a red glow it means rain is coming.
- 2) Dew settles on the grass at dusk.
- 3) The wind blows gently from the west or northwest.
- 4) Cumulus or "cotton ball" clouds dot the sky in the afternoon.
- 5) Morning fog burns off by noon.
- 6) The barometer remains steady or rises.

Rain Indicators:

- 1) High altitude, wispy clouds called cirrus clouds or "mares tails" moving in during a cloudless day indicates rain within 24 hours.
- 2) A ring or haze around the moon or sun indicates rain within 24 hours.
- 3) A southerly wind increases in speed with clouds moving in from the west.
- 4) The wind, particularly a north wind shifts in a counter clockwise direction i.e. from north to west to south.
- 5) The barometer falls steadily.

The weather will clear when:

- *The wind, particularly an east wind, shifts to the west.
- *The barometer rises rapidly.

The temperature will usually fall when:

- *The wind blows from or shifts to the north or northwest.
- *The night sky is clear.

Two instruments that provide essential data are the hygrometer and the barometer. The major difference between the two is that a barometer is used to measure atmospheric pressure of the surrounding air and a hygrometer is used to measure atmospheric humidity.

Work / Life Balance: by Kerilynn Mathers

After I graduated from Wilfred Laurier University, I was excited to start and build my career as a real estate agent. Over these last few years, I have learned very quickly that you have limited control over your own time as a Realtor, as you need to be available when your clients need you. It's hard to strike a balance between being available and taking time for yourself, just like in any other career. I have been working towards developing a good work/life balance and here is what has worked for me.

During my university career, I was a competitive curler but unfortunately I've had to step away from this part of life to focus on work; however, sports and fitness still take top priority. My fiancé and I fill this gap by taking long walks with our puppy, Harvey. Living in Uptown Waterloo, there are lots of places to walk to and lots of dog-friendly businesses to explore.

My fiancé and I are huge foodies! When I manage to have a night off, we take that opportunity and experiment and discover new restaurants. Having dinner together is one of my favourite things from my childhood. The dinner hour and beyond is the most popular time for clients to require my services which makes this a tricky aspect of life to manage.

Taking time off for an extended period, or even just walking away for a day, is difficult. This is where managing my own expectations come into play. I struggle with the blame game..."I'm not servicing my clients properly and effectively" or "I'm not working steadily towards my own goals" when I take time off. I've learned that it's imperative to take time for myself and my family and friends to be able to service my clients and myself in a holistic way.

Believe me, I haven't gotten this nailed down yet, but I'm getting there. I'm in the midst of planning my wedding and I'm taking every opportunity to embrace the process of ironing out all the details of our big day. This time will be a great learning experience for me but also a joyful one.

Stay tuned for our next article on how Jon manages a work/life balance.

Jon Lambert and Kerilynn Mathers – Sales Representatives RE/MAX Twin City Realty Inc.

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Cook's Corner

Zucchini Loaf (makes 2 loaves)

- 1 cup oil
- 1 cup white sugar
- 1 cup brown sugar
- 3 eggs
- 2 cups grated zucchini
- 3 cups flour
- 2 tsp cinnamon
- 1 tsp salt
- 1 tsp baking powder
- 1 tsp soda
- 3 tsp vanilla
- 1 cup chopped nuts

Zucchini are in season and what to do with them is the question. Plenty!
The zucchini is versatile and can be cooked many ways. It's superb in loaves and muffins, yet can be broiled, baked (with layers of tomato, garlic, and parmesan cheese), sautéed, or even deep-fried. It's easy and delicious to oil and grill them on the BBQ or grated raw into your salad. They're cheap and in season so enjoy while they abound.

First mix the first three ingredients together well, then add the remaining ingredients.

This summer squash contains a variety of vitamins and minerals including calcium, phosphorus and is high in vitamin A.

Put into greased loaf pans. Bake in 350° oven for 50 to 60 minutes.



Recipe by Colleen Herner



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Shelley Brenneman
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Scrapstastic Saturday - September 29 '18
Scrapbooking Retreat - October 26-28
 *Contact me for more details



"The unmulched garden looks to me like some naked thing which for one reason or another would be better off with a few clothes on." - Ruth Stout

Ahhhh, summer!!!! Where did you go? Some of this year's garden plantings were challenged by the drought, then the switch to tropical high temperatures and lots of rain.

What is your fall routine in the garden? Do you chop everything back? The days of cutting back everything and showing soil is disappearing as we realize that all that work has a big downside. The only thing that you ensure gets cleared up is diseased vegetation; put it in the garbage, not the compost. Sarah van der Stam of Kitchener Master Gardeners has written an excellent article on this issue (for full article, go to: <https://tinyurl.com/yckth8f6>).

The following is a summary:

1. **Nutrients and Compost:** Leave the leaves on your gardens. The worms will pull them in and fertilize your garden. Mowing the leaves first will increase the rate of decomposition.
2. **Protects the Roots:** Mulch overtop of the roots of plants to provide extra protection during the winter.
3. **Birds- Native and Migratory:** They're looking for sources of water, food and shelter. Leaving the grasses and seedheads uncut in the garden make it easier for birds to find sources of water and food.
4. **The Native Bees:** In North America, we have over 3,500 species of Native Bees. All bees are important pollinators, and by cleaning your garden out you could be throwing away eggs, larvae and hibernating bees. They love to nest and hibernate in the hollows of stems like bee balm or in ornamental grasses, peeling bark, or may even burrow in the ground.



5. **Butterflies, Lady Bugs and Amphibians:** Often tucked away out of sight or camouflaged into the background hibernating, they like to nest in the top layer of soil, in leaf litter, and under the shallow roots of perennials or wild flowers like goldenrod or milkweed.

6. **Beneficial and Predatory Insects:** They love to hibernate in clumps of grasses, in piles of leaf litter, in the hollow stems of your daylilies, asters or other perennials, or even under curled leaves. Spring cleaning means putting it on your compost pile in loose piles so the insects can emerge still.



7. **Food and Water:** Mulch provides a source of food and water for birds and furry creatures.

8. **Add 'Winter Interest':** From Red-Osier dogwood, birch bark, dried hydrangeas and ornamental grasses lightly dusted in snow, to a brilliant sight of a Cardinal sitting amongst last year's perennials nibbling on seed heads or suet.

9. **Less work with more benefits:** Dead foliage serves as a marker for perennials from last year, so you know where plants are when digging. Plants can also self-sow, expanding your beloved perennials.

10. **Sustainability:** Imitate nature by allowing plants to set seed and self-sow; your garden feeds itself from last year's leaf litter, helps conserve water with leaf mulch, and builds healthier soils which helps with an overall healthier ecosystem for all.



WHS's upcoming meeting: Monday, October 15, 7:30 pm Wilmot Recreation Centre, upstairs in Meeting Room A, 2nd floor. **Our Speaker: Robert Reid. *Walking the Bruce Trail* - 890 km from Niagara to Tobermory. Robert, a former reporter for the Stratford Beacon Herald and dairy goat farmer, is a member of the Stratford & District Agri. Soc. (Free meeting, 50/50 draw (bring a loonie or toonie, door prizes and social with tea/coffee with snacks.)**

www.gardenontario.org/site.php/wilmot

email: wilmothortsociety@gmail.com

Baden 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 **October 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"/> Giroux * PHI * 102 <input type="checkbox"/> Kucherov * TB * 100 <input type="checkbox"/> Malkin * PIT * 98 <input type="checkbox"/> MacKinnon * COL * 97 <input type="checkbox"/> Crosby * PIT * 89	<input type="checkbox"/> Hall * NJ * 93 <input type="checkbox"/> Kopitar * LA * 92 <input type="checkbox"/> Wheeler * WIN * 91 <input type="checkbox"/> Tavares * TOR * 85 <input type="checkbox"/> Kuznetsov * WAS * 83	<input type="checkbox"/> Kessel * PIT * 92 <input type="checkbox"/> Stamkos * TB * 86 <input type="checkbox"/> Marchand * BOS * 85 <input type="checkbox"/> Seguin * DAL * 78 <input type="checkbox"/> Mathews * TOR * 63	<input type="checkbox"/> Ovechkin * WAS * 87 <input type="checkbox"/> Gaudreau * CAL * 84 <input type="checkbox"/> Benn * DAL * 79 <input type="checkbox"/> Barkov * FLO * 78 <input type="checkbox"/> Kane * CHI * 76
<input type="checkbox"/> Barzal * NYI * 85 <input type="checkbox"/> Voracek * PHI * 84 <input type="checkbox"/> Panarin * CLB * 82 <input type="checkbox"/> Tarasenko * STL * 66 <input type="checkbox"/> Schiefele * WIN * 60	<input type="checkbox"/> Karlsson * OTT * 78 <input type="checkbox"/> Laine * WIN * 70 <input type="checkbox"/> Draisaitl * EDM * 70 <input type="checkbox"/> Rakell * ANA * 69 <input type="checkbox"/> Eichel * BUF * 64	<input type="checkbox"/> Trochek * FLO * 75 <input type="checkbox"/> Radulov * DAL * 72 <input type="checkbox"/> Marner * TOR * 69 <input type="checkbox"/> Point * TB * 66 <input type="checkbox"/> Forseberg * NAS * 64	<input type="checkbox"/> Marchessault * LAV * 75 <input type="checkbox"/> Huberdeau * FLO * 69 <input type="checkbox"/> AHO * CAR * 65 <input type="checkbox"/> Nylander * TOR * 61 <input type="checkbox"/> Kovalchuk * LA * 0
<input type="checkbox"/> Larkin * DET * 63 <input type="checkbox"/> Landeskog * COL * 62 <input type="checkbox"/> Duchene * OTT * 59 <input type="checkbox"/> Boeser * VAN * 55 <input type="checkbox"/> Kadri * TOR * 55	<input type="checkbox"/> Burns * SJ * 67 <input type="checkbox"/> Klingberg * DAL * 67 <input type="checkbox"/> Hedman * TB * 63 <input type="checkbox"/> Karlsson * OTT * 62 <input type="checkbox"/> Subban * NAS * 59	<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. You are only able to win the monthly leader prize once! 6. Pick one player from each box. (This year's team and 2017-2018 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"/> Vasilevskiy * TB * 88 <input type="checkbox"/> Hellebuyck * WIN * 88 <input type="checkbox"/> Rinne * NAS * 84 <input type="checkbox"/> Andersen * TOR * 76 <input type="checkbox"/> Holtby * WAS * 68	<input type="checkbox"/> Rask * BOS * 68 <input type="checkbox"/> Quick * LA * 66 <input type="checkbox"/> Gibson * ANA * 62 <input type="checkbox"/> Fluery * LAV * 58 <input type="checkbox"/> Murray * PIT * 54		

ALL ENTRIES MUST BE IN BY OCTOBER 1ST

Name:

Address:

Phone Number:

Adult or Child (12 and under - age ____)

* (please print name clearly) *

To Follow the Stats simply visit www.badenoutlook.com — select "sports pools". For adult pool, type in pool ID: [outlookhockey](#) and for kids type in [outlookkids](#) . The passwords are: *guest*. The NHL season doesn't start until October 3rd, so prizes will not start until the November issue.

Thanks for playing and **GOOD LUCK!**

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