

# Baden Outlook

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## Baden Community Association Teams with Tim Hortons for Community Clean-Up



The newly formed Baden Community Association has teamed up with Tim Hortons for a community clean-up in celebration of Earth Day (April 22). This is an annual event for Tim's and we are happy to join forces with them to tidy up our town!

Baden resident Joanne McCallum has been the liaison, on behalf of the association, with Tim Hortons, the township, and the region in teaming up with the community clean-up drive.

Everyone is invited to join in and help out with the Earth Day event, meeting at Baden's, Tim Hortons on Sunday, April 22 at 10 a.m. Let's get spring-cleaning done and polish Baden – Our Town!

**Tim  
Hortons**

## 5<sup>th</sup> Annual Living Well Festival

Wilmot Recreation Complex ~ 1291 Nafziger Road  
Friday, April 27 & Saturday, April 28, 2012

### Friday, April 27

- 9:30 am-3:00 pm *Read Well Day*
- 7:00 pm-9:00 pm *Intergenerational Activities* - Roller Skating and Games
- 8:00 pm-10:00 pm *Coffee House—with John Wiebe and friends.*

### Saturday, April 28 —10-11 am Workshops

- *All-Ages Smoothies*- Heather Mckaque-Bandl, Registered Nutritionist
- *Home Bodies Fitness*- Amanda Roes, Personal Trainer
- *Organic Nurture the food and the facts*- Pfenning's Organic and Dr. Marisol Teijeiro, ND
- *Nordic Pole Walking*- Ron Baines & Valerie Armada
- *Arts and Healing*- Cheryl Weber Good
- *Managing Low Back Pain and the Role of Chiropractic Care*- Dr. Sean Delanghe BSc. (Hons), DC

11 am-12 pm **Community Chase** for all ages **\*NEW THIS YEAR!!!**

12-2 pm **Free BBQ** Sponsored and served by your Township Council

1-3 pm **Free Swim** Sponsored by your Township Council

**Wilmot Healthy  
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For more details and a schedule of events: visit our website  
[www.wilmothealthycommunities.org](http://www.wilmothealthycommunities.org)  
or contact **Jeanette Vincent, Co-Chair**

at 519-588-5916; email  
whcc.nh@gmail.com

**Want to Volunteer?**

Adults and high school students are  
Welcome. Please contact us.



**This paper is priceless - Please have one!**

# Talking with Ed

~ Sharing Random Thoughts



**Birds were on Fire** – What a great season the New Hamburg Firebirds had this year! They finished first in their division, advanced to become the Niagara Western division champs, and were put out in some close games in the next round by last year's champs, the Grimsby Peach Kings. Thank you Firebirds, for a very entertaining year. It was good to see the arena full of spectators supporting the team.

**Winter – What winter?** – This has been the mildest year on record and it is amusing to see that most of the long range forecasters were pretty far off. As an example, the Old Farmer's Almanac suggested that it would be about a degree Celsius below normal on average, with the coldest temperatures being in late November, mid-and late December, mid-and late January, and early February. Precipitation and snowfall would be above normal in the east and slightly below normal in the west. The snowiest periods would be in early January, mid-to late January, and early February. It will be interesting to see how their book sales are next year.

**Plenty of Action in B-Town** – The Nith Valley Turkey Association just wrapped up their winter archery program, where they provide free archery for kids on the third floor of the old Master Feed building. They had over forty kids in attendance. Their next project will be their annual fishing derby at the Mill Pond on Saturday June 6<sup>th</sup>. This year they are releasing 650 trout, which is up from the first year's, 500 trout.

The Wilmot Optimist Club also had a good turnout for their annual Easter egg hunt on March 31 at Beck Park.

**Optimistically Forming** – New Baden resident Steve MacDonald is excited with his quick steps in putting together a newly formed Baden Optimist Club. The old group dissolved over two years ago. There was an information meeting held on April 4<sup>th</sup> at the township hall, where over 20 people gathered to try and get the club up and running. If you are interested in joining the new club please call Steve at 519-214-0336 or e-mail him at newdundeesteve@rogers.com .

**Story Barn's Last Chapter** – It is sad to see the closing of Baden's Mary-Eileen's Story Barn, which doesn't meet regional zoning codes. This group has been getting together for the last 24 years honing their skills and sharing stories in a unique setting.

**U.S. Invasion Continues** – It is a bit alarming to hear of the recent dismantling of the Zellers chain of 279 stores across Canada, which was started 80 years ago by Walter Zeller of Breslau. The Zellers locations in Waterloo Region will be taken over by Walmart (Bridgeport Road at Weber and Stanley Park Mall) and Target (Conestoga Mall, Laurentian Power Centre and one in Cambridge). These two chains, as well as Home Depot, Staples, Lowes, Marshalls and Sears are all American and are dominating the retail landscape.

**Baden on You Tube** - Every once in a while I will go to You Tube, type in Baden and see what comes up. The latest Baden related video entitled "Scary Cows of Baden Ontario" posted by drawedcast.com is actually quite funny. It does have occasional slip of the tongue, so beware if the youngsters are around.

...Until next month...Ed



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

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## EXTRA!! EXTRA!!



There are copies of The Baden Outlook available in Baden at Eglie's Meats, Baden Feed, Mars Variety, EJ's, Mac's, One Way Water, Baden Library, and several outdoor magazine boxes located conveniently throughout town for Baden readers.

In New Hamburg you can pick up at No Frills, Sobeys, Short Stop, Kasemann's, Morningside, Absolute Fitness, NH Dry Cleaners, NH Wellness, New Hamburg Library and various offices and retail locations throughout Wilmot Township. Also available at Stop 2 Shop (St. Agatha), Old Fashioned Variety (Petersburg) Foxboro.

~ And as always, It's Priceless ... Please Have One!

## Baden ~ Our Town

There was a great turnout at the township hall for the second official meeting of Baden's newly developed community group on March 27<sup>th</sup>.

Gary Kirk and Doug Bowden from the Westvale Neighbourhood Association of Waterloo were guest speakers. They shared their experiences and suggestions to help the new Baden group move forward, explaining what worked for them in areas such as fundraising, events and management of their association.

After the presentation, the group put their heads together in choosing a name, and through a vote, the "*Baden Community Association*" became the given name. Committee member Teresa Brown has set up the Baden Community Association Facebook page, where all Badenites are encouraged to input feedback of this group and of your town.

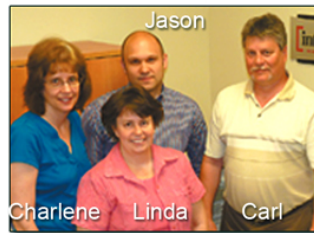
The group is excited for their first event which teams up with Tim Horton's for a community cleanup event in effort to promote Earth Day.

The next meeting of the Baden Community Association will be held on Wednesday, April 25 at 7 p.m. in the basement of the township hall and is open to all Badenites to attend or get involved.

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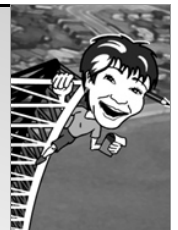
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# MAiBC

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*Greetings from  
Outlook Headquarters*

We pride ourselves in keeping our publication light and easy to read, steering away from controversy and bad news—we do know how much dark, heavy media is out there already. With that being said we must state once again that poop input has come our way regarding negligent dog owners.



## Don't Put Your Pup in the Hot Seat!



We love our pets so don't make them the bad guys. Pick up after them! It's spring and we are all eager to be out and about but it seems wherever you step... oh oh... yuck! Don't forget...it is the law! You are responsible for your pet, so please remember to poop and scoop and dispose of the soiled bag in an appropriate place!

It's about courtesy... be kind to one another! It's petiquette!



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**MPP FOR A DAY**



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



After spending an enjoyable afternoon socializing at the lovely home of Mary Ann and Tom Spratt in North Fort Myers, Florida, approximately 60 Stonecroft residents from New Hamburg took their Outlook for dinner at the Herons Glen Golf and Country Club.



This lucky Baden Outlook took a cruise with Don Meyers, Cindy Orr, and Arden and Garth Linton to the Bahamas, St. Maarten, St. Thomas, and Turks and Caicos aboard the beautiful Ruby Princess cruise ship.



Rick and Laura Hazelwood from "Grape Results" wine store in New Hamburg read their Baden Outlook to the resort parrot in Puerto Vallarta, Mexico.



Ellen and Bill Lovell of Foxboro Green in Baden, share a copy of their Baden Outlook with Jan and Ric Latimer of Stonecroft, in New Hamburg, whom they met on a recent trip to the South China Sea. The picture was taken in the village square in Romblon, Romblon Island, Philippines.



Foxboro Green residents Vince and May Aquilina, Wally Heinbuch and Linda Gardiner tour with their Outlook to Valetta, Malta in February.

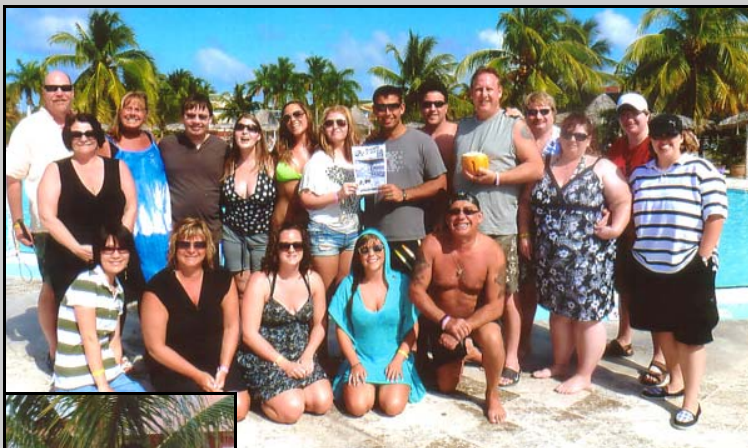
...to Belize, Punta Cana, Cuba, Florida, Mexico, Philippines, Malta and a Caribbean Cruise



Helga, Ella, Harriet, and Barb from Foxboro took their Baden Outlook on a visit to the Altun Ha Mayan Ruins in Belize.



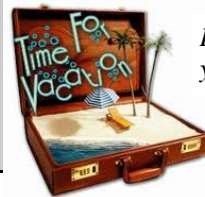
The Baden Outlook had a wonderful vacation in Punta Cana with Paul and Pat Diebel, and Lyla and Jim Wettlaufer.



The Baden Outlook made its way to a wedding in Holguin, Cuba with Joe (kneeling) and Linda Simas (standing third from left) from St. Agatha. They celebrated the wedding of their son Tim and his bride, Mande Cressman (holding the Outlook). Present and proud were Tim's Uncle Gary and Aunt Andrea Gorel of Baden.



Brenda and Lju Jokic of Baden and Barb and John Belez of Mannheim took their Baden Outlook along with them to Maya Riviera, Mexico.



Don't forget to pack your Baden Outlook!



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**NOTES FROM THE ATTIC:** *by Teresa Brown*  
*Mysterious Art Above: The Ceiling Tiles at E.J.'s Tavern*

*E.J.'s Tavern* in Baden is certainly one of Wilmot's favourite places. With a terrific menu, over a dozen beers on tap, and the knowledge that with each visit you're sure to run into friends having dinner, *E.J.'s* is truly a treasure.

But did you know that *E.J.'s* is a treasure for another reason ... or rather twenty-seven reasons, all of them high above your head? That's right: the painted tin tiles on the bar room ceiling are unique artifacts, not only pretty but legendary ... and mysterious!

First, a bit of history about *E.J.'s* itself. The hotel was built in 1874 by Christoph Kraus as a stop for travelers on the Grand Trunk Railway, and offered rooms as well as meals and beverages.

And while there are many hotels in the region of a similar age, *E.J.'s* is the only one that's been continuously operating as a restaurant and tavern since it first opened 138 years ago. It's that historically significant fact that, in part, led to *E.J.'s* designation in 2002 as a historic building under the Ontario Heritage Act. That designation was also granted for the building's unique architectural features: *E.J.'s* is a beautiful building both inside and out, with its heavy wooden bar and columns, and with its ironwork brackets over the odd-angled outside corner at Snyder's Road and Mill Street. But what's really special about the tavern's architecture are the ceiling tiles. There are twenty seven of them, each one about two feet wide and ornately patterned. On the centre of each tile is either a landscape scene or a study of delicate flowers, ranging from rivers and country roads to brightly-coloured roses and daisies.

The tiles are so unique that the KW Art Gallery celebrated them in a book called "The Baden Hotel Project" (you can download this beautifully produced book at [www.kwag.ca/en/exhibitions/resources/baden\\_hotel\\_catalogue.pdf](http://www.kwag.ca/en/exhibitions/resources/baden_hotel_catalogue.pdf)). And author Jane Urquhart (*Sanctuary Line*, *The Stone Carvers* and many more) was so charmed by the tiles that she created a character in her novel *A Map of Glass* who painted such tiles while snowed in at an Ontario hotel over a stormy winter.

And on that note, there lies the mystery: who really painted these wonderful scenes? The legend varies slightly, depending on who you ask. But one possible clue lies in the



written memoirs of Edna Stiefelmeyer, wife of John Stiefelmeyer, owner of *E.J.'s* (then called The Baden Hotel) in the 1920s. Edna tells us: "The 27 paintings on the men's beverage room ceiling were done by an itinerant artist whom my husband met at the Walper Hotel where he was doing some work for Mr. Zuber. He invited this man to come to Baden some time if he was out of work and the paintings are still there in good condition."

There's another version of the tale that suggests the tiles were painted by a traveler who, having stayed at the Baden Hotel, was unable to pay his bill and so began painting the tiles in exchange for his room and board. It makes you wonder: did he paint one tile for every night he stayed, or perhaps the rate was one tile per meal (or one per pint)?

Whatever the truth of these tiles, neither legend, the KW Art Gallery, or even Edna Stiefelmeyer mention the artist's name.

*(Continued on page 7)*

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(Continued from page 6)  
 It's a mystery that will likely never be solved, and in some ways, that's a shame: it would be fascinating to know the true story of who painted the tiles, and why. Then again, sometimes mysteries are magical enough as they are. After all, there's nothing more perfect than an evening at a 138-year-old hotel -- a hotel that was built when Louis Riel was alive -- sharing good food, laughter, and stories with friends.

Especially when one of those stories is a mystery that still enchants everyone who sees it ... all you have to do is look up. And imagine.

(Thanks to Matt and Jackie Rolleman, owners of E.J.'s Tavern, for historic documents and information; and for continuing to preserve E.J.'s ceiling tiles for everyone to enjoy.)

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Are you using the space in your bedroom wisely?

*How about the space under your bed?*

There are some great "under the bed" storage containers. We recommend the under the bed bins with a hinged lid and wheels. The wheels make it much easier to pull the container out from this tight spot. This space could be used for: out of season clothes, mementos, extra bed linens or perhaps your gift wrap.

If your bed is not high enough to fit anything under it, you can purchase a set of bed risers. You will find these at any of your local home outfitting stores. This space is also a great spot to hide gifts too!!

*How about the space on top of your dresser?*

Could you hang your photos on the wall instead of taking up precious space on the limited surface of your dresser? Does everything have a home? Maybe you could find some "dual purpose" items for your dresser – attractive boxes/containers that match with your décor but also have storage inside.

*Lastly, what about your floor space?*

If you are making a new furniture purchase, think "taller is better". Taller dressers take up less floor space and use more vertical space in your room. If you are lacking floor space in your closets, can any of those items be hung on hooks? For example, purses, brooms, umbrellas, etc. Take time to look around your bedroom with a "fresh eye"! You'll be amazed how little changes can make a big difference.

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## Volunteer Appreciation Week: April 16 - 20

*Those who can, do.*

*Those who can do more, volunteer.*

~Author Unknown

We have a lot of people who definitely “do more” here at the New Hamburg Thrift Centre. Volunteer Appreciation Week is a special time for us as we try to thank our volunteer base of over 350 people. These volunteers help sort, price and display the numerous donations we see every day, as well as clerking, working in our woodshop and metal recycling. It would be impossible to accomplish all of it without them.

**If you are a volunteer at the New Hamburg Thrift Centre, know that you are much appreciated and we are thankful for your time.**

This hard work pays off in the lives of many around the world. Mennonite Central Committee works alongside local churches and communities in more than 50 countries, including Canada and the United States, to carry out disaster relief, sustainable community development and justice and peace-building work.

Tom Brokaw, an American television journalist, sums it up so simply: *It's easy to make a buck. It's a lot tougher to make a difference.* Together we are making ‘bucks’ and a difference!

In yet another way to turn waste into profits, just in time for **Earth Day**, we are starting a **new e-waste disposal program!** Qualifying items are disposed of safely with valuable parts recycled and kept out of landfill.

For a list of qualifying items or more information on this project, visit our website [www.newhamburgthrift.com](http://www.newhamburgthrift.com).

## New Hamburg Thrift Centre

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



## Annual Perennial Sale!

### April 30 - May 31

We will begin accepting perennial plants, pots and garden tools starting Monday, April 23.

When possible, please identify donations with the plant name and colour.

Think of us for all your spring landscaping needs!



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  
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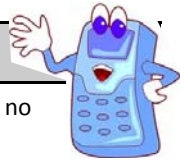


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7:00 pm

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**DUNDEEWEALTH**



As smart phone and tablet technology began to enter our digitally deprived home, it quickly became evident that we needed some guidelines for use. Many would say today's teens desperately need guidelines for good behaviour with cell phones, but in our house my husband and I needed them just as badly as our children. This technology is frankly quite addictive at all ages. I began a hunt for some reference material to help us establish family ground rules and reasonable expectations to tame the technological beast while meeting everyone's needs.

Being old school, I did not immediately Google my query. I started with friends facing the same dilemma. My friend Liz insists that phones are off by 10 pm and placed in a central location. Another friend Nadia only allows her secondary school children to carry cell phones. (This works well when your children are not going home to an empty house which neither mine nor hers are.) A complaint from my friend, a secondary school teacher, was actually about parents using their unlimited access to their children at inappropriate times. He tells a story of a Mom texting her daughter during class to let her know a favourite missing headband had been found. Certainly not an important enough piece of information to distract her daughter from her grade 12 science lesson.

Everyone I spoke to had complaints and some also had solutions. Many unfairly faulted only teens; few admitted to bad behaviour of their own. As I spoke with more people, I shared my findings with our family. We were starting to come up with some ideas that might work for us as ground rules. When I did turn to mighty Google I was rather disappointed. After much searching, I found only one blog by Mean Mother with any rules and she offered nothing new beyond my friends' suggestions.

Through discussion, dictatorship, trial and error we arrived at our current list of family ground rules for smart phone and tablet. It looks like this:

1. Work phones off after work, leaving time to focus on family.
2. No answering phones – including landlines – during meals or family activities.
3. When on vacation cell phones are off and only checked twice per day. Time limit of 15 minutes applies. At the cottage they are left on top of the fridge. This applies to visitors too.
4. Phones turned off each night no later than 10 pm and they are left in the kitchen until after breakfast.
5. Quiet time is good! On weekends phones get an afternoon nap for 1-2 hours.

6. Phones are not kept on your body unless you have no choice. Purses and backpacks are preferable.
7. Phones are off during school classes.
8. Parents don't text to children during school hours to relay information that can wait until everyone gets home. Our son insisted on this one (did I mention poor adult behaviour?). Timely information is an exception but then texts are only sent at the lunch break or after classes have ended.
9. Smart phones are reassuring to a parent as teens gain independence. Before our teenage son heads out for an evening we establish if and when we need to hear from him, e.g. please text us when the concert is over.
10. Likewise, phones are reassuring to kids as they gain more independence when parents go out and leave them at home alone. Before my husband and I go out for the evening we establish if and when the phone will be on and when we will check messages, e.g. I will have my phone off once the movie starts. But I will check for messages/texts when it ends at 9:20.
11. Phones are OFF while operating a motor vehicle. Studies have shown that talking on a cell phone while driving is just as dangerous as driving drunk. Imagine how much more dangerous texting and driving is.
12. "Love the one you are with" to quote an old song. No cell phone use while with another friend, especially if that friend is not a cell phone user. Now teens have a different approach on this one and I leave that to our children to use good judgment and follow our golden rule. I do prefer to let people know if I am expecting an important message and warn them in advance that I might check my phone. But since I am not a trauma surgeon and there is a good chance no one will die if I turn my phone off for an hour, I am training myself to do just that. Turn it off and concentrate on who I am with. I have to admit this is a tough one as it is nice to feel so important that I can't miss a call.



Our golden rule is that everyone must use his or her technology in a respectful way.

I will be honest that it is hard to always follow the rules. They are not carved in stone but ebb and flow as we discover more about what really works for us as a family and what does not. But it has been a good exercise to discuss what is a reasonable standard for smart phone and tablet use. I feel like we have begun to tame the technology beast and now it is working for us instead of controlling us.



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# LookOut Kids' Korner



## Spring Outdoor Scavenger Hunt

Okay kids ~ Get outside and enjoy the fresh air! The Baden Outlook has given you something to do - an outdoor scavenger hunt. All you need is your list of objects that you have to find. Set a time and boundary limit for the hunt and get mom or dad to be the judge. (Maybe dad can add some more fun things to your list). Good luck and may the best hunter win!

Definition of Scavenger: Noun:

1. An animal that feeds on dead or injured animals, dead plant material, or garbage.
2. A person who searches for and collects discarded items.



Birds that scavenge: crows, seagulls, turkey vultures

Animals that scavenge: bears, raccoons, lions, rats, jackals (pack dogs)

- |                       |                    |
|-----------------------|--------------------|
| 1. Paper cup          | 14. Skate boarder  |
| 2. An apple           | 15. Red bicycle    |
| 3. Bird nest          | 16. White truck    |
| 4. Black cat          | 17. Duck           |
| 5. Acorn or Walnut    | 18. Daffodil       |
| 6. Red Flower         | 19. Pine cone      |
| 7. Wheelbarrow        | 20. Lawn mower     |
| 8. Coin               | 21. Umbrella       |
| 9. Police Car         | 22. Feather        |
| 10. Heart shaped rock | 23. Dandelion      |
| 11. Fire Hydrant      | 24. Y-shaped stick |
| 12. Grey Squirrel     | 25. Shoe lace      |
| 13. Robin             | 26. Stray mitten   |

## EARTH DAY WORD SEARCH

E	L	C	O	N	S	E	R	V	E	H
Y	C	W	S	R	S	A	E	E	P	T
E	Q	O	E	O	N	U	C	R	L	W
L	A	U	L	I	I	U	Y	E	A	O
Y	S	R	M	O	D	L	C	T	N	R
E	F	A	T	E	G	L	L	A	T	G
M	L	E	R	H	W	Y	E	W	U	V
T	N	E	M	N	O	R	I	V	N	E

In English a duck says "quack-quack", in Japanese it says "qua-qua", and in French it says "coin-coin"!



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**Petersburg, Ontario**

## Return to Baeburg - A Novel Idea

Baden's own, Teresa Brown published a delightful read of short stories entitled *Stories from the Porch* several years ago. Well, she's been a busy girl and is now excited by the publication of her first full length novel entitled "*Some Things Best Forgotten*".

*Some Things Best Forgotten* is part mystery / part comedy that is set in the year 1975 in the fictional town of "Baeburg" which has many cross references to Baden, New Hamburg and her past book of short stories. Quentin Weisenburg, who is an area historian, was opposed to the demolition of the historic train station, but was on hand to witness the local fire department using it as a fire practice building. During their exercises they discover a handwritten postcard signed by Rocco Perri in the year 1949 in a wall.

For those of you not familiar with Rocco Perri, he was Canada's version of Al Capone who mysteriously vanished in 1944. Obviously, finding this signed letter five years after he has disappeared sets the town off in a tizzy - with many people wondering if Rocco Perri had actually lived in Baeburg and why the postcard was left there. The whole town

gets on board with this very interesting mystery.

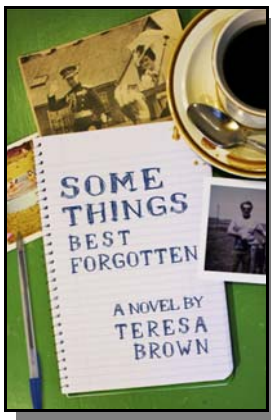
George Steinman, the local undertaker, and Scott Walton, a ten year old boy from Baeburg, are revived characters from her previous book of short stories. Many other Baden references are included in the book, such as the old house owned by the MacDonald family called Castle Dundee and the local bar called the Maple Leaf Tavern.

Creating a novel, which is a first for Teresa, is a daunting task. This book was three years in the making; and creating a mystery novel was a challenging thing for her. She has previously written her book of short stories, three plays which have been produced, and one play still pending. She also shares her writing talent and time with the Baden Outlook, New Hamburg Independent and Waterloo Historical Society. But to create a mystery novel is a completely different thing. Obviously she knows there is a beginning and an end, but how much information to release and at what time was something new to her.

There was quite a lot of research involved in not only Rocco Perri, but also what things were like in 1975; and what type of equipment was used by the fire departments just to name a few of the details she spoke of. Teresa credits Kristen Hahn who has given her tremendous help in editing the book, her husband Kenton Frey who has read it several times identifying things that she might have missed and her children Olivia and Max who too have given her support and also designed the front cover.

The book, which was released last week is available at Upper Case Books and is a must-read to meet these interesting characters and imagine 1975 through the eyes of our own, Teresa Brown.

You can find out more about Teresa or contact her at [www.teresamariebrown.com](http://www.teresamariebrown.com). Get a glimpse inside her book by visiting You Tube— Some things best forgotten.



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## Baden Outlook Hockey Pool Stats

Place	Adult Name	PTS	Place	Kids Name	PTS
1	Earl Nickolas	855	1	Tim Wenn	815
2	Rachel Jutzi	854	2	LaShaedyn Faulkner	814
3	Lea Bender	838	3	Stirling Todorov	811
4	Paul Hammer	835	4	Liam Boronka	809
T5	Myles Adkins	834	5	Tanner Heinbuch	805
T5	Brad Habel	834	6	Madelyn Hammer	800
7	Marg Litwiller	830	7	Paige Naumann	798
8	Cheryl Erb	824	8	Mitchell Mueller	797
9	Evan Grebinski	822	T9	Tyler Kleine	796
10	Michelle Brenner	814	T9	Brayden Gingerich	796
11	Susanne Feick	808	T9	Nicole Lowry	796
12	Wayne Leis	807	T12	Trent Agnello	789
13	Jason Redman	805	T12	Tanner Schwartzentru...	789
14	Brad Ziegler	801	14	Aiden Heinbuch	787
15	Tatum Bizony	800	15	Nathan Gerber	783
16	Heather Dubrick	799	16	Travis Forler	781
T17	Wendy Held	798	17	Sabrina Hallman	778
T17	Beth Gilbey	798	18	Nathan Metcalfe	772
19	Rita Vitello	797	19	Calob Heinbuch	768
20	Jim DeJong	794	T20	Isaiah Ruby	767
T21	Steve Salese	792	T20	Matthew VanDeWynckel	767
T21	Lori Crouse	792	22	Meghan Mueller	766
T21	Tom Bolen	792	T23	Chazen Snyder	765
T24	Theresa McCullough	790	T23	Tanner Snyder	765
T24	Stuart Mitchell	790	25	Eric Salese	761
26	Michelle Ruston	788	T26	Logan Kleine	759
27	Alice Becker	786	T26	Ryan Schnarr	759
T28	Brad Wilson	785	28	Joel Heise	758
T28	Brad Forler	785	29	Emma Gowland	754
T28	Tony Sokie	785	30	Daniel Kreller	752

## Year-end Hockey Pool Stats

Place	Adult Name	PTS	Place	Kids Name	PTS
1	Rachel Jutzi	859	1	Tim Wenn	824
2	Earl Nickolas	858	2	LaShaedyn Faulkner	821
3	Brad Habel	844	3	Stirling Todorov	818
4	Lea Bender	843	4	Liam Boronka	816
5	Myles Adkins	842	5	Tanner Heinbuch	809
6	Paul Hammer	840	T6	Madelyn Hammer	806
7	Marg Litwiller	837	T6	Paige Naumann	806
8	Cheryl Erb	831	8	Mitchell Mueller	805
9	Evan Grebinski	829	9	Brayden Gingerich	804
10	Michelle Brenner	826	10	Tyler Kleine	802

Congratulations to Paul Hammer taking the monthly Adult leader prize in the Hockey Pool winning a gift certificate from EJ's, and to Stirling Todorov taking the Kids Leader Prize winning a bowling package from Riverside Lanes (Congrats to you too Lea, Rachel and Earl, Tim and LaShaedyn but you can only win the leader prize once!)

The lucky random draw winners are Don Becker, winning a gift certificate from Eglis Meat Market, and MaryLou Gingerich, winning a Baden Outlook sweater.

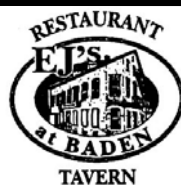
**YEAR END FINALE!! WINNERS ARE:**  
Rachel Jutzi—adult pool and Tim Wenn—kids pool, winning Baden Outlook gift packages.

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## Baseball Pool



Let's play ball! The Homerun Pool is loaded with 245 players and we are ready for fun! 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) choose "baseball pool", The pool I.D. is [outlookhomerun](http://outlookhomerun) and the password is [quest](http://quest).

Thanks for playing—Good Luck!

As spring finally settles in for good, you need to settle on a strategy for battling weeds in the garden. Mulch is an important element in any yard, providing a barrier against weed infestation and helping to keep your soil moist through those inevitable dry spells. But is all mulch created equally? And what is the optimum coverage?

Get the gist on how the mighty power of mulch can help your gardens this year.

**Eco Friendly Mulch**

Want to enjoy a greener garden? Keep an eye out for natural mulch options like chipped wood, cocoa hulls, pine bark and straw. Ask at the Region of Waterloo landfill to find out whether recycled tree waste mulch is available for pick up. You could also talk to some of the local farmers about composted horse manure or composted mushrooms mulch.

These options deliver beneficial organics and nutrients to your garden soil, but they may also affect the growing conditions of certain plants, trees and shrubs. Freshly chipped wood mulch, for instance, should be combined with nitrogen fertilizer to help balance your soil as the wood chips decay.

Cocoa hulls are excellent in terms of recycling, but can prove toxic to local dogs. Sawdust mulch is another green option, as long as the wood is free of chemical treatments. Pay attention to the type of

mulch and read up on how that specific material affects your soil, plants and the neighbourhood.

**How to Apply Mulch For Maximum Benefits**

Mulch cuts down on weed growth and maintains cooler soil temperatures. This helps to keep roots moist, even during the hottest days of summer. Mulch also allows more rain to soak into your flowerbeds and discourages pests and slugs from hanging out in your garden.

So how much mulch is enough? It depends on the type used, as well as the garden's exposure. High traffic areas, such as mulched pathways, require layers as thick as five to six inches, while your average flowerbed in full sun will do fine with between 2 and 3 inches of mulch.

Heavier mulches, such as nut shells and wood chunks, take longer to decompose. You may be able to get away with thinner layers of these types. Spreading traditional wood mulch too thin will result in weed infestation and rapid breakdown. Save the frustration and buy enough mulch to cover your beds with a generous layer.

**When To Apply Mulch**

Experts agree that you should wait for soil to warm up before spreading the initial layer of mulch. If you're reapplying or topping up your existing mulch, this wait time is not as important.

Because mulch acts as an insulator, the soil underneath will warm up and cool down at a slower rate than exposed soil. If you're waiting patiently to sow seeds or get planting, try moving your mulch aside on a sunny day to boost the spring soil temperatures.

Smart gardeners mulch their flowerbeds, veggie gardens, trees and shrubs. It's not a foolproof way of eliminating weeds (if anyone has a foolproof way, please let me know!) but it certainly cuts down on the spread of these pests, and reduces the need to water regularly.

Have a look at our local garden centres or ask around about organic mulches available in Wilmot Township. Dress up your property with mulch this year; your garden will thank you for it.

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## Ask Armand ~

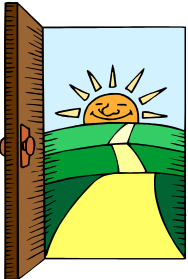


Last month we asked Armand where to get scissors sharpened and he did not know of any locals who do this service, so we sent the word out to our Outlook readers.

Well folks, we are happy to say this service is not lost, and is available in both Wellesley and New Dundee.

Thanks to both Archie and Brian for responding! To get your scissors sharpened please contact:

- \* ARCHIE RUTHERFORD  
NEW DUNDEE, CALL: 519-696-2438
- \* BRIAN PETRIE, 41 LAWRENCE ST. WELLESLEY  
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## LUTHERAN MENNONITE RECONCILIATION CONTINUES

By Dave Rogalsky, Wilmot, Ontario

It came as a surprise to the Lutheran World Federation in 1980 that Mennonites, descendants of the 16<sup>th</sup> century Anabaptists, would have difficulty celebrating with the Lutherans on the 450<sup>th</sup> anniversary of the Augsburg Confession, the foundational Lutheran document. Lutherans had failed to notice the disparaging comments made about Anabaptists in the Confession, comments which had led to persecution and execution of Anabaptists in the 1500s. After thirty years of discussions between Mennonites and Lutherans in many places in the world, 2010 saw the Lutheran World Federation express an apology to Mennonites and other Anabaptists. This apology was gratefully received and plans were made for groups of Lutherans and Mennonites to work together at local reconciliation. For four Thursday evenings in March, two Lutheran and two Mennonite congregations in Wilmot Township gathered in each other's church buildings to study *Healing Memories, Reconciling in Christ: A Lutheran-Mennonite Study Guide for Congregations*, prepared by the Evangelical Lutheran Church in Canada, and Mennonite Church Canada.

About 40 people attended each meeting, learning about each other's roots in the 1500s. It was seen that misinformation had clouded the relationships then and since. Also over the years, differences between the groups, focused on different baptism and confirmation practices as well as different responses to civil authorities, had decreased. One observation



Wilmot Mennonite Lutheran Reconciliation – Pictured are Pastors (l-r) Dave Rogalsky (Wilmot Mennonite, Baden), Olavi Hepomäki (St. James Lutheran, Baden), Joanna Miller (Zion Lutheran, Philipsburg) and Ilene Bergen (Steinmann Mennonite, Baden).

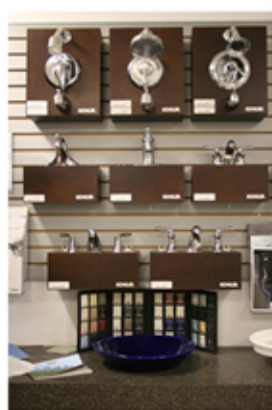
Photos – credit to Wolfgang Dreschke – Wilmot Mennonite Church

was that as the weeks went by the coffee hour after the meeting got longer and longer as relationships were forged between the participants. At the last gathering the Mennonites and Lutherans sang together “We are strangers no more, but part of one family; We are strangers no more, but part of one humanity; we’re neighbours to each other now; strangers no more, we’re brothers and we’re sisters now.”



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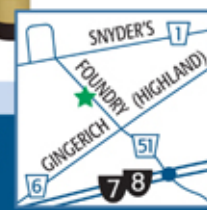


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## EJ's at Baden~Bantam Huskies CHALLENGE YOU!!!

The game of hockey is all about teamwork: working together to reach your goals, and supporting each other through wins and losses. The parents of the EJ's at Baden Bantam Huskies team is so proud of this group of guys for proving both on and off the ice that they are a TEAM! This year wasn't about wins or losses, it was about being there for a fellow teammate and his family as they prepared to say goodbye to their loved one. We are proud of how the whole team came together to help fellow teammate Daniel MacKenzie this year as his Dad tried to battle his fight with Cancer. Coach Doug and his wife Andrea were an amazing support to the MacKenzie family and always made sure Daniel was able to get to the games to be part of the TEAM.



*The boys went as a team to funeral visitation dressed in their hockey shirts.*

It is with great sadness that Ian MacKenzie passed away on Friday March 23 after a courageous battle with cancer. He was an amazing man who always had a smile on his face wherever you saw him, and his enthusiasm for life shone through. He will be greatly missed both at the rink and around town. The Bantam boys came together and showed their teamwork again, now off the ice. All the boys and their families gathered at coach Doug's house, where they put on their jerseys once again — this time out of sadness. We all walked as a team to the funeral home sporting Cancer Ribbons and team jerseys. It was amazing to see the boys come together at a time like this to support their fellow teammate and his family.

The support didn't end there. Together we decided to honour the family's wishes of collecting donations for the local food bank. We dedicated Thursday night's hockey game to Ian; the team all taped their sticks in lime green tape in honour of an amazing man and his family. We also had a table set up to collect food donations for the food bank. The support of the community was amazing, as once again we all came together as a team.

The Huskies now want to challenge YOU to come together as one big team — "The Community" — to help support this great cause. We challenge YOU, each week (for at least a year) to donate to the local food bank in your community in honour of Ian (or someone you have lost). If you don't know where your local food bank is, Sobey's in New Hamburg has pre-made bags at the check out that you can

purchase and they will take it to the food bank for you! For LESS than a case of pop you can purchase one and help so many in this community. With the slow times right now, more and more can use this gift, and we ALL need to come together as one big TEAM to help each other out.

Let's come together as a "TEAM" and make these tough times a little easier! *The Bantam Boys and their families.*

*Submitted by Christina Flood*

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## TELL ME THIS WON'T HAPPEN TO US !!



Three sisters, ages 92, 94 and 96, live in a house together. One night the 96-year-old draws a bath. She puts her foot in and pauses. She yells to the other sisters, 'Was I getting in or out of the bath?'

The 94-year-old yells back, "I don't know. I'll come up and see." She starts up the stairs and pauses ... "Was I going up the stairs or down?"

The 92-year-old is sitting at the kitchen table having tea listening to her sisters, she shakes her head and says, "I sure hope I never get that forgetful, knock on wood." She then yells, "I'll come up and help both of you as soon as I see who's at the door."



## TELL ME THIS WON'T HAPPEN TO US !!!!

Two elderly women were out driving in a large car - both could barely see over the dashboard. As they were cruising along, they came to an intersection. The stoplight was red, but they just went on through.

The woman in the passenger seat thought to herself 'I must be losing it. I could have sworn we just went through a red light.' After a few more minutes, they came to another intersection and the light was red. Again, they went right through. The woman in the passenger seat was almost sure that the light had been red but was really concerned that she was losing it. She was getting nervous.

At the next intersection, sure enough, the light was red and they went on through. So, she turned to the other woman and said, "Mildred, did you know that we just ran through three red lights in a row? You could have killed us both!"

Mildred turned to her and said, "Oh, crap, am I driving?!"

*Email submitted by Cathy Cook Marchione*

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## Harris Welcomes New Hamburg Students as MPPs for a Day

“As part of my local election platform, I committed to establishing an MPP for a Day program to provide local youth with the opportunity to experience provincial government firsthand,” said Harris. “I’m happy to report that today we officially launched our MPP for a Day program with grade 6 Forest Glen Public School student McKenna Seebach and grade 9 Waterloo-Oxford District Secondary School student Hendrik Rolleman.”

This engaging, new program will give local students in Grades 6 to 10 the opportunity to spend a day in the life of an MPP and experience the province’s political process firsthand.

To apply for the program, interested students must complete an application form available online, which includes several questions about Ontario’s political system and a 100-word short-answer response detailing why they would make a good MPP for a day. Students in Grades 8 to 10 are asked to provide an additional response explaining one thing they would like to change in the province of Ontario.

“Today, McKenna and Hendrik were introduced in the Legislature, attended a stakeholder reception, sat in on meetings, attended Question Period, took a special tour of Queen’s Park – including a rare visit to the Lieutenant Governor’s suite,” Harris said. “McKenna and Hendrik also met with PC Leader Tim Hudak in the West Lobby and received a certificate recognizing their time as MPP for Kitchener-Conestoga.”

*Mike Harris and Tim Hudak show McKenna and Hendrik a day in the life of a MPP.*



### About McKenna Seebach

McKenna is 12-years-old and is in grade 6 at Forest Glen Public School. She enjoys playing baseball and soccer. In her application for the program, McKenna said she would be a good MPP for a Day because, “I like to learn and am very interested in politics and human rights. I would like to see how a bill is passed in person and would like to meet an MPP. I am currently learning about child labour in school and it’s a worldwide problem that I want to help solve.”

### About Hendrik Rolleman

Hendrik is 14-years-old and is in grade 9 at Waterloo-Oxford District Secondary School. Hendrik is an avid hockey fan and plays for the Kitchener Junior Rangers. In Hendrik’s application for the program, he said if he could change one thing in Ontario today it would be the way government looks at small business, “Too much money is being spent on bailouts for large corporations whose main base isn’t even in Ontario. Small businesses employ the majority of workers in Ontario, and because of this the government should be doing more to help make owning a small business more attractive.”

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



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local churches with names, numbers, addresses and web sites.  
If your church is missing from this list please contact us to be included.

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# Interfaith Silent Auction 2012

Saturday April 28, 2012  
 Wilmot Recreation Complex  
 Doors open 9:00 am  
 Bidding closes 4:00 pm

The 2012 Interfaith Silent Auction is nearly upon us! For thirty years now, Interfaith Community Counselling Centre has been working to help people in our community resolve personal issues and conflicts. Interfaith connects them with the right professional counsellor for their needs, and helps them get their lives back on track, regardless of their ability to pay. The expanding role of Interfaith in our schools provides proactive support for our youth, before they run into more serious adult problems.

For twenty five of those years, the Interfaith Giant Silent Auction has been our biggest annual fundraiser. Your support of the auction has been amazing, and greatly appreciated, allowing us to support youth and clients who could not otherwise afford professional counselling. Please keep doing it! Come on out to the auction again this year, or maybe for the first time. Here is what to expect:

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- Start your day off with a Pancake Breakfast, 9:00 to 11:00 am on the auction floor, put on by the Petersburg Optimist Club. All proceeds to Interfaith Community Counselling.
- New this year...for a donation of \$20, test-drive a new Ford vehicle, 9:00 am to 4:00 pm, right at the auction location. All proceeds to Interfaith Community Counselling.
- Check out over 400 items for auction! Take home a great product or service, no tax added. Payment by cash or cheque. Sorry...no debit or credit.
- Erick Traplin's great children's show at 1:00 pm.
- The New Hamburg Concert Band performs your favourites at 1:45 pm.
- The Waterloo-Oxford Music Department shows off their many talents, starting at 2:45 pm.
- Children's activities all day, some free, some at nominal cost. Get your face painted, take home a balloon, spend some time in the Bouncy Castle.
- Another tasty Bake Sale sponsored by the New Hamburg Lioness Club, on the auction floor; all proceeds to Interfaith Community Counselling.
- Assistance and sponsorship from New Hamburg Lions Club.
- We are always looking for more donors to add to the auction. If you would like to donate, please call the office at 519-662-3092 by April 19 to arrange a pick-up of your item.
- And we are always looking for volunteers to help with parts of the auction process. If you have some time to give, please call the office at 519-662-3092 to find out how you can help.
- Donations can be dropped off at the Wilmot Recreation Complex front lobby on:
  - o Thursday April 12 6 – 9 pm
  - o Tuesday April 17 6 – 9 pm
  - o Thursday April 19 6 – 9 pm
  - o Saturday April 21 9 am – 1 pm

If it's more convenient, donations can also be dropped off at New Hamburg Cleaners, Massel's Marine, Taylor's Home Hardware or the Interfaith office, during regular business hours.

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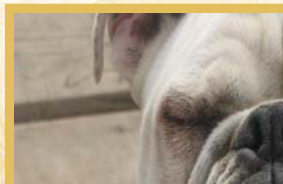
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WEDNESDAY	10:00 TO 4:00	FULL GROOM (X-SM)	\$32.00
THURSDAY	5:00 TO 9:00	FULL GROOM (SM)	\$36.00
FRIDAY	10:00 TO 4:00	FULL GROOM (MED)	\$42.00
SATURDAY	BY SPECIAL REQUEST	FULL GROOM (LRG)	\$48.00
		FULL GROOM (X-LRG)	\$50.00
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Share your creation with the world and win!

Dundee Pottery and Stained Glass is hosting their first annual People's Choice Award. Bring in your completed stained glass for your chance to win.

All entries must be 100% made by the participant, and all submissions will be hung in the shop over the summer.

Entries must be received no later than June 23rd.

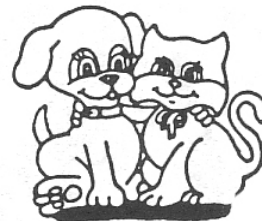
The winning entry will receive their choice of \$100 gift certificate to Dundee Pottery and Stained Glass, or FREE enrollment in the exciting new Tiffany Lamp course.

Pieces can be left in the shop until August 31, for viewing or for sale. A 35% consignment applies

For more information, contact [info@dundeepottery.ca](mailto:info@dundeepottery.ca)



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**B**eautiful! You have received some lovely cut flowers. Here are some suggestions on how to make those beautiful flowers last longer. The care your flowers are given in the flower shop can have a significant impact on how long those flowers last once you get them home. No matter how well you care for your flowers, if the florist didn't provide proper handling of the flowers while they were in the flower shop they won't last in your home.

Flowers kept in a cooler last longer than those kept at room temperature. Want even more proof of your florists' attention to proper care and handling? Florists who maintain proper temperatures are paying attention to one of the most critical aspects of stem longevity, the temperature at which the flowers are stored. Look for the thermometer in the cooler to be set between 38-40f degrees for ideal conditions for most flowers.

You got lovely cut flowers!

Don't forget to wash the vase with soap and rinse it well, then fill with water you have prepared with the packet of floral food provided, following the directions. Remember to give the flowers a fresh cut with a sharp, clean knife and place in the water. Remove all leaves that would be below the water line.



If you give your flowers a fresh cut and fresh water every other day they will last longer. When you change the water remember to wash the vase with soap to kill the bacteria clinging to the sides or you will just contaminate your new water.

Gerberas are a flower that do well with a fresh cut and water changed in a freshly washed vase daily.

Your flowers came arranged. **LOVELY!**

Is it in a vase of clear water or in the foam we call Oasis? For both styles add prepared water to arrangement when it arrives and keep the water topped up daily. Oasis arrangements last best when the oasis is kept wet as high up on it as you can keep the container filled. Letting the water level get low in the container means the flowers work harder to pull water up the oasis and into their stems.

In a clear vase, pour the water off every other day and refill with fresh water.

Where to keep the flowers?

Sure, your flowers look beautiful in the window, but the heat from the sunlight can burn the delicate petals and **WILL** cause killing bacteria to grow faster in the water. Avoid the window or anywhere near a heat source like the heat vents, wood stove TV or computer. Avoid placing them where a fan will blow on them as this will dry out the petals. Fruit, car exhaust, and cigarette smoke are the enemy. They emit the gas ethylene, which is deadly to cut flowers. Fruit (especially apples) sitting in a bowl near those beautiful blooms will significantly reduce the life of flowers.

If you have a room that is cooler in your home (below 70f degrees down to 40f degrees) and you place your flowers in that room over night, every night, your flowers will last longer with the exception of tropical flowers such as orchids and anthurium; these blooms prefer 55f degrees or more.

Remember when picking up flowers to give to someone that they can **NOT** be left in the car below 40f degrees and ideally not over 60. Remember your car temperature swings wildly when you close the door and run that one more errand that always takes longer than you think. Make the Florist your last stop before you go visit someone with fresh flowers. One final note—it's not your nose, many flowers today don't have much scent. That's because growers are breeding for long stems and lengthy vase life instead. Ask us what flowers we can get in for you with a rich fragrance.



These tips will help you enjoy your beautiful flowers for a longer period of time, but remember, starting with a quality product is the first step in the full enjoyment of beautiful flowers.

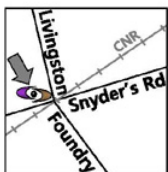


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## Checking Out the Baden Library

Check out our online catalogue for new ebooks, books, DVDs and more. If you need help placing a hold, library staff are happy to show you!

What's new on the shelf at the library?

### New Adult Fiction:

- 1 *Betrayal* by Danielle Steel
- 2 *Breakdown* by Sara Paretsky
- 3 *The Broken Land* by Kathleen O'Neal Gear
- 4 *The Wolf Gift* by Anne Rice



### New Adult Non-Fiction:

- 5 *Amy Winehouse: A Losing Game* by Mick O'Shea
- 6 *Living Me to We: The Guide for Socially Conscious Canadians* by Craig Kielburger
- 7 *Retirement's Harsh New Realities: Protecting Your Money in a Changing World*  
by Gordon Pape
- 1 *Star Quality: 50 Waterloo-Oxford Students who Soared*  
by Nancy Silcox

### New DVDS:

- 1 *The Adventures of Tintin*
- 2 *Alvin and the Chipmunks: Chipwrecked*
- 3 *The Descendants*
- 4 *Extremely Loud and Incredibly Close*
- 5 *Footloose*

Do we have your email address? Please give us your email address and we will contact you faster when your library materials arrive!

Coming soon - the announcement of the **2012 One Book One Community** title in April! Check the library website or oboc.ca for details and upcoming events.

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

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



**LOST: CHAIR PAD FOR A WICKER CHAIR, ORANGE IN COLOR. A WINDY DAY IT WAS BLOWN AWAY IN THE FIELD BEHIND HUNSBERGER DRIVE NEAR THE MOUNTAIN VIEW MODEL HOMES. IF YOU HAPPENED TO HAVE FOUND IT PLEASE CALL....519-214-1004**

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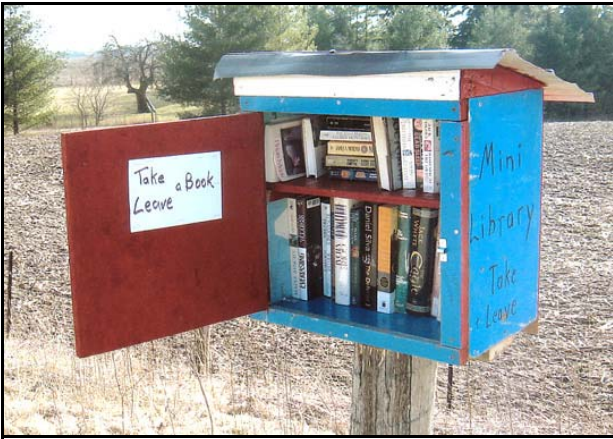
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 Saturday 8-3  
 Closed Monday



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### Penny Power Carnival

Saturday May 5<sup>th</sup>, 9 to Noon  
Mannheim Mennonite Church  
1494 Bleams Rd



Proceeds will go to MCC 'Change for Change'

### FISH FRY

St. George's Anglican Church  
at the  
New Hamburg Community Centre  
Musical Entertainment by Mike Erb

Adult: \$15.00  
Child (4-12): \$7.50

Friday, April 20th, 2012  
5:00 pm - 7:30 pm

### Saturday Night at the Movies

Wilmot Mennonite Church, 2995 Bleams Road  
April 21 - 7:00 p. m

**Panorama Australia** ~ Come with us to AUSTRALIA, Land of Timeless Beauty. Discover the astounding diversity of the tropics, the natural paradise of Kangaroo Island, phenomenon of Lake Eyre.

Free admission. Donations accepted to cover costs.  
Bring a snack for yourself - Drinks provided.

### Spring Tea & Bake Sale

Saturday, April 21, 2-4 p.m.

Livingston Presbyterian Church  
Mill Street Entrance



### Dollman

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### Wilmot Centre Missionary Church 2463 Bleams Road

Mark Your Calendar!

Wilmot Centre Seniors invite you to join them to hear testimony of featured guest, Brenda Gerber sharing her life experiences as a result of childhood farm accident.



### WILMOT HORTICULTURAL SOCIETY Monday, May 14 - 7:00 p.m. Annual Flower Show

Haysville Community Centre (note change of venue)  
Topic: 'Flower Arranging'  
Speaker: Rowena Martin (Judge)  
Entries received between 1:00 - 3:00 p.m.  
Children's entries accepted between 1:00 - 4:30 p.m.



For more information, contact Nancy at 519-662-9182  
Everyone is welcome to attend.  
www.wilmot-horticultural.ca

### Another Cool Move

Wilmot Family Resource Centre brings you....

### SUMMER FUN

Day Camp for children grades SK to 6  
Full Days! Full weeks!!

Monday to Friday 8:30 am to 4:30 pm  
Held at the New Hamburg Community Centre.

In an attempt to keep the rates reasonable we have adjusted camp prices according to the cost incurred for the various activities planned for the week.

Register your child (ren) before June 1, 2012 and save \$5. per camp per child. June 1, 2012 and on regular rates apply.

1. ADVENTURELAND — JULY 2 TO 5
2. KaBOOM KerSPLAT — JULY 9 TO 12
3. ANIMAL HOUSE - it's a zoo in here! — JULY 16 TO 20
4. SUMMER FUN OLYMPIC GAMES — JULY 23 TO 27
5. WET'N WILD OCEAN ADVENTURE — JULY 30 TO AUGUST 2
6. KIDS IN MOTION — AUGUST 7 TO 10
7. WILMOT'S NEXT GREAT CHEF — AUGUST 13 TO 16
8. A YEAR IN A WEEK — AUGUST 20 TO 24

For more information (pricing, camp descriptions/details) or to register your child(ren) please contact W.F.R.C. at 519-662-2731 or email: cr4wfr@bellnet.ca  
www.wilmotfamilyresourcecentre.ca

## Baden Birding

On a rainy March 7th morning Lil and I had the good fortune to visit the Royal Albatross colony east of Dunedin, New Zealand. This is a relatively new nesting ground for these birds, the majority of which nest on the predator free sub-Antarctic Chatham Islands 800 km to the east of New Zealand.

You sure can't miss albatross if they are in the area! The average body length is about 4 feet and the average wingspan is about 10 feet. The average weight of these birds is 19 lbs. Individuals have been measured with wingspans up to 11.5 feet. Despite this great size, the birds are extremely agile as they skim along the water and over the craggy nesting site at speeds of up to 120 kph (80 mph). Except for taking off from land nesting areas or the surface of the ocean after feeding or resting, Albatross rarely flap their wings which, in flight, are normally held in an extended position by "locked" ligaments allowing the muscles to relax and use very little energy.

The main food of albatross is squid and fish taken from the surface of the ocean. Sometimes they and their cousins, the mollymawks, will follow fishing boats waiting for scraps as our gull species do. Of course, their food is very salty coming from a salt water ocean, and they do not have opportunity to drink fresh water. Every organism needs non-salted water in their blood stream. In order to fulfill this basic requirement of life, the albatross and other cousins have a mechanism to squeeze water into a special chamber in their heads where water is filtered by osmosis for their use. The remaining salty paste is excreted through long tubular nostrils – a healthy albatross always has a runny nose.

After a young bird leaves the nest it will spend up to 8 years at sea ranging across the southern Pacific Ocean as far as the Antarctic. Some come back to the nesting sites after a shorter



By Ken Quanz

time, but do not mate until they are about 8 years old. Studies are underway to determine if the young are actually helping to rear their siblings, or are just looking for potential future mates.

The first mating occurs at about 8 years and continue biennially for the rest of their natural life which averages over 42 years. After laying one egg in a rough nest on the ground, the pair take about 80 days to alternately incubate the egg. The rest of the time is spent at sea finding food. This task becomes much harder after the chick is hatched as the parent must find food for its rapid growth. After the first month the chick has enough size and feather covering to be left alone while both parents fly up to 500 km to find food (this has been documented in the last two years using small GPS devices attached to the adults). By the time the chick has fully fledged 240 days after the egg is laid, it vastly outweighs its parents who have been busy carting the groceries! Finally it is free of the land and does not return to sleep or rest on land for up to 8 years until maturity. The parents, tired and emaciated take off in different directions and only reunite (with the same partner) after almost two years to start the next brood of one chick.

So, how close were we to these magnificent birds? One very active nest was situated about 20 m from the totally enclosed viewing platform which gave us a great view of the chick, two parents and a sibling. More nests were visible as well. Meanwhile, other albatross flew over our heads only a few metres away. We are certainly glad we spent the time to have a great introduction to these royal birds, some of the largest flying birds in the world.

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## CELEBRATING ST. GEORGE

Saint George's Anglican Church in New Hamburg will be celebrating the Feast of St. George this year with three community-oriented events – a fish fry, a classic car show and blessing of the cars, and a family church service.

April 23rd is recognized around the world as the Feast Day of St. George - best known as the patron saint of England. Indeed, it is his red cross that forms an integral part of Great Britain's flag, the Union Jack. Throughout history, many other nations and cities - including Malta, Portugal, Palestine, Russia, Beirut, Genoa, and Moscow- have also claimed George as their patron saint.

In fact, George is one of the most revered saints in the Anglican, Roman Catholic and Orthodox churches throughout the world, and is also the patron saint of the scouting movement.

Why all this devotion to a person who died in the third century? While there are many legends surrounding St. George, all accounts agree that he was an exemplary individual. Born into a noble Christian family in Israel around 275 CE, he followed in his father's footsteps and joined the Roman army. Highly regarded by the Emperor Diocletian, George's military career flourished. However, when Diocletian ordered that Christian soldiers be arrested and put to death, George renounced the emperor's edict and declared his own commitment to Christ. Despite the emperor's many efforts to get him to renounce his faith, George remained

firm. Before he was tortured and executed, he gave away all of his possessions to the poor. George was beheaded on 23 April, 303 CE and was quickly venerated as a martyr.

Over the ages, St. George has been memorialized and celebrated in countless ways. In keeping with that tradition, the congregation of St. George's Anglican Church is inviting area residents to celebrate with them. On Friday, April 20, there will be a fish fry featuring Lake Huron fish prepared by Howell's of Warton at the New Hamburg Community Centre. Dinner begins at 5 p. m. and continues until 7:30 p.m., and will feature live music performed by Mike Erb. There will be door prizes as well. Tickets (\$15 adult; \$7.50 children ages 4-12 years) must be purchased in advance, either at Massel's Marine, 38 Milton, New Hamburg or by calling 519-662-9310.

On Saturday, April 21, the church hosts a classic car show and the blessing of the cars will take place on Sobey's Lower Parking lot, 100 Mill St. from 10 a.m. to 3 p.m. All makes of cars are welcome and the registration fee per vehicle is \$10. There will be special souvenir plaques for the first 50 cars registered and prize draws. Registration forms can be picked up at Massel's Marine or obtained by calling 519-684-7060.

Celebrations conclude on Sunday, April 22 at St. George's Anglican Church, 3 Byron Street, at 11 a.m. A special intergenerational service will commemorate Earth Day as well as St. George. All are welcome!



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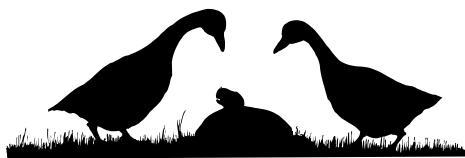


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## WORRY ~ That's Our Job

Is there a magic cut off period when offspring become accountable for their own actions? Is there a wonderful moment when parents can become detached spectators in the lives of their children and shrug, 'It's their life,' and feel okay?

When I was in my twenties, I stood in a hospital corridor waiting for doctors to put a few stitches in my daughter's head. I asked, 'When do you stop worrying?' The nurse said, 'When they get out of the accident stage.' My mom just smiled faintly and said nothing.

When I was in my thirties, I sat on a little chair in a classroom and heard how one of my children talked incessantly, disrupted the class, and was headed for a career making license plates. As if to read my mind, a teacher said, 'Don't worry! They all go through this stage and then you can sit back, relax and enjoy them.' My mom just smiled faintly and said nothing.

When I was in my forties, I spent a lifetime waiting for the phone to ring, the cars to come home, the front door to open. A friend said, 'They're trying to find themselves. Don't worry! In a few years, you can stop worrying. They'll be adults.' My mom just smiled faintly and said nothing.

By the time I was 50, I was tired of being vulnerable. I was still worrying over my children, but there was a new wrinkle. There was nothing I could do about it. I continued to anguish over their failures, be tormented by their frustrations and absorbed in their disappointments.

Can it be that parents are sentenced to a lifetime of worry? Is concern for one another handed down like a torch to blaze the trail of human frailties and the fears of the unknown? Is concern a curse or is it a virtue that elevates us to the highest form of life?

One of my children became quite irritable recently, saying to me, 'Where were you? I've been calling for 3 days, and no one answered I was worried.' I smiled a warm smile.

The torch has been passed.



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In last month's article "An Introduction to Chiropractic Care", we specifically focused on the training and education of chiropractors, regulation of chiropractic, and the scope of chiropractic care. This article will focus on the chiropractic patient experience written specifically from the author's perspective of what patients experience at his private practice. Individual chiropractic experiences may vary in different chiropractic settings dependent on practitioner interests, experience, education, and training.

Chiropractors provide diagnosis, treatment and management of disorders arising from the musculoskeletal system (joints, muscles, tendons, nerves, and bones), such as back pain and neck pain. Before any treatment is commenced on a prospective chiropractic patient, there are several steps that are taken to ensure the case is one that can be helped with chiropractic care.

First, a thorough **Medical History** is taken which documents an individual's specific complaint and may also include questions concerning past surgeries and illnesses, medication use, general and family health history. Second, a **Physical Examination** is performed consisting of orthopedic, neurological, and range of motion testing. X-rays may also be ordered to help determine the source of pain or dysfunction. Third, a **Diagnosis and Prognosis** is provided to the patient to let them know if their complaint(s) can benefit from chiropractic care. If the complaint will not benefit from chiropractic care, a referral is made to the appropriate health discipline.

For all complaints that may benefit from chiropractic



care, a proposed treatment plan is communicated to the patient, including type of treatment and duration. Factors taken into consideration when developing a treatment plan for a particular individual include age, sex, severity and duration of complaint, lifestyle and environmental factors, physical health and fitness, medication use, and any other relevant health conditions. In addition, factors relating to patient concerns and preferences are also taken into account, because patients always have a choice as to the type of care they wish to receive.

Chiropractors are trained to offer multi-modal physical therapy incorporating the use of different techniques commonly employed in combination with each other to decrease pain, stimulate healing, and restore overall function. **Chiropractic adjustments and mobilizations** are just one mode of therapy utilized by chiropractors (but not with every patient), to restore normal motion and functioning in joints. **Soft tissue therapy** is used to alleviate muscle spasm, decrease scar tissue, and increase pain free ranges of motion. **Electrotherapy** involves the application of relaxing therapeutic electrical current or sound waves to the area of injury, dysfunction, or pain (i.e. TENS, interferential current, ultrasound). **Acupuncture** can be used to promote healing, decrease pain, and control inflammation. **Rehabilitative exercise prescription** may also be used to improve balance, coordination, strength, flexibility, and posture.

Contemporary chiropractic care provides many options for prospective and current patients seeking effective and safe therapy for their musculoskeletal complaints. Additional chiropractic resources can be found at: ([www.nhwc.ca](http://www.nhwc.ca)), ([www.chiropractic.on.ca](http://www.chiropractic.on.ca)), and ([www.ccachiro.org](http://www.ccachiro.org)).

*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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## Health in Practice ~ Are You Intoxicated?

Once upon a time, plastic, flame-retardants, pesticides, herbicides and chemicals were not even words in our vocabulary, let alone parts of our daily diet and lifestyle. It's time to wake up and smell the Pthalates (chemicals responsible for the new car smell and also used in fragrances and air fresheners to make smells last). We are being exposed to a multitude of artificial substances on a regular basis and it is not a question of am I toxic, but more like how intoxicated am I?

So what gives? If these chemicals are so toxic, why doesn't the government outlaw their use? Unfortunately it's not so simple, and here's the issue: most of these chemicals are designated as being safe after being studied as a single chemical with exposure only over a short period of time. However, in reality we are exposed daily not to one but to multiple chemicals (over 80,000 chemicals are in circulation since WWII) over our lifetimes and no studies exist showing the effect of this. What has been noted is an ever increasing amount of hormonal, immune and nervous system health conditions.

What's the link? Many chemicals mimic natural body molecules. Make-up contains many xenoestrogens, chemical hormone mimickers. Women with hormonal problems could easily blame their make-up for making them gain weight and for hair showing up in the wrong places. The nervous and immune systems are also disturbed by various chemicals; common symptoms include fatigue, inability to concentrate, depression, anxiety, increased susceptibility to infections, allergic reactions and more.



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So what should we do? Here's my easy strategy: Follow your ABC's.

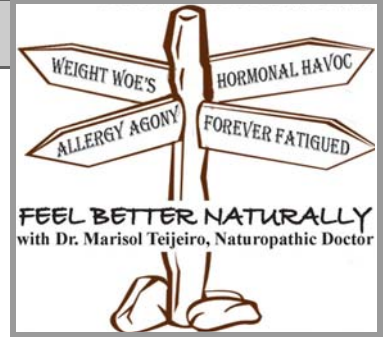
**A - Adapt your environment.** eliminating all sources of toxins in your life. i.e. Remove plastic from your life, especially plastic water bottles. Choose non-toxic ways to carry your liquids, like a Stainless Steel Klean Kanteen.

**B - Balance your lifestyle.** What you do on a daily basis makes a huge impact. i.e. Going to bed early between the hours of 9-11 pm and getting sufficient sleep ( 7-8 hrs), as your body does the majority of cleaning while you are asleep.

**C - Cleanse Seasonally.** Spring is the ideal time for a cleanse. If you're thinking about doing a cleanse why not do it with your community? This year the 1st annual Community on a Cleanse is launching an informational seminar on Wednesday May 2nd, 6:30 pm at the Wilmot Recreational Centre. A variety of local health promoters as well as myself are involved in bringing an easy cleansing program that is sure to please. Reserve your spot for the seminar by calling 519-634-9819 or info@communityonacleanse.ca.

Get informed about what you are putting in and on your body and what you can do to avoid and eliminate toxins. Chemicals aren't naturally occurring and have no place in a biological body. Remember to always read labels and if you can't read an ingredient it probably isn't natural, so avoid it. Remember, being healthy is all about what you do on a regular basis; being healthy takes practice, so start your health practice today.

Disclaimer: This is not meant to diagnose, treat or cure any disease. Always seek the advice of a qualified health care practitioner before undertaking any program.





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With your palms flat on the floor and fingers pointed toward you, slowly lean backwards to stretch your forearms and wrists.	Put one arm above your head (palm up) and the other arm down along your side (palm down) and hold this stretch.	Lean your head toward your left shoulder as your left hand pulls your right arm down and across.	Hold the elbow of one arm with the hand of the other arm. Gently pull your elbow behind your hips to the side.

*Please Note: All stretches should be held pain free for 30 seconds and caution should be taken to not over stretch. You should always consult a medical professional before starting any new physical activity.*

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## **Bullying Awareness Presentation – Sponsored by the New Hamburg Lions**

**S**ixty four percent of young people are bullied and 85 % of that occurs in front of witnesses!

Bullying plays a prominent role in encouraging children to commit suicide. On March 22<sup>nd</sup>, Lisa Akey of the Interfaith Community Counselling Centre and Rob Klea of the Waterloo Board of Education presented members of the New Hamburg Lions and the public a deep look into a problem that has always been present in society, but which has become more dangerous to communities, generating depression and poor school performance in bullied young people. With the invention and proliferation of texting, bullying never stops. Where the bullying in the past might have stopped when the child left the playground or the school, texting ensures that it goes home, continues through evenings, weekends and holidays.



How do we, as a society and as parents, cope with it? Bullies need to know that there are clear penalties for

doing so. At the same time, they need to be aware that there are positive behaviours other than using dominance of others to inflate their egos. Dealing with bullying begins at home – talk to your children, talk to their friends, turn off electronic devices when children go to bed, monitor to the best of our ability our children's computer and smart phone usage! At school – establish anti-bullying groups, discussion groups, and establish counselling groups to deal with the bullies and help the victims.

Bullying has been around forever, in various forms and intensities, always generally visible to others and dealt with one to one – victim to bully. Today is different! Our children are dealing with bullies they can see and more importantly, those that they can't see! With texting, instant messaging, facebook, twitter and other social media options, children can't escape the bully they can't see – if only they could turn off the media that haunts and surrounds them when they're being bullied!

**Bullying of our children needs to stop!**



## Healthy Fats are Essential to a Healthy Diet

Fats have received a bad reputation, though there is no doubt that eating the wrong kinds of fat will negatively impact your health. Fats, however, are critical to your overall health and should not be avoided or restricted. Healthy fats, in moderation, will promote health, healing, and even weight loss.

There are basically two types of dietary fats. Fats that are solid at room temperature (e.g. butter, cheese, and animal meats) are known as saturated fats. Fats that are liquid at room temperature (e.g. olive, sesame, safflower, grapeseed and flax oils) are known as unsaturated fats. I am sure you have heard the old adage “you are what you eat”. This is especially true of fats. The fats we consume are directly linked to every cell in your body.

Consuming a diet rich in saturated fats can contribute to elevated LDL (bad) cholesterol. The result is damage to arterial walls, impairment of the cardiovascular system, and reduction of blood flow. What many people do not realize is that trans-fats from margarine, creamy salad dressings (yes, this includes Caesar) and creamy sauces will do exactly the same thing.

Olive oil appears to be the best and safest of all edible fats. Replacing saturated fat in the diet with olive oil leads to a reduction of bad cholesterol. The best-quality olive oil is extra-virgin, cold pressed and sold in a dark glass bottle. Olive oils should be stored in a dark cupboard to preserve the quality.

Olive oil is fantastic to use for salad dressings, bread dipping, oven-roasting vegetables and drizzling over cooked vegetables in place of butter. However, one cautionary note about olive oil is that it does not have a high temperature threshold. This means you should not use it directly over heat, as with pan-frying or stir-frying. The olive oil actually changes its molecular structure and becomes a trans-fat. It is therefore imperative that you do not use olive oil for stove top cooking. I would recommend using either Grapeseed oil

or Coconut oil for any stove top cooking as these oils have a much higher temperature tolerance and will not contribute to high LDL (bad) cholesterol.

Stocking your kitchen with healthy fats and removing sources of saturated fats is one more step you can take on your journey to optimal health and wellness.

I know many people who love Caesar Salad, therefore I have included a wonderful alternative Caesar recipe that you can make at home without the risk of trans-fats.

**Caesar Dressing:** adapted from Brendan Brazier's Thrive Diet

- 2 Garlic cloves
- 1/3 stalk of green onion
- 3/4 cup hemp oil (or flax seed oil or olive oil)
- 2 tbsp brown rice miso paste
- 1 1/2 tbsp apple cider vinegar
- 1 1/2 tbsp fresh lemon juice
- 2 tsp nutritional yeast
- 1/4 tsp cayenne pepper

Blend all ingredients in a blender or magic bullet.

Use on romaine and spinach lettuce with pumpkin and sesame seeds for a delicious salad.

## Eat Healthy and Be Healthy.

**Disclaimer:** Individual articles are based upon the opinions of this author, who retains copyright. This information is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Heather McKague-Bandl, ROHP, RNCP. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.



Heather McKague-Bandl,  
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Dr. Marisol Teijeiro, Naturopathic Doctor passionately shares her expertise in German Natural Medicine and helps her patients (babes to boomers) implement cleansing and detox strategies that balance hormonal, immune and nervous system problems (Allergies, Fatigue, PMS, Thyroid, Menopause, Weight Gain, Digestive Issues etc...). She practices at LiveWell Health and Wellness in Baden, Ontario ([www.sanas.ca](http://www.sanas.ca)) and is co-founder of Ecoqol Inc. and creator of the OJA Organic Compresses.

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P: 519. 634. 9819 or [info@communityonacleanse.ca](mailto:info@communityonacleanse.ca)



Wednesday MAY 2<sup>nd</sup>, 2012  
Drinks 6:30pm Seminar 7pm  
WILMOT RECREATION COMPLEX, MEETING ROOM B

