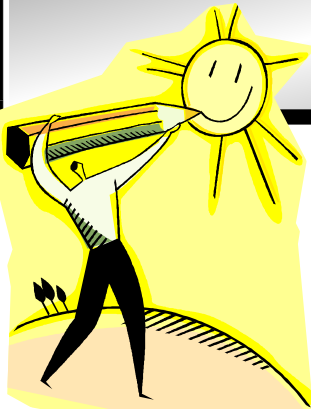


# Baden Outlook

Serving the GBA since August 2000, with 2550 copies in circulation.  
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## SCOUTING CELEBRATES 75TH ANNIVERSARY



North Waterloo Scouting's 75th Anniversary Celebrations were held at the Scouting Camp Everton, May 30, 2009. An archeological dig was held at the camp which dug up a lot of excitement amongst the cubs.

Three Baden Cubs were members of the last group to take part in the dig and they managed to get the "FIND OF THE DAY".

Brody, Griffen and Jonathan worked for nearly two hours with Archeology student, Mia, to carefully remove a skeleton from the ground. It is believed to be the remains of a small animal or large bird.



To the right are (left to right) Brody Baillargeon, Griffen Brunk, Jonathan Pavey, after success in their archeological dig.

Photos by Cub Leader, Angie Gingerich

June - July 2009  
 Summer Issue  
 Volume 9, Issue 11

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This paper is priceless!



Please have one!

# Talking With Ed

Yes,...More Random Thoughts



**Baden Coyotes?** - I have been thinking about this whole

Phoenix Coyotes issue and I believe citizens of Baden should gather a heap of money and try and coax the team to Wilmot Township. Here is how the plan could work – Baden has a population of 4,008; to beat Mr. Balsillie's bid of \$213 million, (let's say \$215 million so we don't appear cheap), every man, woman and child in Baden would have to contribute \$53,642. We have the new arena with a seating capacity of slightly over 750; so, we might have to charge a little more for tickets. The Leafs are getting \$187 for their best seats and \$38 for the least expensive. We would have to ask about \$1,000. Visiting teams could get a group rate at the Newburg Inn, and best of all, we wouldn't have to change the team name – to save on uniform costs.

**New School Named** – Baden's future school has a new name. *Sir Adam Beck Public School* will open in September 2010 and will welcome 450 Kindergarten to Grade six students. Oddly enough there is already an Adam Beck Junior Public School which is located at 400 Scarborough Road in Toronto. Sounds like instant rivalry to me.

**Oh What a Relief** - Despite the rain and mud the New Hamburg Relief Sale had another successful weekend (May 29-30). They are still working on the numbers but the initial total is \$320,000. Fantastic!

**Silent But Prosperous** – Speaking of fundraising – Interfaith Counselling's Annual Silent Auction raised approximately \$20,000. The auction is the major fundraiser for the year for the Wilmot based support group.

**How high can it go?** – Oil is on the rise again even though reserves are greater and greater. Does it have something to do with the upcoming driving season, speculation or both? At any rate it can't be good for the cost of most durable goods, truck drivers and taxicabs.

**Get Cracking!** – On a recent camping trip to Point Farms in Goderich we met neighbouring campers

## Shortest Letter to the Editor

All the controversy over moving an NHL team into Hamilton was described best by the following letter...

**"The NHL obviously fears that if Hamilton gets a professional hockey team, Toronto will want one too."**

- Email Submission

from Waterloo. They invited us over for a bonfire and during that time told us about the tasty boiled omelettes they had that morning. "Boiled" and "omelettes" just don't seem to go together. But, here's how it works - break two eggs into a Ziploc bag and mash up the eggs with your hands. Next toss in the chosen ingredients as requested by your guests (ham, onions, cheese, peppers, mushrooms—which you have already prepared at home). Add the ingredients, re-mix in the zip-lock bag, write the person's name on their personal bag and drop the it into boiling water. Two eggs require 13 minutes and three eggs require 15 minutes. Voila, the perfect omelette—no mess, no fuss. Can't wait for our next camp trip to try it too!



**Where's the Heat?** – The average temperature for this time of year is 23 degrees. I am not a huge fan of humidity and sweltering heat, but really... I don't think the temperature has reached 23 degrees often yet. Well, by the official summer season of June 21, hope it'll show us what a great summer we are in for. Cross your fingers... shouldn't we have some redemption from last winter's wrath?

**July A No -Go** – Just a reminder that we will **not** be publishing a paper in July. We will be back in August, so until then have a pleasant summer! Until then ...Ed.

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

**Yes, summer is here and we want to be outside to garden, camp, play, visit and rest - to simply stay away from the computer for one month.**

**The Baden Outlook will not be publishing a paper in July.**





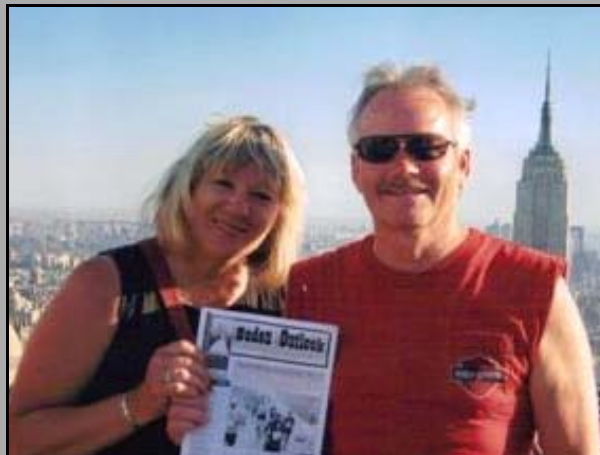
*Ah Yes - More sun, rest and even some celebrations as the Baden Outlook continues to travel. Can't wait to see where your summer vacation takes you. Thanks for sharing your holidays with us!!*



*Dorothy and Fred Elwood took The Baden Outlook to Key West (at the southernmost tip of the US, 90 miles from Cuba). They had a terrific time with the wonderful seafood and fabulous scenery. It was a long drive from here but worth it.*



*The Baden Outlook went to beautiful Saint Lucia in March with Bev Bleay, Mark Soehner, Alan and Bonnie Dietrich.*



*Colleen and Merv Howard of Oesch Lane took the Outlook to New York City on May 22. This picture shows the Empire State Building and Sax's Fifth Ave.*



*This 'neighbourly' group picture taken in Las Vegas in April. The six Badenites shown here (with their Baden Outlook) were celebrating some milestone birthdays (no comment) and anniversaries (20 years for the Grebs and 25 years for the Scheerers and Kellys). From left to right are Daryl and Julie Greb, Tim and Kathy Scheerer and Kathy and Shayne Kelly.*



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Monday - Friday 8 - 8, Saturday 8 - 5  
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## I Failed--Smile for the Day

Here is your chuckle for the day. See if you pass.



During a visit to the mental asylum, I asked the director how you determine whether or not a patient should be institutionalized.

"Well," said the director, "we fill up a bathtub, then we offer a teaspoon, a teacup and a bucket to the patient and ask him or her to empty the bathtub."

"Oh, I understand," I said. "A normal person would use the bucket because it's bigger than the spoon or the teacup."

"No." said the director, "A normal person would pull the plug... Do you want a bed near the window?"

## Baden Minor Softball Off to the Jays

On Sunday, June 28th The Bantam Girls of Baden Minor Softball are planning a fundraising trip to see the Toronto Blue Jays play against the World Champion Philadelphia Phillies.



Game time is 1 pm at The Rogers Centre. This will be a bus trip for only \$32 per person. This includes the bus and a 200 outfield level ticket; plus, the first 10,000 fans get a free Toronto Blue Jays baseball cap.

Call Scott at 519-634-8730 or email at swgibbo@yahoo.ca for more details or buy your tickets from a bantam BMSA girl ... GO PIRATES!

*The girls bantam team is starting its season with alot of energy and vigor. We have had seven games so far and have competed hard in all of them. The teams in our loop are strong and experienced and we're holding our own. Thanks to our sponsor Kennedy's Restaurant and Catering for supporting us.*

*By Scott Gibbons*

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# A Magnificent May at Baden Public School

By Kirby Silverthorn



Who can believe that there is only one month of school left? May was host to one of Baden schools most exciting events, the Baden Backyard Barbeque! All families and friends were invited to participate in this yearly event. There was entertainment for the kids, lots of food, some local bands, and fun family activities. All the money raised supports school initiatives. What a great night!

Baden students also participated in many in-school events as well. On May 4th, Baden happily celebrated Music Monday. The band performed, and we all sang the song that was chosen by the schools in our township called "Sing, Sing" by Serena Ryder. The next week, spring and class photos were taken on the 11th and 12th. Many extra pretty and handsome faces arrived at school these days. During this week, there was a week long Machine Exhibition in the front foyer prepared by the hard work of the grade 1 and 2 class. Also, 6B students held a bake sale on May 13<sup>th</sup> and hosted a dance on the 14<sup>th</sup> as part of their Junior Achievement project. On May 20<sup>th</sup>, the annual volunteer breakfast was hosted in appreciation of all the efforts of our volunteers throughout this school year. Thank you again volunteers, and special thanks to the teachers who organized the much enjoyed breakfast.

Many students had a great time with all of the field trips and visits that occurred during May. On May 7<sup>th</sup>, the Grade 7 and 8D students went to see The Wizard of Oz put on by the TCP local theatre group. 8D has also been bowling many times during the month. However, their best trip this month was definitely their day in Niagara Falls. On May 11<sup>th</sup>, the intermediate students participated in our school track and field meet at University Stadium. It was an exciting week for grade 8s because two days later, they attended the orientation pep rally at Waterloo Oxford. Now the 8s are really on the countdown! Younger students have also been busy: 2A, 2B, 1/2, and 2FI visited the Clay and Glass Gallery on May the 15<sup>th</sup>; while 1A, 1B, and 1FI went to the Children's Museum on the 22<sup>nd</sup> of May. Students always appreciate the learning opportunities that occur outside of the classroom.

Not only have students been to a variety of places to extend their learning, but a number of guests have visited Baden P.S. to share their experiences and knowledge. Mike Gregson, Christine Wilk, Chelsea Cybulski, and Laura Coackley all made presentations to the grade 8 classes to share their experiences of being involved in African mission work and fundraising projects. The Grades 4 through 7 students had the opportunity to hear from Famous author Eileen McClean on her story tour. It

was a very interactive session; Eileen ensured that each student participated in some way. We recognize that organizing such presentations for students requires extra work from our teachers, but the meaningful learning experiences are valued.

As the month flew by our athletic teams (cheerleading, running club, and track athletes who advanced to the divisional meet) continued to practice hard in the morning, during breaks, and after school. Unfortunately, our track athletes spent three hours in the pouring rain at the divisional track meet before thunder and lightning struck sending everyone home early. Disappointingly, some athletes did not even get the chance to compete due to the inclement weather.

More continues to happen outside of class than sports. The scrapbook club completed their projects during the first week of May, while grade 7 and 8 band is still rehearsing for a few upcoming events, one being their trip to compete at Canada's Wonderland. The Gauss math qualifier was written by interested grade 7 and 8 students, and then those who qualified based on their score advanced to write the Gauss contest on May 13<sup>th</sup>. With all the extra-curricular opportunities, there is never a dull moment at school.

May was a busy month for school activities on weekends. On the 9<sup>th</sup>, our cheerleading team went to Canada's Wonderland to watch a cheerleading competition, and they also had the chance to go on the fun rides too! Thanks to Miss Guy for her willingness to organize a trip and take students away on the weekend. Also, some grade 8 students offered a second babysitting day on May 8<sup>th</sup>. We appreciate Mrs. Fay and Mrs. Soye's organization and supervision of this activity. The Baden Leadership Team has had a busy month hosting the annual garage sale fundraiser held this year at the Smith's house in New Dundee. We thank the Smith family for their willingness to provide a location for the sale, as a significant amount of money was raised to offset the cost of year end trips. These events could not happen without very willing and hardworking students who give their time to support Baden P.S. Thanks for your initiative!

Wow! So much happened in May that it flew by and here we are in June. Even though, we are quickly nearing the end of the school year, popcorn and pizza sales continue each week through June. Well, we are looking forward to the last month of school and all of the fun and exciting things that the remainder of June will bring. Of course everyone is excitedly focused on the year-end trips, their final report card, and the 2:40 pm bell on June 25<sup>th</sup>, signaling the start of summer break!



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## The Brilliance of Birks Will Sparkle This Summer at Castle Kilbride



Henry Birks opened his first store in Montreal, in 1879, creating the finest in quality and craftsmanship while catering to the high standards of Victorian society. Among his clients was James Livingston, a man of refined tastes who lovingly purchased only the finest pieces for his 1877 "Castle", in Baden. Livingston launched a legacy that continued in his family for three generations and now. In a special exhibit, these heirlooms along with pieces from private collections, will be part of a rare new exhibit, including exquisite artifacts from the Henry Birks Collection of Canadian Silver on loan from the National Gallery of Canada. The exhibit will feature more than 60 pieces, spanning 130 years of history. For more information visit [www.castlekilbride.ca](http://www.castlekilbride.ca).

as quoted in *Quebec Silver*, a publication from the National Gallery. "The National Gallery is very pleased to lend some unique pieces of Edwardian Silver from its collection, all made by Henry Birks & Sons, to compliment the holdings of Castle Kilbride. They contribute to a better appreciation and understanding of the history of Silver in Canada". Formed in 1880, The National Gallery of Canada (Ottawa ON) is among the oldest of Canada's national cultural institutions and is one of the world's most respected art institutions, renowned for its exceptional collections.

Highlights of The Brilliance of Birks include:

- \* 60 unique pieces spanning 130 years of Birks
- \* Original Livingston pieces – Victorian silver tea set service and flatware, serving dishes, Art Nouveau opera glasses, Art Deco family jewellery and personal mementoes.
- \* Gift of the Henry Birks Collection of Canadian Silver, 1979, featuring 1899 Tea Tray, 1937 Smoker's Set and 1901 Ewer on loan from the National Gallery of Canada.
- \* Learn about the history of Henry Birks & Sons leading to present day Birks & Mayors Inc.
- \* View nostalgic Birks advertisements, catalogues and original receipts from the Livingston family.
- \* Information on how to care for silver.
- \* A partnership with the National Gallery of Canada and Birks & Mayors Inc.

**Museum Hours:** Tuesday through Sunday 1:00 PM to 4:00 PM. Open weekdays at 10 am starting June 2.

Cost: Adults - \$6,  
Seniors/Students - \$5,  
Families - \$16. Group rates available for 20+ people.

The museum is bus friendly and wheelchair accessible. For more information please visit our website at [www.castlekilbride.ca](http://www.castlekilbride.ca)

Birks, as a brand, became a Canadian icon. Clientele included royalty and heads of state. The classic, blue Birks jewellery box became easily recognized as a symbol of quality. When we think of Birks, we visualize the Birks logo and the beautiful shade of blue that was used to package their merchandise. Throughout the 20th century, Birks dominated the Canadian jewellery market as Canada's premier designer and retailer of fine jewellery, timepieces and giftware. Today, Birks & Mayors Inc remains the leading operator of luxury jewellery stores in Canada and the United States.

### Henry Birks' passion for and vision of silver:

In 1879, Henry Birks was inspired to start his own jewellery store with a set of core values including quality, exclusivity, excellent service and design innovation. His vision and passion for silver created a retail empire spanning five generations. In 1936, Birks' grandson (Henry G. Birks) began a quest to collect silver pieces, which would become an exquisite collection later to be donated to the National Gallery of Canada in 1979 as a gift to the nation to enjoy. The Henry Birks Collection of Canadian Silver is "the largest, most comprehensive, and best documented compilation of its kind,"

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## Happy 1st Birthday Addison!

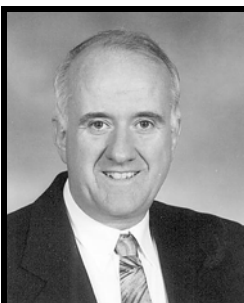


Parents Sarah and Mike Wolf wish their sweet girl a Happy 1st Birthday on June 20th.

## Welcome Baby Hudson!



Jen & Chris Bruyn are excited to announce the birth of their first child, Hudson Christopher Bruyn, on February 8th, just 8 weeks behind his cousin Carter. Proud Nana & Papa Stemmler from St. Agatha and Oma & Opa Bruyn from New Hamburg. Welcome Hudson.



**DOUG WAGNER, CFP**  
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## Summer Reading Fun at the Baden Branch Library



Grab your magnifying glass - a summer of suspense is coming to the library! Children ages 3 and up are invited to join the **2009 TD Summer Reading Club** and be super sleuths with this year's theme: "**AGENT 009**"! Read mysterious stories, enjoy mystifying programs, and take home secret prizes. There will be lots of fun for everyone!

The summer reading program encourages children ages 3 and up to read, or be read to, for pleasure during the summer months. Research has shown that kids who read during the summer months maintain or even increase their reading skills. Remember, comic books, magazines and on-line activities are all a part of literacy skills!

If you have any new or gently used children's books or toys hanging around your home, consider donating them to the summer reading program! We can always use more prizes! Please talk to Chris for more information.

**Pre-registration begins Wednesday, June 17, but you can sign up anytime during the summer.** (Sign up before June 30 to enter your name for a chance to win an early bird prize.) **Summer reading officially begins Thursday, July 2.** Come in and spin the "**Reading Wheel of Fun.**" Drop by anytime and see what fun activities we have planned. **When school is out, reading is in!**

**FREE "AGENT 009" Programs for Kids Ages 6 and up - Tuesdays from 1:45 - 2:30 p.m.** at the Baden Branch, beginning July 7. A different, fun theme every week! **Due to space restrictions, pre-registration is required for this program.** Call or drop into the library to sign up.

**Chris' Summer Storytime Drop-In for Kids Ages 3 to 5 - Tuesdays from 1:45 - 2:15 p.m.** Come out and listen to some of Chris' favourite stories and take home a colouring sheet.

**Summer Family Storytime** - Parents/caregivers and children 0-5 years old: you are included in the summer reading program, too! Drop in to the Baden Branch on Tuesday July 21 from 1:45 to 2:30 p.m. for a special family storytime with Kim, RWL's Family Literacy Coordinator. The storytime will include stories, songs, rhymes, and ideas about families having fun with literacy at home. No registration is required, just drop in!

**Kids Summer Book Club** will be returning! Check at the library for more details!

Read the **One Book, One Community 2009 book** this summer - "The Book of Negroes" by Lawrence Hill. After you have read the book, enter your name in the draw to win a prize!

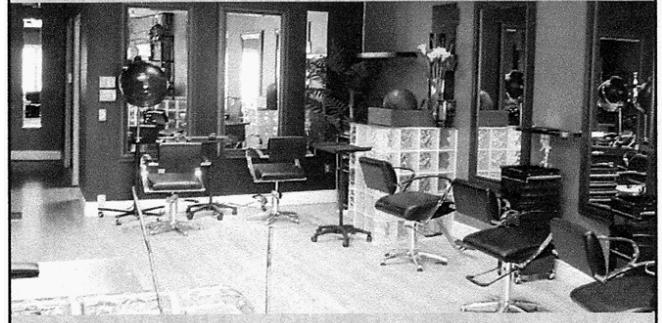
For more information, call the library at 519-634-8933 or email us at [badenlib@region.waterloo.on.ca](mailto:badenlib@region.waterloo.on.ca). Check our website at [www.rwl.library.on.ca](http://www.rwl.library.on.ca) for up-to-date information on all library programs.

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

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Happy 20th Anniversary Michelle & Perry Shantz



*It's been 20 years with so many great memories and many still to come. You fill our lives with such love, happiness and joy. You are both the greatest parents a kid could have! We love you immensely! Have a lovely anniversary. Love, Megan Rose & Jared. xoxo*



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Bottles can still be dropped off anytime at the WHFB museum behind the Baden Fire Station.

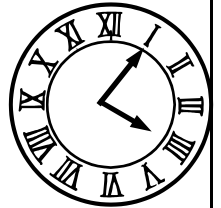
Call Kenton at 519-634-8580 for information.

**FACTOID:**

At five minutes and six seconds after 4 AM on the 8th of July this year, the time and date will be:

04:05:06 07/08/09.

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July 8

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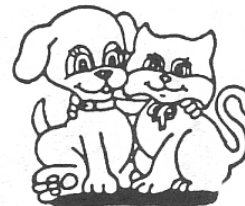
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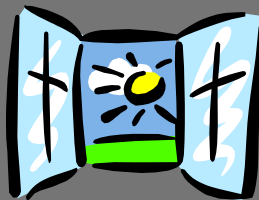


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## HOW TO OUTSMART THE MOSQUITOES! *Email Submission*

At a deck party awhile back, the bugs were having a ball biting everyone. A man at the party sprayed the lawn and deck floor with Listerine, and the little demons disappeared. The next year I filled a 4-ounce spray bottle and used it around my seat whenever I saw mosquitoes. And voila! That worked as well. It worked at a picnic where we sprayed the area around the food table, the children's swing area, and the standing water nearby. During the summer, don't leave home without it!



Take a lesson from the mosquito:  
He never waits for an opening, ... he makes one!

## Can't Have Stress

Can't eat pork, ...Swine flu...

Can't eat chicken,... Bird flu.

Can't eat Beef, ...Mad cow....

Can't eat eggs,...Salmonella.

Can't eat fish,...  
heavy metals.



Can't eat fruits and veggies,...  
insecticides and herbicides.

Hmmm!!!! I believe that leaves  
Chocolate and ice cream!

Remember - - -'STRESSED'  
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*Submitted by Betty Orr*

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# YAHN CUSTOM PLUMBING INC. CELEBRATES ITS 20TH ANNIVERSARY

Twenty years ago this May, master plumber Helmut Yahn of Baden started Yahn Custom Plumbing Inc. with one old 1977 Dodge van, a few tools, hand-drawn business cards and a young family at home. Since 1989, the "residential plumbing specialist" and his team have grown to employ eight, including licensed plumbers, apprentices, and office staff. And he has six trucks on the road, serving customers throughout greater Waterloo Region and beyond.

Services they provide include new installations, renovations, and repairs in both residential and commercial locations, while offering customers a wide selection of plumbing fixtures and faucets, water filters and purifiers. With 20 years of experience, Yahn Custom Plumbing Inc. has built a long list of clients, offering service to existing systems and working with a number of local contractors to build large custom homes for some of Waterloo Region's most well-known residents. In 1990 the operation also became a Beam Central Vacuum System dealer and full service provider for many other brands as well.

Helmut's son, James, says that in the four plus years since opening this area's largest plumbing showroom in Baden, it has quickly become a one-stop shopping destination for a wide spectrum of residential plumbing, water treatment and central vacuum needs. Located at the former site of the Waterloo County Co-Op on Foundry Street, One Way Water Solutions is the showroom and the marketing brand for Yahn Custom Plumbing Inc., providing a public retail outlet as well as a location where the company's contractors can send their clients to preview and select products.

"Anything you see out there we can get for you... we even import from Europe," adds the water-conditioning specialist. The showroom displays a wide selection of faucets, sinks, fixtures, and Beam Central Vacuum Systems to suit every need and budget.

"When people think of plumbers they think of toilets and sinks, they don't think of water treatment equipment," James says. A display of water treatment equipment showcases the latest — anything from water softeners, to in-line cartridge filters, to reverse osmosis drinking water systems, to ultra-violet-light sterilizers.



Helmut and James Yahn in their show room on Foundry Street.



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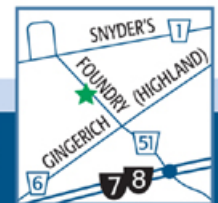
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The showroom also offers a wide array of low flush and dual flush toilets and other “green products,” some of which are eligible for the region’s rebate program if the client is on the municipal water system. “New products are constantly coming on the market and One Way Water Solutions tries to show them as they become available,” says James, adding that the majority of purchases are now eligible for the new home renovation tax credit. We also provide rental and rent-to-own plans on plumbing and water treatment products. “There are a variety of financing plans available,” James says.

Two employees have backflow (cross-connection) certification, which gives them the ability to test and certify backflow prevention devices in facilities where annual tests are required by municipal legislation. James explains that these devices are critical to ensure there is no contamination of the potable water system.

One Way Water Solutions is also a dealer of its own brand of bottled water, *Agua Dulce* (which is Spanish for “sweet water”), offering in-store retail and pre-paid plans, to home and office delivery of water bottled from a trusted source near Hillsburgh, Ontario. Other local dealers of *Agua Dulce* include New Hamburg’s Sobey’s and Home Hardware, Wellesley Home Centre, and Teddy’s Bakery of Baden.

“We’re fairly well diversified, and that diversification has helped us especially in these tough times,” James says. One Way Water Solutions specialists provide on-site water analysis, testing for a variety of minerals in the water. They also provide service to customers on private wells and are equipped to tackle any type of water situation. “We look at each individual situation and spec something accordingly,” says James, adding, “Each customer is unique.”

“We also very much appreciate the support we receive from our local clientele and look forward to serving many more in the coming weeks.” James invites everyone to “Come discover us today!” Located at 178 Foundry Street in Baden, One Way Water Solutions’ showroom hours are Tuesday and Thursday from 8 a.m.-6p.m., and Saturday from 10 a.m.-3 p.m. The showroom is closed Sunday, but open other days by appointment only. For more information, please call 519-634-8538 today, or visit [www.ycpinc.ca](http://www.ycpinc.ca).

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## Making Waves for MS

by Teresa Brown

Ah, summer! For many teens, the onset of summer vacation signals free time, lazing in the sun, or perhaps swimming at the beach with friends. For two local teens in particular, this summer will, indeed, mean a lot of time spent in the water with a friend, — Except in this case, “a lot” means 15 - 18 hours, as these two remarkable girls take on the challenge of swimming across Lake Ontario.

Eighteen-year-olds Jaime Doucet of New Hamburg and Sarah Sine of Mannheim met about five years ago while enjoying their mutual passion: swimming. The girls were both members of the Wilmot Aces Swimming Team, and their love of the sport made it easy to also hit it off as friends. But Jaime and Sarah share another similarity: both wanted to do something to help find a cure for Multiple Sclerosis.

On August 1 - 2, the teens will embark on their Making Waves for MS Lake Ontario Crossing, setting off from Niagara-on-the-Lake. “It’s a relay crossing,” explains Jaime, “so one of us will be in the water, while the other one rides along on a boat, resting.” Each hour, the girls will switch places, but “we’re starting off for the first hour together, and ending together,” laughs Sarah. The swim will start at 8:00 pm. and will end the next day at Marilyn Bell Park in Toronto.

The goal, of course, is to raise money for Multiple Sclerosis. The Making Waves for MS website explains that MS is a disease of the nervous system, and affects “vision, hearing, memory, balance, and mobility.” It can affect children, although it usually strikes young adults between the ages of 15 and 40, and there is no cure. You can find out more at [www.makingwavesforms.ca](http://www.makingwavesforms.ca) and at [www.mssociety.ca](http://www.mssociety.ca).

But why are these young women taking on such an incredible challenge, and why for MS? The answer lies in the girls’ personal experiences, as MS is a disease suffered by Sarah’s mother and aunt, and by Jaime’s father. “We both have someone close to us with MS,” says Jaime, “and we both love to swim. It just made sense to do this.” Sarah adds, “I don’t think we’d do anything else -- we’ve known each other and we swam together for years.”

The swim won’t be the first fundraiser the girls have undertaken. On June 5th, a dance at the New Hamburg Community Centre brought in funds toward their goal, which is to raise \$15,000. And Jaime and Sarah are well on their way to that ambitious number. On May 23 the Entrepreneur Class at Waterloo-Oxford held a Fun Day that raised \$1,500 and the school collected another \$400 from a homeroom collection.

But reaching their fund target isn’t the only challenge. Jaime and Sarah point out that the swim requires a lot of training, both in the pool and in much colder bodies of water, as well as swimming at night. There’s also the mental challenge to keep going during those long, dark hours; both girls are preparing for this aspect of the swim with coping methods from a sports psychologist.

Certainly, the girls are well-prepared. “We have a huge support group of family and friends -- it’s amazing how everyone is working so hard,” says Sarah. Jaime adds that “there hasn’t been a person we’ve asked for assistance who’s said no.” Aces Coach Joni Maerten-Sanders is working closely with the girls, and will also be alongside them every stroke of

the way, on a boat nearby. Pacers swimming along and kayakers ready to assist will also be part of the event, and of course many more people are working behind the scenes.

That so many people are working together is no surprise. Making Waves for MS is a remarkable story of two families affected by a disease; but it’s also the story of a team, a school, a community ... and of course a

friendship. What began as a simple idea of two young friends is turning into a region-wide effort to make a real difference. Like outwardly expanding waves, Jaime and Sarah’s bravery will no doubt continue to make waves of hope everywhere.

*If you want to contribute to Making Waves for MS, you can donate at Jaime and Sarah’s website (see above) or by contacting the Multiple Sclerosis Society of Canada, Waterloo Chapter, at 35 Belmont Avenue West in Kitchener (telephone 519-569-8789)*



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## Welcome Wagon Honours Local Businesses

Welcome Wagon is pleased to acknowledge and honour both Mark Jutzi Funeral Homes and Boshart Electric for 30 years of sponsorship in their Welcome Wagon service to the towns of New Hamburg/Baden and surrounding communities. For almost 80 years Welcome Wagon has been greeting people from coast to coast in Canada.

Monique Rome, the local Welcome Wagon Representative, Pat Neuman, President of Welcome Wagon and Anja Gangur, Area Manager of Welcome Wagon, presented 30 year sponsor plaques to Trevor Jutzi of Mark Jutzi Funeral Homes (*pictured below*) and Edith Gingerich of Boshart Electric on May 6, 2009 (*pictured to the right*).



In addition to the plaques, Trevor and Edith received a Welcome Wagon History Book written by their first Canadian President, Pauline Hill who lead a group of 12 managers to purchase Welcome Wagon from Gillette of Boston in 1979. She has had many professional achievements and was inducted into the Canadian Professional Association "Sales Hall of Fame" in 2000.

Pauline is an honorary Chairman of the Welcome Wagon Board of Directors. She joined the company in 1953 and is still doing community visits to this day.



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- \* Implants and dentures (to replace missing teeth)
- \* Root canal treatment
- \* Bleaching/whitening
- \* Headache/migraine control (related to TMJ)

Millions of Canadians suffer from osteoarthritis, the most common form of arthritis. Osteoarthritis accounts for more trouble with climbing stairs and walking than any other disease, and is the most common reason for total hip and knee replacement surgeries. This article provides a review of the current scientific understanding of osteoarthritis, including common symptoms, risk factors/causes and the role of active exercise as an effective management strategy.



It is important to first understand what osteoarthritis is. Many joints in our body have smooth cartilage surfaces that glide against each other, which allow two or more opposing bones to move freely and perform a specific set of movement(s). A joint becomes arthritic when there is wearing down of these cartilage surfaces, and a change in the composition of the bone underneath the cartilage occurs. Soft tissue structures in and around the joint are also affected. An arthritic joint does not mechanically function like it is supposed to. This may result in a number of symptoms including: muscle tightness and weakness, joint pain and stiffness, decreased ranges of motion, instability and creaking in the joints, swelling, inflammation, joint thickening (i.e. finger nodules, bunions), secondary movement patterns, and physical de-conditioning. Weight-bearing joints such as the hips and knees are most commonly affected, but osteoarthritis can affect any area of the body, including the hands, neck, and low back.

Osteoarthritis risk factors/causes are usually multifactorial, meaning that there is usually no single cause, but rather a combination of several different factors. The more risk factors an individual has, the greater chance they have of developing osteoarthritis. These risk factors/causes may include but are not limited to: advancing age, genetic predisposition, mechanical overload from occupational and recreational activities, direct joint injury, lack of exercise, and being overweight or obese.

Exercise has been shown to be an effective management strategy for osteoarthritis. In general terms, exercise can be viewed as guided and coordinated movements which strengthen and rehabilitate our bodies. Exercise increases our functional capacity to withstand occupational, recreational, and everyday stresses to our body more efficiently, thereby minimizing the risk of joint injury and subsequent disability. Natural chemicals called endorphins have anti-inflammatory and pain relieving properties and are released by the body during exercise. Joint movement also transports nutrients and waste products to and from cartilage. For every extra pound of weight that someone carries, they put an extra three to five pounds of stress on a weight bearing joint. Regular exercise can allow an individual to keep their weight down, and their muscles and joints flexible and strong.

The individual components of exercise can exert specific positive benefits in the body. **Aerobic or Endurance** exercise improves the body's capacity to deliver oxygen to working muscles and organs. Swimming, cycling, jogging, water aerobics, and power walking are a few examples of this type of exercise. It is recommended that an individual engage in a minimum of 30 minutes of endurance exercise at least three times per week. This type of exercise will also burn calories and help maintain healthy body weight.

**Resistance or Strengthening** exercise helps a muscle's ability to contract and do work. This type of exercise can help maintain bone density and strengthen muscles to support our joints. It will also boost metabolism and assist in maintaining a healthy body weight. Examples of this type of exercise include weight machines in a fitness facility, dumbbells, or resistance tubing.

**Flexibility** exercises help maintain a joint's complete movement or range of motion. Stretching is the most familiar form of this type of exercise but it can also include activities such as Tai Chi, Pilates, and Yoga. Holding a sustained stretch for 15-30 seconds can result in modest flexibility gains. This type of exercise becomes especially important when preparing for any endurance or strengthening activity to help ready the body and minimize the risk of injury. Where appropriate, agility and proprioceptive/balance exercise may also be added.

Additional management strategies may be employed in conjunction with exercise in the management of osteoarthritis. This may include proper diet and nutrition, ice and heat therapy, and supplementation with glucosamine sulphate, omega-3 fatty acids, and natural anti-inflammatory agents. Treatment from Regulated Health Professionals who utilize manual mobilization therapies, soft tissue therapy, electrotherapy, acupuncture, and rehabilitation strategies can significantly help to decrease pain by restoring normal muscle and joint motion, and promote healing of arthritic or injured areas.

Osteoarthritis is common and affects millions of Canadians. The good news is that the negative effects of osteoarthritis can be successfully managed with active exercise strategies. Exercise can encompass a wide range of activities. Therefore, choose activities that are safe and enjoyable. This will make it more likely that you will be consistent with those activities. There may be some initial discomfort when beginning an exercise program. This may be your body's normal response when starting a new activity and should not last more than one to two weeks. Start slowly and progress gradually. If discomfort persists beyond this point, consult with an experienced individual to make sure the exercise you are performing is appropriate and being done correctly. 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.*

 <p><b>New Hamburg Wellness Centre</b></p> <p>DR. JOHN A. PAPA, DC SHEILA REINHART, RMT MICHELLE CULBERT, RMT</p> <p>148 Peel St., Unit 10, New Hamburg 519-662-4441</p>	<p>VISIT US ON THE WEB AT: <a href="http://www.nhwc.ca">www.nhwc.ca</a></p> <ul style="list-style-type: none"> <li>• CHIROPRACTIC CARE                             <ul style="list-style-type: none"> <li>• ACUPUNCTURE</li> <li>• MASSAGE THERAPY</li> <li>• ORTHOTICS</li> </ul> </li> <li>• NUTRITION &amp; EXERCISE PRESCRIPTION</li> </ul>
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## “Get It Together” ..with Donna & Rhonda

We are going to continue our “trip around the house” and this month we are going to travel to the home office . . .

### CAN YOU SEE THE SURFACE OF YOUR DESK???

We do NOT live in a “paperless society” yet . . . so we need to have strategies to deal with our paper clutter! Commit to dealing with your paper piles on a regular basis.

- Set your timer for 15 minutes at least two times a week. Work hard and fast for those 15 minute intervals and tackle your paper.
- Make sure you have a **recycling bin** in your office. Put the recycling into the bin right away instead of starting a “to go to recycling” pile!
- Keep a portable file folder for those things that you “need to read” and grab this file the next time you will be waiting in the doctor’s office or waiting to pick up children from their extracurricular activities.
- Handle paper once! The statistic is, on average, we handle paper nine times before we deal with it! To help you become aware of how many times you handle paper – do the “MEASLES” test. Every time you pick up a piece of paper, put a red dot (with a pen) in the upper right corner. When the paper accumulates so many dots that it looks like it has the measles – you will realize how many times you have handled it.
- Remember these catch phrases:
  - Keep up or it will heap up
  - File it, don’t pile it



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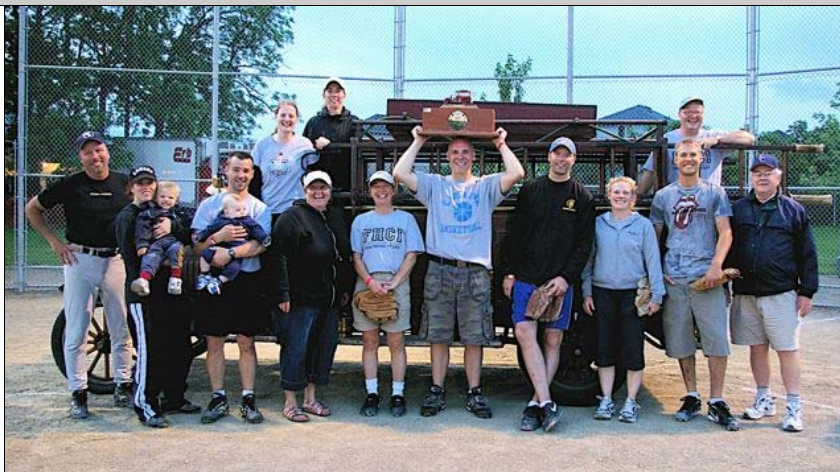
## Get Ready for the Baden Firefighters 3rd Annual Hosemonkey Tourney and Dance!

On Friday June 26 and Saturday June 27, Baden will be on fire with excitement as the 3rd Annual Baden Firefighters Slow-Pitch Tournament and Dance gets under way.

The tournament, now in its third year, features something for everyone: a 24-team slow-pitch tournament on Friday night and all day Saturday; a pig roast and barbecue on Saturday; and of course an open air licensed dance in Baden's Adam Beck Park, with popular band Frank's Boys providing live music for Saturday night's closing celebrations.

The slow-pitch tournament has become hugely popular. Cash prizes, great competition, and a great day in the sun bring players back. Event organizer and Baden firefighter Jeff McGregor says that "we know it's a big hit when 20 of this year's 24 teams are returning competitors". Even if you're not a slow-pitch player or fan, the pig roast dinner and dance are also a hit: the dinner begins at 6 pm., and the music and dancing will roll from 8 pm. until around midnight.

McGregor also tells the *Outlook* that the ball tournament and dance is the BFFA's major fundraiser for the year. "In two years, the money we've raised has allowed us to purchase items for fire safety awareness education, as well as extrication equipment, radio chargers, and uniforms," he explains. "This money lets the firefighters serve the community better, whether it's at a fire, accident, medical emergency, or visiting kids at school."



2008 Hosemonkey Champs FHCI Faculty, with trophy in front of the Baden Firefighters' 1926 Model T fire truck

"This event wouldn't be possible without the fantastic support of the community," he says. "Everyone from the park's neighbours to township council have been very supportive. And of course our volunteers, who do a lot of work to help the Baden firefighters, make the tournament a success -- we really appreciate everyone's enthusiasm and help." He adds that "the Baden firefighters really look forward to putting on the event, as well; we've met a lot of good people, and have a blast doing it."

At only \$10 admission for the public, it's a terrific deal and a great way to support the Baden Firefighters' Association. Tickets are available from Teddy's Bakery in Baden, or from any Baden Firefighter. So get on your dancing shoes and sunscreen and bring your appetite to Baden Park ... watch the Forest Heights Collegiate Trojans as they attempt to defend their championship ... and keep our firefighters well-equipped to help the community.

By Teresa Brown

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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...

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## Baden Outlook Baseball Pool Stats

Place	Name	PTS	Place	Name	PTS
1	Bob Leppington	156	31	Roy Blake	132
2	Craig Bell	155	32	Peter Westlake	131
3	Maureen Westlake	151	33	Pat Henderson	130
4	Sheryl Crabbe	150	34	Jean Cook	130
5	Wally Morrison	150	35	Kylie Martin	130
6	Darren Pearson	149	36	Brad Ziegler	129
7	Tyler Naumann	148	37	Joel Heise	129
8	John Nahrgang	146	38	Lea Bender	128
9	Jeremy Witzel	145	39	Kyle Kaminska	127
10	Sydney McConnell	144	40	Brett Bartlett	127
11	George Jones	143	41	Bruce Littwiller	127
12	Jody McConnell	141	42	Janet McKee	127
13	Bob Forde	141	43	Ryan Grebinski	126
14	Jeff Miller	140	44	Ben Griffey	126
15	Shane Grebinski	139	45	John Papa	126
16	Jessie Gingerich	138	46	Doug Kaminska	126
17	Laura Grahlman	138	47	Greg Snyder	125
18	Lisa Holba	137	48	Isabelle Coxon	125
19	Keith Wagler	137	49	Brandon Bisch	124
20	Jake Livingston	136	50	Ed Tschirhart	123
21	Paul Jacklin	136	51	Robert Sisko	123
22	Tara Lazzari	136	52	Ian Johnson	123
23	Chris Murray	136	53	Pat Miller	123
24	Randy Martin	136	54	Paul Morrison	122
25	Kris Dewit	136	55	Ralph Schmidt	122
26	Christine Loree	136	56	R. Westfall	122
27	Russia Witzel	134	57	Kyle Erb	122
28	Tarvis Gowlang	134	58	Nicola Serapiglia	121
29	John Westlake	133	59	Alex Reibeling	121
30	David Schmidt	132	60	Mike Horlings	121

## Final Hockey Pool Stats - Top 10

1st	Shane Grebinski	951	8th	Amanda Carney	929
2nd	Dave Flood	947	8th	Bill Struth	929
3rd	Don Becker	941	8th	Dan Schaefer	929
4th	Landon Roth	940	8th	Elvira Brattan	929
5th	Doreen Dean	939	8th	Ray Miller	929
6th	Ruth Schnarr	937	8th	Sheila Martin	929
7th	John Nahrgang	934	8th	Todd Loree	929
8th	Agnes Bender	929			

Congratulations to Bob Leppington for taking the leader prize in this month's Baseball Pool - winning a gift certificate from EJ's of Baden.

The lucky random draw winners are **Tim Cutting** winning a gift certificate from Egli's Meat Market, and **Bryan Hakkers** winning a breakfast from Teddy's Bakery, a Baden Outlook shirt & *Stories From The Porch*, by Teresa Brown





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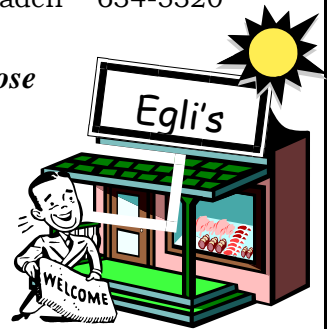


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## A Glance Back at the Past 50 Issues



April 2009 marked the 100<sup>th</sup> issue of the *Baden Outlook*. In last month's issue we featured some of the interesting articles and developments in the first fifty issues. Here are the next fifty issues and some of the interesting twists that took us to where we are today.

**2004** – In the May 2009 issue we featured issues from January to November. In December we printed 1600 copies with 20 pages. We featured Baden playwright, author, historian and producer Urie Bender and interviewed the folks at the Perimeter Institute in Waterloo.

**2005** – By the end of 2005 we were printing 1,800 copies and several months contained 24 pages. April was a memorable month for us as we purchased our own Canon copier and began printing the paper in our home, taking 16 hours to print which pales in comparison to today's total hours. Memorable "Notes from the Attic" articles included Livingston Presbyterian Church, the train/truck crash of 1963, Schout Real Estate, Silver Springs Cold Storage and the Dominion Linseed Company. Interesting People featured this year: author Teresa Brown, artist Lance Russworm, the Dairy Queens (Anne Honderich and Cindy Jantzi), Reflexologist Dorothy Bowman, veteran crossing guard, Marilyn Lindner, Bob and Lien Schout and former Badenite - Kitchener Mayor Carl Zehr. Notable Baden happenings included the opening of Safe Pasture Church in September and the passing of Baden born entrepreneur Beland Honderich in December.

**2006** – By December of this year we were printing 2,025 copies and were consistently publishing 24 pages during the last six months of the year. Notable events for the *Baden Outlook* this year included spearheading a drive to raise funds for accident victim Scott Wyles, we started to support the TCP of New Hamburg and Teresa Brown began writing for us in September (*Many thanks, Teresa*). Notable Baden happenings included the closing of the Baden Emporium in February and the first EJ's volleyball tournament. Noteworthy historical articles for this year included the Grand Trunk Railroad in Canada and Wilmot, Spruce Grove Dairy Farm, Maple Leaf Inn, Baden

Mennonite Church, Memories of the Castle by Barb Goeman, Baden Fire Halls, and Baden Hydro. Interesting People included pilot Martin Mattes, new Police Chief Don Scott, long distance runner Laurie McGrath, and Japanese war survivor Morio Ogasawara.

**2007** – By December of 2007 we were printing 2,300 copies and in September we printed 28 pages for the first time. Notable *Baden Outlook* happenings for this year included our first aerial photos of Baden, 455 readers entered our annual hockey pool, we interviewed world class magician Greg Frewin and our son Michael Fisher began contributing health and wellness articles. Memorable Notes from the Attic articles included the Masonic Lodge of Baden, *Heidlinger Shoe Store*, the turnip plant of Baden and the *Queen's Hotel*. Interesting People articles included Baden Minor Softball President Bob Bontaine, artist Gloria Kagawa, township planner Harold Okrafka, race car driver Nick Roth, politician Harold Albrecht, historian Lorraine Roth and ex-NHL goalie Mike Torchia.

**2008** - December of this year we printed 2,400 copies with 28 pages now being the norm. The *Baden Outlook* did another fly-over of Baden for aerial photographs and this year we sponsored a New Hamburg Firebirds Junior C hockey game which was close to a full house and lots of fun. Ed tackled an ambitious project of documenting the businesses in town in the 30's and the 40's. This couldn't have been done without the help of Mike and Norma Weiler (thanks to both – we still get comments from readers). Herner Wood closed their doors after 50 years in business and Teddy's Bakery celebrated their tenth anniversary. Notable historical articles included the Coleman archeological site, the Baden Pretzel Benders, the Bast family and the great Baden Bank robbery.

**2009** – March saw the 2,500 circulation mark. Featured stories this year included publisher, politician and historian Ernie Ritz, the sale of the Emporium is announced, Safe Pasture closing, and Teresa Brown – play and book update. April we purchased two new printers.

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## Attention ALL Badenites!!

*The Baden Community BBQ, which is held on Thursday, August 27th will have strictly advanced ticket sales this year.*



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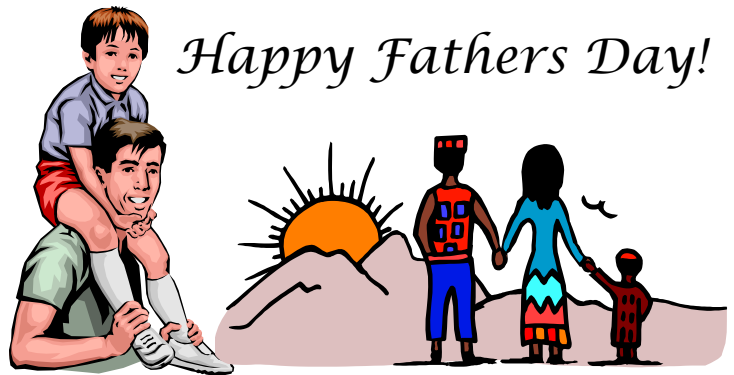
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## New High School Exit Exam



*(Passing requires four correct answers)*

- 1) How long did the Hundred Years' War last?
- 2) Which country makes Panama hats ?
- 3) From which animal do we get cat gut?
- 4) In which month do Russians celebrate the October Revolution?
- 5) What is a camel's hair brush made of?
- 6) The Canary Islands in the Pacific are named after what animal?
- 7) What was King George VI's first name?
- 8) What colour is a purple finch?
- 9) Where are Chinese gooseberries from?
- 10) What is the colour of the black box in a commercial airplane?

*Remember, you need four correct answers to pass.  
Check your answers on page 24*

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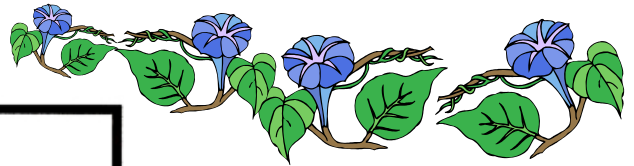
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## Maybe ...

*Email Submission*

Maybe... we are supposed to meet the wrong people before meeting the right one so when we finally meet the right person, we will know how to be grateful for that gift.

Maybe... when the door of happiness closes, another opens; but often we look so long at the closed door that we don't see the new one which opened for us.

Maybe... It is true that we don't know what we have until we lose it, but it is also true that we don't know what we have been missing until it arrives.

Maybe... The happiest people don't necessarily have the best of everything; they just make the most of everything they have.

Maybe... You should dream what you want to dream; go where you want to go; be what you want to be, because you have only one life and one chance to do all the things you dream of and want to do.

Maybe... There are moments in life when you miss someone - a parent, a spouse, a friend, a child - so much that you just want to pick them from your dreams and hug them for real.

Maybe.. The best kind of friend is one you can sit on a porch and swing with, never say a word...but when they walk away you feel as if it was the best conversation you've ever had.

Maybe... You should always try to put yourself in others' shoes. If you feel that something could hurt you, it probably will hurt the other person, too.

Maybe... You should do something nice for someone every single day, even if it is simply to leave them alone.

Maybe. Giving someone all your love is never an assurance that they will love you back. Don't expect love in return; just wait for it to grow in their heart; but, if it doesn't, be content that it grew in yours.

Maybe.. You shouldn't go for looks; they can deceive. Don't go for wealth; even that fades. Go for someone who makes you smile, because it takes only a smile to make a dark day seem bright. Find the one that makes your heart smile.

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# Humans are Touchy Creatures

By Neil Lackey, M.Th.

Skin is our largest sense organ, alerting us to changes in temperature, pleasure and pain. The textures of food, touch of fabric, warmth of another's hand in our own; each communicates unique and special meaning.

Touch has been shown to be essential to healthy development of infants and when deprived of touch, baby mammals fail to thrive. Many of us like touching pets and our hands or bodies can linger over the pleasure, or recoil quickly from various textures.

Although sex includes touch, not all touch is sexual. Indeed, touch is vitally important to our health. Many men, unfortunately, reserve touching for specifically sexual encounters and miss out on the wide range of communication touch can provide. I remember, as a young university student, getting used to hugging my Dad - not something he nor I at first was comfortable with at all - though I observed that Dad would hug my girlfriends!

It is in our growing up families that we first, impressionably, learn what kind of touch is appropriate and what is not. My family was not a huggy one - no wonder I chose friends where hugs were common, starting with a variety of female friends based on my Dad's modelling!

What do you notice in yourself as you see male friends hugging? When you see females hugging, would you notice something different in yourself? How did you come to make those meanings from your observation of others touching?

As adults, we can be confined by our childhood learning and deprive ourselves of opportunities to be more fully human - in touch. I encourage you to make time to hold Grandpa's hand or stroke Mom's hair or give Dad a bit of a shoulder massage. And if touch is an experience that you refrain from, a consultation with a registered Sex Therapist, or a Registered Family Therapist could be a wise choice to enhance your ability to experience life more fully.

*Neil Lackey is a Registered Marriage and Family Therapist (RMFT) and Registered Sex Therapist (BESTCO) offering appointments at the Mitchell Medical Centre and Southern Ontario Counselling Centre. He can be reached at 519-746-2323 Ext. 305. More information is available at [www.socounselling.com](http://www.socounselling.com)*

## ANSWERS TO THE HIGH SCHOOL EXAM - from page 22

- 1) How long did the Hundred Years War last? 116 years
- 2) Which country makes Panama hats? Ecuador
- 3) From which animal do we get cat gut? Sheep and Horses
- 4) In which month do Russians celebrate the October Revolution? November
- 5) What is a camel's hair brush made of? Squirrel fur
- 6) The Canary Islands in the Pacific are named after what animal? Dogs
- 7) What was King George VI's first name? Albert
- 8) What colour is a purple finch? Crimson
- 9) Where are Chinese gooseberries from? New Zealand
- 10) What is the colour of the black box in a commercial airplane? Orange (of course)

*What do you mean you failed? We did too!*

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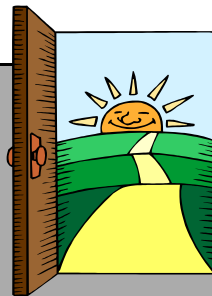
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Returning each deed! Oh, they'll be so excited!  
(When I'm an old lady and live with my kids)

I'll write on the wall with reds, whites and blues,  
And I'll bounce on the furniture...wearing my shoes.  
I'll drink from the carton and then leave it out.  
I'll stuff all the toilets and oh, how they'll shout!  
(When I'm an old lady and live with my kids)

When they're on the phone and just out of reach,  
I'll get into things like sugar and bleach.  
Oh, they'll snap their fingers and shake their heads,  
Their faces will turn a magnificent red.  
(When I'm an old lady and live with my kids)

When they cook dinner and call me to eat,  
I'll not eat my green beans or salad or meat,  
I'll gag on my okra, spill milk on the table,  
And when they get angry...I'll run...if I'm able!  
(When I'm an old lady and live with my kids)

I'll sit close to the TV, through the channels I'll click,  
I'll cross both eyes just to see if they stick.  
I'll take off my socks and throw one away,  
And play in the mud 'til the end of the day!  
(When I'm an old lady and live with my kids)

And later in bed, I'll lie back and sigh,  
I'll thank God in prayer and then close my eyes.  
My kids will look down with a smile slowly creeping,  
And say with a groan, "She's so sweet when she's  
sleeping!"

*Submitted by Vivian Pletz, Saskatchewan*

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# the Health & Wellness Page

## Managing Summer Heat with What You Eat!

Submitted By Michael Fisher, R.N.



Isn't it funny how we choose certain foods depending on the time of year? We just naturally don't feel like eating ice cream in the winter, nor piping hot stew in the summer. This is because food has a thermal nature! Of course the temperature of the food plays an important part; but the actual food itself has thermal properties that can help us cool down or warm up! For instance, choosing cooling foods can help those who suffer from hot flashes, likewise, warming foods can benefit those who constantly have cold hands or feet, as well as other symptoms that are a result of 'coldness' such as poor metabolism, arthritis, and so on.

Nature (naturally) gives us foods that help us balance with the weather, which is why cooling mangoes grow in the tropics, and warming root veggies can survive the harsh climates of northern regions like Canada! So as we approach summer, it is helpful to have this in mind: food can warm us up or cool us down. First of all, cook and eat outdoors, which helps us attune to the season, and eating fresh foods that require little or no cooking are ultimately the coolest! So as a hint whatever is in season in the region is typically what will help us balance and attune with the climate.

They all come from down south! However, in the summer, fresh fruits are available and certainly help keep us cool, as do the summer vegetables that we grow in the garden. Below is a list of foods that are especially known for their cooling properties, and available locally in season!

- \* Vegetables: most above ground veggies are available in mid-summer such as: lettuce, radish, cucumber, celery, chard, spinach, cabbage, broccoli, zucchini
- \* Fruits: almost all, especially melons - and tropical fruits are very cooling
- \* Beans: soy is very cooling, especially tofu and soy milk! Most other beans

are warming

- \* Grains: typically warming or neutral, however sprouting grains are very cooling
- \* Meat: most are warming, but seafood and fish have a cooling tendency, especially crab and clam - but not if eaten in excess!! Eating less is cooling, overeating is warming!
- \* Milk: almost all are cooling, however, milk can make us feel thick and heavy, which we don't want in the summer months. What would be better are clear and light drinks like green or mint tea.

Despite the attraction to icy drinks and frozen foods in the summer, consuming foods and drinks that are colder than refrigeration temperature serve to retain sweat and heat. They might help us temporarily, but don't really free us of heat. Foods that have an airy and light quality to them, like salads and fruits are better, and drinks that are room temperature are best.

So load up the salad bowl and head out to the patio... and be sure to recognize when you are full - and to NOT overeat!

*The above information is not intended to replace the efforts of the medical system.*

*Michael Fisher is a Registered Nutritionist focusing on healing through whole foods. Michael teaches, consults and writes in Canada and the US. Visit Michael's website for more information. [www.michaelfisher.ca](http://www.michaelfisher.ca)*

**June Promotion: FREE First Consultation for New Clients!**

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A graphic advertisement for Michael Fisher, a Registered Nutritionist. It features a background image of a wooden spoon pouring liquid into a glass bowl, with fresh vegetables like lemons and onions nearby. On the right, there is a smaller portrait of Michael Fisher. The text includes his name and title, a tagline about learning to eat well, a description of his coaching services, and a call to action for a June promotion with contact information.

**Michael Fisher**  
REGISTERED NUTRITIONIST

Learn to Eat Well  
For Sickness and Health  
Body, Mind and Spirit

All coaching is done in your home so we can talk, cook, clean out your cupboards and work together with your personal and family needs

Visit [www.michaelfisher.ca](http://www.michaelfisher.ca) for Monthly Promotions and Events | [www.michaelfisher.ca](http://www.michaelfisher.ca) | [mike@michaelfisher.ca](mailto:mike@michaelfisher.ca)

*30 Years Helping People Move in  
Baden, New Hamburg, Wellesley & K-W*

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

**Peter Gingerich**

sales person

[peter.gingerich@rogers.com](mailto:peter.gingerich@rogers.com)

**519-662-4955**

106 Huron St., New Hamburg  
each office independently owned and operated



**Anything less  
is second best!**

**Baden Summer Bible Camp!**

Grades 1-6

July 27-31, 2009 9:00-11:30 am

**At Steinmann Mennonite Church**

Corner of Snyder and Nafziger Roads

This year's theme is *GLOBE*:  
God's Love Of Boys & Girls Everywhere

- **Bible Lessons**
- **Recreation**
- **Crafts**
- **Snacks**



Cost: \$10 per child - \$25 per family

Pre-Registration:

July 22<sup>nd</sup>, 7-8 pm at Baden School

Sponsored by Wilmot Mennonite and  
Steinmann Mennonite Church.

Call **519-634-8311** with questions  
or to register

For program details visit:  
<http://ebcollege.on.ca/vbs>

**Summer Fun 2009**

Sponsored by Wilmot Family Resources Centre

For children ages 4 to 12 years / Monday to Thursday - 9 am to noon

*What, When, Where, Who and How much?*

**Double Dare** - July 6-9.. Ages 5 to 10. Centennial Hall, Baden..

Discover adventurous activities like ding dong baseball, Australian kickball, noodle hockey, wacky relays and more..Dare to join the fun!

Cost: Agency members \$30. Non-members \$40.

**Super Sleuths** July 13-16. Ages 6-12. Centennial Hall, Baden..

It's time to put on the thinking caps and work together. Campers will use their logic skills as they collect clues and solve mysteries.

Cost: Agency members \$35. Non-members \$45

**Ocean Adventure** July 20-23. Ages 4-9. Centennial Hall, Baden..

Calling all underwater explorers! Uncover the mysteries of ocean animals, make friends, play games and enjoy marine themed crafts and water fun!

Cost: Agency members \$30. Non-members \$40.

**Move To The Groove** July 27-30. Ages 6-12. New Hamburg Community

Centre....Do the health hustle! Start each day with a fun workout...then get set for a week of games, physical fitness and other sports challenges, all in the spirit of fun!

Cost: Agency members \$30. Non-members \$40.