

Baden Outlook



"Keeping the Community Connected" With 2800 Copies in Circulation.

VOLUME 11, ISSUE 9
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Hat's Off to Ontario Minor Hockey Champions!



New Hamburg Huskies Peewee AE OMHA (Ontario Minor Hockey Association) Champions! A title which they claimed on Saturday March 20th in game 3 of their series with Port Perry. This picture was taken in Port Perry, moments after their thrilling 5-2 win, beating the Port Perry Predators three games straight. The Huskies were happy to share their view at the top with The Baden Outlook!

Photo Courtesy of Sue Foster

Congratulations to the three New Hamburg Husky teams that won OMHA championships. The Erb Transport Novice Rep, Remax Peewee AE, and Cook's Pharmacy teams will proudly have banners hung in the Wilmot Recreation Complex.

This is the first time that three teams have won in a single year.

TAIKING WITH Ed

You may remember reading (*October 2010 issue*) about the former newspaper

publications that existed in Baden in the early years. There is evidence *The Baden Standard* existed from 1897 to 1900, followed by *The Baden Star*, 1913 -1914, and lastly, *The Village Item* in 1925. The last two mentioned papers were published by local John Honderich Senior, who was deaf and profoundly poor.

The Honderich family lived at 106 Snyder's Road West until the bank foreclosed their home and they moved to 25 Foundry Street. This was hard times for the Honderich family.

One of their sons, Beland, dropped out of high school and started writing articles about Baden for The Kitchener Waterloo Record. Then he was hired at *The Toronto Star*, as

they were replacing reporters who went away to war. He moved up the ranks in the Star Corporation – Editor-in-Chief (1956), President and Publisher (1966), Chairman and Chief Executive Officer (1976), and retired as Publisher in 1988. He passed away in Vancouver in 2000.

Beland made a difference in transforming the Star from a paper that was built on crime and sensationalism, to an influential newspaper, which became the largest in Canada. He guided the paper through the days of black and white, to colour, to digital media.

Beland's son John followed in his father's footsteps. John began in 1973 as office boy and night reporter for *The Ottawa Citizen* and came

to the Toronto Star in 1976 in various roles including Bureau Chief in Washington D.C. and Ottawa. In 2004 John retired after 28 years on staff, ten as publisher of the Toronto Star. It was noted that John had made a remarkable contribution to advancing the Toronto Star over a long and distinguished career leading the newspaper with distinction, passion, and great effectiveness. Both Beland and John received The Order of Canada and Order of Ontario.

Barry and Pat Fisher 178 Snyder's Road E. Baden, ON N3A 2V6 Phone: 519-634-8916

Email: badenoutlook@hotmail.com Web: www.badenoutlook.com



A Visit with John Honderich ~ Former Publisher of the Toronto Star

We had the pleasure of a visit from John Honderich Jr. (current Chairman of the Board of Torstar) who was visiting town in search of his family roots. John is in the process of writing a book about his father and was led to our door to travel down memory lane with the collectables of Baden history we have accumulated since we began the Baden Outlook. He also spent time at the township archives and visited well-known Baden playwright Urie Bender, relative Shirley Honderich, and the Coakley family who currently live in the original Honderich home. He also visited the New Hamburg Library as a source of information and dropped into The New Hamburg Independent office (which is owned by his Torstar group).

John looked through our photo archives and perused some related articles of life and times in Baden during the 20's and 30's. During our visit I asked who was the most notable person that he had interviewed? "Ronald Regan, Margaret Thatcher, and Pierre Trudeau come to mind right away," John stated. Wow! How impressive, I thought.

So, what is John Honderich, successful businessman, 2006 Special Advisor on the future of Greater Toronto Area really

John was a delight to chat with, upbeat and fun. He is a kind, warm gentleman who was encouraging and affirming of our small town publication. We were happy to gift him with a Baden Outlook sweater, which he quickly sported. He looked grand and said that he will be proud to wear it to his next board meeting.

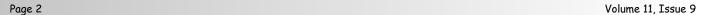
Until next month... Ed

EXTRA!! EXTRA!!

There are extra copies of The Baden Outlook available at Egli's Meats,



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Baden Outlook

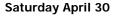
Wilmot Healthy Communities Coalition's Living Well Festival and Interfaith Community Counselling Centre's

Annual Silent Auction Fundraiser

Share Their Day ~

g Together to Build a

April 29 & 30th, 2011 All at Wilmot Recreation Complex 1291 Nafziger Road, Baden



9-11 am Interfaith Fundraiser Pancake Breakfast \$7 Sponsored by Petersburg Optimist

10 am Pilates Basics

By Dearborn Health (please bring a mat if you can)

10 & 10:30 am Organization Skills for Your Life With Heart of the Matter

10 am & 10:30 am Relocation Services for Seniors With Senior's Move...your bridge to a new home

10 am-2 pm Community Corner Displays of Community Organizations and Health Related Businesses

10:30 am & 11 am

Food: How it Affects Learning & Behaviour with Christine Gingerich (Eden Enterprises)

11 am Stress Management Techniques With Interfaith Community Counselling Centre and Renu Health & Wellness

10:45-11:15 am

New Hamburg Skating Club Entertainment

11:30 am Community Gardening with Alisa McClurg

from the Waterloo Region Community Garden Council

11:30 am & 12:30 pm Lending Hands of Hope Celebrate life and create a symbol of hope with Suicide Awareness in Wilmot and Wellesley (SAWW)

Saturday April 30

11:30 am **Seniors Fraud—**With *Sqt. Dale Roe (WRPS)*

11:30 am-2 pm Free Family Skate — Sponsored by Wilmot Township

11:45-12:30 pm New Hamburg Concert Band

12-1 pm Community BBQ

Sponsored and served by Wilmot Township Council

*New Time 12-4 pm Interfaith's Silent Auction Fundraiser

12:30-2:30 pm Police, Ambulance and Fire Services

Come and get to know your community helpers

12:30 & 1 pm "Booster Seats": when and how to use them

By Dianne Roedding (R of W Public Health)

12:30 & 1 pm Everyday Activities That May Be Hurting **Your Neck and Back**

With Dr. John A. Papa (New Hamburg Wellness Centre)

12:45 pm Zumba Demonstration Absolute Fitness

1-4 pm Silent Auction Children's Activities

Face painting, balloons, crafts & games

1:30-2 pm Erick Traplin Children's Entertainment

1:30 & 2 pm Introduction to Community Renewable Energy

With LIFE (Local Initiative for Future Energy Co-op)

1:30 & 2 pm New Exercises for Any Age—With Dearborn Health

1:30 pm Zumba Class for All—Absolute Fitness

2 pm Intro to Tai Chi With Pat Good

2:15-2:45 pm Centre Stage Dance Studio Presentation

2:30-3 pm Healing the Mind through the Body

By Interfaith Community Counselling Centre

2:30 pm Nutrition Knowledge for All — Lynn Moore from Herbalife

3-3:45 pm Waterloo Oxford Music Department Presentation



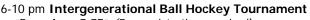
Friday April 29

9 am-5 pm Read Well Day

Theme - Environment, Nature, and Animals Funding from TD Friends of the Environment Region of Waterloo Library presents:

Children's Reading Area, literacy activities and crafts.

- WFRC Just For You Baby 10:30 am
- Family Storytimes 10 am, 1 pm & 4:30 pm
- Guest Readers 9:30 am, 10:30 am, 3:45 pm
- Storytellers Mary-Eileen McClear 10 am
- & Derek Brisland 12 pm
- Intergenerational Reading Buddies 11:30 am
- · Authors / Illustrators Nicholas Oldland 10 am
- & Janet Wilson 12:15 pm
- Mad Science 10:30 am & 1 pm
- GRCA Animal Show 10:30 am & 4 pm
- Heart of the Matter Organize & "RRR" 11 am Bring a snack or lunch (no nut products).



"From Ages 7-77" (Pre-registration required) Come and cheer on the participants of our 4th annual intergenerational ball hockey tournament. A night of fun for everyone!

7-8 pm Hand Drumming Circle

Join in a participatory celebration with W.O.'s Hand Drumming Circle

8-10 pm Coffee House - (hosted by John Wiebe) Celebrating Local Talent

Final Bids for the Silent Auction: 4 pm All activities are free of charge and do not require pre-registration* All workshops are 1/2 hr long Refreshments will be available ALL DAY FRIDAY & SATURDAY

Art Displays created by W.O. Visual Arts Students and Rural Routes Studio Tour artists

> FOR MORE INFORMATION CALL INTERFAITH 519-662-3092

OR WILMOT HEALTHY COMMUNITIES (Connie) 519-662-1223











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



Sandy Kirk and Jamie McQuay of Baden took the Outlook to New



Baden friends and neighbours Lisa Stermann, Christine Levinsky, Carrie Schneider and Jennifer Eriksen (L to R) took their Baden Outlook to Las Vegas, Nevada. One of the highlights of the trip was a helicopter flight to the Grand Canyon.



Drs. Howard and Kimberly Dolman were in Manhattan, New York for some continuing education. The BADEN OUTLOOK went along for the ride to the big city!



Carolyn and Andy Veenstra recently went to Punta Cana, Dominican Republic with their three kids: Alyssa, Jessica, and Drew and The Baden Outlook.

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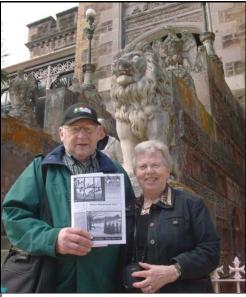
Petersburg, Ontario

Page 4 Volume 11, Issue 9 Seen to the right are Ralph & Dorothy Shantz pose in front of Larnach Castle, New Zealand. Many similarities were found between Castle Kilbride, in Baden, and Larnach Castle in New Zealand. Both castles were built in the 1870's by Scottish Businessmen who were members of Parliament in their new countries.

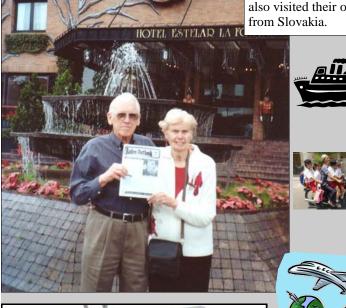
Italian marble fireplaces, and large libraries are also part of both castles. Larnach Castle had fallen into disrepair over the years, so when the present owners purchased it in 1967, it was virtually devoid of furniture, and the roof leaked in a number of places. The wooden carvings in many of the ceilings have been restored to their original beauty, but Castle Kilbride, with the famed technique of "trompel'oeil," has a unique beauty of its own.

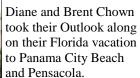


Gwen and Wilson Abraham of Foxboro Green visited their son Bruce and grandson Eric in Bogota, Colombia. While there, they visited Armenia in the coffee country. They also visited their other grandchildren from Slovekia.



We enjoyed our visit to Larnach Castle in New Zealand. The striking view from the tower overlooks the beautiful manicured 35 acres of lawn, flowers, hedges and trees, as well as the spectacular Otago Harbour.









The Frazer family with the Baden Outlook at Surfside Restaurant in Holetown, Barbados.





As we were adjusting to Mom's Alzheimer's and Dad's new awkward caregiving role I often found myself at their house helping with basic needs. This time my husband joined me, which was easier than when I was alone. He could distract Mom and Dad by having a long happy chat in the other room while I quickly tackled a piece of the chaotic housework mountain.

I felt sneaky. But it seemed to me there was no choice. If I started to clean in Mom's presence, she would say with more anger than I had seen from her in my life, "This is an intrusion... you're saying that I'm not good enough." Since she believed she was doing the work, she was personally insulted by my help.

It's true she was a fine housekeeper all her life, but during past months, one housekeeping oversight after another was exposed. I realized that she forgot how the vacuum worked about a year ago, and it wasn't clear if it was her vision or dementia that made the bathrooms appear overlooked. She was doing laundry every morning, but it became apparent that the load consisted of the same small item everyday. I noticed that the detergent was being used very fast and eventually figured out that she dumped in a large cup of detergent again and again, but continued to wear the same dirty outfit.

As if we were detectives on an uncalled for case, my siblings and I gathered worrisome clues in our emails. As our concerns grew, we asked one another what's really important. Is their dignity more at risk by forcing them to receive help or by turning a blind eye? Are they safe? How much do we let go before we begin action? Does it matter if things are disorderly? We joked that finding things was their full time employment.

Earlier I backed off, but now I no longer could.

Dad was helplessly aware of the problem, pleased if I dug in to sort and clean if Mom wasn't aware of what I was doing. He protected her feelings.

While my husband occupied Mom and Dad, I quickly spun around in dismay. What would get my attention today? I opened a cupboard and was frightened by an avalanche of plastic bags that descended on me. Bags were stashed in every drawer and cupboard. I grabbed a few and started on the fridge that was crammed with outdated, dried out, moldy uncovered containers and more bags. The homemade soup I had made for them was

still untouched. Everything looked like garbage to me, but I left safe items.

I counted 16 piles of paper on the kitchen counter. Mom was a conservationist and would neatly cut out and save the good parts of used envelopes for note taking which was a great idea but had been obsessive.

As I tossed old junk mail I came across a bill for four times a fair amount that they paid a dishonest door-to-door sales person. By that time my patience was over. I quickly ran to hide garbage bags in the garage like a thief with a prize as the others returned to find me.

Then we invited Mom and Dad to come with us to a farm where we had a special appointment.

It didn't surprise me that Dad knew the farm's entire history and rhymed off all the names of owners back a number of generations as he chatted with the present family. But I was more interested in...

...our new puppy. The pick of the lot of 10, they said. A healthy, happy looking little ball of German Shepherd fur.

After saying good-bye to the pup's ma and pa, I carefully arranged myself in the front seat with plastic garbage bags and a blanket, so I could safely (I hoped) hold the wiggly pup on the way home.

Before we drove out the farm lane, by invitation the puppy was in Dad's lap. Her whining at the same time as panting sounded a bit like a human laugh. Dad took up the sound, laughing high and silly. I looked back at him, his face looking youthful with delight and giggles. The laugh was contagious. As I started to join in, I realized how stiff and out of use my laughter has become. Tears are closer these days.

Dad knew how to have fun. To stop whatever else was happening, and spontaneously run on a whim, however bizarre it might be. And if it struck him funny, his laugh was entirely contagious. It felt warm and familiar to give in to silliness.

Dad dumped the puppy back onto my lap and thanked us for the fun outing. With Mom tucked closely to him, he waved us on and returned to their muddle.

And I arrived home with puppy barf all over me.





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"Get It Together"

...with Donna & Rhonda

Does your linen closet need a face lift? April is a great time of year to organize and purge! Typically, we may open up a drawer, cupboard, or closet and say, "I use all that

stuff," and close the door again. I challenge you to resist that temptation and take this time to address each and every item you find!

First of all, let us start in your linen closet. Start by pulling out every item and ask yourself several questions:

- 1) Do I use this item?
- 2) Do I need this many?
- 3) What would my life be like without this item?

Take the time to handle each item and evaluate whether or not you need to keep it. Group like things together: for example, bath towels, wash cloths, sheets, blankets, hand towels, and beach towels, etc.

Once you have determined what you are going to keep, decide where you are going to store each item. Do you need to create a boundary by putting them into some sort of bin? Can they remain neatly piled on the shelf?

Once you have decided on a bin or where you are going to put each item, label the bin (and the shelf). Since you have taken the time to make a home for everything, it is REALLY important to take the next step and label it so that you can duplicate your set up.

Lastly, here is a little tip for storing your sheet sets. Store your complete sheet set in one of its pillowcases. This includes the fitted sheet, flat sheet and extra pillowcase! Everything is altogether and you don't have to fuss with the "hard to fold neatly" fitted sheets. If you are happy with the end result, take a picture and hang it on the inside of the door so that the "model" picture inspires the family to keep it that way!

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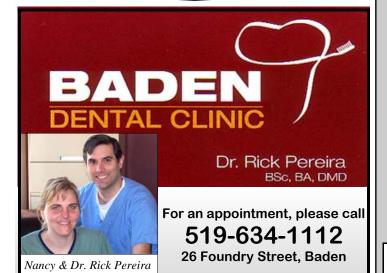
Monday, May 9th – The Waterlot Restaurant 2:00 and 7:30 -doors open one hour before.

Come and enjoy the spring and summer fashions for women, men and teens by Murray's Clothing & Footwear. Nancy Silcox of Vintage Fashions will feature her fashions, hats and accessories from the 1930s up to the 1980s. These fashions will bring back many fond memories of what we wore years past.

Tickets are \$25.00 and are available through New Hamburg Lioness members, Murray's Clothing & Footwear store, Upper Case Books or by calling Debbie at 519 662-2566 or Sandy at 519 662-2946. Tea, coffee and sweets are included in the ticket price.

A ticket will make a welcome Mother's Day gift for your mother, sister, or friend. Come and enjoy a great afternoon or evening out with your friends and view what's new and what's not. Proceeds from the Spring fashion show will support the New Hamburg Lioness work in our community.

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BADEN BEFORE: THE OPERA HOUSE

By Teresa Brown

This month, we begin a two-part story on Baden's "opera house." And the first question that probably needs to be answered is: "Wait a minute: Baden had an opera house?"

The answer is "yes!" And the building -- or most of it, that is -- still survives today.

When we hear the word "opera," we think of formally dressed singers on stage, singing very complicated and difficult songs. But in the first part of the twentieth century, many small towns had what they called an "opera hall" that was actually a community centre of sorts.

These places would have a stage inside a large open hall, where tables and chairs could be set up -- or where people could dance. Yes, the "opera house" of days gone by welcomed all kinds of events, from wartime dances to dinners for dignitaries, from grade-school Christmas pageants to traveling vaudeville shows.

Baden's opera house, for example, was in a huge brick building at the corner of Snyder's Road and Foundry Street; the opera hall was upstairs at the north end. Just outside of it was a balcony, where such visiting personalities as William Lyon Mackenzie King were said to have addressed the town. And none other than Sir Adam Beck (the "father of Ontario Hydro") stood at that balcony and turned on the lights in Baden for the first time!

The opera house, however, was only one part of this dignified building, which today still stands. According to the book "More Than A Century in Wilmot Township," the building was built by Philip Arnold, a carpenter. (And if anyone knows anything more about Mr. Arnold, The Outlook would love to hear about him: we wonder who he was, and why did he build such a magnificent landmark?)

As you can see from the photo, the ground floor of the north end housed the Dominion Bank, while the west side contained H.C. Schumm's store (a drug store and tailor shop). "More Than A Century" also lists as businesses a dry goods store owned by William Forler, and a liquor store. There

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were apartments on the second floor, south of the opera hall.

You may also notice something else when you look at the photo, and compare it to the building still at the corner today: now, the building is significantly shorter, with the north end completely gone. Pizza Express now operates out of the end unit; but in the photo, this location would be just past the middle of the structure.

Why is the building now so different than it was in the photo? What happened to the north end? Be sure to read next month's Outlook, when we solve the mystery of the Missing Opera House ...

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Girl Power Group a Huge Success

Interfaith Community Counselling Centre continues to strengthen the fabric of our community by offering community based groups and presentations based on community response and need. Most recently, Interfaith wrapped up their 8-week Girl Power Group in Baden on March 7, 2011. The group was facilitated by Hendrike-Isert Bender, Clinical Counsellor, and Maggie Dolbeer, MSW Intern at Interfaith. The group facilitators report a successful turnout, with 10 energetic and engaged girls ranging from 10-13 years of age. The group was initiated in response to a growing concern regarding the unhealthy messages girls receive about beauty, body shape, and self image.

Girl Power focuses on developing a healthy body image, positive self esteem, and encourages healthy eating and an active life style. During group sessions the girls have plenty of opportunity to practice their new-found skills through role plays, small group presentations, and informal conversations during craft and snack time. In addition, the group curriculum also focuses on teaching the participants positive coping strategies to better manage the demands of school, peer pressure, family relationships, and community and societal expectations.

Girl Power focuses on equipping young women with the tools and skills to become more confident, which will also support them to reach their full potential. Many of the girls commented on the new-found positive relationships they developed during the course of the group. Sarah (age 13)

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stated, "Girl Power is a fun course that helps girls learn how to deal with things in life. It's a good way to meet new people also. I enjoyed it."

The curriculum for the group is based on "Every Body is a Somebody" produced by the Body Image Coalition of Peel. Most of the participants requested to attend another group in the future when offered.

A very special thank you to St. James Lutheran Church for providing the use of the facility for the group. As well, thanks to The United Way Giving Circle for providing financial support for Interfaith to offer this opportunity to the deserving young women in our area.

If you are interested in hosting a Girl Power group for your organization or would like to inquire about other possibilities for community presentations or groups, please contact Interfaith Community Counselling Centre at 519-662-3092.



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Earth Day -- April 22



Each year, Earth Day -- April 22 -- marks the anniversary of what many consider the birth of the modern environmental movement in 1970.

The idea came to Earth Day founder Gaylord Nelson, then a U.S. Senator from Wisconsin, after witnessing the ravages of the 1969 massive oil spill in Santa Barbara, California. Inspired by the student anti-war movement, he realized that if he could infuse that energy with an emerging public consciousness about air and water pollution, it would force environmental protection onto the national political agenda.

As a result, on the 22nd of April, 20 million Americans took to the streets, parks, and auditoriums to demonstrate for a healthy, sustainable environment in massive coast-tocoast rallies. Thousands of colleges and universities organized protests against the deterioration of the environment. Groups that had been fighting against oil spills, polluting factories and power plants, raw sewage, toxic dumps, pesticides, freeways, the loss of wilderness, and the extinction of wildlife suddenly realized they shared common values.

world wide awareness will make us better

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LookOut FRIENDS Kids' Korner

EARTH DAY WORD SEARCH.. Find these words hidden in the grid. They can be found front ward, back ward, up, down or diagonal.

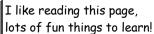
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Т	Ε	V	R	Ε	S	Ε	R	Р	K	Ε	PRESERVE RECYCLE
J	R	I	Α	С	Α	R	Ε	0	Н	U	RESOURCE REUSE
L	G	С	Υ	0	Χ	Υ	G	Ε	N	F	SOIL WATER
Ν	Υ	Р	S	Т	Ν	Α	L	Р	М	N	WORLD

Happy Keester!



Carrot Tops ~

Cut off about one-half inch of a carrot top and plant in a pot filled with moist, well-drained soil mix. The carrot top will develop fern-like leaves.







April Showers Bring May Flowers

Gardening is good for families. And, if parents enjoy working with plants, it's a good likelihood that kids will learn to enjoy plants, too.

Here are some fun projects to do together...

Eggheads ~

When cooking eggs, carefully crack and save lower two-thirds of shell intact. Wash and then draw mouth, eyes and nose with a felt tip pen. Fill shells with potting soil. Sprinkle grass seed on surface (ryegrass works well) and gently press seeds into soil. Water gently, put egg shells in egg carton and cover with lid. Keep soil moist but not soggy. The sprouts become "egghead hair" and can be clipped with scissors to keep short or go for the shaggy look.

Do plants use water?

Ask your mom to help fill jars with water and add food colouring. Place a celery stalk or white daisy and stem in the jar. As transpiration takes place, water is pulled through the stem. The coloured water will colour the celery stalk or daisy petals.

Cool... see for yourself!



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Pla	Adult ce	Pool Name	PTS	Ple	ace	Kids Pool Name	PTS				
1	Wayn	e Weicker	857	1	Ryla	nd Carney	852				
2	Evan	Grebinski	847	2	Nath	an Gibbons	842				
3	Karer	n Sisko	843	3	Aide	n Heinbuch	831				
4	Matt \	Van de Ven	841	4	Garr	et Taves	829				
5	Kim F	Rempel	832	5	Mitcl	820					
6	Sharon Williams		831	6	Nath	816					
T7	Bob E	Brydon	828	7	Wya	tt Stone	814				
T7	Howa	rd Schell	828	8	Aust	in Dale	813				
9	Miche	elle Pajot	827	T9	Dani	el Jutzi	807				

T9 Tyler Kleine

Jakob Windl

Lukas Kaufman

Jacob Fergusson

Paige Naumann

15 Greg Rempel

16 Jamie Roth

17 Joel Heise

T18 Cooper Honderich

T18 Dominik Struth

20 Luckas Habel

T21 James Hoerle

24 Tanner Snyder

Josh Potts

27 Owen Krupf

T28 Jacob Potts

T30 Daniel Kreller

T30 Eric Salese

T30 Kristen Struth

Evan Denison

T28 Brandon Morrison

T21 Samantha Simpson

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Bill Grebinski

Karen Wirth

Bev Campbell

Allen Denison

Andy Veenstra

Doug Kaminska

Steve Campbell

Angie Hallman

Ben Gretzky

Derek Nelson

Don Becker

Mr. Fewkes

Cash Miles

Wally Morrison

Stuart Mitchell

Justin Kendrick

Michael Quinn

T30 Ryan Martin

Matthew Jackowetz

Eric Dakin

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

(Congrats to you too Wayne, but remember, you're only able to win the leader prize once!)

Congratulations to Ryland Carney for taking the lead in this month's Kids Hockey Pool winning a fun pack from Riverside Lanes.

The lucky random draw winners are Dianne Brackenbury winning a gift certificate from Eqli's Meat Market, and Sierra Simpson winning an Outlook coat.

Year-end winners will be announced next issue!



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We have 275 entries to this seasons ball 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 "Baseball Pool" then click on

"Baseball Pool Manager" - then "Quick Access" —the pool I. D. is <u>outlookhomerun</u> and the password is <u>guest</u>. Click "Ranking" on the left side. 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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RE~INVENTING THE WHEEL

By Teresa Brown

At last, it's spring! And in New Hamburg, that means it's the time of year when the famous Heritage Waterwheel once again turns regally in the current of the mighty Nith River, drawing residents and visitors alike to watch its beautiful revolutions.

It's definitely worth strolling by some afternoon, to see the 50-foot wheel spin slowly. It's the largest operating waterwheel in North America, recalling New Hamburg's heritage of mills that depended on the Nith.

It's a very special structure, and this June 11, it will become even more special as the New Hamburg Board of Trade "reinvents the wheel" to make it the world's largest crown and anchor game!

The idea was born when Meredith Hagen and Kristen Hahn, both members of the New Hamburg Board of Trade, were discussing ways to help pay for the recent repairs done on the waterwheel. Built by the Board of Trade in 1990, the wheel had suffered the ravages of weather and old age, and many of its parts needed replacing.

The repairs were expensive -- \$15,000 was the final bill -- but Hagen, owner of MeMe's Cafe, points out how essential it was that the repairs were done: "The wheel is the Board of Trade's logo -- it's New Hamburg's claim to fame." Now, as the wheel turns beautifully once again, its similarity to a popular gambling game will hopefully help offset those costs.

A crown and anchor game is similar to a roulette wheel, but stands vertically. It has spaces around its edge, each with three symbols, including a crown, anchor, heart, spade, diamond, and club. Players bet on a space, and the wheel is spun: wherever the marker lands, that player wins the pot.

On June 11, the Heritage Waterwheel will be outfitted with those symbols. Board of Trade businesses are sponsoring each of the spaces, and the public will be able to purchase \$5 tickets as their "bets." When the wheel is spun it will stop on a space -- and everyone who bet on that space will split the winnings, 50/50, with the Board of Trade.

The proceeds will go toward the wheel's repair bill, and already the community is excited about the event. "There's no limit to the number of tickets we can sell," says Hagen, "which is great, because people are already asking about how to get involved."

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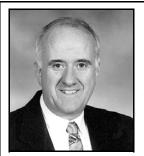
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Another intriguing aspect lies in the size of the spinning game: Hagen says that the Guinness World Record organization has been contacted to recognize the wheel as it's transformed into the world's largest crown and anchor game!

Regardless of whether Guinness agrees, it's certain that "Reinventing the Wheel" will be an unforgettable spectacle. It promises to be a terrific fundraiser to help the Board of Trade maintain an important landmark, and it will no doubt make for some spectacular photos, as the huge crown and anchor game rotates towards its conclusion.

What better way to welcome the spring? As Hagen says: "It's going to be a lot of fun!"

For more information, contact MeMe's Cafe 662-2828 or Upper Case Books 662-3535. Tickets will be available in May.



Doug Wagner, CFP® Financial Advisor Dundee Private Investors Inc.

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Interesting People – Kalina Seifried

The Community Players (TCP) are gearing up for their 27th year of production of fine quality theatre. They are a group of enthusiastic volunteers that gives hundreds of hours of their time to provide exciting entertainment to the area each May.

One of those contributors is Baden's Kalina Seifried, who is enjoying her tenth year with the theatre group. She is excited and dedicated with the gifts she brings to the production, and this year she's delighted to be performing too!

Kalina has always had a love for the stage. She enrolled in most high school musicals at St. Mary's High School and participated in summer camps focused on theatre. Ten years ago she auditioned with her father for a spot in "Fiddler on the Roof" with TCP. She enjoyed it so much that she auditioned for the following year's performance of "Oklahoma." She has a beautiful voice and sings from her heart.

In TCP's third year, she wanted to be involved with the show, but preferred a lesser role as she was busy with her band "Second Thought" and her fulltime job. Helping out backstage seemed to be the perfect fit for her. This back stage role was the springboard for her accepting the position of Production and Stage Manager two years later. "These positions were practically non-existent at that time so I had to develop the role as it went on with the help of our Director Gord Davis and the support of the management team" explained Kalina.

The Production Manager plays an intricate role in the day-to-day operations of the troupe and is a year-round position. She works closely with the township, booking dates for auditions and the show. The Production Manager also makes sure that the department heads are communicating with each other, while Kalina reports to the management team. Kalina works closely with the Artistic Director, Brent Roth, and she coaches all departments to stay within budget. She credits the business degree that she received from Conestoga College as a huge plus in this role.

As a Stage Manager she works with the lighting and sound people during the shows, giving them cues to adjust the volume on certain microphones or adjust particular lights. She smiles proudly... "As time has gone by, the group has developed and become established, and runs like a well-oiled machine."

In 2003, Kalina and a group of friends went to New York City to see their first Broadway show, entitled "Aida." It has a wide

ATTENTION BADEN READERS:

Please be advised that as of June we will no longer be mailing your paper directly to your mailbox.



We will be staging plenty of outdoor pick-up boxes along with the regular

pick-up locations in Baden for your convenience. (We will let you know where they will be in the May issue.)

As the paper continues to grow paper, along with its circulation, and the continuing price increase of mailing, we trust that you will understand and continue to read and seek out The Baden Outlook.

Our paper is, and will always be ... free for you!

variety of music including rock, calypso, and folk – very typical of Elton John music. She was impressed with the show and vowed if the show ever came to TCP that she'd like to play a role. This year's show is just that – "Aida"- and she will be appearing as



"Nehebka." Kalina will be singing several solos and participate in the ensemble.

When asked if she finds the performing role overwhelming considering the many duties she already has – Kalina stated, "I love being involved, and making new friends as well. That's when I became attached to this community." Watch for Kalina in this year's show.

More information can be found at www.communityplayers.com





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Volunteer Appreciation Week: April 10 – 16

Volunteers are special to our community regardless of where they volunteer or what they do. Communities are always stronger when we all work together, interacting with our neighbours, in a common goal. There are so many great agencies in Wilmot Township that provide wonderful services to our community. If you are interested in exploring a volunteer opportunity, they would be happy to hear from you! Consider getting involved.

This certainly is a special week for us at the New Hamburg Thrift Centre, one of the largest volunteer run operations in our area. Over 300 volunteers regularly come to the Thrift Centre to tackle a variety of tasks. We are often astounded by the commitment of time and energy these people bring when they show up week after week expecting nothing in return.

To all of our valued volunteers, we sincerely thank you!

This April will mark 30 years of MCC thrift in our area. To commemorate this event, our volunteers have pooled their handmade specialties to create a **30th Anniversary Cookbook!** We have gathered recipes for breakfast dishes, appetizers, soups, salads, side dishes, main dishes, breads, desserts, snacks and of course, canning. The cookbook will be for sale for \$10 starting on Saturday, May 14th at our in store Anniversary Celebration Event. All surpluses from the sale of the cookbook will be forwarded to an MCC food project in Chad.

For more information about our 30th Anniversary events, visit our website at www.newhamburgthrift.com

New Hamburg Thrift Centre

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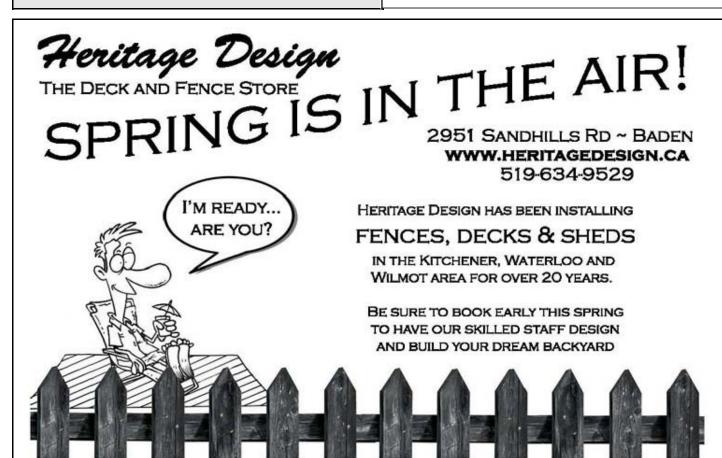




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Ill Fly Away ~ An Easter Story By Martha Smith Good

"I don't know why I am still here," she laments as she sits in her wheel chair. Her hair, now pure white and thinly spread on her scalp, is combed neatly and tucked into a tiny knot on top of her head. Her hands, once so strong, callused and firm, now thin with every vein visible through her translucent skin, lie idly in her lap. I take her warm, fragile hand in mine, hold it gently, and say; "Mom, you are really tired of living aren't you? I want you to know I would miss you if you were gone."

"I am very tired, old, and all of my friends are gone. I am lonely here and am of no use to anyone. I can't even take care of myself anymore," she complains. Feeling her pain of loneliness, I lean forward and give her a hug.

Mom has been in the nursing home now for about three years following a stroke which left her unable to remain at home with my brother Earl. Shortly after her admission to the nursing home, at age ninety-six, she declared one day: "I don't like it here, everyone is so old!" I chuckled to myself wondering whether she had looked in the mirror lately. I knew she was one of the oldest residents. The transition was difficult and she complained frequently.

I had a dream shortly after Mom had her stroke. In the dream I was in the old chicken coop on the farm. Looking south, I notice a hole in the board wall. A pure white dove came and sat in the broken space looking intently at me; her soft eyes offered an invitation to come to her. I reached out, took her gently into my hands. Her feathers, soft and warm, her wings strong and eager, I released her. I watched her fly away, ascending ever higher into the blue heavens. Why did this dove come to me? I wonder. I awake, certain this dove is a special messenger. Am I being asked to release Mom and let her go? It seems too soon. I think of the dream and my mother as the following words flow from my pen:

It is Easter Monday morning when the call comes from Earl: "I had a call from the nursing home," he says, "Mom has taken a turn for the worse, and if we want to see her we had better come."



For almost twenty hours we take turns sitting at her bedside holding her hand as she struggles to breathe and tries to talk in a voice so weak it is hard to understand her. What is it she wants to tell us? I tell her I love her and while I will miss her she is free to go. Gradually she moves from semi-comatose to comatose and silently and peacefully slips away in the early hours during Earl's vigil with her.

The sun is shining brightly on the clear, crisp spring morning when Earl calls to say Mom is finally at peace. Her long journey of almost ninety-nine years on earth has ended. Lying in bed, I reflect on the timing. It is the Easter season, a time of celebrating the resurrection of Jesus. The buds on the trees are beginning to burst, daffodils are pushing their way through the earth, and the birds are singing with jubilation. Listening to their joyous song, I realize Mom has experienced her resurrection with the coming of spring. Her desire to leave the barrenness of her winter to the bursting forth of life free of pain and struggle has been granted and now she sings with the angels.

In the first days after her death, as I grieve the loss of my mother, I am reminded of my dream where the dove came to visit me. It is calling forth a response from me, perhaps even from all of us.

The White Dove

Softly, gently, quiet as a whisper you enter. So white, so pure, so soft in contrast to the brokenness surrounding me.

Your presence is an invitation to reach out, to touch, to hold.

Your spirit touches mine,

I bless and release you.

Your coming a prelude to new discoveries.

New spontaneity, new expression of love and affection.

New honesty, you spoke your truth and desires freely and without apology.

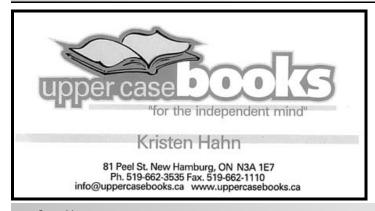
You offered, hope, trust, confidence,

and you called forth patience and endurance.

The journey has not been easy, and it is not yet over.

The brokenness remains but the purity of spirit reigns.

The dove is still searching its resting place.



We gather at the gravesite on a warm April afternoon with brilliant sunshine and clear blue skies. While we sing "I'll Fly Away," two dozen white doves are released into the heavens. Watching the doves circle overhead three times and then fly away I am overwhelmed with joy and feel peace in my soul. Like the dove, Mom has found her wings and is free as the hymn has said: "Like a bird from prison bars has flown, I'll fly away." I enter the church for her memorial service feeling like I have just witnessed a bit of heaven and wonder if Mom saw the doves too.

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Park Patrol ~ Making a Difference in Wilmot

The Baden Outlook sat down with Derek Anderson a few weeks ago to get an update on Wilmot Township's Park Patrol program. Here is what we learned:

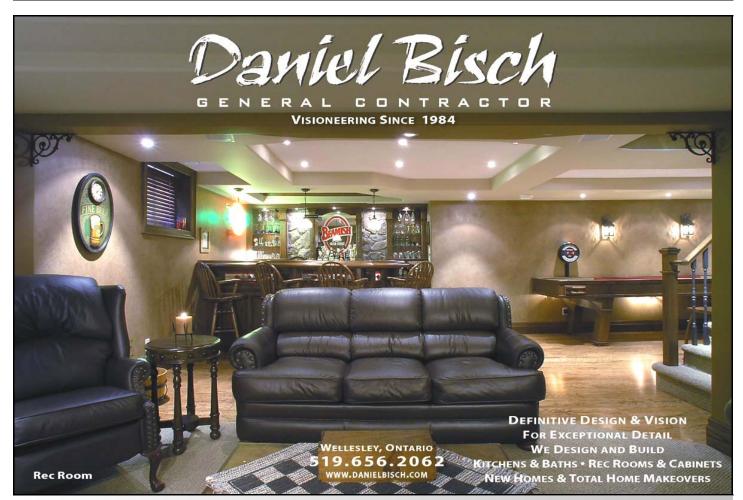
Derek Anderson, who lives in Kitchener, has been with the patrol since 2000 and took leadership of the program from Cathy Tottenham eight years ago. Derek has a full-time position as a Special Constable for Toronto Community Housing. He credits his obtaining that position through his experience with Wilmot's park patrol.

Derek's current role is scheduling, recruiting and training new members, many of them right out of the classroom. He works directly with Vicky Luttenberger at the township office, and Sergeant Don Scott of the New Hamburg Branch of the Waterloo Region Police.

The patrol consists of a team of 24 volunteers, mostly students from the Conestoga College Law and Enforcement course. Our Park Patrol program gives students opportunity to learn the skills of approaching people, which is an important tool to have as they develop their future careers. Derek commented on one park patrol volunteer who became a police officer and is now in school to become a lawyer.

The park patrol teams are split up into groups of at least two people (sometimes more) and patrol all township properties and streets in Baden and New Hamburg year round. Their main goal is to observe and report vandalism, mischief, or social misbehavior to the local police, who will then respond quickly to these calls. They are dressed in visible neon green shirts with township logos on their backs. They are most often on foot, but also have the use of mountain bikes for further coverage. They operate mainly at night with staggered hours.

The park patrol program has been very successful and makes our community a safe place to live. Derek sees the program, which runs jointly with the Township of Wilmot, blossoming into something good.



On March 24, the Township of North Perth paid tribute to two of their volunteer firefighters. Deputy Chief Ken Rea (Atwood Station) and Firefighter Ray Walter (Listowel Station) both died in the line of duty on St. Patrick's Day, while battling a massive structure fire in Listowel.

One week after their deaths, around 8,000 firefighters, police officers, and other emergency services personnel marched through Listowel's streets, as the community stood in absolute silence along the route, respectfully watching.

At the head of this sombre procession were two hearses carrying the bodies of Rea and Walter; just in front of those vehicles, two firefighters marched, carrying the helmets of those brave men.

They carried those helmets with grief and sorrow -- and they carried them with pride. And when the crowd saw those helmets, we felt as if we all carried the grief, and the pride, together.

Wilmot Township has been extremely fortunate: we have never lost a firefighter in the line of duty. Yet we're reminded now of the danger our volunteers face with every call. Despite the excellent quality of their training and professional discipline, there is always some danger, it is the nature of what they do.

They accept that, and we respect and thank them for it. In the face of tragedy, when we see the helmets of those fallen heroes, we are reminded of this duty all firefighters so willingly carry; we are reminded why we respect them so much.

And when we see our Wilmot volunteers -- wearing their helmets, at fires and car accidents and community events -- we are all reminded of what they carry every day: their dedication, their grief, and their pride.

The Wilmot Heritage Fire Brigades has the families of Ken Rea and Ray Walter in our thoughts and prayers.



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The streets of Ahmedabad, India, are a roiling, roisterous, tumbling mass of movement. People, animals and vehicles rub shoulders while fighting for space, but our driver navigates the chaos with ease as we travel through the notoriously dangerous and impoverished neighbourhood of Gomtipur.

Our destination is the St Mary's convent, where a small group of Spanish and Indian nuns operates a maternity hospital and women's health clinic, providing both service and sanctuary to the troubled district. But I

have come to visit another of their projects, an embroidery and tailoring workshop that offers employment and skills training opportunities.

I am here on behalf of Ten Thousand Villages, a non-profit, Fair Trade organization that provides a North American market for artisans like the women of St Mary's. My objective: to document through stories and photographs the remarkable economic and social changes taking place.

The state of Gujarat, in the West of India, has long been prone to cultural and religious tensions. That makes it all the more remarkable that the St. Mary's embroidery centre unites Hindu, Muslim, and Christian women in the common purpose of the skilful creation of traditional needlework. The most significant fruits of their labour are the confidence and dignity created by earning an income. Women who contribute economically to their families are empowered by greater respect and recognition in both home and community.

Accompanied by my guide, a young woman from the south of India named Sister Silvia, we walk the several blocks to the tiny one-room home that Supeir Khinchi shares with her daughter and mother-in-law. Supeir left her home state of Rajasthan when her marriage was

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arranged to a man in Ahmedabad. Her husband has since passed away from tuberculosis and she herself suffers from the illness. St. Mary's has helped pay for medications throughout their illnesses.

Supeir has been employed with St. Mary's for over a year now and has received a government-recognized embroidery certificate through the organization's training program. She laughs and tells me, "In Rajasthan, I didn't even know how to hold a needle!" But now, she lives to embroider. "We are restless if we do not have work," she

says. "It is a consolation, it gives us great joy. If there were no pain, we would love to do this day and night but the body does not cooperate."

Her earnings are essential. They are the family's only source of income. She has little prospect for re-marriage – very few Hindu widows do – and the medications for her tuberculosis are prohibitively expensive.

Her daughter Reena is eight years old and in

third grade at school. I am told that she is very clever – if she continues her education, her future prospects are hopeful. When I ask Supeir if she has dreams for the future, she answers humbly, "I have no great vision, only that my daughter have a good life."

Supeir's story is one of many that I hear during my stay in Ahmedabad. The details of each vary, but the theme is always the same: St Mary's is creating hope where before there was none, for over four hundred women.

Handicrafts from St. Mary's and other Fair Trade groups around the world are available at Ten Thousand Villages stores across Canada and online at www.TenThousandVillages.ca. Locally, stores can be found in New Hamburg, Stratford and Waterloo.



A PET'S TEN COMMANDMENTS:

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



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Waking Up Your Brain Cells

- 1. Why are 2009 dollar bills worth more than 2008 dollar bills?
- 2. Johnny's mother had three children. The first child was named April. The second child was named May. What was the third child's name?



- 4. Before Mt. Everest was discovered, what was the highest mountain in the world?
- 5. How much dirt is there in a hole that measures two feet by three feet by four feet?
- 6. What word in the English Language is always spelled incorrectly?
- 7. Billy was born on December 28th, yet his birthday is always in the summer. How is this possible?
- 8. In California, you cannot take a picture of a man with a hat. Why not?
- 9. What was the President's Name in 1975?
- 10. If you were running a race, and you passed the person in 2nd place, what place would you be in now?
- 11. Which is correct to say, "The yolk of the egg are white" or "The yolk of the egg is white"?
- 12. If a farmer has 5 haystacks in one field and 4 haystacks in the other field, how many haystacks would be have if he combined them all in another field?

Answers...





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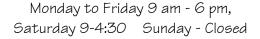
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one big stack

12. One. If he combines all of his haystacks, they all become 11. Neither, the yolk of the egg is yellow

ond place, not first.

10. You would be in 2nd. Well, you passed the person in sec-

9. Same as is it now - Barack Obama take pictures.

8. You can't take pictures with a hat. You need a camera to

7. Billy lives in the Southern Hemisphere

6. Incorrectly

5. There is no dirt in a hole.

Mt. Everest; it just wasn't discovered yet.

ANSWERS For Waking Up Your Brain

2. Johnny of course

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You and the Whale - A Story of Gratitude

...The Whale...

If you read a recent front page story of the San Francisco Chronicle, you would have read about a female humpback whale who had become entangled in a spider web of crab traps and lines. She was weighted down by hundreds of pounds of traps that caused her to struggle to stay afloat. She also had hundreds of yards of line rope wrapped around her body, her tail, her torso, a line tugging in her mouth. A fisherman spotted her just east of the Farallon Islands (outside the Golden Gate) and radioed an environmental group for help. Within a few hours, the rescue team arrived and determined that she was so bad off, the only way to save her was to dive in and untangle her. They worked for hours with curved knives and eventually freed her. When she was free, the divers say she swam in what seemed like joyous circles. She then came back to each and every diver, one at a time, and nudged them, pushed them gently around as she was thanking them. Some said it was the most incredibly beautiful experience of their lives. The guy who cut the rope out of her mouth said her eyes were following him the whole time, and he will never be the same.

May you, and all those you love, be so blessed and fortunate to be surrounded by people who will help you get untangled from the things that are binding you. And, may you always know the joy of giving and receiving gratitude.

~ Email submission

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To All People Around the World:

With love and gratitude, Masaru Emoto

Please send your prayers of love and gratitude to water at the nuclear plants in Fukushima, Japan!

Because of the massive earthquakes of Magnitude 9 and surreal massive tsunamis, more than 10,000 people are still missing even now. What makes it worse is that water at the reactors of Fukushima Nuclear Plants started to leak, and it's contaminating the ocean, air and water molecule of surrounding areas.

Human wisdom has not been able to do much to solve the problem, but we are only trying to cool down the anger of radioactive materials in the reactors by discharging water to them.

Is there really nothing else to do?

I think there is. During over twenty year research of hado measuring and water crystal photographic technology, I have been witnessing that water can turn positive when it receives pure vibration of human prayer no matter how far away it is.

The formula of Albert Einstein, E=MC2 really means that Energy = number of people and the square of people'sconsciousness.

Now is the time to understand the true meaning. Let us all join the prayer ceremony as fellow citizens of the planet earth. I would like to ask all people, not just in Japan, but all around the world to please help us to find a way out the crisis of this planet!!

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Mennonite Relief Sale ~ "Volunteer of the Year"

The Board of Directors of the New Hamburg Mennonite Relief Sale is pleased to announce that Ron Zehr of New Hamburg, Ontario received the award "Volunteer of the Year" from Festivals and Events Ontario at the Hall of Fame Dinner on March 4, 2011 in recognition of his 45 vears of service on the Board of Directors of the New Hamburg Mennonite Relief Sale, 8 of those as Chair.



"My parents taught me never to be too busy to help someone else."

Ron has been a devoted volunteer with the Mennonite Relief Sale and Ouilt Auction, 251 Jacob Street, Fairgrounds, New Hamburg, Ontario, since its inception in 1967. The Sale was one of the many centennial projects of the time, but because of Ron's dedication. and that of thousands of other volunteers, this event

has continued to expand and thrive, attracting an estimated 15,000-20,000 people from an enormous demographic population and a wide geographic area. When asked why he has volunteered for 45 years at the Sale, he said, "My parents taught me never to be too busy to help someone else." Ron's passion for peace-building and development around the world through Mennonite Central Committee has driven him year after year to continue to serve. He is pleased that "a dollar spent is a dollar sent" to MCC from the Sale. Ron reliably attends every meeting, every Sale, every fundraising event. He is a fount of knowledge of past practices, ideas that worked, ideas that didn't work.

The Board of Directors of the New Hamburg Mennonite Relief Sale appreciates Ron's dedication, conviction and enthusiasm. He can always be counted upon to follow through to the completion of any task, to provide sage advice as required and to humbly 'walk the walk'.

Please support the advertisers of this paper. We couldn't do it without them!!

Submissions are due on the 1st of each month.









Ask Armand ~

Nicole From Baden says;

Hi Armand I love your column, you are so smart! Can you tell me what the latitude and longitude of Baden is?

Armand says: Thank you Nicole. Baden is located at 43° 24′ (latitude) north of the equator and 80 ° 39 ′ (longitude) west of Greenwich. (Sounds like a great four digit PIN number. SSShhh!!!)



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The Baden Branch Library always has a current list available of recent and forthcoming books by popular adult authors. We also have best seller lists to browse which include new releases. Check out the online catalogue to view other best seller lists from the Globe and Mail, New York Times, and many more publications.

Watch for the 2011 One Book One Community title which will be announced in April!

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Chris Baechler, Assistant Supervisor,

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Learning the Basics of Garden Design

Spring is inevitable. And even though the long awaited

season took its time this year, the warm weather, sunshine,

and showers will combine to produce the gardens we know

Have you ever noticed something else about the springtime?

As the grey blah of February and March turns into the blues

and greens of April, many people seem to get the urge for

change. Maybe your traditional, long loved garden could

use a redesign. Or you have moved into a new home and

horticultural masterpiece. For whatever reason, this is a

need to sink a shovel into the sod to create your

Simonds prefers curved lines (as do many gardeners), but in small spaces the linear, more formal style works well.



What Makes Up Memorable Moments?

Your garden will feel more like an outdoor living space when you create rooms within the yard. Using patios, decks, and other garden structures, you can instantly form seating areas, dining nooks, and corners for lounging. Bring in some outdoor furniture in various forms (from stools and benches to hammocks and chaise loungers) to set up garden rooms that lend a sense of organization to the space as well as allow for moments that are memorable.

By Diana Dart

Plants are, of course, the ultimate way to create these fantastic close up views. Flowers with interesting textures and foliage work exceptionally well for this, as do colour combinations and unique blooms. Think about how to use wonderful bleeding hearts to make a romantic spring scene or pair poppies with Siberian irises and introduce an amazing colour scheme to your beds.

The trick with both first impressions and memorable moments is to make them personal. This is your garden after all (even if you need to share it with your spouse). Be sure that your garden design reflects your love and passion for all things flowers, just as Merilyn Simonds' presentation reflected hers.





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Lessons From a Passionate Gardener

fantastic time to take look at garden design.

and love.

For the last number of years the Wilmot Horticultural Society has celebrated spring a little early. Call it a refresher, a desperately needed pick me up in February, or simply a sanity saver, but the Garden Explosion Seminar held in February is a favourite event for many in our area.

This year we had the privilege of hearing from Merilyn Simonds, a writer and passionate gardener currently residing in Kingston. Simonds spoke about many things and had the audience sighing with pleasure over bright and beautiful images of her own rural property.

She also spoke extensively about garden design. In summary, Mrs. Simonds taught that great and soul satisfying garden design can be separated into two major categories:

First Impressions – here is where you plan and plant for the long view, incorporating pathways, curvature and structure that present a certain impression from the very first glance. Memorable Moments – these elements and areas present an intimate and intriguing close up view, tucked into corners of your garden, in pots literally anywhere and made up of plants and garden features that have meaning to the gardener.

Using Each In Your Grand Design

Maybe you're starting with a small plot. Or even a patio pot. But don't sell yourself short; even the smallest garden can be designed with the first impression and some memorable moments in mind. Larger rural properties may present more opportunities, but be sure you stay focused and don't lose the details in all of that space.

What Is the Long View?

It's important to design your garden with lines. Merilyn suggested that we lay things out to include a pathway for the eye – from the entrance your eye should naturally travel to a point in the distance. Maybe it is a decorative tree or garden sculpture, an antique park bench or a luxurious fountain. Position this feature in a place of prominence and design the garden to lead your eye there gently (with curves) or decisively (with straight lines), depending on the mood you want to create.

HAROLD ALBRECHT

Kitchener-Conestoga

Through the worst global economic downturn since the Great Depression, Prime Minister Stephen Harper and

your Conservative Government have kept your taxes down as part of an Action Plan that kept Canada working.

With many families and businesses still struggling, Michael Ignatieff is forcing an election, promising to raise taxes, and still denying he will join with the NDP and the separatist Bloc to form a coalition government if given the chance.

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You Must Be Joking!!

Buddy and his wife Edna went to the fall fair every year, and every year Buddy would say, "Edna, I'd like to ride in that helicopter."

Edna always replied, "I know Buddy, but that helicopter ride is fifty bucks, and fifty bucks is fifty bucks."

One year Buddy and Edna went to the fair, and Buddy said, "Edna, I'm 85 years old. If I don't ride that helicopter, I might never get another chance."

To this, Edna replied, "Buddy that helicopter ride is fifty bucks, and fifty bucks is fifty bucks."

The pilot overheard the couple and said, "Folks I'll make you a deal. I'll take the both of you for a ride. If you can stay quiet for the entire ride and don't say a word I won't charge you a penny! But if you say one word it's fifty dollars."

Buddy and Edna agreed and up they went. The pilot did all kinds of fancy manoeuvres, but not a word was heard. He did his daredevil tricks over and over again, But still not a word...

When they landed, the pilot turned to Buddy and said, "By golly, I did everything I could to get you to yell out, but you didn't. I'm impressed!"

Buddy replied, "Well, to tell you the truth, I almost said something when Edna fell out, ...

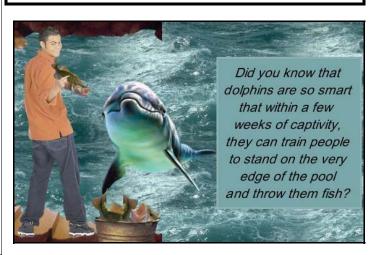
But you know, "Fifty bucks is fifty bucks!"

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Both the Wilmot Men and Ladies soccer clubs have expanded to two teams this year. Games take place Sunday afternoons/evenings from May to September. Player ages in this league range from 18 to 35+. If any interest in joining or coming out to see what the skill level is like, please contact the club convenors ASAP as registration has started:

Mens - Matt Bender - matt.bender@wilmotsoccer.com

Ladies - Casey Goes - yobyesac@rogers.com

If you are past your playing days but have interest in coaching there may be a fit for you as well, good direction from the sidelines in always appreciated!

St. Agatha Lions Family Night May 17th, 6:30 at Kennedy's, St. Agatha Featuring: Walter Gretzky

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Wilmot Horticultural Society Flower Show Haysville Community Centre ~ Monday, May 9 (Entries accepted between 2 & 4 p.m.)



7:00 p.m. - Speaker - Helen Gordon Topic - 'Summer Flowering Bulbs'

> For information call Marian Sloss at 519-696-3346

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ATTENTION BADEN READERS:

Please be advised that as of June we will no longer be mailing your paper directly to your mailbox.



We will be staging plenty of outdoor pick-up boxes along with the regular

pick-up locations in Baden for your convenience. (We will let you know where they will be in the May issue.)

As the paper continues to grow, along with its circulation, and the increasing cost of mailing, we trust that you will understand and continue to read and seek out The Baden Outlook.

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Bringing Back Sugar Maples

he beauty and bounty of the sugar maple tree is being replenished along some local roadways.

During the late 19th century, a government incentive program for farmers led them to plant maple trees from their woodlots along the roadways. For this reason, we see the red and orange canopy of leaves overhanging many rural Ontario roads during the fall.

But these trees are now more than 100 years old — they are dying and they are rarely being replaced. The natural lifespan of a sugar maple is 400 years, but many are not surviving pollution, road salt, and development stress. There are 10 native Canadian maples, including Ontario's sugar maple.

Genuine native Canadian maples are difficult to purchase. Many of the retail nurseries or garden centre maple stock are non-native. These trees come from the United States, Europe, and Asia or are hybrid or cultivars crossbred from unknown seeds.

The GRCA is working with Maple Leaves Forever, a small registered charity, to plant 480 roadside maple trees this spring, mostly on private land. These trees will be planted in eight locations in Brant, Waterloo Region and Mapleton Township thanks to a partnership between the GRCA and Maple Leaves Forever.



A maple leaf in the water at Guelph Lake. Photo by Janet Baine.

By Janet Baine, GRCA Communications Specialist

The GRCA's forestry specialists work with local landowners, select suitable sites, and arrange for the planting of the maples. Half the cost of the trees is covered by the charity.

"We talk to the landowners. If they show an interest in roadside maples, we apply to this program on their behalf," said GRCA forestry specialist Jessica Robbins. Maple trees are

particular and need to be carefully planted at the right depth, with the right species selected.

A row of sugar maple trees were planted along Jones Baseline Road east of Guelph last spring and now the program has expanded.

Robbins said that maple trees grown in the GRCA's nursery at Burford are native and the nursery expects to be added to this list of certified nursery stock providers sometime in 2011.

For a list of certified nurseries and other information on this organization visit www. mapleleavesforever.com.

If you are a property owner interested in roadside maples next year, call Jessica Robbins at 519-621-2763 ext. 2277. If you would like more information about Maple Leaves Forever, please call 416-255-0385.



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Baden Birding

By Dave Rogalsky

Willie Shantz asked me a couple of weeks ago, "Where are all the birds this winter?" He couldn't remember having had to go out even once to refill his bird feeders and had many days where he hadn't seen a single bird in his yard. He told me this week that they're back now but it got me to wondering – where were the birds? They weren't in my yard either.

So I asked Ken Quanz if he had birds in his yard this winter. Sure enough, though he lives across the street from Willie, Ken had lots of birds. End of question, the birds were at Ken's place. But why?

Birds like to have places to hide. The resurgence of Cooper's and Sharp Shinned hawks has made little birds like sparrows and finches afraid of being out in the open too long. In the summer my yard has lots of cover, but in winter birds like hedges and evergreens of various kinds. I cut down the last overgrown cedar a couple of years ago, but to have birds in winter you need to have cover. Ken says he often looks out and sees no birds, but when he looks at the evergreens the little actions of many birds show they're present.

Birds like their feed fresh. When feed has been out for a while it begins to decay. Birds shy away from it, just as you or I would if the lettuce in the salad bar was wilted or brown. Ken gets his feed in small amounts from the Scheerers at **Baden Feed and Supply** so that it will always be fresh. He also puts out only Niger seed and black sunflower seeds, as well as his suet balls. These attract the finches, sparrows, chickadees, nuthatches (red and white) and woodpeckers of many kinds. The mourning doves are on the ground under the feeders constantly, cleaning up what the others have spilled. Ken doesn't think that the birds around here eat the ground corn that is used in many commercial feed mixes. In my yard even the sparrows just throw it on the ground where the voles and racoons snuffle it up.

I asked Ken if he had a water source and he laughed. Somewhere near him there is a roof that isn't too well insulated that often has a bit of melt except in the coldest days of winter. The birds are there for a sip often so he doesn't keep a bird bath open with a heater.

As the spring comes back, so do the birds, but I'm thinking about planting some new cedars, changing the feed in the feeders, and soon putting out the bird baths. Happy backyard birding!

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St. James Lutheran Church Welcomes New Pastor

St. James Church's welcomes new pastor Olavi Hepomaki who joined them in a part-time position in December 2010.



Olavi was born and raised in a small town in Finland and moved to Sudbury seven years ago, where he was a pastor at a Finish congregation. His wife Riitta was offered a work transfer to this area, so in August the family moved to Cambridge. Riitta and Olavi have been married for 15 years and have two children: Aaron who is eleven years old and Martta who is 14 years old.

When asked how he felt about meeting his new congregation he said "I was welcomed by the congregation the first day that I started and the sincere and earnest feelings have continued." He is very impressed that this small congregation has so many young families and is able to keep the church facilities up to a high standard.

He loves the older architecture in the area including Baden. He enjoys working with wood and is currently spending quite a bit of his time renovating his older home that they purchased in Cambridge. He is also Chief Editor for a Finnish newspaper that is published in Canada. His long term goals are to develop relationships with his congregation and welcome anyone who is wishing to worship with them from Baden and the area.

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Zumba Love brought 40 women together on Thursday March 31st at the Wellesley Community Centre to raise money for Red Cross Relief efforts in Japan. Liliana Dominguez from ABsolute Fitness and Personal Training in New Hamburg enthusiastically led the ladies in an hour and a half of high energy Zumba. The Zumba ladies raised \$582 to donate to those in need in Japan. A great big Zumba Thank You to the members of the community who attended and made this fundraising event a huge success.

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THE BENEFITS OF STRENGTH TRAINING

By Dr. John A. Papa D.C.

Last month we introduced the concept of strength training. Strength training can play a crucial role in preventing and reducing the signs and symptoms of several diseases and chronic conditions. Let's take a closer look at how strength training is specifically related to numerous health benefits.

- Strength training plays a key role in **body composition** and weight management. Strength training builds lean muscle tissue. Lean muscle tissue burns more calories at rest than fat. Simply put, strength training burns calories, improves body composition by building lean muscle tissue, and thereby reduces fat stores in the body.
- 2. Strength training is safe and beneficial for reducing the risk of cardiovascular disease. Heart disease risk is lower when the body is leaner and less fat. Other associated benefits include decreased cholesterol levels and lowered resting blood pressure. Strength training will also help improve glucose metabolism. Poor glucose metabolism is strongly associated with adult onset diabetes.
- 3. There is strong scientific evidence that supports resistance training for **reducing the rate of bone loss**. Progressive resistance exercise helps stimulate bone mineral density development, which is desired for individuals of all ages, especially the elderly. Strength training is crucial at younger ages for maximizing bone density, and also for those looking to prevent or slow-down the bone-thinning disease osteoporosis. Strength training should be implemented as a standard component of any osteoporosis treatment or prevention program, as it decreases the likelihood of fractures and morbidity related to fractures.
- 4. Building muscle through strength training is helpful for recovering from and preventing injury. Well-conditioned muscles help our bodies withstand occupational, recreational, and everyday stresses. This enables us to interact with our environment in a more efficient manner. Strength training helps improve overall strength, endurance, stamina, flexibility, balance and coordination. This can be especially beneficial for those suffering from arthritis. Studies in older men and women with moderate to severe arthritis have shown that a strength training program can help general physical performance with everyday activities, and improve clinical signs and symptoms of the disease resulting in decreased pain and disability.

New Hamburg Wellness Centre

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5. Strength training may also have a **positive effect for those suffering from mild depression**. The reason for this is most likely two-fold. Physiologically, the body



releases "feel good" chemicals called endorphins with physical activity. Psychologically, strength training exercise may help to increase self-esteem and confidence. These benefits are further reinforced when an individual attains improved body composition and appearance, and enhanced health and fitness.

There are numerous health benefits associated with strength training exercise. A lifetime of regular strength training exercise is ideal, but it is never too late to start! If you are over 35, have been sedentary for some time, or have a specific health condition or limitation, consult with a knowledgeable personal trainer or health care provider before beginning any new exercise program.



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.

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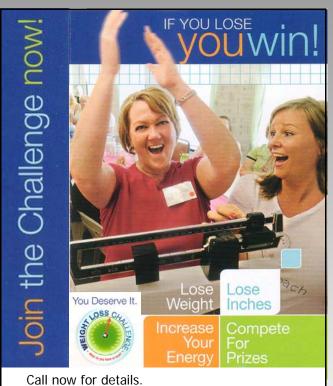
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At last I know why I've got fat hips! When taking a shower I often use the rest of my shampoo to lather myself. .. Well, until I read what was written on the bottle— "For extra volume and body." What a shock!!

No wonder it is so difficult to keep my weight under control. So from now on I will use dishwashing soap for showering, as it claims "Dissolves fat that is otherwise difficult to remove!"



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the Health & Wellness Page

Why Detoxify?

Heather McKague-Bandl, ROHP, RNCP Registered Nutritionist Consultant Practitioner

Do you ever wonder why some people choose to begin a detoxification program? Are you thinking – how toxic can I be, do I need to detoxify when I feel fine? It may surprise you to hear about some of the common, everyday activities that contribute to your body's toxicity levels.

We inhale toxins when we go outside for a walk and even more when we are exercising outside, we are exposed at the pumps when we fill our vehicles with gas. We ingest toxins when we eat foods that have been commercially prepared with food additives and preservatives, sprayed with pesticides and other chemicals, cooked with aluminum cookware or blackened in any way. Pharmaceutical drugs, alcohol and passive cigarette smoke also contribute toxins to our bodies. As you can see, even if you eat only natural organic foods, you are still exposed to toxins from sources all around you.

If we do not choose to regularly detoxify our bodies, these toxins can build up and contribute to other health concerns such as headaches, fatigue, and illness. Your body has the ability to naturally detoxify itself, however, if your system has been overtaxed, it may need some nutritional support.

There are a number of specific vitamins, minerals and other food components that support the detoxification process. Vitamins A,

B3, B6, B12, C, E, beta-carotene, and folates are a few. Without optimal detoxification, your body can not efficiently remove harmful toxins.

Your liver, kidneys, intestines, GI tract, gallbladder, bladder, lungs, lymph and skin are all involved in the detoxification process. In addition to nutritional support, you want to ensure you are getting sufficient rest. Sleeping a minimum of seven hours each night is important to help your body repair itself; drinking six to eight glasses of clean water every day helps to move the toxins out of your body, and eating more whole foods and less processed, pre-packaged or fast food are all great strategies to lessen the toxic load.

So, the next time you hear someone say they are beginning a detoxification program, you can think about the last time you detoxified yourself and if it has been more than six months, it is time to do it again.

Detox Class:

To learn more about detoxification and how to

begin a detox program, join us on: Date: Saturday April 30th, 2011 Time: 10:00 am to 11:00 am

Location: Livewell Health and Wellness

18 Snyders Rd W, Unit 5, Baden, ON

Cost: \$10. per person Contact: 519-634-9819

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ANNOUNCEMENT



Tara Kleine (nee Held)

Sales Rep.

Adrian Baas, Manager/broker of ReMax Twin City Inc. is pleased to announce the appointment of Tara Kleine to the sales team in New Hamburg.

Tara is a lifelong resident of New Hamburg and is very excited to start this new career. With over 10 years of successful sales experience, Tara knows that complete trust and integrity is the most important aspect of any business. She is looking forward to meeting old friends, make new friends and business associates. Please feel free to contact Tara if you have any question pertaining to the real estate market. She can be reached at 519-662-4955 or email tarakleine@live.com or check out her info at www.remaxtwincity.ca Remax Twin City Realty Inc, is the regions largest real estate company with over 385 agents and close to 30% market share.



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