

April 2014

Volume 13, Issue 9

Baden Outlook

*Your Community Newsletter Serving the GBA since August 2000 ~
Keeping the Community Connected with 2900 copies in circulation.*



The Baden Outlook Goes to Dubai!

What an exciting month as the Baden Outlook continues to travel!

Thanks so much to all of you who took us along on your recent vacation—we feel honoured!

We've had more photos than room this month, but we'll be sure to feature the rest in the May issue.

See more travel photos on pages 22-23

...But this was our favourite!



Ruth Priddle, Keith Lyon, Karen Lyon and Ann Dube, all of Foxboro Green, introduced their Baden Outlook to this camel in the sand dunes of Dubai.



This paper is priceless - Please have one!

Talking with Ed

~ The Dream Becomes Reality



I recall talking to Michael Harris (MPP) on that warm summer day of August 24th, 2013. We were standing at Norm S. Hill Park watching the TSN Celebration where the Wilmot Splash Pad Committee accepted a cheque for \$25,000. He had mentioned to me that out of all the townships that he represents, Wilmot is the most enthusiastic and full of community spirit...and his words never left me. I realize the amazing things our community has done.

Here is a small sampling (*forgive me if I miss some*) of the events that Wilmot Township hosts: Baden Firefighters Dance, BCA Family Day event, St. Agatha Lions-A Grape Night Out, New Dundee Women's Day, Healthy Community's Live Well Festival, Great Stride and Ride for Cancer, Interfaith Silent Auction, Baden Public Back Yard Barbeque, TCP Theatre Presentations, New Dundee Victoria Day, Mennonite Relief Sale, Petersburg Breakfast in the Park, New Hamburg Live, Baden Fun Day, St. Agatha Strawberry Festival, Baden Fire Fighters Ball Tournament, Q'ing For Life, Baden Cruizin' By The Pond, Baden Fishing Derby, Castle Kilbride Summer Camps and Concert series, Walda Concerts, New Hamburg Canada Day Celebrations, Moparfest, BCA Corn Fest, New Hamburg Fall Fair, Baden Optimist Halloween and Christmas parties, Lioness Tree of light, and Santa Claus parades in Baden, New Hamburg and St. Agatha. Not to forget all the sports events with successful teams, along with many other church and group events happening! It gives you an idea of the community spirit and volunteerism that flourishes in Wilmot Township. So much happens in just twelve months each year! Wilmot rocks and we're all having fun!

The most recent show of enthusiasm and volunteerism is the Bring A Splash Pad To Wilmot committee. What started off as a dream has become a reality. Local businesswoman and mother of three, Angie Hallman, was the initiator. In August 2012, she gathered 3,000 signatures on a petition to present to the township. Next a committee was set up and plans put in place to begin fundraising. Their first venture, a spaghetti dinner held at the New Hamburg Community Centre, raised \$3,046 by serving 400 people. Many other fundraising events were held including the Jimmy "G" hypnotic show, dunk tank at area events, and donation boxes at local businesses. But the biggest one was the TSN / Kraft Celebration Tour. The entire township came together to support a worthwhile cause and net \$25,000.

Sponsorship opportunities opened up to area service clubs, businesses, and families, which gave a needed boost to the funding. The New Hamburg Lions came through in a big way with a pledge of \$60,000 followed by the New Hamburg Optimists' pledge of \$27,500. Many other groups also gave what they could to support the cause.



Angie Hallman is delighted to receive this cheque from Michael Harris, given from the Trillium Foundation— Making her dream a reality. Let the games begin!

On March 22nd the dream became a reality! Michael Harris presented a cheque to Angie for \$130,000 from the Trillium Foundation. That cheque, coupled with a pledge of \$100,000 by Wilmot Township, has edged the total close to the \$400,000 that is needed to complete the project.

I am proud to be a resident of Wilmot Township and I am especially proud of the citizens who have given to the community.

Angie and her Committee have done an outstanding job at making this project happen. Well done, Splash Pad Committee.

Until Next Month ...Ed

So long!!
It's been great!



*The Baden Outlook ~ Your Community Newsletter
"Happy to be Your Voice!"*



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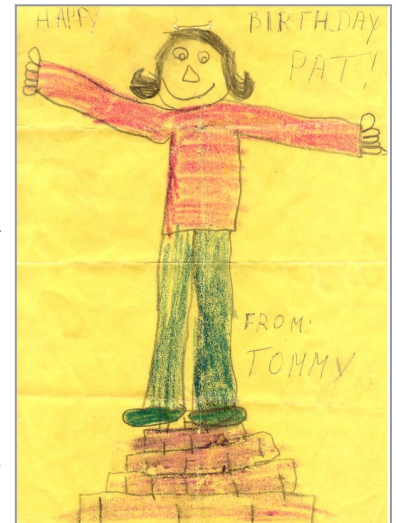
Greetings from Headquarters

Paper ~ Trash or Treasure?



We recently purchased a new hutch/bookshelf for the office and had great fun re-organizing our work space. During our fourteen years publishing the Outlook, we have accumulated a lot of paper and it became very apparent as we rummaged around the growing boxes and bulging drawers. Now the task—what to toss, what to keep, where to store? In our earlier years, we were very excited to learn of the history of Baden and hence the archive files and photos we have collected... so yes, definitely keepers! Now, what about those old 14 years of back issues? It was a slow process as we perused and laughed at the earlier issues, seeing how our skills have developed. In the beginning we laminated each copy, but that got outrageously expensive so we quit that in 2009. Of course we have PDFs of each issue on disc and have saved a few hard copies of each issue as well. Not to mention the advertising cards, files, and invoices... hmmm, the 7 year rule may apply here. Now I begin to panic...have we become hoarders? So this is the question: what is valuable? Are they keepsakes, memories or... simply trash!?!

So the paper cleansing continues as I come across a box of old greeting cards and find things over 40 years old! Lots of treasures, including a home-made birthday card when I turned 16 years old made by Tommy, a friend from my old neighbourhood. He was around 5 years old and I remember teaching him colours while sitting on the hood of my dad's car watching traffic on Huron Street in New Hamburg. He was very proud of that card and I was tickled that he spent time with his crayons making it for me. I'm not sure if I was standing on a pedestal or a birthday cake, but I love it! Yes, fond memories—but do I continue to store this card in my treasure box or extend the joy and share it? So as I share this story I will also mail that card back to Tommy and see if it stirs up some memories for him. I will let him decide the destiny of the card. I just could not make that trash and it truly was a treasure... but time's up on that one! Now, what to do with the remaining cards in that box?



What a crazy month putting this issue together! Just as I'd get the pieces of the puzzles together, I suddenly had more pieces and had to start again—but I'm not complaining; it's great fun! By the first of the month, which is submission deadline, the paper was already full with the Outlook inbox continuing to fill with even more info, ads, and articles—so for the first time we are publishing 44 pages. There were a lot of travellers and that section was full quickly. So thanks to all who took us along on their vacations and sorry to those whose photos got put on hold until the May issue.

Also, thanks to those who submitted the baseball pool registration forms with 254 entries...BUT PLEASE NOTE THAT THE POOL ID HAS CHANGED. When checking your ball stats on-line the ID is now **outlookbaseball**. We'll soon wrap up the hockey season and get the baseball stats going in May. Thanks for playing ball with us and good luck to you all!

The Baden Outlook

Volume 1, Issue 1
August 15, 2000

Baden Was Happy To Host The Celebration!!

What an exciting time we had in Baden Aug. 4, 5 & 6th. New faces, old faces and they were all smiling faces. There was surely something for everyone with activities from sun up till ... well...you got tired. Baden was most proud to have the community gather in our town and celebrate. We must not forget the work and dedication of the many people and committees that made this event happen. Thanks to all of you!!!!

See fun pictures from the celebration on pages 4 & 5!

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Our first issue—August 2000, with only 12 pages and 600 copies printed that we delivered door to door in Baden.

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WILMOT OPTIMIST YOUTH AWARDS

The annual Youth Appreciation dinner was held on February 27th at the Haysville Community Centre. Eleven youth from area schools and minor hockey were recognized for their contributions to their school and community. Parents, friends, and Optimist members totaling 86, were served dinner by Optimist members. A representative from each school and also from minor hockey read letters outlining each youth's contributions. Certificates and medallions were presented to each youth.

In picture: Back left to right, President Darlene Vorstenbosch, Brendan Arsenault (Grandview), Andrew Shantz (Waterloo Oxford), Faith Laverty (Waterloo Oxford), Karley Dajka (Wilmot Girls Hockey), Olivia Hunt and Hunter Tucker (Baden Public), Lynn Perrin (youth appreciation chair), Front left to right, Victoria Roth (Grandview), Sydney Genzle (Sir Adam Beck), Megan Titus and Isaac Watsa (Holy Family), Chaise Beauchamp (Sir Adam Beck)



Last month we asked our readers to let us know when they saw or heard their first robins...



*I'm Back, I'm sure you've heard me chirp!
No complaining when it rains cause I'm craving a worm!*

Thanks to Shelly Heipel who reported hearing her first robin on March 18th. It rained on the 19th so we hope Mr. Redbreast found a worm!



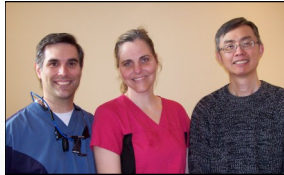
Dale Weber, from Perth East, shared this photo on March 19th of a flock of robins that dropped by for breakfast in her yard and enjoyed last year's crop of fallen apples.

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Protect Your Pet from Spring Pests

Although it seemed as though it would never come, **SPRING IS FINALLY HERE!** The warmer weather, blooming flowers, and sunshine have been a long awaited treat. Unfortunately, we and our pets are not the only things enjoying this fine weather; mosquitoes and fleas are also starting to stir. With them comes the potential for transmission of disease to our furry friends. Fleas are the first potential threat and can be quite a nuisance. One adult female flea can lay up to 50 eggs a day! The adult fleas that we see are only 5% of the infestation, the other flea life stages make up the remaining 95%, and exist in the animal's environment....potentially your home! Pesky mosquitoes are also a nuisance to us, but can actually transmit a life threatening parasite to our pets. This blood-borne parasite is known as heartworm and can cause heart and liver failure in its host animal. If left untreated, the infection can be deadly. The good news is that these parasites can be prevented by simple monthly treatments. There are many parasite preventative options available. It is a good idea to discuss with your veterinarian the best option for your furry friend. This way everyone can safely enjoy everything the warmer weather has to offer!



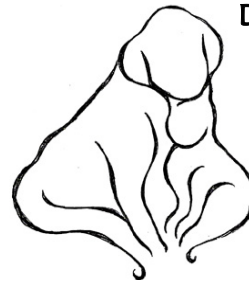
By Dr. Rebecca Ricker

Baden Veterinary Hospital

Dr. Rebecca Ricker & Associates

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New Clients Welcome!



This Quiz Will Bark up Your Tree!

(With the given clues figure out these dogs.)

1. Affectionate Alpine rescue breed - enough said!
2. Toy, Miniature and Standard are the three varieties of this dog
3. Irish, English and Gordon are the three breeds of this type of dog
4. German for 'badger dog', though its popularly known with another edible name
5. This smallest recognized dog breed is paradoxically named for the largest state of Mexico
6. The name of this breed that comes in standard and miniature versions is from the German for 'snout'
7. This breed named for a region in Croatia serves as a firehouse mascot
8. This beloved fictional collie dog character created by Eric Knight in a short story has given birth to a cottage industry of dog films and TV shows
9. A cocker spaniel & a mutt are the title characters in this 1955 animated Disney classic
10. The most popular breed of dog by registered ownership in Canada, the United Kingdom, and the United States (since 1991); named for a peninsula

Answers on page 13



Happy Easter!

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Baden ~ Our Town

The Baden Community Association has lots going on, starting with upcoming **Community Clean Up day on Saturday April 26th from 11-1**. Bags, gloves, and refreshments will be provided. Everyone is welcome, so join in and help clean up our town. Speaking of cleaning... the BCA has adopted a road through the adopt-a-road program with Waterloo Region! We are proud to take ownership and tidy up Gingerich Road from Foundry Street to Snyder's twice a year—*helping to beautify our town!*

The Baden community garage sale will take place on Saturday May 31st – rain or shine. As well the BCA will hold its own fundraising sale at the path between Isaac Shantz and Goldschmidt on Stuckey, so if you don't have time to hold your own garage sale but want to free yourself of some unwanted items, please send them our way which will help fund the BCA. There are two options if anyone has anything they would like to donate to the group. Smaller items can be dropped off at Baden Eyecare at the Village Square plaza. If you have larger items, visit the website at www.baden.ca to arrange a pickup. If you are in the buying mood then there will be lots of items for sale.

The BCA will make popcorn again at the annual Baden Back Yard Barbeque at Baden Public School. We will also be supporting the Nith River Wild Turkey Conservation Association in their fishing-stocking program at the Mill Pond this June.

The BCA meet on the last Wednesday of each month. The next meeting is on April 30th at 7 o'clock at the lower meeting room of the township hall. You are always welcome, so come on out and support your community.

Watch for the spring flowers soon to bloom at the entrance of Livingston Boulevard! Helping to Beautify our town!



We're Open!!

See us at our new location across the road at Peel East Plaza next to Belk's.

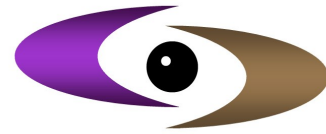


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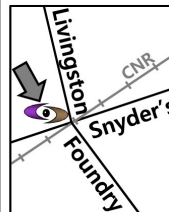
BADEN EYECARE CENTRE

Dr. Sonya Frank, Optometrist

Happy Easter!



Remember to wear sunglasses to protect your eyes against cataracts, eye cancers, macular degeneration and even unsightly "crows-feet", too



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Notice

Emmanuel Lutheran Cemetery/Petersburg

Emmanuel Lutheran Church has submitted by-laws to the Registrar of the *Funeral, Burial and Cremation Services Act, 2002*.

Any interested parties may contact Karin Demerling at (519)634-8346 for information, or to make copies.

By-laws or amendments may be reviewed or copied at 31 Alice Cres. Petersburg ON.

These by-laws are subject to the approval of the Registrar, *Funeral, Burial and Cremation Services Act, 2002*.

[Tel: Cemeteries Regulation Unit (416)326-8399]



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Baden Corn Festival: Vendors, Vendors, Vendors!

What's your favourite thing about the Baden Corn Festival? Fresh produce? Candles and home fashion? Local history?

Corn on the cob, ice cream, apple fritters?

Well, if you answered "all of the above!" then you're in luck ... because on Saturday August 9, it will all be available at the Baden Corn Festival's new and improved Vendors area!

What's new and improved, you ask? First, we've changed the location to make room for even more farmers, gardeners, and cooks. This year vendors will be selling their wares along Charles Street, in the lane leading to the Wilmot Seniors Woodworking shop, and also in the wide-open green space just north of the pond. This change brings the popular Kid Zone into the centre of the action, too!

And we'll need the extra room ... because vendors are signing up fast and furious! Many of last year's favourites will be returning, like Troy's Diner, Creative Henna, Swirls Ice Cream, Maple Tap Farms, Garden Party and more. We're welcoming new additions to the lineup, as well: this year we'll have up to eighty vendors; all offering unique items and delicious food.



But the Corn Festival Vendors do more than sell. Do you have an interest in learning? There will also be vendors who focus on local history, like Castle Kilbride and Heritage Wilmot; be sure to stop by their booths to learn about Wilmot's past, and of course to find out about the specially-priced tours, kids' activities and more, all happening on Corn Festival day at the Castle.

Do you have wares to sell, a venture to advertise, or a club to promote? We welcome all types of organizations! Right now, the rate is only \$60 for a 10 x 10 booth space ... but that price only lasts until June 30, so don't delay. You'll find our application form and information at www.badencornfest.ca -- just go to "vendors" and click on the links to download.

Our committee will be accepting food vendors until July 9, and other vendors right up until August 2. And speaking of our committee, if you'd like to get involved, don't forget to let us know -- volunteers are always welcome! Contact us at info@badencornfest.ca or 519-501-9116 for more information.

See you in the Vendors' Market Area on Saturday August 9 ... until then, get ready to *Get Your Cob On!*



Spring is Here!

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THE WATER PISTOL

WHEN MY THREE-YEAR-OLD SON OPENED THE BIRTHDAY GIFT FROM HIS GRANDMOTHER, HE DISCOVERED A WATER PISTOL... HE SQUEALED WITH DELIGHT AND HEADED FOR THE NEAREST SINK.

I WAS NOT SO PLEASED.

I TURNED TO MOM AND SAID, "I'M SURPRISED AT YOU. DON'T YOU REMEMBER HOW WE USED TO DRIVE YOU CRAZY WITH WATER GUNS?"

MOM SMILED AND THEN REPLIED..... "I REMEMBER!!!"



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You Must Be Joking!!



A RETIREE'S LAST TRIP TO LOCAL GROCERY STORE

Yesterday I was at my local Kroger buying a large bag of Purina Dog Chow for my loyal pet, Jake, the Wonder Dog and was in the check-out line when a woman behind me asked if I had a dog.

What did she think I had, an elephant? So because I'm retired and have little to do, on impulse I told her that no, I didn't have a dog, I was starting the Purina Diet again. I added that I probably shouldn't, because I ended up in the hospital last time, but that I'd lost 50 pounds before I awakened in an Intensive care ward with tubes coming out of most of my orifices and IVs in both arms.

I told her that it was essentially a Perfect Diet and that the way it works is to load your pants pockets with Purina Nuggets and simply eat one or two every time you feel hungry. The food is nutritionally complete so it works well and I was going to try it again. (I have to mention here that practically everyone in line was now enthralled with my story.)

Horrified, she asked if I ended up in intensive care because the dog food poisoned me. I told her no, I stopped to Pee on a Fire Hydrant and a car hit me.

I thought the guy behind her was going to have a heart attack he was laughing so hard.

And my favourite local grocery store won't let me shop there anymore. Better watch what you ask retired people. They have all the time in the world to think of crazy things to say.

Submitted by Robert Price

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How to Wash a Cat:

- Put both lids of the toilet up and add 1/8 cup of pet shampoo to water in the bowl.
- Pick up the cat and soothe him while you carry him towards the bathroom.
- In one smooth movement put the cat in the toilet and close the lid. You may need to stand on lid.
- At this point the cat will self agitate and make ample suds. Never mind the noises that come from the toilet, the cat is actually enjoying this!
- Flush the toilet three or four times. This provides a 'power-wash' and 'rinse'.
- Have someone open the front door of your home. Be sure that there are no people between the bathroom and the front door.
- Stand well back, behind the toilet as best you can, and quickly lift the lids.
- The cat will rocket out of the toilet, streak through the bathroom and run outside where he will dry himself off.
- Both the toilet and the cat will be sparkling clean.



Happy to help... Yours sincerely, The Dog.

Baden

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Optimist Youth Appreciation Winners for Baden Public School

These students are nominated by the staff for being quiet leaders in our school who make our school a better place.



Olivia Hunt and Hunter Tucker were honoured at the Wilmot Optimist Youth Appreciation evening.

Olivia is appreciated by staff for her leadership in athletics and her dedication to working with younger students in the intramural program. As a member of the Athletic Council, she is an unassuming leader.

Hunter Tucker is honoured for his amazing event planning skills as a member of the Athletic Council and his constant support with the Baden Leadership Team. Hunter has incredible skills with technology, assembly set up, and coordinating volunteers.



Ben Maclauren was honoured at the New Dundee Optimist Youth Appreciation evening. New Dundee students attend Baden PS for Grades 7 and 8. Ben was honoured as one of our most enthusiastic students in Grade 8, in athletics and academics. Ben has an incredibly positive attitude in all parts of school life. Ben is pictured with his Grandpa and Grandma Maclauren of New Dundee. The three recipients were honoured after the awards evenings with a lunch with their principal, Nancy Woodhall.

Swim! Bike! Run!

The Wilmot Aquatic Aces are hosting the second annual Kids' Triathlon on **Sunday June 22nd, 2014** at the Wilmot Recreation Complex in Baden. There is room for 350 kids, ages 3-14, to try this non-competitive sporting event.

Children start the race in the pool, wearing a life jacket if they wish, and are grouped according to similar swim ability. Once they are out of the pool, kids run over to the transition zone located in the parking lot to put on a helmet and grab their bikes. The bike route is on Gingerich Road on the back portion out of the Recreation Complex and the road will be closed to traffic for the event. Once the distance on the bike is completed, kids will place their bike back in the transition zone and will head out for the run. Depending on the age of the child, loops will be completed with parents and volunteers cheering them on. For the youngest age group of 3-5 year olds, one parent is allowed to participate with them to assist with transition or in the pool. With the registration fee, participants will receive a triathlon t-shirt, food, medal and more!

No experience is necessary to come out and participate!

Just give it a "tri"!

If you would like to register, please visit www.aceswim.ca/kidstri/. An event of this size requires a lot of volunteers and business sponsorship, so please consider giving by emailing Sherilyn Van De Wynckel at kidstri@aceswim.ca.

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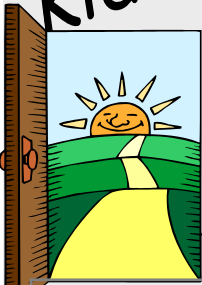
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*Wilmot Jujitsu is pleased to offer **Ninpo Bugei**
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held from 7:15 - 8:15 p.m. on Tuesdays and
Thursdays and is open to ages 14 and up.*



*Please see the following website for
more information. www.genbukan.ca*

LookOut Kids' Korner



What are these?

1. yelcbic _ _ _ _ _
2. rootcse _ _ _ _ _
3. spochocth _ _ _ _ _
4. llsebaba _ _ _ _ _
5. tellbabask _ _ _ _ _

In the good old days your parents played with other toys that may have been forgotten. Ask them about ...

- ⇒ A flying plastic disc that was tossed back and forth
- ⇒ A large plastic ring that was spun and suspended around your waist
- ⇒ A long rope that was doubled up, held by two, and jumped through while singing rhymes or songs
- ⇒ A game played with a small ball and 5 little objects that were captured in between bounces
- ⇒ A hooped rope over your ankle with ball on the end that you spun and jumped over
- ⇒ A wooden spool with string wrapped in it that was tossed and retrieved, making tricks.

How many words can you make from the letters in the word SPRING. There's more than you think. Get a pen and paper and give it a try - ask your family to help! ... (there are 37 words)!



5. Basketball
4. Baseball
3. Hopscotch
2. Scooter
1. Bicycle

Frisbee, hula-hoop, double dutch skipping, jacks, Skip-it, yo-yo

Spring is here... bust out!!

It's time to get outside, breathe in the fresh air and ... move! There is lots to do outside—like playing road hockey, skipping rope or skate boarding. See if you can find more outside activities from the word scramble below. The answers are below upside down.



Hey! Kids, ages 4-10
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www.stemcamp.ca

To register or learn more details contact: Ron Cougler, telephone 519.537.7371 or email rcougler@getclickin.ca

Waterloo Oxford D.S. School Shines with Pride as Student Awards Keep Coming!

These talented students competed in the Sears Drama Festival held at Sir John A. MacDonald SS on Thursday, Feb. 27. The Sears Drama Festival is a theatre event held annually for all high school students to showcase their unique drama work.

WODSS won two awards for their one-act comedy, *CrazyTown*. The play won an Ensemble Award and Cameron Whittle was presented with a Comedic Timing Award.



Marena Wigmore, Sarah Hunsberger, Siobhon Milligan, Eden Morrissey, Cam Whittle, Mackenzie Johnston, Andrea Smith, Sophia Kinch, Ashley Jeffries, Alicia Bausmer, Katie Drake.



Congratulations to Zac Berry who won the Bronze Medal at OFSAA in wrestling on March 6th.



Wellesley, Wilmot and Woolwich

Community Wellbeing Survey

We want to learn more about **your** wellness!



We invite you to complete our on-line survey.



Click the link to the survey on the following agency websites:

- **Woolwich Community Health Centre** at www.wchc.on.ca
- **Woolwich Community Services** at www.woolwichcommunityservices.com
- **Community Care Concepts** at www.communitycareconcepts.ca
- **Wilmot Family Resource Centre** at www.wilmotfamilyresourcecentre.ca

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Answers to dog trivia quiz
from page 5

1. Saint Bernard
2. Poodle
3. Setter
4. Dachshund (or)
Weiner dog
5. Chihuahua
6. Schnauzer
7. Dalmatian
8. Lassie
9. Lady and the Tramp
10. Labrador Retriever

Happy Easter!



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Checking Out the Baden Library

Courtesy Notices

Do you forget when your library materials are due? Sign up for pre-due date courtesy notices! A few days before an item is due, we will send you an email reminder. This is an easy way to remember to bring your books back on time and to avoid late fines. Getting signed up is easy! Next time you visit the library, ask staff to update your account with your email address. This service replaces Library Elf, which RWL is no longer supporting.



Free Computer Help

Free, one-on-one computer training sessions are available from the Region of Waterloo Library. These sessions are specially designed for 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 a trained library staff member. Call 519-575-4590 to book an appointment.

OBOC 2014

Watch for the 2014 One Book One Community title to be announced in April.

Fun Fact ~

Did you know? In 2013, almost 6,000 DVDs were checked out at the Baden Library? Check out DVD Central at www.rwlibrary.ca to search for movies by category. Or drop by today and see what we have on the shelf. There are always lots to choose from!

Contact the Baden Branch Library at: 519-634-8933,
badenlib@regionofwaterloo.ca or visit www.rwlibrary.ca

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




March Break program featuring Five The Magician.

A good natured grandpa wore the wig and sea shell bra; and other parents volunteered as well. The children laughed the whole time he performed.

Baden Outlook Hockey Pool Stats

ADULTS			KIDS		
Place	Name	PTS	Place	Name	PTS
1	Jim Gilbey	836	1	Aiden Heinbuch	820
2	Trevor Shantz	832	2	Meghan Mueller	797
3	Karianne Jokic	825	3	Myla Blackshaw	779
4	Bob Good	824	4	Whitey Moore	778
5	Tracey Mino	817	T5	Kaden Eichler	772
6	Tim Gowland	816	T5	Daniel Kreller	772
7	Daniel Jutzi	807	7	Brayden Gingerich	771
T8	Joel Egerdee	802	8	Taylor Naumann	752
T8	Arlene Naumann	802	9	Payton Egli	751
10	Dave Miles	798	10	Ben Habel	745
11	Janice Gingerich	793	11	PC Moore	743
12	Michelle Ruston	789	T12	Kodi Blackshaw	742
13	Rob Schmitt	787	T12	Carter Girodat	742
14	Susan Honderich	786	14	Allie Gardner	732
15	The Baden Brawler	785	15	Erin Rooney	730
16	Jim Van Every	784	16	Tyson Ruston	729
T17	Rick Miles	783	17	Paige Naumann	728
T17	Bonnie	783	T18	Tyson Lobo	726
19	Brady Schmidt	782	T18	LaShaedyn Faulkner	726
T20	Gerrie Culbert	779	20	Calli Storer	723
T20	Eric Wagner	779	21	Nate Gardner	721
22	Maggie Litwiller	778	22	Owen Kunkel	718
23	Steve Jokic	777	23	Aiden Kropf	717
T24	Geoff Stumpf	776	T24	Tate Brenner	715
T24	Lajos Guta	776	T24	Jaimie Usher	715
T24	Cassidy Wagler	776	26	Brooklynn Hill	713
T24	Kimstress	776	27	Kaidan Peoples	709
28	David Kleine	773	28	Matthew Goodyear	708
T29	Scott Metcalfe	771	29	William Austin	705
T29	Jen Medeiros	771	T30	Tanner Schwrtzntrbr	704
T29	Jared Shantz	771	T30	Brielle Dibben	704
T32	Merv Roth	770	32	Alyssa Gingerich	703
T32	Marilyn Steinmann	770	33	Hunter DeLay	701
T34	Brittney Snyder	768	34	Jordyn Ertel	700
T34	Zeke's Heroes	768	T35	Luke Bennett	699
36	Mary Lou Gingerich	767	T35	Logan Kleine	699
37	Joyce Leis	766	37	Melanie Austin	697
38	Tim Austin	763	38	Cooper Hill	695
T39	Bill Lovell	762	39	Dominik Struth	693
T39	Kristen Struth	762	T40	Spencer Boshart	689



Congratulations to Trevor Shantz for taking the Adult Leader Prize for this month's Hockey Pool, winning a gift certificate from EJ's Tavern

The leader of the Kids Hockey Pool is Myla Blackshaw, winning a gift certificate from Riverside Lanes.

(remember Jim, Aiden, and Meghan – you can only win the monthly leader prize once)

The lucky random draw winner is Don Culbert winning a Baden Outlook coat.





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Happy Easter from your friends at EJ's

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Mothers Day

PLEASE NOTE THAT WHEN CHECKING YOUR BALL STATS ON-LINE THAT THE BASEBALL POOL ID HAS CHANGED.

IT IS NOW — outlookbaseball



Hello sports fans — Thanks for playing hockey with us! Be sure to follow your stats which are updated daily on the site. The Outlook draws the stats on the 7th of the month. To follow the stats, log on to our website at www.badenoutlook.com. Click on sports pool—choose "hockey" The pool I.D. is [outlookhockey](#) or [outlookkids](#) and the password is [quest](#). To view both pools, you must log out of one to get into the other.

The top entries will be listed. Have Fun and Good Luck!

Only one month to go before ball pool stats—take note of new ball pool ID when checking your on-line stats.



This is a Spicy Test, Mixed with Zesty Trivia!
You guessed it ~ A Spice Quiz

1. It commonly comes in black and white and brings on a sneeze.
2. Its licorice-like flavour is popular in candies and it is used in liqueurs. The best known of which is ouzo from Greece.
3. The name comes from the French word meaning nail; not surprisingly, they look like nails.
4. Best known in the west as the 'pickle herb'.
5. Usually found on top of breads; these are non-narcotic, lest the name scare you.
6. This leaf comes from the laurel tree and is a staple in kitchens throughout the world; the leaves also flavour classic French dishes such as bouillabaisse and bouillon.
7. It's a key herb in Mediterranean cooking and was called 'the king of herbs' by the Greeks; key ingredient of pesto sauce.
8. The spice that gives pizza its characteristic flavor.
9. The distinctive feature of this spice is that it comes from the bark of various laurel trees; ground variety is perhaps the most common baking spice; Sri Lanka is the principal source of this spice.
10. Often included in seasoning blends for poultry and stuffing and paired with tomatoes. Tradition tells that it was in the straw bed of the Virgin Mary and the Christ child. A gland of the human body that is important for immunity takes its name from it
11. This wildly growing spice comes in 2 varieties and follows 'spear' and 'pepper'.
12. Used in place of saffron to provide color and flavour. Popularly used in Indian curries.

Answers on page 25

You Must be Joking!



The husband wanted a boat more than anything. His wife kept refusing, but he bought one anyway. "I'll tell you what," he told her, "in the spirit of compromise, why don't you name the boat?" Being a good sport, she accepted. When her husband went to the dock for his maiden voyage, the name he saw painted on the side of the boat was: "FOR SALE".

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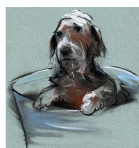
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7th Annual Living Well Festival "Made in Wilmot"

Friday, April 25 & Saturday, April 26, 2014

Wilmot Recreation Complex (1291 Nafziger Road, Baden, ON)

for details visit www.whcc-healthywilmot.org 519-588-5916 email whcc.nh@gmail.com



FREE events for the entire family!

Friday – 9:30am-12:30pm **Read Well Day**, presented by Region of Waterloo Library

Music with Erick Traplin, Canadian author Cary Fagan, Storyteller Derek Brisland, E-literacy with Kim-Early Literacy Specialist, Kids in Motion, Reading & Math Corner, Mother Goose & Truckery Rhymes, and Baby & Me.

You are welcome to bring lunch or snack – no nut products.

7-9pm **Roller Skating Free skate rental & under 16 years of age must wear a helmet.** *Erick Traplin is dusting off his roller skates and joining us. You might see him roller dancing around the rink!*

8-10pm **Coffee House** hosted by John Wiebe, celebrate local talent.

Saturday – 10am-1:30pm ***NEW* Made in Wilmot Market- local food show**

10am- 1:30pm **Community Corner- Castle Kilbride, Heritage Wilmot, Local businesses, agencies & groups;** 10-11:30am **Wilmot Senior shuffleboard**

11:30am -12:30pm **Community Chase- Team-Up with friends, family, all ages welcome.** *Compete against the clock to locate Chase Points, complete a variety of challenges, then move on the next Chase Point.*

12-1:30pm **Community BBQ** Sponsored and served by your Township Council

12:30-2pm **Ice Skating** sponsored by your Township Council. *A nice way to end the day!*



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Community Care Concepts of Woolwich, Wellesley, and Wilmot provides high quality support services throughout the respective Townships. Community Care Concepts, a non-profit volunteer-based organization, enables seniors and adults with disabilities to remain as independent as possible in their own homes.

Community Care Concepts is offering two new programs for seniors living in the community: FREE community based exercise and falls prevention classes in the Wilmot area.

Program locations:

Wilmot Recreation Complex
1291 Nafziger Rd, Wilmot, ON N3A 3H3
M,W,F 8:45-9:30 and 9:45-10:15
Upstairs Dry Land Training Room
No registration required, drop-ins welcome

New Dundee Community Centre
1028 Queen St, New Dundee, ON
M,W 1:00-2:00pm
No Registration required, drop-ins welcome

All are welcome. For questions or more information please call 1-855-664-1900

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GRAMMAR LESSON: The English language is surely entertaining. We have heard plenty of puns, which exploit words with multiple meanings creating humour as seen on next page, but Lexophiles are simply those who are playful with words. But are you familiar with chiasmus? It is a part of speech you didn't even know had a name. It's a figure of speech in which the order of the words in the beginning of the sentence is reversed at the end of the sentence which makes a point or adds wit.



"Lexophile" is a word used to describe those that have a love for words, making a point or humour —such as "you can tune a piano, but you can't tuna fish", or "to write with a broken pencil is pointless." You may enjoy this collection.

See examples of both and be the wiser, or just laugh!

- ◆ When fish are in schools, they sometimes take debate.
- ◆ A thief who stole a calendar got twelve months.
- ◆ When the smog lifts in Los Angeles U.C.L.A.
- ◆ The batteries were given out free of charge.
- ◆ A dentist and a manicurist married. They fought tooth and nail.
- ◆ A will is a dead giveaway.
- ◆ With her marriage, she got a new name and a dress.
- ◆ A boiled egg is hard to beat.
- ◆ When you've seen one shopping centre you've seen a mall.
- ◆ Police were called to a day care centre where a three-year-old was resisting a rest.
- ◆ Did you hear about the fellow whose whole left side was cut off? He's all right now.
- ◆ A bicycle can't stand alone; it is two tired.
- ◆ When a clock is hungry it goes back four seconds.
- ◆ The guy who fell onto an upholstery machine is now fully recovered.
- ◆ He had a photographic memory which was never developed.
- ◆ When she saw her first strands of grey hair she thought she'd dye.
- ◆ Acupuncture is a jab well done. That's the point of it.
- ◆ Those who get too big for their pants will be exposed in the end.

Chiasmus ~ Many words of wisdom spoken from some famous people over time.

- ◆ All for one and one for all.
- ◆ Never let a fool kiss you or a kiss fool you.
- ◆ You forget what you want to remember, and you remember what you want to forget.
- ◆ As Mae West once said: "It's not the men in my life, it's the life in my men," and "I'd rather be looked over than overlooked."
- ◆ Or as quoted from the Bible: "Many that are first shall be last; and the last shall be first."
- ◆ "Bad men live that they may eat and drink, whereas good men eat and drink that they may live." – Socrates
- ◆ Do I love you because you're beautiful? Or are you beautiful because I love you?
- ◆ The value of marriage is not that adults produce children, but that children produce adults.
- ◆ A statesman is a politician who places himself at the service of the nation. Or, a politician is a statesman who places the nation at his service.
- ◆ You can take the boy out of the country, but you can't take the country out of the boy.
- ◆ Taken from the Band-Aid jingle: "I am stuck on Band-Aid, and Band-Aid's stuck on me."
- ◆ "One should eat to live, not live to eat."— Cicero
- ◆ "Let food be thy medicine and medicine be thy food." — Hippocrates

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Now That's Punny!!



- ◆ Two cannibals are eating a clown. One says to the other: "Does this taste funny to you?"
- ◆ Two cows are standing next to each other in a field. Daisy says to Dolly, "I was artificially inseminated this morning." "I don't believe you," says Dolly. "It's true, no bull!" exclaims Daisy.
- ◆ An invisible man marries an invisible woman. The kids were nothing to look at either.
- ◆ Deja Moo: The feeling that you've heard this bull before.
- ◆ Two termites walk into a bar. One asks, "Is the bar tender here?"
- ◆ A vulture boards an airplane, carrying two dead raccoons. The stewardess looks at him and says, "I'm sorry, sir, only one carrion allowed per passenger."
- ◆ Two fish swim into a concrete wall. The one turns to the other and says, "Dam!"
- ◆ Two Eskimos sitting in a kayak were chilly, so they lit a fire in the craft. Unsurprisingly it sank, proving once again that you can't have your kayak and heat it too.
- ◆ Two hydrogen atoms meet. One says, "I've lost my electron," The other says, "Are you sure?" The first replies, "Yes, I'm positive."

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Right Sizing

The most difficult aspect of the Right Sizing process is deciding what to do with the treasured belongings that you can't take along with you.

It can be devastating to learn that your children don't want the things that you had hoped they would. It is difficult to accept, but often the things we want to pass along are "our" memories, not our children's.

Before you get to the physical disposal of items, have a little "heart to heart" talk with yourself.

As much as you may want the younger generation to care about the things that represent the past, you can't MAKE them care.....if you try (beyond a little gentle persuasion), it can lead to tension in your relationship.

The memory is not in the item...but rather in your heart and in your life experiences. Why don't you consider taking some photos of the items. Write a few details and memories on the back of the photo, or on a corresponding journal page and then create a memory album. You may find that your family has a soft spot for the

stories.....that they don't have for the actual stuff.

For our clients, the most common question is "where do I start?". The ideal is to go through the house twice. The first time do just the easy stuff. Toss the "no brainers" in the donation bag or the garbage bag. Anything that bogs you down.....save it for round 2!

Think about the answers to these questions:

- What sort of space are you moving into?
- What will be different after you move?
- Do you need space for overnight guests? dinner guests? meetings? hobbies? grandchildren's toys?

The answers to these questions will help you decide what to keep and what to get rid of.

If your process would benefit from the help of a professional organizer or senior move manager check out our websites to learn more. We are here to help!
www.heartofthematter.ca
www.seniorsmove.ca

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

Can't get it done? Need a quick power clean?

Set a timer for a certain length of time.

Work on something until the timer runs out. If you still feel the momentum, reset the timer.



This can apply to tasks that you need to do personally, but also to things that you might do as a family. Set the timer on a Saturday morning for 1 hour and work together to accomplish a list of quick tasks. Everybody works together, and then everybody is free to enjoy the rest of the day!

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Seeds of Change:

Seeds are little power houses of nutrition and have been sought after much more in the last few years. I hear people adding more seeds to salads, smoothies, and cereal every day. There are a few seeds that pack an extra special punch and I would like to talk about them this month.

Approximately ten years ago **Flax Seeds** came on to the health scene. There was a lot of confusion over how to eat these nutty tasting seeds and now most people know you have to grind the seeds fresh in order to access the high omega-3s and fiber that is within the seed. Flax oil is also a great nutritional additive; cold-pressed from the seeds, the oil contains very little if any fiber, but is a good dose of omega-3 oils that again are so lacking in our Standard North American Diet (SAD diet).

Then about five years ago, **Hemp Seeds** became the new vogue. As the vegan/vegetarian population grew, so did the need for more plant-based sources of protein, and hemp seeds pack a good punch of protein. These versatile little seeds can be added to salads, smoothies, and

cereals as well; however, the big benefit is that they do not have to be "opened" or ground in order for your body to take up all that good protein and fiber.

Most recently, the latest seed to gain in popularity is the **Chia Seed**. Originally seen on TV as a seed used to grow beautiful greenery on clay pottery shaped animals (the Chia pet), it is now one of the most sought after nutritional seeds due to its extremely high omega-3 content, fiber, anti-oxidants, and phytonutrients. Chia is a much smaller seed than flax or hemp and grinding can actually destroy the nutritionally beneficial omega-3s; therefore, this volatile little seed needs to be treated very differently.

What I love to do is blend all three of these seeds together to make a delicious, nutritious, omega-packed smoothie I call The Ultimate Omega Smoothie. The combination of high omega-3s, protein, fiber, anti-oxidants, and phytonutrients gives me a balanced start to my day and I am not hungry for hours. If you want to give it a try, here is the recipe.

Ultimate Omega Smoothie:

1 cup Pure Spring or Filtered Water
1 cup Natur-A Soy Beverage (non-GMO, certified organic soy)
½ cup Frozen Blueberries
½ Fresh Banana
1 Tbsp Fresh Ground Flaxseed
1 Tbsp Chia seed
1 Tbsp Shelled Hemp Hearts
1 Tbsp Protein Powder
Blend until smooth, then add:
1 Tbsp Flaxseed Oil
Blend for 3 to 4 seconds, no longer as the flax oil is very volatile.
Pour into large glass, makes approximately 3 cups of delicious, nutritious smoothie drink.
Enjoy!



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.

Eat, Move and Be Healthy!

Heather McKague-Bandl

ROHP, RNCP, Orthomolecular Nutritionist

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



Elaine and Bailey Bechthold took the Outlook on their recent mission trip to El Realjo, Nicaragua. A team from Faith Lutheran Church and other Lutheran churches in Ontario held a Vacation Bible School in El Realjo and gave gifts of toys and school supplies to the children. The VBS students are showing crafts that they made.



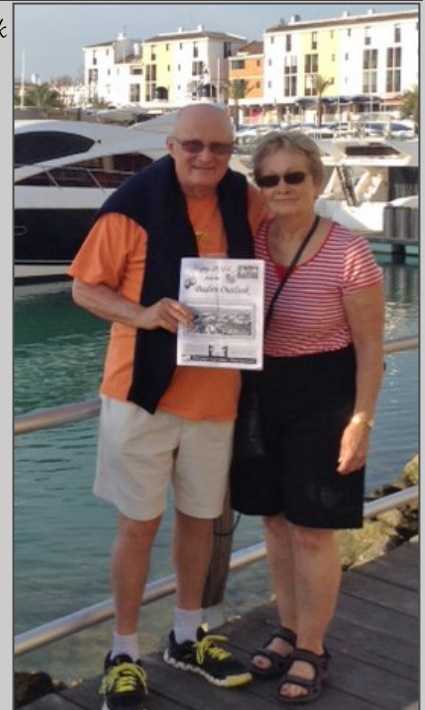
Hank Lightfoot and Connie Caley from Sarnia, Joyce Young, Sue and Paul Kenny, Bob Dahmer, Eileen and Jack Hendry from Stonecroft took their Outlook to dinner in Carvoeiro, Portugal.



Don't forget to pack your Outlook when going on vacation.



Hiten Panchal (from Seamcrafts of Baden) took their Baden Outlook along to visit their family in India. Seen are: Jignesh, Nikita, Niket, Sunny, Megha, Ravi, Dhvani, Uncle and Auntie all of Panchal family. From the City of Mahatma Gandhi, in Gujarat, India.



Bob Dahmer and Joyce Young from Stonecroft, New Hamburg took their Baden Outlook to Vilamoura, Portugal.

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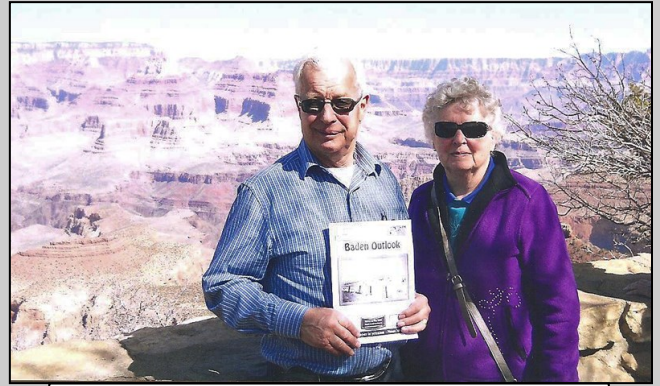
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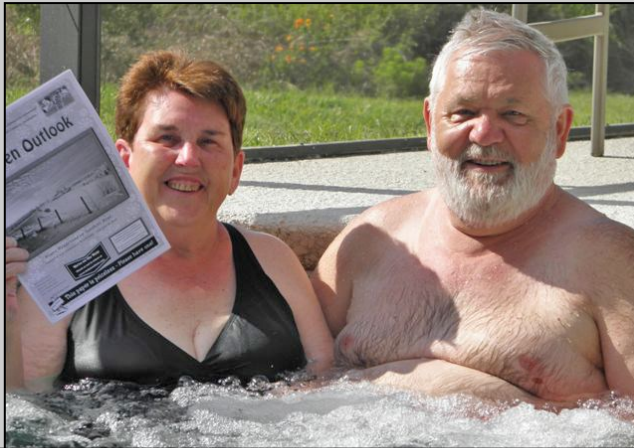
... to Grand Canyon, Dominican, Florida, Costa Rica, Portugal, Bahamas, India, and Nicaragua.



These Morningsiders ham it up with moustaches and their Baden Outlook at the Princess Suites in Punta Cana, Dominican.



Harold and Isabel Seyler took the Baden Outlook with them to the Grand Canyon.



Donna and Leif Nielsen (along with daughter Sherry & husband Greg and grandchildren Beth & Kyle Reitzel) took the Baden Outlook defrosting in Polk County, Florida.



Jean Wood, with son Bob and daughter -in-law Donna Wood, travelled to Tamarindo, Costa Rica to attend a family wedding. The Outlook got great attention at the wedding and much wear and tear at the poolside, getting a serious sunburn and near death experiences in the pool, but it had a grand time along with the 64 guests who joined the celebration. They were proud of their mom for keeping up with the festivities!



Bill & Joyce MacDonald took their Baden Outlook on a cruise to Half Moon Cay in the Bahamas.



Brendan, Parker, and Sadie would like to send their Blessings to their Mommy and Daddy, Jody & Amanda Pfaff, on their recent wedding at Paradise Cove, Orlando, Florida - March 12, 2014. The Baden Outlook made the trip with Aunt Val.

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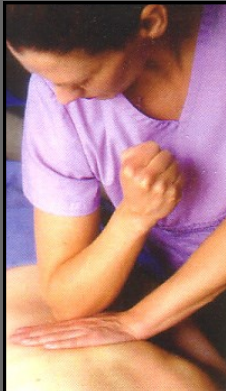
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Improving the Health of our Community

Establishing Healthy Habits in order to Minimize Anxiety

By Melodie O'Connell MSW RSW



Anxiety continues to be a problematic issue within our culture and our society. Our lives are becoming increasingly fast-paced, and we are feeling more stretched and pulled to meet our own demands as well as those that are placed on us. We may not be able to control some of the pressures; however, we can make some changes that will help us to cope.

1. Get a good night's sleep: In order to function optimally, it is suggested that we get 7.5-9 hours of sleep per night. However, most people do not get nearly the required amount of sleep. Maybe this is because our schedule is over-booked, or maybe it is because we toss and turn throughout the night worrying about things that have happened or may be coming up. (We will focus on developing better sleep hygiene next month!)

2. Become active: Physical exercise reduces our body's levels of stress hormones such as adrenaline and cortisol. It also stimulates the production of endorphins, which is our body's natural painkiller and mood elevator. We often feel better about ourselves when we make exercise part of our daily activities. As a result, our self-image can improve with exercise.

3. Follow a healthy diet: Following a healthy diet can have a significant impact on our anxiety levels. Our brains and bodies function much better when we are providing them with the nutrition that we require. Ensure that you are consuming enough healthy fruits and vegetables as well as whole grains. Also, reducing the amount of caffeine can be very helpful in reducing anxiety. Caffeine acts as a stimulant to help us become alert and ready. In essence, our body is in a heightened state of alert when we are anxious. Both anxiety and caffeine have the same impact on our body. By reducing or eliminating caffeine, we may reduce some of the symptoms of anxiety.

4. Be Assertive: If we are feeling overwhelmed by our schedule or the demands that are placed on us by our work or family, it is important that we become assertive and be able to say no or ask for help when others are pressuring us.

5. Stay grounded: It is important to have some tools or strategies that can help us to de-escalate or become grounded. Meditation and yoga are very powerful tools that allow us to reduce stress very quickly. Some people enjoy deep breathing strategies, and many people rely on their faith to help them to keep things in perspective.

6. Spend time doing things you enjoy: Our day is often filled doing things that we are required to do. It is important to ensure that we are doing some things that bring us pure joy. It is when doing these activities, that we are more mindful and present in the moment.

7. Take a break from the cell phone: Cell phones have become a great tool to help us stay connected with family, friends, and work. However, it has created an expectation that we are always available. In order to help manage our anxiety, it is important that we set some boundaries with our time. By giving ourselves permission to put the cell phone away in the evening or at points throughout the day, our minds have an opportunity to focus on our own agendas, not someone else's agenda.

We may not be able to change some of the factors in our lives that contribute to our anxiety. However, by making some simple choices, we develop better coping strategies to deal with these stressors. It is vital that these healthy habits become a priority in your life.

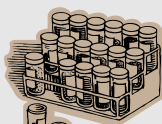
*** This article is not intended to diagnose any mental health issues. If you are feeling some of these symptoms, please speak to your health care provider.

Melodie O'Connell MSW RS

melodieconnell@hotmail.com

Answers to Spice Quiz From page 15

1. Pepper
2. Anise
3. Cloves
4. Dill
5. Poppy seeds
6. Bay leaf
7. Basil
8. Oregano
9. Cinnamon
10. Thyme
11. Mint
12. Turmeric



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"Why do you go to church, Aunt Sue?"

I'd tell my five-year-old niece I want to learn about God.

But is that why? On days when I'm too tired to retain the sermon, do I go out of habit? Obligation? Guilt? What about days when I disagree with what has been said? To be part of community? Do I go thinking I will find something worth staying for, and leave disappointed because it wasn't there this week either?

I don't think any of those are my real answer. Perhaps a combination of the above.

I go to church because I believe and follow Christ. Faith is not a solo mission. True, my faith is my own, and no one can decide for me. But faith is also about community. Jesus surrounded himself with 12 believers. They kept one another accountable, asked questions, discussed ideas, and tried to work out what Jesus' words meant. Twelve really different people, finding common ground at Jesus' side. They failed together, and they grew strong together. Church is about having a place to be encouraged, and a safe place to ask questions.

We're at a chaotic stage as young adults; one friend works a lot of Saturday night and Sunday shifts, another friend has no car. Exams, papers, busy children or new living arrangements amount to legitimate excuses. But they all beg the question: What are your priorities? This question is not only for those who find it a challenge to attend church, but also for churches. Some churches are stagnant, thinking that change will cause disruptions, or they just don't know where to start. Some are obsessed with finding new members, willing to do whatever it takes to keep people around. But the reasons for how people react to church, and why they do or do not attend are as many as there are people, and churches.

What does the modern church look like? It's an impossible question. But maybe the answer can take into account some of the issues young adults are facing.

Many young adults have irregular work hours. Much of the business world no longer keeps

Sunday set apart and working hours reflect that, especially for those entering the workforce without seniority. Maybe the modern church is less committed to Sunday mornings, giving opportunity for people with less typical schedules to attend.

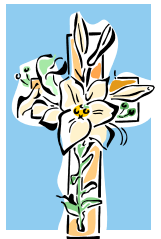
But it goes deeper than an appointed day. Some people argue that young adults (myself included), are too focused on themselves, and won't bother with church. Though unfair, I do think it is true that many of us struggle with the balance between learning who we are by focusing on ourselves, and finding places to reach out to others. Friends have burned themselves out focusing on outreach, forgetting themselves. Faith is personal, but faith requires interactions in order to grow. Churches reflect this struggle for balance; some are very focused inward, others are stretching past their limits in outreach. Sharing these struggles, maybe young adults and the church can find some common ground.

Back to my question of priorities; this is where we find common ground. We find a common place by stripping away everything else. *Love one another. As I have loved you, so you must love one another.* (John 13: 34).

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Flax Empire: the Seed that Started it All

By Sherri Gropp

At Castle Kilbride, we like to celebrate milestones and this year marks a big one in our history! It was in 1864 that James Livingston and his older brother John decided to branch out on their own and form the *J & J Livingston Linseed Oil Company*.

Background - Around 1856, James and John Livingston left Scotland and came to Canada and took up farming in Mornington Township in Perth County. After one year, they gave up farming and began working for M.B. and J.S. Perine at their flax mill in the village of Conestogo in Waterloo County. According to the census of 1861, James was listed under the Perine Brothers as a flax scatcher and he did not own property. Working for the Perine Brothers in the booming years of the 1860s, James and his brother would have quickly become aware of the prosperity available in this field of agriculture.



Baden Dominion Office

Building the Flax Empire - In 1864, James Livingston in partnership with his brother John established the firm *J & J Livingston Linseed Oil Company*.

By 1867, the *J & J Livingston Linseed Oil Company* was operating a flax mill in Baden. According to the 1871 census, James Livingston owned three acres of land in Baden; the census also noted that the flax mill operated for nine months of the year, employed 14 men and 4 boys and paid out \$2500 in aggregate wages. This industry promoted the growth of Baden and eventually it gave work to women in the village as well as men. Much of the flax used in the mill was grown on the Livingston farm.

Over time, they opened or acquired flax mills in dozens of Ontario towns, including Listowel (where John would eventually construct his home), Guelph, Palmerston, Wellesley, Linwood, Lucan, Brussels, Owen Sound and Toronto.

Did you know?

- * Flax is one of the oldest fibre crops in the world.
- * There are many fairy tales that feature flax.
- * Linseed oil was used in gilding as well as paint. On your next visit make sure to see the gilding inside Castle Kilbride.
- * Charlemagne (Charles the Great) prescribed flaxseed production for all subjects in the Roman Empire.

From growing their own flax, they manufactured and distributed linen and other flax-based products. The milling process of flax produced linseed oil - a major ingredient in finer nineteenth-century paints. This aspect of the business became the driving force behind the Livingston Empire and their company grew to be the largest of its kind in the Commonwealth.

The House that Flax Built - James built Castle Kilbride in 1877 and strategically decorated it. Not to flaunt his new found wealth but more notably to showcase all of his wonderful products that derived from flax. The floors were covered in linoleum, one bedroom ceiling was covered in one piece of linen, some of the woodwork would have been finished in linseed oil but his “*pièce de résistance*” was the interior wall and ceiling murals! It must be true that his linseed oil was the best for the paintings that he commissioned in 1879 because 135 years later they have stood the test of time and of course are now nationally designated.

The End of the Empire - With the unexpected death of his brother in 1896, James became the sole proprietor and he changed the name of *J & J Livingston Linseed Oil Company* to the *Dominion Linseed Oil Company*. James continued to grow the business and expand the empire. By the 1920s, the paint industry quickly moved away from natural oils for paint and towards the synthetic bases that are prevalent today. Bit by bit, the Livingston Linseed Empire began to downsize until little was left but the memories.

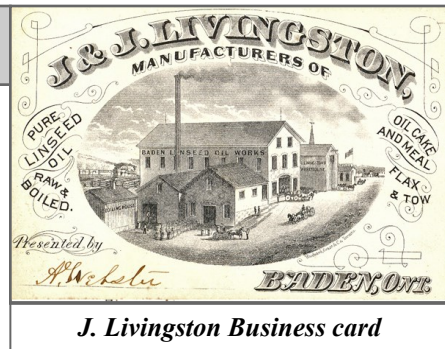
Castle Kilbride is compiling a list of employees that once worked for the Linseed Oil Company. If you know of a relative or friend who worked there, we would love to add them to our list. If you have any Livingston artifacts you would consider donating to the permanent collection, we would be thrilled to feature them. Please email castle.kilbride@wilmot.ca or call (519) 634-8444 ext.259.

To mark this special milestone in Livingston history, we are featuring an exhibition that highlights the history of flax. The **Flax Empire** exhibit celebrates the accomplishments of the Livingston brothers. With true entrepreneurial zeal, they made their dream a reality and made their mark in Canadian business.

Be sure to stop in to see this special exhibit. The exhibit runs until September 28th.

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We wonder if 150 years later whether James Livingston would be amazed how popular flax is in our diets now.





Ontario Brokers Applaud Proposed Distracted Driving Fines

Fines for distracted driving will increase substantially in Ontario and the Insurance Brokers Association of Ontario (IBAO) is applauding this order.

Introduced in 2009, Ontario's distracted driving law makes it illegal for drivers to talk, text, dial or email using hand-held devices while operating a vehicle. Last month, Chief Justice the Hon. Annemarie Bonkalo announced an increase in the set fine from \$155 to \$280 beginning March 18th.

Recently, the Ontario Government introduced proposed amendments to the Highway Traffic Act called 'Keeping Ontario's Roads Safe Act'. If passed, fines would increase from the current \$60 - \$500 to \$300 - \$1,000. Additionally, police could assign three demerit points upon conviction of a distracted driving offence.

"According to the Ontario Provincial Police, distracted driving is cited as a causal factor in 30 to 50 per cent of traffic collisions in Ontario; estimated to be much higher due to under reporting," said IBAO CEO, Randy Carroll. "The number of collisions caused at the fault of a distracted driver is alarming. We want Ontario drivers to realize the

severe consequences associated while driving with a hand-held device."

Additional proposed amendments include requiring all drivers to maintain a distance of one metre when passing cyclists, increasing the fine range for convictions of dooring of cyclists from \$60 - \$500 to \$300 - \$1,000 and raising the demerit points from two to three and requiring drivers to yield the whole roadway to pedestrians at school crossings and pedestrian crossovers.

Distracted driving remains the cause of close to four million vehicle collisions per year in North America and according to the Insurance Bureau of Canada, drivers talking on cellphones are in many cases just as impaired as drunk drivers. Since January, 2010, Ontario police have charged 255, 279 drivers with distracted driving.

"Brokers want to remind Ontario drivers to practise safe driving all year round," added Carroll. "This increase in fines is a strong reminder of the severe impact distracted driving has on all Canadians."

*Submitted by Emily Reid,
IBAO Public Relations*



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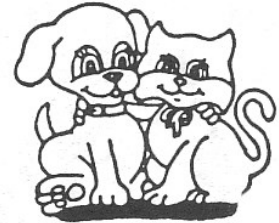
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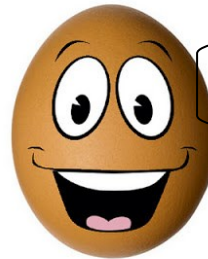
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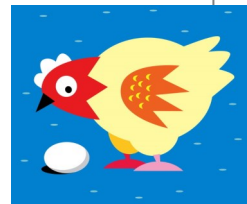
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1. What did Snow White call her chicken?
2. How do eggs leave the highway?
3. How do comedians like their eggs?
4. How do monsters like their eggs?
5. What did the eggs do when the light turned green?
6. How did the egg get up the mountain?
7. What do you call an egg taking a snooze on the job?
8. Why did the egg go to school?
9. Why is the chef so mean?
10. What did the egg say to the clown?
11. Who tells the best egg jokes?
12. What do you call a mischievous egg?
13. What do you call an egg white with cowboy boots?
14. How do you know if it's too hot in the chicken barn?
15. What does the chicken say to get across a busy street?



*Ha! Ha! You Crack Me UP!!
 The answers are here... upside down!*



1. Egg white
2. By going through the eggs-it
3. Funny side up!
4. Terri-fried!
5. They egg-celerated!
6. It scrambled up!
7. Egg-zosted!
8. To get "egg-u-cated"!
9. She beats the eggs!
10. You crack me up
11. Comedi-hensi
12. A practical yolker.
13. A western omelette!
14. The chickens are laying hard-boiled eggs.
15. Eggs-cuse me please!



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HOW TO CHOOSE THE RIGHT PILLOW

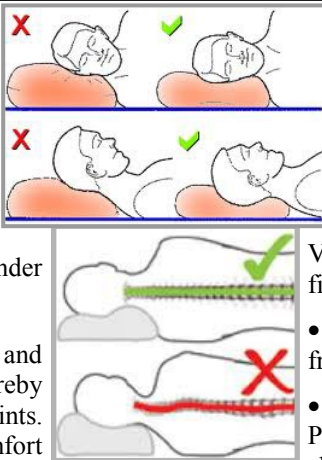
By Dr. John A. Papa, DC, FCCP(OR)(C)

A good night's sleep is important for maintaining good health and optimal functioning, and choosing the right pillow can make all the difference in the world when it comes to how well you sleep. Using a pillow that is the wrong size and fit can be a significant source of neck and back pain. In some cases, incorrect head and neck positioning can also affect breathing and cause snoring, which can hinder sleep.

The right pillow will help support the head, neck, and shoulders, keeping them in alignment, and thereby minimizing stress and strain on muscles and joints. As a result, this will also create a feeling of comfort and increase the likelihood of a restful sleep.

There is no one best pillow for everyone as there are a variety of factors that go into choosing the right pillow. Below are some useful tips that can help you find the pillow that's right for you:

- **Consider your sleeping position.** *Back sleepers* should choose a pillow that is not too firm or too high. The pillow should keep the chin in a natural resting position, and support the head and neck so they are aligned with the upper back and spine. *Side sleepers* should opt for a firm pillow that supports the neck in a neutral position. The pillow should hold the head high enough to ensure that the spine is aligned. *Stomach sleepers* should choose a soft or flat pillow so the neck isn't turned or tilted at an uncomfortable angle.



- **Choose a size of pillow suitable for your body size or frame.** The pillow should cover the entire back of the neck and mold to one's individual shape to alleviate any pressure points.

- **Try out a variety of pillows.** Most pillows are packaged in a plastic wrapper so you can lay it on a display bed in the store and put your head on it.

Visit a store that has a wide range of pillow options to find the one that best meets your needs.

- **A hypoallergenic pillow** is a must if you suffer from allergies, but it is also a good choice for anyone.

- **Replace your pillow every 12-18 months.** Pillows will wear over time by losing their shape and ability to provide proper alignment and support.

If you experience pain and discomfort at night or have difficulty falling asleep, consider visiting a chiropractor. Chiropractors are trained to treat muscle and joint problems that can interfere with a restful night's sleep. They can also offer nutritional and lifestyle advice that can help improve sleep quality. For more information, visit www.nhwc.ca. The author credits the Alberta and Ontario Chiropractic Associations in the preparation of this educational information for use by its members and the public.

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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- ◆ In a Laundromat: **AUTOMATIC WASHING MACHINES: PLEASE REMOVE ALL YOUR CLOTHES WHEN THE LIGHT GOES OUT**
- ◆ In a London department store: **BARGAIN BASEMENT UPSTAIRS**
- ◆ In an office: **WOULD THE PERSON WHO TOOK THE STEP LADDER YESTERDAY PLEASE BRING IT BACK OR FURTHER STEPS WILL BE TAKEN**
- ◆ In an office: **AFTER TEA BREAK STAFF SHOULD EMPTY THE TEAPOT AND STAND UPSIDE DOWN ON THE DRAINING BOARD**
- ◆ Outside a second-hand shop: **WE EXCHANGE ANYTHING - BICYCLES, WASHING MACHINES, ETC. WHY NOT BRING YOUR WIFE ALONG AND GET A WONDERFUL BARGAIN?**
- ◆ Notice in a farmer's field: **THE FARMER ALLOWS WALKERS TO CROSS THE FIELD FOR FREE, BUT THE BULL CHARGES.**
- ◆ Message on a leaflet: **IF YOU CANNOT READ, THIS LEAFLET WILL TELL YOU HOW TO GET LESSONS**
- ◆ On a repair shop door: **WE CAN REPAIR ANYTHING. (PLEASE KNOCK HARD ON THE DOOR - THE BELL DOESN'T WORK)**

KIDS AT CHURCH

A Sunday school teacher asked her children as they were on the way to church service,

'And why is it necessary to be quiet in church?' One bright little girl replied, 'Because people are sleeping.'



A mother was preparing pancakes for her sons, Kevin 5, and Ryan 3. The boys began to argue over who would get the first pancake.

Their mother saw the opportunity for a moral lesson..

'If Jesus were sitting here, He would say, 'Let my brother have the first pancake, I can wait.'

Kevin turned to his younger brother and said, 'Ryan , you be Jesus !'

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Q & A

Dear Dr. Hamilton D.C.:

Why do chiropractic doctors adjust the spine and what does it do? A great question! Our spine is made up of individual bones and all the bones are connected with joints and all of those joints have specific nerves that are affected by those joints! A chiropractor uses different methods to make sure your spine (as well as other joints in the body) moves correctly.

Why is it important for our joints to move correctly? Our nerves control everything in our bodies such as pain, sensation, muscle movement, and blood flow, and since our joints have an effect on how our nerves work a chiropractor **ALIGNS** or corrects how our joints work in order to alleviate pain, numbness, tingling and other symptoms. We quite literally correct the **PROBLEM** not just mask **SYMPTOMS**.

To learn more or if you have questions please connect with me at drgary@affinityhealthclinic.ca or visit www.affinityhealthclinic.ca



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The Best of Broadway Comes to Holy Family Catholic School

Come support the talented students from Holy Family Catholic School in the fabulous performance of "The Best of Broadway!" It promises to be a fun filled night of entertainment for the whole family.



The students have been working extremely hard since November, practising and rehearsing daily, and their production will surely be a spectacular show! The performances are taking place at the New Hamburg Community Centre, located at 251 Jacob St.

The show will be running from Wednesday April 30th until Thursday May 1st, 2014. Evening performances begin at 6:30 p.m. and the Thursday matinee begins at 12:45 (doors open 15 minutes prior to the shows).

General admission tickets are \$5.00 and can be purchased at Holy Family School or at the door prior to the shows. There will also be concession snacks available to purchase during the evening. In "The Best of Broadway" the students will be presenting scenes, songs, and dances from various classic musicals: *Annie*, *Lion King*, *Sound of Music*, and many more! Each will surely have you tapping your feet along with them! Hope you enjoy the show!

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T.O.P.S (Take Off Pounds Sensibly)

We are a support group for weight loss Meetings are held on Tuesday evenings St. James Lutheran Church, 66 Mill Street, Baden Weigh-ins at 6:30 pm followed by a short meeting For more information call 519-634-5226 Everyone Welcome

Keep the Miracles Flowing

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LIVINGSTON PRESBYTERIAN CHURCH

Mill Street Entrance

Welcome to Spring ~ Bake Sale!

Saturday, April 26th, 2-4 pm

Please join us and bring a friend—You're sure to enjoy the wide selection of "Home Baked" Goodies.

Contact: Joan Roberts 519-634-5226

Jennifer Evans is looking for ladies to join a Wilmot recreational soccer team. The games will be on Sunday afternoons throughout the summer. If anyone is interested in playing, text at 226-791-5366?

WILMOT HORTICULTURAL SOCIETY

Monday, May 12, 2014 ** Flower Show**
HAYSVILLE COMMUNITY CENTRE at 7:00PM



Topic: Pollinator Plants
SPEAKER: Mary Anne Gilhuly
Everyone is welcome to attend.
No Admission Charge

ESCAPE Winter! FOCUS on a Spring FIESTA!

Once again Interfaith Community Counseling Centre will be holding the Ford Test Drive Initiative at the Silent Auction on Saturday April 26th at the Wilmot Recreation Centre.



Ford Canada and Expressway Ford will donate \$20 to Interfaith for each test drive of a new Ford vehicle. Drivers must have a valid G driver's licence and are asked to fill out a short no-obligation survey after the drive. Anyone interested in more information on a specific vehicle can contact Expressway sales staff.

Mark your calendars for May 31st and get busy cleaning out those bulging drawers, dusty cupboards, and overloaded garage for the upcoming Baden Community Garage Sale.

A perfect time to lighten your load and make some extra cash, while visiting with your neighbours!



THE ERB GROUP OF COMPANIES



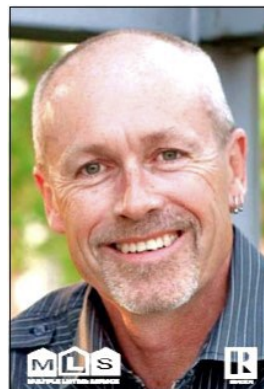
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New Hamburg Legion Branch #532 - Boulee Street, NH

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Ribs & Tails Dinner—June 1st



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Cook's Corner



All about eggs... With Easter this month it seems fitting to feature the small but mighty egg—versatile and nutritious. One large (53g) Grade A egg contains 6g of protein and only 70 calories. [Canada's Food Guide](#)

considers 2 eggs as one serving from the Meat and Alternatives food group. Beyond colouring and displaying the lovely egg, let's see how many ways we can eat them. In its most basic and simple ways of boiling, frying, scrambling, or poaching they are an integral part of many recipes. They can be devilled up, made into egg salad, omelettes, quiche or frittata. Drop a raw egg into a steaming bowl of soup. The egg cooks in the hot broth, making it thicker and giving your meal an instant boost of protein. Egg recipes are easy to find but here are some for you to try. Enjoy... but remember, *eggs aren't just for breakfast anymore, so get crackin'!*

Breakfast Egg Burrito

Stuffed with scrambled eggs, lean turkey sausage, and diced tomatoes, a whole-wheat breakfast burrito is actually a healthy, filling lunch option. Add some guacamole for an extra flavour boost.



Make Ahead Breakfast Dish

Cover 9 x13 greased baking dish with slices of bread. On top make 2 layers of grated cheese and sliced ham, then top with more slices of bread. Mix 6 beaten eggs into 3 cups of milk, add ½ tsp dry mustard and ½ salt mixing well. Pour over bread layers and refrigerate overnight. In the morning top with crushed cornflakes tossed with melted butter and bake at 350° for one hour.

Janet and Greta, from *Crazy Plates*, suggest this easy version of their **Eggs Benedict Sauce.**

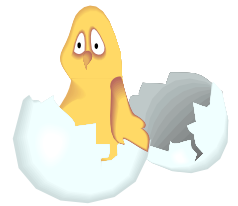
In small saucepan whisk together ¼ cup each of mayonnaise and sour cream, 1 tbsp. honey mustard, 1 tbsp. lemon juice, pinch of salt and cayenne. Cook over medium heat until heated through, do not boil.

Eggs Benedict



Serve over toasted English muffin, topped with 2 slices bacon or ham, and poached egg.

If you think that brown eggs are more nutritious than white eggs, the yolk's on you! Shell colour depends on the breed of hen — they are all eggstraordinary!



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NOTICE OF PUBLIC MEETING #1

Baden Elementary Schools Boundary Study

Wednesday, May 14, 2014
7:00 – 8:30 P.M.

WATERLOO-OXFORD DISTRICT SECONDARY SCHOOL, CAFETORIUM
1206 Snyder's Road West, Baden

The **Baden Elementary Schools Boundary Study** involves **Baden, New Dundee and Sir Adam Beck Public Schools**. The goal of this study will be to address enrolment pressures at Baden PS.

MEETING PURPOSE: To gather feedback and answer questions from parents and members of the community about possible boundary changes, program and/or grade configuration changes that **may affect all students in the study area**.

It is important to note that **no decisions have been made and no changes will happen before September 2015**.

MEETING FORMAT: At 7:00 PM, staff will make a brief presentation about the boundary study process and school boundary options, followed by a question and answer period.

FURTHER INFORMATION: Is available on the Board's website at www.wrdsb.ca or by contacting the Planning Department at 519-570-0003 ext. 4419.

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Visit The Baden Outlook web site (www.badenoutlook.com)
for a directory of 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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Christian Formation: 11:00 a.m. Pastor Dave Rogalsky

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EMPORIUM UPDATE – PROGRESS SLOWER THAN HOPED BUT CONTINUING

Although it has been slower than originally hoped, West Hills Fellowship continues to make progress towards renovating the old Baden Emporium property to serve as a community gathering space in Baden.

Since purchasing the property at the end of September of last year, much work has been done to prepare the building for renovation. Old floor and wall coverings have been removed where possible, unnecessary internal structures have been taken down, and some general cleanup has occurred. The hope is to replace the eaves and windows in the coming weeks and to clean up the grounds, particularly near the creek bed, once the snow melts and spring begins in earnest.

Drawings are now in their final stages and the hope is to be able to submit for a building permit sometime later in April, with full renovations to begin as soon as a permit is approved. The timeline for completion is unknown at this time.

Red Seal Installations of New Hamburg, Yahn Custom Plumbing of Baden, 513 Electric of Strathroy, and Delta Air

Systems of Waterloo, and the Township of Wilmot planning staff have already been of great assistance and BJ Dietrich Siding of Petersburg, Conestoga Rovers Associates of Waterloo, and others stand ready to provide further support as the major renovations get going.

Watch the windows of the old Steinmann Furniture store portion of the building on the west side near the sidewalk for an information display with updates on progress coming soon!

If you have specific questions, are interested in helping, or are just curious about what's going on, feel free to call at 519-634-4993, email at office_westhills@rogers.com, or stop by to find out more.

Also.... mark your calendars!! The 9th annual Baden Family Fun Day is planned for June 21 at Beck Park in Baden. Watch the May edition of the Baden Outlook for more information on what is sure to be a fun and family filled day!

Interesting People – Meet Pastor Joanna Miller

St. James Lutheran Church is delighted to announce the installation of Pastor Joanna Miller.

Joanna was born and raised in Brantford and once had plans of being a social worker. She grew up in a Lutheran church there, so Christianity has always been a big part of her life. Later, she had ambitions to become a Chaplain where she could help people in need – particularly the sick. It was in seminary her thoughts shifted to becoming a pastor. As a pastor, she could develop relationships with a congregation throughout their entire life cycle: the births, confirmations, marriages, tragedies, and deaths - sharing in the joys and supporting the grieves.

After graduating Seminary in 2010, she accepted a call to become the pastor at Zion Lutheran Church in Philipsburg in May 2011. She loved the small rural church where she felt at home and bonded immediately with the congregation. It is much different than the urban churches that she was used to.

Things took an unexpected turn from that point. The first turn of events took place with the birth of Joanna's and her husband Raymond's first child. Most female pastors are hired after their child rearing days, so having a maternity leave was somewhat different. The congregation embraced and supported her through the leave. Upon return, she was offered another opportunity. The pastor at St. James Church in Baden

had left and they were in need of a replacement.

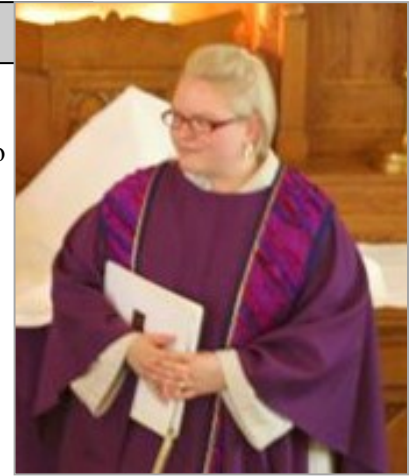
Joanna was approached to see if she would consider being an interim pastor, and she agreed.

Shared ministry is not new for either church, as this has happened several times over the years. In the 80s, Pastor Doug Kranz was Pastor at Zion, St.

James, and St. Agatha. Joanna accepted the temporary position in September 2013 and has become very fond of the St. James congregation, as they have with her. There are a lot of similarities between the two churches, as both are rich with history. The Zion congregation was formed in 1843, while the St. James was formed in 1856. Joanna was very surprised to see some families have had seven generations attending the Zion Lutheran Church.

The two churches had to make modifications to their schedules to make things work. St. James moved their service up to 9 a.m. (previously 10 a.m.) and Zion Church moved their service back to 10:30 a.m. This works out well except that Joanna has to make a quick exit from the first service, but she compensates by arriving early to spend more time greeting the folks at St. James. The arrangement has worked out so well that the two churches and Joanna have officially agreed to share Joanna and the costs. On April 6th she was installed as the new pastor at St. James.

Joanna stated that she "absolutely loves what she does and feels blessed for the opportunity to minister to the people of both churches." She has been welcomed and feels loved at St. James as much as she does at Zion. Both churches have plans for ministries together. Every two to three months they have joint services, a picnic is planned for June, and through the summer months there will be shared services. Joanna is very active with the youth in the church and will be taking the youth on two trips this year – Kamloops, B.C. and Camp Edgewood, both in August.



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Are you Intoxicated?

Once upon a time, plastic, flame-retardants, pesticides, herbicides and chemicals were not even words in our vocabulary, let alone part of our daily diet and lifestyle. It's time to wake up and smell the Phthalates (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 no longer 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 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 not to one, but to multiple chemicals (over 80,000 chemicals are in circulation since WWII) on a daily basis 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 that are chemicals that mimic hormones. 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, and common symptoms include fatigue, inability to concentrate, depression, anxiety, increased susceptibility to infections, allergic reactions, and more.

So what should we do?
Here's my easy strategy: follow your ABCs.

- 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 9-11pm and getting sufficient sleep (7-8hrs), 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?

www.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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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

"Give your hands to serve and your hearts to love" Mother Teresa

April is National Volunteer Month.

This certainly is a special month for us at the New Hamburg Thrift Centre as one of the largest volunteer run operations in our area. Over 300 volunteers regularly come to the Thrift Centre to tackle a variety of tasks. Some volunteers come daily, while most serve on a weekly basis. Without the efforts of these volunteers, the hard work of receiving goods, sorting, pricing, recycling, etc., could not be accomplished. These unpaid individuals facilitate the raising of considerable funds each year to support the work of Mennonite Central Committee (a relief, community development and peace organization) in its efforts to address injustice in its many forms both at home and abroad. Our volunteers are local men and women, most of whom reside in the New Hamburg, Baden, Tavistock and Stratford communities.

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

If you are looking for volunteer opportunities, our **Annual Perennial Sale** will be held Thursday, May 1 – Saturday, May 31. Not a plant person? There are a number of jobs available. Volunteers are needed on cash, watering plants, potting plants, etc. If you want to learn more about plants and meet new people, this volunteer opportunity is for you. Call 519-662-2867 for more information.

We start accepting plant donations April 28 and will continue to accept plants Monday through Saturday during regular business hours until the end of May.

Share your perennials by donating plants in 6" - 8" pots. Identify the plant name and colour if possible. If you are unable to pot your donations, please bring them in a box to our drop off area and our volunteers will assist you. Garden tools, planter pots, etc. are also welcome.

We appreciate all our donors, supporters and volunteers. Please feel welcome to thank one of our awesome volunteers the next time you are in Shopping or dropping off donations!

SUPPORT A FAMILY



*THE PROSPECTIVE FATHER-IN-LAW ASKED,
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Baden Birding

By Ken Quanz

People who enjoy birds look forward to this time of year when many of our most common and favourite birds return in migration to their breeding grounds. Robins, Grackles, and Red-winged Blackbirds have started to take up their territorial call spots. On the other hand, American Tree Sparrows, Juncos, and Snowy Owls are becoming more scarce as groups leave for their breeding grounds further north. Every species has a select habitat which, over the millennia, has provided the exact food and shelter needed to rear another brood or two of young. Hawks and owls have already nested so their young will be fledged in time for the emergence of this year's crop of mice and voles.



I am always excited when I see my first Great Blue Heron, a mainly greyish-blue bird which stands 99-132 cm tall and has a wingspan of 1.8 m. I suspect that this year almost all of these birds have migrated south as they need shallow open water in which to hunt for their food which includes fish, amphibians and invertebrates. Shallow banks and sand bars in rivers, streams, and ponds are excellent places to spot a Great Blue Heron as it stands stalk still on its stilt-like legs carefully watching through the water for a minnow, tadpole, or newt. They are also capable of using their long yellowish sharp bill to take larger fish and frogs which may be lurking in the shallows. Many people who have ornamental ponds stocked with goldfish and koi have noticed the arrival of Great Blue Herons, often at a specific time as if showing up for a pre-arranged

breakfast, lunch, or dinner. (A fine netting stretched across the pond for several weeks usually cures the herons of this habit!)

Great Blue Herons are colony nesting birds, usually choosing a relatively isolated woodlot. As always, there are exceptions to this rule. Several weeks ago I spotted a heronry right beside the 401 in eastern Ontario. Once you see a heronry you will not mistake it for anything else. Saucer shaped nests built of large sticks, usually 10 - 15 m off the ground in deciduous trees and in colonies of several dozen to several hundred nests, make quite an impression. The average

colony size in southern Ontario is 35 pairs, but the colony might also be shared with Green-backed Herons, Black-crowned Night Herons, Great Egrets or Cattle Egrets. (We are seeing more Egrets every year in this area.) The colony is often built in a very wet area that may have been flooded by beavers, poor drainage, or spring flooding.

After the 3-7 pale-greenish blue eggs hatch the adults are kept busy flying many kilometres back and forth to their hunting grounds to provide enough food for the young which stay in the nest until they are ready to fly. This, of course, results in quite a layer of highly corrosive white excrement beneath the trees. After the colony has used the heronry for a number of years the trees tend to die because they are waterlogged or whitewashed, and the heronry will no longer be hidden by leaves during breeding season. The colony may break up and re-establish in several new areas.

Often, when we are on the way home from hiking at dusk, we see Great Blue Herons flying just above tree height travelling in a straight line towards "home". In some cases we have tracked a bird for more than 10 km before we lost track of it. Their relatively slow, yet steady wing beat belies the speed at which they travel. Perhaps they are the commuters of our local bird world.

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Monday to Friday 9 am - 5:30 pm
Saturday 9-4:30 / Sunday - Closed

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Jim and Laurie Arkell

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FAX: (519) 662-4170

*Happy Easter
from my family*

to yours



Michael HARRIS
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519.954.8679



Ask Armand ~



Danny from Baden asks – I have heard there was a building on the Baden Tim Hortons property. Can you tell me some history of the building?

Armand says – Sure Danny. It was located across from EJ's and the building was the original livery stable for Castle Kilbride. The business, which started in the late 30s, was owned by Stovel Limited and operated by Gideon Boshart. The plant that processed turnips (waxing operation) ran until the early 50s. It was then converted back into a stable by Hap Veitch and eventually suffered damage from a fire on February 18th, 1992. It was later torn down.



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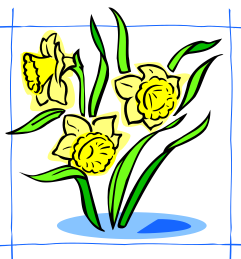
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Murphy's 15 Other Laws:



1. Light travels faster than sound. This is why some people appear bright, until you hear them speak.
2. A fine is a tax for doing wrong. A tax is a fine for doing well.
3. He, who laughs last, thinks slowest.
4. A day without sunshine is like, well, night.
5. Change is inevitable, except from a vending machine.
6. Flashlight: A case for holding dead batteries.
7. Nothing is foolproof to a sufficiently talented fool.
8. The 50-50-90 rule: Anytime you have a 50-50 chance of getting something right, there's a 90% probability you'll get it wrong.
9. If the shoe fits, get another one just like it.
10. The shin bone is a device for finding furniture in the dark.



The Baden Outlook

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