

Re-Elect

John Milloy



On October 6th, experience and hard work matter.

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2011 Provincial election candidates' questionnaires

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Kitchener bike sharing program rolling along

Page 10

Local Marquetry artist paints with wood

Page 15



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KITCHENER CITIZEN *East Edition*

www.kitchenercitizen.com • Volume 3, 5 • Thurs. September 22, 2011 • Circulation 31,500



Beam from World Trade Center to rest at firefighter memorial

BY HELEN HALL

Kitchener is one of a handful of cities in Canada that is home to a significant piece of the World Trade Center.

A 3,000 pound beam from the building will be unveiled in a permanent monument adjacent to Kitchener's Fallen Firefighter Memorial Monument at the Civic Centre Park on Queen Street North on October 8th. The ceremony will take place during the 7th Annual Fallen Firefighters Memorial Day and Family Fun Fest.

The beam has been donated to the City of Kitchener's public art collection.

The firefighter memorial was erected in the park in 2005, and is now home to the annual memorial ceremonies and firefighter family celebrations. Around

the memorial, there are bronze helmets for each Kitchener firefighter who has lost his life in the line of duty. Many firefighters die from cancer and other illnesses related to years of fighting fires.

This October, a bronze helmet will be added for Captain Bill Duncan, who died of brain cancer in 2011.

And with the arrival of the World Trade Center beam, another bronze helmet will be installed to remember the 343 firefighters who lost their lives in New York.

Fire departments from across North America were given the opportunity to apply to receive a limited number of pieces of the World Trade Center.

Kitchener Firefighter Memorial committee member Cam Linwood said only five Canadian cities received a large item like the beam.

Linwood said most of the work for getting the beam to Kitchener was done by firefighter Kevin Schmalz. It took more than a year of planning and coordinating with the New York City Port Authority to acquire the artifact

that was once a part of the World Trade Center's substructure.

The beam made its first public appearance in Kitchener at Sportsworld Crossing on Sunday, August 21 when the Kitchener firefighters held a send-off for

...continued on page 5



Mike Zarzycki rings the firebell at the 10th anniversary of 9/11 at Civic Centre Park in Kitchener. The ringing of the bell is a tradition with firefighters that represents the end of the emergency and the firefighters' return to quarters.

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NOMINATIONS CLOSED SEPTEMBER 16

Provincial election candidate list complete

Elections Ontario has closed the nomination period for candidates for the October 6 provincial election.

As of September 17, the following candidates are listed on its website www.wemakevotingeasy.ca.

Candidates for Kitchener Centre

- **Bugra Atsiz**, Freedom Party of Ontario
- **Patrick G. Bernier**, Ontario Libertarian Party
- **Mark Corbiere**, Independent
- **Cameron Dearlove**, Ontario NDP
- **Dave MacDonald**, PC Party

- of Ontario
- **John Milloy**, Ontario Liberal Party
- **Mark Vercooteren**, Green Party of Ontario

Candidates for Kitchener-Conestoga

- **Mark Cairns**, Ontario NDP
- **Michael Harris**, PC Party of Ontario
- **Leeanna Pendergast**, Ontario Liberal Party
- **Robert Rose**, Green Party of Ontario

Advanced Polls now open

If you can't get to the voting

station on election day, the advanced polls are now open. Advance polls will be open 10am to 8pm.

Remember to bring identification with your name and address listed on it, as well as your Voter's Registration Card. As of our presstime, these were the listed advance polls. Poll information can change.

Visit the website www.wemakevotingeasy.ca for information about voting.

Advance Polls

Kitchener-Centre

Returning Office

- 101 Hazelglen Dr. - Unit 2, Kitchener, Sept 21st to Sept 30th, 2011

Downtown Community Centre

- 35 B Weber Street West,

Kitchener, Sept 21st to Sept 25th, 2011

Forest Heights

Community Centre

- 1700 Queens Blvd., Kitchener, Sept 21st to Sept 30th, 2011

Stanley Park Zehrs Store

- 1005 Ottawa Street North, Kitchener, Sept 21st to Sept 30th, 2011

Victoria Park Pavillion

- 80 Schneider Ave., Kitchener Sept 26th to Sept 30th, 2011

Advance Polls

Kitchener Conestoga

Returning Office

- 385 Fairway Road South - Unit 200, Kitchener, Sept 21st to Sept 30th, 2011

Satellite Returning Office

- 10 Church Street West- Unit

3A (Upper level), Elmira Sept 21st to Sept 30th, 2011

Breslau Community Centre - Fireplace Room

- 100 Andover Drive, Breslau Sept 26th to Sept 30th, 2011

New Hamburg Arena - Board Room

- 251 Jacob Street, New Hamburg, Sept 21st to Sept 25th, 2011

St. Clements Community Centre - Board Room

- 1 Green Street, St. Clements Sept 21st to Sept 25th, 2011

Kingsdale Community Centre - Room 2

- 72 Wilson Ave., Kitchener Sept 21st to Sept 25th, 2011

Wellesley Community Centre

- 1000 Mapleleaf Street, Wellesley, Sept 26th to Sept 30th, 2011

See where your garbage goes!

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Go into the recycling sorting centre!

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from 9 a.m. to 2 p.m.
for a free, one-hour guided bus tour

Reserve early! This is a popular event!
Location: Waterloo Waste Management site
Enter and park at Gate #3
1001 Erb Street West, Waterloo

Call to reserve your time:
519-853-5100 ext. 3810
or email waste@regionofwaterloo.ca

Donation of a non-perishable food item or cash donation for the Food Banks would be welcome.

www.regionofwaterloo.ca/waste

Cameron Dearlove

for Kitchener Centre

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- ✓ **CREATE AND PROTECT JOBS**
Our Job Creation Plan will provide a tax credit for every permanent job created in Ontario. That means more jobs for everyone: men, women, new Canadians and young people. We will enact a Buy Ontario policy so your tax dollars are spent on products made here, not overseas.
- ✓ **LIVING WITHIN OUR MEANS**
New Democrats know that we can't confront the challenges ahead with a massive debt burden. We will balance the budget by saving nearly \$400 million in cutting high-priced consultants, capping public sector CEO salaries, stopping corporate tax giveaways and conducting an expenditure review.
- ✓ **GET ELECTRICITY PRICES UNDER CONTROL**
Every time you pay your electricity bill you're covering costs for five hydro bureaucracies, private power deals and seven-figure CEO salaries. We can lower costs by merging bureaucracies, capping CEO salaries, and keeping electricity publicly owned and accountable.

Authorized by the CFO for Cameron Dearlove

Poor Boy Lunch for Veterans

When: Tuesday, November 8th, 2011, 12:30 - 1:30pm
Cost: \$6.00, call Gail for reservations @ 519.893.6320 ext.303
Where: The Gathering Place
Trinity Village Care Centre
2727 Kingsway Drive
(near Fairview Park Mall)

Reserve today, spots fill up quickly! All proceeds benefit K-W Poppy Fund. Please reserve your seat no later than November 2nd.



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Being prepared for retirement is the best way to ensure you could achieve the lifestyle you want. An important first step in building this plan, is taking a look at your priorities today and how they may change in the future. This is where we can help. Our Retirement Transition workshop is designed to guide you through this, or any stage of your planning.

Please join us at :

Wildcraft Restaurant

Tuesday, October 26, 2011

6:30 pm – 8:30 pm

For more information or to register for this event, please call:



Paul Arsenault, CFP, FMA
RBC Wealth Management®
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RE-ELECT

LEEANNA PENDERGAST

Advanced Polls:
September 21st - 30th
10a.m. - 8p.m.

Ontario Liberal Party - Kitchener-Conestoga



Proven Leader. Local Results.

Election Day
October 6th



Authorized by the CFO for the Leanna Pendergast Campaign



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Newspaper Association

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RANTS & raves

THE KITCHENER CITIZEN OPINION PAGE

LETTER TO THE EDITOR

We need a free, mandatory, one-call system for cable locates

Ontario needs a single, mandatory one call locate system for underground utilities. Why? Because it will save lives!

When underground utility lines such as gas, hydro, telephone or water are not located before digging begins they can be hit, causing serious damage and/or a public emergency.

In Ontario, under the Occupational Health and Safety Act, excavators are legally required to obtain the location of utility lines before breaking ground. However, Ontario does not have a single, mandatory one call location system and corners are often cut, with expediency trumping public and worker safety. Why? Because an excavator - be they an experienced contractor on a large work site or a homeowner building a deck - may need to call up to 13 different phone numbers in order to obtain the location of all utility lines within the requested work site and each asset owner has a different process to follow. That has resulted in an onerous approach where critical steps are

being missed and often times ignored; and sometimes tragic accidents have occurred as a result.

A single, mandatory one call system, FREE to the end user, which requires all asset owners to register their infrastructure, would give excavators one simple telephone number they can use to obtain the location of all utility lines before digging.

That's why the Ontario Regional Common Ground Alliance has worked with our industry partners to develop a Dig Safe Now advocacy campaign specifically designed to get the word out to provincial candidates in the upcoming Ontario election.

We need your help to make a difference to the safety of our communities and all Ontarians by appealing directly to your local candidates.

Please go to the Dig Safe Now website, (www.digsafenow.ca), select "send an email," and register to send a letter to all the candidates in your riding. The entire process will take less

than one minute of your time. I'd also urge you to ask your family members and friends to visit the site and send letters of their own.

The website will give you the tools to identify and interact with your local candidates and stay engaged in the campaign by posting updates to your Facebook or Twitter accounts.

Locating all underground utilities before digging will prevent injuries and save lives. Digging safely will also prevent utility outages and ultimately save taxpayers millions of dollars a year in direct damages, as well as lowering the indirect costs of emergency services, business disruption and lost productivity that can occur when a line is hit.

Together we can make a difference! Dig Safe Now!

Jim Douglas
President - Ontario Regional Common
Ground Alliance

GUEST COLUMNIST

The Scoop on Pet Poop

BY CHERYL EVANS

Water Education and Events Coordinator
REEP Green Solutions

I love walking the Iron Horse Trail with my dogs every morning. The dappled sunlight dancing on the trail, the rustling leaves, trying to identify each different bird call and for me a special thrill is seeing a new bird that I have never seen before. This morning, what I thought was a new bird to add to my list was a bag of dog poop that someone had flung into a tree!

When I got home I looked up recommended ways to manage dog poop from the Region of Waterloo's website. Big surprise! 'Flinging' was not on the list! Also, 'letting it lie' is also not acceptable as bacteria, viruses and nutrients wash into our waterways and cause huge algae blooms and bacterial problems that can be a main reason for beach closures. Yuck!

The Region of Waterloo recommends the following pet waste management strategies:

1. Flush dog waste down the toilet, not cat waste as litter is problem for sewage treatment plants.
2. Wrap it in kraft paper and put it in the green bin.
3. Double plastic bag it and place in the garbage.
4. Bury it in the back yard.
5. Place it in a back yard waste digester.

Try Making Your Own Pet Waste Digester

In order to try to out the most environmentally responsible pet waste option, that uses no water or fossil fuels and produces useful compost, I decided to build a backyard pet waste digester. No rocket science here! My digester is a modified garbage can with a lid, that is sunk into the ground.

1. Get a garbage can with a removable lid.
2. Cut out the bottom with a jigsaw.
3. Drill holes in a 6" grid patten along the sides of the can.
4. Dig a hole in the ground just a little wider and shorter than the can.

5. Sink the can so that only the lid is showing.
6. Backfill between the earth and outside of the can with gravel or soil.
7. Add pet waste.
8. Add a septic starter to get going.

Tips for Success and Safety

1. Use a dedicated composter for pet waste only.
2. Use septic starter to speed the breakdown process.
3. Keep pet waste composter at least 2 metres from food waste composter.
4. Don't use plastic (even bio bags) in the composter.
5. Layer waste with wood chips or yard waste to reduce smell.
6. Wait 2 years before using compost.
7. Don't use on food gardens.

Dealing with Cat Waste

Cat waste can be digested successfully but there are a few things to remember:

1. Clay, sand and crystalline-based litters are not compatible with the backyard waste digester
2. Use biodegradable litters such as saw dust, commercially produced pine or cedar wood pellets, wheat or recycled paper litter

Happy Trails to You!

I am happy to report that my pet waste composter does not smell and is easy to use. My dogs are very happy to produce 'content' so that I will eventually have great free fertilizer for my lawn, trees and perennials beds. Now when we are out on the trail I gather the waste in pet waste bags and then empty them into the digester when I get home. I know some people who use a coffee cup or paper bag but I am not that brave. Everybody has to find a 'collection system' that they are comfortable with.

For additional waste management and water protection information see the Region's website at www.regionofwaterloo.ca
See you on the trail!

LETTER TO THE EDITOR

Trees for our future

Autumn is an excellent time to plant a tree. Why are trees important?

Scientific studies demonstrate that trees can cool our properties by 10 degrees in the summer. In the big city picture, trees reduce air pollution, carbon dioxide, ultraviolet rays, and "heat islands" such as the desert-like mall parking lots. Last but not least, trees increase the curb appeal of our properties.

Think about the routes which attract us for a walk in spring, summer and fall. We are most likely to travel along a tree-lined street.

Plant a tree. Choose a native Regional species such as the 'acer rubrum' or red maple. This maple tree turns a glorious bright red in the fall. Oaks, Ashes, Sycamores, Tulip trees and the Serviceberry are favourites. If you have a grand old mature tree on your property or on your street, nurture it! Care for it!

Participate in the 2011 Champion Tree Hunt of Waterloo Region. Find the largest trees in Waterloo Region. Nominate them. Check this website for nomination information: sites.google.com/a/landscapeontario.com/champion-tree-hunt/

'In 1990, the KW Field Naturalists organized the first Great Tree Hunt in Waterloo Region... The winning tree was a 35 metre tall Eastern Cottonwood found in Wellesley Township. In Kitchener, a rare American Elm stands majestically on Trillium Drive.'

Be good to yourself, to your family, to your neighbours, to all of us!

Plant a tree. Save a tree. We will all breathe better!

Jean Haalboom
Kitchener

LETTERS TO THE EDITOR The Kitchener Citizen welcomes Letters to the Editor. All letters must clearly state the writer's full name, address, phone number and be signed. Names will be published along with the letter, however, addresses and telephone numbers will be used only for verification purposes and will not be published. Letters should be submitted at least one week before the publication date. This newspaper reserves the right to edit, condense or reject any contribution for brevity or legal purposes.

INVITATION TO BE A GUEST COLUMNIST The Kitchener Citizen invites you to share your experiences of local community as a guest columnist. Do you have a rant? A viewpoint about a local event or opinion about an important issue? Or, do you have a personal or funny story? The Kitchener Citizen is looking for writers who are willing to share their views with their Stanley Park neighbours in a guest column. Columns should be 400-500 words long and submissions must include your name and contact information. To submit your column by fax, email or mail, please call 578-8228. For more information contact, Carrie Debrone, editor, 578-8228.

World Trade Centre

Continued from cover

their hockey team that attended the 2011 World Police & Fire Games in New York City. The beam was brought in on a flatbed truck preceded by the Kitchener Fire Honour Guard.

Schmalz spoke at the ceremony and said he was "very proud" that Kitchener's application was successful.

The beam was picked up in August by Bell Cartage, a trucking company that donated its services. Ball Construction is also donating its services to help install it permanently at the Civic Centre Park.

This year, the firefighter memorial committee also held a remembrance of the 10th anniversary of September 11, 2011.

The death of 343 firefighters on 9/11 is the largest death toll from a single incident in firefighting history.

Local first responders, including firefighters, police officers and paramedics and members of the Royal Canadian Legion, stood guard at the memorial for 102 minutes. That is the time that passed between the first plane hitting the World Trade Center and the second building's collapse.

The ceremony also included

speeches, commemorative bells and bagpipes played by members of the Kitchener Youth Pipes and Drums program.

"9/11 had a significant impact on me," Linwood said of his reasons for joining the Firefighter

Memorial committee in 2005. He sees the addition of the World Trade Center beam and the 343rd helmet to the local memorial as a "lasting reminder of what happened that day."



Travis Fraser (left) and Jayna Fuller play the bagpipes during the 10th anniversary remembrance. They are students in the Youth Program of Kitchener Fire Pipes and Drums Band.



Kitchener firefighter Kevin Schmalz talks about 9/11 and his efforts to bring a beam from the World Trade Center to Kitchener.

It's Time For Change

The past few years have been tough for local families. Now more than ever, we need an MPP that will be here to get things done.

It's time for change that puts families first by:

- ✓ Providing Immediate Relief on Home Hydro and Heating Bills
- ✓ Lowering the Tax Burden On Middle-Class Families
- ✓ Cleaning Up Fraud and Waste In Government
- ✓ Investing In Health Care And Education
- ✓ Keeping Our Neighbourhoods Safe

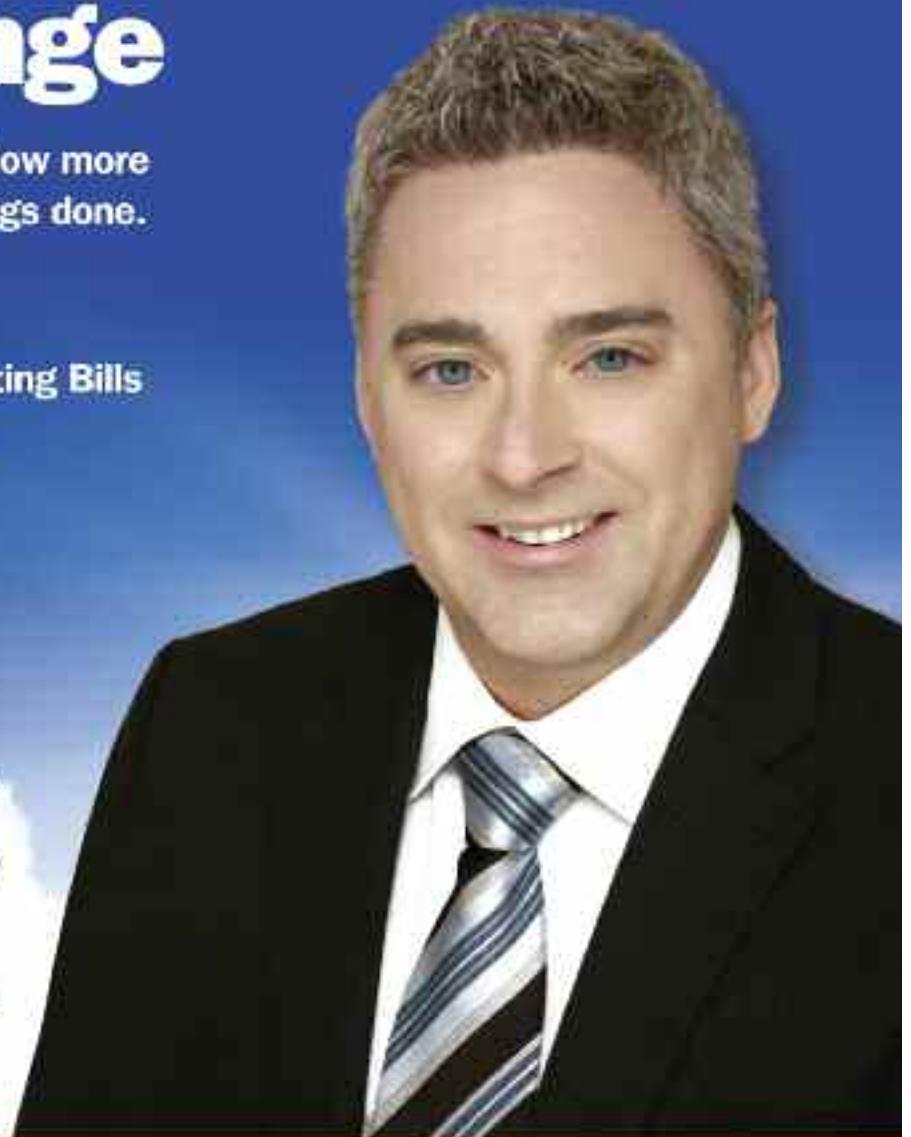
ONTARIO  PC

Michael
HARRIS
KITCHENER – CONESTOGA

A long-time resident of Kitchener, Michael grew up on his family's farm. Michael, Sarah, Brayden (9) live in South Kitchener.

MichaelHarrisPC.ca
519.954.8679

Authorized by the OFR for the Michael Harris Campaign.



Vote for change on October 6. Contact us now.

2011 Provincial Election Questionnaires – Kitchener-Conestoga

NDP Kitchener-Conestoga

Mark Cairns



Address: Kitchener
Age: 24
Present Occupation:
computer hardware technician
Contact information:
markcairns@ontariondp.ca
519-569-4040
www.markcairns.ca

- Waterloo Regional Labour Council youth officer
- K-W United Way priority impact team member
- Completed Canadore College Information Technology Technician Apprenticeship Program Level One

1. Why do you want to be a Member of Provincial Parliament? What skills do you have to allow you to best do this job?

I'm applying for the job of your Member of Provincial Parliament. My reasons are many and this is not my first time running, but I feel this election is especially important for the future of Ontario. The status quo isn't working and I don't feel I need to say much more for you to know what I mean.

Since moving here in 2003 with my family from Hamilton I've felt at home here. I want to do all that I can to make our community as great as it can be. Part of that is being politically active which is why I'm running in this provincial election. I feel it is important to hold our government accountable to the people they represent. The government ought to work for the best interest of the people it represents and not its own interest. When it comes to not taxing the essentials of day to day life, making sure our environment is clean healthy and sustainable, or ensuring we get the best public healthcare for everyone. It should feel like the government is on our side, not the other way around.

2. What do you think are the 3 main provincial issues now affecting your riding, and where do you stand on them?

1. making life more affordable by
 - Take the HST off hydro and home heating
 - Start removing the HST from gas and crack down on gouging at the pumps
 - Freeze transit fares
- 2.affordable green choices
 - Four year transit fare freeze
 - Up to \$5,000 in home energy retrofit rebates
 - Phase out coal-fired electricity
 - Invest in cycling infrastructure
 - Make sure that polluters bear the costs of clean-up, not municipalities.
3. healthcare that works
 - Cut emergency room wait times in half
 - Cap CEO salaries and invest savings in frontline healthcare
 - Give seniors the support they need to live in their own homes
 - End ambulance fees

3. Where do you stand on the use of negative advertising being used during this election campaign?

IT'S TERRIBLE! I'm running a positive campaign. I feel myself as a candidate and my party's platform is electable without making others look bad. If others parties are not good enough to get elected on their own merit and feel that that the only way they can look good is by making their opponents look worse, well that's their problem, and I just hope I can lead by example, WIN, and that one day the rest will grow up! (sounds funny being said by the youngest candidate huh?) Negative politics is the reason people don't vote and lots of people think ALL politicians are bad. I'm one of the good ones.

LIBERAL Kitchener-Conestoga

Leeanna Pendergast



Address: 148 Manitou Dr.
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Age: 49
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www.votePENDERGAST.ca,
info@votePENDERGAST.ca,
Twitter: @votePENDERGAST,
Facebook: Vote Pendergast

- Leeanna Pendergast has been the Member of Provincial Parliament since 2007. She was educated at the University of Waterloo, University of Toronto, and Oxford in England, receiving a B.A., E. Ed., Masters of Arts and Masters of Education.
- She has served as Parliamentary Assistant for Women's Issues, to the Minister of Education, and for the last year, has focused on Ontario's

finances as the Parliamentary Assistant to the Minister of Finance.

- Leeanna has worked hard for our community at Queen's Park, making education, healthcare, the environment, and seniors her top priorities. She has recently been instrumental in bringing 192 nursing home beds to the region.
- Prior to being elected as MPP in 2007, Leeanna spent many years as an Educator with the Waterloo Region District School Board. Leeanna and her husband Richard Openieks have lived in Conestoga for nearly 20 years, where they are raising three sons.

1. Why do you want to be a Member of Provincial Parliament? What skills do you have to allow you to best do this job?

As an educator of over 22 years I lived through the Mike Harris era and walked the picket lines. The impact that had led me to want to do anything I could to make sure it did not happen again. I am someone who has been affected by the conservative cuts and I know how detrimental that can be on our workforce, our students, and our community. This gives me the passion to want to continue providing results to Kitchener-Conestoga. I have worked these last 4 years to represent you and I understand how best to do that at Queen's Park. It is not always about standing up relying on Bills in legislature but about working with other MPPs and Bureaucrats to get you results. My priority is what we can do together to make Kitchener-Conestoga better for us.

2. What do you think are the 3 main provincial issues now affecting your riding, and where do you stand on them?

The Liberal government has invested over the last 8 years to improve healthcare. We now have more nurses and doctors being trained right here in Waterloo, better access to front-line services and shorter wait times. Despite all those accomplishments, we still recognize that there is much more we need to do! Green Energy jobs are a growing field in Kitchener-Conestoga and we need to promote them. Ontario is on its way to creating 50,000 jobs that will keep our environment clean and our energy bills down. Why would we want to put this at risk when so many green leaders are telling us we are on the right track? Finally, Education. You cannot have a knowledge economy without being a leader in all levels of Education. We need to continue investing in our students so that they can be prepared to take on the challenges of our world.

3. Where do you stand on the use of negative advertising being used during this election campaign?

It is ok to contrast oneself from another candidate or another leader. It is important for the public to understand what sets them and their party apart. The problem is when people are abused by attack ads in a way that is neither constructive nor fair. When these ads have been used against me I remind myself of all of the things, big and small, that we have accomplished for our community, the people of Kitchener-Conestoga, and Ontario. I look at my accomplishments in regards to Financial Literacy, Long-term Care

facilities, Post-Secondary Education and programs in public schools. These issues are what promoted me to become involved in politics and are what keep me motivated through all of the good and bad.

GREEN Kitchener-Conestoga

Robert Rose



Address: 52 Forrest Ave E,
New Hamburg
Age: 29
Present Occupation:
Chef & Organic
farm employee
Contact information:
519-404-4761,
www.gpo.ca,
twitter @chefrobertrose

- Growing Chefs; a group that educates elementary school kids on where our food comes from, how to grow some and prepare it.
- Major Midget AA hockey coach, St. Catharines Sabres

1. Why do you want to be a Member of Provincial Parliament? What skills do you have to allow you to best do this job?

I want to represent Kitchener-Conestoga and the GPO's environment first approach as an MPP. I have natural leadership skills, a food/business professional background and am educated in Business Administration.

2. What do you think are the 3 main provincial issues now affecting your riding, and where do you stand on them?

I believe access to medical centres, home care and doctors in the small communities are vital. Farm land for farmers and support to ensure they are profitable. Jobs! Making small and medium businesses grow in our communities and providing full time jobs to the people in the riding.

3. Where do you stand on the use of negative advertising being used during this election campaign?

I look forward to the day negative advertising isn't published! I won't dip to that level no matter the perceived effectiveness of making less of a man or woman. The GPO wants to talk about the great ideas and plans it has for a green Ontario, not a 'Tax man' or anything like that.

CONSERVATIVE Kitchener-Conestoga

Kitchener-Conestoga
Conservative candidate
Michael Harris received a
questionnaire but did not
submit his answers to the
Kitchener Citizen.

How did we make Voting Day easier? We made 10 more of them.

Advance Polls for the 2011 General Election are open between September 21 and 30, 10AM – 8PM local time.

- To vote in this election, you must be:
- 18 years of age or older on October 6
 - a Canadian citizen, and
 - a resident of Ontario

You can vote at any advance poll in your electoral district. To determine which electoral district you live in, visit our website elections.on.ca or call us at **1.888.668.8683**. Don't forget to take your ID and Notice of Registration card when you go to vote. For a list of accepted ID, visit our website or call us at **1.888.668.8683** (TTY: 1.866.479.1118).

There have been some changes to advance poll locations. For the most up-to-date listing in your area, please visit elections.on.ca or call **1.888.668.8683** (TTY: 1.866.479.1118).



2011 Provincial Election Questionnaires – Kitchener-Centre

NDP Kitchener-Centre

Cameron Dearlove



Address: 36 Ontario Street North
Age: 29
Present Occupation:
Employment Counsellor
Contact information:
36 Ontario Street North, Kitchener
519-896-3575
www.camerondearlove.ca
info@kitchenercentrendp.ca

- Current member of the Kitchener Downtown Advisory Committee
- Bachelor of Arts from Wilfrid Laurier University and Bachelor of Education from Nipissing University
- Three years living overseas: one year studying in Denmark and two years of teaching in South Korea

1. Why do you want to be a Member of Provincial Parliament? What skills do you have to allow you to best do this job?

I spend every day talking to people in Kitchener - jobseekers, small business owners, New Canadians, people on social assistance, people not making enough to survive. I'm not disconnected from the community and from everyday struggles people face, as I share many of the same struggles. People need relief and they need opportunities for jobs and training, they need the healthcare and at-home support they deserve, and they need help paying the bills.

So often I hear people saying that the government doesn't listen, that they don't understand. This is what we need to fix - we need politicians who care what individual challenges are and think creatively to find affordable solutions. I want to be MPP because I understand peoples' needs and have the advocacy skills to fight for a better life for the people of Kitchener Centre.

2. What do you think are the 3 main provincial issues now affecting your riding, and where do you stand on them?

Jobs: For the last decade the PCs and Liberals have been cutting corporate taxes, but these corporations simply saved this money rather than creating jobs. The NDP has a plan to target tax cuts and implement a Buy Ontario policy which will bring good jobs back to Kitchener.

Affordability: Wages have been stagnant over the last decade but our cost of living keeps rising. That's why we'll start cutting the HST from daily essentials like hydro and heating, partner with municipalities on public transit to ensure fares remain frozen, begin eliminating user fees in health care, and get tuition fees under control.

Healthcare: Our healthcare system is under strain and our demographic

reality will bring greater challenges. The NDP has a plan to make healthcare work for you by cutting emergency room wait times, and waiting lists for long-term care and homecare. By directing health dollars to the front-lines we can have the best healthcare right here in Kitchener.

3. Where do you stand on the use of negative advertising being used during this election campaign?

I am extremely proud of the way the Ontario NDP team have been conducting ourselves during this campaign as I don't believe in negative advertising. It's important to hold politicians accountable but we must make sure that this doesn't turn into smears and insults. We believe that Ontarians will respond to our positivity while we let the other parties smear each other and run negative ads. Our level of maturity and composure during the election is our best form of advertising.

CONSERVATIVE Kitchener-Centre

Dave MacDonald



Address:
659 King Street E
Present Occupation:
General Manager Faith FM
Contact Information:
659 King Street E
519 603-DAVE,
www.davemacdonaldpc.ca,
info@davemacdonaldpc.ca

- Former weather-man with CTVSWO (42 years)
- Celebrity Ride Captain, Motorcycle Ride for Dad (Prostate cancer research)
- Supports social agencies such as Food Bank and World Vision

1. Why do you want to be a Member of Provincial Parliament? What skills do you have to allow you to best do this job?

My whole life has been dedicated to public service; I see this move to politics as merely an extension of my passion for service to the community and my dedication to make Kitchener Centre the best place to live and raise a family in Ontario. I hope to continue impacting people's lives in a positive way.

I am an excellent communicator, approachable, and have experience with the issues that Kitchener Centre is facing today through my ongoing participation with community services.

2. What do you think are the 3 main provincial issues now affecting your riding, and where do you stand on them?

- Health care - Patients come first - 8 years later and STILL approximately 40,000 people in the region are without a doctor this is wrong!
- Hydro bills - hydro costs are cutting

deep family budgets in Kitchener Centre. I will work to remove HST and debt retirement charge

- Education - I agree with the party's plan to increase funding by 2 billion in the first term, as well as the plan to increase the threshold for middle class families in qualifying for OSAP so our children will be provided the best opportunities for their future

3. Where do you stand on the use of negative advertising being used during this election campaign?

I don't like, it but research shows that it draws attention to the facts

LIBERAL Kitchener-Centre

John Milloy



Age: 46
Present Occupation:
MPP for Kitchener Centre /
Minister of Training,
College and Universities
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Campaign Headquarters,
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Facebook.com/johnmilloy
Twitter: @john_milloy

- I have been the MPP for Kitchener Centre since 2003, currently serve as Minister of Training, Colleges and Universities. I have also served as Minister of Research and Innovation.
- I was educated at Carleton University, the London School of Economics and Oxford. Prior to serving in office I worked in politics at the provincial and federal levels and was the Director of Public Affairs at the Centre for International Governance Innovation.
- I was born and raised in the Waterloo Region and currently live with my wife and two sons in the Stanley Park area.

1. Why do you want to be a Member of Provincial Parliament? What skills do you have to allow you to best do this job?

I have had the honour of serving as the MPP for Kitchener Centre for the last eight years and worked hard in the areas of healthcare, education, transportation and the economy. My proudest achievements include the decision to locate a satellite medical campus in downtown Kitchener, a major redevelopment of Grand River hospital and helping to bring GO Train Service to our community to begin later this year.

I have worked to strengthen local business during these tough economic times as well as support job creation in new industries and sectors in our area. I have hosted numerous round

tables, town halls and community consultations on a variety of issues, including poverty reduction, energy and the environment. I have built solid ties with a wide cross section of our community and have been a strong voice for Waterloo Region at Queen's Park.

2. What do you think are the 3 main provincial issues now affecting your riding, and where do you stand on them?

I believe that the three largest challenges facing our province are jobs and the economy, education and healthcare. Although our government has made great strides in all these areas over the last eight years there is more work to do. Our platform is aimed at helping make Ontario the most attractive place in the world for jobs by preparing our workers for the next economy. This goal ties closely to our plans to enhance education from full-day learning through to post-secondary, including a commitment to reduce tuition by 30% for middle class families with children going to college and university. We also need our people to be the healthiest, particularly as our population ages and we face increasing numbers of individuals living with chronic disease such as diabetes and heart disease. Our platform is focused on supporting seniors and keeping people healthy by focusing on a range of initiatives from homecare to tackling childhood obesity.

3. Where do you stand on the use of negative advertising being used during this election campaign?

Campaigns are an opportunity to put forward ideas and positions on a variety of issues. Although I recognize the need to contrast a party's position with that taken by another party, I reject personal attacks. As a candidate in Kitchener Centre, my advertising continues to highlight my work in the community and my plans for the future.

GREEN Kitchener-Centre

Mark Vercouteren



Address: 81 Heit Lane
Age: 43
Present Occupation:
Customer Service Representative
Contact information:
81 Heit Lane Kitchener
519-745-7440, gpo.markjv.com
markvercouteren@gpo.ca
Facebook: Mark Vercouteren

- Volunteer at Adult Basic Literacy
- Graduate Bachelor of Physics and Bachelor of Applied Math from University of Waterloo

- Practicing Roman Catholic

1. Why do you want to be a Member of Provincial Parliament? What skills do you have to allow you to best do this job?

I want to help Ontario be prepared for tomorrow, and build a better economy today. I will work on a smarter energy policy, help support local food, and local business because this is how our economy will grow. My goal is to make Ontario a job creator with green technologies which is the new industrial revolution.

I have bachelor degrees in Math, and Physics. I also have over 10 years experience in Customer service. Finally I want to make a difference in our community by helping it continue on its sustainable path for example Light Rail Transit which I fully support.

2. What do you think are the 3 main provincial issues now affecting your riding, and where do you stand on them?

A. Jobs, and a more reliable economy: I believe that the best policy for job growth is to support small to medium businesses, and a local energy policy.
B. Health: We need a better system for preventative care as it is the cheaper method by developing a healthier environment, and eating local food because it contributes to better health.

C. Increasing cost of energy: The cost of heating, gas, and electricity will only increase so we need a sustainable energy policy with continued incentives for conservation.

3. Where do you stand on the use of negative advertising being used during this election campaign?

I am against negative advertising that focuses on the person, and not the policies. Negative ads are designed to turn voters away means that we have fewer people voting. We should focus on ads that focus on our policies, and not the imperfections of the other parties. Many people do not realize that the truth in advertising laws do not apply to political campaigns. We should be held accountable for our ads.

The three candidates listed below are also running in the coming October 6, 2011 provincial election in the riding of Kitchener-Centre. Because of print deadlines, the Kitchener Citizen candidate election questionnaire was sent out before nominations closed on Sept. 16. These candidates declared their intention to run after our questionnaire had been distributed. They are:

- Bugra Atsiz
Freedom Party of Ontario
- Patrick G. Bernier
Ontario Libertarian Party
- Mark Corbiere
Independent

City councillors support public art

Kitchener councillors have reaffirmed the city's commitment to its policy of ensuring that public art is an integral part of this growing community.

At its August 16th meeting, the community and infrastructure services committee re-confirmed its support for the city's existing public art policy and requested the city's public art working group, a sub-group of the arts and culture advisory committee, review how local educational institutions can become part of the policy.

"I've had the privilege of sitting as council's representative on the

arts and culture committee and learning about art, as well as the artists who have created the beautiful pieces we've installed across our city," said Coun. Kelly Galloway, chair of the community and infrastructure services committee.

"So I can say, most assuredly, that we can't put a price on the value public art brings to our community. The one per cent program enables us to set our targets appropriately. So as long as we continue to choose public art pieces that fit in well with the facilities they're designed for, I will continue to support this great program," Galloway said.

Currently, Kitchener has 27 pieces in its public art collection - with the collection growing by an average of 1.5 art works per year. While most of the city's public art pieces are located in downtown Kitchener, many can also be found in local neighbourhoods, at community centres, libraries and parks.

In 2008, the councilors approved a new public art policy after an extensive review of the public art program. The policy, revised in 2010, is accompanied by a five-year plan and collection management guidelines that govern the acquisition and display of permanent and

temporary public art works.

The program is funded through a one per cent allocation applied to civic projects with construction budgets of more than \$100,000.

For projects with construction budgets of more than \$10 million, 60 per cent of the one per cent allocation may be used for the public art project while 40 per cent of the one per cent amount is held in a pooled fund. Pooled funds are then used to support temporary projects, fund education initiatives, and bring underfunded projects up to the minimum project budget of \$10,000.

One example of the use of pooled funds is the city's youth video competition, which was established in 2010. Winning entries were projected on the Cube on top of Kitchener City Hall as a temporary public art initiative.

"Public art is really to do with our culture, with our tradition and with our heritage," said councillor John Gazzola.

"It defines who we are, and it will be a part of our community for a very long time. I still see value in our current public art policy; if it's not broken, why try to fix it?"



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Butterfly release helps to heal grief

Kitchener Cemeteries, in partnership with Bereaved Families of Ontario (BFO), hosted its annual Walk to Remember and Butterfly Release on Sunday, September 11 at Williamsburg Cemetery.

It is an event that is held to support the healing process for those who have lost loved ones.

The butterfly release was followed by the Walk to Remember through the Trillium Woods Trail. Participants were also invited to add the names and photos of their loved ones to the "wall of memories."

The butterflies are purchased by Greenway Blooming Centre, and have been tagged by Monarch Watch, an educational outreach program based at the University of Texas. Monarch Watch engages citizen scientists in large-scale research projects. The program produces real data related to conservation issues.

Proceeds from the sale of the butterflies to participants of the butterfly release and walk, which have all been pre-purchased, will allow the BFO to continue to offer community grief support to families. The funds raised will be used for the development and enhancement of programs and services.



Jonathan Dickie releases a butterfly in the memory of his father Robert Dickie.



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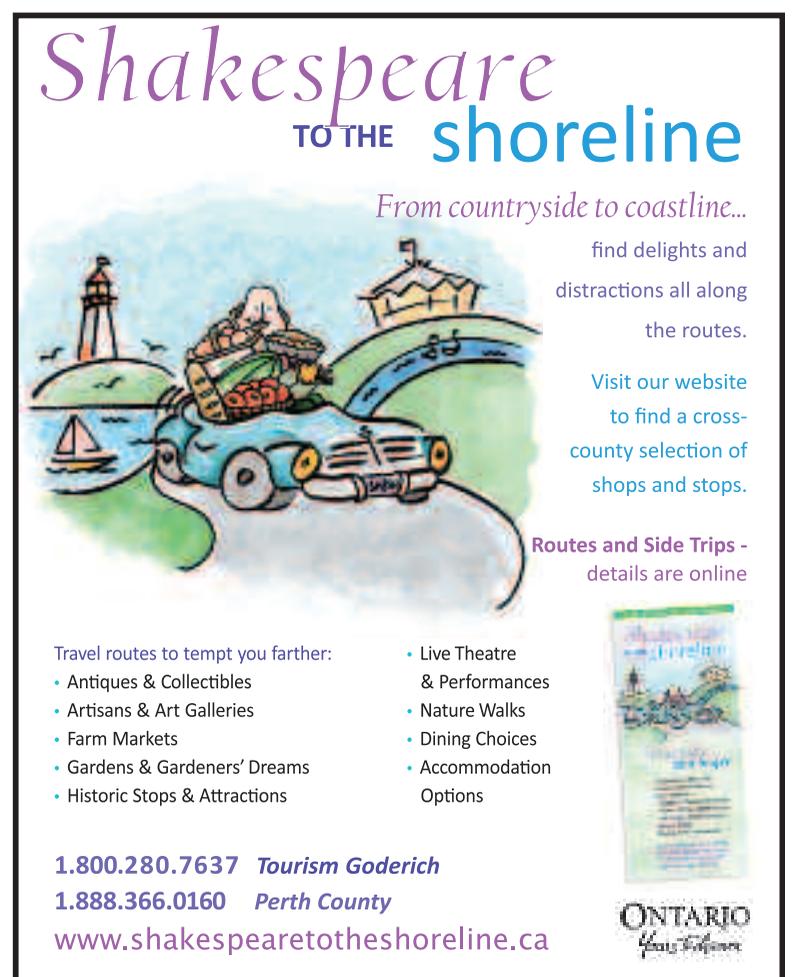
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Contact Trisha at 519.741.2880 or www.kitchenercemeteries.ca/preplanning before December 31, 2011 for more information.

KITCHENER Cemeteries

The City of Kitchener is committed to providing accessible formats and communication supports for persons with disabilities. If another format would work better for you, please contact: Kelly Steiss, Inclusion Coordinator, City of Kitchener/City of Waterloo, at 519-741-2226.



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ONTARIO

Kitchener volunteer receives national Kidney Foundation award

BY CARRIE DEBRONE

June Martin, a registered dietitian who has been working with peritoneal dialysis, hemodialysis and chronic kidney disease patients for 12 years at Grand River Hospital in Kitchener, has been awarded the Kidney Foundation's Mary Lou Karley Patient Services Award.

The award is presented to an individual or group for outstanding dedication and/or contribution to the foundation's patient services programs.

Martin has been a member of the Kidney Foundation's National Patient Services Committee, as well as its Medical Advisory Committee.

The award was presented in June during The Kidney Foundation of Canada's national annual general meeting in St. Andrew's, New Brunswick.

Martin, who began working with the Kidney Foundation seven years ago, said she decided to volunteer after seeing what kidney patients had to live with during her work at the hospital.

"It changes your perspective and it's a really challenging for them," she said.

Martin's volunteer work at the foundation included helping to develop a series of cookbooks for chronic kidney disease patients called "Spice It Up!"

She has also inspired and educated people living with kidney disease through her regular blogs on eating renal friendly.

"I have found volunteering with The Kidney Foundation to be really, really rewarding. It complements the work I do at the hospital. All the people I work with are very passionate about reducing the burden of kidney disease. It's just a great organization and very focused on the patients," Martin said.

"Her sense of humour, professional knowledge, passion for healthy eating, and fabulous recipes have helped countless individuals manage the challenges of a renal diet," said Nadine Valk, Kidney Foundation of Canada National Director, Programs and Public Policy.

Martin helped develop a listing of contemporary, nutrition-specific, public education materials – the most extensive listing since the foundation's inception. All of these materials are available through The Kidney Foundation's national website at www.kidney.ca

Most recently, she helped develop a proposal to fund an online nutrition resource for kidney patients. As a result of her strategic input, The Kidney Foundation received a significant bequest to support this initiative. To date, she has been actively involved with The Kidney Foundation's Nutrition Project Steering Committee and has been busy reviewing requests for proposals, interviewing prospective vendors, contributing countless recipes and assisting with the creation of an expert advisory group of dietitians and chefs.

It is hoped that this online tool will help reduce the burden of kidney disease for many patients across the country and around the world.

"Through my work at the hospital I know there are not a not of resources for kidney patients," Martin said, explaining that chronic kidney patients have very specific dietary requirements.

"You can't go to Chapters and buy a cookbook for renal patients," she said.



Kitchener volunteer June Martin (left) received the national Kidney Foundation Mary Lou Karley Patient Services Award from President Kathryn Richardson.

"I was really excited to get involved with this project," she said, adding that the new website will launch this fall.

"It's going to be very practical with a listing of recipes and suggestions of what patients could cook for dinner. It will help patients directly, but if you had a neighbour with kidney disease and wanted to make a meal for them, then this would also be a place you could go to find a recipe," Martin said.

As Past Chair of the Canadian Association of Nephrology Dietitians, Martin has also acted as an expert advisor in preparation for the Foundation's participation in the W.H.O. forum on sodium reduction and has been participating in key discussions about labeling with Health Canada officials.

"An outstanding individual, June is not only a committed Kidney Foundation of Canada ambassador, but a wonderful source of support for many people living with kidney disease," said Valk.

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Kitchener bike-sharing pilot program is rolling along

BY HELEN HALL

A bike-sharing program seems like a natural next step for The Working Centre.

The non-profit agency already operates Recycle Cycles, a community bicycle resource centre which provides inexpensive reconditioned bicycles for children and adults, and shares its bike shop facilities with people who want to repair their own bicycles. That program is co-ordinated by Jesse Robertson.

So how about sharing bikes with people who just want to borrow one?

Pete Oldridge is the co-ordinator of Community Access Bicycles (CAB), a pilot program initiated by The Working Centre this summer.

"We want to see a reduction in car travel and reduce carbon emissions," Oldridge said of The Working Centre's reasons for starting the program.

Based on a similar bike-sharing program in Toronto, The Working Centre has set up bike racks at seven locations in Kitchener. Near each bike rack is a business or organization that has volunteered to be a 'host' and keep the keys to

unlock the bikes.

Community Access Bicycle members pay a \$15 fee for an annual membership and receive a membership card.

When they want to borrow a bike, they visit any one of the host locations and have their membership swiped and they are given a key to unlock a bike. The bike racks include a computer chip that tracks the bike to the member who borrowed it.

Members can keep a bike for 24 hours, and are responsible for keeping the bike in good condition and locked while in their possession.

There are 36 bikes in two different sizes distributed between the seven locations. The bikes were purchased brand new this summer. They are single-speed with coaster style brakes on the back and front tires. The bikes also have easy to adjust seats.

Staff occasionally have to shuffle bikes around to make sure all locations are well-stocked.

Fifty-four people have signed up to become Community Access Bicycle members since the pilot program started in July. It will end in November.

Oldridge said there has been a "real mix of people" who borrow the bikes. There are car-poolers, who want to do some running around on their lunch hour but don't have a car, and others who go on longer trips and borrow them overnight.

Oldridge said he was impressed with the willingness of businesses in Kitchener to volunteer to host the bike keys.

"Host businesses really show the spirit of community," he said.

One of those host businesses is the Central Fresh Market on King Street West in Kitchener, across from the Grand River Hospital.

Owner Mike Williamson said that when Oldridge approached him about being a host, he thought it was a good idea.

"It's another service for our customers," Williamson said of having the bike-sharing rack outside the Central Fresh Market. "And it's another (transportation) option to get to the store."

The Working Centre paid for the pilot project with funding from Kitchener's Local Environmental Action Fund (LEAF).



Community Access Bicycles co-ordinator Pete Oldridge at one of the seven bike stands the group has in Kitchener. Until November, members of their bike-sharing group can borrow bicycles to get themselves around town. The program is run by The Working Centre.

The LEAF program was established in 2007 with the goal of reducing or repairing our city's impact on the environment; and to enhance the ability to live sustainably into the future.

Oldridge said the LEAF money is being phased in. The first \$20,000 was used this summer to do the pilot project. The next phase is to write an evaluation of the pilot and request the remaining \$80,000 to implement the program permanently in Kitchener.

"I'd like to show the success we've had with this model," Oldridge said. He will recommend some changes to solve some "computer glitches" they have experienced. He'd like to move to a system where membership cards and bikes are barcoded - like library books.

He'd also like to set up a system where membership can be purchased online with a credit card, rather than having to come to The Working Centre to sign up.

"It's my personal hope that we will move forward and continue to offer this service," he said. And he added that The Working Centre is also committed to continue to operate it.

Oldridge said he would also like to expand the service to the City of Waterloo and to the universities.

He said a petition has already

been started by a university student who has collected 1,000 names of other students who would like to participate in a bike-sharing program.

* * *

To learn more about Community Access Bicycles program, visit The Working Centre's website at www.theworkingcentre.org and click on the Community Access Bicycles under the 'What's New' heading. You can also email bikeshare@theworkingcentre.org or phone 519-743-1151 x170.

Community Access Bicycles Bike Rack Locations & Hosts

Central Fresh Market
760 King St. W.

Balzac's Coffee
151 Charles St. W.

William's Fresh Cafe
beside City Hall

Cafe Pyrus
14 Charles St. W.

The Working Centre
58 Queen St. South

Region of Waterloo
150 Frederick St.

Lutherwood
165 King St. East

To become a member, register at The Working Centre, 58 Queens St. S. Kitchener.

New Waterloo Region Museum TALKS Series

The Waterloo Region Museum will soon launch a new TALKS Series.

The speaker series offers the opportunity to learn about and discuss diverse topics including various aspects of the past, present and future of Waterloo region. It will take place in the Christie Theatre in the Waterloo Region Museum.

Waterloo Region Museum TALKS Series:

Monday, Oct 3, 1:30pm

Ken McLaughlin

Without the things of our past, how can we know it's us?

This talk will try to place the museum and its exhibits in the historical framework created by the Region of Waterloo and its people. This illustrated talk will highlight the processes by which the interpretive framework for the museum's exhibits has evolved.

Monday, Oct. 17, 1:30pm

Rob MacDonald

First Nations Presence in Waterloo County - Archaeology of the First Nations - Highlights from the Waterloo Region Museum ?

Archaeological evidence, revealing over 11,000 years of First Nations occupation in the Waterloo Region, has been collected and studied for over a century. A modest but very significant collection of Aboriginal artifacts has come to the Waterloo Region Museum over the years, and these tell a remarkable story of environmental transformation, technological innovation, adapting lifeways and culture change. This presentation will outline the story of this rich heritage that will now be told through a feature exhibit in the new museum's long-term exhibit gallery.

Monday, Oct. 24, 1:30pm

Cynthia Comacchio:

The War at Home: Canadian Youth and the Home Front in Waterloo Region During the Second World War

The adolescents who, by the 1940s, were becoming popularly

known as "teenagers", were in many ways the most affected of the wartime generations. The war was their generational marker, distinguishing the culture of their age group, imprinting their collective memory and shaping life-long impressions of personal, social and political issues and relations. For the adolescents of the time, the Second World War was truly the signal "coming of age" experience. This talk explores that experience, with particular emphasis on the youth of Waterloo Region and their important contributions to local home front efforts.

Monday, Oct. 31, 1:30pm

Rick Haldenby

Images of Progress - A New Era - Modern Architecture in Waterloo Region 1950 to 2011

In parallel with the tradition of technical and industrial innovation in Waterloo Region, there is an equally rich vein of modern architecture built since the Second

World War. The lecture explores the roots of modernism in the region, recalls the accomplishments of the 50's and 60's and, in particular, considers the many recent and contemporary buildings and spaces that are at the leading edge architectural design.

Monday, Nov. 7, 1:30pm

Geoff Hayes

Waterloo County and the First World War: A Watershed

The impact of the First World War on Waterloo County has long centred on the 'Battle for Berlin' when the area's German heritage came under attack, and Berlin, the county seat, became Kitchener. But the story continues well after 1916 as a group of influential citizens worked to create a meaningful memory of a war that contained so many anti-German elements. Remarkably, through literature, memorials and commemorations, they succeeded in creating a suitable mythology that stressed

the loyalty of Waterloo County through the Great War.

Monday, Nov. 14, 1:30pm

Marlene Epp

Mennonites of Waterloo Region, Then and Now

The Mennonites who arrived in present-day Waterloo Region in the early 19th century were a fairly homogeneous group of European-origin Pennsylvania German people. Today the Mennonites are a 'quilt of many pieces' with a variety of histories, ethnicities, and traditions yet sharing some basic religious beliefs. This talk will survey the culture and beliefs of the Mennonites as they have evolved in this region over 200 years.

Monday, Nov. 21, 1:30pm

Peter Russell

Waterloo Region From the Bottom Up

We will start our exploration two billion years ago and follow the

transformation as our portion of the planet travels from the tropics, through the ice-age and historic times to today. Our region benefits from the gifts that nature gives us, from farmland to stone, aggregate and water supply. How we use these gifts in the future will shape the quality of life for future generations.

Monday, Nov. 28, 1:30pm

Ken McLaughlin

Power for the People: the Coming of the Electric Age to Waterloo County, 1911

This illustrated talk will take us behind the scenes to explain why this inland area of Ontario was the birth place for the hydro movement in Ontario And one of the first in Canada.

For more information or to purchase tickets call 519-748-1914. Single ticket price is \$8 plus HST. A full series pass is \$40 plus HST. Tickets must be purchased in advance.

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WHEN & WHERE

Thursday, October 13, 2011 7:00 PM

**Waterloo Regional Museum
(Christie Digital Theatre)**
10 Huron Rd., Kitchener

Tuesday, October 25, 2011 7:00 PM

Westmount Golf and Country Club
50 Inverness Dr., Kitchener

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WHEN & WHERE

Thursday, October 20, 2011 7:00 PM

**Waterloo Regional Museum
(Christie Digital Theatre)**
10 Huron Rd., Kitchener

Tuesday, November 1, 2011 7:00 PM

Westmount Golf and Country Club
50 Inverness Dr., Kitchener

The Plan™
by



Student trustees elected to public school board

Adrienne Fiander from Bluevale Collegiate Institute and Sajdeep Soomal from Cameron Heights Collegiate Institute have been elected as this year's Waterloo Region District School Board's (WRDSB) student trustees.

According to board policy and the Education Act, school boards provide for representation of the interests of students by allowing students in local schools to elect one or more high school students as student trustees.

Although student trustees attend board and committee of the whole meetings and have a recorded vote on issues, they do not have an official vote in any matter before the board or any of its committees.

The WRDSB is one of the few boards in Ontario with a growing number of students each year and currently operates 119 elementary and secondary schools serving about 60,000 students.

To register please call Anne at 519-886-2360 x272

EXPLORING THE STATE OF NOW

#140 characters conference makes Canadian Debut in Kitchener

BY JENNIFER BIRNSTIHL

Whatever you call it, social media is changing the way that people communicate and its meteoric rise in the KW area and around the world shows no signs of slowing down.

On September 15, Kitchener's Tannery Event's Centre hosted the #140 Characters Conference and social media enthusiasts flocked together for the day's theme of "Exploring the State of Now".

The sold-out crowd of nearly 300 happily followed the unusual opening remarks to "please turn on your phones" as a diverse line up of 30 speakers shared personal stories about the impact of social media on their lives, most notably Twitter and Facebook.

Jeff Pulver, founder of the #140 conference, flew in from New York City to attend the Canadian debut of the event, which continues to grow since it began in 2009. In his opening remarks, Pulver noted that "there is a revolution going on where hundreds of millions of people can now discover each other and their own voices."



Local blogger Taylor Jones shows the photograph that was the inspiration behind his Dear Photograph blog which was named #7 on Time Magazine's Top Websites of 2011. The blog mixes the past with the present. He is holding a photo of his brother as a child sitting in the exact same chair in his parent's kitchen as it is today.

Social media was described in many ways throughout the day, including the on-line water cooler, word of mouth on-line and random strangers just hanging out and waiting to be nice to each other.

From a business perspective,

the rise of social media is having a major impact on how people communicate and in Pulver's opinion, "is making companies more human." He noted how corporations can no longer hide behind their corporate logos – they are being forced to

humanize and connect with their customers.

Throughout the day, people laughed and cried, but most of all, they were inspired as story after story was told.

Many talked about the powerful sense of connection and compassion they've experienced, including Cambridge mother Brianne Jourdin whose daughter Kenadie has a rare form of primordial dwarfism and Heather Hamilton who tragically lost her son Zack.

Others, like Jodi Sonoda, once a single, homeless mother and Lara Galloway, suffering in silence with severe post-partum depression, spoke of the strength and support they have gained through the kindness of strangers who used social media to help them deal with their personal struggles.

Scott Stratten, author of *UnMarketing*, credits the power of Twitter for saving his business during a recession. He summed it up like this: "You have to be stupid not to realize the power of social media. It's like talking on-line. The value of talking to our customers just makes sense."

Craig Silva of Big Daddy Kreativ also credits Twitter for resurrecting his graphic design

career and giving him the courage to start his own business after an unexpected job loss.

One of the most amazing success stories was that of blogging super star and now local celebrity Taylor Jones who humbly told about his incredible rise to fame after his blog *Dear Photograph* was discovered by the masses.

Since May of this year the gracious 22-year old found himself ranked in the #7 spot on Time Magazine's Top Websites of 2011 and making many national television appearances. Jones is truly living a dream, having recently quit his job and signed a major book deal, he is preparing to move to Los Angeles to pursue more opportunities.

The message that rang out repeatedly and loudly throughout the day was one of sharing and connecting and encouraging everyone to use their voice to be powerful through social media.

People were encouraged to show authenticity and kindness, use some caution and discretion, and mostly to do good things that matter.

To join this conversation, visit Twitter @#140confONT.



PARLIAMENTARY REPORT

by Stephen Woodworth

MEMBER OF PARLIAMENT KITCHENER CENTRE

Summer Activities

In July I attended meetings of the Mediterranean and Near East Committee of the NATO Parliamentary Assembly. Canada's involvement in NATO's Libyan campaign made this an important assignment.

Of particular interest were the activities of the Iranian regime, which in my view need to be approached with utmost caution. Iran, of course, recently violently suppressed its own "Arab Spring."

This summer Kitchener

residents had the opportunity to enjoy our community's diversity. Along with me, many celebrated the opening of new premises for the Central Ontario Chinese Cultural Association, Pakistan-Canada Independence Day, Turkish Festival, Blues Festival, Multicultural Festival, Downtown Ribfest and Craft Beer Show, Serbian Food Festival and Indian-Canadian Association Mela, among others.

Engaging closely with others enables us to appreciate that people of every culture share the same aspirations and dreams – and the same fears and challenges.

Fall Schedule

Our Government, as usual, will move quickly to deliver what our election platform promised.

Criminal Justice Reform

We will adopt within Parliament's first 100 sitting days a comprehensive criminal justice reform Bill, including several Bills that have already been debated but not passed due to Parliamentary delays or

intervening elections. These modest reforms target the worst offences and worst offenders, while also responding to twenty-first century technological challenges.

This will make our communities safer and, together with our prevention and rehabilitation measures, represent a balanced approach.

Long Gun Registry

Our Government will also introduce legislation to end the wasteful and ineffective registration of long guns. Long-standing measures to licence owners will remain, as will measures to control hand-guns and other restricted and prohibited weapons.

Job Creation and Economic Stability

Investing in Canadian jobs and preserving Canada's fiscal health through deficit reduction will remain top priorities. A modest reduction will be implemented in the 2012-13 budget. This will be accomplished without tax increases and without cutting transfers to Provinces.

The Government monitors

international economics very closely, and stands ready to responsibly modify its plans if circumstances beyond Canada's control require it.

Private Members' Business

In this Parliament, I expect to have an opportunity for a vote on my own item of Private Members Business. Although Members can introduce many proposals, generally only one can be pursued to a vote. In the last Parliament I was able to sponsor in the Commons a Senator's Bill on an environmental matter.

The possibilities are limitless, and I need to discern the most important and principled issue to which I can contribute. Although I can pursue only one matter out of the diversity of our community's interests, I would appreciate your views about what is most important.

Once again, I thank you for re-electing me to be your voice in Ottawa, and I renew my pledge to faithfully serve our community.

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Festival of Neighbourhoods finale is Oct. 23 at Kitchener City Hall

The 2011 Festival of Neighbourhoods finale will be held Sunday, October 23 starting at 1pm at the Kitchener City Hall Rotunda.

Everyone is welcome and residents who held a registered neighbourhood event this past year are encouraged to share their experiences during the finale celebration that showcases community connectedness in a fun way.

The finale will feature refreshments, stories, displays, prizes and awards.

Festival of Neighbourhoods is supported and was founded by the City of Kitchener, Social Planning Council of Kitchener-Waterloo, and architect John MacDonald.

The festival began in 1994 as an initiative designed to encourage individuals and families to build stronger relationships with their neighbours and celebrate our community by planning simple activities, projects, gatherings or

events in their neighbourhoods that bring people together such as a street BBQ, garden plant exchange or a neighbourhood clean up.

Neighbourhoods can then register their events and activities (that take place between Oct. 1, 2010 and Sept. 30 2011) to be eligible for an annual \$10,000 Capital Improvement Grant from the City of Kitchener. The grant is awarded to one participating neighbourhood after a random draw.

In many ways life is improved by knowing the people who live and play next to you. When you know your neighbours you celebrate your community and help to create a safer more supportive neighbourhood.

For more information on the festival contact the Festival of Neighbourhoods Committee at entries@festivalofneighbourhoods.ca or call 519-579-1096.



Pick up a copy of *In Touch* magazine for details on library news, programs and services!

Available at all KPL locations or online!

www.kpl.org

Kitchener's Leaf Collection Program

City of Kitchener leaf collection drop sites open Friday, October 7, 2011.

No matter where you live in the city, please, where possible:

- Mulch or compost leaves on your property, or
- Take leaves to one of the drop-off sites listed below, or
- Bag your leaves for collection under the Region of Waterloo's yard waste program or deliver them directly to the regional landfill site.

Drop-off sites

1. Schaeffer Park (Bloomingdale Rd.)
2. Breithaupt Park (Kinsman Park - off Union St.)
3. Kitchener Memorial Auditorium (Ottawa St. N. entrance)
4. Meininger Park Soccer Fields (Homer Watson Blvd.)
5. Lions Arena (Rittenhouse Rd.)
6. Southwest Optimist Sports Field (Pioneer Dr.)
7. Cherry Park (Strange St. & Waverly Rd.)
8. Victoria St. S. at Eastforest Trail (Eastforest Trails parking lot)
9. Hofstetter Park (40 Hofstetter Ave.)

Please note: these drop-off locations are for LEAVES ONLY. All other materials left at the drop-off locations will be subject to a fine.

The drop-off sites will be monitored by city staff and a zero tolerance approach will be taken with any offenders found.

Want more information about leaf collection in Kitchener? Use the online tool to find out the leaf collection options for your specific address at www.kitchener.ca/leafcollection, or by calling 519-741-2345.



Today's Youth... Tomorrow's Leader

NOMINATE SOMEONE TODAY!

Nominations will be accepted until November 30



ONTARIO JUNIOR CITIZEN OF THE YEAR AWARDS

Contact the Kitchener Citizen at debrone@sympatico.ca or 519-578-8228

or the Ontario Community Newspapers Association at www.ocna.org or 905.639.8720 ext.239

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HOOKED ON WATER CONSERVATION AND PROTECTING RIVERS REEP's first Fish-Friendly Charity Carwash a swimming success

BY CHERYL EVANS

Water Education and Events
Coordinator, REEP Green Solutions

Waterloo region's first Fish-Friendly Charity Carwash, netted \$350 for the Victoria Park Neighbourhood Association.

Held August 27 at the Valet Carwash in Kitchener, this event featured balloons, smiling volunteers, information booths

about protecting water and cars entering a commercial carwash tunnel for their scrub down.

Half of the proceeds of sales from discounted 'green' washes were donated directly by Valet Carwash to the Neighbourhood Association.

Unlike charity car washing that usually happens on driveways and parking lots where waste water flows into storm sewers and enters local waterways

unfiltered, Fish-Friendly Charity Carwashes use only commercial carwashes allowing the protection of rivers and the conservation water.

Commercial carwashes are required by law to filter oil, grit and soap on site, then send the filtered water to the sewage treatment plant for additional cleaning before it is discharged to the river. Commercial carwashes also use high pressure nozzles that have been shown to use up to 80% less water than hand washing.

REEP Green Solutions RAIN Program, the Yellow Fish Road Program and the Canadian Carwash Association partnered to create the Fish-Friendly Charity Carwash model that it hopes local charities will use.

Interested charitable groups can contact REEP Green Solutions who will connect them with a willing Canadian Carwash Association member and provide water protection information to hand out to the community.

It is then up to the charity, the Canadian Carwash Association and the carwash owner to talk about donation options and to design an event that uses a tunnel set-up or do-it-yourself bays. Tunnels offer the work-free option for charities while the self serve bays allow volunteers to get their hands wet. Using either of these options ensures that water is filtered, solids and toxic materials are collected and disposed of properly and the remaining pre-filtered water goes to the sewage treatment plant for additional treatment before it is released to the river.

To find out more about how community groups can get involved in putting together a charity carwash that raises funds while protecting the environment,

please contact REEP Green Solutions, cevans@reepgreen.ca or check out the REEP Green Solutions website at www.reepgreen.ca.



From left, Chair of Victoria Park Neighbourhood Association Anna Maste holding her son Piet, Cheryl Evans REEP Green Solutions Water Education and Events Coordinator, Mike Black, owner of Valet Car Wash on Victoria Street.



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Community **SPOTLIGHT**

Kitchener artist's wood paintings uniquely present local historical structures

BY CARRIE DEBRONE

As his hands run over the silky smooth surface of his most recent wood painting, Kitchener resident Peter Chomitz, a self-taught marquetry artist, says he loves the challenge of the craft.

The former Ball Construction project manager,

Techniques of wood marquetry were developed in Europe and England as early as the 14th century. The art was adopted in France after the mid-seventeenth century, and used to create ornate furniture being made to decorate the palace at Versailles and the other royal residences of Louis XIV.

Although some modern

in his home workshop, is a 3' by 2' picture of The Last Supper. It has been finished with 47 coats of varnish.

Chomitz begins by tracing a picture onto paper to create a template. He makes two or three photocopies of it, in case he ruins one while working with it.

He then carefully chooses the right coloured, patterned and textured veneers from his collection of over 60 kinds of various wood veneers from around the world that will become the objects in the picture such as figures, faces, hair, clothing, furniture, walls, building structures and background.

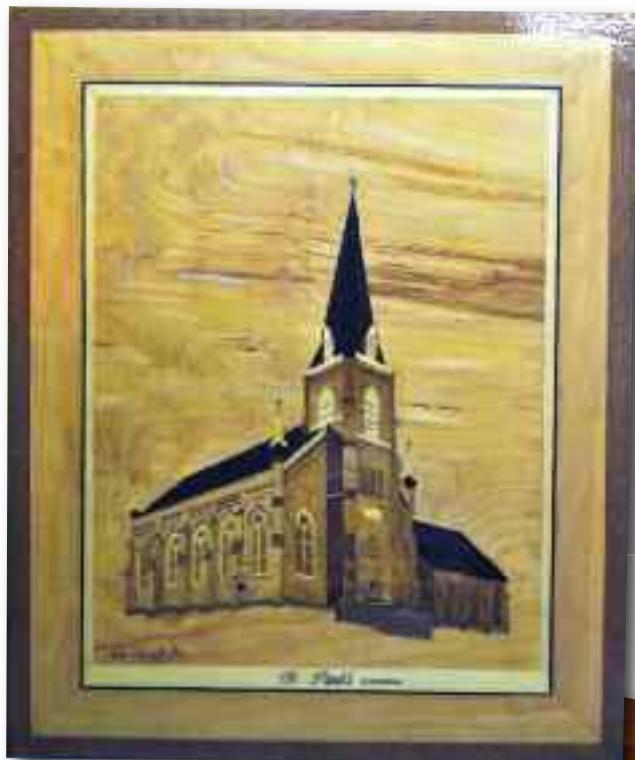
Veneers such as Indian rosewood, walnut, maple, oak and cherry, each with their own colours and characteristics, are then carefully cut by hand using a knife similar to an exacto knife and made to fit together exactly abutting each other.

"The real skill is in choosing the right veneer and in the ability of the artist to cut and fit the wood," Chomitz said.

When he became interested in learning how to do marquetry a good friend, who was a



Local marquetry artist, Peter Chomitz, puts the finishing touches on his most recent wood painting of The Last Supper.



St. Paul's church in Kitchener

who worked for the local construction company for three generations helping to build some of Waterloo region's most prominent buildings, is now preserving significant buildings for future generations through his art.

Using marquetry, the art of painting with wood, Chomitz has created pictures of architecturally important structures such as the historic St. Paul's Church in Kitchener, the Old Sheave Tower in Blair, Kitchener City Hall and the West Montrose Covered Bridge.

"I do pictures of whatever I like, but I really like buildings and especially historical ones," Chomitz said.

Marquetry is the art of applying pieces of wood veneer to a structure to form decorative patterns, designs or pictures. The word derives from a Middle French word meaning "inlaid work". Historically it has been used to decorate furniture or small objects such as jewellery boxes or featured on freestanding pictorial panels or room dividers.



Chomitz's marquetry painting of the Kitchener City Hall, titled Giving Way to the Future. It features a faded image of the former Kitchener City Hall's Clock Tower in the background.

marquetry artists use a coping saw, Chomitz prefers the look and artistry he achieves by painstakingly hand-cutting and fitting each piece of veneer with a knife. The work is detailed and very time consuming with some of his pieces taking between 800 and 900 hours each to produce.

Retired in 1991, Chomitz taught himself the craft by reading books about it.

"It's something I was interested in and that I found I liked to do," he said.

His latest endeavor, created

veneer salesman, gave him his unwanted samples, supplying him with a huge stock.

When choosing a veneer, Chomitz looks at the wood from all angles, in different light and at the various heights that the finished picture could be mounted to see that it will give the effect he wants.

Each veneer must suit the context into which it will be placed in the finished piece of art. For example, Chomitz explains that he may use veneer made from the ends of

wood grain to make the skies in his paintings look like they contain wispy clouds, or a grainy, stripped veneer to give texture to the wings of a bird.

Chomitz purchases the veneers from Certainly Wood, a woodworking supplier near Buffalo, but if he can't find the exact veneer he is looking for, he even creates his own, cutting the thin sheets from his private stock of specialty lumber he purchases directly from sawmills.

When all the pieces have been cut to the shape of the figures and other elements in the picture and then properly fitted into place they are glued, using carpenter glue, to an MDF base.

Chomitz then puts the picture into a plastic bag and uses a vacuum press, which applies 1,700 pounds-per-square-inch of pressure, for about an hour to ensure a solid fit.

When the glue is completely dry, he finishes the base edges and applies between 30 and 50 coats of varnish using a rubbing compound in between the coats of varnish instead of sand paper, to achieve the sheen he wants.

"It's something that gets away from conventional art. I'm inspired by the pictures I see in books of things that

others have created. There's a real challenge in it," he said.

Chomitz has never sold any of his pieces. Instead, his work decorates the walls of his home, and he has given much of it away to his family and friends. He has created wooden pictures of everything from a stone barn to a mountain biker and a family dog. His next work may be the courtyard of Freeport Hospital.

An inventor and cabinet maker as well and an artist, Chomitz' home is filled with his creations – everything from a queen sized bed to nesting living room tables, a bedroom suite with accompanying twin wardrobes that look built in, an entertainment unit and a unique, folding pantry that supplies much more shelf space in his kitchen than a traditional cupboard.

In 2011 Chomitz was awarded the Handyman Club of America Critic's Award for a grandfather clock he made.

"I felt pretty good about that," he said about the award, noting that the club has about three million members.

Looking through a book featuring beautiful photos of famous marquetry work from around the world, he gently shakes his head.

"Just look at these. Gee, I got a lot to learn," he jokes.

Lackner Woods Public School celebrates 10 years in Kitchener's Grand River South community

BY MELODIE HOLMES

(with contributions from Dayle Buller-Power, Nancy Young, Jan Elgie and Dennis Koebel)

It's hard to believe that it has been ten years since Lackner Woods Public School, 151 Zeller Drive in Kitchener, first opened its doors to 278 eager, bright and shiny-faced youngsters.

Construction started in September 2000 based on a design by architect JL Cortes on what was at the time, the outskirts of Kitchener's eastern corner and a yet undeveloped part of the city. Behind the school, there were only farmer's fields, a gravel quarry, and the Grand River.

Originally designed for 450 Kindergarten to Grade Six students, within only a few years the school population started to grow and with the development occurring within its boundaries, the school was almost bursting at the seams.

The solution? A tidy pack of portables, affectionately dubbed, "the Cottages" became a fixture on the other side of the tarmac.

With its current population of 591 students, recommendations based on decisions put forward by the 2011 Waterloo District School Board Accommodation Review Committee stand to see Lackner Woods grow again to help meet the education needs of a diverse community.

A construction expansion was recently proposed that, if approved, would see a \$1.2 million addition started in Lackner's 10th year and completed in September 2014.

Courteous, Fair and Kind

But of course a school is not just all bricks and mortar. It's a core part of the surrounding community. As current Principal Dayle Buller-Power often says at various events during the school calendar, "You entrust us with your children each day so we can help shape future citizens."

A team of 50 delivers not only Ontario's curriculum, but infuses a healthy dose of compassion and caring in the students. Evidence of how all staff and students model the school's 'Courteous, Fair, and Kind' motto rings through the halls as children offer each other assistance with a



tricky zipper on a jacket, hold the door for classmates as they rush to enjoy a game outside during nutrition break or pause at bulletin board in the foyer to point out the name of a friend who was recognized for contributing positively to someone's day.

Many of the teachers have been at the school since it opened. Nancy Young, a Grade 4 teacher has seen many students pass through Lackner's halls. She recalls that students and staff were given Lackner-blue wristbands, imprinted with the words 'Courteous, Fair, Kind' in that opening-year.

"We enthusiastically wore our bands as visual reminders of our daily character goals and as unifying symbols of our never-ending belief that Lackner Woods Public School was an 'All for one and one for all' kind of place to learn. Our founding motto and three character traits endure ten years later as our students continue to embrace ideas and demonstrate these keys to success."

Lackner Woods is always abuzz with its own unique spin on things that help create a magical learning environment for the children. Imagine showing up to the first day of classes each year and being greeted with songs from a band playing on the playground, or hearing staff and students singing along to the music resonating in the halls in advance of morning announcements. This positive energy in this kind of atmosphere is infectious and the use of music helps unify staff and students in their common goals.

School Council

Lackner Woods also benefits from an active school council comprised of parents, teacher representatives and school administrators, all of who volunteer their time to help the

school prepare for and host events, as well as strengthen the connection between school and community.

Math, Literacy and Art/Science nights have always been well attended by a wide range of students and their families. More recently, community members, athletes and even local services and businesses have participated, reflecting the diverse composition of this still growing community.

The Council also works on projects to bring various guest speakers and experts to the community through Parents Reaching Out grants funded by the Ontario Ministry for Education.

Workshops topics have ranged from understanding how children can use the web safely to how parents can adopt and deliver positive discipline techniques.

Last year, the Council purchased enrichment support materials to help parents and children discuss tough subjects like bullying.

And since Lackner Woods has students who speak over 50 languages other than English or French at home, the Council also purchased companion books in several of these languages so parents who may still be in the process of adopting English as a second language can feel comfortable connecting with their children as they read.

And of course, the Council is always looking for people willing to lend a hand with their work. If you are interested in participating, they usually meet in the library the third Monday of each month during the school year.

A Celebration of Success

Although it's still relatively young, Lackner Woods has already turned out over 500 graduates in the past ten years. Putting that in perspective, students who graduated as part of the very first classes at Lackner

have now graduated from post-secondary education and entered the workforce.

Dennis Koebel, the school's first principal, is proud to return to each year's graduation ceremony and hand out a plaque to the graduating student who earns the Dennis Koebel Award for demonstrating his/her abilities and willingness to help others. Now retired, Mr. Koebel sometimes has the good fortune to bump into former Lackner students from those early years whom he said often remark about how special it was to be a part of the opening of the school.

A committee has been busy planning an open house for Saturday, October 15, 2011 that will welcome former and current students and teachers and of course the community at large to celebrate Lackner's 10th birthday.

There are plans for a ceremony, birthday cake, and a scavenger hunt that will take participants through memorabilia set up in the classrooms. Lackner Louie, the loveable maple leaf mascot, will be in attendance too. There will even be a limited supply of commemorative mini-Louies and Lackner spirit gear available for sale at the event so people can take a little bit of that Lackner Woods magic home with them.

Similar to the opening day celebrations back in 2001, parking will be available on the surrounding streets or designated parking areas only (such as the church), as school lots will only be open for handicapped parking.

The festivities will begin at 1pm with the official ceremony in the gym and classrooms will be open for the open house until 3pm.

* * *

Lackner Woods Public School is located at 151 Zeller Drive in Kitchener. You can learn more about the festivities or maybe even find some old friends by visiting facebook.com/LacknerWoods10.

Lackner Woods PUBLIC SCHOOL

WILL BE

10 YEARS OLD THIS YEAR!

WE HOPE YOU WILL JOIN US IN OUR CELEBRATIONS!

When: Saturday, October 15, 2011
1:00 p.m. to 3:00 p.m.

Where: Lackner Woods Public School

For more information visit facebook.com/LacknerWoods10

Women score a “hole in one” to fight breast cancer and support women’s health

At its Sept. 21 meeting, the Zonta Club of Kitchener-Waterloo distributed close to \$45,000 to local organizations from funds raised at its annual Betty Thompson Golf Tournament.

Proceeds from the Betty Thompson Golf Classic are granted specifically for breast cancer and other women’s health programs and over the last 19 years the club has raised over \$783,000.

The golf tournament is named in honour of Betty Thompson, a dynamic charter member of the Zonta Club who was a local television personality and community champion. Betty was diagnosed

with breast cancer in 1991 and passed away in 1994.

This year’s tournament proceeds will go to:

- Grand River Hospital Foundation will receive \$17,150 to purchase breast biopsy isotopes
- HopeSpring Cancer Support Centre will receive \$9,000 to purchase wigs for cancer patients
- HopeSpring Cancer Support Centre will also receive \$7,000 for the provision of a camisole to women who undergo a mastectomy
- The Waterloo Region Sexual Assault/Domestic Violence Treatment Centre, St. Mary’s Hospital Foundation will receive \$5,000 for program

development

- The Breaststrokes Dragon Boat Team will receive \$2,750 to assist with the purchase of life jackets
- The MS Society will receive \$500 to develop MS seminars

The Zonta Club of Kitchener-Waterloo is celebrating 33 years of community service. The local club is a member of Zonta International, a global organization of executives and professionals working together to advance the status of women worldwide through service and advocacy.

For additional information on Zonta visit www.zontakw.com

The Word on the Street celebrates 10 years in Kitchener

Kitchener’s 10th The Word on the Street festival will be held Sunday, Sept. 25 from 11am to 5pm at the Clock Tower Common in Victoria Park.

The event will feature stages for author readings, children’s entertainment, spoken word and storytelling as well as exhibitions representing Waterloo Region’s literary community.

A unique offering comes from the Kitchener Public Library – Human Library books. These books are real people, who will share their story with you from noon to 4pm. Discover fascinating tales from your own community! Here are some of this year’s titles:

- Professional Astrologer
- African Refugee
- World War II Veteran
- Vietnam Draft Dodger
- Muslim Woman
- Anorexia & Recovery
- Theatre Set Designer
- Severe Peanut Allergy
- Sex Educator

AIDS Activist

To sign out a Human Library book, you meet one-on-one with the person who is volunteering to share their story. Through conversation, the person (book) shares their story and answers your questions. Appointments are on a first come, first served basis.

A birthday cake in honour of the 10th anniversary year will be served at 1pm (while quantities last - next to the Kitchener Radio Group and Canadian Heritage Reading Rocks tents.

Visit the Heritage Canada Children’s tent for stories, crafts and music and enjoy fabulous children’s books, presented by Canadian authors and illustrators, as well as some special community readers. The tent is hosted by Erick Traplin.

The Kitchener-Waterloo Art Gallery will also be on-site, with an art project related to this year’s Let’s Read book.

The Waterloo Regional

Record Lifestyle Tent will feature workshops by Frankie Flowers (Get Growing); Carla Johnson (Cooking with Sin); Heather Fraser (Peanut Allergy Epidemic), and Ted Reader (Napoleon’s Everyday Gourmet Burgers).

Stop by the Latitudes Storytelling tent where word weavers mix experience and tradition with the arts in imaginative ways. Explore digital storytelling with Dwight Storrington and spoken word poetry, music and theatre, with performances by Street Vibe Collective, Alice Lee Monroe, Janice Lee and Aaron Bell. Put away your preconceptions about storytelling.

Sean Puckett, Kitchener’s 2011 artist-in-residence, will be onsite taking portrait photos for his Portrait of Kitchener project in the arts tent.

For a full slate of programming at The Word on the Street, please see www.thewordonthestreet.ca

HopeSpring Holiday Tour of Homes Nov. 11 and 12

Mark your calendars for the 10th Annual HopeSpring Holiday Tour of Homes (formerly the HO HO HO Tour For Hope) taking place Friday, November 11 and Saturday November 12.

This year five private homes and HopeSpring Cancer Support Centre (43 Allen Street West, Waterloo) will be decked out for the holidays in style. The homes are professionally decorated by some of the best decorators and florists in the area, who donate their time, energy and skills to make this event one that sells out every year.

Tickets are \$30 and will be available beginning October 5 at HopeSpring, or visit www.hopespring.ca in late September

to find a list of local retailers carrying tickets.

“It’s a great way to get into the holiday spirit, get decorating and gift ideas, and support a worthwhile cause all at the same time,” says organizing committee Co-Chair, Christine Strassburger.

“We have people coming back who have done the tour every year since it started. And there are some who make a big event out of the evening, renting a limo and sharing it with a group of friends. It’s great to see people having such a wonderful time and knowing we’re making a difference to our community all at once.”

All proceeds from the tour help to support the programs and services of HopeSpring Cancer Support Centre. HopeSpring, founded in 1995,

is a local not-for-profit organization funded entirely by community donations, without grants or support from the government or larger cancer-based organizations. HopeSpring’s programs and services are confidential and free of charge.

HopeSpring offers one on one and group peer support, free wigs and head coverings, gentle exercise programs, relaxation therapies such as reiki, therapeutic touch and reflexology, programs and workshops designed to reduce stress & anxiety and promote wellness and empower those dealing with cancer. More information about HopeSpring is available at www.hopespring.ca.

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Stormwater management credit/rebate program

We want your input!

The cities of Kitchener and Waterloo are considering the option of implementing a credit and/or rebate program for property owners who significantly reduce run-off water from entering the municipal stormwater system.

What will the program look like? Let us know your thoughts!

City of Kitchener consultation:
Sept. 29, 2011, 6 to 8 p.m.
Downtown Community Centre - Multipurpose Room, 35 Weber St. W.

City of Waterloo consultation:
Oct. 4, 2011, 6 to 8 p.m.
RIM Park Manulife Financial Sportsplex & Healthy Living Centre
Forbes Room, 2nd Floor
2001 University Ave. E., Waterloo

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Community **SPORTS**

Rowing a sport for all ages and fitness levels

BY HELEN HALL

Women have finally taken over their fair share of the bombshelter.

More women than men are currently enjoying the sport of rowing at the Kitchener Waterloo Rowing Club, whose home is located in the former Waterloo County Municipal Emergency Government Headquarters and

Administration Building, locally known as the bombshelter, on King Street East near the Grand River.

It's a twist of fate for a facility that was built during the Cold War to protect our male leaders.

Region of Waterloo Archivist Lesley Webb has been studying the history of the bombshelter.

Documents in the archives reveal that it was to house

politicians, engineers, hydro and emergency workers and other essential personnel in case of a nuclear attack. Two dorms were located inside with 36 beds for men and 3 beds for women. According to a list of who was to be admitted, one might assume those three female beds were for the two typists and the cook on the list.

The underground building was constructed with a fallout

protection factor of 500, meaning it would have admitted one five-hundredth of the outside dose.

Things have changed at the bombshelter now.

The Rowing Club took over the long-vacated building in 2002. It offers recreational and competitive programs for both children and adults, as well as 'learn to row' programs and summer camps.

There is also a Row for Heart program, where participants receive nine weeks of rowing lessons and then participate in a regatta to raise money for the Heart and Stroke Foundation.

Rowing Club Vice-President Shelley Conrad said she was pleased with the number of people who came to their Open House September 17.

"A lot of people drive by and don't know we're here," she explained.

And although the club is located in the city, once you're out on the Grand River in a shell, the city seems a long way away.

With a grant from the Trillium Foundation, the club recently hired Walter Martindale, a Level 4 rowing coach who has worked overseas and in Canada at the national level.

And while women currently outnumber the men, men of all ages are always welcome.

The Kitchener Waterloo Rowing Club will be holding a "Learn to Row" weekend October 1 and 2. Go to their website www.kwrowing.ca to register and learn more about rowing.



OUT ON THE GRAND RIVER

The Kitchener Waterloo Rowing Club hosted an Open House on September 17 to inspire people to try rowing to get fit and enjoy the beauty of the Grand River. Out in a four-man shell are, from left: rowing club member Kathy Shantz, first-timers Salima Lafrenie and Joan Jacobson, and club member Paayal Burman.

MICHAEL CATENACCI NAMED KITCHENER RANGERS CAPTAIN

Sun Life Financial "Kids In Gear" program wins when Rangers score at home

Michael Catenacci is the new team captain of the Kitchener Rangers Hockey Club for the 2011 - 2012 season.

The announcement was made September 13 at Sun Life Financial in Kitchener.

"We're confident that Michael will lead our team to great success," said Steve Spott, Head Coach and General Manager of the Kitchener Rangers.

The announcement naming the new captain was paired with the news that Sun Life Assurance Company of Canada (Sun Life) has entered into a multi-year sponsorship agreement with the Kitchener Rangers.

The Sun Life Financial Kids In Gear program is the

cornerstone of the partnership, helping kids who may not have the funds to get involved in hockey. The company will help collect and buy hockey equipment for kids who need financial support in Waterloo Region.

Every time the Rangers score a goal at The Aud, Sun Life will make a monetary donation to the program. Sun Life will also hold equipment drives at its local offices and will collect hockey equipment for the program at the Skate with the Rangers event planned at The Aud in January 2012.

"We're excited to support the Kitchener Rangers, a team with a proud history and strong community involvement," said Kevin Dougherty, President, Sun Life Financial Canada.



Michael Catenacci wears the new Kitchener Rangers' warm-up jersey after being named team captain for the 2011-12 season at Sun Life's Canadian headquarters in Waterloo. From left: Head Coach and General Manager of the Kitchener Rangers Hockey Club Steve Spott, Rangers Captain Michael Catenacci, Regional Vice-President, Sun Life Financial and former Rangers and Toronto Maple Leafs player Bob Parent, and Kevin Dougherty, President, Sun Life Financial Canada.

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Community **SPORTS**



The Kitchener Classics Squirt team won the Provincial B gold medal. From left: front, Paige Thompson, Jillian Botting middle, Coach Jen Vanderzwaag, Kady Wotton, Katrina Schumann, back, Coach Craig Crawford, Emily Glendinning, Jenna Crawford, Marlee Allen, Tessa May, Nikki Paul, Maiya Leppek, Jade Nowe, Coach Trevor Botting.

Kitchener girls' rep softball teams have a successful season

The rep teams of the Kitchener Minor Girls Softball Association (KMGSA) recently completed its 2011 season. There were five teams this year, one at each age level, and all five reached milestones of which they can be proud.

The Mite team (ages 8-10) finished the season with a Provincial B gold medal after winning a 9-inning game against Napanee. The team fought hard to win three

straight elimination games to claim the title.

The Squirt team (ages 11-12, pictured above) also won a Provincial B gold medal. The team went 4-0 at the provincial tournament, outscoring their opponents by a combined score of 28-4.

The Novice team (ages 13-14), placed at their Provincial event and qualified for the Canadian Jamboree in Vaughn, ON. In this event the girls held

their own against some very tough competition.

The Bantam team (ages 15-16) earned a medal in every event they attended in May, June and July. They closed the season with a silver medal at the Tier 2 provincials and then went on to finish fourth at the Eastern Canadians.

The Midget team (ages 17-18) won the Grand Valley League Championship, and fared well at other mid-season

tournaments. Our Midget team graduates almost its entire roster this season... we wish our girls the best of success in the next chapter of their softball career.

KMGSA is very proud of all of our girls and we hope to build upon this success next year with more girls and stronger teams. Please visit www.kmgsa.com for all the details of both our rep and our house league program.

New fitness program targets a multitude of issues for seniors

New research suggests that as little as 15 minutes of exercise a day helps protect against declines in cognitive function, memory loss, and dementia. All of these are growing societal concerns as studies suggest the number of Canadians who will develop dementia will double in the next 25 years.

A generous grant from The Kitchener and Waterloo Community Foundation Community Fund and Westfall and Hill Family Fund has allowed Community Support Connections – Meals on

Wheels and More to launch FABFIT, a new program to help address these concerns.

FABFIT, which stands for Functional Ability, Functional Independence Training, will match trained volunteers with seniors in our community. The volunteers will visit seniors in their homes and provide instruction in gentle exercises. These gentle exercises are designed to help enhance and maintain functional ability and mobility, while decreasing the risk of falls and other preventable home based injuries. Providing gentle exercise

classes is not new to Community Support Connections – Meals on Wheels and More, which also hosts the Wellness Active Living Club (WALC) program at 15 different locations across the region.

“These free, volunteer-led classes have been very successful, but we learned that many of the people who would most benefit from gentle exercise were often the ones that couldn’t make it out to the group classes,” said Dale Howatt, Executive Director of Community Support Connections – Meals on Wheels and More.

Regular physical activity is associated with a reduced risk of cardiovascular disease, some types of cancer, osteoporosis, diabetes, obesity, high blood pressure, depression, stress and anxiety.

Included in the benefits of the program is the built in visit with isolated seniors, thereby decreasing social isolation – which the literature links to a variety of mental health issues.

For more information on FABFIT call Community Support Connections – Meals on Wheels and More at (519) 772-8787.



Halloween Fun/Movie Night



Friday October 28

Halloween games and prizes:
6:00 to 7:00 p.m.

Family Movie:
6:15 - 9:00 p.m.

Adults must accompany children

Registration required by Oct. 21

www.stanleyparkcommunityassociation.webs.com



Wanted Day Time Fitness Instructor Sculpt class

Tuesdays 9:15 – 10:15 am.

505 Franklin St. N. Kitchener 519-741-2504

COMMUNITY CALENDAR

A FREE LISTING OF LOCAL EVENTS

WATERLOO HISTORICAL SOCIETY MEETING

Marj Kohli, author of *The Golden Bridge: Young Immigrants to Canada, 1833-1939* will speak at the September 27, 2011 meeting of the Waterloo Historical Society. Everyone is welcome to attend this free meeting held at 7:30 p.m. at the Breslau Community Centre. The Waterloo Historical Society fosters the recognition of Waterloo region's unique heritage and encourages heritage preservation.

CAMP EDGEWOOD RE-DEVELOPMENT BENEFIT

Join Bishop Michael and Lois Pryse in giving a hand up for Camp Edgewood's re-development at medieval feast and cash bar with a live and silent auction (quilts, furniture, pies and more). Prizes for costumes. Event takes place on Sat. Oct. 1 at the Country Hills Community Centre in Kitchener. Doors open at 5:30pm. First of three courses begins at 6:30pm. Tickets \$25 per adult, \$5 for children ten and under. Tickets in advance only: 519-208-3720.

BELMONT AVENUE MURAL PROJECT

Experienced mural artists are invited to submit proposals for a one-stage competition which will place a site-specific mural in an outdoor location in Belmont Village, Kitchener. Deadline: October 26, 2011. Project details: <http://www.kitchener.ca/en/livinginkitchener/PublicArt.asp> Inquiries to: Cheryl York, Arts/Culture Co-ordinator, cheryl.york@kitchener.ca

kitchener.ca, phone 519-741-3400 x 3381

AUDITIONS FOR WIZARD OF OZ

Do you have a child with their sights set on the stage? Award-winning Drayton Entertainment is once again reaching out to the community to involve local youth in its highly-anticipated production of *The Wizard of Oz*, which runs from November 16th through December 18th at the St. Jacobs Country Playhouse in Waterloo. An Open Audition will be held on Saturday, September 24th at St. Jacobs Country Playhouse (40 Benjamin Rd. E.) to cast boys and girls ages 8 through 15 in munchkin roles in one of the greatest family musicals of all time. Younger performers, ages 8 through 11, are asked to attend the audition from 12:30 p.m. through 2:30 p.m. Older youth performers, ages 12 through 15, are asked to attend the audition from 2:00 p.m. through 4:30 p.m. No appointments are necessary, however the aspiring young performers should be prepared to sing "Ding Dong, the Witch is Dead." Performance experience is an asset, but not required. A passion for theatre is the only prerequisite! Hopeful munchkins are asked to bring a recent photo and comfortable clothes and shoes for the movement components. Please note that due to the nature of the role, height may be considered in casting. For more information, including a complete list of audition requirements,

audition form and song lyrics, please visit <http://www.draytonentertainment.com/about/auditions/> For further inquiries, please contact Steve Roth, Executive Producer for Drayton Entertainment at 1-855-drayton (372-9866) ext. 245.

DOON HERITAGE VILLAGE STARRY NIGHT AND DOON BY LANTERN LIGHT TOUR TICKETS ON SALE

Step back in time to experience the sights, sounds and smells of Christmas in the early 20th century. Waterloo Region Museum and Doon Heritage Village celebrate the festive season with Doon By Lantern Light Tours and Starry Night. Start a tradition everyone in the family will enjoy. Tickets for Doon By Lantern Light Tours and Starry Night are on sale now and typically sell out early. Purchase early to avoid disappointment. Doon By Lantern Light Tours offer a guided lantern lit walking tour of the seasonally decorated Doon Heritage Village and feature horse drawn wagon rides and carol singing in the church. A wonderful and festive lantern lit night everyone in the family will enjoy. Starry Night is presented by the Friends of Waterloo Region Museum and showcases the festively decorated living historic village in its finest lamp-lit beauty. Music, food and good cheer under the silent stars create a wonderful atmosphere filled with the spirit of Christmas. Doon By Lantern

Light Tours. Fridays and Saturdays Dec. 3, 9, 10, 16 Tours start at 7 and 8:30 p.m. each night. Tickets \$12 per person (plus HST). Member's discount applies. Advanced tickets only, space is limited. Starry Night Saturday, Dec. 17, 6:30 - 9:30 p.m. Tickets \$20 per adult, \$10 per child (plus HST). Advance tickets only. Capacity is limited. Seasonal clothing recommended. MasterCard and Visa accepted. No cancellations or refunds. Capacity is limited. Book by phone at 519-748-1914. ?

CRAFTING MEMORIES

Saturday November 19, 2011 - 9:00 am to 5:30 pm. Join us for our First Annual Scrapbooking & Crafting Fundraiser for Literacy at the Italian Cortina Club, 22 Kevco Place, Kitchener (off Wabanaki Drive). There will be goodie bags, raffles, food and refreshments. Each Scrapbooker will have a 6-foot table to work on. Crafters will have a choice of fabulous Christmas crafts to create. We have room for 75 Scrapbookers and 25 Crafters, so register early to get a spot. Registration will begin on September 19. Early bird fee - \$45 before October 11, \$55 after October 11 and at the door. Please join us for a great day of Scrapbooking and Crafting to raise money for Project READ Literacy Network Waterloo-Wellington. For more information contact Project READ Literacy Network Waterloo-Wellington, 298 Frederick Street, Kitchener. Tel: 519-570-

3054 www.projectread.ca

HEART & HAND FESTIVAL 2011 - held September 24 from 10am to 5pm at Joseph Schneider Haus Museum, 466 Queen St. S in Kitchener. This year's festival will feature a wide range of artisans. Help us out by casting your vote, along with our team of judges, for the 'Best in Show' artist display and demo. Try your hand at some traditional crafts, enjoy storytelling by the Baden Storytellers Guild and visit the historic house. Sample soup hot from the hearth of the new family washhouse. Admission to the festival is free. On Sept. 25 enjoy 'Honey-Bee' themed activities, such as honey tasting and cooking with honey. For more information call 519-742-7752 or visit www.region.waterloo.on.ca

RETROFIT RETRO DANCE PARTY

Save your energy for the dance floor! Saturday, September 24, 2011, 8pm at the Schwaben Club, 1668 King St. E., Kitchener. 8pm: Doors open, 8:30: Welcome address (Kitchener Home Energy Grants information) 8:30-9pm, Dance starts at 9pm, Buffet 10pm. Information booths, games, prize draws all night. Free parking on site. Cost: \$15 Adults, \$10 Students, Seniors, Unwaged, FREE kids under 5. For tickets, contact REEP Green Solutions at: www.reepgreen.ca 519-744-9799 info@reepgreen.ca

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1754 Old Mill Road, Kitchener on Saturday, October 29, 2011 at 7:00 – 10:00 pm. Cost: \$60. Allow us to introduce you to our family of spirits as you indulge your paranormal curiosity through interpretive ghost tours of our haunted house and grounds at Homer Watson House & Gallery! Satisfy your sixth sense with one of our authentic psychic demonstrations or consultations while you look into your future or reminisce the past. You won't forget to pamper your taste buds with delectable Halloween food demonstrations by Eat All About It including a bubbling cauldron of caramelized apple ice cream created in front of your eyes, edible moonstones or soft boiled "dragons eggs". We will conclude our haunted evening with a séance guided by Cody Arand, Renowned Intuitive Medium Psychic. Tickets include an interpretive ghost tour, delectable canapés, non-alcoholic beverages, a Halloween gift bag, a guided séance, and the chance to win a session with one of our psychic mediums. Pre-register for a \$15 session with one of our talented psychics. A cash bar will be available. For tickets or additional information please call the Gallery at 519-748-4377 or visit our website, www.homerwatson.on.ca.

THE GREAT CANADIAN SHORELINE CLEANUP - Make a difference on your favourite shoreline. Canada's shorelines need your help! The Great Canadian Shoreline Cleanup, presented by Loblaw Companies Limited, is a great opportunity for Canadians to help keep Canada's waters clean and healthy for the wildlife and communities that depend on them. This conservation initiative of the Vancouver Aquarium and WWF saw over 98,000 kg of litter removed from shorelines in 2010. If left on shorelines, this litter would have had a serious impact on the health of our oceans, lakes and rivers. Make a difference by joining Canadians from coast to coast to coast to clean up shoreline litter in your community from September 17 - 25. Register today at www.ShorelineCleanup.ca or call 1-877-427-2422.

MONEY FOR POST SECONDARY EDUCATION - Do you need money or know somebody who needs money for post secondary education? Can you write an essay describing "What is the dumbest thing I have ever done with my money and what did I learn from it?" In celebration of Credit Education Week, November 14 – 18th 2011, Mosaic Counselling and Family Services, on behalf of CreditCanada is announcing an exciting opportunity for all grade 12 Canadian High school students to assist with funding their post-secondary education. Enter by email only at essaycontest2011@creditcanada.com. Additional prizes are too numerous to mention, so please visit www.CreditEducationWeekCanada.com for more details. There are even some "tips for writing a winning essay" -- including how to find other scholarships, bursaries and awards. Check it out!

CHORAL MEMBERS NEEDED - The Gilbert & Sullivan Ensemble is recruiting choral members for its annual Christmas Show; sing sacred and popular music. Rehearse Wed. evenings. Call 519-895-2910 or email adeline@sympatico.ca.

KISSING BRIDGE TRAIL STUDIO TOUR - October 22 – 23, 2011 in St. Jacobs and surrounding area. This free, fun for the family event invites you to visit 14 local art studios with 24 participating artists. Meet the local artists and see art in progress. Free draw for an original painting. Brochure and map available at www.kbtstudiotour.ca.

SUNNYSIDE SENIORS' SERVICES IS RECRUITING VOLUNTEERS - Volunteers are needed to assist at the weekly Chapel Services on Sunday afternoons, in the Community Alzheimer Program on Wednesday afternoons, and in our Wellness Centre on Wednesday and Friday mornings. For more information or to apply, contact Janice Klassen, Coordinator, Volunteers at 519-893-8494, ext. 6372 or email jklassen@regionofwaterloo.ca

ROCKWAY PUBLIC SCHOOL LOOKING FOR PHOTOS AND MEMORABILIA -

Rockway Public School in Kitchener will celebrate its 50th Anniversary from 1 – 4pm on Saturday, November 12, 2011 at the school, 70 Vanier Drive in Kitchener. All are welcome to attend this free event. There will be souvenirs for sale, refreshments, entertainment and guest speakers. The school is looking for old photographs and memorabilia to display at the event. If you are a former student or staff member who is willing to lend the school any of these items, please contact the school office at 519-576-5730.

SENIOR ADULT DAY PROGRAM - Did you know Trinity Village has an Adult Day Program for seniors wishing to socialize with other seniors? The cost is just \$6 per day, and the program runs Mondays, Wednesdays and Fridays from 9 am to 1 pm, at Trinity Village Care Centre, on Kingsway Drive, near Fairview Park Mall. Self-referrals welcome. Call 519-893-6320 ext. 235 for more info.

MAKE NEW FRIENDS WITH BETA SIGMA PHI - Are you a woman looking for new friends and fun things to do? Do you enjoy a social, community service-oriented group? If so, you might be interested in our Beta Sigma Phi chapter. Beta Sigma Phi is an international women's friendship network. For more information about Beta Sigma Phi visit the international website: www.betasigmaphi.org. There are 200 members in KW alone. Our chapter of 8 women has members in our mid 30s and early 40s, mostly married, with small children. We meet twice a month May – Sept. and plan socials throughout the year too. Email betasigmaphiKW@gmail.com for more information.

VOLUNTEER OPPORTUNITIES - Assist a client with developmental disabilities...Sunbeam Residential Development Centre has the following rewarding Volunteer Opportunities available: Communication Assistant to work with a client with a computerized communication device in the Lackner Woods area of Kitchener. Outing Assistant for a Saturday afternoon social in the community, Recreation Drop-in program assistant Tuesday mornings at our main building on Kingsway Dr. We are also looking for Friendly Visitor volunteers throughout Waterloo Region. Please contact Christine for more information or to inquire about additional opportunities call (519) 893-6200 ext. 253.

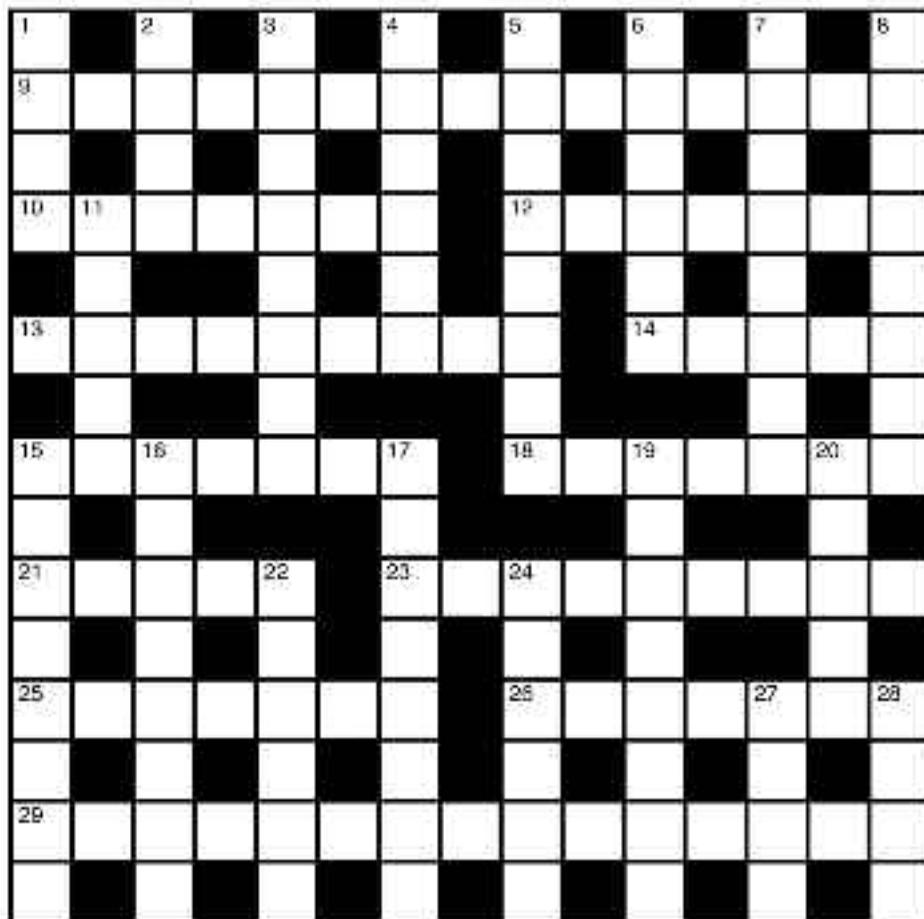
ROCKWAY ENTERTAINERS - choral group singing four-part harmony. Recruiting new members... Membership open to those over 50 years old. Rehearsals are Thursdays at 1:30 – 3:30pm from September until May at Rockway Centre Auditorium, 1405 King Street East, Kitchener. Please phone 519-885-9978 or 519-741-2507 for more information.

DIVERSECITY TOASTMASTERS CLUB - Do you have trouble finding the right words when speaking to a group? Need a career boost? Want to polish your presentation skills? Toastmasters is the place for you. Learn communication, leadership and presentation strategies in a friendly, supportive atmosphere. DiverseCity is a new club and is open to all. It runs Mondays, 7 - 8:30 pm at Kitchener City Hall, the Conestoga Room. For more information contact Georgina Green, 519-743-7655 or gggreen@rogers.com.

CBC 75th ANNIVERSARY COUNTDOWN - It was on November 2, 1936, that the Canadian Broadcasting Act replaced the Canadian Radio Broadcasting Commission established in 1932. Through the Act was created a new crown Corporation: the Canadian Broadcasting Corporation. The kick-off of the one-year countdown was an opportunity for CBC/Radio-Canada to unveil a new commemorative logo and slogan – "Yours to celebrate" – that will be showcased throughout the year to mark the occasion. Celebrations will take place until November 2, 2011 – the 75-day countdown to the official anniversary. Some of the projects in store include open house events, and special programming. For more information visit www.cbc.radio-canada.ca/75th/

Citizen Crosswords #9

by CHARON



Across

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HEALTH & lifestyle

DIGEST THIS...

Zucchini-licious and nutritious

BY JENNIFER LEPPEK
B.Sc., Nutritionist

I was going to call this column, "Use the zucchini, zucchini, zucchini and more zucchini from your garden", but I knew that my editors would, you know, edit it so I decided just get to the point with my title.

I know that those of you who planted zucchini in your summer gardens have lots of zucchini to use up so here you go...

If you didn't plant zucchini this year, plant it next year, because it's good for you...

This member of the summer squash family is one of the lowest calorie vegetables but still contains 30% of the Recommended Nutrient Intake (RNI) of vitamin C and is also high in folate and a good source of fibre, potassium, and beta carotene (the precursor to vitamin A).

Keep the peel on to benefit from the beta carotene!

How to pick it...

In your garden, you may have grown (or plan to grow) green, yellow or variegated zucchini. I've seen only the green or yellow in the grocery store. All are equally healthy.

I find that if I pick a larger zucchini (or receive a large zucchini - thanks, Sis!), I like to remove the seeds whereas with a small zucchini I can skip this step. Larger squash can also be watery so pick your zucchini when they're still on the small side.

Summer camp muffins

I have made so many batches of these muffins that I can recite the recipe by heart when people ask me for it. And once they taste them, they always ask for it.

We call them summer camp muffins because my son first made them at summer camp three years ago. At our house these are for breakfast, snacks and for (every!) school lunch (so far this year!).

I've mentioned these muffins in this column before but now I'll reveal the recipe...

Preheat oven to 350F.

In a large bowl, mix together the following:

- 1 ½ cup grated zucchini (about 1 ½ small zucchini)
- ½ cup oil
- 2 eggs
- ¾ cup white sugar
- 1 cup all purpose flour
- 1/8 tsp baking powder
- 1 tsp baking soda
- 2 tsp cinnamon
- ½ tsp salt
- 2/3 cup butterscotch chips or walnuts

Pour into muffin tins with paper muffin liners. (I always get 15 muffins from one batch.)

Bake for about 30 minutes or until toothpick comes out clean.

Zucchini Soup

Have I mentioned that my hubby is a soup-lover?

My friend Carol passed this along to me in my quest for family-friendly zucchini recipes.

(My husband thanks Carol because usually he has to make his own soup and I made him this in the interest of research. Don't get used to it, honey.)

In a large pot, heat 2 Tbsp oil over medium heat. Add...

- ½ diced onion
- 2 minced garlic cloves

Cook until browned, then add the following....

- 4 cups cubed zucchini
- 4 cups peeled and chopped tomatoes

Cook until zucchini has softened, then add...

- ¼ tsp basil
- ¼ tsp oregano
- 1 tsp sugar
- 3 cups chicken or vegetable broth
- 1 cup dry (i.e. uncooked) pasta (I used shells)
- Salt & pepper to taste

Bring to a boil, turn down to medium-low and add...

- Pre-cooked chicken meatballs

Simmer for 30 minutes. Sprinkle with grated parmesan cheese when serving.

Yum! Add whole-grain rolls for a great supper to warm up with after a cool Fall walk or game of golf.

Enjoy your zucchini harvest!



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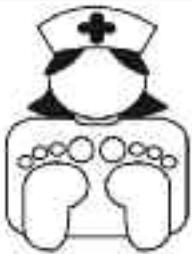
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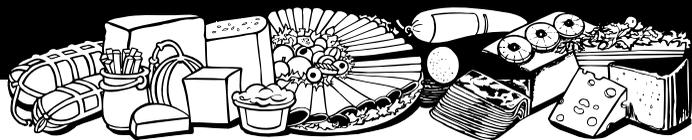
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Hope Lutheran Church community outreach BBQ draws 200 people

BY DAISY PUTTOCK

About 200 people attended a recent BBQ and community outreach program sponsored by the congregation of Hope Lutheran Church including Kitchener Centre MPP John Milloy.

The event, held August 27 at the church, 30 Shaftsbury Dr., Kitchener, included a free car wash, face painting, a fish pond for children, barbeque, book and t-shirt sale and musical entertainment provided by Potter's Clay with special guest Jake Bertrand.

Bertrand, a new artist on the Christian music scene, played songs from his soon-to-be-released CD, Welcome Home.

Lisa McFee and Randy Scholl, organized and promoted the event.

McFee said the same type of program had been tried a few years earlier with disappointing results but Grassroots Committee member Linda Michener, labelled this year's program a resounding "success."

"We had a lot of visitors from the neighbourhood, including people from Anselma House," Michener said.

Anselma House is located adjacent to Hope Lutheran.

Among the congregation members contributing to the success of the event were: Robin Pixner who looked after the free car wash; Linda Michener and Debbie Paleczny who ran the children's fish pond and face

painting; Ann Schieckoff who coordinated the book and t-shirt sale; Lauren Weber, Paul and Linda Buick, who provided culinary delights on the BBQ; Chris and Wendy Boles, responsible for the music of Potter's Clay; the church band; and Bill Southern with a display of classic automobiles.

A surprise appearance was made by six members of Hope Lutheran's Sudanese congregation who sang an a capella version of a spiritual tune in the Sudanese language.

Starbucks provided liquid refreshment and a portable outdoor stage for the band was provided by the Canada Day Committee of New Hamburg.

Plans are being made to hold the event again next year.

Community Church Listing

<p>St. Anthony Daniel - Catholic 29 Midland Drive, Kitchener (519) 893-6960 Reverend: Earl Talbot Masses: Sat. 5:00pm; Sun. 8:30am and 10:30am</p>
<p>St James'-Rosemount United 171 Sherwood Ave., Kitchener (519) 742-1002 Rev. Christina Boyd, M.A., M. Div. • Rev. Valerie Pitt, DM Sunday Service: 10:30am Nursery, Sunday School, Youth Group, Wed. Night Bible study</p>
<p>Kitchener Gospel Temple-Pentecostal 9 Conway Dr. (at River Rd), Kitchener (519) 894-5999 Sunday Service: 10:30am Mid-week activities for all ages. www.kgthome.com</p>
<p>Kitchener East Presbyterian 10 Zeller Drive, Kitchener (519) 748-9786 Reverend: Mark S. Richardson Sunday Service: 10:30am Nursery and Sunday School provided Sonshine Corner, Thursdays from 9 - 11am</p>
<p>Holy Cross Evangelical Lutheran 322 East Avenue (at Stirling), Kitchener (519) 742-5812 www.holycrosskitchener.org Sunday Service: (Sept. - June) 8:30am and 11am, (July-Aug.) 9:30am 9:45am - Sunday School, Youth & Adult Bible Classes Choirs - Stephen Ministry - Youth Group - Beginnings (0 -3 years)</p>
<p>Kitchener Mennonite Brethren 19 Ottawa St. N., (between King & Weber) Kitchener (519) 745-5144 Pastor: Vidya Narimalla Sunday School for all ages - 9:15am. German Service - 9:15am Sunday Worship - 10:30am (Child care provided for all services) Care Groups, Youth Groups & Mid-week programs All are welcome!!</p>
<p>St. Luke's Lutheran Church 317 Franklin St. N., Kitchener (519) 893-3826 Pastor: Rev. James Koellner 10 am Sunday Service and Sunday School Program. Nursery available.</p>
<p>Hope Lutheran 30 Shaftsbury Dr., Kitchener (519) 893-529 Pastor: Terry Hursh FALL SERVICE TIMES (starting Sept. 25) Sunday Services @ 9 and 11 am (nursery provided) Sunday School and Bible Study at 10 am. Sudanese service @ 2:30 pm</p>
<p>Reformation Lutheran Church 456 Krug St. (at Cambridge), Kitchener (519) 745-2561 Pastor: Neil Thomsen Worship Service: 10:00am Sunday Church School: 9:45am</p>
<p>Breslau All Nations Church 1700 Kramp Road (off hwy 7 behind Grobe Nursery) RR2 Breslau (519) 648-3610 Sunday Services: 10:30am & 6:30pm Wednesdays - Adult Bible Study, Youth Group, 7:00pm</p>
<p>Christ the King United 167 Thaler Ave., Kitchener (519) 748-6208 Sunday Service: 10:15am Nursery, Sunday School, Choir, UCW Group</p>
<p>Breslau Evangelical Missionary Church 102 Woolwich St., Breslau (519)648-2712 Sunday Worship Service: 9:30am Children's Ministry - Youth Ministry - Small Groups All are welcome! Visit us at www.bemc.ca</p>
<p>St. Andrew's - Anglican 275 Mill St., Kitchener (519) 743-0911 Sunday Services: 8:00am and 10:00am Reverend: Rob www.standrewsmemorial.ca</p>
<p>Stanley Park Community Church 9 Dreger Ave., (at Ottawa St.) Kitchener (519) 893-8186 www.stanleyparkchurch.ca Pastor: John Pearce Sunday Service and Kid's Church: 10:30am ALL WELCOME!</p>
<p>Trinity United Church 74 Frederick Street, Kitchener (519) 742-3578 www.tuckitchener.org Ministers: Rev. Jack Paleczny, Rev. Desmond Jagger-Parsons Sunday Service: 10:15 a.m. Church School and Nursery care provided. Sunday Hymn Sing: 10:00 a.m. (1st Sunday of month)</p>
<p>St John the Evangelist Anglican Church 23 Water Street North, Kitchener (Corner of Duke and Water Streets) (519) 743-0228 www.stjohn316.com Services: Sunday at 8:00 a.m. and 10:00 a.m. Wednesday at 7:30 a.m. followed by breakfast Sunday school and youth program at the 10 a.m. service on Sunday All are welcome to all services and programs.</p>

St. Anne Catholic School teacher loses battle with rare form of cancer

BY CARRIE DEBRONE

In late June 2011, St. Anne Catholic School students, teachers and parents were inspired

to raise money for two local cancer support organizations after they learned that a teacher at their school, Nancy DeSousa-Ehiorobo, was battling neuroendocrine cancer. Their Hair Cut for Cancer event

raised \$1,701, which they donated in her honour to the Hope Spring Cancer Support Centre and Grand River Hospital's Regional Cancer Centre.

On Monday, September 5, 2011 DeSousa-Ehiorobo passed away at Grand River Hospital at the age of 35.

DeSousa-Ehiorobo had taught at St. Anne's school on East Ave. in Kitchener for seven years. She battled neuroendocrine cancer for nine years.

Neuroendocrine cancer, which develops in the neuroendocrine system of cells in the respiratory and digestive tracts, is rare, with only about 30 to 50 cases for every million Canadians.

It is the type of cancer Apple founder Steve Jobs is reported to have.

Beloved wife and best friend of Page Ehiorobo for six years, she was the mother of 5-year-old Jayden Eghosa De Sousa-Ehiorobo.

"We are all collectively so sad to see our children lose such a wonderful teacher and role model," said Shannon Walls, a parent at the school who helped organize the Hair Cut for Cancer fundraiser.

"She taught life lessons about strength, will, determination, faith, grace and humility no curriculum ever could. She battled her disease with great character and an incredible sense of hope. She was positive and upbeat. She talked with the students openly and honestly about the importance of dealing with difficulties, handling upset and stress and living with a focus on kindness and faith. Her message was not about battling the storm but learning to dance in the rain. Nancy's presence lies in the eyes and hearts of her students at St Anne School. As one student put it... She was called to teach all the kids up in heaven because she was the best," Walls said

DeSousa-Ehiorobo's funeral was held Sept. 8 at Blessed Sacrament RC Church followed by a reception at the Henry Walser funeral home. In lieu of flowers, the family requested memorial donations to the Carcinoid NeuroEndocrine Tumour Society Canada or to Unicef/ Africa Relief.



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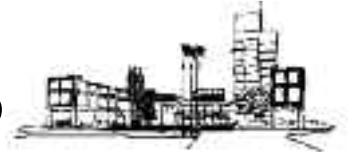


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Notes from CITY HALL – WARD UPDATES



Kingsdale Community Centre

On Saturday, October 22 the Kingsdale Community Centre will host an Open House for the community to tour the new facility and attend an official ribbon cutting ceremony at noon. The festivities begin at 11am and include a Mad Science Show, a

variety of children's' activities, face painting, tours, and the history of the community centre and neighbourhood association will be shared.

This same day, the community centre will be honouring the Kingsdale Neighbourhood Association with a plaque in recognition of their 50th Anniversary in serving the community.

The Kingsdale Neighbourhood is a very diverse community of over 15,000 residents, bounded by Fairway Road, Courtland Avenue, the Expressway, and

Hwy. 8. Fifty years speaks to the usefulness and need for community associations, programming and community building. Over the years as councillor of Ward 3, I have had the pleasure of working with a few of the many wonderful volunteers, and seeing the expansion of programming in order to meet the diversity of needs as this ward has grown.

I offer my heartfelt congratulations and appreciation to the many volunteers, boards, and the House of Friendship, who have contributed to the betterment of

our community with their support and programming over the last 50 years. Your contributions are commendable.

Oktoberfest

Join me on Friday, October 7 from 11am-2pm, Council will be serving the public a delicious Oktoberfest sausage on a bun and soft drink for a minimum donation of \$3.50 during the opening ceremonies of K-W Oktoberfest. All proceeds go to the Food Bank of Waterloo Region.

Please do not hesitate to

contact me at your convenience should you require my assistance with any matters affecting you and the city. Also, I do appreciate receiving your comments and concerns regarding issues under consideration by city council. Your opinion is important! Thank you for your help in the past!!

Councillor John A. Gazzola Ward 3

519-741-2790 (City Hall);
519-744-0807 (Home);
519-498-2389 (Cell)
519-741- 2385 (TTY);
john.gazzola@kitchener.ca



Council Pay

Public service should never be about the money, but about improving our community as our measure of success.

We need to wear the same hat at the council table as we did

when we were campaigning and hearing your concerns about the need to control expenses and salaries at City Hall. Currently, wages make up about 66% of our operating budget, including those of council. If we expect to put the spotlight on the number of staff and management as well as salary levels, then we need to be willing to do the same for ourselves.

This is even truer in light of the ongoing struggles of so

many who do not have steady, decent paying, full time work. We must be respectful of those we serve and who pay our wages, therefore I am in favour of an independent review of council salaries and expenses. I would also support a rollback of wages to eliminate the tax free portion of our salary.

Drop-In with Dan

Meet me this Saturday at The Market from 8-9am nearest the

flower and newspaper vendors. I look forward to chatting with you about any concerns, issues or ideas that you may have. Next Saturday will be 9-10am, then 10-11am, and on November 1, I will be there from 11am-noon.

Oktoberfest

Join us in front of Kitchener City Hall on Friday, October 7 for the KW Oktoberfest Opening Ceremonies and Council's Grillefest. From

11am-2pm council and volunteer city staff will be serving the public a delicious Oktoberfest sausage on a bun and soft drink for a minimum donation of \$3.50. All proceeds go to the Food Bank of Waterloo Region.

As always, I am happy to hear your great ideas and concerns.

Councillor Dan Glenn-Graham Ward 10

City Hall: 519-741-2786
dan.glenn-graham@kitchener.ca



Autumn is here, and with it, hockey, thanksgiving, and leaves. So, many, leaves. Fortunately the City of Kitchener has a leaf collection program unique to the region. This program was once in danger of being eliminated by council, but that's off the radar

for now. Some dislike the current method of raking leaves to the curb, and would instead see residents bag them. Many have issues with the program, such as leaves blowing into neighbours' yards or sewers occasionally clogging, but the bag only method is considered to be a worse solution.

For starters, it would be difficult for some seniors and people with disabilities. Many seniors have told me the bending to bag leaves is a far more

difficult task than raking them to the curb. Secondly, in my opinion, the bag-only method is worse environmentally. While the emissions from vehicles collecting curbside leaves would be offset by the added vehicles required for bagged leaf pickup; we need to consider the environmental cost of the approximately 400,000 additional bags that would be required.

Lastly, I'm not convinced it would actually save any money. The city's budget for leaf

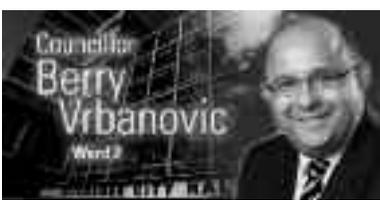
collection is \$389,084. It is a large number indeed, but one that has come down over the years. It's true that if we simply cancelled the program, council could deduct 0.4% from taxation and pat ourselves on the back. The truth is, we'd only be passing the costs off in different directions; all of which go back to you.

The Regional of Waterloo handles yard waste collection, and they'd need to add hundreds of thousands of dollars to their budget, through your taxes, to

collect the additional yard waste bags. Then there is the cost of the bags themselves; which can add up quickly at nearly \$0.50 a bag. For more information on the leaf collection program visit www.kitchener.ca, keyword search "leaf".

Councillor Scott Davey Ward 1

519.489.9056
scott.davey@kitchener.ca
www.scottdavey.info



The arrival of the September issue of the Kitchener Citizen will also signal the arrival of Fall. It's hard to believe that summer has already flown by. I am hearing increased concerns about people speeding in school zones, and I can tell you the WRPS has been stepping up some of their

enforcement in these areas, so considerable yourself warned, and please slow down in and around our schools.

FCM Report on Immigration

Last week, together with my colleague Claude Dauphin from Montreal, I was in Ottawa to release FCM's report on immigration and how it impacts Canada's cities and communities. The report calls for the federal government to form a new partnership with municipal governments and also provincial and territorial governments. Recognizing

that successful settlement and integration for the average new Canadian takes between 5 and 10 years, the report calls on governments to work together in partnership to improve program scope beyond the traditional 3 years of language training and settlement programming traditionally provided as well as to look at other factors such as affordable housing, access to transit and availability of community programs like daycare, libraries and recreation. Kitchener continues to be amongst the 10 top communities welcoming new Canadians and I believe it is essential

for us to see the kinds of partnerships called for in the report to be developed.

COPS CAMP

At the end of August, I had the privilege of joining several police, fire and community volunteers along with over 40 young people from the Centreville-Chicopee neighbourhood as we participated in a 3-day, 2 night camp for the first time in the 14 years of the COPS program. The camp could not have been possible without the generous support of our sponsors, the neighbourhood association and

our volunteers who helped make it all happen. It was an amazing experience and I have to admit, at our graduation fire on the final night I was more than thrilled to hear how important this opportunity was to the participating youth.

Councillor Berry Vrbanovic Ward 2

President for the Federation of Canadian Municipalities
519-741-2243 (office)
519-896-7300 (residence)
berryyv@kitchener.ca



I recently met with many Ward 4 residents during Doon Pioneer Park's fall program registration. It was wonderful to see so many residents taking advantage of the wide variety of programs that are offered. Some residents felt the registration could be improved

and offered some suggestions which I will certainly share with the Doon Pioneer Park Neighbourhood Association.

I was also pleased to meet and hear from residents on a number of issues. Of these, I believe student housing was most prevalent. I do realize that this has been an issue for a very long time in the Lower Doon area, as well as and other pockets within Ward 4. I also understand that many of you feel your neighbourhoods have changed and your property values

diminished because of the number of rental properties that are now located on your streets.

I have been working with the city's Enforcement, Fire and Building staff to find solutions. Student housing is not isolated to Kitchener, as other nearby cities have all struggled with many of the same challenges. Staff have been looking at bylaws and solutions supported by council in other cities, as well as their effectiveness. The solutions are not easy because we have to balance the rights of residents

with the rights of students to find decent and affordable housing.

In the coming months staff will continue to watch what is happening with the Waterloo Rental Licensing Bylaw and I look forward to a report from our staff on what we can do here in Kitchener.

As October rushes to meet us, mark your calendars for Friday, October 7 when thousands gather at Kitchener City Hall to celebrate the opening ceremonies of K-W Oktoberfest and Council's Grillefest. Council

will be happily serving the public an Oktoberfest sausage on a bun and soft drink from 11- 2 am for a minimum donation of \$3.50. All proceeds go to the Food Bank of Waterloo Region.

I am here to serve you, please do not hesitate to call or email me.

Councillor Yvonne Fernandes Ward 4

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Is my upstairs neighbour responsible for water damage to my unit?



by MARILYN LINCOLN

Q. I saw water leaking from my ceiling and rushed upstairs to the young lady who lives above me. I knocked on the door to inform her of my leak and she rushed to the bathroom realizing she left the bathroom sink tap on. Who is responsible for damage to my unit and also the deductible? Is this her responsibility or the condo corporation?

A. The condominium policy should cover damage caused by the flood to your unit. However, it will not cover damage to unit improvements. You should also review your standard unit bylaw if the corporation has one. Such a bylaw could exclude coverage of certain unit components such as flooring. Even though the cost for the repair or replacement of unit improvements will not be covered by the corporation's policy, you should look to your personal insurance policy regarding improvements.

According to the Condominium Act of Ontario the corporation is responsible for a loss up to the deductible that is considered a common expense. However, in the above case the board will be able to recover the deductible from your upstairs neighbour, if the loss resulted from an act or omission of your neighbour or someone else residing in her unit. If the repairs exceed the deductible, the corporation's insurer is responsible for the excess.

Q. Will my tenants insurance policy cover me in my new condo I just purchased?

A. Your tenant policy will not meet your needs as a condominium owner. You must acquire coverage for what are called "betterments and improvements". Improvements could be wallpaper, new lighting, upgraded kitchen cupboards, bathroom features, new flooring etc. These upgrades will not be included by the condominium master insurance policy or your current tenant's package.

There is also a deductible on the master insurance condominium policy to be

considered. Check with your agent and he/she will provide you with all the insurance coverage necessary. It is better to be safe than sorry.

Q. Are we entitled to receive any proposal of funding regarding the results of our reserve fund study?

A. Once the board receives the completed study, it has 120 days to review it and propose a funding plan. Once the plan is developed, the board must send each owner a summary of the study and a summary of the plan. The board must include a statement indicating any areas where the proposed plan differs from recommendations in the study and implement the plan 30 days of notifying the owners.

* * *

Marilyn is the author of "The Condominium Self Management Guide 2nd ed. Send questions to marilyncondoguide@hotmail.com. To order a copy of her guide, send \$39.95 plus \$4.98 shipping and handling to; The Condo Guide, 23-500 Fairway Rd. S. Suite #144, Kitchener, Ontario, N2C 1X3

REAL ESTATE CORNER



Peter is a licenced Sales Representative with Re/Max and has specialized in the Stanley Park Area for over 25 years.

Economic Update

We read daily about the problems south of the boarder and growing problems in Europe. But despite the economic troubles in those area, Canada remains in a stronger position then most countries. We still have a triple A credit rating, our banks are on a solid financial footing, the Real Estate market has remained active. There is no panic here!

Interest rates on mortgages remain low and should stay that way until well into 2012. Real Estate prices have stabilized and should also stay that way until 2012.

Locally our economy remains strong with a relatively low unemployment rate, compared to last year.

I predict that growth in the K-W Real Estate market in 2012 will be positive despite the negative factors outside of Ontario. It may not be record breaking but positive for sure!

If you are contemplating making a move in the next year, call me for a Free Market Evaluation and a list on the best ways to get your home ready to sell.

AUGUST AREA SALES REPORT

STYLE OF HOMES	# OF SALES	PRICE RANGE	AVERAGE PRICE
Single Detached Home -3 bedroom, single garage	12	Low 250,000 High 355,000	300,470
Single Detached Home -4 bedroom, double garage	10	Low 375,000 High 470,000	422,500
Semi Detached	5	Low 210,000 High 234,000	221,200

For a free in home market evaluation or over the phone pricing in your area, call me at 519-888-7110.



Fourteen community projects for youth received \$357,193 in much-needed funding as Libro Financial Group announced the recipients of the 2011 Community Builder Grant Program. There are two types of grants - branch grants and corporate grants. Locally, four agencies received branch grants to fund youth programs. They are: the Food Bank of Waterloo Region for \$7,000; the Kitchener-Waterloo YMCA for \$17,040; the University of Waterloo for \$19,000; and the Kitchener-Waterloo Counselling Services for \$21,000. The Kitchener wing of a youth-mentoring program called Future Possibilities for Kids received a \$20,000 corporate grant. With the cheque, from left: Libro Communication Specialist Krista Wydeven, Program Director of Future Possibilities for Kids Michele Sands, and program participant Sabira Sayeda. Sayeda, who is a student at Howard Robertson School, gave a speech about her work with Future Possibilities.

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BETTER OFF?

BY BRUCE WHITESTONE

Politicians routinely ask voters if they are better off than say two years ago. The average Canadian probably would answer "No".

Although federal and provincial governments have applied shock treatment in the form of fiscal and monetary stimulation, the general economy has been stuck in the doldrums. Unlike the 1930s, in Canada there has thankfully not been a complete collapse in parts of the economy as some firms' profits have held up amazingly well.

However, the benefits of the recovery have been distributed unevenly.

The manufacturing sector, notably the automobile companies, are just starting to gain some traction. Raw material companies, such as the petroleum and mining industries, have performed very well indeed. Yet, although most pay cheques have not improved more than modestly, the owners of capital have gained remarkably.

Are these trends confirmation of doctrinaire left-wingers who believe as capital accumulates, the

situation of workers, regardless of their status, must grow worse?

Along with that, it was implied by this theory that corporate profit margins would decline, all part of capitalisms' dying throes. Like those who constantly predicted Judgement Day and the end of the world, these predictions have not come to pass.

However, it must be recognized that there is a divergence between capital and wages.

Wages have stagnated, but those with money or the very wealthy have flourished. The governor of the Bank of England observed that "the squeeze in living standards (which as taken place in Canada and the United States) is the inevitable price to pay for the financial crisis and the subsequent rebalancing of the economy."

There also is a longer term trend to explain what is going on.

While wages still account for a much greater share of national income than profits, labour's share of the total economy has been in sharp decline. Real wages, - those adjusted for inflation - have barely moved.

There has been an increased inequality of income. The earnings of top executives and those in the

entertainment and sports sectors have risen much faster than the median. There has been a premium for some kinds of talent, but that is only part of the story. A partial explanation has been the decline in union membership.

In the 1960s and 1970s unions in the manufacturing industries, such as the steel and automotive companies, were able to demand higher wages and their workers started to move into the middle class.

Now high-paying, blue collar jobs have been losing ground, certainly when compared to the so-called "knowledge workers".

The parts of the economy that should get more emphasis are the engineering and technical sectors. We are graduating fewer engineers relative to those with degrees in business administration.

Probably, once the false enthusiasm of the financial fields evaporates, our economy once again will return to a more sensible course of real wealth creation and not just "paper assets".

Bruce Whitestone is an economist and syndicated columnist living in the Breslau area.

From page 21
Solution to Citizen Crossword #9

1	A	I	H	B	S	C	T							
R	E	G	O	N	G	I	A	T	I	O	N	S		
K	N	V	D	G	R	R	U							
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E	E	C	S	E	S	S	O							

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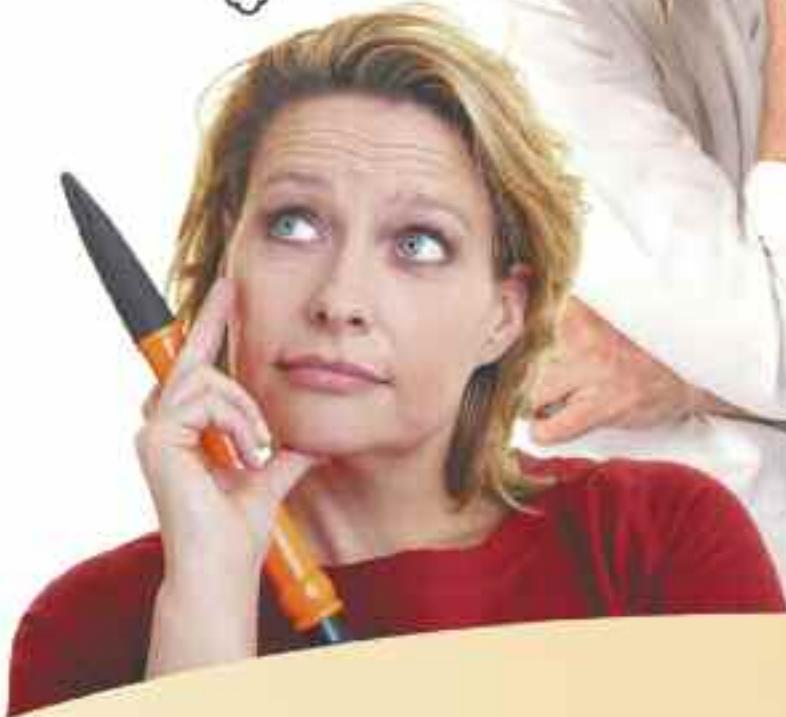
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