# Baden Outlook

March 15, 2009

Volume 9, Issue 8

Your Community Newsletter -Serving the GBA since August 2000, with 2500 copies in circulation

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Health & Wellness

Mike Fisher RNCP

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

"Keeping the community connected"

The Baden Outlook

# There's No Place Like Oz

To Mark a Quarter Century Onstage, TCP Journeys Back Over The Rainbow

Ten years ago, TCP performed *The Wizard of Oz*, the group's last show in the New Hamburg Arena's Community Centre (upstairs). Tickets sold quickly and the production company added another show. It was a dream come true to have a double sell out and it indicated how popular the shows had become.

Clearly they needed more space, so in 2000 they relocated to the arena floor, which holds up to 656 patrons, where they have been ever since. Initially it seemed risky, going to a larger venue with more shows but it turned out to be the right move. Starting in 2000 the group used Centennial Hall in Baden for rehearsals and production preparation and in 2006 they moved to the St. Agatha Community Centre.

The Community Players have come along way since the Youth Group of New Hamburg's Trinity Lutheran Church presented *Godspell* in September 1984. That show took place at Forest Glen Public School in New Hamburg. The next few years' shows were held in the cafeteria at Waterloo-Oxford High School in Baden, still billed as being presented by the church. In 1988, with their production of *Annie*, they began to perform at the New Hamburg Arena – upstairs in the community centre, seating three hundred people. The group still practiced in the basement of Trinity Church.

In 1989, feeling that they had become more of a community group, they adopted the name Trinity Community Players and of course, the initials TCP. In 2001 they fine-tuned that to The Community Players.

Tickets are available at www.the**communityplayers**.com *See page 15 for show details and featured story.* 





# Special points of interest:

- \* It's time to fill out The Baden Outlook Baseball Pool Registration
- \* Baden Minor Softball 1974 Memory Lane
- \* Wilmot Heritage Award Winners
- \* Baden Goaltender Saves the Day!
- \* Get It Together Kitchen Tips from Donna & Rhonda



# Talking with Ed— Treasure or Trash? Catalogue your stuff.

My father passed away over a year ago. He was missing my mother terribly - as she had passed away four years earlier. I was somewhat dreading the process of dividing up the belongings. My brother and sister and I had agreed to have a rotational style draft to select items that belonged to our parents. We all felt comfortable with that.

On the way up to my parents' house - they lived near Parry Sound - I thought over what would be of interest to me. We have too many household items as it is and we were constantly trying to reduce. Our washer and dryer were starting to malfunction so they were on my list. Practically speaking we didn't need any more furniture, dishes or garden tools.

I wished my parents had conveyed to us more of what they considered their valuables. What held memories? Were there any cherished items that were handed down from generation to generation? My father had mentioned a couple of items that were important to them. I made sure that I chose one or two of them such as hand made furniture, old paintings done by my grandmother and a leather couch that was given to my parents as a wedding gift from his parents.

This whole scenario led me to think about our own belongings and what type of position we are putting our children in. I don't like to think about passing on, but one never knows. Many items in our home hold meaning or memories and it is short-sighted not to document their significance.

I decided to create a file on the computer

entitled "Our Worldly Treasures". Pat and I went from room to room taking pictures of things that are meaningful to us. Items included furniture, art, sports memorabilia, jewellery etc. Next we downloaded all the pictures into the file and added a bit of history to each item.

As an example of this... my Uncle Mark started building cedar chests in his hobby shop. They are beautiful pieces of furniture but on the second one he built, in 1974, the wood was cut in the wrong direction. No one would have noticed but it bothered him. He sold it to me for a great price and I gave it to Pat as a Christmas present the same year. It is an interesting bit of family history that would be lost forever if it wasn't documented for our kids.

If you decide to try this idea, I would suggest recording the year, where you received it, significance of the item and possibly the value at that time. I found a free program at www.softlist. net that is a safe, fun, easy to use and professional way to create a home inventory.

Though I am not planning on cashing in my chips any time soon, this idea has a bonus value. Heaven forbid that a major fire should destroy our house but if it did we would have documentation of belongings for insurance adjusters. Note of caution - make sure that you store the DVD in a fireproof safe or someone else's house. Happy documenting - it may be a great trip down memory lane while you're at it.

Until next month...Ed

We're on the Web!! www.badenoutlook.com Please support the advertisers of this paper.



#### We couldn't do it without them!!

Submissions are due on the 1st of each month.

# **EXTRA!! EXTRA!!**



There are extra copies of The Baden Outlook available at Teddy's Bakery, Stop 2 Shop (Baden & St. Agatha), Old Fashioned Variety (Petersburg), N.H. Foodland & Sobey's, Short Stop, the New Hamburg and Baden Libraries and various businesses throughout Wilmot Township.

#### ATTENTION: IF YOU DO NOT RECEIVE YOUR PAPER...

We continue to get calls asking to have the paper delivered to your door. The paper is put into all Baden mailboxes, <u>UNLESS YOU HAVE A JUNK MAIL</u> <u>BLOCK.</u> Please call your postal station to have it removed or simply pick it up at the many drop off locations.

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# Wilmot Heritage Day Award Recipients

The Wilmot Heritage Day, held February 28 at Steinmann Mennonite Church, was another successful event with over 250 visitors. There were 33 exhibits displaying the history of Wilmot's religious sites.

Heritage Wilmot is proud to recognize Award recipients who contribute significantly to the preservation of our heritage.



From left to right: Mayor Wayne Roth, Marilyn Sararus (Individual Category), Harold Albrecht, Helen Eby representing Mannheim Mennonite Church (Institutional Category), Andrew Bearinger (Environmental Category), Pat and Barry Fisher-The Baden Outlook (Commercial Category) and Ken Seiling. Photo compliments of John Cull

# The Baden Outlook On the Move... More Travels to the Sunny South



Thanks to Chloe and Jack Zarzycki of Baden who took The Baden Outlook along with them to Punta Cana, Dominican Republic, January 18-25. (They took their parents too - Cindy and Steve.) Ahhh... now we are all rested and ready to face the remainder of this chilly weather.



Al Forbes of Baden took his Outlook to Montego Bay, Jamaica in Feb 2009. Great weather, resort, food and people and, best of all, only 3.5 hours from Waterloo International Airport. Hard not to have a great time!!



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## **Memo from New Hamburg Thrift Centre**

**Gala for Gaza -** A Spring Fashion Show Fundraiser to Support the MCC Humanitarian Relief Effort in Gaza

Tuesday, March 24<sup>th</sup> the New Hamburg Thrift Centre will be presenting "Gala for Gaza" with all proceeds going to support Mennonite Central Committee's relief work in Gaza. MCC and its partner organizations in Gaza are providing aid to families suffering from a punishing war and the misery of an ongoing economic blockade.

Two volunteers from the Thrift Centre, Karen Jutzi and Karen Musselman came up with the idea of the fashion show after assisting another volunteer to pull an outfit together from the store for a special occasion. They were all amazed at how nicely the outfit worked yet how little it ended up costing. The ideas started flying and with the creativity of the Store Manager Christa Gerber, planning of the event was on its way!

The fashion show fundraiser will be held in the store with volunteers and MCC staff modeling. The event will have co-masters of ceremonies Mark Harrison, co-owner of the New Dundee Emporium and Audrey Wilson, President and CEO of Gemini Models. The ticket price of \$10 also includes decadent desserts and beverages provided by Phidelia's on Peel Street. Only 200 tickets will be available for this event at the New Hamburg Thrift Centre (519) 662-2867 or Mennonite Central Committee (519) 745-8458.

For more information about the event, call Christa Gerber or Karla Richards at (519) 662-2867

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



Spring Fashion Show Fundraiser at the New Hamburg Thrift Centre

# Gala for Gaza

Tuesday, March 24 at 7:30 pm Tickets \$10. Only 200 tickets available! Advance sales only. Available in store.



All proceeds benefit the work of Mennonite Central Committee

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# Baden Goalie 'Saves' the Day!!

Megan Slumski of Baden is playing at the top of her game. Megan plays for the York University Lions women's hockey team, which is ranked ninth (15 wins – 11 losses).

On February 21 they played the number two ranked Wilfred Laurier Golden Hawks team which has a record of 26 wins and 0 losses. It was a physical, hard-fought battle but the Lions won the match by a score of 3-2 thanks to the stellar play of Megan in goal.

The win was the second in a row for the Lions as they defeated the eighth ranked team, the Toronto Varsity Blues, by a score of 5-4. Megan was in goal for that game as well.



Call Kathy for an appointment at 634-5772

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75 Snyder's Rd. W., Baden

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Baden Outlook

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# Vesper Springs Donate to Aldaview

On Wednesday February 18th the Board of Directors for Vesper Springs Manor in Baden presented a cheque for \$1,000 to Aldaview Home in New Hamburg. The last of the original directors, Alvin D. Steinman and Fran Wagler, passed away last year and the current Vespers' Board of Directors felt it was fitting to pay tribute to them.



Abner Martin receives cheque from Elizabeth Klassen

Aldaview began in 1979 and was named after Alvin and his wife Ada as they were instrumental in its development. Their son continues to be a resident within Aldaview Services. While it started with one residence. Aldaview Services now has seven residences in New Hamburg and they currently serve a total of 54 people with developmental disabilities (head office is located at 205 Peel Street in New Hamburg).

Their services and activities are geared to promote community involvement and participation at the level desired and required by the individual. Therefore, Aldaview seeks to promote daily involvement and activities that are similar to those within our broader community, including opportunity for physical and emotional wellness, social and spiritual growth, as well as leisure and recreational opportunities.

Vesper Springs Manor, (134 Snyder's Road East in Baden) consists of 25 apartments that were added to an older home in 1982. The lift was added five years ago for the residents.

The plan to build Vesper's Manor was organized by one representative of each church in the area plus one representative from the Baden Chamber of Commerce and the Baden Optimist Club. They formed the original Board of Directors which was comprised of Edwin J. Fergusson (President), Lorne Shantz (Vice President), Reginald C. Carter (Secretary), Beatrice M. Snyder (Treasurer), Alvin D. Steinman (Consultant), Francis M. Wagler and Cranson S. Good.

Current Board of Directors for Vesper Manor are Abner Martin (Chairman), Jim Snyder, Joy Leiskau, Chis Wagler, Hughena Cornish, Carolyn Mills and Connie Shantz.



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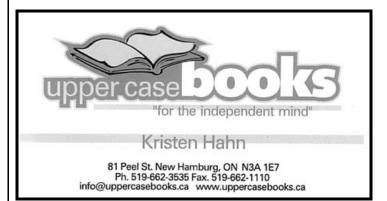
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# Wilmot Heritage Fire Brigades:

What's Happening March/April 2009

Spring is fast approaching ... and already the season is "warming up" with appearances, acquisitions, and activity!

The WHFB has acquired an antique hand-pulled pumper, found in Creemore, Ontario. This unique antique will need extensive restoration, but our team of volunteers is eagerly anticipating the nicer weather when we can get started. If you'd like to find out how you can help (or if you're just curious about what the heck a "hand pumper" is!), please contact us and we'll be happy to fill you in.

February 16th saw the WHFB take part in the Grand River Heritage Day at the Wilmot Recreation Complex. Visitors were able to see a wonderful display of antique hose nozzles, from an ornately decorated example up to a much larger playpipe nozzle. Thanks to Blain and Orland for staffing our display, and for providing excellent answers to the public's questions about firefighting history in Wilmot.

The WHFB appeared at the 2009 Heritage Wilmot Annual Event on Saturday February 28th at Steinman's Mennonite Church. The turnout was terrific, and our fascinating slideshow of photos was very well received. Visitors were able to see photos of many of the WHFB antique trucks, archive photos of the Baden, New Hamburg, and New Dundee departments, heritage fire halls, and plenty of items from our museum collection. Many thanks to Blain for the photos and Kenton for the slideshow -- and thanks to Bert and Ray for manning the booth throughout the day.

Remember that the WHFB also does appearances at local events and private functions; if you'd like a genuine antique fire truck to appear at your next family reunion or birthday, contact us for details. Don't wait -- our trucks are VERY popular throughout the summer months, and our drivers are often kept hopping!

And as summer approaches, remember also that the WHFB is a great way to get involved in your community, learn about local history and have fun, all at once. New members -- as well as anyone who just wants to drop by and have a look -- are always welcome. Our monthly meeting (anyone is welcome) is on **Wednesday March 18th at 7:30 p.m. at the WHFB museum** (behind the Baden Fire Station). Feel free to call with any questions -- and have a fire-safe spring!

(Contact Kenton Frey at 519-634-8580 or visit our web page at www.whfb.ca)

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# Meet Firefighter - Adrian Walker

By Teresa Brown

Adrian Walker's interest in the fire service began six years ago, when he and his family moved to Baden and he met a neighbour, a full- time firefighter. Intrigued by the stories he heard, Adrian found himself asking more and more questions about the job. His interest grew quickly, and soon he found that "the more I learned about it, the more I wanted it". Finally, in September 2008, Adrian reached his goal when he became the newest member at the Baden Station of the Wilmot Fire Department.



With another addition to their family, Adrian was reluctantly driven to look outside Baden for a larger home. Wellesley appeared to be the best choice. Adrian's was so keen on firefighting that when he was accepted, he and his wife immediately changed their plans to move to Wellesley. "When I was accepted on with Baden, we withdrew our offer on the Wellesley house," he smiles. "Now, the biggest challenge for me is to go slow, to learn carefully and systematically. It's hard to wait when you just want to rush in and start."

Adrian's first fire was a good example of the discipline required of firefighters: "It was a car fire, and I knew I had to wait for instructions. I partnered with my Captain and cautiously attacked the fire with his direction." Adrian was impressed by the enormous amount of activity taking place even at a relatively minor incident, and recalls taking note of "water sector, perimeter checks, exposure controls, extension -- taking it all in is hard."

"It's a challenge, but that's what I like most," Adrian explains. Thanks to the support of his wife Cristina and children Sydney, Leah, and Ashton, he's been able to throw himself into his new community service. "Cristina's amazing," he says. "When my pager goes off, she'll be waiting at the door with my jacket and keys, and has my shoes lined up so I can jump into them. I couldn't do this without her fantastic support."

Adrian's profession is in the pharmaceutical industry, and this background has proven to be an asset on medical calls. "I still have a lot to learn," says Adrian, "but the guys on the Baden Station are amazing." One of the biggest surprises for Adrian has been "how much the guys do -- evenings, weekends, community stuff -- all kinds of things that aren't in their official capacity, but that they gladly do anyway." Baden firefighters do indeed excel in community service -- and if the motivation and excitement Adrian has shown in his first few months are any indication, he'll certainly fit right in.



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# You Must be Joking!!

# HOW TO CALL THE POLICE WHEN YOU ARE OLD - Don't mess with old people!!

George Philips was going up to bed when his wife told him that he'd left the light on in the garden shed, which she could see from the bedroom window. George opened the back door to go turn off the light, but saw that there were thieves in the shed.

He phoned the police, who asked, "Is someone in your house?" He said "No." They said, "All patrols are busy; you should lock your doors and an officer will be along when one is available." George said, "Okay".

He hung up the phone and counted to 30. ... Then he phoned the police again.

"Hello, I just called you a few seconds ago because there were people stealing things from my shed. Well, you don't have to worry about them now because I just shot them," he said and hung up.

Within five minutes, six Police Cars, a SWAT Team, a Helicopter, two Fire Trucks, a Paramedic, and an Ambulance showed up at the Phillips' residence, and caught the burglars red-handed.

One of the Policemen said to George, "I thought you said that you shot them!"

George said, "I thought you said there was nobody available!"

Submitted by B & J Price

# The Winners of the Aerial Photo Contest:

#### **Sheryl Crabbe and Carol Aitchison**

(random draw—Winning Baden Outlook sweaters)

The picture shows the subdivision behind the Castle, including LIVINGSTON BLVD., MCFADYEN ST., AND WAGLER AVE.

Thanks to the other submissions, all the answers were correct.



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#### **Baden Branch Library News**

The St. Louis Adult Learning Centre is continuing its partnership with the Region of Waterloo Library to offer



public computer courses. **Computers for Adults** will begin at the Baden library on Tuesdays from March 24 to May 12. If there is enough interest, two classes will be offered – the Confidence Builder Beginner Course will be held in the afternoons from 3:15 – 5:15 and the Intermediate Course (pre-requisite: Beginner Course or equivalent) OR another Beginner class will be held in the evenings from 6:15 – 8:15. Cost is \$125 for an eight-week session, which includes all handouts, lab fees and GST.

The next meeting of the **Kids' Book Club** will be held on Wednesday, March 18 from 4:00-4:45. Recommended for children ages 7-10. We will have some fun discussing our current book "Trouble is My Beeswax" by Bruce Hale. Find out what the Book Hoggers will be reading next! New members always welcome.

Janet Wilson, an award-winning author and artist, will visit the library on Wed. March 25 from 10:30 – 11:30 a.m. Janet will be doing an art presentation for students in Grades 3 and 4, but anyone who is interested is invited to attend. Janet has a passion for subjects with a social conscience. Drop in and see a display of Janet's books!

**Storytime** for children ages 3 - 5 years old begins the week of March 30 for 8 weeks. This program encourages young children to develop their literacy skills. Stories, songs, games, crafts and more!

**Just for You, Baby Storytime** is returning for a spring session! Presented by staff from the Wilmot Family Resource Centre, this six week program will take place Thursday evenings from 6:45-7:30 p.m. beginning April 2 and is for babies 0-12 months and their caregivers. Lots of songs and fun! Please bring a blanket for your baby.

Need a library card? New library memberships are free! Please remember to bring your card with you each time you visit the library. **Due to space limitations, registration is limited for ALL library programs. Call 519-634-8933 to register, or for more information.** 

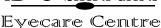
Submitted by Chris Baechler, Assistant Supervisor, Baden Branch Library



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Baden Outlook Hockey Pool Stats					
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Ruth Schnarr	752	25th Sheila Martin 72	27		
Ray Miller	749	25th Todd Loree 72	27		
Dave Flood	747	34th Colin Hammer 72	26		
Doreen Dean	747	35th Mike Olsen 72	24		
Don Becker	746	36th Bill Slumskie 72	23		
S. Grebinski	743	37th Bruce Leis 72	22		
Dan O'connell	735	37th Marg Leppington 72	22		
Darryl Roes	735	i 37th Maria Azeveds 72	22		
Josh Frank	735	37th Tony Papa 72	22		
Valerie Taves	735	41st Brenda Carney 72	21		
Ben Yeates	733	42nd Nathan Metcalfe 72	20		
James Osburn	733	43rd Dan Munroe 71	18		
Nathan Boronka	733	44th Ed Eckert 71	17		
Adam Hoerle	732	i 44th Jesse B. 71	17		
Hajimu Hasegawa	732	46th John Westlake 71	16		
Janet Mckee	732	47th Kevin Erb 71	15		
John Nahrgang	731	47th Peggy Colomb 71	15		
David Kleine	730	49th Dick Potvin 71	14		
Kelly Kittmer	730	49th Paul Jacklin 71	14		
Tristan Culbert	730	51st Craig Bell 71	13		
Adrien Lajoie	729	51st Dave Schnarr 71	13		
G.Schwarzentruber	728	51st Gord Mills 71	13		
Sarah Kinch	728	51st Michael Pudden 71	13		
Agnes Bender	727	51st Pat Miller 71	13		
Amanda Carney	727	56th Keith Wagler 71	12		
Bill Struth	727	56th Michael Vitello 71	12		
Dan Schaefer	727	i 56th Mike Thomson 71	12		
Elvira Brattan	727	56th Ryan Schnarr 71	12		
Lauren Coxon	727	60th Chris Baechler 71	11		
	Landon Roth Ruth Schnarr Ray Miller Dave Flood Doreen Dean Don Becker S. Grebinski Dan O'connell Darryl Roes Josh Frank Valerie Taves Ben Yeates James Osburn Nathan Boronka Adam Hoerle Hajimu Hasegawa Janet Mckee John Nahrgang David Kleine Kelly Kittmer Tristan Culbert Adrien Lajoie G.Schwarzentruber Sarah Kinch Agnes Bender Amanda Carney Bill Struth Dan Schaefer Elvira Brattan	Remote         PTS           Landon Roth         754           Ruth Schnarr         752           Ray Miller         749           Dave Flood         747           Doreen Dean         746           S. Grebinski         743           Dan O'connell         735           Darryl Roes         735           Josh Frank         735           Valerie Taves         735           Ben Yeates         733           James Osburn         733           Nathan Boronka         733           Adam Hoerle         732           Hajimu Hasegawa         732           Janet Mckee         732           John Nahrgang         731           David Kleine         730           Kelly Kittmer         730           Kelly Kittmer         730           Adrien Lajoie         729           G.Schwarzentruber         728           Sarah Kinch         728           Sarah Kinch         728           Agnes Bender         727           Amanda Carney         727           Bill Struth         727           Elvira Brattan         727	Remote         PTS         Place         Name         PTS           Landon Roth         754         25th         Rita Vitello         72           Ruth Schnarr         752         25th         Sheila Martin         72           Ray Miller         749         25th         Todd Loree         72           Dave Flood         747         34th         Colin Hammer         72           Doreen Dean         747         35th         Mike Olsen         72           Don Becker         746         36th         Bill Slumskie         72           S. Grebinski         743         37th         Bruce Leis         72           Dan O'connell         735         37th         Marg Leppington         72           Darryl Roes         735         37th         Maria Azeveds         72           Josh Frank         735         41st         Brenda Carney         72           Ben Yeates         733         42nd		

Congratulations to Dave Flood
for taking the leader prize in this
month's Hockey Pool - winning
a gift certificate from EJ's of Baden.
(Congrats to you too-Landon, Ruth and Ray,
but remember, you're only able to win
the leader prize once!)
The lucky random draw winners
are Beverly Quinn, winning a gift
certificate from Egli's Meat Market, and

are Beverly Quinn, winning a gift certificate from Egli's Meat Market, and Kevin Current, winning a breakfast from Teddy's Bakery and a Baden Outlook shirt.

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Good Friday Fish & Chips



April 10 - Opens at 4 pm

WOW! Sports fans...Thanks for playing hockey with us! There are 521 entrants in this year's Outlook Hockey Pool. Be sure to follow your stats which are updated daily on the site. The Outlook draws the stats on the 7th of the month. To follow the stats, log on to our website at <a href="https://www.badenoutlook.com">www.badenoutlook.com</a> - Click on sports pool—choose "hockey" the pool I.D. is <a href="https://www.badenoutlook.com">outlookhockey</a> and the password is <a href="https://www.badenoutlook.com">guest</a>. The top 100 entries will be listed - to view all teams click on "more teams" on bottom of page. Have Fun and Good Luck!

Page 10 Baden Outlook

# What is Parents Together?

A growing group of young mothers with their active preschoolers has been meeting at St. James Lutheran Church (Mill St in Baden) on Wednesday mornings since the beginning of January. As the Moms chat over a cup of tea or coffee, across the room Stephanie entertains the busy youngsters with an



assortment of toys, books and games. Any parent with preschool children is welcome to join them.

Parents Together has had several excellent facilitators join them to lead the discussion around issues important to new parents: taking care of yourself as well as the children; the trap of trying to do everything; remaining a couple while being parents. Parents had fun as Sarah Scott taught massage techniques to help soothe a child and help relieve baby colic. Another week they learned to knit. Everyone learns so much from each other in this relaxed format.

Comments around the table:

- Great to connect with other parents in the neighbourhood.
- Wonderful to talk to another adult!
- These are my struggles.... lots of helpful ideas.
- Now my baby will already have friends when he goes into school.
- I'm new in town, a great place to find new friends who are also at home in the day.
- I'd never been home 24/7 before having my baby.....I needed to get out!!

Future topics: feeding the family on a budget; traveling with little ones; talking so your preschooler will listen and listening to them. .... Always looking to hear suggestions from the group.

This group is a free, joint venture of Safe Pasture and St James Lutheran Church. *Parents Together is* privileged to have the support of the Parent and Child Resource Centre at the Salvation Army in Kitchener, Wilmot Family Resource Centre, and Interfaith Counseling Centre, and welcomes staff from these organizations to the meetings.

For more information contact Chris, 634-5929 or Arlene- 634 8904.





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# WE ARE CANADIAN

How much do you know?



- 1. What was Canada's first national park?
- 2. What baby food was first developed at the Sick Children's Hospital in Toronto in 1930?
- 3. What is the most northern settlement in Canada?
- 4. What was the "Silver Dart"?
- 5. Which Canadian rock group led the world in record sales for 1970?
- 6. Which Canadian comedy team appeared on "The Ed Sullivan Show" a record of 65 times?
- 7. What is Canada's national animal?
- 8. What three Prime Ministers held office in 1984?
- 9. If you ate a "tortiere", what did you eat?
- 10. What is Canada's original name?
- 11. What is Canada's national sport, leading in popularity in 1890's?
- 12. Canadians are renowned for adding what to the ends of sentences?
- 13. What is another name for the Aurora Borealis?
- 14. What was NHL goalie "Gump" Worsley's first name?
- 15. Captain Kidd's treasure is said to be hidden in which Nova Scotia island?

Answers page 22





182 Union Street, New Hamburg

#### REASON #9 TO GO BOWLING

4 tickets to the movies cost what - Over \$40 4 bags of popcorn and drinks also cost around \$40, right? Then there's always the chance that your family has to sit through a movie they won't like.

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Page 12 Baden Outlook

#### No Winter Blues at Baden Public School

As usual, students at Baden Public School have been busy this past month. Many exciting things have been happening at the Dog House.

At the beginning of February, Grade eight grad pictures were taken. It's hard to believe our oldest students are preparing for the transition to high school already. As the time for these students to walk through the high school doors draws closer, students are engaging in experiences that will support them in making a smooth transition. The Kitchener Rangers spoke to the grade eight students about responsibility, conduct, and the importance of wise decision making. Their discussion was followed up by two University of Lakehead hockey players who focused their presentation on the balancing act of academics, extra-curricular activities, and socialization, as well as rising above the obstacles we face in life.

In addition to these speakers, several other presentations and group learning opportunities have been offered to students at Baden during the month of February. Planned Parenthood visited Baden P.S. to perform Sexpectations for grade 7 and 8 students as part of the Health curriculum. Also, "I Totally Matter" is being hosted for grade seven girls at nutrition breaks. Our very own, ECO schools team, led by Mr. McBeth, kicked off Baden's efforts to help the environment with an assembly on February 13<sup>th</sup> introducing a number of different initiatives. Mr. Eckert has already seen an improvement with our recycling practices.

On February 18<sup>th</sup>, twenty students from Baden P.S. competed in the Skills Canada Competition at Conestoga College. Baden proved once again that we have some of the most talented design and building students in the region. We received three medals out of the four judged competitions that we entered. Congratulations goes to:

- Our junior design and build team consisting of Brady
   Finn, Natalie Kelly, Dylan Beam, and Brooke Surian who received a silver medal
- Our junior lego team consisting of Aqua Rempel, Cole Kastner, Brett Montgomery, and Jacob Flood who received a silver medal
- Our intermediate design and build team consisting of Jacob Reusser, Katie Shantz, Sabrina Watson, and Daniel Musselman who received a bronze medal

\_ . . \_ . . \_ . . \_ . . \_ . . \_ . . \_ . . \_ .

- Our intermediate lego team consisting of Brett Ryan,

- Megan Maue, Zach Kongdara, and Jordan Mayman who competed hard against some very tough competition
- Our video production team of Carolyn Helps, Erika Lade, Aaron Shantz, and Dylan Carroll who produced a creative

Carroll who produced a creative, humorous commercial as part of this demonstration event.

Moving from the academic to the athletic, our boys' basketball team wrapped up a fun season during the middle of February and the girls' team competes in the finals during the first week of March. GO BULLDOGS GO! The Life Skills class continues to skate each Wednesday, while grade eight classes have been cross country skiing at Laurel Creek Conservation Area. The Ski and Snowboard Club wrapped up with a trip to Glen Eden on March 2nd. Students and staff on the trip had a great time despite the frigid temperatures of 26 below given the wind chill. Sadly, club members say good-bye to the hills for another season.

Many other special activities have been happening at Baden which make it an exciting place to attend school. For Valentine's Day, the Baden Leadership Team (BLT) sold over 2000 candy-grams which students sent to their friends. In addition, the BLT hosted a dance for grades seven and eight students. Proceeds of both went to the Heart and Stroke Foundation. Grade five students hosted a bake sale to fundraise for their trip to the Royal Ontario Museum. There were some very yummy treats. On February 20<sup>th</sup>, the Baden Bop showed off the many talents of our grades six, seven, and eight students. All these extra opportunities offered by our teachers result in lots of fun!

With all the school excitement, students were ready for a break on the February 27<sup>th</sup> P.D. Day. In March, students are looking forward to the Francofun Carnival, Beach Day, Medieval Feast for the Grade four students, and of course the March Break. Wishing everyone a relaxing and fun holiday week!

Till next month, signing off, Carolyn Helps & Kirby Silverthorn.



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In the early years of our marriage we lived on a small city lot. We had two pre-school boys and a very limited income. My husband, who grew up in the city, recalled how his father had a garden on their city lot as did many neighbours. Drawing on that experience, we successfully created a garden in our small backyard.

You can make space in even the tiniest yard. Gardening in small space requires more planning, but small can become beautiful.

Where to plant your garden is the first consideration. Vegetables require light and warmth. Most vegetables need at least six hours of sunshine per day. Access to water is essential. The location should be where a hose can easily reach the site, or a rain barrel is close by. Good drainage of the site is a priority. It should be free of depressions and slopes where rain or irrigation will cause water to collect in puddles. Plants need good air circulation. If light breezes can flow through the garden site, fungus growth, mildew and aphids will be kept in check. Avoid locating near hedges, shrubs or trees where the garden plants will need to compete for water and nutrients.

Here are suggestions for some vegetables that adapt well to confinement in small beds or containers. If a vegetable garden is out of the question and container gardening is not your style, many of these vegetables will blend well into a flowerbed.

- 1. Make small plantings of lettuce, radishes, spinach, cabbage, spring onions.
- 2. Whenever a spring onion is pulled for the table, pop a lettuce plant into the spot where the onion grew. As the lettuce is used, replace with either tomato or pepper plants.
- 3. When spinach has been used plant pole beans where the spinach had grown.
- 4. To save space, plant tall and low or fast and slow maturing vegetables together.
- 5. Succession planting means good eating followed by good eating. Make small plantings of vegetables two weeks apart. Beets can be planted up to August 10<sup>th</sup> and don't forget the tops which can be cooked and eaten like spinach. Plant Endive in two-week successions from June 1<sup>st</sup> to June 20<sup>th</sup>. Leaf lettuce can be planted in relays to August 1<sup>st</sup>. Radishes plant in succession up to August 10<sup>th</sup>.
- 6. Tomato plants (bush type) love heat and can be planted at the back of the flowerbed next to the house or deck or a wall where at least six hours of sunlight is available.
- 7. Purple Ruffles Basil is very decorative and adds beauty when inter-planted with yellow marigolds. Harvest Basil for fresh use or dry the leaves and use during winter.
- 8. Ornamental peppers, which are a miniature form of chili pepper, can be grown in pots or as decorative plants in the flowerbed.
- 9. Creeping Thyme is a perennial and used most frequently

- as a ground cover. Also, used in decorative landscaping to grow between flagstones, it can be used in cooking in the same way as regular thyme.
- 10. Swiss Chard is a vegetable with a high calcium content and a rainbow of stem colours. The variety Bright Lights can be grown among your flowers adding colour to the landscape and colour to your dinner plate.
- 11. Plant a root vegetable and another vegetable which grow above ground, in the same row. For example, radish (below ground) and lettuce (above ground) can occupy the same row. Carrots and lettuce also work well together. Intersperse marigolds and nasturtiums throughout your plantings. These help in controlling white flies and aphids.

Small space gardeners should avoid growing mint. These plants are quite invasive and will quickly utilize space needed by food crops. Many herbs can be inter-planted with vegetables. Some perennial herbs can be planted in pots and moved indoors for winter use. There are a few herbs which do not make good companions. Dill planted near tomatoes will stunt the growth of the tomato plants. Fennel is disliked by all vegetables so it would be best to ostracize it.

Pole beans take little space when grown on stakes or a fence but are heavy yielders and provide many meals. Grow Scarlet Runner beans to cover a trellis or an arbour. The vines are covered with conspicuous flame red flowers which attract hummingbirds. The resulting beans are edible.

To expand your garden, utilize containers.

Garden centres are responding to the small space gardener by offering miniature versions of vegetables. Seeds for many of these are also available. New this year is a tumbling version of tomato with a high yield. Great for hanging baskets. Look

for Tumbling Tom. Blush (a baby iceberg), Baby Star or Tom Thumb lettuce produce small heads ideal for growing in containers.

For further information go to this website www.extension.iastate.edu/Publications/PM870A.pdf





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# TCP Spotlight Jen Hoffman Musical Director

Baden's Jen Hoffman recalls having watched two shows at the Community Centre – The Wizard of Oz and Oklahoma. But it was the year 2000 that Jen received the call from TCP to get involved. She had all the right credentials for the job. She was conductor of the New Hamburg Band and had her Batchelor of Arts in Music and Education. She was also a teacher at Rockway School in music, physical



education, and computer science and family studies.

The first show that she conducted was *Music Man*, which was also the first show on the arena floor. She has enjoyed her role as Musical Director having missed only one year (Fiddler on the Roof) since then.

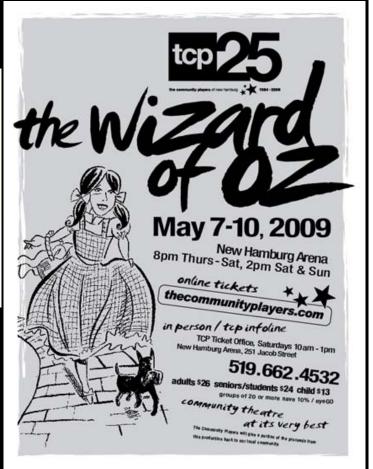
The Musical Director has a wide variety of roles in a typical production. She is involved in casting, teaching vocals, conducting the orchestra and in selecting musicians. The number of musicians depends on the show and there can be as few as 12 or as many as 23. She has a great group to work with and depend upon. This year's show requires 17 musicians, which is about average, and the music in the show is very fun.

Her volunteer commitment to each production is huge. Before rehearsals start Jen must do hours of preparation and selection of talent. Every Sunday from 1:30 to 10 p.m. and every Thursday from 6:30 to 10 p.m. - from February 15 until the week before the show is reserved for rehearsal. During the show week (Saturday to Saturday) Jen takes several days off work to have extra rehearsals and fine-tune the show.

Jen is looking forward to this year's show and knows that it will be an entertaining experience for all. We can all be thankful for Jen's commitment and dedication to TCP - She makes Wilmot proud!!

What do you call it when it rains chickens and ducks? ...Foul (fowl) weather!!

What did one raindrop say to the other raindrop? ...My plop is bigger than your plop!



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#### WEN-DO WOMEN'S SELF-DEFENCE

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\$35 per person, includes lunch.

Subsidy available and registration required.

Sponsored by Wilmot Family Resource Centre. For info, call Karen at (519) 662-2731

#### SUPPORT GROUP FOR PARENTS

Parents linked with our Community to assist in the need for Support, Awareness and Empowerment against narcotics.

Meeting Monday Evenings at 8 pm Trinity Lutheran Church 23 Church Street, New Hamburg Martin Luther Room (upstairs)

# 5th Annual "A Women's Day"

The Waterloo District Women's Institute invite you and a friend to join this special day. Proceeds from today's event will be donated to the Canadian Dermatology Foundation.

Saturday, March 28, 2009 Registration 9am
Bethel Missionary Church, 1531 Bridge St. New Dundee
\$28 per person (includes lunch), \$32 after March 2, 2009.

Deadline for registration is March 23, 2009 to enable planning of lunches. For more information call 519-662-4603. Please make cheque payable to Waterloo District Women's Institute and send registration to Eleanor Berry, 145 Old Carriage Drive, Kitchener, N2P 1H5 or call 519-893-8775.

This space is generously donated by Erb Transport to support community events

# Wilmot Horticultural Society



Sheridan Nurseries Natural Pest Management Monday, April 13 — 7:30 pm

WHS members - 20% discount that evening 100 Elmsdale Dr. Kitchener (Off Ottawa St.)

#### Ride & Stride for Cancer

April 26, 2009.

Magnussen Business Centre,
66 Hincks St. New Hamburg.
Register On-line at www.greatride.ca
First 100 people eligible for door prizes
Last year Wilmot raised over \$30,000
Live entertainment by Glen Reid!
Theme for this year Be Safe in the Sun!

# BENEFIT CONCERT

Saturday, April 4th - 7:30 pm Mannheim Mennonite Church 1494 Bleams Road, 1km west of Mannheim

Featuring "Hymns and Her" An entertaining evening of jazz gospel and dessert

Freewill Offering—tax receipts available
For info call Anita at 519-662-1908

Proceeds to Mennonite Central Committee &
House of Friendship

# Run for the Cure -Baden Believers!

Baden resident Angela Desjardins and her husband have been participating in the CIBC Run For the Cure for three years and would like to give people in our community a chance to participate and meet their neighbours at the same time.

Angela's idea is to have a group of people in Baden and the area to get together to run shorter distances, slowly increasing in order to easily run the 5km run in October.

Angela has set up a Facebook page www.facebook.com type in Baden Believers in a Facebook search and you will reach her page. CIBC Run for the Cure proceeds support the Canadian Breast Cancer Foundation. Check it out.

Another Col Move

Page 16 Baden Outlook

# Every Orphan Matters

Wendy Pauls of Baden is inviting you to a huge fundraising garage / bake sale at the old Baden Emporium site. The sale will be on Saturday April 4 from 8 am to 3 pm and Sunday April 5 from noon to 4 pm. All proceeds will go towards "Every Orphan *Matters*" project—Ukraine.

On July 2, 2009 a team of women and girls will head to the Ukraine. Their goal is to take 200 plus orphans on a shopping trip. Most of these orphans would have never been shopping and would be thankful for whatever they receive. Can you imagine their joy on being able to select a piece of clothing that they like.

The team will also be interacting with children teaching crafts, playing games and letting them know that they matter.

Carolyn Helps is a grade eight student at Baden Public School. She got involved through the *i totally matter* program at the school (Baden Public School). At the end of the program there was an opportunity for the girls to apply for a scholarship to go on an overseas volunteer trip. Carolyn was the recipient of the scholarship, so she and her mom will be

joining the team.

"Many girls in Canada are sheltered from the reality of what happens to people who are less fortunate than ourselves "Carolyn explains. "I am one of those girls. Despite my knowledge of under-privileged children and what I have heard about them, I am sure nobody can grasp what they go through every day, without witnessing it for themselves."

Amber Pauls is also a grade eight student at Baden Public School to run through the program with "strangers," so to speak, to get a true feeling for it says Amber. "I want to go on the Every Orphan Matters Ukraine trip because it will be a great experience. So many people say it changes their lives, which makes it sound exciting. I don't only want to go because of personal reasons. I think it could change peoples' lives and I'm sure that would make me feel great."

Lauren Pauls is a grade 11 student from Waterloo-Oxford. She is very excited to help out on this trip and she loves children and has a sensitive heart.



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Ask about our neighbourhood discount

There are close to twenty women going on this trip from Kitchener-Waterloo/Simcoe area and they hope fundraising like this will help their cause. For more information contact Wendy at 519-634-5115 or email wendy@wendypauls.com

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# Ed's Syllable Sillies

a a al be ble ble da di e ea ent fa gat jo ket man mous nish o quar re ri ry sel ta tar ter tle to tum ty va vail vi

Fill in the answers to the clues by using all the syllables in the sylla-box. The number of syllables used in each answer is in brackets. The number of dashes indicates the number of letters used for each answer. Each syllable may only be used once.

Here is an example: Spring flower (3) (answer: daff/o/dil)

1.	At hand - usable (4)
2.	Good natured, jolly (3)
3.	Dutiful (4)
4.	To fall awkwardly (2)
5.	An assortment of things (4)
6.	A folding frame or tripod (2)
7.	Well known (2)
8.	A metal vessel for boiling (2)
9.	Required by a command (4)
10.	Twenty five cents (2)
11.	A series of boat races (3)
12.	To dim the lustre of (2)
	Answers page 22

#### Harold Albrecht Supports NH Flood Relief

Harold spent Valentine's Day in New Hamburg meeting with the New Hamburg Flood Relief Committee and selling cookies at MeMe's Café in support of the flood victims. In only two hours over \$1000 was raised.

While residents of the flood plain had experienced previous floods and thought they were prepared; there was no preparing for the violent deluge that hit on December 28. A group of citizens realized the financial hardship victims were experiencing and banded together to ease the pain. Concerned citizens recognized a community need and more than \$58,000 has been raised for flood relief thus far... to be continued next month!!

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# Local Churches Welcome You



#### Steinmann Mennonite Church

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

Children's Club Youth Group - Friday Young Adult and Adult groups Worship: Sunday, 9:45 a.m. Sunday School: Preschool - Adult, 11:00 a.m.





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# ST. JAMIES LUITHERAN CHURCH

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# Come & Worship

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# LIVINGSTON PRESBYTERIAN CHURCH

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#### **Wilmot Centre Missionary Church** www.wilmotcentremc.org

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Phone: 519-634-8687 Fax: 519-634-5090

Email: office@wilmotcentremc.ca

SERVICE TIMES - 9 & 11 am SUNDAY SCHOOL 9:30 am CHILDREN'S WORSHIP 11:30 am Rev. Don Mills Rev. Wayne Domm



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# **BREAST CANCER FUNDRAISER DANCE**

Breast cancer is the second most common cancer type in the world, and affects not only women, but men as well.

Think pink and dance the night away, at the 1<sup>st</sup> Annual Breast Cancer Boob Bash!

Come out to support Melanie James, a member of your community, in her quest to raise money for this cause and to participate in a 60 km walk in Toronto this fall.

> There are tons of great prizes to be won, complimentary buffet and a cash bar.

**New Hamburg Community Centre** 251 Jacobs Street, New Hamburg Saturday April 25, 2009 - 8:00 pm to 1:00 am Tickets are \$10 per person and are available at:

- Teddy's Bakery
- New Hamburg Sobey's
- By contacting Melanie at 519-634-5050 or mjames11@rogers.com

You can also sponsor Melanie by going to www.endcancer.ca and clicking "Donate Now" in the Toronto location. You'll find her listed under her team. Oakwood Retirement.

100% OF THE PROCEEDS GO TO THE WEEK TO END BREAST CANCER

## INTERESTING PEOPLE - MEET BILL HUME, MODEL SHIP BUILDER

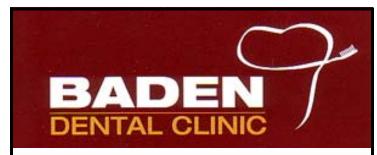
By Teresa Brown

There's nothing quite as beautiful as a well-engineered ship. A bold, seaworthy hull forms her base and smooth hardwood decking shines underneath towering masts. Intricate rigging -- the ropes of the ship -- stretch sky-high overhead, controlling the powerful, billowing sails. Believe it or not, we have such ships very close by. They are works of art, perfectly engineered and constructed -- but they will never sail. Except, that is, over the kitchen

counter of Bill Hume, a model ship builder right here in Baden.

Bill first became interested in building model ships as a youngster, and at 20 years old he decided to build a museum-quality model. His first attempt saw Bill tackling the model of a Danish 1930s ship. "There were a lot of mistakes on it," he laughs. "It took me six years." Later, once he had begun his career as a Chartered Accountant, Bill undertook his second shipbuilding challenge, a Swedish coastal steamer. The steamer took him around five years to complete, and is a replica of an actual 1914 ship that still steams today.

Bill enjoys researching the real vessels on which his models are based, both to achieve accuracy in his reproductions and for the enjoyment of learning maritime history. Unlike the kits commonly found in toy stores, Bill's museum-quality kits



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have highly accurate detail and demand a much greater skill level. "I try to be as accurate as possible," he explains. "The first one or two I did, I didn't have the technical expertise needed. As well, the first kit I did was pretty rudimentary -- now, they are much more detailed."

The work can demand an incredible amount of patience and skill. The most difficult part is completing the rigging, typically

made with thread that ranges from .25 mm to 1.2 mm thick. On a real ship, the complicated series of ropes and pulleys control the working of the sails, and are a challenge to duplicate at 1:100 scale with accuracy. "By the time you finish, you know all about what every rope does," he says. "I just take it one step at a time -- I spend hours studying the kit's plans and slowly build through the entire ship."

"Corel," an Italian model company, is Bill's kit of choice, but even with such high-quality products he still supplements the packages. The kits typically include wooden hull boards, masts and decking, but Bill often searches out more accurate materials on the internet. "I want to bring each ship to a point in history as accurately as possible," he says. "I'm a history buff, particularly regarding Lord Nelson's era." In fact, one of Bill's favourite models is Nelson's flagship *Victory* which fought at the Battle of Trafalgar. The model is very impressive, and carries 100 cannons, just as the real *Victory* did.

Bill's interest in ships and history has entered his life on a personal level, too. "I lived in Halifax for a time, and became very familiar with the *Bluenose*," he says. "Thirty years ago I bought a *Bluenose* kit, but it was very crude and I couldn't find the right decking." Unable to satisfy his sense of historical accuracy, Bill put the kit away -- for 30 years. "Finally, about seven years ago, I found the decking and completed the model, correcting many of the manufacturer's errors," he says. "It's an important ship for my wife Helene and I -- we went on the *Bluenose II* on our Honeymoon!"

The *Bluenose* now sails proudly in Bill's family room, displayed in an oak and glass cabinet, as are many other historically accurate models. Yet another, a sloop Bill has named *The Swallow*, rests partially complete on his kitchen counter. After he finishes her, Bill plans to try his hand at a very different hobby - writing. "I'd like to write a fictional history for *The Swallow*, and I also have an idea for a novel ." It's no surprise that his novel will highlight many of the ships with which he's so familiar -- and which will always sail proudly in his home and heart, over imaginary seas.

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# Wellesley Preschool Protects The Environment While Raising Money

It's a time-honoured tradition with a twist. Along with the usual fundraising activities at Wellesley & District Cooperative Preschool, there is a new way to make money that benefits the environment as well. Wellesley Preschool is tackling the growing problem of electronic waste and literally turning it into cash.

Wellesley Preschool is participating in the *Think Recycle* program, which gathers old print cartridges and cell phones in the community and exchanges them for money. Greentec, the company behind *Think Recycle*, then collects, processes and recycles the cartridges and cell phones, diverting the electronic waste from local landfill sites.

"Our usual fundraising activities are great, but the *Think Recycle* program directly protects the environment, says Tammy Egli – President of the recycling program. This way we can stop filling up our landfills with electronic waste and fundraise at the same time."

The public can drop off old cell phones or printer cartridges at Wellesley Preschool but please contact President Tammy Egli (519-656-3132) to arrange for a convenient time. Pickup can also be arranged.

Based in Cambridge, Ontario, the Think Recycle Program is division of Greentec, a world leader in reverse logistics. It specializes in the collection and recycling of e-waste. Visit www.thinkrecycle for more information.

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- \* Implants and dentures (to replace missing teeth)
- \* Root canal treatment
- \* Bleaching/whitening
- \* Headache/migraine control (related to TMJ)

# AMERICAN HISTORY MYSTERY

Have a history teacher explain this--- if they can.

Abraham Lincoln was elected to Congress in 1846. John F. Kennedy was elected to Congress in 1946.

Abraham Lincoln was elected President in 1860. John F. Kennedy was elected President in 1960.

Both were particularly concerned with civil rights. Both wives lost their children while living in the White House.

Both Presidents were shot on a Friday. Both Presidents were shot in the head.

Now it gets really weird.

Lincoln 's secretary was named Kennedy. Kennedy's Secretary was named Lincoln .

Both were assassinated by Southerners. Both were succeeded by Southerners named Johnson.

Andrew Johnson, who succeeded Lincoln, was born in 1808. Lyndon Johnson, who succeeded Kennedy, was born in 1908.

Lee Harvey Oswald, who assassinated Kennedy, was born in 1939. John Wilkes Booth, who assassinated Lincoln, was born in 1839.

Both assassins were known by their three names. Both names are composed of fifteen letters.

Lincoln was shot at the theater named 'Ford'. Kennedy was shot in a car called 'Lincoln' made by 'Ford'.

Lincoln was shot in a theater and his assassin ran and hid in a warehouse.

Kennedy was shot from a warehouse and his assassin ran and hid in a theater.

Booth and Oswald were assassinated before their trials.

Too strange to be true... who figured this out?!?

Email submission

#### Answers to Canadian Trivia from page 12

- 1. Banff National Park
- 2. Pablum
- 3. Alert, Ellesmere Island, Nunavut
- 4. Canada's first airplane
- 5. The Guess Who
- 6. Wayne & Shuster
- 7. The beaver
- 8. Trudeau, Turner, Mulroney
- 9. A meatpie
- 10. Kanata (meaning village)
- 11. Lacrosse
- 12. Eh?
- 13. The Northern Lights
- 14. Lorne
- 15. Oak Island

#### Answers to Syllable Sillies -from page 18

- 1. available
- 7. famous
- 2. jovial
- 8. kettle
- 3. obedient
- 9. mandatory
- 4. tumble
- 10.quarter
- 5. variety
- 11. regatta
- 6. easel
- 12. tarnish

#### **New Parent Connection**

An Early Years drop-in for parents and their babies (0-24 mths)

Come and connect with other new moms and dads as you enter this new stage in your life. Learn about topics important to new parents from regular guest speakers.

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# 30 Years Helping People Move in Baden, New Hamburg, Wellesley & K-W

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Classes will be held from 7:15 - 8:15 pm
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open to the ages 14 and up.

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

There have been concerns about the foul smelling snow that is in our school yard and the children's smelly clothing. This is due to "FROST BOIL" and this explanation may clear up concerns.

# Spring Thaw Odour Problems

Yellow coloured ice and foul odours often occur in school grounds and playgrounds in late winter or early spring after rapid thawing or rainfall. It is caused by anaerobic (without oxygen) decomposition of the vegetation below the ice. This process produces ammonia which gives the ice its yellow discoloration. As the ice breaks down, ammonia comes to the surface of the ice. The ammonia adheres to the children's boots and outer clothing as they play on the ice. It is the ammonia that gives off the pungent odour in the school's hallways where children store their outdoor clothing.

This condition is not a health hazard, but a phenomenon of nature and will probably last until the disappearance of ice and drying conditions. This phenomenon is not localized to this area and is occurring throughout the province.

Jo-Anne Soye, Principal, Baden Public School

# the Health & Wellness Page

Let's Talk About You., and Your Poo!

Submitted By Michael Fisher, R.N.C.P

Everyone always gets the giggles when I start talking about poo. Feces, as it is more formally known, is rarely talked about and usually disregarded, but is an important aspect when considering our health. Why? Because it is the solid waste that comes out of us.

We are so focused on what we put into our bodies, we forget to consider what comes out, or rather, what stays in - which is more important. It's crucial that

our wastes are properly eliminated, because what we don't eliminate hangs around in our bowels and putrefies, creating poisonous gasses, encouraging parasites, and destroying our delicate intestinal tissues. This poisonous garbage hangs around in people for years and years, aging them dramatically and just making them sicker and sicker. Now you see why it's important to have good bowel movements, we have to get stuff out so we don't poison ourselves!! (Which is called *autointoxication*).

How do we know if we are fully evacuating our bowels every time we go number two? Whenever we have a bowel movement that requires excessive wiping, in other words, if your stool is sticky and requires a lot of clean up, then assume that your colon has become lined with that same sticky residue as it passed through your bowels. Multiply that by the number of times you go to the bathroom, and suddenly you start to build up a thick coating of hardened residual feces in your colon that is very difficult to move. As this rubbery coated tube of impacted feces accumulates, your body tries harder and harder to get rid of it, which could result in an irritable bowel, diarrhea or cramping. So what might seem like chronic diarrhea, is actually a very deep form of constipation, as the real problem is the impacted feces that cannot be eliminated! There are many other symptoms that reveal a stressed colon. Read more by visiting www.michaelfisher.ca and clicking on the "Healthy Carrot", or cut this handy chart out to help you create better bowel movements!

Michael Fisher 519-273-1140 mike@michaelfisher.ca / www.michaelfisher.ca / www.wholefoodies.org

# 10 Tips for Happy Healthy Bowels

- 1. Eat a high fiber diet that comes from whole foods (fiber scrubs away intestinal residues)
- 2. Chew your food thoroughly (help your colon with the big job of digestion and elimination)
- 3. Eat fermented foods such as sauerkraut or yogurt (healing for intestinal tissue)
- 4. Drink plenty of water
- 5. Use digestive enzymes if needed
- 6. Boost your fiber intake with bran, ground flax seed or psyllium husk
- 7. Eat plenty of dark leafy greens, such as kale and spinach
- 8. Stay away from fried, processed and sugary foods (white flour makes for gucky glue-like end result)
- 9. Be mindful if taking antibiotics as they are disruptive to your colon
- 10. Relax, breath deep and get plenty of exercise

# Sesame Poo Balls

Eat 'em up and poop 'em out!! Your colon will love you!!

1/2 cup sesame seeds

1/3 cup honey

2 Tbsp raw sunflower seeds

2 Tbsp tahini (sesame butter) or almond butter

1/2 cup ground flax

1/8 tsp salt

1/2 cup unsweetened shredded coconut (plus more for garnish)

1 tsp vanilla

1-2 Tbsp carob or cocoa powder

Pulse sunflower seeds in a blender or food processor into a rough powder. Combine all ingredients into a stiff and slightly crumbly dough. Press into balls and roll in the extra shredded coconut.



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## Quality Childcare Programs for all Ages!

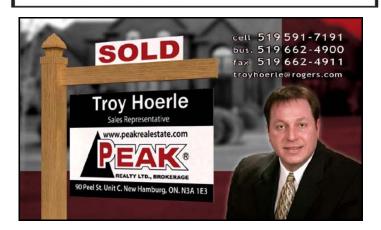
Members of the public are invited to the

# **Annual General Meeting**

of the Creative Beginnings Children Centre Board of Directors

Monday March 16, 2009 at 7pm at Castle Kilbride

Call for more information 519-662-3854 (New Hamburg) or 519-634-5223 (Baden). Your community, your childcare centres! We welcome your participation! <a href="https://www.creativebeginningschildcare.ca">www.creativebeginningschildcare.ca</a>



# You Must be Joking!!

Once there was a multi millionaire, who collected live alligators. He kept them in the pool in back of his mansion. The multi millionaire also had a beautiful daughter who was single. One day he decides to throw a huge party, and during the party he announces, "My dear guests . . . I have a proposition to every man here. I will give one million dollars or my daughter to the man who can swim across this pool full of alligators and emerge alive!"

As soon as he finished his last word, there was the sound of a large splash!! There was one guy in the pool swimming with all he could and screaming out in fear. The crowd cheered him on as he kept stroking as though he was running for his life. Finally, he made it to the other side with only a torn shirt and some minor injuries. The millionaire was impressed.

He said, "My boy that was incredible! Fantastic! I didn't think it could be done! Well I must keep my end of the bargain. Do you want my daughter or the one million dollars?"

The guy says, "Listen, I don't want your money, nor do I want your daughter! I want the person who pushed me in that water!"

# "Get It Together"

...with Donna & Rhonda

We are going to take a "trip around the house" and bring you organizing tips for every room! This month we are aoing to start in the kitchen . . .

#### DO YOU HAVE TOO MANY KITCHEN GADGETS?

Here is a quick and simple way to "evaluate" them. Put all your kitchen gadgets and utensils into a box. As you use the gadget, put it back into its original home (drawer or jar on counter). After two months, donate or pass along all the gadgets left in the box. You didn't use them! (With the exception of the turkey baster since it is a "seasonal" gadget!)

# DO YOU FIND YOURSELF "ZIG-ZAGGING" AROUND YOUR KITCHEN?

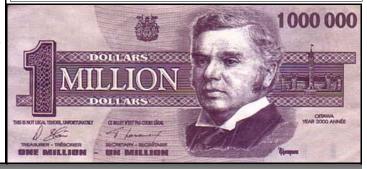
Set your kitchen up in "zones". Everything you need to accomplish a task should be within arm's length. For example, set up a "lunch making" zone. This zone should include a home for lunch pails, water bottles/thermos', bin of snacks (granola bars, fruit cups, crackers, etc.), plastic lunch containers and/or ziploc bags. You will be more efficient if everything you need is close at hand. Some other zones for your kitchen could be: baking zone, beverage zone, mini office zone, and snack zone.

To learn more about "Getting It Together", visit us at www.heartofthematter.ca

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

#### **Fast Money Facts**

- $\Rightarrow$  Money is the leading cause of disagreements in marriages
- ⇒ Let's flip a coin and try to guess whether it will come up heads or tails. Three times as many people guess 'heads' than 'tails'.
- ⇒ When it comes to houses, more than anything else, people want a state-of-the-art kitchen.

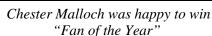


# Baden Minor Softball Baden Minor Softball Jeans Ago Photos Courtesy of Baden Minor Soft 11





The Midget Team—1974 Kneeling: Batboy Bobby Burgess, Barry Taves, Sandy Wagler, Tony Dietrich, Hal Dietrich, Rick Whittaker.
Standing: Coaches Brooke Uttley and Ron Taves, Adrian Diemert, Franz Schwende, John Reidt, Steve Koenig, Rich VanOorschot, Brian Taves, and manager Bert Currie.







1974 winners of "Most Improved Players" Warren Diemer, Cathy Honderich



1974 Juvenile Team win W.O.A.A. finals.
Sitting: Dave Filsinger, Barry Taves, Paul Morrison (bat boy), Glenn Shantz.
Kneeling: Tom Musselman, Duane Gingerich, Steve Yantzi, Tim Weiler, Steve
May. Standing: Coach Mike Weiler, Keith Yantzi, Brian Krigner, Dennis
Ertel, John Snyder, Steve Frank, Coach Ron Taves.

1974 Juvenile Coaches

Back: Mike Weiler Ron Taves Front: Moe Callaghan



Final Registration for this season is March 26 from 6-8 pm at the Castle. For more info please call Bob at 634-8437



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#### The Baden Outlook Home-Run Pool

The Baden Outlook is eager for spring and excited to play baseball - with you, that is. Get your strategy caps on, grab a pencil and check out the list of players below. We have listed players with their home team and the home-run stats from last season. It's easy to play. Simply check one player from each box and we'll enter the data on the internet to create the stats. Each month (starting in May) we will show you the top leaders and announce the winners and their prizes. Last season there were 189 entries and we're anxiously waiting for your entry forms to roll in. Drop off your entry form at The Baden Outlook in the yard mailbox (178 Snyder's Road E., Baden N3A 2V6) or put it in the mail before April 1st.

#### Rules:

- ⇒ Only one ballot per person.
- ⇒ Updates will be calculated on the 7th of each month, (starting in May).
- Prizes are given for most accumulated homerun points, and we pull a random draw from the entry ballots each month. (You are only able to win the leader prize once, then it defaults to the 2nd, or 3rd place etc.)
- $\Rightarrow$  No entry fee is required!
- ⇒ No trades or substitutions through the season.
- ⇒ Ties will be broken by the player whose points increased the most that month.

#### PRIZES TO BE WON EVERY MONTH!

To follow along during the season, log on to the pool website at <a href="https://www.badenoutlook.com">www.badenoutlook.com</a> - the pool I.D. is <a href="https://outlookhomerun">outlookhomerun</a> and the password is <a href="quest">quest</a>.

<ul> <li>□ Dunn / WAS = 40</li> <li>□ Delgado / NYM = 38</li> <li>□ Braun / MIL = 37</li> <li>□ Pujols / STL = 37</li> <li>□ Fielder / MIL = 34</li> </ul>	☐ Cabrera / DET = 37 ☐ Quentin / CHW = 36 ☐ Rodriguez / NYY = 35 ☐ Teixeira / NYY = 33 ☐ Hamilton / TEX = 32	<ul> <li>□ Ludwick / STL = 37</li> <li>□ Gonzalez / SD = 36</li> <li>□ H. Ramirez / FLO = 33</li> <li>□ Utley / PHI = 33</li> <li>□ Wright / NYM = 33</li> </ul>
□ DYE / CHW = 34 □ Thome / CHW = 34 □ Burrell TB = 33 □ Longoria / TB = 27 □ Ortiz / BOS = 23	<ul> <li>Uggla / FLO = 32</li> <li>Berkman / HOU = 29</li> <li>Soriano / CHC = 29</li> <li>Lee / HOU = 28</li> <li>Reynolds / ARI = 28</li> </ul>	☐ Cust / OAK = 33 ☐ Sizemore / CLE = 33 ☐ Giambi / OAK = 32 ☐ Huff / BAL = 32 ☐ Pena / TB = 31
<ul> <li>□ Beltran / NYM = 27</li> <li>□ A. Ramirez / CHC = 27</li> <li>□ Glaus / STL = 27</li> <li>□ Ankiel / STL = 25</li> <li>□ McLouth / PIT = 25</li> </ul>	<ul> <li>□ Bay / BOS = 31</li> <li>□ Youklis / BOS = 29</li> <li>□ Guerrero / LAA = 27</li> <li>□ Holliday / OAK = 25</li> <li>□ Cameron / MIL = 25</li> </ul>	<ul> <li>□ Pence / HOU = 25</li> <li>□ Hardy / MIL = 24</li> <li>□ Votto / CIN = 24</li> <li>□ Ibanez / PHI = 23</li> <li>□ Jones / ATL = 22</li> </ul>
<ul> <li>□ Beltre / SEA = 25</li> <li>□ Morneau / MIN = 23</li> <li>□ Konerko / CHW = 22</li> <li>□ Ordonez / DET = 21</li> <li>□ Wells / TOR = 20</li> </ul>	<ul> <li>☐ Hunter / LAA = 21</li> <li>☐ Abreu / LAA = 20</li> <li>☐ Markakis / BAL = 20</li> <li>☐ Drew / BOS = 19</li> <li>☐ Davis TEX = 17</li> </ul>	<ul> <li>Millar / TOR = 20</li> <li>Rios / TOR = 15</li> <li>Rolen TOR = 11</li> <li>Lind / TOR = 9</li> <li>Snyder / TOR = 2</li> </ul>
Name:		PLAY BALL! TO GET IN THE E YOUR ENTRY FORM MUST BE
Address:	IN B	Y APRIL 1ST.
Phone Number:	Good	luck to you all!





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**Model Hours:** 

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