

Baden Outlook

Wilmot in Action ~ Spring Cleaning

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

The Baden Community Association has teamed up with Tim Hortons again to help with the community clean-up. This is an annual event for Tim's and it's great to join forces to tidy up our town!

Everyone is invited to join in, meeting at the fountain next to Baden's Tim Hortons on Saturday, April 20 at 10 a.m. Let's get spring-cleaning done and polish Baden - Our Town!



Spring Cleaning with Dr. Marisol

It's that time of year for the annual Community on a Cleanse!

Spring is the best time to jump-start that tired winter body and no better way than a good cleansing! So join expert Dr. Marisol, Livewell Health, and other wise folks who want to help take care of you!



See article on page 9 and ad on back page for all the details!

6th Annual Living Well Festival

Wilmot Recreation Complex ~ 1291 Nafziger Road
Friday, April 26 & Saturday, April 27,



Wilmot Healthy Communities Coalition offers this fun, healthy, event.

For more details see inside article on page 8 and a schedule of events at website 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.

GARAGE SALES

It's time to clean out some of those unwanted items and find some great deals of your own, so be sure to check out the **Baden Community Garage Sale & Foxboro Garage Sale** held on Saturday May 25th.



RE-NEW, RE-USE, RE-CYCLE



Whether in your own yard, neighbourhood or town—please give your heart and time to EARTH DAY ~ MONDAY, APRIL 22



Baden Outlook

This paper is priceless - Please have one!

"Keeping the Community Connected" with 2850 copies in circulation.

Talking with Ed

GO GREEN AND GET ON BOARD!



complete, China's subway track alone will be a mind-boggling 1,900 miles. According to the World Metro Database, Beijing and Shanghai currently have the world's longest metro and subway systems, with about 275 miles each. The city of Guangzhou in

China also falls in the top ten with 144 miles of rail, beating Paris's network length of 135 miles.

This ambitious program is to help move 1.3 billion residents around the country and cut down on the air pollution problem due to car emissions in the big cities. Pollution can be worse in Beijing in the winter as pollutants tend to linger when the air is heavier and colder. The city is also located beside the Gobi Desert, where it has been subject to sand and dirt storms all the way back to the days when Beijing was called Peking.

Due to the Chinese government's economic growth and encouragement to raise the standard of living, cars have taken to the roads faster than government can pave them. There is a real need for a transit system in these large cities. Vehicle sales in 2002 were five million vehicles to nearly 20 million sales in 2012. About 114 million automobiles are now registered to Chinese residents in 17 Chinese cities.

China is also the world's largest energy consumer with a huge dependence on fossil fuels, especially coal. You would think that coal would be the biggest contributor to pollution, but car emissions still outweigh coal. China is definitely tackling their problems head on with a solid plan in place to control pollution and road congestion.

So, back in Waterloo Region, should we be concerned about pollution? Absolutely! Are there too many cars on the road right now? A quick drive down the expressway or the 401 will answer that question. Will the LRT help with congestion and pollution? I am not sure that people in this area will leave their cars at home and ride the LRT, but time will tell.

Until next month...Ed

There have been many controversial subjects over the last few years in the region and one of them, the Kitchener-Waterloo Light Rail Transit, is moving forward. The list of 100 potential builders for the 818 million dollar project (priced at 790 million in June of 2009) has been narrowed to three, as has been the potential name of the LRT. The three possible names include the ION, ARC, or TRIO for the 19 km train system that will be completed by 2017 and will run from Conestoga mall to Fairview Park Mall.

There has been lots of opposition to the project. The Taxpayers for Sensible Transit (T4ST) have claimed that the project is too expensive for Waterloo Region, even though the provincial and federal governments each will be kicking in about a third of the cost. Others have said that the bus ridership in Waterloo region is low as it is. Decisions whether or not the LRT will be built are not for individual citizens to make, but we must trust our elected officials made the right decision on our behalf.

If you think that the region's project is expensive, think about China which is in the midst of constructing the world's largest transportation system. China is adding 800 miles to its subway system over the next two years. That is the equivalent of a network stretching from Dallas to Chicago. By 2015, when the infrastructure build-out is

Top Cities with longest metro and subway systems

- Beijing
- Shanghai
- London
- New York
- Seoul
- Moscow
- Tokyo
- Madrid
- Guangzhou
- Paris

Sources of fine particulate matter in Beijing
 Pollution from surrounding districts 25%
 Vehicle emissions 22%
 Coal pollution 17%
 Industrial emissions 16%
 Urban fugitive dust pollution 16%
 Rural straw burning 4%
 Source JP Morgan

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Greetings from Outlook Headquarters

Bring on the rain!!

Yes, tis the season, so embrace the wind and rain—it is right in time for our clean up theme this month! After the shower and blow dry we will rejoice in the bright sun, blue sky, green grass, and multi-coloured spring flowers!



Thank you very much to those who took the time to share their opinions in our recent Baden Outlook survey. And thanks for giving thumbs-up to both Barry's and my monthly editorials, which is encouraging. Also at the top of list was Baden Birding, the various health and wellness-related articles, the sports pools, puzzles, trivia, and of course the humourous submissions always get rave reviews! (Yeah—we do have funny bones!) You may continue to input your thoughts in the survey or email us, or put your feedback in our yard mailbox. We do value your opinion!!

Check out our on-line survey at www.surveymonkey.com/s/NDQHT5V
And let us know what you think!



What a nice surprise when I found these wild narcissus in the bush behind our yard. They look gorgeous in my inherited antique vase from my Grandma Seyler.

Yahoo to the 292 eager folks who filled out the Baseball Pool forms. The resulting stats will be available in the May issue but in the meantime you can follow along to watch your team at our website at www.badenout.com and click on Sports Pools and choose baseball to log in.

As I stated last month, I was feeling restless with the paper so I rearranged the layout a bit—it may seem like you've gone to your routine grocery store after they've done a re-line and you don't know where your regular food items are now. Well, sorry about that but it may continue to change as I wrestle with my thirteen-year-itch with the paper. You will also see plenty about the upcoming Corn Festival as this event is really going to put Baden on the map!! Be proud and take part— you'll be sure to have fun as the energy builds around this day—August 10 ...so mark your calendar!!

Thanks for the response to the contest last month. Robert Price is the winner who found 21 puns in the Baden Corn Fest article where Cornelius Cobb met with the Mayor. Bob wins a Baden Outlook shirt.



APRIL IS DAFFODIL MONTH

* What is the difference between daffodils and narcissus?

None. The two words are synonyms. Narcissus is the Latin or botanical name for all daffodils, just as ilex is for hollies. Daffodil is the common name for all members of the genus Narcissus.

* How long do daffodil bulbs last?

Under good growing conditions, they should outlast any of us. While some kinds of bulbs tend to dwindle and die out, daffodils should increase.

The number of defined species ranges from 26 to more than 60, depending on the authority. Species and hybrids are widely used in gardens and landscapes.

EXTRA EXTRA!!!

You'll find us around the 15th of each month, while quantities last. Available in Baden at Mars Variety, Mac's, Baden Feed, One Way Water, Livewell Clinic, Wilmot Rec. Centre, Tim Hortons, Baden Library, EJ's, Seasons Grande (formerly Eglis) and several outdoor magazine boxes located conveniently throughout town for Baden readers.



Also at St. Agatha Stop 2 Shop, Old Fashioned Variety (Petersburg) and Foxboro. Over 30 places in New Hamburg to pick it up—including: Sobey's, Short Stop, Cooks Pharmacy, No Frills, Kasemann's, Morningside, Absolute Fitness, NH Dry Cleaners, NH Wellness, NH Library and various offices and retail locations throughout Wilmot Township.

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

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Baden ~ Our Town

Mark Saturday April 20th on your calendars for the Tim Hortons / Baden Community Association Community Clean-up. The event will begin at 10 a.m. at the fountain beside Tim Hortons. Last year 99 citizens registered and about 100 bags of garbage were collected. There will be refreshments and door prizes given by Tim Hortons and local merchants.

Be sure to watch for the 1000 budding tulips, daffodils and crocuses in the Livingston Boulevard and the Baden Square wall that the BCA planted last fall!

The BCA will be participating in the Community Chase event at the Wilmot Recreation Centre that is part of the Wilmot Healthy Coalition-Living Well Festival. The community chase begins at 11:30 and runs for an hour. Families, groups, and individuals are invited to enter a team and have one hour to fill in a passport participating in physical and mental challenges. Prizes will be awarded for many of the entries.

Fundraising BBQ: If you happen to be shopping at the Walmart Store at Ira Needles on May 9th, 11-4, you will see the BCA out front serving up some tasty bbq'd bun items.



Matt & Jackie Rolleman
39 Snyder's Road W, Baden
519-634-5711

*Mother's Day ~ May 12
Treat your Mom at E.J.'s*

*Stay close to home - meet your friends
and have great food & a good time!*

You will also see the BCA helping out at the Baden Public School Back Yard Barbeque in May for their major fundraiser which gets bigger each year!

Plans are progressing well for Baden's largest annual event—Baden Corn Festival. See article on next page to get a sneak preview of the entertainment appearing that day. So...mark your calendars, as August 10th promises to be an exciting day. Stay in touch with the event at www.badencornfest.ca

And remember that you are always welcome to join in the meetings held the last Wednesday of each month at the township office at 7 pm! Follow all the fun on facebook and twitter.

**Saturday
August 10**

**FOOD AND CRAFT VENDORS: CONTACT US
TO RESERVE YOUR SPOT!**



Baden Corn Festival

**CORN ROAST SUPPER
AND
STREET DANCE
WITH 3 BANDS:**

**LAURA ROSE
COWBOY UP
AND
FIDDLESTIX**

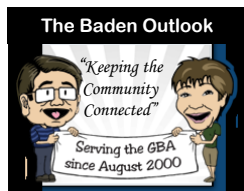
**FIREFIIGHTERS' PANCAKE BREAKFAST - KID ZONE - HERITAGE
FARM EQUIPMENT - FARM AND BADEN MILL TOURS - CASTLE
KILBRIDE - MUSICAL ENTERTAINMENT WITH ERICK TRAPLIN,
VANYAH AND MANY MORE --**

AND FOOD, FOOD, FOOD!

**www.badencornfest.ca
519-501-9116
info@badencornfest.ca**

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<https://twitter.com/cornyTcobb>**

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OF WILMOT**



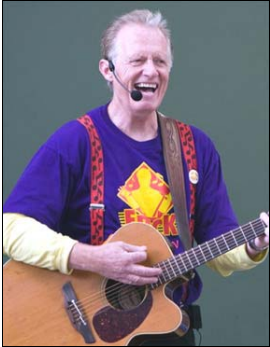
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THE BADEN CORN FESTIVAL: ENTERTAINMENT GALORE!



Wow—only four months until the first annual Baden Corn Festival! It's coming fast, and our committee has been hard at work, planning for Saturday August 10: food and craft vendors are signing up, the corn roast supper is coming together, and sponsors are generously offering their support. What a great day this will be for celebrating local food!

And while there will certainly be lots to eat, the Corn Festival's fun goes way beyond food. Musical performers are also part of the day ... and a huge part of the night. Just take a look at who's bringing their musical talents to Baden:



Get ready to clap your hands, stomp your feet, sing along, and have some fun: Erick Traplin, one of our Township's favourite performers, will delight children and adults alike in the Kid Zone. Erick is an award winning musician, singer/songwriter, and author, and has released 7 CDs and 3 children's books. He has been entertaining children at schools, libraries, fairs, and

community events throughout Ontario and Eastern Canada for over 20 years with his fun-filled, high-energy, interactive musical show. Visit him at www.ericktraplin.com



The afternoon brings Baden performer Vanyah to Castle Kilbride's front lawn. Vanyah's soaring guitar music can be sweet and romantic, or can celebrate the human spirit with rocking melody—his versatility will astound you. Vanyah has performed with Charity Brown, the John McKinley Band, and Miss Angel, and he was a contestant

earlier this year in CBC's Searchlight Contest, the Hunt for Canada's Best New Artist. He's brought his talent to Kitchener's Boathouse, Maxwell's Music House, and many more; hear his music at <http://www.vanyah.com/>

When the sun begins to set, get your dancing shoes on for the Baden Corn Festival Street Dance. It's a licensed event presenting three fantastic bands. Just check out this lineup:

The dance opens with Laura Rose, a band with members who have a wealth of

professional music experience: Peter Kadar on keyboards has toured extensively, including with Alana Miles and Amanda Marshal; Dave Menard on drums is a regular performer at the Stampede Corral and the Waterloo Arms; and guitarist Emile d'Eon has performed with the Canadian Tenors, Divine Brown, and many more. Lead singer Laura Menard rounds out the crew; hear their sound at www.myspace.com/laurarosemusic

Next up is Cowboy Up, affectionately known as the "Almost Every Thursday Night Band" at E.J.'s: their sound ranges from country to light rock classics, as well as several original songs. Cowboy Up offers a true "hometown sound" to their audience by making a strong connection with their listeners, who often sing along with their fantastic renditions of everything from 1950s and 1960s favourites to current hits. Want to hear the Cowboy Up experience? Drop in to E.J.'s Tavern in Baden "almost every Thursday night!"

Finally, the headline band for the Baden Corn Festival street dance is none other than Fiddlestix, Ontario's premier fiddle rock band, known for their captivating energy on stage and their extraordinary musicianship. This team of fiery musicians will take you on a musical journey, from Hungarian Gypsy to foot-stomping Celtic and



more. They've played with Great Big Sea, The Irish Rovers, and many, many more; they've had countless television appearances, and in Toronto heralded the arrival of the Olympic torch with Gord Downie of the Tragically Hip (from <http://www.fiddlestix.ca/>). Fiddlestix is an unforgettable experience, and this August, you'll get the chance to see them live, right here in Baden.

Whew—that's an impressive musical lineup, and you won't want to miss it: check out www.badencornfest.ca for

updates and ticket information in the coming months. And if you're a performer too, don't forget that the Baden Corn Festival wants to hear from you. We're looking for local entertainers to showcase their talents on our main stage and in the Kid Zone. Just contact us at info@badencornfest.ca for more information...and we'll see you in August!



Optimist Club of Baden

In January, we were overwhelmed by the turn-out for our free public skating event which supported the Wilmot Family Resource Center by having participants donate a canned good. Skaters donated the equivalent of six boxes of food and over \$100.

We also held our first annual Essay Competition with the theme, "How can I help my friends realize their value." We are so pleased to congratulate the winner of our essay competition, Sydney Helmke. Sydney's essay has been sent to the District Competition for a chance to win a \$2500 scholarship. First place - Sydney Helmke; Second place - Cassidy Smith

A special note of congratulations to Cassidy Smith (age 9) on securing second place! Cassidy's mom shared that this was her first attempt at writing an essay and we are extremely proud of her accomplishment.

Thank you to our local judges: Teresa Brown, Ryan Roth, and Erin Agnello—we couldn't have done it without you!



In April, the Optimist Club of Baden will be unveiling the road we are adopting in celebration of Earth Day, and volunteers will be manning our checkpoint during the Community Chase as part of the Living Well Festival being held at the Wilmot Recreation Centre on Saturday, April 27th, 2013.

On May 4th, join us for bike safety lessons from Waterloo Regional Police, and tons of fun and games. We will hold the best decorated bike contest, as well as sell raffle tickets for a new bicycle.

OPTIMIST CLUB OF BADEN
Presenting

bike RODEO 2.0

WHAT?
The Optimist Club of Baden would like to invite you to the 2nd Annual Bike Rodeo led by the Waterloo Regional Police. Kids of all ages can get a free refresher course on bike safety and take part in some fun activities.

WHEN?
May 4th 9:00am-12:00pm

WHERE?
The parking lot of Castle Kilbride / Wilmot Township Administration Building

OPTIMIST BRINGING OUT THE BEST IN KIDS

Also in May, our volunteers will be at it again this year, grilling and serving food and drinks to help raise money for Baden Public School at the 2013 Baden Backyard BBQ.

The Optimist Club of Baden meets the third Wednesday of each month downstairs at the township hall meeting room at 7:30 p.m. Everyone is welcome to come out and see what this community group is all about.

Visit our facebook page www.facebook.com/badenoptimist or website www.badenoptimist.com for more information or to see details and pictures of our latest events.



BADEN EYECARE CENTRE

Dr. Sonya Frank, Optometrist

DID YOU KNOW?

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Ask Armand ~



Sue from Wilmot Centre asks - *I know that the Wilmot Municipal Telephone System had operators who once connected callers by hand. Could you tell me when they changed to an automated system?*

Armand says - *The Wilmot Municipal Telephone System switched to an automated system on March 15, 1963. The company's new 32 x 50 foot office at 25 Foundry Street was completed. The change over cost \$300,000 provided by the Automatic Electric Company of Brockville. The system had 1,100 customers, where dial instruments replaced the call the operator style service. Standard service for rural customers*



Marg Seyler was a Baden Switch Board Operator from 1956-1964

was four homes which compared to as many as 15 lines previously. It provided private service for businesses. There was no toll charge for calls to and from Baden, Kitchener, New Dundee, and New Hamburg.

Checking Out the Baden Library



Local Book Club Wins!

Congratulations to the local W.I.T.S. End Book Club which entered the Random House contest, "Book Clubs are Beautiful 2012" and were chosen as the runner-up from over 300 entries across Canada! This book club started with some moms who got to know each other during their children's library storytime program. As the runner-up, their book club received 10 copies of the book "Up and Down" by Terry Fallis.

W.I.T.S. End is an acronym for "Women Ignoring their Spouses" (in order to read!). It has been a pleasure working with their book club since its inception in 2006 (and sampling their cookies at Christmas time!). Read their winning entry, the judges' comments, and more about what makes this book club unique at: www.retreatbyrandomhouse.ca/book-clubs-are-beautiful/

Want to start your very own book club? We can help!

Free Computer Help

Free one-on-one computer training sessions are available from the Region of Waterloo Library. These sessions are geared toward people with no to little computer knowledge, or who want to build their confidence using a computer. Join us at the branch of your choice to practise your basic computer skills with help from library staff. Please call 519-575-4590 Ext. 3226 to book an appointment.

New Magazines are on the Rack

Check out Today's Parent, Garden Making, People Magazine, and Jughead Double Digest! Coming soon.....Family Fun.

Aaron's Picks

Looking for something new to read, watch, or listen to? Try our staff picks. We are currently featuring the picks of our student page, Aaron Shantz.

OBOC 2013

Watch for the 2013 **One Book One Community** title which will be announced in April. Contact the library at: 519-634-8933, badenlib@regionofwaterloo.ca or visit rwlibrary.ca

There was a great turn out during the March Break with the Travelling Reptile Show visit from Hamilton Reptiles.



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

26 Foundry Street, Unit 1, Baden

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Living Well Festival is Back ~ April 26th and 27th at the Wilmot Recreation

The sixth annual "Living Well Festival," which will be held this year on April 26th and 27th at the Wilmot Recreation Centre, promises to be better than ever. This year's theme is "We all belong." The Wilmot Healthy Communities Coalition hosts the event each year with the focus on having intergenerational events; hence this year's theme fits in with their mandate.

The event begins with the Read Well Day on Friday 26th, from 9 a.m. to 12:30 p.m., where children of all ages can participate featuring FREE, educational, fun activities that focus on the entire family.

Programs:

- Independent Living Centre Puppet Show on disabilities – Vision Loss and Cerebral Palsy. Recommended for families with young children.
- We All Belong Craft
- Mother Goose & Trucktown Truckery Rhymes
- A Nursery School program
- Story Time with Movement
- Round Robin program for young families

Check the website for all the times and programs.

Moving into the evening there will be a family roller skating event (rental skates will be available). There is an exciting new twist this year as *The Fighting Frauleins* roller derby team will be on hand to give a demonstration of the

sport! The popular coffee house will be open through the evening, where many local musicians entertain the happy listeners. This evening is always a popular event for families.

Saturday, six workshops will be held in two different time slots (10 to 10:30 and 10:45 to 11:15) giving people the opportunity to attend two of the workshops if they choose to. The workshops include the following:

- Exercising with Physical Limitations, presented by Dr Sean Delanghe, BSc.(Hons), DC
- Nutritional Support for Persons with Mental Disabilities, presented by Heather McKague-Bandl, ROHP, RNCP, PTS
- Remembering How It Feels To Play, presented by Cheryl Weber Good, Artist
- Beyond Barriers, presented by Andrena Lockley-Brown, Public Awareness and Education Coordinator
- Bike Safety and Maintenance Tips, presented by Ted Seyler, local Peel Street Bicycle Repair Mechanic
- PrideSpeaks, presented by HIV/AIDS Committee for Waterloo Region

A community corner will be in the lobby of the skate facility where there will be displays of local businesses, organizations and groups. This is a no-sale zone, so it is a great way to explore what Wilmot Township has to offer. The Community Corner runs from 10 a.m. to 1:30 p.m.

The Community Chase will run from 11:30 to 12:30. The Community Chase is an adventure that requires participants to exhibit teamwork, resourcefulness, and determination as they search for Chase Points scattered throughout the Wilmot Recreation Complex. Chase Points are designed to test teams with a variety of challenges.

To conquer this community event, teams will navigate their way throughout the Wilmot Recreation Complex and Complete Chase Points, collecting stamps on their Challenge Card as they go. The first few teams to complete the required number of Chase Points and cross the finish line WINS.

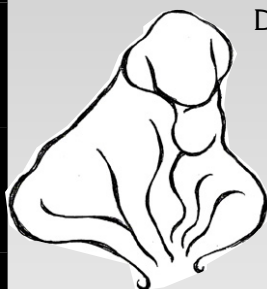
To close out the day, a free community barbecue sponsored by the township of Wilmot will be cooked and served by your Wilmot Township council (word has it that they are good cooks). For more information visit their website at <http://www.wilmothealthycommunities.org>

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Is cleansing just a fad made famous by Hollywood starlets, or is it really something that has the potential (if practiced!) to make us fabulous? I say it's not a fad, as cleansing practices are as old as civilization itself. The Romans and Greeks all practiced their own cleansing rituals; possibly cavemen did too!

So, is there room for these cleansing practices in our modern-day lifestyles, outside of Hollywood? Absolutely! Because modern-day living adds countless numbers of toxins, cleansing is even more important. Emotional stress is a major toxin (no shortage of this in our lives); other examples include the pollutants in our air, water and soil, pesticides and herbicides in our foods, chemicals in our self-care beauty products, clothing/textiles, and smells that clean and fragrance our homes. These toxins knock our bodies out of balance.

You can't live in a bubble, so what can you do to keep things balanced? The first steps begin with working at reducing your toxic load everyday. Here are a few ideas to help you reduce your toxic burden and "clean" up your life.

1. **Exercise** : Sweating helps you eliminate toxins. Be careful not to over-exercise, too much of a good thing actually causes stress on your system which reduces your body's clean-ability and actually makes you gain weight.
2. **Stress** : Stress inhibits 90% all of your body's natural cleansing functions. Reduce it in your life.
3. **Eat ORGANIC more often** : organic foods have a higher nutritional content and no chemicals. Learn how to shop smart and do organic on a budget.
4. **Remove Smells** : If it smells too good to be true, it's probably loaded with chemicals. No smell is safe (except if natural).

5. **Water** - Water is the universal solvent and naturally flushes the body inside and out. Drinking it (ideally Reverse Osmosis), cleans you from the inside out.
6. **Cleanse Seasonally!** Take a 2 week period, spring and fall, and keep it super clean. Don't know where to start? Why not join your community to cleanse, May 1st at the St. Agatha's Community Centre.

For more details see www.communityonacleanse.ca

Don't get overwhelmed if you can't do all these things. Start small and build from there. Pick some practices and do them regularly so they become healthy habits. Reduce the stress of being perfect by following the 80/20 rule, 80% of the time keep it clean and then 20% of the time you can stray from your healthy habits. Keep it balanced and keep it clean!



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LookOut Kids' Korner



Hey Kids!

It's Earth Day on April 22— This is a time to pay attention and remember that this planet is ours and we have responsibility to keep it clean. This is really important for you kids because the future is yours, and your kids to come... so what to do? >>> PLENTY!!



If you are going to dream dream big

- ⇒ Get outside and pick up garbage—it doesn't matter whose it is, or how it got there—just pick it up and put it in the recycling bin or garbage can.
- ⇒ Tidy your room and give away the things you don't use... share them with a friend or give them to Thrift Store.
- ⇒ Pay attention to your recycling bin and learn what can all go into it.
- ⇒ Plant a tree!
- ⇒ Make a birdhouse (out of recyclable items like plastic jugs) and feed the birds.
- ⇒ Rent a movie or read a book about how to save the planet. There is much to learn and to do that even you can do!!
- ⇒ Get out your bikes and remember that your parents don't always need to drive the car to take you someplace.
- ⇒ Remember to turn off the lights when you leave the room.
- ⇒ Turn off the water while you brush your teeth.



Q: What do you call it when it rains chickens and ducks?

A: Foul (fowl) weather.

Q: Can Bees fly in the rain?

A: Not without their yellow jackets



Q: What type of music do lightning bolts listen to?

A: Rock and Roll

When it's raining cats and dogs be careful not to step on a poodle!



Q: What does a cloud wear under his raincoat?

A: Thunderwear!



Wilmot Family Resource Centre presents..



8 EXCITING THEMES ..

- * ADVENTURELAND
- * KABOOM KERSPLAT
- * ANIMAL HOUSE
- * WILMOT'S NEXT GREAT CHEF
- * WET'N WILD OCEAN ADVENTURE
- * KIDS IN MOTION
- * A YEAR IN WEEK
- * WILMOT'S NEXT GREAT CHEF

Our camps run 4 & 5 days per week from 8:30am to 4:30pm at the New Hamburg Community Centre. 251 Jacob St. N.H.

For more details check out our website at www.wilmotfamilyresourcecentre.ca - pick up one of our Summer Fun Registration brochures or contact W.F.R.C @ 519-662-2731 or cr4wfrcc@bellnet.ca

822 Squadron's Jay Day Come Soar with Us!

Toronto Blue Jays vs.
Seattle Mariners
Sunday May 5, at 1:00 p.m.

Section 518 Rows 4-14
\$25 per person
Includes bus and ticket to game
Bus leaves from Breslau
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Scott Gibbons 519-634-8730
Or E-mail to swgibbo@yahoo.ca



Coin Carnival

With Garage Sale

Saturday, May 4th, 8 - noon
Mannheim Mennonite Church,
1494 Bleams Road



Proceeds will go to MCC 'Change for Change'

Saturday Night at the Movies

Wilmot Mennonite Church, 2995 Bleams Road
April 20 - 7:00 p. m

"Lost and Found Family"

Sometimes a door closes... and a whole new world opens up. Five guarded and confused foster children. Two loving, but weary, foster parents. One grieving former socialite. Put them all under one dilapidated roof and you get eight unique individuals in a house.

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Bring a snack for yourself - Drinks provided.
For further information call (519) 584-7089



New Hamburg/Baden Community -

Canadian Blood Services
it's in you to give

Donate Blood
"In Loving Memory of
Little William Desborough"

Monday, April 22—1:30 p.m. - 7:30 p.m.
Waterloo Oxford District SS Cafetorium
New & Walk-in Donors Welcome!

Clinic Sponsored by Desborough Family & Baden Masonic Centre

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

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Wilmot Horticultural Society Flower Show

Monday, May 13 - 7:00 p.m.

Haysville Community Centre

Please note change of time and venue.

'Gardening with Kids and the Young at Heart'

With Karolyn Fournier



For more info: Contact Pat Luckhart 519-634-8823
No admission charge. Everyone is welcome to attend.
www.wilmot-horticultural.ca

MOM2MOM SALE

Saturday April 27th, 8 am - 12 noon

St James Lutheran Church, 66 Mill St. Baden

Gently used toys, children's clothing, baby feeding accessories and more. CASH SALES ONLY

For more information contact badenmom2mom@yahoo.ca

Admission: \$1 or canned good donation



Offering Summer Day Camp
for Kindergarten and
School Age children.

With exciting and age appropriate activities and field trips led by registered Early Childhood Educators. The programs run from July 2 to August 30 from 7:00 am to 6:00 pm at Baden Public School and Sir Adam Beck Public School. Enrollment part-time or full-time and individual days can be selected based on need or interest in the program. Great value! Public registration starts April 18. For a program calendar, rates and any further information please contact Tammy Braby at 519.634.4915. www.creativebeginningschildcare.ca

Spring Tea & Bake Sale

Livingston Presbyterian Church
44 Beck Street, Baden



Saturday April 27, 2-4 pm

Assorted Sandwiches, Tempting Sweets
Tea and Coffee ~ Enjoy with a friend!

Another Cool Move

**Interfaith Community Counseling Centre
26th Annual Silent Auction Fundraiser ~
Saturday, April 27 at the Wilmot Recreation Complex.**

The event will run from 9 am to 4 pm. You can enjoy good entertainment and the opportunity to bid on hundreds of donated items. Interfaith community Counselling Centre provides essential services to our community. Interfaith equips individuals, couples, and families with tools to face life's challenges.

How Interfaith Helped Jessica

Jessica and her younger sister were raised by their single mother who was unable to meet the emotional needs of her daughters. Her parents divorced when she was ten and Jessica had not heard from her father since. Jessica was able to manage throughout her teen years and early twenties but would periodically experience bouts of depression. In later years, as a mother of two teenage boys and following the end of a long term relationship, Jessica sought help from Interfaith Community Counselling Centre for symptoms of depression and with the realization that she was now a single mother who was unable to meet the emotional needs of her children, just as she had experienced as a child. Through counselling, Jessica was able to identify and reflect on the barriers she faced in having healthy relationships and being emotionally available to her children. She involved her children in the counselling process and they were able to work through their relationship difficulties together. Jessica and her sons engaged in activities that improved their communication, relationships, and supported them in developing a strong family bond. As a result of counselling, Jessica is experiencing less depressive symptoms, a stronger ability to cope with life's challenges, and a supportive relationship. Jessica credits Interfaith Community Counselling Centre for improving her emotional wellness.

Please, help us to continue to invest in our community's greatest asset – people.

**Interfaith 26th ANNUAL
GIANT SILENT AUCTION**
Saturday, April 27, 2013 9 am-4 pm

Expressway Ford
Test Drive Fundraiser
9-4 pm

PANCAKE
BREAKFAST!
\$7 per person

Petersburg Optimist

Bake Sale Book Sale
Live Entertainment
KID'S CORNER



Wilmot Recreation Centre
1291 Nafziger Rd.

Over 400
items
to bid on!

9:00-11:00	Pancake Breakfast
9:00	Silent Auction Opens
1:00-4:00	Entertainment
1:00-1:30	Erick Traplin
1:45-2:30	NH Concert Band
2:45-3:45	John Wiebe & Friends
4:00	Final Bids

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

Interfaith is Supported by

www.interfaithcounselling.ca



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Free Ford Test Drive Event

And don't forget to take a drive...

On Saturday April 27, spring will be in the air, and all young hearts (regardless of age) will beat quicker at the thought of snow and ice free roads - and of what vehicles that would make driving fun! Again this year, Interfaith and Expressway Ford will offer the Ford Test Drive Event at the Silent Auction. Choose from a variety of Ford cars and trucks and take one for a test drive, at no cost to you. Ford Canada will donate money to Interfaith for each test drive taken. What a great way to support Interfaith's initiatives and have Ford Canada pick up the tab!



**New Hamburg Legion
Branch #532 - Boullee Street, NH**



*We invite you and your friends
to join us for ...
Home Cooked Chicken Dinner,
Friday, April 26th - 6 pm / \$12 plate*

Baden Birding

By Dave Rogalsky

Before we go to “those pesky crows” as I promised you last month, what have you been seeing? My wife and I had the opportunity to go to Grand Bend early in March and we saw the beginning of the Tundra Swan migration. But you don’t have to go there to see them. A few days after seeing them in Grand Bend, I saw what I at first thought were Canada Geese flying over Waterloo, but they sounded like Geese with a head cold. Not Geese: Tundra Swans, their peculiar honking sounds and snaking necks telling me who they were. But the robins had been back in flocks for a few weeks by then—arriving in one of those late February snowfalls. By mid-March both the grackles and red winged blackbirds were back with their own individual calls, flying with the starlings which had stayed all winter. Of course the winter birds of cardinals, blue jays, woodpeckers of various kinds, chickadees, goldfinches, nuthatches, and red finches were all around. Even a few of the winter birds from further north were still hanging out—siskins, redpolls, crossbills and so on. But the hawks were back in greater numbers by the middle of March and I saw an eagle in Hamilton on March 23. Yes, birding season is back in swing—watch for the other migrants – thrushes, warblers, water birds, and on and on. By the time you’re reading this there will be much to see.

OK, crows. They’ve been around in number all winter too. I remember complaints in the mid-90s from down Essex County way of large numbers of crows. They hadn’t been seen in such numbers by people before and plans were underway to get rid of many to ‘balance’ the population. A flock of crows is called



a “murder,” but my daughter-in-law called the flock she saw in Waterloo Park last fall a “genocide.” No one knows from where the name “murder” comes. I’ve seen flocks of over 1000 in Moses Springer Park in Waterloo myself. It’s a bit eerie when a

thousand or more large black birds are gathered all around you in the trees cawing and rattling. Made me think of Alfred Hitchcock’s *The Birds*.

So what’s happening? Like the other large hunter and carrion birds, crows are still rebounding from being almost wiped out by DDT. The fact that such large numbers are around means that they are finding enough food – their place in the food chain as carrion birds, eating anything dead or decaying, is being well supplied. They are doing the job they evolved to do—clean up our garbage along our roads and fields. One way to reduce their numbers would be to reduce the available food.

And they’re smart. The whole Corvidae family, which includes ravens, rooks, jackdaws, jays, and magpies, are known as smart birds. Ravens in Nunavut have been known to sit on the top of street lights, covering the light sensor so that the light would come on and warm them, and to have opened the zippers on snowmobile pouches to get at the food there. No wonder they tear apart our garbage bags for the pizza and chicken bones—a good reason to use your green bin which I don’t think they can open! But they might be able to figure out a way—crows have been observed to not only use a tool like a stick to get at some food, they have been observed turning a useless stick into one they can use—tool building.

This intelligence may be why all over the world crows and their cousins show up in folklore and religion as almost human. They’re known as tricksters and practical jokers in many cultures, and as the harbingers of death and destruction in others, probably because they’ve been seen on many a battle field or natural disaster in the aftermath.

So we’re stuck with the crows. We might be in an imbalance right now as their numbers rebound, but we are probably part of the problem as we provide them with so much food.

Happy birding!



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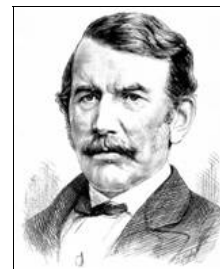
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Out of deepest darkest Africa, Castle Kilbride is proud to present ...

“Dr. Livingstone, I Presume”

In honour of the 200th birthday of Scottish missionary and explorer David Livingstone, Castle Kilbride is proud to present an exhibit featuring this distinguished Victorian hero. While highlighting the fascinating life of Dr. Livingstone, an interesting Canadian connection with Listowel, Ontario will be revealed. Join us in rediscovering a man whose life and legacy has spanned continents.



March 19, 2013 marks the 200th anniversary.

Celebrate the bicentenary of Dr. David Livingstone by visiting the newest exhibit at Castle Kilbride. From humble beginnings to national hero, he became one of Scotland's most famous men. Livingstone spent thirty years in Africa as a missionary and explorer. He was the first European to cross Africa and to see Victoria Falls. He is celebrated as “Africa's first freedom fighter.” Newspapers, magazines, and books reported the heroic tales of Livingstone as he became a celebrity in the eyes of the public when he lost contact with the outside world. Hired by the New York Herald newspaper in 1869 to track down the missing Livingstone, Henry Morton Stanley found him near the shore of Lake Tanganyika on November 10, 1871 where Stanley greeted him with the now famous words, “Dr Livingstone, I presume?”

The exhibit highlights this Scottish hero with an interesting focus on Livingstone's brother John who settled in Listowel, Ontario.

Highlights of the exhibit include:

- An original handwritten note by David Livingstone
- An original letter written by brother Charles who accompanied David on the Zambesi mission
- A bottle of original Livingstone “Rousers” (A malaria remedy which saved many lives)
- Highlights of John Livingstone's family in Listowel (Brother to Dr. David Livingstone)
- The original family bible from John Livingstone
- An original 1856 diary from Rev. Dr. King (A notable international leader who fought tirelessly to end slavery. King corresponded with Dr. Livingstone regarding slavery and emigration).
- Scottish memorabilia
- First edition books on Livingstone's life
- Rare lantern slide exhibit featured in the Belvedere Gallery

A special partnership for this exhibit was created with a descendant of Livingstone's family, who through his kindness and generosity assisted in make this special exhibit possible. His name? David Livingstone of course. Originally from Listowel, Ontario and a great-great nephew to Doctor David Livingstone himself, Castle Kilbride is honoured to display his family history.

Additional information about Dr. David Livingstone:

David Livingstone was born in Blantyre, Scotland on March 19, 1813 to a working-class family of weavers. David, along with his brothers John and Charles, worked in the cotton mill as ‘piecers.’ Every free moment David had was spent poring over books. With the financial assistance of his brother John in 1836, David entered medicine at Anderson's University in Glasgow. Upon graduation, he was hired by the London Missionary Society to travel to Africa. It soon became clear to David that he was more interested in exploring the uncharted lands of Africa. David was a proficient writer through letters and journals. His book, *Missionary Travels* sold thousands of copies, thrusting David into the spotlight as a hero. A copy of this book is on display.

By 1870, no one had heard from Livingstone in years. Mr. Bennett, publisher from the New York Herald sent reporter Henry Morton Stanley to Africa to find the explorer. After six months of searching, Stanley found the man he was looking for and uttered the now famous words “Dr. Livingstone, I Presume?” Livingstone died in 1873 in his beloved Africa. His body was brought back to England and buried in Westminster Abbey, but his heart was buried in Africa, the land he loved. Although David lived a very exciting life he never forgot about his brothers and sisters and stayed in contact with them. His younger brother Charles accompanied David on his Zambesi trip in 1860-62. David was especially close with his older brother John who had moved to Canada and settled in Listowel, Ontario. John was a successful and well respected merchant. Many items on display in this exhibit relate to John and family.



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Smart-Alec One-Liners



- ⇒ I take my wife everywhere...she always finds her way back!
- ⇒ I've got a great doctor. If you can't afford the operation, he touches up your X-rays.
- ⇒ My wife has an electric blender, electric toaster, electric bread maker. Then she said "There are too many gadgets in this house and no place to sit down!" So I bought her an electric chair!
- ⇒ A man goes to a psychiatrist and says, "Nobody listens to me!" The doctor says, "Next!"
- ⇒ My wife and I always hold hands. If I let go, she shops!
- ⇒ My wife was at the beauty salon for two hours yesterday, and that was just for the estimate!
- ⇒ I told my wife I was afraid I took too many sleeping pills. She told me to relax, have a few drinks and get some rest.
- ⇒ They certainly are a fastidious couple. She's fast and he's hideous!

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If a band plays music in a thunderstorm, who is most likely to get hit by lightning?

~ The conductor.

There's a technical term for a sunny, warm day which follows two rainy days. It's called Monday.



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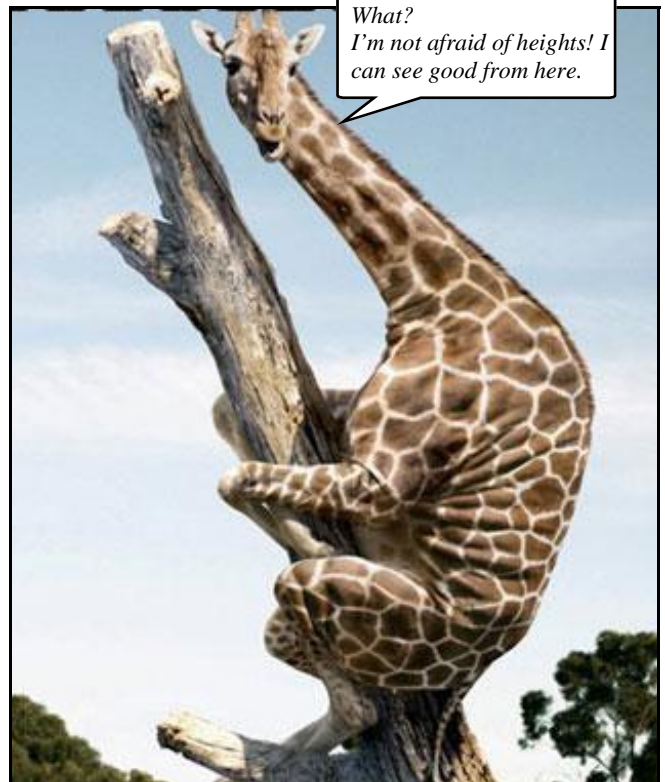
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Fight High Cholesterol Naturally

Hypercholesterolemia is the presence of high levels of cholesterol in the blood. When there is too much cholesterol in your blood, complications may develop such as narrowing of the arteries, reduced blood flow, and possibly more serious conditions. The good news is that for 90% of the population, high cholesterol can be controlled through diet and lifestyle choices. The *American Journal of Clinical Nutrition* published a study in 2005 (Jenkins D et al, 2005;81:380-7) showing that diet can be very effective at reducing blood cholesterol levels.

The dietary strategies used in the above mentioned study were the following:

1. A low-saturated fat diet
2. A diet high in plant sterols

Plant sterols are in many everyday foods such as soy milk, soy burgers, almonds, and viscous fibers from oats, barley, psyllium, chia, and the vegetables okra and eggplant. After only four weeks on this diet, participants experienced a surprising 29.1% reduction in blood cholesterol levels.

Another strategy to fight cholesterol naturally that has recently gained popularity is the use of a supplement, vitamin B3 or niacin. Niacin has a very interesting history. In the early 1900s a disease called Pellagra plagued the southern United States. The disease was characterized by cracked scaly skin, digestive problems, overall body weakness and dementia. Several years later, vitamin B3 (niacin) was found to be absent from their high corn-based diet and, when lime juice was introduced, it helped to assimilate vitamin B3 and the epidemic ended.

Vitamin B3, when taken at the correct dosage, is an inexpensive and highly effective supplement to consider for the treatment of high cholesterol.

Certain foods are also high in vitamin B3 and can help you to naturally lower blood cholesterol levels when eaten as part of a healthy diet. I would like to share with you the **Top 5 Niacin-rich Foods**:

1. **Meat:** The light meat of chicken (breast) and top round of grass fed lean veal.
2. **Fish:** Tuna and canned anchovies provide the most niacin.
3. **Whole Grains:** The bran from brown rice and spelt.
4. **Fresh Vegetables and Fruit:** Spirulina, tomatoes, carrots, broccoli, mushrooms, and asparagus provide the highest vegetable sources of niacin. Ground cherries wins in the fruit category.
5. **Beans and Nuts:** Kidney, black, navy, white, soy and garbanzo beans all contain niacin. Most nuts are high in niacin and other B-vitamins; however, Brazil nuts and peanuts seem to have the highest content.

While these foods do provide good sources of vitamin B3 (niacin), in order to effectively reduce high cholesterol, you would need a much higher dosage of Niacin than what is available from these foods and supplementation may be recommended. However, eating a healthy diet full of whole foods and minimally processed foods is a great place to start.

To find out more about orthomolecular nutrition, please contact me through my website www.HeatherMB.ca

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.

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Our entryway is the first impression to those entering our home. Does yours pass the test?

Are mountains of shoes overtaking your space? Several times each season do some evaluating. Match up all the pairs and be sure that what is there is in decent condition and still fits its owner. Only shoes that are worn very regularly should be stored at the main entrance. Dress shoes and anything that is out of season should be stored elsewhere. If space allows, there should be some sort of shoe shelf or shoe cubbies so that the expectation is that when shoes are taken off they have a "home" to go to, rather than just being kicked off to become part of the mountain of footwear that can quickly collect and overwhelm this small space.

The entrance is a great place to have a basket or drawer to accumulate items "on the way" to someone else, to be returned to the store, or taken to work or school. Each time you pass through the entrance to leave, scan the basket and grab the pertinent items.

A chest of drawers can be an efficient piece to have in the entrance if space allows. Drawers can be assigned for storage of hats (touques in the winter, ball caps and sun hats in the summer) or personal care products such as sunscreen and insect repellent.

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Saturday 8-3
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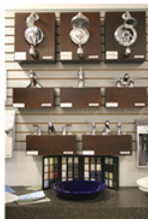
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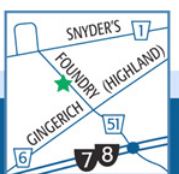
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Wow! More exciting destinations as *The Baden Outlook* continues to travel ...



Art Wilder and Marj Green took the *Baden Outlook* to Ushuaia, Argentina in South America, which is the most southern city in the world.



Maureen Janssen-Carney was in Dubai UAE with her sister Mary, who lives in Florida. They took their *Baden Outlook* to visit their other sister Margaret who has been living for the past 21 years in Dubai. The photo was taken at the Gold Souk.



Ken Alischer and Cindy Dickinson took their *Baden Outlook* to the Royal Suites Turquesa in Punta Cana. The Outlook loved Punta Cana so much, it decided to stay in the resort's reading room, with books and magazines from around the world.



Carol Gascho holds her Outlook standing in front of the San Francisco Golden Gate Bridge with daughters Gwen and Lori and granddaughter Jeneane.



Cody Dietrich and his girlfriend Alex Marsh from Australia, along with friends and family, took their *Baden Outlook* to the Great Barrier Reef, Australia.

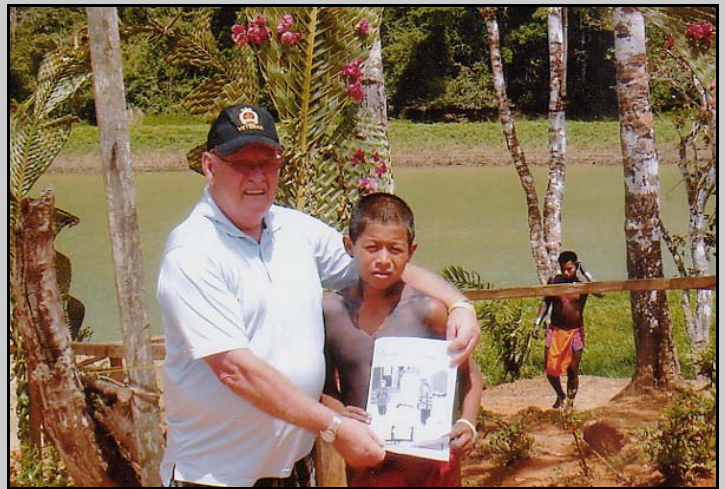


The Outlook had a great time while on vacation with the Dietrich family in Jamaica—Alex Marsh, Trevor and Kirby Baetz, Bonnie, Alan and Cody Dietrich.

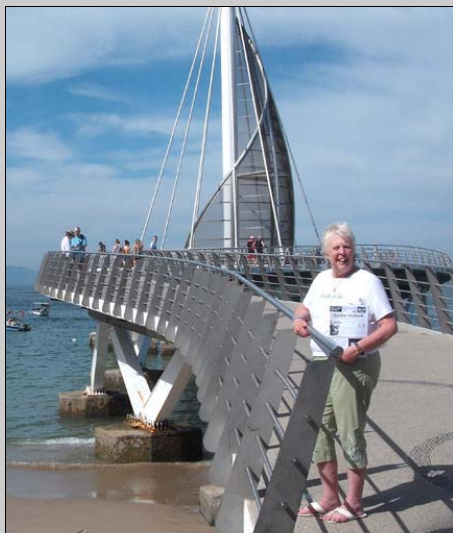
... to Dominican, Panama, Holland, Mexico, Jamaica, Australia, Argentina, San Francisco and Dubai!!



Bob and Donna Grigg from New Hamburg read the Outlook to Squawky, the wooden parrot while in the Dominican with their daughter and son-in-law, Andrea and Scott Pearson



While travelling with a Morningside group to Panama, Bob Brydon and wife Doreen visited a native village and struggled to explain the upside down snowman on the cover of their Baden Outlook.

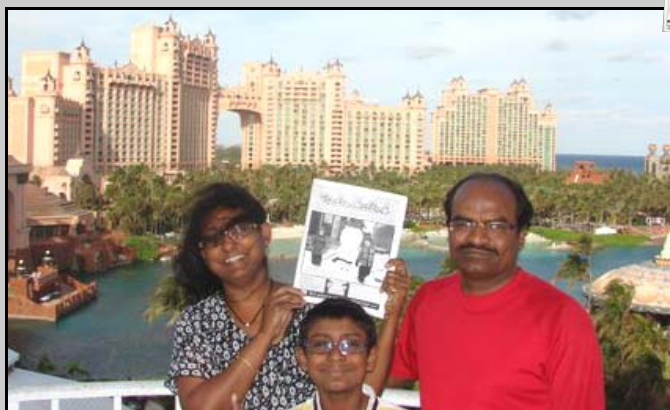


Joanne & Syd Hills took their Outlook to Puerto Vallarta, Mexico, Joanne is pictured in front of the new pier which is a spectacular work of architecture.



A group of residents from Morningside Village took their Baden Outlook along on their trip to the Panama Canal.

Don't forget to pack your Baden Outlook!



Sailaja Byrisetty, Rohit and, Chandra Bompalli took their Outlook to the Bahamas. Bhargav Bompalli was the photographer.



Evan Rolleman took the Baden Outlook to a soccer game between Groningen and Twente in the Netherlands, seen here at half time of an exciting noisy game.

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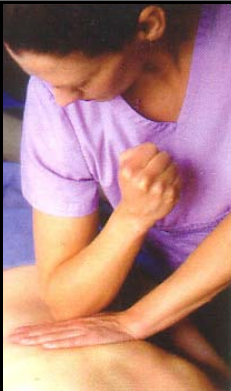
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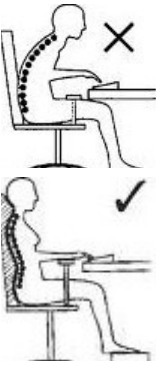


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From smart phones to computers to video games, modern technology has significantly influenced our daily postural habits and caused us to sit more often and for longer periods of time than ever before. As a result, our increased exposure to sitting has contributed to rising levels of inactivity, and chronic ailments such as headaches, neck pain, and back pain.

People who sit for prolonged periods of time may adopt a poor posture that includes losing the natural hollow of the low back, rounding or slouching of the upper back and shoulders, and a forward head poking position. This can eventually lead to painful symptoms as these less than ideal positions put **cumulative compression, stretch, and shear forces** on spinal tissues such as joints and discs.



The cumulative effects of sitting are often offset by the body's ability to **compensate**. However, even in the absence of pain, these **compensatory** changes may begin a vicious cycle of unbalanced motion, muscle and joint stress, and secondary areas of discomfort.

Structural changes can also result from poor or prolonged sitting habits. For example, aside from providing anatomical support, ligaments also function as neurological sense organs to the spine and influence reflexes that help muscles fire. When an individual is exposed to prolonged sitting postures, they load

their spinal ligaments which results in a delayed reflex action of muscles. As a result, when this individual moves, the muscles may not fire quickly enough to protect the spine and this can lead to episodes of neck and back pain. This is known as the biomechanical principle of **CREEP**, which stands for **C**ontinuous or **R**epetitive **E**longation of the **E**lastic **P**roperties of tissue.

Scientific research has also identified changes in muscle tissue associated with inactivity and prolonged sitting. Over time, muscle tissue will accumulate **fatty infiltrations** that make it weaker and less capable of providing support for physical activity.

Below are some useful tips that can help overcome the physical strain of sitting:

- 1. Proper posture is key:** Make sure weight is evenly distributed, your shoulders are not rounding forward, and you are not slouching. A lumbar support can also be used to help maintain the natural hollow of your low back and proper spinal alignment. Even slight slouching to the side, backward, or forward can put undesirable forces on biological tissues.
- 2. Take a break from sitting:** Take 10 to 30 second stretch or posture breaks every 20 to 40 minutes. Some activities such as computer work, talking on the phone, and business meetings can also be done while standing.
- 3. Consider ergonomics:** The use of a properly designed workstation, along with ergonomic tools and assistive devices can help maintain mechanically advantageous positions while working in a seated position.
- 4. Engage in regular physical activity and exercise:** Exercise strengthens our muscles and joints, while inactivity and poor posture weakens them. Regular exercise can help overcome the effects of **cumulative spinal forces, compensation, CREEP, and fatty infiltrations** associated with poor posture and prolonged sitting.





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Sitting can undeniably cause real physical change and breakdown in the body. Chiropractors are well positioned to effectively evaluate and treat the effects of poor posture and prolonged sitting. This may include symptomatic treatment, the prescription of appropriate exercises, and ergonomic advice specifically for your circumstance. For more information visit www.nhwc.ca.

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

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Cook's Corner

With the change of seasons also come the wonderful fresh food choices—and this is Maple Syrup season!! What a tasty treat that goes beyond the pancake. Enjoy the many wonderful ways to enjoy this rich nectar of the Maple Tree.



Enjoy Cathy Marchione's favourite Maple Muffin— from Edna Staebler's Collection

- 1/4 cup margarine
- 1/2 cup sugar
- 1 tsp salt
- 1 1/2 cup flour
- 1 tbsp baking powder
- 3/4 oatmeal
- 1/2 cup
- 1/2 cup maple syrup

Blend margarine, sugar and salt. Add flour, baking powder and blend until crumbly. Mix in oats and then milk and maple syrup to moisten only. Bake at 350 for 20 minutes. Cool slightly and top with glaze.

Glaze:

- 1 tbsp butter
- 1/2 cup icing sugar
- 1 tbsp (or more) maple syrup

Think treats, and indulge in maple tarts, maple fudge, maple topping drizzled over your favourite ice cream, or maple muffins to name a few. Now think at the dinner table and put it in your spicy curried pumpkin soup recipe, drizzle it over baked squash, bake or poach your salmon with syrup, soy sauce and sesame seeds! How about maple and mustard glaze for your baked ham? Get creative!

Maple syrup is a Canadian institution: more than 80% of the world's maple syrup supply is made in Quebec, which produces almost 25 million litres of the syrup annually.



Production usually takes place between February and April, providing weather conditions are favourable. Trees are "tapped," with small holes drilled into the trunks and either a traditional tap and bucket is used to collect the sap, or a more modern plastic tube set-up collect the run-off. The sap is then boiled and turned into syrup, candy or taffy, depending on how long the sap is boiled. It takes approximately 40 litres of sap to produce 1 litre of syrup!

Mom's Maple Cider Vinaigrette

- 1 cup maple syrup
- 1/3 cup apple cider vinegar
- 1 cup canola oil
- ¼ tsp cinnamon
- Salt and pepper to taste.

Place all ingredients in hand blender and mix to emulsify. If you find this too sweet add some lemon juice.

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You Must Be Joking!!



Never Squat While Wearing Your Spurs!

1. Never slap a man who's chewing tobacco.
2. Never kick a cow chip on a hot day.
3. There are two theories to arguing with a woman. Neither works.
4. Never miss a good chance to shut up.
5. Always drink upstream from the herd.
6. If you find yourself in a hole, stop digging.
7. The quickest way to double your money is to fold it and put it back into your pocket.
8. There are three kinds of men:
The ones who learn by reading.
The few who learn by observation.
The rest of them have to pee on the electric fence and find out for themselves.
9. Good judgment comes from experience, and a lot of that comes from bad judgment.
10. If you're riding ahead of the herd, take a look back every now and then to make sure it's still there.
11. Lettin' the cat outta the bag is a whole lot easier'n puttin' it back.
12. After eating an entire bull, a mountain lion felt so good he started roaring. He kept it up until a hunter came along and shot him.
The moral: When you're full of bull, keep your mouth shut.

Submitted by Jean Shantz

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Lipstick in Catholic School



According to a news report, a certain private Catholic school was recently faced with a unique problem. A number of 12-year-old girls were beginning to use lipstick and would put it on in the bathroom.

That was fine provided it was of a natural or neutral skin tone, but after they put on their lipstick, they would press their lips to the mirror leaving dozens of little lip prints. Every night the maintenance man would remove them; and the next day the girls would put them back.

Finally, the principal, Sister Mary, decided that something had to be done.

She called all the girls to the bathroom and met them there with the maintenance man. She explained that all these lip prints were causing a major problem for the custodian, who had to clean the mirrors every night (you can just imagine the yawns from the little princesses).

To demonstrate how difficult it had been to clean the mirrors, Sister Mary asked the maintenance man to show the girls how much effort was required.

He took out a long-handled squeegee, dipped it in the toilet, and cleaned the mirror with it. Since then, there have been no lip prints on the mirror.

There are teachers..... And then there are educators! If Sister Mary ran for office I would vote for her - wicked smart!

Email submitted by Robert Price

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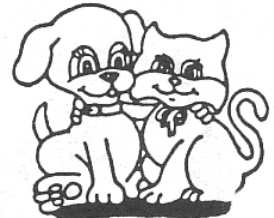
His dizzy aunt ----- Verti Gogh
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 The brother who worked at a convenience store --- Stop N Gogh
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Submitted by Robert Price

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The official announcement will be made on April 19th. Congratulations Baden Feed and Seed.. You make Baden proud! For more information visit Baden Feed and Supply on Facebook or check out their website at www.badenfeed.com

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April is Volunteer Month

*We thank and celebrate our
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Currently, we have openings for volunteer positions in the following areas: Housewares, Retail, Clothing, Perennial sale, and Garden. For a full job description visit www.newhamburgthrift.com/content/volunteering



All proceeds benefit
the work of
Mennonite Central
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REGULAR HOURS

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

ST. GEORGE'S FESTIVAL

Celebrating 175 years since the Anglican church was established in Wilmot Township, Saint George's Church, New Hamburg will host three events – a fish fry, a classic vehicle show and blessing, and a family church service—during the last two weeks of April.

April 23rd is the Feast Day of St. George. Although best known as the patron saint of England, St. George has been claimed by many other nations—including Malta, Portugal, Palestine, and Russia—as their special guardian.

Born into a noble Christian family in present-day Israel around 275 CE, George became an officer in the Roman army. When the Emperor Diocletian ordered the execution of Christian soldiers, George re-affirmed his own commitment to Christ. He was beheaded on 23 April, 303 CE and was quickly venerated as a martyr.

St. George's Anglican Church invites area residents to join in celebrating the Festival of St. George. On Friday, April 19, there is a fish fry at the New Hamburg Community Centre from 5:00 to 7:30 p.m. Diners will have an opportunity to win door prizes as well as enjoy a delicious meal. Advance tickets only: at Massel's Marine, 38 Milton, New Hamburg or call 519-662-9310. Ticket price: \$17 adults; \$8 children (4-12 years).

On Sunday 21 April at 10:30 a.m. there will be a special family service and luncheon at the church, located at 3 Byron Street. Bishop Terry Dance will be in attendance. All are welcome!

The dictionary defines “volunteer” as a person who performs a service willingly and without pay. Some quotes also give us an idea of what “volunteers” mean for a community:

“Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain loving one another.” -Erma Bombeck

“The world is hugged by the faithful arms of volunteers.” -Terri Guillemets

“It's easy to make a buck. It's a lot tougher to make a difference.” -Tom Brokaw

“Volunteers do not necessarily have the time; they just have the heart.” -Elizabeth Andrew

And one of my favourites is: “**Volunteers are love in motion!**” -**Author Unknown**

At the New Hamburg Thrift Centre we see our volunteers as a very powerful force capable of multiplying efforts and getting the job done. We see this powerful force in action every day. Our amazing volunteers make the time to come and join others with one common goal: Giving unconditionally, not only their time, but also their talents and gifts. They are the ones who make it possible to have a thrift store that helps the community to meet its own needs and also to provide income to build and support other communities. It is amazing that volunteers invest their time to serve, and this service makes an impact that goes beyond boundaries and touches others in a way that changes lives. We want to recognize these powerful efforts and thank our volunteers because your work is important and priceless beyond measure. We couldn't do it without you!

Also, this is a good opportunity to invite others to join our team of volunteers and share in the enjoyment of the amazing gift of giving. For information about available volunteer positions, please visit: <http://www.newhamburgthrift.com/content/volunteering> *We would love to hear from you!*



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Celebrations conclude on Saturday, 27 April, when the second annual classic vehicle show and blessing occurs on Sobey's lower parking lot, 100 Mill St. from 10 a.m. to 2 p.m. Vehicle registration is \$10. Spectators are asked to bring a food item for Wilmot Family Resource Centre. Registration forms available at Massel's Marine or by calling 519-684-7060.

Q-ing for Life Barbeque Event

While driving through Elmira, Theresa Dietrich of Petersburg noticed people gathered around sitting in lawn chairs enjoying the music of a concert being held at a band shell. She wondered if this would be something fun for New Hamburg. A short while later while at Skowron's Decorating in New Hamburg, she casually mentioned her idea to owner Kathy Skowron, who agreed and loved the idea as well! Theresa said she knew how to put something like this together but didn't have the musical contacts. "That's the easy part," exclaimed Kathy, and between the two gals, Music in the Burg was born. Providing local entertainment to Wilmot residents was great, but they both wrestled with making this mean something more and putting the monies generated toward a charitable group.

Meanwhile, one item that was on Theresa's bucket list was to attend the Rose Bowl parade in Pasadena that is held on New Year's Day each year. One of the floats for the 2011 parade was the Life Donation float. Seeing that particular float brought tears to her eyes and she knew that this is where their Music in the Burg's focus should be. She made the suggestion to Kathy and the rest is history.

The pair held four concerts in 2012; June had 50 attendees, July 75, August 150, and September 200. The main thrust for the concerts was to bring awareness to the Gift of Life donor program, which is measured by the Trillium Foundation through postal codes – Wilmot's code is N3A. Ontario has an average donor rate of 22% , with some communities such as Woodbridge at a dismal 7%.

Get on board and go WALDA - WILMOT AREA LIFE DONORS AWARENESS

Before the concert schedule started Wilmot had 139 registered donors for the first quarter. By the third quarter there were 262 and the fourth 374, which is 37% of the population. This is making a difference in our community; they are not asking for money but asking to make a difference in someone's life. One organ donor can save up to eight lives and help 75 others through tissue donation. To register your consent go to beadonor.ca/q-ingforlife

It was decided that if Music in the Burg were to continue, it would need some funding. Theresa brain-stormed the idea to feature a barbeque competition event to be held on Saturday June 8th from 12 to 7 p.m. at the New Hamburg Fairgrounds. There will be \$10,000 in prize money available and the Grand Champion of *Q'ing for Life* will receive an automatic entry in the prestigious World Food Championship, Vegas 2013. There are only two automatic entries handed out in Canada—one in Ottawa and one in New Hamburg.

This is a very ambitious undertaking to put together. Theresa and Kathy have assembled a team of volunteers to help—they are also asking for more help if anyone can pitch in. They have the support of the following businesses as sponsors for the event: New Hamburg Home Hardware, Theresa Dietrich—Sunlife Financial, Skowron Decorating, New Hamburg Sobey's, Cook's Pharmacy, Josslin Insurance, TLC Pet Foods, Molson Breweries, and Colour Paradise.



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Q-ing for Life is hoping to prepare food for 2,000 to 2,500 people. There will be two types of meals served—half pound pulled pork including barbeque beans, coleslaw, bun and water for \$10, and half rack of ribs with the same extras as pulled pork for \$20. Tickets will be sold in advance available at Skowron Decorating, Sobeys and NH Home Hardware (meals will be served in takeout containers). Entertainment will be provided by local band Cracker Jack Palace.

There will be twenty judges who have taken a course established by the Canadian Southern Barbeque Association. The judging will be held between 12-3 with awards presentation at 4:30 pm. There are three top categories including whole hog, pork shoulder, and ribs. Theresa has room for seven whole hog competitors, 10 shoulder, and 10 ribs with some competitors coming from as far away as Montreal.

In the amateur category, Theresa hopes to see at least 20 to 30 teams. She would like to invite service groups, businesses, and fire fighters, etc. to come out and compete. It could be as simple as bringing your own barbeque to enter your meal. It's a great way to get out there and show yourself to your community and, of course, to focus on the purpose of the day... getting more organ donor awareness.

There is even more fun for the day, including 200 to 300 motorcycles for a show and shine Bike Poker Run, the local tractor club, and the Coors Light Girls will be there—a little something for everyone.

For more information on this great event please visit www.walda.ca (walda stands for Wilmot Area Life Donation Awareness).



Photo submitted by Kenton Frey

Spring arrives on Snyder's Road... A desperate attempt to show that spring is really here!

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Ireland is the land of lush, green hills and majestic cliffs, with a history of hardworking people and mystical roots. Riding on the reputation of this magical land, Canada Blooms featured "A Spring Gathering," a large garden filled with tributes to Ireland and the Irish culture. Parklane Nurseries of Beaverton partnered with Tourism Ireland and Royal Irish Tours to bring this horticulture dream to life, complete with hardscaping, landscaping, and water features.

Standing Stones

These beauties were hard to miss, standing tall and bare in the midst of shrubs and foliage. A large moss rock took centre stage in the Ireland garden, fitted with a bubbler to create a cascade of water down all sides.

You can achieve the same effect in your yard—simply drill a hole through your favourite rock or pick out a pre-drilled stone at the garden centre and set it firmly in a base of decorative rock fitted with the bubbler and a pond liner. Count on this focal point to create a sense of peace in your yard.

Parklane Nurseries borrowed a page from the ancient Celts, arranging a set of massive stones into a stunning yet simple landscape feature. Surrounded by False Shamrock, these stones could provide natural shade or the ideal spot for growing ivy. Talk to your local landscaper about this idea, and consider grading when choosing a location on your property.



Unique Pavers

Not content with a simple cobblestone pathway, the landscape designers opted for several distinct features on the footpath of this garden. Pavers etched in Celtic patterns, simple scrolls and star bursts, were surrounded by mulched beds and slightly aggressive foliage. All of this created a charming aged look.

My sources insist that a simple Dremel tool can achieve this look. Ask your kids to design a pattern and have a great time making your own ancient patio stones. Even if you add only a handful into your Irish garden, the custom effect adds personality to any space.

The main cobblestone path in this garden was installed in an intricate Celtic knot pattern. Visitors may not have caught the pattern at first, but the shape and style tied into the theme of this space. A grand scale path or patio could be challenging for your yard, but consider how to incorporate arches or knots in other ways, including garden borders, wall art, and deck stairs.

Lush foliage, large standing stones, and unique touches set off the Irish-themed garden at Canada Blooms 2013. Among all of the gorgeous displays at the country's largest garden show, this one set the bar for beauty and originality. And you can create this in your own yard with imagination and a touch of the Irish spirit.

Rolling Hills

Do you have a host of hills in your yard? "A Spring Gathering" gave these rolling landscapes a place of honour and covered them in foliage and long grasses, perfectly complementing the stone structures throughout this space. Instead of working to hide hills or leaving them out of your overall landscape plan, why not crown them with plenty of rich compost and aim for that peaceful look of Ireland?

Set beautiful stones into the hillsides and be generous with your plantings. Choose one or two plants you love, with plenty of foliage for three-season interest, and literally cover the hills. Parklane's design created an oasis of hills that made the space feel larger than it was.

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TCP BRINGS FAMILY TO THE FORE IN FIDDLER

The Community Players of New Hamburg will proudly bring *Fiddler on the Roof* to their stage May 9th through 12th, 2013. *Fiddler* is an all-time favourite, a genuine crowd-pleaser—but among the most exciting things about this production is TCP's new vision of the classic musical, and the group's focus on families and community, both onstage and in the audience.

TCP is thrilled that Danielle Guistini-Crouse is our Director for this production. *Fiddler* was Danielle's first show with The Community Players, back in 2002. She has graced the TCP stage many times since, but this year is her first as Director. Her affection for this particular show, her passion for the group and her insight into the story all contribute to the vibrant new vision of *Fiddler*.

Danielle's solid background in music and musical theatre stem from her equally talented family. Her father, Jon Guistini, will be lending his considerable talents to TCP as Acting Coach this year, and Danielle's mother, Marianne (who has also appeared on the TCP stage) will provide invaluable assistance in the area of hair and makeup. Danielle's sister, Joanna, and Todd Crouse, Danielle's husband, both of whom are longtime members of TCP, will appear onstage in this year's production.

TCP is also proud and very, very fortunate to have Jennifer Spaulding as our Musical Director. Jen brings an outstanding breadth of musical talent to her new TCP role, and will be ably assisted this year by Andrea Emrich, our Vocal Coach.

Brent Roth, TCP's Artistic Director, and Kalina Seifried, Production Manager, will be assisted by Nicole Wagler-Cotie, who will be our Stage Manager and also in charge of props.

This year's production showcases several ways in which The Community Players continue to give back to their community, beginning with the introduction of a very user-friendly online process for donation applications. The group has a formal policy of donating show proceeds to community groups and projects, and the new application process is aimed at attracting more potential recipients.

In addition, one of this year's donation recipients (to be named later) will receive \$1 from every ticket sold during the first full week of ticket sales—March 23rd through March 31st.

Fiddler on the Roof is, in large part, a show about family and community. For TCP in 2013, it's a perfect fit.

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"On behalf of our clubs and volunteers, I want to thank all of the landowners who have generously allowed the use of their property for an OFSC snowmobile trail this winter," stated Sean Bond, Nith Valley Sno Surfers. "We also appreciate the support of the many snowmobilers who bought trail permits to help pay their share of the cost of trail operations for the past season," Bond concluded.

A very special thanks is also extended to all of the club volunteers who donated their services to assist local clubs in providing a successful season of snowmobiling. Although the winter is over, snowmobiling has become a year round business, so many volunteers will start immediately to plan and prepare for next winter. If you are interested in helping out or for more information, please contact us at nithvalleysnosurfers@hotmail.ca.

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