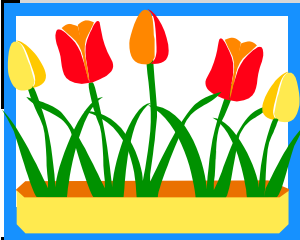


Baden Outlook

Serving the GBA since August 2000, with 2500 copies in circulation.
 "Keeping the Community Connected"



April 2009

Volume 9, Issue 9



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Barry & Pat Fisher
 178 Snyder's Road East
 Baden, ON N3A 2V6
 Phone: 519-634-8916
 Email: badenoutlook@hotmail.com
 www.badenoutlook.com

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Special points of interest:

- Trivia Test for Old Kids
- News from Baden Library, Baden Public School & NH Thrift Centre
- Understanding Hypnotherapy
- More Outlook pics from travellers
- Creative Beginnings Daycare Celebrate 20th Anniversary

Wilmot Senior's Woodworking Receives Donation

The Wilmot Seniors Woodworking Club was happy to receive a cheque for \$6,779 from Harold Albrecht, Member of Parliament for Kitchener-Conestoga, on Wednesday April 8.

"The Government of Canada is proud to support seniors in building and strengthening communities across our country," said Albrecht. "This project will enable the continuation of programs and activities in Baden that allow seniors to stay involved in their community."

Albrecht highlighted \$6,779 in funding that the Wilmot Seniors Woodworking and Craft Club will receive under the Capital Assistance component of the New Horizons for Seniors Program, which helps organizations that support seniors to replace outdated equipment or undertake needed renovations.



Harold Albrecht presents a cheque to Wilmot Woodworker member, John Gruhl.

Photo courtesy of Teresa Brown

Welcome Donna and Rhonda

Last month we began a new Outlook feature compliments of our friends Donna Schmidt And Rhonda Erb of *Heart of The Matter - Professional Organizers*.

They will be sharing handy tips each month to help you organize and simplify your life and environment.

This month their column, "Get It Together" (page 10), focuses on closet storage and organizing - the perfect spring thing to do!

There is much to learn - be sure to visit their website at www.heartofthematter.ca for lots of interesting and helpful tips.

Their mission statement: **IN ORDER ... to live a life of purpose.**

Welcome aboard Donna and Rhonda we appreciate your contribution.



This paper is priceless!
 Please have one!

Talking With EdPlacid Musings



Unmentionable Decade – Will this decade be known as “the lost era of time.” It is so easy to talk about the 80’s or 90’s. It just rolls out of your mouth ... Yep, back in ‘89 I remember memorizing the dictionary, or in ‘93 I

lifted 395 pounds over my head – that is when I was in peak shape. This decade just doesn’t have the right ring to it. “I built my own mansion in ‘08 or I made my third million in ‘10” - come on, it doesn’t have the right flow! It doesn’t feel good reflecting on the early 2000’s with all those zeros, zilches, and teens! “The teens” just sound dopey; however, “back in the 20’s ” is like a real period of time rather than something to do with adolescence. I suspect that things won’t improve until at least the twenties –specifically ‘24 – now that sounds better. Oh, the troubles we must muddle through!

Great Attitude – After being stationed at a ‘home store’ for over 30 years, I have been travelling for Zehrs Markets from store to store (trouble-shooting) over the past eight months and have re-connected with many past co-workers, but I have also met some interesting new people. The manager at Zehrs Stanley Park, Jim Stroh, has a terrific attitude towards life and work. He will not allow someone else to ruin his day. His motto is: “Successful people are those who recognize that they never have complete control over their circumstances. Instead, they focus on making good decisions in spite of limitations. Others have impact on our lives, but we are the product of our own decisions.” Those are words of wisdom to live by.

Granny – Where are you? – Spring is here! Raccoons, skunks, bears, chipmunks and many other animal species are waking up after their long sleep. We humans too, tend to go into a hibernating state. We bulk up from Thanksgiving to New Years and retire to the living room (or rec room) until spring!

The television show *The Beverly Hillbillies*, which ran from 1962 to 1971, featured Granny who was known for her “Spring Tonic.” The tonic first showed up in Episode #27, March 27, 1963 – where Jed drinks Granny’s Spring Tonic and winds up on Lover’s Lane with a gold digging bank secretary, Gloria Buckles. It worked for him!

Another hilarious show was episode #137, where bird watcher Wally Cox turns into a tiger after drinking Granny’s Spring Tonic. Anyone willing to share their own spring tonic recipe can send it to *The Baden Outlook* headquarters. It doesn’t have to be a liquid concoction, but anything that stirs the juices for this upcoming spring season. We travel south each winter to soak up the sunshine and are now eager to pick up our rakes, hang out our outdoor hose and muck about in the garden. What works for you?

A Run Down Between Second and Third – My co-worker and I are always coming up with ideas and we rate them using baseball terms. A “Home Run” reflects a great idea and a “bunt with a put out at first”, is a poor one. Ratings become more complex from time to time – a “ground rule double” or a “pop fly”, reflect metaphorically our assessment. I guess all this baseball chatter indicates the excitement of this new season - (must be a guy thing?!).

Snakes Alive!! – Just when you think Florida residents have enough problems with phenomena such as hurricanes, alligators, killer bees, poisonous spiders, pumas, skunk apes and unsupported hockey teams – something else breaks out. Freaked out owners are releasing their Burmese Pythons into the wild more frequently. The problem is that they are surviving and most certainly breeding in the Everglades Park according to *National Geographic*. Since the mid 90’s park rangers have captured or killed 68 of these snakes that grow up to 20 feet in length (*Science Daily* reports that between 2006 and 2007, 418 Pythons were found dead or captured in the Florida Everglades). Pythons are legal as pets in Florida. - Yikes, roll over, Pythy!

The Go-Go No-No – It’s apparent that the proposed Go-Transit Station has caused some up-roar with the locals, (as per the phone calls we received). Please forward your concerns to Leeanna Pendergast, MPP Kitchener/Conestoga, at lpendergast.mpp.ca@liberal.ola.org More information is available at www.wilmot.ca/developmentservices/go/index.htm .



Another season has begun. Until next month...Ed.

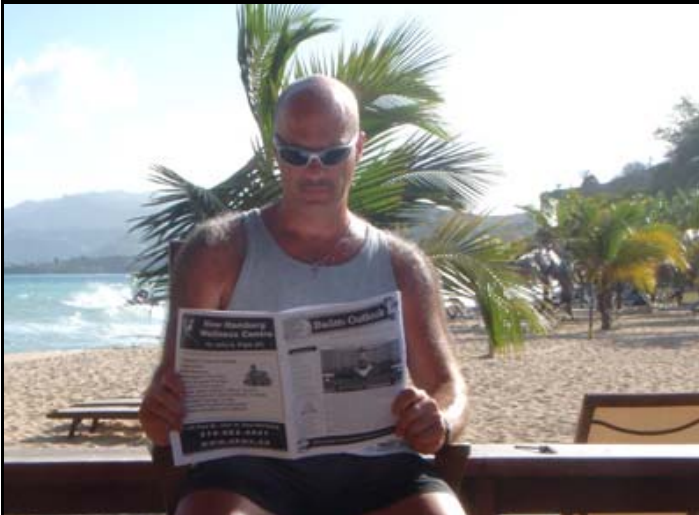
EXTRA!! EXTRA!!



There are extra copies of The Baden Outlook available at Teddy’s Bakery, Stop 2 Shop (Baden & St. Agatha), Old Fashioned Variety (Petersburg), NH Sobey’s, Short Stop, the New Hamburg and Baden Libraries and various businesses throughout Wilmot Township.

The Baden Outlook is a completely independent publication, not affiliated with or funded by any other printer, organization, individual or commercial enterprise.

Ah Yes - More sun, rest and even some culture as the Baden Outlook continues to travel. Thanks for sharing your holidays with us!!



The Baden Outlook went on vacation, with Randy Lehmann of Baden, to Grenada, West Indies for some sun and surf - to escape the snow and cold of Ontario.



Arden and Garth Linton took The Outlook to Portugal. They are seen here at the fountain in Rossi Square in Lisbon.



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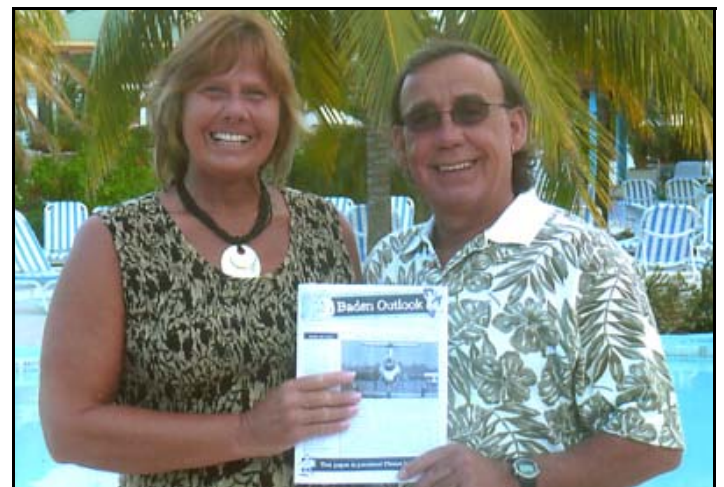
54 Hincks Street
New Hamburg, ON N3A 2A3



Where will the Outlook go next?



This picture of Joanne R. Hills of New Hamburg was taken at the Hotel Belmar located in the romantic zone of Puerto Vallarta, Mexico. In the background is a wall honouring artists.



Joe and Linda Simas took The Outlook to Playa Costa Verde, in Hoguein, Cuba.



“There’s no place like home ...” Is there anyone who can’t identify these famous words? As we all know, they’re spoken by Dorothy, the lead character in *The Wizard of Oz*, this year’s production of The Community Players of New Hamburg. And, like Dorothy, the young woman playing this delightful role has journeyed far and wide in her remarkable devotion to theatre, but will always cherish her hometown -and the people she loves.

Joanna Guistini moved with her family to Baden when she was fifteen, and quickly began auditioning for The Community Players (TCP). Her first experience on stage was in TCP’s *The Music Man*, when she was about sixteen. From this first taste of the limelight, Joanna was hooked, and not just because of the applause. “My first time on stage with TCP was a wonderful experience,” she says. “From the start, I felt it was a community of family and friends. That’s what I fell in love with.”

Since then, Joanna’s experience in theatre has always been family-oriented. “In *The Music Man*, I was in the ensemble (the “crowd” of actors onstage), and my mom was there, too,” she recalls. Thereafter, Joanna joined her sisters Danielle and Lauren acting and singing. Although Lauren is now busy with two children, Danielle is currently involved in Kitchener Waterloo Musical Productions’ *The Wedding Singer*. Joanna recalls that her dad always drove her to auditions “because I would be so nervous”, she laughs. Even today this experienced performer suffers from terrible stage fright, but doesn’t let it deter her from getting on stage. “It’s addictive!” she says.

It’s this love of the stage and the support of her family that has made her incredible work ethic possible. Joanna joined the Philharmonic Children’s Choir when she was only seven, then joined the Beckett School of Music, working with teacher Anita Noel. Over the years Joanna has benefited from a variety of teachers and coaches. Today, she continues her lessons with singing teacher Fred Love from Waterloo, especially when she faces an approaching audition. It’s a career that demands much dedication, but the results have been worth it, as her long list of roles attests: “I counted the roles I’ve played,” she grins, “and I’ve done 21 shows!”

As Joanna’s talents developed, she accepted larger challenges, including Ado Annie in TCP’s *Oklahoma*, Josie Pye in KWMP’s *Anne of Green Gables*, and Sandy in *Grease* was a production of Stage West based in Calgary, “which was the most difficult audition I’ve ever had.” “It involved eight hours of dancing, acting, and singing. And

my dad stayed there the whole time!” When she was offered the lead role of Sandy, Joanna was thrilled. “It was an incredible experience!” she described. “I was in Calgary for four months, and I learned so much; but it was hard to be away from my family, especially over Christmas.”

Joanna’s family bonds go beyond a mutual enjoyment of theatre. She and her sister Danielle also do cancer benefits in memory of their uncle, Fred, who passed away from cancer some years ago. “The first one we did helped us mourn Uncle Fred and remember him. Now, we do benefits each year, and we include music from our band, singing, acting, and more. It’s a cabaret-style show.” The girls also will take part in an event at the Relay for Life in June, at Resurrection High School in Waterloo, and look forward to this year’s benefit in November.

“Being a part of TCP is what made me want to do theatre professionally,” Joanna points out. “And having the opportunity to play Dorothy is a dream come true for me -- Judy Garland is my all-time favourite performer, and I’ve always wanted to play Dorothy in *The Wizard of Oz*!” Now that this dream is reality, Joanna is looking forward to other goals, including performing on Broadway. With the help of her enthusiastic family, she’ll certainly get there, stage fright and all. But even on Broadway, this down-to-earth star will no doubt keep her Wilmot roots ... because there really is no place like home.

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Spring is here, so it is time to clean up all that salt, dirt and debris from your vehicle that has accumulated over the winter. Ron Downs is a Baden resident and former owner of *Maple Leaf Car Cleaning* since 1994. Ron has joined the Expressway Ford team where he continues to offer his auto detailing services to his many clients in the Baden and New Hamburg area.

Over the years Ron has been very successful in making locals proud to get back in their vehicles, after he had cleaned and shined with finesse. His quality cleaning business measured up to the expectations of other local corporations including *Erb Transport*, *Waterloo Regional Police*, *Grant Transport*, *Countryside Automotive*, *K-DAC Expedite* and *Hillcrest Motors*. Ron operated *Maple Leaf Cleaning* on Hamilton Road until November of last year when he closed his business. This gave Ron the opportunity to start a new chapter in his professional career. There were many offers, but he feels privileged now to work with the Expressway group.

According to Ron, there are many benefits for his clients at Expressway. They offer a shuttle service for customers, a modern wash bay facility and many payment options such as Visa, Master Card, and debit that he didn't offer at Maple Leaf. But you can be sure of the same high quality detailing of cars and trucks that he offered in the past. Vehicles will be fresh and spotless - guaranteed! Expressway also offers a loyalty program for their customers.

Expressway Auto Detailing provides many other services: truck, boat and RV service, dealer and fleet accounts, overspray removal, tar and tree sap removal, two step polish and wax, scratch removal, high speed polishing and ozone deodorization and odour treatment.

Hours of operation are Monday to Friday from 8 am to 5 pm. Drop by Expressway Ford and say hello to Ron.

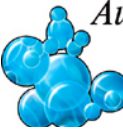


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1. After the Lone Ranger saved the day and rode off into the sunset, the grateful citizens would ask, "Who was that masked man?" Invariably, someone would answer, I don't know, but he left this behind. What did he leave behind? _____.
2. When the Beatles first came to the U.S. In early 1964, we all watched them on The _____ Show.
3. 'Get your kicks, _____.'
4. 'The story you are about to see is true. The names have been changed to _____.'
5. 'In the jungle, the mighty jungle, _____.'
6. After the Twist, The Mashed Potato, and the Watusi, we 'danced' under a stick that was lowered as low as we could go in a dance called the '_____.'
7. Nestle's makes the very best _____.'
8. Satchmo was America 's 'Ambassador of Goodwill.' Our parents shared this great jazz trumpet player with us. His name was _____.
9. What takes a licking and keeps on ticking? _____.
10. Red Skelton's hobo character was named _____ and Red always ended his television show by saying, 'Good Night, and _____'.
11. Some Americans who protested the Vietnam War did so by burning their _____.
12. The cute little car with the engine in the back and the trunk in the front was called the VW. What other names did it go by? _____ & _____.
13. In 1971, singer Don MacLean sang a song about 'the day the music died.' This was a tribute to _____.
14. We can remember the first satellite placed into orbit. The Russians did it. It was called _____.
15. One of the big fads of the late 50's and 60's was a large plastic ring that we twirled around our waist. It was called the _____.

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Notes from the Attic - The Emporium Storage Buildings

The Baden Outlook has featured the two main buildings of the Emporium complex with the stories of the many owners and their business history. The Emporium complex was a key commercial location for the town in earlier days. The west side of the Emporium was originally a Purina feed store, then a general store, funeral parlour and furniture store, (owned by the Steinman family 1904 to 1994). The east side was a car repair and dealership, and White Rose/Shell gas station, (owned by the Bechthold family, 1931 to 1977). Bechtholds sold the building to the Steinmans. The green building was a tin shop (owned by the Sehl family, 1883 to 1971). But what of the back three buildings?



The blue building was owned by Fred Sehl and was used for storage of supplies and a delivery truck for many years. Baden Firefighters were called out to a fire at that building on March 17 at 3:30 am and the building sustained \$8,000 damage. It was slated to be demolished and was torn down a week later.

The red building was the property of Walter Bechthold and was also used for storage for his automotive repair business. The car dealership building (the easterly part of the main building) originally stood closer to Snyder's Road. In 1945 Walter had the building moved back to its current location. In the early fifties the red building was also relocated. It was moved back and to the right of its original location. A concrete pad still remains where it originally stood.



The large two-story steel building was built in 1967 by Harley Herner and was used as storage for the Steinman Furniture Company.

There are unconfirmed reports that Mr. Steinman stored his horse-drawn hearse, which is now located at the Markam Museum, in these buildings. The future of these buildings is unclear but they have been part of some interesting history for Baden.



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HOORAY TO THE ARRIVAL OF SPRING!- *Baden Public School*



Since we are already looking back at March, it must have flown by. You know what they say, "time flies when you're having fun" and the Bulldogs proved that. One of the favourite parts of March was March Break! Both students and teachers got a well deserved rest.

There were many winter excursions during March such as the grade 5-8 ski trip to Glen Eden on March 2nd. Even though the temperatures were extremely low that day, the sun was out and students enjoyed both the skiing and the hot chocolate. Grade 8 classes were in the exercise mode, cross country skiing and skating. Throughout March, the grades 3-6 also went on their weekly skating trips.

Many visits and presentations occurred in March at Baden Public School. The Facebook Safety presentation was given to grades 5-8. The presenter showed the students how to protect their Facebook profile and explained the dangers of Facebook. It was very informative. A "Lidz on Kidz" presentation was given to grades 1-6, focusing on the importance of helmets. On March 27th, class 8A had a visit from a local firefighter. Famous author, Janet Wilson visited classes 3A, 4FI and 4B. On March 30th, the primary and junior students were visited by the Eastwood School Troupe which is a talented group of performers. Our thanks go out to all of our visitors.

Every Tuesday, the grade 7 and 8's classes have the opportunity to attend Art Club during second nutrition break to create their masterpieces. Some of the grade 7 girls have

formed a club called 'I Totally Matter' which helps them to build better self confidence. They meet every Thursday during first nutrition break.

We had two fun and exciting theme days during March. One was "Francofun" day put on by the French immersion classes. The entire school was invited to celebrate the last days of winter. There were outdoor activities such as 4 square, basketball, soccer, and obstacle courses. There were also indoor activities, as well, such as a dance, hot chocolate, and a French movie. Another great day was Beach Day! On beach day, everyone dressed up in their best beach wear. There was an assembly and a limbo contest. The winning classes got a pizza party! There was also a beach day dance for grades 6-8.

As usual, popcorn is being sold every Friday during nutrition breaks. The proceeds are going towards supporting our foster child. A fun after school event was Museum Night held by the grade 5's. Friends and family were invited to attend this event. Report cards were given out to students on Monday, March 30th. Interviews are scheduled during the first week of April.

With all of the fun things that occurred in March, we aren't going to expect anything less for April. Since spring has arrived, we are once again excited to begin our outdoor extra-curricular activities.

Submitted by Kirby Silverthorn

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Baden Outlook Hockey Pool Stats

Place	Name	PTS	Place	Name	PTS
1st	Shane Grebinski	918	30th	Marg Leppington	885
2nd	Doreen Dean	917	32nd	James Osburn	884
3rd	Dave Flood	913	32nd	Kevin Erb	884
3rd	Don Becker	913	32nd	Michael Pudden	884
3rd	Ruth Schnarr	913	32nd	Rita Vitello	884
6th	Landon Roth	905	36th	Bruce Leis	883
7th	John Nahrgang	904	36th	Tyler Soehner	883
8th	Kelly Kittmer	901	38th	David Kleine	882
8th	Ray Miller	901	39th	Dick Potvin	881
10th	Hajimu Hasegawa	900	39th	M. Jumping Bean	881
11th	Agnes Bender	899	39th	Nathan Metcalfe	881
11th	Amanda Carney	899	42nd	Josh Frank	880
11th	Bill Struth	899	43rd	Jesse B.	879
11th	Dan Schaefer	899	43rd	Susan Nickolas	879
11th	Elvira Brattan	899	45th	Andrew Kuehl	878
11th	Maria Azeveds	899	45th	Dave Schnarr	878
11th	Sheila Martin	899	45th	Lauren Coxon	878
11th	Todd Loree	899	48th	Craig Bell	877
19th	Darryl Roes	898	48th	Mike Thomson	877
20th	Colin Hammer	893	48th	Nathan Boronka	877
21st	Ben Yeates	890	51st	Tristan Culbert	876
21st	Janet Mckee	890	52nd	Brenda Carney	875
23rd	Ed Eckert	889	52nd	G.Schwarzentruber	875
23rd	Graham Moore	889	52nd	Sharon Horst	875
25th	Dan Munroe	888	55th	Adam Hoerle	874
25th	Tony Papa	888	55th	Peggy Colomb	874
27th	Bill Slumskie	886	57th	Valerie Taves	873
27th	Dan O'connell	886	58th	John Westlake	872
27th	Sarah Kinch	886	59th	Brad Wilson	871
30th	Kyle Erb	885	59th	Evy Cobean	871

Congratulations to Shane Grebinski
taking the leader prize in this month's Hockey Pool - winning a gift certificate from EJ's of Baden.

The lucky random draw winners are **Arlene Naumann**, winning a gift certificate from **Egli's Meat Market**, and **Howard Schell**, winning a breakfast from **Teddy's Bakery** and a **Baden Outlook** shirt.

The Hockey Pool Year-End Grand Prize Winner will be announced in the May issue - the season wasn't over at time of print



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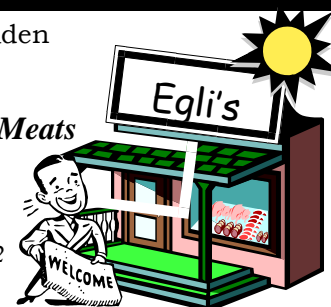
A set of jumper cables walk into a bar. The bartender says, 'I'll serve you, but don't start anything.'

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WOW! Sports fans...Thanks for playing baseball with us! There are 236 entrants in this year's Outlook HomeRun Pool. Be sure to follow your stats which are updated daily on the site. The Outlook draws the stats on the 7th of the month. To follow the stats, log on to our website at www.badenoutlook.com - Click on sports pool—choose "Outlook Homerun" the pool I.D. is [outlookhomerun](http://www.badenoutlook.com) and the password is [quest](http://www.badenoutlook.com). The top 100 entries will be listed - to view all teams click on "more teams" on bottom of page. Have Fun and Good Luck!



"Get It Together"

..with Donna & Rhonda

We are going to continue our "trip around the house" and bring you organizing tips for every room! This month we are going to travel to the bedroom . . .

- **IS YOUR CLOTHES CLOSET FULL? ARE YOUR CLOTHES "OVERFLOWING" INTO SEVERAL CLOSETS?**
If you don't have the luxury of time to pull out ALL your clothes to sort and evaluate them . . . here is a quick and simple trick! Take your hangers of clothes and turn them backwards on the clothing bar (so the hook of the hanger is facing out). As you wear each article of clothing, when you hang it up again, hang the hanger the "proper" way. Then at the end of the season, anything that is still hanging backwards . . . you didn't wear!!! This will let you know which clothes need to be donated to the Thrift Store!
- **DO YOU HAVE A LACK OF STORAGE IN YOUR BEDROOM?**
Make use of the space underneath your beds. An under the bed storage container is a great spot to store out of season clothing, mementos, or even your gift wrapping supplies. If your bed is not high enough to slide a bin underneath, bed risers are available at home décor shops.

To learn more about "Getting It Together", visit us at www.heartofthematter.ca

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EARTH DAY IS APRIL 22

There are many local events happening in Kitchener -Waterloo and Stratford. These events are planned to bring awareness to Earth Day and help our environment.



What can you do to make a difference in our community? Earth Day Canada has many ideas and incentives on how we can help contribute. Check it out at www.earthdaycanada.ca today. Our future generations are counting on us!

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- * Quilts & Handmade Crafts
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Meet Phillipsburg Lutheran Church Pastor, Sheryl Stone



Sheryl Stone has been pastor at Philipsburg Zion Lutheran Church since June 15, 2008. This is a year of milestones for Sheryl as she will be getting married to Pepe Martinez on May 9, and will become a grandmother in June.

Sheryl was born in Toronto and has travelled extensively over her lifetime. Before she entered the ministry she was a social worker with a Bachelor of Science degree. It wasn't until some time later that she decided she wanted to become a minister. She studied for her Theological Degree at Oral Roberts University in Oklahoma. She was close to completing it when she decided to transfer her studies to Waterloo Lutheran Seminary in Waterloo where she became very familiar with Waterloo Region until she graduated with a Masters of Divinity.

Sheryl answered the call at Zion Lutheran and has been working on modernizing the service and songs. She believes it is important to include the children at an earlier age in the service. Getting them involved in communion, as readers, greeters, acolytes, Sunday School helpers, offering and councilor of the month is important and it helps them in the transition from child to adult. The outreach program at the church has the children knotting quilts for preemie babies and adults knotting quilts for Alzheimer's victims. She feels that building relationships is imperative and hugs are part of that process.

One of Sheryl's goals is to build loving relationships between the church and the community, making it a warm and friendly place to attend. "They are a warm caring congregation that welcomes new visitors" explained Sheryl. The church has been holding special nights at the church which have been well received by local residents. Over the last few months they have held socks and sauerkraut (*sausage and sauerkraut*) suppers, quarterly movie nights, an historical night – where people can bring pictures or artifacts to share with others. There will be a spaghetti night on April 25th All events are open to the public. Watch the Baden Outlook for upcoming events including a book club which will be starting this fall.

Sheryl's other passion is rights for indigenous people. She has a concern for the disenfranchised or people isolated from society. In Kitchener she is involved with a women's group which helps indigenous people get connected with the community. In this group she acts as a bridge builder. The group concentrates on healing and teaching circles where they make moccasins and other items from beads. They also focus on seventh generation, old customs, and share ideas to create peace and healing.



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Baden Branch Library News



Looking for a book to read? Take a look at the following list of "Region of Waterloo Library Staff Favorites" and check one (or two) out today!

- *The Birth House*, by Ami McKay – recommended by Michele Hopkins, Ayr Branch and Stacey VanderMeer, Bloomingdale Branch
- *The Last Lecture*, by Randy Pausch – recommended by Chris Baechler, Baden Branch
- *Grace*, by Richard Paul Evants – recommended by Bette Cummings, Elmira Branch
- *Eat, Love, Pray: One Woman's Search for Everything Across Italy, India, and Indonesia*, by Elizabeth Gilbert – recommended by Sheryl Tilley, Elmira Branch
- *Nothing to Lose*, by Lee Child – recommended by Carolyn O'Krafka, New Hamburg Branch
- *Brisinger*, by Christopher Paolini – recommended by Sarah Riedel, New Hamburg Branch
- *Cross Country*, by James Patterson – recommended by Lynn Weiss, New Dundee Branch
- *Late Nights on Air*, by Elizabeth Hay – recommended by Lisa Gayhart, Library Headquarters
- *Bent Hope: A Street Journal*, by Tim Huff - recommended by Carol Campbell, Elmira Branch
- *The Devil's Bones*, by Jefferson Bass – recommended by Kathleen Rempel, New Hamburg Branch
- *Wild Swans: The Three Daughters of China*, by Jung Chang – recommended by Jeanette MacDermott, New Hamburg Branch
- *Outlander*, by Gil Adamson – recommended by Yvonne Zyma, New Hamburg Branch
- *Before the Storm*, by Diane Chamberlain and *Absolute Fear*, by Lisa Jackson – recommended by Sarah Richardson, Wellesley Branch
- *Not a Stick*, by Antoinette Portis and *Maybe a Bear Ate It!*, by Robie Harris – recommended by Kim Krueger-Kischak, Library Headquarters

Watch for the 2009 One Book One Community title which will be announced on April 16!

Questions or comments? Contact the library at 519-634-8933 or by email at badenlib@region.waterloo.on.ca
Check out the library website for up-to-date information about programs and events offered at all the branches—www.rwl.library.on.ca

Submitted by Chris Baechler, Assistant Supervisor, Baden Branch Library

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An entry level home should be something that is affordably priced but does not "look" entry level. This is the case with Citadel Homes' newest development, Academy Gardens, and possibly why the project sold over 10% before the model was opened.

"Although approved for 50 homes, the developer wanted to build something unique and chose to build only 34 homes to give a spacious rural feel," said sales representative Christine Peck .

The most popular model to date is the Princeton starting at \$209,900. With over 1530 square feet and many exceptional standard features; the remaining eight homes of this model will sell out quickly. The Harvard model with over 1600 square feet backs onto preserved natural land. It has an all brick exterior front with detailed quioning that draws the mind back to the late 1800's. Like the Harvard, the Oxford has an attached garage set back at the side to allow parking beside your home rather than in front. It starts at \$231,900 backing onto a landscaped area. No home in the community backs directly onto another home.

Local builder Mike Schout offers an energy star rating. This program involves 2x6 construction, more insulation and a better sealed home, saving homeowners on utility bills. He also includes features like an HRV (heat recovery ventilation system) as standard.

The community itself includes a walking trail, gazebo and private play area for small children. Preserved natural land borders the property and wildlife flourishes.

The model is located at 214 Snyder's Road East in Baden. Visiting hours are Saturday and Sunday 1-4 and Monday and Tuesday 4-7 or by appointment –please call Christine at 519 778 7717.

Submitted By Christine Peck



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BATTER UP!

Two 90-year-old women, Rose and Barb, had been friends all of their lives. When it was clear that Rose was dying, Barb visited her every day.

One day Barb said, 'Rose, we both loved playing women's softball all our lives, and we played all through High School. Please do me one favour: when you get to Heaven, somehow you must let me know if there's women's soft-ball there.'

Rose looked up at Barb from her death bed and said, 'Barb, you've been my best friend for many years. If it's at all possible, I'll do this favour for you.' Shortly after that, Rose passed on.

At midnight the following Friday, Barb was awakened from a sound sleep by a blinding flash of white light and a voice calling out to her, 'Barb, Barb.'

'Who is it?' asked Barb, sitting up suddenly. 'Who is it?' 'Barb -- it's me, Rose.'

'You're not Rose. Rose just died.'

'I'm telling you, it's me, Rose,' insisted the voice.

'Rose! Where are you?'

'In Heaven,' replied Rose. 'I have some really good news and a little bad news.'

'Tell me the good news first,' said Barb.

'The good news,' Rose said, 'is that there's Softball in Heaven. Better yet, all of our old buddies who died before us are here, too. Better than that, we're all young again.'

'Better still, it's always springtime, and it never rains or snows. And best of all, we can play softball all we want, and we never get tired.'

'That's fantastic,' said Barb. 'It's beyond my wildest dreams! So what's the bad news?'

'You're pitching Tuesday.'



Life is short...

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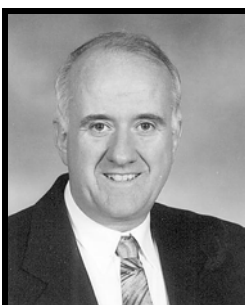
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Attention all **Baden and District Chamber of Commerce Members!**

Notice of upcoming meeting: Tuesday, May 5th, 7:30 PM
 Wilmot Rec Complex - Expressway Ford Room (*upstairs*)
 Guest Speaker - from the Activa Group

Come out and meet some *other* members and have some networking fun!
 Light refreshments served.

RSVP - Sylvia Forbes 519-634-8774 OR Elaine Bechthold - 519-634-5205



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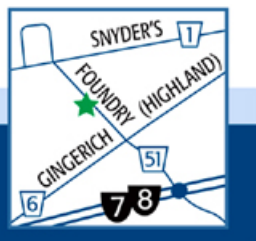
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Interesting People: Meet Teresa Brown - *Wearing Two Hats*

Many of our readers will recognize 'Teresa Brown' as a regular contributor to our humble publication. This is a special month as she launches her new book of short stories, *Stories From The Porch*, also her play, *The Fire Inside*, to be presented at the Elmira Little Theatre.

Stories From The Porch – Teresa has won several awards for her short stories over the last number of years. She placed first in the Dorothy Shoemaker contest (through Waterloo Regional Library), second in the *Grand River Life* Short Story contest and has had stories published in *Story Teller* magazine. The idea to write a book of short stories came to Teresa about a year ago – and with several already published she felt it was time. She wrote one story a month over several months to complete the 147 page project.

The tales in *Stories From The Porch* are all set in a fictional small town called Baeburg. She insists there are no characters based on real people, although there are some similarities such as the local bar being the Maple Leaf. The twelve follow the calendar chronologically and include heart-warming stories involving a ten-year-old's memory of the spring or an older woman who baked a pie and a haunted bookstore. Each story is told in the first person.

Two people contributed immensely to the book. Teresa's husband, Kenton Frey, came up with the name for the book, always gave an honest impression of what he read and gave her support throughout the process. Kristen Hahn,

owner of Upper Case Books in New Hamburg, designed the cover and did all the editing for the book.

This is a must-have book which will be available at a book launch at EJ's Tavern on April 26. It will also be available at Upper Case Books in New Hamburg or www.amazon.com or www.indigo.ca

The Fire Inside – Was originally named *Fire Red Blood* but when the Elmira Theatre Company purchased it they thought *The Fire Inside* would be more suitable. The play took about two months to write and it includes funny and sad moments.

The premise behind the play is that volunteer fire fighting in a small town gets into your blood. A man named John joins for the local volunteer fire department. There is a lot of camaraderie and fun but when it comes to attending to a call that involves a neighbour, friend or relative it becomes a whole different situation.

Teresa has written two other plays that have been produced by the Wellesley Theatre – *The Nicest Small Town in Canada* and *Shoot Out At The Sacred Heart Saloon*.

(Continued on page 17)



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- ◆ Winner of the 2006 Dorothy Shoemaker Award
- ◆ Grand River Life short story contest, 2005 runner-up
- ◆ Playwright of Theatre Wellesley's *Shootout at the Sacred Heart Saloon* & Elmira Theatre Company's *The Fire Inside*

Teresa Brown

announces the release of

Stories from the Porch

LAUNCH PARTY:
Sunday, April 26
3:00pm at
EJ's Tavern in Baden

A reading from this collection of humorous short stories will be followed by a book signing. Copies will be available for purchase at the event, or from Upper Case Books, New Hamburg.

For more information, contact Upper Case Books
519-662-3535 info@uppercasebooks.ca

The *Baden Outlook* visited with the Elmira Theatre Company during one of their rehearsals to hear their thoughts on *The Fire Inside*. Debbie Deckert, who is the director of the play, has been with the company since inception in 1981.

Teresa offered the play to the company about two years ago and the selection process initially involved 12 to 20 people, finally five people made the decision to pick it up. Upon reading the script, Debbie's first response was, "Wow this is terrific but how do we get the equipment to run this play?"

Debbie's family has been involved in the Linwood Fire Department for many years –her father-in-law was Chief, her husband, a member, and her son a

captain. She knows many of the terms that are used in the fire department and Teresa's accuracy was amazing. Teresa also gave them permission to use whatever town name they would like as long as it was a small town. The Linwood, Elmira and Baden Fire Department all helped with supplies and the Elmira Department even gave a tour of the hall so that they could

become more familiar with the environment.

The Fire Inside runs from April 23 to May 8 and tickets are available from the Centre in the Square box office at www.centre-square.com. To learn more about Teresa visit her website at www.teresamariebrown.com



Seen in photo are actors Doug McDonald, Joe Brenner and Jeff Dakin



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News from NH Thrift Centre "Growing" Community

When Baden resident Joan Martin was approached by her sister-in-law about volunteering at the Annual Perennial Sale fundraiser for MCC, Joan's first reaction was "I don't know anything about plants!!" She was encouraged to come and give it a try with the enticement of helping out a worthy cause and meeting some other members of her community. Apprehensive, Joan showed up Saturday morning and was astounded by the operation well underway. "I was very impressed by the number of volunteers that put so much time and energy into this project. Working full-time, I feel good about being able to contribute if only for a little while. Every little bit helps." Joan started off working the cash register and connecting customers with other volunteers who were very knowledgeable about the plants on display.

When she reflected about all the perennials she has split and composted over the years, she was enthused about putting them to good use this spring. "I have gained a real appreciation for the regular perennial sale volunteers and for the good work of the store for our community. Our gardens are a real gift from God – producing and replenishing each year and now we can share them with each other."

Joan was pleasantly surprised by the volume of donations and shoppers. The variety of things available always changes. From raspberry bushes, bird feeders, rhubarb plants, gardening tools, to hanging pots, you never know what you're going to find. "You don't have to go to a nursery and pay high retail prices. Why not give your money to charity? Things are reasonably priced and it helps others around the world." The plants she discovered were mature, producing varieties not mass produced starters.

Joan encourages other Badenites to get involved. "Even if you are unable to volunteer, support the project by donating your plants."

Not a plant person? There are a number of jobs available. Volunteers are needed on cash, watering plants, potting plants, etc. If you want to learn more about plants and meet new people, this volunteer opportunity is for you. Call Christa at 519-662-2867 for more information.

**New Hamburg
Thrift Centre**
41 Heritage Drive
New Hamburg
519-662-2867



Accepting Perennial Donations starting May 1st!



All proceeds benefit
the work of
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Committee

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Local Future Energy Co-op Gets a Big Boost



The Baden-based Local Initiative for Future Energy (L.I.F.E.) Co-op got a big boost recently with the awarding of a \$40,000 grant from the Community Power Fund. This grant will be used to complete a feasibility study for the installation of the co-op's first wind turbine.

LIFE President Linda Laepple was thrilled with the support. "To receive this grant is terrific," she said. "This means the Community Power Fund has confidence that we're heading on the right track." The Community Power Fund was established to support community-based projects that will contribute to a more

sustainable energy future in Ontario.

LIFE Co-op, with nearly 100 members in the community, is the kind of energy project the fund was established to support. Further, LIFE's wind energy project was seen as having a high probability of coming to completion in a short period of time.

Last summer LIFE purchased and installed a 60 meter wind test tower near St. Agatha to gather wind data for a year. "We need a professional analysis of local wind resources over a long period of time to verify the feasibility of our goal, to determine the best size and style of wind

turbine, and to attract investors,"

said LIFE Board member Yvonne Zyma.

A Pre-feasibility Study examined wind resources in several locations, and led to the selection of St. Agatha as the site for a longer-term study. Preliminary data from the test tower is encouraging, and indicates there is likely sufficient wind to support a profitable wind turbine.

LIFE welcomes new members interested in being part of the solution. For further information, please contact Yvonne Zyma at 519-662-6778.

Local Churches Welcome You





EMMANUEL LUTHERAN CHURCH
(Member of Lutheran Church-Canada)
 1716 Snyder's Road East
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www.petersburgchurch.org

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www.wilmotmennonite.ca




LIVINGSTON PRESBYTERIAN CHURCH
 44 Beck St. at Mill, Baden

Sunday Worship 10:00 am
All Children Welcome!

Minister: Rev John Deyarmond - 747-9902
 Contact Person: Jean Sivyer - 634-8738

Come join us in praise.



Steinmann Mennonite Church
 1316 Snyder's Rd. W. (at Nafziger Rd.), Baden





Children's Club
 Youth Group - Friday
 Young Adult and Adult groups
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SERVICE TIMES - 9 & 11 am
SUNDAY SCHOOL 9:30 am
CHILDREN'S WORSHIP 11:30 am



Where there is hope for the future

Many years ago, Al Capone virtually owned Chicago. Capone wasn't famous for anything heroic. He was notorious for enmeshing the windy city in everything from bootlegged booze and prostitution to murder.

Capone had a lawyer nicknamed "Easy Eddie." He was Capone's lawyer for a good reason. Eddie was very good! In fact, Eddie's skill at legal maneuvering kept Big Al out of jail for a long time.

To show his appreciation, Capone paid him very well. Not only was the money big, but Eddie got special dividends, as well. For instance, he and his family occupied a fenced-in mansion with live-in help and all of the conveniences of the day. The estate was so large that it filled an entire Chicago City block.

Eddie lived the high life of the Chicago mob and gave little consideration to the violence that went on around him.

Eddie did have one soft spot, however. He had a son that he loved dearly. Eddie saw to it that his young son had clothes, cars, and a good education. Nothing was withheld. Money was no object.

And, despite his involvement with organized crime, Eddie even tried to teach him right from wrong. Eddie

wanted his son to be a better man than he was.

Yet, with all his wealth and influence, there were two things he couldn't give his son; he couldn't pass on a good name or a good example.

One day, Easy Eddie reached a difficult decision. Easy Eddie wanted to rectify wrongs he had done.

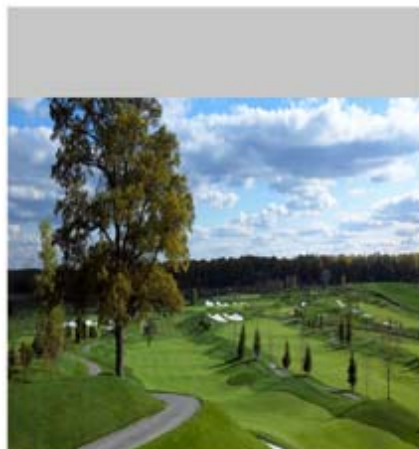
He decided he would go to the authorities and tell the truth about Al "Scarface" Capone, clean up his tarnished name, and offer his son some semblance of integrity. To do this, he would have to testify against The Mob, and he knew that the cost would be great. So, he testified.

Within the year, Easy Eddie's life ended in a blaze of gunfire on a lonely Chicago Street. But in his eyes, he had given his son the greatest gift he had to offer, at the greatest price he could ever pay. Police removed from his pockets a rosary, a crucifix, a religious medallion, and a poem clipped from a magazine.

*The poem read:
"The clock of life is wound but once
And no man has the power
To tell just when the hands will stop
At late or early hour.
Now is the only time you own.
Live, love, toil with a will.
Place no faith in time.
For the clock may soon be still."*

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2009 Rebel Ranger Packages



2009 Programs

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- Access to the practice Facility
- Opportunity to participate in all club events
- Guest rates
- Account privileges

In addition, Rebel Rangers are able to enjoy a wide variety of programs such as: (Cost may vary depending on Ranger Program)

- Family League- 9 hole parent/child league
- Couple's Night- 9 holes of golf followed by dinner and live entertainment
- Rebel Cup- Members night
- Opening and Closing Field Days
- Club Championship
- Member Guest Day
- Business Programs
- Custom Club Fittings and Demo Days
- Member's Christmas Party
- Junior Programs

Rebel Creek Golf Club is committed to providing exceptional value, attention to detail, and a unique atmosphere. Simply stated, "A Fresh View on Golf."

Dear Upcoming Rebel Ranger,

At Rebel Creek, "A Fresh View on Golf" is more than just a catchy tagline. It is a philosophy that we build into every aspect of your golf experience. Whether you are visiting Rebel Creek for 18 holes and a quick sandwich, or hosting important clients for a company tournament, you and your guests will be made to feel like privileged members for the day. I would like to personally thank you for your interest in our Rebel Ranger Program. This program is the best value in the region and hope you will join us for the 2009 season!

Brad Duench,
Director of Golf Operations



1517 Snyder's Rd.
Petersburg, ON
N0B 2H0
519-634-8666
info@rebelcreek.ca

Hypnotherapy

By Anna Gold, M.S.W., R.S.W.

Have you ever had the amazing, or perhaps bizarre, experience of watching stage hypnosis? Members of an audience are suddenly able to do any number of ridiculous things, including singing tunes, telling strangers they love them, or making animal sounds. Presto, with the clap of a hand, they are released from their trance! While it may seem as though these are magicians taking over the minds of others with secret powers, they are, in fact, trained hypnotists. The volunteer participants hand over their critical thinking, in other words their conscious minds. By doing this, they allow their unconscious, or subconscious mind to be accessed.

Hypnotherapy is hypnosis practiced by a registered psychotherapist with specific training in the field of hypnosis. Unlike stage hypnosis, individuals do not agree to act silly or do strange things. On the contrary, they bring specific goals to the session so that they may, in a safe therapeutic environment, concentrate fully on the suggestions of the therapist, filter out thoughts and stimuli in the conscious mind, and allow the unconscious mind to be open to suggestions of change. For example, we may feel stressed and automatically (in our conscious mind) think "I need a cigarette". However in hypnosis, we can access the part of our mind which is open to an alternate response to this same stressor, such that we automatically breathe deeply and notice a feeling of calm and peace overcome us. Thus the hypnotherapist can emphasize other

suggestions or thoughts that will assist with the intended outcome of the session. The power to quit smoking, cope with anxiety positively, release oneself from a specific fear, or experience childbirth with increased ease, are some of the wonderfully positive effects achieved by many hypnotherapists.

Anna Gold is a practicing psychotherapist, and the director of Southern Ontario Counselling Centre in St. Agatha, Ontario. You can learn more about Anna by visiting socounselling.com or you can reach her by phone at 519 746 2323 Ext. 301.

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Quick, Quality Alterations



Here is the scoop!

As of April 22, 2009, your favourite Pesticide will no longer be available for homeowners' use. The Provincial Government, without fanfare, quietly passed legislation removing all currently approved pesticides from the market. This has been done with no new products approved to replace them.

With the removal of pesticides from store shelves, homeowners have little assistance in weed control — **or do they?**

First, let's define a weed. Ralph Waldo Emerson is quoted as saying, "What is a weed? A plant whose virtues have not yet been discovered." Broadly defined, a weed is an unwanted plant growing in the wrong space. To most of us, a weed is a plant with a large efficient root system capable of choking out preferred plants and having the ability to reproduce in prolific quantities.

There are three methods of weed control - Mechanical, Cultural, and Chemical. Since the chemical option has been removed, let's concentrate on the first two categories:

1. Mechanical Weed Control

It is important to prevent weeds from producing seeds. While plants are small, hand pulling, digging and hoeing are the best methods. All weeds should be removed from the site. Although they may appear shrivelled and

dead, many will recover and establish a root system after the next rainfall. Frequent tilling provides the additional advantage of destroying any insects that might be present. A good two-pronged dandelion digger works very well in removing dandelions from your lawn. Also if the dandelion plant is removed while very young and before any flower buds are visible, the plant can be used as a salad green.

2. Cultural Weed Control

Our expectation of that perfect lawn needs to be adjusted. Years ago every good lawn grass mixture contained white clover seeds. Unfortunately clover is vulnerable to broad-leaf weed killer chemicals and as a result clover is no longer included in grass mixtures. Clover competes very effectively with other broadleaf plants, reducing the amount of manual weeding required. It also tends to be more resistant to pests and diseases. Grass/clover turfs maintain a green colour through the mid-summer periods of drought.

Cultural control also involves the use of mulch. In our garden we had a perennial weed that was particularly invasive and seemed impossible to eradicate. In desperation we covered that particular area with three layers of newspaper, covering that with two inches of leaves. By the following spring, this had broken down and we dug it into the soil. This added more nutrients into the ground and eliminated almost all of the pesky weeds. Any material used as mulch, to prevent weed growth, should be applied with enough thickness to prevent light from reaching the soil beneath. However, if mulch is left around the base of trees or shrubs over winter, it will provide shelter for rodents which damage roots and bark.

A rule of thumb for applying mulch around trees and shrubs is to have the mulch shaped like a donut and not like a volcano. This will allow moisture to get to the roots, too.

Here are a few helpful alternatives to pesticides for the garden.

Recipe for Insecticidal Soap

2 ½ tablespoons vegetable oil
1/4 cup dishwashing detergent

To this mixture add only enough water to thin for easy spraying on plants. Shake well before using.

(Continued on page 23)

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 Saturday 8:30-2:00

75 Snyder's Rd. W., Baden

To control Powdery Mildew, try the following:

- 1 teaspoon Baking Soda
- 1 quart of Water
- Shake well before using
- Apply once a week and after each rainfall.

An effective slug and snail control:

Save eggshells and wash them, removing the thin membrane inside the shell. (This membrane, if not removed will produce an odour which attracts skunks and raccoons.) Crush the eggshells and place a layer around the base of plants where slug and snail activity is noted. These shells can later be dug into the ground adding an important element (calcium) to the soil. Try colouring the shells before crushing them to add pizzaz to the flower bed.

None of the above have harmful effects on children or pets.

Gardeners should now be healthier - no chemicals but lots of exercise! Who needs the gym?

20th Anniversary Celebration!



We are honoured to be an integral part of your community, and as such it is with great pride that we invite you to join us in a **FREE** celebration of the 20th anniversary of the Creative Beginnings Childcare Centres!

Free! Public Skate and Celebration
Sunday April 19, 2-4 pm
Wilmot Recreation Complex (1291 Nafziger Rd.)

Everyone is welcome to join us for an afternoon of skating, snacks and entertainment! While there, plan to learn about the organization and meet the dedicated staff who have become a part of hundreds of children's lives!



www.creativebeginningschildcare.ca

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USED LIBRARY BOOK SALE

Sunday May 10th through Thursday May 14th

Sunday - 10 am to 5 pm Monday-Thursday 10 am to 8 pm

St. Agatha Community Centre

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Proceeds of the sale will go to support St. Agatha School
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Books donated by The Region of Waterloo Library

INTERFAITH 22ND ANNUAL GIANT SILENT AUCTION

Saturday, April 25, 2009 -11 am to 4 pm

New Hamburg Arena - Jacob Street

Pancake Breakfast 8-10:30 am - \$3.00

Over 600 new & collectible items

*For further information, or to donate items, please
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*All proceeds from this sale go to support Interfaith
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*Sponsored by the Lions Club &
Interfaith Community Counselling Centre*



WILMOT HORTICULTURAL SOCIETY

Flower Show

Haysville Community Centre

Monday, May 11 - 7:00 p.m.

Entries received from 2:00 - 4:00 p.m.

Speaker - Crys Newland from "Hooked on Worms"

Topic - "Turning Trash into Gardener's Gold"

Everyone is welcome

BADEN & FOXBORO COMMUNITY YARD SALE



When: Saturday May 31 Time: When you're ready.

Where: Your house and your neighbours'.

It's the time of year again to dig around in the attic or garage and decide what you need to repair, clean, or pass along. What may look like garbage to you could be useful or a treasure to someone else. So get busy now and plan to be outdoors visiting with your fellow Badenites.

How productive - you've cleaned your house and even made a few bucks!

SUPPORT GROUP FOR PARENTS

Parents linked with our Community to assist in the need for Support, Awareness and Empowerment against narcotics.

Monday evenings at 8 p.m.

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Thank you to the Baden Community for their continued support of our pancake supper.



I believe this was our best attended year to date.

- * To Egli's Meat Market for having extra sausage on hand when we nearly ran out.
- * To Teddy's Bakery for the use of their outdoor barbeque and warming trays.
- * To the parents of our scouting youth for their delicious desserts.
- * To all the cooks, servers, set up and clean up crew, ... thank you.

Debra Gerber, Chair of pancake committee

Baden Scouting Association



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**Anything less
is second best!**

Wilmot Healthy Communities Week
May 7th - May 10th

All activities are intergenerational and free of charge.

Activities include:

- * LIBRARY DAY- intergenerational reading buddies, puppet show, storytelling
- * Workshops promoting environmental, financial, and physical health
- * An intergenerational ball hockey tournament
- * Laughter yoga, line dancing lessons, woodworking and quilting
- * Hamburger Hill 7 Miler
- * Come and meet your community helpers
- * Play chess with W.O.'s chess club and join in an intergenerational shuffleboard tournament
- * Free skates with the Firebirds
- * A coffeehouse to showcase local talents
- * A BBQ lunch served and sponsored by the Township of Wilmot
- * A FARM FUN FITNESS CHALLENGE
- * Mother's Day Tea

Exact dates and times for these activities can be found in a brochure that will soon be delivered to every household in the township.

We have an e-mail address: wilmotcommunity@gmail.com

ANSWERS From Old Kids Test —from page 6

- | | |
|---|--|
| 1. The Lone Ranger left behind a silver bullet. | 10. Freddy, The Freeloader and 'Good Night and God Bless.' |
| 2. The Ed Sullivan Show | 11. Draft cards (Bras were also burned. Not flags, as some have guessed) |
| 3. On Route 66 | 12. Beetle or Bug |
| 4. To protect the innocent. | 13. Buddy Holly |
| 5. The Lion Sleeps Tonight | 14. Sputnik |
| 6. The limbo | 15. Hoola-hoop |
| 7. Chocolate | |
| 8. Louis Armstrong | |
| 9. The Timex watch | |

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the Health & Wellness Page

Time to Clean Out the Clutter!

Submitted By Michael Fisher



Everyone's doing it! Time to get rid of the clutter!

For many people, this means going through the house and getting rid of unwanted items, taking loads to the MCC thrift store but it could also mean letting go of unwanted things in your life like a job that no longer serves you, or hobby or belief that you just don't need anymore. But however you're shifting, most people are letting go of old things in their life and welcoming new things - much like spring time itself!

So! What better time of year to let go of things in your body and in your diet that no longer serve you!

Here's a list of guidelines to help you declutter. Doing a few big things can really make a difference in your life.

Try following these guidelines for a week and witness the difference a little decluttering can do!

Hang This Handy Dandy Guide on your Fridge for a week to Declutter Your Mind, Body & Life

Your Mind:

- ◆ Take time out to NOT think
- ◆ Go for a walk, don't analyze
- ◆ Only think about what you're doing at the moment (not the future or past!)

Your Body:

- ◆ Walk, stretch or move daily to stimulate elimination
- ◆ Take baths using epsom salts, which draw out toxins
- ◆ Rest lots, taking naps and getting plenty of sleep

Your Diet:

- ◆ Eat fiber and drink water to get the elimination moving!
- ◆ Eat 50% vegetables, 25% whole grains, 10% beans, nuts & seeds, 5% fruit and 5% nothing, (be

sure NOT to overeat!)

- ◆ Avoid animal products, or very few (as they are building but not decluttering!)
- ◆ Eat NO flour, sugar, preservatives, additives, or refined oils (nothing in a box!)
- ◆ Start your day with a tea of: fresh ginger, cayenne and lemon juice
- ◆ Eat plenty of green foods

Use your intuition with what to eat using these ideas as guidelines!

Your Life:

- ◆ Declutter your space! Get rid of unwanted objects, old forgotten items and things that no longer serve you
- ◆ Clean! Environmental cleanliness is next to bodily cleanliness, so scrub away!

BE SURE to create room to welcome the new (and the now!)

The above information is not intended to replace the efforts of the medical system.

Michael Fisher is a Registered Nutritionist focusing on healing through whole foods. Michael teaches, consults and writes in Canada and the US. Visit Michael's website for more information. www.michaelfisher.ca

Need Help Decluttering?

Join a Registered Nutritionist to help you declutter with information night April 17. To support, sit, meditate and talk! Come on out!

Where: 3171 Bleams Rd., Baden, ON (The **Good** family's stone house)

When: April 17th at 7:30 pm **How much:** Your offering.

Email Michael directly at: mike@michaelfisher.ca for questions and support!

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