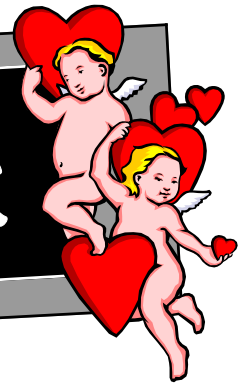


February 15, 2009



Baden Outlook



Your Community Newsletter -

Serving the GBA since August 2000, with 2450 copies in circulation.

Volume 9, Issue 7

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*"Keeping the
Community Connected"*

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WINTER - CANADA - SNOW
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178 Snyder's Road East
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Phone: 519-634-8916
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Martin Mattes – Up, Up and Away



In the January 2006 edition of the *Baden Outlook* we featured Baden resident Martin Mattes. Martin, who spent ten years in the Canadian Armed Forces (1984-94) as a navigator, purchased two planes - an Aero L-29 Delphin (Dolphin) trainer and a Yak-52 jet. He has had over three years of searching and repairing for quality spare parts - and no time in the air. Much has changed since his unassembled L-29 arrived at Brant Aero CYFD (Brantford Airport) via a sea container.

Martin was convinced that the most prudent course of action would be to take to the air in the Yak-52 first. It promised to be the most cost effective and it would be great training for the L-29 which shares many of the same flight controls. However each time he tried to fly it, something broke: fuel lines; prop leak; air leak; generator failure. The motor ran well but everything around it needed to be replaced. "I think importing a foreign, disassembled jet is a good test of one's patience," Martin reported.

Another hurdle he faced was training Mitch Callaghan, Brant Aero's stellar chief mechanic, to a standard to which Transport Canada would be satisfied. Martin located Joe Morales, an experienced mechanic, to co-ordinate Brant Aero, Transport Canada and a US Aero L-29 mechanic to come to Canada for a training session. Martin flew him up for the usual \$600 US per day plus expenses. He provided great training

(Continued on page 13)



This paper is priceless! Please have one!

Talking with Ed - "Unbottle It"



I recently attended a stop of the "Unbottle It" tour – a twenty-city tour across Ontario. Waterloo's tour stop was held at First United Church on William Street. Upon entering I saw there were close to a dozen booths informing participants on aspects of water with handouts, plus free glasses of water and tea. A duo was playing water related songs at the front of the church. The crowd of over 200 was made up of seniors, students and environmentalists (the ones with Duck Weed in their hair, I think).

There were three main guest speakers for the evening. Maude Barlow, the National Chairperson of the Council of Canadians and Senior Advisor on Water to the President of the United Nations General Assembly. She chairs the board of Washington-based **Food and Water Watch** and is a Councillor with the Hamburg-based **World Future Council**. Maude is the recipient of seven honorary doctorates as well as many awards, including the 2005 **Right Livelihood Award** (known as the "Alternative Nobel"), and the 2008 **Canadian Environment Award**. She is also the best selling author or co-author of 16 books, including the recently released *Blue Covenant: The Global Water Crisis and The Coming Battle for the Right to Water*.

Maude opened the night by stating that she is "not against bottled water but for public water." She explained the negatives regarding bottled water including: energy used to create bottles; energy used to recycle them later; the amount of waste due to not recycling; green house gasses emitted; and the fact that major corporations are using public water at our expense. Twenty per cent of Ontario cities suffered water shortages last year and she fears that water could be renegotiated as a commodity through NAFTA. She stated that bottled water is not tested very often while tap is tested 70,000 times a year. She also shared her view of the atrocities of large water companies throughout the world including the draining of water supplies of communities then moving on to new supplies.

Jane Brewer, who is a board member for the Grand River Conservation Authority, spoke next and commented on the Grand River. She said that in the 1930's the Grand was a sewer, but it has been cleaned up to a point that the river is now home to some of the best trout fishing in North America. She commented that if drinking water conditions in our area continue to erode, the need of a pipeline to Lake Erie for our water is a possibility by 2035. She also indicated that \$14 a year per household will be going towards

upgrades at water purification plants in Waterloo Region.

Sid Ryan, the other main speaker, is President of CUPE Ontario which is encouraging the restriction of bottled water as one of their initiatives. He also stated that City of London water officials told him that they could deliver water through the tap to households for one eighth of a cent per litre. He calculated that if a person drinks eight glasses a day (which he believes is a high estimate) 365 days a year, it would cost \$1.88 for water via the tap. If you were to buy bottled water through a vending machine for the same year it would cost \$2,190. He emphasized the amount of money that water companies are making at public expense. He suggested using refillable bottles instead of pre-filled bottles. He also suggested energy efficient dishwashers and clothes washers, plus low flush toilets, low spray shower heads, and using rain barrels for garden watering instead of depleting our aquifers.

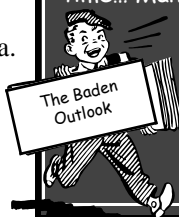
A question period was held afterwards with mainly positive comments or questions. One person had an issue regarding fluoride in our drinking water and another had an issue with the Waterloo landfill site being located so close to an aquifer.

All in all it was a very interesting night. The methods by which we are swindled and duped are most fascinating! The website for this tour is located at www.unbottleit.org where there is a host of information.

In closing I will leave you with three facts from a Federal Perspective on Water Quality Issues dated December 2007 from the above mentioned website: of Canada's water supply only 1% is renewed annually; many view the Great Lakes as an infinite supply of fresh water but most of the water is non renewable, so-called 'fossil' water; Canadians use a lot of water- the second most per capita in the Organization for Economic Co-operation and Development (OECD) and twice the European average (USA is number one).

Until next month ...Ed

Clarification: with reference to last month's 'Talking with Ed' in which we shared our woes about getting the paper out on time... Many don't realize the trail it takes to get to you. It starts in New Hamburg Post Office where it's sorted-then delivered to the sub-division super boxes: including the mailboxes by the library; and at Castleview Variety. Then to you, Whew! It all takes time.



EXTRA!! EXTRA!!



There are extra copies of The Baden Outlook available at Teddy's Bakery, Stop 2 Shop (Baden & St. Agatha), Old Fashioned Variety (Petersburg), N.H. Foodland, Sobey's & Short Stop, the New Hamburg and Baden Libraries and various businesses throughout Wilmot Township.

ATTENTION: IF YOU DO NOT RECEIVE YOUR PAPER...

The paper is put into all Baden mailboxes, UNLESS YOU HAVE A JUNK MAIL BLOCK. Please call your postal station to have it removed or simply pick up the Baden Outlook at the many drop off locations.

In Memory of Robert Orr

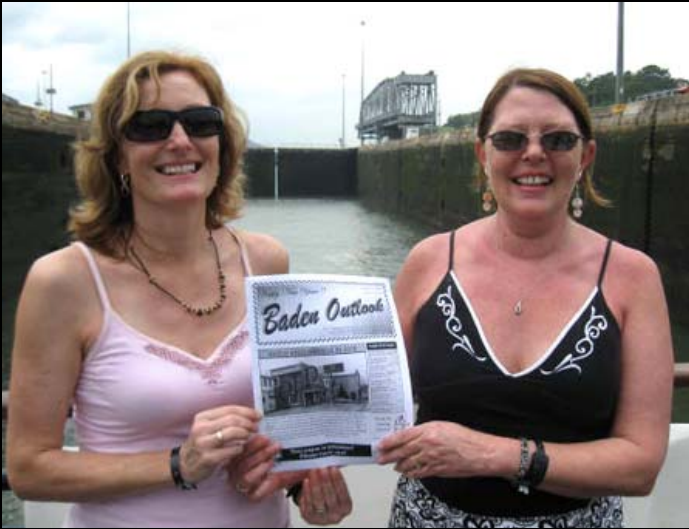
The Grand River Regional Cancer Centre received a \$5000 donation to put towards the purchase of televisions for patients in the Chemotherapy Suite, in memory of Bob Orr. Bob, a New Hamburg resident, died of cancer January, 2007. He was a friend to all and is sadly missed; this is a great tribute in his honour. The money was raised through the Midnight Pylons' annual dinner and dance held in September.

The Midnight Pylons Hockey Club will hold an Italian dinner this February to raise funds for a community project. Details and tickets are available by calling Rob Esposito at 519-662-6383.



Receiving the cheque (left to right) are Brian Steinmann, Rob Esposito, and Doug Steinmann of the Midnight Pylons Hockey Team. Accepting the cheque is Donna Van Allen, Clinical Director for Chemotherapy.

Baden Outlook Travels to Sunny South



Sisters Janet Daub of Baden and Sherry Cressman of New Hamburg took their Outlook on vacation to the Panama Canal.



Kevin and Kelly Williams enjoyed their Outlook on a sunny beach on the Mayan Riviera, Mexico. Ola!!



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How Well Do You Know Your Neighbourhood?

If you recognize this aerial photograph located in Baden, email us at badenoutlook@hotmail.com or submit in our yard mailbox, for a chance to win a Baden Outlook shirt. One entry per person - entries must be submitted by March 1, 2009.



Happy 80th Birthday
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Feb. 28, 2009

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C'Mon - Lighten "Up" Submitted by R. Price


Lovers of the English language might enjoy this. It is yet another example of why people learning English have trouble with the language. Learning the nuances of English is difficult. (But then, that's probably true of many languages.) 

There is a two-letter word in English that perhaps has more meanings than any other two-letter word, and that word is 'UP.' It is listed in the dictionary as being used as an [adv], [prep], [adj], [n] or [v].


It's easy to understand UP, meaning toward the sky or at the top of the list, but when we awaken in the morning, why do we wake UP? 

At a meeting, why does a topic come UP? Why do we speak UP, and why are the officers UP for election and why is it UP to the secretary to write UP a report? We call UP our friends and we use it to brighten UP a room, polish UP the silver, we warm UP the leftovers and clean UP the kitchen. We lock UP the house and some guys fix UP the old car.

At other times the little word has a real special meaning. People stir UP trouble, line UP for tickets, work UP an appetite, and think UP excuses. To be dressed is one thing but to be dressed UP is special.


And this UP is confusing: A drain must be opened UP because it is stopped UP. 

We open UP a store in the morning but we close it UP at night. We seem to be pretty mixed UP about UP! Sometimes we even screw UP.

To be knowledgeable about the proper uses of UP, look the word UP in the dictionary. In a desk-sized dictionary, it takes UP almost 1/4 of the page and can add UP to about thirty definitions. 

If you are UP to it, you might try building UP a list of the many ways UP is used. It will take UP a lot of your time, but if you don't give UP, you may wind UP with a hundred or more.

When it threatens to rain, we say it is clouding UP. When the sun comes out we say it is clearing UP. When it rains, it wets UP the earth. When it does not rain for awhile, things dry UP.

One could go on and on, but I'll wrap it UP, for now ... my time is UP, so time to shut UP! 

Investment Tips for 2009

For those of you with any money left, be aware of the next expected mergers so that you can get in on the ground floor and make some BIG bucks.

Watch for these consolidations in 2009:

- 1.) Hale Business Systems, Mary Kay Cosmetics, Fuller Brush, and W. R. Grace Co. Will merge and become: Hale, Mary, Fuller, Grace.
- 2.) PolygramRecords, Warner Bros., and ZestaCrackers join forces and become: Poly, Warner Cracker.
- 3.) 3M will merge with Goodyear and become: MMMGood
- 4.) Zippo Manufacturing, AudiMotors, Dofasco, and Dakota Mining will merge and become: ZipAudiDoDa .
- 5.) FedEx is expected to join its competitor, UPS, and become: FedUP.
- 6.) Fairchild Electronics and Honeywell Computers will become: Fairwell Honeychild.
- 7.) Grey Poupon and Docker Pants are expected to become: PouponPants.
- 8.) Knotts Berry Farm and the National Organization of Women will become: Knott NOW!

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Nutrition for Learning Welcomes New Executive Director

The Board of Directors of Nutrition for Learning, Waterloo Region is pleased to announce that Kelly-Sue Labus has joined the organization as Executive Director, effective immediately.

With experience in both for-profit and non-profit organizations, Kelly-Sue brings a wealth of understanding to her new role which will enable Nutrition for Learning to build on its excellent reputation for improving the learning capacity, health and well being of students in Waterloo Region.

"Kelly-Sue's experience - in building relationships with dedicated volunteers, staff and all levels of management in multiple business sectors, coupled with years of developing creative brand solutions for organizations, - offers Nutrition for Learning a unique opportunity to enhance student programs through increased support and visibility," said Greg Murdoch, Nutrition for Learning Co-Chair.

A Baden resident, Labus spent a number of years outside of the Region working within the telecommunications industry at Motorola Canada. Back in Kitchener-Waterloo, Kelly-Sue developed her process-driven approach to business and dedication to social responsibility under the guidance of some of Waterloo Region's leaders in Marketing, Education, Architecture, and Enterprise Development.

"As former Vice President, Business Development with the Greater Kitchener Waterloo Chamber of Commerce, I had the pleasure to work with a business community that understood the importance and impact of making a difference," says Labus.

"I believe that our community is unparalleled in providing for those in need. I am looking forward to working with the dedicated Nutrition for Learning staff, community partners, donors and volunteers to ensure that every student in Waterloo Region goes to school well nourished."



About Nutrition for Learning

Nutrition for Learning has been a registered charitable organization since 1997. Its mission is to enhance a student's ability to learn by ensuring that he or she goes to school well nourished. Nutrition for Learning currently supports over 80 community-based, breakfast, morning meal and lunch programs impacting over 8,000 children daily. Approximately 400 dedicated volunteers run student nutrition programs, which are open to all students in the community.

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dlw_ca@yahoo.com

You Must be Joking!!



Winter Blahs Got Ya Down?

Unsure whose funny bone these will tickle -
But maybe you can relate.
(Thanks, Aimee- I think.)

1. I used to have a handle on life, but it broke.
2. I don't suffer from insanity; I enjoy every minute of it.
3. Don't take life too seriously; No one gets out alive.
4. Earth is the insane asylum for the universe.
5. I'm not a complete idiot -- Some parts are missing.
6. Out of my mind. Back in five minutes.
7. The gene pool could use a little chlorine.
8. Consciousness: That annoying time between naps.
9. Ever stop to think, and forget to start again?
10. Being 'over the hill' is much better than being under it!
11. Wrinkled was not one of the things I wanted to be when I grew up!!
12. Stupidity is not a handicap, park somewhere else.
13. Ham and eggs... a day's work for a chicken, a life commitment for a pig.
14. Just smile and pretend you know what's going on!!



NEWS FROM NEW HAMBURG THRIFT SHOP

Humanitarian Response in Gaza

Watch any news report and witness the devastation after weeks of raging conflict in Gaza. We watch the terrible video images but are able to detach ourselves from the violence when there are no familiar faces and it seems so far away. **But is there something you can do on your own or along with your family here at home in Baden?**

As the death toll continues to rise, the United Nations reports that there is now an almost total blackout in many parts of Gaza. About 70 per cent of the population has no running water due to electricity outages and a lack of fuel for back-up generators. Thousands of homes have been damaged, and it has become increasingly difficult for families to stay in them given the cold weather.

MCC is committed to peace and humanitarian assistance in the Gaza crisis. **A large container of blankets and relief kits is being shipped to Gaza.** Are you able to sew and willing to donate your time at home to stitch a comforter top for the shipment? Could your family provide relief kit supplies for another family desperately in need? (See relief list to right). What you might consider to be a small gesture or small contribution could be a matter of survival for a person.

MCC encourages your prayers for peace, your gifts to help meet human need and your financial donations for the local purchase of food and other urgently needed supplies.

Donations of new blankets, relief kits, and monetary donations can be made at the New Hamburg Thrift Centre, 41 Heritage Drive, New Hamburg (519) 662-2867 or at the MCC Ontario office, 50 Kent Avenue, Kitchener (519) 745-8458 or online at www.mcc.org. Donations should be designated "Palestine Emergency Assistance." To obtain more information on the Gaza Crisis check out www.mcc.org/gazacrisis or Relief Kit contents at www.mcc.org/kits/relief.

We hope you will take this opportunity to involve yourself rather than detach yourself.

**New Hamburg
Thrift Centre**
41 Heritage Drive
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We are currently accepting donations at the Thrift Centre of Relief Kit items. You're welcome to contribute some or all of a kit.

Relief Kits consist of: (New Items Only)

- 4 bars bath soap (110-140g / 4-5oz, in wrappers)
- 1 plastic bottle shampoo (380-710ml / 13-24oz)
- 10 cups powdered laundry detergent (double bag in 4 litre / 1 gallon re-sealable plastic bags)
- 1 squeeze-tube toothpaste (min 130ml / 6oz; leave in box)
- 4 adult-size toothbrushes (leave in packaging)
- 4 new bath towels (medium weight, dark color)
- 1 hairbrush (remove packaging)
- 1 comb (20cm / 8")
- 1 fingernail clipper
- 1 box adhesive bandages (minimum 40, assorted)



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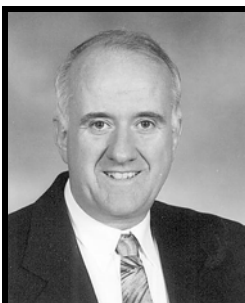
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THE STRANGER

Submitted by R. Price

A few years after I was born, my Dad met a stranger who was new to our small town. From the beginning, Dad was fascinated with this enchanting newcomer and soon invited him to live with our family. The stranger was quickly accepted and was around from then on.

As I grew up, I never questioned his place in my family. In my young mind, he had a special niche. My parents were complementary instructors: Mom taught me good from evil, and Dad taught me to obey. But the stranger...he was our storyteller. He would keep us spellbound for hours on end with adventures, mysteries and comedies.

If I wanted to know anything about politics, history or science, he always knew the answers about the past, understood the present and even seemed able to predict the future! He took my family to the first major league ball game. He made me laugh, and he made me cry. The stranger never stopped talking, but Dad didn't seem to mind.

Sometimes, Mom would get up quietly while the rest of us were shushing each other to listen to what he had to say, and she would go to the kitchen for peace and quiet. (I wonder now if she ever prayed for the stranger to leave.)

Dad ruled our household with certain moral convictions, but the stranger never felt obligated to honour them. Profanity, for example, was not allowed in our home... Not from us, our friends or any visitors. Our long-time visitor, however, got away with four-letter words that burned my ears and made my dad squirm and my mother blush. My Dad didn't permit the liberal use of alcohol. But the stranger encouraged us to try it on a regular basis. He made cigarettes look cool, cigars manly and pipes distinguished. He talked freely (much too freely!) about sex. His comments were sometimes blatant, sometimes suggestive, and generally embarrassing.

I now know that my early concepts about relationships were influenced strongly by the stranger. Time after time, he opposed the values of my parents, yet he was seldom rebuked... And **NEVER asked to leave.**

More than fifty years have passed since the stranger moved in with our family. He has blended right in and is not nearly as fascinating as he was at first. Still, if you could walk into my parents' den today, you would still find him sitting over in his corner, waiting for someone to listen to him talk and watch him draw his pictures.

His name?... . We just call him 'TV.'

He has a wife now...We call her 'Computer.'

It's Tax Time - What To Do?

This is RRSP season and the question on many people's minds is "Should I contribute to a Tax Free Savings Account (TFSA) or a Registered Retirement Savings Plan (RRSP)?" According to Glen Jantzi, MSCU Financial Planner, in most cases it makes sense to contribute to both if possible.

If you are unable to contribute to both a RRSP and a TFSA you will want to consider two things. The first is the rate of return your investment will yield and the second is the tax rate that will be applied in the year of contribution and subsequently in the year of withdrawal.

For instance when the rates of return in the TFSA and the RRSP are the same and the same tax rate applies in the year of contribution and withdrawal, the two plans will provide the identical cash in your pocket. However, if there is an income tax rate differential between the year of contribution and the year you withdraw the funds, one option can be more favourable than the other.

A higher tax bracket now and lower one in the future favours an **RRSP** contribution.

A lower tax bracket now and higher one in the future favours a **TFSA** contribution.

TFSA's & RRSPs at a glance

Factor	TFSA	RRSP
Contributions Tax Deductible	No	Yes
Tax Sheltered Growth of Investments	Yes	Yes
Withdrawals Taxable	No	Yes
Unused Contributions Carried Forward	Yes	Yes
Withdrawals Increase Contribution Room	Yes	No
Withdrawals Impact Federal Gov't Benefits	No	Yes
Maximum Age Limit	No	Yes
Contribution Limit Based on Earned Income	No	Yes

Call or visit your MSCU Financial Planner to determine what makes sense for you.

Funky Factoids

Shared by Janet & Greta Podleski
Of Loony Spoons/Crazy Plates Cookbooks

Contrary to popular belief, the strongest muscle in the body is not the heart—it's the tongue. And it's no wonder. Most people exercise it far too much! And I bet you didn't know that tongue prints are as unique as fingerprints. Could this be another way to lick crime?

Must...have...chocolate!! If constant cravings are making you crazy, you can get rid of them in a pinch—quite literally. Try pinching your nostrils or earlobes for 10 seconds and the cravings should pass. Those spots are acupressure points, which means that how this method actually works is an ancient Chinese secret.

Thrifty Today Thankful Tomorrow



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Baden Branch Library News

There are lots of interesting things to do at the library!



The **Forest of Reading** books and book lists have arrived at all Region of Waterloo libraries. Blue Spruce, Silver Birch, Red Maple and White Pine books are available for you to borrow. Use the library catalogue to place a hold on the book you need or ask library staff for more assistance.

Downloadable audiobooks are now available in MP3 format and you can also now listen to them on your iPod! Visit our website at <http://www.rwl.library.on.ca> and download one today. This feature is becoming very popular with library users and there are many titles from which to choose. Contact the library if you have any questions and we would be happy to help you get started.

Our **March Break** program will be held on Tuesday, March 17 at 3:30 p.m. and features **magician Owen Anderson**. The show is recommended for ages 5 – 12 years. Ticket prices are \$3 each or two for \$5. **EVERYONE who attends must have a ticket (this includes small children and adults)**. The New Hamburg Branch (519-662-1112) will be hosting **musician Paul Behnke** also on Tuesday, March 17 at 10:30 a.m. This show is recommended for all ages. Get your tickets early – space is limited for both programs.

The **Come Read With Me** evening family storytime continues until March 5. This program, recommended for parents/caregivers and children 3 – 7 years old, is held Thursday evenings from 6:45 – 7:30 p.m. Read, play games, and learn about literacy in fun ways! Drop in (no registration is required), it's free!

The next meeting of the **Kids' Book Club** will be held on Wednesday February 18 from 4:00 – 4:45. Recommended for children ages 7 – 10. Fun activities, great stories and more! Find out what the Book Hoggers will be reading next! New members always welcome.

Registration for the next **Storytime** session begins March 3. This free program is designed for children ages 3 to 5 years to develop an appreciation for literacy in the early years. Each of the eight weekly sessions is planned around a special theme using stories, songs, games and crafts! There are two days to choose from: Tuesday afternoons from 1:45 to 2:30 p.m. and Wednesday mornings from 9:15 to 10 a.m. Spring storytime begins the week of March 31.

If you are interested in taking a **Computers for Adults** course at the library, please call to put your name on the waiting list. There are two options to choose from: the Confidence Builder Beginner Course or the Intermediate Course (pre-requisite-Beginner Course or equivalent). Cost is \$125 for an eight-week session. More information on spring courses will be announced soon.

Due to space limitations, registration is limited for ALL library programs. Call 519-634-8933 to register, or for more information.

*Submitted by Chris Baechler, Assistant Supervisor,
Baden Branch Library*

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Baden Outlook Hockey Pool Stats

Place	Name	PTS	Place	Name	PTS
1st	Ruth Schnarr	604	25th	Janet Mckee	581
2nd	Valerie Taves	599	25th	Kyle Erb	581
3rd	Dave Flood	597	28th	Jesse B.	580
3rd	David Kleine	597	28th	Lauren Coxon	580
5th	Landon Roth	596	30th	Agnes Bender	579
5th	Tristan Culbert	596	30th	Amanda Carney	579
7th	Doreen Dean	594	30th	Bill Struth	579
8th	Hajimu Hasegawa	593	30th	Dan Schaefer	579
8th	James Osburn	593	30th	Elvira Brattan	579
10th	Bill Slumskie	592	30th	Sheila Martin	579
10th	Dan O'connell	592	30th	Todd Loree	579
12th	Ben Yeates	589	37th	Filip Jurkonski	578
12th	Darryl Roes	589	37th	Mike Olsen	578
12th	Don Becker	589	37th	Paul Jacklin	578
12th	Ray Miller	589	37th	S. Grebinski	578
16th	Adrien Lajoie	588	37th	Una Taves	578
16th	John Nahrgang	588	42nd	Brenda Carney	577
18th	Josh Frank	587	42nd	John Westlake	577
18th	Kelly Kittmer	587	42nd	Sarah Kinch	577
20th	Adam Hoerle	585	42nd	Ty Brenner	577
21st	Steve Campbell	583	46th	Chris Baechler	576
22nd	Dick Potvin	582	46th	Maria Azeveds	576
22nd	G.Schwartzentruber	582	48th	Greg Meyer	575
22nd	Rita Vitello	582	48th	J.Henry Brattan	575
25th	Colin Hammer	581	48th	Marg Leppington	575

Congratulations to Ruth Schnarr
for taking the leader prize in
this month's Hockey Pool -
winning a gift certificate
from EJ's of Baden.



The lucky random draw
winners are **Olivia Salese**,
winning a gift certificate from
Egli's Meat Market, and **Tim
Brenner**, winning a home-style
breakfast from **Teddy's Bakery**
and a **Baden Outlook** shirt.

Scored!!



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St. Patrick's Day Party!!



WOW! Sports fans...Thanks for playing hockey with us! There are 521 entrants in this year's Outlook Hockey Pool. Be sure to follow your stats which are updated daily on the site. The Outlook draws the stats on the 7th of the month. To follow the stats, log on to our website at www.badenoutlook.com - Click on sports pool—choose "hockey". The pool I.D. is outlookhockey and the password is guest. The top 100 entries will be listed - to view all teams click on "more teams" on bottom of page. Have Fun and Good Luck!



(Continued from page 1)

with insights beyond that which three years of reading the flight manual could offer. Brant Aero is now certified to maintain Aero L-29s - possibly the only shop in Eastern Canada qualified to do so.

This past fall Martin had all the necessary parts to fly the Yak-52 and a flight test was scheduled for October at the Brantford Airport. "Preparing to fly a newly assembled aircraft for the first time gave me a new emotion I hadn't experienced before!" Martin exclaimed. "I wondered to myself if real life test pilots felt this way every time they go up in a new plane." Typically, any apprehension he had would go away once the wheels left the ground; so he just had to get into the air. Without delay Martin brought the plane up to 40 feet with very quick acceleration. He soon brought it back down though, deciding to try a higher altitude the next day. The following day he gave the Yak a short fly and felt comfortable except for fumes in the cockpit.

Late in December he it was time to give the Aero L-29 a test flight as all the necessary repairs were completed. He hadn't flown an L-29 for some time (three years earlier in Texas). To get recurrent he called on Mike, a mechanic from Texas, to assist with the first "shake down" flight. (Mike said as they walked out of the Toronto terminal, "How do you guys live up here?" It was only -4 C.) They spent the entire next day redoing a gear swing and going over every inch of the bird.

Pleased that fuel prices had come way down as it had cost him \$2600 to fill up the L-29 in the summer to complete the weight and balance, they topped up the bird and the L-29 fired up beautifully. It actually taxied quite well in the four inches of snow on the tarmac. The runway was 50 per cent snow covered but the sun was out. They took a few minutes to sort out the Russian intercom and some minor variations from Mike's bird. But after a couple of high speed taxi runs, Mike didn't like the brakes so they pulled the bird back in the hangar to make some readjustments with Mitch.

The next morning (December 27, 2008) they were back to Brantford airport - determined to get the L-29 off the ground. Mike took the controls for the first run with Martin in the back seat. At 180 kph he lifted the nose off the runway and at 240 kph lifted the flaps.



The Aero L-29 is called "Natalia Gynku" which was the name of a 23 year-old female pilot/model who flew the plane in air shows for the Russian Air Force. Last summer at the Brantford Air Show Martin had a chance to meet Natalia.

L-29 Specs

courtesy of Warbirdalley.com

Weight empty -5,027 pounds

Wing Span - 33 ft. 9 in.

Length - 35 ft. 5.5 in.

Height - 10 ft. 3 in.

Maximum Speed at 16,000 ft.-407 mph

Ceiling - 36,100 ft.

Range - 397 miles

Number Built - approximately 3,500

Number still airworthy - At least 50

Jitters now completely vanished, they taxied back for another flight, executed a low circuit and over-accelerated to 400 kph and

a 3g maneuver. After a few circuits Mike brought her back to the field. Taxing back for another fill up Martin noticed his father standing there taking photos. All the years of delays and disappointments were "washed away with this one exhilarating flight". It was worth every penny and every ounce of sanity he had risked to experience this success.

On the second flight with Martin in the driver's seat he headed for the friendly skies over Baden. Congratulations Martin on a dream come true!



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As the wind drives the snow in streaks past the window, I sit in comfort at my desk surrounded by trade magazines, seed catalogues and pamphlets gathered at the annual Horticultural Trade Show in Toronto. Each provides further information on new plant material or new products consumers may expect to be offered this spring. While walking through the trade show, I was overwhelmed with the amount of plant material and other products available this year. I will do my best to summarize this information and present to you a good variety from which to choose.

This year's colours reflect the spirit of optimism into which we are emerging after years of doom and gloom. The dark red and purple colours are giving way to splashes of yellow (who doesn't want 'sunshine' in their garden), red for energy and an unusual blue for a reflection of calmness.

New eco-friendly products were also highlighted at the Trade Show. With the exception of the Eco Pots, I have no personal experience with the products in this article and cannot endorse them.

Ecologic Pot:

These pots can be used and re-used, lasting three to five years, then are happily sent to the landfill where in just a matter of months they decompose into nutrient-rich organic matter. These are super light-weight, with a water-resistant smooth surface in sizes 4 1/2 inch to 12 inches. Colours available are Natural, Mocha, Avocado and Ebony. These pots can be purchased from the supplier at 1 Union St., Elmira, Ontario. I purchased mine at Wal-Mart in Fairview Park Mall, Kitchener.

Plant Skydd:

Having problems with rabbits, chipmunks or squirrels? Try this product.

Plant Skydd contains no synthetic additives, is non-toxic and will not harm animals, children or the environment. Plant Skydd repels by emitting an odor, not unpleasant to applicators, but which animals associate with predator activity stimulating a fear-based response. It is effective for rabbits, voles, chipmunks, squirrels and opossums. It is rain fast within twenty-four hours of application (no need to re-apply after rain). Application lasts up to six months over winter on dormant plants and three to four months during the active growing season.

Burpee Seed:

* This seed company has introduced three new intriguing seed

assortments.

- * Category One is an organic assortment in response to consumer demand. Each variety is certified 100% organic.
- * Category Two contains Heirloom varieties. These include old time varieties such as 'Mortgage Lifter' and 'Brandywine' Tomatoes.
- * Category Three is named the Cook's Garden Assortment. Each packet has a photograph of the variety that relates to the culinary recipe printed on the back.

Perennials:

Dicentra "Burning Hearts" (Bleeding Heart).

An unusual and attractive addition for the shade. Red flowers have a white edge. Leaves are a silvery-blue-grey. Plant has an exceptionally long blooming season. It is dainty but stunning for the front of the border. Height - 25 cm. (10 inches)

Hosta 'Sugar Daddy'

Plants form sturdy mounds of foliage topped with lily-like blooms in June. A mid-sized specimen with very thick, corrugated powder blue leaves which have a streaked creamy-white margin. Excellent slug resistance. (A sport of 'Big Daddy')

Ajuga reptans 'Dixie Chip' ('Dixie Chip' Bugleweed)

Foliage has green, cream and rose-purple variegation. Leaves are small and narrow with a tight habit, making it a great weed suppressing ground cover. Short, upright spikes of violet-blue flowers appear in spring.

Height 5 - 10 cm. (24 inches), Spread 25 cm (10 inches)

Delphinium elatus 'Black Eyed Angels'


Produces tall spires of frilly white flowers with black bees, on very strong stems. Height 90 - 150 cm (3 - 5 feet)
Spread 45 - 60 cm. (18 - 24 inches)

Hanging Baskets:

The ultimate component plant for combination hanging baskets, and new this year, is 'Silver Fog' Euphorbia. Plant will bloom all summer and is not disturbed by hot weather. Delicate white blooms over round leaves create a lace effect.

Supertonic 'Vista Starberry'

Heat, drought and humidity tolerant with a vigorous mounding habit. Best grown in full to partial sun.



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Aloha 'Hot Orange' Calibrachoa:

A unique, bright bold colour that will stand out in any planter. Plant has a very round habit with masses of large decorative flowers.

Potunia 'Lobster' (Petunia)

Potunias grow like a bubble, round and round, are very early, cold and mildew tolerant.

Potunia 'Lobster' has a very distinct salmon-pink colour, stable foliage and excellent branching habit. Beautiful in combination hanging baskets.

Woody Plants:

- Acer palmatum 'Emperor I' (Japanese Maple)

This new selection keeps its dark red leaf colour throughout the season. In fall, leaves turn a fiery red-crimson.

Buddleia 'Blue Chip' (Butterfly Bush) (Lo and Behold Blue Chip)

The first true miniature Buddleia. A very low maintenance plant. Plant remains neat and compact without pruning. Produces masses of fragrant blue flowers from mid summer to frost without any deadheading.

Thrives in full sun.

Height 60 - 75 cm. (23 - 30 inches),

Spread 75 cm (30 inches)

Roses:

'Sweetness' grandiflora rose:

Clusters of lavender, high-centered hybrid tea blooms produced all season. Sweetness packs an intoxicating sweet lemon fragrance, powerful enough to fill an entire garden.

'Light My Fire' floribunda rose

The flaming hot orange blooms are sure to set your garden ablaze. Large clusters of red-orange blooms are offset by dark green, glistening foliage. Has a compact, rounded habit and is great for containers and small spaces.

Easy Elegance High Voltage rose

Beautiful clusters of yellow blossoms held high on sturdy canes. The super clean foliage complements the fragrant, double blooms. Its upright, vase shaped habit will stand up in the back of the border or stand out as an accent. Adds a jolt of sunshine to any garden.

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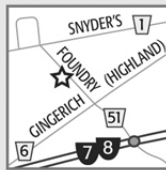
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REHABILITATION OF ANKLE SPRAINS

By Dr. John A. Papa, DC

An ankle *sprain* is a very common injury that can happen to athletes, non-athletes, children and adults. A *sprain* refers to a stretching or tearing of a ligament. Ligaments are tough bands of fibrous tissue that connect one bone to another. They help stabilize joints, preventing excessive movement. One or more ligaments can be injured at the same time. Sprained ankles often result from a fall, a sudden twist, or a blow that forces the ankle joint out of its normal position. This may occur while participating in sports and recreational activities, wearing inappropriate shoes, or running, walking or stepping on uneven surfaces.

Inversion ankle sprains constitute 90% of all ankle sprains. This type of injury occurs when the foot is forced inward (inversion) and produces most of the pain on the outer side of the ankle. *Eversion* ankle sprains are less common and occur when the foot is forced outward (eversion), causing the most pain on the inner side of the ankle. A high ankle sprain is a unique and separate injury in which the ligaments around and above the ankle joint are injured. This is known as a *syndesmotic* sprain.

Pain and swelling are the most common symptoms of an ankle sprain. There may be bruising over the area of injury which may spread down into the foot towards the toes several days following the injury. Individuals may also experience difficulty walking or weight bearing on their injured ankle. Most ankle sprains can be managed conservatively. However, obvious evidence or suspicion of a broken bone, fracture or joint dislocation necessitates emergency medical care.

Initial conservative management of ankle sprains should follow the **P.R.I.C.E.** principle (**P**rotection, **R**est, **I**ce, **C**ompression, **E**levation) summarized below.

PROTECTION: Protect from further injury with the use of a brace or splint. Walking aids such as crutches or a cane can be useful to help you get around.

REST: Relative rest of the injured ankle to allow for healing. An attempt should be made to begin range of motion exercises as soon as possible.

ICE: Crushed ice, ice cubes, or snow should be molded or applied to the ankle immediately. Icing will help to reduce

pain, swelling, and inflammation. Ice application should not exceed 15 to 20 minutes at a time. Allow for skin temperature to return to normal before ice is reapplied. This cycle can be repeated as often as necessary within the first 48 to 72 hours. Ice should not be applied directly to the skin. Instead, a damp towel should be used to serve as a barrier between the ice and skin and act as a conductor of cold. Do not apply ice to blisters, open cuts or sores.

COMPRESSION: Compress the injured area with an elastic tensor bandage. This will help decrease swelling.

ELEVATION: Elevate the injured area (whenever possible) above the level of the heart, especially at night. Gravity helps reduce swelling by draining excess fluid.

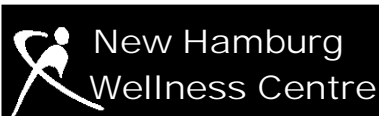
The **P.R.I.C.E.** principle helps decrease pain and swelling and can be used during the rehabilitative process as needed. Additional treatment options include electrotherapy, ultrasound, taping, bracing, soft tissue techniques, manual mobilization and manipulation to decrease pain, swelling and joint stiffness. These will assist to improve function of the injured ankle. Rehabilitative strategies should progress to include active range of motion, stretching and strengthening exercises for the ankle joint and lower extremity. Proprioceptive/balance training is crucial in minimizing the risk of ankle instability and re-injury.

A trained health professional will be able evaluate your ankle sprain and diagnose the degree of injury. If necessary, they may send you for an x-ray to make sure there is no evidence of bony fracture. Assuming that proper rehabilitative strategies are employed, successful recovery from an ankle sprain injury will depend upon the severity of ligament damage. Mild injuries usually heal completely without any residual consequence in 1 to 4 weeks. Moderate injuries usually require 4 to 12 weeks to heal. Severe injuries will take longer to heal. In some circumstances, surgery may be required for severe ankle sprains.

Untreated ankle sprains put individuals at greater risk of re-injury. The best way to prevent ankle sprains is to maintain good strength, muscle balance and flexibility. Taping and bracing may provide some protection against ankle sprains. Wearing proper footwear and paying attention to walking, running or working surfaces can also be helpful. Individuals should ensure that they prepare their bodies for sport, exercise and vigorous activities by warming up.

An untreated ankle sprain may lead to chronic ankle instability. This may also result in secondary foot, knee, hip, and back problems because of subtle changes in movement patterns. If you are having difficulty, you should contact a licensed health professional who deals in the diagnosis and treatment of ankle sprain injuries. A qualified health professional can determine the degree of your sprain and prescribe appropriate therapy, exercises, and rehabilitation strategies specifically for your circumstance. For more information, visit www.nhwc.ca.

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



DR. JOHN A. PAPA, DC
SHEILA REINHART, RMT
JULIE GERARDI, RMT
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Wilmot Horticultural Society



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BADEN SCOUTING ASSOCIATION PANCAKE SUPPER

TUESDAY, February 24, 5:30 pm – 7:30 pm
Centennial Hall, 35 Beck Street, Baden

Tickets available at the door.
\$6 each or \$25 for a family of 5



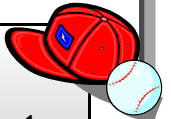
We thank you for your support.

Baden Minor Softball Registration

First registration is Saturday, Feb. 21, 10 am - 1 pm
at Centennial Hall, Beck Street, Baden

Second Registration is Thursday, Feb. 26, 6-8 pm
At Wilmot Township Hall - Castle

For information call Bob at 519-634-8437



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Meet Firefighter Ryan Shaw

By Teresa Brown

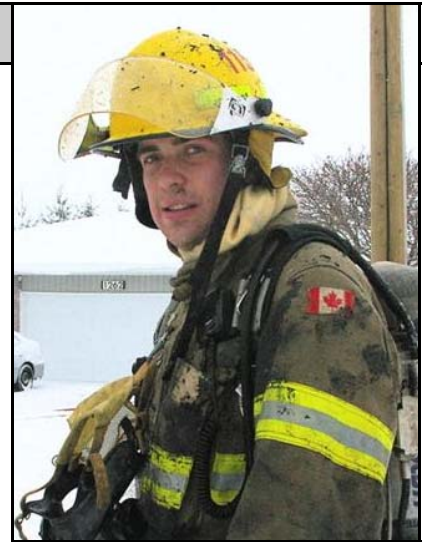
Ryan Shaw is no stranger to firefighting. A full-time firefighter with the Cambridge Fire Department, Ryan also served as a volunteer when he lived in Warton. When he and his wife Johanna moved to Baden in 2006, becoming a volunteer once again just seemed the natural thing to do. "It's a skill I have to offer, and I thought it would be a good way to get involved with my new community, and to meet people." And so, in August 2007, Ryan became a member of the Wilmot Fire Department, Baden Station.

His first major incident was a fully involved barn fire (that is, "fully involved" with heavy flames), and since then he has responded to a variety of fires, motor vehicle collisions, and medical calls. "I really enjoy the physical part of my job," he says. "I find it exciting and very rewarding to do the hands-on stuff." An avid hunter and fisherman, Ryan clearly enjoys being busy and involved with his friends, family, and community, which makes volunteering a natural fit for him.

Ryan finds the contrasts between full-time firefighting and volunteering an interesting aspect of his life: "For full-timers, we have specific assigned places on the trucks. As a volunteer, it's every man for himself -- it's always a battle to get on the

first truck out of the hall." Ryan learned the pitfalls of this more flexible style of firefighting when he learned "not to put down my line," he laughs. "I was on a hose and set it down between my legs for one second -- next thing I knew, one of the other guys had grabbed it and went into the fire, leaving me standing there!"

When asked if he would recommend firefighting -- either volunteer or full-time career, he says, "I would encourage them -- but I would also remind them that it's not Hollywood. Do your research, and make sure you know what you're getting into." As for himself, Ryan has found his calling in this profession: "It's a very rewarding job, and I've never regretted doing it. It's my career, and I wouldn't want to do anything else." As long as he has such remarkable energy for the work he loves, Ryan will no doubt continue to fight fires -- both on the job and off.



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Interesting People - Meet Ernie Ritz by Teresa Brown

"My family, for many years, has run a printing business," begins Ernie Ritz. "Back in 1878, my granduncle, Jacob Ritz, published a political campaign paper for Sam Merner, an independent candidate. Well, after election, Merner then ended his 'independent' status by supporting John A. MacDonald's Conservatives, and in the next election Merner lost his parliamentary seat to James Livingston of Baden. But despite what happened to Merner's political career, my family continued publishing a newspaper, and the name "Independent" stuck. That's why it's called the New Hamburg Independent."

This story is just one of many that form the life of Ernie Ritz: RCAF veteran, past editor and co-owner of the New Hamburg Independent, former New Hamburg and Wilmot Township mayor, author, historian, and member of numerous community organizations. Ernie's life is one case where "too many accomplishments to list" is literally true. And throughout his memories of a life richly lived, what strikes the listener most is Ernie's skill -- and enjoyment -- in telling the stories. It's a talent honed through a lifetime of experience, and a love born of understanding that every moment -- if well-lived -- is worth recounting.

"I was born in 1925, on Palm Sunday at 5:30 a.m., in a house on the site of the New Hamburg Bell Telephone building, not far from where I live today" Ernie says. "As a youngster, I liked to go down to our family's print shop and stand back in the corner watching my uncle feed the paper through the press." But although the young Ernie was learning the printing business, he also read the news his family printed -- news of the escalating war in Europe.

"I thought it would be exciting," Ernie says, "to fly Spitfires, buzzing enemy pilots -- I was young, unprepared and naive." At age eighteen, Ernie joined the RCAF and attended basic training in Toronto. Next, he took courses at McGill for academic upgrading as well as courses in flight theory, navigation, aircraft recognition, and Morse code. After pilot training at Prince Albert, Saskatchewan, Ernie took his grading. Ultimately, he was one of only six new pilots accepted out of twenty-three candidates. Just then, however, the program was discontinued. It was 1944, and the war had clearly turned a corner towards its long-awaited end and no more pilots were to be trained.

"After the program ended, I knew I wouldn't get to be a pilot in the war," Ernie says. Instead, after training and graduating as a navigator, he was released from the RCAF and happy to

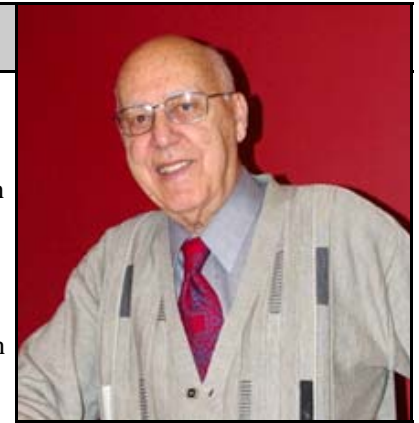
return home, because "there was a special person waiting for me there." That special person was Betty Murray, who became Betty Ritz; Ernie and Betty have been married for over sixty years, have two sons (John Ritz, Wilmot's Fire Chief, and Bill Ritz, owner of Ritz Printing), four grandchildren and a great-grandchild.

Interested in pursuing his family trade, Ernie found employment at a printing shop in Toronto. "I remember taking the street car to my new job," he says, "and I started to hear people whispering: 'It's over! It's over!' It was May 1945, and when I got off the car at Adelaide Street -- I was still in uniform -- there were these girls running out of a church. They saw me, yelled 'there's one!' and ran over, hugging me. Next thing I knew, there were planes overhead, and ticker tape -- the war was over." Then, with a smile, Ernie finishes the story: "I escaped from those girls, and went right to my new job."

Ernie worked in Toronto for almost two years, learning many innovative techniques and skills in printing. Eventually, however, Ernie returned once again to New Hamburg. - Housing in Toronto was impossible to find, and the young couple was anxious to begin their lives together. And so, Ernie returned to his hometown -- and he began an entirely new career at the Kitchener-Waterloo Record, in newspaper work.

"Once again, I was completely unprepared for it," he says. "I had absolutely no training on a newspaper. I knew where the apostrophes went, but that was about it." Nonetheless, Ernie took on the challenge. Then, when his uncle passed away, Ernie also took over as editor at the New Hamburg Independent. It was in this capacity that Ernie first became familiar with the workings of government -- and where he first became interested in politics.

"I had to report on Council meetings," he explains, "and at some point I found myself nominated to council. Well, I accepted the nomination -- I was one of six nominees, and I figured, oh, why not, surely one of the others will win. I later found, to my dismay, that two candidates had dropped out -- so I was suddenly a councillor by acclamation."



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“And again, I was not prepared to be a politician -- or a journalist, which is a pretty fancy name for what I was doing at the time.” Nonetheless, over the next few years, Ernie would become more involved in both journalism and politics, and in his community. He was integrally involved in the implementation of New Hamburg’s water works and later the sewer system; he was New Hamburg’s Acting Reeve for three months; and, as a Board of Trade member he was deeply involved in building the New Hamburg arena after the former one was destroyed by fire in 1947. He was a founding and charter member of the New Hamburg Legion, during which time he was instrumental in seeing the new Legion Hall built.

Ernie Ritz became New Hamburg’s mayor in 1971, and, when the County was regionalized in 1973, he became Mayor of Wilmot Township, a position he held until 1978. Subsequent years saw Ernie appointed to the Region’s Police Commission. Ever the historian, Ernie also led the drive to have downtown New Hamburg designated as a Heritage Conservation District.

Ernie served over 20 years on the New Hamburg Planning Board, and has served on the Grand River Conservation Authority, local Hydro Commissions, Waterloo Historical Society, Wilmot Heritage Fire Brigades, and Citizens for Better Government. His remarkable energy for community involvement has been recognized in a number of awards, including Wilmot Township Citizen of the Year, and in 1997 he was inducted to the Waterloo County Hall of Fame. In 2005, Ernie received the Ontario Heritage Foundation’s Certificate of Lifetime Achievement.

In 2004, Ernie published his book: *New Hamburg As It*

Really Was, a comprehensive history of his hometown. “I’d been collecting stories and articles all my life,” he says, “so I just put them together. I’m not happy with it, though -- there are a few glitches in it.” Despite his humble self-criticism Ernie’s book has become the definitive history of New Hamburg. Now out of print, there are a few copies still available for sale at New Hamburg Office Pro, and it is well worth obtaining both for the fascinating history and the entertaining style of prose.

Ernie Ritz -- now in his eighty-fourth year -- says of his future that he plans to continue writing. “I have a few things in mind that I’d like to write. Besides, I’m not as good at rugby as I used to be, and I don’t skateboard.” This gentle sense of humour, along with his remarkable memory and interest in research, have made Ernie a willing “walking archive” of local history. It’s not uncommon for him to receive requests for historical information from strangers and friends alike. And it’s a rare day that he doesn’t know the answer.

Ernie Ritz continues to write, and to read. His advice to young people is to “get a good education - not to impress someone - but to help yourself. And read, read, read.” Certainly his wealth of stories -- whether about flying a plane into a tailspin or, as Mayor, getting soaked by a fire department’s hose -- tell of a life in which every moment is seized, every day an important memory.

Ernie has never strayed for long from his beloved hometown, yet his own story is, in the end, a story of exploration: of opportunities and challenges, of everything the rich world of his community has to offer -- an exploration of the adventure of life.



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Following the Travels of Papa Thom

As featured in last month's Outlook, Papa Thom is busy and on the move. To follow his trail, visit his website - www.papathom.com as he cooks his famous Shepherd's Pie, sings a song while raising money for homeless shelters across Canada.

Currently he's having great success with dinners in the area, and is off to a shelter in Ottawa, where Laureen Harper, wife of the Prime Minister, will join him to serve.

He has raised \$4000 to date, and you can support his cause with donations to the trust fund set up at the TD Canada Trust in New Hamburg.

You Must be Joking!!



A woman came home to find her husband in the kitchen shaking frantically, almost in a dancing frenzy, with wires running from his waist towards the electric kettle. With the intent to break him from the wires she whacked him hard with the broom breaking his arms.

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Submitted by Dale Weber

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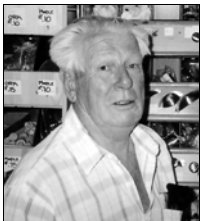
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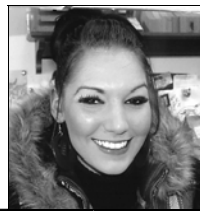
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the Health & Wellness Page

Whole Foods?

Submitted By Michael Fisher, R.N.C.P



One thing that every healing profession can agree on is that healing occurs with balance. Balance a condition, and good health arises.

Too often though, an imbalancing remedy is used to heal a condition, which may seem balancing, but still doesn't bring us into balance. An example is when medications cause worse side-effects than the original problem.

The beauty of whole foods is that they are balancing unto themselves: a safe and gentle remedy for illness, and means to preventative health. Whole foods are life sustaining and supportive for a body's and mind's functions.

A whole food can be defined as an unrefined food, with all nutrients intact, in the state that it was grown. For example, brown rice is considered whole, whereas white rice is not: its bran (and consequently most of its nutrients) is milled away.

Here's just a glimpse into the benefits of whole, plant-based whole foods:

- * Fiber - every whole food is full of it!
- * They contain cofactors to help metabolize all the nutrients in the food.
- * They're cheap, buy them at the market. Plus you'll get them for less if they're not in a box.
- * You can buy them locally. (Try buying locally boxed macaroni & cheese - not possible.)
- * They can help balance weight, i.e. it will help you gain weight. Or lose weight.
- * Mood swings become balanced, or they can calm a restless child.
- * They are slow acting healing tonics for your body and mind - they are gentle.
- * They contain nature's secret nutrients that science hasn't yet revealed.
- * All whole foods contain protein to support growth and healing.
- * Whole foods equal simple ingredients equal simple digestion and assimilation.
- * Their oils are in a natural state and very healthful.
- * They have the balanced amounts of protein, carbs and fats that we should be eating.
- * They contain all the important factors for life, which means they are life sustaining.
- * You can grow them in your yard, according to region.
- * They clear your mind and help you to make good decisions in life!

Learning to prepare and cook whole foods can seem daunting at first, but consider that our ancestors ate a diet almost completely comprised of whole foods! What they grew, they ate.

It is today's food processors/manufacturers that are refining our food, and unfortunately most of the food found in the aisles of the grocery store is refined and not whole. Shopping around the perimeter of the grocery store and avoiding the aisles is a good way to start. As well, going to the market, and buying from bulk or health food stores is your best bet for whole foods.

There are many places to learn how to cook whole foods, and I am excited to share www.wholefoodies.org as a place to learn and become motivated about whole foods!

*Submitted by Michael Fisher, Registered Nutritionist
Visit Michael online at www.wholefoodies.org for healthy eating and cooking videos, recipes and articles.
Michael also has a health coaching service entitled Good For You Coaching which combines nutritional coaching and cooking lessons catered to your health concern.
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Squirt	11 + 12	1997-1998	\$115	<input type="checkbox"/>	\$5/child for 3 or
Pee Wee	13 + 14	1995-1996	\$115	<input type="checkbox"/>	more in a family
Bantam	15 + 16	1993-1994	\$125	<input type="checkbox"/>	<input type="checkbox"/>
Midget	17, 18 + 19	1990/91/92	\$125	<input type="checkbox"/>	

If you have financial concerns regarding registration fees, please phone to discuss alternative payment options.

REGISTRATION DATES	Saturday, Feb. 21st - Centennial Hall (Beck St., Baden) - 10am – 1pm
	Thursday, Feb. 26th - Wilmot Township Hall (Castle) – 6pm – 8pm

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