



April 2010

Volume 10, Issue 9



# Baden Outlook

Serving the GBA since August 2000, with 2675 copies in circulation.

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## WE SALUTE THE SWANS WHO REIGN OVER THE POND AND GRACE US WITH THEIR PRESENCE



*"Keeping the Community Connected"*

Barry & Pat Fisher  
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## Baden Scouts Honour Group Commissioner

Sheila Bayne the Group Commissioner of the 1st Baden Scouts was recently presented with the Silver Acorn, one of the top awards for Scouting. Sheila has been involved in Scouting for the past 47 years as a Leader for Beavers, Cubs, and Scouts as well as an Area Commissioner in Toronto before moving to this area. She is very proud that many of the youth under her leadership have returned as leaders themselves. This award is for especially distinguished service to Scouting.



David Barnett, the Area Commissioner for North Waterloo Area presents award to Sheila Bayne.

# This paper is priceless - Please have one!

# Talking With Ed “Making A Moment”



Most people will remember the 1993 movie *Ground Hog Day*, starring Bill Murray and Andie MacDowell. In the movie a weatherman finds himself living the same day over and over and over again and it leaves him bored, restless, and barely enjoying his life. Some aspects of my life feel this way – starting with the alarm clock bringing me to life, and then the mechanics begin.

My schedule for the last few decades has been basically the same – get up, shower, shave, drink coffee, eat breakfast, find my belt – tuck in, grab my daily gear, and go to work. On the way to work I generally listen to a local talk radio station to catch up on any recent news. Sounds like “ground hog day” to me! Nothing unpleasant, and don’t get me wrong, I am not complaining... just telling it like it is. So, how do you get around the basic required routine activities without it becoming so mechanical?

With this question in mind, I began experimenting with my morning routine: switching up the order of events and adding a few new activities, simple adjustments I have found quite refreshing. I always start the coffee brewing first – that part is critical! But from that point on, I really mix things up. Shower, listen to music with head phones, check out our hotmail account and sports scores, shave, watch sports recaps on television, weather and news and eat - all in a random order. I take different routes to work, turn off the radio, choose a favourite CD and hum myself off to work – ah, the spring air adds to the pleasures of starting my day. It can be as simple as this – just mix it up a little!

Sometimes you just have to think outside of the proverbial box. As Pat has recently quit her job to focus on our ever-growing paper, she’s also had to re-define herself and her time. Giving up the juggling and racing that was required when doing too many things at once, she’s learned to slow down and smell the roses. But shaking off the adrenaline can be a difficult beast and has to be faced methodically. To do that, she’s decided to “make moments”. When you *make yourself a moment*, which is intended just for yourself, you’ll be sure to generate some smiles to carry with you through the day. At the end of the day when you think, “Where did the day go? And what did I do with this day?” - it is quite refreshing to recall the simple things you did just for yourself, beyond all the daily demands and routines that were designed by you – for you! Even setting up her morning coffee has become a creative experience: sometimes she crawls back to bed with mug in hand, propped up watching morning news, or slips into the backyard, a blanket around her and sits on a lawn chair listening to the birds with Jack (the dog) on her lap. Her recent past had always taken her to the computer first thing, to check what demands awaited attention: a task that often left her feeling over-whelmed before the day even began. Now, occasionally she’ll take her coffee, log onto the computer to play a turn of “scrabble” and chat on-line with her sister, where they’ll laugh and plan their day. There are many creative ways to set up your day and get it started on the right foot! And the key is to focus on whatever you are doing or wherever you are – and to *be all there!* Be in that moment only, not processing or planning what’s next, that will come soon enough. It’s your day – own it!

Just a half hour of pleasantries and chosen activity opens your mind to, once again, follow through with what life expects of you. Simply starting the day *your way* leads you to believe that you can still manage a life that is usually controlled by your outer environment. So, when life is hectic and you feel like you’re a slave to its demands, just take the time to “*make a moment*”. We all have the power, we just have to take it and make it work for us. Whatever work is waiting for you will be there when you are ready. Well, you know what they say... “*All work and no play makes Jack a dull boy*”.

*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), N.H. No Frills & 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 any other printer, organization, individual or commercial enterprise.



*Wow! More exciting destinations as*

*The Baden Outlook continues to travel ...to Cuba, Egypt, Mexico, Florida, the Bahamas & New Orleans*



These Baden girls took their Outlook to Santa Lucia, Cuba and took this photo in the City of Camaguey. From left to right is Amanda Richardson, Andrea Chau, Ally Govier, Carly Kastner.

Gary and Karen Wagler travelled to Egypt in February for their winter vacation. This picture is taken in front of the Step Pyramid, in Saqqara. The first Pyramid build in Egypt in the 27 century BC.



Barb Koerber took her Baden Outlook to Monterrey, Mexico. Photo was taken at the Obispo (Bishop's Palace)



The Baden Outlook travelled with Joanne Hills to Florida at Windmill Village in North Fort Myers.



Nikolas and Kira Kuttis pose with their copy of The Baden Outlook in front of the Royal Towers at Atlantis Resort in Paradise Island, Bahamas. Nikolas and Kira are Grade 7 and Grade 4 students at Baden P.S. and live in St. Agatha.

Teresa Brown and Kenton Frey took their Outlook to New Orleans to the job site with Habitat for Humanity. They are pictured in centre with the Habitat guys and firefighters from the Chicago area, who were also volunteering.



DEAR ED:



**T**

he March Outlook article about the Baden Fire Department revived some memories for me. Although never having been a fireman, I was always interested in their operations and equipment.

Back about 1952 or 1953, I was in Baden and noticed an old hand operated fire pumper, sitting derelict near the old Beck Foundry, beside the pond. After a good look at it, and since it seemed to have been abandoned, I thought it might be something to refurbish for parade uses, or just as memorabilia. I went to the next Wilmot Township Council meeting and asked them if I could buy it. They seemed amused at the request, and then suggested that I should talk to the road foreman. That puzzled me, but several weeks later I had a chance to speak to him. He replied that it really was a Council matter and that I should speak to them. It seems to me that before I could go back to Council, Hallowe'en night intervened. Even though the pumper may have sat in the field for decades, that magic night some pranksters pulled it over to the bridge and attempted to dump it into the pond. However, they couldn't manage to carry through on their plan, as the pumper became stuck on the iron railing and would not tip over into the water.

I was later informed that Council then made an immediate decision to give it to a local resident if he could get it off the railing. I was also told that he did manage to get it off the railing, and scrapped it. That was the sad end of a wonderful piece of Baden history that should not have been lost.

That was nearly sixty years ago and there is nothing left to do about it, but in the interest of history, to try to piece together anything more that can be learned about it. To do that maybe the pranksters, if still around, might send an anonymous letter to our Editor and outline what they know about it. Perhaps some other reader of my age group might know more. I would very much like to know anything someone might tell us about it.

*Historically yours, Ernie Ritz*

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# BADEN'S UPTOWN VARIETY - NEW POSTAL OUTLET

Stop in and see what's new at **Stop2Shop!** Recently, Goran has been working over-time completing some renovations to accommodate the postal outlet, with even more services to come. As of April 12th the previous mail services from Teddy's Bakery has moved up the street; your postal box numbers remain the same but new service hours are in effect. Angie has had previous postal experience but she'll be receiving training on Canada Post's newest services and products. Goran and Angie appreciate your understanding and patience while they get up to speed.

## NEW POSTAL HOURS

The mail boxes are available during regular store hours, and postal service is scheduled Monday - Friday 9 am-6 pm and Saturdays 9 am -2 pm.

As the building once housed the TD Bank, they had quite a challenge breaking through the 19" concrete vault wall to make way for all the changes. Come visit and watch the progress as the bakery, deli, produce, coffee bar, and lotto get a fresh look with even more services to come!



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Limit 2 Per Coupon until May 15

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**\$2.99** 8 pk cans



Limit 2 Per Coupon until May 15

**Bag Ice**

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### *More Amazing Things We Should Know But Probably Don't*

*Email Submission*

- \* Money isn't made out of paper; it's made out of cotton.
- \* The dot over the letter "i" is called a 'tittle'.
- \* Susan Lucci is the daughter of Phyllis Diller.
- \* Donald Duck comics were banned from Finland because he doesn't wear pants.
- \* Chocolate affects a dog's heart and nervous system; a few ounces will kill a small-sized dog.
- \* There are no clocks in Las Vegas gambling casinos.
- \* Chewing gum while peeling onions will keep you from crying!
- \* Ketchup was sold in the 1830s as medicine.
- \* If you have three quarters, four dimes, and four pennies, you have \$1.19. You also have the largest amount of money in coins without being able to make change for a dollar. (hmmm?.)
- \* The first product Motorola started to develop was a record player for automobiles. At that time, the most known player on the market was the Victrola, so they called themselves Motorola.
- \* Celery has negative calories! It takes more calories to eat a piece of celery than the celery has in it to begin with.



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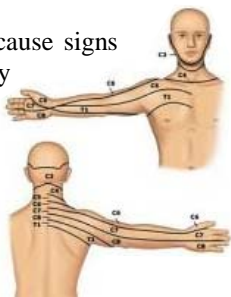
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AN OPEN HOUSE AND FREE BBQ AT OUR NEW LOCATION IN BADEN

RAIN OR SHINE :)

Neck pain is a common problem in our society, with 30-50% of adults reporting neck pain at any given time. About two-thirds of people will experience neck pain at some point in their lives. Occasionally, neck pain can spread to involve other structures such as the upper back, shoulder, and peri-scapular (shoulder blade) regions. Pain in these regions is often dismissed simply as muscle pain. However, a “pinched nerve” originating from the neck can radiate pain to these nearby anatomical sites and be a significant source of discomfort and disability that can persist if not properly diagnosed and managed.

The “cervical spine” is the medical name given to the region of the neck. Nerve roots originate from the cervical spine on each side. These nerves send off various branches that travel to distinct regions in the upper back and arms to supply strength to muscles and provide sensation/feeling. The term “pinched nerve” is often used to describe a mechanical irritation and/or inflammatory response directly compressing any component of the nerve roots in the neck/cervical spine.

A “pinched nerve” in the neck can cause signs and symptoms at the site of irritation, or any location further down the pathway from the affected nerve. This may result in neck symptoms only, and/or symptoms that radiate into the upper back, peri-scapular, shoulder, arm, forearm, hand and finger regions. Occasionally, “pinched nerve” symptoms can also radiate into the chest, face or head.



The severity and type of symptoms experienced is determined by the actual nerve that is affected and the extent of nerve irritation/compression. The pain can vary widely, from a mild ache, tight, bruised or cramping feeling, to a sharp, burning sensation or excruciating discomfort like an electric shock. In addition, individuals may also experience numbness, tingling, and muscle weakness in their shoulder, arm, or hand. A “pinched nerve” can even cause headaches. There are many different activities that may aggravate the discomfort such as movement of the neck or shoulder, prolonged sitting or laying down, lifting, and even coughing or sneezing. The pain may start gradually and intensify over time.

“Pinched nerves” are generally caused by compression/irritation of the nerve root(s) in the cervical spine due to their anatomical proximity to many potential sources of inflammation. Below is a brief summary of three common causes:

- 1. Spinal disc herniation/bulge** – Spinal discs separate and cushion cervical vertebra and consist of a tough outer cartilage layer (*annulus fibrosus*) that enclose a softer inner jelly-like substance (*nucleus pulposus*). Repetitive and cumulative loads or a heavy single load has the potential to push the *nucleus pulposus* through the *annulus fibrosus* and cause a disc herniation or bulge, thereby causing a mechanical and inflammatory irritation of the nerve root(s). This most commonly occurs in adults aged 20-50.
- 2. Degeneration and Osteoarthritis** – The normal aging process causes cervical disc degeneration (*spondylosis*), and osteoarthritis of the cervical facet and uncovertebral joints. The consequence of these processes is that mechanical irritation from bony spurs on vertebrae along with

inflammation can cause symptoms of a “pinched nerve”. This most commonly occurs in adults over 50.

- 3. Cervical spinal stenosis** – This condition may cause “pinched nerve” symptoms due to narrowing of the spinal canal, which puts pressure on the nerve roots or spinal cord. This most commonly occurs in adults over 60. It is usually secondary to degeneration and osteoarthritis.

Other causes of “pinched nerves” in the neck include: direct irritation of nerve tissue by overlying muscles; direct trauma or injury to the nerve root(s); and mechanical changes in the cervical spine associated with poor postural habits (i.e. head poking forward in the sitting position). Some common causes of symptoms that act like a “pinched nerve” in the neck include muscular trigger points, ligament sprains and arthritic joints from the neck, upper back, and shoulder regions.

Treatment for a “pinched nerve” in the neck will often be different depending on the underlying cause of the symptoms. Therefore, it is important to obtain an accurate diagnosis. A proper medical history, along with physical examination consisting of range of motion, strength, neurological and orthopaedic testing, along with diagnostic imaging (if necessary) should be performed to aid in the diagnosis. It is extremely important to rule out rare causes of “pinched nerve” symptoms such as spinal tumors, fractures and infections. Disorders of the esophagus, trachea (windpipe), heart and thyroid can cause symptoms that overlap with those of a “pinched nerve” in the neck. These potential causes require appropriate medical referral when applicable.

The symptoms of a “pinched nerve” in the neck can range from mild and infrequent to severe and debilitating. There are natural and conservative treatment options available. These may include: mechanical traction, spinal manipulation and mobilization, soft tissue techniques, acupuncture, ice/heat application, electrotherapy, activity modification, postural education, and rehabilitative exercise. A qualified health professional can determine the cause of your “pinched nerve” and prescribe appropriate therapy, exercises, and rehabilitation strategies specifically for your circumstance. For more information, visit [www.nhwc.ca](http://www.nhwc.ca).

*This article is a basic summary for educational purposes only. It is not intended, and should not be considered, as a replacement for consultation, diagnosis or treatment by a duly licensed health practitioner.*

 <p><b>New Hamburg Wellness Centre</b></p> <p>DR. JOHN A. PAPA, DC SHEILA REINHART, RMT SAYDE BURGERS, RMT</p> <p>148 Peel St., Unit 10, New Hamburg 519-662-4441</p>	<p>VISIT OUR WEBSITE: <a href="http://www.nhwc.ca">www.nhwc.ca</a></p> <ul style="list-style-type: none"> <li>• CHIROPRACTIC CARE                     <ul style="list-style-type: none"> <li>• ACUPUNCTURE</li> <li>• MASSAGE THERAPY</li> <li>• CUSTOM ORTHOTICS</li> </ul> </li> <li>• NUTRITION &amp; EXERCISE PRESCRIPTION</li> <li>• PHYSICAL THERAPY &amp; REHABILITATION</li> </ul>
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# LookOut Kids' Korner



The Baden Outlook and Waterloo Regional Police invite all children ages to join in a bike rodeo.

May 1st - 9:30 - 11:30 am  
No charge - Bring your Bike & Helmet!  
Wilmot Recreation Complex



## Let's Shankle

What is a shankle you say? Have you had enough of those boring handshakes? Come on, this is a new generation - be cool! Let's Shankle instead.



1) Approach as if for normal handshake.



2) Reach for hand... but miss to the outside



3) Lean over, grab their ankle and shake vigorously. So that they may do the same, Offer your foot—lift your own ankle up simultaneously.

In adaptation from *The Encyclopedia of Immaturity*

Build your eco-knowledge and share it with others.



- The existence of many plant flowers depends on:
  - Birds
  - Bugs
  - Worms
  - Bees
- How many litres of water can be saved on average if you turn off the tap when you brush your teeth or wash your face?
  - 5 litres
  - 7 litres
  - 9 litres
  - 11 litres
- A typical 5-minute shower uses \_\_\_ litres of water:
  - 50
  - 100
  - 150
  - 200
- Over a period of one day, a slow dripping tap could fill a:
  - Swimming pool
  - Bathtub
  - Drinking glass
  - Sink

### ANSWERS

- Answer: D – If there were no bees, 100,000 plant species would cease to exist.
- Answer: D - Take Action: Turn off the tap when not needed, or partially fill up the sink with water to use and plug it, then turn the tap off so that it doesn't run.
- Answer: B - Take Action: Use a low flow showerhead and you can reduce the amount of water used during a five minute shower to 35 litres. You will save water and money on your water bill.
- Answer: B – Slow dripping taps can actually be more wasteful than high volume toilets. Take Action: Fix your faucets to prevent wasting water.



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# CHANGES

By Verda Cook



Enthusiastic gardeners don't mind having dirt under their fingernails. Fifteen years ago, the City of Waterloo entered the 'Communities in Bloom' competition. One municipal property, for which I designed the landscape, was in the competition. I received a phone call asking me to be present when the judges arrived. Knowing there would be a few touch ups needed, I made a point to be there early. After introductions, the judges asked me to hold out my hands, palms down. I was puzzled but complied. They agreed unanimously that I was a gardener since they could see dirt under my fingernails!

For the past eight years I've been contributing to the Baden Outlook on a wide variety of gardening subjects/ advice. Topics included: How to Get Your Garden Off Drugs, Gardening Tips for An Aging Population, Fun With Children in The Garden, Language of Flowers, and Small Space Gardening (a few examples).

In these eight years, gardening has changed in various ways. Weather patterns have impacted the way we garden as well as the type of plants grown. New tools have evolved to make gardening easier. Methods of gardening have changed to reflect our ever-increasing busy lifestyle, and our conscience about the way the land is used.

Flower gardens are still the most popular form of gardening, but vegetable gardening has made a significant come back.

These eight years have been enjoyable years of researching, writing, and sharing from my own personal experience and the "book knowledge" I obtained while studying at the University of Guelph. While I have been in semi-retirement the last few years, it is now time to make room for the next generation to share their experiences in gardening.

My sincere thanks to Pat and Barry Fisher who have been great partners in this venture. Their support and encouragement have been greatly appreciated.

I sincerely hope that gardening will remain an active interest in the Greater Baden Area for many years - experienced gardeners sharing their expertise with new comers to the "block." Each of us has a responsibility to take care of our plot on this planet, to use it but not abuse it.

May you reap the rewards of your gardening efforts for many years and through that process beautify the neighbourhood in which you live.

One final word of advice: *A man should never plant a garden larger than his wife can take care of.* - Anonymous

**HAPPY GARDENING**

## earth day trivia

1. On average, households waste \_\_\_\_\_ of their food purchases.

A) 5 %, B) 10 %, C) 14 %, D) 19 %

2. One tree can remove \_\_\_ pounds of carbon dioxide from the atmosphere annually.

A) 13, B) 20, C) 26, D) 32

3. Composting can reduce your household waste by:


A) 10%, B) 25%, C) 50%, D) 75%

### ANSWERS

1. Answer: C – An average family of four people throws out about \$590 per year in meat, fruit, vegetables and grain products.  
**Take Action:** Buy only what you know you can consume and freeze items for use later.

2. Answer: C – This is equal to the amount of car emissions produced if a car was driven 17,600 kilometers.

3. Answer: C - **Take Action:** Separate your food waste from your regular garbage and recycling. Designate a small household container or bucket for your food scraps and then dump the contents into your backyard compost or green bin daily.




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Watch for the 2010 One Book One Community title which will be announced in April!

### 5 things to do at the library right now!

- Check out a gardening or landscaping book ('tis the season!)
- Use the on-line catalogue to place your own holds; check your account or renew loans – it's easy!
- Take a peek at the NEW BOOK shelves – new materials arriving monthly. Something for everyone!
- Take home a Read With Me Kit – theme based literacy kits that promote early literacy skills in children age newborn to 6 years old. Themes include Pirates, Baby Sign Language, Fun at the Farm...and many more!
- Sit in the "reading tub" and enjoy a good book!

**Your library card is an important and valuable item! We require that you bring your card with you each time you visit the library.**

**Due to space limitations, registration is limited for ALL library programs.**

**Contact the library at 519-634-8933 or by email at [badenlib@regionofwaterloo.ca](mailto:badenlib@regionofwaterloo.ca) for more information. Up-to-date information is also available on our website: [www.rwl.library.on.ca](http://www.rwl.library.on.ca)**

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# BADEN BIRDING

By Dave Rogalsky and Ken Quanz

The red-winged blackbirds came back March 15 in Waterloo but were already noticeable in Guelph on the 11<sup>th</sup>. You can see them fighting over prime real estate near swampy areas and hear them with their loud 'chek' sounds and 'kong-ka-re' calls. But the females are much more discrete. The rose-breasted grosbeak, with its robin-like, but higher, more whistle-like call, is also staking out its territory from high in the trees.

Information like this is available in a variety of books. Both Ken and Dave favour Golden's *A Guide to Field Identification: Birds of North America* by Robbins, Bruun, Zim and Singer. This book covers all of North America. Others, like Lone Pine's *Field Guide: Birds of Ontario* by Bazener, cover only Ontario, though each bird has more detail. Books with drawings are usually better than books with photos as the drawing is an average bird, while photos are of a specific individual. Birds do differ from one to another even in the same species. Other useful parts to a bird book are maps that show the bird's normal range for summer and winter, descriptions of song, nesting patterns (Chickadees are cavity nesters, hollowing out branches or trunks), and birds that look like the species in question. Golden's Field Guide includes pages where all the sparrows or warblers of North America are compared and differentiated. Having the picture of the bird with the description is useful – something Peterson's guides do not. There are more specific guides – Point Pelee National Park puts out guides on the Sparrows and Finches of Ontario, as well as one on the Warblers of Ontario. These little birds are

one of the key reasons folks travel to Point Pelee, south of Leamington, in May as the birds migrate back to Ontario. There are up to 47 species of warblers in Ontario. Those little birds you see in the bushes and trees might not be one of the 20 species of sparrows here!

Next to a good bird book, the most useful equipment for bird watching is a pair of binoculars. These come in a very wide range of prices and powers. Often, the price is determined by the quality of the lenses: a cheap pair may show undesirable coloured lines around the object being viewed or it may not focus smoothly and easily. The higher the power (e.g. 10x42 compared to 8x42) the closer the view; but it may also mean a darker image, a narrower field of view, and be harder to hold the view steady. Try out a pair of binoculars on a cloudy day or in early evening light to better understand its potential.



For the complete novice, here is a quick guide for setting up your binoculars. Pick an object at a distance of about 20 m., a license plate will do. Close your right eye and focus on the object using the centre focusing apparatus. Next, close your left eye and focus for the right eye turning only the right eyepiece (diopter). Finally, look at the object with both eyes while folding/unfolding the binoculars until the two pictures align into a three dimensional image. Now you are ready to simply focus closer or further with the centre focusing apparatus. Have fun distinguishing the sparrows, finches and warblers!

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## Baden Outlook Hockey Pool Stats

Adult Pool			Kids Pool		
Place	Name	PTS	Place	Name	PTS
T1	Brandon Gingerich	871	1	James Osburn	874
T1	Thomas Pestell	871	2	Aidan Voison	867
T3	Bill Witt	869	3	Liam Boronka	865
T3	Rachel Jutzi	869	4	Daniel Jutzi	845
5	Darrin Reynolds	863	5	Adam Roth	836
6	Tony Papa	861	6	Colton Holba	833
7	Bonnie Dietrich	858	7	Maggie Litwiller	832
8	Sheldon Martin	854	T8	Daniel Kreller	831
9	Grant Gunn	847	T8	Liam Schweitser	831
10	Tony Soikie	846	10	Sierra Simpson	824
T11	Michael Steinmann	844	11	Lucas McKee	823
T11	Shane Snyder	844	12	Shaelyn Heise	820
13	Rob Litwiller	842	13	Olivia Stiles	818
T14	Rick Chambers	840	14	Nathan Boronka	817
T14	Tim Hunter	840	15	James Hoerle	816
T14	Wendell Erb	840	16	Tanner Schwrtzntbr	815
17	Sue Gauvin	838	17	Paige Naumann	810
18	Ryan Roth	836	18	Samantha Simpson	808
19	Melissa Smith	834	19	Emma Gowland	807
20	Jean Cook	833	T20	Jake Miller	805
21	Dave Schwartz	831	T20	Mitchell Mueller	805
T22	Beller	827	T20	Nate Roth	805
T22	Nathan Roth	827	23	Jared Shantz	803
24	Lou Sicoli	826	T24	Brady Honderich	802
T25	Jim Thorpe	825	T24	Reid Nahrgang	802
T25	Melissa Tallman	825	26	Tanner Snyder	800
T27	Brad Honderich	824	27	Bradley Vitello	797
T27	Deb (Vinnie) Vinski	824	28	Patrick Glofcheskie	794
T27	Jess Bruder	824	29	Ryan Martin	791
T27	Laurie Honderich	824	T30	Sarah Martin	789
T27	Roy Blake	824	T30	Zack Bender	789
T27	Tracey Mino	824	32	Logan Baker	787
33	Earl Nickolas	823	33	Chazen Snyder	786
T34	Angie Hallman	822	34	Marcus Roth	785
T34	Tyler Naumann	822	35	Evan Denison	784
T36	Sir David Murray	821	T36	Noah Heinbuch	781
T36	Sue Steinfield	821	T36	Olivia Salese	781
T38	Debbie Snyder	820	T38	Caleb Hunter	779
T38	Michael Vitello	820	T38	Evelyn Cobean	779
T40	Sharon Witt	819	T38	Travis Miles	779
T40	Susan Murawsky	819	41	Shae-Lynn Campbell	777
42	O.D. Gingerich	818	42	Colin Hammer	775
T43	Emily Miller	817	T43	Brady Finn	774

Congratulations to **Brandon Gingerich** for 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 **Martha Cook** winning a gift certificate from **Egli's Meat Market**, and **Ralph Schmidt** winning a breakfast from **Teddy's Bakery**, & a **Baden Outlook** shirt.

Congratulations to **Daniel Jutzi** winning a pair of tickets to the **Children's Museum** (*sorry James, Aidan, & Liam, you can only take the leader prize once!*)  
Our lucky random draw winner is **Meghan Mueller** winning a **Baden Outlook** raincoat.



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This is the last of the hockey pool, with the final winner being announced in the May issue. Good luck to the 305 homerun pool entries— up from last years 189! 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](http://www.badenoutlook.com) - Click on sports pool— choose "Baseball Pool" then click on "Baseball Pool Manager" - then "Quick Access" — the pool I.D. is [outlookhomerun](http://outlookhomerun) and the password is [quest](http://quest). The top 30 entries will be listed - to view more click on "next page" below listing. Have Fun and Good Luck!



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## **Baden Public School Thinks Globally and Acts**



Baden Public School Me to We Committee has raised over \$3000 for our clean water project designated for Sri Lanka. From our pasta dinner and our silent auction, the committee is hoping to make its goal of \$5000 by the end of this school year. How can you help?

- Drop your loose change into the water bottle in our school office
- Sponsor a Me to We committee member as he/she completes a walking course with a huge bucket on his/her head to represent the many kilometres walked by children to acquire water for their families. The student committee members are organized into three teams and will have "support" boxes where students and community members can put their support behind a team by putting a donation in the team box
- Support the teen dance from 7 to 10 p.m. for grades 7 to 10 students on Friday, May 14th at Baden Public School. This event will be promoted through local schools.

The committee also believes that many needs exist locally. During the month of April, we will be collecting herbs and spices for St. John's Kitchen in Kitchener. This kitchen serves meals to not only the homeless, but also many people living in poverty who use up most or all of their financial resources to pay for rent. The soup kitchen especially needs common herbs and spices used in cooking main courses:

chili powder, basil, cumin, vegetable stock, onion powder (not salt), and garlic powder. Each homeroom will be collecting spices for the month of April. If you have a child at our school, please send in your donation with your child. If you are a community member and would like to support this great cause, bring your donation to the office and place in our donation basket.

On April 30th, we will be hosting a Crazy Sock Spirit Day. This day will provide an opportunity to discuss how fortunate we are to have socks, shoes, and transportation while reflecting the reasons other children around the world have to walk great distances for basic needs or safe shelter at night. Students must wear shoes or sandals over socks to meet fire code at school.

Thank you for your generosity, for recognizing that while we may have our own struggles, we are relatively blessed compared to many around the world, and for supporting our committee as we develop global citizens with a heart for action and social justice.

*Rebecca Fay  
Grade 8 Teacher and Teacher Adviser for Me to We  
Committee - Baden Public School*

With our holiday break in March, the month zoomed past. In similar fashion, April is whipping by as well. The three four-day weeks in a row certainly made the time pass by in a hurry. With March break, term two report cards, and Easter behind us, we have excitedly reached the final stretch of the school year.

As is typical for Baden Public School, it continues to be an extremely busy place with an abundance of great learning opportunities occurring for students of all ages, kindergarten to grade eight. What lies ahead in the remainder of April and the upcoming month of May is proof of how fortunate Bulldog students are to partake in learning at Baden Public School.

Before April comes to a close, students who participated in Blue Spruce, Silver Birch, and Red Maple book clubs will cast their votes for their favourite reading selection. Also, intermediate students will attend the Wellesley musical on April 20<sup>th</sup>, class 8E will attend a Blue Jays' game on Wednesday, April 21<sup>st</sup>, and all of the grade 8 classes will attend the Child Witness Centre's Youth Symposium on the 22<sup>nd</sup>. The kindergarten classes will enjoy a trip to the Joseph Schneider Haus on April 22<sup>nd</sup>, 23<sup>rd</sup>, 28<sup>th</sup> and 30<sup>th</sup>. On the 27<sup>th</sup> of April, a new opportunity will be presented to various grades for the classes who choose to participate in a cardio tennis workshop. The month will draw to an end on the 30<sup>th</sup> with the *Me to We* Committee hosting CRAZY SOCK day.

The month of May will open with our whole school celebrating *Music Monday* on May 3<sup>rd</sup>. At the same time on this day each year, students across the country celebrate the beauty of

music in our lives. Spring weather permitting, this fun event will be held outside. More arts initiatives fill the week with the Kodaly Choir performing at the Centre in the Square on May 4<sup>th</sup> and 5<sup>th</sup>. On Friday, May 7<sup>th</sup>, students will switch gears, either jumping rope or shooting hoops for the *Heart and Stroke* Fundraiser.

After the weekend, we'll return to school on Monday, May 10<sup>th</sup> with the grade 1 classes and class 1/2 excited to explore at the Children's Museum. The intermediate students will eagerly board the bus for the school track meet at University Stadium. On May 11<sup>th</sup>, students should ensure they brush those pearly whites and take an extra few minutes with their hair as class and individual spring photos will be taken throughout the day. Wednesday, May 12<sup>th</sup> is another busy day for intermediate students. In the morning, grade 8 students will attend a Pep Rally at Waterloo-Oxford, and in the afternoon qualifying grade 7 and 8 students will write the Gauss Math Contest. The week will wrap up in a similarly exciting fashion for some classes with the kindergarten and grade 1 students viewing the Teddy Bear Puppet Show, class 8E visiting Toronto to tour the CN Tower, and the *Me to We* Committee hosting a community dance for students in grades 6, 7, or 8.

Wow! We're going to be busy. By the time, I write again to update you on all the many learning adventures occurring at Baden P.S., we will be down to a month and a half left in the 2009-10 school year. As the saying goes, "Time flies when you're having fun." – So savour each moment, Bulldogs!



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## Meet New Baden Firefighter - Michael Bergman

Baden resident Mike Bergman is originally from Linwood, where, as Mike explains, he had "always wanted to be a firefighter, ever since I was a little kid." When he moved away from that small town, that dream ended -- but only as it applied to that particular small town. Today, Mike has become a volunteer firefighter at last, serving the Baden Station of the Wilmot Fire Department.



Mike and his wife Jacqueline have only lived in Baden for two years, but already love their new home: "Jacqueline grew up in the city, but she -- and I -- never want to live anywhere else, now." This strong interest in his community encouraged him to finally realize his goal of becoming a firefighter, and in February, Mike began wearing a pager for the first time. An electrician for Millers Electric Limited, Mike has already been to a few calls, but is still looking forward to "learning to drive the trucks." The training is also proving to be a fascinating and challenging aspect of his new role: "it's a lot more involved than I thought, but I love it." "I want to be involved with my community," he says, "especially when I love where I live as much as I do." No doubt Mike's love for his new community, and for the fire service, will serve his new community well.

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*The Interfaith Silent Auction is taking place on Saturday, April 24 at the New Hamburg Arena. See back page for more details. Don't Miss It!*

*This space is generously donated by Erb Transport to support community events*



### Wilmot Horticultural Society

Spring Flower Show  
Monday, May 10

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## Another Cool Move

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A US first grade teacher explained to her class that she is an American. She asked her students to raise their hands if they are American too. Not really knowing why but wanting to be like their teacher, their hands went up. There was, however, one exception. A girl named Kristen had not gone along with the class. The teacher asked her why she decided to be different. "Because I am not an American."  
"Then," asked the teacher, "what are you?"  
"I'm a proud Canadian," boasted the little girl.  
The teacher asked Kristen why she is a Canadian.  
"Well, my mom and dad are Canadians, so I'm a Canadian too.  
The teacher replied, "Well, you could have been born in the US!" Not using good logic the teacher said, "What if your mom was not a good hockey player, and your dad was not a good hockey player? Would that mean that you are not a good hockey player too?"  
A pause, and a smile. Kristen replied, "Nope! That'd mean I'm an American!"



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## New Hamburg Live! Built on Strong Community Support

**T**he second annual New Hamburg Live! Festival of the Arts takes the stage... actually, all the stages, all over the community... for five days this June. The 2010 version of the popular event runs June 2-6, 2010. The irony is, the Festival almost didn't happen at all the first time around.

New Hamburg Live! is the volunteer project of Nancy and Paul Knowles, a number of friends including Nigel and Cheryl Gordijk, Kristen Hahn, and a host of volunteers. The Knowles had dreamed of staging an arts and music festival for many years, but were inspired to take the plunge in 2009 because of the potential of a Celebrate Ontario 2009 grant. They applied and began planning for a nine-event festival.

The grant application was rejected and the organizers were concerned about staging a festival with a bare-bones budget of \$25,000 (plus a lot of in-kind donation of time and talent), but community buzz had reached a point where the decision was made to go on with the show. The only grant in 2009 (and again in 2010) was a \$500 economic development grant from the township of Wilmot. The rest of the event, last year and this, is paid for by advertising support in the New Hamburg Live! program, ticket sales, and some individual donations.

The Knowles took the risk and it worked -- the 2009 New Hamburg Live! Festival broke even (nobody lost or made money), attendance far exceeded expectations, and the community enjoyed concerts by world-class entertainers, while local artists, singers and authors received exposure at events throughout the festival.

Producer Nancy Knowles, who was named Wilmot Cultural Citizen of the Year for her work with New Hamburg Live!, says that the three goals of the Festival were met:

bringing nationally known performers to the local community, showcasing local talent, and attracting visitors to Wilmot.

Paul Knowles says the 2009 program was terrific, noting the work of singers David Francey and Ken Whiteley, and musical comedienne Mary Lou Fallis. And 2010 will be even better, he says, with a bigger budget, and ten events, including concerts featuring the great Canadian group Quartette (Sylvia Tyson, Caitlin Hanford, Cindy Church, Gwen Swick); the Toronto Big Band; and returning by popular demand, Ken Whiteley and his band, for the finale, the bluegrass and gospel choral concert Sunday afternoon at Steinmann Church.

Paul adds that the objectives haven't changed. Again this year, they are bringing top-level performers to Wilmot, while featuring local artists and singers. We're doubling our author events, and the choral workshop with Ken Whiteley and Vicki St. Pierre will also return. What is changing however, is the organizational structure -- incorporating as a registered not for profit corporation, will help ensure that New Hamburg Live! continues as a healthy organization for a long time to come.

For full information about the exciting and diverse 2010 New Hamburg Live! Festival of the Arts program, please visit [www.newhamburglive.ca](http://www.newhamburglive.ca), or contact Paul Knowles, (519) 662-6757.



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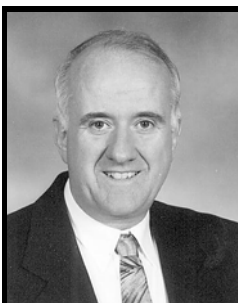
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**New Hamburg & Area Co-Operative Preschool**  
*Submitted by Debbie MacDonald*

The New Hamburg Area Co-Op Preschool first opened its doors in September, 1973 as a non-profit centre. The program is run by a Registered Early Childhood Educator, Holly McCurdy who has been with the preschool for 16 years. Any child or parent who has had the pleasure of being a part of the preschool with Teacher Holly will know how well she is loved and respected by all.

The Preschool age classes run Monday/Wednesday mornings and Tuesday/Thursday mornings with a variety of planned activities geared for this age group. Children learn through the use of creative space materials, toys, books, educational toys, doll play and dress up, blocks, sandbox, and water play. Daily circle time consists of stories, songs, finger plays, musical experiences, and games. Field trips are also part of the learning experience. The children learn in a safe, stimulating and caring environment, with teacher/adult support. The parents of the children play a vital role in the preschool, have the option to "participate" in the classroom (become part of the ratio of adults to children), and sit on various committees that help the preschool function at its best.

New this September, the preschool will be offering an alternative JK/SK program for children born in the 2005/2006. The program will run 3 afternoons, Tuesday/Wednesday/Thursday. The program offers small classes (max 16 children) with lots of time for individual attention. This will be a play-based learning program with an emphasis on social development, language and literacy, math skills, and physical activities. There will be many child-directed activities available daily, including books and listening centre, puzzles and games, writing, drawing and art, dramatic play, block play, sensory play ( water/sand/play dough), and science. There will be a variety of teacher-directed activities for individual children, along with small and large groups. As with each program there is a designated nutritional snack break. This program is ideal for parents who feel their children would benefit more from three afternoons of learning instead of all day, every day learning.

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On April 30, 2010 there will be an Open House from 9:30-11:00 a.m. Anyone interested in learning more on what the preschool has to offer is invited to attend. The Preschool is located at the Haysville Community Centre, Please call 519-662-4655



*Debbie MacDonald, Vice Chair.*



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Mutual Aid Insurance Brokers Company is staffed by three in-office insurance professionals.

Linda Van Bergen, the principal broker, has seventeen years of insurance experience and carries a Canadian Accredited Insurance Broker (CAIB) designation. Charlene Weinberger is a registered insurance broker licensed in 1990 with more than thirteen years experience, focusing primarily on auto insurance. Carl Ohrling received his Insurance Brokers license in 2005 and holds a Certified Insurance Professional designation from the Insurance Institute of Canada.

MAIBC has been a registered brokerage since 2004 and until the beginning of March operated from the MAX Canada Insurance Company offices at 140 Foundry Street. MAX Canada serves primarily the Mennonite, Amish and Brethren in Christ constituencies across Canada. The majority of MAIBC's clients are from these constituencies and carry MAX Canada policies.



Linda Van Bergen, Carl Ohrling and Charlene Weinberger are there for you.

However, MAIBC has contracts to write insurance for a number of other major and significant general insurance companies. With a rapidly growing community there has been an increasing demand from the broader community in Baden. "Increasingly MAIBC has sensed a need for a location with higher visibility," says Van Bergen. "We are delighted to now be located close to the heart of Baden and look forward to meeting and serving the families of our community.

Please drop in for a no-obligation proposal on your property and automobile needs. We are happy to serve you in the office or visit you in your home." MAIBC hours are 8:30 AM to 4:30 PM, Monday through Friday.

MAIBC is planning an information open house for the community on Friday, April 30 and Saturday, May 1, 2010. For further information call 519-634-9507.

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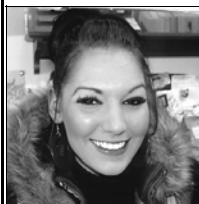
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## PETERSBURG OPTIMISTS GIVE IN A BIG WAY

The Mennonite Central Committee (MCC) had a Haitian Relief Goal of 20,000-relief kits for Canada and the United States. The generosity of Ontarians came through as we donated 7,516 to the impoverished country. The first of four shipments reached Haiti on March 6<sup>th</sup> and the final one left March 30<sup>th</sup>. This was one of the messages that Cath Woolner (Human Resources Coordinator) brought to the Petersburg Optimist Club dinner meeting on March 23 at the Blue Moon Hotel in Petersburg. That evening MCC accepted a cheque for \$2500 from the ambitious club, which will be put toward Haitian relief.

MCC was originally formed to help Mennonite farmers struggling in Russia in 1920. Since then, they developed into a Global agency with over 1100 workers in 50 countries and have been in Haiti since 1958. According to Cath, MCC is a long-term development organization that encourages citizens to help themselves by building local capacity and to be less dependent on foreign aid. MCC has sent structural engineers, nurses, and general aid to Haiti, which is funded through 14 thrift centres and donations such as the one from the Petersburg Optimist Club.

The Petersburg Optimist Club generates its funding through raffles, lunches and of course its "Breakfast in the Park" program. The first breakfast will be held on May 30<sup>th</sup> (9 a.m. to 12 noon.). The club is also excited about its Father's Day breakfast, which will be combined with a car show. This

is the third year for the combined event. The first year brought out ten late model vehicles, last year 84, and they are expecting many more this year. A normal breakfast attracts about 300 patrons while last year's car show event attracted almost 600. Don't miss out!



*Cath Woolner receives a cheque from Optimist member Lewis Straus*



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

LOGOS - Gr. 1-12, Wed. 5:25 p.m.

Youth Group - Friday 7:30 pm

Young Adult and Adult groups

Worship: Sunday, 9:45 a.m.

Sunday School: Preschool - Adult, 11:00 a.m.



634.8311 [www.steinmann.on.ca.mennonite.net](http://www.steinmann.on.ca.mennonite.net)

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the week.

## A Dog's Purpose?

Being a veterinarian, I had been called to examine a ten-year-old Irish wolfhound. The dog's owners, Ron, his wife Lisa, and their little boy Shane, were all much attached to Belker and were hoping for a miracle.



I examined Belker and found he was dying of cancer. I told the family we couldn't do anything much for Belker but offered to perform the euthanasia procedure for the old dog in their home.

As we made arrangements, Ron and Lisa told me they thought it might be good for six-year-old Shane to observe the procedure. They felt as though Shane would learn something from the experience.

The next day, I felt the familiar catch in my throat as Belker's family surrounded him. Young Shane seemed so calm,

petting the old dog for the last time, that I wondered if he really understood what was going on. Within a few minutes, Belker slipped peacefully away.

The little boy seemed to accept Belker's transition without any difficulty or confusion. We sat together for a while after Belker's death wondering aloud about the sad fact that animal lives are shorter than human lives.

Shane, who had been listening quietly, piped up, "I know why."

Startled, we all turned to him. What came out of his mouth next stunned me. I'd never heard a more comforting explanation. It has changed the way I try and live.

He said, "People are born so that they can learn how to live a good life -- like loving everybody all the time and being nice, right?" The six-year-old then continued, "Well, dogs already know how to do that; so they don't have to stay around as long as people do."

## "Get It Together" ...with Donna & Rhonda

Over the next 5 issues, we are going to introduce to you a concept that we consider, the "backbone" of organizing. To help you remember . . . it is related to our name, "Heart of the Matter". We will be using the acronym "HEART" –



one letter for each step. This concept can be applied to ANY area that you need to organize. For example, that nasty junk drawer, the overflowing cupboard, the exploding closet or that "dumping ground" storage room. Think of one area that you would like to organize and keep it in mind as we walk through this process with you.

The first of five steps is "H – Handle and sort". Our clients often ask us – "where do I begin"? Well, we would start by handling and sorting each item. Group similar items together. We would sort them into bins . . . but you can feel free to sort them into boxes or piles. You simply put "like things together". People often get bogged down when they try to organize an area because they pick up an item . . . and think, "Do I want this? Yes, but this isn't where it belongs". Then we take the item to another room and when we are there, we see something else that needs to be put away . . . and then we continue to zig zag around the house. Don't jump to evaluating yet . . . that will be explained in the next issue! For example, in a storage room, we would group together: books, pictures, CDs, personal care, office supplies, toys, linen, paper, etc. This is a very important stage of the process. It is the most time intensive step and it looks worse before it looks better. If you take the time to do this, the entire process will be easier and you will have a real sense of the quantity of items you have. You can do it!! We believe in you. So don't evaluate yet . . . we'll tell you all our evaluation tips in the next issue!

*In order . . . to live a life of purpose*

*There is much to learn - visit website at [www.heartofthematter.ca](http://www.heartofthematter.ca)*

## New Hamburg Thrift Centre

41 Heritage Drive

New Hamburg

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[www.newhamburgthrift.com](http://www.newhamburgthrift.com)



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### May 1 - 31

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All proceeds benefit  
the work of  
Mennonite Central  
Committee

### REGULAR HOURS

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

## Keeping in Touch with MCC Thrift Centre

Volunteer Appreciation Week happens April 18 through 24th. It is at this time that we honour those many volunteers in our neighbourhoods who form the cornerstone of community activities. To provide services for our residents and to raise funds for those in need requires countless hours by individuals who understand the need to go beyond what community services and business are able to provide.

As part of the Mennonite Central Committee Ontario Thrift Shop Network, a primary component of our mission statement is "... to commit ourselves to living our faith in action by raising funds for MCC Ontario ...". Here at the New Hamburg Thrift Centre, we have 285 volunteers. Some of these volunteers are here daily, while most serve on a weekly basis, and a few, less frequently. Without the efforts of these volunteers the hard work of receiving goods, sorting, pricing, recycling, etc., could not be accomplished. These unpaid individuals facilitate the raising of considerable funds each year to support MCC in its efforts to address injustice in its many forms both at home and abroad. Our volunteers are local men and women, most of whom reside in the New Hamburg, Baden, and Tavistock communities.

It is at this time that we, the staff and Board of the New Hamburg Thrift Centre, wish to thank all volunteers who commit time to community activities, and to specifically recognize the work of those 285 who serve tirelessly at our store.

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*Submissions are due on the 1st of each month.*

## Wilmot Adult Soccer



There are 3 teams representing our township. 2 men's (1st and 2nd) and one women's (conference) We are accepting new players this year.

Please call Becky at 519-634-9486 or email [beckysonly@hotmail.com](mailto:beckysonly@hotmail.com)

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## Stars of the Town - Baden

Between 1846 and 1890, Rev. Leroy (Roy) Massecar (1846-1909) lived throughout towns in southern Ontario. He was one of those communities in the small towns of the West. He was a pioneer in the food and clothing industry and sold goods to the Western people. He was a pioneer in the food and clothing industry and sold goods to the Western people. He was a pioneer in the food and clothing industry and sold goods to the Western people.

Soils in those Baden areas, give a... also... res... This... for the long-time Badenites as they will surely enjoy its stroll down memory lane. Drop by the library and pick it up and see a bit of history; for those who are unfamiliar with our town, it will be enlightening.



## Wilmot Heritage Fire Brigades: What's Happening

By Teresa Brown

As spring approaches, the WHFB members are thinking about spring cleaning ... Are you? Well, if your basement and garage are on your list of targets, keep the WHFB in mind: we accept scrap metal of almost any type as one of our fundraising initiatives.

We accept pop cans, washers, dryers, furnaces, water heaters, refrigerators, air conditioners and more! (Please keep in mind, however, we DO NOT accept tires or tires on rims, microwaves, fuel tanks of any kind, and anything not made of metal). Just drop donations off by the portable building behind the Baden Fire Station -- we appreciate your scrap metal donations!

If your spring cleaning includes getting rid of all those empty beer and wine bottles, the WHFB is having a Bottle Drive on Saturday June 5th (from 9:00 a.m. - 4:00 p.m.) -- a great way to clean up your basement and garage, and help support our museum! Our volunteers will be at the museum, behind the Baden Fire Station, so bring your empties over -- and take a tour of our antique trucks, if you like!

But before June rolls around, there's a springtime event that is a must-see for fire buffs from far and wide: the 17th Annual Emergency Services Muster, Games and Parade takes place at Doon Heritage Crossroads on Saturday May 29 from 10:00 a.m. - 4:30 p.m. There are fire competitions, fire safety demonstrations, and the parade -- and of course, the WHFB will be there with our trucks. Don't miss this fun and historic event!

Finally, a reminder that the WHFB welcomes new members, interested inquiries into what we do, and of course visitors, either by appointment (call Kenton at 519-634-8580) or just dropping in. We're at the museum every Wednesday night -- be sure to come on by and say hello on Wednesday, May 5, when we'll have coffee and snacks available. See you then, and stay fire-safe!



*The WHFB needs storage for three antique fire trucks. Storage must be indoors on a concrete floor. If you can help, please contact Kenton at 519-634-8580.*

# Community Awareness Family Fun Day



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- Baden Boy Cubs & Scouts
- Grand River Metis
- GRA Canada
- Wilmot Optimists
- Wilmot Heritage Fire Department

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*Weekly all year round hours are Saturday 8-3 and Sunday 11-3*



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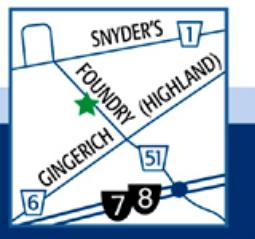
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## PUTTING THE "COMMUNITY" IN TCP

The Community Players (TCP) have always prided themselves in not only providing quality entertainment to their following, but also creating a family type atmosphere amongst their volunteers. The Weber family of New Hamburg are perfect examples.

Greg and Tracy first became involved with TCP in 1992. They had just married and wanted to get involved with the group. "Into the Woods" was

their first production they played a part in – followed by *Mame* and *Joseph*. The Webers helped out behind the scenes for the next few years but withdraw while raising their young family.

In 2006, their oldest daughter, Natalie, who was in grade three at the time, wanted to join the ensemble of *Joseph*. She loved the experience and the following year she, and her younger sibling Cecilia (affectionately known as CC) joined the cast of *Titanic*. In 2008 it was time for the whole family to get involved and they were all thrilled to contribute. The Webers were involved in last year's production of *The Wizard of Oz* (you might remember Tracy as the guard at the Emerald gate) and they will all be in *Cats* this year.

The commitment of being in the ensemble is enormous - every Thursday night from 6 to 10 p.m. and every Sunday from 1 to 10 p.m. for three months straight. Having the entire family involved not only saves on babysitting, but also creates a fun family experience. Cecilia and Joey will be part of the "kitten" ensemble while everyone else will be in the larger "Cats" ensemble.

Greg maintains that he is drawn to the singing part of the show – we will see this year, as he will be featured as a soloist in this year's production - while Tracy likes the acting but does agree that the family's foundation is the singing. The family unit is also very active in their church choir and the girls are involved in fiddle and step dancing.

Greg is a general contractor and Head Carpenter for TCP, so he dedicates many Saturdays to building sets and general carpentry work. Tracy and the children help paint sets, sew costumes, and do whatever else is needed to make the show happen. After the last performance Sunday (May 9- Mother's Day) all volunteers spend the evening in the arena and tear down everything – all that is left is the rental chairs.

Anyone reading this article might think that this is a massive commitment. The Webers might agree; however, there are several factors that avert that thinking: the friendships that are made throughout January to May are very strong and although they might not see those friends (second family) until the following January they are lasting. The excitement of the auditioning process, learning lines, staying focussed during the show, and providing quality entertainment, are a drawing card. Tracy who is a teacher at Laurelwood School in Waterloo believes that she is nurtured and provided with one of the finest types of professional development available. She is a music teacher and appreciates the time spent and the direction given by music director, Jen Hoffman, artistic director, Brent Roth, and Gord Davis, director, who brings the most out of each actor and singer.

The Weber family is a committed family who should be applauded in their effort to make Wilmot Township a better place to live. Tracy and Greg both agree that working with so many great people make their task an easier one and the fact that the whole family can take part at one time is not only enriching but teaches the children commitment and confidence. Well Done Webers!!



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tcp infoline 519.662.4532

the community players will give a portion of the proceeds from  
this production back to our local community

community theatre at its very best

## Interesting People: Meet Faye Mahoney - Celebrating 35 Years and Retirement!!

It was December 4, 1975 that Faye Mahoney became Postmaster at the Petersburg Post Office - where Jim and Faye's garage was converted into the official Canada Post Office. Her son was only five months old at the time and Faye had worked the previous ten years at Toronto Dominion Bank on King and Francis Street.

Prior to Faye, Clayton Schwartzentruber was Petersburg's Postmaster for the previous 11 years located at the current site of *C Clear Pools Services* at 1170 Notre Dame Drive in Petersburg. Ironically he replaced Faye's mother, Verda Baranski, who was Post Master for three months in the spring of 1964.

Faye has noticed many changes during her time at Canada Post. As an example, she recalls that the price of mailing a first class letter was eight cents, but an unsealed Christmas card was only six cents. Postal codes were just starting to get phased in and registered mail had to be handwritten. When she started, there was a rural route out of Petersburg (RR#2), which comprised of Mannheim, Huron Road and Witmer Road (today this route totals 567 units). Kathy Schiedel started delivering this route in 1985 and still does today, although this route was moved to the St. Clements Post Office in 1998.

Faye will miss the customers with whom she has become good friends. "The customers have been just great," Faye explained. She always had stickers for the kids and at Christmas and Easter they could expect treats.



Faye put her heart into everything she did, enjoying all festive seasons. Easter brought out lots of bunnies and eggs.

Petersburg Post Office was the second post office in Wilmot Township (1842) and Faye was on a planning committee to celebrate the 150th anniversary. The Mahoneys would also like to celebrate Faye's retirement and are asking friends and customers to join them at the Blue Moon on April 25th from 2 to 5 p.m.

Faye and Jim plan on travelling, downsizing, and taking it easy over the next few years. Faye enjoys singing in the church choir and previously sang with the Alfred Kuntz Choir. There is no decision on the relocation of the Petersburg Canada Post outlet at this time. Enjoy your retirement Faye and Jim!



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# the Health & Wellness Page

## Spring-flammation

Submitted By Michael Fisher



What an extremely expansive time of year! Everyone knocks down their doors of solitude and hibernation from the winter influence and heads outdoors, but also feels the 'urge' to move, clean, build and 'do', as we nearly work ourselves up into a fever!

SPRING FEVER. Isn't that what they call it? What if we did actually get fevers from the spring influence? In a way, we do. All the excitement generated from the motivation of the sun's return (the days become officially longer than the nights at the equinox) making a notable influence on the earth's vegetation, but also animals! Just like the sprouts popping up, and the animals mating, we work ourselves into a mild fervor that physiologically translates into inflammation! Stress and inflammation are synonymous, and the spring can be a stressful time of year as we push ourselves to grow, manifest, begin and/or accomplish projects, and get busy with all our spring activities. You may not know that you suffer from inflammation, as it wears many faces. Here are some common examples of inflammation:

- Arthritis
- Allergies
- Eczema
- Redness of any kind (including 'flushes' or 'flashes')
- Pain (the kind that is usually moving and throbbing)
- Headaches
- Irritability, edginess or anger
- Depleted adrenals or poor energy
- Night sweats
- Asthma
- Auto-immune disorders
- Swelling, including prostate, etc
- ANY condition ending in -itis

Although the energy of spring and its warmth help us become very energetic and productive, it is always best to nurture our *Cooling* aspect so not to burn ourselves up! This is not only helpful in the spring, but when we find

ourselves over productive and 'heated' up from the stress of it.

To help balance conditions of inflammation and keep energy long lasting so that we don't burn ourselves out, try following the suggestions below which have an incredible influence on inflammation!:

**AVOID:** Heavy fats and fatty foods, such as chips, deep-fried foods, donuts and greasy foods, but also fatty meats and animal products - especially eggs and cheese! White flour and sugar destroy our *Cooling* aspect and stress out the body further. Nuts and nut butters, butter, dairy, and excessively sweet foods, such as chocolate bars really heat us up.

**INCLUDE:** GOOD quality, unrefined oils such as flax, hemp, or UDO's brand oils - these oils are NOT to be cooked with and always eaten raw. Lots of green vegetables which are offered this time of year. Any vegetables really, but green leafy especially. Legumes are helpful, and if you are adventurous, sea weeds are very helpful - such as nori paper (found on sushi), wakame, or kombu. Sea weeds help cool the body, and mind, so that stress doesn't affect us so badly, and keep away inflammation!

Sea vegetables can be purchased locally in the area at Health Food establishments such as *Pfenning's Organics & More* in St. Agatha, and *Fiddleheads Health & Nutrition* with 4 locations in K-W and area. For examples of how to use them, visit [www.wholefoodies.org](http://www.wholefoodies.org) and click on "Blog". But above all, keep cool by keeping your mind cool!

*Written by Michael Fisher.*

*Michael teaches whole foods nutrition globally and offers local workshops. He is a Registered Nutritionist and consults privately in the area. Visit [www.michaelfisher.ca](http://www.michaelfisher.ca) for more details.*

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# New Beginnings

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## 20 NEW USES FOR BOUNCE

The US Postal service sent out a message to all letter carriers to put a sheet of Bounce in their uniform pockets to keep yellow-jackets away.

All this time you've just been putting Bounce in the dryer! Tried, tested and true - hmmm? Let's see!

1. It will chase ants away when you lay a sheet near them. It also repels mice. 
2. Spread sheets around foundation areas, or in trailers, or cars that are sitting and it keeps mice from entering your vehicle.
3. It takes the odour out of books and photo albums that don't get opened too often. 
4. It repels mosquitoes. Tie a sheet of Bounce through a belt loop when outdoors during mosquito season.
5. Eliminate static electricity from your television or computer screen, it will keep dust from resettling.
6. To freshen the air in your home - Place an individual sheet of Bounce in a drawer or hang in the closet.
7. Put Bounce sheet in vacuum cleaner.
8. Prevent thread from tangling. Run a threaded needle through a sheet of Bounce before beginning to sew.
9. Prevent musty suitcases. Place an individual sheet of Bounce inside empty luggage before storing.
10. To freshen the air in your car - Place a sheet of Bounce under the front seat.
11. Clean baked-on foods from a cooking pan. Put a sheet in a pan, fill with water, let sit overnight, and sponge clean. The anti-static agent apparently weakens the bond between the food and the pan.
12. Eliminate odors in wastebaskets. Place a sheet of Bounce at the bottom of the wastebasket. 
13. Collect cat hair. Rubbing the area with a sheet of Bounce will magnetically attract all the loose hairs.
14. Eliminate static electricity from Venetian blinds. Wipe the blinds with a sheet of Bounce to prevent dust from resettling.
15. Wipe up sawdust from drilling or sand papering. A used sheet of Bounce will collect sawdust like a tack cloth.
16. Eliminate odors in dirty laundry. Place an individual sheet of Bounce at the bottom of a laundry bag or hamper.
17. Deodorize shoes or sneakers. Place a sheet of Bounce in your shoes or sneakers overnight. 
18. Golfers put a Bounce sheet in their back pocket to keep the bees away.
19. Put a sheet in your sleeping bag and tent before folding and storing them to keep them smelling fresh.
20. Wet a Bounce sheet, hose down your car, and wipe lovebugs off easily with the wet Bounce..



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Wilmot Healthy Communities Coalition

# Living Well Festival

April 30 - May 1  
2010  
Free of Charge

## Wilmot Connects - A Healthy Community...

Wilmot Recreation Complex is an ideal gathering place where connections can be made, friendships nurtured and community strengthened across the generations.

Come join Us in Growing a Healthy Community in Wilmot. Events begins 9:30 each day - All events are free of charge and do not require pre-registration. Refreshments available.

For more information Contact Jan Steckley at 519-662-1577

*Brought to you in partnership with local schools, churches, government, businesses service organizations and community.*

*Friday: Region of Waterloo Library Presents Morning Activities*

*Friday Evening: Ball Hockey, Quilting, Coffee House*

*Saturday: Bike Rodeo, Workshops, Community BBQ, Family Skate, Hiking, Impaired Driving Simulator and much more!*

# Bike Rodeo



The Baden Outlook  
and Waterloo Regional Police  
invite all children  
to join in a bike rodeo.

May 1st - 9:30 - 11:30 am  
No charge -

Bring your Helmet and Bike!  
Wilmot Recreation Complex  
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*Taking part in the Living Well  
Festival - don't miss it!*

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# Interfaith 23rd ANNUAL GIANT SILENT AUCTION

Saturday, April 24, 2010 9-4 pm

NEW THIS YEAR -

- Fitness Centre  
- Garden Centre  
- Media Centre

Live entertainment  
Lunch Counter  
Kid's Events & more

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items  
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8:00 - 10:30	Pancake Breakfast
9:00	Silent Auction Opens
12:00 - 1:00	Kid's Events
1:00 - 2:00	New Hamburg Citizen's Band
2:00	Pie Auction
4:00	Final Bids

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Interfaith is Supported by



Call the Interfaith office (519)662-3092  
to donate items or time.

[www.interfaithcounselling.ca](http://www.interfaithcounselling.ca)

The Interfaith Silent Auction, the main fundraiser, is taking place on Saturday, April 24 at the New Hamburg Arena. This is the 23<sup>rd</sup> year for the Silent Auction and as always, volunteers from the community organize and carry out the many duties required to make the day a success.

The event kicks off at 8 a.m. with an all you can eat Pancake Breakfast. Kid's Events will be set up for the day and will feature Erick Traplin at noon. Returning this year is entertainment by the New Hamburg Citizen's Band, the New Hamburg Lioness food booth, and the Pie Auction. Pie donations are coming from our local politicians including Wilmot's three mayoral candidates – Terry Broda, Les Armstrong, and Paul Knowles. We are expecting to hear words of encouragement to the bidders, from each of them.

Several changes to the auction are being implemented. A Garden Centre, Media Centre, and Fitness Centre are being set up for bidder convenience and a Fitness theme is being used to promote activity and interaction throughout the day. Tying into our theme, a virtual cycling machine will be available for individuals to challenge themselves and others on this amazing piece of equipment. For people who are looking for the new and interesting ways to keep fit, a Zumba dancing demonstration will take place. The final bids for approximately 600 items will end the day at 4 p.m.

Donated items can be dropped off at the Industrial strip mall located on the 7/8 highway beside Tim Horton's on April 8, 13 & 15 from 6 p.m. to 9 p.m. and on Saturday, April 17 from 9 a.m. to 1 p.m. For more information, contact the Interfaith office at 519-662-3092.

*Interfaith appreciates the support of  
everyone who participates and hopes to  
you see you on the 24<sup>th</sup>.*



Interfaith Community Counselling Centre in its 27th year of operation has recently made changes that will allow the agency to grow to meet the needs of this community better.

Christine Bruder assumed the role of Interfaith's Executive Director Jan. 18, 2010. Moving from her previous employment and her role as a contract counselor, Christine is taking on the responsibilities of community outreach and awareness.

Longtime Executive Director Ruth Martin, moves into the newly-created position of Clinical Director.

Together, they will continue to lead Interfaith in providing professional confidential counselling services to individuals, couples, and families, for issues ranging from anxiety and depression to assisting families dealing with separation and divorce.

The reasons behind the recent restructuring at Interfaith are more to do with meeting the needs of the growing community than anything else.

Interfaith's board of directors has been working to create Martin's new position for the last few years. As clinical director, she will be able to focus on new

programming initiatives and supervising the centre's ten clinical counsellors.

Bruder's background as a counselor will be crucial to her new role as she develops marketing and promotional plans to raise awareness about Interfaith's services while strengthening contacts with its various supporters and business partnerships in the community and beyond.

"I can understand from a front-line perspective how things work," she says.

One new initiative has Interfaith working in conjunction with the Suicide Action group in Wilmot and Wellesley (SAWW).

But Bruder also wants Interfaith to be in the community consciousness for other services, including skill-building workshops in areas like finances, parenting, relationships, and ongoing work with seniors, and children.

"We don't want people to come to Interfaith just because they have a problem," she says.

More details about programs offered through Interfaith will soon be displayed on the counseling centre's new website [www.interfaithcounselling.ca](http://www.interfaithcounselling.ca).