

SEPTEMBER 2019

VOLUME 20, ISSUE 2

Baden Outlook

~ Your Community Newsletter ~
Serving the GBA since 2000

WALK ON.... WILMOT TRAILS KEEP GROWING

WILMOTTRAILS
choose your path

Wilmot Trails just finished adding another trail as of September 3rd - just in time, making easy access to the school. The path in New Hamburg goes from Laschinger Boulevard to Forest Glen School, which includes a stone dust trail and a section of boardwalk.

This is just another opportunity for Wilmot citizens to get out walking and enjoy the environment!



Baden Outlook
Please Have One!

Photos Courtesy of Andrew Marth,
Township of Wilmot



FREE

Please have one!



Wow! More exciting destinations as *The Baden Outlook* continues to travel to Cape Cod, Italy, London, Saskatoon ...

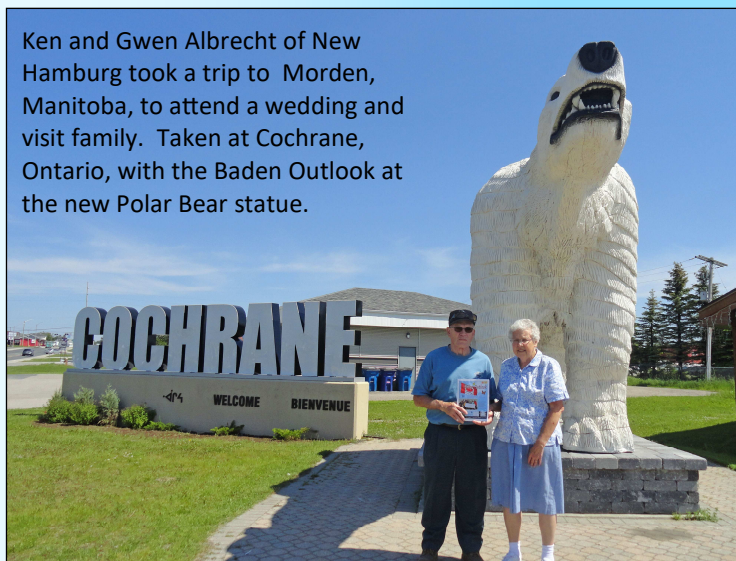


Donna Ziegler of Petersburg took the Baden Outlook and her granddaughters, Eloise and Jillian to Cape Cod.



Baden Outlook at Canadian Fastball Championships

The Baden Outlook travelled along with the New Hamburg Mustangs to a Canadian men's fastball championships in Saskatoon. The boys captured the gold medal with an exciting 5-4 extra inning victory over the Tavistock Hops. Pictured with Brian Pfaff are: Dwight Brenneman, equipment manager; Carson Hammer, catcher; Tyler Randerson, pitcher; and Nick Penner, shortstop.



Ken and Gwen Albrecht of New Hamburg took a trip to Morden, Manitoba, to attend a wedding and visit family. Taken at Cochrane, Ontario, with the Baden Outlook at the new Polar Bear statue.



Linda and Bill Schumm, Cathie and Al Laporte, Laura and Rick Hazelwood, Grace and Ivan Oesch took their Outlook along for the fun at Purple Hill Bluegrass Opry in London.



5 year anniversary!

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Talking with Ed

~ We Are So Lucky



This summer Pat and I took a wonderful trip up to Hay Lake Lodge, just outside of Algonquin Park. One night at the lodge we engaged in conversation with another guest from Toronto who spoke with a heavy Russian accent. He told us about his journey to Canada which included moving from Siberia to Lithuania. When Lithuania gained its independence, because he wasn't a Lithuanian citizen, he lost all his assets including a farm and rental property. He then moved from there to Israel; after several years there, he moved to Canada with no English language skills. His closing remarks were, "most Canadians have no idea how lucky they are".

Our son Mike and his family became friends with a refugee Syrian family in their neighbourhood in Stratford. They left Syria after a rocket took out the front half of their house. They left behind everything, moved to Turkey for a while, and finally moved to Stratford. They are in awe of Canada and the opportunities they have experienced since they arrived a few short years ago. Once again, "most Canadians have no idea how lucky they are" came to my mind.

One more place where that phrase comes into play is our life in Wilmot Township. Maclean's magazine just came out with their annual report on the "Best communities to live in Canada" and Wilmot was ranked number twenty – the next community in Waterloo region was Waterloo, which was ranked 44th. As word began to spread on the news, I thought that it would be plastered on the Wilmot Community Connections Facebook page. There were a few high fives, but sadly on the most part there was not a lot: "most Canadians have no idea how lucky they are". Maclean's magazine has numerous categories that they worked with and I thought that I would share my assumptions on how we ended up in the top twenty.

Wealth and Economy, Taxes and Affordability - Waterloo Region has an unemployment rate of 5% and I would have to think that Wilmot would be slightly less than that. The average household income stands at \$103,877, the value of primary real estate is \$690,726, and the average rent for a two-bedroom apartment is \$840. The annual average tax bill is \$3,358 which is 2.3% of income. Wilmot has used Core CPI (Consumer Price Index) as their measure of tax increases over the last many years and has constantly had one of the lowest increases in Waterloo region.



Demographics, Commute, and Crime - Maclean's has our five-year average of crime severity index at 61; the national average is 73, and the lower the number the better. I am not sure if that number is for Waterloo region or Wilmot. We are a welcoming community to all people, as stated in our policy. We are 15 minutes to Waterloo, Kitchener, and Stratford, we are one hour from Toronto, London, and Hamilton, and two hours to the U.S. border. We now have bus service to Kitchener, which can take us just about anywhere.

Weather and Health - Maclean's listed us as 128 days a year with rain or snow, 210 days per year above 0 degrees, and 117 days above 20 degrees (no problem hitting that this year). We have an excellent medical office in New Hamburg, and plenty of good dentists and other medical facilities in Wilmot. We are close to three hospitals in Waterloo region and in Stratford, and one hour away from many more.

Amenities, Culture, and Community – We have a state-of-the-art recreation facility, we are completely debt free, and have a good amount of reserves built up for projects. We have a national historic site, plenty of amazing activities happening all year long including major events such as concerts, local Community Player productions, car shows, fall fairs, sporting events, and the list goes on.



So I challenge you, be proud! We are #20 in Canada as the best place to live! How exciting is that? Can things be better? Absolutely...there is no perfection! Do we have it good? You bet.



Until next month...Ed

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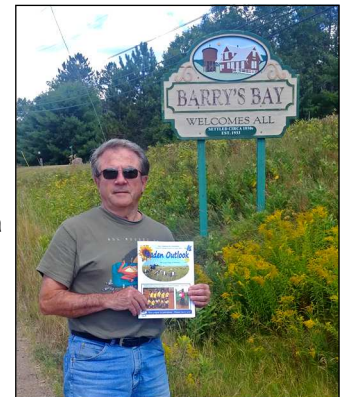
Greetings from Headquarters ~



Now that was just lovely — what a great summer we had, although it seemed to only last about 10 seconds! It is true that time passes quickly when you are having fun. “So,” I said to myself, “how are you going to get the September issue done if you can’t stay home and sit still?” Truly, if I had a boss I would surely have been called into the office for a reprimand on tardiness, neglect, inefficiency, and too many days absent. “Not to worry,” I told Barry, “I love the challenge of the deadline, I can do this.” He looks dubious and wishes me well. Once I get settled and am working away, he then asks how he can help me (he just really wants us to get back to the trailer). As there is only enough room for me in the chair, I say to just give me time and space. Not too much later I find him scrubbing the bathrooms, shaking mats, sweeping the floor and generally tidying. What is going on here? Usually he is at Zehrs when I work at home and I have things in order when he comes home. He didn’t see how I juggled the domestic duties through the day and was free to fly when he came home. I think I’m going to like this retirement life—all things shared. I didn’t know what folks meant when they said they got even busier when they retired. Where does the day go? My mom now knows when I say see you tomorrow, that it really means I’ll see you next week.

PLEASE NOTE THAT I AM SELF EMPLOYED SO IF YOU SEE ME TALKING TO MYSELF DO NOT DISTURB. I’M HAVING A STAFF MEETING.

After the August publication we spent a few days away at a friend’s cottage near Coldwater and enjoyed the lake, the sun, fishing, bbqs, and evening games. There was even a mighty thunderstorm that entertained us for hours—the kind that rumbles around 2 or 3 times before it settles down. We then returned to the trailer for the weekend activities, followed by a Monday night council meeting, and then we were off again. We had the pleasure of a week at this amazing lakefront log cabin on Hay Lake, situated on the east border of Algonquin Park. We made the most of a cloudy day and did a road trip around the area, snooping through a few local small towns. We drove through Maynooth stopping for Samosa’s and butter tarts, then through Combermere (which took about 5 minutes). Next we arrived at Barry’s Bay—of course, Barry thought he was pretty special when he saw that they actually named a town after him, so we stopped for a roadside photo with the Outlook. Then we continued on to the village of Wilno, the first Polish settlement in Canada. We were told about the amazing food at the historic tavern so we stopped in for lunch. The Polish menu was incredible and we both chose a sampler plate with intentions of taking the leftovers back to the cottage for later. Nope, we ate all the perogies, cabbage rolls, polish sausage, red cabbage, and mashed potatoes while the waitress shared stories of folklore. With full bellies, we returned to our cabin to read and have a nap. We zipped back home in time for the long weekend fun before acknowledging the reality of the September issue tapping its toes at me.



The kids are back to school and everyone is finding their new routines and schedules. It’s hard to believe our wee Simon is off to JK and acting like such a big boy while our oldest grandchild Lily is super excited to go to school at Rockway Mennonite Collegiate. I hope they all settle in nicely; we are on call for all grandparent duties as their parents too get involved with their new schedules. Happy Fall Y’all!

As you see, the paper did get done and you will find lots of things going on. There is much construction in town with buildings being flattened to make way for new, along with new curbs and workings for a stoplight on Gingerich Road, and the development of Timberlane on Snyder’s Road. We featured another aerial photo taken from 2008 of the old Emporium site when all its outbuildings were still standing. I imagine we will see more change to that site again soon. The landscape in Baden continues to evolve. Check out the back page and plan to attend the one night of Oktoberfest fun at the Legion. If you’ve never taken a tour of Castle Kilbride, be sure to pop by on September 22 as the Castle is celebrating 25 years as a museum. Thanks to Wayne Buck for his very interesting article on bats...who knew?

Happy September ..hello fall!

NOTES FROM THE ATTIC – HISTORY OF THE BADEN EMPORIUM/ STEINMAN BUSINESSES

M. Steinman Grocery Store – Steinman Furniture was located at 43 Snyder's Road East, currently the home of the West Hills Church. Noah Steinman purchased the store, which sold groceries, Purina stock feed, lime, cement, and even Maxwell cars, in 1904 from Christian Honderich. Steinman also operated a funeral parlour in the same building, from 1904 to 1956 when he sold the good will of the funeral business to the K-W firm Ratz-Bechtel (owned in part by Gideon Bechtel, another Baden resident). Around the same time Steinman closed the grocery store and opened Steinman Furniture. The store was known for high quality furniture, including Roxton maple furnishings. This business was sold to Noah's son, Delton, then sold to his son, Carl, and eventually closed in 1994. The Baden Emporium, a gift store and café, opened on November 17, 1995 and closed February of 2006. The Emporium buildings held many businesses including Baden Creek Pottery (2002 to 2005), and The Northern Barn Furniture (1997 to 2002) and Through Rose Coloured Glass studio (1995 to 2006) in the back of the main building.

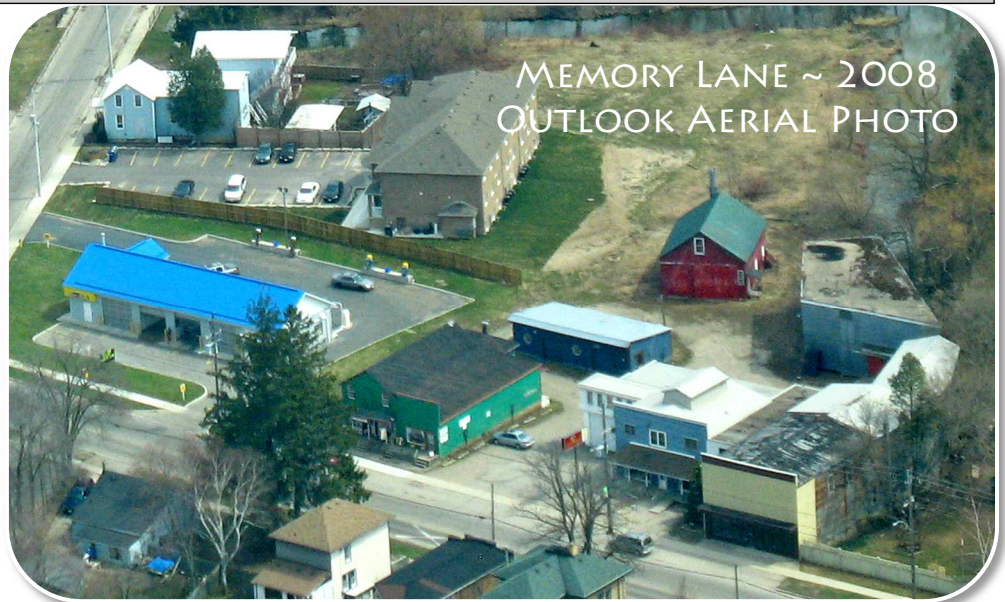
Fred Sehl Tin Shop – This was located at 57 Snyder's Road – Fred Sehl (Senior), who died in 1936, opened the original tin shop in 1883. Fred Junior began working in the store in 1909 and continued the business until 1971. The business began as a tinsmith shop with hardware as a secondary line. They created such items as milk cans, wash boilers, sap containers and wash tubs. Fred lived in a home beside the Tin Shop until selling the business and house to Steinman Furniture in 1971. The building was sold to the Baden Emporium in November 1995. During the ownership of the Emporium it had been rented to Pfenning's Organic Store (now in St. Agatha), Pfeiffer Gallery (now in Wellesley), and lastly the home of The Olde Tin Shoppe. The upstairs was also home to the Baden Model Railway Club.

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MEMORY LANE ~ 2008
OUTLOOK AERIAL PHOTO

Seen are the outbuildings on the former Baden Emporium Property, gone but not forgotten. Read on to learn more about the history of this property.

Walter Bechthold Motors – Walter Bechthold started working at Conrad Berg's Chevrolet dealership which was the east side of the Baden Emporium Building in 1929. Berg, in 1931, wanted to open a dealership in New Hamburg so he sold the business to Bechthold, who was 26 years old. It was a simple service centre capable of holding two vehicles. In the late 30s he changed from a Chevrolet to a Pontiac Dealership and he continued to sell White Rose gasoline. In 1964 they changed to an American Motors dealership and, (since Shell purchased White Rose), they



changed to Shell gasoline. At that time Bechthold Motors could squeeze up to 12 vehicles into the building. The business closed in 1977, then became part of Steinman's Furniture, and on November 17, 1995 it became the Baden Emporium until closing in 2006.

Musien Mohammed purchased the collection of buildings a short while later and demolished all of them except the main building. In June of 2009 he opened the Baden Farmers Market which ran for about a year. He sold the property to West Hills Church in the end of 2013. They still own the property but it has sat empty for several years now due to much needed repairs.

TOWNSHIP OF WILMOT

2019 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 16, 2019
Completion date: September 30, 2019

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

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

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

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Checking out the Baden Library



One Book One Community (OBOC) in September

There are many ways to take part in this year's OBOC celebrations. They begin by reading the selected novel, **The Home for Unwanted Girls** by Joanna Goodman. This is a suspenseful novel set in 1950s Quebec during a time when the relationship between the French and the English was strained. The situation was reflected in Maggie Hughes' home where her English-speaking father, "The Seed Man," had great ambitions for his daughter and those plans most certainly did not include her marrying the poor French farm boy who had captured her heart. Come borrow a copy of the book and join us for our exciting September events. 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, **The Home for Unwanted Girls** by Joanna Goodman. Come discuss your thoughts about the book at the Wellesley Branch, 1137 Henry Street, Wellesley on Tuesday, September 19 at 6:30 p.m.

One Book One Community (OBOC) author visit

The Region of Waterloo Library will host Author Joanna Goodman for a drop-in author reading and discussion on Wednesday, September 25, 1:15 to 2:20 p.m. at Waterloo-Oxford District Secondary School, 1206 Snyder's Road West, Baden. Everyone is welcome to attend. Goodman will be touring throughout Waterloo Region from September 24 to 26. For more details, please visit oboc.ca.

Baden Book Club at EJ's

Adults of Waterloo Region are invited to join Jen Cyr, Co-ordinator Library Collections on the third Tuesday of each month starting September 17 from 6:30 to 7:30 p.m. at EJ's Tavern. Treat yourself to a beverage or food item and contribute to the conversation on the club's selected book. Our first selection for the season is **The**

Headmaster's Wager by Vincent Lam. Pick up your copy at the Baden Branch Library.

Interlibrary Loan Update

The Region of Waterloo Library is continuing to review the interlibrary loan program and will discuss possible service options with the Library Committee in November. We thank patrons for their understanding as we work through this process in order to best serve the needs of our community.

Free 1:1 Technology 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 Tuesday, Oct. 1, 10 a.m. to 3 p.m. and Thursday, Oct. 17, 1 to 3 p.m.

Online Teen Book Club

Share your thoughts about great books with friends your age! Join RWL's free online book club. Follow RWL's link at www.goodreads.ca to read and post about different books whenever and wherever works for you.

Fall Programs for Youth

Registration for all fall programming begins Tuesday, September 10. Fall programs include Baby Connections, Lil' STEAM, Family Storytime, Ready Set Go Kindergarten, Maker Club, and youth book clubs. Library programs are free and some require advanced registration unless otherwise indicated. Programs begin the week of October 1 and most run for eight weeks. Register online, by phone or in person. Check rwlibrary.ca for information.

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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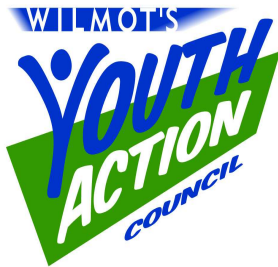
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Greetings from Youth Action Council! As Summer ends and the leaves start to fall, we look forward to all of you joining us for another great year of events. September 9th kicks off our first meetings at the Wilmot Recreation Complex! Jr. YAC (12-14

years of age and in grade 7-8) meetings are held on a bi-weekly basis, Monday evenings from 6- 7 pm and YAC (14-19 years of age and in grade 9-12) Monday evenings from 7-9 pm.

We welcome new changes this year, starting with a new YAC facilitator, Lynda! Lynda is thrilled to be part of YAC and is inspired by our youth and what we can bring to our community. Also, YAC is excited for a new partnership with YouthForce, which will bring monthly workshops to our already great list of events.

If you have questions or want further information, email us at wilmotsyouthactioncouncil@gmail.com and make sure to follow us on Facebook and Instagram for updates on our upcoming events! Stay tuned for more to come! ~ Love the YAC Pack.

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GOING TREAD TO TREAD: WINTER VS. ALL-WEATHER VS. ALL-SEASON TIRES

Nights are getting colder and the days are getting shorter, signaling the inevitable arrival of winter. When the temperature drops to 7°C consistently overnight it's time to start winter car prep. This often means switching all-season tires for winters. But there is another option to consider as well — all-weather tires.

WHAT IS THE DIFFERENCE?

The primary differences between all-season, all-weather and winter tires are the rubber compounds used to build the tires, and the design of the biting edges and siping for traction, water and snow evacuation.

ALL-SEASON TIRES

A typical all-season tire performs optimally during the most temperate months of April-September, because when the average temperature hits 7°C point, the rubber compounds in all-season tires harden, reducing traction and braking ability.

ALL-WEATHER TIRES

All-weather tires are designed with a more flexible rubber compound and are marked with the three-peak mountain snowflake symbol like winter tires. Compared to all-season tires, all-weather offer increased traction and control in cold conditions.

WINTER TIRES

Winter tires are best in areas that experience frigid temperatures and heavy snowfall, as they give you the most control on icy, snow-covered roads. They are designed with a special rubber compound that is formulated to stay soft and flexible in temperatures below 7°C.

You Must Be Joking!!



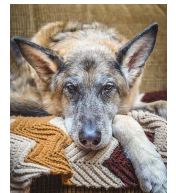
John went to visit his 90-year-old grandfather in a very secluded, rural area. After spending a great evening chatting the night away, John's grandfather prepared breakfast of bacon, eggs, and toast. However, John noticed a film-like substance on his plate, and questioned his grandfather asking, "Are these plates clean?" His grandfather replied, "They're as clean as cold water can get em. Just you go ahead and finish your meal, Sonny!"

For lunch the old man made hamburgers. Again, John was concerned about the plates as his appeared to have tiny specks around the edge that looked like dried egg and asked, "Are you sure these plates are clean?"

Without looking up the old man said, "I told you before, Sonny, those dishes are as clean as cold water can get them. Now don't you fret, I don't want to hear another word about it!"

Later that afternoon, John was on his way to a nearby town and as he was leaving, his grandfather's old hound dog started to growl, and wouldn't let him pass. John yelled and said, "Grandpa, your dog won't let me get to my car!"

Without diverting his attention from the football game he was watching on TV, the old man shouted, "Coldwater, go lay down now, yah hear me!"



Submitted by Bruce Bousher

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Submissions are due on the 1st of each month.



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



LIVE MUSIC ~ HERE AT EJ'S



39 Snyder's Road W, Baden
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If you are looking for some local entertainment you should drop by and see these amazing musicians! We're winding up the month with the Artificial Hip Concert on September 28th... Woot Woot—that'll be a hoot! Ben Rollo will be here for October 12th, ending the month with Juneyt on October 26th. ...Our Classic Caesar is our featured drink—you'll love it!

A PET'S TEN COMMANDMENTS:

1. My life is likely to last 10-15 years. Any separation from you is likely to be painful.
2. Give me time to understand what you want of me.
3. Place your trust in me. It is crucial for my well-being.
4. Don't be angry with me for long and don't lock me up as punishment. You have your work, your friends, your entertainment, but I have only you.
5. Talk to me. Even if I don't understand your words, I do understand your voice when you speak to me.
6. Be aware that however you treat me, I will never forget it.
7. Before you hit me, remember that I could hurt you, and yet, I choose not to bite you.
8. Before you scold me for being uncooperative, ask yourself if something might be bothering me. Perhaps I'm not getting the right food, I have been in the sun too long, or my heart might be getting old or weak.
9. Please take care of me when I grow old. You too, will grow old.
10. On the ultimate difficult journey, go with me please. Never say you can't bear to watch. Don't make me face this alone. Everything is easier for me if you are there, because I love you so.

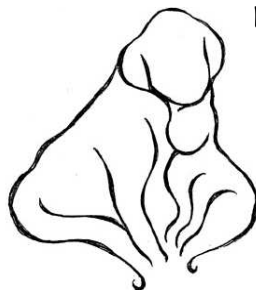


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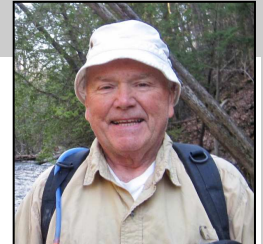
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Baden Birding ~ Bats

By Wayne Buck



One evening in July of last year, just as we were getting ready for bed, I saw something black float across my field of vision. I turned my head and looked in that direction but saw nothing. Just a floater I thought; I see them from time to time, not something unusual for a person of my age. A minute later as Lynda crawled into bed and turned out the light with the remote, darkness settled in and I heard a VERY soft fluttering and saw a black form flying above the bed and around the bedroom. I knew immediately that it was a bat. We had had bats in the house on three previous occasions over a span of 30 years. We don't know how they get into the house and suspect that they live nearby given that when we are outside around dusk in the summer we see a few flying around the tree tops catching the myriad of insects that are available.

We have developed a plan for getting the bats out of the house. It doesn't involve tennis racquets or brooms. We simply turn the lights off and open the two outside doors. In a few minutes the bats simply fly out through the doors; they don't want to be inside any more than we want them there.

I thought following this recent experience that I'd write about bats because: 1. they do fly like birds; 2. they eat insects like birds; 3. we see them flying around Baden and Wilmot and might mistake them for birds, and 4. I really like bats, never mind how beneficial they are due to the fact that they eat many thousands of mosquitos, beetles, moths and other insects. Scientists tell us that bats, which have been around for 50 million years, used to hunt during the daytime, but they have gradually evolved to hunting during the early hours of the evening. The term for animals that do this is crepuscular.

I find their use of echo-location or sonar fascinating. It's not true that bats can't see in bright light; they can see quite well in daylight or darkness. It's just that they don't need light to navigate or find their prey. Scientists have developed radios that can receive and amplify these sounds emitted by bats and use them to identify which

species it is, much like birders do when they hear a bird call that they recognize.

There are 8 species of bats found in Ontario. Four species are listed as endangered: Eastern Small-footed Myotis, Northern Myotis, Tri-coloured Bat, and Little Brown Bat. The reason half of the species are listed as endangered is probably due to a disease (NOT rabies) called White-nose Syndrome. It's a fungal disease that once contracted, spreads through hibernating colonies of bats, causing them to wake up more frequently thereby depleting their energy reserves, leading to eventual death. I recall seeing a bat on our screen window in the middle of the day in January 2015 in -20 C temperatures; no doubt a victim of White-nose.

Bats usually live for an average of 20 years but have been recorded living up to 40.



I always thought that bats were closely related to mice, but they aren't. In fact, they're not even rodents! They have their own Order (Remember: Kingdom; Phylum; Class; Order; Family; Genus; Species). They are mammals (Class) because they are covered with fur, give birth to live young, and feed their young milk. Older female bats are known to assist younger females in the birthing of their first offspring. Like all mammals, bats can catch rabies, but the incidence is MUCH lower than that found among raccoons or foxes.

The new online Guide to Bats in Ontario, written by expert naturalists Dan Schneider and Peter Pautler, is here to change that undeserved bad reputation. Full of photos and interesting facts about bats, the guide is an engaging resource for wildlife lovers of all ages and backgrounds. Next time you encounter a bat, don't go at it with a tennis racquet or a broom. Instead just open your doors or windows, stand back and marvel at its ingenuity, and let it use its echo-location and eyes to find its way out.

Side note: the Ospreys on Christner Road by the bridge over the Nith River successfully raised 3 offspring this year.

LET'S HAVE A LITTLE PUN!

A REFLECTION OF A TURN IN THE SEASON

- A good 'cover up'
- They often get really 'uptight' 'around' women.
- A 'nice pair' will make you 'pant' with pleasure.
- It 'leaves' you with 'piles'.
- It has 'collected' a large number of 'clippings' over the years.
- They really sink their 'teeth' into gardening.
- They're often 'featured' in an all 'black' 'cast'.
- They bring 'light relief' on a hot day.
- A 'dark image' that people often 'project'.
- The 'flue' may leave them with blocked 'passages'.
- They have to go outside to 'smoke'.
- They really 'go through the roof' in a 'heated' situation.
- It's often 'felt' on top of people's heads.
- It gets filled to the 'brim'.
- A 'tip' a gentleman will give to a lady.

ANSWERS ON PAGE 20



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Growing Takes Courage

Written by Brooke Willis, MSW RSW, Interfaith Community Counselling Centre



At many points throughout our lives, we are all faced with the same hard choice: to move forward into growth, or to move backwards into comfort. To move into growth is to learn, evolve, and to explore. To move into comfort is to have safety, security, and familiarity. This is a choice that may sound easy, but the scary part in taking the step into growth often means stepping off the edge of everything you know, falling into the great unknown. Growth and learning require discomfort, uncertainty, and risk-taking. To step off this cliff can mean leaving behind everything you know and love to take a leap of faith, accepting there's going to be a freefall but hoping you'll land on your feet in a better place.

Sometimes the best choice is actually to move backwards into comfort. Our comfort zones can be a healing place to allow us to rest, recharge, and enjoy stability. Our comfort zone often has everything we need, but if we never venture past the comfortable we become stagnant, rigid, and we miss out on so many amazing things this big world has to offer. There will always be times that you want to move backwards to

comfort, but for whatever reason the world is pushing you out of the nest, forcing you towards that edge of growth. One way or another, to live means to take many leaps of faith, so it's important to build comfort around taking this risk.

Not every risk is going to pay off, but even the biggest failures can be valuable learning opportunities, even when it's really painful. If you can endure the growing pains and trust that the discomfort will pass, you'll come to be in a beautiful place. To live is to take risks, and you could not have gotten to where you are without moving forward. Everything you now know and love was once a scary unknown. And that's the beauty of growing; although in the moment it may feel as though you are leaving everything behind, it will always be there for you to return to. Everyone who loves and supports you, all your precious memories, all the things that make you feel safe and comfortable are still there. The thing about growth is it doesn't mean getting rid of everything that makes life great, it means expanding past it to include new things. And once you've overcome the discomfort of the growth zone, you now have a bigger, better comfort zone.

As you learn and grow, there will be people to rally around you with love and support. There will be challenges but those struggles will make you strong. Each step will bring new learning and memory making. All of these things don't go away, and even if moving forward means saying goodbye, the people you love can be carried in your heart for as long as you need them. Change takes bravery, but you have always had what you needed right there in front of you. So take that leap!

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We've Arrived at 25! Celebrating Castle Kilbride Museum

September is a VERY exciting month for Castle Kilbride, as we have a major milestone to celebrate! On Sunday, September 22nd, join us in celebrating Castle Kilbride Museum being opened to the public 25 years ago. Tours of Castle Kilbride and special 25th-anniversary exhibits will be held from 1 p.m.- 2:30 p.m. followed by opening remarks and a concert on the front lawn by the New Hamburg Concert Band. The band is no stranger to Castle Kilbride, as they played on opening day in 1994! Note: please bring a lawn chair.

As well, do not miss out on the special highlight of a truck from 1919. Not only is the beautiful vehicle celebrating 100 years, but like the New Hamburg Concert Band, it also made an appearance at the Castle in 1994! The truck was used by Herner's Wood Products to deliver handcrafted architectural details that were used to restore Castle Kilbride.

Here at the Castle, we are excited to share that the festivities of celebrating the 25th anniversary does not have to end when you leave! *Anne with an E* has returned to Castle Kilbride and New Hamburg and will be premiering on September 22nd. So keep a lookout for any familiar rooms from the Castle while you watch the series.

Lastly, to reflect on our 25 years as a community museum, we asked none other than Jim Veitch, the great-grandson of James Livingston who grew up at Castle Kilbride, to share his memories and thoughts on the preservation of his family home.

Jim Veitch and his grandfather J.P. Livingston at Castle Kilbride

THE SAVING OF CASTLE KILBRIDE

My great grandfather James Livingston built Castle Kilbride 142 years ago in 1877. James founded many businesses, the most prominent being "The Dominion Linseed Oil Company". He was succeeded by his eldest son John Peter in 1920. After my grandfather J.P. Livingston passed away from an illness in 1949, my mother (Laura Louise Livingston) and father decided to move to the home in Baden. My sister Barbara and I were soon joined by a new sister Sherry a few years later.

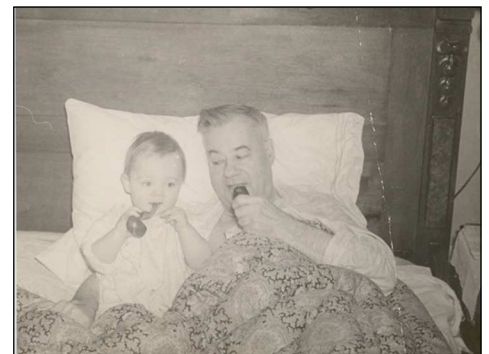
I experienced a very normal childhood filled with many friendships and responsibilities. There was much gardening to do at Castle Kilbride. I met my first garden hoe around age 7 and while the introduction was benign, the relationship became rather sour and I still attempt to avoid this scornful tool to this day. When I wasn't gardening I was raising 9000 broiler chickens. I met my first broiler around age 9; they were cute and cuddly at 1 day old and they could not talk back. I was quite autonomous, "my own boss". To this day I do not feel the animosity toward broiler chickens that I feel for that garden hoe. I formed many friendships in Baden and the surrounding area, played on local and high school sports teams and loved to go fishing with my dad. In short, my childhood was fun. During my teenage years, I began to realize how special my home was and how fortunate I was to grow up and enjoy 18 years at Castle Kilbride.

Time goes by quickly when you're married and raising a family and before I knew it that sad day arrived when my parents were forced to move to a smaller home in Ayr, Ontario. They could no longer keep up with the increasing demands before them. To be at the Auction in 1988 witnessing the sale of the contents of Castle Kilbride was the final chapter and very unsettling.

Castle Kilbride had a few owners during the next five years and started showing signs of neglect and decay. I visited once during that short era and found it too painful to return.

Upon hearing in 1993 that Castle Kilbride was purchased by the Township of Wilmot, I was both excited and elated. It was true; a big weight can be lifted off your shoulders. Regretfully I was unable to attend the Gala Celebration but was present for the Opening Ceremonies on the side lawn 25 years ago when Castle Kilbride was unveiled to the public as a museum. As a family member, it was very special and exciting. I struggle to recall the details but it must have been like watching a family member recover from a fatal illness and come back to life.

My heartfelt thanks are gratefully extended to all those who worked so tirelessly to save Castle Kilbride and allow the public to share in its beauty and deep history.



Baden Optimist Student Award

Back in June, the Optimist Club of Baden handed out the "Optimism Award" to a Grade 8 student at Sir Adam Beck. This Student demonstrated what true optimism is. She volunteers in her school and at a local horse stable. She is very passionate about her school and community.

This year's recipient is Emma Blazik. Emma received a trophy and \$200. She



Leah Mychayluk (Volunteer coordinator for Pride Stables), Emma Blazik, Penny Collins (Baden Optimist VP)

keeps \$100 for herself and the other \$100 is donated to a charity of her choice. There is a catch...she must deliver the cheque to that charity herself. Emma chose Pride Stables as her charity.

Pride Stables is located in Kitchener and offers therapeutic horseback riding to people with disabilities. It uses riding as a medium of therapy. The combination of the horse's movement, which stimulates the human walking motion, and its higher body temperature, which serves to supply heat massage to the rider's muscles, relax spastic muscles or stimulate lax muscles. Their vision is: a unique place where horses help people.

We are very proud to have Emma in our community and we wish her all the best in high school.



Pretty Herzberger (Baden Optimist Secretary), Emma Blazik, and Penny Collins (Baden Optimist VP)



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Refuse / Reduce / Reuse / Recycle / Rot.

- **Refuse:** The next time someone offers you something, ask yourself: **do I really need this?**
- **Reduce:** What do you really need? (e.g. Can vinegar and water replace most of your cleaning products?)
- **Reuse:** Use it up, wear it out, make do, or do without.
- **Recycle:** If you follow the first 3 R's, there will be little to recycle (which takes a lot of energy).
- **Rot:** Compost everything else!

To sign up for the **Waterloo Region Zero Waste Challenge:** <https://reepgreen.ca/zerowaste/>

For more details on the **5 R's:** <http://www.mattprindle.com/zero-waste-lifestyle>

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 25th.** For meeting location or more information, contact nvecoboosters@gmail.com or call **519-662-9372.** Want to know more about the Nith Valley Ecoboosters? Check out our website at: nvecoboosters.com

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ALL SCRAMBLED UP! Within each category the words are jumbled up... can you unscramble them?

Things For Breakfast

- SGEG _ _ _ _ _
- LIMK _ _ _ _ _
- NOBAC _ _ _ _ _
- EJIUC _ _ _ _ _
- EELCRA _ _ _ _ _
- EHECES _ _ _ _ _
- FFOCEE _ _ _ _ _
- FAWLEF _ _ _ _ _
- MOLAEAT _ _ _ _ _
- CEKANAP _ _ _ _ _
- GAUSESA _ _ _ _ _

Food From The Sea

- MALC _ _ _ _ _
- SIFH _ _ _ _ _
- PELK _ _ _ _ _
- UTAN _ _ _ _ _
- LIANS _ _ _ _ _
- QUISD _ _ _ _ _
- SEMLUS _ _ _ _ _
- STEROY _ _ _ _ _
- BERSTOL _ _ _ _ _
- POLLCAS _ _ _ _ _
- DEWASEE _ _ _ _ _

Answers on page 20

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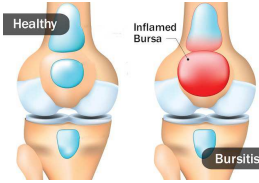
UNDERSTANDING BURSITIS

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



A **bursa** is a thin, slippery sac found around a joint that releases lubrication called synovial fluid. Its primary function is to provide cushioning between bone and surrounding soft tissue, such as skin, muscles, ligaments and tendons. Under normal circumstances, the **bursa** provides a smooth surface that allows for minimal friction with movement between these structures.

The term "**bursitis**" refers to any inflammation or irritation of the **bursa**. When this occurs, the **bursa** loses its gliding capabilities, and becomes thickened and swollen. As a result, the added size of the swollen **bursa** causes more friction within an already confined space, and the smooth gliding **bursa** becomes gritty and rough.



There are approximately 160 **bursae** in the body. Fortunately, only a handful of them usually develop **bursitis**. The most common areas to get **bursitis** include the shoulder, elbow, hip, and knee regions. Less frequently, **bursitis** may also occur in the wrist, buttocks, heel and big toe. Symptoms of **bursitis** include pain, swelling, and tenderness in the affected region. This may also be accompanied by a reduced range of motion and strength which can lead to a significant decrease in physical functioning.

There are several factors that can contribute to the development of **bursitis**. Activities that result in repetitive

overuse or prolonged and excessive pressure on a body region are a common culprit. An example of this would be constant overhead lifting using your shoulders or continuous kneeling on a hard surface with your knees. A **bursa** can also become injured as a result of a blunt trauma or fall such as slipping on ice and landing on your hip. **Bursitis** is more common in adults, especially in those over 40 years of age. As soft tissues age they become less elastic and durable, making them more susceptible to overuse and traumatic injuries. Other possible causes and risk factors for developing **bursitis** which may require additional medical management include infection from an opening on the skin surface, rheumatoid arthritis, gout, and diabetes.

Conservative self-care strategies for reducing the pain of **bursitis** should initially involve relative rest from any painful activities and ice application. Altering or eliminating the situations that contributed to the **bursitis** is also important. This may include activity modification such as using the correct technique, tools, and/or equipment. In addition, taking breaks to relax overworked muscles and joints, and performing exercises to strengthen the body can also be effective.

Bursitis that does not respond to self-care strategies may require professional treatment. This can include acupuncture, laser therapy, and electrotherapeutic modalities to decrease pain; manual and soft tissue therapy to assist with healing and restoring ranges of motion; and specific rehabilitative exercise training for the affected muscles and joints.

If you are having difficulty with a case of **bursitis**, a qualified health professional can prescribe appropriate therapy and rehabilitation strategies specifically for your circumstance.

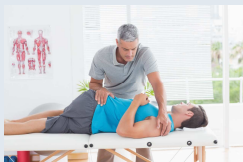
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Answers for Word Scramble
Quiz from page 17

FOOD FROM
THE SEA

CLAM
FISH
KELP
TUNA
SNAIL
SQUID
MUSSEL
OYSTER
LOBSTER
SCALLOP
SEAWEED

Things for
Breakfast

EGGS
MILK
BACON
JUICE
CEREAL
CHEESE
COFFEE
WAFFLE
OATMEAL
PANCAKE
SAUSAGE

Answer to PUN
FUN from page 12

1. Socks
2. Rake
3. Shadows
4. Chimney
5. Hat



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Teacher: "And what's it
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Student: "Having more
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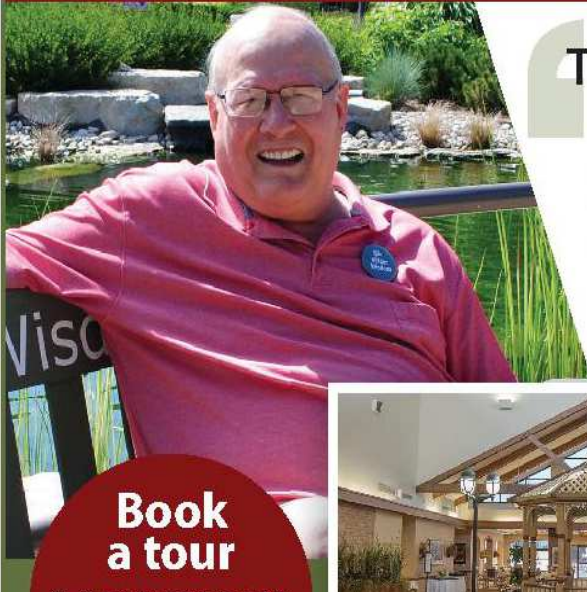
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– Ron Schlegel, founder of Schlegel Villages

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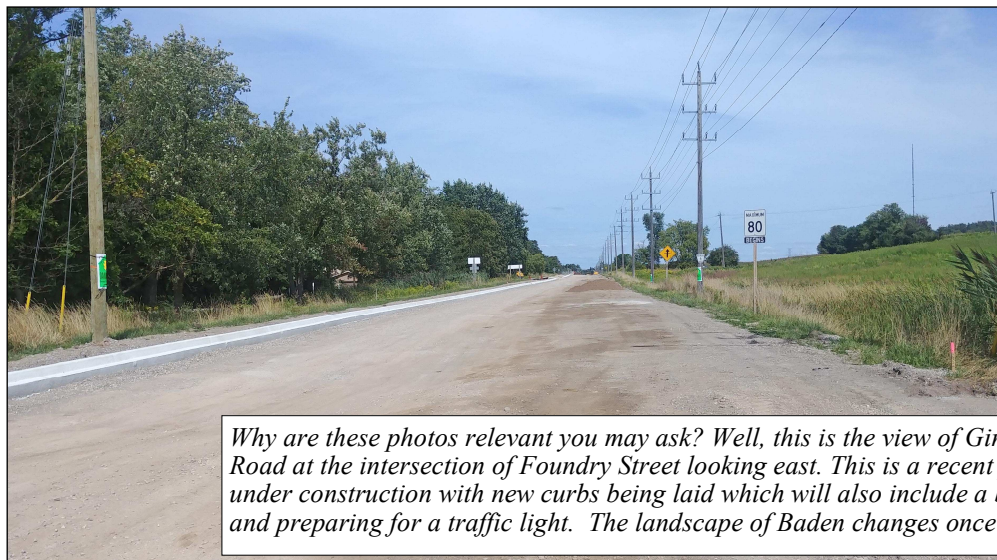


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Why are these photos relevant you may ask? Well, this is the view of Gingerich Road at the intersection of Foundry Street looking east. This is a recent photo while under construction with new curbs being laid which will also include a bike path and preparing for a traffic light. The landscape of Baden changes once again.



K.R. ABBOTT

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Community Corner ~ Check Out What's Going On!



Election Debate on the Environment

- Recent polls show that the environment is a top issue for Canadians.
- Government leadership is critical when it comes to dealing with environmental challenges like climate change.
- Voters are anxious to hear what positions their candidates have on environmental issues.
- The **Nith Valley Ecoboosters** will be hosting a non-partisan, all-candidate debate on the environment in the **Kitchener-Conestoga** riding.
- The debate will take place on **October 9th** at the **New Dundee Community Centre, 1028 Queen Street, New Dundee**, from **7:00 to 9:00 p.m.**

For more information see our website:
nvecoboosters.com

Or send an e-mail to: **nvecoboosters@gmail.com**

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

We are a support group for weight loss.

Weekly meetings are held on Wednesday mornings

St. James Lutheran Church, 66 Mill Street, Baden.

Weigh-ins at 10:30 am followed by a short meeting.

Annual open house the fourth Wednesday in September.

For more information call 519-634-9690.

Everyone is Welcome

Wilmot Family Resource Centre Poor Boy's Lunch Thursday September 26, 2019 11:30 am. To 7:30 pm.



Poor Boy's Luncheon tickets are \$8 a person or \$30 for a family. Tickets can be bought at the door, or in advance by calling the Wilmot Family Resource Centre at 519-662-2731.

Poor Boy's Luncheon is the largest annual fundraiser for corporate / sponsor donations to fund multiple programs offered by Wilmot Family Resource Centre. Since 1994, it has been held annually on the 4th Thursday of September. At the event, you can have a hot meal, visit with the community, and enjoy some live music. The funds raised support our programming and services for people in Wilmot and Southern Wellesley townships.

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



Canadian Blood Services

Blood Donor Clinic

Monday, September 16, 5-8 pm

October 14, 5-8 pm

Steinmann Mennonite Church

1316 Snyder's Road W., Baden

Calling All Girls Ages 7-13

Girls' Club ~ Please join us for our first meeting on Tuesday, September 17th at Wilmot Mennonite Church.

It will be a Wiener 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.



Mindful Movement

Mondays on Sept. 23, Oct. 7 & 21,
November 4 & 18, December 2 & 16

6:30-7:00 pm Tea and conversation

7:00-8:00 pm Mindful Movement (Yoga)

At Wilmot Mennonite Church,
2995 Bleams Road, New Hamburg

Cost: \$5-\$10 Pay what you can. Please wear comfortable clothing. Bring a yoga mat if you have one.



Join in the Conversation for Seniors

At Wilmot Mennonite Church,
2995 Bleams Road, New Hamburg

Topic: **Mike Strathdee:**
MEDA's Jordan Valley Links project
The Marketplace magazine

Tues. September 24, 12:00-2:00

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



Tea, coffee and conversation
for seniors

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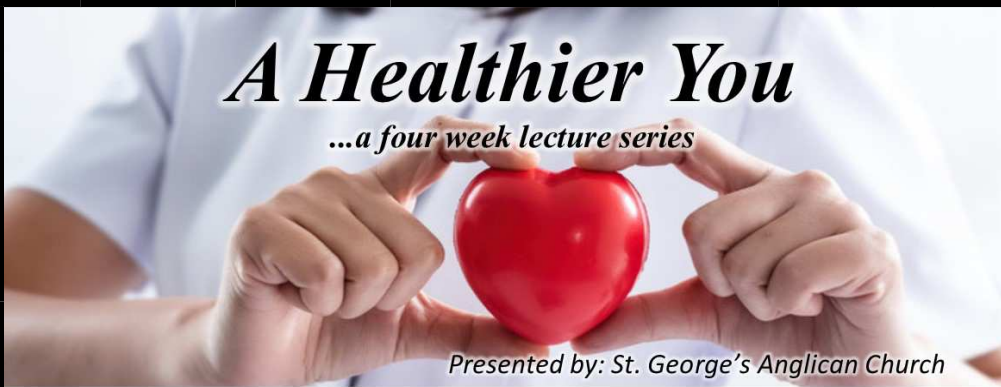
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And the September winners are:

- 1st prize #61- Melody Fitzpatrick (Kitchener)- Denure Tours: Quebec Colours 5 day tour by deluxe motor coach- for 2 people (\$2,990)
- 2nd prize #115- Steve Pinney (Kitchener)
- 3rd prize #409- Jim Luckhardt (Tavistock)

A Healthier You

...a four week lecture series



Presented by: St. George's Anglican Church

October 8th

Top 5 Tips for an Optimal You



Christine Gingerich
Personal Life Style Coach & Author of *Optimal You*

October 15th

Promoting Lifelong Mental Wellness



Matthew Isert Bender
Clinical Director, Interfaith Counselling Centre

October 22nd

Improving Your Back Pain Future: Lowering Injury Risk, Increasing Mobility



Dr. Robert Norman
Canadian Certified Professional Ergonomist & Former Dean of Applied Health Sciences, University of Waterloo

October 29th

It's Not Too Late: Exercise Benefits for You



Chris Spotswood
Certified Personal Trainer & Fitness Professional

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

Time: 10:00 A.M. - 12:00 P.M.

Cost: \$20 for the entire lecture series, or \$6 per lecture at the door

To register, please go to:
<https://stgeorgesnewhamburg.com>
and download registration form or contact the church office at 519-662-3450.

The Baden Outlook



Baden's Monthly Newsletter
"Keeping the Community Connected"

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You Must Be Joking!!



The Importance of Exercise

... from a senior's point of view.

- ◆ My grandpa started walking five miles a day when he was 60. Now he's 97 years old and we don't know where he is.
- ◆ I like long walks, especially when they are taken by people who annoy me.
- ◆ The only reason I would take up walking is so that I could hear heavy breathing again.
- ◆ I have to walk early in the morning, before my brain figures out what I'm doing.
- ◆ I joined a health club last year, spent about 400 bucks. Haven't lost a pound--apparently you have to go there.
- ◆ Every time I hear the dirty word 'exercise', I wash my mouth out with chocolate.
- ◆ The advantage of exercising every day is so when you die, they'll say, "Well, she looks good doesn't she."
- ◆ If you are going to try cross-country skiing, start with a small country.
- ◆ I know I've done a lot of exercise in the last few years... Just getting over the hill now.
- ◆ Every time I start thinking too much about how I look, I just find a Happy Hour, and by the time I leave I look just fine.



Submitted by Robert Price

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Wide Open Spaces....

...But not for long! Keep an eye on this spot on Snyder's Road East as Timber Lane begins development. It doesn't seem that long ago that Herner Wood Products had a thriving business here.

Timber Lane will consist of 20 bungalow town-homes and semi-detached condos that will feature double garages and low maintenance fees. The first four are currently being built.

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¹ Terms and conditions apply. Auto deposit includes pre-authorized credit or payroll deposit. Offer expires after 100 qualifying memberships have been opened or November 30, 2019, whichever comes first.

² Terms and conditions apply. There will be three draws this fall and non-winning entries will be eligible for the subsequent draws. For full contest rules, visit your local branch or kindredcu.com.

RAISE THE ROOF



ST. GEORGE'S ANGLICAN CHURCH
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SUNDAY, OCTOBER 6th at 2:30 p.m.

New Hamburg Community Centre

251 Jacob Street, New Hamburg

FEATURING



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\$15 Adults

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To purchase tickets:

please call: 519-662-3450 or

email: sgac@stgeorgesnewhamburg.com

Tickets available also at Massel's Marine, 38 Milton St. New Hamburg, 519 662 1650

Local Churches Invite You to Join Them ~ Visit www.badenoutlook.com for a directory of local churches

Emmanuel Lutheran Church

1716 Snyder's Road East, Petersburg, ON

519-634-5511 www.persburgchurch.org

* Wheel Chair Accessible *

Worship Service 9:30 am / Sunday School



SHANTZ MENNONITE CHURCH

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

Phone: 519-634-8712 / www.shantzmc.ca

Pastor: Don Penner

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

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

ZION PHILIPSBURG LUTHERAN CHURCH

3357 Erbs Road, just west of Philipsburg

Worship time: 10:30 a.m.

Interim Pastor Bonnie Schelter-Brown

519-214-0055, www.philipsburglutheranchurch.ca

or Zion Philipsburg Lutheran Church on Facebook

ST. JAMES LUTHERAN CHURCH

66 Mill Street, Baden, ON



Sunday Worship 9 am / Sunday School

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

Pastors: Bonnie Schelter-Brown & Pastor Barry Boeckner

Wilmot Centre Missionary Church

2463 Bleams Road—corner of Bleams & Sandhills Road

Church Service and Children's Church 10:00 am

Rev. Wayne Domm

519-634-8687

www.wcmc.ca

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

Steinmann 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

Greetings from the New Hamburg Thrift Centre

“Life starts all over again when it gets crisp in the fall.”
 - F. Scott Fitzgerald, *The Great Gatsby*

We’ve all experienced it; the anticipation of a new year and new experiences as we head into another fall season. While you might not be heading back to school, you can probably feel the excitement coursing through the air. That feeling of something *new* just around the corner.

For students without proper access to education, this feeling is something that they might not get to experience. Mennonite Central Committee (MCC) is committed to providing support to organizations that help students access education across the world; these children are disproportionately disadvantaged, such as children living in poverty, children affected by disabilities, and children living in situations impacted by HIV, or violence.

So, this fall, as you experience the sense of renewal and settle into new situations, consider supporting MCC through the New Hamburg Thrift Store. By shopping at New Hamburg Thrift, your money will go directly to funding programs run by MCC, such as the programs that support global students who would otherwise lack access to the education that Canadian children are so lucky to have.

On a more local scale, we would be remiss if we didn’t acknowledge Canada’s own dark past of Residential Schools when we ready ourselves for a new year. While there’s nothing to be done to change the damage caused by the years that these schools were open across Canada, MCC is actively working toward supporting better relationships between the organization and Indigenous individuals all over Canada. We work toward realizing the goals set out by Canada’s Truth and Reconciliation Commission, and do so with help from the money raised from MCC thrift stores.

So, check out New Hamburg Thrift to find all that you might need for this changing season, including fall décor, clothing, and accessories, and begin to feel the tangible difference you’ll be making in the lives of real children across North America.

 **MCC NEW HAMBURG THRIFT CENTRE**

41 Heritage Drive, New Hamburg
 Tel: 519-662-2867 | Web: www.newhamburgthrift.com
 Find us on Facebook and Instagram (@nhthriftcentre)

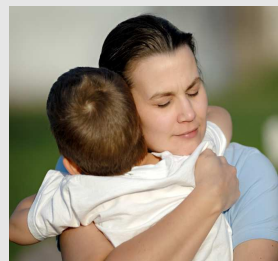
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All proceeds benefit the work of Mennonite Central Committee

HOURS

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FRIDAY	9:00 am - Open Late 8 pm
SATURDAY	9:00 am - 4:00 pm
SUNDAY	CLOSED



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Staying Ahead of the Flu with Food

Submitted by: Diana Sutherland, Zehrs In-Store Registered Dietitian



With the arrival of Fall comes the excitement of a fresh routine and new activities, but it can also mean the stress of the impending flu season. This year, be mindful of including plenty of immune-boosting foods in your diet and learn which other lifestyle factors can help prevent the flu. These steps not only help us minimize our own odds of getting the flu, but in turn keep us from spreading it to others. Let's do what we can this year to make small lifestyle changes that will go a long way in helping us stay ahead of the flu:

1. **Get your half plate of fruits and veggies.** We know that eating plenty of fruits and vegetables is beneficial for so many different reasons, but did you know that the antioxidants in fruits and vegetables are very important for our immune system as well? Vitamin C is just one form of antioxidant in fruits and vegetables that has a protective effect. Aim to try new fruits and vegetables regularly to ensure you are getting a wide variety.
2. **Don't forget protein foods.** Many common food sources of protein are fish, beef, oysters, eggs, beans, and nuts; and seeds are also rich in zinc. Both protein and zinc are important nutrients for our immune health. Aim to include a source of protein at each meal and snack.
3. **Welcome probiotics.** Did you know that probiotics in food can help us strengthen our immune system? Look for yogurt and kefir with added probiotics to make sure you have a strong population of friendly bacteria in your gut. We can also get probiotics from supplements. It is best to talk to your doctor, pharmacist or dietitian if you are considering taking a supplement.
4. **Remember to rest.** No foods act as a substitute for proper rest! This includes getting a good night's sleep and making sure you are finding ways to manage your stress. Rest gives our body the chance to recuperate and fight off potential invaders.
5. **Get your flu shot.** Regardless of our food and lifestyle choices, getting the flu shot is something we should all be doing yearly. The more people who get the flu shot, the less likely it is to be widespread and affect the most vulnerable of people.

The Elimination Diet:

Remove anger, regret, worry, resentment, guilt and blame. It all helps to improve your health and your life.



We're on the Web!

Read the paper in colour at
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Cook's Corner



Tomato & Feta Salad

- 4 pints grape tomatoes, red or mixed colors
- 1 cup diced red onion
- 1/4 cup good white wine vinegar
- 6 tablespoons good olive oil
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 1/4 cup chopped fresh basil leaves
- 1/4 cup chopped fresh parsley leaves
- 1 1/2 pounds feta cheese



Tomatoes ~ no matter how you slice 'em they are good for you!

The tomato is consumed in diverse ways, raw or cooked, in many dishes, sauces, soups, salads, and drinks. While tomatoes are fruits—botanically classified as berries—they are commonly used as a vegetable ingredient or side dish.

Tomatoes are the major dietary source of the antioxidant lycopene, which has been linked to many health benefits, including reduced risk of heart disease and cancer.

There are plenty of ways to enjoy tomatoes, but what a way to include the fresh parsley and basil from your garden! Here is an easy recipe that will make you a star at the next barbeque. Feel free to get creative and mix it up by adding fresh minced garlic, chopped cucumber, and to leaf it up, toss in some spinach or romaine.

They are also a great source of vitamin C, potassium, folate, and vitamin K.

Usually red when mature, tomatoes can also come in a variety of colors, including yellow, orange, green, and purple. What's more, many subspecies of tomatoes exist with different shapes and flavor.



Cut the tomatoes in half and place them in a large bowl. Add the onion, vinegar, olive oil, salt, pepper, basil, and parsley and toss well. Dice the feta in 1/2- to 3/4-inch cubes, crumbling it as little as possible. Gently fold it into the salad and serve at room temperature.



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The greatest gift of the garden is the restoration of the five senses. ~
Hanna Rion

We jumped from a cold, drenched spring and early summer to a long hot and very dry July and August. The prediction was for a damp, cool summer. Boy did the meteorologists get that one wrong! It has been a tough year for gardeners and more so for our farmers whose livelihood depends on the crops and having a bountiful harvest for us to eat, keeping our food cost down. For our civic gardens, the township staff have been constantly watering the annuals, with special focus on the heart garden in the front of Castle Kilbride. Good job! I hope many of you have stopped at the Castle to see the Silver Anniversary Exhibit of the Castle's museum and to enjoy the gardens. It's not too late. You can go talk to some of our past Prime Ministers while you are there too!



Wilmot Horticultural Society's Civic Beautification committee is busy looking at refreshing some of the gardens around the New Hamburg library this fall. With the revamping of Kirkpatrick parking lot, the garden plants were removed for the construction phase and will be replaced this fall. The goal is to add some trees and shrubs in that area and to create a pollinator garden and Monarch Butterfly Way Station. What is that? Monarchs need milkweed to feed on and for reproduction, so the garden will provide the Monarchs with the resources they need. Our focus will be on planting swamp milkweed and butterfly milkweed, as they do not take over a garden. The other flowering natives and non-native plants will provide the nectar for nourishment for Monarchs as well as our other pollinators. We plan to register our garden to receive a certificate and a sign from Monarch Watch. Go to www.monarchwatch.org for more information so you can create your own way station and register.



So things are winding up in the veggie garden... what are the important things to do now? First thing is to record on paper or photos to see what was planted where. Crop rotation is important, and you will not remember where plants were the year before, unless you have a photographic memory! Clean up plants and fruit to prevent disease and to keep away critters. Follow clean up with covering your gardens with leaves or straw to prevent the winter winds blowing away your topsoil and weed seeds. A cover crop such as annual rye instead would also add nourishment to the soil.

Before you go crazy cleaning up the rest of your yard, read the article on fall cleanup and leaving the leaves. Save yourself time and be good to nature: <https://tinyurl.com/yckth8f6>

Are you growing succulents or thinking of it? This website has excellent information: www.ambius.com/indoor-plants/the-ultimate-guide-to-succulents

Enjoy the cooler weather, fall colours and think of planting spring blooming bulbs.

Our speaker series resumes on Mon., Sept. 9, 7:00pm at WRC, Rm A. with the Junior Gardeners' Awards and **Get set to grow: Forest gardening** with Nicola Thomas, a Kitchener environmentalist. Nicola will talk on being stewards of the land, growing edibles and creating pollinator corridors in underutilized green spaces. She initiated the first Food Forest at Forest Heights CC.. Free meeting, 50-50 draw and lug-a-mug for refreshments.

Get your fingernails and knees dirty!

Website: <https://tinyurl.com/WilmotHortSoc>

email: wilmothortsociety@gmail.com

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This past month, we saw on the news that the Kitchener-Waterloo Humane Society was looking for kiddie pool donations for the puppies as they are struggling to get through the summer heat and keeping the puppies cool. We

saw this as an awesome opportunity to give back to the community! Kerilynn & Christina went and bought a few pools and dropped them off. We hope our little contribution went a long way for these doggies and anyone looking for a "Feel Good Friday" activity, we highly suggest giving back to these wonderful animals!



Going forward, we have made the decision that each month, we will find one way to give back to our community. Keep an eye out for what we do next month or even better, send us ideas that mean a lot to you and we will try our best to do as many as we can!



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

An old man picked me up and I told him,
 "Kiss me and I'll turn into a princess."

He stuck me in his pocket, and I said, "Aren't
 you going to kiss me?" He said, "I'm 87 years
 old, I'd rather have a talking frog."



You Must Be Joking!!



A while after selling him a new pick-up, an auto dealer called the farmer about buying a cow. The farmer said the cow would be about "\$500". The dealer arrived at the farm to find the following hanging on the stall:

- Basic Cow.....\$499.95
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MEET THE PRAYING MANTIS

What is a Praying Mantis? The praying mantids, or praying mantises, are carnivorous insects that belong to the family Mantidae. There are about 2,000 species of mantids.

This insect has a triangular-shaped head with a large compound eye on each side. Praying mantids are the only insect that turn from side to side in a full 180-degree angle. Their eyes are sensitive to the slightest movement up to 60 feet away. They have straight, leathery forewings, and very powerful jaws used for devouring its prey.

Breeding season is in the summer in temperate areas. After mating, the female will lay groups of 12-400 eggs in the autumn. One study concluded that females may decapitate males about 15 percent of the time when they mate. These insects are indiscriminate predators and the females are often larger than the males. If the male gets eaten while mating, he is basically providing nutrients for the female to gestate the eggs.



Small mantids emerge in the spring. Often, their first meal is a sibling. Young mantids, or nymphs, also eat leafhoppers, aphids and small flies. Nymphs will shed many times before they are full grown. It takes an entire summer or growing season for mantids to mature to adulthood. One generation develops each season.



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- Starting out
- Young Family
- Single
- Established Family
- Retiree



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Joe Figliomeni CPA, CGA

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Tuesday - Friday 11am-7pm ~ Saturday 10am-2pm

STAGHORN SUMAC - RHUS TYPHINA



The staghorn sumac brings us lovely colour in the fall. It is a very hardy plant and generally grows in open places such as roadsides, forest edges, and clearings. It likes lots of sun and tolerates most soil types, including poor dry areas. This species is very pest and disease resistant.

This large shrub has compound leaves, meaning each leaf is composed of several leaflets. These leaflets hang down, have serrations (teeth) along the edges, and turn a radiant red or orange in the fall. The thick branches are hairy and resemble the velvety antlers of a male deer (stag), hence the common name of "staghorn." Clusters of small greenish flowers form an upright cone that yields crimson red berries covered in fine hairs.

Sumac male and female parts are found on separate trees, so if you want those brilliant berries, make sure you get both pollen-producing and seed-bearing trees. Birds such as evening grosbeaks, northern cardinals, and ruffed grouse will eat sumac berries in winter and early spring, but often as a last resort.

Mammals also make use of this shrub, as rabbits browse on the leaves and twigs. Some butterflies use this plant as food for their young, and sumacs provide nectar for bees and other beneficial insects while providing great shelter for many more wild creatures.

Staghorn Sumac is often planted as an ornamental due to the lovely fruit clusters and beautiful autumn foliage. The bark, leaves, and fruit are all rich with tannin and thus used to tan hides. The leaves and fruit were once boiled down to make ink, and dried leaves were used for smoking. The sap was also used as a treatment for warts.

This plant brings lovely colour to the roadside and can also be seen at the Foundry Street Parkette in Baden.

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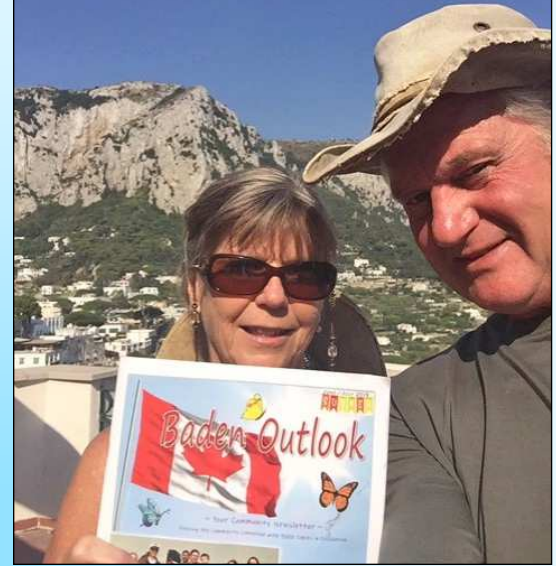


....The Baden Outlook went to Italy, Pennsylvania, Collingwood and Alberta.

Jim McInnes, Meaford; Lee Fitzpatrick, Philipsburg; and Rick Baier, Milverton took their Outlook to the Elvis Festival in Collingwood. (See Elvis in the background).



The Baden Outlook made it to Naples/Capri, Italy while on a Mediterranean cruise out of Rome with Dan & Cindy Bogaert from St. Agatha.



The Baden Outlook accompanied Ralph and Caroline Wagler from Baden on the Canada Day weekend with their friends, Ken and Eileen Kunkel at their home in the Pennsylvania mountains.

Don and Janet Worthington took the Baden Outlook on their hike up Goat Creek Trail, Canmore, Alberta.



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