

JUNE / JULY 2015



Baden Outlook



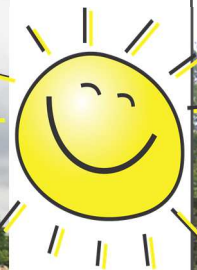
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Keeping the Community Connected with 2900 Copies in Circulation

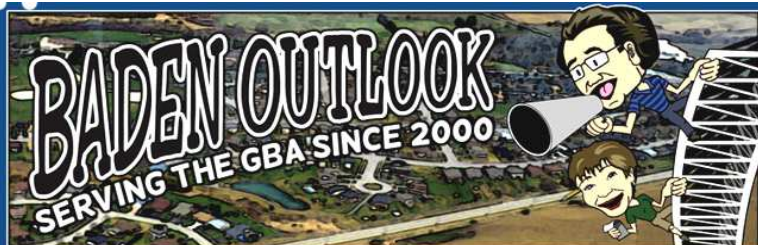
The Day has Come! The Wilmot Splash Pad is Open and Ready for Play!

Photo courtesy of Peter Roe



A huge crowd gathered on Friday, June 5th for the official opening of the Wilmot Splash Pad. Along with the opening ceremony and refreshments were children—and lots of them! —delighted to be finally splashing and playing in the water....What a grand summer this will be!! See more photos inside.

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This paper is priceless - Please have one!

Talking with Ed

~ Trails—with Tribute to Harold



Newcomers to Baden may not recognize the name "Harold Schmidt". His name matters because he made a huge impact in our town of Baden and within Wilmot Township in many ways—and continues to do so today. In the late 50s he was the first secretary-treasurer of Waterloo-Oxford High School Board. He was also secretary-treasurer of the Wilmot Municipal Telephone System, and was Baden's elected councillor for 24 years (1973-1997). He was a strong advocate for turning Castle Kilbride into a museum, a member of the Baden Chamber of Commerce, the Baden Park Board, and the Wilmot Heritage Society. Harold was a dedicated church leader, businessman, and historian.

Harold and his wife Enid were also major land owners around Baden. They owned the farm on the west side of Sandhills Road, north of Snyder's Road. They also owned the farms between Baden and Nafziger Road (Beckdale Farms) on the south side of Snyder's Road. Mr. Schmidt passed away at the age of 81 in 2001 and Enid passed in 2011.

At the Township of Wilmot Council Meeting on June 1, 2015, Council unanimously accepted the generous donation of 41 acres of lands from the Estate of Harold and Enid Schmidt, Shantz Mennonite Church and Mennonite Church Eastern Canada. The conveyances allow the Estate to disperse its assets in manageable and logical components while at the same time creating an opportunity for the Township to acquire trailways and parklands which would typically only be acquired in a piecemeal fashion over many many years through the development approvals process.

The donation will be divided into five different conveyances: Beckdale North Trailway, Schmidt Woods, Beckdale South Trailway, Gateway Park, and Beckdale Lane.

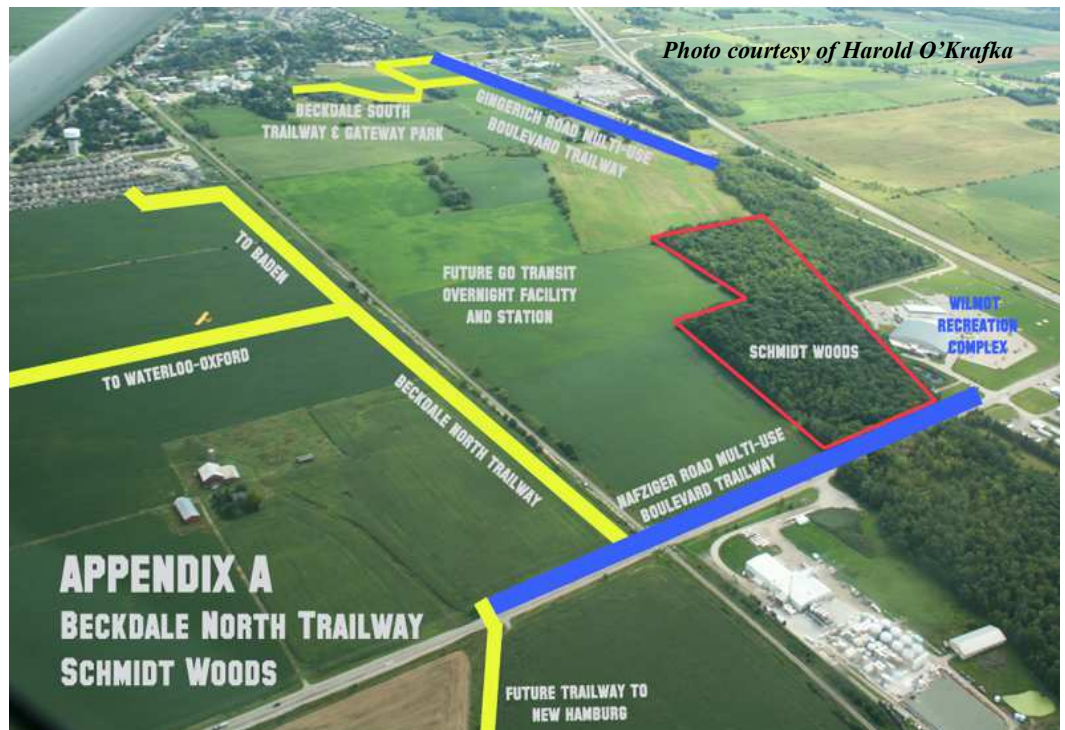
Beckdale North Trailway- will connect the Brenneman Drive neighbourhood to Waterloo Oxford High School and extend to Nafziger Road where it will connect to a bike path along Nafziger.

Schmidt Woods – This is the largest single conveyance of the estate to the township consisting of 12.6 ha (31 acres) which is located between the tracks and the Rec Centre which will be used for multiuse trails.

Beckdale South Trailway – This offers the opportunity for future trail linkages from Queen Street to Nafziger Road and easterly along Baden Creek from Foundry Street.

Gateway Park – Will allow for a future trailhead and park and will connect to the proposed bike trail to the north of Gingerich Road.

Beckdale Lane – will be the street directly across from Louisa Street which will include a turnaround; a pathway will connect Beckdale Lane north along the Baden Pond to King George Street.



The township has been blessed with many things to enhance our lives, such as the Wilmot Rec Centre (skate section 2007, swim section 2011, and splash pad 2015) just to name a few. The future trail system will be just one more enhancement to be enjoyed by many generations to come. These trails will be a permanent tribute to the legacy of Harold and Enid Schmidt.

Until August...Ed

Greetings from ~ Outlook Headquarters

Yahoo! This is what we've been waiting for... sunny days with easy breezes, balmy nights, and yes—vacation time! It's a shame that out of twelve months a year we dream of these next few months like we've never had them before; but with each season comes change, and this is what most of us welcome! I particularly like the change of routine, next to being



outdoors. I feel most healthy and vibrant when I am outside. So naturally we are spending as much time as we can out at our trailer reconnecting with our friends that we don't see much of



throughout the other 8 months of the year. Seen in the photo are Kelly Mink, Scott Schmidt and Larry Trim (our neighbours at camp) who gathered around the camp mascot, Jimmy the Santa Bear, and read the recent issue of the Outlook. Jimmy travels from site to site just being sociable and parking his furry bottom wherever he chooses!

I've had plenty of phone calls and emails inquiring about the annual fishing derby, and sadly I've had to report that it is no longer! The former group that held it disbanded (beyond their control) and no one has taken up the project. There is much sadness about this event as it had become very popular. Hopefully some group can pick it up and stock the pond with fish to carry on this great outdoor activity where folks of all ages took part!

Speaking of great outdoor events, Cruisin' at the Pond is back and blasting out the golden oldies along with their classic cars—every Wednesday night down at the pond! Also for your evening pleasure are the summer Concerts at the Castle on Thursday nights... see the awesome line-up on page 25. And yes—the 3rd Annual Corn Festival on August 8th; check out their website at www.badencornfest.ca. Be sure to take the kids to the new Splash Pad to keep cool this summer! Canada Day promises lots of fun in New Hamburg with plenty of activities and an awesome firework show to wrap up the day!

EXTRA EXTRA!!

You'll find us around the 15th of each month at over 60 pick-up locations in Wilmot— while quantities last. Available in Baden at EJ's, Mars Variety, Mac's, Baden Feed, Levetto, Baden Dental, Wilmot Rec. Complex, Tim Hortons, Baden Library, and several outdoor magazine boxes located conveniently throughout town for Baden readers.



Also in St. Agatha at Fishers Esso, Angies Kitchen, Stop 2 Shop. In Petersburg at Blue Moon, Old Fashioned Variety and Foxboro.

There are over 30 places in New Hamburg to pick it up—including: No Frills, Sobey's, Short Stop, NH Legion, McDonalds, Kasemann's, Morningside, Stonecroft, Office Pro, NH Thrift Centre, 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!*



Tis the season for strawberries and St. Agatha is hosting their 14th annual Strawberry Festival on June 20—there are other opportunities to get your fill of berries as seen on page 28... So join in on the local strawberry socials.



Have a Great Summer ... See you in August!!



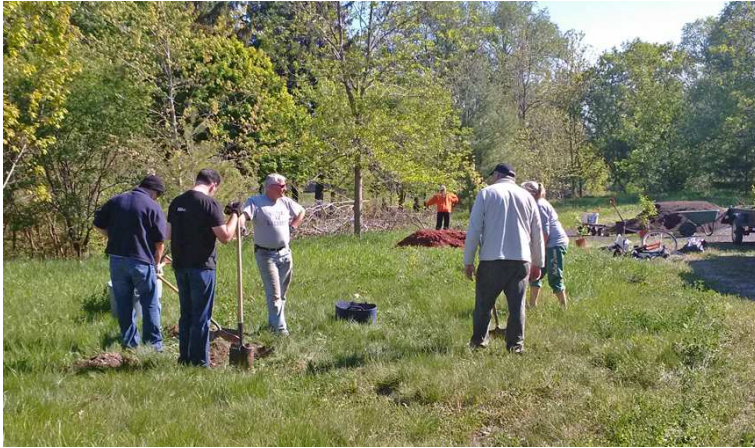
Summer is here and we are going outside to garden, camp, play, visit, snuggle our new grandson, and relax!! ... and yes, stay away from the computer for one month.



Till August...
Pat and Barry

Baden ~ Our Town

The Parkette comes to life! On May 23rd members of the Baden Community Association met at the Foundry Street Parkette to plant the 42 trees that were ordered from the Grand River Conservation Authority. The group also started clearing out dead brush and branches. Soil was delivered by Season's Grande for the main garden area and plants are being considered. The BCA has also ordered two Blue Spruce trees which will be at the front of the property and the Eby family of Baden has donated a large Oak tree which will be planted on the property. Long-time resident Donn Eby was one of the driving forces of the original parkette and bridge in the 80s, so it seems fitting that the family should be honoured in this way!



The BCA hired Waldor Industries for the removal of the old metal railings and ABR Dustless Blasting Inc. for sandblasting and painting of the bridge metal beams. Hopefully all of this work will be done towards the end of June and reconstruction of the bridge can continue from there. The BCA held a survey on their Facebook page as to what colour the metal beams should be painted and the vast response was a dark red colour. Thanks to all who participated in the survey as it allowed the community to take part in the project. Sincere thanks to those who have contributed thus far and we continue to promote the Buy-A-Plank fundraiser.

The township has generated specific plans for the bridge flooring and railing systems and they should be installed within the next month or two hopefully in time for the Baden Corn Festival which will be held on August 8th. Ken Young Construction has offered the BCA some of his and his employees' time to help with the construction of the floor and railings.

The BCA meets the last Wednesday of each month in the basement of the township hall at 7 o'clock. They are actively seeking new members who would like to make a difference in our town. For more information call 519-634-8916.



We're getting there!! Thank You!!

- ◆ BCA - \$4000
- ◆ Region of Waterloo - \$3000
- ◆ Schout Corporation - \$2,500
- ◆ Baden Outlook - \$500
- ◆ PW Concrete - \$2000
- ◆ Optimist Club of Baden - \$500
- ◆ Baden & District Chamber of Commerce - \$5000
- ◆ TLC Pet Food - \$2,500

Buy A Plank Donors

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3. Scott & Crystal Alischer
4. Shane & Cailyn (Alischer)Bowman
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Native plants and trees

Another community project by The Baden Community Association

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POSTPONEMENT OF BADEN FAMILY FUN DAY

It is with disappointment that the churches who form the organizing group for the 2015 Baden Family Fun Day which was scheduled for June 20, 2015 at Beck Park in Baden announce that the event has been postponed. This event is supported by Shantz Mennonite, Steinmann Mennonite, St. James Lutheran, Wilmot Mennonite, and West Hills Fellowship.

This was to have been the 10th anniversary of the event. There are a number of other

community events taking place on June 20, and due to these and other factors there were an unusual number of conflicts for volunteers at the event. As a result, we were not able to build a sufficient volunteer base to safely stage the event. Rather than offer a substantially scaled back version of the event on June 20, the decision was made to postpone.

The hope is that another suitable date can be found to stage the event, if not this year then hopefully in 2016. June seems to be a busy time of year both for our usual volunteer base and for the community in general, and so we are evaluating options for permanently relocating the event on the community calendar to help eliminate some of these conflicts.

Please keep an eye out for posters and announcements about a new date for the event. If there are people in the community that would be willing to help out with the event in the future, please email to office.westhills@gmail.com or call 519-634-4993.



Happy Birthday Canada!



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Pet's Place

by Dr. Rebecca Ricker

The warm weather is here, and our focus is on fun ways to keep cool. This often leads many of us to the beach. If you are thinking of taking your doggie companion to a dog friendly beach, there are a couple safety tips to keep in mind.



Not all dogs are natural swimmers; some need to be introduced to the water slowly in order for them to truly enjoy it. Also, certain breeds are not built for staying afloat. Breeds with short legs or short faces may have a harder time swimming and may fatigue more easily. Smaller breeds may enjoy a cool off but can easily become chilled in the water and be more susceptible to hypothermia. Always keep an eye and watch for any signs your dog may be in distress.

When it is swim time, it is always better to have your pet in calmer water, away from speedboats and rough surf. Try to avoid your dog drinking too much lake water which may contain bacteria or other contaminants that may cause illness. Make sure to bring lots of clean, fresh water and a drinking bowl to quench your dogs thirst.

Always be sure to provide a cool place in the shade for them to rest. Consider bringing along a pop-up shelter for shade in case there is none readily available. Additional protection from the sun is always something to consider. Pet specific sunscreens are available; always try to stop them from licking it off before it fully soaks in. For our friends with a thin coat, a T-shirt can also be helpful for sun protection.

The temperature of the sand is also something to consider. Playing fetch at the cooler points in the day will help save burns to tender paws.

Finally, when the day is done, be sure to rinse your dog with clean water to remove any excess sand. It is also important to use a towel to dry them off to help avoid leaving excess moisture that may cause some skin issues.

Hopefully these tips will help make your beach adventure a good experience for everyone.

Enjoy your summer and try to stay cool!

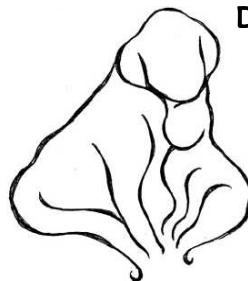
See you August 8th at the Corn Fest Scavenger Hunt!

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You Must Be Joking!!



When Love Fades

Last night I was sitting on the sofa watching TV, when I heard my wife's voice from the kitchen ask...

"What would you like for dinner, my love, Chicken, Beef or Lamb?" I said, "Thank you, dear, I think I'll have chicken."

She replied, "You're having soup, I was talking to the cat."



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Yay — Go W.O.!! So much to be Proud of!



*Exciting News -
WCSSAA
Championship for
WODSS!
Congratulations to the
Waterloo-Oxford
Senior Boys Rugby
team on winning the
WCSSAA
Championship!*



The W-O Chamber Choir performed for a full house at Centre in the Square on Tuesday, May 5, as the Guest Performing Artists at the 28th Annual Kodaly Choral Festival.

Every year, a WRDSB secondary school choir is invited to perform at this event, and it was exciting for WODSS to receive this recognition and opportunity for 2015.

Congratulations to the Choir, Director Susan Millar Idsinga and Mark Domm for showcasing W-O Excellence!

The choir performed again on Wednesday, May 6 along with over 400 elementary students from 23 schools, as the Kodaly Choral Festival was a two-evening event.

WODSS Track Athlete, Emily Huras, competed in the girls midget 3000 metre event at OFSSA, Saturday, June 6 at Varsity Stadium at the

University of Toronto. She ran a good, strong and smart race where she came in 18th with a time of 11:16.37. She fought hard from start to finish, and did her coaches, school and community proud.

Emily earned a spot by running a personal best on Saturday, May 30 at the OFSAA West Regionals Track and Field Championships held in London.



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Baden Minor Softball Association

Baden Minor Ball's 2015 season has begun, making Beck Park a great place for our community to gather every day of the week! In the evenings, some Baden residents out for an evening stroll decide to stop and check out a ball game, while friends and family members cheer for players on the diamond. On Saturday mornings, our newest players (Tballers) are learning the game with plenty of happy supporters. Night owls enjoy watching our B.A.L.L. (Baden Adult Local League) teams play at 9pm on Wednesday and Thursday nights. All are welcome as our growing community connects at the diamonds.

Did you know that BMSA has grown to 24 minor ball teams this season? From 8 Tball house league teams to 6 Coach Pitch teams in league with NH, from 8 Tyke through PeeWee teams in South Oxford Softball League, to Atom Rep in Perth League and Wilmot Thunder Bantam Rep in PWSA ... over 200 players are developing skills and sportsmanship through Baden Minor Ball. We are also thrilled to announce that our B.A.L.L. league doubled this year to eight teams!

This growth is only made possible by the generous support of our community-minded volunteers and sponsors. Volunteer coaches/assistant coaches/team managers use their reserves of time, communication, and organizational skills during the season to coach our many teams. Executive members work all year to ensure that Baden youth have an opportunity to engage in team sports that focus on promoting health, important life skills, and community spirit. Our sponsors share that same philosophy, and their financial support proves it. We thank this year's 2015 sponsors:

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Pita Pit	Baden Pizza	

Want to get involved with Baden Minor Ball? Check out our very informative and user-friendly website: badenminorball.com
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Checking Out the Baden Library...Summer Fun!



Read for fun! Play! Learn something new! Children aged three and up are invited to join the 2015 TD Summer Reading Club. Registration begins on Tuesday, June 23 and continues throughout the summer with the TD Summer Reading Club officially beginning Thursday, 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, while school is out for the summer.



Last summer, over 230 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. Thank you to the service clubs and businesses who have already donated prizes! For more information about the program, or to donate, please contact Chris at 519-634-8933 or badenlib@regionofwaterloo.ca.

Registration is required for most programs. Register online (recommended), by phone, or in person for free programs. Ticketed programs must be registered for in the branch only.

Here are some fun and interesting programs we have planned for this summer at the Baden Branch Library:

Kids Club for ages 6 and up – Tuesdays from 1:30 - 2:30 p.m. beginning July 7 for seven weeks Join our summer student each week for stories, crafts, and more! Register for each week individually. Free.

Storytime for ages 2 to 5 – Tuesdays from 1:45 - 2:15 p.m. beginning July 7 for seven weeks This interactive program includes stories, songs, rhymes, crafts, and ideas for having fun with literacy at home. Free.

Creature Quest - Thursday, July 9 from 3 - 3:45 p.m. Meet live animals! Recommended for ages 4 and up. Tickets required.

Meet A Police Officer – Tuesday, July 21, 10:30 - 11:00 a.m. Learn about the job of a police officer. He will also be reading stories to us! Free.

Let's Talk Science – Thursday, July 23

Make science part of your fun this summer with volunteers from the University of Waterloo. Free. Choose from two programs:

Dynamic Dinos (ages 5-6) 2:30 - 3:15 p.m.

Bright Lights (ages 7-8) 3:30 - 4:30 p.m.

Drop In & Play Days - Wednesday July 15, 22, & August 12

Try out some of the library's Pop-Up Zones! Free all day!

Movie Days - Thursday, July 16, Wednesday, July 29 & Thursday, August 13

Tickets are \$1 per person which includes refreshments.

Craft Days - Wednesday, August 5 (Sock Puppets. Registration required. Tickets required.) **& Thursday, August 6** (Retro Craft Afternoon. Free)

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 2015 book, *Station Eleven* by Emily St. John Mandel. Visit www.oboc.com for more information about the book, author, and updates on coming events.

Need help finding a good book to read this summer? Try using NoveList on our website (found under the "Research" heading). NoveList can help you find author read-a-likes, award winning book lists, and more!

Summer is a great time to get a library card for yourself or family members. Library memberships are free! You can check out books, magazines, DVDs, music CDs, books on CD, and more. Download books, music, magazines - all for free! It doesn't get better than that.

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*



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June 5th, 2015 ... This is the Day Angie Hallman Dreamed of!

Angie was given an award for spear-heading the Splash Pad beginning in 2011 and worked very hard along with the enthusiastic community to bring this amazing water park to Wilmot.

The ceremony began with a piper leading the officials into the event with Lyndsey Morrison from CTV there to capture the excitement! The children scrambled around eager to make the first splash!

Photos courtesy of Mike Rice



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WILMOT Splash Pad

FREE BUSSING TO THE SPLASH PAD

Families in Wilmot can enjoy FREE bussing to the Splash Pad provided courtesy of the New Dundee Optimist Club, New Hamburg Full Throttle, St. Agatha Lions Club & a private Wilmot Awesome donor.

June Date:
Friday June 26th

July Dates:
Wednesday July 15th & Friday July 24th

August Dates:
Wednesday August 19th & Friday August 28th

Approximate pick up and drop off times on each day -
Arrival at Splash Pad at 11am and Departs at 1:30pm

9:30 am - New Dundee P.S. - 3:00 pm
9:55 am - St Agatha C.C. - 2:25 pm
10:15 am - Baden P.S. - 2:15 pm
10:30 am - Jacob St C.C. - 2:00 pm
10:45 am - Forest Glen P.S. - 1:45 pm
11:00 am - at the Rec Centre - 1:30 pm

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8am - 12noon. Classes are provided for ages 5 and up.



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

Ask Armand ~



Sue from Wilmot Centre asks – Considering the growing population of Baden, there are currently only two options to buy gas in Baden: Macs gas bar and D.H. Jutzi Fuels card lock. I heard there were once many other gas stations before that. Can you share some history on this?

Armand says – Good question Sue! Yes, there were five active gas stations in Baden. Starting at the west end of town there was Bontaine's Shell Station (later known as Hyndman's gas, service, and snack bar) at the corner of Snyder's Road and Christian Street. Moving east over the tracks was a White Rose gas station owned by Walter Bechthold at the Baden Emporium site. Continue east up Snyder's Road was a Frontenac gas station at



Frontenac Gas

Season's Grandes' current location which was owned by Sam Roth and then Bill Petznick. Further on down the street at the current Baden Automotive site was a B/A Gas Station originally owned by a Mr. Kaufman and finally there was a gas station at the Neitsel Drywall location at the corner of Snyder's Road and Sandhill's Road. This was owned by Morgan Witzel and he had gas pumps for a short time. Some of these had a long history but for a time they all operated successfully.



B/A Gas Station

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The Wilmot Splash Pad Dream Continues to Grow!

The Wilmot Girl Guides units of New Hamburg, Baden, and New Dundee applied for a tree planting grant through Girl Guides and Funded by TD Bank. They requested the funds of \$2,500 to plant trees at the Wilmot Splash Pad, and are very excited to announce that they were able to plant a total of 19 trees at the Splash Pad site. Nine large trees were planted



Baden Brownies and Sparks are seen in the photos.



around the Splash Pad and ten smaller trees were planted across the lot along the bush line.

The kids are excited that their kids someday will have big beautiful trees to sit under at the Splash Pad and they sure had a blast doing it!



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Athlete of the Year Awards

On May 20th, Wilmot Township held the 17th annual Waterloo Region Athlete of the Year Awards at the Wilmot Rec. Centre. The evening was hosted by the Wilmot Rotary Club. Andrew Poje and Kaitlyn Weaver were the winners in a group of ten deserving finalists.

Aside from the Athlete of the Year awards there were several local awards of excellence handed out. Rob Way



won the individual category, while the Wilmot Aquatic Aces Swim Club were recognized in the organization category and the New Hamburg Firebirds Hockey team were selected for the team category.

Pictured here are Joe Scheerer accepting the award for the Firebirds, Collen Cameron accepting the award for the Aces and the Wilmot Township table consisting of Mayor Armstrong, Councillors Jeff Gerber, Al Junker, Peter Roe, Barry Fisher (photographer), and Director Of Parks and Rec for Wilmot—Scott Nancekivell, and Waterloo Region Chair, Ken Seiling.



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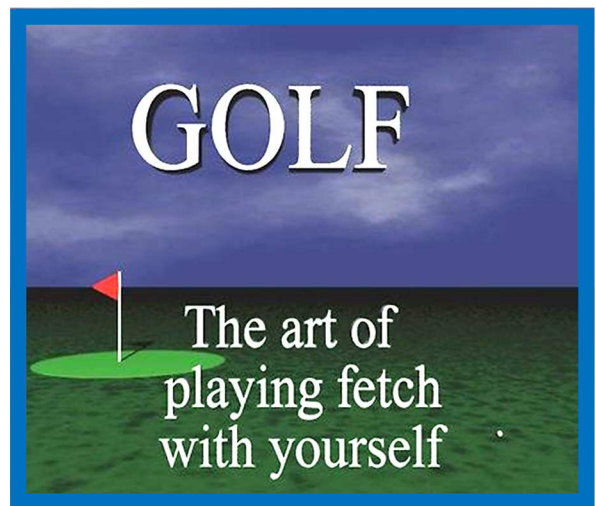
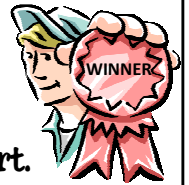
Baden Outlook Baseball Pool Stats

Top 60 on the Leader Board					
Place	Name	PTS	Place	Name	PTS
1	Peter Woolfrey	143	31	Scott Miller	127
2	Dallas Diebold	140	32	Dave Randerson	127
3	Rebekah East	139	33	Hannah Litwiller	126
4	Denise Routhier	137	34	Jessie Gingerich	126
5	Michelle Naumann	136	35	Al Junker	126
6	Brenda Grebinski	136	36	Kim Rempel	126
7	Madiysn Wilde	135	37	Aiden Heinbuch	125
8	Payton Egli	135	38	Conor Burke	125
9	Brandon Gingerich	134	39	Nicholas Pokorny	125
10	Brad Wilson	133	40	Peter Westlake	125
11	Sam Gingerich	133	41	Steve Cameron	125
12	Calub Heinbuch	133	42	Evan Bizony	124
13	Jake Livingston	132	43	Dick Dean	124
14	Harry Wilde	132	44	Susan Nickolas	124
15	Greg Zehr	131	45	Adam Kaspar	124
16	Alf Crabbe	131	46	Heather Dubrick	124
17	Shayne Grebinski	131	47	Ernie Faulhafer	124
18	Bob Brydon	131	48	Paul Morrison	124
19	Aiden Kooy	130	49	Isaiah Ruby	123
20	Nate Roth	129	50	Tyler Naumann	123
21	Tom Bennett	129	51	Brad Ziegler	123
22	Michelle Roth	129	52	Matt Bowen	123
23	Vicki Hardman	129	53	Taylor Naumann	123
24	John Westlake	129	54	Logan Kleine	123
25	Phylis Sisco	129	55	Wendy Held	123
26	Marissa Schmitt	128	56	Sean East	123
27	Jack Papa	128	57	Hunter Hanusch	122
28	Ashley Ferguson	128	58	Charity Aubin	122
29	Greg Stoyko	128	59	Laura Grebinski	122
30	Claire Gingerich	127	60	Zeke's Hero's	122



Congratulations to Peter Woolfrey 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 Jordan Hopkings winning a Baden Outlook shirt.



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

*Canada Day party June 27th.
Live music 9 pm with the "Ken Dolls"
Moosehead swag*



Hello sports fans—thanks for playing baseball with us! We had 289 pool entries and you can start following your stats which are updated daily on the site. The Outlook draws the stats on the 7th of each month to determine the winners.

To follow the stats, log on to our website at www.badenoutlook.com click on sports pool and select "baseball". Once in the site select login your pool—Quick Access. The pool ID is outlookhomerun with a password of guest. Have Fun and Good Luck!



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You Must Be Joking!!

Psychological Health News Alert



- * Do you have feelings of inadequacy?
 - * Do you suffer from shyness?
 - * Do you sometimes wish you were more assertive?
- If you answered yes to any of these questions, ask your doctor or pharmacist about Cabernet Sauvignon.**


Cabernet Sauvignon is the safe, natural way to feel better and more confident about yourself and your actions. It can help ease you out of your shyness and let you tell the world that you're ready and willing to do just about anything.

You will notice the benefits of Cabernet Sauvignon almost immediately and, with a regimen of regular doses, you can overcome any obstacles that prevent you from living the life you want to live.

Shyness and awkwardness will be a thing of the past and you will discover many talents you never knew you had. Stop hiding and start living.

Cabernet Sauvignon may not be right for everyone. Women who are pregnant or nursing should not use it. However, women who wouldn't mind nursing or becoming pregnant are encouraged to try it.

Side effects may include:
Dizziness, nausea, vomiting, incarceration, loss of motor control, loss of clothing, loss of money, loss of virginity, delusions of grandeur, table dancing, headache, dehydration, dry mouth, and a desire to sing Karaoke and play all-night rounds of Strip Poker, Truth Or Dare, and Naked Twister.

- Warnings:**
- ◆ The consumption of Cabernet Sauvignon may make you think you are whispering when you are not.
 - ◆ The consumption of Cabernet Sauvignon may cause you to tell your friends over and over again that you love them.
 - ◆ The consumption of Cabernet Sauvignon may cause you to think you can sing.
 - ◆ The consumption of Cabernet Sauvignon may create the illusion that you are tougher, smarter, faster and better looking than most people.
- 

It is important to share this valuable information with as many people as you feel it may benefit!

Now, just imagine what you could achieve with a good Shiraz or Merlot...

Submitted by Jane Leis





You are given the gift of 24 hours every day. It's important to understand that within this time limit there are certain fundamentals your body requires for optimal health. Exercise is one of the essentials that is hard-wired right into the human physiology.

Your body is an incredibly designed machine and most exercise researchers believe every body thrives best on a minimum of 60 minutes of physical exercise each day. Remarkably, only thirty minutes a day has been shown to be an ideal minimum for achieving some incredibly powerful, positive health changes. Your optimal goal should be to do everything you **need** to and **want** to in 23½ hours, leaving a minimum of 30 minutes each day for exercise.

I love this message from physician Dr Mike Evans, who has championed exercise as one of the most powerful lifestyle changes you can make to achieve optimal health. He and his research team at St. Michael's in Toronto have found that one small half hour component of daily exercise can promote a reduction of:

- **dementia/Alzheimer's by 50%**
- **depression by 47%**
- **anxiety by 48%**
- **arthritic pain by 47%**
- **diabetes-related problems by 58%**
- **post-menopausal symptoms in women by 41%**
- **many cancers by 66% with just 35-40 minutes per day**
- **and a 23% lower risk of death!**

Exercise must be valued for the powerful medicine it is. It can both **prevent disease** and **heal the body**.

Just imagine the work our forefathers had to do to put food on the table: walking and running to hunt wild game, fishing

(without modern boats and equipment), clearing land, sowing and tending fields, and then harvesting. Hours of endless physical work just to enjoy one meal. Now all we need to do is wait in a drive-through for dinner. And pushing a grocery cart isn't exactly tough physical work, is it? In North America our lives have become extremely cushy and it's time to understand we cannot thrive and survive without hard, physical labour at some point each day.

For beginners, I recommend a walking program. The only expensive equipment is a good pair of running shoes. Walk at your own pace, briskly enough to achieve heavy-breathing, while being able to carry on a conversation. As fitness levels change and improve, so should your workout. There are many ways to change up an exercise regime. Remember this helpful acronym:

F – Frequency: make exercise more frequent throughout your day/week

I – Intensity: increase the intensity (i.e. your walk can become a power-walk or jog, or include hills)

T – Time: increase the length of exercise time

T – Type: change up the kinds of exercise

I encourage you to commit to just 30 minutes of activity each day. For a beginner, that's all it takes to see incredible results. Please take nine minutes to watch this incredibly fun and engaging video by Dr Mike Evans. <http://www.youtube.com/watch?v=flykiqza6fQ>

This short video, with fun cartoon illustrations, is extraordinarily engaging and will be enjoyed by the whole family.

Be Well, Christine Gingerich www.optimalYOU.ca

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The Story Barn Lives on!

The Story Barn, owned by Mary-Eileen McClear, which was a storytelling centre was forced to close due to necessary renovations required by the township. It has been re-modelled and back in action in a different fashion.

The New Story Barn is a Little Free Library built for Mary-Eileen as a Christmas present by her husband, Ted Derry. It's a model of the original Story Barn and, like all Little Free Libraries, it has books in it.

Anyone is welcome to take a book, leaving another book in place of the one taken. Drop by the corner garden on the east end of their yard at 89 Snyder's Road West and take a look and choose a book!

(You have to pull firmly at the handle to get it open, made tight to hopefully keep the rain out.)



You Must Be Joking!!



Teenage granddaughter comes downstairs for her date with a see-through blouse on and no bra. Her grandmother has a fit, telling her not to dare go out like that! The teenager tells her, 'Loosen up Grams. These are modern times. You gotta let your rose buds show!' And out she goes.

The next day the teenager comes downstairs, and her grandmother is sitting there with no top on.

The teenager wants to die. She explains to her grandmother that she has friends coming over and that it is just not appropriate.



The grandmother says, 'Loosen up, Sweetie. If you can show off your rose buds, then I can display my hanging baskets.'

Happy Gardening.



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In years past, the practice of writing in a diary, or journaling, was utilized by many different people across different cultures, life stages, and socio-demographic variances. Quite often, it was part of a morning routine, or an evening ritual. It was a time in which we could be alone with our thoughts, or try to make sense of certain situations. It has been known that journaling can be very beneficial for both the mind and the body.

There are many different thoughts, feelings, and stresses that fill our mind on a daily basis. However, when journaling, we can only write down one thought at a time; therefore, it forces us to process the information we are writing out. Once it is written down, we no longer need to hold onto it in our minds. As a result, we can give ourselves permission to let it go. We can always come back to it in the future if we would like.

One of the many benefits of journaling is that it provides clarity for us. It enables us to have a better understanding of our thoughts and feelings surrounding our circumstances. This helps us to work through the situation and related emotions. Through journaling, we may develop an alternative or more realistic perception of the events that have occurred.

Journaling has been known to be a healthy way to reduce stress. It is a place in which we can write about heavy or painful emotions. Through this process, we have

the ability to reduce the intensity of the emotions.

Journaling enables us to solve problems more effectively. Our left brain is the analytical, problem solving hemisphere. We often rely solely on this side of the brain to provide us with the necessary answers to deal with a problem. However, the right side of our brain provides us with creativity and intuition. Through journaling, both sides of the brain are engaged, helping us to reach a potentially more effective solution.

When we have difficulties in our relationships with others, and may not be in a position in which we want to, we can turn to journaling. Journaling can be a safe place to work through the issues, and may even allow us to see a problem from the other person's perspective. We develop a deeper understanding of our needs as well as the needs of the others involved.

The benefits of journaling can have such a profound effect on our physical and mental health. It is a practice that takes time to develop. When our lives get busy, it is often something that gets squeezed out. If you can persevere, and stick with it, you will be glad you did.

Next month, we will continue this topic, as we focus on the concept of gratitude journaling.

You Must Be Joking!!

A very cranky old woman was arrested for shoplifting at a grocery store. She gave everyone a hard time, from the store manager to the security guard to the arresting officer who took her away, complaining and criticizing throughout the process. When she appeared before the judge, the judge asked what she had stolen from the store.

The lady defiantly replied, "Just a stupid can of peaches."

The judge then asked why she had done it.

She replied, "I was hungry and forgot to bring any cash to the store."

The judge asked how many peaches were in the can.

She replied, "Nine, but what do you care about that?"

The judge patiently said, "Well, ma'am, because I'm going to give you nine days in jail -- one day for each peach."

As the judge was about to drop his gavel, the lady's long suffering husband raised his hand and asked if he might speak.

The judge said, "Yes, what do you have to add?"

The husband said, "Your Honour, she also stole a can of peas."



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Asparagus!

The season of asparagus is soon over so make the most of it!



Asparagus is a member of the lily family which includes leeks, garlic and onions. It has a spear top with bud-like, compact, and pointed head. Perhaps it may surprise you that there are a few hundred varieties of asparagus but only a small number are edible. Although it's available all year round, asparagus usually is most found and best in spring and is harvested when it is about 6 to 8 inches tall. The variety we eat is usually green or greenish purple in color. There is also a white variety which is grown underground to preserve its delicate flavor. But these sunlight-deprived stalks also lack the goodness of chlorophyll. Asparagus is expensive compared to other more common vegetables simply because it is harvested by hand.

Nutritional Benefits

Asparagus is an alkaline food which is rich in protein but low in calories and carbohydrates. It is an excellent source of potassium, folate, vitamins A, C and K, and traces of vitamin B complex. A good source of dietary fiber, asparagus is also rich in niacin, phosphorus, and very low sodium. And certainly most impressive is that it is one of those few vegetables that actually has the calcium and magnesium in the ideal ratio of 2:1.

Health Benefits

Asparagus has an abundance of an amino acid called asparagine, that helps to cleanse the body of waste material. As a result, some people's urine may have a foul odor after eating asparagus. Don't worry if this happens to you. Just be glad that your kidneys are getting a good cleansing.

Asparagus is one of the few vegetables that is dense in healthful nutrients that help many ailments.

Acidity, Blood: The high alkalinity of this wonder juice is effective in reducing the acidity of the blood and helps cleanses the tissues and muscles of waste.

Arthritis and Rheumatism: A unique phytochemical in asparagus that produces anti-inflammatory effect helps relieve arthritis and rheumatism.

Bowel movement: Consume asparagus regularly for its mild laxative effect and dietary fiber that provides for regular bowel movement.

Cancer: Asparagus is a prime source of anti-oxidant and glutathione that can help prevent the dreaded cancer.

Cataracts: The anti-oxidant and glutathione in asparagus prevents the progression of cataracts and other eye problems.

Diabetes/Hypoglycemia: The healthful minerals in asparagus juice make it an important diet for people who are controlling their blood sugar levels. However, it is not to be taken by people with advanced kidney diseases.

Diuretic: Asparagus is a wonderfully diuretic vegetable and its efficacy is more pronounced when it is taken in juice form.

Heart disease: Drink a small amount of asparagus juice mixed with raw honey three times a day daily to strengthen a weak or enlarged heart.

Kidney: The diuretic and alkaline properties of asparagus help prevent or dissolve kidney stones. It helps break up oxalic acid crystals formed in the kidney.

Pregnant women: The high content of folate, calcium, and other minerals in asparagus are important in reducing the risk of birth defects and low birth weight. The diuretic effect of the juice is also a big help in reducing water retention in pregnant women.

Consumption Tips

When buying asparagus, choose straight, firm stalks with tight tips. Asparagus is very perishable and will last about 3 to 4 days while blanched asparagus can last for 9 months in the freezer. Do not wash asparagus before storing. Wash it just before using. To store fresh asparagus, wrap the stalks in a damp cloth and place in a plastic bag that is not airtight. Airtight bags will trap moisture, causing the asparagus to become soggy. Fresh asparagus can also be stored by trimming an inch off the stem end, wrapping ends with a wet paper towel and then stand the spears upright in a glass or upright container filled with a couple of inches of water. Place a loose plastic bag over the spear tips and store in the refrigerator.

Eat asparagus for its dietary fiber. But also make juice out of it, especially using the tough stem ends. Suggestion to make a nice glass of asparagus juice: To a small bunch of asparagus (about 10-12 stalks), add a carrot, two green apples, and a slice of lemon with peel.



Asparagus can be boiled, steamed, sautéed, grilled, pickled, or served cold. It makes an enjoyable appetizer, or a good complement to salads, vegetable dishes, and soups. Asparagus can also be pureed to be used for soups and soufflés.

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

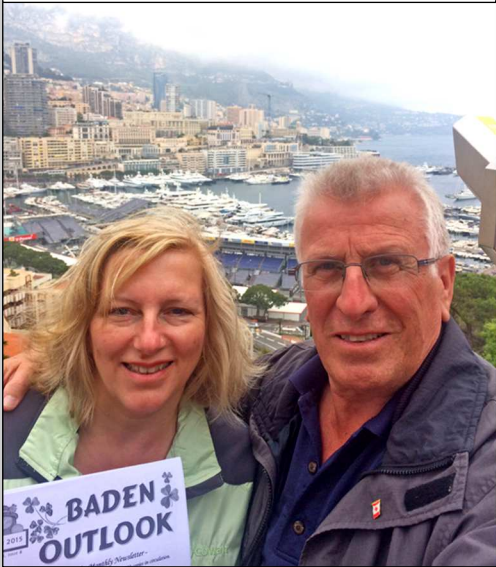


Foxboro Green residents Jim and Nancy Arbuckle, Jim and JoAnne Brodie and Stewart and Ellen Bowring took their Baden Outlook along with them on a trip to Hawaii.



John and Carol Nielson and Phil and Carole Hahn took the Baden Outlook to Fisherman's Village, Punta Gorda, Florida.

Al Forbes and Mary Mancuso of Stonecroft took their Outlook to Monaco .



Laura Bender and Joanne Marchildon made it to the summit of Mount Kilimanjaro in Tanzania in May.



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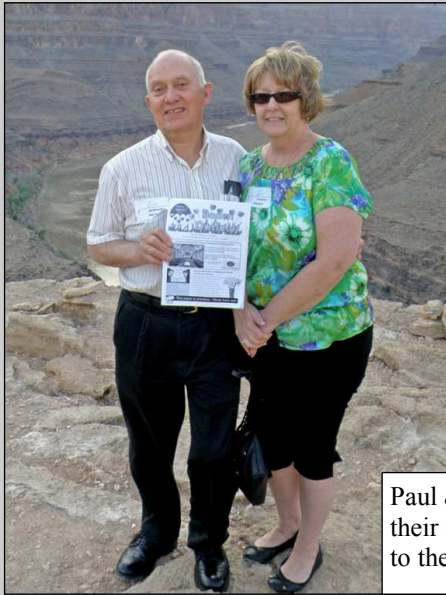
...To Germany, Scotland, Portugal, Grand Canyon, Hawaii, Monaco, Tanzania & a Murder Mystery Party



Morningside hosted a Murder Mystery — "Murder Under the Tuscan Sun". The eight suspects were residents of Morningside: Wayne Amos, Wilma Kennedy, Donna Grigg -hostess, Elaine Grierson, Glen Whaley, Barb Main, Joan Gidman, Paul Taylor, Gary Collins, and Bob Grigg- host. They "travelled" to Pisa, Italy; had an Italian dinner; solved a crime; ate dessert, and won prizes all in one evening. They didn't forget to take their Baden Outlook along for the fun!



Karen Pal and Jan Volkers took the Outlook to Mt. Cook, New Zealand in March. This photo was taken by fellow travellers from Baden-Baden, Germany. They were fascinated by this tradition of photographing the newsletter in different parts of the world. Maybe they will start their own tradition.



Lyn Loomans of New Hamburg took her Baden Outlook along on a recent visit to the Kelpies at The Helix in Falkirk, Scotland.

Thanks for taking the Baden Outlook along on these wonderful trips!

Paul & Robbie Ogram took their Outlook along with them to the Grand Canyon.



Mary Ann Dietrich, Bernadette Mayer, with Jim and Shirley Shantz took their Baden Outlook to read to a monkey at the Rock of Gibraltar, then took it shopping in Albufertia, Portugal.



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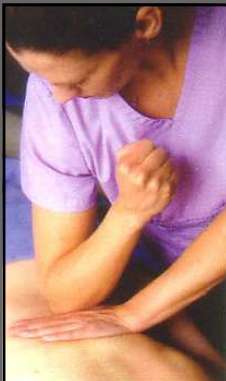
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5 Organizational tools

Some of us dream of an organizational tool that will be an answer to our clutter problems and that will organize our entire life. I am here to tell you that you won't find that in one tool but in a combination of several great solutions.



1. Calendar/planner – whether electronic or paper, it is a necessity. Use it to keep track of your schedule and your family's schedule. Colour code according to family members. It is important that you look at it at least twice a day--once before bed to plan for the next day and once first thing in the morning to see what is going on that day.
2. Notebook and Pen/Notes App on phone – Don't rely on your memory. Write everything down. Keep a to-do list, grocery, and errand list at your fingertips.
3. Baskets – Can be used for laundry, but also to hold things that are going to other rooms/floors of the house. Have one at the bottom of each set of stairs to hold the things that are on their way to somewhere else.
4. Home for Receipts – everything needs a home. Easy to find when you need to return something.
5. Timer – Clean up, time allotted for "bathroom time" in the morning, time allotted for checking emails . . . gives you a boundary.

Next month - watch to find out some more essential organizing tools.

If you have any questions, please feel free to contact us at www.heartofthematter.ca

In order . . . to live a life of purpose



⇒ Why didn't the lifeguard rescue the hippy?
 ... Because he was "too far out man"!

⇒ How do men exercise at the beach?

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THE HEALTH BENEFITS OF STRENGTH TRAINING ~ By Dr. John A. Papa, DC, FCCP(OR)(C)



Strength training is exercise that uses *weights* or *resistance* to strengthen and enhance a muscle's ability to contract and do work. Below are some of the numerous health benefits of strength training.

1. **Strength training plays a key role in body composition and weight management.** Simply put, strength training burns calories, improves body composition by building lean muscle tissue, and thereby reduces fat stores in the body.
2. **Strength training reduces the risk of cardiovascular disease.** Heart disease risk is lower when the body is leaner and less fat. Other associated benefits include decreased cholesterol levels and lowered resting blood pressure. Strength training will also help improve glucose metabolism. Poor glucose metabolism is strongly associated with adult onset diabetes.
3. **Strength training stimulates bone mineral density development and reduces the rate of bone loss.** This is crucial at younger ages for maximizing bone density. It is also important in older individuals looking to prevent or slow down the bone-thinning disease osteoporosis as it decreases the likelihood of fractures and morbidity related to fractures.
4. **Building muscle through strength training is helpful for recovering from and preventing injury** as it helps improve overall strength, endurance, stamina, flexibility, balance and coordination.
5. **Strength training can be beneficial for those suffering from arthritis.** Studies in older men and women with moderate to severe arthritis have shown that a strength training program can help general physical performance with everyday activities, and improve clinical signs and symptoms of the disease resulting in decreased pain and disability.

Below are some useful tips that can help individuals get safely started on a strength training program:

- ◆ Strength training exercises can be accomplished with conventional weight-training equipment, hand-held "free weights", and resistance bands/tubing. Individuals can also use their own body weight while performing push-ups, pull-ups, dips, stair climbing, lunges, and wall squats.
- ◆ Modest benefits from strength training can be seen with two to three training sessions a week lasting just 15 to 20 minutes each. A resistance level heavy enough to tire your muscles after about 8 to 12 repetitions is sufficient. When you can easily do 12 or more repetitions of a certain exercise, increase the weight or resistance. Rest at least one full day between exercising each specific muscle group.
- ◆ Always perform strength training in a safe manner with proper technique and stop if you feel pain. Although mild muscle soreness is normal, sharp pain and sore or swollen joints are signs that you've overdone it and that your program/activity needs to be modified.



A lifetime of regular strength training exercise is ideal, but it is never too late to start! If you are over 35, have been sedentary for some time, or have a specific health condition or limitation, consult with a knowledgeable health care provider before beginning any new exercise program.



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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Summer Concert Series Concerts at the Castle



Enjoy the outdoor concerts, Thursday evenings in July & August, bringing you a variety of music. Bring your lawn chair and relax on the front lawn of Castle Kilbride from 7-8p.m. Admission is by donation.

Here's the line-up of music:

Dates: July 2 - Swiss Farmer Band

July 9 - Vanyah

July 16 - Onion Honey

July 23 - Festival City Big Band

July 30 - Mike & Diana Erb

August 6 - The Diggies

August 13 - Trent Severn

August 20 - 300 Degrees

August 27 - Cazu

September 3 - The Shananigans



You Must Be Joking!!



Yesterday my daughter e-mailed me again asking why I didn't do something useful with my time.

"Like sitting around the pool and drinking wine is not a good thing," I said.

Talking about my "doing something useful" seems to be her favourite topic of conversation. She was "only thinking of me" and suggested I go down to the senior centre and hang out with the other old folks.

I did this and when I got home last night, I decided to teach her a lesson about staying out of my business. I e-mailed her and told her that I had joined a parachute club.

She replied, "Are you nuts? You are 73 years old, and now you're going to start jumping out of airplanes?"

I told her that I even got a membership card and e-mailed a copy to her.

She immediately telephoned me, "Good grief, where are your glasses! This is a membership to a Prostitute Club, not a Parachute Club."



"Oh man, I'm in trouble again; I really don't know what to do... I signed up for five jumps a week."

The line went quiet and her friend picked up the phone and said that my daughter had fainted.

Life as a senior citizen is not getting any easier but sometimes it can be fun!!

Submitted by Robert Price

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To Renovate or Not to Renovate - That is the Question

With all of the renovation shows on TV, I'm sure you've seen the potential to add value to your home by renovating and making upgrades. However, before renovating your home, you need to ask yourself WHEN you might be planning to sell. It is wise to complete certain types of renovations if you are selling your home in the near future, while other renovations are more beneficial if you are planning to stay in your home for a longer period of time. Let's look at the benefits of renovations for both short and long term situations.

Getting the best bang for your buck!

If you are planning to sell your home soon, invisible improvements such as HVAC units, plumbing, wiring, etc., will not offer the best return on your investment. Home buyers expect these features to be in good working condition and likely won't pay more if these items are updated. Instead, the best areas of your home to renovate would be high traffic areas such as kitchens and bathrooms. These tend to be areas that potential buyers look at first. Even small upgrades to lighting fixtures and faucets in these rooms are good investments.

Making smart renovations!

If you are not planning to sell for a number of years, you have other things to consider. Renovating for your personal use can be a great idea. Instead of thinking about the return on your investment, you want to consider the quality of life that you want to enjoy in your home. For instance, if you like being outdoors, you may want to add features like swimming pools, tennis courts, or extensive landscaping. Inside the house, personal preference renovations may include a wine cellar, game rooms, etc. While there is certainly no problem with adding these additions to your home, you must also realize that you can't expect potential buyers to share your preferences or be willing to pay a premium for these features when you're ready to sell.

Deciding what works best for you!

Smart renovations come down to your long term plans for selling your home. It will be much easier to choose how and what you want to renovate once you have decided whether you are staying in your home or if you're moving. And consulting with a realtor or home stager about the best renovations for your home and obtaining advice on what current buyers are looking for won't cost you anything - and it might make your renovation decision both profitable and less stressful.



~ Jon Lambert...

Check back next month for more *Baden Real Estate News*.

Have any real estate related questions? Contact me at jonlambert@remax.net



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My wife's cousin in central Peru saw our bird book lying on the table. "Birds of . . ." but the place name was covered up. Such a thick book, she thought, must be "Birds of the World." To her surprise it was the Princeton Field Guide to all 1,817 species in Peru alone. Peru covers about 1.3 Million square km and has a population of about 31 Million. Canada covers 10 Million square km and has a population of around 34 Million, but only has slightly over 600 species of birds. What Peru has going for it that Canada lacks is the number of microclimates, from the desert Pacific shore, up through tens of thousands of metres of mountains. Birds will be found, for example, on the east side of the mountains, between 2000 and 4200 metres. Above and below are other microclimates, and on the other side of the mountains it repeats. Peru also has tropical river valleys – the Rio Valcanota, Rio Apurimac, others – which flow into Peruvian Amazonia and eventually the Amazon itself in the east.

My wife and I were in Peru for a two week learning trip (Sabbatical), including visiting her cousin and family in the Quechua village of Curahuasi. Of course, wherever we went we took along binoculars and a telephoto lens on the camera.

The first chance we had to go birding was right in Mira Flores, a tourist favoured part of Lima. We walked from our hotel down Larco Boulevard to the Pacific Ocean. There the vista was only limited by the constant fog which favours offshore Peru. From the park there, built over a mall that looks out on the Pacific, we saw pelicans (brown which we have in western Canada, and the Peruvian with their colourful bills), albatrosses, cormorants, black vultures and flycatchers. I learned there that most albatross species are black and white and you almost have to have them in hand to identify which species you are seeing.



But we were seeing birds everywhere. Most South American architecture turns its back on the street and has its 'yard' in the centre of the building in a courtyard with trees, fountains, lawns, and flowers. Along the coast it doesn't rain, except perhaps during an El Niño year, so people live partly outdoors all the time. We were seeing birds *in* the museums that we were visiting. Rooms with exhibits surrounded a central courtyard in which many kinds of birds were living out their lives: lots of fly catchers of many families – tyrants, pee-wees, phoebes, and on and on. With no frost, insects are available to catch year round.

Our next birding was at 2200 metres in Curahuasi where I got my first look at the Andean Condor. Walking with family I saw a large bird gliding across the sky. It was shaped differently; as its wings did not come to a point at the end but looked more like a box kite with a few feathers stuck on the ends. When I checked later that shape was diagnostic for the Condor – wingspan 3 – 4 metres.



What we saw in Curahuasi would fit in well with going for a walk along field verges and bush lanes here. There were doves that looked and sounded like mourning doves but were *eared doves*. Chickadee-like tits sang lustily from the hedgerows. Swallows darted over fields where potatoes or corn had recently been harvested.

After a few days with family we went on to Cuzco – altitude of 3300 metres. There we continued our education in pre-Columbian Peruvian history. The west coast of Latin America, from Mexico through Peru is the sixth cradle of human civilization along with Greco-Roman, Egyptian, Mesopotamian, Indian, and Chinese/Japanese. The Inca had only ruled 150 years when the Spanish conquered them and forcibly destroyed their culture and religion, but they were only the latest in a series of 3000 years of peoples and cultures. From Cuzco we went to the world heritage site at Aguas Calientes. There high on the saddle between mountains is Machu Picchu – the retreat centre for the Inca (the emperor's title), but also an administrative centre, the crossing of many Inca trails, and an experimental farm where crops from all over South America were grown – including many varieties of corn and potatoes, pears, peppers, tomatoes, ground cherries, also known as husk cherries (*Physalis peruviana*), and many other crops).

After many hours of clambering over the ruins, and a quiet hour in the museum at the bottom of the mountain, we sat and waited for our train. As we did, birds kept on hopping around in the trees near us so out came the binoculars and camera. More hummingbirds, flycatchers, a blue and white swallow – seven species as we sat and rested.

On the last morning of our time in Peru, we again heard the loud screeching we had often heard in the trees. We looked out our window and there in the palm tree was a pair of White-winged (Canary-winged) Parakeets. While not from Lima originally there is now a feral population in the city. That capped two weeks of intense experiences and gave us 36 species, 30 of them new!

What have you been seeing?

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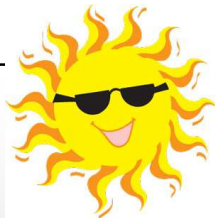
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Who: Completed JK to Grade 8
Cost: \$0

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Thank You from the New Hamburg Lioness

On Wednesday, April 29th the New Hamburg Community Centre was transformed for the NH Lioness Step Into Spring Fashion Show. The palm trees, soft pink and purple stage lights, white tablecloths, and flickering centerpieces made the perfect setting to view what's new in spring fashions. Our thanks to Ellen and Donna at Meadow Acres Garden Centre Boutique and Mark at New Dundee Emporium for showcasing their fresh and exciting fashions, which captured everyone's attention to the details and accessories.

Thanks to Karen and Nick at Puddicombe House for the use of their runway. The "Sweet and Savoury" buffet was well received, for which we thank Bill at Sobeys, Pat & Mark at Oak Grove Cheese and Flanagan's Food Service. We appreciate and thank our sponsors, and those who donated the door prizes, and Meadow Acres who donated the great raffle prizes.

Mostly we want to thank all our guests who supported our Fashion Show and the various events hosted by the New Hamburg Lioness. We are proud that the funds raised go back to our community.

In June 2016 we will host our Welcome Home Tour of homes and our Fashion Show will return in 2017.

New Hamburg Lioness Club

Rotary Wilmot says "Thank you Wilmot!"

Rotary Wilmot's inaugural BrewHaHa was an outstanding success! Thank you to all who helped organize, staff and attend the beer and food tasting, held at the Wilmot Recreation Complex on May 9, 2015.

To the beer and food vendors, thank you for your time, effort, generous contributions, and willingness to support such a great cause. Thank you Pharmasave for handling advanced ticket sales, and Skowron's for assembling the sampling tickets. To all the volunteers, thank you for your energy and support both in advance and during the BrewHaHa to make the event run smoothly.

And finally, our heartfelt thanks to all the patrons. We were overwhelmed by such great community support! The capacity crowds who kept sampling throughout the evening proved what we knew all along - you can't go wrong with craft beer and great food!

We've begun planning for a bigger and better 2nd Annual Rotary BrewHaHa next spring. Check facebook\RotaryWilmot for periodic updates. If you would like any other information or to help us out, please reach out to wilmotrotary@rogers.com. See you next year!

Sincerely, Rotary Wilmot

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"Additional Location in Stratford"

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.

Last month the weather was very favourable for gardening and we encouraged our community to support our 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 crews, and display people; they were able to raise over \$35,000.00 to support the work of the Mennonite Central Committee. We cannot thank our donors and our volunteers enough for their dedication to this project.

We are also very thankful to receive, for a second year, funding through a new relationship with the Working Centre and we were able to contract a Garden Project Coordinator. Dedicated volunteers have helped us with the tilling and planting of green onions, spinach, lettuce, beets, beans, carrots, 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 control, harvesting, washing, packing, and pricing products. We have morning and afternoon shifts available. For more information, please contact Karla at 519-662-2867.

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.

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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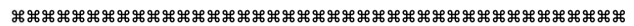
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Services at 9 & 11 am, Children's Worship 11:15 am

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519-634-8687 www.wilmotcentremc.ca

West Hills Fellowship

Sharing space at St. James Church, 66 Mill Street, Baden ON

Pastor Sean East / pastor.westhills@gmail.com

519-634-4993 office.westhills@gmail.com

Summer Worship – 9:45 am

SHANTZ MENNONITE CHURCH

2473 Erb's Road, Baden, Ont N3A 3M3

Phone: 519-634-8712 / Email: office@shantzmc.ca

Pastor: Don Penner

Worship Service - 9:30 am Christian Education - 11:00 am

Livingston Presbyterian Church

44 Beck Street, Baden / 519-662-4949

Hymn Sing 9:45 am ~ Worship to follow at 10 am

Rev. John Deyarmond—519-747-9902

Steinman Mennonite Church

1316 Snyder's Rd. W. (at Nafziger Rd), Baden

Sunday Worship 9:45, Sunday School 11:00 am

Phone: 519-634-8311 / www.smchurch.ca

Emmanuel Lutheran Church

1716 Snyder's Road East, Petersburg, ON

519-634-5511 www.petersburgchurch.org

Worship Service 9:30 am / Sunday School

LIVINGSTON PRESBYTERIAN CHURCH DESIGNATED AS HERITAGE SITE

Sunday, June 7th, the Livingston Presbyterian Church had a full house for their special service as the church was designated as a Heritage Site by the Wilmot Historical Heritage Society.



Tracy Loch, curator of Castle Kilbride and member of Heritage Wilmot, along with Mayor Armstrong

presented a plaque to some of the senior, longstanding members of the congregation. After the service they enjoyed fellowship and a luncheon and a special cake .

You Must Be Joking!!



A Pastor goes to the dentist for a set of false teeth. The first Sunday after he gets his new teeth, he talks for only eight minutes.

The second Sunday, he talks for only ten minutes. The following Sunday, he talks for 2 hours and 48 minutes.

The congregation had to mob him to get him down from the pulpit and they asked him what happened.

The Pastor explains the first Sunday his gums hurt so bad he couldn't talk for more than 8 minutes. The second Sunday his gums hurt too much to talk for more than 10 minutes. But, the third Sunday, he put his wife's teeth in by mistake and he couldn't stop talking!



Submitted by Robert Price

*"Love the people God gave you because
He will need them back one day."*

Thanks to our many **GENEROUS SUPPORTERS**
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... as well as the many
friends, neighbours,
students, staff and
parents who helped!

You Must Be Joking!!

Most of the important things in life (e.g. good manners, forgiveness, etc.) should be learned before we start school. It helps if you have brothers/sisters to practise on. Most of the 50+ generation were HOME SCHOOLED in many ways.



- **My mother taught me RELIGION.**
"You better pray that will come out of the carpet."
- **My father taught me about TIME TRAVEL.**
"If you don't straighten up, I'm going to knock you into the middle of next week!"
- **My father taught me LOGIC.**
"Because I said so, that's why."
- **My mother taught me MORE LOGIC ..**
"If you fall out of that swing and break your neck, you're not going to the store with me."
- **My mother taught me FORESIGHT.**
"Make sure you wear clean underwear, in case you're in an accident."
- **My mother taught me about the science of OSMOSIS .**
"Shut your mouth and eat your supper."
- **My mother taught me about CONTORTIONISM.**
"Just you look at that dirt on the back of your neck!"
- **My mother taught me about WEATHER.**
"This room of yours looks as if a tornado went through it."
- **My father taught me the CIRCLE OF LIFE.**
"I brought you into this world, and I can take you out..."
- **My mother taught me about HYPOCRISY.**
"If I told you once, I've told you a million times. Don't exaggerate!"
- **My mother taught me about BEHAVIOUR MODIFICATION.**
"Stop acting like your father!"
- **My mother taught me TO APPRECIATE A JOB WELL DONE**
"If you're going to kill each other, go outside. I just finished cleaning."



~ Home Schooled

- **My mother taught me about ENVY.**
"There are millions of less fortunate children in this world who don't have wonderful parents like you do."
- **My mother taught me about ANTICIPATION.**
"Just wait until we get home."
- **My mother taught me about RECEIVING.**
"You are going to get it from your father when he gets home!"
- **My mother taught me MEDICAL SCIENCE.**
"If you don't stop crossing your eyes, they are going to get stuck that way."
- **My mother taught me ESP.**
"Put your sweater on; don't you think I know when you are cold?"
- **My mother taught me about STAMINA.**
"You'll sit there until all that spinach is gone."
- **My father taught me IRONY.**
"Keep crying, and I'll give you something to cry about."
- **My father taught me HUMOUR.**
"When that lawn mower cuts off your toes, don't come running to me."
- **My mother taught me HOW TO BECOME AN ADULT.**
"If you don't eat your vegetables, you'll never grow up."
- **My mother taught me GENETICS.**
"You're just like your father."
- **My mother taught me about my ROOTS.**
"Shut that door behind you. Do you think you were born in a barn?"
- **My mother taught me WISDOM.**
"When you get to be my age, you'll understand."
- **My father taught me about JUSTICE .**
"One day you'll have kids, And I hope they turn out just like you !"



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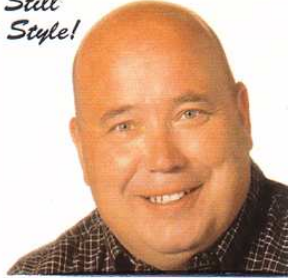
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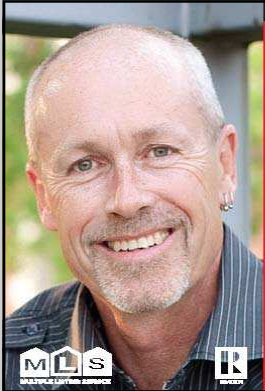
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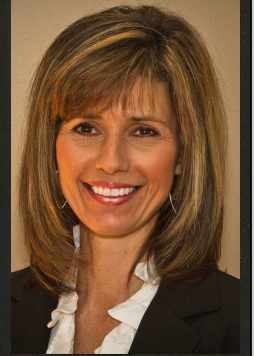


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Inaugural WFRC Charity Golf Tournament



When: Saturday August 23, 2015

Where: Foxwood Country Club

Cost: \$125 per person

Includes: 18 holes of golf, cart, dinner

Schedule:

- Putting Contest: 11:30 - 12:30pm
- Tee Times Begin: 12:30pm
- Dinner: 6:30pm
- Silent Auction Closes: 7:15pm
- Closing Ceremony/Prizes: 7:30



Tournament Play: Each golfer will keep track of his/her own score. Upon finishing, all scores will be placed in a hat. Teams will be pulled/created at random, with the lowest score winning.

Register: July 1 - 30th in teams of 4, 2, or singles (1).
E-mail aaronfewkes1@gmail.com for registration forms/details.

The committee is also looking for volunteers to help on the day of the event as well as silent auction items and sign sponsorship- \$125 per sign or \$200 for a sign and round of golf. Please e-mail aaronfewkes1@gmail.com if you are able to help; your email will be returned within 24 hours! *FORE!*

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Beavers are social animals, living in large family groups of monogamous parents, young kits, and the yearlings from the previous spring. Beavers are herbivores with a life span up to 24 years. In size their head and body range from 60 to 100 cm; their tail, 20 to 30.5 cm. Beavers like to live where there is water. They will burrow into the banks of rivers and lakes in temperate climates. Where there is no river or lake beavers will create their own. By felling trees and branches they will construct dams to form large ponds.

- Beavers use goggles! Beavers possess a set of transparent eyelids which enable them to see under water.
- Beavers are second only to humans in their ability to manipulate their environment - the largest dam in existence is located in Wood Buffalo National Park, Alberta, Canada. It stretches for 850m, and is visible from space.
- Beavers don't mind the cold; they can be seen active throughout winter and maintain use of their ponds even when covered with a layer of ice.
- Beavers are among the largest rodents on earth. Their large rodent teeth never stop growing. The beavers' constant gnawing on wood keeps their teeth from growing too long.
- Beavers are good house guests. Their lodges typically contain two dens, one for drying off after entering the lodge under water, and a second, dryer den where the family will live and socialise.
- Beavers have been known to share their lodges with families of muskrats!

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Just For Kids

Have you ever wondered how water gets up into the leaves of a plant or how plants eat? Here's a fun project you can do which will answer this question.



Take two clear drinking glasses **or** two small clear glass/plastic jars, about 5 inches (10 cm) tall. Fill each one 3/4 full of water. Put five or six drops of red food colour into one container and five or six drops of blue food colour into the other container. Set these containers side by side where they will get sunlight.

Take a stick of celery, about nine or ten inches (25 cm) long and cut the stick of celery in half. Put one piece in the container of red water and the other into the blue water. Let these stand for about two hours.

Now take a look at the celery. What has happened? One piece is turning red while the other is turning blue.

Take the celery out of the water and dry it with a paper towel. Slice a small piece from the end of the stalk and you will see spots of red or blue at the end where you made a cut. This shows where the colour went up the stem. These are water tubes, in the stem, which act like drinking straws.

In the garden, when it rains or when the plants are watered with the garden hose, the water goes up the

stem into the leaves of the plant through these water tubes or drinking straws. When liquid plant food is poured on the soil around the plant, the plant uses this method to obtain its food which helps the plant to remain healthy, green and produce bright flowers. And now you know how plants eat and drink.

Just For Adults

Each spring I am frequently asked the following question:
Why Do My Peonies Not Bloom?



Peonies are often transplanted at the wrong time and planted either too shallow or too deep. Peonies are very specific about the depth at which they want to be located. The planting hole should be about two feet (60 cm) in diameter with a three-inch (8 cm) depth (use a ruler and be exact). Supplement the soil with peat moss or leaf mold and a double handful of bone meal. It is not advisable to use manure.

Peonies, in springtime, are using their energy to produce blooms. When transplanted in spring, this process is interrupted and the plant is being required to use that energy to adjust to its new location and grow new feeder roots that were destroyed during transplanting. Peony plants resent being disturbed so should be divided or moved only when absolutely necessary. This should be done in autumn.



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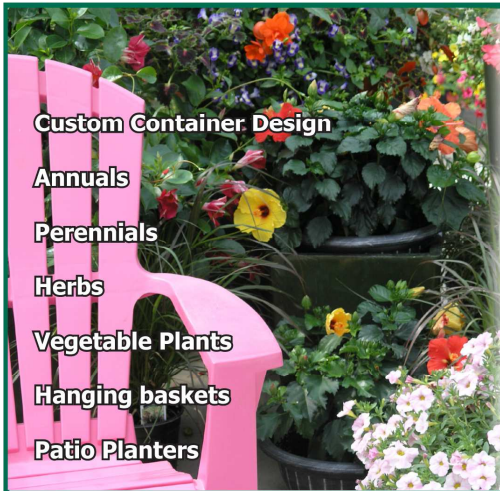


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You Must Be Joking!!

How hot is it?

- ⇒ the cows are giving evaporated milk!
- ⇒ a dog was chasing a cat and they were both walking!
- ⇒ hot water is coming out of both taps!
- ⇒ the squirrels are picking up nuts with pot holders!
- ⇒ farmers are feeding their chickens crushed ice to keep them from laying hard-boiled eggs!
- ⇒ your car overheats before you drive it!
- ⇒ you learn that a seat belt makes a pretty good branding iron.

Q: Which is faster, heat or cold?

A: Heat, because you can catch a cold!

Q: What does a bee do when it is hot?

A: He takes off his yellow jacket!

Q: What happened after the mom purchased a loaf of bread from the local Zehrs grocery store?

A: By the time she got home it was toast!



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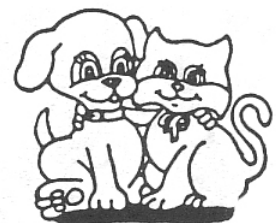
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Baden Corn Festival

Saturday August 8

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Program: your guide to
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*Entry Forms and Rules for all contests
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