



# Baden Outlook

*Keeping the Community Connected with 3000 Copies in Circulation*

## Holy Family Catholic School Presents...“The Little Mermaid”

*“Come support the talented students from Holy Family Catholic School in the fabulous musical production based on “The Little Mermaid!”*

*Come and see us perform!  
It's a really good show—you're sure to enjoy yourself!*

It promises to be a fun-filled night of entertainment for the whole family. The students have been working extremely hard since December, practising and rehearsing their lines, songs, and dances, and its product will surely be a spectacular show! The performances are taking place in the Holy Family Catholic School gymnasium, located at 313 Huron Street, New Hamburg.

The show will run from Wednesday April 27th until Friday April 29th, 2016. Evening performances begin at 7 p.m. and the Thursday and Friday matinees begin at 1 p.m. Doors will open 15 minutes prior to the shows. General admission tickets are \$5. Contact any cast, crew, or family involved in the production to pre-order your tickets. You may also call Holy Family School or purchase tickets at the door prior to the shows (based on availability only). There will be concession snacks available to purchase during the performances. Hope you enjoy the show!



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



The Baden Outlook is a completely independent publication, not affiliated with any other printer, organization, individual or commercial enterprise.

The views expressed in this newsletter are not necessarily those of The Baden Outlook.



©2016 The Baden Outlook

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

# Talking with Ed

~ It's a Wonder ...



The Seven Wonders of the ancient world is the first known list of the most remarkable creations of classical antiquity; it was based on guidebooks popular among Hellenic sightseers and includes only works located around the Mediterranean rim. The number seven was chosen because the Greeks believed it represented perfection and plenty, and because it was the number of the five planets known anciently, plus the sun and moon.

Of the original Seven Wonders of the World, there is only one left largely intact today, which is the Great Pyramid of Giza in Egypt. It was built around 2560 B.C. and stands 481 feet tall (the tallest man-made structure for more than 3,800 years). The other six include the Hanging Gardens of Babylon, possibly built in 600 BC, and believed to have been a remarkable feat of engineering; the Statue of Zeus at Olympia, which was built around 435 B.C. and stood 43 feet tall; the Temple of Artemis at Ephesus, constructed around 401 A.D. (only the foundations are left); the Mausoleum at Halicarnassus, a tomb built around 350 B.C. in modern day Turkey; the Colossus of Rhodes, a 98 foot statue of the god Helios erected on the Greek island of Rhodes around 280 B.C.; and the Lighthouse of Alexandria, built between 280 and 247 B.C. and 450 feet tall.

Some of these sound foreign and may not mean a lot to us today, but the pyramids in particular have always intrigued me. How did they build those massive structures? It is also astounding that a 98 foot statue of a god could be erected in 280 B.C.

In the 19<sup>th</sup> and 20<sup>th</sup> Centuries some writers wrote their own lists of the Wonders of the Middle Ages. Those wonders included Stonehenge, the Colosseum of Rome, the Catacombs of Kom el Shoqafa, the Great Wall of China, the Porcelain Tower of Nanjing, Hagia Sophia, and the Leaning Tower of Pisa.

In 1994 the American Society of Civil Engineers came out with their list of the Seven Wonders of the Modern World. The seven they chose are: the Channel Tunnel, the CN Tower, the Empire State Building, the Golden Gate Bridge, the Itaipu Dam (Brazil and Paraguay), Delta Works (Netherlands), and the Panama Canal. There are two in this list that I know little about, but the Channel Tunnel and Panama Canal seem to me to be unbelievable projects.

A list of the Seven Natural Wonders of the World includes the Grand Canyon, the Great Barrier Reef, the Harbour of Rio De Janerio, Mount Everest, Aurora, Paricutin (volcano), and Victoria Falls.

The final list is the New Seven Wonders of the World compiled in 2001 by a Swiss Corporation: the Great Wall of China, Petra (Jordan), Christ the Redeemer (Brazil), Machu Picchu (Peru), Chichen Itza (Mexico), the Colosseum (Italy), and the Taj Mahal (India).

Yes-there are surely a lot of wonders in this world, but the lists got me thinking about the Seven Wonders of Wilmot? After much consideration and some help from friends I present to you (*in my humble opinion*) the Seven Wonders of Wilmot Township. First, and heading this list, has to be Baden's Castle Kilbride which is a National Museum, rich with history. Second on the list would be the Wilmot Recreation Complex. I would have never dreamed we would have a state-of-the-art complex, totally paid for, in Wilmot Township. The other five would include the waterwheel in New Hamburg (a virtual replica of the original), the Baden Hill, Spongy Lake-a glacier marvel-the newly renovated Imperial Hotel in New Hamburg, and a hidden gem-the Shrine of the Sorrowful Mother in St. Agatha. I am sure I will get some comments on this list as you may have your own thoughts about the Wonders of Wilmot...and perhaps our incoming Prime Minister Statues should go on this. I apologise now if I've missed something obviously deserving of the list.

Until next month...Ed



## 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, Stop 2 Shop. In Petersburg at Blue Moon, and Foxboro. There are over 30 places in New Hamburg to pick it up—including: No Frills, Sobey's, Short Stop, NH Legion, McDonalds, 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!*





# Greetings from ~ Outlook Headquarters

April is here and we've had the snow, ice, and rain, and now we're eager for the sun and the spring flowers to brighten things up.

I trust you all endured the ice storm and the power outages on Good Friday. We were

without hydro for 12 hours but were lucky to have the fireplace in the basement to warm up to. We felt like

pioneers with our blankets and books, sitting quietly and waiting for normal life to return. It was quite spectacular watching the heavy ice melt off the trees as the following days brought warmer temperatures. A large cedar tree in our back yard was weighed down so heavily with ice that it bent to the ground and we were concerned it had broken: however, when we finally got out to inspect the damage we could see that it was just bowed from the weight. We worried it would never stand tall again, but by Easter morning it had made a miraculous resurrection of its own, and was standing tall and proud!

We had a wonderful Easter with a warm sunny day that dried things up, enabling us to be outside on the porch. We hosted 16 family members and I served a big ham, while others brought assorted dishes to provide an amazing feast. As the day ended I encouraged them to take some ham if they liked—but found when I went to use it for dinner the next night I was left with nothing but the big bone and remaining scraps. So, when I needed a recipe to make the most from this bone, my sister Cathy

came to the rescue with a simple and delicious crock pot ham and bean dish. I had to share it with you as you will see below. It made so much I could have shared it all over again!



## Cook's Corner

### Crock Pot Ham and Beans

Slow cooker ham and white beans. Cheap, easy, good for you, hearty and yummy! Put all ingredients in the crock pot and cook all day. An hour before serving pull the ham out and trim off meat and toss back in the pot.

#### Ingredients:

- 1 ½ lbs Ham, smoked
- 4 Garlic cloves
- 1 lb white navy beans, dried
- 1 ½ tbsp Parsley
- 1 large onion, diced
- 2 potatoes, cubed (add half way through day)
- 5 cups water or 9 cups broth
- ¾ tsp black pepper
- ¾ tsp salt

### Baseball Pool



We were delighted to see lots of activity at our Outlook Mailbox (especially on the night of March 31, during the thunderstorm and pouring rain!!), with 360 Baseball Pool entry forms. We will begin the ball stats in the May issue, along with the final winners and top ten of the Hockey Pool.

It was nice to hear that a reader was able to sight a nest of the Horned Lark after reading last month's birding article.



As we continue to get calls looking for our Baden Outlook calendars I thought I should give you some things to write on your calendar at home, so take note of the big garbage collection happening in Wilmot during the first week of May; Earth Day on April 22nd; Baden's Community Clean Up on Saturday, April 23<sup>rd</sup>; The Great Ride for Cancer on April 24; the Interfaith Annual Silent Auction on April 29, and an informative evening on the Mental Health of our children on Wednesday, April 20 at Waterloo Oxford High School. Check inside this issue for more details of these events. In case you're

wondering, the Baden Community Garage Sale is the last Saturday in May—on the 28th...get ready!

I hope you all made it through April Fool's Day without being made a fool of...or were you the one being the trickster? I think we were the butts of the biggest prank of all when the month led us into another week of snow! It won't be long until our windows will be open and the birds will be chirping, and busy making homes for their babies. Till then.... Keep dreaming of sunshine!!

# Baden ~ Our Town

Mark your calendars! The Baden Community Association will host the 5<sup>th</sup> Annual Baden Community Clean up Saturday April 23<sup>rd</sup> from 10 a.m. to 12 noon. Last year 100 people showed up to make our town sparkle! We meet at the fountain beside Tim Horton's—bring the family along and make it an event.

The BCA is moving forward with the Baden Fishing Derby. The derby was operated for many years by the Nith River Wild Turkey Conservation Association, but due to the U.S. chapter closing the Canadian branch, the Nith River group had to disband. The derby was sorely missed, and now the BCA is reviving it, to be held Saturday, June 4<sup>th</sup>. There are 600 trout on order, so this will be a great family event!

Plans are also well under way for Baden's annual Corn Festival! Make sure to check your Baden Outlook for details coming soon about the many new exciting attractions and entertainment for the whole family.

It was very exciting to see some new faces out at our latest BCA meeting! It's never too late to check us out and see what fits for you! As always, we meet the last Wednesday of the month at 7p.m., in the basement of the Township Hall. You can follow us on Facebook too and see what we're up to!



- \* *There's one good thing about snow, it makes your lawn look as nice as your neighbour's. - Clyde Moore*
- \* *The grass may be greener on the other side of the fence, but you still have to mow it. - Anonymous*
- \* *I always thought a yard was three feet, then I started mowing the lawn. - C.E. Cowman*



## VIP Lawn Care

*Enjoy The VIP Experience*

### What We Offer

- Landscaping
- Lawn Care
- Yard Maintenance
- Aeration
- Dethatching
- And Much More Just Ask!

### About Us

- 100% Student Owned and Operated
- 5 Star Client Ratings
- Credit Cards Accepted
- Local Company
- Commercial and Residential Properties

Hunter Tucker  
Phone: 519-616-8400  
Email: hunter.viplawncafe@gmail.com



**Red and White**  
Realty Inc.  
Brokerage

**Wade Halliday**  
Sales Representative  
Red & White Realty Inc.

*Senior VP of Commercial Real Estate Services Division, including Residential Sales*

[Wade.Halliday@RedandWhiteRealty.com](mailto:Wade.Halliday@RedandWhiteRealty.com)

519-804-9934 Ext.1017 Office  
519-778-9413 Mobile  
226-214-3133 Fax



26 Foundry Street  
Baden, ON N3A 2P6

**BADEN**  
DENTAL CLINIC



For an appointment, call  
**519-634-1112**

- ❖ Complete family dental care
- ❖ Evening appointments available
- ❖ Emergency patients always welcome



Dr. Rick and Nancy Pereira

*We welcome new patients.  
Conveniently located close to home.*



Visit our website at [www.badendentalclinic.com](http://www.badendentalclinic.com)



## Revealing the Treasures from the Wilmot Heritage Fire Brigades

The New Dundee Fire Department purchased an early defibrillator in the 1960s. The device was very heavy to carry around and needed hydro

to work, so its use was limited. A person's body would be laid on the piece of metal and the sponge would be placed on the upper torso. The operator would then set the intensity of the defibrillator and shock the patient. A demonstration of this device was held at the Baden station and Doctor Robert Barton volunteered to test the unit. He placed one arm on the metal and placed the sponge on the other arm. The defibrillator was turned to the lowest setting, which made his arm jump. It really shows how far we have come with technology!



The Fire Museum offers free tours during operating hours. For more information, call Blain at 519-634-8153 or visit the Museum website at [www.wilmotfiremuseum.com](http://www.wilmotfiremuseum.com)



## BADEN EYECARE CENTRE

Dr. Sonya Frank, Optometrist

### DID YOU KNOW?

- Eye "colours" look different because of the pattern and amount of brown pigment in them
- All eye colour is truly brown – lighter eyes just have less brown than dark eyes



**Baden Village Square**

4-18 Snyder's Road West

**(519) 214-2020**

[www.badeneyecare.ca](http://www.badeneyecare.ca)



**New patients welcome!**

**After hours eye emergency services**

Tues, Wed, Fri 8:30 – 5 | Thurs 12 – 8 | Sat 10 – 2  
Closed Sundays & Mondays

**Eye exams – Glasses – Contact Lenses – Lasik Co-Management**



## Expressway

Since 1983 Motors Ltd.

**"Where Service Builds Sales"**

1554 Haysville Road, HWY 7 & 8 at Peel St.  
New Hamburg, Ontario N3A 1A3

**(519) 662-3900**

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

- SALES • SERVICE • LEASING • PARTS
- AUTO CLEANING



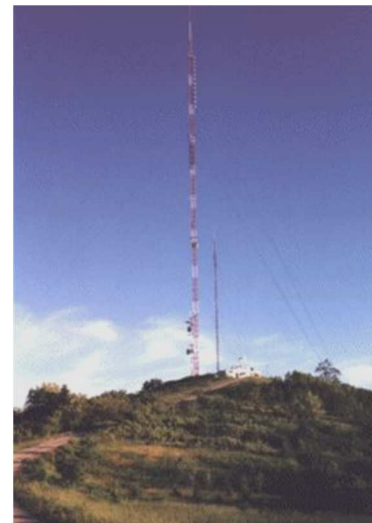
**"Additional Location in Stratford"**

## Ask Armand ~



George from Baden asks – I'm new in the area and drive by the Baden Tower every day and wonder what it's for and how long has it been there?

Armand says - Good question George. It is a broadcast tower and it began on March 1, 1954 from a transmitter on the Baden Hill. The 700 foot transmitting tower has become one of the most identifiable landmarks for those who live in the area. Originally, like all private television stations in Canada, from 1953 to 1959 CKCO was an affiliate of the CBC. It changed its affiliation to CTV in 1964. There are other tenants that share the tower including CFCA "KOOL FM", 96.7 "CHYM FM" and the KW Amateur Radio Club which also has a weather station on the tower. There have been many upgrades to the tower over the years, including a large upgrade in October 2000, but it is still one of the most recognizable features of Wilmot Township.



## Seamcrafts

125-A, Snyder Rd E, Baden, ON, N3A 2V4

**519-772-4570**



- Alteration & Tailoring, Dry cleaning, Photo services

- Domestic & International **Courier Services**  
with **PUROLATOR, DHL, FEDEX & DTDC**

Mon - Fri 10.00am - 6.00pm  
Sat 10.00am - 3.00pm

[info@seamcrafts.com](mailto:info@seamcrafts.com)  
[www.seamcrafts.com](http://www.seamcrafts.com)

**Spring Brings More Than April Showers and May Flowers!**



**Spring Pet Care ~ By Dr. Rebecca Ricker**

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, fleas, and ticks are also starting to stir. With them comes the potential for transmission of disease to our furry friends. Ticks are a new threat to our pets in this area. They were previously a problem in areas south of us, but are now making their way north. Spring is definitely a season when they are active!

Fleas are another potential threat and can be quite a nuisance. After the mild winter we had, fleas are likely to be a major problem this season. 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 animals' 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!



**Baden Veterinary Hospital**

**Dr. Rebecca Ricker & Associates**

50 Foundry Street  
Baden ON N3A 2P6  
519-634-8880



- *In House Laboratory*
- *Surgery*
- *Preventive Medicine*
- *Prescription Diets*
- *X-rays*
- *Dentistry*
- *Grooming*



*New Clients Welcome!*



***You Must Be Joking!!***



My daughter asked me for a pet spider for her birthday, so I went to our local pet shop and they were \$70 each. Forget it, I thought, I bet I can get one cheaper off the web.

Q: What is it called when a cat wins a dog show?

A: A CAT-HAS-TROPHY!

Q: What do my dog and my phone have in common?

A: They both have collar I.D. !!



**Wilmot Jujitsu - Professional Self Defense**  
**13 Foundry Street, Baden**  
**(519) 590-4946 - www.wilmotjujitsu.com**



**JUJITSU - GENTLE, EFFECTIVE, BALANCED OFFERING: - ESCAPES, JOINT LOCKS, CONTROLS, PRESSURE POINTS AND WEAPONS. A PRACTICAL SELF DEFENSE ART INSTRUCTOR: NEIL CALHOUN**



*Training for Children and Adults!*  
*Classes are held on Monday and Tuesday evenings as well as Saturday mornings.*



272 Snyders Rd. E • Baden, Ont. N3A2V6

**FULL SERVICE MAINTENANCE AND REPAIRS TO ALL MAKES AND MODELS**

Manager  
**Matt Musselman**  
matt@badenauto.ca

Service Manager  
**Danny Shantz**  
dannyschantz@badenauto.ca



## Mental Health & Wellness Information Night featuring Dr. C. Sturdy on "Raising Resilient Children"

**R**esilience is the capability to readily recover and "bounce back" from trauma, adversity, tragedy, and other sources of stress. Resilient children are those who are able to effectively handle any pressure and get things done, recover from setbacks, adapt well to change, and keep going despite obstacles.

Please join us at Waterloo Oxford High School on Wednesday, April 20, at 6 p.m. for a parent information night featuring **Dr. C. Sturdy**, who, in an insightful 90-minute presentation, will provide parents with practical information and strategies to raise, support, and develop resilient children. The presentation will include a 15 minute Q&A session and a take-home handout summarizing the presentation. Dr. C. Sturdy is a professional speaker based in Toronto, ON, Canada. He is an author, father, former teacher and school principal, and an active community member – Read more about Dr. C. Sturdy at [www.drsturdy.com](http://www.drsturdy.com).

A variety of local Community Mental Health & Wellness partners will be onsite throughout the evening offering resources and contact information in a casual information fair environment.

Doors and Information Fair open at 6 pm, Speaker session begins at 7pm. Light refreshments will be provided.

Students from Waterloo-Oxford District Secondary School will be providing childcare between the hours of 6:45 and 8:30 pm, with a focus on age-appropriate wellness activities. A drink and snack will be provided to each child in childcare. Pre-registration is preferred.

Please RSVP for this informative event by April 18 using our simple SurveyMonkey Registration at <https://www.surveymonkey.com/r/SRJLGHW>, and remember to indicate whether you will require childcare services during Dr. Sturdy's presentation.



This evening is brought to you jointly by the parent councils of Baden and Sir Adam Beck Public Schools, and made possible through the Parents Reaching Out grant. This event is open to parents across our local communities, and aligns with the Waterloo Region District School Board's newly developed Mental Health Strategy (<http://www.wrdsb.ca/bipsa/mental-health-strategy-overview/>).

For more information, contact [schoolcouncil.baden@gmail.com](mailto:schoolcouncil.baden@gmail.com)

## Come Share in the Fun in Our Backyard! Thursday May 19th, 5pm - 8pm



Rain or Shine  
Come Play & Dine  
Food & Fun  
Free Entertainment,  
Games & Prizes

SWIRLS  
ICE CREAM

**BADEN PUBLIC SCHOOL ANNUAL BACKYARD BBQ**  
155 Livingston Blvd., Baden  
Complete Schedule of Events online at <http://bdn.wrdsb.ca>

## Check Out the Region of Waterloo Library - Baden Branch

### Free Computer Help

Free, one-on-one computer assistance is available at the Region of Waterloo Library. These hour-long sessions are designed for people with little or no computer knowledge who have questions, or who want to build their confidence using a computer, tablet, or e-reader.

Spring training will be offered on Tuesdays (April 5, 19, May 3, 17, and June 7, 21). Specific times can be found on our website or at the library. Register for a session online or call the library. More information can be found by visiting [rwlibrary.ca](http://rwlibrary.ca) under: Programs and Events, Technology Training, Technology Training Calendar. This is a popular program so register early!

### Teen Book Club

The Teen Book Club now has a name! The TGIR (Thank Goodness I'm Reading) Book Club is very enthusiastic and passionate about reading. This group has decided to meet year round. The club is recommended for teens ages 13 and up, and reads a wide variety of genres, which make for great discussions. New members are always welcome!

### One Book One Community (OBOC) 2016

Watch for the 2016 One Book One Community title to be announced in April. This year is the 15<sup>th</sup> anniversary for OBOC in Waterloo Region. If you would like to receive all the latest news about program events and authors, subscribe to the mailing list at [shall@wpl.ca](mailto:shall@wpl.ca).

### Fun Facts

Did you know? In 2014, over 2,900 e-books were checked out to members of the Baden Branch Library. Over 33,750 e-books from downloadLibrary were checked out in total from all our library branches. Do you have an e-reader? downloadLibrary is a free service and has e-book fiction and non-fiction for all ages, plus audiobooks and streaming videos. Library staff can help you get started, or book a session to learn about downloadLibrary with our computer trainer!

Questions? Contact the library at: 519-634-8933, [badenlib@regionofwaterloo.ca](mailto:badenlib@regionofwaterloo.ca) or visit [rwlibrary.ca](http://rwlibrary.ca).

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



## BLU TOP TAXES

### PERSONAL INCOME TAX PREPARATION

Call Sandy of Baden at ...

**(519) 214-0297**

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

Senior  
& Student  
Discounts  
Available

E-file

FREE  
Pick-up  
& Delivery

# Please Take My Card!

Mark Soehner's  
**INTERLOCK  
PLUS**

PAVESTONE & RETAINING WALLS  
INSTALLATIONS & REPAIRS

Sidewalks, Patios, Driveways, Steps, Retaining Walls, Planters  
CALL FOR A FREE ESTIMATE / DESIGN

**Mark Soehner**

47 Schneller Drive  
Baden, Ontario  
N3A 2L5

Phone/Fax: 519-634-9792  
Cell: 897-7587  
Email: [msinterlock@rogers.com](mailto:msinterlock@rogers.com)



**SILVER SPRINGS**  
c o n t r a c t i n g

Decks & Fences  
Concrete Driveways, Sidewalks & Patios  
General Contracting

Tyler Hoffman

Tel: 519-465-5211

Email: [thoffman@silverspringscontracting.ca](mailto:thoffman@silverspringscontracting.ca)  
[www.silverspringscontracting.ca](http://www.silverspringscontracting.ca)

## J.R. Auto Service

SERVICE & REPAIR TO ALL MAKES & MODELS  
HIGH PERFORMANCE MODIFICATIONS

**JIM ROTH**

1439 Gingerich Rd., Unit B-1,  
Baden, ON N3A 3J7  
PH (519) 634-5986 FAX (519) 634-8667

## Artisan Painting

Is now a Service Painter for Home Depot  
519-897-5838



- \* Interior / Exterior
- \* Call for free estimate
- \* Fully Insured
- \* All major credit cards accepted
- \* Inquire about our finance program

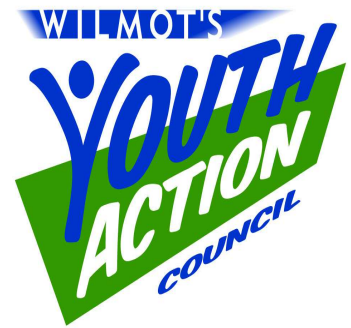




Wow... March has come and gone, and we are hoping that this means the sunshine and warm weather are here to stay! YAC has some incredible opportunities coming up as we start to wrap-up for the year, but don't worry, we are not done yet!

For a complete list of our events between now and the end of May see below:

Saturday April 30 <sup>th</sup> 12-4pm	Youth Ball Hockey Tournament At the New Hamburg Community Centre (251 Jacob Street, NH)	Cost: \$20/team
Sunday May 1 <sup>st</sup> 1pm-3pm	Youth Week & Youth Friendly Community recognition Launch (Wayne Roth Room @WRC)	FREE
Monday May 2nd 4pm-7pm	Roll to the Finish Challenge Wilmot Recreation Complex Ages 10+	FREE
Tuesday May 3 <sup>rd</sup>	To Be Determined	FREE
Wednesday May 4 <sup>th</sup> 6pm-8pm	GIANT OUTDOOR GAMES NIGHT At the Wilmot Recreation Complex ALL AGES!	Food Donation
Thursday May 5 <sup>th</sup>	Movie Night (grades 5-8) Youth Centre @WRC	FREE
Friday May 6 <sup>th</sup>	Disco Theme Dance (grades 5-8) St. Agatha Community Centre	\$8 at the door
Saturday May 7 <sup>th</sup> 12noon-2pm	Stop n' Drop Youth (grade 6-12)	FREE



Come and help us celebrate how awesome our youth are! If you have any questions, please contact us at [wilmotyouthactioncouncil@gmail.com](mailto:wilmotyouthactioncouncil@gmail.com) or like us on Facebook, Twitter or Instagram (Wilmot's YAC).

[www.applycontracting.ca](http://www.applycontracting.ca)

## Spring is here, so call on us for your exterior home renovations!

- Roofing
- Siding
- Windows / Doors
- Eaves Troughing
- Insulation



Call Rod Coombs  
519-744-6888



We accept Visa & MasterCard

*Mention this ad and get \$100 off your spring renovations until June 30, 2016*

## You Must Be Joking!!



### ALL TUCKED IN:

Betty was lying in bed one night. Barney was falling asleep but Betty was in a romantic mood and wanted to talk.

She said: "You used to hold my hand when we were courting." Warily he reached across, held her hand for a second and tried to get back to sleep. A few moments later she said: "Then you used to kiss me." Mildly irritated, he reached across, gave her a peck on the cheek and settled down to sleep. Thirty seconds later she said: "Then you used to bite my neck..."

Angrily, Barney threw back the covers and got out of bed. "Where are you going?" Betty asked. "To get my teeth!"



## BUDGET PLUMBING

Renovation & Repairs

519-589-0597

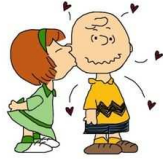


CHARLIE BAUMBACH  
Licensed Plumber  
[budgetplumbing@bell.net](mailto:budgetplumbing@bell.net)



## The Dating Game

It's Mating Season!  
Can you remember  
the names of sweetsies  
of these fictional  
characters?



1. Donald Duck
2. Fred Flintstone
3. Mickey Mouse
4. Popeye
5. George Jetson
6. Superman
7. Kermit the Frog
8. Charlie Brown
9. Sleeping Beauty
10. Archie /Comic Strip



Answers on page 12

**Grand Opening Event**  
May 26, 2016

- ~Meet the Vendors
- ~Bouncy Castle
- ~Face Painting
- ~Entertainers
- ~Food Trucks

# WILMOT SUMMER MARKET

Operating Thursday evenings from 4:30pm to 7:30pm May 26 to October 6, 2016

[wilmotsummermarket.wix.com/market](http://wilmotsummermarket.wix.com/market)

We are a small market operating in Wilmot Township that is supported by farmers and craftspeople who reside in this community. The market place will be held at Steinmann Mennonite Church parking lot, 1316 Snyder's Road West.

The market is run by a group of volunteers who are dedicated to providing an opportunity for local farmers and artists to share their goods with the community.

We are looking for vendors and sponsors.

Check out our website to learn more!

## Start Dreaming... of that new backyard!

**Heritage Design**  
THE DECK AND FENCE STORE

Sales Centre Hours:  
Monday - Friday 8:00 to 5:30  
Saturday 8:00 to 1:00

[www.heritagedesign.ca](http://www.heritagedesign.ca)  
2951 Sandhills Rd, Baden 519-634-9529



# Flood's Plumbing Celebrates 40th Anniversary!



Forty years in business says a lot about the quality of a company! Burt Flood of New Hamburg was the leader of this family business. He began as an employee of Rozelle Appliances in New Hamburg. The business, which was owned by Lloyd Hagen, was located at the south corner of Waterloo and Huron Street. Lloyd wished to sell the business, and on May 1, 1976, the business officially became Flood's Plumbing and Heating. The business was moved to the location of the current Puddicombe Wedding Hall (the old New Hamburg Dry Cleaners building on Peel Street in New Hamburg).

The focus of the business was to provide quality service of installations and renovations and the same holds true today. Burt started with one employee, Harold Lautenschlager, and, shortly after, added Bruce Bachelor. Burt's son, Dave, joined

the team in 1984, and in 1989 Burt moved the business to 18 Nevilles Street in New Hamburg. Flood's developed a trustworthy reputation in the community and surrounding area.

Dave took over the business in 2004 and owns it to this day. Flood's Plumbing and Heating are proud supporters of the community sponsoring, Wilmot soccer, baseball, and hockey teams and Interfaith Counselling.

Over time many businesses have opened in the area, including the big box stores. Flood's Plumbing has endured the test of time. Dave enjoys serving his community today just as Burt did many years ago!



Stop in at Flood's Plumbing and Heating until June 30<sup>th</sup> to enter our 40<sup>th</sup> Anniversary Giveaway

\*Giveaway 1 \*

\$400 Scandinavian Blue Mountain Spa Gift Card

\* Giveaway 2 \*

10 - 1 hour Reflexology Sessions

\* Giveaway 3 \*

**\$1000 !!!!!!!**



In Honour of Floods 40th Year  
ALL  
1 hour Reflexology Sessions are  
**\$40 (tax included)**  
Until August 1st, 2016

Thank You  
To  
Our Loyal Customers  
&  
Amazing Staff Past and Present



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

We love our pets, so don't make them the bad guys—pick up after them! It's spring and we are all eager to be out and about but it seems wherever you step... oh oh...ouuu yuck!

Don't forget...it is the law! You are responsible for your pet, so please remember to scoop the poop and dispose of the soiled bag in an appropriate place! It's about courtesy... be kind to one another! It's petiquette!

I'm sorry you stepped in that—but it's not my fault!



## NEW HAMBURG HOCKEY ASSOCIATION

Hockey Registration for the 2016-2017 Season is now OPEN! Please visit our website for more details on spring try-outs, registration fees, how to register and live registration dates.



Website: [www.newhamburghockey.com](http://www.newhamburghockey.com)

Email: [registration@newhamburghockey.com](mailto:registration@newhamburghockey.com)

Join us for our AGM on April 27<sup>th</sup> 7pm at the Wilmot Recreation Complex.

Answers from Dating Game on page 10

1. Daisy
2. Wilma
3. Minnie Mouse
4. Olive Oyle
5. Jane
6. Lois Lane
7. Miss Piggy
8. Peggy Jean
9. Prince Charming
10. Betty or Veronica (?)



## THE TIRES YOU NEED. THE SERVICE YOU DESERVE.



**Passenger, Light Truck, Lawn & ATV, Commercial, Farm**

**With a wide variety of top name brand tires, OK Tire provides you with a large selection to meet your driving needs.**

519.662.4990  
1413 Gingerich Rd.,  
BADEN  
[oktire.com](http://oktire.com)

BRIDGESTONE

Continental

GENERAL TIRE

firestone

GOODYEAR

TOYO TIRES  
driven to perform

KUMHO TIRE

PIRELLI

BKT  
GROWING TOGETHER

**OK TIRE**

**Honestly driven.**



## Waterloo-Oxford to Host Pasta Dinner Fundraiser April 21

The Waterloo-Oxford Relay for Life Committee would like to invite the community to a Pasta Dinner fundraiser being held Thursday April 21 in the school cafeteria from 4 pm – 8 pm. Spaghetti dinner with salad and bread will be served for eat-in (or take-out) for the reasonable price of \$5 for students grade 8 and younger and \$7 for high school students and adults.

Relay Student Co-Chairs Kaley Hughes and Sophia Bailey are excited about the festivities. "This evening is a great way to kick start our fundraising for this year's Relay for Life. Everyone will need to eat dinner Thursday April 21, so why not eat at Waterloo-Oxford and support the fight against cancer?"

Throughout the evening guests will be able to take part in a raffle of donated prizes, goods, and services. A live dessert auction will take place at 6 pm and there will be live entertainment in the thirty minutes before and after the live dessert auction.

The event is part of the school's upcoming 6<sup>th</sup> biennial Relay for Life event being held at the school June 3-4. Community members are also welcome to take part in the event and can register online by following the links on the Waterloo-Oxford website.

## A letter to the community:

Dear families, friends and neighbours of Sir Adam Beck Public School:

As a school body, we would like to extend our thanks for the continued support of our developing music program. Approximately one year ago, we put out a call for financial support of an instrumental music program. Individual, family, corporate, and service club donations were used to purchase enough brass and woodwind instruments, music stands, music books and band music to implement this beginning band program. Students, supported by their families, have embraced the opportunity to learn an instrument. We are excited beyond belief that our students are learning these instruments and can carry this new knowledge and these new skills forward into high school and into the community.

We cannot thank this community enough for the generous donations and the support that you have provided. We are grateful that this support continues on a regular basis.

To show our appreciation for our community's generosity, we would like to invite families and friends to join us on **Wednesday, May 4 at 6:30 pm** for a joint performance in the school gym. Although you are welcome to be an audience member for the first half of the program, we would like you to consider pulling out your old instrument from high school, that might be collecting dust in the attic, and playing a mass musical band piece with our newly-formed intermediate band at the end of the concert. If you are interested or know of someone who might be, and if you own your own instrument, please register at the school office by Wednesday, April 20, and pick up your music. There will be one rehearsal the week before the concert, on **Wednesday April 27 at 6 pm**, when we will have a short meeting and a run through of the music. If you cannot attend this rehearsal, please consider practising ahead of time. Make sure to register at the school office when you pick up your music.

Finally, thank you for being a community that embraces the joy and pride that comes with singing in a choir, playing an instrument and, above all, being able to create something that is much bigger than our individual selves.

See you at our concert on May 4!

Musically Yours, *The staff and students of Sir Adam Beck Public School*



178 FOUNDRY STREET, BADEN  
(519) 634-8533

OneFlow<sup>®</sup> Anti-Scale System<sup>®</sup>  
RESIDENTIAL

### How OneFlow Works

OneFlow<sup>®</sup> uses a unique template assisted crystallization (TAC) technology to pre-emptively attract hardness minerals and convert them into harmless particles that will not stick to pipes and components. Hardness ions and counter-ions (bicarbonates) that would normally attach to your fixtures instead combine to form inert nanometer-size "seed crystals." The seed crystals keep the hardness minerals occupied, preventing them from attaching to your fixtures and pipes, and instead causing them to float freely and harmlessly through your pipes. Successful and proven in commercial applications for many years, OneFlow is now available in a size calibrated specifically for use in the home.

Learn more about TAC and the science behind OneFlow at [www.thescalesolution.com](http://www.thescalesolution.com)

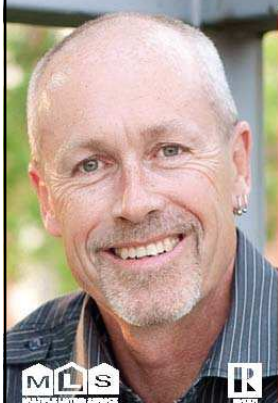


### OneFlow<sup>®</sup> At-A-Glance

- Proven scale control performance tested by third party laboratory data
- Requires no electricity
- Virtually maintenance free
- Compact, economical and efficient
- No water waste—no backwashing and zero discharge
- No salt or chemical additives needed
- OneFlow<sup>®</sup> - Residential systems do not remove minerals or add sodium to the water supply
- Long-lasting media needs no regeneration—replace on average once every 3 years
- Flow Rates: of 8 gpm, 12 gpm or 16 gpm


The Intelligent Scale Solution™

WWW.OWWS.CA AUTHORIZED WATTS DEALER



With you for the journey!

**Rick Cain**  
Sales Representative



Real Estate Centre Inc., Brokerage  
720 Westmount Road East  
Kitchener, ON N2E 2N6  
*Each office is independently owned & operated*

**DIRECT: 519-502-5278** OFFICE: 519-741-5278

## Baden Outlook Hockey Pool Stats

ADULTS			KIDS		
Place	Name	PTS	Place	Name	PTS
1	Hannah Litwiller	835	1	Meghan Hopkins	809
2	Breanna Hopiavuori	822	2	Sheanne McGrath	780
3	Amy Papa	806	3	Ayden Ziegler	777
4	Emily Danard	786	4	Dallas Egli	761
5	Jeff Miller	784	5	Lacey Lee Egli	755
6	Doreen Dean	781	6	Adam Hoerle	752
7	George Gilbey	779	7	Evan Hopkins	748
8	Arlene Naumann	778	8	Colton Porchak	747
9	Julia Litwiller	775	9	Jamie Hoerle	745
10	Chazen Snyder	769	10	Justin Nelson	740
11	Brooke Bechthold	767	11	Lashaedyn Faulkner	738
T12	Brenda Carney	763	12	Jordan Hopkins	737
T12	Pierrette Schmidt	763	13	Rhett Calder	734
14	Beth Gilbey	761	14	Vance Hallman	732
15	Michelle Ruston	760	T15	Finlay Johnson	728
16	Jessica Kumornik	759	T15	Aiden Kropf	728
17	Jeff Arthur	758	17	Tyson Ruston	725
T18	Chris Woods	757	18	Nash Ferguson	724
T18	Jon Snook	757	19	Kohen Patten	723
T20	Ken J. Schmidt	756	20	Ben Ziegler	719
T20	Justin Reiber	756	21	Nathan Huck	716
22	Jessie Gingerich	755	T22	Blake Aubree Schwartz	715
23	Brad Habel	751	T22	NH Girl Guide Unit	715
24	Larry Gascho	750	24	Calob Heinbuch	713
25	Scott Butchart	749	25	Ciera Hilborn	709
26	Emma Gowland	747	26	Erin Rooney	708
T27	Hal Dietrich	746	27	Colton Egli	707
T27	Tyler Naumann	746	28	Scott Quesnelle	706
T29	Brett Gardner	744	T29	Joey Durrer	703
T29	Rob Leu	744	T29	Hudson Waechter	703

Congratulations to  
**Emily Danard** for taking the  
**Adult Leader Prize** for this  
 month's Hockey Pool, winning a  
 gift certificate from **EJ's Baden Hotel.**



(Sorry Hannah, Breanna, Amy, Meghan, and Ayden,  
 you can only take the leader prize once.)

The leader of the Kids Hockey Pool is  
**Dallas Egli**, winning a gift certificate  
 from **Riverside Lanes.**

The lucky random draw winner is  
**Pat Beaver** winning a  
**Baden Outlook shirt.**

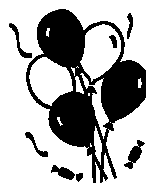


## RIVERSIDE LANES



**182 Union Street, New Hamburg**

### BIRTHDAY BOWLING PARTIES



- ◆ Cosmic Bowling
- ◆ Pizza
- ◆ Beverage
- ◆ Slushie



### TEAM SPORTS PACKAGE

### FAMILY BOWLING SPECIALS

519-662-1938



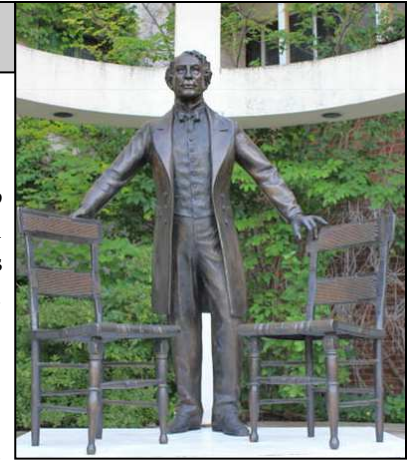
Hello sports fans—thanks for playing hockey with us! We had 500 hockey pool entries and you can start following your stats which are updated daily on the site. The Outlook draws the stats on the 7th of each month to determine the winners.

To follow the stats, log on to our website at [www.badenoutlook.com](http://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); both pools have the password of guest. Have Fun and Good Luck!





# HELLO STATUES ~ WELCOME TO WILMOT



Baden and Wilmot will be receiving a new tourist attraction that will complement Castle Kilbride! Twenty-two statues of the Prime Ministers of Canada will be placed on the township-owned grounds to the east and north east of Castle Kilbride and the township offices. This will be the only location in Canada that will host all the Prime Ministers in one location, and this is our privilege. These ministers of the past brought us to where we are today.

The Past Prime Ministers of Canada Statues Project is the work of a citizen's group led by Co-Chairs Jim Rodger and Dave Caputo, both Wilmot residents. The project involves the creation of a series of life-sized bronze monuments that portray and commemorate Canada's past Prime Ministers and include educational/cultural components into its design. Wilmot's own local artist, Ruth Abernethy, created the first statue in the series, of Sir John A. Macdonald. The project will involve the work of other artists nationwide as well, to encompass the completion and installation of 22 statues over an extended period of time.

There are many factors that made this project feasible for Wilmot Township. These include the tie-in of the existing National Historic Site and tourist attraction of Castle Kilbride: James Livingston was a former federal

Member of Parliament. The township is a local government office, there is no cost to the Township of Wilmot, and it will be a way to celebrate Canada's 150<sup>th</sup> Anniversary in 2017.

*Createscape* is the name of the registered charitable organization based in Waterloo Region that is making this project happen. Art is important in and of itself, but it is critically important that educational materials are being created as part of the overall project. These educational materials are intended to assist teachers in elementary and secondary schools across Canada in their classrooms, and are also intended to help the general public in understanding the persons, events, and issues that Canada has faced over the years – and to guide discussion on how to define our future.

There is only one town in the United States, Rapid City, South Dakota, that hosts all the Presidents of United States with bronze statues. This attraction was created due to their close proximity to Mount Rushmore.

## *Did you know that some Prime Ministers avoided using their first names?*

Six Prime Ministers did not use their first given names. They were Henry (Wilfrid) Laurier, Joseph (Pierre) Trudeau, Charles (Joe) Clark, Martin (Brian) Mulroney, Avril (Kim) Clark, and Joseph (Jean) Chrétien.

William King preferred his third name Mackenzie, while Lester Pearson was more comfortable with the nickname Mike.

In 1984, despite the typical winter blizzard in Ottawa, Pierre Trudeau takes a walk and makes a decision about stepping down as Prime Minister and leader of the Liberal Party. It is his second resignation, having reached a similar decision about four years earlier before reconsidering when Joe Clark's government fell. Exactly 30 years later, his grandson Hadrien is born to Justin Trudeau.

# Ingold

Property  
Maintenance

240 Shade Street  
New Hamburg, ON  
N3A 4J2

Home: 519-662-4890  
Mobile: 226-808-4890  
Email: jamesingold@rogers.com

**James Ingold**

### Lawn Care

*Dethatching, Aerating,  
Lawn Cutting, Fertilizing*

### Shrub Pruning

**Flowerbed Mulching  
Flowerbed Edging  
Fall Leaf Clean-up  
Snow Clearing**

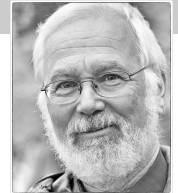
The  
**Pita Pit**  
FRESH THINKING  
HEALTHY EATING

338 Waterloo Street,  
New Hamburg

*Pita Pit, not just for lunch!  
Bring the family for dinner and  
try our new Kid's Combo!*

## Baden Birding

By Ken Quanz



On March 19<sup>th</sup> I received a call from Wayne Buck with some news I had been waiting for – they are back! I had heard that some of them had been seen in the Long Point area, others around Leamington, or south of Grand Bend. But these Tundra Swans are local. Seeing them in our area is not really that rare: I have spotted them east of Plattsville, at Wrigley Corners, and even from the parking lot at Wilmot Mennonite church. What made Wayne’s news exciting was that there were lots of them – hundreds, as a matter of fact, just over a concession below Mennonite Corners. We couldn’t wait to greet them, so we jumped into the car and headed to the first road past Shakespeare, then turned north for over 1 ½ blocks. We were looking for a low, slightly flooded field that was planted to corn last year. And there they were – close to two thousand individuals, wading, conversing, shouting, calling to friends and their loved ones, and flying in while others were taking off to circle and land in a better spot. The air was full of the most spine-tingling music, the calls of the Tundra Swans.



Photo from Wikipedia

Tracking with radio tags has shown us that the eastern population of Tundras winters in the area of Chesapeake Bay, feeding mainly on the salt water marshes’ abundant shellfish populations. These swans feed by “dabbling,” tipping so their heads can reach depths of about one metre: it pays to have a long neck when looking for clams. For a gourmet touch, the swans may dine out in inland ponds and waterways where they can find underwater tubers that are high in starch. This almost sounds like a good recipe for clam chowder!

Fairly early in the spring, flocks pick up favourable east winds associated with our cyclonic storms in order to fly into the

areas surrounding Lake Erie and Lake Huron. They may spend up to several weeks feeding on corn and winter wheat in order to fatten up for the really long flight ahead. This rest stop is also good for allowing the juvenile birds, last year’s babies, to catch needed rest and food (think early adolescents). Eventually, it is time to move on to the next “staging area,” which may be in Wisconsin, Manitoba, or Saskatchewan. These long flights, like the one from Chesapeake Bay, are usually made in one long flight with the benefit of a good tail wind.

The final flight is the longest: all the way to the Northwest Territory and the Yukon to find suitable nesting sites where the next batch of young can be raised. This journey may be interrupted by bad or cold weather at the nesting locations. Often these stops are made in the newly thawing Boreal forest areas where aquatic plants will nourish them as they wait for mating season. There is probably less courtship during Swan mating season than you would expect, because the Tundras mate for life, which can run into the mid-20 year range. Non-mated birds and unsuccessfully-mated pairs spend less time in the brooding area, and often seem quite restless compared to the successful parents which must wait for their young to fledge, learn to fly, and gain strength: this may take up to 140 days!

Then it is off to Chesapeake Bay for the winter. Parents with young take a number of weeks to make the journey. Singles and non-successful adults fly further and faster. One adult was documented to have traveled from the Northwest Territories to Chesapeake Bay in 4 days! Try that in your Winnebago.

Baden Birding Sponsored by:



Hours: Monday—Friday 8-5:30,  
Saturday 8-noon

**Baden**  
**FEED & SUPPLY LTD.**

519-634-5474 • 1-800-265-2365

76 Mill Street, Baden

**Spring has Sprung!**  
**Fertilizers and Grass Seed**  
**now available.**



**MONEYMEASURES INC.**  
FINANCIAL STRENGTH AND STABILITY

Increasing financial security, saving money and eliminating debt through personal financial forecasting

Financial forecasting for small business startups

**Elaine Bechthold**  
Financial Coach

1826 Snyder's Rd. E.  
Petersburg, ON N0B 2H0

Toll Free: 877-788-0480

Phone & Fax: 519-634-8021

info@moneymeasuresinc.com

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

*New Hamburg*  
**CLEANERS**

148 Peel Street,  
New Hamburg  
519-662-1221

Office-wear, Shirts,  
Comforters, Linens, Drapery,  
Coats—Suede & Leather

**On-Site Dry Cleaning \* Same Day Service !**  
**Eco Friendly, using no chemicals in our cleaning process!**

**Present this coupon to**  
**save \$5 off any order over \$20**  
**All Laundered Dress Shirts \$1.99!**



*New Hamburg ~  
Is Happy to Serve YOU!*



**SYLVAN SKI-DOO ARGO EVINRUDE EZ-GO TRAILERS GO KARTS LAWN & GARDEN  
PARTS SALES SERVICE**

114 Arnold St. New Hamburg Ph. 519 662-1461 1-877-740-2628  
On N3A 2C7 Fax 519 662-1101  
E-mail [info@blueskymarine.ca](mailto:info@blueskymarine.ca) Web [www.blueskymarine.ca](http://www.blueskymarine.ca)



**RUDY HELD PERFORMANCE CENTRE**  
519-662-2821  
New Hamburg, Ontario

## Car & Truck Accessories

**Tires and Wheels  
Car Care Products**

*Tonneau Covers  
Hood Shields  
Rain Guards*



Diecast

*Liquid Glass  
K&N Filters  
Programmable*

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



**E & L COLLISION  
and  
REFINISHING INC.**  
111 Arnold Street,  
New Hamburg, ON N3A 2C6

**MURRAY ERB**  
Computerized Colour Matching

*Serving Wilmet  
Since 1985!*

**TOLL FREE 1-877-894-9773**

Phone: (519) 662-1892

email: [elcollision@bellnet.ca](mailto:elcollision@bellnet.ca)

**SKOWRON**  
Decorating Centre  
[www.skowrondecorating.com](http://www.skowrondecorating.com)



• Custom Window Treatments • Benjamin Moore Paint • Wall Coverings

**Reynold & Kathy Skowron**

85A Huron Street, New Hamburg, Ontario N3A 1K1  
Phone: (519) 662-1142 • Fax: (519) 662-9067

## You Must Be Joking!!



### SENIOR DRIVING:

As a senior citizen was driving down the motorway, his car phone rang. Answering, he heard his wife's voice urgently warning him, "Vernon, I just heard on the news that there's a car going the wrong way on I-5. Please be careful!" "Heck," said Vernon, "It's not just one car. It's hundreds of them!"

### CRUISING:

Two elderly women were out driving in a large car—both could barely see over the dashboard. As they were cruising along, they came to major crossroad. The stop light was red, but they just went on through.



The woman in the passenger seat thought to herself, "I must be losing it. I could have sworn we just went through a red light."

After a few more minutes, they came to another major junction and the light was red again. Again, they went right through. The woman in the passenger seat was almost sure that the light had been red but was really concerned that she was losing it. She was getting nervous.

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

Mildred turned to her and said, "Oh golly! Am I driving?"

Submitted by Robert Price

*Did you know?  
Of the five senses, sight is the  
most important sense Robins  
use to find worms .*



*All Flowers & Charm  
Flower Shop*



Melissa Rabbets

**(519) 662-2062**

333 Waterloo Street,  
New Hamburg, ON N3A 1S6

[www.allflowersandcharm.net](http://www.allflowersandcharm.net)

## You Must Be Joking!!



### The Grumpy Pharmacist

Upon arriving home, a husband was met at the door by his sobbing wife. Tearfully she explained, "It's the pharmacist. He insulted me terribly this morning on the phone. I had to call multiple times before he would even answer the phone."

Immediately, the husband drove down town to confront the chemist, and demand an apology.

Before he could say more than a word or two, the chemist told him, "Now, just a minute, listen to my side of it. This morning the alarm failed to go off, so I was late getting up. I went without breakfast and hurried out to the car, just to realise that I'd locked the house with both house and car keys inside and had to break a window to get my keys."

"Then, driving a little too fast, I got a speeding ticket. Later, when I was about three blocks from the store, I had a flat tire."

"When I finally got to the store a bunch of people were waiting for me to open up. I got the store opened and started waiting on these people, all the time the darn phone was ringing."

He continued, "Then I had to break a roll of coins against the cash register drawer to make change, and they spilled all over the floor. I had to get down on my hands and knees to pick up the coins and the phone was still ringing. When I came up I cracked my head on the open cash drawer, which made me stagger back against a showcase with a bunch of perfume bottles on it. Half of them hit the floor and broke."

"Meanwhile, the phone is still ringing with no let up, and I finally got back to answer it, and it was your wife. She wanted to know how to use a rectal thermometer."

"And believe me Mr., all I did was tell her."



Submitted by Robert Price

### Shirley's Sewing Alterations and More

Shirley Cudney  
Seamstress

133 Snyder's Rd W, Unit 2  
Baden, Ont. N3A 2M3

519-214-1115

# Grand Opening

## WELLESLEY Optical

eyewear • contacts • sunglasses

**2 PAIRS** **\$349** **LIMITED OFFER**  
*HD Progressive* FRAMES & LENSES

**2 PAIRS** **\$199** **LIMITED OFFER**  
*S.V. HD* FRAMES & LENSES

**UPGRADE TO DESIGNER FRAMES FOR \$49 A PAIR**

**2 PAIRS** **\$159** **LIMITED OFFER**  
*KIDS S.V. HD* FRAMES & LENSES

**UPGRADE TO DESIGNER FRAMES FOR \$49 A PAIR**

## Come in and Compare!

**2500 Designer Frames** to choose from!  
**Eye Tests done here**

**NOW OPEN**  
 Monday 11am - 6pm; Tuesday 11am - 3pm;  
 Thursday 11am - 7pm

**No Insurance?**  
 Ask how we can help.

## WELLESLEY Optical

Like us on Follow us on

**1212 Queens Bush Road, WELLESLEY 519.656.9800**

Above the Post Office at  
 35 East Street, Suite 201  
 GODERICH  
 519-612-1346

*2 other locations to serve you.*

(beside Baden Library)  
 125 Snyder's Road E. BADEN  
 519.513.2220  
 www.badenoptical.ca



## Improving the Health of our Community ~ Improving our Self-Esteem

By Melodie O'Connell MSW RSW



Throughout their early years, many children feel very good about themselves. They are happy with who they are, and don't compare themselves with others. They will try new things, whether it is a sport, or the choir, or volunteering to speak in class. They recognize their own strengths and celebrate them willingly. For many children, this begins to change around grade 5 or 6. There is a shift: as their bodies change and they begin to mature, they begin to notice the differences between themselves and others. The opinions of their peers become increasingly more important. In many cases, they will allow their peers to define how they see themselves. These opinions go beyond physical appearance to affect their emerging emotional and social selves as well. As these children grow into their teens, these confident, happy individuals begin to struggle to see themselves in a positive light. Contributing factors include hurtful comments by peers, or failing to meet a parent or coach's expectations, which can result in a negative inner critic. This inner voice often tells them there is something wrong with them, or that they are not good enough, from their height, weight, or looks in general, to their abilities or talents, or even their marks at school.

Self-esteem is made up of the thoughts, feelings, and opinions we have about ourselves. We often compare ourselves to others. However, we may have a skewed

perception, as we are very quick to notice another individual's positive qualities and strengths, but never notice or focus on their weaknesses. When we look at ourselves, the opposite is true. We focus more on the qualities that we dislike or want to change, and we minimize or downplay our strengths.

Healthy self esteem is defined as a positive regard for ourselves. This includes both celebrating our strengths and accepting our weaknesses, as well as acknowledging our equality with others. In other words, recognizing worth in all people, including ourselves.

Here are some strategies to help improve self-esteem:

- \* **Manage your inner critic:** Begin to recognize the negative things that you say to yourself. How would you feel if your best friend spoke to you as you do to yourself? Would you ever say those things to your friend? Begin to reframe the inner voice. For example, instead of saying "I am a terrible singer," rephrase this to, "I may not be the best singer, but I really enjoy it, and I try my best."
- \* **Focus on your strengths:** Recognize when you focus on negative, critical thoughts, and take the opportunity to identify three positive characteristics instead, or things that went well because of your actions or effort.
- \* **View mistakes as learning opportunities:** Our natural instinct may be to become embarrassed at making a mistake; however, when we recognize that the majority of our growth, learning, and development occurs because of our mistakes, we can become thankful for the many learning opportunities that we have.
- \* **Accept Compliments:** Accepting a compliment may be one of the most difficult things we can do. It is important to recognize that others see something in us that we may not necessarily see in ourselves. When our self-esteem is low, we overlook our positives and our strengths. Compliments from others remind us of qualities that are valued or appreciated. We cannot minimize them.
- \* **Choose friends wisely:** You can choose the people you surround yourself with. Choose people who treat you with respect and appreciate you, and spend time with those people, people whom you care about, and who care about you!

If you are a teen who struggles with self-esteem, there are many resources available including workbooks and online tools. The earlier we learn to recognize our worth and value, the sooner we begin to enjoy all aspects of our being, both positive and negative. This leads to overall improvement in quality of life!

# ZEHR

INSURANCE BROKERS LTD.

Experts for all types of  
Farm & Agri-Business Insurance

Proudly partnered with Ontario's leading  
Mutual Insurance companies



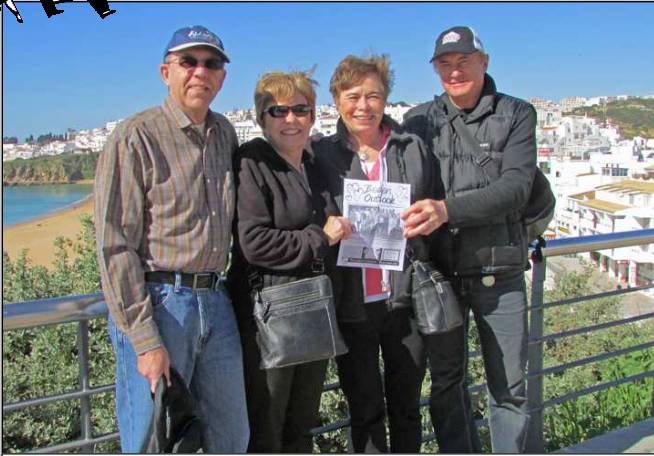
Call 519-662-1710  
59 Huron St, New Hamburg, ON  
[www.zehrinsurance.com](http://www.zehrinsurance.com)

*"Protecting What Matters to You"*





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



Wayne & Jackie Yantz of Foxboro Green and her sister and brother-in-law, Carol & Norval Wilhelm of St. Agatha, took the *Baden Outlook* along with them on their recent trip to the Algarve Region of Portugal. The photo was taken in the old town section of Albufeira.



On March 14-18 the *Baden Outlook* went along with a Steinmann Mennonite Church team who helped clean out and repair a few of the 150,000 Detroit basements flooded in August 2014.



Larry and Karen Bearinger and Lyle and Karen Cressman travelled to Nicaragua with the *Baden Outlook* and visited the site of *Survivor Nicaragua*.



Harriet, Helga, and Barb from Foxboro took their *Baden Outlook* along with them to Spain. Pictured at the Casa Cilia Winery in Bodega where they enjoyed a taste of local wine from the Alicante Region.



Bonnie & Rick Long, Dave & Donna Oliphant, Dan & Colleen Michaelis took their *Baden Outlook* along to have fun in Playa Del Carmen, Mexico.

# THE WHINING TREE

Wine-Making, Kits & Supplies

"Home of Cheeky Monkey"



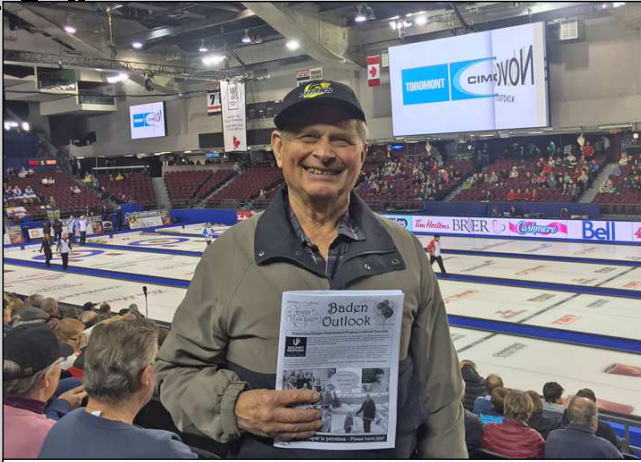
Where Good Friends  
Make Great Wine!

73 HINCKS ST UNIT 6 519-662-4111 NEW HAMBURG  
Tuesday - Friday 11am-7pm ~ Saturday 10am-2pm

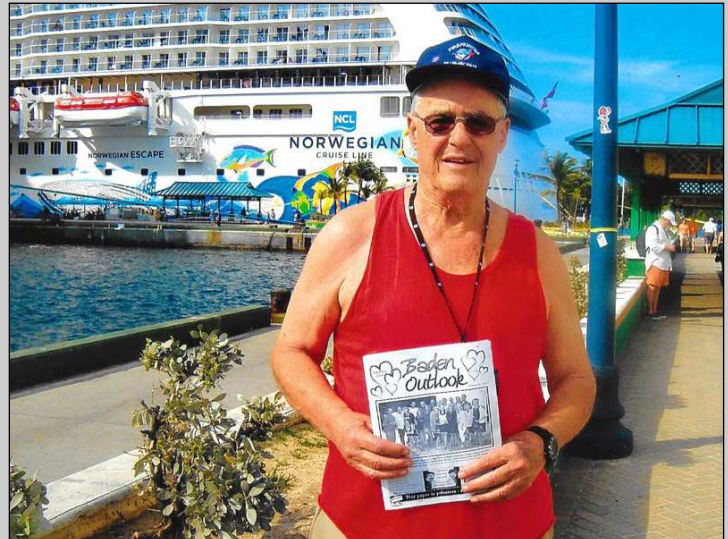




...To Portugal, Nicaragua, Mexico, Detroit, Japan, Ottawa, Spain, Virgin Islands and the Caribbean!



Delmer Bender took his Outlook along to the Men's Brier, where he's been curling at the Friars' Briar in Ottawa.



Here's our Robert Price (*You Must be Joking*) with his Baden Outlook, on vacation on the Norwegian Escape Cruise.



Chase Broda of New Hamburg with his Outlook, and ex-Badenite Reid Oliver with the Japanese mascot on their trip to Japan, courtesy of Toyota.



Betty-Anne Field took her Baden Outlook along to the British Virgin Islands where she joined her brother and his family at their winter residence—a 52' sailboat "The Wishing Star" and sailed the seas!

# 40th Anniversary Sale! May 2-7

  
**Hallmark**  
Greeting Cards  
Buy 1 get 1 free



*There will be draws all week!*

**NEW HAMBURG**  
**OFFICE Pro**

251A Huron St, New Hamburg  
519-662-3710  
[www.newhamburgoofficepro.ca](http://www.newhamburgoofficepro.ca)

**PRINTER PAPER** ~ \$4.79 pk  
(500sh-Save \$1)  
**BACKPACKS**  
~ 25% off

*Please recycle your cartridges here, so together we can help our community & environment.*



# Let US Help Take Care of YOU!



Specializing in pain management; mobility issues; allergies, chronic and acute injuries. Helping people live an active pain free life naturally.

**Caroline Wilson R.Ac**  
**ACUPUNCTURIST**

65-C Brubacher Street, Baden, ON  
T: 519-577-3455 elementsnaturalhealing@primus.ca



## Baden Integrative Health

- ◆ CHIROPRACTIC ◆
- ◆ ACUPUNCTURE ◆
- ◆ CUSTOM ORTHOTICS ◆
- ◆ ACTIVE RELEASE ◆
- ◆ MASSAGE THERAPY ◆

SATURDAY & SUNDAY MASSAGE THERAPY AVAILABLE

Visit us today at  
36 Snyder's Rd E (Unit 1)  
Baden, ON, N3A2V5

**ONLINE BOOKING AVAILABLE & WALK-INS WELCOME**

5192791083 badenhealth@gmail.com www.BadenIntegrativeHealth.com

## Mariko Ogasawara RRPr.

Registered Reflexologist 519-634-8935



Reflexology: Relieves tension  
Improves circulation  
Promotes natural healing

Reflexology Registration Council of Ontario  
Grand River Reflexology Associate

## Linda Langenegger



Medical Aesthetician & Pro Makeup Artist

Skin Care \* Permanent Hair Reduction \* Makeup Design



Spring is here!  
Refresh and rejuvenate with a  
microdermabrasion or a peel.  
First time visit get 30% off.



Affinity Health Clinic - 3 Waterloo St., New Hamburg, Ont  
519-741-4662 / lindalangenegger@gmail.com

Administering quality care in Wilmot since 1998.

## Stephanie Hergott

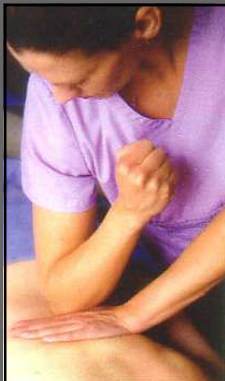
Registered Massage Therapist

BY APPOINTMENT ONLY

*Don't let your  
benefits go to  
waste again!*

(519) 635-9240  
stephaniermt@gmail.com  
www.maximizemotion.ca

1806 Erb's Road, Box 204, St. Agatha, ON. N0B 2L0



## livewell

health & wellness

Registered Massage Therapy · Chiropractic  
Orthotics · Physiotherapy · Natural Medicine

Online Booking  
www.livewellhealthandwellness.com

519 634 9819  
18 Snyder's Rd W  
Baden Ontario

## krissak's K-CUTS

Family Hair Care

75 Snyder's Rd. W., Baden

*New Hair Colour!! Bio-Friendly  
No Ammonia ~ Healthier Choice*

Call Kathy at  
634-5772

### Shop Hours

Monday	9:30-8:00
Tuesday	9:00-6:00
Wednesday	Closed
Thursday	9:30-8:00
Friday	9:00-5:30
Closed Saturdays	



1760 Erb St Unit A  
St. Agatha, Ontario  
519-725-4282

Tues - Thurs 9 - 6  
Friday - 8  
Saturday 8 - 5

### Organic Food Box

Organic Produce & Food Delivered to Your Door  
Order Online, Call Us or **Shop In Store**

- Local / Imported Certified Organic Fruits & Vegetables
- Organic & Natural Food
- Organic Meat & Dairy
- Vitamins
- Bodycare
- ERB OUTLET

[www.pfenningorganic.ca](http://www.pfenningorganic.ca)





I've called it the "no-fat, low-fat lie" for years and, thankfully, consuming little to no fat has been proven unhealthy and outdated. We can be worry-free when consuming healthy fat from healthy sources. Coconut oil (CO) is definitely one of these simple, healthy choices.

People used to avoid coconut oil because it is technically saturated. Extra-virgin, cold-pressed (EVCP) CO, however, does not elevate artery-clogging LDL cholesterol. In fact, it has been found to help support healthy cholesterol levels and heart health. It also supports digestive and immune function and contains healing properties that prevent bacterial, viral, and fungal infections. Its caprylic acid content can aid those who suffer with Candida (yeast) infections. Healthy fats have, in fact, been found to help support weight loss. What a contrast from the inexpensive, detrimental hydrogenated oils used in commercially-prepared foods.

Dr. Mary Newport, renowned Alzheimer's researcher and author, found that the medium chain triglycerides (MCTs) in EVCP CO positively impacted neurons in the brain, showing a positive, healing effect. Research is affirming the important and necessary role healthy fats also play in

healing both body *and* brain.

CO has the highest "smoke point" of any fat, allowing it to tolerate high temperatures. This makes it superb for baking, cooking, and sautéing, unlike other vegetable oils that are damaged and denatured with heat. It can replace most oils, but because it may slightly alter the consistency and flavour of some foods, you may need to experiment.

CO should be purchased in its most original, whole state and **not** be de-flavoured. It should be designated raw or micro-expelled, meaning heat wasn't used during extraction and its health benefits remain. I enjoy coconut oil spread on wheat-free, whole-grain toast with a light drizzle of unpasteurized honey and a sprinkle of cinnamon. This is a delicious, satisfying treat, a wonderful replacement for dessert, or an energizing after-school or post-workout snack. Remember, CO becomes solid when cold and liquid when warm.

CO is also an excellent natural emollient for dry skin. Melt 1-2 tablespoons and rub the warmed oil onto the skin after bathing or showering. A massage onto feet before bed is wonderfully relaxing and moisturizing. Your skin is the body's largest organ, and since topical

applications are "eaten" or directly consumed, EVCP CO is a safe skincare choice, even for babies!

**12 healing ways to use Coconut Oil!**

1. Apply to rough/cracked winter hands and feet.
2. Add 1-2 Tbsp to your bath with a drop of lavender oil for a luxurious soak.
3. Use as an excellent makeup remover!
4. Use as deep facial moisturizing at night. Ounce for ounce, oils, lotions and skin-care potions cost significantly more than CO. Let this healing oil soak in and heal!
5. A spoonful with your meals and/or supplements improves nutrient absorption and reduces cravings.
6. Use as massage oil.
7. Apply on diaper rash or cradle cap.
8. Apply to sore, dry/cracked nipples after each breastfeeding – good for baby too!
9. Eat 1-2 tablespoons each day to increase immunity and energy.
10. Cook popcorn with it – or mix half/half with butter and drizzle on air-popped corn.
11. Coat the inside of your nose if you're prone to nosebleeds.
12. Add a spoonful to your pet's food: EVCP CO is wonderful for your furry friends!

Live Well – Be Well!

**SOLES JOURNEY**  
Reflexology By Christina Flood RRP.

[www.solesjourney.ca](http://www.solesjourney.ca)

*"Connecting SOUL to SOLE, helping you walk away more relaxed than when you arrived"*

Located at:  
Affinity Health Clinic  
3 Waterloo St. New Hamburg  
519-662-2123

**Clients Report Reflexology helping them with:**

- \* Hormonal imbalances
- \* Menopause
- \* Back pain
- \* Migraines, headaches
- \* Sleep disorders
- \* Digestive problems
- \* Circulatory problems
- \* Stress related disorders
- \* Arthritis
- \* Foot pain
- \* and so much more....



Seniors Discount

**Bring this ad in for \$5.00 off your 1 hour session**

During your 1 hour Reflexology session you are fully clothed (except your feet) while lying in a reclining chair. The Reflexologist uses slight pressure on the reflex points located on your feet, which helps bring your body back into its natural state of "rest and repair".

**Baden's Monthly Newsletter**  
*"Keeping the Community Connected"*

The Baden Outlook is a completely independent publication, not affiliated with any other printer, organization, individual or commercial enterprise.

The views expressed in this newsletter are not necessarily those of The Baden Outlook.

## You Must Be Joking!!



More moaners and groaners....

- ◆ A dyslexic man walks into a bra.
- ◆ 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.
- ◆ I went to buy some camouflage trousers the other day but I couldn't find any.
- ◆ I went to a seafood disco last week... and pulled a mussel.
- ◆ What do you call a fish with no eyes? A fsh.
- ◆ Two fish swim into a concrete wall. The one turns to the other and says "Dam!"
- ◆ Mahatma Gandhi walked barefoot most of the time, which produced an impressive set of calluses on his feet. He also ate very little, which made him rather frail and, with his odd diet, he suffered from bad breath. This made him—A super calloused fragile mystic hexed by halitosis.

Submitted by Robert Price

# K.R. ABBOTT

## TAX & ACCOUNTING SOLUTIONS

*(Formerly Lydia's Tax ~ Same owners, just a new name)*

We do Personal, Business, Farm & Corporation Taxes  
We also offer Complete Bookkeeping Services  
Including Payroll, HST & WSIB Reports

Phone: (519) 662-1857

Fax: (519) 662-2166

E-Mail: [lydiastax@bellnet.ca](mailto:lydiastax@bellnet.ca)

90 Wilmot Street, (attached to the Waterlot)

Mailing Address: PO Box 6003, New Hamburg, N3A 2K6

HOURS: 9AM to 6:30 PM Mon To Thurs,  
9AM to 6PM, Friday & 9AM to 3PM Saturday

**WORD BUILDER:** Rearrange the letters of the words below and fit them into the blanks with the first and last letters to make new words.

1. LARGE

E \_ \_ \_ \_ \_ Y

2. BUILD

A \_ \_ \_ \_ \_ E

3. RANGE

O \_ \_ \_ \_ \_ O

4. CIDER

P \_ \_ \_ \_ \_ T

**FUN WITH WORDS**

**FUN WITH WORDS**

**FUN WITH WORDS**

**FUN WITH WORDS**

*Answers on  
page 39*

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

*Submissions are due on the 1st of each month.*



## We're on the Web!

**Read the paper in colour  
on-line at**

**[www.badenoutlook.com](http://www.badenoutlook.com)**



# Jake & Humphreys'

BISTRO

[www.jakeandhumphreys.com](http://www.jakeandhumphreys.com)  
Open lunch & dinner Tue-Sat

Licensed under AGCO

196 Peel Street  
New Hamburg, ON N3A 1E3  
519 662 1143



## Dolman

Eyecare Centre

251 B (Back) Huron Street, New Hamburg

Evening appointments—New Patients Welcome

**519-662-3340**

Contact Lenses & Laser Consultations

[www.eyecareforlife.optometry.net](http://www.eyecareforlife.optometry.net)

*Progressive care that can enhance your quality of life.*





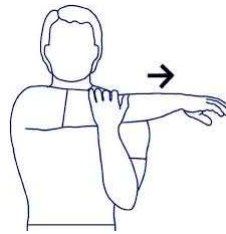
The **shoulder** is one of the largest and most complex joints in the body. It is anatomically designed to allow an individual to perform a wide range of movements and activities. This versatility, along with the high physical demands placed on a shoulder, can also make it vulnerable to breakdown and injury.



Listed below are some of the conditions that commonly cause shoulder problems:

- **Osteoarthritis:** Results from the protective layers of cartilage in the shoulder becoming worn over a period of time, leading to change in the composition of the bone underneath the cartilage. This process may also be related to previous injury/trauma to the shoulder joint.
- **Frozen Shoulder:** Also known as *adhesive capsulitis*, this condition is a painful and persistent stiffness in the shoulder. It is believed to be caused by thickening, swelling, and tightening of the flexible tissue that surrounds the joint. Symptoms can vary greatly and can last anywhere from several months to several years.
- **Rotator Cuff and Soft Tissue Injuries:** The *rotator cuff* is a group of muscles and tendons that provide stability and rotational movements of the shoulder joint in a balanced fashion. Other shoulder muscles are responsible for different ranges of motion of the upper arm (*humerus*) and proper positioning and movement of the shoulder blade (*scapula*) along the ribcage. An injury can occur to any of these muscles which can lead to shoulder problems.

- **Mechanical Conditions:** *Scapular dyskinesia* is a mechanical term used to describe irregular movement of the shoulder blade. It can be an early sign that a shoulder problem may develop, or it may already be accompanied by pain or dysfunction in the shoulder. A mechanical change in shoulder blade movement can be associated with a variety of problems including an internal pinching of soft-tissue structures (**impingement**), irritation of the cushioning bursa (**bursitis**), or a feeling of the shoulder dislocating with certain movements (**instability**).
- **Traumatic Injuries:** Vigorous lifting, pushing, and pulling activities, or a fall onto or blow to the shoulder can result in **ligament sprains** or **muscle strains**. More significant injuries can result in shoulder **dislocations** and **separations**, **rotator cuff** and **soft tissue tears**, **cartilage labral tears**, and **fracture**.



Balanced and stable movements are key to a healthy shoulder. If this does not occur, there is potential for many shoulder problems to exist simultaneously at any given time. For example, an individual may **strain** the shoulder with heavy lifting. The shoulder **strain** may be causing pain, but it can also be accompanied by pain

and weakness from **impingement** and **bursitis** that may arise from the irregular movement pattern of the shoulder. Therefore, it is important that a proper evaluation is performed to best guide the treatment of shoulder conditions.

If you suffer from a shoulder problem that is limiting your daily functioning, 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](http://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.*

## "Keeping the Community Connected"

NEW HAMBURG'S MOST ESTABLISHED FULL FITNESS FACILITY



**Absolute's Best Spring Special**

Sign up for a one year membership and receive 50% off Registration AND 1 month free



\* Offer expires April 30, 2016. New members ONLY. Certain restrictions apply.



At Absolute, fitness is not just our business...it's our life!

66 Hincks St., Unit #2, New Hamburg, Ontario N3A 2A3

**CALL US TODAY at 519-662-9066 or VISIT US at [www.absolutefit.ca](http://www.absolutefit.ca)**



## New Hamburg Wellness Centre

- Chiropractic Care
- Rehabilitative Speciality Services
- Registered Massage Therapy
  - Laser Therapy - NEW!
  - Medical Acupuncture
  - Custom Orthotics
  - Naturopathy

New Patients Welcome!




Proudly serving Baden, New Hamburg & surrounding communities for over 12 years.

338 Waterloo Street, New Hamburg  
519.662.4441 [www.nhwc.ca](http://www.nhwc.ca)

*Spring has Sprung and Love is in the Air !*



Certain bird species mate for life, including geese, swans, cranes, and eagles. It's a true statement, for the most part, but it's only part of the story. Lots of monogamous bird species cheat, and some "divorce," but at rates much lower than humans.

About 90 percent of bird species are monogamous, which means a male and a female form a pair bond. But monogamy isn't the same as mating for life. A pair bond may last for just one nesting, such as with house wrens; one breeding season, common with most songbird species; several seasons, or life.

- See more at: <http://www.birdwatchersdigest.com/>

Mating season brings more than fancy whistles and sweet love songs. Some birds put on a real show to win their sweetie! In Mexico we enjoyed the strut of the beautiful peacock, so full of himself he'd stop traffic before giving up the dance for his mate.



Other birds sit or walk tightly side by side while others feed each other. Keep your eyes open for some sweet flirting going on!



Ducks have a reputation for being monogamous, but the reality is more gruesome, as the females are often chosen by a gang of males.



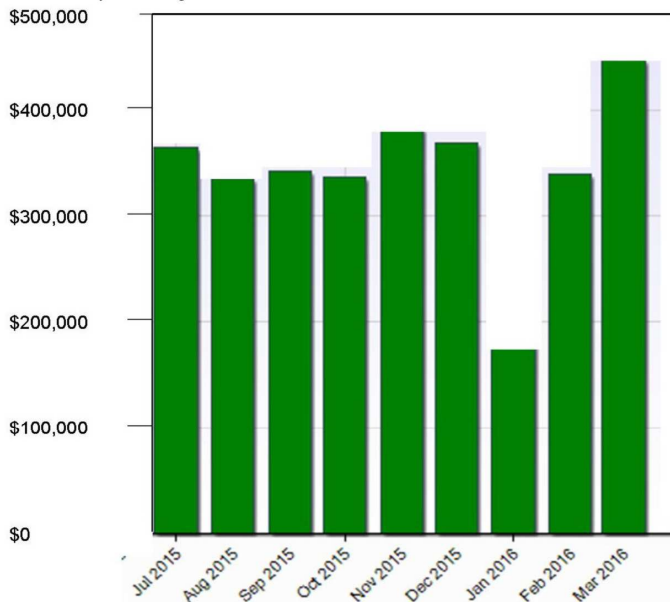
## Baden Real Estate Corner

*"When you need a Realtor that cares I would strongly recommend Jon Lambert!" - Sheila H.*

### Time to Spring into Real Estate!

Baden's Real Estate market is on the rise and the current stats show your home may be worth more than you think! Baden's becoming a desirable and growing community. This is a great time to sell your home as sale prices have never been higher!

Recent History Chart. Avg. Sale Price Stat Trend for Baden area. MLS® Statistics Generator.



Your Home Could be Worth More Than you Think!



Contact Jon Lambert, your Local Real Estate Agent Today for a

**No Obligation**

**FREE Home Evaluation!**



**Jon Lambert** | Sales Representative | **519.897.1507**

RE/MAX Twin City Realty Inc. Brokerage

106 Huron St. New Hamburg, ON

[www.jonlambert.ca](http://www.jonlambert.ca) | [jonlambert@remax.net](mailto:jonlambert@remax.net)



New Owners at...  
**Riverside Flowers**  
 & gift studio  
 55 Huron St New Hamburg, Ontario  
 N3A1K1  
 519-662-1411  
 www.riversideflowers.ca

**Happy Flower Hour**  
 Fridays 4-6  
 half price on selected flowers

**Ladies, if a man says he will fix it, he will. There is no need to remind him every 6 months about it.**

**If you don't swear while driving then you're not paying attention to the road at all.**

**Josslin Insurance**  
 a Real Insurance broker

**OUR FARM INSURANCE SPECIALISTS LIVE AND WORK RIGHT WHERE YOU DO.**

So we understand your unique needs and concerns.

519-662-1644  
 www.josslin.com

24-HOUR CLAIM ASSISTANCE

**You Must Be Joking!!**

50 Years ago ...what a difference time makes!

- \* 1966: Long hair / 2016: Longing for hair
- \* 1966: KEG / 2016: EKG
- \* 1966: Acid rock / 2016: Acid reflux
- \* 1966: Moving to California because it's cool / 2016: Moving to Arizona because it's warm
- \* 1966: Trying to look like Marlon Brando or Liz Taylor / 2016: Trying NOT to look like Marlon Brando or Liz Taylor
- \* 1966: Seeds and stems / 2016: Roughage
- \* 1966: Hoping for a BMW / 2016: Hoping for a BM
- \* 1966: Going to a new, hip joint / 2016: Receiving a new hip joint
- \* 1966: Rolling Stones / 2016: Kidney Stones
- \* 1966: Screw the system / 2016: Upgrade the system
- \* 1966: Disco / 2016: Costco
- \* 1966: Parents begging you to get your hair cut / 2016: Children begging you to get their heads shaved
- \* 1966: Passing the drivers' test / 2016: Passing the vision test
- \* 1966: Whatever / 2016: Depends

Just in case that didn't make you feel too old today, this will certainly change things. Check out the mindset of this year's incoming college students. Here's this year's list:

The people who are starting college this fall across the nation were born in 1998.

- They are too young to remember the space shuttle blowing up.
- The CD was introduced 7 years before they were born.
- They have always had an answering machine.
- They have always had cable.
- They cannot fathom not having a remote control.
- They've never seen a dial telephone.
- Popcorn has always been cooked in the microwave.
- They never took a swim and thought about Jaws.
- They can't imagine what hard contact lenses are.
- They don't know who Mork was or where he was from.
- They never heard: "Where's the Beef?", "I'd walk a mile for a Camel", or "de plane, Boss, de plane."
- They don't have a clue how to use a typewriter.

Submitted by Bruce Bousher

**We're on the Web!**  
 Visit [www.badenoutlook.com](http://www.badenoutlook.com)



The New Dundee Board of Trade is hosting a workshop for small businesses to learn about internet marketing.

The workshop, intended to be a local community event, is a half day workshop at the New Dundee Community Center on April 29th, 8:30-Noon costing \$49.



Online registration and payment can be made at

[www.newdundeeim.ca](http://www.newdundeeim.ca)

If you have any questions please call Glenn at 519-696-2327

*Don't forget the Community Garage Sale on May 28th*

### 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

### New in the Neighbourhood?

If you are new in the neighbourhood, call us to receive your gifts and learn about your community.

Local Representative: Marlene Brenneman  
Welcome Wagon Representative  
519-591-5963 [marlene.brenneman@gmail.com](mailto:marlene.brenneman@gmail.com)



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

### Keep the Miracles Flowing

**Blood Donor Clinic on  
Monday, April 25, 2-8 p.m.  
Steinmann Mennonite Church**



**Canadian Blood Services**  
*it's in you to give*

Call 1 888 2 DONATE (1 888 236-6283)  
to book an appointment or book  
on-line at [www.blood.ca](http://www.blood.ca) and help  
meet the continuing need for blood.

### Saturday Night at the Movies

*Wilmot Mennonite Church,  
2995 Bleams Road, New Hamburg*

**April 16<sup>th</sup> at 7:00 p. m.  
Featuring - "What Katy Did"**

Told in the tradition of *Anne of Green Gables*  
Based on the classic novel by Susan Coolidge, *What Katy Did* is a warm family drama that tells the story of Katy Carr, a headstrong, feisty 13-year-old girl. Katy's rebellious streak often challenges the patience of her widowed dad, Dr. Philip Carr, even with the help of Aunt Izzie. Katy's outlook begins to change, however, with the arrival of her ill cousin Helen, but a tragic accident confines Katy to her room, forever altering her perception of the world.

Dove "Approved" for all ages

Beverages provided, bring your own snacks.  
Nursery available but not staffed.

**FREE ADMISSION -- Everyone Welcome!**  
For further information call (519) 584-7089

## Another Cool Move

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

The Baden Outlook is a completely independent publication, not affiliated with any other printer, organization, individual or commercial enterprise.

**RE/MAX**® Twin City Realty Inc. Brokerage

## Amy Williams

[amy@yourremaxteam.ca](mailto:amy@yourremaxteam.ca)  
Office: 519-579-4110  
Direct: 519-591-7053  
[www.amywilliams.ca](http://www.amywilliams.ca)

*Proud  
Resident of  
BADEN*



Sales Representative,  
ABR CNE

A PART OF:  
**YOUR RE/MAX TEAM**



**100%** WATERLOO REGIONAL  
FUNDED BY COMMUNITY SPONSORS & DONATIONS

# CRIME STOPPERS

1-800-222-TIPS (8477)

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



"Like" us on Facebook



Follow us on Twitter  
@waterloocrime

3 ways to leave a tip

Phone: 1-800-222-TIPS (8477),  
Web: [waterloocrimestoppers.com](http://waterloocrimestoppers.com),  
Text: to CRIMES and start your tip with TIP152





~ Presents "The Second Time Around" by Uwe Meyer  
 April 15-17 and 22-24, 2016

Theatre Wellesley is pleased to have this Waterloo resident, John Settle, back on stage for this spring production of "The Second Time Around" by Uwe Meyer. In Wellesley, John may be more famous for his math teaching skills at Wellesley public school. On stage this spring he plays David, a children's book writer who has been widowed for 2 years. For a change of scenery he decides to move into his mother-in-law's house back in his small hometown with his 16 year old daughter. Soon Dave rekindles a love interest with the help of his daughter's guidance from her trusted Cosmopolitan Magazines.



This community Theatre Production will be performed at the Wellesley Public Library upstairs (stair access only) April 15-17 and 22-24. Friday shows are at 8pm and weekend shows at 2pm matinee.

Tickets are \$15.00 each.

For tickets or more information: [www.theatrewellesley.ca](http://www.theatrewellesley.ca); [contact@theatrewellesley.ca](mailto:contact@theatrewellesley.ca) or call 519-573-2992.

## INTERFAITH COUNSELLING 29TH ANNUAL



TAKE A FREE TEST DRIVE AND FORD DONATES \$20 TO INTERFAITH!



BREAKFAST SERVED 9AM-11AM



HEADS OR TAILS RAFFLE at 1:30PM!



BAKE SALE



LIVE MUSIC  
 Eric Traplin 10:45-11:15 AM  
 NH Concert Band 11:45-12:30PM  
 W-O Music 1:00-1:45PM



AUCTION OPENS 9AM  
 FINAL BIDS 2PM



KID'S CORNER

USED BOOK AND VIDEO GAME SALE



MANY HANDS WORKING TOGETHER TO PRESENT OUR

# SILENT AUCTION FUNDRAISER

SATURDAY APRIL 30TH, 2016 9AM-2PM  
 Wilmot Recreation Complex 1291 Nafziger Rd



Interfaith Counselling Centre  
[www.interfaithcounselling.ca](http://www.interfaithcounselling.ca)

PLEASE CALL TODAY TO DONATE AUCTION ITEMS  
 VOLUNTEER TIME OR TO LEND A HAND CALL 519-662-3092



United Way  
 Kitchener Waterloo & Area



With Support from  
 NEW HAMBURG LIONS & LIONESSE CLUBS

Hey! Kids, ages 4-10  
 You are invited to...

**F.R.O.G**



Tuesdays, 6:30-8:00 pm  
 Baden Public School

Spontaneous play, fun group games, and a short Bible story in the gym.

**Everyone is welcome!**

contact Sean at  
[pastor.westhills@gmail.com](mailto:pastor.westhills@gmail.com) or  
 519-634-4993

Provided by  
 West Hills Fellowship of Baden and Community Volunteers

*Keeping the  
 Community Connected*



New Hamburg  
 Royal Canadian Legion

65 Boullee Street  
 New Hamburg

## Hall Rentals

Call Terri Taylor 662-3834  
 Or Legion 662-3770

*"Not all of us can do great things. But we can do small things with great 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 385 volunteers regularly come to the Thrift Centre to tackle a variety of tasks. 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!

This coming May don't miss our 28<sup>th</sup> Perennial Sale Fundraiser. The sale will be held at the New Hamburg Thrift Centre from **May 2 – May 31**. What started as a tiny recycling project in 1988 has grown into a team of 100 plus volunteers maintaining a garden centre supplying donated perennial flowers, shrubs and trees.

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. We start accepting plant donations **Apr 25** and will continue to accept plants Monday through Saturday during regular business hours until the end of May.

Not a plant person? We have lots of others ways you can join the fun! Volunteers are needed on cash, watering plants, potting plants, helping customers, etc. If you want to learn more about plants and meet new people, this volunteer opportunity is for you. For more information, please contact Donna Ziegler at [donnaz@mccthrift.on.ca](mailto:donnaz@mccthrift.on.ca) or (519) 662-2867. The New Hamburg Thrift Centre is located at 41 Heritage Drive, New Hamburg

All proceeds benefit the work of Mennonite Central Committee a relief, community development and peace organization with some 1,000 workers serving in 35 countries. ([www.mcc.org](http://www.mcc.org))

**New Hamburg Thrift Centre**  
41 Heritage Drive  
New Hamburg  
tel: 519-662-2867  
[www.newhamburgthrift.com](http://www.newhamburgthrift.com)



## Annual Perennial Sale! May 2 - 31

Large selection of **perennials, fertilizer, garden tools, planter pots and more** available.

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 25th**. 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 **Open Late**  
Sat 9:00 am - 4:00 pm

*"A baby is God's opinion that the world should go on." — Carl Sandburg*

## From the Mouths of Babes.. You Must be Joking!

A four-year-old child had a next door neighbour who was an elderly gentleman and had recently lost his wife. Upon seeing the man cry, the little boy went into the old gentleman's yard, climbed onto his lap, and just sat there. When his mother asked him what he had said to the neighbour, the little boy just said, "Nothing, I just helped him cry."

.....  
A Sunday-school teacher was discussing the Ten Commandments with her five and six year olds. After explaining the commandment to "honour" thy Father and thy Mother, she asked, "Is there a commandment that teaches us how to treat our brothers and sisters?" Without missing a beat one little boy, the oldest of a family, answered, "Thou shall not kill."

.....  
A teacher's first graders were discussing a picture of a family. One little boy in the picture had a different hair color than the other members. One of her students

suggested that he was adopted. A little girl said, "I know all about adoption, I was adopted."

"What does it mean to be adopted?" asked another child.

"It means", said the girl, "that you grew in your mommy's heart instead of her tummy!"



 **Cook's PHARMACY**  
A&J PHARMACIES INC.

**Jim and Laurie Arkell**

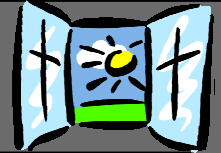
75 HURON STREET,  
NEW HAMBURG, ONTARIO N3A 1K1

PHONE: (519) 662-2640  
FAX: (519) 662-4170



## Local Churches Invite You to Join Them

Please visit [www.badenoutlook.com](http://www.badenoutlook.com) for a directory of local churches.



### Wilmot Mennonite Church

2995 Bleams Road, New Hamburg, ON

Worship Service 9:30 a.m. ~ Christian Formation: 11:00 a.m.

Pastor Dave Roglasky

519-634-5030 [www.wilmotmennonite.ca](http://www.wilmotmennonite.ca)

### ST. JAMES LUTHERAN CHURCH

66 Mill Street, Baden ON

519-634-5191 [joanna.e.miller@gmail.com](mailto:joanna.e.miller@gmail.com)

Pastor Joanna Miller

Sunday Worship 9 am / Sunday School

### Wilmot Centre Missionary Church

2463 Bleams Road—corner of Bleams & Sandhills Road

Services at 9 & 11 am, Children's Worship 11:15 am

Rev. Wayne Domm, Dr. Rob Gulliver, Youth Director Jason Erb

519-634-8687 [www.wilmotcentremc.ca](http://www.wilmotcentremc.ca)

### West Hills Fellowship

Sharing space at St. James Church, 66 Mill Street, Baden ON

Pastor Sean East / [pastor.westhills@gmail.com](mailto:pastor.westhills@gmail.com)

519-634-4993 [office.westhills@gmail.com](mailto:office.westhills@gmail.com)

Sunday School 9 am, Fellowship 10 am, Worship 10:40

### SHANTZ MENNONITE CHURCH

2473 Erb's Road, Baden, Ont N3A 3M3

Phone: 519-634-8712 / Email: [office@shantzmc.ca](mailto:office@shantzmc.ca)

Pastor: Don Penner

Worship Service - 9:30 am Christian Education - 11:00 am

### Livingston Presbyterian Church

44 Beck Street, Baden / 519-662-4949

Hymn Sing 9:45 am ~ Worship to follow at 10 am

Moderator: Linda Ashfield, 519-886-4150

### Steinman Mennonite Church

1316 Snyder's Rd. W. (at Nafziger Rd), Baden

Sunday Worship 9:45, Sunday School 11:00 am

Phone: 519-634-8311 / [www.smchurch.ca](http://www.smchurch.ca)

### Emmanuel Lutheran Church

1716 Snyder's Road East, Petersburg, ON

519-634-5511 [www.petersburgchurch.org](http://www.petersburgchurch.org)

\* Wheel Chair Accessible \*

Worship Service 9:30 am / Sunday School



## Fundraising Breakfast

### Struggle and Hope

One family's  
journey  
with  
mental  
illness

TICKETS  
\$30

Saturday, May 7, 2016

8:30 to 11 a.m.

Steinmann Mennonite Church

(1316 Snyder's Road West, Baden)

Subsidized tickets available for  
students/underemployed

To purchase tickets please contact

Shalom by May 2<sup>nd</sup>:

519-886-9690 or

[admin@shalomcounseling.org](mailto:admin@shalomcounseling.org)

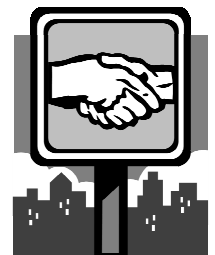
Tax receipts will be issued for \$15 of the  
ticket price and for all other donations.



United Way  
Kitchener Waterloo & Area



Please support the  
advertisers in this  
paper and keep our  
community  
alive and thriving!



With thanks to our Breakfast Sponsors





**Swim! Bike! Run!**

The Wilmot Aquatic Aces will host the fourth annual Kids' Triathlon on Sunday May 29th, 2016 at the Wilmot Recreation Complex in Baden. Children ages 3-15 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 with them to assist with transition or in the pool. For participants the registration fee includes 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](http://www.aceswim.ca). Online registration is now open, 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](mailto:kidstri@aceswim.ca).

**DENTISTRY**

**Zimmer DENTISTRY**

**Dr. Tyler Zimmer**

Unit 3 – 10 Waterloo Street, New Hamburg

Tel. 519-662-3510

[www.zimmerdentistry.ca](http://www.zimmerdentistry.ca)

*Sisters*  
PAINTING AND DECORATING



Clean, Reliable  
Quality Work  
Reasonable Rates  
*Over 25 Years Experience*  
Call Debbie  
519-662-6210



Our offices utilize current dental technology and techniques to provide the care and treatment you need in the comfort you deserve.

- 3D Imaging for enhanced surgical diagnosis
- Invisalign™ and traditional teeth alignment
- Relaxing sedation options
- Treatment done in office/limited referrals

Family friendly care for you and your loved ones.

Your beautiful, healthy smile is our priority!



**NEWhamburg**  
DENTAL GROUP  
519-662-2632



**Wellesley**  
DENTAL GROUP  
519-656-3355

visit us @ [communitydentalgroups.com](http://communitydentalgroups.com)



## You Must Be Joking!!



### What Is Couple Sex?



An 8-year-old girl went to her grandfather, who was working in the yard and asked him: "Grandpa, what is a couple sex?"

The grandfather was surprised that she would ask such a question, but decided that if she's old enough to know to ask the question then she's old enough to get a straight

answer. Steeling himself to leave nothing out, he proceeded to tell her all about human reproduction and the joys and responsibilities that go along with it.

When he finished explaining, the little girl was looking at him with her mouth hanging open, eyes wide in amazement. Seeing the look on her face, the grandfather asked her: "Why did you ask this question, honey?"

The little girl replied: "Well, Grandma says to tell you that dinner will be ready in just a "couple sec's."

*All you Grandpas and Grandmas-- may be at that stage where you need to keep the wax out of your ears and keep the hearing aids tuned up.*

*Submitted by Robert Price*

## W & W Liquidators

Handles / Hinges / Knobs / Spindles / Cabinet Hardware

118 Victoria Street S., Kitchener, ON N2G 2B4

Phone or Fax: (519) 744-1080

### Jean Wood & Family

**\*\* Residing in Baden for 55 years \*\*  
In business over 25 years.**

*"We have more knobs than you can handle!!"  
Over 5000 handles and knobs!*



*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



1761 Erb's Rd.,  
St. Agatha, ON, N0B 2L0  
Telephone: (519) 747-1700  
E-mail: info@angieseats.com

### Planning an Event? Call Us!

Weddings, showers, rehearsal dinners, stag and does or business and family events.  
Banquet facilities seat up to 100.

We CATER.

Waterloo Region Record Readers  
Choice Platinum Caterer 2015.



Our rustic look creates a warm and cozy atmosphere.

Call ahead to see our banquet facilities.

**We Pride Ourselves In Our  
Homemade Country Inspired Foods**

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



Simply email your photo to  
badenoutlook@hotmail.com

**PEAK**  
REALTY LTD., REALTOR  
www.peakrealestate.com  
Independently Owned and Operated  
90 Peel Street, Unit C  
New Hamburg, Ontario N3A 1E3

Where Old Fashioned  
Friendliness  
is Still  
in Style!

**Stephen Murray**  
Sales Representative

Cell: (519) 502-1962  
Bus.: (519) 662-4900  
Fax: (519) 662-4911  
Email: srmurray@megawire.ca





**Wilmot**  
 66 Hincks St. New Hamburg  
 Absolute Fitness and ODG parking lot

Register today! [www.greatride.ca](http://www.greatride.ca)

**SUNDAY**  
**APRIL 24, 2016**

*Registration is at  
 12 noon—Walk/Ride  
 starts at 1pm*

A non-competitive fundraising event for the whole family!  
 Walk, run or cycle while raising funds for research and support services for people living with cancer.

*Join in the fun ~ prizes to be won !*



Respect | Competence | Enthusiasm | Confidence

**COLDWELL BANKER**

PETER BENNINGER  
 REALTY, BROKERAGE  
Independently Owned & Operated

**BLANKA MICHALE**  
 SALES REPRESENTATIVE

☎ 519.742.5800 2175  
 📠 519.500.3316

## “Get It Together”

...with Donna & Rhonda



Organizing your jewelry doesn't have to be an expensive endeavour. Here are some inexpensive ways to organize your jewelry horizontally:

- 1) Candy boxes - don't throw away the box when the candy is gone - instead, wash the plastic dividers and use for earrings and rings. The two-tiered boxes are even better.
- 2) Kitchen drawer-organizers or bins from the dollar store—lay out your jewelry ahead of time and decide what shape and size work best.
- 3) Craft organizers - great divided containers keep everything separated nicely.
- 4) Nail and screw organizers - these are for those who don't have to see each piece and would prefer things to be labeled.
- 5) Tool box - Reuse an old tool box to make your jewelry case more portable.

If you would like some "hands on" help in your own space, call us at 519-662-4477



## QUALITY SERVICE FOR 20 YEARS

- ONSITE AND IN-STORE SERVICE AVAILABLE
- NEW AND USED COMPUTERS FOR SALE
- VIRUS REMOVAL, MAINTENANCE, UPGRADES AND MORE!



**73 Peel St, New Hamburg, 519-662-6720**

## Get It Together ~

With The Heart of the Matter  
 at the Kitchener Public  
 Library for a free seminar  
 and learn how to Clear the  
 Clutter, Reap the Rewards  
 On Thursday, April 28th.







## Bringing People and Gardening Together Since 1968

By Marlene Knezevich, Director, WHS

*In the spring, at the end of the day, you should smell like dirt. ~ Margaret Atwood*

What a difference a year makes. Last year, the ground was just thawing and this year, we are in full spring mode.

### Shoulda, Coulda, or Might-Get-To- List

- Divide and replant perennials, such as asters, bee balm, and hostas.
- Plant roses and lily bulbs.
- Seed lettuce (start the seeds indoors or sow them directly in the garden).
- Sow spinach in the garden to get tender leaves before the weather warms.
- Keep track of the spring bulbs coming up and do you like what you see? Track locations and make notes of where you want to fill in areas with more colour in the fall.
- To prevent compaction of garden soils, avoid walking on the garden and lawn until the ground has dried out after the thaw. If the soil sticks to your shoes it's too wet.
- Clean up fallen leaves (especially on lawns), and remove winter protection from plants to allow the soil to warm up. Leaves can be composted or put back once soil has warmed up.
- Prepare the vegetable garden for spring planting of **cool season crops** such as cabbage family, peas, carrots, spinach, lettuce, and beets. Keep in mind the tips from the January article. Disturb the soil as little as possible. Sowing can begin when the soil has warmed up. Most seeds germinate when daytime temperatures are above 7C.
- Turn the compost heap when it has thawed, to aerate and give microbial activity a boost if you have time. I often leave it until the fall and then spread it around....lazy gardener!



WHS's next meeting is May 9th at 7:00 pm, at the Haysville Community Centre, 3433 Huron St.. **Mark your calendar and join us.** It is the special **A Gardener's Show and Share** and the **Wilmot Junior Gardener Competition**. Bring the whole family for the **Mystery Garden Game, Hands on & Hands Dirty** activities for the kids, **Seed and Plant Swap, Silent Auction, Nith River Native Plant Nursery**, Ask a Master Gardener your garden questions and learn about herbs. Other local horticulture related businesses will be there. For the **Show and Share**, bring a favourite houseplant, photo, cut flowers or greens, an arrangement, favourite gadget, outdoor plant, or a work of art. Come and enjoy an evening with other gardeners or want-to-be gardeners. The free meeting also has a 50/50 draw (bring your loonie or toonie), door prizes and a social with tea/coffee with snacks. The **Penny Auction** raises funds for the Junior Gardener Program. **Bring the whole family!!!** (For more details, see **Programs** on the under the meetings heading on our website.)

Membership is \$12 per person and only one of the many benefits is a 10% discount at the local nurseries and some other vendors.

Get your fingernails and knees dirty!

[www.gardenontario.org/site.php/wilmot](http://www.gardenontario.org/site.php/wilmot)

email: [wilmothortsociety@gmail.com](mailto:wilmothortsociety@gmail.com)

**KEITH HALLMAN**  
SINCE 1998 CONTRACTING INC.

RESIDENTIAL / COMMERCIAL  
DESIGN / RENOVATE / BUILD  
ADDITIONS / ALUMINUM & GLASS RAILINGS / WINDOWS

info@khallmancontracting.ca • Office: 519.634.8966  
[www.khallmancontracting.ca](http://www.khallmancontracting.ca)

  
**POWER MORTGAGES**  
Your Mortgage Architects  
Broker Lic. No. 10924

Call Your Local Mortgage Agent  
**Peter Fortune**  
519-998-4234  
E [peter@powermortgages.ca](mailto:peter@powermortgages.ca)  
W <http://powermortgages.ca>  
License # M15001536

**Great rates –  
Fast friendly service.**



## Wilmot's First Window Cleaning Service



*Are your windows dirty?*

See the difference Wilmot window cleaners can make.

Early Bird Special ~  
**15% off any service.**

Residential & Commercial

**519-572-9645**

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

## Premium Organic Composted Cattle Manure



**Time to kick start your gardens**

**WEED FREE, ODORLESS, NON-BURNING**

**Top dress - Mulch - Amend**

**Sold in bulk loads, pickup or delivery**

**Phone Paul 519-504-5516, email:**

**[advancedcompost@gmail.com](mailto:advancedcompost@gmail.com)**

**[www.advancedcompost.ca](http://www.advancedcompost.ca)**



## You Must Be Joking!!



My goal for 2016 was to lose just 10 pounds. Only 15 to go. I ate salad for dinner! Mostly croutons & tomatoes. Really just one big, round crouton covered with tomato sauce...and cheese. FINE, it was a pizza. I ate a pizza.



How to prepare Tofu:

1. Throw it in the trash.
2. Grill some Meat.

I just did a week's worth of cardio after walking into a spider web.

I don't mean to brag but...I finished my 14-day diet in 3 hours and 20 minutes. I know how success feels!

A recent study has found that women who carry a little extra weight live longer than men who mention it.

A guy sits down at the bar and orders drink after drink.

"Is everything okay, pal?" the bartender asks.

"My wife and I got into a fight and she said she isn't talking to me for a month!"

Trying to put a positive spin on things, the bartender says, "Well, maybe that's kind of a good thing. You know, a little peace and quiet?"

"Yeah. But today is the last day!"



3 Waterloo Street, New Hamburg, ON

519-662-2123

[wecare@affinityhealthclinic.ca](mailto:wecare@affinityhealthclinic.ca)

[www.affinityhealthclinic.ca](http://www.affinityhealthclinic.ca)

Affinity Health Clinic successfully welcomed Certified Reflexologist Christina Flood to the practice. She currently has openings for new clients so book your spot today. We are thrilled to welcome Dr. Erica Thomson, ND to the practice! You can book a 15 minute consult that will be applied to your initial new patient booking with Dr. Thomson, ND.

### HEALTH EXPERTS

Our natural health experts can help you feel younger and live longer using natural drug free therapies. Get relief for hot flashes, low energy problems, erectile dysfunction, low sex drive, moodiness, weight loss, PMS, and more!

We are a top notch clinic for naturally reducing pain. Find soothing treatments for lower back pain, shoulder pain, neck pain, foot pain, post-surgery pain and more.

### PROFESSIONAL DISPENSARY

We have a professional natural medicine dispensary. We can mail out your products if needed. 5% of referral purchases goes towards local charities and initiatives! Let us provide you your professional products while supporting the community you live in.

*Offering care in...*

Naturopathic Medicine • Chiropractic  
Custom Orthotics • Reflexology  
Acupuncture • Holistic Nutrition  
Midwifery • Medical Aesthetics  
Seminars/Classes • Massage Therapy





**FRIDAY, APRIL 22 ~ This Earth Day, let's get really big stuff done for our planet!** We've all learned how to reduce, re-use, and recycle. It's good to do this everyday, but let's really focus and see if we can do more. Put your heart into protecting our planet; your kids will thank you! Information taken from [www.earthday.org/earth-day](http://www.earthday.org/earth-day) Check it out to learn more!

**Stop Using Disposable Plastic: Protect the Environment**

Currently about 300 million tons of plastic are produced each year to make bags, bottles, packages, and other commodities for people all over the world. Unfortunately, only about ten percent of this plastic is properly recycled and reused. The rest ends up as waste in landfills or as litter in our natural environment, where it leaches dangerous chemicals into the nearby soil and water, endangering humans and wildlife alike.

The problem has now grown out of control and threatens to affect millions of people and animals if we do not act soon. Join in and take the pledge to switch to sustainable alternatives and reduce the amount of disposable plastic you use!

**Start Composting: Turn Your Spoils into Soil!**

Each year billions of pounds of food are needlessly thrown away, ending up in landfills. In fact, more than one third of all food produced around the world for human consumption is wasted every year. One way to reduce this waste is by composting! Composting is a biological process during which naturally occurring microorganisms, bacteria, and insects break down organic materials such as leaves, grass clippings, and certain kitchen scraps into a soil-like product called compost. It is a form of recycling—a natural way of returning needed nutrients to the soil.



**Recycling E-Waste: Help Reduce Toxins in our Landfills**

Did you know that more than 50 million tons of electronic waste (e-waste) is generated each year in the U.S. alone and that only 20-25% of the waste is responsibly recycled? As a direct consequence, large amounts of hazardous materials such as lead, mercury, and cadmium leach into our air and water, contaminating our communities. Help end this dangerous practice by learning where to recycle your e-waste in a safe and responsible manner.

**End Junk Mail: Help Reduce Unnecessary Waste!**

Did you know that over 100 million trees are cut down each year to produce junk mail? The resulting loss of trees takes a huge toll on water conservation and climate change mitigation efforts around the world. Help limit this unsustainable and wasteful practice by pledging to take action and reduce the amount of junk mail you receive in your home.



1209 Bleams Road, Mannheim

519-745-0200

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



**NOW OPEN Monday to Saturday 9am to 5pm for the month of April.**

Closed Sundays

**2016 Dates to Mark on Your Calendar:**

- Demos & Workshops held throughout May
- The Water Connection Workshop May 14 10am & 1pm and May 28th 1pm
- Charity BBQ's held at the greenhouse every Saturday in May, Victoria Day Mon & 1st Sat in June
- Club Sprouts May 7th & June 18th, 10am-12
- Power of Pink Fundraiser Thursday June 9
- Christmas Open House Nov 18 & 19
- Charity Wreath Silent Auction Nov 12 to 19

**The Garden Shed**

**Meet, Share, Investigate, Create and Learn!**

*Ask Us about Renting this Space for Your Meeting!*

**RAIN BARREL FUNDRAISER**

for



Grand River

A Lifeline to Cancer Support

Order online at [rainbarrel.ca/colourparadise](http://rainbarrel.ca/colourparadise) or in store



## Castle Kilbride Lecture Series

Join Richard Kaufman as he discusses the Masons of historic Wilmot Lodge #318. Thursday, April 28th—lecture starts at 7pm at Castle Kilbride. Cost is \$10 per person. Call 634-8444 to book as space is limited.

Ever wonder what Freemasonry is, who they are, and what their contributions to society are, locally and beyond? Join us as we take you back to 1874 and the beginning of Freemasonry in Baden and Wilmot Township. Learn about the unique Livingston family connection to Wilmot Lodge #318. Explore more recent history and a tour of the lodge room following the lecture.



*James Livingston, owner of Castle Kilbride was not only an outstanding businessman who earned the title, Canada's Flax King, but also an outstanding community man whose contribution to Baden can still be seen today. He established the Baden Band, the Mechanic's Institute, Livingston Presbyterian Church, and Masonic Lodge. He was a charter member for Wilmot Lodge No. 318, which was established c.1874. James Livingston belonged to the Ancient and Accepted Scottish Rite of Freemasonry of Canada. He was highly respected and obtained the 33rd degree.*

## WILMOT LODGE No. 318



In 1874, five brethren advanced sufficient funds so that a Masonic Lodge could be formed in Baden. One of the charter members was James Livingston, who resided at Castle Kilbride. A Lodge seal was purchased for \$9.00 and is still used 138 years later. The first Lodge meetings were held in a third floor hall in Baden above the general store belonging to Mr. E. Boye. The members continued to hold their meetings there until 1888, at which time they relocated to a hall adjacent to the William Kraus Hotel – also known as EJ's Tavern. The lodge remained in this hall for 65 years. In 1951, the Lodge moved into a room on the top level of Livingston Presbyterian Church. In 1972, New Dominion Lodge, No. 205, vacated their Lodge Hall in New Hamburg and were invited by the brethren of Wilmot Lodge to use their Lodge Hall in Baden. Taken from "In The Early Days" - Reprinted from the One Hundredth Anniversary Program May 3rd, 1975



HollisWealth™



- ⇒ Investment and cash flow planning
- ⇒ Risk Management and Estate Planning
- ⇒ Retirement Planning
- ⇒ Tax Planning

KLT Wealth Management · 148 Peel Street Unit 1B, New Hamburg · 519-662-4001 · [www.knowliketrust.ca](http://www.knowliketrust.ca)

HollisWealth is a trade name of HollisWealth Advisory Services Inc. Mutual Fund products are provided through HollisWealth Advisory Services Inc.

™ Trademark of The Bank of Nova Scotia, used under license.



cell 519 591-7191  
 bus. 519 662-4900  
 fax 519 662-4911  
 troyhoerle@rogers.com

**SOLD**

**Troy Hoerle**  
 Sales Representative

www.peakrealestate.com

**PEAK**  
 REALTY LTD., BROKERAGE

90 Peel St. Unit C, New Hamburg, ON, N3A 1E3



Good Bye Winter...

Answers to  
**WORD BUILDER**  
 from page 24—

Your new formed  
 words are:

1. EAGERLY
2. AUDIBLE
3. OREGANO
4. PREDICT



## Heritage Pet & Garden

88 Huron St New Hamburg

519-662-3684

**Come Grow with us**

**Packaged to suit your needs:**

Seeds-Veggies, Flowers & Flower Bulbs

Onion Sets - Seed Potatoes

Grass Mixes, Soils & Fertilizers

Environmentally Friendly Pest Control

Place your Order Now for  
 Praying Mantis Egg Case....

Watch the egg case hatch  
 40-400 mantis & release them  
 in your yard to help control  
 your insect population



**Pamper Your Pooch  
 In-Store Dog Grooming**



## BADEN VILLAGE PHARMACY

**PHARMASAVE** SPECIALTY COMPOUNDING

18 Snyder's Road, Baden, Ontario P. 519-214-4000 F. 519-214-4001

Allergy season is upon us and here is what you need to know  
 from Baden Village Pharmasave: By Neeru Gosain, Rph.

Allergic rhinitis, also known simply as allergies, is a condition where the body tends to overreact to certain types of outside substances. One way it overreacts is by producing antibodies that signal your immune system to release *histamine* and other chemicals. These chemicals cause the common symptoms of allergies including runny nose, sneezing, itchy nose, mouth, throat, or eyes, and congestion. Allergies can be either seasonal or year-round. In most people, allergy symptoms set off at about the same time each year. Spring attacks are usually due to tree pollen, while grass pollens dominate in the summer and weed pollens in the autumn.

The best way to prevent allergic rhinitis is to avoid the allergy causing agent. If possible, use central air conditioning or stay indoors during high pollen times. Keep in mind that it is not always possible to control the environment or to eliminate or avoid allergens. Many people may need medication treatment for relief. Fortunately, most people respond well to medications. The therapy of choice will depend on your symptoms, the severity of your symptoms, your past response to medications, and other medical conditions that you may have.

Treatment for mild symptoms is usually antihistamines taken either orally, as a nasal spray, or as an eye drop. A corticosteroid nasal spray can be tried if antihistamines aren't working or if allergy symptoms are moderate to severe. Singulair may also be tried when other medications have not worked or have not been tolerated. Saline nasal sprays and lubricant eye drops may also help with nasal and eye symptoms.

Remember: Baden Village Pharmacy is always available to help you stay healthy and make recommendations for your allergy symptoms.

### Coupon of the Month

**\$3 off Any Pharmasave  
 Brand Allergy Medication**  
 (Exp. May 15, 2016)

LIVE WELL WITH

**PHARMASAVE**

**“How can I try 3 hearing aids with 2 ears?”**



May is **Hearing Awareness** month

**HEAR THE DIFFERENCE EVENT** | **MAY 12 KITCHENER**  
**MAY 13 NEW HAMBURG**

Join us for our **Hear the Difference Event** May 12<sup>th</sup> in Kitchener and May 13<sup>th</sup> in New Hamburg. With Bernafon's BeFlex, you can now try, test, and compare 3 different performance categories in 1 single device completely risk-free. Don't miss your opportunity for a convenient, easy and hassle-free BeFlex trial. Call us now to register!



Independently Owned and Operated  
Sales and Service to all Hearing Aids



608 BELMONT AVE. W., KITCHENER

**519.745.5888**

TIJANA

10 WATERLOO ST., NEW HAMBURG

**519.662.6884**

LYNNE

