

APRIL 2017



VOLUME 17, ISSUE 9

# Baden Outlook



*Baden's Monthly Newsletter ~*

*Keeping the Community Connected with 3000 Copies in Circulation*

## April is ~ BeADonor Month



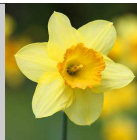
BeADonor month occurs every April across Canada. In 2016, 715 organ donors gave the gift of life to 1,302 people – the most in a single year, marking a growing trend in families to choose donation for their loved one. Currently in Ontario, there are over 1,500 people on the waiting list for an organ transplant. The average registration rate for Ontario is 31%. New Hamburg stands at 49%, ranked 19 out of 170 communities. Visit [www.BeADonor.ca](http://www.BeADonor.ca) for more information.

WALDA (Wilmot Area Life Donation Awareness) is a grass roots organization, with a mandate to share the importance of organ and tissue donation registration within the community. Since starting in 2013, our local enrolment rate has gone from 32% to 49% - a whopping 53% increase. Just spreading the word is enough to get our caring community members to sign up at [www.BeADonor.ca](http://www.BeADonor.ca). Still there are others that need our help. Please consider registering, speaking to your loved ones and giving someone else a reason to become a hero.



*Meet Ryan Morrison and learn about his story on pages 32-33, and you'll understand why this guy has such a great smile.*

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## This paper is priceless - Please have one!

# Talking with Ed

~ Random Thoughts



**Unreal Estate Market** – The real estate market has gone crazy! There are two reasons for it. The ridiculous prices that they are asking for homes in Toronto (the average home price is \$730,472 as of December 2016, an increase of 20% from December 2015) have driven prices up in our area. Secondly, the new bidding system that has become the norm in the market. Some homes are selling for \$60,000 or more over the asking price and potential buyers at times don't have the option of hiring a home inspector. Perhaps we should all do what Canadian Juno award winner Ron Sexsmith did and move to Stratford, where home prices are much more reasonable.

**What a Difference a Year Makes** – The Toronto Maple Leafs are having a great year, accumulating 95 points and a playoff spot. Last year for the full year they had 69 points and were dead last. It would be really exciting to see a Montreal – Toronto playoff matchup. I am sure that all the Habs fans would be shaking in their boots – I know one person from Wilmot Centre that would be!

**It's a Special Year!** - There are some years that come along that are very special and worthy of a celebration. The turning of the millennium, Wilmot's 150<sup>th</sup> anniversary, and Canada's 100<sup>th</sup> anniversary all come to mind to me. I still remember Canada's 100<sup>th</sup> anniversary. My cousin and I were in Grade seven and we made a fake canoe that we supported over our shoulders and we pretended to canoe down the main street of MacTier during their parade. We were dressed in buckskin coats and racoon hats and no, we weren't carrying rifles. There were also fireworks, a regatta, and lots of food. I hope that everyone can appreciate and take in all the distinctiveness of this year, and perhaps create your own memories for you and your family.



**Where's the Code of Conduct?** – I have to wonder why more politicians are not required to sign a code of conduct when they begin their duties. I know I had to at Wilmot Township. I can think of several politicians in the States and Canada that should have signed them. It would hold them more accountable and perhaps have a recourse for governments who have to deal with situations.

**“Bye-Bye Winter”** - Yes, I'm glad to see it go but I certainly feel for the snowmobile clubs who put hundreds of hours of work into setting up the trails, and co-ordinating with land owners to use their lands. I also feel for the snowmobilers who have not been able to use their sleds and the businesses who survive off of them. As a teenager, I was a snowmobiler and growing up in MacTier, there was no shortage of snow. I was out every day and loved it! It is a shame that our Canadian winters have become so mild, although as I get older I do enjoy the warmer weather; maybe it's soon time to be a snowbird!

...Until next Month...Ed

## EXTRA EXTRA!!

You'll find us around the 15th of each month, available at over 80 places within Wilmot Township while quantities last.

You'll find us 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.



You can pick it up in New Hamburg at No Frills, Sobey's, Short Stop, NH Legion, McDonalds, Kasemann's, Morningside, Stonecroft, Office Pro, NH Thrift Centre, Absolute Fitness, Pharmasave, NH Dry Cleaners, NH Wellness, NH Library and various offices and retail locations throughout Wilmot Township.

Also in St. Agatha at Fishers Esso, Angie's Kitchen, and Stop 2 Shop. In Petersburg at the Blue Moon, and Foxboro.

*The best things in life are free - Like the yellow of the sunshine, daffodils, dandelions... and this paper ~ Please Have One!*



Greetings from ~  
Outlook Headquarters

Happy April! I hope you didn't endure any weird April Fool's Day pranks and that you were also not a culprit of making a fool out of someone. Many of these are cute, but some are downright nasty. As I sit and write my article, the wind is gusty, the snow blowing and ice pellets pattering against my window. I wonder if this is an April Fool's joke!



We've just had a string of seasonable March weather, then we get this! I was sure we had turned the nasty corner as my spring bulbs were popping up in the garden...although my crocuses have already been eaten down by a hungry rabbit. I've put away the boots and dug out our spring jackets. Hopefully the upcoming days will show us sunshine and warm temperatures. I hope the weather cooperates for the annual spring clean-up sponsored by the Baden Community Association on April 23, which may encourage the locals to join in and tidy up the town (see details on page 4).

We're not big TV watchers—despite over 100 channels we often can't find anything worthy to watch. But in the past few weeks we have been enjoying CBC on Sunday nights starting at 8 pm with the mini-series *Anne* (exciting to see Baden's Castle Kilbride featured in episode 7). Following at 9 pm is a 10 episode series celebrating Canada's 150th with a Canadian show called *Canada/The Story of Us*. I know I learned this in school, but as an adult it is very interesting to see and learn about the journey of our country.

Inside this issue you will once again see how very busy the community is with the Annual Interfaith Silent Auction and the Livingwell Festival on April 28-29. There is lots more happening—check out pages 26-27. Also some interesting news to report from the New Hamburg Thrift Centre on page 28. You'll also see how students from Waterloo-Oxford are pairing up with some artistic seniors from Nithview—learn about this awesome program on page 30. As April is donor awareness month, you'll have to read about a local heart recipient... thanks for sharing your amazing story with us, Ryan! My favourite submission this month is from 11 year old Lily Stemp-Morlock who wrote a poem in tribute to a famous Canadian feminist; be sure to check it out on page 5 (thanks for sharing your poem with us Lily...well done!).

The sports pool is in motion with the hockey season coming to an end. Watch next month for the final stats.

Next is the baseball pool with 340 entry forms coming in from all directions—162 from Baden, 108 from New Hamburg, 20 from Kitchener, and the remaining from 15 other local towns... even one from Toronto! **Please note that the login to check your stats has changed—see details on page 16.**

### *Oh Canada! The True North Strong & Free*

This year we celebrate the 150th birthday of our country. In the upcoming issues you will find all kinds of interesting quizzes and trivia to get you educated or refreshed in tribute to our country.

Last month we paid tribute to Canadian music. This month we are enlightening you on Canadian geography trivia.



# CANADA 150



## ANNOUNCING KITCHENER-CONESTOGA 150 FOR CANADA'S 150TH ANNIVERSARY

To celebrate the achievements and contributions of 150 extraordinary individuals in the riding.

**Tuesday, August 1st, 2017**  
At Castle Kilbride in Baden

Hosted by:



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More details to be found at:  
michaelharrismpp.ca or haroldalbrechtmp.ca  
michael.harris@pc.ola.org or harold.albrecht.c1b@parl.gc.ca

# Baden ~ Our Town

**Come out on Sunday, April 23 and join in for just 2 hours with fellow Badenites to collect garbage that accumulated over the winter months. We'll be gathering at Tim Horton's at 1:00. It was great to see 100 people come out last year and what a great feeling of pride when the job is done and there are 100 bags of garbage that no longer litter our town. We are happy to have the Nith Valley ECOBOOSTERS support us. This year we invite people to drop off eco-waste materials such as electronics (stereos, computers, etc) and the BCA will properly dispose of them.**

Spring is here and it will be exciting to see the tulips and crocuses in bloom. As the warmer weather comes, the BCA will be planting flowers in the 9 boxes on Livingston Boulevard. The group has decided on a theme of red and white to honour Canada's 150th birthday. The Foundry Street Parkette will also be decorated with red and white flowers this year.

We've had some enquiries about the fishing derby and yes, it is going to happen again this year on June 3—more details to come in the May Outlook.

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The Cornfest Committee is abuzz with excitement as they are busy planning this year's event. Please feel welcome to join in the day—any role you play will be helpful.

As always, the BCA meets on the last Wednesday of the month in the basement at the township hall at 7 pm — Please join us!

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• Lioness Bake Sale  
• Nith Valley Ecoboosters Exhibit  
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Meet Canadian Feminist,  
Nellie McClung

Nellie was born **Helen Letitia Mooney**; (20 October 1873 – 1 September 1951) in Chatsworth, Ontario. Nellie was a Canadian feminist, politician, author, and social activist. She was a part of the social and moral reform movements prevalent in Western Canada in the early 1900s.



Member of the  
Legislative Assembly  
of Alberta

**Poem about Nellie McClung**

By 11 year old Lily Stemp-Morlock

*Nellie McClung, brave and strong  
An everlasting flame that will last so long.  
She did not like that women could not vote,  
Their rights were less than a simple barn goat.  
So she stood up for what she knew was right  
And let the world see a brand new light.  
She kept going even when the Premier said "no,"  
And showed the world women had as much right to vote as  
to sew.  
So thank you Nellie for all that you did!  
I am one thankful feminist kid.*

*(PS.. The barn goat reference comes from an actual story where McClung was outraged that stealing a farm animal was punishable with 14 years in prison but stealing a girl child was only 5.)*



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## Itching to be Outdoors

Spring is here!! This is the time of year we clean up the winter mess and think about outdoor projects, like planting our gardens. Another thing we need to think about is the bugs that are starting to wake up and look for food. The one that should be foremost on your mind is the TICK.



Ticks are becoming more common and are no longer isolated to the southern points of the province. We are seeing them in places they never were before and with them come the blood-borne diseases that they can carry. These diseases include Lyme disease, Ehrlichiosis, Anaplasmosis and others that are less common. The common species in our area are: The American Dog Tick, the Groundhog Tick, The Black Legged Tick or Deer Tick. The best way to defend against these external parasites is to educate yourself about them.


Ticks become active in any temperature above 4 degrees. The adults are most active in the spring and fall, though some species also feed during the summer. Ticks do not jump, drop out of trees or fly, they quest. Questing is when a tick climbs up onto a grass blade or shrub and hangs on with its back legs. The tick waves its front legs out in front of it as it clings to the grass, "sniffing" the air and hoping to sense a passing animal. When something does pass, the tick grabs onto it with its barbed legs and hangs on.

Ticks do not live in the middle of your lawn, they live where lawns border wooded areas or anywhere it is shaded and there are leaves with high humidity. They especially like the edges of grassy fields and low-lying underbrush.



At any of the life stages (larva, nymph or adult), the tick can pick up disease-causing bacteria from a host. The bacteria then live and multiply in the tick. When the tick

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goes through its next stage and has another meal, the bacteria in the stomach can get "backwashed" into the next host. Ticks can take 2-3 years to complete their life cycle.

To help protect your pet (and yourselves), make sure to always do a "tick check" after being out in a tick risk area. There are also products available to help kill ticks that feed on your dog and help prevent possible disease transmission. Make sure to speak to your veterinarian to discuss the risks ticks present to your pet and make an informed decision on prevention.

By Dr. Rebecca Ricker

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# Checking out the Baden Library



## Thank You, Volunteers

National Volunteer Week is April 23-29 and gives us the opportunity to recognize and thank the volunteers who give their time and talents to the community at the Baden branch.



Thank you to Jenna Beck for leading the Baden Book Worms Kids Book Club. This club is for children ages 7 to 9 and meets monthly from October to May. There are currently six members who have been reading many different genres and formats. They enjoy participating in fun activities and games relating to the selected book.

Thank you to Robert Hanson for leading the Awesome Book Club (ABC). This club is for children ages 10 to 12 and also meets monthly from October to May. There are 10 members who have read many interesting books this year including **Fallout** by Todd Strasser and **Escape from Mr. Lemoncello's Library** by Chris Grabenstein.

Thank you to Angela Collins who helps with shelving and shelf reading when we are really busy!

If you are interested in helping with a kids' book club, have a special talent to share, or wish to volunteer in any capacity, please speak with Chris Baechler. For more information and

to get a volunteer application form, visit <http://www.rwlibrary.ca/en/aboutus/Volunteers.asp>

## Technology Training Tuesdays

The Region of Waterloo Library continues to offer free, one-on-one computer training sessions at the Baden branch on Tuesdays. Spring sessions are available between 2 and 4 p.m. on April 18, May 2 and 16, as well as on Thursday, June 1.

Two computer workshops are being hosted at the New Hamburg branch this spring both are free but require registration.

Summer entertainment on the go - Tuesday, May 30, 1-2:30 p.m. Windows 10 Tips & Tricks - Thursday, June 15, 1:30-3 p.m.

Register for training sessions and workshops online at [rwlibrary.ca](http://rwlibrary.ca) or by calling a branch.

Looking for computer help in the evening? Drop in to the New Hamburg branch to get assistance from our tech-savvy, Waterloo-Oxford DSS students trained in computers and customer service. Bring your technology-related questions - first come, first served. The program runs Tuesdays: April 4-May 2, from 5:30-7:30 p.m.

## Forest of Reading for Adults

Are you looking for a shortlist of Canadian authored books to read? The Evergreen Award™ by the Ontario Library Association is designed for adults of any age and consists of Canadian fiction and non-fiction titles. Discover more Canadian content during Canada 150 by visiting [www.accessola.org](http://www.accessola.org).

## Cards and Fobs

Your library card, like other cards in your wallet, is an important and valuable item. Your library card must be presented to library staff each time you borrow library materials. Do you often forget to bring your card? Get the key fob! Replacement cards with key fobs are only \$2. New memberships are always free.

Up-to-date program and event information is available on the Events Calendar at [rwlibrary.ca](http://rwlibrary.ca) or contact the branch at 519-634-8933 or [badenlib@regionofwaterloo.ca](mailto:badenlib@regionofwaterloo.ca).

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

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## Easter Bunny and Easter Eggs Trivia

### The Easter Bunny

You won't find them in the Bible, but many cherished Easter traditions have been around for centuries. The most prominent secular symbol of the Christian holiday, the Easter bunny reportedly was introduced to America by the German immigrants who brought over their stories of an egg-laying hare. The decoration of eggs is believed to date back to at least the 13th century, while the rite of the Easter parade has even older roots. Other traditions, such as the consumption of Easter candy, are among the modern additions to the celebration of this early springtime holiday.



The Bible makes no mention of a long-eared, short-tailed creature who delivers decorated eggs to well-behaved children on Easter Sunday; nevertheless, the Easter bunny has become a prominent symbol of Christianity's most important holiday. The exact origins of this mythical mammal are unclear, but rabbits, known to be prolific procreators, are an ancient symbol of fertility and new life. According to some sources, the Easter bunny first arrived in America in the 1700s with German immigrants who settled in Pennsylvania and transported their tradition of an egg-laying hare called "Osterhase" or "Oschter Haws." Their children made nests in which this creature could lay its colored eggs. Eventually, the custom spread across the U.S. and the fabled rabbit's Easter morning deliveries expanded to include chocolate and other types of candy and gifts, while decorated baskets replaced nests. Additionally, children often left out carrots for the bunny in case he got hungry from all his hopping.

Why do we celebrate Easter with eggs?

The custom of giving **eggs** at **Easter** celebrates new life. Christians remember that Jesus, after dying on the cross, rose from the dead. This miracle showed that life could win over death. For Christians the egg is a symbol of Jesus' resurrection, as when they are cracked open they stand for the empty tomb.

Decorating eggs for Easter is a tradition that dates back to at least the 13th century, according to some sources.

Taken in part from [history.com/holidays](http://history.com/holidays)



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## Canadian Trivia Quiz

1. What is the largest freshwater island in the world?
2. Name the only Canadian province or territory with no natural features defining its borders.
3. Is Hamilton, Ont., closer to the North Pole or the equator?
4. A massive asteroid struck Canada more than 200 million years ago and caused this huge impact crater. The resulting moat, 70 kilometres across, is sometimes called the "eye" of its province or territory. What is its present-day name?
5. The world's longest covered bridge is in Canada. Where?
6. What bird makes the longest animal migration in the world?
7. In which province or territory is Canada's driest place?
8. How many U.S. states have land north of Middle Island—Lake Erie, Canada's southernmost point?
9. Which province has the greatest population density?
10. What is Canada's (and the world's) northernmost permanently inhabited place?

Answers on page 29





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- \* *Newspaper your weeds away—Start putting in your plants, work the nutrients in your soil. Wet newspapers, then put layers around the plants overlapping as you go. Cover with mulch to hide the paper and forget about weeds. Weeds will get through some gardening plastic, they will not get through wet newspapers.*
- \* *To keep squirrels from eating your plants, sprinkle your plants with cayenne pepper. The cayenne pepper doesn't hurt the plant and the squirrels won't come near it.*
- \* *Keep the mosquitoes away if you place a dryer sheet in your pocket.*
- \* *Flexible vacuum —To get something out of a heat register or under the fridge put an empty paper towel roll or empty gift wrap roll onto the end of your vacuum hose. It can be bent or flattened to get in narrow openings.*
- \* *Use your hair conditioner to shave your legs. It's cheaper than shaving cream and leaves your legs really smooth. It's also a great way to use up the conditioner you bought but didn't like when you tried it on your hair.*
- \* *Broken Glass—Use a wet cotton ball or make-up pad to pick up the small shards of glass you can't see easily.*

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# BADEN

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## Canadian Water Facts

- ◆ The highest tides in the world occur in the Bay of Fundy in New Brunswick.
- ◆ Wasaga Beach is the longest fresh water beach in the world.
- ◆ The highest waterfall in Canada is Della Falls, British Columbia, 440 meters high (1444 feet).
- ◆ Ocean Falls, British Columbia has on average 330 days of rain per year.
- ◆ In British Columbia, Nakwakto Rapids, Port Hardy's legendary dive destination, boasts the strongest current in the world – with speeds of up to 18.4 miles per hour.
- ◆ Canada is lucky to have 9% of the world's renewable water supply!
- ◆ Little Manitou Lake has a mineral density three times saltier than the ocean, leaving swimmers able to effortlessly float on their backs.
- ◆ Lake Superior contains three-quadrillion gallons of water. That's 3,000,000,000,000,000, in case you were curious. That is enough to fill all the other Great Lakes combined. It is also the second largest lake by volume in the world.
- ◆ Technically Canada only has only four great lakes. Hydrologically speaking Lake Huron and Lake Michigan are the same lake. They meet at the Strait of Mackinac. Lake Michigan is the only Great Lake contained entirely in the United States.
- ◆ Lake Erie is supposedly home to a sea monster named Bessie. It is snake like in shape measuring 40 feet long and was first seen in 1793. It has been seen several times since then.
- ◆ Ontario was named after the lake and not the other way around. Ontario means "beautiful lake."

**Word Jumbles**—Unjumble the first four words, then using the circled letters to solve the fifth word.

THE THEME IS: FAMILY RELATIONS

T U N A

--	--	--	--

A A D G M N R

--	--	--	--	--	--	--

E H M O R T

--	--	--	--	--	--

C E E I N

--	--	--	--	--

Unjumble the circled letters to find the answer

--	--	--	--	--	--	--

Answer: AUNT, GRANDMA, MOTHER, NIECE, DAUGHTER

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The greyness of winter is passing into glorious colours of spring... and nothing is brighter than yellow! It's not just about the sun, or the daffodils, it's also about the misunderstood dandelion! You



don't have to be ashamed of the dandelions dotting your yard, who said they were bad anyway!? They are healthy, since they detoxify your lawn and they feed the bees! Be kind and feed the bees, they are becoming endangered.



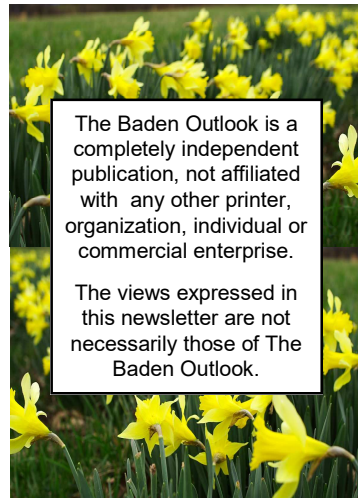
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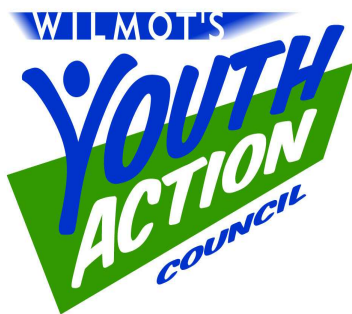
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Hi, Kassi and Tatum here from Wilmot's Youth Action Council. We have some exciting news... our Youth Week is coming up from May 1<sup>st</sup> to May 7<sup>th</sup>! We are hosting Seven events in Seven days! Please see our events below:

May 1: Amazing Race: Wilmot Edition from 5:00pm-7:00pm at 121 Huron Street

May 2: Coffee House from 6:00pm-8:00pm at Wilmot Recreation Complex

May 3: Bowling starting at 7:00pm at Riverside Lanes—Sponsored by the Wilmot Optimist Club

May 4: Volunity Launch from 5:00pm-9:00pm at Haysville Community Centre

May 5: Spring Fling from 7:00-9:30pm at New Dundee Community Centre —Sponsored by the New Dundee Optimist Club

May 6: Picnic in the Park: Drop in crafts & Activities from 1:00pm-6:00pm, BBQ Dinner from 4:00pm-6:00pm at the Petersburg Park—Sponsored by the Petersburg Optimist Club

May 7: Wilmot's Next Great Baker from 1:00 p.m.-3:00 p.m. at the Wilmot Recreation Complex— Sponsored by the Baden Optimist Club

Hope you can join us for a fun week of activities and fun; a prize will be given to all youth (0-18) who bring the official youth week poster to an event!

In other news, we are volunteering at this year's Living Well Festival with the Wilmot Healthy Community Coalition, titled "Water Does Wonders!" Come and join us on Friday April 28<sup>th</sup> for the Coffee House (7:30), Free Roller Skating (6:30) and the Live performance of "WATER you drinking" at 6:30pm. Saturday's events include shuffleboard, Tots time, Read Well, Community Corners, seed planting with the Horticulture society, Eco-booster Education, Salsa Babies & Salsa Tots, Water Trivia Wheel with prizes and a FREE Swim from 1:00pm-3:00pm.

We hope to see you there!

*Kassi Fleiszig & Tatum Weicker—Youth Action Council Members*

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*You Must Be Joking!!*



~ THE EX-WIFE ~

Tom finally decided to tie the knot with his longtime girlfriend. One evening, after the honeymoon, he was welding some stuff in the garage just for fun. His new wife was standing there at the bench watching him. After a long period of silence she finally spoke, "Honey, I've just been thinking, now that we are married maybe it's time you quit spending all your time out here in the shop. You probably should just consider selling all your welders along with your gun collection and that stupid vintage Harley." Tom got a horrified look on his face. She said, "Darling, what's wrong?" He replied, "There for a minute you were starting to sound like my ex-wife." "Ex-wife!" she screamed, "YOU NEVER TOLD ME YOU WERE MARRIED BEFORE!" Tom replied: "I wasn't."



Submitted by Bruce Bousher



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## 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 etiquette!

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



## You Must Be Joking!!



The old man placed an order for one hamburger, French fries and a drink. He unwrapped the plain hamburger and carefully cut it in half, placing one half in front of his wife. He then carefully counted out the French fries, dividing them into two piles and neatly placed one pile in front of his wife. He took a sip of the drink, his wife took a sip and then set the cup down between them.

As he began to eat his few bites of hamburger, the people around them were looking over and whispering. Obviously they were thinking, 'That poor old couple - all they can afford is one meal for the two of them.'

As the man began to eat his fries, a young man came to the table and politely offered to buy another meal for the old couple. The old man said they were just fine - they were used to sharing everything.

People closer to the table noticed the little old lady hadn't eaten a bite. She sat there watching her husband eat and occasionally taking turns sipping the drink.

Again, the young man came over and begged them to let him buy another meal for them. This time the old woman said "No, thank you, we are used to sharing everything."

Finally, as the old man finished and was wiping his face neatly with the napkin, the young man again came over to the little old lady who had yet to eat a single bite of food and asked, "What is it you are waiting for?" She answered ... "THE TEETH."

Submitted by Robert Price



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## Ask Armand ~

*Doug from New Hamburg wonders:*  
I see cement pads in the field on Foundry Street where the car show is held. What were they, and what was there?

*Armand says:* Good eye, Doug! What you see are the remains of the foundation of the former foundry. As you can see by the photo, there were four buildings located close to Foundry Street that were owned by the Dominion Linseed Company. The long building was used for storage. During the war, furnace oil was hard to come by and 100 gallon drums were kept there, as well as many other things. It is also rumoured that Mr. James Livingston had built five cars in the early 1900s in that building.

The other three buildings were all connected, and you could walk from one end to the other. The building nearest to Foundry Street was the machine shop. Joe Weiler and Earl Livingstone were two of the people that worked here. There was one large motor that powered all the other equipment, such as lathes and grinders, in this building. The building to the west was the mold room. All of the maintenance for the plant was done out of these two buildings.



The middle building, with the smoke stack, was the boiler room building. There were two large boilers located here that heated the other two machine shop buildings. Coal was loaded into the furnaces twice a day to keep the fire going. There is a slab of cement still extending out into the pond which was behind that building. Water was drawn from the pond through that slab into the boiler room. The water was used for the boilers and it was also pumped underground to several locations. There was a large water tank buried in the ground at the corner of Beck and Mill Street which was a reservoir for the fire department. Water was also pumped past that to the train station to fill the water tower. Steam trains would have to fill up with water in Stratford and then again in Baden, so the water tower needed to be kept full.

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## Baden Outlook Hockey Pool Stats

ADULTS		PTS	KIDS		PTS
Place	Name		Place	Name	
1	Reynold Skowron	839	1	Dallas Egli	846
2	Lori Schaefer	831	2	Ben Habel	815
3	Dawn Travers	826	3	Kaden Eichler	803
4	Craig (Beller) Bell	825	4	Jack Papa	802
5	Cam Hauck	819	5	Jared Shantz	796
6	I. (Will) Winn	817	6	Stephen Glenney	794
7	Chris Murray	815	T7	Hailey Jokic	783
T8	Susan Honderich	814	T7	Paige Naumann	783
T8	Bob Abbott	814	9	Jenny Huck	778
10	Liam Boronka	812	10	Sawyer Johnson	775
11	Jacob Durrer	811	T11	Sophie Dietrich	773
T12	Wally Gretzky	810	T11	Hallie Dietrich	773
T12	Brad Wilson	810	13	Bennett Weatherup	772
T12	Carol Gascho	810	14	Lacey Egli	770
15	Cooper Honderich	809	T15	Atlanta Diebel	769
16	Marylou Gingerich	808	T15	Tanner Snyder	769
T17	Laurie Honderich	802	17	Cameron Langer	766
T17	Ryan Hadley	802	T18	Justin Nelson	760
19	Spencer Boshart	801	T18	Sophia Quinn	760
20	Helen Wilson	800	20	Easton Waechter	759
T21	Tim Wenn	799	21	Adam Roth	751
T21	Amy Papa	799	T22	Olivia Lichti	749
23	Scott Albrecht	797	T22	Kenzie Wilde	749
T24	Dianne Brackenbury	796	T24	Logan Moore	746
T24	Jason Egli	796	T24	Colby Ryan	746
26	David Connolly	794	26	Madisyn Wilde	744
T27	Matt Vickers	793	27	Hayden Jack	742
T27	Rod Lichti	793	28	Nash Ferguson	741
T29	Emma Gowland	792	29	Brady Honderich	740
T29	David Murray	792	30	Jordan Snyder	739

Congratulations to  
Lori Schaefer for taking the  
Adult Leader Prize for this  
month's Hockey Pool, winning a  
gift certificate from EJ's Baden Hotel



The winner of this months Kids  
Hockey Pool is Kaden Eichler winning  
a gift certificate from Riverside Lanes.

*(Sorry Reynold, Dallas and Ben but you can only  
win the monthly leader prize once.)*

Watch next month for the year-end winners  
and the top 5 leaders of each category.

Next month we begin the baseball stats.



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or go to our website to the sports page to  
see the new login instructions.



Hello sports fans—thanks for playing hockey with us! We had 420 hockey pool entries (348 adults and 72 kids) 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*) and both pools have a password of *guest*. Have Fun and Good Luck!







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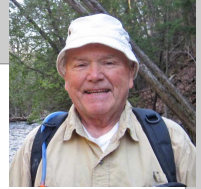


It's all about the soap!

At last I know why I have fat hips. When taking a shower I often use the rest of my shampoo to lather myself. Then I was shocked when I read what was on the bottle—"For extra volume and body". No wonder it is so difficult to keep my weight under control. From now on I will use dishwashing soap for showering because on that bottle it says, "Dissolves fat that is otherwise difficult to remove".

## Baden Birding ~ The House Sparrow

...By Wayne Buck



On March 11, 2017, Lynda and I attended the annual meeting of The Ontario Eastern Bluebird Society in Burlington, ON, as we have since its inception 29 years ago. Sixty five people who maintain nest box trails come together to share their successes and failures as bluebird landlords. Some monitor hundreds of nest boxes. Some have only a few. All are passionate about bluebirds. And all agree on their dislike of the House Sparrow. Every year voices become raised as bluebirders describe the destruction these birds have caused on their trails and the lengths they go to remove them.



nest and are incubating eggs or are actively raising young. This results in the loss of any new offspring from that species for that nesting. Tree Swallows nest only once in a season. Bluebirds usually nest twice.

House Sparrows are NOT NATIVE to North America. They were introduced in the mid-eighteenth century in Brooklyn, NY and quickly became naturalized, spreading westward. They are now found in all of North America except for Alaska and the far north of Canada.

Despite its name, the House Sparrow is NOT RELATED to the sparrows of North America such as the Tree Sparrow or the Song Sparrow. House Sparrows usually live in and around human dwellings such as houses, garages, and barns. You seldom find them in forested areas or grassland but you WILL find them in the countryside near farms and other human structures with which they have been associated for thousands of years. They often live in large noisy flocks and feed on seeds and grains that are associated with farming. In cities they readily accept the food people put out in their bird feeders along with discarded food such as bread. During the nesting season, the young are fed a diet of insects which are higher in protein essential for their growth.

There are 2 principal reasons bluebirders dislike House sparrows. The first is that House Sparrows are cavity nesters, like Bluebirds and Tree Swallows. So many of the nest boxes intended for Bluebirds or Tree Swallows are taken over by House Sparrows. I say taken over because this often happens AFTER the native birds have built a

The second reason bluebirders dislike House Sparrows is due to their aggressive nature. You can see this behaviour if you watch a flock of noisily squabbling House Sparrows. According to the Cornell Lab of Ornithology they have been known to attack 70 different species of birds. They defend their nest tenaciously, making them almost impossible for other birds to remove. If they are removed by a trail operator, they will go right back again to the same nest box. Bluebirders with trails talk endlessly about the frustration of trying to remove them. House Sparrows have been known to remove the eggs and young of nesting birds, tossing them out on the ground to die or be eaten. They will construct their nests over top of existing nests, sometimes right on top of the nestlings, leaving them to die. If a bluebird refuses to abandon the nest box, the House Sparrow will hammer its head repeatedly until it kills it. Many bluebirders relate stories of finding dead bluebirds in the nest box with their brains exposed. The beak of a House Sparrow is a formidable weapon.

I'm not going to describe the appearance of the House Sparrow since everyone reading this article has seen thousands of them. If you have a 2017 calendar from Baden Feed Supply, the bird for March is the House Sparrow. House Sparrows lay large clutches of 1- 8 eggs which are speckled brown in colour in a loosely constructed nest of dry grass and other vegetation lined with string or feathers. They can have as many as 4 broods in a year. Being cavity nesters, nests are usually built on or in human structures. This is why they are drawn to the nest boxes. Bluebirders try to locate their nest boxes several hundred meters away from farms, especially farms with animals, in hopes that House Sparrows will not travel that far.

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Donna Schneider, Karin Demerling, Shirley Cooper, and Donna Stewart of Petersburg took their *Baden Outlook* along for some fun to Cayo Coco, Cuba.



The three generations attended the Scottie's women's curling tournament in St. Catharines and took along their *Baden Outlook*. L-R: Sharon Lindner (daughter), Loren Becker (Nana), Robin Louwagie (grand daughter).

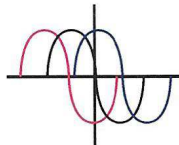


On a recent family cruise, Mark Drummond of Baden and his father, John show off their EJ's T-shirts and the *Baden Outlook* while visiting the Pirate Republic Brewing Company in Nassau, Bahamas.



Helga, Harriet, and Barb from Foxboro went to Palm Springs, California and took the *Baden Outlook* to the Living Desert.

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A group from Morningside recently took their Baden Outlook to Puerto Vallarta, Mexico for 10 days in the sun.



John and Mirian Kuepfer from Wellesley Home Centre took their staff and spouses and the Baden Outlook to Charm, Ohio on the family day weekend.



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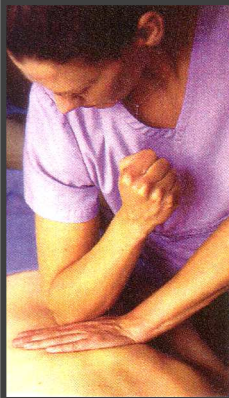
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**How Toxic are you?**

There is no way to know for sure. Being “toxic” is a euphemism used to describe the fact that the many toxic substances that we are exposed to enter our body and do not necessarily leave. Toxins can be from the environment, our food, or created in our body as part of normal body function. If toxins are in the body, they must leave the body, and there are a few systems in the body that must do the detoxification.

The key player is the liver, which can rid the body of all toxins. The colon and gut bacteria assist as our good gut bacteria can remove many toxins before they enter the body if we have sufficient levels. Gut bacteria also supports liver function. Good colon function ensures that toxins leave and poor colon function allows bad bacteria to produce more toxins we need to get rid of. We can also eliminate some toxins through the skin by sweating.

So how toxic are you? It depends how many toxic chemicals such as drugs, medications and food additives you ingest through your digestive and intestinal systems or through your skin or lungs. Also, how well your body functions will determine how many toxins you will make, such as inflammatory chemicals and excess hormones. Even stress and negative attitudes can produce more chemicals that need to be detoxed out.

**How do you know if you are “toxic”?**

Here are some symptoms associated with a sluggish system that is having trouble removing all the toxic substances the body has to deal with. There may be other reasons for each of these symptoms but when there seems to be no logical reason for them or you have too many of them, then a sluggish detoxification system may be the cause.

Headaches	Runny nose	Sinus issues
Joint pain	Muscle aches	Weight gain
Fatigue	Food cravings	Heartburn
Bad breath	Excessive sweating	Diarrhea / Constipation
Sleep problems	Memory issues	Extremely strong smelling stools
Premenstrual Syndrome	Canker sores	Gas and bloating
Puffy dark circles under the eye	Other menstrual issues	Chest weight gain for women and men.
Brain fog and difficulty concentrating	Yeast infections, athlete’s foot, thrush, ringworm	Skin problems: acne, hives, rashes, eczema, psoriasis.

*Should you do a detox?*

A cleanse can speed up the process of detoxification by either supplying the body with nutrients that the liver uses for detox or limiting consumption of food to save the energy needed to digest foods and make it available for the liver to do more detoxing. A good cleanse is a combination of both.

This is a great way to reboot your system, allowing you to feel better. Ideally you would detox daily, eating foods that support detoxing and giving the body digestive rest in the evenings and through the night. But for those who have not been supplying the body with this kind of support, a cleanse can speed up the process so that in the future, daily detoxing is sufficient.

The best cleanse will combine eating less food while eating enough to supply the needed nutrients to aid the liver detoxification process. It will also provide support for the good gut bacteria, colon function, and digestion, which are essential for successful detoxing.

*Are you feeling overwhelmed with fatigue, pain, hair thinning or loss, hives, eczema, food cravings, weight problems, acne, PMS or other symptoms you don't know what to do with?*

**A sluggish detoxification system may be the cause!**

**Should you do a detox cleanse?  
How toxic are you?**

**Cleansing is a great way to reboot the detox system, lose weight, balance hormones and feel better about yourself. Consider joining others like yourself on:**

**April 24, 7-8 PM**

**A Cleanse Information Class to discover if an 8-week cleansing program is for you.**

**May 1-June 19, 7-8 PM**

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- ◆ To make delicious scrambled eggs or rich omelets, add a couple of spoonfuls of sour cream, cream cheese, or heavy cream and then beat them up.
- ◆ Add a teaspoon of water when frying ground beef. It will help pull the grease away from the meat while cooking.
- ◆ Store your opened chunks of cheese in aluminum foil. It will stay fresh much longer and not mold!
- ◆ Take your bananas apart when you get home from the store. If you leave them connected at the stem, they ripen faster. 
- ◆ Add garlic immediately to a recipe if you want a light taste of garlic and at the end of the recipe if you want a stronger taste of garlic.
- ◆ An Easy way to make Deviled Eggs—Put cooked egg yolks in a zip lock bag. Seal, mash till they are all broken up. Add remainder of ingredients, reseal, keep mashing it up mixing thoroughly, cut the tip of the baggy, squeeze mixture into egg. Just throw bag away when done. Easy clean up.
- ◆ When you buy a container of cake frosting from the store, you can expand it by whipping it with your mixer for a few minutes. You can double it in size. You get to frost more cake/cupcakes with the same amount. You also eat less sugar and calories per serving.

Submitted by Robert Price



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## PLANTAR FASCIITIS: A COMMON SOURCE OF HEEL PAIN

By Dr. John A. Papa, DC, FCCP(OR)(C) - New Hamburg Wellness Centre



Plantar fasciitis is caused by injury to the plantar fascia, which is the tendon-like soft-tissue along the bottom of the foot that connects your heel bone to your toes. This condition is a common source of heel pain that can be quite disabling.

Plantar fasciitis usually develops gradually, but it can also come on suddenly. Sharp, knife-like pain on the inside-bottom part of the heel is often characteristic. Pain and discomfort can also extend into the arch of the foot. Heel pain tends to be worse with the first few walking steps in the morning, and after extended periods of sitting or inactivity. If plantar fasciitis becomes severe or chronic, heel and/or arch pain will be present with all weight-bearing activities, and may result in secondary areas of discomfort in the foot, knee, hip or back due to compensatory movements.

Under normal circumstances, your plantar fascia acts like a shock-absorbing rubber band, supporting the arch of your foot. Excessive tension and repetitive stretching can create small tears in this soft-tissue fascia, causing it to become irritated or inflamed. This may occur with activities that require running, jumping or prolonged walking and standing. Improper footwear can make the plantar fascia more susceptible to stretch and strain during these activities.

Faulty foot mechanics may also contribute to the development of plantar fasciitis. Individuals with flat feet or those who excessively pronate (roll feet inward) will experience added strain on their plantar fascia. Old lower extremity injuries such as ankle sprains and fractures can increase susceptibility due to altered lower limb movements. Being overweight is also a risk factor. Carrying extra pounds can break down the protective fatty tissue under the heel bone, causing heel pain and putting additional mechanical load on the plantar fascia.

Self-care strategies for reducing the pain of plantar fasciitis include: ice application; rolling a tennis ball or soup can from your heel and along the arch of your foot; and gentle stretching of the achilles tendon, calf muscles, and plantar fascia. Gel or "donut pads" placed under the affected heel (s) in shoes may also provide relief.

Plantar fasciitis that does not respond to self-care strategies may require professional treatment. This can include electrotherapeutic or laser modalities to assist in healing, manual and soft tissue therapy to supporting structures, therapeutic taping of the heel, and specific rehabilitative exercises for the muscles and joints of the lower leg and foot. A custom made orthotic may also be helpful by minimizing pronation, cushioning the heel, and supporting the arch.

It is important to establish an accurate diagnosis of plantar fasciitis. Other causes of heel pain may include stress fractures, heel fat pad syndrome, achilles tendonitis/bursitis, arthritis, gout, or nerve irritation. If you are having difficulty with heel pain, a qualified health professional can determine the cause of your pain and prescribe appropriate therapy and rehabilitation strategies specifically for your circumstance. For more information, visit [www.nhwc.ca](http://www.nhwc.ca).

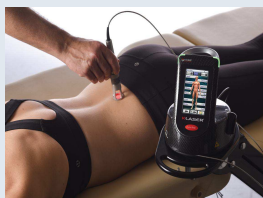
*This article is a basic summary for educational purposes only. It is not intended, and should not be considered, as a replacement for consultation, diagnosis or treatment by a duly licensed health practitioner.*



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## Community Corner ~ Check Out What's Going On!



### NEW HAMBURG HOCKEY ASSOCIATION

Hockey Registration for the 2017-2018 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.

### WEDNESDAY, APRIL 26, 7:00PM

The Nith Valley ECOBOOSTERS is a volunteer group committed to achieving and supporting a long-term healthy environment in Wilmot and Wellesley Townships. Our current projects include planning an anti-idling initiative and creation of a game designed to help adults and children understand how to conserve water. Join us at 7:00PM on Wednesday, April 26 at Zion United Church, 215 Peel Street, New Hamburg. For more information, contact [nvecoboosters@gmail.com](mailto:nvecoboosters@gmail.com) or call 519-662-9372.

### 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 519-634-5129  
Everyone Welcome.



### Blood Donor Clinic

**Monday, April 24, May 22, 5-8 pm**  
**Steinmann Mennonite Church**  
**1316 Snyder's Rd. W. Baden**



Contact [tara.gutscher@blood.ca](mailto:tara.gutscher@blood.ca) to  
book your group donation today!

### Wedding Dress Show ~ Thursday, May 18th, 7 pm

Wellesley Community Centre — \$15 per person  
Fundraiser for Wellesley — NEH Agricultural Society &  
Wellesley Youth Advisory Council.  
For Tickets and information email [wrichardson@bell.net](mailto:wrichardson@bell.net) or  
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### New in the Neighbourhood?

If you are new in the neighbourhood, call us to receive  
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Welcome Wagon Representative  
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### Wilmot Family Resource Centre's



Monday to Friday 8:30am to  
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The Summer Fun program runs from  
Monday, July 3 to Friday, August 25/17

For more information: \* [wilmotfamilyresourcecentre.ca](http://wilmotfamilyresourcecentre.ca)

\* [cr4wfrc@bellnet.ca](mailto:cr4wfrc@bellnet.ca)

\* Facebook event pg.



**Wilmot Family  
Resource Centre**

### St George's Church, New Hamburg

Celebrates Canada's 150<sup>th</sup> with Victorian High Tea  
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Inquiries: 519.301.5620 or [wilmotrotary@rogers.com](mailto:wilmotrotary@rogers.com)

Ads on this page courtesy of The Baden Outlook...  
Keeping the community connected!

## New Hamburg Veterinary Clinic Fundraiser!

19 Arnold Street, New Hamburg.  
Call to book: 519 662 1525.



All the money from pet nail trims in March and April will be donated to the Wilmot Terry Fox Run. Minimum donation of \$5. Please consider giving a little extra to benefit the cause.

Future fundraising events will be posted on our website - [www.wilmotterryfox.ca](http://www.wilmotterryfox.ca) - and our social media pages.



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# safeTALK

SafeTALK prepares ANYONE over the age of 15 to identify people who may be having thoughts of suicide and connect them with life-saving support. With this training, you can become more ready, willing and able to be a suicide prevention helper.

Saturday April 22, 2017 9:00 am - 1:30 pm

Space is limited. Pre-registration is required. Lunch provided.

- Wilmot Recreation Complex – Wayne Roth Room
- Register at [interfaith@golden.net](mailto:interfaith@golden.net) or 519-662-3092

\*The free training is made possible through the Discover Your Wilmot grant through the Kitchener and Waterloo Community Foundation Community Giving Grant





## Lost Work of Prolific Canadian Painter Turns Up In MCC Thrift Shop

*Original Maud Lewis Work Will Be Auctioned to support Relief, Development, and Peacebuilding Work*

An original Maud Lewis painting was discovered at the New Hamburg Thrift Centre. Volunteers at the New Hamburg Thrift Centre came across the unique piece while sorting through general donations. Maud Lewis is one of Canada's best known folk artists. How this painting ended up at the New Hamburg Thrift Centre remains a mystery. Karla Richards, General Manager of MCC's (Mennonite Central Committee) New Hamburg Thrift Centre explained, "One of our amazing volunteers noticed the painting in a bin of art and before long it had been authenticated by JC Miller and Associates and the foremost expert on Maud's work, Alan Deacon, as the real thing".

The painting, entitled *Portrait of Eddie Barnes and Ed Murphy, Lobster Fishermen, Bay View, N.S.* is painted on beaverboard, a pulp board, which is indicative of the types of media on which Maud Lewis' work was created. Living in poverty for most of her life, she sold her paintings from her small home near Digby, Nova Scotia for as little as \$2 and \$3. After achieving national attention through an article in the Star Weekly and being featured in a CBC TV documentary, two of her paintings were ordered by the White House during Richard Nixon's presidency. Lewis died in 1970. Since then, her paintings have sold for up to \$22,000.

MCC is inviting art lovers and the general public to an exciting evening celebrating Maud Lewis. The event begins with a special advance screening of the movie, *Maudie*, starring Sally Hawkins and Ethan Hawke, which celebrates Maud Lewis' life and has received awards and accolades, including the Super Channel People's Choice award at the Vancouver International Film Festival. Following the film screening, the painting will be available to view along with other Maud Lewis pieces from a local art enthusiast who has also written extensively about Maud Lewis.

The screening will take place on **April 20, 6:45 pm** at the Princess Twin Cinemas, 46 King Street North, Waterloo. The

after party will start at **8:45 pm** the Delta Hotel Waterloo. Tickets are \$50 each and are available at [mcco.ca/maud-lewis](http://mcco.ca/maud-lewis) or by calling 519-745-8458.

Bidding for the painting will open at the event and continue online until May 19. The original painting will be available to view from April 21 to May 19 at the **Homer Watson House and Gallery**, 1754 Old Mill Road, Kitchener. All proceeds from the sale will be donated to MCC's work in relief, development, and peace.

"There's something moving about the work of an artist – who lived most of her life in poverty – supporting those also facing those same realities," added Rick Cober Bauman, MCC Ontario Executive Director. "By supporting emergency relief efforts, sustainable development initiatives, and peacebuilding projects in Ontario and around the world, the legacy of Maud Lewis' work will extend even further, making a real difference for others in need."

MCC and New Hamburg Thrift Centre is grateful to the Homer Watson House and Gallery and Princess Cinemas for their assistance in facilitating this wonderful opportunity.

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### Answers to Canadian Trivia Quiz from page 9

1. Manitoulin Island
2. Saskatchewan
3. Equator – by 215 kilometres
4. Réservoir Manicouagan. About 140 kilometres from the Labrador border in northern Quebec
5. Hartland, N.B. At just under 391 metres
6. Arctic tern. It migrates between the Arctic — as far north as Ellesmere Island and Greenland — to the shores of Antarctica.
7. Nunavut. Arctic Bay, to be exact, which averages just 12.7 millimetres of precipitation per year
8. Middle Island sits at 41°41' N latitude, south of all or parts of: Alaska, Washington, Oregon, California, Nevada, Idaho, Montana, Wyoming, Utah, North Dakota, South Dakota, Nebraska, Minnesota, Iowa, Wisconsin, Illinois, Michigan, Indiana, Ohio, Pennsylvania, New York, Vermont, New Hampshire, Massachusetts, Connecticut, Rhode Island and Maine.
9. Prince Edward Island. Canada's smallest province (5,685.73 square kilometres) also happens to be packed the tightest. P.E.I.'s density is 24.7 people per square kilometre
10. Alert, Nunavut.



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Mary Hartman  
519-552-5172  
mhartman@tcmhomes.com  
Registration Deadline: May 5th

## Opening Minds through Art Comes to Nithview

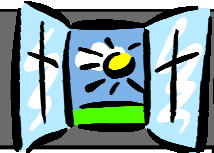
Opening Minds through Art (Scripps Gerontology, Miami University, Ohio) is an award-winning, evidence-based, highly structured intergenerational program designed for people with dementia to more freely express themselves, succeed on their own with minimal assistance, and feel a sense of personal accomplishment. Kathryn Bender is a certified OMA Facilitator at Trinity Village Care Centre in Kitchener, Ontario. They have reached out to Nithview Community with the partnership of Waterloo Oxford DSS where they have 14 students training about dementia and will partner them with an elder (Artist) from Nithview who has dementia.

During the 8 week art sessions, each student will be assisting their Artist with an art project, developing a relationship and in return each student is asked to write a Reflection letter to their Artist and Families about their journey with Opening Minds through Art. At the end of 8 weeks a public Art Show on May 30th (details to be announced) will be hosted to celebrate each Artist's achievement.



## Local Churches Invite You to Join Them

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



### 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

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Pastor: Don Penner

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

### 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 Mennonite Church

2995 Bleams Road, New Hamburg, ON

Worship Service 9:45 a.m. ~ Christian Formation 11:00 a.m.

Pastor Susan Allison-Jones

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

### 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

### 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)

### 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

### Steinman Mennonite Church

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

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Or share your perennials by donating plants (in 6" – 8" pots) and identify with the plant's name and colour if possible. We will start **accepting plants April 24th**. For more info, call 519-662-2867.



#### REGULAR HOURS

Mon-Thurs	9:00 am - 5:00 pm
Fri	9:00 am - <b>Open late 8 pm</b>
Sat	9:00 am - 4:00 pm



All proceeds benefit the work of Mennonite Central Committee

***"Individually we are one drop. Together we are an ocean"***

*~ Ryunosuke Satoro*

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 couldn't do it without them!

Some volunteers come daily, while most serve on a weekly basis, working between 4 to 7 hours per shift. Our volunteers are local men and women, most of whom primarily come from New Hamburg, Baden, Wellesley, Tavistock, New Dundee, Petersburg, Plattsville, Stratford and Kitchener communities. Our volunteer community is widespread!

Each of our volunteers brings their unique skills, knowledge and life experiences to make a large ocean of gifts to serve our community. These unpaid individuals facilitate the raising of considerable funds each year to support the work of Mennonite Central Committee in relief, development, and peace at home and abroad.

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

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

Plant enthusiasts are encouraged to share their perennials by donating plants (in 6" – 8" pots) after they are divided in the spring. Identifying donations with the plant name and colour is helpful. Donations of garden tools are also accepted.

For more information about volunteering or our perennial sale visit our website at [www.newhamburgthrift.com](http://www.newhamburgthrift.com) or "Like Us" on Facebook.

### *You Must Be Joking!!*



#### The Best Way to Pray

A priest, a minister and a guru sat discussing the best positions for prayer, while a telephone repairman worked nearby.

"Kneeling is definitely the best way to pray," the priest said. "No," said the minister. "I get the best results standing with my hands outstretched to Heaven."

"You're both wrong," the guru said. "The most effective prayer position is lying down on the floor."

The repairman could contain himself no longer. "Hey, fellas," he interrupted. "The best prayin' I ever did was when I was hangin' upside down from a telephone pole."

#### Goat for Dinner

The young couple invited their elderly pastor for Sunday dinner. While they were in the kitchen preparing the meal, the minister asked their son what they were having.

"Goat," the little boy replied.

"Goat?" replied the startled man of the cloth, "Are you sure about that?"

"Yep," said the youngster. "I heard Dad say to Mom, 'Today is just as good as any to have the old goat for dinner.'"

Submitted by Robert Price



*Lord, keep Your arm  
around my shoulder and  
Your hand over my mouth!*



## BeADonor Month



BeADonor month occurs every April across Canada. In 2016, 715 organ donors gave the gift of life to 1,302 people – the most in a single year, marking a growing trend in families to choose donation for their loved one. Currently in Ontario, there are over 1,500 people on the waiting list for an organ transplant. The average registration rate for Ontario is 31%. New Hamburg stands at 49%, ranked 19 out of 170 communities. Visit [www.BeADonor.ca](http://www.BeADonor.ca) for more information.

Are you part of this growing trend? It takes two minutes to register at [www.BeADonor.ca](http://www.BeADonor.ca). Grab your health card and follow the simple steps. Organ & tissue donation, make a difference. More than 85% of Ontarians are in favour of organ & tissue donation but only one in three have registered their consent to donate. Your decision is the best gift you can give someone waiting for the gift of life.

Since 2003, 13,300 Ontarians have received a lifesaving transplant. Ryan Morrison, a 44 year old New Hamburg resident, is one of those organ recipients. He underwent heart transplant surgery on July 31, 2015. Everyone has a story that can be told to bring awareness and benefit others.

### Here's Ryan's story:

In my early 20s, I was diagnosed with HCM (hypertrophic cardio myopathy), an enlarged heart muscle, by the cardiac team at TGH (Toronto General Hospital) along with my father & brother. For 20 years I lived with the side effects of this disease. Despite medication, pacemakers/ICDs and working with St. Mary's Cardiac Care Team, my health gradually declined.

In May of 2014, I was back at TGH undergoing a number of tests to determine my heart strength for a base line result. That was when I learned I was a prime candidate for a heart transplant and was officially placed on the heart transplant list. After 385 days on the transplant wait list on July 31, 2015, I received a phone call from TGH : "A donor heart has become available, you need to get here now!" What an emotional drive to Toronto during long weekend rush hour traffic.

My heart transplant was not a textbook case. I ended up staying in the hospital for 139 days. My body decided to beat itself up and what I went through would have been equal to recovering from a stroke or a child learning new



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# 1 organ donor can save 8 lives.



**beadonor.ca**



WALDA (Wilmot Area Life Donation Awareness) is a grass roots organization, with a mandate to share the importance of organ and tissue donation registration within the community. Since starting in 2013 our local enrolment rate has gone from 32% to 49% - a whopping 53% increase. Just spreading the word is enough to get our caring community members to sign up at [www.BeADonor.ca](http://www.BeADonor.ca). Still there are others that need our help. Please consider registering, speaking to your loved ones and giving someone else a reason to become a hero. Statistics noted above came from Trillium Gift of Life Network ([www.giftoflife.on.ca](http://www.giftoflife.on.ca)) and BeADonor ([www.BeADonor.ca](http://www.BeADonor.ca)) web sites.

things. I needed to relearn everything that I used to do naturally and took for granted pre-transplant.

On Dec 16, 2015, I was going home! Being discharged from the hospital was great, yet very scary, as there were many new challenges to overcome at home. Simple things like sitting on our furniture, sleeping in our bed, using our non-accessible shower and lower toilet seat, things that most people take for granted, I had to adjust to. Even our dog had to get used to me again.

Home over one year now, I am very thankful to be here, finding my new normal and spending time with family and friends. A huge thank you to all the hardworking, wonderful people who helped throughout my journey. All this was made possible by a family who gave the gift of life; a hero whom I will never meet and a compassionate family who shared the gift. Their thoughtfulness gave me the chance to continue on with my life and my family. Daily I think about my gift, a strong heart beating within, always knowing that my hero shines down allowing me to live on and grow strong.

Signing your driver's licence is not enough to donate! Please discuss your decision with your loved ones and register at [www.BeADonor.ca](http://www.BeADonor.ca). For those of you who have registered, thank you! 15% of us think we are registered - it only takes 2 minutes to check. To others, I hope you will consider registering. Age is not a deterrent, the oldest Canadian donor is 92 years. Speak to those you know and become a gift of life advocate. Help us spread the word.

One last thing, you know when you hear the comment "Once in a Blue Moon". Well I have my once in a Blue Moon, July 31, 2015. I received my heart on the Aquarian Blue Moon. My wife, my brother & I are Aquarians. Look it up!

*This journey was not just mine. It included my wife, family and so many others. Thank you from the bottom of my new heart for taking time to read our story. ~ Ryan*





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A  
PLAY  
ON  
WORDS



by  
Dr. John F. Does

In an effort to stay current with business strategy, the Easter Bunny decides to expand his offering beyond the chocolate category. His venture into the micro-brewery business seemed promising, but the first few batches were a bit hoppy.

.....

Little Emma was forever telling Ned the wildest stories. Talking so excitedly on Easter weekend, she could hardly catch her breath: "... **AND MRS. SIMPSON TOLD ME THAT WHEN IT'S RAINING GOD HAS A COUGH AND COLD WITH SNIFFLES AND MR. TAYLOR THE POSTMAN WHO'S AN ATHEIST SAYS HE DOESN'T BELIEVE IN MRS. SIMPSON'S GOD OR HIS COLD....**"

Ned smiled to himself thinking "*blasphlegmy!!!*"

.....

Researchers fed nothing but high calorie carbohydrates to comedians. It was supposed to be a 3 month experiment but was cancelled after 6 weeks when it was suggested they were making fat of fun people.

## You Must Be Joking!!



New Reality - Romance & Marriage.. Priceless

Daughter: "Daddy, I am coming home to get married. Take out your checkbook. I'm in love with a boy who is far away from me. I am in California and he lives in New York. We met on a dating website, became friends on Facebook, had long chats on Whatsapp, he proposed to me on Skype and now we've had two months of relationship through Viper. Dad, I need your blessings, good wishes, and a big wedding."

Father: "Wow! Really!! Then get married on Twitter, have fun on Tango, buy your kids on Amazon and pay through PayPal. And if you get fed up with your husband....sell him on Ebay."

Submitted by Bruce Bousher

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



Your hard work and diligence was greatly appreciated. We couldn't have asked for a better outcome, you sold our house in record time! Tom and I will be telling anyone who needs to buy or sell to come and see you!

*Val & Tom*



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## You Must Be Joking!!



On Ageing:

- \* A distraught senior citizen phoned her doctor's office. "Is it true," she wanted to know, "that the medication you prescribed has to be taken for the rest of my life?"  
"Yes, I'm afraid so," the doctor told her.  
There was a moment of silence before the senior lady replied, "I'm wondering, then, just how serious is my condition because this prescription is marked 'NO REPEATS'"
- \* Eventually you will reach a point when you stop lying about your age and start bragging about it. This is so true. I love to hear them say, "You don't look that old."
- \* The older we get, the fewer things seem worth waiting in line for. (Mostly because we forgot why we were waiting in line in the first place!!)
- \* Some people try to turn back their odometers. Not me! I want people to know **why** I look this way. I've travelled a long way and some of the roads weren't paved.

Submitted by Bruce Boucher

# K.R. ABBOTT

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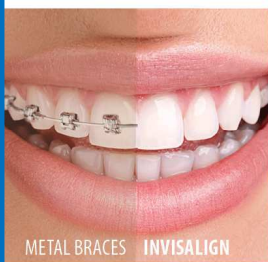
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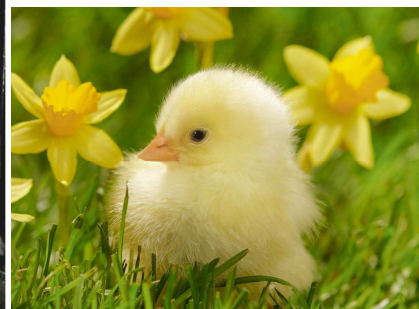
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*Tweety Bird is no longer a spring chicken... He will be 75 years old this year.*



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## Friends of Baden

It's egg hunt time again! This month, in the spirit of Easter, we asked our readers the best spot where that sneaky bunny has hidden eggs around their home:



"In my shoe, and I didn't find it until I put it on."

"Under my pillow."

"A watering can."

"In the cat bed."

"In my coat pocket."

"Inside the dollhouse."

"The dryer, but find it before you do laundry!"

"Balanced on a doorknob."

"Up in a tree."

Good luck on your egg hunts everyone, and make sure to find ALL of those eggs!



By Naomi Turner

# Wellesley Idol



## WHO CAN ENTER?



Youth 10-18 years of age  
(must be 10 by June 1st, no older than 18 by Sept 30th)  
Live in or have attend school in Wilmot,  
Woolwich, Wellesley, Perth East  
First 20 applicants will be accepted

TRYOUTS



TRYOUTS - Sunday May 28th  
SEMI-FINALS - Tuesday, Sept 12th  
FINALS - Saturday, September 30th

DEADLINE

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## Wilmot Horticultural Society

*"April comes like an idiot, babbling and strewing flowers."  
~ Edna St. Vincent Millay*

Spring has had its official arrival, and we welcome the warmth of the sun and the longer days. Time to get those fingernails and knees dirty!! Spring cleanup is well on its way and we are itching to get to the real fun part of gardening... to have colour in the garden. Cool weather flowers such as pansies and violas can be used, and the spring flowering bulbs should be coming into their full glory anytime now.

**American Beech (Fagus grandifolia)** is the feature Canadian tree of this month. What a lovely tree! With its smooth silver-gray bark that darkens with age, it is common in the area, growing in shady forests. At this time of year, the young trees have their golden leaves still on so they are easily identified in the forest. The tough wood is used for furniture and the fuzzy, reddish-brown nuts are eaten by many birds and animals including bear, wild turkeys, deer, squirrels, even humans. Oil from beech nuts was used by early settlers as both cooking and lamp oil. Porcupines have been known to kill beech trees by chewing the inner bark of the trunks. Beech bark disease is currently threatening the species across its entire range. This disease is caused by a combination of an introduced beech scale insect (*Cryptococcus fagisuga*) from Europe, as well as *nectria* fungus. At the nurseries we see the purple beech (*Fagus sylvatica* 'Purpurea') and the tri-colour one (*Fagus sylvatica* 'Roseo-Marginata'), which are European trees.



**Consider Doing:** Prepare the vegetable garden for spring planting of cool season crops. (Remember for clay soil, wait to have it dry out!) Sowing of cool weather plants can begin when the soil has warmed up. Most seeds germinate when daytime temperatures are above 7C. Apply dormant spray to fruit trees before buds swell. Check Kitchener Master's Gardener's website for monthly tips: <http://kitchenermastergardeners.com/monthly-tips>

The Board Tip from Van Dam Seeds: *"Improve seed emergence by covering direct seeded items with an 8-12" wide plank. We use plywood. This maintains soil moisture and keeps the solid temperature moderated. As our growing season increasingly becomes hotter, drier and more adverse, this ensures consistency. Just remember to flip the boards late in the day when you see emergence. I have used this method for years for carrots but had not considered for other seeds.*



WHS's upcoming meeting is at 7:00 pm, May 8<sup>th</sup>, **Gardener's Show and Share (& Junior Competition)**, **With Speaker: Lester Fretz**, 'How to grow sweet potatoes'. Bring the whole family for the **Mystery Garden Game, Seed and Plant Swap, Silent Auction, Nith River Native Plant Nursery, Silver Creek Nursery (fruit trees), Seeds of Diversity**, and 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 dream-to-be gardeners. **Wilmot Recreation Centre, upstairs in Meeting Room A**. Free meeting, 50/50 draw (bring a loonie or toonie), door prizes and social with tea/coffee/pie/snacks.

*Get your fingernails and knees dirty!*

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

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# “Get It Together”

...with Donna & Rhonda



Some of us dream of one organizational tool that will be the answer to our clutter problems. My experience has been that you won't find that in one tool but more likely in a combination of several great solutions.

1. **Calendar/planner** – whether electronic or paper, it is a necessity. Use it to keep track of your schedule and your family's schedule. Colour code according to family members. It is important that you look at it at least twice a day . . . once before bed to plan for the next day and once first thing in the morning to see what is going on that day.
2. **Notebook and Pen/Notes App on phone** – Don't rely on your memory. Write everything down. Keep a to-do list, grocery, and errand list at your fingertips.
3. **Baskets** – Can be used for laundry, but also to hold things that are going to other rooms/floors of the house. Have one at the bottom of each set of stairs to hold the things that are on their way to somewhere else. They also come in handy to keep things organized in the trunk of your car.
4. **Home for Receipts** – everything needs a home. Receipts need to be easy to find when you want to return something.
5. **Timer** – Use it for clean up, time allotted to each

family member for bathroom time in the morning, time allotted for checking emails . . . gives you a boundary!

6. **Garbage can and donation box** – as you come across things in your daily schedule that you don't use anymore – put them in garbage can or donation box. When either of them are full – trash goes to the garage and donation box goes to the car for the thrift store drop off.
7. **Label maker** – label everything . . . everyone knows where everything goes in your house.
8. **Bill paying system** – sit down and figure out a system for paying bills. How do you know if they are paid or not? Be consistent!
9. **Filing cabinet** – should be set up for hanging file folders and each file folder should be labelled with plastic tabs.
10. **Commitment** – be committed to using these tools and to not fall back into your old ways.

Number 10 is probably the most significant item on the list. Perseverance is key when it comes to being successful in keeping our goals. Don't be hard on yourself. Do what you can today and do a little more again tomorrow. Baby Steps will get us to our goals as long as we keep taking them!

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*If anyone ever dismisses you for being too sensitive, ask yourself this: Who is more fragile? The person who is brave enough to share when something hurts? Or the person who cannot apologize or admit to having caused pain?*

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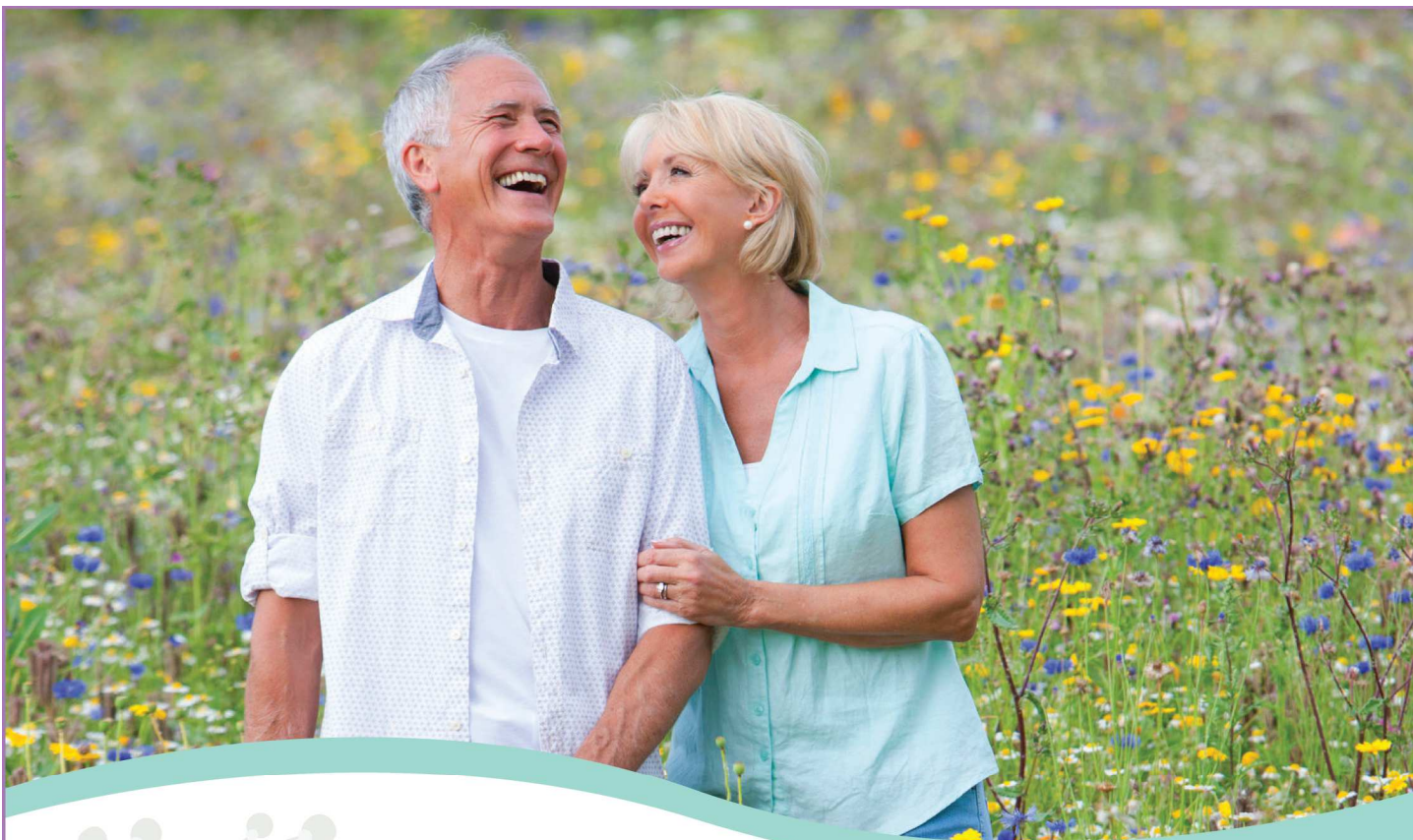
*Although Bob passed away, his presence is there with his girls ~ and they do him proud!*



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***Oh Canada... Did you know?***

- Canada is the second largest country in the world.
- The capital of Canada is Ottawa, the second coldest capital in the world.
- Canada has six time zones.
- The longest highway in the world is the Trans-Canada Highway which is over 7604 kilometers (4725 miles) in length.
- The world’s most northerly sand dunes are in Athabasca Provincial Park in northwest Saskatchewan. They are 30 meters high.
- Half of the country is covered with forests, which should come as no surprise considering one-tenth of the world’s forests are here.
- The highest mountain in Canada is Mount Logan, Yukon Territory, 5959 meters (19,551 feet).
- Despite being a huge country, Canada has the fourth lowest population density in the world, with only three people living per square kilometer! Almost half of the population in Canada was born in other countries.
- The coldest temperature ever recorded in Canada was –63C (-81.4F) on February 3, 1957 in Snag, Yukon.
- Alert, in Nunavut Territory, is the northernmost permanent settlement in the world.
- The border between Canada and the United States is officially known as the International Boundary. It is 5,525 miles long, including the 1,538 miles between Canada and Alaska. It’s the world’s longest unprotected border.
- Estevan, Saskatchewan is reportedly the sunniest place in Canada with 2,537 hours of sunshine per year.
- Three of Canada’s islands make the top ten for size in the world – Baffin, Ellesmere, and Victoria.
- Manitoulin Island is the largest freshwater island in the world.
- Nunavut takes up one fifth of Canada’s total land area.
- Calgary is famous for its Chinooks – a weather phenomenon that can raise the temperature by 10 degrees in a matter of minutes.
- Montreal is the world’s second largest French speaking city after Paris.
- Six cities in Canada have a population of over 1 million: Toronto, Montreal, Vancouver, Calgary, Edmonton, and Ottawa.
- The largest non-polar ice field in the world can be found in the St. Elias Mountains, Yukon Territory. It covers an area of 40 570 square kilometers of which 16,900 square kilometers are located in Canada, the remainder being in Alaska.



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