



Baden Outlook

Baden's Monthly Newsletter ~

Keeping the Community Connected with 2900 copies in circulation

Livingston Presbyterian Church Designated a Heritage Site



Rich with history and a pivotal point in Baden, the Livingston Presbyterian Church will be on the map as a Heritage Site.

The church was built in 1894/1895 by the initiative and generosity of local businessman, James Livingston.

See page 7 for more photos and to learn more.

Photos courtesy of Hiten Panchal



Barry and Pat Fisher
178 Snyder's Road E.
Baden, ON N3A 2V6
Phone: 519-634-8916
Email: badenoutlook@hotmail.com
Web: www.badenoutlook.com

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LOTS OF GREAT THINGS HAPPENING IN WILMOT

SEE DETAILS IN THIS ISSUE

- BADEN COMMUNITY ASSOCIATION SPRING CLEAN-UP, APRIL 26
- RIDE AND STRIDE FOR CANCER, APRIL 26TH
- LIVING WELL FESTIVAL , APRIL 24,25
- INTERFAITH SILENT AUCTION, APRIL 25
- BADEN OPTIMIST'S SPRING EVENTS LINE-UP
- COLOUR PARADISE GARDEN BOOK SWAP, APRIL 25
- NH LIONESS FASHION SHOW, APRIL 29
- ROTARY WILMOT—RAISE A GLASS, MAY 9
- SEE PAGE 28 FOR EVEN MORE LOCAL EVENTS



This paper is priceless - Please have one!

Talking with Ed

~ Just Name it!



Canada has about 350,000 official place names. These include names of populated places, bodies of water, and geographical features such as mountains. Place names have a wide variety of origins including Aboriginal languages, royalty, politicians, soldiers, community founders, famous people, religion, and other towns and cities.

In 1835, Jacques Cartier noted that an Iroquoian Leader called the area of Quebec City "Kanata" (Canada) and Ontario was named by the Huron, meaning "Handsome Lake". Ottawa, Thunder Bay, Swift Current, and Toronto are also names derived from Aboriginals.

Every province in Canada has examples of towns named after royalty. Some of the most famous towns include Victoria, Regina, Prince George, Kingston, Fredericton, and Charlottetown. The city of Guelph was named by John Galt, after the German ancestral family of George IV.

Ontario has several examples of towns named after politicians and soldiers. Brockville was named after Isaac Brock, hero of the war of 1812, and Amherstburg was named after Jeffery Amherst, the victor at Louisbourg. Kitchener was known as Berlin from 1854 to 1916, when it was renamed after Lord Horatio Herbert Kitchener following his death at sea off the Orkney Islands.

Community founders have been honoured by towns named after them in Ontario. George Hamilton (1785-1835) was a founder of Hamilton; Noah Timmins (Timmins), Peter Robinson (Peterborough), and Lawrence Orange (Orangeville) are other illustrations. Many Ontario towns have been named from Anglo-Celtic origins. Pembroke, Sudbury, Windsor, Woodstock, Listowel, Stratford, and Brampton all are examples of this.

So what about Wilmot Township town names? **Baden** was originally known as Weissenburg, after an old bachelor who lived in the village (it was also known as Cambro). In 1854, Jacob Beck officially named the town Baden after his home town of Baden-Baden, Germany. In 1834, **New Hamburg** was known as Cassel. Near the end of the 1830s the town name was changed to Hamburg, after the German city, and in 1851 changed again to New Hamburg.

Petersburg derived its name from Peter Wilker a native of Hesse-Darmstadt, Germany who settled in the community in the 1830s. **St. Agatha** was originally named Wilmot; its origins began in 1824, but the village was later named St. Agatha in 1852. John Millar, member of a family from Dundee, Scotland, purchased lot six in **New Dundee** in 1830, and built a dam on the Alder Creek.



The village of **Mannheim** was named for the German city on the Rhine River, an area from which many German immigrants to Waterloo County had originated. Its earliest sawmill was established in 1845 on Alder Creek. **Shingletown** was also known as Schindelsteddle and Victoriasburg (probably after Queen Victoria), and had a small industry which manufactured shingles. **Wilmot Centre**, once the seat of township government in Wilmot Township, has the Town Hall shown on the south side of Bleams Road on Tremaine's 1861 map of Waterloo County. Last but not least, **Punkeydoodle's Corners** has two different stories of its origins. The first story is that a German tavern keeper sang his version of "Yankee Doodle", which came out sounding like "Punkey Doodle": hence the fanciful name. The second story involves two neighbours who did not get along. One day the man met the neighbour's wife and after a heated exchange, the woman lashed out yelling, "Why you Punkeydoodle you." That could be an early "fuddle duddle".



My prediction is the next town will be named "Armstrong" - it sounds like a great name for a new town!

Until next month...Ed



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Greetings from ~ Outlook Headquarters

Ha Ha Ha!...or Ho Ho Ho!?!?

It's been said that April showers bring May flowers, but really??? ...April brought snow for Easter—if that wasn't the poorest April Fool's joke ever!! However, my daffodils are busting through the soil, so they still have faith that indeed it is spring!



Another sign that things are waking up was the big, ugly, crawly bug I found scooting around in my laundry tub. I imagine it crawled up the drain, although it may have landed from outer space with its super long alien-like antennae. Bugs... something else to look forward to!??



In this issue you will find lots of activities around Wilmot indicating the energy is shifting, getting us out of hibernation mode. Check out which events interest you and get out there and enjoy what your community offers.

We are excited to introduce you to our new columnist Christine Gingerich, who has great experience and knowledge in a variety of health areas. We are fortunate that she is giving us her time to write articles that will guide us to "Be Well" (see page 27 to meet Christine).

Thanks to those who want to play baseball with us and entered the Outlook baseball pool—with 289 pool registration forms (both adults and kids together) ready to play. (As the hockey pool had 375 entries we broke it down into two categories giving the kids their own pool and a better chance at winning a prize). We appreciate those who made photocopies of the form for their friends and family to play...saving paper and also with less Outlooks in the recycle bin with the back page torn off. Good luck to you all! The ball stats will start in May as we wrap up the Outlook Hockey season, announcing the year-end winner along with the top ten on the leader board.

As we had our routine pre-print maintenance done on our printers, our technician found some trouble on one and had to order a major part, warning us it would not be up and running for our April issue. Boo—but that's why we have two, not to mention the speed in which we are able to print and deliver. Hence it was a slow process printing this month with just



one machine and the Outlooks will come out in dribbles; just to explain why they aren't out and about in usual time.

EXTRA EXTRA!!

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



Also in St. Agatha at Fishers Esso, Angies Kitchen and Stop 2 Shop. In Petersburg at Blue Moon, Old Fashioned Variety and Foxboro.

There are over 30 places in New Hamburg to pick it up—including: No Frills, Sobey's, Short Stop, NH Legion, McDonalds, Nith Valley Butcher, Kasemann's, Morningside, Stonecroft, Office Pro, NH Thrift Centre, Absolute Fitness, NH Dry Cleaners, NH Wellness, NH Library and various offices and retail locations throughout Wilmot Township.

*And as always, it's priceless ~
Please Have One!*

*I wanted to share our 'wow' experience with you — Despite the frigid temperatures we endured these past winters, the clock in our outdoor covered patio kept on ticking... and we don't recall ever changing the battery!!
"It keeps going, and going and going!!"*





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Baden ~ Our Town

The Baden Community Clean-up will be held Sunday, April 26th and the Baden Community Association is hoping for a good crowd to give our town a spring-cleaning. People are asked to meet at the fountain beside Tim Horton's at 1:00 pm.

Be sure to watch for the development at the Foundry Street Parkette over the next month or two. Trees have been ordered and will be picked up soon! The BCA invited the Wilmot Horticultural Society for guidance with the design of the parkette and gardens. The BCA plans to have the parkette completed by June and ready for Badenites to enjoy this summer.

A bridge committee has been formed to rehabilitate and place the pedestrian bridge back into its location thanks to the generosity of those who have bought a plank making this work! The bridge is currently sitting behind the fire hall and ready for the reno, with hopes to have it back in place in July.

Donations are still welcome for the "Buy a Plank" program which funds the parkette and bridge. Please consider donating to this cause, as it will be a future part of the Wilmot Trails system and will add to the beauty of our town.



The Baden Community Association meets the last Wednesday of each month at 7 pm in the basement of the township hall and is always looking for new members who would like to get involved with the

above projects and the annual Baden Corn Festival.

It's coming up fast ...
the 3rd annual



Saturday August 8

This Year in Kid Zone
(afternoon only):

Hands-On Exotics

www.handsonexotics.com



Bookmark Our Website:

www.badencornfest.ca

And don't forget to LIKE us on Facebook!

www.facebook.com/BadenCornFestival

Hey Baden!

Help us build and beautify your NEW
Foundry Street Parkette!



BUY A PLANK ...



BUILD A BRIDGE!

Help us reach our \$16,000 goal:
It takes 112 planks to rebuild the bridge: each plank costs \$30.

Donations accepted (cash or cheque) at the **Baden Eyecare Centre** in the Village Plaza next to Tim Hortons.
For more info call 519-634-8916

We're getting there!!
Here's the latest list of donors.

- ◆ BCA - \$4000
- ◆ Region of Waterloo - \$3000
- ◆ Mike Schout - \$2,500
- ◆ Baden Outlook - \$500
- ◆ PW Concrete - \$2000
- ◆ Baden & District Chamber of Commerce—\$5000



Buy A Plank Donors

- ◆ George & Elaine Schertzer
- ◆ Ken Alischer & Cindy Dickinson
- ◆ Scott & Crystal Alischer
- ◆ Shane & Cailyn (Alischer)Bowman
- ◆ Shirley Honderich
- ◆ Mary Beth Simms
- ◆ John Haberstroh
- ◆ Eddy Livingston
- ◆ Mike & Fiona Haggerty
- ◆ Kevin Haggerty & Carleen Haggerty
- ◆ Liz Livingston (Riehl)
- ◆ Doris Duncan
- ◆ Jon & Jen Lambert
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- ◆ Vic & Irene Thiessen
- ◆ Michael, Sherilyn, Brayden & Matthew Van De Wynckel
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- ◆ Anonymous Donor
- ◆ Porchak family
- ◆ Jim & Mary Anne Gehl
- ◆ Rob & Sue Waechter
- ◆ Maureen & Wayne Edwards

Ah, spring! With winter finally over, we can get out and start enjoying the great outdoors once again. Make sure you bring your sunglasses along for the journey!

Think of sunglasses as sunscreen for the eyes. The strong rays of the sun damage your skin and cause a burn, and this can also be true for eyes. A “welder’s flash” is a quick sunburn on the front of the eye and is *REALLY* painful, but you can also get sunburns on the back of the eye that can be painless yet permanently blinding. UV exposure also worsens cataracts and macular degeneration, making sunglasses a must for outdoor adventures.

Polarized lenses are great for people who love to be by the water – fishermen swear by them! They eliminate most of the glare from the waves but can also block some digital displays, so clocks and gas pump readouts can be hard to see with them on. Lenses can instead be tinted to become sunglasses, which allows for many more choices such as colour, darkness, and gradient patterns. Colour-changing lenses like Transitions® combine regular and sunglasses in one pair of glasses, but don't darken well when driving.

The colour that you choose for your lenses is mostly cosmetic. Some look better with the frame colour while some people are light-sensitive and go for dark gray. Certain

tints are better for sports where they enhance the contours of the terrain or make seeing a target easier. A clear coating can instead be put onto lenses to make them “sunglasses” in terms of UV protection but do not make them dark at all. Mirrors on the front of lenses are an option but they’re just for fun, not function.

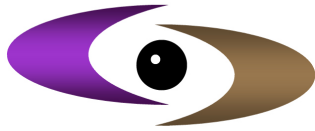
If you have a higher prescription, then here’s some good news – your expensive lenses likely have UV protection built in! Sunglasses are still nice to combat brightness, but they’re not as essential as for those with low or no prescription.

Frame choice is important, too. Ones that wrap around your face or are oversized to prevent sun from getting to your eyes are best. Other than that, it’s just a matter of what looks the most fabulous on you!

With glasses, you often get what you pay for. Good lens materials and coatings will cause less visual distortion and strain; however, even cheap sunglasses can protect your eyes if they are marked with “100% UVA & UVB protection” or very close to it.

Hopefully the springtime sun is shining right now, so make sure you protect your eyes to enjoy that sight for a long time to come!


This article is for informational purposes only. Please consult a registered eyecare professional to discuss your personal needs.



BADEN EYECARE CENTRE

Dr. Sonya Frank, Optometrist

DID YOU KNOW?

 Free sunglasses for babies 6 to 18 months of age will be given at their eye exam this May at Baden Eyecare!



Baden Village Plaza 4-18 Snyder’s Road West

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www.badeneyecare.ca

New patients welcome!

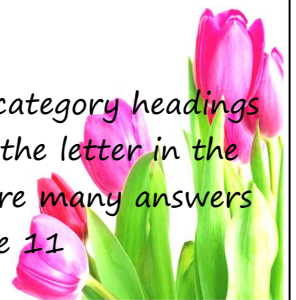
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Mother’s Day Puzzle

Fill in the spaces under the category headings with words that begin with the letter in the column on the left. There are many answers but you can see ours on page 11



| | FLOWERING PLANT | COLOUR | GIRLS NAME | PRODUCE |
|---|-----------------|--------|------------|---------|
| M | | | | |
| O | | | | |
| T | | | | |
| H | | | | |
| E | | | | |
| R | | | | |

Checking Out the Baden Library

Free Computer Help - Technology Tutoring on Tuesdays



Free, one-on-one computer training sessions are available from the Region of Waterloo Library. These sessions are designed for people with little or no computer knowledge, or who want to build their confidence using a computer, tablet, or e-reader.

This spring training will be offered on Tuesdays April 7 and 28, May 12 and 26, or June 9. Specific times can be found on our website or at the library. All of the Baden training sessions will be held at the Baden Branch Library. Sign up for a session by registering online or by calling the library. More information can be found on the library website under: *Programs and Events, Technology Training, Technology Training Calendar.*

One Book One Community (OBOC) 2015

Watch for the 2015 One Book One Community title to be announced in April.

News From the Awesome Book Club

The Awesome Book Club (ABC) is a very special book club at the library just for kids ages 10 to 12 years. We meet once a month from October to May. The club this year is made up of seven girls who are passionate about reading and enjoy reading from many different genres. During our first meeting in October, the group brainstormed about what books, authors, and genres we would like to read in the coming year. We also decided to try something new - at our monthly meetings we would write to the author of the book we read and tell them what we liked (or didn't like) about the book. So far, we have had responses from three authors. One author even sent each girl in the club a personalized copy of the next book in her series - and we read that book! It has been a lot of fun corresponding with the authors and has made reading books an even more memorable experience. Authors often have their own website that makes it easy to connect to them. Give it a try the next time you would like to talk to the author of a book you read!

Fun Facts

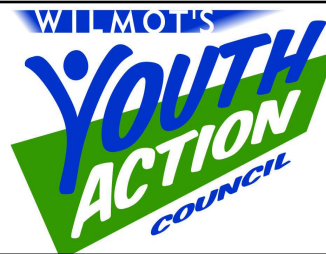
Did you know? In 2014, over 7,000 DVDs were checked out at the Baden Branch Library. That is approximately 1,000 more than in 2013. Have you checked out the Express DVD collection yet? These DVDs have a one-week loan period, and include recent and popular titles. There are Express DVDs for both adults and children. (Non-express DVDs have a loan period of three weeks.)

Questions? Contact the library at: 519-634-8933, badenlib@regionofwaterloo.ca or visit www.rwlibrary.ca

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



"Keeping the Community Connected"



This coming month, *Wilmot Youth Action Council* will be hosting a Ball Hockey Tournament, called the Old Barn Classic. This event will be for grades 5-8 on April 18th. Teams can sign up ahead of time, on the back of the flyers

we have up around the community. The event will run from 10AM to 6PM at the New Hamburg Community Centre. The cost is \$20 per team, and the team must be 4-6 team members plus a goalie. There will also be delicious food available to buy! The ball hockey tournament will help you meet new people and stay active! Remember: bring running shoes, helmet, and gloves!

Coming up later in May we also have **Youth Week (May 1st – 7th)** which is a great way to get the younger members of our community out and doing activities for the entire week before the summer starts! Stay tuned for more information and events!

We look forward to seeing you, and don't forget, it's never too late to join us or the JR Council! Contact wilmotyouthactioncouncil@gmail.com for more information.

*Until next time,
Rachel Steffler and Josh Desjardins, W.Y.A.C members*

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Livingston Presbyterian Church Designated a Heritage Site

On Monday March 30, 2015, the Heritage Wilmot Advisory Committee, officially requested council to designate the Livingston Presbyterian Church located at 44 Beck Street as a heritage site. The church played a huge part in the history of Baden. The reasons for designation are based on several categories including historical and architectural values under Part IV of the Ontario Heritage Act.

Members of the church formed about 1890, and the church was built in 1894/1895 by the initiative and generosity of local businessman James Livingston (owner of Castle Kilbride and Dominion Linseed). Over 50 congregational members made pledges worth over \$1,400 and James Livingston paid for the rest of the building, which totalled \$2,100 (James Livingston had donated the land). Baden churches at the time were predominately German services, and this church offered services in English.

Over the years the Livingstons donated many pieces to the church including the stained glass windows, a pipe organ, a large painting of the Last Supper, and an electric piano.

J.P. Livingston, son of James, spearheaded an addition in 1935. Aside from that addition, the church has remained virtually unaltered.

Architecturally, this church is a fine example of the Gothic Revival style. The designation

includes all four exterior facades of the church. There are also the stained glass windows, the exterior doors with the original hardware, the tower, and the weathervane.

There are other notable features about the church. The church pews are gothic style, curved and made of Black ash. They were originally purchased from the Globe Furniture Company in 1895 for \$275. On April 27, 1930, a baptismal font was donated in memory of James and Louise Livingston and Fredrick and Barbara Holwell, by their granddaughter, Laura Louise Livingston. James Livingston was a charter member of Wilmot Lodge number 318, constituted at Baden, in July 1874. He rose to the highest rank of the 33rd degree of the Scottish rite in 1887, the highest rank of the Masonic Lodge. The Lodge initially used a room in the Baden Hotel, but in 1951 moved to a room at the rear of the Presbyterian Church – it still holds its regular meetings there today.



Photo courtesy of Wilmot Heritage



Photos courtesy of Hiten Panchal



Take the opportunity to see inside the church at the Baden Corn Festival as they are proudly offering tours that day.

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You Must Be Joking!! What were they thinking?!!



→ A motorist was unknowingly caught in an automated speed trap that measured his speed using radar and photographed his car. He later received in the mail a ticket for \$40 and a photo of his car. Instead of payment, he sent the police department a photograph of \$40. Several days later, he received a letter from the police that contained another picture, this time of handcuffs.

He immediately mailed in his \$40.

→ A guy walked into a little corner store with a shotgun and demanded all of the cash from the cash drawer. After the cashier put the cash in a bag, the robber saw a bottle of Scotch that he wanted behind the counter on the shelf. He told the cashier to put it in the bag as well, but the cashier refused and said, "Because I don't believe you are over 21." The robber said he was, but the clerk still refused to give it to him because she didn't believe him.

At this point, the robber took his driver's license out of his wallet and gave it to the clerk. The clerk looked it over and agreed that the man was in fact over 21 and she put the Scotch in the bag.

The robber then ran from the store with his loot. The cashier promptly called the police and gave the name and address of the robber that he got off the license. They arrested the robber two hours later.

→ Living in a semi-rural area, the recently new neighbour called the local township administrative office to request the removal of the Deer Crossing sign on their road. The reason: "Too many deer are being hit by cars out here! This isn't a good place for them to be crossing anymore."

→ Early this year, some Boeing employees on the airfield decided to steal a life raft from one of the 747s. They were successful in getting it out of the plane and home. Shortly after they took it for a float on the river, they noticed a Coast Guard helicopter coming toward them.

It turned out that the chopper was homing in on the emergency locator beacon that activated when the raft was inflated. They are no longer employed at Boeing.

Oh yes, they walk among us ... but really?? What were they thinking?!

Submitted by Robert Price



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New Clients Welcome!



Spring is here!! After a long, cold winter, we are all excited to get outside in the sunshine – our furry friends included! As things warm up, we start to be more concerned about what else is enjoying the spring sunshine. Fleas and mosquitoes are at the top of my list of worries! Fleas are a bothersome little parasite that, although not deadly, can wreak havoc on your pet's skin and your home.



Important Flea Facts:

- A female flea can lay 50 eggs every day – as many as 2000 eggs in her 2 to 3 month life span.
- Female fleas consume 15 times their weight in blood every day.
- Eggs fall off your pet where ever your pet goes.
- Eggs hatch into maggot-like larvae in 2 to 4 days (under optimal conditions).
- The cat flea is the most common flea found on both cats and dogs.
- The flea is one of the best known jumpers. If your pet has fleas, they can jump onto other pets in your home, your furniture, and onto you.

The best plan regarding fleas, is to prevent them. Prevention is easy, fighting an infestation is not! Your veterinarian can provide you with the flea control option that best suits your pet and your family.

By Dr. Rebecca Ricker

ATTENTION

Your Dog Did His Duty
Please Do Yours



Clean Up
After Your Pet

Don't put your dog in the hot seat!

We love our pets so don't make them the bad guys!



Please be responsible when out walking your dog and pick up after him!! It's been reported that there is poop on the sidewalks and kids are stepping in it and bringing it to school. Yuck! Do you want that on YOUR shoes or in YOUR house? Ah...no?!

Please take your bag and scoop the poop, and dispose in an appropriate place and remember — it is the law!

Free—to a good home.

Meet Niki, a healthy 4 year old neutered male cat that is looking for a new home. He is bashful and would do well in a home with no children or pets. He lives with a single senior who no longer can manage the day to day care and wishes him well.

Please call 519-634-8916 if you are able to share your loving home with him.



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The Baden Optimist are in Full Swing this Spring!!



You can see our Baden Optimist volunteers wearing their blue shirts at the following events:

- * Living Well Festival
- * Adopt a Road Spring Clean Up
- * Optimist Spring Lawn Aerating
- * Baden Backyard BBQ
- * Optimist 'New Members Welcome' meeting
- * Drug and Internet Awareness Night
- * Bike Rodeo

Look on our facebook page for dates and full details for all these events!!!

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Wilmot Jujitsu is pleased to offer **Ninpo Bugei** (Traditional Ninjutsu) to the program. Classes will be 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



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- ♥ *I saw you make a meal and take it to a friend who was sick and I learned that we all have to take care of each other.*
- ♥ *I felt you sneak into my room to kiss me good night and I felt loved and safe.*
- ♥ *I saw tears come from your eyes and I learned that sometimes things hurt, but it's okay to cry.*
- ♥ *I saw you take care of our house and everyone in it and I learned we have to take care of what we are given.*
- ♥ *I saw how you handled your responsibilities, even when you didn't feel well and I learned how to be responsible too.*
- ♥ *I learned most of life's lessons from you and know how to be a good and productive person.*

When you thought I wasn't looking, I looked at you and wanted to say, "Thanks for all the things I saw when you thought I wasn't looking...Thanks mom, I love you!"



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Our Answers to Spring Things Puzzle on page 5

| | FLOWERING PLANT | COLOUR | GIRL'S NAME | PRODUCE |
|---|-----------------|--------------|-------------|-----------|
| M | MUMS | MAROON | MARGIE | MANGO |
| O | ORCHID | ORANGE | OPRAH | OLIVE |
| T | TULIP | TAUPE | TERESA | TURNIP |
| H | HIBISCUS | HUNTER GREEN | HELEN | HONEYDEW |
| E | EDELWEISS | EMERALD | ETHEL | EGGPLANT |
| R | ROSE | RED | RHONDA | RASPBERRY |



SOLAR PANELS - GREEN OR GROSS?

As our society becomes more eco-aware, having a home with “green” environmental features, including solar panels, is becoming more popular. As you drive around town, you’ll see solar panels on the roofs of homes in subdivisions and on out-buildings in neighbouring country properties. The costs can be anywhere from \$15,000 to \$40,000 or more to have a solar panel system installed on your home and there are fantastic incentive programs available in Ontario.



When considering whether to purchase a home with solar panels here are some questions to ask:

Are the solar panels owned or leased?

If the solar panels are leased, the buyer would not only have to qualify to purchase the house, but **also** qualify to buy out the existing solar contract and take over the lease, perhaps for the next 15-17 years. Or a new buyer may ask the home owner to pay out the remaining contract for fear that the solar equipment will become dated or obsolete.

If the panels are owned, **are the new home owners willing to take on the scheduled maintenance or cleaning that solar panels may require?**

Cleaning keeps the panels working efficiently. There are professional solar panel cleaning companies that you can hire to care for them, but this must be considered as part of estimating any home maintenance costs.

Does the seller remove solar panels from the roof to take with them to their next home? What type of damage might that cause to the roof?

Solar panels should be removed by a professional. Just as having to replace your shingles, there would be an extra cost to have the panels removed and reinstalled. If not done properly, removal of solar panels could lead to problems with leaks in the future.

Do solar panels affect a home’s resale value?

If you find a buyer that is specifically looking for solar panels, you may re-coup most, if not all, of your investment. For less educated buyers, there is a lot to think about. Maybe a similar home for sale just down the street that doesn't have solar panels might be a more attractive choice. Which would you choose?



~ Jon Lambert — Check back next month for more *Baden Real Estate News*.

Have any real estate related questions? Contact me at jonlambert@remax.net



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No Wonder We're All Confused!



- Why do psychics have to ask you your name?
- What happens if you get scared half to death, twice?
- On the other hand,... you have different fingers.
- A clear conscience is usually the sign of a bad memory.
- A day without sunshine is like night.
- Those who drive like hell are bound to get there.
- What hair colour is on the driver licences of bald men?

Swim! Bike! Run!



The Wilmot Aquatic Aces are hosting the third annual Kids' Triathlon on Sunday, May 31st, 2015 at the Wilmot Recreation Complex in Baden. Children ages 3-14 can come out to try this non-competitive sporting event. Children start the race in the pool and can wear a life jacket if they wish. Once they are out of the pool, kids run over to the transition zone located in the fenced-off parking lot to put on a helmet and grab their bikes. Once the distance on the traffic-free bike route is completed, kids will place their bikes back in the transition zone and 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 to assist their 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 Online registration opens March 1st with early bird discounts and multiple family member discounts! 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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Baden Outlook Hockey Pool Stats

| ADULTS | | | KIDS | | |
|--------|--------------------|-----|-------|-------------------------|-----|
| Place | Name | PTS | Place | Name | PTS |
| 1 | Phylis Sisco | 827 | 1 | Jared Vandervelde | 802 |
| 2 | Wayne Weicker | 811 | T2 | Elias Bizony | 786 |
| 3 | Brad Chard | 807 | T2 | Jakob Gingerich | 786 |
| 4 | Leanne Kropf | 805 | T4 | Aiden Kropf | 785 |
| T5 | Tim Wenn | 802 | T4 | Evan Bizony | 785 |
| T5 | Duane Gingerich | 802 | 6 | Sarah Miller | 779 |
| 7 | Nick Pokorny | 801 | T7 | Noah Lichti | 778 |
| 8 | Earl Nickolas | 796 | T7 | Spencer Boshart | 778 |
| 9 | Armand Weiler | 788 | T9 | Hayden Jack | 776 |
| 10 | Brandon Gingerich | 786 | T9 | Josh Durrer | 776 |
| T11 | Shayne Kelly | 785 | 11 | Rowan Dibben | 774 |
| T11 | Justin Williams | 785 | 12 | Nathan Boronka | 767 |
| 13 | Sadie Williams | 784 | 13 | Alyssa Gingerich | 766 |
| 14 | Dayle Miller | 781 | T14 | Nolan Snook | 765 |
| T15 | Bill Lovell | 780 | T14 | Payton Egli | 765 |
| T15 | Prince of Hidaway | 780 | 16 | Meghan Mueller | 761 |
| T15 | Rich Roth | 780 | 17 | Jacob Durrer | 757 |
| 18 | EYEMCDN | 779 | 18 | Tanner Schwartzentruber | 756 |
| 19 | Carol Pajot | 778 | 19 | Jordy Ertel | 754 |
| 20 | Zack Gowland | 777 | T20 | Paige Naumann | 752 |
| T21 | Isaiah Ruby | 775 | T20 | Ethan Lichti | 752 |
| T21 | Rob Waechter | 775 | T22 | Owen Kunkel | 748 |
| T23 | Dianne Brackenbury | 774 | T22 | Lukas Pickard | 748 |
| T23 | Sharon Williams | 774 | 24 | Mitchell Wilhelm | 747 |
| T25 | Alf Crabbe | 773 | 25 | Joey Durrer | 746 |
| T25 | Paul Blinkhorn | 773 | T26 | Jack Papa | 744 |
| T25 | Lisa Egli | 773 | T26 | Taylor Naumann | 744 |
| T28 | Kari Anne Jokic | 772 | 28 | Daniel Kreller | 742 |
| T28 | Johnnie Reiner | 772 | T29 | Garrett Lichti | 741 |
| T28 | Josh Morrison | 772 | T29 | Blake Boshart | 741 |



Congratulations to Phylis Sisco for taking the Adult Leader Prize for this month's Hockey Pool, winning a gift certificate from EJ's Baden Hotel
The leader of the Kids Hockey Pool is Jared Vandervelde, winning a gift certificate from Riverside Lanes.
The lucky random draw winner is Laura Hazelwood winning a Baden Outlook coat.

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Mother's Day Brunch at EJ's May 10th

2 Seatings — 10:30am and 12pm
Buffet, \$18 for adults and \$8 for children

Reservations recommended





Hello sports fans—thanks for playing hockey with us! We had 375 hockey pool entries and you can start following your stats which are updated daily on the site. The Outlook draws the stats on the 7th of each month to determine the winners. To follow the stats, log on to our website at www.badenoutlook.com click on sports pool and select "hockey". Once in the site select login your pool (adult pool is outlookhockey and kids pool is outlookkids) and both pools have a password of guest. Have Fun and Good Luck!

Next month we will post the final winners along with the top ten—then the ball pool begins!

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You Must Be Joking!!



GOING TO A HOCKEY GAME...

Three Canadians and three Americans are travelling to a hockey game. The three Americans each buy tickets and watch as the three Canadians buy only a single ticket.

"How are the three people going to travel on only one ticket?" asks an American. "Watch and you'll see," says a Canadian.

They all board the train. The Americans take their respective seats but all three Canadians cram into a bathroom and close the door behind them.

Shortly after the train has departed, the conductor comes around collecting tickets. He knocks on the bathroom door and says, "Ticket please!"

The door opens a crack, a single arm emerges with a ticket in hand. The conductor takes it and moves on. The Americans see this and agree it was quite a clever idea. So after the game they decide to copy the Canadians on the return trip and save some money.

When they get to the station, they buy a single ticket for the return trip. To their astonishment the Canadians don't buy a ticket at all.

"How are you going to travel without a ticket?" asks one perplexed American. "Watch and you'll see," replies a Canadian.

When they board the train the three Americans cram into a bathroom and the three Canadians cram into another bathroom nearby.

Once the train leaves the station, one of the Canadians leaves and walks over to the other bathroom where the Americans are hiding, knocks on the door and says, "Ticket please!"



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Crib starts Wed April 1—June 10th at 7:30
Everyone Welcome!



In December of 2014, I was driving along a gravel road just west of where we live near New Hamburg, when I saw a robin-sized bird with grey, black, and white markings perched on a hydro wire. Its colouration, size, shape and location (known as the 5 S System: Size, Shape, Sight, Site, Sound) helped me recognize it as a Northern Shrike (NOSH). Its cousin, the Loggerhead Shrike, which is similarly coloured but slightly smaller, is much too rare to make it a likely candidate. Although I have seen Northern Shrikes in other locales, this was the first one I had ever seen in this area. The bird is usually seen in open country such as the open fields that surrounded us that day. We live in Waterloo County, but the bird was just across the border in Perth.



neck with its strong curved beak. I saw a NOSH do this to a sparrow once while on an outing at The Fairlake Game Farm at Wrigley Corners. Their feet are like those of any songbird, so they carry their prey in their beak to a suitable location. Because their feet are like those of any songbird and not strong like birds of prey, NOSH often secure their prey on the long sharp thorns of Hawthorn trees that are found in open country. Then they can proceed to tear the prey apart with their strong hooked beak or allow it to hang for several

days before returning to consume it. For this reason, it is also known colloquially as "The Butcher Bird".

The NOSH is a little larger than an American Robin, with a mostly grey body and black wings with white bars. It has a distinctive black mask across its eyes like a raccoon. What also makes the NOSH different than other songbirds are its feeding habits. It lives on small rodents such as Voles or Shrews, small birds, and large insects which it dispatches by biting just behind the head, severing the

Shrikes are winter residents in this area, returning to the Tundra for the breeding season. They frequently nest in Hawthorn trees. They migrate to Southern Canada and the Northern U.S. during winter so they may show up at your feeder if you live in the country or on the edge of a town, or village, because they are, as previously stated, birds of the open country. But you can also be sure they are not after your peanuts or sunflower seeds. I hope you welcome them because they are, after all, an important part of the natural food web.

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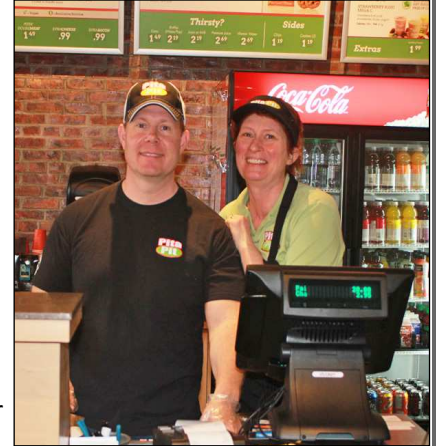
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Familiar Faces Seen at the New Pita Pit in New Hamburg

Matt and Jackie Rolleman, owners of EJ's of Baden, have been entertaining the idea of opening a quick service chain restaurant for over a year. It was important to them to find a business that already had a great formula in place. They were convinced by their three boys that a Pita Pit franchise was the way to go, so they checked it out and liked the values about the company. This chain is an alternative food option (not pizza or hamburgers). Pitas are made fresh, with a high standard of ingredients. Although it is a quick service business, it is different from most.



Pita Pit encourages their franchise owners to run

their business in a community way – the same philosophy that Matt and Jackie have brought to EJ's. Their sponsorship with Wilmot soccer and hockey, as well as engaging with the community in many ways has been their norm and they are doing the same with the Pita Pit.

The 1500 square foot restaurant opened April 7th in the plaza at 338 Waterloo Street in New Hamburg, and will have an official grand opening once the weather warms up. The restaurant provides seating for twenty along with takeout service. They have hired fifteen local residents who have the opportunity to develop their positions within. They will be open daily from 10 am to 10 pm, and catering services will also be available. They also plan to get involved with a school lunch program.

The Rollemans are fortunate to have a very secure staff to help operate EJ's and allow them to try something new. This doesn't mean that you won't see them at EJ's of Baden – they'll be around!

Congratulations and best wishes on your new endeavour!

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Improving the Health of our Community

~ Depression and Teens, Part 2

By Melodie O'Connell MSW RSW



One of the most difficult challenges for a parent is watching your child struggle and feeling that you are not able to help or support him or her. When teens are struggling with depression, they may often push away those people that love them most. This, in turn, makes it difficult to provide the support that is needed.

Here are some steps to help your teen through a depressive episode:

1. If your teen is not allowing you to help support him or her, reach out to others that your teen may feel connected to. This could be a friend's parent, coach, teacher, neighbour, or family friend. Quite often, they may respond more positively when they feel supported and valued by those that have been positive role models in their lives.
2. Make an appointment with your family doctor – this can be an important first step, as he/she can provide some direction or 'next steps'. This would also allow for a discussion on medication, and whether or not it would be helpful for your teen. Medication is not usually a first step, but can be very effective when combined with other forms of treatment.
3. Seek out professional help – a teen may take comfort in being able to talk to a professional knowing that what is shared remains confidential. As a parent, it can be helpful to know that your teen is communicating with someone even though it isn't you. This also creates a level of safety, because if teens share that they may be a risk to themselves or others, professionals are required to take the necessary steps to ensure that the teen is safe, regardless of the confidentiality. Many professionals will use strategies from the Cognitive Behavioural Therapy (CBT) Model. These strategies include challenging negative thoughts, and learning how to look at situations from a more realistic perception. It will also challenge them behaviourally. In other words, what is the individual doing on a day to day basis that may be contributing to the depressive episode (isolating themselves, sleeping throughout the day, unhealthy eating patterns, and lack of productivity)? Strategies also include behavioural activation – looking at the things we can DO to shift the depression. If we encourage teens to measure their depression on a scale from 1-10, they may notice changes in their mood in response to things that they choose to do throughout the day. For example, if they wake up and their mood is a 4 out of 10, if they spend time with a friend or doing an activity that they enjoy, they may notice that the mood shifts to a five or six out of 10. This is how behaviours can impact their mood.
4. Encourage them to participate in activities that they may enjoy, or have enjoyed in the past. Sports or physical activities are great choices as they release endorphins, or the “feel good chemicals” in our bodies. Exercise can be an effective component of treatment for mild to moderate depression.
5. Resources : there are a number of great apps that teens can download on their phones to help track their moods, or offer support when they are struggling. Other apps include breathing strategies for those coping with anxiety, and motivational apps as well. They can also utilize the kids help phone, as they are a great resource. There are a number of great workbooks to help teens learn more about depression, and how to impact their mood positively.
6. Create a safety plan: if your teen has struggled with suicidal thoughts, safety is of utmost importance. A safety plan outlines the steps of what they can do and who they can tell if the thoughts become strong. Safety plans can be developed in conjunction with a mental health worker or crisis worker.
7. Remind your teen of how much you love him or her, and that you want to help.

Helping your teen through a depressive episode can be one of the most challenging things to do as a parent. For teens struggling with depression, it is important for them to know that they are not alone, and there are others that want to help. As a parent, you may also want to seek support for yourself, so that you can feel confident and supported in the steps that you are taking to help your teen.

*** This article is intended for informational purposes only. Please seek professional help for support re: mental illness. If you have any questions or comments, please feel free to contact me @ melodieoconnell@hotmail.com



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



June Davies and Carol Lachance take the Outlook to the only Conch Farm in the world in Turks and Caicos.



Lloyd and Erla Koch, cousin Russ and Hazel Koch and friend Betty Duimering took the Baden Outlook to Shirati, Tanzania where Russ built a water tower for the hospital. Last November they sent a 40 foot container to Shirati with 8,000 lb. of dried food, over 100 back packs with supplies for children, layettes, and hundreds of blankets. Erla, Betty, and Hazel distributed these items to leprosy patients, new mothers, women, and children.



Badenite, Leah Fangrad took her Baden Outlook to the top of a mountain in Mbingo, Cameroon, Africa where she has been living since November while on a missions trip.



Erla Koch giving two care packages to a new mother of twins at Shirati Hospital.



Dave and Betty and Emmy from the St. Agatha Clothing Store took their Outlook along on their winter vacation in Florida.

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Bob and Sharon Dietrich visited their son Chad and Stephanie and grandchildren Paige, Keaton, and Grady in Belize. They took the Baden Outlook when they visited Jaguar Reef.



Marg Seyler took her Baden Outlook, along with friend Betty Szucs, to Roatan, Honduras while on a cruise in the western Caribbean aboard the Royal Caribbean Vision of the Seas.



These Stonecroft residents recently took their Baden Outlook on a tour of the South Pacific. Here in Fiji are John and Gail Hardwick, Doug and Carol Nichols, Bill and Pat Leggett, and Ken and Jennie Mulholland.



Landan and Kayleigh Quackenbush took their Baden Outlook along on their holiday to Cayo Largo, Cuba.

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Start looking around your house and establish some other areas that you could set up zones, where articles are easily accessible. Maybe "stuff" doesn't need to be stored in really high cupboards or in deep lower cupboards. Start moving articles to places that are easy to get, to prevent falling and strain. The goal for setting up zones is to have everything you need to accomplish a task within arm's length, to make it easy to put away but also to build in efficiency and in this case, help energy level. Start looking at your space with "new eyes" and look to see what can be changed to help those with mobility challenges.

For those who didn't know - we also own a seniors' relocation business. Check out www.seniorsmove.ca for more information.

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* www.wilmotfamilyresourcecentre.ca * cr4wfrc@bellnet.ca * 519-662-2731



Wilmot Family
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PREVENTION AND MANAGEMENT OF NECK PAIN

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



Most adults can expect to experience some neck pain in their lifetime. The *cause* of neck pain is often multi-factorial, meaning that there is usually no single cause. Once an episode of neck pain happens, some individuals will find it is a persistent or recurrent condition. However, there are management strategies that can be employed to minimize the negative impact of neck pain.

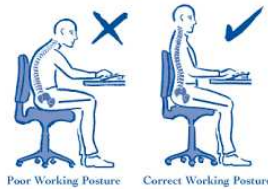


Below are some tips on prevention and management:

- **Protect your neck while you sleep by choosing a pillow** that will help support the head, neck, and shoulders. This will keep them in alignment and minimize stress and strain.

- **Be smart when working at a workstation/desk.**

The workstation/desk should be at elbow height. Use of an adjustable chair can help meet this need. Computer monitors should be at eye level for easy viewing. Do not cradle the phone between your head and shoulder. Use of a headset or the speakerphone feature will keep your hands free and allow you to multi-task in a safe manner. Be sure to take regular breaks every 20 to 40 minutes that allow you to stand, walk around, and stretch your neck and upper back.



- **Avoiding cigarette smoke can be helpful.** The reduced blood circulation found in smokers deprives spinal discs of vital nutrients which can lead to premature degeneration. Smoking may also provoke disc herniation with coughing, and cause general damage to the musculoskeletal system through direct chemical irritation and chronic inflammation. Exposure to secondhand smoke during childhood may also increase the risk of developing neck problems later in life.
- **Drinking water** brings vital nutrients to neck muscles and decreases the risk of cramps and strains. Water also helps to protect neck joints by providing lubrication and cushioning.

- **Eliminate poor posture which can strain the muscles and joints in the neck.** While sitting, make sure that your weight is evenly distributed on your seat, your shoulders are not rounding forward, and you are not slouching. Your head should be resting on your torso and not poking forward.

- **Engaging in regular physical activity and exercise will help keep your neck strong.** This can include general cardiovascular conditioning, along with postural, stretching and strengthening exercises for the neck and upper back.

- **Get professional help for your neck pain.** The following treatments have been identified as being helpful for most cases of neck pain: *education, exercise, mobilization, manipulation, acupuncture, and soft tissue therapy.* The scientific literature does not identify any “best” treatment that is effective for everyone. ***Trying a variety of therapies or combination of therapies may be required*** to find relief and help manage neck pain.

If you are having difficulty managing neck pain symptoms, contact a qualified health professional who can prescribe appropriate therapy, rehabilitation and self-management strategies specifically for your circumstance. For more information, visit www.nhwc.ca.

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



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The family of Lavern Wagler are sad to announce his sudden passing on April 8, 2015 in Strathmore, Alberta. A beloved husband, father and brother. He is survived by his wife of 43 years, Sonya; his son and daughter-in-law, Kevin and Elayne; his daughter and son-in-law, Nadeen and Terry; his brothers and sisters (all in Ontario), Mary, Milton, Ray, Delford, Harvey, Ervin, Ruth and Edward as well as many nieces, nephews, sister and brother-in-laws and cousins and special canine friends. Lavern was predeceased by his parents, Harvey and Edna and his brother Delton. He was cremated in Strathmore, AB. A celebration of life service will be held in Ontario at a later date.



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The moment a child is born, the mother is also born. She never existed before. The woman existed, but the mother, never. A mother is something absolutely new. ~Rajneesh

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Be Well ~ Meet Christine Gingerich



When I was asked to join the *Baden Outlook* team I eagerly accepted the role of helping to coach my community on a variety of health topics. “Giving back” in this way is born out of a deep love for people, and a love for helping others discover and achieve optimal health. I also aspire to help people avoid the kind of suffering I once knew in my own life.

Raised on a farm west of Tavistock, I assumed that all children were growing up as I was: working hard and eating off the land. My parents (and their four reluctant helpers) tended several massive gardens, and eating fresh produce seemed like it must be typical. Little did we appreciate how increasingly unique, and fundamentally nourishing this lifestyle was.

As I grew older, my *sweet tooth* (AKA *sugar addiction*) became well-groomed on an abundance of homemade pies, cookies and sweet treats, and my health started to suffer. I was diagnosed with severe eczema, and a few years later, allergies and asthma followed. Chronic childhood ear infections and sore throats seemed to plague me, and by the time I was in my early 20s my health was a mess. I had gained well over 50 post-secondary pounds and I was sick and tired of being sick and tired. I’d spent years trying many diets, supplements and ‘magic bullets’ but nothing seemed to work.

I finally came to this startling conclusion: The prescriptions I

had been using for many years were not actually *healing* me. They temporarily helped the symptoms, but they didn’t cure the core causes of my health complaints. I instinctively knew I had to make some fundamental lifestyle changes, so one day I determined to alter my direction.

I started with two simple objectives: to add in exercise and change my fuel. I mapped out an easy-to-walk one hour route and committed to walking it six days a week. Absolutely nothing was going to interrupt that goal. Secondly, I eliminated all of the highly processed foods and sweets (that I was extremely addicted to) from my diet. This proved to be tough – but my choices quickly demonstrated incredible results, which far exceeded any temporary satisfaction received from my junk food. I really didn’t miss the suffering that had impeded true living. Within 6 months my eczema was completely gone, my puffer was in the garbage, painkillers for arthritis were eliminated and I had almost lost the 50 extra pounds that had slowed me down for too long. As a 23 year old young woman I could finally start to live! Twenty-five years later I continue to learn, modify, and evolve my lifestyle as I seek to also help others achieve optimal health.

So as we begin the *Baden Outlook, Be Well* journey together, I encourage you to join me on this quest for optimal health. The reality is we all get one shot at life. Don’t you want to make it really count?! I recommend beginning with one or two simple lifestyle changes and committing to those changes for one to two months. When they feel like they’re solidly firm habits, find another healthy lifestyle choice to incorporate for the next month. I’ve spent more than 30 years on this journey and I can affirm: It’s definitely worth it!

Be Well! Christine Gingerich www.optimalYOU.ca

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Registration night is May 7, 2015 at 7pm
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**IF EVERYONE READING THIS POSTER
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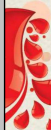
William Desborough received several blood and platelet transfusions while being treated for Acute Lymphoblastic Leukemia.

He lost his battle and passed away in April 2010, just before his second birthday. William continues to be a superhero to all of us.

We encourage you to be a hero and donate blood in William's memory to help patients in need.

Please come out to donate in his memory:

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1:30 p.m. - 8 p.m.



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Mark your calendars for May 30th and get busy cleaning out those bulging drawers, dusty cupboards, and overloaded garage for the upcoming Baden Community Garage Sale.

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

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



Mental health affects all of us regardless of age, race, religion, gender, or lifestyle. One in 5 Canadians will experience a mental illness some time in their life. The other 4 will have a family member, friend, or colleague who will experience a mental illness. As a result of the stigma surrounding mental health issues, only 30% of those who experience mental illness will seek out the treatment they need. These statistics don't even begin to account for all of those who simply struggle with life's challenges at various times and can benefit from some support. Bell's Let's Talk campaign encourages us to talk about mental illness to reduce the stigma. Interfaith Community Counselling (ICC) recently held their Annual General Meeting and they are talking about it.

Direct counselling hours provided locally by ICC has increased from 1500 hours in 2010, to 3457 hours in 2014. To serve an ever increasing number of individuals in their journey towards emotional wellness, ICC has kicked off the Expanding Hope Campaign, as reported in the last Baden Outlook.



ICC also chose their Annual General Meeting to launch a new logo; interpreted by some as a blossoming flower signifying growth and by others as a butterfly ready to take flight.....either way, one that emphasizes new life and renewed hope.

88% of ICC clients have their payments subsidized. This is funded partly through grants received by ICC that must be matched by the agency. The annual ICC Silent Auction, which takes place at the Wilmot Recreation Centre this year, is the major fundraiser which provides the funds to match these grants.

ICC needs you to help them continue to provide this subsidized counselling for those who need it, by coming out to support the Silent Auction. Bring the kids to enjoy the Kid's Corner; bring the neighbours to take a test drive of some great Ford products (donations to ICC for every test drive); munch on some home style breakfast; buy a book or two at the used book sale, enjoy the entertainment, take home some delicious baked goods; and bid on some great treasures in the auction. ICC is also looking for individuals interested in being a Volunteer for the day of the Silent Auction.

It's time to talk about it, to reduce the stigma, and to be part of instilling hope in our community. Anyone interested in donating to or volunteering for the Silent Auction, contributing to the Expanding Hope Campaign, or wanting to access services is welcome to call the ICC office at 519-662-3092.

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A famous writer was in his study room. He picked up his pen and started writing:

Last year, I had a surgery and my gallbladder was removed. I had to stay stuck to the bed due to this surgery for a long time. The same year I reached the age of 60 years and had to give up my favourite job. I had spent 30 years of my life in this publishing company. The same year I experienced the sorrow of the death of my father. And in the same year my son failed in his medical exam because he had a car accident. He had to stay in bed at hospital with a cast on for several days. The destruction of the car was another loss.

At the end he wrote: Alas! It was such bad year!!

When the writer's wife entered the room, she found her husband looking sad lost in his thoughts. From behind his back she read what was written on the paper. She left the room silently and came back with another paper and placed it on the beside her husband's writing.

When the writer saw this paper, he found this written on it: Last year I finally got rid of my gall bladder due to which I had spent years in pain. I turned 60 with sound health and retired from my job. Now I can utilize my time to write something better with more focus and peace. The same year my father, at the age of 95, without depending on anyone or without any critical condition met his Creator. The same year, God blessed my son with a new life. My car was destroyed but my son stayed alive without getting any disability.

At the end she wrote: This year was an immense blessing of God and it passed well!!

See!! The same incidents but different viewpoints. If we ponder with this viewpoint that what could have happened more, we would truly become thankful to the Almighty.

Moral : In our daily lives we must see that it's not happiness that makes us grateful but gratefulness that makes us happy. There is always, always, always something to be thankful for.

Stay Blessed !!

Submitted by Robert Price

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May 1 - 31

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Or share your perennials by donating plants (in 6" – 8" pots) and identify with the plant name and colour if possible. We will start **accepting plants April 27th**. For more info, call 662-2867.



All proceeds benefit the work of Mennonite Central Committee

REGULAR HOURS

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

Love those Church Ladies-- They're Back!

Those wonderful Church Bulletins! Thank God for church ladies with typewriters. These sentences (with all the BLOOPERS) actually appeared in church bulletins or were announced in church services:



- ⇒ The Fasting & Prayer Conference includes meals.
- ⇒ The sermon this morning: 'Jesus Walks on the Water.'
The sermon tonight: 'Searching for Jesus.'
- ⇒ Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.
- ⇒ Next Thursday there will be tryouts for the choir. They need all the help they can get.

"It's easy to make a buck. It's a lot tougher to make a difference." ~Tom Brokaw

Thanks to the amazing support of our community, the New Hamburg Thrift Centre continues to provide quality merchandise at affordable prices. We work hard to reduce the amount heading to the landfill and create meaningful work for volunteers of all ages. The outcome of this great work allows us to make a difference in many lives.

A primary component of the Mennonite Central Committee Ontario Thrift Shop Network mission statement is "... to commit ourselves to living our faith in action by raising funds for MCC Ontario ..." Here at the New Hamburg Thrift Centre, we have over 350 volunteers, most of whom reside in the Baden, New Hamburg, Tavistock, Stratford and surrounding communities. Some are here daily, while most serve on a weekly basis, and a few, less frequently. Without the efforts of these volunteers, the hard work of receiving goods, sorting, pricing, recycling, etc., could not be accomplished. This hard work pays off in the lives of many around the world where the Mennonite Central Committee works alongside local churches and communities in more than 50 countries, including Canada and the United States, to carry out disaster relief, sustainable community development, and justice and peace-building. www.mccc.ca

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

If you are considering getting involved in your community, we are looking for volunteers to help with our Perennial Sale. Not a plant person? There are still a number of jobs available! Volunteers are needed on cash, watering plants, potting plants, etc. No experience needed. If you want to learn more about plants and meet new people, this volunteer opportunity is for you. Call Karla at 519-662-2867 for more information.

Plant enthusiasts are encouraged to share their perennials by donating plants (in 6" - 8" pots) after they are divided in the spring. Identifying donations with the plant name and colour is helpful. Donations of garden tools are also accepted. For more information about our perennial sale visit our website at www.newhamburgthrift.com or "Like Us" on Facebook.

- ⇒ Remember in prayer the many who are sick of our community. Smile at someone who is hard to love. Say 'Hell' to someone who doesn't care much about you.
- ⇒ A bean supper will be held on Tuesday evening in the church hall. Music will follow.



Jim and Laurie Arkell

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Raise a glass~

Craft beer tasting is coming to Wilmot



"You've never really enjoyed beer until you experience craft beer" - that's the promise we, Rotary Wilmot, are making to the patrons of our first annual craft beer festival – BrewHaHa 2015.

The interest in craft beers is definitely on the rise in this area and throughout Ontario. We felt that Wilmot was missing out on this wonderful experience and hence our inaugural craft beer festival.

BrewHaHa 2015 will take place at the Wilmot Recreation Complex on Saturday May 9, 2015 from 6:30 to 10 p.m. Patrons will be able to sample the offerings of seven craft breweries – Black Swan Brewing, Block 3 Brewing, Collective Arts Brewing, Descendents Beer & Beverage, Elora Brewing, Grand River Brewing, and Innocente Brewing. Wellesley Apple Products will also serve samples of refreshing summer punches/drinks/blends during the event.

A variety of "beer-friendly" food samples will be available – prepared and supplied by Nith Valley Butcher, Krug's Meat Market, DD Homestyle Cuisine, Mountain Oak Cheese, Bright Cheese, Grill's Cheese, The Frozen Trolley, and Confectionery Cousins.

BrewHaHa tickets, which include six beer and four food samples, cost \$25 and are available at Pharmasave in New Hamburg and Baden, by phone 519-301-5620 or email – wilmotrotary@rogers.com.

Proceeds from BrewHaHa will go to our local Rotary charities.

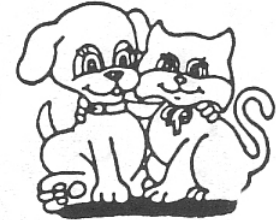
For further information contact –

Brian Bennett Ph: 519-301-5620 Email: bbennett0324@rogers.com

Steve Locke Ph: 519-662-4601 Email: lockezebra@sympatico.ca

Susan Douglas Ph: 519-662-3206 Email: susandouglas707@gmail.com

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P.S. Mother's Day is just around the corner,
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Wed. & Thurs. 10 a.m. - 4 p.m. Fri. 10 a.m. - 6 p.m.,
Sat. 9 a.m. - 5 p.m., Sunday 12 p.m. - 4 pm*

SPRING THINGS WORD SCRAMBLE

*Think spring and you will find these
scrambled words!*

1. LEDUPD _____
2. MALERBUL _____
3. LODIFADF _____
4. DUCLO _____
5. ORBNI _____
6. PILUTS _____
7. NIROBAW _____
8. SMORW _____
9. RESATE _____
10. DIYNW _____



ANSWERS ON PAGE 37

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The New Dundee Emporium

Wednesday April 29th 2015
New Hamburg Community Centre
251 Jacob Street New Hamburg, On

Show Starts at 7 pm—Doors Open at 6:15 pm

Tickets are \$30 and available at:
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Meadow Acres Garden Centre, Petersburg
The New Dundee Emporium, New Dundee

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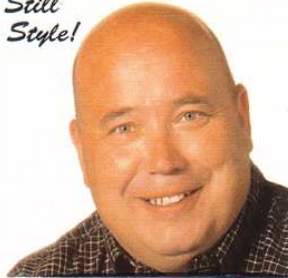


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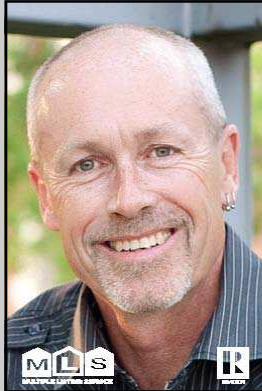
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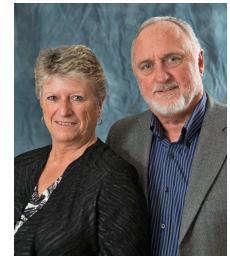
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*"Keeping the
Community Connected"*



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Ask Armand ~



Brent from New Hamburg asks – I drive by the building, which is now J. C. Miller Antiques, (8 Foundry Street) at the corner of Snyder's Road and Foundry Street, regularly. Could you share some history of it?

Armand says – Yes Brent, that building played an important role in Baden and the area. The building was built in 1876 by John Lorentz (he also built the house at the corner of Beck Street and Foundry street). He operated a general hardware store and tinsmith shop at that location. Since then it had a variety of operators including Allan Bechtel, Bert Kriesel, Lloyd Appell, S.C. Kuhn, and Kenneth Gingerich all operating it as a hardware store. Upon the death of Mr. Kriesel in 1949, J. P Livingston and his son-in-law Harris Veitch purchased the building. Harris Veitch started an antique business called Attics and Antiques until it was sold to Jim Miller (J.C. Miller Antiques) in the early eighties. Jim Miller started his antique business in 1977 and Jim and Marlene's sons Ethan and Justin now operate the business.



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Once I got my hearing aids I noticed so many new sounds. As an example, I could hear the sounds in my truck again; and since I could hear an odd sound in my truck, I saved a lot of money because I caught the truck problem early. I would never have heard it before without my hearing aids. Now my TV volume is turned down and I can hear the birds chirping. I no longer say "Huh?" because I can hear everyone talking to me.

When I have had an issue with my hearing aids, I was helped right away and the problem went away. I am very happy with my hearing aids and the service I get from *Hear Well Be Well*[™]. I would happily speak to anyone about my great experience.

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www.whcc-healthywilmot.org

In partnership with the 8th Annual Living Well Festival hosted by the Wilmot Healthy Communities Coalition April 24-25. Email whcc.nh@gmail.com for more information about exhibiting, sponsoring, or volunteering



Wilmot Healthy Communities Coalition 8th Annual



Living Well Festival

April 24-25, 2015 Wilmot Recreation Complex
1291 Nafziger Road, Baden

"Partner-Up for Wellness"

Featuring the Wilmot Community Corner and Market
Learn about local resources/businesses and purchase local products

Free activities for the entire family

Friday April 24
6:30-9:00 p.m.: Public roller skating
7:30-9:30 p.m.: Coffee House showcasing local talents

Saturday April 25
10 a.m.-1:30 p.m.: Wilmot Community Corner & Market
10:30 a.m.-1:30 p.m.: Storyteller Derek Brisland
10 a.m.-1 p.m.: Read Well Day
12-1:30 p.m.: Community BBQ sponsored by Township Council
12:30-2 p.m.: Demos of Wilmot Fitness & Art Classes
12:30-2 p.m.: Public ice skating with the Wilmot Youth Action Council

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Although Bob passed away, his presence is there with his girls ~ and they do him proud!

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

ANSWERS TO SPRING THING SCRAMBLE FROM PAGE 33

| | |
|-------------|------------|
| 1. PUDDLE | 6. TULIPS |
| 2. UMBRELLA | 7. RAINBOW |
| 3. DAFFODIL | 8. WORMS |
| 4. CLOUD | 9. EASTER |
| 5. ROBIN | 10. WINDY |

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It's a global event, so do your part to reduce, reuse, recycle, replenish and restore!! There's much you can do to make a difference and every day could be an Earth Day!

- Use public transportation to reduce air pollution and save on fuel costs.
- Take your old computer, DVD player, or other electronics to an electronics recycling center. Reusing and recycling materials like copper, gold, and others saves natural resources and reduces mining and processing.
- Leaky faucets can waste thousands of gallons of water each year, like money down the drain. Repair or replace old or damaged fixtures.
- Compost helps improve soil so it holds more water and plants grow better. Allow grass clippings to stay on the lawn, instead of bagging them. Food scraps and kitchen waste also make good compost, and you save money on fertilizers or other additives.
- Recycle your dry cleaning, newspaper, & bread bags and also the plastic film on products like paper towels.
- Be creative as you look for new ways to reduce the amount or kinds of household waste. Give cardboard tubes to pet hamsters or gerbils. Plant seeds in an egg carton. Make a flower pot out of a plastic ice cream tub. By thinking creatively, you will often find new uses for common items and new ways to recycle and reduce waste.
- Unplug your cell phone charger from the wall when not using it.
- Don't run the water when brushing your teeth.
- Do full loads of laundry and set the rinse cycle to "cold."

You Must Be Joking!!



A group of seniors were sitting around talking about all their ailments at the local A & W.

"My arms have got so weak I can hardly lift this cup of coffee," said one.

"Yes, I know," said another. "My cataracts are so bad, I can't even see my coffee."

"I couldn't even mark an "X" at election time because my hands are so crippled," volunteered a third.

"What? Speak up! What? I can't hear you," said one elderly gent!

"I can't turn my head because of the arthritis in my neck," said one, to which several nodded weakly in agreement.

"My blood pressure pills make me so dizzy!" exclaimed another.

"I forget where I am, and where I'm going," said another.

"I guess that's the price we pay for getting old," winces an old man as he slowly shook his head. The others nodded in agreement...

"Well, count your Blessings," said Joe cheerfully...

"Thank God we can all still drive."

Submitted by Robert Price

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- Clean windows and mirrors, they are lint free so they'll leave windows sparkling.
- Cover bowls or dishes when cooking in the microwave.
- To protect your fine china, separate your good dishes by putting a coffee filter between each dish.
- If you break the cork when opening a wine bottle, filter the wine through a coffee filter.
- Protect a cast-iron skillet by placing a coffee filter in the skillet to absorb moisture and prevent rust.
- Apply shoe polish with a balled up lint-free coffee filter.
- Recycle frying oil. After frying, strain oil through a sieve lined with a coffee filter.
- Weigh chopped foods. Place chopped ingredients in a coffee filter on a kitchen scale.
- Hold tacos with coffee filters — convenient wrappers for messy foods.
- Stop the soil from leaking out of the drainage holes in a plant pot by lining with a coffee filter.
- Poke one or two holes as needed in a coffee filter to prevent a popsicle from dripping.
- Use strips of coffee filters instead of expensive strips to wax eyebrows?
- To absorb grease put a few filters on a plate and put your fried bacon, french fries, chicken fingers, etc. on them.

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2015 Tax Tips

Brought to you by the Chartered Professional Accountants of Ontario

Split Pension Income to Save Taxes

You may be able to minimize your overall family taxes by splitting up to 50 per cent of your pension income with your spouse or partner. This strategy is most effective if the one to whom the funds are being transferred has low or no other sources of income.

"Spouses or partners can elect to split eligible pension income, such as that received from registered retirement income funds and annuities, by transferring a designated amount to the other person," explains Jeff Buckstein, CPA, CGA of Kanata. "If in doubt, check with your CPA to determine if you are eligible to split pension income, as well as to obtain a detailed list of sources of pension income that are and are not eligible to be split in this fashion. For example, old age security payments and amounts received under the Canada Pension Plan are not eligible."

To affect the split, you both must make a joint election on Form T1032, Joint Election to Split Pension Income every year. "The federal government also provides a 15-per-cent federal tax credit on up to \$2,000 of eligible pension income," Buckstein says.

In Ontario, this amount is indexed from a base of \$1,000. In 2014, it is \$1,337 for a maximum credit of \$68. Taxpayers may also transfer any unused pension income credit belonging to their spouse or common-law partner to their own return.

For more information about what does and does not constitute eligible pension income, consult the Canada Revenue Agency website at:
<http://www.cra-arc.gc.ca/tx/ndvdl/tpcs/pnsn-splt/qlfy-eng.html>.

New word in the making:

INTAXICATION: Euphoria at getting a tax refund, which lasts until you realize it was your money to start with.



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LUNCH & LEARN

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Do I need a hearing aid?

How will hearing aids help me?

How has technology changed in the last few years?

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