



Baden Outlook

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The time has come... to say farewell to our wonderful friends at Egli's Meat Market.



Chris Wegford, Dougie (Egli) Meyer, Hans, Michelle Egli-Shantz & Bruno

See featured story on page 7-8

Please Pray for Lydia

The green ribbons decorated throughout Wilmot shows our thoughts and prayers continue for Lydia Herrle.



FISH RELEASED IN MILL POND

The fishing derby had a well stocked pond since 800 beautiful good-sized trout were released Monday, June 4th.

Blenheim Springs Trout Farm gave the Nith River Wild Turkey Conservation Association a cut-rate price on the fish.

There were no-fishing signs posted until the fishing derby on the 9th, as there are 10 - \$50 tagged fish to be caught! Good luck and enjoy summertime fishing!



Derek Snyder, Jim Boshart and Tom and Judy Skuce from the NRWCA were there for the fish release.

Baden Outlook

This paper is priceless - Please have one!

Talking with Ed

How Clean Do We Need To Be?



Through my 39 years of working at Zehrs Markets, I have seen many changes - the size of the stores is the biggest! The old Zehrs New Hamburg, which in the 70s had the second best dollar per square foot in the chain, was 6,000 square feet and sold just groceries. Today's average store size is close to 80,000 square feet and sells items such as clothing, barbecues, pharmaceuticals, seasonal items, and more!

The produce departments have increased their footage immensely and meat departments have shrunk, as the tendency for healthy eating has steered those departments. There are now seafood departments, and even sushi bars at many locations. But in my opinion, the biggest change has to be the health and beauty department. Never has the focus of looking good and feeling good been more important (are we baby-boomers so vain?).

The New Hamburg store's health and beauty section was about 20 feet long. In that section there was a three-foot section for diapers - today there is an entire aisle with multiple sizes and styles to choose from. The vitamin section consisted of about four or five multi-vitamin lines (Centrum, Flintstones, etc) and today, again -- a whole aisle. Once there was about four or five lines of band-aids, and today there are nearly 100 varieties. Do we cut ourselves more today than we did years ago? Or do we just cut ourselves differently?

Perhaps the biggest change in the health and beauty department may be the hair care department. In the 70's there were about 20 or 30 lines of shampoo; names such as Short and Sassy, Body on Tap, Wella Balsam, Agree, Herbal Essence, Halo, Lustre Crème, Farrah Fawcett, Prell and Dippity-Do come to mind. I did a quick count at my home store (Zehrs Beechwood) and discovered that there are 257 lines of shampoo and 193 types of conditioners. There are also 266 other hair care products that include gel, mousse, hairspray, putty, wax, serum and 2 in 1 shampoo/conditioners. That means there are 716 types of hair care products available to purchase and that doesn't include hair colours. My, my, we have amazing hair these days!



So, why are there so many types of products today as compared to 40 years ago? One of the reasons may be that people didn't shower daily, as currently most do. Twice a week was enough for many and some styling gel such as Brylcreem or VO5 was used to style the hair in between washing. Styling gels and mousses were virtually non-existent years ago aside from the above mentioned products.

Some of the reasons for the additional product choices are the many different uses of these items. Some are used for thin hair, frizzy hair, others for oily or dry hair, and of course the amount of fragrance has increased the product lines greatly too. One of the stranger shampoo products on the market is Mane and Tail. It reads on the label that it can be used for humans and horses.



How Much is Too Much?!

I am most curious to see what the next twenty years will bring us ... can there be even more hair care options? My guess is that celebrities will be endorsing more products (such as Troy Polamalu - Pittsburgh Steelers player) and pictures of them will be right on the bottle, or the latest tennis pro who claims that her sleek hair helped win her match. That's progress for you and it keeps on coming... Until August...Ed

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EXTRA!! EXTRA!!



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

In New Hamburg you can pick up 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. Also available at Stop 2 Shop (St. Agatha), Old Fashioned Variety (Petersburg) Foxboro.

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

Greetings from Outlook Headquarters

and everything in between. Really, what do we talk about more than the weather?

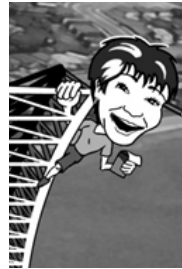
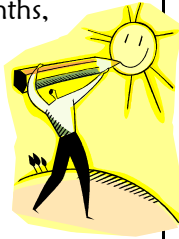
Well it seems that dog poop may just be a competing topic. We continue to get encouraged to address this stinky issue...which I do agree is an ongoing problem. But most recently we received a 3 page handwritten letter, with illustrations, from the grade 3/4 students at Sir Adam Beck School who want action. They are concerned about the surprise doggy-do-do's they come across in the schoolyard, and are unhappy about this smelly mess that gets stepped on during recess and outdoor gym which gets brought into the school and takes time from their janitor's day. It is unhealthy and our kindies don't often realize when they have poop on them. They are determined to confront this issue and want some support, and we are happy to be their voice!!

They ask.. "How would you feel if you step in smelly poop everyday and have it stuck to your shoe?" They know about by-law 2008-01 item number 13.1—that states "Every person who owns, harbours, possesses or is in control of any dog within the Township shall remove forthwith and dispose of, in a sanitary manner, any excrement left by said dog on any property other than the premises of the owner of the dog." So they ask "Please, please pick up after your dog! We would REALLY appreciate if you did! We know you understand and we hope you consider our concern because this is driving us crazy!"

As seen in the past few issues, and it must be said again—Don't put your dog in the hot seat—take ownership of the pet you love and be considerate of others please!! Let's take pride in our community and clean up our act!

.....
Have a great summer and stay safe whether travelling, swimming, biking or boating—take caution in whatever you do! Be sure to mark your calendars so you don't miss out on all the fun things that you can do locally. And be sure you pop in to say good-bye to the folks at Egli's Meats... we'll sure miss you as our neighbours —and wonderful friends.

The time has come... summer! Yea!! We've been waiting for this for over eight months, so however the weather presents itself we must embrace the heat, humidity, the wind, thunderstorms



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



Hendrik and Matt Rolleman took their Outlook to the world hockey championships in Helsinki, Finland. They were there for a hockey tournament for Hendrik but were lucky enough to catch the Canada vs USA game, which Canada lost 5 - 4.



Clive Adkins, Elaine James & Ricki James (also Marlene Adkins who took photo) went to Cocoa Beach, Florida with their Outlook. The four neighbours live on Stiefelmeyer Cres. and were on a week's vacation near Orlando, Florida.



The Baden Outlook travelled to Pontiac, Michigan for the graduation of Joel Gerber. Pictured here are Debra and Bruce (mom and dad), Joel, Marcella and Orland (grandparents). *Picture taken by proud sister Stacey.*



Karen and Mark Pfaff and some good friends took along the Outlook to Boston's Fenway Park to see the Red Sox & Orioles game. Fenway is celebrating its 100th Anniversary this year.



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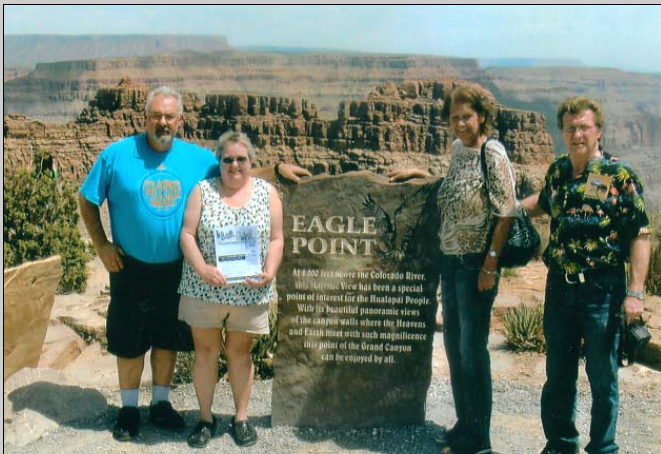
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Brian and Irene Allison attended the Royal Windsor Horse Show with their Baden Outlook. The Queen had invited our RCMP Musical Ride to perform for the Diamond Jubilee celebrations. Here they are preparing to enter the stadium. Canada's Ride was also invited to perform in the huge Devon County Show the following week. The crowd loved the performance—the precision was first class—they sure do Canada proud!



Ron and Linda Brander and Kathie and Paul Gillis took their Baden Outlook to the Grand Canyon while celebrating their 30th wedding anniversaries.

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Egli's Meat Market Says Goodbye



In the early 1960s, Hans Sr. and Agnes Egli started the family business of Egli's Meat Market on the home farm just west of Philipsburg in Wilmot Township. Hans Sr. learned butchering in his home country of Switzerland. He taught his sons Hans Jr. and Bruno how to butcher beef and pork and also how to make European style meats such as: cold cuts, a variety of sausages, and the natural smoking of meats —ham, sausage, bacon and smoked chops.

As the business continued to grow, Hans Jr. with brother Bruno, purchased the building on Snyder's Road in Baden (from Harley Herner) and opened its doors to the community in August 1977. They continued to make the same great-tasting quality beef and pork products that they had learned from their father, Hans Sr.

Over the years generations of families have come to Egli's for their meat, with the oldest generation starting out purchasing at the farm. They have met many people over the years and the friendships they've made come from all corners of Ontario, Canada, and even the United States. They also have their *regulars* who faithfully visit weekly to purchase their meat. Even customers who move away do come back, saying, "We just can't find great tasting meat and sausage like Egli's anywhere!"

Throughout the years Egli's have been key players in the community and have generously supported local groups or fundraising events for sports teams, schools, churches and various clubs in Wilmot Township.

Egli's paid tribute to their family business by publishing a cook-book with proceeds from the first printing donated to the new Wilmot Recreation Centre. Hans and Bruno took pride in helping the community any chance they could—as this community has been so supportive to their business over all these years.

These last few years though have been more difficult to keep the business running, with the ever-increasing strict standards of the provincial meat inspectors — which inevitably will make small butchering a dying trade! The demands these legislatures make put this small family business in a most difficult situation. The list of mandatory renovations and changes are never ending with each and every inspection; some are minor changes but most are costly and outrageous. For example, meats are smoked the old fashioned way by burning sawdust, which is the draw for many customers who appreciate the great tasting smoke flavour that reveals itself in their meats...summer sausage, bacon etc. Folks who visit rave about the scrumptious aroma that the smokehouse brings. To continue smoking their meats they would

have to replace the entire system with a new stainless steel unit which would cook the meats, but not with the same amazing smoke flavour that came with the old fashioned smoke house out back.

Not to mention, there is a never-ending job of paper work, recording endless details of every aspect of their day including clean-up times, temperatures of products and coolers, quantity of spices used and small menial details that seem insignificant. Paper work became a full-time job not leaving time for much else, and taking the pleasure away from their daily business of selling meat. They once started the business with a little book and now have over 20 binders of specific details to complete to satisfy the inspectors.

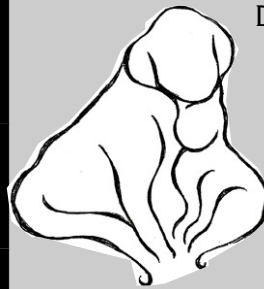
Egli's would have to spend over \$300,000 on renovations to accommodate the inspectors—yet the regulations will continue to change and the demands to meet the standards have become unmanageable. We still are left with an old building which they will not accept. This has surely taken away the fun and pleasure of a personal small business these past few years.

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Egli's takes pride in serving their customers top quality meats and would never cut corners or do anything to jeopardize their standards or to ruin the fine reputation they have made for themselves in the nearly 50 years of serving this community. They do not deny the necessity of the meat inspectors but putting a small dedicated family business in the same bracket as corporate companies such as Maple Leaf just doesn't seem fair.

Hans and Bruno keep their products moving so the end of the week shows bare-shelved coolers which leaves them starting over the following week with fresh products. Over all their years in business, they are proud to say they have never experienced listeriosis or any other form of bacteria type illness.

This spring found these brothers making a tough decision. Both at retirement ages, with their health to consider, and with the continuing financial requirements to renovate to meet the needs, they concluded it is indeed time to close up shop.

The doors of Egli's Meat Market will open and close for the last time on Saturday July 28th, 2012. It is not only sad for the customers, but truly sad for the Egli family to end the business that their father began in the early 60s and left for the family to carry on. The boys and extended family who worked hard and with pride each day will come to an end. It's been a great run and will be missed by all!

Submitted by Michelle Egli-Shantz



Dagmar Meyer (Dougie Egli), Hans, Michelle, and Bruno Egli were proud to carry on the family business, serving quality meats for nearly 50 years; along with the next generation of sons and daughters who were there when need be—four generations made the business thrive!

For almost 50 years of an exceptional business, we would like to thank you — the community, our friends, family and especially our customers for your loyalty and continued support. We couldn't have done it without "you". We will miss all of you, whom we have met over the years: the stories and laughter we've shared together...in good times and bad. We thank you for helping us make this a great business.

It is now our time to relax, rest and enjoy life with family and friends.. Although we will surely miss you!! Thank you so very much!

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LIVE BAND!

Baden ~ Our Town

The Baden Community Association held their monthly meeting on Wednesday, May 30th, and had a good turn out with still more new faces joining in! It's great to see the interest in enhancing the town is still in motion, and anyone is welcome to join anytime. The next meeting will be on Wednesday, June 27th, 7:00 at township offices.

It is exciting to present the official logo—designed by member Sally Reijerse.



The facebook page continues to generate interesting responses and feedback is always appreciated. Check it out at Facebook.com/BadenCommunity Association.

The group was happy with their recent perennial exchange event held on May 26th, tied in with the community garage sale, which helped to grow their financial nest egg. The remaining plants were planted throughout Baden—so think of these folks if you happen to see flowering plants next to the tracks by the stoplight on the north of Snyder's Road E. in the following months.

Committee members discussed their role as they support the Baden Chamber of Commerce with their annual BBQ coming in August. There are more plans on the drawing board which will be revealed when the time comes!

If you have any questions or ideas, please feel free to contact Barry at 519-634-8916.

"bringing people together—beautifying our community"

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Submissions are due on the 1st of each month.





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Ok, exams are bad, but maybe not quite as bad as the ones listed above! However, as exams loom on the horizon, anxiety runs high. In fact, a little anxiety is a good thing; it prompts us to get prepared. If you feel that anxiety is hampering your ability to study for and write your exams, below are a few tips that may help you study more effectively and ace your final exams.

- Print a blank calendar for the month of your exams – Google calendars work well
- Write down the dates of your exams
- Write down “review” on the day before each exam
- Count backwards to include all the days you have to study – obviously the sooner you start, the more time you will have
- Fill in study times on your calendar
- Talk to your teachers about information to help you study – review sheets, sample questions, problems to practice
- Study for about an hour at a time, then take a short (10-15 minutes) break, then study for another hour, then another 10-15 minute break, and so on
- Do something different during the break – eat a healthy snack, do some light exercise, talk to family or friends, watch a bit of TV...but time your break so there is less chance of procrastinating
- Study your hardest subject first
- Review material from last study session for about 10 minutes before starting on new material
- Try switching to a different subject when you feel you are losing your ability to concentrate
- Find a quiet place to study and organize all of your supplies before starting
- Turn off your cell phone and ask family/friends not to disturb you
- Review material only the day before an exam; no new material
- Exercise, get good sleep and eat properly before exams
- Read the whole exam before beginning, except multiple choice questions
- Start answering the easy questions, then work on the harder questions – no need to do exam questions in order



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Bottom line: if you find yourself freaking out during an exam, **STOP** (for a minute or two) and calm yourself by doing some deep breathing and shoulder and neck relaxation. If you've prepared for your exam the information is still in your brain, but your anxiety is preventing you from accessing it. Calming down gives yourself a chance to get to the part of your brain where your information is stored.

<http://uwaterloo.ca/counselling-services/study-skills-package>

http://www.cdcr.ca.gov/Employee_Resources/Upward_Mobility/docs/tips_examxiety.pdf

<http://www.studygs.net/tstprp8.htm>

Good luck to all the students writing exams!!
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Summer Reading at the Baden Branch Library

Imagine the great time we are going to have at the library this summer! Fantasy, imagination and fun are coming soon and children ages 3 and up are invited to join the 2012 TD Summer Reading Club, *Imagine*.

Read amazing books, enjoy exciting programs and take home magical prizes. Let your imagination soar!

The TD Summer Reading Club encourages children ages 3 and up to read, or be read to, for pleasure during the summer months. With each book read, children's reading skills will be strengthened and reading levels will be maintained.

Pre-registration at the Baden Branch begins Tuesday, June 19 and continues throughout the summer. The TD Summer Reading Club officially begins Tuesday, July 3. Sign up before July 3 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, activity booklet and stickers - all free as a part of their reading kit.

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

Experience any of these FREE Imagine programs:

Roshni's Summer Program for Kids ages 6 and up – Join us at the Baden Branch on Tuesdays from 1 to 2 p.m., beginning July 3 for seven weeks. There will be a different theme every week with our summer student, Roshni! Pre-registration is required for this program as there are a limited number of spaces. Call or drop into the library to sign up beginning June 19.

Chris' Let's Imagine Storytime Drop-In for Kids ages 3 to 5 – Drop in on Tuesday afternoons beginning July 3 from 1:15 to 1:45 p.m. Listen to some of Chris' magical stories and take home a colouring page.

Come Read With Me Family Storytime for parents/caregivers and children 2 to 5 years old: Drop in to the Baden Branch on Tuesday, July 10 or Tuesday, Aug. 14 from 1:15 to 2 p.m. for a special family story time with Janelle. 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! This summer, read the One Book, One Community 2012 book, *Lakeland* by Allan Casey. What does "the lake" mean to you?

Are you thinking of starting a book club, or do you belong to one? Ask for a Book Club in a Bag brochure next time you visit the library. Book Club in a Bag is an easy way for book clubs to get all the books they need to run a meeting. We have 30 sets to choose from including: *The Girl With the Dragon Tattoo*, *Not My Daughter* and *Mennonite in a Little Black Dress*.

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



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It's great fun to prowl around in the night, whether you're catching fireflies or dew worm picking (for your next day fishing adventure at the pond). Enjoy the damp grass with your bare feet! Play hide-and-seek!

Light up the Night! Fireflies have their own, built-in flashlights that light up the night! Catch and observe some of these amazing creatures.



As you may know, fireflies are also called lightning bugs. Those tiny, blinking lights add beauty and mystery to a summer night. But, for fireflies, they also serve a purpose. They're flashing a code to try to find a mate. In fact, different kinds of fireflies have different colours of lights and blink them at different speeds.

It's fun to catch and watch fireflies -- as long as you're gentle and you let them go after a few minutes. You're likely to find fireflies hovering over tall grass on summer evenings.

Hold up a big glass jar, and move toward the flashing lights. When you capture a firefly, put your hand over the top of the jar. Time the flashes to see how far apart they are. Then catch another firefly, and see if the flashes are timed the same -- or different.

*What did one firefly say to the other?
Sorry—I got to glow now!*

1. How do you hunt for bees? With a bee bee gun!
2. How does a bee brush its hair? With a honey comb!
3. Why don't grasshoppers like football games? They prefer cricket!



*There are still plenty of fish in Mill Pond...Go catch one!
Thanks again to Nith River Wild Turkey Conservation Association*



SUMMER — IT'S HERE! There is so much to do outside... SO get up and away from the TV and computer and get on your bike, call a pal and just go! If you must stay close to home then you can read a book or play a board game under a shade tree, collect bugs, play in the hose, have a water gun fight or water your garden and your neighbour's too! Plan a great adventure—pack a picnic and go fishing, or fly a kite, roller blade, hopscotch, hula-hoop, skipping, swimming, climb a tree, game of road hockey, play bocce or croquet. Plan a scavenger hunt, play hide-and-seek, tag, kick the can or collect bugs—make a tent over the wash-line and have lunch or nap in it.



Go see a kite festival this summer in Ajax, Waterloo, Port Colborne, Wasaga Beach or Toronto - check out *Kite Event Calendar* on-line.



Go to the park!



Call your friends, decorate your bikes and ride through your neighbourhood!

ATTENTION OUTLOOK KIDS!!

Be creative and do something fun outside, then send us a picture of you with your Baden Outlook. We'll print the top 5 most creative photos in the August issue and if there is lots, we'll do it in the September issue too! The photo must be taken outdoors...Have fun!!

Email them or put in our yard mailbox.



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Big Foot Monster Truck Comes to Town

OK Tire Baden welcomes the Bridgestone-Firestone Big Foot Monster Truck to their location on Saturday, June 23rd and they welcome everyone to join in. This free family event runs from 11 am. to 4 pm. The monster truck will have two crushes over four cars - at one o'clock and three o'clock.

OK Tire has been in Baden for three years now and would like to show their appreciation to their customers for their continued support. The business started in New Hamburg in 1994 and with increased business they moved their operations to their new 11,000 square foot operation in Baden at 1413 Gingerich Road.

OK Tire has nine employees and six service trucks which maintain a radius of 60 kilometres surrounding Baden. They repair, service, and wholesale all makes of tires including lawn mowers, farm vehicles, passenger cars, light and industrial trucks, ATVs and forklifts.

The day will include the ever popular Hooper the Clown, face painting, and a charity barbeque. There will be hot dogs, hamburgers, pop, water, and donuts available for the event. All proceeds will go towards the Optimist Childhood Cancer Campaign. There will be also be a draw for a set of new tires. Come on out and be part of this special day at OK Tire Baden. **"Door Prizes all Day Long"**

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You can wear NO shirt to a water park.

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The world is your urinal.

You never have to drive to another gas station restroom because this one is just too icky.

You don't have to stop and think of which way to turn a nut on a bolt.

Wrinkles add character. One mood all the time.

Wedding dress \$5000. Tax rental-\$87.

New shoes don't cut, blister, or mangle your feet.

Phone conversations are over in 30 seconds flat.

You know stuff about tanks.

A five-day vacation requires only one suitcase.

You can open all your own jars.

You get extra credit for the slightest act of thoughtfulness.

If someone forgets to invite you, he or she can still be your friend.

Your underwear is \$8.95 for a three-pack.

Three pairs of shoes are more than enough.

You almost never have strap problems in public.

You are unable to see wrinkles in your clothes.

Everything on your face stays its original colour.

The same hairstyle lasts for years, even decades.

You only have to shave your face and neck.

You can play with toys all your life.

One wallet and one pair of shoes, one colour for all seasons.

You can wear shorts no matter how your legs look.

You can 'do' your nails with a pocket knife.

You can do Christmas shopping for 25 relatives on December 24th in 25 minutes.

Men Are Just Happier People — Email submission.

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Outlook Home-Run Baseball Pool Stats

Place	Name	PTS	Place	Name	PTS
1	Lindsay Snyder	150	31	Carol Stumpf	121
2	Evin Henderson	149	32	David Schmidt	121
3	Alia Henderson	137	33	Sean East	121
4	Bob Wilson	134	34	Pat Beaver	121
5	Jim Brodie	133	35	Doreen Dean	121
6	Andrew Bain	132	36	Pauline Tschirhart	121
7	Greg Naumann	132	37	Paul Holba	121
8	Patricia Cherrey	130	38	Quinn Weicker	120
9	Hunter Delay	129	39	Kurtis Hughes	120
10	Debbie Bender	128	40	Joe Diebold	120
11	Robert Hetu	128	41	Lia Bender	120
12	Scott Gibbons	128	42	Lisa Holba	120
13	Maggie Litwiller	127	43	Katie Paghal	119
14	Sean Carney	127	44	Ed Eckert	119
15	Greg Rempel	127	45	Karen Sisko	119
16	Lou Sicoli	127	46	Jacob Janes	119
17	Gail Kotylak	127	47	Diego Vitello	118
18	Daniel East	127	48	Tim Wenn	118
19	Dallas Diebold	126	49	Tyler Randerson	118
20	Kelly Flood	126	50	Travis Miles	118
21	Krista Schmidt	126	51	Rich Roth	118
22	Sheri Mueller	126	52	Marieta Eckert	118
23	Sir David Murray	126	53	Trudy Roth	117
24	Josh Egli	125	54	Len Mueller	117
25	Pat Delay	125	55	Doris Weicker	117
26	Roy Blake	124	56	Max Sicoli	117
27	Ellie Schmitt	123	57	O'D Gingerich	117
28	Charlie Bain	123	58	Meghan Mueller	117
29	Matthew Jackowetz	123	59	Dan Gueguen	117
30	Zach Schwartzentruber	122	60	Taylor Naumann	117

Congratulations to Evin Henderson for taking the leader prize in this month's Home-Run Pool - winning a gift certificate from EJ's of Baden. (Congrats to you too Lindsay-but remember, you're only able to win the leader prize once!)

The lucky random draw winners are **Wayne Weicker**, winning a gift certificate from **Egli's Meat Market**, and **Greg Naumann** winning novel "Some Things Best Forgotten" by **Teresa Brown** and a **Baden Outlook** shirt.

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Watch for more fun from EJ's this summer!

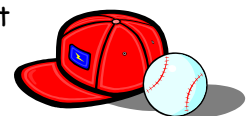
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Baseball Pool



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 left side. The top 30 entries will be listed - to view more click on "next page" below listing.
~ Have Fun and Good Luck!



Hidden Acres: Celebrating 50 Years ~ 1962-2012

In the snowy winter of 1962 five men trudged through the snow, following their guide over a hill and pausing to look over a section of farmland. From their vantage point they could see an uninhabited stone farmhouse being used to store grain, the remnants of an old barn foundation and acres of open farmland bordered by bush on the east. Their guide, Laverne Lichti, pointed out some low-lying swampland that had the potential to be dug out, forming a pond. This group of men, the camping committee, had been commissioned by the Amish Mennonite Mission Board to start a new children's camp. This camp, meant to serve children from urban areas such as London and Stratford as well as children from the local community, was later named Hidden Acres by the first summer camp director Ralph Lebold.

With dedication, determination and faith that God was at work, these pioneers, along with their wives and other community members, worked tirelessly to prepare the camp for the first camping season. One hundred and five campers attended the four weeks of camp held the first summer, paying a camper fee of \$5.00/week and sleeping in canvas bell tents. It was from these humble beginnings that Hidden Acres continued to grow and flourish.

Now thousands of people visit Hidden Acres each year for summer camp, single moms' camp, retreats, school trips, to rent the facilities, and for special events. This year we are thankful for the volunteers, staff members and supporters and most importantly for God's provision in creating this place that has touched so many lives over the past 50 years.

Please join us in celebrating at our Celebration Weekend June 29th-July 1st and on October 14th for our 50th Anniversary Benefit Concert; for more details visit our website at www.hiddenacres.ca. A history book and Anniversary DVD will be available, documenting the story of Hidden Acres and celebrating 50 years of "Sowing in Faith, Growing in Service" at Hidden Acres.

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



Dress Up the Yard With Vertical Gardens

By Diana Dart

Garden art adds flare and personality to your outdoor space. Whether it's a metal medallion or a collection of stone pillars, outdoor art is big business. But did you know that you can exercise your green thumb and create unique garden art at the same time?

This project from UK garden furniture retailer Bridgman.co.uk uses a pallet, landscape fabric, soil and your favourite plants to form an amazing addition to your deck or patio.

Step 1

Pick up a used pallet from your local building supply store (keep an eye out on Sandhills Road – Heritage Design often leaves broken or worn pallets out by the side of the road.)

Sand it down to get rid of pointy bits and slivers that may result in injury.

Step 2

If the pallet has no back, nail a piece of MDF or plywood to the frame to hold in the soil.

Line the back and all four sides of the pallet with landscape fabric, doubled up for strength. The top of the pallet (with those handy gaps) will be left open for the plants. Use a heavy-duty staple gun to hold the fabric in place.

Step 3

Lay your prepped pallet down and fill with soil, using a healthy triple mix or potting soil.

Step 4

Plant your favourite flowers, herbs and annuals tightly in each of the gaps. Remember to include some trailing plants, but place them along the sides so they won't smother other flowers.

Step 5

Once your plants are in place, water generously. Be sure all of the soil is well-moistened and leave the pallet horizontal for about two weeks.

When the plants' roots are established you can tilt the pallet up and lean against your house, shed or garage wall. With the proper support this pallet can stand up on its own as well.

Now you have a vertical garden that can double as a small privacy screen or windbreak. As the plants grow, they'll cover the wood and create a wall of green – simply gorgeous!

Easy and inexpensive, this weekend project provides additional garden space and a beautiful piece of garden art. Have fun, and send pictures of your completed projects!

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WEDNESDAY	10:00 TO 4:00	FULL GROOM (X-SM)	\$32.00
THURSDAY	5:00 TO 9:00	FULL GROOM (SM)	\$36.00
FRIDAY	10:00 TO 4:00	FULL GROOM (MED)	\$42.00
SATURDAY	BY SPECIAL REQUEST	FULL GROOM (LRG)	\$48.00
		FULL GROOM (X-LRG)	\$50.00
		FACIAL TRIM	\$5.00 +



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Mennonite Relief Sale Raises \$335,000

The 46th Mennonite Relief Sale, held at the fairgrounds in New Hamburg, chalked up another success and the weather was perfect! On Friday evening an ever-expanding crowd came to preview quilts, buy new furniture, and eat delicious food! On Saturday the crowd swelled once again for the famous quilt auction, Outdoors Auction, Run for Relief, and of course, the food! Still, there was plenty of space as friends, relatives and many newcomers enjoyed the convivial atmosphere of charity and generosity. All those present became a community joining hands to help out neighbours around the globe.

A dollar spent was a dollar sent to Mennonite Central Committee as it responds to basic human needs and works for peace and justice around the world. In the last 10 years alone, the Mennonite Relief Sale has raised \$3.5 million! As always, all merchandise, quilts, tractor, sporting goods, food and services such as refrigeration by Erb Group of Companies were donated. Fund-raising events and cash donations raised the funds to pay the overhead for this enormous event. An estimated 2000+ volunteers prepared the food, the quilts, furniture etc.

Now the preparations begin for the 47th sale, and we look forward to the 50th anniversary in 2016 when we hope to raise \$500,000.00.

Janice Harder, Marketing Director
New Hamburg Mennonite Relief Sale



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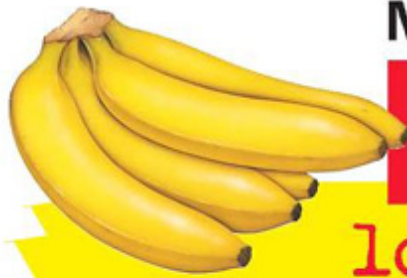
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Ask Armand ~



Ethel from Baden asks: *I heard the sad news that Egli's Meat Market is closing—can you tell me what businesses were located there before Egli's.*

Armand says: *Well, it was a service station over the years, starting with the Sam Roth Service Station in the 30's. It was originally a McCall Frontenac gas station then later switched to Texaco. Egli's retail space was once a lunch bar where they served lunches and soft drinks. Automotive repairs were made in the back of the building. The business was then sold to Bill Petznik who ran it into the 70's when it was sold to Herner Wood. Herner's sold it to Egli's three years later (1977). It's always been a busy place and it will be interesting to see what comes next.*



The Weiler brothers frequent their neighbourhood lunch bar.

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IS THE OUTSIDE OF YOUR HOME VULNERABLE TO THEFT THIS SUMMER?

Security tips for safeguarding items stored in garages, sheds, and the backyard—Submitted by Caroline Horcher, Catalyst Communications

Almost 200,000 break-ins happen in Canada each year, according to Statistics Canada. Summer can be high season for thieves, as valuable items like bicycles, ATVs, motorcycles, barbecues, and lawnmowers are brought out of storage and often left unattended during out-of-town weekends and vacations.

Most people take the necessary steps to ensure that their homes are protected from break-ins, but might pay less attention to protecting valuable items stored outside the house - in garages, storage sheds, or the backyard. Not only can the replacement cost of these items be significant, but police say that thieves may strike multiple times. Thieves may return, speculating that stolen items have been replaced but that security measures haven't been upgraded. To make matters worse, burglars often find tools or ladders stored outside that they will use to get into your home. The majority of thieves and vandals will choose the easiest, fastest, and most vulnerable targets. A few simple precautions can keep property safe and secure regardless of where it's stored.

GARAGES: PUT THE BRAKES ON THEFT

- Locks that come with garage doors are often easily destroyed or pried open. Replace with a heavy-duty padlock, choosing one with an octagonal boron-carbide shackle and a heavy steel or laminated body.
- For garages with overhead doors that roll up, install padlocks or bolts in the centre of the tracks, one-quarter inch above a

roller with the door closed. This will prevent rollers from moving if the outer lock is tampered with.

- Ensure that the connecting door between the garage and your house is always locked.
- If you park in the driveway, don't leave your garage door opener remote in the car. Replace large remotes with a small key chain version to carry with you.

SAFEGUARD STORAGE SHEDS AND OUTDOOR EQUIPMENT

- Keep storage sheds locked - to prevent theft and to avoid giving thieves a place to hide.
- Secure bicycles, gas barbecues, lawn mowers, and snow blowers with a chain and padlock.
- Lock up tools, gardening implements, and ladders that thieves can use to break into your home.

INSTALL GATES AND FENCING WISELY

- Beware a too-tall fence - while it provides privacy, it can also provide an opportunity for burglars to break in unseen and hide suspicious activity from neighbours and passersby.
- Check for gaps where a thief could slide through or under.
- Make sure your gate is strong and securely installed, and lock it with a weather resistant type padlock.
- Keep the padlock locked, even when your gate is open. Thieves have been known to replace an open padlock with their own lock, then return to rob you.

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4. SUMMER FUN OLYMPIC GAMES — JULY 23 TO 27
5. WET'N WILD OCEAN ADVENTURE — JULY 30 TO AUGUST 2
6. KIDS IN MOTION — AUGUST 7 TO 10
7. WILMOT'S NEXT GREAT CHEF — AUGUST 13 TO 16
8. A YEAR IN A WEEK — AUGUST 20 TO 24

For more information (pricing, camp descriptions/details) or to register your child(ren) please contact W.F. R.C. at 519-662-2731 or email: cr4wfrc@bellnet.ca
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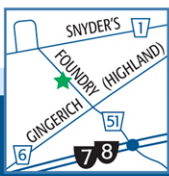
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Happy Canada Day Trivia ~ How well do you know Canada?



What is ...

1. Canada's national honker?
2. the largest city in Canada?
3. Canada's most elevated town?
4. the most dignified of the great lakes?
5. Canada's most famous sailing vessel?
6. the longest river in Canada?
7. the capital city of Canada?
8. Canada's national tree?
9. Canada's national animal?
10. the animal on the Canadian quarter?

Did you know...

... Canada's motto is "From Sea to Sea" - declared in 1921?
 ... O, Canada didn't officially become Canada's national anthem until 1980 - 100 years after it was written.



Canadian Fact ~ In 1911 there were a mere 303,000 telephones in use in Canada. These days there are more than 18 million.

Who ...

1. is Canada's only female Prime Minister?
2. is the Canadian with most Grammy awards?
3. is the Canadian who pioneered hydro-electricity?
4. are the famous 5 sisters who survived their multiple births?
5. ran across Canada for cancer cure?
6. were the first Europeans setting foot in Canada in the year 1000?
7. is the Canadian hockey player that holds the record for most career points in the NHL?
8. was Canada's first female medical doctor?
9. was the medical scientist and doctor who discovered insulin?
10. is Canadian's hockey player whose fame is now coffee?

Answers are on page 33

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Your Purchase Matters

Encouragement sometimes comes from the most unsuspected places. Christa Gerber, co-manager at the New Hamburg Thrift Centre, travelled to Nairobi, Kenya recently on an MCC Thrift Learning Tour. The purpose of the journey was to make a connection between the day-to-day work accomplished at thrift stores and how it directly impacts the lives of others receiving support through MCC programs.

Thirteen participants from both Canada and the USA took part in this twelve day tour. Food, security, and education were highlights of the visit. Through the MCC Global Family program (www.mcc.org/globalfamily) the group visited Menno Kids Academy in the Mathare Slums, the second largest slum in Nairobi. This area is home to more than 500,000 people. Children spend their days mostly unsupervised while parents try to secure income for their families. The Menno Kids Academy was started to address the educational needs of children in this very poor area. Often children arrive at the school hungry. They are provided one meal per day and it is often the only food they receive that day. Global Family funds pay for teacher stipends, text books, as well as miscellaneous costs such as improved sanitation for students and teachers.

Christa at the Menno Kids Academy in Nairobi, Kenya, posing with one of the students — holding the Baden Outlook!



Many times throughout the Learning Tour participants were thanked for

providing them with support. “We were caught by emotion while visiting the school,” explained Christa, “when one of the teachers told us not to cry as this was a success story.”

Christa returned to North America with a much more in-depth understanding of the social and economic issues of Nairobi but also encouragement for the work that she and hundreds of volunteers do each day at the New Hamburg Thrift Centre. “Our customers should feel really good about their purchases from here – it benefits the shopper, the environment, and I have seen firsthand how it benefits those in need.”

If you would like to learn more about the MCC Thrift Learning Tour, visit the group’s blog at <http://thriftinkenya.wordpress.com>. Christa is also available for speaking engagements for churches, book clubs, community groups, etc. that are interested in learning more about the work of Mennonite Central Committee. Christa can be reached at christag@mccthrift.on.ca or at the store at 519-662-2867.

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Happy 1st Birthday Landon!

GRADUATION ~ JOEL D. GERBER



Happy 1st birthday to our sweet little Landon Szusz. You have brought us so much joy over this past year.

We love you very much. Love from mommy, daddy, big brother Jaden and big sister Maya.



May 12, 2012— from Lawrence Technological University, Southfield, Michigan. Joel received his Masters of Architecture with distinction and Masters of Business Administration.

Congratulations Joel. Love Heather, Ava, Bruce, Debra and Stacey

Baden Birding ~ Ah, Spring!

By Dave Rogalsky



Ah, spring! Time to get out in the woods and walk slowly, watching, listening, keeping track of what has been seen. My wife and I took three days – May 10-12 – to go to three locations for intensive birding. I say intensive because once you've become a birder you gain heightened reflexes to look at small movements or hear different bird songs. It was interesting to listen to Peter Gzowski one spring in the 1990s, talking live to birders at Point Pelee, south of Leamington. Gzowski had a live radio show on CBC for many years, the greatest strength of which were his interviews. As he and the birder talked about the birds and experiences of birding suddenly there was a loud murmur of voices in the background behind the birder on the line and he fell silent. "What just happened?" asked Gzowski. At first no one answered and Gzowski repeated the question. Finally the interviewee came back on the line. Some bird, not particularly rare, had flown over the site and everyone's ears and eyes had turned, probably with binoculars, to see what was there. Not even being live on national radio was more important than that bird! Birders are always birding, sometimes by choice.

This spring we went first to the Luther conservation area, north of Guelph and east of Arthur and Mount Forest. This large lake and swamp is home to some 242 species of birds. With over 32 kilometres of trails it is far more than enough for a day's birding. We walked about 2 km in and then back. Warblers, of which there are around 50 species in North America, are a key group to be looked for in the spring and summer. I'll write more about them in a later article. But at Luther many birders are looking for the Lincoln sparrow. With a somewhat dark face and very faint wing bars it's not spectacular, but it is another bird. As

we walked along I told my wife of many birders who had come to Luther, the Lincoln's furthest south nesting area, and never seen the bird. We were unlikely to see one, I said. About two minutes later a small bird caught our attention. Close to the ground it allowed us to approach. Small brown birds often resolve into colourful warblers in the spring and so we looked carefully. The small brown bird resolved into a small brown bird – yup, it was a Lincoln.

The second day we birded around Chesley Lake near South Hampton. Here we had the opportunity to walk through a swamp, a wooded area, and along several roads, looking out at fields, woods and swamps. The highlight here was a pasture near the road. In it my wife got her first look at Bobolinks. There were at least six males in the field – we suspect the females were already on nests. The males were in a battle royal with brown headed cowbirds. Cowbirds lay their eggs in the nests of other birds and the Bobolink males were doing all they could to dissuade the cowbirds. In the same field were a pair of Eastern Meadowlarks with their white tail feathers, and yellow throats with a black chevron.

The third day we travelled south to MacGregor Provincial Park and birded along the shore of Lake Huron. A great sighting here was the Great Crested Flycatcher, the largest and ruddiest of the flycatchers in Southern Ontario. You've probably heard one as their loud "wheep" is pretty distinctive.

All in all it was a great trip. We saw in excess of 70 species in the three days, enjoyed the sun and wind, and the slow, contemplative walking, listening, watching, and resting our minds and hearts.



Kristen Hahn

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Summer is upon us and it is one of my favourite times of the year!

Is your family the "spontaneous day trip" type of family or do your trips involve intense planning, list-writing, and internet research?

I'm not saying that spontaneous day trips aren't okay but if you can PLAN ahead and prepare as much as you can for all weather conditions and circumstances ... it will make for a much happier family!!

Whether it is a day trip or a longer vacation, please prepare for the unpredictable weather!!

- >Rain: umbrellas, rain gear, change of socks, boots
- >Hot sun: sunscreen, hats, appropriate clothing for outing - always keep several containers of water in vehicle (could be for drinking but could also be for first aid kit - clean cuts, scrapes, etc)
- >Depending on age of children: change of clothes
- >First Aid Kit (include - hand sanitizer)

Several years ago, I prepared special "travel" bags for my children. They are only allowed to use these bags on long trips. I keep them in my front foyer closet. These bags include games, books, puzzles that they only see several times a year when we travel.

To make vehicle clean up much easier, spread a bed sheet across the back seat and floor of your vehicle. Then at each bathroom stop, remove the sheet and shake out the crumbs and dispose of any litter.

Happy travels everyone.

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A FAITHFUL PARTNERSHIP

A Faithful Partnership: At the Interfaith Silent Auction on April 28, The New Hamburg Lions donated \$2000 to the Interfaith Counselling Centre. The N.H. Lionesses also donated \$1300 in the form of a cheque for \$500 plus the \$800 proceeds from their bake sale at the Silent Auction. The partnership between the Lions, Lionesses and Interfaith has been ongoing for 25 years. This year, as well as many in the past, the Silent Auction has raised in excess of \$20,000 dollars. Interfaith provides counselling services to individuals and groups at our local elementary schools as well as our local high school. The funds also allow Interfaith to provide subsidies at the centre for families that cannot afford to pay the full cost of counselling services.



Lion President Bob Starr presents a cheque for \$2000 to Bill Roth, Chairman of Interfaith Silent Auction surrounded by New Hamburg Lions and Lionesses'.



The Dachshund & The Pink Pig

This Dachshund is fostering this little guy for another mom who couldn't take care of him. He had his eyes closed, but now they are open. He is just a little bigger than her other pups. She loves this little guy as much as the other puppies and she is nursing him back to health. He is the cleanest pig-puppy ever, because she licks him all the time! HIS NAME IS PINK....



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FITNESS TIPS FOR RECREATIONAL ATHLETES

By Dr. John A. Papa, DC, FCCP(C)

Physical activity is an important part of a healthy lifestyle. Being active can help you maintain a healthy weight, reduce blood pressure, build strong bones, relieve stress, and maintain flexibility and good posture. Included below are some tips to help you protect your body and prevent injury so that you can get the most from your favourite activity this summer season.



- 1. 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.
- 2. Improve your performance** 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 and neck, along with the shoulder, elbow, wrist, hip, knee, and ankle joints.
- 3. Nourish your body by staying hydrated.** Drink plenty of fluids before, during and after physical activity - even in colder weather. Remember that once you are thirsty, you are already starting to dehydrate. Dehydration affects your energy level and your physical functioning.
- 4. Prepare for the elements.** Avoid sunburn which is a result of overexposure to the sun's UV radiation and can contribute to certain skin cancers, and a premature aging and wrinkling of the skin. To protect from sun exposure, apply sunscreen and wear a wide-brim hat and light-colored clothing that covers your exposed skin. Your eyes should also be protected with UV blocking sunglasses. Outdoor activities and sports should be limited to the early morning or late afternoon when UV rays are not as strong. Be cautious on cloudy days, as your skin is still susceptible to burn under these conditions.
- 5. Learn the proper technique.** Learn the right technique for your sport from the beginning. Using the wrong sport-specific technique can create incorrect muscle memory and can make it difficult to break bad habits. Poor technique can also cause injury to your joints and muscles.
- 6. Use the right equipment.** Make sure your equipment is the right fit, height and capacity for you to avoid a sport-related injury. Recreational athletes should have their equipment professionally fitted and checked before starting out.
- 7. Avoid over-training.** Too much. Too fast. Too soon. Over-training is one of the most common causes of recreational athletic injuries. Take your time and work up to it slowly before pushing yourself too hard. Remember - rest is as important as training. Take a training break and give your body a chance to recover.

In the event that you suffer a muscle or joint injury 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.



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11th Annual St. Agatha StrawberryFest

Saturday, June 16th, 8 am - 4 pm
St. Agatha Community Centre



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Enjoy kids' games, vendors, pony rides, petting zoo, face painting, silent auction, strawberry dessert contest, and adult social beverage area with live music.

The festival promotes local healthy eating and local business while enjoying family community spirit.
Non-profit event with proceeds to support local projects and community improvements.

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Summer Concert Series at Castle Kilbride: Fantastic Music at the Mansion!

There's nothing like being outside in the summer, enjoying the fantastic weather. Add to that the pleasure of amazing live music, and wow – you've got the kind of evening that summer is all about!

This July and August, Castle Kilbride will be presenting their third annual Summer Concert Series ... and this year continues the event's tradition of extremely high-quality music, including a number of returning favourites as well as new and exciting acts.

The series offers a different performance every Thursday evening, beginning on July 5th. Admission is by donation; the series is a fundraiser for the Castle, helping to fund the operation of this world-class museum and its programs and exhibits.

And like the Castle itself, the performers are world-class. Castle curator Tracy Loch says "we're very excited about the acts, both for their extraordinary high quality but also for their variety: there really is something for everyone!"

"Something for everyone" is right ... just check out the lineup:

Traces Steel Band opens the series on **July 5**, bringing listeners the Caribbean sounds of steel drums. A Waterloo Region-based group, the band's leader is a returning favourite to the Castle -- and band member Bruce Frazer is a Baden resident!

On **July 12**, enjoy the Latin vibes of the **Cazu Latin Band**, again from Waterloo Region but exploring the rich traditions of Latin music (including a few wonderful arrangements of Bee Gees and Lionel Ritchie songs with a Latin flavour)!

And on **July 19**, welcome back **Crackerjack Palace**, whose 60s and 70s Classic Rock will have you singing along to hits from the Beatles and other groups from our wanton youth. Members of this popular band also hail from the Region, including Baden and New Hamburg.



For those who dig the far-out 1960s surf music, be sure to mark **July 26** on your calendar: that's when '**N-Stro-Man-X**, a 1960s surf rock band, will get you riding the waves (at least, in your head)! And again, there's a Baden connection: Badenite John Belton is a member.

Juneyt brings his Flamenco guitar to town on **August 2**, along with a

Flamenco dancer ... and if you've never heard this vibrant, rich music (or seen the whirling colour of the dance), then don't miss your chance: it's a show to be remembered (and danced along with)!

August 9 welcomes **The Hanker Chiefs**, and for the Johnny Cash and Hank Williams fans, this is your night! The duo perform classic country music and some folk, and are sure to have you singing along -- and feeling the urge to hop on a saddle and ride into the sunset.

Any Neil Young fans out there? Be sure to stop by the Castle on **August 16**, when **Unreal Acoustic Neil** presents his Neil Young tribute show. This one-man wonder not only looks like his iconic singer, but sounds exactly like him! Close your eyes and let yourself imagine that Neil himself is here in Baden -- you can't tell the difference!

The series wraps up on **August 23** with a "really big show:" the **Festival City Big Band** brings its 17-member orchestra to the Castle, belting out the hits of the big band era like *Chattanooga Choo-Choo* and *In the Mood*. If you're "in the mood" for some wartime swing, don't miss this one!

All shows start at 7:00 p.m. on the Castle's front lawn, and donations will be accepted at the front gate. Don't be late, as previous years' shows have been extremely well attended (usually over 300 people!) -- and you'll want to get a front-row seat for these fantastic performers.

Speaking of seats, be sure to bring along your lawn chair, and keep in mind that unfortunately the shows will be cancelled in case of rain (you can check before coming by calling the Castle at 519-634-8444 or go to website at www.castlekilbride.ca for updates).

Above all, don't forget to mark all the dates on your summer calendar ... and of course don't forget the kids, your grandparents, and your neighbours: because like the sunshine and good friends, Summer Music at Castle Kilbride really is for everyone!

~ By Teresa Brown

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Burgers, Bubbles and lots of Badenites lead to successful Baden Public School Barbeque.

On a steamy day that seemed more like the end of July than the 24th of May, another enjoyable and successful Backyard Barbeque happened at Baden Public School. Many families gathered to enjoy a great evening of food and fun. In addition to a wide selection of traditional BBQ food people had the opportunity to enjoy pizza, pitas, as well as popcorn and snow cones. Participants had opportunities to participate in the popular silent auction as well as win good prizes in the raffle. There were great performances from the Cheerleaders as well as from the music the Skalywags and the Wishful Thinking Band. All of the entertainment was very popular; children had the opportunity to get their own balloon animal, or see reptiles up close, or enjoy some time in the popular Game Asylum trailer.

The School barbeque also provided an opportunity for the school and larger Baden community to show support for Lydia Herrle and her family. People had the opportunity to purchase ribbons or make a donation to her favourite charity. There was also the opportunity to purchase T-shirts for those who want to demonstrate their support in that way.

The newly formed Baden Optimist Club took over the cooking and did a wonderfully efficient job with this task. This partnership allowed the Optimists to get



some visibility in the local community as well as earn some much needed seed-funding for their chapter. This is hopefully one of the many partnerships they can develop locally.

Several local sponsors were instrumental in the success of the event. The Barbeque Committee suggested it was especially important to recognize the following from the many who could be named. The support from Canadian Tire, Erb St., Erb Transport, also

Mackay's No Frills and Sobey's, both of new Hamburg, was greatly appreciated. Additionally, the many volunteers from the school and community who were helpful in ensuring the night was enjoyed by all need to be thanked.

The Backyard Barbeque is one of the major fundraisers of the Parent Council at the school. These funds will be used within the school to enhance the student experience, along with making technology and reading resources available to all students. Funds raised not only benefit the students but also the community, as evidenced by the recent installation of the sand volleyball court that is available to the community outside of school hours.

Based on the feedback from this event, the Backyard Barbeque, it will be hard to top next year but no doubt the Parents Council will begin planning soon to try to make more great memories next year. Thanks again to all those who supported this event. We look forward to seeing you all next year.

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Saskatchewan Turtle Burgers

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Handmade ground beef patties, topped with sharp cheddar cheese, wrapped in a bacon weave then add hot dogs as the heads, legs with slits for toes and tail.

Place on an oven rack, covered loosely with foil and bake for 20-30 minutes at 400 degrees.

Or you can do them on the BBQ too.

A little crispy, not too crunchy...just how a turtle should be, right?

Should be served in close proximity to a portable defibrillator unit!

Submitted by Rene Eby



Answers from Canada Trivia Quiz from page 21

What is - answers:

1. Goose
2. Toronto
3. Lake Louise
4. Superior
5. Bluenose
6. MacKenzie River
7. Ottawa
8. Maple Tree
9. Beaver
10. Caribou



Who is— answers:

1. Kim Campbell
2. Walter Ostenak
3. Sir Adam Beck
4. Dionne Quintuplets
5. Terry Fox
6. Vikings
7. Wayne Gretzky
8. Emily Stowe
9. Frederick Banting
10. Tim Horton

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BEE STINGS!!!

This information may be something to remember, as this season will soon be here again...

It might be wise to carry a penny in your pocket while working in the yard..... BEE STINGS !



A couple of weeks ago, I was stung by both a bee and hornet while working in the garden. My arm swelled up, so I went to the doctor. The clinic gave me cream and an antihistamine. The next day the swelling was getting progressively worse, so I went to my regular doctor. The arm was Infected and needed an antibiotic. The doctor told me - " The next time you get stung, put a penny on the bite for 15 minutes".

That night, my niece was stung by two bees. I looked at the bite and it had already started to swell, so I taped a penny to her arm for 15 minutes. The next morning, there was no sign of a bite. We decided that she just wasn't allergic to the sting.

Soon, I was gardening outside and got stung again, twice by a hornet on my left hand. I thought, here I go again to the doctor for another antibiotic.

I promptly got my money out and taped two pennies to my bites, then sat and sulked for 15 minutes. The penny took the sting out of the bite immediately.

In the meantime the hornets were attacking, and my friend was stung on the thumb. Again the penny. The next morning I could only see the spot where the hornet had stung me. No redness, no swelling. My friend's sting was the same; couldn't even tell where she had been stung.

I found this information amazing and dare you to try it in case you experience the same problem. We need to keep a stock of pennies on hand. The doctor said that the copper in the penny counteracts the bite. It definitely works!

Email submitted by Robert Price

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Diet Drinks Don't Deliver

Diet soft drinks and artificial sweeteners have been on the diet and weight loss scene now for a few decades. The promise for that slim body that you see associated with diet drink advertising always seems elusive. There are good reasons for that, many of which the manufacturers and advertisers never want you to know about. They are afraid that if you knew the truth, their revenues would plummet and their businesses would fall into receivership.

Reducing your caloric intake to achieve your ideal body weight is an excellent strategy. Reducing 500 calories per day would add up to 3,500 calories in one week which would equal 1 pound weight loss per week. This is an achievable, healthy weight loss strategy. Deciding to eat your calories, rather than drink them is also recommended; however, drinking diet soft drinks is not the solution and I would like to explain why.

Soft drinks in general contain very undesirable ingredients from a health perspective. First, they are usually made with tap water and not filtered water which exposes you to many unknown toxic substances. Second, many contain phosphoric acid. In order to metabolize this acidic substance, calcium is leached from your bones leaving them deficient and susceptible to break more easily. Third, they contain either large amounts of sugar (up to 12 teaspoons per can) or an artificial sweetener.

I would like to focus on the dangers of the artificial sweeteners.

There are usually three main artificial sweeteners that you may see listed as an ingredient in diet drinks – Aspartame, Acesulfame Potassium, and Sucralose.

1. **Aspartame** is also known as Nutrasweet or Equal. This carcinogenic compound is very common in diet products, and it accounts for more adverse reactions than all other foods and food additives combined. Adverse reactions include: headaches, migraines, dizziness, seizures, nausea, numbness, muscle spasms,

weight gain (ironically), rashes, depression, and fatigue.

2. **Acesulfame Potassium** (Acesulfame-K, Ace-K). Again, a carcinogenic compound that has been linked to kidney and stomach problems. The body cannot metabolize this substance and therefore it is left to wreak havoc in other ways, such as causing your body to secrete more insulin, crave sugar, and cause loss of appetite for a healthy diet.
3. **Sucralose** or Splenda actually reduces the amount of beneficial bacteria (microflora) in your gut by 50% which can severely depress your immune system and allow you to become ill. Sucralose also has the same adverse reactions as Aspartame and should also be avoided.

You may be thinking, “How can I gain weight when I am taking in less calories?” These artificial sweeteners stimulate the appetite center in your brain and cause you to crave more carbohydrates. In addition, they stimulate fat storage which leads to weight gain, not loss. Diet drinks may actually double your risk of obesity.

Therefore, it is my recommendation that drinks and foods containing these ingredients should be avoided at all costs, not only by those trying to lose weight, but by anyone who cares about improving their health.

Rather than reaching for that diet soft drink, try a glass of pure, clean, filtered water instead. Your body will thank you.

Eat Healthy and Be Healthy.

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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In My Hand I Hold A Ball,
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Oh How Bland It Does Appear,
This Harmless Looking Little Sphere.
By Its Size I Could Not Guess,
The Awesome Strength It Does Possess.
But Since I Fell Beneath Its Spell,
I've Wandered Through The Fires Of Hell.
My Life Has Not Been Quite The Same,
Since I Chose To Play This Stupid Game.
It Rules My Mind For Hours On End,
A Fortune It Has Made Me Spend.
It Has Made Me Curse And Made Me Cry,
And Hate Myself And Want To Die.
It Promises Me A Thing Called Par,
If I Hit It Straight And Far.
To Master Such A Tiny Ball,
Should Not Be Very Hard At All.
But My Desires The Ball Refuses,
And Does Exactly As It Chooses.
It Hooks And Slices, Dribbles And Dies,
And Disappears Before My Eyes.
Often It Will Have A Whim,
To Hit A Tree Or Take A Swim.
With Miles Of Grass On Which To Land,
It Finds A Tiny Patch Of Sand.
Then Has Me Offering Up My Soul,
If Only It Would Find The Hole.
It's Made Me Whimper Like A Pup,
And Swear That I Will Give It Up.
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Submitted by Robert Price

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