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"Keeping the Community Connected"



Baden Outlook

JUNE / JULY 2013

VOLUME 13, ISSUE 11

4th Annual Fishing Derby



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On June 8th from dawn to 4 p.m. the edges of the pond were full of eager anglers trying to catch one of the 800 rainbow trout that were released in the pond. But more than that they were trying to catch one of the 10 tagged fish that were worth \$50 each.



Out of the hundreds of fishermen that gathered that day, only 4 tagged fish were caught. There are plenty of fish yet to be caught, but the rewards for tagged fish ended on Derby Day.



This paper is priceless - Please have one!

Talking with Ed

True North Strong and Free



neighbours to the south (with a large military might) who will protect us at all costs.

We have some of the best landscapes in the world with pristine rivers and lakes, mountains, and forests. And still, we have many untouched northern areas still holding their own. The climate in our area is very livable with generally warm summers (not sure about this year so far) and not too frigid winters.

Opportunities abound for advancement in employment – especially in our area. There are many strong companies locally looking for talented people. We also have three first class universities and colleges locally – education is paramount in advancement.

We have many fine facilities available to us – the Wilmot Recreation Complex is a state of the art facility of which we should all be proud. We are close to many towns and cities (KW, Guelph, London, Hamilton, and Toronto) where we can find many entertainment venues – whether you're looking for sports, music or full-scale productions.

We are a proud nation, but humble at the same time. This brings out qualities that give us, Canadians, a reputation worldwide. We love our hockey and baseball, and for such a small country we have star people in almost every capacity.

We have a rich history and much to be proud of. Whether it be our nation, our province, or town, we are lucky to call Canada our home.

Till August eh?Ed

There are so many reasons to be proud to live in Canada. Reasons such as our cultural diversity, the natural beauty of our landscape, our freedom from oppression and war, and the standard of living that we all enjoy make it great to live in this amazing country. I think most of us take it for granted, but a trip to any developing country would make us appreciate what we have. With Canada Day fast approaching, here are some of my thoughts (in no particular order) on what it means to be Canadian.

We all grumble about wait times in emergency wards and the amount of time it takes to see specialists, but the Conference Board of Canada maintains its "B" grade and 10th-place ranking among the 17 peer countries. Health care is still accessible for everyone, which is very comforting.

Forbes.com has ranked Canada as the fourth friendliest country in the world, which speaks volumes on what caring and gentle people we are. *(We've been told while vacationing in other countries, that we are known for our manners...and I said "Thank you very much" to that).* That also means that Canada is a safe place to live, where people have many freedoms. Citizens have the freedom to practise their own religion and beliefs without fearing discrimination by society, which is not the case in many other countries. We have strict gun laws and low crime rates. Statistics Canada reported that in 2011, the crime rate in Canada had dropped 6%, which is the lowest rate since 1972. They have also listed the five safest cities in Canada based on the crime severity index as being Guelph, Quebec City, Toronto, Ottawa, and Barrie.

The economy is as stable as any country in the world and we have a massive supply of resources to keep us going for a long, long time. Although we are a small population with a large landmass, we have great



Did you know there haven't been mail deliveries on Saturdays for the past 35 years!



Join New Hamburg to Celebrate Canada Day



The riverfront is home to New Hamburg's Canada Day celebration; visitors are welcome to participate in the festivities that run all day and into the evening, including games, sports, entertainment, concerts, demonstrations, the popular Rubber Duck Race, a Cruise Night featuring classic cars, a beer tent, lots of food and, finally, a giant fireworks display. Admission to the afternoon activities is free.

The Baden Outlook

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Greetings from Outlook Headquarters

Summer!! We dream of its arrival with all the wonderful things ahead to do, and with the blessing of the sunshine upon us! Yes, and with the energy we all have to get to where our dreams will take us. There is much going on and we see the enthusiasm growing towards our upcoming event in Baden— the Corn Festival! Amazing



how the locals are giving of their time and wallets to get it together. We at the Baden Outlook typically do not publish a paper in July, but this year we are creating the program for the Corn Festival featuring the highlights of the day. There will be 5000 copies published, with half of them available early in July. It will be distributed in the usual places you'd find the Outlook, so watch for it! The other half will be handed out at the event to visitors; the program will include maps of vendors, details about the food, entertainment and information on the many other exciting things to see and do— along with plenty of 'corny' material. Don't miss it—August 10th!

As the summer has filled up with many different events, we realize our typical gypsy-style camping isn't going to happen, so this summer we are putting a new twist on our camping experience. We have parked our trailer locally for the season and have already begun to enjoy the outdoors. When time allows, we buzz out to the trailer for a quick barbecue and sleepover, to read or relax, or simply take a break from the computer...(though my aching arm is quite happy holding my book or cup of coffee). We will also be flying west to visit family, will enjoy family weddings, and of course be busy with our roles with the Corn Festival. It's all good, but it will sure go by in a blink—as summer always does.

So, as it goes, we are busy trying to get to that well-deserved place in the sun. It's important to realize that the journey getting there is also part of the fun. So be sure to enjoy your journey wherever this summer takes you!

Have a Great Summer
See you in August!!



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.

Till August...
Pat and Barry



EXTRA EXTRA!!!

You'll find us around the 15th of each month, while quantities last. Available in Baden at Mars Variety, Mac's, Baden Feed, One Way Water, Livewell Clinic, Wilmot Rec. Complex, Tim Hortons, Baden Library, EJ's, and several outdoor magazine boxes located conveniently throughout town for Baden readers.



Also at St. Agatha Stop 2 Shop, Old Fashioned Variety (Petersburg) and Foxboro. Over 30 places in New Hamburg to pick it up—including: Sobey's, Short Stop, Cooks Pharmacy, No Frills, Kasemann's, Morningside, Absolute Fitness, NH Dry Cleaners, NH Wellness, NH Library and various offices and retail locations throughout Wilmot Township.

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

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For more information contact Elaine at 519-634-5205

So What do we Canadians Have to be Proud of?

1. Smarties, Crispy Crunch, Coffee Crisp (not sold in the USA)
2. Baseball is Canadian - 1st game was held in Ingersoll, Ontario on June 4, 1838
3. Lacrosse is Canadian
4. Hockey is Canadian
5. Basketball is Canadian
6. Apple pie is Canadian
7. Mr. Dress-up beats Mr. Rogers
8. Tim Hortons beats Dunkin' Donuts
9. Canada has the largest French population that never surrendered to Germany .
10. Canadians invented ski-doos, jet-skis, insulin, penicillin and the telephone. Also short wave radios which save countless lives each year.
11. A Canadian invented Standard Time.
12. The Hudsons Bay Company once owned over 10% of the earth's surface and is still around as the world's oldest company.
13. We know what to do with the parts of a buffalo.
14. We have ALL frozen our tongues to something metal and lived to tell about it.
15. A Canadian invented Superman.
16. We have coloured money.
17. We are proud to have the beaver represent our country.



BUT MOST IMPORTANT! The handles on our beer cases are big enough to fit your hands in, with mitts on.

OOOoohhhh. Canada !!

Email submitted by Maureen Edwards

Baden Family Fun Day

June 15, 11 - 2

Games
Bouncy castle
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Petting zoo
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Puppy Size

This is a really nice story and you will know precisely what this little girl is talking about at the end.



"Danielle keeps repeating it over and over again. We've been back to this animal shelter at least five times. It has been weeks now since we started all of this," the mother told the volunteer.

"What is it she keeps asking for?" the volunteer asked. "Puppy size!" replied the mother. "Well, we have plenty of puppies, if that's what she's looking for." "I know.... We have seen most of them," the mom said in frustration.

Just then Danielle came walking into the office. "Well, did you find one?" asked her mom. "No, not this time," Danielle said with sadness in her voice. "Can we come back on the weekend?"

The two women looked at each other, shook their heads and laughed, "You never know when we will get more dogs. Unfortunately, there's always a supply," the volunteer said. Danielle took her mother by the hand and headed to the door. "Don't worry, I'll find one this weekend," she said.

Over the next few days both Mom and Dad had long conversations with her. They both felt she was being too particular. "It's this weekend or we're not looking anymore," Dad finally said in frustration. "We don't want to hear anything more about puppy size, either," Mom added.

Sure enough, they were the first ones in the shelter on Saturday morning. By now Danielle knew her way around, so she ran right for the section that housed the smaller dogs. Tired of the routine, mom sat in the small waiting room at the end of the first row of cages. There was an observation window so you could see the animals during times when visitors weren't permitted.

Danielle walked slowly from cage to cage, kneeling periodically to take a closer look.. One by one the dogs were

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brought out and she held each one. One by one she said, "Sorry, but you're not the one." It was the last cage on this last day in search of the perfect pup. The volunteer opened the cage door and the child carefully picked up the dog and held it closely. This time she took a little longer.

"Mom, that's it! I found the right puppy! He's the one! I know it!" She screamed with joy. "It's the puppy size!" "But it's the same size as all the other puppies you held over the last few weeks," Mom said. "No not size... The sighs. When I held him in my arms, he sighed," she said. "Don't you remember? When I asked you one day what love is, you told me love depends on the sighs of your heart. The more you love, the bigger the sigh!"

The two women looked at each other for a moment. Mom didn't know whether to laugh or cry. As she stooped down to hug the child, she did a little of both.

'Mom, every time you hold me, I sigh. When you and Daddy come home from work and hug each other, you both sigh. I knew I would find the right puppy if it sighed when I held it in my arms,' she said. Then, holding the puppy up close to her face, she said, 'Mom, he loves me. I heard the sighs of his heart!'

I hope your life is filled with Sighs!!!



Email submitted by Jean Cook

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Baden ~ Our Town

The Baden Community Association participated in the Baden Public School Back Yard Barbeque. Although we had a slow start, the BCA sold 175 bags of kettle corn in the school fundraising project. Congratulations to the Baden Public School for another successful event.

On Monday, June 3rd, Cornelius T. Cobb, along with BCA's Kenton Frey and Eva Poscai gave a presentation to council regarding the upcoming Baden Corn Festival. The Wilmot Township Council meeting was televised on Rogers TV and we hope the word got out to join in the festivities. Watch more this summer, as representatives of the BCA will also be on Rogers TV's Daytime program on June 28, interviewed by local celebrity Susan Cook-Scheerer to once again broadcast the upcoming event.



The tulips on Livingston Boulevard have passed on but fear not – they will soon be replaced with colourful flowers as the BCA continues with the beautification of our town. If you see volunteers working there, feel free to join in as "many hands lighten the load".

BCA member Jon Lambert posted an interesting video on YouTube, which is worth a look. He had a four year old massive beehive in the wall of his house on Brewery Street that had to be removed. It was a fascinating experience and he made a video showing the delicate extraction. Master Beekeeper Shawn from BZB-honey found the hive and was able to rescue most of the bees. The colony was so strong that he was able to start two different families on his bee farm. The video can be seen at <http://youtu.be/c5k61ltahyA>

As always, you are welcome to join in anytime, as we meet on the last Wednesday of the month at 7:00 at the township hall. It doesn't matter if you don't go to the meetings — You can still get involved with any project that interests you. Follow us on

facebook to see what we are up to...and see you at the Corn Festival!!



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Set Up & Tear Down

Calling all Volunteers!

The Baden Corn Festival needs your club, church, choir, committee ... or even just you!

Contact us to discover how you can be part of Baden's first Corn Festival!

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Counting Down to The Baden Corn Festival: Less than Two Months to Go!

Summer is finally here, and you know what that means: the Baden Corn Festival is coming up fast! Our committee has been hard at work all through the fall, winter, and spring, and we're thrilled with how the day (and evening!) is coming together!

On **Saturday August 10**, Baden will welcome thousands of visitors from across Southwestern Ontario to our town -- where they'll enjoy a day and evening of events, vendors, and attractions -- all celebrating Wilmot Township's local farmers, food producers, and agricultural heritage!

Antique tractors and other heritage displays -- including **The Steam Team** from the Stratford/Perth museum, with their hands-on antique steam equipment -- will be featured next to the Baden pond. A tour of **Baden Feed and Seed**, **radio-controlled boat races**, and **musical entertainment at the main stage on Beck Street** are only some of what you'll see -- and we haven't even gotten to the food, yet!

The day opens with a **Baden Firefighters pancake breakfast** at the fire hall; throughout the day, **food vendors** (and **craft vendors**, too!) will offer fantastic foods on Beck and Charles Streets. Of course **EJ's Tavern** will be part of the fun, with a beer garden in addition to their awesome menu.

Wander a bit north to **Castle Kilbride**, where special

tour prices and more heritage await you -- and don't forget to check out local musician **Vanyah** on the Castle lawn. Next to the Jewel of Wilmot Township will be the **Baden Optimist's Kid Zone**, with kid-sized activities, more food and craft vendors -- and **Erick Traplin**, too!

Still hungry? Don't miss the **Corn Roast supper**, starting at 5:30 in the Wilmot Senior Woodworkers' lot -- local farms like **Pfennings** and **Herrle's**, and the **St. Agatha Meat Market**, are putting together a meal you won't soon forget! Adult tickets are \$12 each, kids 4 - 8 years old are \$8, and 3 and under is free.

Then, starting at 8:00 pm, an **outdoor dance** with three live bands -- including local favourites **Cowboy Up**, **Laura Rose**, and the awesome Celtic rock fiddle band **Fiddlestix** -- will rock the town! This is a licensed event (19 years and over), and proof of age is required at the door. Tickets are \$13 each.

Tickets for the corn roast and dance are available now at the **Baden Eyecare Centre** in the Baden Village Square Plaza (cash or debit). You can also call 519-501-9116 or e-mail info@badencornfest.ca to arrange to pick up yours.

Don't delay, as **seating at the Corn Roast Supper and room at the dance is limited**. So get your tickets, then sit back, relax, and enjoy the summer as you await August 10, when Baden becomes the corniest place in Ontario!



**Saturday
August 10**

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www.facebook.com/BadenCornFestival
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Baden Corn Festival

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- Baden Veterinary Hospital
- Sobys
- Alpine Plant Foods
- TLC Pet Foods

You Must Be Joking!!



Gentle Thoughts from our Wise Seniors.

- ♦ A penny saved is a government oversight.
- ♦ The real art of conversation is not only to say the right thing at the right time, but also to leave unsaid the wrong thing at the tempting moment.
- ♦ The older you get, the tougher it is to lose weight, because by then your body and your fat have gotten to be really good friends.
- ♦ The easiest way to find something lost around the house is to buy a replacement.
- ♦ He who hesitates is probably right.
- ♦ If you think there is good in everybody, you haven't met everybody.
- ♦ If you can smile when things go wrong, you have someone in mind to blame.
- ♦ There's always a lot to be thankful for if you take time to look for it —How nice it is that wrinkles don't hurt.
- ♦ Birds of a feather flock together, then poop on your car.
- ♦ Aging: Eventually you will reach a point when you stop lying about your age and start bragging about it.
- ♦ The older we get, the fewer things seem worth waiting in line for.
- ♦ Some people try to turn back their odometers. Not me, I want people to know 'why' I look this way. I've travelled a long way and some of the roads weren't paved.
- ♦ You know you are getting old when everything either dries up or leaks.
- ♦ One of the many things no one tells you about aging is that it is such a nice change from being young. Ah, being young is beautiful, but being old is comfortable.
- ♦ Lord, keep your arm around my shoulder and your hand over my mouth!

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Let's GO... Summer Reading at the Baden Branch Library

Read interesting books, enjoy exceptional programs and win exciting prizes at the 2013 TD Summer Reading Club, GO!



Children aged three and up are invited to join in. Registration starts on June 25 and continues throughout the summer with the TD Summer Reading Club officially beginning July 2. Every child who registers for the TD Summer Reading Club will receive a free bag, activity book, and stickers as a part of their reading kit (while quantities last).

The TD Summer Reading Club encourages participants to read, or be read to, during the summer months, strengthening their reading skills with each book read. Children who participate will be able to maintain or improve their reading skills, impressing their teachers come September!

Last summer 265 children participated in the Summer Reading Club at the Baden Branch. We're always on the look out for reading-incentives prizes, so please consider donating something to our Summer Reading Club. For more information about the program, or to donate, please contact Chris at 519-634-8933 or badenlib@regionofwaterloo.ca.

Here's a list of our free GO! programs:

Valerie's Summer Program for kids ages six and up – Join the Baden Branch each week as Valerie explores a different Go! theme. The series is Tuesdays 1 to 2 p.m. beginning July 2 for seven weeks. Registration is required for this program as there are a limited number of spaces. Sign-up begins June 25. *(In-person registration only)*

Chris' Let's GO! Storytime Drop-in for kids ages three to five – Drop in Tuesday afternoons beginning July 2 from 1:15 to 1:45 p.m. Listen to some of Chris' favourite stories and take home a colouring page.

Come Read With Me Family Storytime for parents/caregivers and children two to five years-old- Visit the Baden Branch on July 9 or August 13 from 1:15 to 2 p.m. for a special Family Storytime with Janelle. This interactive program includes stories, songs, rhymes, crafts and ideas for having fun with literacy at home. No registration is required, just drop by!

Adults program - This summer, read the One Book, One Community 2013 book, *Ragged Company* by Richard Wagamese, as we explore the question of what does "home" mean to you? Visit www.oboc.com for more information about the book, author, and coming events!

Questions? Contact the library at: 519-634-8933, badenlib@regionofwaterloo.ca or visit rwlibrary.ca

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



Baden resident Joanne Marchildon, a firefighter for the City of Waterloo, visited the Storytime program at the Baden Library to talk to the children about her job, and about staying safe in a variety of emergency situations. Joanne's daughter Dakota was a former storytime participant!



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Swim! Bike! Run!

The Wilmot Aquatic Aces will host their first annual Aces Kids' Triathlon on Sunday, June 30th, 2013 at the Wilmot Recreation Complex in Baden.

No experience is necessary to come out and participate! Just give it a "tri"! Each participant will receive a triathlon t-shirt, swim cap, medal, food, and much more.

The event is open to 400 kids between the ages 3-14. Kids compete in their own age groups and the race starts in the pool. Life jackets are available to those wanting to use one. Once the swim finishes, kids run to the transition zone located in the parking lot to put on a helmet and grab their bikes. The bike route is on the access road to the side of the complex and will be closed to traffic for the event.

Once the distance on the bike is completed, kids will place their bike back in the transition zone and will head out to run around the perimeter of the soccer field. The race ends as each kid crosses the finish line to the cheers of the crowd.



ACES Kids' Triathlon

Sunday, June 30, 2013, 8:30am start
Wilmot Recreation Complex
1291 Nafziger Road, Baden, ON
(corner of Hwy 7/8 and Nafziger Road)

Age Group:	Swim:	Bike:	Run:
3 - 5	25m	300m	200m
6 - 7	25m	1.5km	500m
8 - 9	50m	5km	1km
10 - 11	150m	5km	2km
12 - 14	300m	10km	2km

For complete details and registration information visit www.aceswim.ca/kidstri

PLUS! Free Kids Triathlon Clinic for participants
Saturday June 29, 2013, 5:00pm

SWIM • BIKE • RUN

For the youngest age group of 3-5 year olds, one parent is allowed to participate with them to assist with transition and in the pool. Volunteer swimmers will also be in the pool for ages 3-7.

An event of this size requires almost 300 volunteers and business sponsorships, so if you are interested in volunteering or making a donation please email Sherilyn Van De Wynckel at kidstri@aceswim.ca. 519-634-4946. For more information or to register for this event visit us at www.aceswim.ca/kidstri.

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Wilmot Jujitsu is pleased to offer **Ninpo Bugei**
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Classes will be held from 7:15 - 8:15 p.m.
on Tuesdays and Thursdays and is
open to ages 14 and up.

Please see the following website for more
information. www.genbukan.ca



Ultimate You is a small business that delivers girls programming to today's female youth. At its core Ultimate You is an entire business centered around character development and confidence building; however with summer just around the corner – co-creators April O'Neil (on left) and Isabella Zender are focused on reaching female youth in the Baden & the New Hamburg area.

Ultimate You summer camp is a fun day camp that addresses the diversity of issues that today's female youth face. Through unique and fun facilitation of activities, youth are empowered, inspired and supported as they share and discover their true sense of self. At Ultimate You, it is important that

FOR MORE INFORMATION CONTACT:
APRIL O'NEIL OR ISABELLA ZENDER
phone: 519-584-4624
e-mail: ultimateyou@gmail.com
website: www.ultimateyouinc.com
JULY 29TH - AUGUST 2ND ~ 10-13 YEAR OLD
AUGUST 5TH - AUGUST 9TH ~ 6-9 YEAR OLD
\$200/GIRL ~ 8AM -4PM

each girl walks away from camp not only with a new sense of self, but with the bricks to begin building a strong foundation for the rest of their lives.

LookOut Kids' Korner

Happy Canada Day ~
146 Years Old!



Ok kids.. Get out the red and white and show off our Canadian colours!

Show your hometown spirit with your own personal patriotic display!

Nothing says "true north strong and free" like the good old red-and-white combo.

Red and white streamers, flowers or balloons.

Get out your Canada flags, put on your red t-shirts or ball caps.
Fireworks, friends and food.



Throw a party for Canada Day and serve a strawberry maple-leaf flag cake.



Wilmot Family Resource Centre presents..



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- * KABOOM KERSPLAT
- * ANIMAL HOUSE
- * WILMOT'S NEXT GREAT CHEF
- * WET'N WILD OCEAN ADVENTURE
- * KIDS IN MOTION
- * A YEAR IN WEEK
- * WILMOT'S NEXT GREAT CHEF

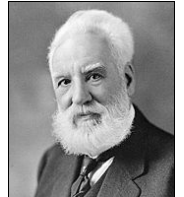
Our camps run 4 & 5 days per week from 8:30am to 4:30pm at the New Hamburg Community Centre. 251 Jacob St. N.H.

For more details check out our website at www.wilmotfamilyresourcecentre.ca

- pick up one of our Summer Fun Registration brochures or contact W.F.R.C @ 519-662-2731 or cr4wfrcc@bellnet.ca

Canadian Trivia ~ Kids, Do you know...?

- What Canadian was the inventor of the telephone?
- What the capital city of Canada is?
- What and where is the Continental Divide?
- What our national animal is?
- How many provinces there are?
- In what provinces the Rocky Mountains are?
- What leaf is on the Canada flag...which is also our national tree?
- What is the Canadian motto?
- What are our national sports?
- What are the three largest cities in Canada?
- What is Canada's biggest tourist attraction, which was formed in the last Ice Age?



Born in 1847 Scotland, he moved to Canada in 1870 at age 23 and settled near Brantford

The answers are nearby—ask mom, dad, or your teacher or get on the computer and do your own Canadian research—there are so many interesting things to learn!

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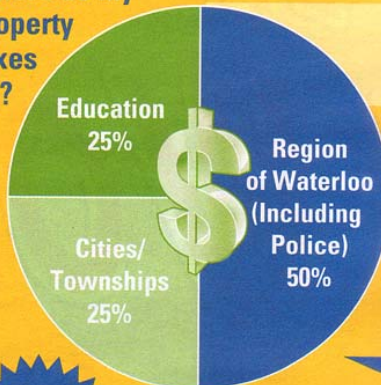
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Region of Waterloo

YOUR TAX DOLLARS AT WORK

Where do my property taxes go?



The average* household in Waterloo Region pays about \$1,720 for Regional services.

*Assessed value of \$269,000

What do I get for my Regional portion of property taxes?

Your tax dollars at work!

\$556	Police Services
\$260	Public Transit
\$192	Road repairs/construction, traffic signals, plowing etc.
\$175	Social services
\$126	Community housing
\$125	Garbage/recycling collection/disposal, green bin, program, education programs
\$105	Corporate support services
\$64	Planning, Regional Library, Museum
\$46	Emergency Medical Services (ambulance)
\$31	Public Health programs
\$26	Region of Waterloo International Airport
\$14	Other Regional services and grants

DID YOU KNOW?

The Region of Waterloo provides other services that aren't paid for by taxes.

WATER and WASTEWATER are paid through your sewer and water bill.



Firefighter Retires after 44 Years of Service



Seen are: Doug Ferguson (left) and Kenton Frey, Baden Firefighters Association President.

Firefighter Frey awards Doug a plaque for his 44 years of service.

Doug also received commemorative items from Mayor Les Armstrong on behalf of the Township of Wilmot; Township Fire Chief John Ritz, and from Member of Parliament, Harold Albrecht.

Dozens of family, friends, and firefighters attended an open house for Doug on Sunday, June 9 at the Baden Station.

We're on the Web!
Visit www.badenoutlook.com



Did you know that Canada has two of the biggest lakes in the world: Great Bear Lake and Great Slave Lake.

Canada's three biggest cities are Toronto, Montreal, and Vancouver.



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Owner/
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Cook's Corner

Where to begin with the wonderful choices of fresh local produce coming our way?!



The rhubarb is fresh for the picking and strawberries on the way, along with the continual growth of fresh greens sprouting up in our gardens. So just dig in and enjoy!!

Below are two fruity toppings to treat yourself with, whether for breakfast on yoghurt or oatmeal, or for dessert—they are fresh, healthy, and so yummy!

Stewed Rhubarb

Easy to make, this is a must-have for quick desserts.

- 6 cups (1.5 L) chopped rhubarb
- 1 cup (250 mL) granulated sugar
- 2 tbsp (30 mL) water

Preparation:

In large saucepan, combine rhubarb, sugar and water; cook over medium heat, stirring until sugar has dissolved. Reduce heat to medium-low; simmer uncovered, and stirring occasionally for about 15 minutes or until slightly thickened and rhubarb is in threads. Let cool. (Rhubarb can be refrigerated in airtight container for up to 5 days.)

Delicious All-Purpose Strawberry Topping

Directions:

Wash strawberries and remove stems; cut large berries in half or roughly chop them. Combine strawberries, sugar, and vanilla in a saucepan. Cook over medium-high heat, stirring occasionally. The mixture will sizzle for a while, but then juice will begin to form. Continue stirring; mash a few strawberries with a wooden spoon or heat-proof spatula to help produce the syrup. Cook until sauce thickens, about 15 minutes.

Remove from heat. In a blender, puree about 1/3 of the sauce, then mix back into remaining topping.



Salads—the varieties are endless. With the many choices of greens, with other garden fresh pickin's and a creative mind you can have a different salad at every meal!

Creamy Yoghurt Dressing:

- 1/3 cup plain yoghurt
- 1 tsp lemon juice
- 1 tbsp fresh parsley
- 1 tbsp fresh chives
- 1 tsp dried dill
- 1 crushed garlic clove

For variety add mayo or sour cream to the creamy dressing or mixed up the herbs with basil or oregano.

Great with feta cheese, black olives or tomatoes... or even as pasta salad dressing.

Vinegar/Oil Dressing:

- 1/2 cup olive oil
- 3 tbsp red wine vinegar
- 1 tbsp lemon juice
- 1 tbsp honey
- 1 tsp dry mustard
- 1 crushed garlic clove

For variety stir in tbsp or-ange marmalade, or other fruity jam - top with sun-flower seeds.

Try other vinegars, soy sauce or ginger to create exciting Asian flavours.

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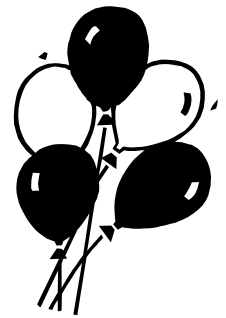
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*Have your child colour the adjacent page and bring it along to the
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Baden Birding ~ Orioles

Submitted by Wayne Buck

We have lived on a small farm on Wilmot Easthope Road for more than 30 years. For every one of those years, a pair of orioles has nested and raised a brood in one of the many tall trees that surround our house. Most often they hang their pouched nest from a branch near the outer edge of the Soft Maple. A few times they have nested in the Weeping Willow along the laneway up to the barn. The nest is usually easy to spot, being near the outer edge of the tree as opposed to being hidden in the interior. In years gone by, the now scarce American Elm was the favoured nesting tree of orioles. Maybe they feel safe being up so high and out on a very flexible branch that would bend under the weight of most predators such as squirrels. Our neighbours across the road, Ernie and Jean Faulhafer, usually have a pair of orioles in their tree as well.



Baltimore Oriole

nests did eventually fall to the ground, I puzzled for many years about the smooth, flat, silvery material that was used in the construction of the nest. Then just this past year, while reading Bernd Heinrich's book, *The Summer Season*, he said that it was

fiber from dead milkweed stems, a plant material that grows in abundance around here.

According to Livingston, the Baltimore Oriole, the one this article is about, is named after the orange and black colours "of the Calvert Family, the Barons Baltimore, whose territorial grant north of the Potomac eventually became Maryland." The other oriole species also found in Eastern North America, including Waterloo Region, is the brown and black Orchard Oriole. On occasion I have seen Orchard Orioles in the field just east of us. Bullock's Oriole is a western species, residing west of the Rockies.

The male oriole arrives back around the first week of May, resplendent in his contrasting plumage of brilliant orange and jet black with white accents. I usually hear his familiar song before I see him, high up in the maple. We often put slices of orange on a tray for him but he seldom partakes. Other people tell us that their orioles relish the fruit since blossoms are scarce. We also have an oriole nectar feeder, similar to a hummingbird feeder, but he seldom bothers with that either.

Like the American Robin, which was incorrectly named as a relative of the European Robin when it is actually a thrush, the name oriole is a misnomer. According to Livingston, orioles are birds of the Old World. There are none in this hemisphere. Our orioles are members of the American Blackbird family along with the Red-winged Blackbird, Grackle, and Cowbird.

The more olive-coloured females arrive a week or two later. There is often a lot of scolding and chattering as the males chase each other through the foliage, defending their territory and their mate.

On a summer day, it is such a pleasure to listen to the male singing, declaring his territory to all other males within earshot, and announcing his presence and availability to any oriole females that may still be searching for a mate. Later, as the summer progresses, we can hear the chattering of the parents as they approach the pouched nest, announcing their arrival to the 5 babies inside. Or later still, when the fledglings are bigger, we can hear their chattering requests for more insects to provide the protein needed for their rapidly growing bodies. When, at the beginning of autumn, they depart for their wintering grounds in Central and South America, we are grateful for the time they have spent with us and for how much they have enriched our lives and we look forward to their return next May.

The nests are skillfully woven with fibers of pliable plant material, string or twine and horse-hair if it is available. The nests are strong and resilient, often hanging in place for several years. We have never known one to be blown down during breeding season. In the book *Birds of the Eastern Forest:2*, with text by John A. Livingston and paintings by J.F. Landsdown, Livingston writes: "In Bent's *Life Histories*", Winsor Marret Tyler described this species as 'perhaps the most skillful artisan of any North American bird'." When the



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OPTIMIST CLUB OF BADEN

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www.badenoptimist.com

'Bring a Splash Pad to Wilmot' Announces Donors and Upcoming Events

The Bring a Splash Pad to Wilmot committee is proud to officially announce the support of The New Hamburg Lioness Club who has offered an initial donation of \$2,000 towards the initiative of building a Splash Pad in the Township of Wilmot.

Carol Massel of the New Hamburg Lioness Club commented: "We are proud to help support such a worthwhile project like building a Splash Pad that will benefit the children and families in the Township of Wilmot for years to come."

Since the overwhelming support shown during the Family Day Spaghetti Dinner last February the Bring a Splash Pad to Wilmot committee has received additional support and funds from notable clubs and community businesses including \$300 from the New Hamburg Legion Ladies Auxiliary. Amounts from the Wilmot Optimist Club, from the Family Fun Fest Event, and Cranial Waves' movement class in Baden are still to be announced.

"The community is really coming together for the next generation of children in Wilmot Township. Based on the 2011 census report there are just under 4,000 children aged 0-14 in our Township alone. Let's continue to work together to bring these great kids and families a wonderful way to spend their time together that is safe, physically active and free."

In addition to the support from these outstanding community-focused organizations, \$296.25 has been collected from supportive members of the community via donation boxes located at various businesses throughout the Township of Wilmot.

The Bring a Splash Pad to Wilmot committee has also submitted their nomination for the Kraft Celebration Tour with the hopes of winning a \$25,000 Community Award and a live broadcast from TSN SportsCentre in The Township of Wilmot. Residents of Wilmot Township are encouraged to go to www.kraftcelebrationtour.ca and search "Township of Wilmot Splash Pad" and Like, Tweet and Email the page to show your support and to help spread the word.

The coming weeks and months ahead will be a busy time for the Bring a Splash Pad to Wilmot committee and the various organizations supporting the project. The first-ever New Hamburg Full Throttle Charity Ride rolled into New Hamburg June 8th, the same day as Q'ing For Life barbecue competition. That charity ride supported the Bring a Splash Pad to Wilmot initiative.

In conjunction with the New Hamburg Full Throttle Charity Ride a silent auction was held by the Bring a Splash Pad to Wilmot committee and will feature: a Ladies Icon riding jacket and Saddlemen saddlebags donated by Parts Canada, passes for Sunday's finals of Parts Canada TransCan Grand National Motocross Championship in Walton and a pair of signed gloves donated by Jordan Szoke, winner of eight Canadian Superbike Championship Titles.

Two times Pro Canadian 600 Sportbike Champion Jodi Christie has also donated items. As well autographed boots from Ben Young who races in the AMA Pro Road Racing series in the US will also be available. Auction items also include three free guitar lessons donated by Digs Music in Baden. More outstanding auction items will be announced shortly at www.facebook.com/BringASplashPadToWilmot and on twitter at @SplashPadWilmot.

June 15-16, the Bring a Splash Pad to Wilmot Slo-Pitch Tournament slides into the Doug Fischer Memorial Park in New Dundee. This is a co-ed tournament with four guaranteed games, carded umpires, cash and prizes for the winning teams and runners up as well as a 50/50 draw on Saturday. Food and Beer will also be available. To sign up your team, to volunteer or for more information please contact John Vleeming at splashpadtourny@hotmail.com or 519-616-4044 and visit www.facebook.com/BringASplashPadToWilmot for the latest updates.

The Bring a Splash Pad to Wilmot committee reminds the public that they are continuing to collect suggestions for locations for the Splash Pad. Please send any suggestions to ahallmanrmt@cwisp.ca or visit our website at <http://splashpad.wix.com/splashpadtowilmot> and we will be presenting all ideas to council.

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Hotel Inquiry: "DOGS WELCOME"

A man wrote a letter to a small hotel he planned to visit on his vacation.

He wrote: I would very much like to bring my dog with me. He is well-groomed and very well behaved. Would you be willing to permit me to keep him in my room with me at night?"

An immediate reply came from the hotel owner, who wrote:



SIR: "I've been operating this hotel for many years. In all that time, I've never had a dog steal towels, bedclothes, silverware or pictures off the walls. I've never had to evict a dog in the middle of the night for being drunk and disorderly. And I've never had a dog run out on a hotel bill. Yes, indeed, your dog is welcome at my hotel.

And, if your dog will vouch for you, you're welcome to stay here, too."

Email submitted by Denise Petendra



Shape-Up Your Shopping Cart!

It all starts here. What you buy and take home to stock your kitchen and prepare your meals will determine your health. Stocking your kitchen and pantry with whole, raw foods will ensure every meal and snack will feed your body in a positive manner. Shopping the perimeter of the grocery store for 90% of your cart is the best way to ensure healthy foods are entering your home for consumption. Grocery stores are laid out so that the freshest options are towards the walls: items such as produce, meat, deli, dairy, and frozen foods. I recommend loading up on these items but be



aware of some of the hidden processed foods even within these aisles. Think about purchasing as close to whole, raw foods as you can. Foods like

bologna, salami, cheese strings and frozen dinners usually contain additives and preservatives. Real cheese cannot be stringed! When purchasing yogurt, watch for hidden sources of aspartame, nutra-sweet, sucralose, Equal, or any other artificial sweeteners that may be used in low-calorie foods. Healthier alternatives to artificial sweeteners would be stevia, raw honey, maple syrup or organic cane sugar. Frozen fruits and vegetables are great to stock up on and usually contain higher nutrients than fresh produce depending how far the produce has travelled by truck to get to your store. Frozen foods are frozen within hours of picking and that locks in all the nutrition and freshness for you. Frozen produce is great during the winter months when we do not have access to fresh produce. As the season begins now with local lettuces becoming available, we can start to turn our attention to local markets and fresh produce vendors. Even consider planting a garden for the freshest crop ever with a taste that will make you wonder why you waited.

Now that Spring has Sprung and we are starting to warm up, I thought it would be a good time to re-publish the Dirty Dozen list for you. This is a listing of the twelve most heavily sprayed fruits and vegetables. We don't want to put herbicides, pesticides or other toxins into our bodies. There are already enough environmental toxins that our bodies need to deal with on a day to day basis; therefore, providing clean food is important for optimal health. You do not need to purchase all certified organic foods; however, this list of twelve should always be purchased organic.

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.

The Clean Fifteen (OK to Buy Conventional)

1. Asparagus
2. Avocado
3. Cabbage
4. Cantaloupe
5. Sweet Corn (must be non-GMO)
6. Eggplant
7. Grapefruit
8. Kiwi
9. Mango
10. Mushrooms
11. Onions
12. Papayas (non-GMO, Hawaiian)
13. Pineapple
14. Sweet peas (frozen)
15. Sweet potatoes

The Dirty Dozen (Always Buy Organic)

1. Apples
2. Celery
3. Cherry tomatoes
4. Cucumbers
5. Grapes
6. Hot peppers
7. Nectarines (imported)
8. Peaches
9. Potatoes
10. Spinach
11. Strawberries
12. Sweet bell peppers

Heather McKague-Bandl

ROHP, RNCP, Orthomolecular Nutritionist

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Grocery shopping is something to streamline wherever possible. Create yourself a "grocery template" to hang on your refrigerator. I did this a few years ago and have since trained my family to add items to the list in the appropriate areas. I designed the document so that it was set-up in the same order as the store - going aisle by aisle. I add items during the week and then simply grab the list when I'm ready to go.....in the old days I used to make a list on a piece of paper during the week, then sit down before I went shopping and re-write the list so that it was in the order of the store.....wasted time!! The new method is much more efficient and because the document is on my computer I can change the master list at any point if the aisles in the store are switched around.



Grocery Shopping is a life skill to teach your children. As my teenagers started driving it was often a condition of being allowed to use the car..."sure, you can have the car" I'd say ..."but there are a few items I need you to get at the grocery store." They learned that food doesn't just show up in the refrigerator....it takes time and planning....and help from the whole family!

In order.....to live a life of purpose.

HAIRWORKS

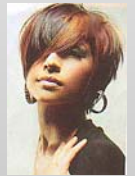
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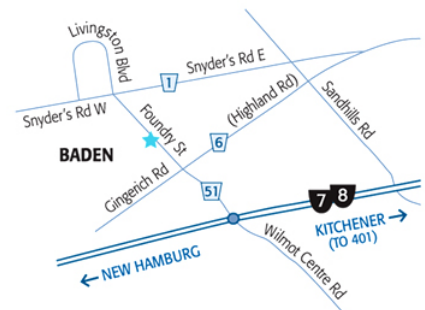


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Wow! More exciting destinations as *The Baden Outlook* continues to travel ...



Friends from New Dundee took their Outlook to Punta Cana.



Morningsiders, Jane Eichler and Doreen Brydon enjoyed their Baden Outlook while lounging at the pool in Las Vegas.



Emilie and her children, Chloë & Jaxon Borghese, joined her father and sisters for 2 weeks in France and Switzerland. The Baden Outlook enjoyed a beautiful day in Paris, France.



Craig Gibson and Helene Mayer took the Baden Outlook to the Mayan Riviera. They took an excursion through the jungle to explore Coba where they climbed to the top of the ruins pictured behind them.



The Baden Outlook recently sailed on a Disney Cruise along with Lacey Lee and Dallas Egli with parents Bonnie and Jason. Mickey Mouse posed with them on the Castaway Cay Island in the Bahamas.



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Ron Grant and Don Worthington took their Baden Outlook to the Royal Decameron Hotel, Panama.



Millpond hosted a Kentucky Derby party for 40 family members, friends, the Baden Outlook and two horses and their young trainers, Saturday, May 5th. Donations were made to the Humane Society.



Paul Novakovic and Michelle Palmer-Novakovic, Dave Lefevre and Reina Squire, Jarett and Carrie Schneider, along with their daughter Lauren Schneider (holding the Baden Outlook), enjoyed the sun while celebrating their friends Jason and Janis Brousseau's wedding in Veradero, Cuba.



Barry Roth took the Outlook on a recent trip to Kyoto, Japan. Photo was taken in a Ishiyaki ya or "Stone Grill Restaurant" They literally cooked the food on a fire heated stone right in front of you. Food was fabulous and made a very entertaining dinner.



While in Florida, Dale Brodrecht, a resident of Aldaview Services, took his Baden Outlook to the Tampa Bay Lightning game with his brother and sister-in-law Dave and Elaine Brodrecht and niece Nicole.



Don't forget to pack your Baden Outlook while you travel this summer!



Share the fun with our readers!

Interesting People – Meet Alex Buehlow

Wilmot Aquatic Aces are proud to have eighteen year-old Alex Buehlow, a resident of Bright, on their team. Alex has been swimming with the Wilmot Aces for 12 years now. His parents encouraged Alex at age six to take an interest in swimming, and although he didn't start off competitively he has worked at it and has become very good at the sport.

At age 12, Alex placed second at the Ontario Provincials. Two years later at the Canada Games, Alex placed second and third which proves that he is a very competitive swimmer. His biggest meet this year will be from July 4th to 7th at the East Coast Champs Tournament in Newfoundland.

Alex's specialty is the "200-Metre-Fly" (eight laps in the pool), which is the race that Michael Phelps specializes in. The best time Alex has achieved is two minutes thirteen seconds. To compete at such a level requires an amazing amount of training. Alex trains seven times a week consisting of one and a half to two hours each session. He recognizes how amazing his Wilmot Aces Coach has been while guiding him through his swimming journey.

On August 12th and 13th, Alex will attempt to swim across Lake Ontario and raise \$100,000 for THREE TO BE.



A Competitive
B edge in
C swimming



THREE TO BE was founded in 2010 by Jared and Dana Florence. Jared and Dana are the proud parents of five-year-old triplets— Taylor, Cole and Brody— who were diagnosed with Cerebral Palsy, a class of brain injury from birth that has no known cure. THREE TO BE is a registered charity dedicated to raising awareness and funds for research and therapy for a broad spectrum of children's neurological disorders, from Cerebral Palsy to Autism.

"The swim is about more than records and raising money", said Alex. "It is to create an awareness that I have something to say even when no one else understands me." For more information visit www.threetobe.org.

Alex is in his final year of studies at Waterloo Oxford High School. Next year he plans on attending Conestoga College in the Technologies Foundation course. Does Alex have any swimming ambitions? You bet – to qualify for the next Olympics!



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Sheila Hannon
519-634-5708 or 519-572-7923
Email: smehanno@uwaterloo.ca

Baden Outlook Baseball Pool Stats

Place	Name	PTS	Place	Name	PTS
1	Jake Livingston	144	31	Elva Pletz	124
2	Craig Tallman	139	32	John Bain	124
3	Tara V.	138	33	Bryce O'Farrell	124
4	Norma Weiler	135	34	Nadine Evans	124
5	Mitchell Mueller	135	35	Kristina Ziegler	124
6	Elias Bizony	134	36	Darren Roorda	124
7	Nancy Livingston	132	37	Cora Cobean	123
8	Mackenzie Wilde	131	38	Hannah Litwiller	123
9	Burt Bizony	130	39	Trudy Roth	123
10	Pauline Schmidt	130	40	Doris Weicker	123
11	T.J. East	130	41	Jeff Schmidt	123
12	Charlie Bain	130	42	Michelle Ruston	123
13	John Papa	130	43	Gary Austin	122
14	Brady Sarazin	130	44	Zachary Bennett	122
15	Don Becker	129	45	Kristy Schmidt	122
16	Greg Zehr	128	46	Beverly Roorda	122
17	Wendy Held	128	47	Sydney Helmke	121
18	Brady Finn	128	48	Ernie Faulhafer	121
19	Michelle Roth	128	49	Bonnie Jokic	121
20	Alex Wagler	127	50	Larry Gascho	121
21	Homer Zaplenty	127	51	Brad Ziegler	121
22	Bruce Litwiller	127	52	Mike Piaseczny	121
23	Colton Cobean	127	53	Keith Wagler	121
24	Mike Pajot	127	54	Greg Morrison	121
25	Chloe Duggan	126	55	Dave Riddoch	121
26	Marg Litwiller	126	56	Brittany Schmearer	120
27	Madisyn Wilde	125	57	Greg Stoyko	120
28	Steve Jokic	125	58	Dani Erb	120
29	Jay Sheppard	124	59	Jean Cook	120
30	R. Westfall	124	60	Steve Vickers	120

Congratulations to Jake Livingston for taking the lead again in this month's Baseball Pool (remember Jake, you can only win the leader prize once), SO congrats go Craig Tallman for winning a gift certificate from EJ's of Baden.

The lucky random draw winner is Stephanie Taylor, winning a Baden Outlook shirt.



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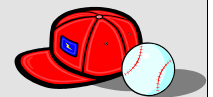
Get your foursome together for EJ's Annual Golf Tournament Monday, August 19th at Foxwood.



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 per page—to view more click on "next page" below listing. ~ 292 Entries —Have Fun and Good Luck!



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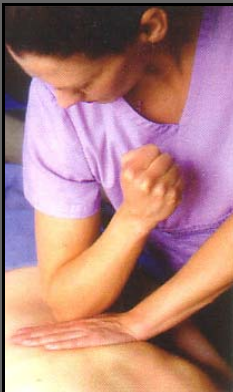
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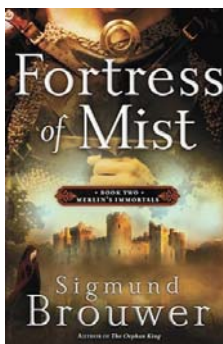
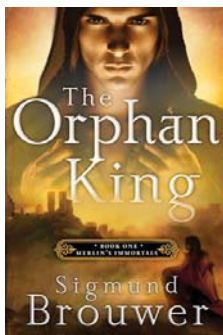
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Book Review: *Merlin's Immortals* Series by Sigmund Brouwer

Canadian author Sigmund Brouwer caught my attention with his *Timberwolf* hockey series for ages 6 - 10. My children giggled at the antics of boys on teams from places out West that we have visited. His next two books I read in the suspense fiction category vividly depicted futuristic scenes that had me checking present realities.

As I searched through our Young Adult section, I found *The Orphan King* and *Fortress of Mist*. In this *Merlin's Immortals* series readers travel back in time and are introduced to Thomas, a young man who has been entrusted with great gifts. He seeks to use his knowledge to attain seemingly impossible ends. He continually needs to evaluate whether the people around him are friends or foes. The realms of superstition, scientific fact, and faith are explored as Thomas succeeds in his unusual strategies to wield power, yet he is threatened by dark plans laid years before by enemies using him as a pawn for their own purposes. Two young women also cause him to guess at what is real and what is false in testing character and emotion. Book three, *Martyr's Fire*, is due to be released in October, 2013 and I look forward to more surprises and secrets revealed.

Reviewed by Henrietta Schafer ~ Distributor of Living Books



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He rushed to help an elderly lady driver out of the car and sat her down on a lawn chair.

"My goodness," he said with excitement, "you appear quite elderly to be driving."

"Well, yes, I am," she replied proudly.

"I'll be 97 next month, and I am now old enough that I don't even need a driver's license anymore."

"The last time I went to my doctor, he examined me and asked if I had a driver's license. I told him yes and handed it to him.

He took scissors out of the drawer, cut the license into pieces, and threw them in the wastebasket, saying, 'You won't need this anymore,' so I thanked him and left!"



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



BBO RULES:



We are about to enter the BBQ season. Therefore it is important to refresh your memory on the etiquette of this sublime outdoor cooking activity. When a man volunteers to do the BBQ the following chain of events are put into motion:

- (1) The woman buys the food.
- (2) The woman makes the salad, prepares the vegetables, and makes dessert.
- (3) The woman prepares the meat for cooking, places it on a tray along with the necessary cooking utensils and sauces, and takes it to the man who is lounging beside the grill - beer in hand.
- (4) The woman remains outside the compulsory three meter exclusion zone where the exuberance of testosterone and other manly bonding activities can take place without the interference of the woman.

Here comes the important part:

- (5) THE MAN PLACES THE MEAT ON THE GRILL.
- (6) The woman goes inside to organize the plates and cutlery.
- (7) The woman comes out to tell the man that the meat is looking great. He thanks her and asks if she will bring another beer while he flips the meat

Important again:

- (8) THE MAN TAKES THE MEAT OFF THE GRILL AND HANDS IT TO THE WOMAN.
- (9) The woman prepares the plates, salad, bread, utensils, napkins, sauces, and brings them to the table.
- (10) After eating, the woman clears the table and does the dishes.



And most important of all:

- (11) Everyone PRAISES the MAN and THANKS HIM for his cooking efforts.
- (12) The man asks the woman how she enjoyed ' her night off ', and, upon seeing her annoyed reaction, concludes that there's just no pleasing some women.

Email submitted by Robert Price

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Happy Fathers Day ~



We just can't miss this opportunity for some man jokes, so hopefully they have a funny bone!

BATHROOMS: A man has six items in his bathroom: toothbrush and toothpaste, shaving cream, razor, a bar of soap, and a towel.

The average number of items in the typical woman's bathroom is 337. A man would not be able to identify more than 20 of these items.

- ◆ Men are like...Computers. Hard to figure out and never have enough memory.
- ◆ Men are like...Placemats. They only show up when there's food on the table.
- ◆ Men are like...Mascara. They usually run at the first sign of emotion.
- ◆ Men are like...Bike Helmets. Handy in an emergency, but otherwise they just look silly.
- ◆ Men are like...Government Bonds. They take so long to mature.
- ◆ Men are like...Copiers. You need them for reproduction, but that's about it.
- ◆ Men are like...Bank Accounts. Without a lot of money, they don't generate much interest.

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Shift of Season at New Hamburg Thrift Centre

After a long and cold winter, we are all looking forward to warmer temperatures, sunshine, flowers, and outdoor activities. Last month the weather was very favourable for gardening and we encouraged our community to support our 25th perennial sale by donating and buying plants, pots, garden tools, and accessories. Many thanks to both our contributors and our hard-working volunteers, (which included transplanters, potters, cashiers, clean-up crew and display people), who endured very diverse weather conditions this May, including snow, rain, sleet, high winds and hot and humid temperatures. Because of everyone's hard work and perseverance, we were able to raise over \$29,000.00 to support the work of the Mennonite Central Committee. We cannot thank our donors and volunteers enough for their dedication to this project.

The New Hamburg Thrift Centre is always looking for new ways to raise money through different projects and sales. Our current project is our vegetable garden where we have already picked tulips, spinach and lettuce but don't worry-- the season has just started and there is still a lot of growing!

Also, we offer a large variety of comforters, linens, home décor items, housewares, and furniture for the cottage. Or if you prefer camping we have tents, hiking clothes, hats, and utensils for your camping needs. For kids' and adults' outdoor activities we have golf clubs, balls and bags, soccer shoes, in-line skates, and more. We enjoy all these activities and hope you do too! Visit our website or like us on Facebook to receive updates on sales and to learn more about the different projects we support.

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Typically the Baden Outlook does not publish a paper in July, but this year we are publishing the Corn Festival program for the Baden Community Association, which will feature the highlights of the day. There will be 5000 copies published, with half of them available early in July. It will be distributed in the usual places you'd find the Outlook, so watch for it! The other half will be handed out at the event to visitors; the program will include maps of vendors, details about the food, entertainment and information on the many other exciting things to see and do— along with plenty of 'corny' material.



If you'd like to advertise your business in the program you can send your ad to us in your usual fashion.. But don't wait too long—final deadline is June 21st.



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Cruisin' at the Pond

Baden Car Show Returns to Mill Pond

Take a stroll Wednesday evenings down to Mill Pond on Foundry Street to see the great collection of classic old cars and enjoy the music and night air. The first night brought out 200 cars —*Summer Fun has Begun!*

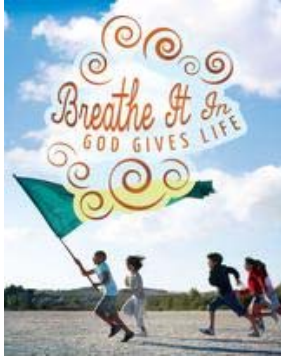
For more information or to participate Contact Ron Weber at 519-634-8902





You are invited to Baden Summer Bible Camp

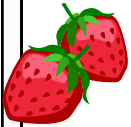
Age 4 to Grade 8
August 12-16, 2013 ~ 8:50 - 11:30 am
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- Register by calling a sponsoring church...
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 - * Steinmann Mennonite (519.634.8311)
 - * West Hills Fellowship (519.634.8000)
 - * Wilmot Mennonite (519.634.5030)

Registration forms available at www.smchurch.ca

It's Strawberry Social Time Again at Livingston Presbyterian Church, Baden



Wednesday, June 26 6-8 pm
Cake~Strawberries & Ice Cream \$6
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Tuesday, June 25 5:30-7:30

Adults \$12 / Children 5-10 \$8 / Under 5 free

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Advance tickets available at:

Colour Paradise / Heritage Pet & Garden / Meadow Acres

Any questions, please contact Pat Luckhart, 519-634-8823

Join us... New Book Club forming!

If you live in Baden and enjoy reading, fiction or non-fiction, whatever your preferred genre, you are invited to meet with others to hear about the books they are reading. Our first meeting will be at the table area of Mac's Store at the Baden Village Square, 7 pm, June 27. Questions? Contact Susan at 519-214-0249 or Dorothy dbowman@reflexologyontario.ca.

Two Successful Clinics ~ Canadian Blood Services was pleased with the turnout for the April and May Blood Clinics held at Waterloo-Oxford DSS (April) and The New Hamburg Legion (May).

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Arts Awards Waterloo Region Recognize New Hamburg Company

Congratulations to Erik and Sandra Kuttis, owners of TLC Pet Food in New Hamburg, for winning the Corporate Arts Supporter Award from Arts Awards Waterloo Region. Waterloo Region Awards selects one corporate award, one lifetime achievement award and a host of other awards including leading edge, literary, mentor, music, open, performing arts, textile, fibre and quilting arts, visual arts and festivals each year.

TLC Pet Food was founded in 1994 to provide the highest quality pet products to fellow pet lovers. TLC has grown from a family operated specialty pet food company to a privately held corporation providing top quality pet products in the United States, Canada, and Japan. In March of this year they expanded into the Buffalo area, opening a U.S. division.

Like many other successful companies, TLC started with a mission. Early in the 1990s, TLC's founders were frustrated with the level of quality in commercial pet foods. As pet lovers, they wanted nutritious, life-enhancing food for their pets. Unable to find such a product they made it their mission to develop one. Retaining some of North America's top nutritionists, they developed the original TLC formula. Being one of the first foods with two concentrated meat ingredients as the first two ingredients and no added chemicals or preservatives gave TLC the formula it needed. Dogs and cats loved their food!

TLC has shown a consistent support of the arts and is a major supporter of The New Hamburg Live! Festival of the Arts, The Community Players, the Nith Valley Singers, London Pro Musica, The Ontario Mennonite Relief Sale, and The River Rolls project. TLC has been a big supporter of Baden Public School where Erik is the current Co-Chair of the School Council. They are also a major sponsor of the Baden Corn Festival. They are an asset to our community and it is fitting that they be given the award to recognize that. Bravo!!



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2013 SUMMER CONCERT SERIES AT CASTLE KILBRIDE



For the months of July & August, Castle Kilbride is hosting once again an outdoor summer concert series. This series has become a favourite summer activity as it brings the community together through music - a tradition that James Livingston (the original owner of Castle Kilbride) began over 130 years ago. Bring your lawn chair or blanket and enjoy unique music Thursday evenings on the front lawn of Castle Kilbride.

July 4 – Kettle’s On! As warm and inviting as their name sounds, this group captures the energy of a traditional jig and reel.

July 11 – Juneyt Born and raised in Istanbul, Turkey, Juneyt is a self-taught Flamenco guitarist whose name means "Soldier of Music" in his native tongue

July 18 – ‘N-Stro-Man-X Take in this breath of fresh California air performed by KW’s only instrumental surf quartet ‘N-STRO-MAN-X (pronounced “In Stro Manics”) led by John Belton of Baden.

July 25 - Cazu Latin Band Lead by Roberto Romero, KW’s own Latin Band CAZU will transport you to Latin America with rhythms such as Merengue, Bachata, Cumbia, Salsa, Bolero, Guajira, Cha Cha Cha and more.

August 1 – Me & Mine (Mike and Diana Erb) Diana & Mike Erb effortlessly showcase their love of traditional country and folk standards.

August 8 – Chasaya Famed for his smooth silky vocals and unique dance moves Chasaya sings with soul and performs with

fiery passion taking you to the Kalindula Manchancha, and Zambezi heartlands of Zambia.

August 10 – Vanyah Vanyah is a storyteller who writes from life experiences that inspire him. His music is soothing and appeals to all ages. Relax to the vibe of this Baden native. *Please note this concert is on Saturday August 10th at 2 p.m. in celebration of Baden’s Corn Festival.

August 15 – Festival City Big Band This 17-piece band based in Stratford has been entertaining audiences with a wide range of music, including swing-era standards, contemporary jazz charts and Latin numbers.

August 22 – The Shananigans The Shananigans are no stranger to Castle Kilbride and they return once again bringing their own brand of high energy Celtic music with them.

Concerts are from 7:00 pm to 8:00 pm on the front lawn of Castle Kilbride. Admission is by donation. In the event of inclement weather, concerts will be cancelled.



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DRINK WATER FOR HEALTHY LIVING

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



The average person's body is composed of approximately 70% water. The body's water supply is responsible for and involved in nearly every biological process. Human beings can survive without food for thirty to forty days, but without water, we would not be able to live beyond three to five days!

Below are some interesting facts about the role of water in the human body and the health benefits of adequate water intake.

- 1. Regulation of body functions.** Water is essential for respiration, digestion, nutrient absorption, and elimination of waste products and toxins from the body. Water is also responsible for healthy circulation, and controlling body temperature through perspiration.
- 2. Signs of dehydration.** If not enough water is consumed, toxins can build up in the body resulting in many negative side effects. The consequences of inadequate water intake/dehydration may include: muscle and joint pain, cramping, headaches, fatigue, digestive problems, inflammation, and poor functioning of many organs.
- 3. Helpful for weight loss.** Water is a great fluid replacement for high calorie drinks such as alcohol and sodas/carbonated drinks. Drinking water before meals can also help kickstart metabolism and act as an appetite suppressant.
- 4. Support for the Musculoskeletal (MSK) system.** Water brings vital nutrients to muscle tissue to support performance and decrease the risks of cramps and strains. Water also helps to protect our joints by providing lubrication and cushioning.
- 5. Better productivity at work.** Your brain consists of 90% water. Therefore, proper hydration helps you think better, be more alert and focused, and feel more energized.
- 6. Look younger with healthier skin.** Your skin is the largest organ in the body. Water helps to replenish skin tissues by improving circulation to skin cells, maintaining elasticity, and moisturizing from the inside out.
- 7. Feel healthier.** Consuming plenty of water can help maintain proper immune functioning, and can prevent or improve symptoms of the common cold, flu, arthritis, kidney stones, constipation, and many other conditions.



How much water is enough? This is not an easy question to answer and can be dependent on many factors. A general rule of thumb to follow is to consume 0.5-1 litre of water daily for every 50 pounds of body weight. Special consideration for greater water consumption must be taken into account for those who are engaged in vigorous activity

or exercise, and during the warmer months when more water is lost through perspiration. Additional considerations must be taken into account for those who consume caffeine, alcoholic beverages, and certain medications, as these substances can act as diuretics and actually drain your body of water.

Looking at the colour of your urine is an easy way to determine whether or not you are consuming enough water. As long as you are not taking riboflavin (vitamin B2), which fluoresces and turns your urine bright yellow (it is also in most multi-vitamins), then your urine should be a very light-coloured yellow. If it is a deep yellow then you are likely not drinking enough water.

Proper hydration is key for optimal functioning. For additional information on improving your health, visit our website at www.nhwc.ca. From all of us at the New Hamburg Wellness Centre, have a safe and enjoyable summer!

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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DOCTOR LIVINGSTONE, I PRESUME?

Saturday, May 25th Castle Kilbride held the official opening of their “Dr. Livingstone, I Presume” exhibition. This exhibit focuses on the amazing life of African explorer Dr. David Livingstone, highlighting his Canadian connections. Many items displayed are kindly on loan from his descendants.

To celebrate the day, Curator Tracy Loch and Assistant Curator Sherri Gropp orchestrated some exciting events. Late model cars were parked at the front of the building, a bagpiper was hired, and refreshments were served to the many special guests.



From left to right:
Lindsay Costello, daughter of Sheena Costello who is a Great-Great Granddaughter, David Livingstone (Great-Great Nephew of David Livingstone) and Assistant Curator Sherri Gropp.



The exhibit can be seen until August 31.

Make it a family outing this summer!



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Ask Armand ~

Herb from Baden wonders — If there was any other previous name for our town before it was called Baden?


Armand says - Yes Herb, in fact there was. The hamlet was once known in 1837 as “Weissenburg.” Years later it was known as “Middle Road” and “Gas”. In 1854, Jacob Beck, a native of Baden Germany, named the town Baden.



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