

Baden Outlook



*"Keeping the Community Connected"
With 2800 copies in circulation.*



Hair Care ~ In Kindness She'll Share.



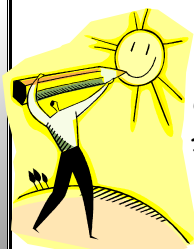
On July 3rd at 11:30 Rebecca Vitello will be cutting her hair at the Optimist Club of Petersburg Breakfast in the Park and donating it to a child cancer patient. She aims to cut off about ten to twelve inches. Rebecca has been thinking about those who struggle with cancer and hair loss through chemotherapy treatments. She has pondered getting her long brown hair cut for about a year and a half so it can be donated to someone who is not feeling well. She feels it is important that people feel good about themselves after enduring the illness and losing their own hair. It is her way to help someone feel better.

Rebecca wants to take the hair donation a little further by making the hair cutting event into a fundraiser – with a lofty goal of \$5,000. All donations will be split 50/50 between the London Children's Health Foundation and the Optimist Childhood Cancer Program. Donations to both programs go toward the support of children and families who have dealt with cancer.

There are several different ways in which to support Rebecca. She has pledge sheets that are available for businesses and people who wish to help in her cause. She will have a booth at the St. Agatha Strawberry Festival (held June 18) and at her website <http://childhealth.akaraisin.com/raisinghope/rebecca> where people can donate online and proceeds will go directly to London's Children's Health Foundation. She has also taken several pledge sheets to her school and hopes that people at the July 3 breakfast will help as well. She will be happy to accept donations up to the end of July. Warren Bechthold of Petersburg and the Petersburg Optimists have already been a tremendous help in Rebecca's fundraising ambitions.

"I have always had long hair and it will be exciting," explains Rebecca, "but I think my mother is a little nervous because I have always had nice long hair." If you can help Rebecca, please call 519-746-2251. Donations of over \$20 will be issued a tax receipt.

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



The Baden Outlook will not be publishing a paper in July. Summer is here and we are going outside to garden, camp, play, visit, and rest – to simply stay away from the computer for one month.

Have a great summer! Till August... Pat and Barry



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This paper is priceless - Please have one!

Talking with Ed

A Night with the St. Agatha Lions Club

We received an invitation to attend the St. Agatha Lions Family Night held on Tuesday, May 17th at Kennedy's Tavern in St. Agatha. The evening was in honour of Youth Speakers and the public speaking contestants. The special entertainment for the evening included: musicians *Jericho*; entertainer *Buddy Carlton*; and world famous hockey dad, *Walter Gretzky*.

We were greeted at the tavern by Lion Dave Cole, who gave us a briefing of the planned evening. As we started enjoying the atmosphere, we spotted Walter talking to several children - laughing, cracking jokes, and signing autographs. As he strolled our way and joined our table, he was singing a song to himself. He was genuine and candid as he spoke and exchanged pleasantries. He shared his story about the aneurysm he suffered in 1991 and his subsequent loss of short-term memory. All of his life he had headaches, he told us, especially after eating late at night and he wishes he would have been more aware of this earlier on. Walter spent nine months in the hospital following the aneurysm and a six hour surgery. He had to learn everything all over again - walking, talking etc. and he endured two and a half years of therapy. His physical therapist, Ian Kohler, stayed with him through the entire learning process; Ian literally joined his family when he married Walter's daughter, Kim. His ordeal is the basis of the CBC movie *Waking Up Wally: The Walter Gretzky Story*.

We discussed Wayne's hockey skills as he grew up through the Brantford hockey system and he was very honest and animated through the whole interview. After twenty minutes he surprised us by giving his cell phone number and inviting us to his home to see his collection of memorabilia. We were humbled and promised that we would call for a visit. *See page next page for our story about our visit with Walter.*

We had a delicious meal of rolled ribs and roast beef and enjoyed our evening with the Lions Club of St. Agatha. We sat with Lions Mike Kennedy and David Falconer and learned what an ambitious group they are, with lots of summer activities lined up. They are directly involved with St Agatha StrawberryFest (which has become a family favourite over the years), featuring their first annual Chili Cook-off. The other attraction they have planned this summer is called St. Agatha SummerFest, which takes place from July 15th to the 17th. Events include slow pitch and mush ball tournaments, amusement rides, a Birds of Prey show, breakfasts, barbeques, tribute artists' shows, and much more. Information for both StrawberryFest and SummerFest can be seen on page 27. Since St. Agatha has a population of 624 (*give or take*), we were impressed by their energy and enthusiasm of a small group to making their town a better place to live.

And remember -- we don't print a paper in July. Have a great summer... Until August...Ed



Youth Speakers l-r: Chanel Wase, Rebecca Vitello, Haley Mores, Bradley Vitello, Morgan Wase, Michael Vitello.



EXTRA!! EXTRA!!

There are extra copies of The Baden Outlook available in Baden at Egli's Meats, Mars Variety, Mac's Milk, One Way Water, EJ's, Baden Library, and several outdoor magazine boxes located conveniently for Baden readers.

Also available at Stop 2 Shop (St. Agatha), Old Fashioned Variety (Petersburg), Foxboro. ~ In New Hamburg at No Frills, Sobey's, Short Stop, Kasemann's, Morningside, Absolute Fitness, NH Dry Cleaners, NH Wellness, New Hamburg Library and various offices and retail locations throughout Wilmot Township.

~ And as always, It's Priceless ... Please Have One!



Outlook Road Trip to Visit Walter Gretzky



Walter and I arranged a time to meet on June 1st for our interview. I invited my hockey-fan Mother-in-law Jean Cook, and long time buddy Tim Gowland and his son Zack along for the road trip. Tim is a hockey buff and creates the baseball and hockey pools for the paper each year. Everyone was excited to visit with Mr. Walter Gretzky.

Upon arriving at the Gretzky house there was a sign on the door saying "Walter will be right back – please wait". After a short time Walter pulled in and explained that the Brant News had wanted a picture of him for "HockeyFest", an annual event.

Walter invited us into his two-storey home and explained that it was once a single story house. He found out by coincidence that Wayne was building him and his wife a new house and he refused it – so Wayne gave the original home an addition including a new pool out back.

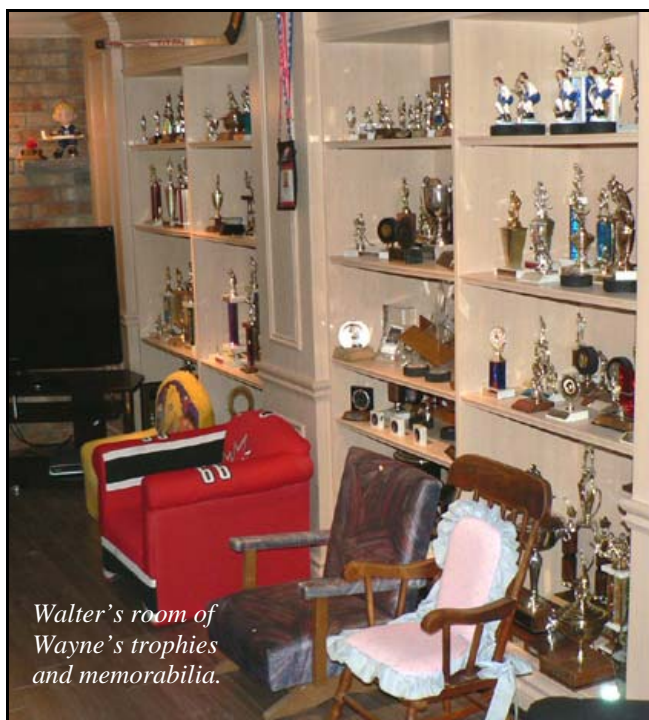
Through our thirty-minute chat in the living room it didn't take long to figure out that Walter gives



Bench made from hockey-sticks

to the community each day. He drives around the arenas in Brantford and collects broken hockey sticks that would normally be thrown out and donates them to the CNIB – who in turn creates hockey stick furniture, as seen in the picture. Each day

he goes to the homeless shelter and helps feed the homeless. He attends events in support of many different groups.



Walter's room of Wayne's trophies and memorabilia.

Walter had many stories. One story was how Wayne, while in the Edmonton Airport, talked to two blind men from Halifax, Nova Scotia. They immediately recognized him through his voice. Wayne was so moved by these two gentlemen that he started a celebrity tennis tournament. Eventually it switched to baseball, then the golf tournament that it is today. Over the 32 years that the tournaments have been running they have raised over three million dollars. There are seven tournaments across the country each year and Walter has attended each one, although he is cutting it back to three this year.

After the pleasantries, we toured the main floor of the house and found an abundance of photos, plaques, and memorabilia mainly focused on Walter and his family. Certificates hanging on the wall included his Order of Canada plaque, Honorary Doctorate from McMaster University, and Lord Mayor of Brantford tablet. One person from southern Ontario even sent a framed sketched photo of Wayne's two children when he chose to retire from hockey.



Walter, Jean Cook and Zachary Gowland pose with Wayne's poster stand-in.

We were then led to the basement where a small portion of Wayne's awards, trophies and memorabilia were displayed. Walter enjoyed young Zachary and encouraged him to put on Wayne's jersey for the photo. He took us through the rec room explaining some of the hardware and memorabilia. As we were leaving, he kept giving us gifts such as key chains, autographed photos, and sports equipment.

So, what was Walter really like? We found him very personable, humble, honest, funny and a true gentleman. He has done countless hours for many fundraising groups and cares about his community. He truly deserves the Order of Canada which was granted to him in 2007.



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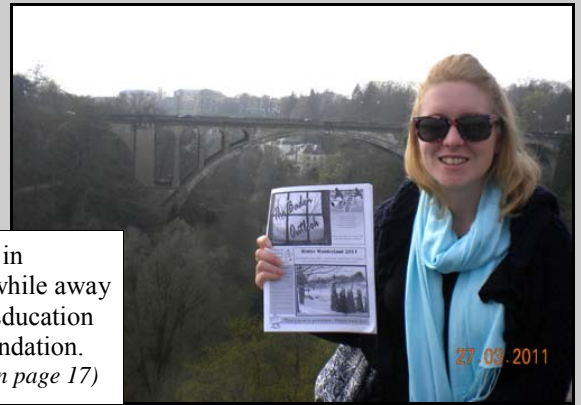
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Wow! More exciting destinations as *The Baden Outlook* continues to travel!



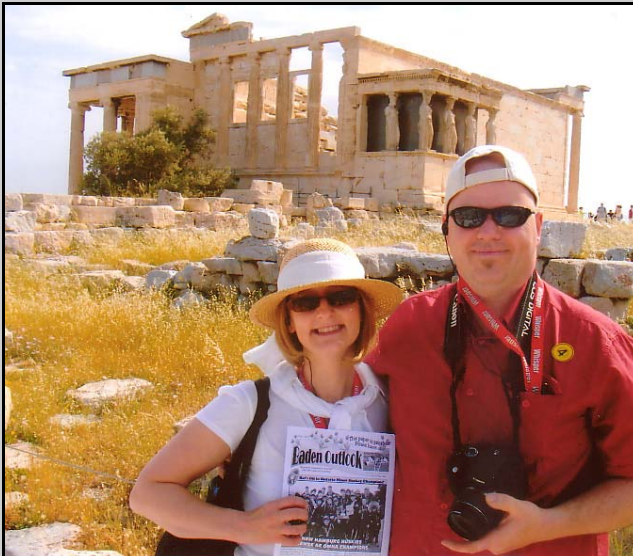
Bill and Ellen Lovell of Foxboro Green enjoying their Baden Outlook in Sydney, Australia on their recent visit to Australia, New Zealand, and Fiji.



Stacey Gerber in Luxembourg while away on Canadian Education Exchange Foundation. (See her story on page 17)



The Baden Outlook took a trip on the Sea of Galilee in Israel with Gord and Carol Roth, Glenn Witmer (travel guide), Sharon and Steve Gingerich, and Tena Toman, on their recent trip to Israel and Palestine.



Jeff and Kelly Freeman took their Outlook along with them to the Mediterranean and Middle East in May.



Seen here at the Big Nickel is Alexandra, Charlotte, and Samuel Eriksen who took the Baden Outlook with them on their recent trip to visit their Grandpa in Sudbury in May.



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April and May showers have certainly done a number on our gardens this year. While many of us stayed cooped up inside just itching to get gardening the rain was soaked up by the soil, bulbs and perennials, resulting in wild flower beds that look more like jungles than the ordered gardens we planted.

Have you been faced with the advance of an aggressive plant this spring? Are your perennials overgrown or has your grass leached too far into the flower beds? Is there a particularly invasive species that has become a monster this spring?

Don't give up hope. With a little hard work and a plan of attack you too can reclaim your flowerbeds.

Invasive Plants Are Super Aggressive

Many invasive perennials seem to have super powers this spring. Perhaps the almost constant rain and intermittent sunny days have given them legs to run all over your gardens. But if left alone these plants will deprive your other prized species of the soil nutrients, sunshine and water they so desperately need. Getting them back under control (or removing them) before that point is essential.

The only way to truly remove invasive or aggressive plants is at the root. Dig down underneath the roots and pull the

entire plant out or loosen the soil around it and pull. Thankfully, with the high moisture levels in our soil this process is easier than it may be in a drier season.

Some people burn the plants individually using a weed torch, although this can be an exhaustive job. Others excavate the entire garden – soil and all – to be sure that the plants are completely removed. This extreme move will work well, but may cause you to lose others plants and bulbs. It isn't the easiest task either, with the wet conditions on your lawn and in the garden.

However you choose to remove invasive plants, keep a close eye on the situation and watch out for a reappearance.



Encroaching Grass

Another one of the problems common to a wet spring is the expansion of your lawn. Not only is your grass growing up at a rapid pace but it is also likely spreading into your gardens (and in between your paving stones) at an alarming rate.

Installing a border is the best way to combat the spread of grass. Short stone retaining walls work well and help to create raised beds, a perfect solution to heavy clay soil.

A mowing strip is another easy way to keep the grass in its place. Made from flagstone, mulch or pea gravel, a mowing strip is about 6 to 8 inches wide and separates the garden from the lawn. Grass cannot usually jump this gap and by running your mower wheel along the strip you can cut down on the need for trimming.

Gardening in the Rain

Soggy conditions this spring have presented a few other challenges as well. You may find it more difficult to turn over the soil in its saturated condition. And you'll also need to be careful about where you walk. Too much traffic on moist turf or soil will result in compacting, where the naturally occurring air pockets are squeezed out and plants or grass are choked out.



Be sure to wipe those shoes or boots off before heading back indoors and keep a few pairs of extra gardening gloves on hand. Southern Ontario weather never fails to throw a curve ball at us. With the wetness of this spring and the super strength of invasive plants and grass, you need to be prepared to get a little dirty. It will all be worth it in the end.

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The hallway to my parents' room in the assisted living facility had become very familiar, I mused, as I walked it once again to visit my parents. I had rehearsed with Mom countless times the directions to their room; there was only one turn in the hall but that was too much information for her to retain. When we would walk together along the hallway, sometimes we would stop and study one of the large paintings, imagining how the artist had put down the brush strokes.

As I passed the craft room en route, I thought of the times during the previous months that I had set up a mini studio in there for Mom to paint. I had intended it to be a pastime and therapy, but the exercise had also served as a tool for me to measure her decline. At the beginning, I had thought she might be insulted that I brought her children's colouring books to paint or colour, but she was delighted. She loved the feel of the soft brush bristles in her hand; then she smoothed many colours of paint over the colouring book drawings. A few months later, she had slowly painted one part of a large butterfly with layers of only pink, and then recently, when I thought she might finish the rest of the butterfly, she couldn't remember how to put paint on the brush. "It's like moving backward from child to toddler," I thought to myself as I dabbed some paint on the brush. "I don't think I've had this much contact with her since I was a toddler myself." We've both had full lives between those years.

I had planned to get involved as a volunteer at the assisted living facility since Mom and Dad moved in. In the past, I had volunteered for various community groups, including seniors. But when it came time to apply where my parents were living, I simply couldn't. In fact, I had to cut back on my parent visits. Coming here has had its toll on me.

On the one hand, I wanted to participate during this dependent stage of my parents. Some days had incredibly precious moments that I wouldn't want to miss, in spite of the intense emotion brought by the overshadowing threat

that these are our last days and that we had an unknown time limit. Each moment with them was thick with meaning. It was good to be with them. Serving their needs was strangely fulfilling, bringing out personal strengths. On the other hand, I was losing a sense of myself. I felt like I was slowly moving underwater, becoming engulfed in a melodrama that I couldn't get a grip on. Almost seeing myself from an outside view, I had noticed an unsettling pattern. After visiting my parents, as I was on the drive home, I would find myself coming out of a store with an unexpected indulgence or binge, unaware of how I got into the store. A day or two after a visit with my parents, getting back to my normal life was like trying to focus through a liquid. If I forgot something simple I would worry that I was getting Alzheimer's too.

Now as I ambled down the hall and neared their door, I felt uneasy. There was always so much to do and I never knew what mood they would be in. I took a deep breath before diving in, noticing my need to fix and rescue them. I felt responsible for making them happy, for making the sun shine for them.

I knocked and called an overly cheery "good morning."

I sensed sadness in Dad's familiar voice as he replied. I opened the door and glanced quickly around the room. Immediately upon entering, I could see my work ahead. Clothing was flopped here and there, and tissues scattered as if there had just been a hail storm. On the dresser I noticed the usual pile of necklaces hopelessly tangled worse than yarn in a naughty kitten's paws. When I visited, I repeatedly freed the beads from their entrapment while getting caught repeating conversations over and over.

On the day they moved to this single room from their large house, the kind maintenance man managed to cram the walls with eleven of Mom's loveliest landscape paintings. My siblings and I carefully measured the space

(Continued on page 7)



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and jammed every inch with their most familiar furniture.

Sitting in the old worn chair, Dad greeted me warmly from his refuge under a blanket that shielded him as he uncovered one hand enough to discreetly point over at Mom, but I didn't need prompting. Her face was gray and drawn, her eyes downcast. Bejewelled with six tangled necklaces and three brooches and layers of too-warm mismatched tops, Mom's arms were tightly pushed into her sides.

She was muttering again about killing herself. I moved closer to her. She shrank deeper into the little corner of the chair as if she was disappearing.

"God, oh God, help me," she panicked. The faith that once pumped rich nutrients through her veins seemed tangled in knots.

My hope that Mom might be brighter today was overshadowed with inner turmoil. "Where are you? What are you experiencing that frightens you? How do I get you back?" I despaired silently.

I smiled gently, but inside I raged about the insidious disease that robbed my mother of

the rationale that could help her know who she is and that she's secure in a loving environment. She seemed to be lost in a sea of confusion. I had to find a solid base or I would be tugged in. I have no lifeguard training for a drowning mind.

Having fruitlessly tried both logic and loving words in the past, I knew those tactics would drive her further into desperation. Instead, completely at a loss, I felt guided to unlock one stiff arm and like a rusty gate slowly swung it toward myself. Aware of incredible tension in the tiny frame, I began gently massaging the tight fist until it began to melt open. Not knowing what to say, I began by quietly describing the painting I've been working on.

Suddenly, almost bowling me over, her eyes snapped up and locked onto mine.

Then, as if she rehearsed a million times for this moment, she said, "I'm so proud of you. You're an angel. Now that you're here I can live a little longer."

I breathed a sigh of relief as she transitioned onto solid ground. The sun found some cracks in the blinds and blazed through on yet another treasured moment together.



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CHILDREN WILL DO WELL IF THEY CAN

It is what every parent hopes for: a healthy happy normal baby who will grow up surrounded by lots of friends, living a simple and fun filled childhood. To instead see your child's potential be limited by complex neurological and/or mental health disorders is heartbreaking. No matter the name of the syndrome or ailment, parents often feel helpless and unsure of where to turn. They can feel frustrated and overwhelmed. Their child's exceptional needs can leave them with little time or energy and in turn lead to social isolation, especially in small rural communities.

We have all seen the child who is boisterous and unruly. The one that disrupts the classroom and has no friends. The child who is teased and bullied. The child who has a temper tantrum each time he's at the grocery store. But do any of us take a minute to ask ourselves what child would choose this kind of life for himself? Do we look any deeper, beyond the child's actions? Or do we judge him/her as badly behaved and the parents as too lenient?

We have compassion for parents whose child may be physically challenged, blind, or suffering from other noticeable disabilities. But neurological and mental health disorders are most often invisible. Because of that, children are often labelled as having behavioural problems when in fact the behaviour is simply a manifestation of the underlying disorder(s).

Jennie Agnew and Brent Swartzentruber watch daily as their tender-hearted son, Cullum, faces many physical and mental challenges. They can't simply kiss it and make it better and no amount of hugs or love changes their reality. Cullum has Tourette Syndrome and other neurological disorders that affect his mood, behaviour, and concentration. Medications, therapy, research and advocating have become part of his parents' daily lives. They travel weekly to the Child and Parent Resource Institute (CPRI) in London. Cullum is a member of CPRI's "Leaky Brake Clinic" for children with Tourette Syndrome and associated disorders. Among the services that CPRI offers are in-class presentations and school assemblies to help

(Continued on page 9)

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educate teachers and students as to how these disorders affect kids like Cullum. On September 22nd Dr Duncan McKinley, creator of the clinic and who himself suffers from Tourette Syndrome, will be speaking to the students and staff at an assembly at Forest Glen.

American Idol fans may recall finalist James Durbin who also has Tourette Syndrome. He brought much needed awareness to the syndrome and proof that with support there is success. We all need to be informed in order to help erase the social stigma of children's mental health. With knowledge and understanding we can help these kids become happy, functioning adults.




Tourette Syndrome - Isn't Wrong.. It's Just Different, and Different is Okay

Jennie and Brent are creating a support group for parents who share the unique experience of raising children with special needs. This group would initially meet once per month to network and share ideas and strategies.

Contact them at jennieagnew@yahoo.ca or phone or text 519-574-4040.

As Ross Green, author of The Explosive Child, states: Children Will Do Well If They Can.

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Splash! into Summer Reading at The Baden Branch Library



Kick off your sandals, grab your sun hat and slather on some sunblock: a summer of fun is coming to your local library! Children ages 3 and up are invited to join the 2011 TD Summer Reading Club, *Splash! Celebrate Summer*. Read stories about building sandcastles at the seashore, fishing off the end of a dock, exploring in a canoe or just splashing around a pool. Enjoy exciting programs and take home cool prizes.

The TD Summer Reading Club encourages children ages three and up to read, or be read to, for pleasure during the summer months. Kids can improve their reading skills and reduce summer learning loss while having fun.

Pre-registration at the Region of Waterloo Library begins Tuesday, June 21 and continues throughout the summer and the TD Summer Reading Club officially begins Tuesday, July 5. Sign up before July 2 and enter your name for a chance to win an early bird prize. Every child who registers for the TD Summer Reading Club will receive a poster, stickers and an activity book - all free as a part of their reading kit.

We are always looking for prizes and reading incentives! Please consider donating something fun to the summer reading club! Contact Chris for more information at 519-634-8933 or badenlib@regionofwaterloo.ca.

Experience any of these FREE *Splash! Celebrate Summer* programs:

Kids ages six and up – Join us at the Baden Branch on Tuesdays from 1:45 to 2:45 p.m., beginning July 5 for seven weeks. A different theme every week with our summer

student, Janine! Pre-registration is required for this program as there is a limited number of spaces. Call or drop into the library to sign up beginning June 21.

Kids ages three to five - Chris' Summer Splash Storytime Drop-In is on Tuesdays beginning July 5 from 1:45 to 2:15 p.m. Listen to some of Chris' cool summer stories and take home a coloring page.

Parents/caregivers and children two to five years old - Come Read With Me Family Storytime - Drop in to the Baden Branch on Tuesday, July 12 or Tuesday, Aug. 9 from 1:45 to 2:30 p.m. for a special family storytime. This interactive program will include stories, songs, rhymes, crafts and ideas for having fun with literacy at home. No registration is required, just drop in!

Adults! We haven't forgotten about you this summer! Read the One Book, One Community 2011 book, *Bury Your Dead* by Louise Penny, and enter your name in the draw to win a prize! Are you part of a book club? Then ask for a Book Club in a Bag brochure next time you visit the library. We have added 15 new sets with exciting new titles like *Water for Elephants*, *The Girl with the Dragon Tattoo* and *Barney's Version*.

Due to space limitations, registration is limited for ALL library programs. Contact the library at 519-634-8933 or by email at badenlib@regionofwaterloo.ca for more information. Up-to-date information is also available in our Events Calendar on our brand new website at www.rwl.library.on.ca.

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

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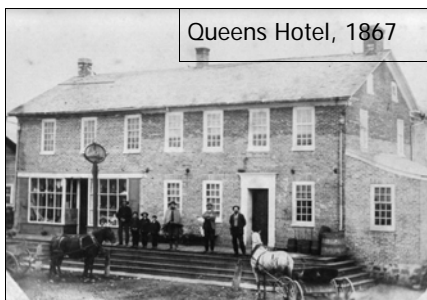
Karen Dodkin, Master Herbalist
519-214-0109 / Baden
Gift Certificates Available
wsherbals@rogers.com
www.wildsideherbals.vpweb.ca

Ask Armand ~

Larry from New Hamburg wonders if EJ's Hotel (The Baden Hotel) was the first tavern in Baden?



Armand says: Good question Larry - although EJ's is a landmark of Baden, it was not the first tavern in Baden. The Baden Hotel opened in 1874, but The Queen's Hotel opened in the mid 1800's. The hotel was located on Snyder's Road, then became home of Baden Cheese and is currently Coachman's Lane.



HAIRWORKS

36 Snyder's Road E, Baden

634-5140

*Yes! Summer has arrived...
Bring on the Sunshine!*

*Call on us for
Waxing, Tanning, or
A Fun New Hair-do*

*Tues-Fri. 9-8
Saturday 8-3
Closed Monday*



LookOut Kids' Korner

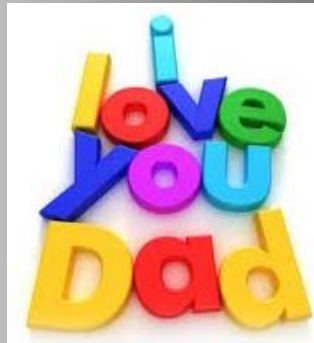
Canadian Trivia



1. Canadians are renowned for adding what to the ends of sentences?
2. What is the most important mineral associated with Sudbury?
3. What is another name for Canada Day?
4. In which province is Dinosaur Provincial Park?
5. Where in Canada would one attend the famous Shakespearean Festival?
6. What is Canada's national animal?
7. What do Canadians commonly call February 2?
8. How long is a Canadian football field?
9. What trophy is awarded annually to Canada's outstanding athlete?
10. Which Canadian creature has its own monument near Wawa, Ontario?

Answers

1. Eh?
2. Nickel
3. Dominion Day
4. Alberta
5. Stratford, Ontario
6. Beaver
7. Groundhog Day
8. 110 yards
9. Lou Marsh Trophy
10. Canada Goose



Father's Day Wordsearch... Things Dad Likes

Find the things that dad likes, in the grid below... they can be found frontward, backward, up, down or diagonally.

BASEBALL	FOOTBALL	NEWSPAPER
BASKETBALL	GAMES	SONS
CARS	GOLF	SPORTS
CHILDREN	HOCKEY	STORIES
COACHING	HOME	TELEVISION
DAUGHTERS	HUGS	WORK
FAMILY	KISSES	



The Waterlot
Restaurant & Inn

Book now for Father's Day and enter to win Dad a Golf Prize pack.

Hours of Operation

Lunch -11:30 am to 2 pm Tuesday through Saturday
Dinner Reservations - 5 pm to 8:30 pm Tuesday through Sunday
Sunday Brunch -11:30 am to 2 pm, Dinner 5 pm-8:30 pm

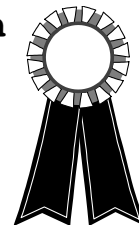


17 Huron Street, New Hamburg, ON N3A 1K1
(519) 662-2020 or waterlot@waterlot.com

Baden Outlook Hockey Pool Stats

Place	Name	PTS	Place	Name	PTS
1	Sierra Simpson	146	31	Kevin Scott	135
2	Su Simpson	146	32	Greg Rempel	135
3	Ed Tschirhart	145	33	Elvira Brattan	135
4	Tony Papa	143	34	Greg Morrison	135
5	Shaelyn Heise	143	35	Bonnie Dietrich	134
6	Buzz Morrison	142	36	Colton Holba	134
7	Chris McKee	142	37	Tara Brodrecht	134
8	Ben Griffey	142	38	Scott Agnello	134
9	Jayden Gawlik	141	39	Wendy Held	134
10	Mike Lichti	141	40	Kellie Campbell	134
11	Findlay Johnson	141	41	Maggie Litwiller	133
12	Steve Roth	141	42	Vince Aquilina	133
13	Brad Ziegler	140	43	Darren Pearson	133
14	Cheryl Erb	140	44	Brad Snyder	133
15	Rita Kaufman	140	45	Pat Beaver	133
16	Trudy Roth	140	46	Evin Henderson	133
17	Kyle Erb	140	47	Steve Glofcheskie	133
18	Susan Mills	140	48	Gord Mills	133
19	David Beaver	138	49	Michelle Naumann	132
20	Jacob Kaufman	138	50	Sheri Morrison	132
21	Lindsay Snyder	137	51	Wayne Beaupre	132
22	Katie Erb	137	52	Gerald Martin	132
23	Patrick Glofcheskie	137	53	Brian Cherewka	131
24	Edward Eckert	137	54	Sir David Murray	131
25	Logan Snyder	137	55	Ryan Martin	131
26	Cody Dietrich	136	56	Leafster	131
27	Tim Cutting	136	57	Kyle Gawlik	131
28	Emma Hiscock	136	58	Benjamin Ziegler	131
29	Roy Blake	136	59	Carol Stumpf	130
30	Paul Schnarr	135	60	Ian Johnson	130

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



(Congrats to you too Sierra, but remember,
you're only able to win the leader prize once!)

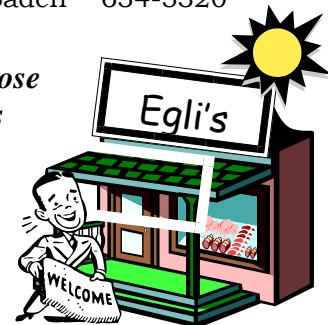
The lucky random draw winners
are **Dan Schmidt**, winning a gift
certificate from Egl's Meat Market,
and **Tyler Naumann** winning a
Baden Outlook shirt.

EGL'S MEAT MARKET

162 Snyder's Rd E., Baden 634-5320

*It's BBQ Season - Choose
Egli's Quality Meats*

*Bus. Hours:
Tues. & Wed. 8-5,
Thurs. 8-5:30, Fri. 8-6, Sat. 8-2
Closed Sunday & Monday*

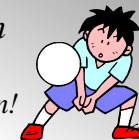


Matt & Jackie Rolleman
39 Snyder's Road W, Baden
519-634-5711

*EJ's Annual Beach
Volleyball—July 23*

Sign up your team to play and have fun!

*Come rain or shine, the patio
umbrella has got you covered.*



Baseball 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 "Baseball Pool" then click on "Baseball Pool Manager" - then "Quick Access" — the pool I.D. is outlookhomerun and the password is quest. Click "Ranking" on the right side. The top 30 entries will be listed - to view more click on "next page" below listing. ~ Have Fun and Good Luck!



"Get It Together" ...with Donna & Rhonda



Do you have monsters in your closet?

Do you consider your bedroom closet a "scary place" in your house?

Does there seem to be a "black hole" in the deep dark corners? Do you lift your hands to protect your head from falling debris every time you open it?

To properly organize your closet you must take EVERYTHING out! Don't just look inside and proudly announce, "Yes, I wear all that stuff!" Pull everything out and sort like things together, eg. short sleeve shirts, slacks, etc. Once you have everything sorted, THEN evaluate. Only keep the items that you like and that fit you at the present time. Don't keep an item just because you paid good money for it. Don't keep it because you are hoping to fit into it someday.

The stat is we wear 20% of our clothes – 80% of the time!!!

Now it is time to evaluate your closet space. Look at it with a fresh eye! Ask yourself some questions:

- Could I add/remove shelves to make everything more accessible?
- Should I raise or lower any bars? Add another bar? A bar for dresses on one side and a double bar for shirts and pants on the other side?
- Is there any room to add hooks? Set yourself up for success. Use hooks for those clothes that don't belong in the hamper because they aren't dirty but also don't belong in your drawer because they aren't clean, like your work uniform, your pajamas, your comfy pants.
- Do I have effective lighting?
- Do I have TOO many empty hangers taking up valuable space?
- Do I need some specialty hangers for skirts or slacks?
- Could I store my out of season clothes elsewhere?

Don't forget to drop off your clothing donations at the New Hamburg Thrift Centre at the end of the day!

Live by the following rule . . . Remember - one item in . . . one item out!

In order . . . to live a life of purpose

St. Agatha Clothing Outlet

1651 Erb Street, St. Agatha, Ont. N1N 1N1
519-746-9969 ~ Betty & Dave Winkler
Retail & Wholesale Sales

*Come in to see Great our Great
Fathers Days Specials ~ Including:*

- ⇒ *Golf Shirts ~\$15 or 2/\$25*
- ⇒ *'Woolrich' Navy Shorts ~\$15*
- ⇒ *'Dave Reid' Golf Shirts ~\$25*
- ⇒ *'IZOD' Shorts ~ \$25*

We pay the taxes!!

*Check out our \$10 or 2/\$20 assorted
men's & ladies clearance racks!*

*Store Hours: Closed Monday & Tuesday
Wed. & Thurs. 10 a.m. - 4 p.m.
Fri. 10 a.m. - 6 p.m., Sat. 9 a.m. - 5 p.m.
Sunday 12 p.m. - 4 pm*

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PRICED TO SELL \$179.95 <small>MSRP \$219.95</small> BG 55 Gas Blower	LOWEST PRICE EVER \$199.95 <small>MSRP \$249.95</small> MS 170 Gas Chain Saw
GREAT SAVINGS \$349.95 <small>MSRP \$379.95</small> HS 45 Gas Hedge Trimmer	LIMITED TIME ONLY \$149.95 <small>MSRP \$199.95</small> FS 38 Gas Trimmer

ASK OUR FRIENDLY STAFF FOR MORE PRODUCT INFORMATION OR A **FREE DEMONSTRATION.**

Chain saw pricing is in effect until June 30, 2011 and July 31, 2011 for all power tools.

STIHL

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329 WATERLOO ST.
NEW HAMBURG, ON N3A 1S6
519-662-1875 / www.nhcycle.ca

Weather Fine, People Generous at Mennonite Relief Sale

Not too hot, not too cold, wet enough that people couldn't garden, mow lawn or farm so why not come to the Relief Sale? And come they did to the fairgrounds and

historic arena and grandstand, 251 Jacob St., New Hamburg. On Friday evening an unprecedented crowd came to preview quilts, buy furniture and eat! On Saturday the crowd surged once again. Six buses crowded the parking lot, a dozen or more camper house trailers lined the river bank. The parking lot expanded into a huge field beyond the fairgrounds. Still there was plenty of space, lots of food, quilts, furniture and other goods to buy. All this in a convivial atmosphere of charity and generosity. For this weekend, all those present became a community joining hands to help out neighbours around the globe, to whom MCC ministers "in the name of Christ".

A dollar spent was a dollar sent to Mennonite Central Committee for its work among people around the world suffering from poverty, conflict and natural disaster. As always, all merchandise and services were donated. Fund-raising events prior to the Sale and cash donations raised the funds required to mount this enormous event. An estimated 2000+ volunteers prepared the food, the quilts, furniture etc. etc. They volunteer year after year because they have a passion for working together to help others. Sharing is crucial. Many volunteers have worked on every Sale for 45 years! Many were refugees themselves who received aid from MCC and Mennonite Churches.

An initial estimate of the total sales of \$350,000.00 has been calculated. The highest priced quilt was the 'feature quilt' which sold for \$9,000.00 with the total quilt auction of 200 quilts raising nearly \$130,000.00, this up by nearly \$14,000.00 from the 2010 Sale. The new furniture auction raised \$13,000.00, a big success for the first time venture into this new auction. The antique tractor, 1952 W4 McCormick brought \$3100.00. Quilt Auction audience members enjoyed the singing of the hymn "Praise God From Whom All Blessings Flow" conducted by Mark Vuorinen of the Grand Philharmonic Choir and led by a group of singers including Daniel Lichti.

Children enjoyed entertainment by Ronno, clowns and face painters, as well as a mini auction of children's merchandise and inflatable castles. There was great food of

Mennonite and international traditions such as fleisch piroshki, pies, verenki, teaballs, apple fritters, pupusas, spring rolls, BBQ pork, homemade ice-cream, and our famous strawberry pie. This year vegetarian falafels were a big hit. The "Run for Relief" had over 200 participants in the 5km walk or run. Heritage Plants and Shrubs, Perennials, Herbs, Bedding Flowers and Baskets attracted many buyers. Penny Power created a stir with the CHANGE board into which to drop pennies.



Now, the preparations begin for the 46th Sale, and we look forward to the 50th anniversary where we hope to raise \$500,000.00.

A heart-warming story:

Ruth Zehr, wife of long-serving Board of Directors member, Ron Zehr, lost her wedding ring while potting perennials for the Sale. Fearing the worst and hoping the best, she contacted Mennonite Central Committee to let them know of the loss. Amazingly, the ring was found in a hosta bought by her brother-in-law!

45th Sale: making a difference since 1967



**RIVERSIDE
LANES**



182 Union Street, New Hamburg

YOUTH ~ ADULTS ~ SENIORS

We offer weekly programs for all age groups starting early September

Parents - Our Cosmic Bowling Birthday Party is available to you every weekend. It includes bowling, pizza, soft drinks & ice cream

Public Bowling Available on weekends - Cosmic or Regular - call for times.

**519-662-1938
Ask for Eric**



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www.silverspringscontracting.ca

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We carry a large assortment of pet foods



Acana/Orijen
Go!Natural/Now/Summit
Pro Plan—ScienceDiet
Canine Plus/Life-time

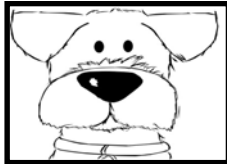


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**Pamper
Your
Pooch**



**In-Store
Grooming**

Call for your Appointment 519-662-3684

NEW HAMBURG LAWN BOWLING CLUB HOSTING OPEN HOUSE

On Saturday June 18th, the New Hamburg Lawn Bowling Club is hosting an Open House at 1:00 to attract new members. Celebrating its 90th year of activities, the club is interested in introducing the game to people of all ages.

The New Hamburg Optimist Club who promotes youth programmes throughout the township is supporting the Open House by providing free pizza and refreshments for those attending the event.

Participants should wear flat soled shoes. Bowls are available at the club house on Union Street (across from the beer store).

Yearly memberships for new bowlers are only \$55...a real bargain for recreation in the area!

You are invited to come and enjoy some fun in the sun at the renovated facilities. Other clubs in the district include: Galt, Preston, Ayr, Elmira, Guelph, Elora, Kitchener Heritage, and Kitchener Greens.

Please Call Ruth Cottingham at 519-662-1274 for questions or more details.

Welcome to the Summer at Wilmot Community Pool

Summer is approaching quickly and there are still spots in our learn to swim program. Call and register today!

No time for a nine week program in summer?

Why not attend drop-in lessons?

They are a pay-as-you-go lesson.

Cost: \$ 6.10/half hour.

Days and Times: Tuesdays 4:30 and 5:00 p.m. OR
Thursdays 4:00 and 4:30 p.m.

Another pay-as-you-go program for children is the Aquafun being offered Thursdays from 6:30-7:30 pm.

This is a 45 min aquafit with a 15 min sport module.

The cost is \$6.75/ lesson OR \$41.85/ 10 lessons.

We have open swims Monday – Friday from 1-3p.m. and Tim Horton's is sponsoring 3 of those open swims. (Friday July 15th, Monday July 25th and Wednesday August 17th).

We look forward to seeing you this summer!
Please contact the pool if you have any questions at
519-662-2461.

HAPPY AND SAFE SWIMMING THIS SUMMER !!

Your Neighbour,
Working For Your Neighbourhood

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(my office)

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customer service
in Baden and
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Sale Representative
(519) 502-5278



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Re/Max Real Estate Centre Inc
720 Westmount Rd E, Kitchener, ON N2M 2M6

Baden Fire Fighters Annual Ball Tournament & Pig Roast

June 24-26 ~ Beck Park

Dance and BBQ Pig Roast on the
25th with live local band
"Becky J and the Good Friends"
Saturday at 6 pm



Tickets are \$10
and available
from any fire fighter
or at the event

Thanks for supporting
our annual fundraiser !

The Tournament is full!
Come cheer the teams on!!



Kids' Hope Garden Tour Adventure

Saturday, August 6, 1-5 p.m.
Garden Passport = \$10

3 Fabulous Gardens for Your Adventure!

Garden 1 Hostas

Ross & Kathy Little
Bloomingdale

Activity: Find the Morningstar
Auction: Bird houses painted by
local Wilmot artists
Music by: Steve Preston

Garden 2 Ornamental Grasses

Dave & Beatriz Gosling
New Hamburg

Feature: Garden Art by
Artistic Landscaping
Auction: Bottle Tree by
HALLMAN IRONworks
Music by: The Dotzert Family

Garden 3 Perennial Hibiscus

Mac & Judy Crummer
St. Agatha

Demonstration: Annual flower
pot creations by Meadow Acres
and Morningstar Youth
Music: Nature's Surprise

*Passports may be purchased
for \$10 at the following locations:

Artistic Landscape I	426 Albert St., Waterloo, 519-746-2848
Heritage Pet & Garden I	88 Huron St., New Hamburg, 519-662-3684
Meadow Acres I	2315 Queen St., Petersburg, 519-634-5479
Morningstar Acres I	1117 Snyder's Rd. East, Baden, 519-634-5550 ext. 224



For more information:
Call Katherine Smart at 519-634-5550 x 224
Or email katsmart@morningstarfm.com



NEW HAMBURG'S MOST ESTABLISHED FITNESS FACILITY

ONLY 5KM WEST OF BADEN

Exercise of the Month

Dumbbell Lateral Raise



1. Stand with your torso upright and a dumbbell in each hand at your side.
2. The palms of the hands should be facing your torso. Your feet should be about shoulder width apart. This will be your starting position.
3. Keeping your arms slightly bent and the torso stationary, exhale as you lift the weights out to your sides until they are about shoulder height.
4. Hold the contraction for a second and begin to lower the weights back down to the starting position while inhaling.
5. Repeat for the recommended amount of repetitions.

We are **Absolutely** sure we can help you...

- Reach your goals
- **Boost** your energy
- Exercise safely and effectively

With...

- Certified Personal Trainers
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Our goal is to help you reach yours!

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EYE TEST

Count every "F" in the following text:

FINISHED FILES ARE THE RESULT
OF YEARS OF SCIENTIFIC STUDY
COMBINED WITH THE EXPERIENCE
OF YEARS...

HOW MANY DID YOU COUNT??

~ THERE ARE 6 -- . READ IT AGAIN!
Go back and try to find the 6 F's .

The reasoning is the brain
cannot process "OF".

*Incredible or what?
Go back and look again!!!*



Submitted by Robert Price

Interesting People - Meet Stacey Gerber

Baden's Stacey Gerber has aspirations to become a high school French teacher, so when her own French teacher at Waterloo Oxford High School suggested she join the Canadian Education Exchange Foundation (CEEF), she agreed. She was accepted at University of Waterloo with a start date of September 2010, but when the University heard that she was enrolled in the CEEF program to help her with teaching aspirations, they deferred her start to September 2011.

CEEF is an international student exchange program that operates in Canada, France, Spain, Germany, Italy, Netherlands and Luxembourg. The cost for the program includes airfare, insurance and hosting the exchange student from Europe. Applications are submitted with your own personal likes and dislikes, a photo and a request for a male or female exchange student. Stacey requested a girl from France. CEEF then matches the requests from all parties and selects the appropriate candidates.

Stacey's match was Clémence Ozkok from Belfort, France, a town of 65,000 people. As soon as the two exchange students were matched they began communicating with each other via Facebook. Clémence arrived in Canada on August 22, 2010 and stayed with her host family, Bruce and Debra Gerber (Stacey's parents and host family) until November 5, 2010. The Gerbers showed her many of the local sites including a trip to Niagara Falls, Bayfield and Toronto. Clémence attended Waterloo Oxford High School and made many special friends. When it was time for her to leave a class party was thrown for her complete with cake and well wishes.

Stacey's visit started on February 7, 2011 and lasted until May 2, 2011. One week after arriving in France Stacey's Grandfather passed away. The Gerbers encouraged Stacey to stay in France and a memorial service was held after she returned to put some closure to his passing.

Stacey's host family took her on many family trips, mainly to visit relatives that took her to Amsterdam, Luxembourg, Switzerland, Brussels, Germany, Venice, and parts of France. There were special memories such as visiting the Europark in Germany and spending a weekend at a spa resort in the old town Bad Krozingen, Germany. She was very impressed by how she was treated by her host family and gained many new friends. Her last day there was a very emotional one.

The school system in France is quite different than Canada. Junior public school starts at age three and runs to grade five, middle school from grades six to nine, and high school from ten to twelve. School days are Monday to Friday,



In Brussels — L-R: Clarisse (mom), Stacey, Clémence (exchange partner), Sefer (father), Thomas (brother)

8 a.m.-6 p.m. with Wednesday off at noon. High school classes are split into three core groups: "S" -which is science and math, "ES" which is economics and business, and "L" which are language courses. They also select other options including a mandatory two hours of gym class each week.

Students go to school for six weeks then have two weeks off. High schools are quite strict and have small tests throughout the three years and large scale written and oral exams at the end of the three-year period. If you fail the exams the first time - you complete another year and if you fail the second time you will not be accepted to University. Students take their schooling very seriously. There were about 50 students in Waterloo Region who used the program this year and W-O was the top school with five. Stacey would recommend this adventure to anyone as she considers it more than an educational experience. She feels that it helped her with her own personal growth and gained an extra family at the same time.



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"Good Things Start with a Smile"

New Patients Welcome

Serving Your Community Since 1977

New Hamburg Thrift Centre Celebrates!

The N.H. Thrift Centre has much to celebrate!!

Their 30 year anniversary kicks off the event held May 15th at the St. Agatha Community Centre, followed by a mortgage burning celebration.



Local fire fighter Paul Shantz stands by as the crowd cheers on the burning of the mortgage!

Congratulations!



272 Snyder's Road E. Baden, ON * N3A 2V6

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1651 Erb Street
 St. Agatha
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Movie Rentals

99¢



Limit 2 per coupon until August 15

Propane Tax Exchange

\$19.99



With coupon until August 15

Wonder Bread

\$1.79



Limit 2 per coupon until August 15

Bagged Ice

\$1.79



Limit 2 per coupon until August 15

**** Under New Management ****

News from the NH Thrift Centre

Canada Summer Jobs is a Government of Canada initiative that provides funding to help employers create summer job opportunities for students. The New Hamburg Thrift Centre is excited to announce that our application for grant money was accepted!

This funding has allowed us to create a four month internship opportunity for a student as *Garden Project Coordinator*. Our successful candidate, Rebekah McGill, began her role April 28, 2011. Rebekah worked many hours in the garden last summer as a volunteer in some pretty hot temperatures. She proved to



be a very hard worker and we were excited upon receiving her application. She is currently studying Honours Life Sciences at McMaster University, Hamilton. And her favourite vegetable? Green beans!

Despite all the rain we have received, the garden is planted! We

are now seeing vegetables emerge. We hope to be selling various lettuces, spinach, and kale very soon. Our vegetable offering this season will also consist of peas, beans, beets, garlic, cabbage, zucchini and much, much more! Beautiful, fresh cut glads will also be coming!

If you have any garden surplus from your home garden, we also invite donations from our community. You're welcome to drop vegetables off during our regular business hours.

Rebekah is always looking for eager volunteers – mostly for weekday afternoons. If you enjoy picking, washing, pricing, etc., please give us a call at 519-662-2867. For more information about our garden project, please visit our website at www.newhamburghthrift.com.

Pick-Up, Drop-Off at The Little Things

Double & triple-load washers!



Coin Laundry -
7 days a week,
7 am -10 pm

157 Peel Street, New Hamburg (519) 662-1221
Dry Cleaning - Laundry Services - Alterations

Formal Wear - Casual Wear - Outer Wear - Shirts - Linens - Bedding - Drapery - Suede and Leather

**New Hamburg
Thrift Centre**
41 Heritage Drive
New Hamburg
519-662-2867



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Puzzles & Games
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All proceeds benefit
the work of
Mennonite Central
Committee

REGULAR HOURS

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

The Little Things

Alterations Apparel Sewing & Designs

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MON - FRI: 9 - 6 // SAT: 9 - 3



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Dress Pants, Skirts

Special orders always welcome!

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Provided by:



Drop off Monday
Drop off Thursday



pickup Friday 3:00
pickup Tuesday 3:00

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DOG GROOMING AND BATH

HOURS OF OPERATION

SUNDAY	10:00 TO 2:00
MONDAY	4:00 TO 8:00
TUESDAY	CLOSED
WEDNESDAY	10:00 TO 4:00
THURSDAY	5:00 TO 9:00
FRIDAY	10:00 TO 4:00
SATURDAY	CLOSED

PRICING

NAIL CLIPPING	\$7.00
EAR CLEAN	\$7.00
BATH AND DRY	\$15.00
FULL GROOM (X-SM)	\$30.00
FULL GROOM (SM)	\$35.00
FULL GROOM (MED)	\$40.00
FULL GROOM (LRG)	\$45.00
FULL GROOM (X-LRG)	\$50.00
FACIAL TRIM	\$10.00

PLEASE NOTE: HEAVILY MATTED ANIMALS MAY BE SUBJECT TO ADDITIONAL CHARGES DEPENDING ON ADDITIONAL TIME REQUIRED.

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GYNAECOLOGICAL VISIT

A middle-aged woman seemed sheepish as she visited her gynaecologist.

"Come now," coaxed the doctor, "you've been seeing me for years. There's nothing you can't tell me."

"This one's kind of strange," the woman said.

"Let me be the judge of that," the doctor replied.

"Well," she said, "yesterday I went to the bathroom in the morning and heard a plink-plink-plink in the toilet. When I looked down, the water was full of pennies."

"I see," commented the doctor calmly.

"That afternoon, I went to the bathroom again and, plink-plink-plink, there were nickels in the bowl," the woman continued. "That night," she went on, "I went again, and plink-plink-plink, there were dimes. This morning, there were quarters!"

"You've got to tell me what's wrong with me!" she implored. "I'm scared out of my wits!"

The gynaecologist put a comforting hand on her shoulder. "There, there, it's nothing to be scared about," he said.. "You're just going through the change!"



~ Email Submission

So... ASK ME WHAT I THINK?

More words of wisdom from women who have been around the block a few times and are proud to tell ya the straight goods!



- ~ *The nice part about living in a small town: When you don't know what you're doing someone else does!*
- ~ *The best way to forget your trouble is to wear tight shoes!*
- ~ *My mind doesn't just wander, it often leaves completely.*
- ~ *Amazing - you hang something in the closet for a while and it shrinks 2 sizes!?*



More, Fun ~ Play on Words

- ~ Those who jump off a bridge in Paris are in Seine ...
- ~ A man's home is his castle, in a manor of speaking.
- ~ Dijon vu - the same mustard as before.
- ~ Practice safe eating - always use condiments.
- ~ A hangover is the wrath of grapes.
- ~ Dancing cheek-to-cheek is really a form of floor play.
- ~ Reading while sunbathing makes you well red.
- ~ When two egotists meet, it's an I for an I.
- ~ A bicycle can't stand on its own because it is two tired.
- ~ What's the definition of a will? (It's a dead giveaway).
- ~ Time flies like an arrow. Fruit flies like a banana.
- ~ A chicken crossing the road is poultry in motion.
- ~ If you don't pay your exorcist, you get repossessed.
- ~ The man who fell into an upholstery machine is fully recovered.
- ~ You feel stuck with your debt if you can't budge it.
- ~ Local Area Network in Australia - the LAN down under.
- ~ Every calendar's days are numbered.
- ~ A lot of money is tainted - Taint yours and taint mine.
- ~ A boiled egg in the morning is hard to beat.
- ~ He had a photographic memory that was never developed.
- ~ Once you've seen one shopping centre, you've seen a mall.
- ~ Bakers trade bread recipes on a knead-to-know basis.
- ~ Santa's helpers are subordinate clauses.
- ~ Acupuncture is a jab well done.
- ~ A midget fortune-teller who escapes from prison is a small medium at large.



The 2011 Baden P.S. Backyard BBQ was a tremendous success!

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What's Going On at Hidden Acres Mennonite Camp?

As the weather gets warmer, we begin to get the "summer time itch" here at Hidden Acres. Although we host many groups year-round, nothing is quite the same as a camp filled with campers running from activity to activity, scampering up the climbing wall and enjoying the refreshing water of Lake Laverne. June is a month filled with hustle and bustle with our chicken BBQ on June 14th, six local schools coming for day or overnight "mini-camp" experiences, camping and retreat groups, and Family Camping Weekend from July 1-3. The Hidden Acres grounds and staff will be well warmed up by the time summer camps get rolling!

So what exactly happens at a camp before the campers arrive? Here's a sneak peek. The program director is eagerly planning schedules, picking the best games, and coming up with wacky themes. The cooks are carefully examining past menus, making tough decisions (will it be taco salad or grilled cheese sandwiches for lunch on Wednesday?), and ordering in plenty of food for hungry campers and staff. The nature director is checking the trails and filling the bird feeders as she prepares to help campers discover the awesomeness of creation. Our camp

pastor is thinking a lot about Footprints these days as he prepares for this summer's theme focusing on caring for the environment and thinking about our environmental footprints. Our waterfront director gets the tough job of giving the pond and raft a test run and making sure the canoes are ship-shape. All of these preparations will help summer camp run like a well-oiled machine.

As for the rest of us - we get more and more excited as each camper application comes across our desks, wondering what this summer will be like. It always seems that each summer is even better than the last, so we're eager to see how this year will top 2010! We're hiring a few final cabin counselors, continuously mowing the lawn so the grass doesn't reach our ears and praying that each camper and family that will join us, for our Kids' Camps, Basketball Camp, Single Moms' Camps, Supported Young Adults Camp or Mini-Camp, will experience joy during their time here this summer. Hopefully, we'll see YOU at Hidden Acres sometime this summer!

~ Tina Ashley, Assistant Director, Hidden Acres Mennonite Camp
For more information call 519-625-8602

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To all the ladies who remember this method of sharing your personal things with your neighbours (thanks to the guys that untangled those twisted sheets, ~ or lifted a broken line of clean laundry, out of the MUD!!)



You have to be a certain age to appreciate this —
THE BASIC RULES FOR CLOTHESLINES:

1. You had to wash the clothes line before hanging any clothes - walk the entire lengths of each line with a damp cloth around the lines.
2. You had to hang the clothes in a certain order, and always hang "whites" with "whites," and hang them first.
3. You never hung a shirt by the shoulders - always by the tail! What would the neighbours think?
4. Wash day on a Monday! Never hang clothes on the weekend, or Sunday for Heaven's sake!
5. Hang the sheets and towels on the outside lines so you could hide your "unmentionables" in the middle (perverts & busybodies, ... y'know!)
6. It didn't matter if it was sub zero weather, clothes would "freeze-dry."
7. Always gather the clothes-pins when taking down dry clothes! Pins left on the lines were "tacky" and sure to turn grey!
8. If you were efficient, you would line the clothes up so that each item did not need two clothes pins, but shared one of the clothes pins with the next washed item.
9. Clothes off of the line before dinner time, neatly folded in the clothes basket, and ready to be ironed.
10. IRONED?! Well, that's a whole other subject!

In our culture, we have not been taught the value of our emotional natures. We judge them: "This is good!" "This is bad..." "I shouldn't feel..."

We have been taught to "Buck up!" or "Suck it up" or "Keep a stiff upper lip" -- or just "Move on!"

We are human beings in a physical, emotional, mental and spiritual form. See? -- the word is there --- emotional!

Every emotion has its place in our psyche, just as every bird has its place in the natural world. NONE are bad - though several are uncomfortable! But we ignore them to our detriment. They are very powerful indicators of where we are in the process of our soul learning and growth -- especially the uncomfortable ones!

Feeling anger, for instance, can tell us where our boundaries have been violated. We NEED this indicator, for it teaches us to stand up for ourselves in a healthy way. Feeling anxious can tell us that we need more clarity in a particular situation, or are perhaps in a position to develop more self-confidence. Guilt may show us where we have crossed our own personal ethics, or where we have acquiesced to the opinions of another inappropriately.

Every emotion must be acknowledged and expressed in some way or another - verbally, in writing or in private introspection. We need to grieve. We need to give ourselves permission to feel frustration, jealousy, resentment, fear, guilt...this is part of being in a human skin on the earth! These feelings never lie. What you feel is always the truth, comfortable or not. The mind can waltz in and deny, overthink, analyze, but the feelings are the reality. Acknowledge them. Journal them (you can burn it later, no need to hang on to it!)

Chances are, you will find the intensity of the emotion will dissipate once expressed, and you will realize you have learned something about yourself that previously you weren't aware of.

The second part of this expression is the importance of seeing your OWN journey in the experience. It is easy to see where others have hurt, angered or offended us, but the emotions we feel are indicators of our personal landscape. They are helping us to learn about ourselves and which lessons we are being called upon to assimilate right now.

Pay Attention! How DO you feel today?!

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We invite you to come browse, sit, relax and be inspired.

Meet Luke Rotondo, Baden's Newest Firefighter!

Firefighters -- of course -- fight fires. But they also serve their communities in other ways, such as helping in medical emergencies, vehicle accidents, farm accidents, and just about any kind of rescue. It takes a lot of different kinds of training ... and Baden's newest firefighter Luke Rotondo certainly arrives with plenty of that!

Luke was born and raised in Kitchener and first heard about Baden from a friend who grew up here. "Baden sounded like a great town," he says, "and the fire department sounded fantastic, from what I was hearing!" So, Luke and his fiancée Jade, a grade one teacher, moved here in June of 2010; Luke applied to the Wilmot Township fire department right away and was hired about two months ago.

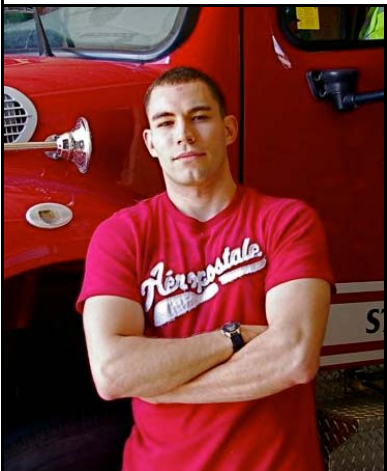
Since then, he's jumped into plenty more training, including a "live fire" training day at the Waterloo Region Emergency Services Training and Research Centre (WRESTRC) on Erb's Road. There, Luke and forty other firefighters from Wilmot had the chance to practise a wide range of skills, all in the Centre's burn tower where actual controlled fires can be set.

He's certainly ready to take on the challenge of real-life firefighting; Luke completed the pre-service firefighter

training at St. Lawrence College seven years ago and has also just been hired as a paramedic with Oxford County Emergency Medical Services. His training in emergency medical care will certainly prove useful in his role as a firefighter, as many of Baden's calls are for medical emergencies and rescue situations.

"It's a good feeling, to help people," Luke says. "To me, being a volunteer firefighter is huge. I'm finally using the skills I was

trained to use." Welcome, Luke, to your new town and your new jobs -- helping people, in just about any way they need!



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Baden Car Show

~ At Mill Pond, Wednesday Nights

Rockin' Ronnie and Marlene Weber, organizers of the Baden Cars Show, are happy with the attendance at the first event which was held on June 1st at the Mill Pond.



There were 103 cars in attendance, more cars shown than at the Village Square last summer. Drop by the lovely pond setting with music playing and admire the classic automobiles. There are 14 more car shows planned which are held each Wednesday from 6:30 to 8:00 p.m. throughout the summer. Don't forget the Father's Day Car Show which is held at Petersburg Park, also organized by the Weber's, with breakfast provided by the Petersburg Optimist Club. Summer fun has just begun!!

You Must Be Joking!!



Sad News:

Please join us in remembering a great icon of the entertainment community. The Pillsbury Doughboy died yesterday of a yeast infection and trauma complications from being repeatedly poked in the belly. He was 71.



Doughboy was buried in a lightly greased coffin. Dozens of celebrities turned out to pay their respects, including Mrs. Butterworth, Hungry Jack, the California Raisins, Betty Crocker, the Hostess Twinkies, and Captain Crunch. The gravesite was piled high with flours.

Aunt Jemima delivered the eulogy and lovingly described Doughboy as a man who never knew how much he was kneaded. Born and bread in Minnesota, Doughboy rose quickly in show business, but his later life was filled with turnovers. He was not considered a very smart cookie, wasting much of his dough on half-baked schemes. Despite being a little flaky at times, he lived to be a crusty old man and was considered a positive role model for millions.

Doughboy is survived by his wife Play Dough, three children: John Dough, Jane Dough and Dosey Dough, plus they had one in the oven. He is also survived by his elderly father, Pop Tart.

The funeral was held at 3:50 for about 20 minutes.

Email submitted by Gwen Cook



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St. Agatha StrawberryFest – Saturday, June 18

The StrawberryFest Committee strives to promote local eating, support surrounding local businesses, and engage community spirit. This non-profit community project raises proceeds for local projects & charities. Family Entertainment & Live Bands Featuring ‘The Villagers’!

This years theme: “Red as a Ripe Strawberry!”

NEW THIS YEAR! The Quilt Block Challenge!

- Fun for Youth -Petting zoo, pony rides, games & more!
- Unique Wheels Show - Vehicles of exceptional design
- Silent Auction & Raffle - Your change to bid on & win items!
- Vendor Craft Sale - Local artisans, unique gifts & artwork
- Adult Beverage Garden



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St. Agatha Summer FunFest ~ July 15th-17th Schedule of Events

Thursday: 7/14/11

- 7 pm - Official Opening & ribbon cutting (Mayor Les & others)
- Slow pitch & Mush ball tournament starts
- Vendors Open
- 8 pm - Lions BBQ
- 9 pm - Opening Entertainment Show inside
- 11 pm - Thursday Closing

Friday: 7/15/11

- 8 am - Slow Pitch & Mush Ball Tournament continues
- 9 am - Vendors open
- Noon - Amusement rides open
- Face painting in Outdoor pavilion
- 11 am - Lions BBQ opens
- 1 pm - Tribute Artists Show for young people;
Selena Gomez - Hannah Montana - Justin Bieber
- 9-11pm - Entertainment Show
- 10 pm - Close Amusement Rides

Saturday: 7/16/11

- 8 am - Optimists Breakfast
- 9 am - Vendors open
- 10 am - Birds of Prey demo between ball games (schedule TBD)
- Amusement rides open
- 11 am - Lion BBQ opens
- 2-4 pm - Tribute Artists Show for young people;
Selena Gomez - Hannah Montana - Justin Bieber
- 9-11pm - Entertainment Show Inside
- 10 pm - Close Amusement Rides

Sunday: 7/17/11

- 8 am - Optimists Breakfast
- 10 am - Gospel Concert
- 11am - Lion BBQ opens
- 11am-9pm - Various events
- 10 pm - Closing

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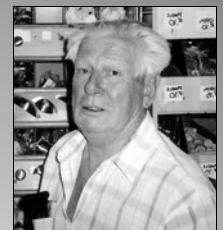
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With a heavy heart, we share the news that we have lost a member of the Castle Kilbride family - John Cook.

John was one of our most dedicated volunteer tour guides and always went

above and beyond to help us here at Castle Kilbride. Whether it was assisting us with bus tours, or showing up unannounced to wash the windows (sometimes even the mud off the front fence too!) or to repair a broken podium from the museum, John was there. He adored the Castle and loved to help Sherri and I.

He will be missed very much. Our thoughts are with Marion and family.

--Tracy Loch
and Friends of Castle Kilbride.



John doing what he loved...sharing his passion of the Castle to visitors!!



Castle Kilbride Summer Concert Series

Castle Kilbride is excited about their summer concert series, which is focused on local talent. Concerts are Thursday nights from 6:30 to 8:00 on the front yard of Castle Kilbride. Bring your lawn chair and enjoy the music.



The following is a list of the bands, genre, and dates.

- July 7 **Traces Steel Band** — Lively Caribbean Style
Bruce Frazor of Baden is part of this band.
- July 14 **Cracker Jack Palace** —Rock from the 60s and 70s
Local singers include Dan Munro from Baden and lead singer Tom Elliot of New Hamburg. Other band members come from Stratford, Tavistock, and Kitchener.
- July 21 **The Hanker Chiefs** — A mix of country and folk music
Mike Fisher of Baden, Mike Erb of New Hamburg and Scott Galloway of Waterloo will keep you tapping your feet.
- August 4 **Cazu** —Western Pop with Latin rhythms
This Kitchener based group is comparable to The Gypsy Kings
- August 11 **The Edelweiss Trio** —October fest music at its best.
Baden resident Terry Stiller is part of this band.
- August 18 **Shananigans** — Irish, Scottish and East Coast Music
This band based out of Paris, ON



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Ages 3 to 14



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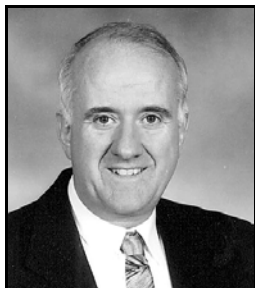
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There are still plenty of fish in Mill Pond....
Thanks again to Nith River Wild Turkey Conservation Association



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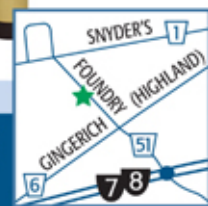


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Baden Birding

By Dave Rogalsky

There I was with thirteen other people, standing on the ground floor of a two storey tower. The floors of the tower were spaced like that of a deck in your back yard, and it was raining. Raining hard. Raining very hard, with wind and lots of thunder and lightning. Think trees being broken down, twisted off, and knocking down electricity lines. It was dripping through at many points but no one was complaining. I was on the first birding walk of my first birding festival and I was surrounded by birders, swamp, and birds. We were all at the Huron Fringe Birding Festival, held the last weekend of May and the first weekend of June at the MacGregor Provincial Park, just south of Port Elgin on Lake Huron.

The goal had been to drive down a back road early in the morning, park the cars along the ditch and then walk, listening to, looking for, and identifying as many species of birds as we could. Other groups were currently doing the same kinds of things in a variety of places around the park. But the 60% chance of showers, with an occasional thunderstorm, changed into glowering skies with turning clouds, wind and rain. While we were considering going back, the talk was also of the American Bittern, the Pied-Billed Grebe and the, yes, it is ironic, Northern Mockingbird, which had been sighted in the area of the tower in the previous days. We decided that the lightning was too much and the thought of a coffee and muffin back at MacGregor's Visitors' Centre moved us along, as did the thought that Jean Irons, our leader, would show us one of her many slide shows from her international birding. We went back along the route we'd driven just an hour before, over branches, around trees to the Centre; we found no electricity, no coffee, and no slide show. The power was still off the next day at noon.

But we got in a lot of birding – around the visitor centre and out onto Sunset Point we observed forest and shore birds – seeing a Blue Heron being chased by a Great White Egret was very exciting, as were a pair of Rough-Winged Swallows. Later we watched a presentation on raptors like hawks and owls, along with live examples; went on a hike along usually easy trails, made difficult with fallen trees; and then went on a night walk, calling a Great Horned Owl to

respond to us. Each festival hike was led by a specialist like Jean Iron or Mike Carlson, and had a co-ordinator to take care of practical issues and we were free at other times to do self-guided hikes. The birders ranged from real amateurs to great birders like Waterloo's own Jim Burrell who were a great help to anyone at the festival. The die-hard birders participated in a 'bird 'til you drop,' starting at 5:00 a.m. and getting back from the Bruce Peninsula around 11:00 p.m.

It was a great festival with more than 300 people registered over the two weekends, including a whole Girl Scout Troup whose leaders had arranged their annual campout so that the girls could take in the raptors on Saturday, and a birding hike on Sunday. The cost for two people and four events, was \$130, plus food and accommodation – some tented. We took a motel in Port Elgin. If you're interested in obtaining more information just Google Huron Fringe Birding Festival.

My favourite sighting, besides the heron and egret? The Pied-Billed Grebe and the Mockingbird – we went back the next day and found them. I was only slightly bitter that we never found the third bird.



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Warmer weather signals the start of summer and golfers can't wait to get on the course to start their season. Good preparation can go a long way in helping to avoid and/or minimize the chances of suffering a muscle or joint injury while playing golf. Included below are some tips to improve your game and prevent the pain!



1. **Prepare physically** by including **flexibility** and **strengthening** exercises as part of your training and practice routine. Muscles act as important shock absorbers and help prevent strains and sprains of vulnerable regions such as the back, along with the shoulder, elbow, wrist, hip, and knee joints.
2. **Warm-up** and **cool-down** both before and after your game. Include gentle stretching and range of motion exercises, as well as a brisk walk or gentle jog to loosen the muscles and joints.
3. **Nourish your body by staying hydrated.** Drink plenty of fluids before, during and after your game and steer clear of caffeine and alcohol as they further dehydrate you. Dehydration affects your energy level and your physical functioning. Consider bringing **nutritious snacks** to help maintain your blood sugar levels during play.
4. Use a **wheeled golf cart** for carrying heavy clubs. Alternate every hole by pushing or pulling your golf cart to help prevent cumulative strain on your body. If you must carry your golf bag, use both shoulders straps. This will spread the weight across a greater area. If there is only one strap, alternate sides frequently. If you find that your bag is getting too heavy, put it down and take a break.
5. **Prepare for the elements.** Golf requires long periods of standing. Choose a golf shoe that fits comfortably while providing adequate support. This may help prevent knee,

hip, and lower back pain. To protect from sun exposure, apply sunscreen and wear a wide-brim hat. Wear loose and comfortable clothing. Know your physical limits. Playing too much too soon is one of the most common causes of golf injuries, so build your tolerance and pace yourself.

6. Whether it is your golf clubs or your golf swing, golf **can be a very technical sport.** Ensure that your clubs are the right height and grip. Select irons with large heads and graphite shafts to lessen vibration. Adopting a golf swing based on your physical and biomechanical capacity is important. Take lessons to learn the correct swing technique and avoid unnecessary injuries. A golf professional can help you with club selection and technique.

In the event that you suffer a muscle or joint injury while golfing that does not subside, you should contact a licensed health professional. For more information, visit www.nhwc.ca. The author credits the Canadian Chiropractic Association (CCA) in the preparation of this educational information for use by its members and the public.

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



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You Must Be Joking!!



'Cooking for Dummies'

If you are a new bride like Marvin's wife or a student finally out on her own, a bachelor, or simply challenged in the kitchen— it's okay, cooking isn't for everyone.

Monday - It's fun to cook for Marvin. Today I made angel food cake. The recipe said beat 12 eggs separately. The neighbours were nice enough to loan me the extra bowls.

Tuesday - He wanted fruit salad for supper. The recipe said serve without dressing. So I didn't dress. What a surprise when he brought a friend home for supper.

Wednesday - A good day for rice--the recipe said wash thoroughly before steaming the rice. It seemed kind of silly but I took a bath anyway. I can't say it improved the rice any.

Thursday - Today he asked for salad again; I tried a new recipe. It said prepare ingredients; lay on a bed of lettuce one hour before serving. Asked me why I was rolling around in the garden.

Friday - I found an easy recipe for cookies. It said put the ingredients in a bowl and beat it. There must have been something wrong with this recipe. When I got back, everything was the same as when I left.

Saturday -He did the shopping today and brought home a chicken. He asked me to dress it for Sunday. I don't have any clothes that fit it, and for some reason he keeps counting to ten.

Sunday - I wanted to serve roast but all I had was hamburger. Suddenly I had a flash of genius. I put the hamburger in the oven and set the controls for roast. It still came out hamburger, much to my disappointment.

GOOD NIGHT DEAR DIARY. This has been a very exciting week! I am eager for tomorrow to come so I can try out a new recipe. If I can talk him into buying a bigger oven, I would like to surprise him with a chocolate moose.



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NEXT TIME I'LL USE A RECIPE

I guessed the pepper, the soup was too hot!

I guessed the water it dried in the pot!

I guessed the salt and what do you think?

We did nothing else the whole day, but drink!

I guessed at the sugar, the sauce was too sweet!

And so by my guessing I spoiled our treat.

And now, I guess nothing for cooking by guess

Is sure to result in one heck of a mess.





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Health & Wellness Page

5 Tips for Losing Weight

Heather McKague-Bandl, ROHP, RNCP
Registered Nutritionist Consultant Practitioner



1. Plan your meals: Spend some time making a meal plan for the coming week and shopping to stock your kitchen accordingly. This will eliminate the stress around meal-times and the temptation to run out for fast food at the last minute.

2. Avoid all Sodas, Diet Sodas and Fruit Juices: Drinking soda not only leads to weight gain, it also contributes to a host of other health concerns including high blood pressure, high cholesterol, diabetes and depressed immune function. Many believe drinking diet soda is better because it contains fewer calories; unfortunately, diet soda also contributes to weight gain because the artificial sugar increases your cravings for real sugar, which ultimately leads to weight gain. Fruit juices are in the same category as sodas due to their high sugar content. Fruit juices cause the same metabolic reaction as soda and should be avoided in the same way. I recommend eating the whole fruit instead to obtain the fibre, which slows the absorption of the fruit's sugar and contributes to a healthy colon.

3. Eat Plenty of Organic Vegetables: Having fresh vegetables on hand to munch on when you are preparing dinner, to add to your meals, and to pack in your lunches fills you with more nutrient dense, whole foods than any other food you can purchase. Increasing your vegetable intake will increase your vitamin, mineral and antioxidant status, fill you up, and leave less room for starchy carbohydrates which can cause weight gain. Aim to fill ½ your plate with vegetables at each meal and remember to eat a rainbow of colours to provide a variety of nutrients.

4. Eat Protein with Every Meal: Starting with breakfast, it is important to eat protein with every meal. Eating a high protein breakfast cereal or a protein smoothie is a great way to kick-start your metabolism first thing in the morning. Protein has the fill factor, will keep you going for hours, and is second only to water in the body's physical composition. Protein is a primary component of our muscles, hair, nails, skin, eyes, and internal organs. Not all proteins are created equal; when trying to lose weight you need to focus on low fat protein sources such as chicken breast and fish or vegetarian options such as hemp, soy, pea, bean and rice.

5. Exercise: Choosing the right foods, eliminating processed foods, eliminating trans-fats, etc. are all important strategies for losing weight; however, exercise is also a very critical component. Exercising to the point that makes you sweat is critical to your overall cardiovascular health and necessary to build lean muscle. A body that exercises regularly will become a fat-burning machine. You will burn more calories at rest and have more energy throughout the day.

Implementing these five easy strategies will help you to achieve your weight loss goals.



Disclaimer: Individual articles are based upon the opinions of this author, who retains copyright. This information is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Heather McKague-Bandl, ROHP, RNCP. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

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be sick and tired of
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The derby got off to a good start with lots of eager anglers and plenty of fish being caught. By late morning a thunder storm rolled in and made the dam very muddy and fishing slowed down. The Nith River Wild Turkey Conservation Assoc. did what they could to keep the concession booth open but the storm forced them to pack up early. Only one of the 10 tagged fish was caught by Isabel Martinez. The chapter President Derek Snyder believes there are hundreds more fish to be caught over the course of the summer so get out and have some fun!!



Isabel Martinez was rewarded with \$50 from Derek Snyder, as she caught the only tagged fish of the day.

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