

JUNE / JULY 2014

Happy Birthday Canada!



Baden Outlook



Serving the GBA since 2000,
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Connected with
2900 copies in circulation.

VOLUME 13, ISSUE 11

The 7th Living Well Festival was an intergenerational event enjoyed by all ages!
A big THANK YOU to all participants and attendees!

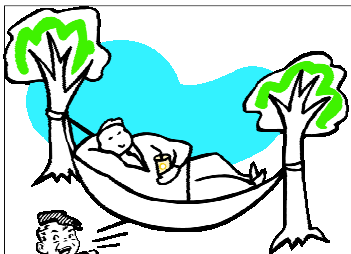
www.whcc-healthywilmot.org



*All ages
enjoyed
roller
skating.
Give it
a try!*

Back by popular demand! **Family Roller Skating/Inline Skating**

Hosted by Wilmot Township at the Wilmot Recreation Complex
Third Friday of the month – June 20, July 18, and August 15
7-9 pm, price TBD, includes skate rental if needed.
Helmets are mandatory for age 16 & younger.



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



Baden Outlook

This paper is priceless - Please have one!

Talking with Ed

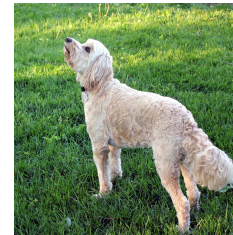
~ Random Thoughts



Sign, sign, everywhere a sign! – It is important to have signs warning us of danger, speed limits, etc., but how much is too much? I counted the signs posted on Snyder's Road between Brenneman Drive, Baden to the New Hamburg Arboretum (2.9 km), and I was shocked to find 120 signs. With that many signs, do drivers eventually ignore them, or are we driving recklessly trying to read them all?



Driving us Squirrelly – We have two big maple trees in our back yard which produce maple keys this time of year. That is the nature of the tree, but it sure attracts the local squirrel population. This drives our dog Jack absolutely crazy. What I find interesting is that they seem to want to torment poor Jack, jumping safely high above him from tree to tree. Occasionally they take a gamble and scramble down a tree and race across the yard to the bush at the back of the property, leaving poor Jack in a fervour! He sits and watches for hours, barely blinking for fear of missing out on the action. It is entertaining, but I wonder what happens if he catches one.



Sounds Fishy To Me – I was reading a psychological thriller novel recently and it mentioned that fish don't have a memory. This seemed ridiculous to me, so I decided to do some research on my own and I am happy to announce that it is untrue.

Horsing Around – It was a perfect day in late May for the annual Baden Community Garage Sale, with lots of activity in town and bargains galore. One of the things that make it special is the influx of horses and buggies in town! I am amazed at how the Amish and Mennonites load up the wagons with their families and all of their bargains!

Good to See the Sun – It has been a long hard winter and it feels good to open the windows and put on the shorts and sandals again. Let's hope the great weather continues and we have a warm pleasant summer—we deserve it!

Different Competition – During the BCA Adopt a Road cleanup, we held a competition to see who would find the most unique item. I thought for sure that I had the competition wrapped up. Various items could have been winners for me such as: a car fender, a pair of rubber boots, and a goldfinch, but Andrew won the competition with a pair of underwear...he's still waiting for his prize...or maybe that was it!

New Restaurant in Town— Baden welcomes the new Italian restaurant, *LEVETTO*, to the Baden Village Square. They recently opened and are eager to meet you all. Their grand opening will be soon, so pop in to say hello and stay for some scratch-made pastas, pizza and salads.

That's the scoop for now. Have a fun, relaxing and safe summer ~ we'll be back in action in August... Ed

Changing Hands – We say goodbye to Suresh and Harshad Patel – previous owners of Mars Variety, and hello to Nehal and Hetal Shah – the new owners. Hetal was a customer service agent in a bank and Nehal was a technical support representative. They moved from Toronto and now live in Baden. It will be business as usual offering groceries and postal services. They are happy to be in town, so be sure to give them a warm Baden-style welcome!



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Email: badenoutlook@hotmail.com
Web: www.badenoutlook.com

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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, Baden Dental, One Way Water, Wilmot Rec. Complex, Tim Hortons, Seamcrafts, Baden Library, EJ's, and several outdoor magazine boxes located conveniently throughout town for Baden readers.



Also at St. Agatha at Fisher's Esso, Angies Kitchen, Stop 2 Shop, in Petersburg at Blue Moon, Old Fashioned Variety and Foxboro. Over 30 places in New Hamburg to pick it up—including: No Frills, Sobey's, Short Stop, Office Pro, McDonalds, Kasemann's, Morningside, Absolute Fitness, NH Dry Cleaners, NH Wellness, NH Library, NH Thrift Centre and various offices and retail locations throughout Wilmot Township.

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

*Greetings from ~
Outlook Headquarters*

The sure signs of summer are everywhere! No matter where we are it is evident! Our nightly walks with the dog to the park now include a short sit to watch and enjoy the youngsters in the ball field with the patient coaches encouraging them on! Bravo to the parents that give their time to the kids and the ball league—you are creating memories!

Another sure sign is the activity of the outdoor creatures; not just the birds, ducks, squirrels and chipmunks, but the bugs! We were out setting up at the trailer when I leaned down with my hand onto the padded bench, right on a cranky wasp...ouch, that sure stung! Those pesky ants are out making their sandcastles on the front porch, sidewalk and patio...and I've got the itches from those eager mosquitoes...go away--we want birds and butterflies!

I find it interesting that the email submissions sent around Mother's Day are sweet and endearing, but for Father's Day I get an interesting variety of poor humour about men (*most not print-worthy*). I trust you have a sense of humour and simply giggle at the mockery made of men. We love our guys and couldn't be without them! Happy Father's Day!!


I truly enjoy my time spent with the Outlook but I must say I am eager to take a break from the usual monthly schedule and the dreaded office chair and computer. This issue is packed with summer stuff that will hold us over until August. The gardening is almost done, the dandelions have been tamed, the lawn is green and lush, and it is soon time for some R&R. I look forward to time at the trailer and our camp trips to Pinery and Port Burwell. I will enjoy barbeques, porch sitting, and bonfires with the neighbours. It's great fun to connect with those that you barely see in the winter, so remember to be friendly and enjoy them!

As the summer season is brief and we want to savour every minute, be mindful of your timing with your lawn mowers or other power tools, or your outdoor parties with laughter and music. With the windows wide open, noise travels, so consideration will surely go a long way to keeping friends in your neighbourhood.

We don't publish a paper in July, till then—have a great summer!



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We say good-bye to the old and weathered Outlook mailbox in our yard as this winter has given it a beating. It will soon be replaced with a new brightly painted one, compliments of Cheryl Good. I'll post a photo of it in the August issue.



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Baden ~ Our Town

The Baden Community Association enjoyed a busy month serving our town! They were busy cooking up our signature kettle corn at the Baden Back Yard Barbeque held at Baden Public School on May 22nd. The line-ups were long as the smell of the kettle corn wafted through the air!

Thanks to those who supported the BCA in the Baden Community Garage Sale, where they sold hot dogs, drinks, baking, and selected merchandise. It is amazing how hungry people are at 9:30 in the morning! The BCA raised \$300 which will be used for upcoming community projects.

On June 2nd the BCA cleaned their newly adopted road, which is Gingerich Road from Foundry Street to Sandhills Road. The group collected nine bags of garbage and various other items such as rubber boots, car fenders, tree limbs, and flag poles.

All of these events serve the BCA's mandate: "*Bringing People Together—Beautifying our Town.*" Then...the second annual Baden Cornfest on August 9th where we welcome anyone who wants to help or simply enjoy the day.

The BCA meets the last Wednesday of the month at 7 p.m. at the basement of the township hall. Feel free to come out and learn more, and follow us on Facebook to see what we are up to!



Ask Armand ~



Norm from Baden asks—I know that Foundry, Brewery, and Tannery Streets were named due to the businesses that existed on those streets, but how did Snyder's Road get its name?

Armand says - Coinciding with the settlement of the German Block was the development of three horizontal roads that had been part of Christian Nafziger's land deal. Allowances for these roads were made in a survey of the Block undertaken by Deputy Surveyor John Goesman just prior to settlement in 1824.

Settlers undertook the development of the roads, completing them by the early 1830s. Running east to west, they were located between every two of the six concessions, passing through Wilmot Township into Waterloo Township where there was access to three mills. They included: the Upper Road which led to Abraham Erb's mill (subsequently called Erb's Road); the Middle Road which led to Joseph Schneider's mill (Snyder's Road); and the Lower Road which led to Philip Bliehm's mill (Bleam's Road).

ALL TICKETS NOW ON SALE
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www.facebook.com/BadenCornFestival
<https://twitter.com/cornyTcobb>



Baden Corn Festival

Saturday August 9

Corn Roast Supper

served continuously from 5:00 - 7:30 pm
Adult: \$12 Child (4 - 8): \$8

Includes smoked pork chop or sausage on a bun, potato salad, cole slaw, corn on the cob

TICKETS NOW ON SALE -- GET YOURS TODAY

- Pfenning's Organic Farm
- E.J.'s The Baden Hotel
- Jon Lambert Re/Max
- Keith Hallman Contracting
- Josslin Insurance Brokers
- Stratford Farm Equipment
- Sobeys New Hamburg
- Baden Dental Clinic
- Systems Plus
- Mike Schout
- Alpine Plant Foods
- JR Auto Service
- Michael Harris MPP
- Harold Albrecht MP
- Baden Village Pharmasave
- Zehr Insurance
- Loblaws



The Second Annual Baden Corn Festival: More Food, More Fun!

Saturday, August 9 is the date -- mark your calendars! The second annual Baden Corn Festival is bringing even more excitement to our town ... check it out:

Baden Firefighters Breakfast: pancakes, eggs, sausage, bacon, and more! Beginning 7:00 am at the Baden Station on Foundry Street. Last year's breakfast sold out, so come early and support your firefighters!

Green Space Activities: Farm equipment displays, New Hamburg Taoist Tai Chi, RC boat races on the pond, historic Baden Mill Tours, and Kid Zone with **Erick Traplin**, **The Skalywags**, **Baden Optimists'**

Obstacle Course, and inflatables: gladiator jousting, a bungee run, and an inflated "animal land" just for toddlers!

New this year: **CAR SHOW!** Rockin' Ron Weber of Cruzin' by the Pond presents his hugely successful car show on the west lawn beside Castle Kilbride. Classic hot rods and modern high-performance cars -- don't miss it!

Local History: **Castle Kilbride**, Wilmot's National Historic Site: open from 10:00 - 4:00, with an eye-spy hunt for kids and specially-priced tours (\$5 per person, and young "niblets" are free). **Wilmot Heritage Fire Brigades**, our firefighting museum (behind the Baden Fire Station): open 9:00 am - 1:00 pm. Ring the bell from Baden's original fire hall!



Main Stage throughout the day: **Vanyah**, **Michael Fisher**, Elvis impersonator **Kelvis** and the **Burning Love Band**, **Tropical Steel Band** and the **Green Wood Hill Bluegrass Band!**

Conveniently located beside the stage: **E.J.'s the Baden Hotel's beer garden.**

Vendors: Charles Street and green space, 8:00 - 5:00. We're still accepting vendors (food vendors accepted until July 9 -- all others accepted until August 2). See our website for details.

Corn Roast Supper: served continuously from 5:00 -- 7:30 -- come whenever it suits you! Smoked pork chop or sausage on a bun from **St. Agatha Meat Market**, salads made with vegetables from **Pfennings Organic Farms** and **Laepple Organic Farm**, and of course corn on the cob from **Herle's Market**, all prepared by the **New Hamburg Lions** ... truly a local meal! Tickets are \$12 for adults, and \$8 for children 4 - 8 years.

Outdoor dance: live music by **Laura Rose**, **Cowboy Up**, and **Fiddlestix**, all for \$10. New this year at the dance: a **silent auction!** If your business or organization would like to donate a **Silent Auction item**, contact Teresa at teresa696brown@gmail.com or 519-501-9116.

Finally, we couldn't have a Corn Fest without our ambassador **Cornelius T. Cobb**, or **Corny!** He'll be out and about soon, getting ready for the big day ... and tweeting all the latest news. Follow him at <https://twitter.com/cornyTcobb>.

Tickets for the dinner and the dance are now available at the Baden Eye Care Centre (in the Baden Plaza, next to Tim Hortons), or by calling 519-501-9116 (many thanks to **Ritz Printing** for their generous donation of tickets).

See you August 9 ... until then, be sure to check our website frequently for updates: we're at www.badencornfest.ca. All together, Badenites: **"GET YOUR COB ON!"**

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Auction Sale Of

Tractor, riding lawn mowers, 1954 Chevy, antiques, household and miscellaneous items, to be held at 1039 Nafziger Rd. Wilmot Twp. 1 mile east of New Hamburg or 1 mile west of Baden (between Highway 7 & 8 and Bleams Rd.) for Dan and Janet Boshart, on Saturday, June 14th @ 10:00 a.m.

TRACTOR & MISC. ITEMS: David Brown Selectamatic 1200 2wd tractor, 5200 hours – needs work. Cub Cadet “The Enforcer” commercial riding lawn mower, zero turn, 23hp Kohler engine, 56in. cut – good. Cub Cadet 2186 Series 2000 riding lawn mower, 18hp hydrostatic, 600 hours – good. White MTD LT-145 riding lawn mower – needs work. Cockshutt 12 – 8ft. trail cultivator. Ferguson 6ft. 3ph cultivator. 6ft. 3ph scraper blade. Older 1 way disc. 3ph post hole auger. Kelley 3ph wood splitter. Tandem snowmobile trailer. Older heavy tilt trailer. Cement mixer with motor. Older Massey tractor loader. Lincoln AC/DC welder. Harrows and poles. Feed cart. Chicken feeders, waters & nesting boxes. Chain saw. 6in. jointer. Hand & power tools. Chop saw. 20 barn beams (approx. 20ft.). Interior & exterior doors. Eagle 6000 fish finder. 1 gal sausage stuffer. Early press sausage stuffer. Galvanized tubs. Litter carrier bucket. VHF marine radio. Portable CBs. Diatone “Professional” speakers. Plastic chicken crates. Scrap metal plus a wagonload of farm related items.

ANTIQUES/COLLECTIBLES: 1954 Chevy station wagon, 6 cyl, blue, lots of chrome, not running. 9 & 6pc. dining room suites (both refinished). Ext table with leaves. Corner china cabinet. Cellar table. Storage cupboard. Washstand. Wooden bed (high headboard). Oak rocker. Captains chairs. White & Sons brass & cast iron scale (41in. tall) with brass weights – nice. Airplane smokers stand. Gingerbread clock. 15 oil lamps. Child’s flat wall cupboard. Tube radios. Dough box. Crocks & jugs. Old fishing rods & reels. Lightening rods & balls. Large cabbage cutter. 2 parlour stoves. Quilt & tied comforters. Graniteware. Egg scales. Brass pail. Quantity of milk cans. Planters peanut jar. Tinware. Selection of china & glass. Household goods including Kenmore built-in dishwasher, cookware, kitchen utensils, list goes on.

Note – Farm is sold. Sure to be an interesting sale. See www.auctionsfind.com/gerber for photos & complete list. Proprietors and auctioneers not responsible for accidents day of sale. Lunch booth. Terms – Cash or cheque with I.D.

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Auctioneers – Gerber Auctions Ltd. 519-699-4451

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Eureka! It's Summer Reading Club time at the Baden Branch Library!

Read great books! Sign up for a fun and interesting program! Be creative and try an activity! Win a prize! Children aged three and up are invited to join the 2014 TD Summer Reading Club, **EUREKA!**

Registration begins on Tuesday, June 24 and continues throughout the summer with the TD Summer Reading Club officially beginning Wednesday, 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. Children will be able to maintain or improve their reading skills, which always impresses their teachers in September!

Last summer, 265 children participated in the TD Summer Reading Club at the Baden Branch. We are always in need of prizes to use as reading incentives, so please consider donating to our TD Summer Reading Club. For more information about the program, or to donate, please contact Chris at 519-634-8933 or badenlib@regionofwaterloo.ca.

Here is a list of the **free EUREKA!** programs being offered this summer. Registration is required for all programs. Contact the Baden Branch for registration details.

Kids Club for ages 6 and up – Tuesdays from 1:30 - 2:30 p.m. beginning July 2 for seven weeks. Join the Baden Branch each week as our summer student presents a different **EUREKA!** theme. Stories, crafts and more! Registration is required for this program as there are a limited number of spaces. Sign-up begins on Tuesday, June 24.

Storytime for ages 2 to 5 – Tuesdays from 1:45 - 2:15 p.m. beginning July 2 for seven weeks. This interactive program includes stories, songs, rhymes, crafts, and ideas for having fun with literacy at home.

Meet A Firefighter – Tuesday, July 8 10:30 - 11:30 a.m. Learn about a firefighter's job, plus fire safety tips and information for all ages.

Let's Talk Science – Wednesday, July 16 - Eureka! Make science part of your fun this summer with volunteers from the University of Waterloo. Choose from three programs:

Dynamic Dinos (ages 4-6) 2:30 - 3:15 p.m.

Bright Lights (ages 7-9) 3:30 - 4:30 p.m.

Crime Lab (ages 10-12) 6:30 - 7:30 p.m.

Children 9 and under must have a parent or caregiver (age of 12 or older) remain in the library for the duration of any program. Storytime and Kids Club programs are free! Some entertainers, craft programs, and movie days require tickets.

Please check our website for more details and a full list of all programs being offered this summer.

Adult Readers - This summer, read the One Book, One Community 2014 book, *The Massey Murder* by Charlotte Gray. Subtitled *A Maid, Her Master and the Trial that Shocked a Country*, this book details a scandalous crime, a sensational trial, and a surprise verdict. It's the story of Carrie Davies, an 18-year-old British maid who shot and killed her employer Bert Massey, of Canada's wealthy and powerful Massey family, in February 1915. Visit www.oboc.com for more information about the book, author and coming events.

Questions? Contact the Baden Branch Library at: 519-634-8933, badenlib@regionofwaterloo.ca or visit www.rwlibrary.ca

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



BADEN EYECARE CENTRE

Dr. Sonya Frank, Optometrist

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- Playing outdoors can actually help prevent children from needing glasses.
- UV light is harmful to eyes, but it can be useful, too. It's the type of laser used in LASIK surgery.



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How Well do You Know Canada, Eh?

- A) The Queen's first visit to Canada was in ____ when she was Princess Elizabeth and aged ____.
- 1951, 25
 - 1946, 20
 - 1945, 19
- B) How many oceans does Canada border?
- Two (Atlantic and Arctic)
 - Three (Atlantic, Pacific and Arctic)
 - Four (Atlantic, Pacific, Arctic, Indian)
- C) Red and white, the colours of the Canadian flag, were designated Canada's national colours in 1921 by:
- Prime Minister Sir John A. Macdonald
 - Prime Minister William Lyon Mackenzie King
 - King George V
- D) The largest freshwater lake in the world by surface area is located between the province of Ontario and the United States of America and is called:
- Lake Superior
 - Great Slave Lake
 - Lake Ontario
- E) Where are the highest tides in the world?
- Hudson's Bay, between Ontario, Quebec, Manitoba and Nunavut
 - The Bay of Fundy, between Nova Scotia and New Brunswick:
 - James Bay, between Ontario and Quebec
- F) Which Canadian province is the largest in terms of land mass?
- Nunavut
 - Ontario
 - Quebec

Answers on page 32

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BADEN THANK YOU BBQ

Thanks to our many GENEROUS SUPPORTERS who helped make the 2014 event on May 22 a huge success!

- | | | | |
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| Angie's Kitchen | Epicure Selections Consultant | Medieval Times Dinner & Tournament | Subway |
| Aquariums By Design Inc | Erb Transport | Mel's Diner | SupperWorks Waterloo |
| AutoFinancement Lamontagne Fund-Raising | Ernest Family | Mersch Family | Swirls Ice Cream |
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| Baden Community Association | Foster Family | Mr. R. Schenk | The Erb Group of Companies |
| Baden Dental Clinic | Foundry Heating & Cooling | Mrs. Ann Dupej | The Spinal Garage Wellness Centre |
| Baden Eye Care Centre | Friends of Baden Public School | My Place - The Restaurant | The truth beauty Company |
| Baden Feed & Supply | Frost Dessert Shoppe | New Hamburg Dental Group | The Urban Cakery |
| Baden Firefighters | Futon Fashions Inc | New Hamburg Independent | The Waters Spa |
| Baden Fire Brigade | Galaxy Waterloo Cinemas - Cineplex | New Hamburg Veterinary Clinic | The Whining Tree |
| Baden Optimists | Gettliffe Family | New Orleans Pizza | THEMUSEUM |
| Baden Outlook | Golf North | Nith River Chop House | Tim Hortons |
| Baden Veterinary Hospital | Greenwood Wellness Clinic | Olde Heidelberg Restaurant & Tavern | Tito's Pizza |
| Baden Village Pharmacy | Griffith Family | Olivia Dehn | TLC Pet Food Inc. |
| Baptie Family | Hair Works | On The Right Track inc. | Toronto Blue Jays Baseball Club |
| Belgian Nursery | Harold Albrecht MP | Ontario Science Centre | Toronto Zoo |
| Belk's Jewelers | Heart of the Matter / Senior's Move | Optmist Club of Baden | Town Pantry Health Food Store |
| Bilton Family | Heather Yantzi RMT | Optmist Club of Petersburg | Township of Wilmot |
| Bird Kingdom | Heffner Toyota / Heffner Lexus | P.W. Concrete | Toy Building Zone - St. Jacobs Outlets |
| Blue Orchid Salon & Spa | Heritage Pet & Garden | Peak Realty | Treasures Publications Inc. |
| Blue Sky Marine | Herrle's Country Farm Market | Pizza Arca | Tulipano Family |
| Bowden's Plumbing | Hongs Chinese Restaurant | Pizza Express | Urban Wellness Studio |
| Bulk Barn - Sunrise Shopping Centre | Hopkins Family | Porchak Family | Vibrant Life - Registered Massage Therapy, Spa & Boutique |
| Cambridge Butterfly Conservatory | Horrell Family | Premier Books and Gifts | Waterloo Arms |
| Canadian Tire - Erb St. | Innovative Dance | PricewaterhouseCooper LLP | Waterloo Regional Police |
| Cassio | Interfaith Community Counseling Centre | PropertyGuys.com | Waterloo Oxford District Secondary School |
| Charles Seebach CA Professional Corp | J. R. Auto Service | Puddicombe House | Waterlot Restaurant |
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| Chicopee Tube Park | Julie Gerardi RMT | Riverside Flowers and Gift Studio | Wellesley Home Centre |
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| Click Photography | Kevor Family | RJ Trucks | Will Family |
| Cloverleaf Farms Outlet | Kitchener Rangers Hockey Club | Robarts Family | Yahn Custom Plumbing Inc. & One Way Water Solutions |
| Colour Paradise Greenhouses | Kropf Family | Royal Botanical Gardens | Your Neighbourhood Credit Union |
| Cook's Pharmacy | Ladies of the Office | RTS Homes Ltd. | Zehr Family |
| Costco | Lego Canada | Rudy Held Performance | Zehrs Beechwood |
| Crabby Joe's | Live Well Health & Wellness, | Ryder Lift Trucks | |
| Cranial Waves Clinic | Mac's | SAF Drives Inc. | |
| Creative Beginnings Child Care | Mackays No Frills | Schenk Family | |
| Devonshire Designs | MacLaurin Family | Scholastic Canada Ltd | |
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| Dolman Eyecare Centre | MAIBC - Mutual Aid Insurance Brokers | Seasons Grande | |
| Dr. Bilal Smaily | Marineland | Shinnie Family | |

...as well as the many
friends, neighbours,
students, staff,
and parents who helped.

WATERLOO-OXFORD DISTRICT SECONDARY SCHOOL HAS MUCH TO BE PROUD OF!



These three Waterloo-Oxford District Secondary School students made the Canadian Junior Men's Fastball team. Seen from L-R: Tyler Randerson—pitcher, Tyson Zehr —second base, Nick Penner—shortstop. The team plays in Whitehorse from July 11 - 20, 2014.

Waterloo-Oxford D.S. School Grade 12 Technology Design students entered the Waterloo Region Home Builders Association House Design Contest that was open to all high schools in Waterloo Region. They were most successful! The results were: First place: Ian Prong, Waterloo Oxford S.S. Second place: David Nenedov, Waterloo Oxford S.S. Third place: Eric Zehr, Waterloo Oxford S.S.



L-R in Photo: Eric Zehr, Ian Prong, David Nenedov



Ashley Jeffries is presented with the WODSS France-Anne Sweeney Award by Mrs. Marie Sweeney, with Vice Principal, Mr. Paul Fulcher. Each secondary school in the region selects one grade 11

student to receive \$100 to be donated to a charity of the student's choice. These award winners are eligible to apply for a \$1000 award in their graduating year.



NOTICE OF PUBLIC MEETING #2

**Baden Elementary Schools
Boundary Study**

**Wednesday, June 18, 2014
7:00 – 8:30 P.M.**

WATERLOO-OXFORD DISTRICT SECONDARY SCHOOL, CAFETERIUM
1206 Snyder's Road West, Baden

The **Baden Elementary Schools Boundary Study** involves **Baden, New Dundee and Sir Adam Beck Public Schools**. The primary goal of this study is to address enrolment pressures at Baden Public School.

MEETING PURPOSE:

- To share and gather feedback on the **preferred** school boundary option, and school organizations to be implemented for September 2015.
- To answer questions and discuss concerns from parents and members of the community regarding the proposed changes.

MEETING FORMAT: At 7:00 P.M., Board staff will make a brief presentation followed by an Open House where staff will be available to discuss the preferred option being presented and answer questions of clarification.

It is important to note that **no decisions have been made** by the Board and **no changes will happen before September 2015**.

FURTHER INFORMATION: Is available on the Board's website at www.wrdsb.ca/planning or by contacting the Board's Planning Department at 519-570-0003 ext. 4419.



Swim! Bike! Run!

The Wilmot Aquatic Aces are hosting the second annual Kids' Triathlon on Sunday June 22nd, 2014 at the Wilmot Recreation Complex in Baden. There is room for 350 kids ages 3-14 to try this non-competitive sporting event.

Children start the race in the pool, wearing a life jacket if they wish, and are grouped according to similar swim ability. Once



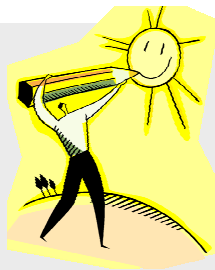
they are out of the pool, kids run over to the transition zone located in the parking lot to put on a helmet and grab their bikes. The bike route is on Gingerich Road on the back portion out of the Recreation Complex and the road will be closed to traffic for the event. Once the distance on the bike is completed, kids will place their bike back in the transition zone and will head out for the run. Depending on the age of the child, loops will be completed with parents and volunteers cheering them on. For the youngest age group of 3-5 year olds, one parent is allowed to participate with each child to assist with transition or in the pool.



With the registration fee, participants will receive a triathlon t-shirt, food, medal and more! **No experience is necessary, so come out and participate! Just give it a "tri"!** If you would like to register, please visit www.aceswim.ca/kidstri/. An event of this size requires a lot of volunteers and business sponsorship, so please consider giving by emailing Sherilyn Van De Wyncel at kidstri@aceswim.ca.

LookOut Kids' Korner

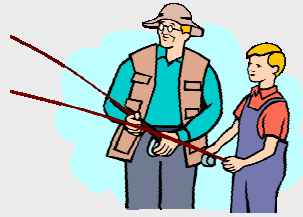
Have a fun summer... see you in August!



Yahoo! School is almost out for the summer, so what's your plan? There is plenty to do outside, so be sure to take a break from the computer and electronic toys and enjoy these few short months. You surely can't be saying, "I'm bored!" or be prepared to face household chores. We have some ideas if you need some help!



Camp in the back yard! Set up a make-shift tent or sleep under the stars and star gaze!



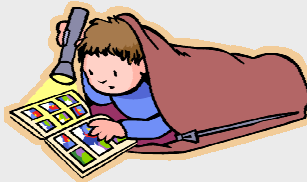
Go hang out with your grandparents!



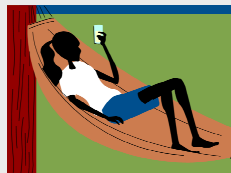
Get dirty and learn about gardening, or help your mom or neighbour in the yard.



Go butterfly or bug catching.



Read... anything!



Call your friends for a picnic...take some cards, or a board game along!



Fly a kite at nearby park, beach or school grounds.

Kids Art Camp

Join full time mixed media artist Cheryl Weber Good to explore a broad variety of artists' materials in a non-judgement atmosphere.

Cheryl loves to set the stage for art expression, watch as the brilliance flows, and support the young artists as they develop their skills. This does not necessarily mean a perfect art piece at the end, but a joyful process.

Each day will have some group instruction and inspiration as well as space for individual interest projects to work on throughout the week. There are only a few spaces left.



Dates:
Jul 14 - 18 & Aug 11 - 5
9:00 - 3:30 with options
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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



Citizen Appointments to Municipal Elections Compliance Audit Committee

The municipalities of the Region of Waterloo, City of Cambridge, City of Kitchener, City of Waterloo, Township of North Dumfries, Township of Wellesley, Township of Wilmot and Township of Woolwich invite interested citizens to apply for appointment to the recently created joint Municipal Elections Compliance Audit Committee (MECAC).

The MECAC will operate within the provisions of the “Municipal Elections Act”, as amended. The MECAC will consider an application for a compliance audit of a candidate’s election campaign finances received under Section 81 of the “Municipal Elections Act” from an elector to determine if the application should be granted or rejected. If granted, the MECAC will appoint an auditor, receive and consider the auditor’s report and decide whether legal proceedings should commence.

Up to seven (7) persons are required for a **four-year term** ending November 30, 2018. Individuals with professional and/or technical qualifications in accounting and audit; academic expertise in political science or local government administration; legal background; or knowledge of the campaign finance rules contained in the “Municipal Elections Act” are invited to apply. Members shall not include members of any municipal Council represented; employees or officers of the municipalities represented; or any persons who are candidates in the election for which the Committee is established.

Persons interested in serving on the MECAC must file an application with the Regional Clerk prior to 4:30 p.m. on **Friday, June 27, 2014**. Application forms and Terms of Reference may be obtained from the office of the Regional Clerk, the Regional website or by contacting Lee Ann Wetzel at 519-575-4410 or by emailing lwetzel@regionofwaterloo.ca.

Kris Fletcher
Director, Council & Administrative Services / Regional Clerk
150 Frederick Street, 2nd Floor
Kitchener, Ontario N2G 4J3

Personal information is collected under the authority of the “Municipal Act” and will be used to determine suitability for appointment. Questions regarding the collection of personal information should be referred to Lee Ann Wetzel at 519-575-4410, Office of the Regional Clerk.

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



SUMMER HOLIDAYS ~ If you haven't done this in the past, we encourage you to start this year. Make a master list of everything you need to take along to the cottage or on your family camping trip. Save the list on your computer from year to year and adapt it as necessary. This saves you re-inventing the wheel and creating that same list every year. Print the list and assign family members to collect the items and bring them to a central spot. You can pack them into suitcases, duffel bags, wash baskets, or whatever you use to transport items. Take the list along with you on holidays. If there is anything that you wish you had brought along, add it to the list and update your computer version when you get back home.

Take this list one step further and include your menu items and grocery list for holiday week. You won't have to brainstorm all of that again next year!



When packing up to head home from the cottage or a camping trip, think a bit about making the unpack as efficient as possible. Sort all the dirty wash into large plastic bags so it can go straight to the laundry room when it gets home and so it is already sorted by type. It is quick and easy to get the first load started immediately. If you have a multi-level home, pack things that need to be put away on each level in a separate suitcase. Most important rule...when you get home, everybody helps unload the vehicle and immediately does the unpack!

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Saturday 8-3
Closed Monday



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



Baden Outlook Baseball Pool Stats

Place	Name	PTS	Place	Name	PTS
1	Dave Ferguson	193	31	Travis Gowland	169
2	Beth Gilbey	186	32	Kaden Eichler	169
3	Malcolm Duggan	184	33	Brad Wilson	169
4	Taylor Randerson	182	34	Ben Ziegler	169
5	Jennifer Sicoli	182	35	Dave Vickers	169
6	Drew Henderson	181	36	Michelle Roth	168
7	Kristina Ziegler	178	37	Justin Reiber	168
8	Craig Bell	178	38	Tyler Naumann	168
9	Wayne Weicker	177	39	Hollywood Moore	167
10	Kelly Reiber	175	40	Isaac Roth	167
11	Alia Henderson	175	41	Whitey Moore	167
12	Sara Ross	174	42	Doreen Dean	166
13	Emma Gowland	173	43	Patricia Miller	166
14	Ralph Schmidt	173	44	Pauline Schmidt	166
15	Amanda Keller	173	45	Chris Hilcox	165
16	Henry Lellwitz	173	46	George Jones	164
17	Floyd Golbeck	173	47	Lily Johnson	164
18	Marg Litwiller	173	48	Tyler V	164
19	Laurie Honderich	173	49	Judy Hillar	164
20	Geoff Hopkins	172	50	Logan Moore	164
21	Nancy Wilson	171	51	Mitchell Mueller	163
22	Craig Wahl	171	52	Ashley Ferguson	163
23	Len Mueller	171	53	Hannah Litwiller	163
24	Lynn Moore	171	54	Marc Duggan	163
25	Deb Vinski	171	55	Greg Zehr	163
26	Bryan Pfaff	170	56	Kim Rempel	163
27	Mandy Wilde	170	57	Brittany Schmearer	162
28	Pat Beauer	170	58	Ryan Roth	162
29	Rollie Fingers	170	59	Stephanie Duggan	162
30	Vivian Ferguson	169	60	Rich Held	162

**Congratulations to
 Dave Ferguson for taking the
 Leader Prize for this month's
 Baseball Pool,
 winning a gift certificate from
 EJ's Baden Hotel**



**The lucky random draw winner
 is Avery Gravill winning a
 Baden Outlook shirt.**

Where is the world's longest baseball bat? The world's largest baseball bat is 120 feet long weighing in at 68,000 pounds. It resembles the 34 inch wood bat that the Bambino, Babe Ruth Swung, made by Louisville Slugger.

To see it in person it is located at : 800 West Main Street, Louisville, Kentucky at the Louisville Slugger Museum.

A recent study found the average Canadian walks about 900 miles a year. Another study found Canadians drink, on average, 22 gallons of beer a year. That means, on average, Canadians get about 41 miles to the gallon. Kind Of Makes You Proud To Be Canadian eh?



Matt & Jackie Rolleman
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Join us for Live Music June 27

*Come and help us celebrate the 140th
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See You at Baden Corn Festival, August 9th.



Baseball Pool



Hello sports fans! Thanks for playing baseball with us! There are 255 eager players entered in this year's Outlook Baseball Pool. You can 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 and choose "baseball", then choose "Quick access" and pool name is outlookbaseball and the password is quest. On left bar, click on 'ranking' to view your stats.

Have Fun and Good Luck!



CHIP TO CLIP MS.

Mark your calendar for the first ever charity golf event for the MS Society of Canada's Waterloo District Chapter, on July 26th at Rebel Creek Golf Club. Come for a day of fun, experience one of KW's top golf courses, and have a fantastic dinner.

REGISTER AT MSGOLF.CA



You Must Be Joking!!



CAKE OR BED

A husband is at home watching a football game when his wife interrupts, "Honey, could you fix the light in the hallway? It's been flickering for weeks now."

He looks at her and says angrily, "Fix the lights now? Does it look like I have GE written on my forehead? I don't think so."

"Fine," then the wife asks, "well then, could you fix the fridge door? It won't close right."

To which he replied, "Fix the fridge door? Does it look like I have Westinghouse written on my forehead? I don't think so."

"Fine", she says, "then you could at least fix the steps to the front door? They are about to break."

"I'm not a carpenter and I don't want to fix the steps," he says. "Does it look like I have Home Hardware written on my forehead? I don't think so. I've had enough of you. I'm going to the bar!"

So he goes to the bar and drinks for a couple of hours. He starts to feel guilty about how he treated his wife, and decides to go home. As he walks into the house he notices that the steps are already fixed. As he enters the house, he sees the hall light is working. As he goes to get a beer, he notices the fridge door is fixed.

"Honey, how'd all this get fixed? he asks.

She said, "Well, when you left I sat outside and cried. Just then a nice young man asked me what was wrong, and I told him. He offered to do all the repairs, and all I had to do was either go to bed with him or bake a cake."

He said, "Oh, that's nice, what kind of cake did you bake?"

She replied, "Hellooooo.. Do you see Betty Crocker written on my forehead? "



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THE EVOLUTION OF GEXR

The town of Baden was formed by Jacob Beck in 1852, primarily through the knowledge that the Grand Trunk Railroad (GTR) was building a rail line through town. Grand Trunk was incorporated in 1852 and established their first rail line between Toronto and Montreal. Over the next few years GTR went through a rapid expansion, which included tracks laid through Waterloo County between 1856 and 1859 – reaching Sarnia in 1859. Stratford became a major hub for GTR and had their official opening on October 8, 1856. By 1867, Grand Trunk was the largest Railway System in the world. Unfortunately, in 1919 Grand Trunk declared bankruptcy and on January 30, 1923, GTR became part of the Canadian National Railway which was still the largest railway system in the world.

CNR continued to operate that line until 1992, when the government allowed large railroads to sell smaller short rail lines to companies, which would allow the larger companies to become more profitable. The Goderich –Exeter Rail was created on April 3, 1992 by its owner Rail Tex. The line consisted of 70 miles (110 km) of track between Goderich and Stratford. On November 15, 1998, the Goderich–Exeter Railway (GEXR) assumed operation of CN's Guelph Subdivision, consisting of over 99 miles (159 km) between Silver Junction (Georgetown) and London, Ontario. This gave the company 181 miles (291 km) of track, which they own today.

Rail America purchased GEXR from Rail Tex in 2000 and they in turn sold the line to Genesee and Wyoming (G&W) in late 2012. Genesee and Wyoming began their operation in the 1800s as a 14 mile rail line in upstate New York hauling salt from mines. This continued until 1977 when it was purchased by a holding company. In America, the Staggers Act deregulated railroads, which are then allowed to dispose of routes that they can not operate profitably, helping to restore their financial

health. From 1985 until present, G&W began acquiring short line railroads and G&W

currently has 111 rail lines in United States, Canada, Australia, the Netherlands and Belgium. They own 15,000 miles of track and lease another 1,500 miles.

With 181 miles of track through Ontario, the GEXR moves approximately 25,000 cars per year with commodities such as salt fertilizer, wheat, grains, soy meal, rice, and automotive. (Many industries in the area rely on rail shipments as spur lines exist to access industrial parks.) The Goderich Subdivision handles over 8,000 carloads of freight per year and much of the traffic on the Goderich Subdivision is salt from the Sifto salt mines. Metropolitan areas such as Guelph, Cambridge, Kitchener, Waterloo, Elmira, Stratford, St. Mary's, Goderich, Clinton and Exeter enjoy rail service from the GEXR.

As of 2005, the railway owns around a dozen locomotives, which were acquired used. Its first four locomotives, purchased between 1992 and 1994, were given names of Shakespearean characters, such as Titania, Paulina, Falstaff, and Portia. Three of those are no longer with the company.

As of January 2013, GEXR owned nine locomotives, all of them built by General Motors Electro-motive division. All of the locomotives are numbered, with eight of them (4001, 2211, 3821, 2210, 2236, 4095, 7362, and 7369) being built in 1959. There is one other locomotive, 9392 which was built in June 1975. GEXR does not own any rail cars.



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**NOTICE TO THE VOTERS OF ALL MUNICIPALITIES
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**2014 NOMINATIONS & CANDIDATE CAMPAIGNS
CONSEIL SCOLAIRE DE DISTRICT CATHOLIQUE CENTRE-SUD
(1 member to be elected)**

The Municipal Elections Act, 1996 provides that a candidate's election campaign period begins on the day he or she files a nomination for an office.

Money, goods and services given to and accepted by or on behalf of a person for his or her election campaign are contributions. This can occur only after the individual intending to run for office has been nominated.

Nomination Procedure:

- 1) Nominations for the above office, using the prescribed form, shall be filed only in the Office of the City Clerk, 2nd floor, City Hall, 200 King Street West, Kitchener, either personally by the candidate or by his or her agent,
 - during the hours 8:30am to 5pm on any day until September 11, 2014 when my office is open to the public; **or**
 - during the hours 9am to 2pm on Nomination Day, Friday, September 12, 2014.

The prescribed form is available in the office of any Municipal Clerk in Ontario.
- 2) The nomination shall be accompanied by
 - a filing fee of \$100.00 payable in cash, debit, certified cheque or money order (payable to the City of Kitchener), and
 - a declaration of eligibility, in the prescribed form, signed by the person being nominated.
- 3) If insufficient nominations for an office are received by the deadline described above, additional nominations may be filed between 9am and 2pm on Wednesday, September 17, 2014.
- 4) **The onus is on the person nominated for election to an office to file a bona fide nomination paper.**

C. Tarling, City Clerk
City Hall, Kitchener

File:Election\Schedule.047

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GOLF—AND WHAT IT MEANS

- ◆ Golf can best be defined as an endless series of tragedies obscured by the occasional miracle, followed by a good bottle of beer.
- ◆ Golf! You hit down to make the ball go up. You swing left and the ball goes right. The lowest score wins. And on top of that, the winner buys the drinks.
- ◆ Golf is harder than baseball. In golf, you have to play your foul balls.
- ◆ If you find you do not mind playing golf in the rain, the snow, even during a hurricane, here's a valuable tip: your life is in trouble.
- ◆ Golfers who try to make everything perfect before taking the shot rarely make a perfect shot.
- ◆ The term 'mulligan' is really a contraction of the phrase 'maul it again.'
- ◆ A 'gimme' can best be defined as an agreement between two golfers ...neither of whom can putt very well.
- ◆ An interesting thing about golf is that no matter how badly you play, it is always possible to get worse.
- ◆ Golf is the only sport where the most feared opponent is you.
- ◆ The best wood in most amateurs' bags is the pencil.

Golf's a hard game to figure. One day you'll go out and slice it and shank it, hit into all the traps and miss every green. The next day you go out and for no reason at all you really stink. If your best shots are the practice swing and the 'gimme putt', you might wish to reconsider this game. Golf is like marriage: If you take yourself too seriously it won't work, and both are expensive.



Submitted by Robert Price

Baden Village Pharmacy Celebrates Grand Opening

It was a sunny day for Baden Village Pharmacy's Grand Opening on June 7th. They had a wonderful turnout where they served up a BBQ lunch, had an exotic animal show and offered great in-store features.



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



The Baden Outlook had a grand time with these fellows in Florida. L-R back row: Jim from Collingwood, Lee of Philipsburg, Jim Carrey, Milverton resident and front row Wayne of North Bay.



PO1 Donald Eenkooren of New Dundee, a member of the Canadian Forces living in Ottawa, took the Baden Outlook to Canadian Forces Station Alert, Nunavut, the most northerly, permanently inhabited settlement in the world. Note the New Dundee distance sign that he installed to add to the large collection of other distance signs already on the site.



Thank you for taking us along on your recent vacations... to Weddings, Disney World, Cruises, Biking, Hiking, Golfing, Baseball Games, Tropical Beaches ... and the North Pole!!

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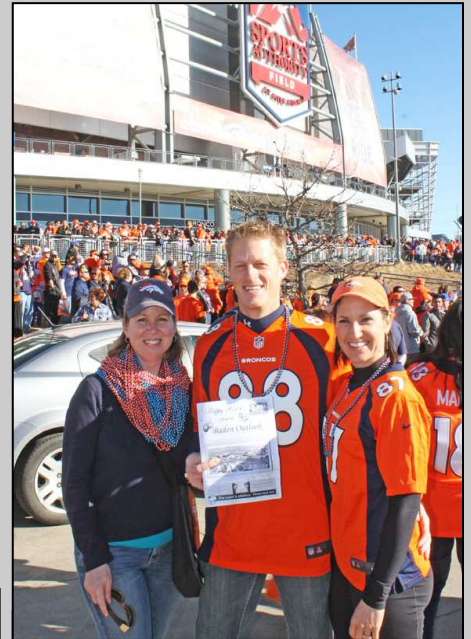
....To Florida, Nunavut, Dominican, Denver, Germany and Spain!



Craig Gibson and Helene Mayer of Baden took the Baden Outlook as they vacationed at the Luxury Bahia Principe Bouganville in La Romana, Dominican Republic.



Doug and Debb Holborn took the Outlook along on their vacation to Ocean Blue and Sand in Punta Cana, Dominican Republic.



The Baden Outlook accompanied three Badenites to the AFC championship game in Denver to celebrate Derek's 40th birthday. From L to R: Deb Baker, Derek Habermehl, Nancy Habermehl



The Baden Outlook travelled to Haimhausen, Germany with 6 Benders. Bruce and Deb, Eugene and Marcia visited Mark and Christa (ex Haysville) in Germany. The Outlook was so popular the band came out and played in front of City Hall !



Eileen Hendry, Sue Kenny, Paul Kenny and Jack Hendry, all from Stonecroft, New Hamburg, in Seville, Spain.

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Improving the Health of our Community

Teaching Our Youth That They Can Cope ~ By Melodie O'Connell MSW RSW



Depression and anxiety rates are on the rise among our teens and youth. Five percent of male youth and 12% of female youth have experienced a major depressive episode during their high school years. Depression may be the result of untreated anxiety. There are many reasons for anxiety among our teens including family history, trauma (single-episode or ongoing), or maybe it has been modelled or taught to them. If parents are worriers, they often teach their children to be worriers; or parents do things for children, as we do not want them to 'fail' or experience disappointment.

More teens are seeking help now than ever before. This can be viewed as a positive thing because it means that services are more readily available. However, teens are now seeking help for things that would have not caused a crisis in the life of a teen in a previous generation. So, why are our youth struggling to cope?

Youth are under a lot of pressure academically, socially, and sometimes athletically. We encourage our kids (or maybe expect our kids) to take courses that will put them on a path for University, or some other specific path. Maybe we go above and beyond in putting them in extra programs in order for them to excel at sports, so they don't have to go through the heartache of getting cut from a team. Sometimes parents will help their kids complete assignments, or drive their homework or lunch to school, so that they do not experience the natural consequences

of their actions or inactions. Although our intentions may be good, we may also be teaching them that they are not able to do things on their own, or that they are not able to cope with natural outcomes.

One of the most important life skills that we can teach our children is that they can cope when things do not go according to plan. The term resilience is defined as "becoming strong, healthy, or successful after going through a bad experience." In order to allow our children to grow into successful adults, they need to experience some heartache, loss, and difficult situations, so they can gain confidence that they can cope. As parents, it is **not** our job to prevent difficult situations, but it is up to us to provide a supportive, loving environment in which our youth learn that they can rise above challenges. For many of today's youth, a loving family environment may not be what they personally experience. As parents, we can take an interest in the youth that come into our homes, and offer encouraging, supportive words they may not otherwise hear. We are very fortunate to live in a community in which we know our youth and many of their friends. As a community, we can work together to encourage and support our youth, so their confidence and resilience can continue to grow even when they are going through more difficult situations.

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The Ultimate Hair Salon Experience

For Mother's Day I received a gift certificate to a local hair salon and had a most delightful experience! It began with a warm, fragrant shampoo with an extensive head massage which started me purring with delight, helping me relax. The stylist spoke in a pleasant voice, inquiring about my day and what's new in my life. Typically, from past experience, the shampooing was done with aggressive, hurried hands while the stylist spoke of the woes in her life (which I typically try to tune out...who needs this while paying for her service?). This hairstylist made me a cup of tea and began to chat about my hair, what works, what doesn't and what did I have in mind for today's haircut, seeming to really enjoy her job. Feeling the need for change, and taking this opportunity away from my usual stylist, I asked for suggestions which led us to magazines featuring plenty of options. With her trained eye, the stylist helped me choose what works with the shape of my face, with the ease to maintain a summer hairdo, while chatting about colours and hi-light options. While she trimmed, her focus was totally on me, not taking calls or glancing at her cell phone. This was not an upscale salon, but I found the service to feel like one with such professionalism. I left feeling relaxed and happy and surely got my money's worth... and I was most eager to leave a tip.



As I drove home I pondered the other experiences I've had and wondered why we are expected to tip regardless of the service received. Also, are we committed to be faithful to a regular hairdresser or free to experience new hands? Women's lives are so busy and filled with serving and pleasing others and the trip to the hairdresser should feel like a brief reprieve from life enabling us to enjoy a wee bit of pampering. I begin to wonder if hairdressers take their clients for granted and don't realize there are many stylists to choose from. Do they not expect the same from their personal experience as well? This may be something to consider!

~ Email Submission

ICE THERAPY FOR MUSCLE AND JOINT INJURIES

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

Ice therapy is an effective, self-care treatment strategy for muscle and joint injuries. It is commonly used for acute injuries (within the first 72 hours), but can also be very helpful in managing flare-ups of chronic problems, and as a preventative measure following activities or exercise.

Ice therapy reduces the amount of swelling and inflammation at the injury site and also acts as an anesthetic to provide pain relief. Icing as soon as possible after an injury will help with speeding up recovery time, and minimize the chances of secondary problems such as muscle spasm and joint irritation.

Below are some helpful tips that should be followed when using ice therapy:

- Crushed ice and ice cubes are ideal sources of ice because they easily mold around an injury site and can stay cold for long periods of time. Commercial ice/gel packs and frozen vegetable bags are good secondary choices when crushed ice or cubes are not available.
- Use compression when applying ice to an injury site. Compression is most easily achieved with an elastic tensor bandage to add support and slow swelling. The principles of elevating and resting the injured site should also be followed during initial injury management.
- Ideal ice application time is 10 to 20 minutes. There should also be a period of 10 to 20 minutes or more where there is no ice application before icing is done again so that skin temperature can return to normal. This cycle can be repeated as often as necessary within the first 24 to 72 hours after injury or activity.

Below are some precautions that should be followed with ice therapy:

- Ice should never be applied directly over the skin for a prolonged period of time as this can damage skin tissue. A wet towel can safely be used as a barrier between the ice and skin and acts as an excellent conductor of cold.
- Ice should never be applied on blisters, open cuts or sores.

- Ice should not be applied before exercise or activity as this impairs your body's ability to detect proper joint and muscle function, making one more susceptible to further injury.
- Ice therapy should not exceed the treatment time recommended as prolonged exposure can reverse the positive effects of ice and can lead to possible frostbite.
- Special care must be taken when icing the elbow, wrist, knee, or foot as superficial nerves in these areas can become irritated or damaged with prolonged icing.
- People hypersensitive or allergic to cold and those who have a circulation problem should avoid ice.



If you have a muscle and joint injury that is not resolving, a qualified health professional can determine the cause of your pain and prescribe appropriate therapy and rehabilitation strategies specifically for your circumstance. For more information, visit 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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Nithview's Family Council

Nithview Long Term Care facility in New Hamburg has a Family Council. We are a group of family and friends living the Family Council mission statement which is *"to be advocates for the residents of Nithview Long Term Care and a support group for their families and friends."*

The Family Council meets in the home's auditorium at 6:45 PM on the 3rd Monday of the month (except July/Aug/Sept.). Meeting topics vary from discussing care concerns with leadership to education presentations on topics such as: Alzheimer's, Parkinson's, Osteoporosis, Grieving, Quality Visiting and most recently "Gentle Persuasion". Gentle Persuasion is a new approach technique that the Nithview care team and family are learning to use. It involves understanding each resident, their likes and dislikes, and what might trigger fear or upset when approaching them or spending time with them. Knowing how to approach and respond to each individual makes all the difference to that resident and the people around them.

Family Council has an open relationship with staff and management. Our home is no different from any others in regard to limited financial support from our government, which results in staff that are kept hopping from the moment they report for duty. LTC staff do not have the time they once did to socialize with residents, as people are entering LTC with greater care needs after having been able to stay in their own homes longer with Home Care supports. We as family and friends are visitors, so we sometimes see areas for care enhancement that our staff does not have time to sit back and look for. As advocates, we share concerns that arise from our observation.

Family Council is also focused on increasing the "fun factor" at Nithview. We organize Family Nights with music and a time of visiting for all generations. Family Hymn Sing Nights are enjoyed by all who attend. We run an annual Indoor Yard Sale and these funds allow us to purchase bird feeders and feed for the patios. We are purchasing some additional seating for the patio and a large screen TV and stand for one of the floor's lounge areas. We buy supplies for Ice Cream Cafes that we host on all three floors of long term care on the holidays of holiday weekends. Family Council has sponsored special family focused activities on Family Day Weekends including filling the auditorium with antiques one time. Lots of good reminiscing took place that day! Many of the Family Council group are also involved in the Volunteer Program at Nithview. More volunteers mean a better social life for the residents.

If you have family or friends living in long term care at Nithview, please attend some meetings and/or volunteer to help at one of the holiday Ice Cream Cafes. Nithview's Family Council will remain focused on ensuring our loved one's home is safe and happy. For more information send an email to nithviewfamilycouncil@gmail.com.



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Baden Birding

By Dave Rogalsky



The front cover of the Point Pelee National Park *Warblers of Ontario* (by Chris G. Earley) has a photo of the Prothonotary Warbler. If you're birding in Ontario, that may be the closest you ever come to seeing one of these uncommon little birds. There is only a dozen or so nesting spots in Ontario since we are at the northern edge of the Prothonotary's summer nesting range. In winter these little birds hang out in Panama, Colombia and Venezuela, along the Caribbean and Pacific coasts. Little is the operative word – they are just 14 cm/5.5 inches long and weigh 14grams/.5 oz.

One of their nesting spots is at Rondeau Provincial Park on Lake Erie, near Ridgetown. There behind the interpretive centre is a series of trails with many boardwalks. Rondeau, like most of the peninsulas reaching out into Lake Erie, is a series of ridges with swamps and sloughs between them. The Prothonotary is the only cavity nesting warbler in Ontario, and likes building its nests just above the surface of still water. I've been going to Rondeau as one of my spring birding trips for a number of years, in particular to see the Prothonotary, but also for the many other birds which use it as a stopover in their spring migration. But I've never seen a Prothonotary at Rondeau over the many years – until this year.

We were wandering the trails on May 26 – kind of late for the migration and the trees had leafed out quite a bit already, but it has been a busy spring. What can I say?! As we wandered, we were seeing quite a few birds, mostly those which were nesting in the area already. There were many yellow warblers (http://en.wikipedia.org/wiki/American_Yellow_Warbler) singing their hearts out, flitting from tree to tree. Then we spotted a different yellowish warbler. We watched her carefully, perhaps this was the Prothonotary? But alas, no. No white rump, the wings weren't dark enough, and she was nesting in a lovely nest in the crook of a small tree. We figured out that she was a

female Wilson's (http://en.wikipedia.org/wiki/Wilson%27s_Warbler). It was lovely to watch her catching insects and flitting around. We wandered on about 10 metres, out onto a boardwalk over a slough. There I saw what I thought was another Wilson's but my wife said no, look at the rump. And there he was, a male Prothonotary in all his golden glory, with a white rump and grey, almost blue wings. He was only about 5 metres from us and we watched him for a long time.

I had seen a Prothonotary once before – in my backyard in Waterloo. Waterloo is not a nesting spot for the Prothonotary, so though I was pretty sure I had seen one I put a question mark behind it in my record keeping book. It wasn't until the fall when I looked up what folk in the area had been seeing that I noted someone else had also seen a Prothonotary in Waterloo – on the same day I had. This is important – often we think we've seen something exotic or out of place but such sightings are rare. Until another person verifies it, the sighting is questionable.

Well, it was a great day of birding, even if what we were seeing was the very tail end of the spring migration and mostly nesting birds. We saw many thrushes and woodpeckers, as well as other warblers. As one birder we met that day said, "A day birding, even if there aren't many birds, beats most other things."

To see some nice photos go to <http://www.bsc-eoc.org/research/speciesatrisk/prow/index.jsp?targetpg=index&lang=EN>, the Bird Studies Canada website.

What have you been seeing?



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July 1st

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Inflammation and Your Health

You may think of inflammation as being related to a specific injury, like when you bump your knee and swelling ensues. However, inflammation can be going on in many areas of your body right now and you may not even know it.

Why is this important and why should you care? Because inflammation is at the root of many chronic and degenerative diseases. Inflammation within the body is sometimes expressed by an outward sign such as a headache, muscle soreness, or tension, but not always.

Your doctor can do a blood test for an inflammatory marker in your blood known as C-Reactive Protein. This blood test may be the only indication you have of systemic inflammation and is an important statistic to know. Rest assured that if you have already been diagnosed by your doctor as having high blood pressure, type 2 diabetes, metabolic syndrome, dementia, Alzheimer's or cancer, you have inflammation in your body right now.

There is help and there is hope. No diagnosis, in my opinion, is a life sentence. I have seen countless examples

of the reversal and healing of many chronic and degenerative diseases when proper nutrition and nutritional supplementation have been applied. In the case for inflammation, it is very important to consume an anti-inflammatory diet, one that restricts inflammatory foods and focuses on nourishing foods.

Below is a list of the Top 5 Inflammatory foods that need to be avoided in order to help reduce inflammation in the body:

- **Gluten/Wheat**
- **Dairy**
- **Processed Sugar/Refined Starch**
- **Most vegetable oils, shortenings and margarine**
- **Trans fats**

In addition to avoiding inflammatory foods, certain nutritional protocols have proven to be very effective at reducing inflammation in the body and are available at your local health food stores.

Eat, Move 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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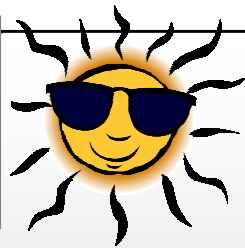
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*A time for friends and neighbours to gather in
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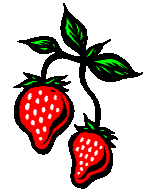
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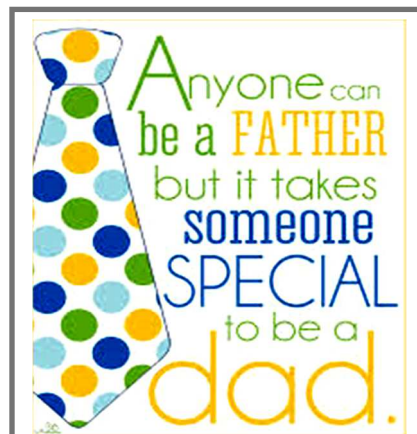
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Registration forms available at www.smchurch.ca
Cost: \$10/child; \$25/family (3 or more children)

Buck and Doe



Please join family and friends to celebrate the
upcoming marriage of Benjamin Gingerich
and Lisa Kalbfleisch. Party and Pig Roast —
Saturday, July 19th, 7:30pm at the Wilmot
Rod and Gun. Tickets are \$10 each.

Fishing Derby Day!

The sun shone on June 7th for the 5th annual fishing derby. There were many eager anglers of all ages hoping to catch one of the ten tagged fish worth \$50.



The derby has been a wonderful event, but the Nith River Wild Turkey Conservation Association (who host the derby) has come to an end. Sadly, the parent American based National Wild Turkey Federation [NWTF] pulled all of their Canadian chapters at the beginning of January. There were about 25 chapters in Ontario as well as several chapters in other provinces across the country.

So this leaves the fishing derby in need of a new sponsor to enable this great event to continue in Baden.

Great thanks to the fellows of the NRWTFCA who have sponsored the past 5 years of fishing derby and stocking the Baden pond with 900 rainbow trout each June.

We'll keep you posted if anything new develops with the future of the derby.



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directory of local churches with names, numbers,
addresses and web sites. If your church is missing
from this list please contact us to be included.

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Visit www.badenoutlook.com

2013 Lions International Peace Poster Contest Winner

Lioness Jan Boucher presented Forest Glen student Greg Yeoman with a cheque for \$250 representing his first place finish in the 2013 Lions International Peace Poster contest for District A15. This contest runs worldwide and has four levels of competition: Greg won the first level of the competition at New Hamburg's Forest Glen Public School, and then went on to win the second level of the competition in Lions District A15. The grand prize winner, winning a trip to the UN and a \$5,000 prize was Tongbram Mahesh Singh, from India. The New Hamburg Lioness and Lions Club are proud to sponsor another contest in 2014. The theme in 2014 is "Peace, Love and Understanding", and the competition is open to 11, 12 and 13 year-olds.



Happy
Canada
Day!



New Hamburg Legion



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All proceeds benefit the work of Mennonite Central Committee

REGULAR HOURS

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

Summertime at the New Hamburg Thrift Centre

After a long cold winter, it is a joy to have sunny warm days. We all appreciate the heat. Plants have started coming up from the ground as they wake up from a long sleep, trees grow shiny new green leaves, and grass turns from brown to green. It is interesting to see this process happen every year, and even though it is always the same, it still amazes us-- each and every time. Sometimes the process starts early. Two years ago we had revenue from early lettuce sales in April! Although we're off to a little later start this season, don't worry; our garden is already planted and we hope to have produce for sale before the end of June!

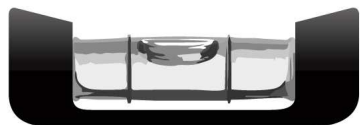
This year we received unexpected funding through a new relationship with the Working Centre and we were able to contract a Garden Project Coordinator. Her name is Carrie and her farming experience has been very helpful with developing our garden project this year. Dedicated volunteers have helped us with the tilling and the planting of peas, green onions, spinach, lettuce, beets, beans, carrots, basil and more. We have a lot of work ahead of us and we are looking for volunteers who enjoy spending time outside weeding, doing pest walks, harvesting, washing, packing, and pricing products. We have morning and afternoon shifts available. For more information, please contact Karla at karlar@mccthrift.on.ca

We look forward to offering fresh, spray-free vegetables in the following weeks. We also accept your garden surplus. Just donate your extra veggies as you would with your surplus household items.

A big thank you to all who supported our Perennial Sale in May; through this month long sale we were able to raise over \$ 31,000.00 to support the work of the Mennonite Central Committee. We cannot thank our donors and our volunteers enough for their dedication to this special project.

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, golf balls, 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. Thank you for supporting the growing work of the Mennonite Central Committee.



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You Must Be Joking!!

Only An Australian Can Make
You Feel Like A Woman



A plane passed through a severe storm. The turbulence was awful, and things went from bad to worse when one wing was struck by lightning.

One woman lost it completely. She stood up in the front of the plane and screamed, 'I'm too young to die,' she cried. Then she yelled, 'If I'm going to die, I want my last minutes on earth to be memorable! Is there anyone on this plane who can make me feel like a WOMAN?'

For a moment, there was silence. Everyone stared at the desperate woman in the front of the plane. Then a man from Australia stood up in the rear of the plane. He was handsome, tall, well-built, with dark brown hair and hazel eyes. Slowly, he started to walk up the aisle, unbuttoning his shirt as he went, one button at a time. No one moved. He removed his shirt. Muscles rippled across his chest.

She gasped...

Then, he spoke...

'Iron this -- and then get me a beer.'

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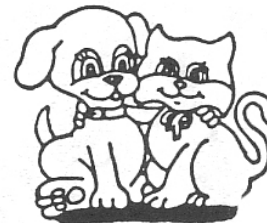


Answers to Canadian Trivia Eh?

From quiz on page 8

- A. 1. 1951, at age 25
- B. 2. Three oceans
- C. 3. King George
- D. 1. Lake Superior
- E. 2. The Bay of Fundy
- F. 3. Quebec

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Summer at Castle Kilbride



As summer quickly approaches, we wanted to share with you some wonderful events and exhibits that will be occurring this summer at the museum.

The Flax Empire Exhibit: The Seed that Started it all
Celebrating 150 years since the founding of the J & J Livingston Linseed Oil Company. With hard work and perseverance, this company in Baden went from humble beginnings and transformed into a massive empire.

Capturing the Castle: Images of Castle Kilbride
For decades Castle Kilbride has played the muse in many fine images. Depicted in the beauty of brushstrokes, picturesque photography, and contemporary compositions, see the works of many artists and their impression of this beloved Castle.

Sounds of Summer at Castle Kilbride
Music brings the community together - a tradition that James Livingston (the original owner of Castle Kilbride) began over 130 years ago. Join us once again for our outdoor summer concert series on the front lawn of the museum. The concert series kicks off on **July 3rd** with Traces Steel Drum. This band brings you the tropical feel of the islands with songs you'll love to hear. From old standards like "Yellow Bird" and "Red, Red Wine" to some upbeat spirituals such as "Amazing Grace" and "How Great Thou Art." On **July 10**, Roberta Hunt

from Red Hot Ramble will showcase her New Orleans style jazz, blues, and funk. Her sultry, saucy vocals and romping piano adds to her rootsy and bluesy style.

July 17th, Hitch a Ride will transport you back to the 1980s with their unique, powerful and unmistakable sound of Boston. From the great guitar and keyboard riffs to those incredible vocal harmonies, you won't want to miss this tribute band that features former Baden resident, Danielle Guistini and current resident Kalina Seifried. Lance Russwurm & Friends perform on **July 24**, featuring old country classics that will definitely spark some sing-alongs in the audience! On **July 31**, Bluegrass band Rescue Junction joins us. This band's music has been well received in the Bluegrass and Gospel communities, with their song "On Any Road" being nominated for "Recording of the Year" at the Central Canada Bluegrass Awards. **August 7**, Mike & Diana Erb take the stage and effortlessly showcase their love of traditional country and folk standards. With close vocal harmonies reminiscent of the Carter Family, the Everly Brothers and the Louvin Brothers, this New Hamburg husband and wife duo is a salute to the classics. Get ready to rock on **August 14** as the Barefoot Boogie Band plays. Some favourites will include The Doors, Joe Cocker, and the Beatles. On **August 21**, Cazu Latin Band will transport the audience to Latin America with Merengue rhythms, Salsa, Bolero, Guajira, Cha Cha Cha, and more. Closing the series on **August 28** are the high energy Celtic band, the Shanigans. Featuring the best traditional Irish, Scottish and East Coast music that everyone enjoys... along with some fun and good humour too!

All concerts are on Thursday evenings from 7pm to 8pm (weather permitting). Admission to the concert is simply a donation. Don't forget your blanket or lawn chair!
See you at the Castle!

Tracy & Sherri

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**IF WOMEN ONLY TRUSTED
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There comes a time when a woman just has to trust her husband, right? For example...

A wife comes home late at night, and quietly opens the door to her bedroom. From under the blanket she sees four legs instead of two. She reaches for a baseball bat and starts hitting the blanket as hard as she can.

Leaving the covered bodies groaning, she goes to the kitchen to have a drink. As she enters, she sees her husband there, reading a magazine.

"Hi Darling", he says, "Your parents have come to visit us, so I let them stay in our bedroom. Did you say "hello?" ...gulp!

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New Hamburg Fall Fair Celebrates 160 Years!

Hello again from the Wilmot Agricultural Society; you know, the folks who present the New Hamburg Fall Fair? OK so maybe you don't know WAS, but you do know the Fair, don't you? Well for those few who do not know the New Hamburg Fall Fair, you should be thankful for Pat & Barry (and I certainly hope you know who they are!), as they have graciously allowed WAS to post a monthly article in the Outlook regarding the 2014 New Hamburg Fall Fair. For this we are truly thankful, as it is individuals such as Pat & Barry and their generosity of both time and resources that continue to help the Fall Fair succeed and grow every year. Thanks Pat, thanks Barry!

Now to the Fair: this year's celebration is quite a Milestone as it is the 160th, making it one of the oldest continuous Fall Fairs in Ontario. For 140 years it has been held in the same place, Norm S. Hill park (in New Hamburg of course!). In 1874, the Village of New Hamburg purchased the 17 acres at the last bend in the river in New Hamburg, to give the Fair some permanency, and 140 years later, I guess their plan worked. To further develop the location and to accommodate the growing community's social demands, a horse race track was added 12 years later, with the first annual Fall Fair Race being held in 1886. Although horse racing continued in New Hamburg for many years to come, it was only part of the Fall Fair until 1894, the year the first Grandstand was built; then horse racing became its own identity in New Hamburg with its big race day moving to the middle of August and continuing at this well-known venue for many, many years to come. Although horse racing left New Hamburg many years ago, the Fair and its traditions held on.

The Fair and its 160 years have been through thick and thin. World Wars and Depressions, Good Seasons and Bad, regardless of times, every September the Fair arrived just as the last breaths of summer were being drawn. The bright colours of the Fair signaled the bright colours of the fall foliage soon to arrive. The abundance of preserves and quilts also tell of the

coming winter where they would be enjoyed for more than just a show. Soon the winter months would settle in, but for now, in the last days of summer, the thoughts of a howling winter wind would be drowned out by the howling laughter of children on the newest amusement ride.

The September weekend tradition in New Hamburg

was and is as much about community as it is about competition. The same two teams competing in a plowing match would be the same two teams working side-by-side in a field with more hands making the work lighter. And although the bragging rights were prestigious as to whose Mama makes "the best apple pie", these same competitors would come together both before and after and share about their summer days, to reconnect after the busy harvest, and to catch up,

before the winter months would settle in. Even with modern times taking some of the howl out of the winter wind, and Facebook making sharing a simple click away, the community still proceeds to physically come together each September in New Hamburg, where reconnecting occurs with a handshake, and faces recognized are greeted with smiles and "how have you been?", not just Liked on a Facebook page. It's good to see some things never change.

We at WAS invite you that know of the fair and you that are just learning about it today to come and be part of this tradition. Join us in September: come shake a hand, ride an amusement ride, and admire the quilts and preserves. You won't regret it! Heck, if you are real excited about it, contact us and become part of the Wilmot Agricultural Society and you can be part the team that presents the Fair! You won't regret doing that either, I certainly haven't.

www.newhamburgfallfair.ca / phone (519) 501-7242

We at the Wilmot Agricultural Society would also like to take the opportunity to wish all who go by the title of "Dad" a Happy Father's Day this month and hope you enjoy your tie, or coffee mug, or golf shirt, or picture frame, or.....



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LYNNE



Baden Minor Softball Association

Hello Baden Ball Families!

Saturday, May 24th was sunny and warm: perfect weather for our Baden Ball Bottle Drive!

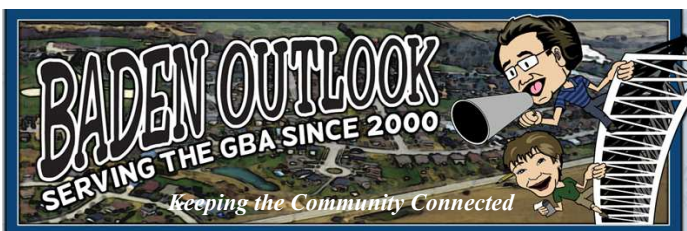
Players and parents from Coach Pitch to Midget, armed with cars, pickup trucks, trailers and great attitudes, arrived at the diamonds to help out with this year's drive. Families arrived with trunks and vans full of donations. Baden residents came through with empties and even some financial donations; probably they couldn't resist our players' requests in their sharp uniforms, especially our great-looking new Coach Pitch jerseys! At the diamonds, players' and adults' math skills were tested with crushing cans and counting out bags of 300, as well as performing the precision sorting of beer, liquor, and wine bottles by brand and colour that the Beer Store requires for bottle drives. Luckily, we had experienced helpers from last year's bottle drives on hand, so we were a 'well-oiled machine' in the sorting department!

Thanks go out to the owners of Pizza Express in Baden, who helped us with a deal on pizzas for lunch, as well as plates and napkins to help us 'keep it classy' at lunchtime!

Thanks also go out to the kind folks at the Beer Store in New Dundee.

Thanks to your fantastic support, BMSA raised \$1252! This will help with equipment upgrades, as well as the cost of all of those new pants! We also hold on to our dream of having a display case at WRC, which costs over \$3000 presently.

~ Your BMSA Executive



New Hamburg Legion

Branch #532 - Bouleee Street, NH

Invites you to join them for Wing Night!
Friday July 11, 6-9 pm

1 pound of wings & 1 side, and
1 pint of domestic beer \$12
Advance tickets at Legion

Call for more info 519 662 3770



Hosting Relatives this Summer? Plan Ahead!

Hosting relatives at your home can bring all types of reactions to mind. For some it is a time of panic, for others it is a time of joy. In either case, the following tips can make the visit more enjoyable for all involved:

Take charge of the visit - keeping in mind your family and your work, schedule the visit when it is most convenient for you.

Do as much prep work in advance as possible - this includes food prep, and arranging activities.

Maintain your schedule - it's very important, especially for children, to maintain a regular schedule as much as possible. Don't cancel your regular plans. Maintain them and do your best to include your relatives. An alternative might be to give them some alternate options that they may enjoy apart from your family. You may even find that they enjoy that time to themselves.

Involve your relatives in your family life - Show visiting relatives how you do things and give them the opportunity to help. If your relatives are the grandparents, they may really enjoy some quality time with their grandchildren, without mom and dad around.



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NOTICE TO THE VOTERS OF CONSEIL SCOLAIRE VIAMONDE
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THE CITY OF LONDON, THE COUNTY OF MIDDLESEX,
THE COUNTY OF PERTH, THE COUNTY OF WELLINGTON AND
THE COUNTY OF HURON.
(1 member to be elected)

Nomination forms for the 2014 MUNICIPAL ELECTIONS **for the above noted position** will be accepted from January 2nd to September 11th, 2014 from 8:30 a.m. to 4:30 p.m., Monday to Friday, at the Election Office, Main Lobby of City Hall, 300 Dufferin Avenue, London and on September 12th, 2014 from 9 a.m. to 2 p.m.

Nomination forms and information about the filing of the forms may be obtained by contacting the Election Office, Main Lobby of City Hall, 300 Dufferin Avenue, London (519-661-4535).

Candidates must provide the following information when filing;

- a declaration of qualification;
- proof of qualifying address within the City of London or school board jurisdiction;
- photo identification; and
- a \$100 nomination filing fee for trustee candidates (debit, credit, or cash, certified cheque or money order made payable to "City Treasurer").

The MUNICIPAL ELECTIONS will be held on Monday, October 27, 2014 from 10 a.m. to 8 p.m.

Dated at London
April 17, 2014

Cathy Saunders
City Clerk and Returning
Officer, City of London

AVIS AUX ELECTEURS CONSEIL SCOLAIRE VIAMONDE
(FRENCH LANGUAGE PUBLIC DISTRICT SCHOOL BOARD #58)
1 À ÉLIRE POUR TOUT LE TERRITOIRE GÉOGRAPHIQUE
DE LA MUNICIPALITÉ RÉGIONALE DE WATERLOO,
VILLE DE LONDON, DES COMTÉS DE MIDDLESEX, PERTH,
WELLINGTON ET HURON.

LES FORMULAIRES DE MISE EN CANDIDATURE POUR LES PROCHAINES ÉLECTIONS MUNICIPALES seront acceptés jusqu'au 11 septembre 2014, de 8 h 30 à 16 h 30 du lundi au vendredi, au Bureau des élections situé dans le hall principal de l'Hôtel de Ville au 300, avenue Dufferin, London, et le 12 septembre 2014 de 9 h à 14 h.

Les formulaires de nomination et les renseignements pour les remplir peuvent être obtenus en communiquant au Bureau des élections, situé dans le hall principal de l'Hôtel de Ville au 300, avenue Dufferin, London (519-661-4535).

Les candidats doivent fournir les renseignements suivants :

- Une déclaration des qualifications;
- Une preuve de résidence dans la municipalité de London ou sur le territoire d'un des conseils scolaires;
- Une pièce d'identité avec photo;
- Des frais de soumission de candidature de 100 \$ pour un poste de scolaire (argent comptant, chèque certifié ou mandat payable à « City Treasurer »)

Les ÉLECTIONS MUNICIPALES auront lieu Le lundi, 27 octobre 2014 de 10 h à 20 h

Daté à London
3 avril 2014

Cathy Saunders
Secrétaire municipal
Ville de London et directrice de scrutin

NH Lions Adopt A Highway

The New Hamburg Lions spent the evening of Thursday May 8, cleaning the roadside between Peel Street and Nafziger Road as part of the Adopt-a-Highway program. Once again, a surprising and disappointing amount of garbage was retrieved from the roadside and ditches along that stretch of Highway 7/8.

Participating with many other Lions members were Lions Ron Gingerich, Paul Mackie, Grant Jonas, Bob Calhoun, Kevin Williams, and photographer Jim Miller. The New Hamburg Lions have participated annually in the Adopt-a-Highway program on this section of Highway 7/8 for over 15 years.



Be sure to join the folks at New Hamburg Scott Park for Canada Day Celebrations and see the amazing fireworks show put on by NH Lions.



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You Must Be Joking!!



HOW IS NORMA?

A sweet grandmother telephoned the hospital. She timidly asked, "Is it possible to speak to someone who can tell me how a patient is doing?"

The operator said, "I'll be glad to help, dear. What's the name and room number of the patient?"

The grandmother in her weak, tremulous voice said, "Norma Findlay, Room 302."

The operator replied, "Let me put you on hold while I check with the nurse's station for that room."

After a few minutes, the operator returned to the phone and said, "I have good news. Her nurse just told me that Norma is doing well. Her blood pressure is fine; her blood analysis just came back normal, and her physician, Dr. Cohen, has scheduled her to be discharged tomorrow."

The grandmother said, "Thank you. That's wonderful. I was so worried. God bless you for the good news."

The operator replied, "You're more than welcome. Is Norma your mother?"

The grandmother said, "No, I'm Norma Findlay in Room 302. No one tells me a darn thing!"

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11:00-2:00**

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