



Baden's Monthly Newsletter
~ Keeping The Community Connected ~



Baden Outlook

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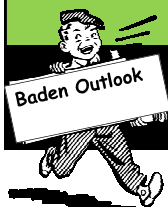


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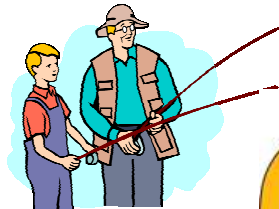
Baden's Fishing Derby June 3

The Baden Community Association is hoping for blue sky and sunshine to join us for the annual fishing derby, at the Millpond on Foundry Street.

There will be 10 tagged fish worth \$50, with prizes, barbecue, and more!

Registration begins at 6 am.

There is no cost to attend.



See page four for more details.



Please join us at the Foundry Street Parkette on Thursday, June 8th, as the Baden Community Association unveils the plaque displaying the names of those who donated over \$500 to help fund the parkette project. Pillars Grill Team will be on hand to supply free sausages, and drinks from 6-7 pm, with the dedication ceremony at 7 o'clock.

The BCA would like to invite those that come to wear either red or white as they will be taking a picture to celebrate Canada's 150th anniversary. This is a special event to give thanks to all of the people in the community who helped create this parkette, and to those who will enjoy it in the future!

This paper is priceless - Please have one!

Talking with Ed

~ Looking Good in Wilmot

As I sit for my 6th year on town council, I have made it a mission to keep politics and our paper separate. But this news from a recent council meeting I couldn't resist sharing. ..and sometimes it is my duty to share.



The Auditors at Graham Mathew Professional Corporation gave a report of the audited financial statements for 2016 for Wilmot Township at the April 24th council meeting. Mike Arndt started the presentation by saying that the township submitted the report to the Ministry of Municipal Affairs and Housing on April 13, 2017 (exact same date as last year) and was one of the first municipalities to do so. This timely submission of the FIR will ensure that the township will continue to receive Ontario Municipal Partnership Funding from the Ministry of Finance. He gave a glowing review of the township's financial state of affairs, the township's finance departments, and the other five departments' ability to control costs and revenue.

Here are just a few of the points that were highlighted by the auditing company:

- ♦ Wilmot Township has one of the lowest tax increases year over year in Waterloo Region.
- ♦ The township has no debt. They have a state of the art recreation centre, and are increasing their trail system each year.
- ♦ They have increased their reserves and reserve funds from 2.5 million in 2011 to 7.2 million in 2016.
- ♦ They have dropped their tax arrears per capita from 5.54% in 2011 to 2.80% in 2016.
- ♦ They have increased their equity income from Kitchener Power Corporation from 702,000 in 2011 to 802,000 in 2016.
- ♦ The township has increased its cash balance from \$9,003,582 in 2015 to \$10,804,063 in 2016.

This is all very good news for anyone living in Wilmot Township. I am sure you are wondering, "How do they do it?" One of the best tools that is used is the Asset Management Plan and the 10 year capital forecast where all departments slot in their requirements over the next ten years. An example of this would be road reconstruction. Traffic counts are done on many of the heavily travelled roads throughout the township. Next, the condition of the road is factored in and then dates are allocated to the project. Service vehicles are also slotted in to the appropriate year. An average life span of a truck for the township is ten years and then it is replaced. The ten year forecast is a floating document and some projects have to be moved ahead or back as circumstances arise. An example of that is the purchase of large generators for the local fire stations and the Wilmot Rec Centre. They were not on the list at all but after some ice storms and power outages, it was deemed important for the residents to have warming stations to use. Hopefully they don't have to be used, but they are there if needed.

"We were pleased to report strong financial results for 2016, and look forward to continuing our progress in Asset Management and long-term financial planning throughout 2017."

Patrick Kelly, Director of Finance
—Wilmot Township

The township is also helped by a competitive bidding process for jobs. Their new online bidding system (bids.wilmot.ca) has proved to be a valuable tool. Wilmot also tries to take advantage of senior government funding programs. An example of this is the recent 1.2 million dollar grant from the province under the OCIF funding program to repair the Holland Mills Bridge.

The township is very good at forward thinking. The newly proposed industrial lands between Nafziger Road and Hamilton Road will provide employment opportunities for residents living in Wilmot Township in the near future. They are also working with the Waterloo Region School Board for the joint creation of an artificial turf field which can be used by the township and school.

The township is the tax collector, but only receives 24% of the monies collected. Another 23% goes to the school board and 53% to the Region of Waterloo. I am very proud of the staff at the township, where everyone has the same focus and desire for the residents of Wilmot Township to have a great quality of life and a sound footing. Sitting in my position, I will say it helps that the Mayor and councillors work well together, and they all bring something different to the horseshoe to make things happen. Until next month...Ed

Greetings from ~ Outlook Headquarters



Rain, rain, go away, come again another day... or month! We can't control the weather, but it shouldn't keep us from enjoying spring—hang on to your umbrella and jump in those puddles! Mother Nature does what it requires, and the green grass and awesome flowers are our reward. And the robins are getting their fill of worms!—chirp! And yet I say... "Yay, it's May!"



A very special thank you to Lily for her cheery spring poem ~

If you are familiar with the community, you know there is much to look forward to in the coming months: the BCA fishing derby, the many local garage sales, the Wilmot Splash Pad will open, the car shows are back at the pond, the Mennonite Relief Sale puts New Hamburg in a spin, and down the summer path yet comes the Baden Corn Festival, and outdoor Castle Concert Series, along with the unveiling of two more Prime Ministers to join Sir John A. MacDonald on June 29th. Don't forget to mark your calendars so you don't miss out on the fun.

We continue to focus on Canada in all its glory with the 150th birthday around the corner. We thank my sister-in-law Donna Cook (who recently retired from Parks Canada) for her article about the National Parks of Ontario—check it out on page 36. Be sure to get your free pass to explore and learn even more about Canada!

Congratulations to Reynold Skowron who is the Adult Hockey pool season leader and to Dallas Egli winning the kids' leader prize for the season—way to go! Catch up on the latest stats for the Baseball pool on page 14.

My happy submission this month is a particular travel photo with an amazing story behind it. Check out page 21 and see how famous the Baden Outlook has become!

Best wishes to all moms for a wonderful Mother's Day, I hope you all get spoiled by your kids!



EXTRA EXTRA!!

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

You'll find us In Baden at Mars Variety, Mac's, Baden Feed, One Way Water, Baden Dental, Wilmot Rec. Complex, Tim Hortons, Baden Library, EJ's, and several outdoor magazine boxes located conveniently throughout town for Baden readers.



You can pick it up in New Hamburg at No Frills, Sobey's, Short Stop, NH Legion, McDonalds, Kasemann's, Morningside, Stonecroft, Office Pro, NH Thrift Centre, Absolute Fitness, Pharmasave, NH Dry Cleaners, NH Wellness, NH Library and various offices and retail locations throughout Wilmot Township.

Also in St. Agatha at Fishers Esso, Angies Kitchen, and Stop 2 Shop. In Petersburg at the Blue Moon, and Foxboro.

*The best things in life are free -
like bright blue skies, the warmth
of the sun and this paper ...
~ Please Have One!*



Oh Canada! The True North Strong & Free

This year we celebrate the 150th birthday of our country. In the upcoming issues you will find all kinds of interesting quizzes and trivia to get you educated or refreshed in tribute to our country.

Last month we paid tribute to Canadian geography. This month we are enlightening you on National Parks in Ontario and more Canadian trivia—check out the quiz on page 7



Baden ~ Our Town



It is a busy time for the Baden Community Association! On Sunday April 23rd the BCA held their annual Earth Day event. Sixty five people came out to join in the Baden Town Cleanup and 48 big bags of garbage were collected. Way to go, Baden!! This year we held an E-waste drop off area and collected an entire truck load that went to New Dundee Recyclers. Three members of the Wilmot Ecoboosters were also on hand to help with the day. Eleven year old, Josh (seen here in photo), rushed in later on in the day; eager to help, he collected a large bag of garbage all by himself. Thanks for your enthusiasm Josh, you'd be a welcome member of the BCA!



The Baden Fishing Derby is a go and will be held on Saturday, June 3 from 6 am - 2:30 pm. All participants must register with the BCA on arrival, which will make them eligible for the prize table. The pond will be stocked

on Monday, May 29th, so the BCA ask that people refrain from fishing in the pond that week. There will be ten tagged fish worth \$50 each if they are caught within the derby times. Worms will be for sale and the BCA suggest that corn not be used. Proper fishing licences are required for those over 18 years old. The fish are well over a pound each this year, so bring out the family and have some fun! There will be a barbeque generously put on by Stratford Food Basics, where hot dogs and drinks will be available.

On Thursday, June 8th, the BCA will hold a plaque unveiling at the Foundry Street Parkette displaying the names of those who donated over \$500 to help fund the project. Pillars Grill Team will be on hand to supply free sausages, and drinks from 6-7 pm, with the dedication ceremony at 7 o'clock. The BCA would like to invite everyone out and ask that they wear either red or white as they will be taking a picture to celebrate Canada's 150th anniversary. This is a special way to celebrate all of the people in the community who have created this parkette, and for those who will enjoy it in the future. The event is rain or shine, so pray for nice weather.

The BCA meets on the last Wednesday of each month in the basement at the township hall at 7p.m. Please join us to contribute to your community!

It's coming ...

facebook.com/BadenCornFestival/

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Baden Corn Festival



**Saturday
August 12**

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Spring brings visions of sunshine and flowers, but it also brings some particularly seasonal health issues for your pet. Some of the things we more commonly see in the spring are:

- **Lameness** - Our pets see more of the outdoors in the nicer weather. Dogs often get more frequent and longer walks and potentially some dog park visits. Remember that our pets are just as excited as us to get out and run in the warm weather. But also remember they haven't been as active over the winter. They don't have indoor gyms to help them maintain their athletic physique. Taking them on more frequent controlled walks will allow them to regain their athleticism without injury. In a very short time they will be able to get back to running and playing at full speed with less chance for injury.
- **Abscesses** - Cats that go outdoors are also excited to re-establish their territories. This often leads to cat fights and, unfortunately, to nasty abscesses that often need medical attention. Keeping them inside is always recommended, but if that's not possible, then keeping them under a watchful eye and on a leash with a harness is a way to prevent them from these unfortunate encounters.
- **GI Upset** - Our pets also eat more junk in the spring. They have access to anything that presents itself as the snow melts. And there is A LOT of unidentifiable stuff! This can

lead to a nasty gastroenteritis which can present as lethargy, vomiting, diarrhea, or all three!

- **Intestinal Parasites** - Although always a threat, intestinal parasites are more prevalent in warmer weather. The poopsicles that were left behind in the winter thaw in the spring, and as they melt they release any intestinal worm eggs they contained into the environment. Once in the soil, these parasites can be easily picked up by another pet in the spring. It is always a good idea to get your pet's stool checked with a fecal exam during your annual examination at your veterinarian.
- **External Parasites** - Other parasites, like fleas, ticks, and mosquitos, become more prevalent in the warmer temperatures. These parasites can carry serious diseases like heartworm and Lyme disease, as well as being very irritating to your pet. Prevention should be discussed with your veterinarian and a specific plan can be made to fit the specific needs of your pet.
- **Allergies** - Some of our pets have allergies. For many of these pets, the spring is the beginning of a very difficult time, full of itching, scratching and licking. Contact your veterinarian as soon as your pet begins the spring itch. Earlier intervention not only gives early relief, but also can lessen the severity of the itching season. Together, you can devise a plan to help your pet find relief!

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New Clients Welcome!



Picking your Pooch..

It's easy to fall in love with a wiggly, fuzzy puppy and you're sure you'll enjoy your new pet. Then you get it home and the training begins, they begin to grow and perhaps even cramp your lifestyle. Now what?



It's so important to plan ahead before jumping in to being a dog owner. You must consider many things like where you live, whether in an apartment or a country property, considering the size of your dog or the amount of barking or area to play. One must consider your lifestyle matching the energy level of a dog so that it gets the proper exercise it needs. Also to realize the cost of owning a pet, food, toys, grooming and vet expenses. Once you have connected with your dog the natural need to care for it arises, but sometimes not, and the pet is turned away for adoption or worse. It's hard on a dog, to be sent away after bonding with you and adjusting to a new life.

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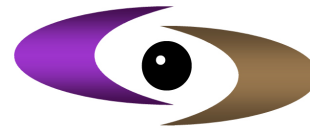
Ask Armand ~



Harold from Kitchener asks - I have a wooden box which is 12 inches wide and 19 inches tall and long, with a hinged top. On the ends of the box the markings read, "4 DOZ - ½-LB-TINS ENGLISH MUSTARD". There is also a large label reading "ENGLISH MUSTARD" on the front and a large paper label on the inside of the lid. This covers the whole lid and is very decorative, with animals, medals, etc. On the outside of the lid, written in heavy black ink is "Geo G. Pepler Co. Baden". I am most curious and would appreciate any information available on this person.

Armand Says—George G. Pepler was born in Wilmot Township on March 1, 1863. In the 1871 and 1881 Canada Census he is shown as living in Woolwich Township. The Region of Waterloo posted that on May 9, 1883, the tender of George Pepler & Co. to paint the West Montrose bridge with oil paint for \$74.25 was accepted. I am assuming that in George's early career he was a painter. George G. Pepler later moved to Tavistock where his wife Agnes Bedford gave birth to one child, Edna Winnifred Pepler. George and his brother ran a General Store in Tavistock until he died on October 10, 1930 in Woodstock. Through my investigations I found nothing about his life in Baden. Great question, Harold, and I am sorry I cannot find more Baden related information about that box, but maybe one of our readers can.

Further to last month's column - the Dominion Linseed Companies Foundry was originally built by Jacob Beck.



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Dr. Sonya Frank, Optometrist

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- Baby's first eye check-up is recommended at age 6 months
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CANADIAN TRIVIA QUIZ - Answers on page 15

1. Which Canadian province has the longest coastline?

Newfoundland and Labrador
Quebec
Nova Scotia
British Columbia

2. Which Canadian city on this list is the furthest north?

Prince Rupert B.C.
Saguenay QUE.
Edmonton ALB
Saskatoon Sask.

3. Where is Canada's tallest mountain?

British Columbia
Yukon
Alberta
Quebec

4. In which Canadian city or town can you try the infamous Sourtoe Cocktail, where a real human toe is placed in the drink?

Victoria, B.C.
Plattsville, Ont
Goose Bay, Newfoundland
Dawson City, Yukon

5. Which of the following is NOT a provincial capital?

Edmonton ALB
Ottawa ON
Victoria B.C.
Charlottetown PEI

6. When did the name Canada begin first appearing on maps?

1860s
1900s
1760s
1570s

7. What province was the first to give women the right to vote?

Manitoba
Ontario
Quebec
British Columbia

8. What year was employment insurance introduced?

1910
1915
1940
1962

9. What does the word Inuit mean?

The People
Our Land
The North
Place of Many Fish

10. Canada has how many time zones?

Three
Four
Five
Six

11. What was the valuable animal pelt of the early fur traders?

Mink
Beaver
Deer
Fox

12. Who was the heroine of the war of 1812?

Emily Carr
Jennie Trout
Rebecca Ricker
Laura Secord



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Checking out the Baden Library

The One Book, One Community (OBOC)

On April 27, 2017 the OBOC committee announced that **Emancipation Day** by Wayne Grady is this year's OBOC selection.

Steeped in the big-band music of the 1930s and 1940s, **Emancipation Day** is a story of identity, family, and acceptance. An award-winning title that spans pre-and post-war Canada, it is told from the perspective of three remarkable characters – Vivian, an innocent and unworldly woman, her husband Jack, a navy musician who exudes a young Frank Sinatra-vibe and William Henry, Jack's stoic father.

Read the book, discuss the story, and attend a free author event! Check out oboc.ca for more information about this community literacy program.

Read with the Wilmot Wild Lacrosse Team

Join us on Wednesday, May 31 from 6:30-7:30 p.m. at either the Baden or New Hamburg branches to meet players from the Wilmot Wild. Learn more about lacrosse with fun hands on activities. Check out our selection of lacrosse books and enter to win a door prize. All ages welcome to this free event.

Third Wednesday Adult Book Club

Are you interested in joining a book club for adults? Consider joining our librarian-led book club at the New Hamburg branch on the third Wednesday of each month from 6:30-7:30 p.m. Monthly book titles will be revealed at each meeting and the book will be available for you.

2017 TD Summer Reading Club

Coming in June, exciting information about all the fun programs and activities planned to keep your kids reading all summer. Free for kids ages 2 and up. Stay tuned for more details!

Up-to-date program and event information is available at rwlibrary.ca or contact the branch at 519-634-8933 or badenlib@regionofwaterloo.ca.

*Chris Baechler, Assistant Supervisor
Baden Branch—Region of Waterloo Library*



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Local Women to Compete in Southern Ontario Amazing Race Raising Funds to Support the Children's Foundation



Susan Honderich and Paulette West have been selected to take part in the Southern Ontario Amazing Race (SOAR) being held June 3-4, 2017. They are one of 20 teams hoping to make it to the finish line. SOAR is a fundraiser for the Children's Foundation for Guelph-Wellington. Since the race's inception in 2004, teams have raised over \$820,000 for the Children's Foundation of Guelph-Wellington. The Children's Foundation helps children reach their full potential through programs that support their intellectual, emotional, and physical well-being.

Last year, Susan and Paulette successfully competed at the Mudderella Relay race at Bingeman's to raise money for the Canadian Breast Cancer Society. After that success, they began to search out other opportunities to both challenge themselves physically and mentally, while raising money for a good cause. Susan came across a website promoting SOAR and the two began the process of preparing their application and video for submission to the committee who organizes the race. SOAR is a clue-based adventure race complemented by numerous physical and mental challenges designed to test racers' strength, where they will experience the best of Southern Ontario's landscapes and cities.

Susan and Paulette would appreciate help SOARing to the fundraising finish line, by accepting donations directly for the cause at the event website www.therace.ca. Simply click on the photo of Susan and Paulette (first on the page). Making a donation is easy and safe - simply click the "Donate to Support this Team" button in the upper right to donate and your donation will be allocated to our team fundraising. Susan and Paulette can also take pledges in person and all donations over \$20 are eligible for a tax receipt.

Susan and Paulette's pledge dollars will be turned into SOAR dollars which can be used to purchase the following tokens - U-Turn, Yield, Tune-up and/or Shortcut. The number of tokens their team can buy will depend on how much they raise. These tokens could help Sue and Paulette win this year's race! According to Paulette, "Sue and I WILL NEED the SOAR dollars!"

Meet the dynamic duo...

Susan 45, Human Resources Director – New Hamburg

Paulette: 47, Administrative Support Worker – New Hamburg

These two girls are friends and neighbours who have known each other for nineteen years. They love going to live music concerts, finding adventures, and basically just hanging and 'solving the world's problems'. Susan and Paulette's theme song would be "Stronger" by Kelly Clarkson. What is unique about this team is that they share similar values and have great diversity which will help them to succeed in both fundraising and race challenges. They don't see any potential problems at all and are grateful for the opportunity to test their teamwork skills. Together they will bring team spirit, encouragement, brains, strength, creativity, and broad networks. They are very passionate about everything they do and will interact and support other teams in this event to contribute to the overall worthy cause.



Susan & Paulette



Dr. Rick and Nancy Pereira

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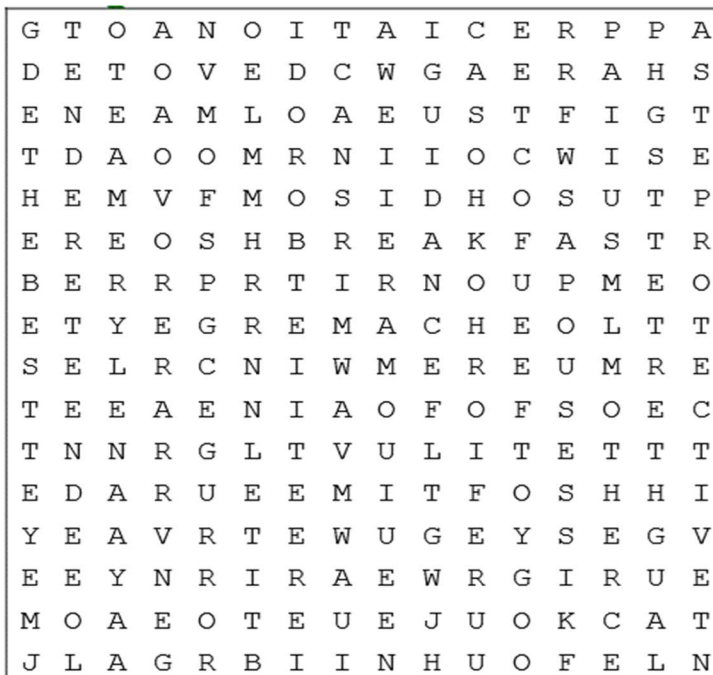
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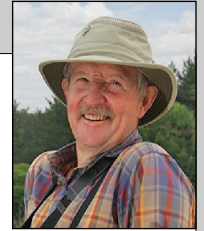
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Baden Birding ~ The Great Blue Heron

By Fraser Gibson



The Great Blue Heron is a bird that draws the attention of both children and adults because of its near two metre wing span. It is most often seen in flight powered by its slow graceful wing beats.

Getting a close look at one of these majestic birds is worth the effort. This blue-grey bodied bird is especially attractive during breeding season when a bright yellow beak contrasts sharply with the white head and black cap line. When viewed at close range, long fluffy, feathery plumes are visible on the back, neck, and back of head.



The female lays 2-6 eggs, each about two days apart. Incubation begins after the first egg is laid. Each egg takes approximately 4 weeks to hatch. Both parents share incubation duties, the male often working the daytime hours while the female covers the night shift. This rotation is continued after the young hatch. The first to hatch is usually about two days old by the time the next sibling arrives so it has significant advantages over later arrivals.

Seeing one of these long legged birds land successfully in a tree may come as a real surprise. Even more of a surprise may be that they nest high in trees, usually in a colony with other Great Blue Herons.

A small active heronry (only four visible nests), can be seen at the south west corner of the Hwy 7 and Queen St/Notre Dame Drive interchange. The large stick nests are more easily seen in winter and early spring before leaves have emerged.

Unfortunately herons may abandon their nest site if disturbed by humans even in a superficial way during nest building, egg laying, and incubation stages. Older chicks, if alarmed, may fall from the nest and face certain death. Consequently, it is ethically wise to keep all human activity well away from an active heronry during the sensitive nesting period. Fortunately heronries are often in wet areas relatively free of human activity.

After the male charms a female at a heronry, they form a monogamous relationship lasting for one season. New partners are chosen the following year.

Great Blue Herons share parenting responsibilities quite equally. During nest building, the male collects sticks and presents them to his mate who intertwines them while building a saucer-like nest. The nest, approximately 60 cm across, may be used multiple years by different birds and grows in size each year. Colonial nesting helps herons avoid predation. Having many eyes and ears is advantageous and a high density of nests with a finite number of predators limits losses.

Adults may travel several kilometres from the heronry to their own favourite hunting grounds. A heron often stands stock-still for lengthy periods of time in shallow water watching for prey. If nothing approaches, a second technique employs a slow motion wade while keeping a keen eye for prey. When prey is within striking distance the heron suddenly uncoils its body and neck while plunging its head into the water, catching the prey sideways between its upper and lower bill. Specially adapted vertebrae allow the heron's neck to curl into an S shape and then to be thrust forward with blistering speed. Caught fish are swallowed head first in a big gulp.

The diet of the Great Blue Heron consists mainly of fish but includes almost anything it can catch, including mice, frogs, snakes, crayfish, young birds and aquatic invertebrates. After a successful fishing expedition the adult returns to the nest where it regurgitates food for the hatchlings.

The young are helpless and almost naked when they hatch and require constant parental protection from predators and elements. By the time the chicks are two weeks old they are standing and spreading their wings. At six weeks of age they are walking the nest edge and abutting tree branches and at eight weeks flying awkwardly. At ten weeks they become independent and leave their parents. The colony then begins to disband.

If the breeding season has been successful, the colony will be resurrected by these distinguished wetland waders the following spring.

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Grade 5 Students Play a Role in Mock Council Meeting

A Mock Council Meeting was held Monday, April 24, at the Council Chambers at 1:00 p.m. with Max Sicoli acting as Presiding Officer for the day. The grade five students from Wilmot Township were welcomed to the Township Office with a pizza party before the mock council meeting began. Most of the councilors were on hand to coach the students through the proceedings. Max opened the meeting by introducing the council members as: Councillor of Ward 1: Charolotte English, Councillor of Ward 2: Megan Peacock, Councillor of Ward 3: Chloe Bogaert and (two) Councillors of Ward 4: Olivia Burns and Lauryn Porchak. Kasey Bater, and Mathew Schaadt, filled in positions of

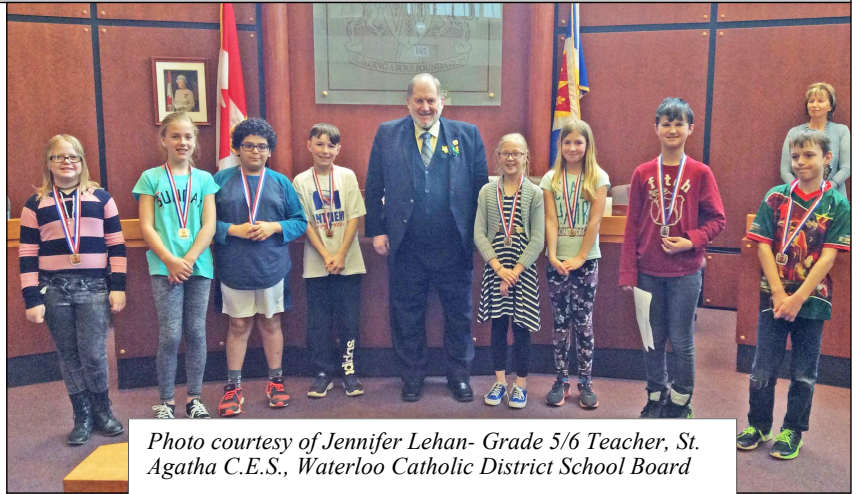


Photo courtesy of Jennifer Lehan- Grade 5/6 Teacher, St. Agatha C.E.S., Waterloo Catholic District School Board



township clerk, and bylaw officer. Sadee Zister was a successful winner of the contest, but could not attend. There was an agenda prepared by the Wilmot Township staff which focused on allowing chicken coops at homes. Grade five students from St. Agatha Catholic School appeared as delegations to explain the advantages and disadvantages of raising chicken at home. Councilors asked questions and debated the issue throughout the meeting. The students later appeared on Rogers Television to talk about their experiences. It was a great learning experience for the students!

Left photo of Delegation Team from St. Agatha Catholic School

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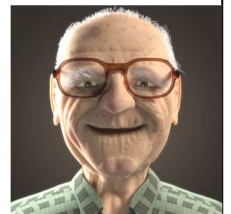
You Must Be Joking!!



Some folks have been lying awake at night wondering why baby diapers have brand names such as "Luvs", "Huggies," and "Pampers", while undergarments for old people are called "Depends".

Here is the low down on the bottom protective products... When babies mess their pants people are still gonna Luv'em, Hug'em and Pamper'em.

When old people soil their pants, it "Depends" on who's in the will! Aren't you glad you've gotten that straightened out so now you can rest your mind.



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Baden Outlook Baseball Pool Stats

Place	Name	PTS	Place	Name	PTS
1	Jody Pfaff	111	31	Adam Schmitt	89
2	Phil Schmitt	109	32	Peter Woolfrey	88
3	Ayden Ziegler	107	33	Craig Pestell	88
4	Greg Rempel	107	34	Scott Miller	88
5	Colton Porchak	106	35	Jack Papa	88
6	James Aoki	105	36	Kyle Struth	87
7	Bryan Pfaff	105	37	Johnny Boronka	87
8	Alex Dumais	105	38	Amy Papa	87
9	Tim Gowland	104	39	Patrick Lee	87
10	Brandon Travers	104	40	Wilson Cook	87
11	Zack Gowland	102	41	Alexandra Dubrick	85
12	Emily Morrison	100	42	Charlotte Hopkins	85
13	Richard Knaut	98	43	Rod Coombs	85
14	Anthony DiGiovanni	97	44	Sofia Salese	85
15	Susan Honderich	96	45	Sherilyn VanDeWynckel	85
16	Sydney Helmke	95	46	Owen Gomes	85
17	Laurie Honderich	95	47	Eric Fortin	84
18	Peter Westlake	95	48	Carl Snyder	84
19	Jan Hallman	93	49	Robert Hadley	84
20	Pierre Plante	93	50	Patt Miller	84
21	James Schlegel	93	51	Reynold Skowron	84
22	Len Mueller	92	52	Zekes Heros	83
23	Tyler Randerson	92	53	Olivia Faulhafer	83
24	Gavin Koenig	91	54	Sam Murray	83
25	Kaden Eichler	90	55	Chris Murray	83
26	Tyler Naumann	90	56	Jean Cook	82
27	Reese Faulhafer	89	57	Jean Faulhafer	82
28	Marissa Schmitt	89	58	Matt Vickers	82
29	Brett Gardner	89	59	Taylor Naumann	82
30	Lily Wenn	89	60	Noah Cleary	82

**Congratulations to
Jody Pfaff for taking the
Leader Prize for this month's**



**Baseball Pool,
winning a gift certificate from
EJ's Baden Hotel**

**The lucky random draw winner
is Sherilyn Van De Wynckel
winning a
Baden Outlook shirt.**

The leading final hockey pool winners are...

ADULTS

1. Reynold Skowron 847
2. Lori Schaefer 845
3. Craig Bell 838
4. Dawn Travers 836
5. Cam Hauck 835
- 6 I. (Will) Winn 832

KIDS

1. Dallas Egli 859
2. Ben Habel 826
3. Jack Papa 812
4. Kaden Eichler 811
- T5. Stephen Glenney 806
- T5. Jared Shantz 806



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What has 18 legs and catches flies?
~ I have no idea.
..... A baseball team!



Hello sports fans! Thanks for playing baseball with us! There are 340 eager players entered in this year's Outlook Baseball Pool. You can follow your stats which are updated daily on the site. The Outlook draws the stats on the 7th of the month. To follow your stats, log on to our website at www.badenoutlook.com click on sports pool and choose "baseball", then choose "Quick access" and pool name is outlookbaseball and the password is quest. On left bar, click on 'ranking' to view your stats. Have Fun and Good Luck!





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Answers to Canadian Trivia Quiz from page 7

1. Newfoundland and Labrador
2. Prince Rupert
3. Yukon – Mt. Logan
4. Dawson City
5. Ottawa
6. 1570s
7. Manitoba, 1916
8. 1940
9. The People
10. Six
11. Beaver
12. Laura Secord



You Must Be Joking!!



Jacob, age 81 and Rebecca, age 80, are very excited about their decision to get married. They go for a stroll to discuss the wedding, and on the way they pass a drugstore. Jacob suggests they go in.

Jacob addresses the man behind the counter:

"Are you the owner?"

The pharmacist answers, "Yes."

Jacob: "We're about to get married. Do you sell heart medication?"

Pharmacist: "Of course, we do."

Jacob: "How about medicine for circulation?"

Pharmacist: "All kinds."

Jacob: "Medicine for rheumatism?"

Pharmacist: "Definitely."

Jacob: "How about suppositories?"

Pharmacist: "You bet!"

Jacob: "Medicine for memory problems, arthritis and Alzheimer's?"

Pharmacist: "Yes, a large variety. The Works."

Jacob: "What about vitamins, sleeping pills, Geritol, antidotes for Parkinson's disease?"

Pharmacist: "Absolutely."

Jacob: "Everything for heartburn and indigestion?"

Pharmacist: "We sure do."

Jacob: "You sell wheelchairs and walkers and canes?"

Pharmacist: "All speeds and sizes."

Jacob: "Adult diapers?"

Pharmacist: "Sure."

Jacob: "We'd like to use this store as our Bridal Registry."



Submitted by Robert Price



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"An addiction to gardening is not all bad when you consider all the other choices in life." ~ Cora Lea Bell



The planting season is here!!! The garden centres are abuzz with gardeners searching for new varieties as well as tried and true varieties. There are so many choices that it can be overwhelming. Knowledgeable nursery staff can help. Are you looking for plants for your hot/dry, shade/dry, shade/wet or other challenges in your garden? Know your soil type, and for containers and garden, know if sun, partial shade or full shade is needed. To keep your water bills down, look for drought tolerant varieties.



This month's native tree: Common hackberry, *Celtis occidentalis* (Zone 3-9), a member of the Elm family, has become a popular alternative to elm trees for the last few decades because it is immune to Dutch elm disease. Up to 15 m tall, the hardy hackberry can grow in most soil types, varying pH and from wet to dry soils. It is a very adaptable tree. It develops a broad crown with arching branches with characteristic corky ridges and warts on trunk and



branches in a vase-like shape. It tolerates strong winds, pollution, heat, drought, and salt. Hackberry is well suited to urban environments. It is tolerant of some shade. The sweet fruits of common hackberry are eaten by small mammals and many birds and the leaves are food for many kinds of caterpillars. A great tree for our wildlife!

www.ontario.ca/page/northern-hackberry

Beware of garden guerrillas! Ground covers sound so lovely. They are low maintenance gardening options that provide an alternative to mulching and more. But the side effects!! Sometimes they cover much more ground than you planned - overrunning your yard, the neighbours' and possibly native areas!! Lily of the valley, goutweed, periwinkle, false lamium, garlic chives, snow-in-summer, crown vetch, gooseneck loosestrife, obedient plant (except 'miss manners') and more. Watch for descriptions: quick spreader, vigorous, fills in rapidly. Use ground cover, which is great in the right place, as in a very contained area surrounded by an impenetrable barrier. Avoid growing near any natural areas as they will invade and squeeze out all native plants. At the nursery, ask a knowledgeable staff member the growing traits of your selections.



For bird lovers, some sources suggest using yarn scraps, twine or other material as outside nesting material for songbirds. While the intentions are good, please do NOT do this. Nature provides lots of material and most material you would put out is synthetic and does not degrade. Birds can get tangled in it and it can prove fatal.

Spring Bulbs are just passing their glorious state. Remember to record where you would like more colour next year so you know where and what to plant this fall.



WHS's upcoming meeting is Monday, June 12, 2017 at 7:00pm. We will meet at and tour Floralane Produce, 2191 Arthur St. N., Elmira (note location!). Our hosts, Stuart and Esther Horst, are the king and queen of tomatoes at Floralane Produce. They developed their own brand name and logo of "Elmira's Own" for both their delicious grape tomatoes and their large beefsteak tomatoes. Their store will be open for purchases.

Keep your fingernails and knees dirty!

www.gardenontario.org/site.php/wilmot

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You Must Be Joking!!



More Brilliance to Share ~

- If I had a dollar for every girl that found me unattractive, they'd eventually find me attractive.
- I find it ironic that the colours red, white, and blue stand for freedom, until they're flashing behind you.
- Today a man knocked on my door and asked for a small donation towards the local swimming pool, so I gave him a glass of water.
- I changed my password to "incorrect," so whenever I forget it the computer will say, "Your password is incorrect."
- Artificial intelligence is no match for natural stupidity.
- I hate it when people use big words just to make themselves sound perspicacious.
- Hospitality is the art of making guests feel like they're at home when you wish they were.
- Behind every great man is a woman rolling her eyes.
- Ever stop to think and forget to start again?
- When I married Miss Right, I had no idea her first name was "Always".
- There may be no excuse for laziness, but I'm still looking for it.
- Women spend more time wondering what men are thinking than men spend thinking.
- Is it wrong that only one company makes the game Monopoly?
- Change is inevitable, except from a vending machine.
- The grass may be greener on the other side, but at least you don't have to mow it.
- I like long walks, especially when they're taken by people who annoy me.

Submitted by Robert Price



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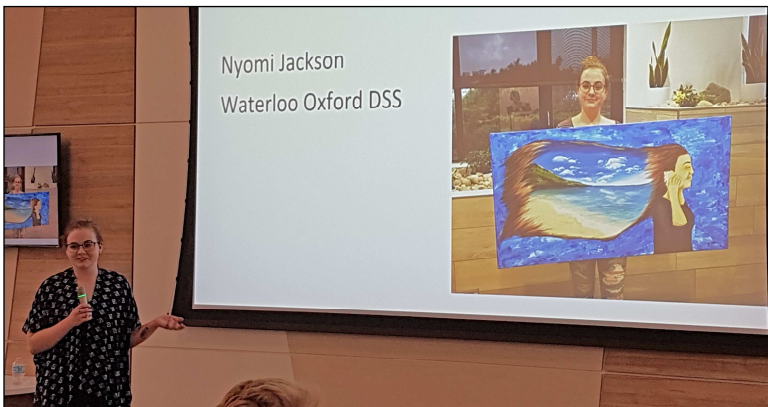
Congratulations to WODSS students Amy Darkes and Nyomi Jackson whose artwork was commissioned by Unitron in Kitchener! Unitron offered a unique experiential learning opportunity for students to design artwork for Unitron's renovated meeting spaces using the theme "visual sound". Students were invited to hear about Unitron and the project and provided with a "slide show" of photos to give them a sense of the space for which they were designing. Students submitted their proposed design concepts, which were reviewed by Unitron staff. Students of selected projects were offered a tour of the site, and additional feedback about their proposals. As an added bonus, each piece was considered "commissioned" art, and students were given \$250 to cover the cost of their materials, design, and final art piece.



It was a wonderful opportunity for students to gain valuable experience that they could add to their portfolios.

Artwork from two students from WODSS were among those selected, and their work was "unveiled" at an Appreciation event at Unitron on Thursday April 27th.

Way to go Nyomi and Amy!



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



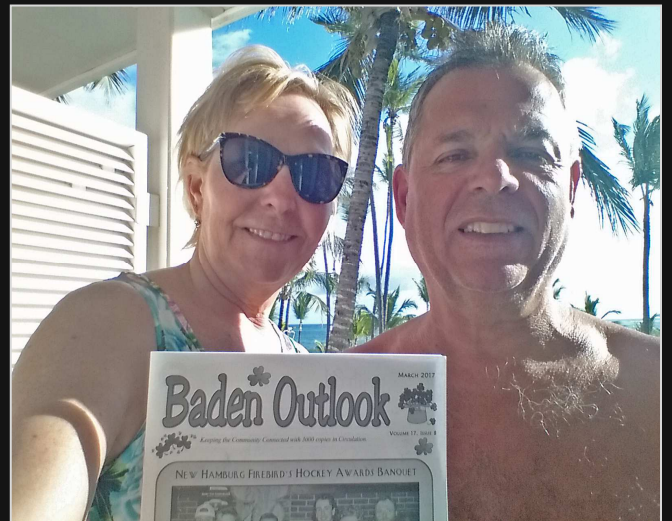
Gary and Maureen Pasichnyk, from Foxboro Green, took the *Baden Outlook* to Europe in April. Photo taken overlooking the Amalfi coast of Italy.



Murray and Carol Brownridge took the *Baden Outlook* with them to Hilton Head Island in South Carolina and posed in front of the famous Salty Dog restaurant.



Beth and Eric White took the *Baden Outlook* to the world famous restaurant and bar "Bloody Mary's" in Bora Bora, French Polynesia. The picture was taken after eating a 'Jimmy Buffet' cheeseburger in Paradise.



Joanne and Barry Stemmler and their *Baden Outlook* went to Dominican Republic and had a fantastic time at Barcelo Bavaro Beach Resort!



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Sisters Laura Ally and Amanda Pot and their families took their Baden Outlook along on a trip to Barbados. Seen on the catamaran boat cruise are: Back l-r - Clair, Wazir and Laura Ally. Front l-r- Ben, Amanda, Chris, (sleeping baby is Niko Ally) and Hana Pot.



Don't forget to pack your Baden Outlook along when going on vacation, then simply email your photo to us with a small mention of your holiday to get your photo in the paper.



Deb Vinski went to Hotel Los Delfines during her recent visit to Varadero, Cuba. Deb shares her Baden Outlooks with the greatest bartender Alain and the lovely Public Relations lady Yaima.

Hola mis amigos en Varadero!

There is a story that must be told about the Baden Outlook that frequently travels to Varadero, Cuba with Deb Vinski (a work peer of Barry's from Zehrs).

The locals there love the paper and each time Deb visits she takes a photo of the locals and we post her picture in the paper. Deb then laminates the photo in the paper and takes it back on her next visit for them to have. They are so thrilled to be in the paper that they hang it up in this particular restaurant called La Vicaria. These people are so happy to see her on each visit and continue to make a collection of these photos of them with the Outlook hanging in their restaurant. Other restaurants have joined the club, so now Esquina Cafeteria, and Kikis Club also have the Outlook hanging in their restaurants. There is a framed photo of the Baden Outlook with Yessina and her family in her house at Cardenas.

If you ever travel there be sure to take your Baden Outlook and get a photo to join the wall of Outlook fame in Cuba!

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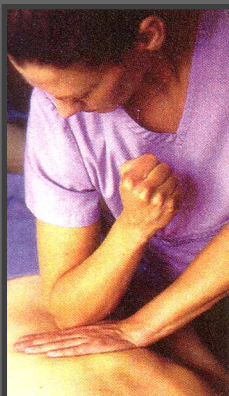
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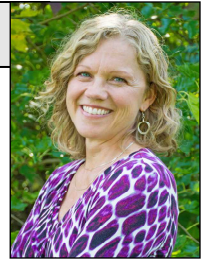
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Digestive Health: Amazing Sourdough

By Helen Steinmann, Holistic Nutritionist



Have you been encouraged to stop eating carbohydrates? Do you think it will help you lose weight or worse, have you been convinced that carbohydrates, especially grains, are bad for you? It is a shame that such misinformation circulates and so many people are confused about this important food group, but it just shows that we need to apply some common sense before we remove food groups from our diet.

But what if you have a digestion issue with grains and specifically bread? Does that mean for sure you should avoid them? No. Before you remove anything, try sourdough bread. What is sourdough? A traditional method of fermenting grains to make bread. It has many benefits and is much more digestible.

Fermenting grains creates prebiotic substances from the starches in the flour to aid gut health so sourdough is a great food for feeding the good bacteria. The fermentation process also makes nutrients more available, as it does with all fermented foods. However, the process of sourdough also adds B-vitamins that were not there before the fermentation occurred.

This makes sense since sourdough is a combination of good bacteria and yeast, 100 times more good bacteria than yeast, as it happens. Also, wild yeast strains are definitely

present, since this is what makes the bread rise to give it an amazing, light texture. And yeast is a great source of B-vitamins.

The acid nature, or the "sour" of sourdough, aids in pre-digestion of the protein molecules in the grain, especially the gliadin in gluten, as protease enzymes prefer an acid pH for optimal function. As a matter of fact, researchers are studying sourdough for consumption by celiacs.

The gluten must be completely degraded in order for a celiac to tolerate it, and this would make it quite sour tasting. Some experiments involved using fully-degraded sourdough mixed with fresh gluten-free grains (added after fermentation to lessen the sour taste) which makes these breads suitable for celiacs.

If you want to try sourdough, look for bakers in your area who are making traditional sourdough bread. This is a delicious adventure for you take. A quick google search of "sourdough" and the name of the city or town where you live could make it easier to find someone local. Try Louie's Sourdough bread at the St.Jacob's Market. Just the best!

And if you cannot find a source in your area, you can order it online and have it shipped to you.

When you do find a source, cut yourself a slice, and drizzle it with some virgin olive oil or cultured butter. Enjoy!

References

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- ♦ Show me a piano falling down a mine shaft and I'll show you A-flat minor.
- ♦ You feel stuck with your debt if you can't budge it.
- ♦ I went shopping for some camouflage pants and couldn't find a pair anywhere!
- ♦ Alexander the Great is what happens when men get to name themselves.

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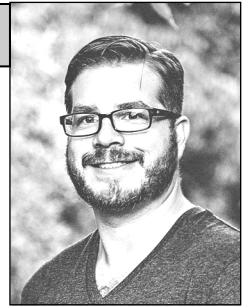
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Achilles Heel will Hopefully Heal!

By Dr. Pierre Plante



In Greek Mythology Achilles' heel was his weakness, which eventually led to his demise. It is now commonly known as pain in the same area as his famous weakness, the Achilles Tendon! Achilles tendinopathy is often debilitating and can prevent many people from participating in activities. Commonly, individuals will experience pain walking up stairs, jumping, or running. Achilles tendon pain is more common in younger athletic individuals, whereas insertional Achilles tendon pain (where the tendon meets the heel bone) and enthesopathy (bone growth) is more common in older sedentary individuals.

There have been a few theories on why people get pain from this condition. The condition is now known as Achilles tendinopathy, as opposed to the traditional, or outdated, Achilles tendinitis. Studies do not show that inflammation is the only culprit involved with this condition, despite it being a theory of the cause of the pain. The major pain theories can be put into three main categories: 1) collagen tearing / disruption; 2) an inflammatory process; 3) responses at the cellular level in the tendon. These tendon issues have more recently been viewed as a continuum, where the tendon can shift from one stage of categorization, to another, and back again. The continuum model describes the stages of a tendinopathy as: healthy / normal tendon \leftrightarrow reactive tendon \leftrightarrow tendon disrepair \leftrightarrow degenerative tendon \Rightarrow rupture / tear. The reactive tendon usually follows an overload or direct

trauma, and is characterized as a non-inflammatory adaptive reactionary thickening / stiffening in an attempt to reduce strain. If rest or reduced overload follows, the tendon should return to a normal level of health. Tendon disrepair is characterized as an attempt of tendon healing which may present with new pathways and increased blood flow. This stage appears with chronically overloaded tendons, which may also appear to have thickened. Degenerative tendons have physical changes to them as well as to their cells. Some can even have areas of cell death, disorganized tendon fibers, and cells that break down. What can make this condition extra difficult to treat is variable stages of disease may coexist in different areas on a single tendon.



Examples of pain reduction strategies include proper warm up prior to activity, strengthening exercises, muscle release to the tight muscles, and acupuncture. Orthotics may also be helpful to help correct any foot or mechanical issues that could contribute to the pain. As always, resolving the issue and individualized patient goals should be at the forefront of treatments.

This article was written for information purposes only and should not supplement sound advice from a licensed and regulated health care practitioner such as those found at Baden Integrative Health.

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Community Corner ~ Check Out What's Going On!

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The last in a series of four concerts will be performed on

Wednesday, May 17 at 7:30 PM at

Wilmot Centre Missionary Church in Petersburg

Tickets are available at the door. \$20 for adults, \$15 for Seniors/Students and Free for children under 12.

Visit grandrivervoices.ca to buy online.

\$1 from every ticket sold will go to Cystic Fibrosis research through Farwell4Hire - Country 106.7 Radio Host Mike Farwell's efforts to find a cure for CF.

Baden Community Garage Sale is on May 27th, rain or shine.

Clean your spaces, get outdoors, connect with your neighbours and make some cash!

WEDNESDAY, MAY 24, 7:00PM

The Nith Valley ECOBOOSTERS is a volunteer group committed to achieving and supporting a long-term healthy environment in Wilmot and Wellesley Townships. Our current projects include planning an anti-idling initiative and creation of a game designed to help adults and children understand how to conserve water. Join us at 7:00PM on Wednesday, May 24 at Zion United Church, 215 Peel Street, New Hamburg. For more information, contact nvecoboosters@gmail.com or call 519-662-9372.

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

We are a support group for weight loss
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Weigh-ins at 6:30 pm followed by a short meeting
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*Where: **Wilmot Recreation Complex
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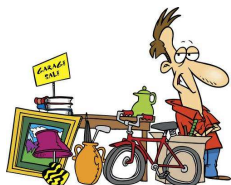
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Thank You from the New Hamburg Lioness



On Wednesday, April 19th, the New Hamburg Community Centre was transformed into a sea of red and white for the Spring Fashion Show - Celebrate Canada 150. The Canada Flag napkins, and the red Maple Leaf Birdhouse centerpieces on the white tablecloths made the perfect setting to view what's new in spring fashions.

Our thanks to Ellen & Donna at Meadow Acres Garden Centre Fashion Room and Mark at the New Dundee Emporium Boutique for showcasing their fresh and exciting fashions which captured everyone's attention.

Thank you to the models who did a wonderful job walking the runway and making every outfit look beautiful.

Thanks to our sponsors who generously supported us. The sweet, savoury, hot and cold items on our food table were well received for which we thank Bill at Sobeys, Pat & Mark at Oak Grove Cheese, Adam and Hammie from Mountainoak Cheese, and Flanagan's Food Service & Dare Food Services. We appreciate and thank our sponsors and those who donated the door prizes and the great raffle prizes.

Thank you to Cooks Pharmacy who sponsored the printing of our tickets and Pharmasave for covering the cost of our runway.

Mostly we want to thank all our guests who supported our fashion show and the various events hosted by the New Hamburg Lioness club. We are proud that the funds raised go back to our community.

In June 2018 we will host our Welcome Home Tour of homes and our Fashion Show will return in 2019. ~ *New Hamburg Lioness Club*

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- | | |
|----------------------------------|------------------------------------|
| 1. Forest opening _ _ _ D _ | Dirty look _ _ _ R _ |
| 2. Oleo's completion _ U _ _ _ _ | Pancake mix _ A _ _ _ _ |
| 3. Make known _ _ V _ _ _ _ | Revoke a law _ _ P _ _ _ _ |
| 4. Dried plum _ _ _ N _ | Goody- goody _ _ _ D _ |
| 5. Mental health S _ _ _ _ _ | Conceit V _ _ _ _ _ |
| 6. Have faith in _ _ U _ _ | Romantic rendezvous _ _ Y _ _ |
| 7. Sheen or Dean _ _ _ T _ _ _ | Hemingway's big fish _ _ _ L _ _ _ |
| 8. Poker bet _ _ G _ _ | Thirst quencher _ _ T _ _ |
| 9. Seaside find _ H _ _ _ _ | Bulge _ W _ _ _ _ |
| 10. Push forward _ _ _ _ _ L | Prim _ _ _ _ _ R |

The Baden Outlook



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"Keeping the Community Connected"



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Proceeds from the breakfast support many local youth programs in our community.

Calling all Classic Car Admirers & Enthusiasts:
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Returns Wednesday Evenings from 5:30—8:30 starting
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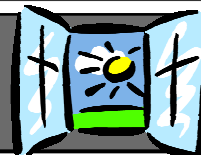
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YELLOW BELLIES



YELLOW BELLIES

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Springing into Action at the New Hamburg Thrift Centre

The warmer weather is calling everyone outside to start working in our gardens - here at the New Hamburg Thrift Centre, it is no different! Our 29th Perennial Sale began on May 1 and will run until May 31. With more than 60 volunteers pitching in to make our fundraising sale a reality, last year we were able to raise over \$43,000 in one month to support the work of MCC locally and around the world. We couldn't do it without our hard working volunteers, generous donors and wonderful customers for choosing us and supporting a great cause. We welcome your plant donations, garden accessories, tools, pots, etc. any time during regular business hours. Visit us often, inventory changes daily and who knows what you might find!

Spring fever continues as the steam cleaners come out, windows are opened to allow for fresh air to circulate, and we become motivated to purge! Inevitably, we head for corners and closets that need attention. As spring cleaning begins, many people decide to hold a yard sale as they discover things they have not used over the past year – or sometimes longer! As you might expect, the receiving dock at the New Hamburg Thrift Centre becomes a very hectic place with a stream of drop offs. We understand that the busyness of the receiving area can be frustrating and we appreciate all of our donors for thinking of us as they determine the future of their good condition saleable items.

We are excited to announce the expansion of our receiving area to provide a safer space for our valued volunteers and a more efficient drop off area for our donors. **And we need your help.** Construction is already underway! We encourage any donors to hold on to donations from **June 05 - June 16** if possible, as we would appreciate the breathing room. We will always accept donations during all of our business hours and will not refuse donations from those who need our services.

Thank you for your patience during this time of growth!

***"Change is hard at first, messy in the middle and
gorgeous at the end" — Robin Sharma***

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Mary Lou came home upset about a new therapist at her clinic...
 "Apparently he's got two rings hanging from the ceiling for leverage as he rubs and kneads your sore muscles and he even jumps over the table like a pommel horse.

His reviews are amazing but get this...

He refuses to take women as clients!!!"
 Ned smiled to himself... 'Massagymnist!'

Bored in a deer hunting bunker, Elmer Fudd was discussing his displeasure with the fashion choices of today's youth...

"It's diswespectfow to show those thongy littow suits wight thwew the butt qwack. I would make it iweegow to wear em!!"

His patient friend replied, "Elmer, that would be some pretty serious *Wedgislation*"

Due to ongoing haemorrhoidal issues, Ned was debating whether he should assist in casket carrying duties at his uncle's funeral.

Concerned that the distance from the hearse to the secluded grave was a 10 minute hike, his doctor cautioned that this might be an uncomfortable stretch for a 'polyp bearer'.



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"Get It Together" ~ In the Bathroom

...with Donna & Rhonda



Between regular bathroom cleanings, keep things looking good with the 'Daily Swish and Swipe'. Be sure that you have a good supply of hand towels for your bathroom. Each day at some point when you are in the bathroom, use the damp hand towel to give the sink, taps and other surfaces a quick wipe, then toss the towel into the laundry.

Bathrooms are often fairly small and with limited storage. Look this area over as you haven't before for every available inch of usable space. Look high, look low... Pull everything out and clean drawers and cabinets. Don't just open up doors and drawers and say, "Ok, I want all this stuff". Physically touch each item! If you don't use it, lose it!

Have you accumulated bubble bath and lotions that you don't like or use (or have received as gifts)? Give them to friends, the food bank, or women's shelters.

In order to make best use of your space and get towels readily dried, consider colour coding your towels. If each member of the family has a designated colour, it makes it easy for them to re-use their towels as they will know whose is whose. This also saves on the amount of wash that needs doing. Take it one step further and think about storing each person's towel on the back of their bedroom door. If your bathroom drying space is limited this might work well for your family!

When it comes to quantities of towels and storing them effectively, ask yourself "how many towels do I need?" We often have too many towels and are trying to fit them all into a very limited storage space. Anything that is worn and tattered can be bagged and marked as 'rags' and taken to the Thrift Shop. Think about how often you do the wash and how many people are in the family. Keep only a reasonable amount of towels that can be stored in a way that makes clean ones easy to put away and keeps the storage space pleasing to the eye. Guest towels and seasonal towels (i.e. Christmas and beach towels) can be stored elsewhere and not in the prime real estate of your vanity or linen closet.

Organizing is all about making the best use of space and your valuable time!

- * **MAKE-UP** – sort what you use daily and store it in a spot for quick retrieval. Things that you use only for special occasions need to be stored separately. No sense wasting time rooting by what is seldom used to get at what you use daily.
- * **UNDER THE SINK** – take full advantage of the space. Maybe you could install an extra shelf (there are great adjustable ones available that you can assemble yourself and work around the pipes). Maybe you could mount a caddy on the inside of door to store your hair tools.
- * **CLEANING PRODUCTS** – what about mounting a tension rod under the sink to hang cleaners on OR create a small caddy that has your necessary supplies in it?

Check out [our Pinterest Boards](#) where we have lots more creative ideas for making the most of your space. Allow us to be your success partners as you get to the **Heart of the Matter!** Check us out at www.heartofthematter.ca

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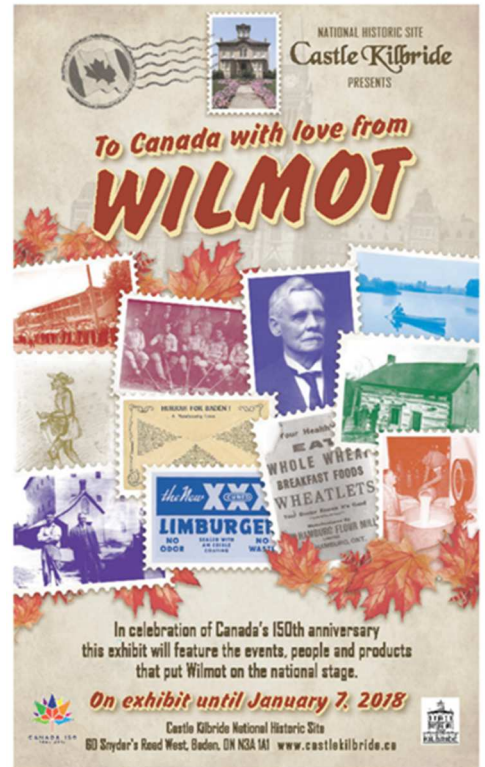



To Canada with love from Wilmot -

In celebration of Canada's sesquicentennial, Castle Kilbride has created a special exhibit entitled **To Canada with love from WILMOT**. This display features 150 people, products and events that put Wilmot on the national stage. There will be many familiar faces and facts for local residents; however, we know there will be a few elements that make you say "wow, I didn't know that!"

Who made the list from Baden?

- #31 Sir Adam Beck- Founder of Ontario Hydro
- #36 James Livingston- Linseed Oil King of Canada
- #37 Lovina Kropf- WWI nurse
- #46 Vernon Erb- Founder of Erb Transport
- #49 R. Bradley Martin- President/CEO of Penguin Random House Canada.
- #59 Beland Honderich- Chairman and Publisher of the Toronto Star
- #63 Baden Cheese Company
- #66 Baden Hotel
- #72 Baden Brewery
- #76 Turnip Waxing Factory
- #84 Baden Coffee Company
- #89 Baden XXX Limburger Cheese (made by Baden Cheese Company)
- # 112 Peter Quanz - Choreographer
- #116 Laura McGrath- Ultra Marathoner
- #118 Patti Warr- Ironman
- #120 Cam Burke- Golfer
- #121 Dominion Linseed Oil Company
- #133 Weiler Cigar Box Company
- #149 Fraktur Art
- #150 Tramp Art



The exhibit will run until January 7, 2018. Stay tuned to the Baden Outlook in the early fall for articles featuring in-depth information on the individuals, businesses, and products highlighted.



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Nike and Sarah

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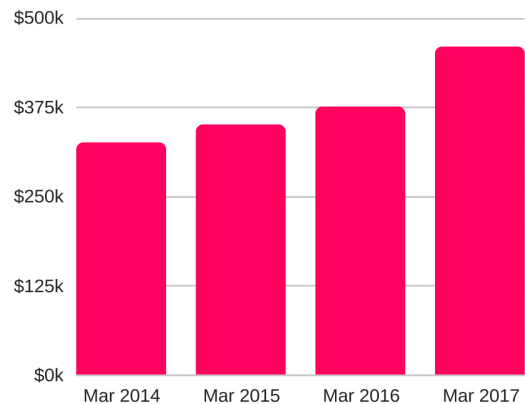
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Hooked on our Heritage- Exhibit

Fibre artists from the Kitchener-Waterloo Rug Hooking Guild have captured their take on heritage in a very unique way. Each piece has been created with influences from what makes them proud to be Canadian whether it is on a personal, regional or national level. On display in the Belvedere Gallery.

On exhibit: May 28 – August 31, 2017

Maids of Kilbride Tea & Tour

Once again we are pleased to host our popular tea & tour event at Castle Kilbride. Guests will be treated to an in-depth tour of the Castle. After, the Maids of Kilbride will serve you tea and sampler of sweets in the shade of the trees on the front lawn.

Offered to groups or individuals. Pre-registration and pre-payment is required. In the case of inclement weather tea will be held indoors.

Dates offered: June 13-30, July 18-21 or August 8-11, 1:30 pm.

Cost: \$15 per person



Photograph: Sisters Esther and Alice Dorsch pictured in uniform at Castle Kilbride c.1925.



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Answers from puzzle on page 29

- | | |
|--------------------|---------------------|
| 1. glade / glare | 6. trust / tryst |
| 2. butter / batter | 7. Martin / marlin |
| 3. reveal / repeal | 8. wager / water |
| 4. prune / prude | 9. shell / swell |
| 5. sanity / vanity | 10. propel / proper |



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Celebrate Canada's 150th
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As the Government of Canada's gift to you, you have unlimited opportunities to enjoy national parks, national marine conservation areas, and national historic sites across the country. Have you ever seen the amazing bird life that migrate each spring at Point Pelee National Park, or gazed up at the dramatic cliffs and turquoise waters of Georgian Bay in Bruce Peninsula National Park? If not, 2017 is your year to do it. There are over 45 parks and historic sites to visit in Ontario alone. Here are some great experiences you can have at just a few of them:

- Button up a red coat, load and fire a real musket to relive the life of a soldier at Fort George National Historic Site at Niagara-on-the-lake;
- Camp in a Yurt and scramble among the rocky shores in Bruce Peninsula National Park at Tobermory;
- Hop on a boat tour to Beausoleil Island and explore the island on mountain bike in Georgian Bay Islands National Park, Honey Harbour;
- Visit the home of Dr. Norman Bethune in Gravenhurst where you can sip on Chinese tea and find out why every Chinese citizen learns of him. At his home you will discover his international contribution as a war hero, medical innovator, and social activist.
- Get the adrenalin pumping while crossing the White River Suspension Bridge, a swaying span set 23 metres above powerful Chigamiwiniungum Falls in Pukaskwa National Park near Marathon, Ontario.

The discovery pass allows for free gate entry and covers your whole family if you are travelling in one vehicle together. You can order one on-line or pick one up at the park or site that you are visiting. The passes are not valid at provincial or municipal parks or national historic sites that are not managed by Parks Canada.

This wonderful freebie is a great way to get to know your country better. National parks are established to protect the very best of our natural landscapes for everyone. National historic sites protect significant places that allow us to learn more about our history and culture. Together they are a source of pride for Canadians. Get your list started. There are so many places to go!

Learn more at: www.pc.gc.ca

Submitted by Donna Cook



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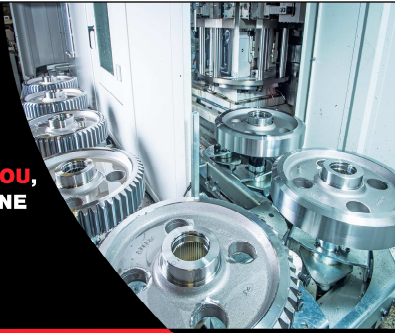


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You Must Be Joking!!



FARMER'S MATH ~

A farmer died leaving his 17 horses to his 3 sons.
When his sons opened up the Will it read:

"My eldest son should get 1/2 (half) of total horses; My
middle son should be given 1/3rd (one-third) of the total
horses;

My youngest son should be given 1/9th (one-ninth) of the
total horses."

As it's impossible to divide 17 into half or 17 by 3 or 17 by 9,
The three sons started to fight with each other. So, they
decided to go to a farmer friend whom they considered quite
smart, to see if he could work it out for them.

The farmer friend read the Will patiently, and after giving due
thought he brought one of his own horses over and added it
to the 17. That increased the total to 18 horses.

Now, he divided the horses according to their father's will.
Half of 18 = 9. So he gave the eldest son 9 horses.
1/3rd of 18 = 6. So he gave the middle son 6 horses.
1/9th of 18 = 2. So he gave the youngest son 2 horses.

Now add up how many horses they have:

Eldest son 9

Middle son 6

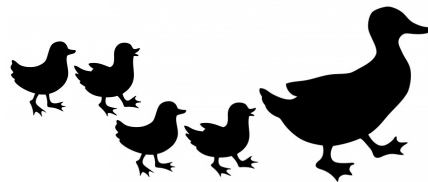
Youngest son 2

TOTAL = 17

Now this leaves one horse over, so the farmer friend takes his
horse back to his farm.....



Problem solved! (Scratch your head over how
that was accomplished)



*It's good to be a
duck, we are always
happy when it rains!*

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You Must Be Joking!!



Heavens to Murgatroyd!

Would you believe the email spellchecker did not recognize the word murgatroyd?
Lost Words from our childhood: Words gone as fast as the buggy whip! Sad really!

The other day a not so elderly (70-ish) lady said something to her son about driving a jalopy and he looked at her quizzically and said "What the heck is a jalopy?"
He had never heard of the word jalopy!! She knew she was old but not that old.

Well, I hope you are Hunky Dory after you read this and chuckle.

About a month ago, I illuminated some old expressions that have become obsolete because of the inexorable march of technology. These phrases included "Don't touch that dial," "Carbon copy," "You sound like a broken record" and "Hung out to dry."

Back in the olden days we had a lot of moxie. We'd put on our best bib and tucker to straighten up and fly right.

Heavens to Betsy!

Gee whillikers!

Jumping Jehoshaphat!

Holy moley!

We were in like Flynn and living the life of Riley, and even a regular guy couldn't accuse us of being a knucklehead, a nincompoop or a pill.
Not for all the tea in China!

Back in the olden days, life used to be swell, but when's the last time anything was swell? Swell has gone the way of beehives, pageboys and the D.A. and of spats, knickers, fedoras, poodle skirts, saddle shoes and pedal pushers.

We wake up from what surely has been just a short nap, and before we can say, well I'll be a monkey's uncle! or, This is a fine kettle of fish! we discover that the words we grew up with, the words that seemed omnipresent as oxygen, have vanished



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with scarcely a notice from our tongues and our pens and our keyboards.

Poof, go the words of our youth, the words we've left behind,
We blink, and they're gone. Where have all those phrases gone? Long gone: Pshaw,
The milkman did it.
Hey! It's your nickel.
Don't forget to pull the chain.
Knee high to a grasshopper.
Well, Fiddlesticks!
Going like sixty.
I'll see you in the funny papers.
Don't take any wooden nickels.



It turns out there are more of these lost words and expressions than Carter has liver pills. This can be disturbing stuff!
We of a certain age have been blessed to live in changeable times and have the advantage of remembering there are words that once did not exist and there were words that once strutted their hour upon the earthly stage and now are heard no more, except in our collective memory.

See ya later, alligator! (in a while crocodile)

Submitted by Robert Price



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You Must Be Joking!!

As the dad is preparing to leave for a week long fishing trip, he takes his young son to his side and says, "Okay son, you are going to be the man of the house while I'm gone." The small boy says, "Sure dad, but what do I have to do?" Dad says, "Just do whatever your mom tells you to".



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