



BADEN OUTLOOK



March 2010



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"Keeping the Community Connected"
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The 2010 Winter Olympics were celebrated at Creative Beginnings Childcare Centre. The kids are in the Kindergarten Room showing off their Red Olympic Mittens with Heather and Crystal. *Way to go Canada!!*



Badenites Barry and Sharon Roth were fortunate to visit the Olympics in Vancouver and took along their Baden Outlook for some shots. Photos were taken by the Cauldron and at the Women's Gold medal hockey game.

See pages 4-5 for more travel photos.



This paper is priceless - Please have one!

Talking With Ed *What in the World is Going On?*



How secure is it living in a small town like Baden? No shattering earthquakes, furious hurricanes, deadly floods, mudslides, tsunamis, forest fires or tornados (*well, not in Baden*). We are also lucky to live in an area with a high standard of living and a low crime rate. The Haitian and Chilean earthquakes have left everyone concerned and wanting to help. It makes us thankful for what we **do** have and **don't** have to fear.

Haiti has had a long history of strife. It is the poorest country in the Western Hemisphere and has experienced political violence throughout its history. The total area of Haiti is 27,750 square kilometers (10,714 square miles) – about the size of Hawaii or Massachusetts - and they have a population of 9.8 million (U.N. estimates 2008). Haiti is ranked 149th of 182 countries in the United Nations Human Development Index (2006) and most Haitians live on \$2 or less per day.

Christopher Columbus first discovered Haiti on December 5, 1492 and immediately claimed the island for Spain. Nineteen days later, the ship Santa Maria ran aground near the present site of Cap-Haitien; Columbus was forced to leave behind 39 men, founding the settlement of La Navidad.

Spanish governors began importing slaves for labour, which was authorized by Charles V in 1517 (90 to 95 per cent of today's Haitian population is of predominately African decent). The French took over rule of Haiti which accounts for French being the predominant

language and for the spread of Catholicism. As a gateway to the Caribbean, Haiti became a haven for pirates. In 1804 a slave rebellion created the first independent, black-led nation, but fighting continues, as witnessed by an armed rebellion in February 2004.

In 1946, a severe tremor in the region triggered a tsunami in the neighbouring Dominican Republic killing almost 2,000 people. January's earthquake was far more damaging than the Dominican for several reasons: The Haitian quake happened just eight km below the surface and only 15 km from the Haitian capital of Port-au-Prince. This area lies on two fault lines, on the divide between the North American tectonic plate and the Caribbean plate. Scientists believe that the two plates have been locked together for about 250 years, each moving at a distance of 20mm a year: a ticking time bomb. The quake registered 7.2 on the Richter scale. While certainly not as powerful as the Chilean quake (8.8 on the Richter Scale) landslides easily triggered by the country's 98 per cent deforestation rate, combined with poorly constructed buildings resulted in tragic loss of life.

It is impressive how area schools, churches, businesses, citizens and service groups have rallied to help the unfortunate. Unfortunately disasters will continue to happen and now Chile requires help.

We checked in with Karla at the New Hamburg Thrift Centre to learn how our community responded. Their response is below.

Until next month... Ed

The folks at the New Hamburg Thrift Centre were so impressed with the community support, raising just over \$35,000 in cash donations. That is amazing!

The collection of Relief Kit items was extraordinary. They had one little guy bring in a number of items that he collected at his birthday party in lieu of gifts! Every day (for almost two months now!) donations have continued.

Our local No Frills store made the effort to provide an end cap display to make kit items easy to find. Especially that hard to find laundry bar!

The number of people from our community that came forward to volunteer their help was amazing! Whether it was to drive the relief kit items to the sorting centre in Kitchener or to be put on the list to volunteer at the sorting centre, the response was phenomenal!

Eight out of the planet's ten highest populated cities are located in earthquake zones. Earthquakes threaten people's lives and safety in Tokyo, Mexico City, New York, Mumbai, New Delhi, Shanghai, Calcutta and Jakarta. Seismologists predict major earthquakes in other large cities, including Istanbul and Los Angeles.

OOOPS!!

We made a Blooper!!

We've had calls in the past pointing out a blooper, but no one let us know about this big one in last month's paper!! Yup, for those who save their issues, please get your *White-Out*, go to the front page and change the date to February 2010.



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. No Frills & Sobey's, Short Stop, the New Hamburg and Baden Libraries and various businesses throughout Wilmot Township.



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

You may live in Canada if...

- ☞ your local Dairy Queen is closed from September through May.
- ☞ someone in a Home Depot store offers you assistance and they don't work there.
- ☞ you've worn shorts and a parka on the same day.
- ☞ you measure distance in hours.
- ☞ you know several people who have hit a deer.
- ☞ you have switched from 'heat' to 'A/C' in the same day and back again,
- ☞ you can drive 90 km/hr through 2 feet of snow during a raging blizzard without flinching.
- ☞ you install security lights on your house and garage, but leave both unlocked.
- ☞ you carry jumper cables in your car and your wife knows how to use them.
- ☞ you design your kid's Halloween costume to fit over a snowsuit.
- ☞ you know all 4 seasons: Almost winter, winter, still winter, and road construction.
- ☞ you find -2 degrees 'a little chilly'.
- ☞ You actually understand these jokes, you definitely are Canadian and proud to be.

We have never received as much Canadian content as we have this month. Since we don't publish a paper in July we neglect to celebrate Canada's birthday as we should. Considering the amazing emails this month we want to make this month's theme... **CANADIAN!**



Happy Badenites gathered at EJ's to celebrate the gold medal! This was a typical scene across the country the night we won the Olympic hockey game.
Photo by Teresa Brown

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



Seen with two Baden Outlooks are members of Nith Valley Mennonite Church , New Hamburg who were on a construction project. This photo is at Lake Attilan, Guatemala. Terry & Jackie Keller (also members of the church) have been there three plus years. Jackie coordinated the visit.

Adam McShannock and Leanne Weinstein on their Southern Caribbean cruise. Destinations included: San Juan, St Thomas, Tortola, Antigua, St Lucia and Barbados. While on the cruise Leanne and Adam got engaged !



Greg and Jill Weeden went with neighbours Grant and Toby to Aruba. The picture on the right, taken in Bonaire (85 km off the coast of Venezuela), includes two more neighbours Mike and Judy Savage.



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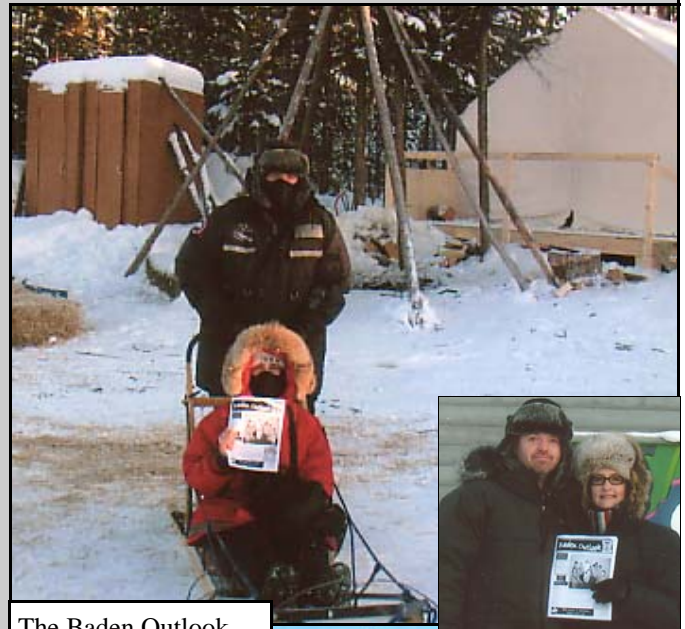
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**PLEASE CONTACT ME VIA E-MAIL IF
INTERESTED IN SOME BOOKS**

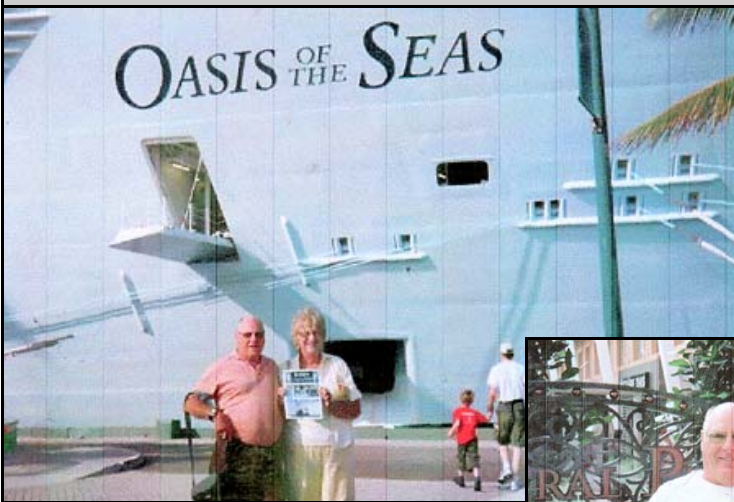
From Aruba to Guatemala, and Caribbean Cruises to Dog Sledding in Yellowknife! Thanks for taking us with you!



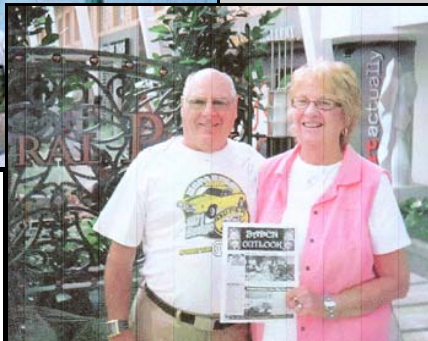
Bob and Jan Price from Foxboro took us along for a cruise through the Panama Canal.



The Baden Outlook dressed warmly for this trip to the North West Territories with Jeff and Kelly Freeman while they visited friends and family in Yellowknife.



Roly & Glenna Bullock took their Outlook on the world's largest cruise ship to the eastern Caribbean with Royal Caribbean Cruise Lines. The ship holds over 6000 guests and is almost 1200 feet long and 208 feet wide.



Scott Gibbons took his Outlook to a hockey game, Calgary vs. Edmonton, at the Calgary Saddledome in January. This was the last game before Phanouf and Sjostrom were traded to the Maple Leafs.



Sisters

PAINTING AND DECORATING

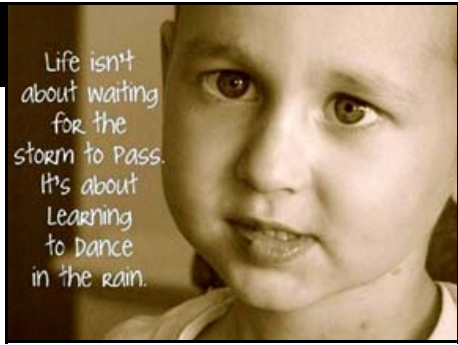
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Fight Back with Ryan's Rockers



Three year-old Ryan Wood had recurring high fevers and often complained of having sore legs. Ryan's parents, Tim and Sara (nee – Dusky, from New Hamburg) felt it time to take their son to the doctor. Ryan endured many tests and on April 23, 2008 was diagnosed with Leukemia. For the Shakespeare couple this was a horrible shock, which turned their life upside down.

Treatment for Leukemia consists of three stages: the first thirty days are the induction stage, the next eight months, the intensified stage, and the last phase is called the maintenance period. Ryan's treatment protocol is spread over three and a half years.

The first week of the induction stage is spent in the hospital, undergoing tests and determining the extent of the cancer. The chemotherapy generally begins a week later. The intensified stage is just as it says – intense chemotherapy treatment with a goal to reach remission – which is defined as five percent or less cancer cell count. This is the stage where hair loss, nausea and vomiting occur – although, luckily Ryan had very little of the latter. The goal of the maintenance stage, which started for Ryan on December 19, 2008, is to keep the cancer count fewer than five per cent.

Ryan and his family are coping well, although the sacrifices have been high. Sara missed eight months of work and Tim three months. The intensified period included weekly trips to London Health Sciences and, of course, the stress of

having their child so sick. The maintenance period only requires monthly trips to London and Ryan still takes a nightly Chemo pill.

Through this tough time the family has been overwhelmed with the generosity of friends, relatives, work mates and hospital care givers. The town of Shakespeare had a fundraising dinner, family and friends babysat and offered dinners, supporting with friendship whenever needed. Cloverleaf Farms Food Outlet in New Hamburg had a silent auction for the family. The family says nurses at the hospital were exceptional in understanding, caring, and keeping things upbeat; clowns and compassionate nurses took part in keeping spirits up for everyone.


The Canadian Cancer Society was very helpful as well. The society paid for much of the travel and parking costs while the family was going through their challenges. This amazing compassion prompted the Woods to form a group for the Great Ride and Stride in Wilmot Township last year. The group, called Ryan's Rockers, consisted of 29 people who raised over \$5,000 and are planning to do it again this year.

"You definitely feel like giving back to the community when you have experienced a life altering experience such as this," said Sara. The Great Ride and Stride takes place on Sunday, April 25.

By the way, Ryan is in remission, started school this September, and is doing just fine!


The theme of this year's event is "Fight Back" - there is a very powerful media approach by the Canadian Cancer Society at www.fightback.ca.





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SO, WHAT DO CANADIANS HAVE TO BE PROUD OF?

1. Smarties, Shreddies, Crispy Crunch, Coffee Crisp
2. Canadian football has only three downs and the field is 110 yards long and 65 yards wide.
3. Baseball was invented in Canada
4. Lacrosse is a Canadian game
5. Hockey is Canadian
6. Basketball was invented in 1891 by Dr. James Naismith, a Canadian who hailed from Almonte, Ontario.
7. Apple pie is Canadian
8. Mr. Dress-up is Canadian
9. Tim Horton was a great Canadian hockey player who started the company "Tim Hortons".
10. Canada has the largest French population that never surrendered to Germany.
11. We have the largest English population that never ever surrendered or withdrew during any war to anyone, anywhere.
12. The Hudson's Bay Company once owned over 10% of the earth's surface and is still around as the world's oldest company.
13. We still know what to do with all the parts of a buffalo.
14. We invented ski-doos, jet-skis, Velcro, zippers, insulin, penicillin, zambonis, the telephone and short wave radios.
15. A Canadian invented Superman.



Email Submission

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Thank you...

To the creator of this lone snowman who stands proudly on Snyder's Road, despite the warmer temperatures that are making him weary.

"Ya, I know you'll all be happy when I am gone, but...I, too, am proud to be Canadian!!"



Re-Opening April 1st - Reserve Now for Easter Weekend

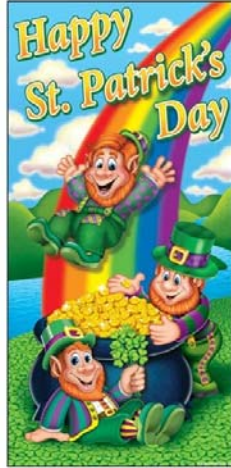
Hours of Operation

- Lunch - 11:30 am to 2 pm Tuesday through Saturday
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LookOut Kids' Korner



Q: Why did the Easter egg hide?
A: He was a little chicken!

Q: What do ducks have for lunch?
A: Soup and quackers!

Q: Why are people always tired in April?
A: Because they just finished a march.

Q: Why does the Easter bunny have a shiny nose?
A: His powder puff is on the wrong end.

Q: What do you get when you pour hot water down a rabbit hole?
A: A hot cross bunny.



Get in the Irish Spirit! Don't forget to celebrate St. Patrick's Day. Get creative by wearing green, eating green, or even change the living room for the occasion. Gather any thing you can find that's green to add to this room (plants, blankets, pillows, knick knacks, pictures).

St. Patrick's Day Scavenger Hunt -

Follow fun all the way to a faux pot of gold. How to play:
Step 1: Hide a pot filled with gold chocolate coins either inside or out, depending on the weather.

Step 2: Cut out several four leaf clovers from green construction paper. Cut one clover larger than the others.
Step 3: Write clues leading up to the pot on the smaller clovers.

Step 4: On the large clover, write the first clue and place it under your child's breakfast dish.



Happy St. Patrick's Day

St. Patrick's Day is celebrated by the Irish and Irish at Heart in big cities and small towns alike with parades, "wearing of the green," music and songs, Irish food and drink, and activities for kids such as crafts, coloring and games. It's a time for fun. Some communities even go so far as to dye rivers or streams green! Check out your local activities and have fun!



Happy Reester!

Optimist Club of Wilmot

EASTER EGG HUNT
SATURDAY, MARCH 27-1:30 PM
BECK PARK ~ BADEN

This is a free event sponsored by the Wilmot Optimists



Put green on your plate ... peas, kiwi, lime jello, green beans, spinach, green tea. If you're able to use green food colouring, you can make green noodles or rice too!



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Emily Rempel, with 2010 Canadian gold medalists, Tessa Virtue & Scott Moir. The photo was taken at the November 2009 HomeSense Skate Canada International Competition at the Kitchener Auditorium.. Emily was a volunteer on-ice flower retriever. Emily is a member of the New Hamburg Skating Club.

There is nothing more courageous than that first crocus which pops up to ignore the possibility of one more snowfall.



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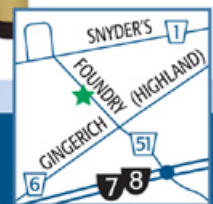


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Checking Out the Baden Library

Canada Reads 2010 takes place from March 8 -12 on CBC Radio One. Canada Reads is a CBC program about books that appeal to both frequent and occasional readers. Five celebrity panelists each defend a work of Canadian fiction they want us all to read.



The 2010 contenders are:

Good To A Fault by Marina Endicott (defended by Simi Sara)

Nickolski by Nicolas Dickner (defended by Michel Vezeina)

Generation X by Douglas Coupland (defended by Roland Pemberton aka Candace Weapon)

The Jade Peony by Wayson Choy (defended by Samantha Nutt)

Fall On Your Knees by Ann-Marie MacDonald (defended by Perdita Felicien)

Borrow one from the library today! For more information, visit the official website at www.cbc.ca/canadareads/

Did you know? **Comic books** are available to borrow at the library! Archie Digest, Archie and Friends, Batman and Robin, and Scooby Doo are here for your reading pleasure! We also have a growing collection of **graphic novels** for both children and young adults.

Come to the library for **March Break** fun! On **Wednesday, March 17 at 10:30 a.m.**, come and **"Meet the Monsters!"** from the **Guelph Lake Nature Reserve (G.R.C.A.)**. Recommended for ages 5 and up. Ticket prices are \$3 each or two for \$5. **EVERYONE** who attends must have a ticket (this includes small children and adults). Get your tickets early – space is limited at all programs.

Just for You, Baby Storytime is returning for a spring session! Presented by staff from the Wilmot Family Resource Centre, this eight week program will take place Wednesday mornings from 11:00 – 11:30 a.m. beginning March 31 and is for babies 0 – 12 months and their caregivers. Lots of songs and fun! Please bring a blanket for your baby.

The next meeting of the **Kids' Book Club (aka ABC – Awesome Book Club)** will be held on Wednesday, April 8 from 6:45 – 7:30 p.m. Recommended for children ages 8 – 11. We will have some fun discussing our current book and find out what we will be reading for our final meeting in May! New members always welcome.

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!

Your library card is an important and valuable item! We require that you bring your card with you each time you visit the library.

Due to space limitations, registration is limited for ALL library programs.

Contact the library at 519-634-8933 or by email at badenlib@regionofwaterloo.ca for more information. Up-to-date information is also available on our website: www.rwl.library.on.ca

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Optimist Club of Wilmot

Easter Egg Hunt
Saturday, March 27, 1:30 pm
Beck Park - Baden



This is a free event sponsored by the Wilmot Optimists

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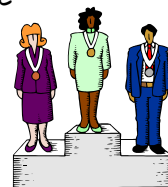
Baden Outlook Hockey Pool Stats

Place	Name	PTS	Place	Name	PTS
1	Rachel Jutzi	740	1	Liam Boronka	740
2	Bill Witt	739	2	James Osburn	729
3	Thomas Pestell	735	3	Aidan Voison	715
4	Brandon Gingerich	730	4	Adam Roth	714
5	Bonnie Dietrich	723	5	Daniel Jutzi	706
6	Rick Chambers	719	6	Daniel Kreller	688
7	Tony Soikie	714	T7	Liam Schweitser	684
8	Jim Thorpe	709	T7	Maggie Litwiller	684
9	Nathan Roth	708	9	Shaelyn Heise	680
10	Shane Snyder	705	10	Lucas McKee	679
11	Sheldon Martin	703	T11	Sierra Simpson	677
T12	Angie Hallman	701	T11	Samantha Simpson	677
T12	Grant Gunn	701	T11	Emma Gowland	677
T12	Darrin Reynolds	701	T11	Colton Holba	677
T15	Ryan Roth	699	T15	Jared Shantz	675
T15	Tony Papa	699	T15	Bradley Vitello	675
17	Rob Litwiller	694	17	Olivia Stiles	674
T18	Linda Miller	693	18	Tanner Schwartzentruber	671
T18	Michael Steinmann	693	T19	Nate Roth	668
T18	Lou Sicoli	693	T19	Ryan Martin	668
T21	Katie Erb	691	T21	Zack Bender	665
T21	Melissa Smith	691	T21	James Hoerle	665
T21	Jess Bruder	691	23	Tanner Snyder	663
24	Tim Hunter	689	T24	Chazen Snyder	662
25	Earl Nickolas	688	T24	Paige Naumann	662
T26	Sue Steinfield	687	26	Mitchell Mueller	660
T26	Deb (Vinnie) Vinski	687	T27	Nathan Boronka	657
28	Sharon Witt	686	T27	Sarah Martin	657
T29	Jean Cook	685	T29	Colin Hammer	656
T29	Rejean Baillargeon	685	T29	Shae-Lynn Campbell	656
T31	Paul Holba	683	T31	Reid Nahrgang	655
T31	Kurtis Feich	683	T31	Olivia Salese	655
T33	Brad Ziegler	682	T31	Jake Miller	655
T33	Sue Gauvin	682	T34	Marcus Roth	652
T33	Marilyn Steinmann	682	T34	Caleb Hunter	652
T33	Sir David Murray	682	36	Austin Dale	651
37	Wendell Erb	681	37	Travis Miles	650
T38	Brad Honderich	680	38	Brady Finn	647
T38	Don Steinmann	680	39	Evan Denison	646
T38	Chris Murray	680	T40	Noah Heinbuch	645
T41	O.D. Gingerich	679	T40	Patrick Glofcheskie	645
T41	Michael Vitello	679	42	Carter Schwartzentruber	644
43	Randy Martin	677	43	Brady Honderich	643
T44	Shane Witt	676	44	Evelyn Cobean	642
T44	Emily Miller	676	45	Calob Heinbuch	640
T44	Beller	676	46	Kristen Struth	639
T47	Johnny Boronka	675	47	Cameron Fletcher	634
T47	Justin Kendrick	675	48	Carson Weber	633
T47	Ray Miller	675	49	Cooper Honderich	632
T50	Tara Lazzari	674	T50 Ben Cook	631	



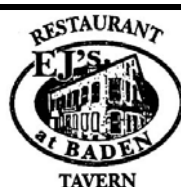
Congratulations to Rachel Jutzi for taking the leader prize in this month's Hockey Pool - winning a gift certificate from EJ's of Baden.

The lucky random draw winners are Susan Baillargeon winning a gift certificate from Egli's Meat Market, and Craig Moore winning a breakfast from Teddy's Bakery, and a Baden Outlook shirt.



Congratulations to Adam Roth taking the leader prize in the Kids Hockey Pool winning a pair of tickets for the Children's Museum (remember Liam, James and Aidan- you can only win the leader prize once).

The lucky random draw winner is Sam Dramnitzke winning a Baden Outlook Coat



Matt & Jackie Rolleman
39 Snyder's Road W, Baden
519-634-5711

Happy Easter from Matt, Jackie and staff.

*EJ's will be closed
Easter Sunday and Monday*



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Happy Easter !
*The folks at Egli's are here
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Bus. Hours:
Tues. & Wed. 8-5,
Thurs. 8-5:30, Fri. 8-6, Sat. 8-2
Closed Sunday & Monday



Thanks for playing hockey with us. We pull the stats on the 7th of each month. To follow along - log on to our website at www.badenoutlook.com -click on sports pool, choose "hockey" the pool I.D. is [outlookhockey](http://www.badenoutlook.com), or [outlookkids](http://www.badenoutlook.com) and the password is guest for both pools. Follow along and have fun - good luck!





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The Rules of Chocolate

Email Submission

- * If you get melted chocolate all over your hands, you're eating it too slowly.
- * Chocolate covered raisins, cherries, orange slices and strawberries all count as fruit, so eat as many as you want.
- * The problem: How to get two pounds of chocolate home from the store in a hot car. The solution: Eat it in the parking lot.
- * Diet tip: Eat a chocolate bar before each meal. It'll take the edge off your appetite and you'll eat less.
- * A nice box of chocolates can provide your total daily intake of calories in one place. Isn't that handy?
- * If you can't eat all your chocolate, it will keep in the freezer. But if you can't eat all your chocolate, what's wrong with you?
- * If calories are an issue, store your chocolate on top of the fridge. Calories are afraid of heights, and they will jump out of the chocolate to protect themselves.
- * Money talks. Chocolate sings.
- * Chocolate has many preservatives. Preservatives make you look younger.
- * Why is there no such organization as Chocoholics Anonymous? Because no one wants to quit.
- * Put "eat chocolate" at the top of your list of things to do today. That way, at least you'll get one thing done.
- * Chocolate is a health food. Chocolate is derived from cacao beans. Bean = vegetable. Sugar is derived either from sugar beets or cane, both vegetables. And, of course, the milk/cream is dairy. So eat more chocolate to meet the dietary requirements for daily vegetable and dairy intake.

HAPPY EASTER!!!

Interfaith 23rd ANNUAL GIANT SILENT AUCTION

Saturday, April 24, 2010 9-4 pm

NEW THIS YEAR -

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- Media Centre

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Over 600 items to bid on!

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8:00 - 10:30	Pancake Breakfast
9:00	Silent Auction Opens
12:00 - 1:00	Kid's Events
1:00 - 2:00	New Hamburg Citizen's Band
2:00	Pie Auction
4:00	Final Bids

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Call the Interfaith office (519)662-3092 to donate items or time.

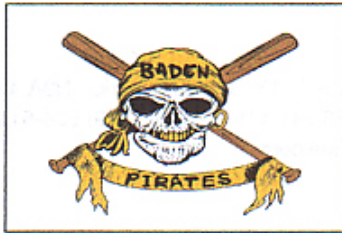
www.interfaithcounselling.ca

Interfaith is Supported by



Kristen Hahn

81 Peel St. New Hamburg, ON N3A 1E7
Ph. 519-662-3535 Fax. 519-662-1110
info@uppercasebooks.ca www.uppercasebooks.ca



Baden Minor Softball Association 2010 Registration

Parents: B.M.S.A. needs your assistance! Can you help?
 Umpiring Coaching Parent Rep. Fundraising

Name: _____ Date of Birth: _____ M F
 Full Address: _____

Parent(s): _____ Home#: _____ Cell #: _____
 Doctor: _____ Dr. Phone #: _____ Health Card #: _____

TEAM	AGE	BIRTH YEAR	FEE		
T-Ball	5 + 6	2004-2005	\$40	<input type="checkbox"/>	
Tyke	7 + 8	2002-2003	\$85	<input type="checkbox"/>	
Atom	9 + 10	2000-2001	\$115	<input type="checkbox"/>	Family Discount
Squirt	11 + 12	1998-1999	\$115	<input type="checkbox"/>	\$5/child for 3 or
Pee Wee	13 + 14	1996-1997	\$115	<input type="checkbox"/>	more in a family
Bantam	15 + 16	1994-1995	\$125	<input type="checkbox"/>	<input type="checkbox"/>
Midget	17, 18 + 19	1991/92/93	\$125	<input type="checkbox"/>	

If you have financial concerns regarding registration fees, please phone to discuss alternative payment options.

REGISTRATION	Saturday, Feb. 20th – Wilmot Recreation Centre	10 am – 1 pm
DATES	Thursday, March 4th - Wilmot Recreation Centre	6 pm – 8 pm

Unable to attend registration? Please call Lisa @ 634-9494 or mail this form + cheque to:
 Lisa Montgomery 173 Schneller Drive, Baden ON N3A 2K9

REGISTRATION DEADLINE: MARCH 31ST, 2010

I hereby permit my son /daughter to participate in softball under the supervision of the Baden Minor Softball Association. I also release and discharge the Baden Minor Softball Association and its members from any suits and/or debts which may occur as a result of said person engaging in playing softball for said association. I will be responsible for the care and return of his/her uniform and/or equipment.

I agree to provide my son/daughter with a personal baseball helmet, understanding that any player without a personal helmet will not be permitted to participate in the game.

I have read the B.M.S.A. Code of Conduct and will abide by its principles.

Parent's Signature: _____ Date: _____

Support your child - attend practices and games! It's a ball!

Payment received: Cheque Cash Amount \$ _____ Receipt Exec. _____

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*Hours: Monday - Friday 9:30 am - 5:30 pm,
Saturday 9:30 am - 3:30 pm, Closed Sunday*

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*May things of joy, beauty, truth
and hope bloom in your life.
And if not bloom, then sprout.
And if not sprout, then take root.
And if not take root, then be sown.*

- Tym Elias



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It's unbelievable to think that there are only three months of the school year left! Baden Public is a little quieter this month, as the break takes out a whole week. We just wrapped up the basketball season with both teams celebrating successes. They played great and gave it their all during every single game and practice. We'd like to thank all of the coaches for shaping two dynamite teams.

Many other exciting events have happened so far this month, and there are still more on the calendar to come as we approach the end of March. On the 3rd, 8E went on a fun-filled skating trip and they are now looking forward to playing Bingo on the 24th and bowling on the 26th. On the 9th, the grade 5s departed on a trip to the symphony and on the 31st, the rest of the juniors will go too! We've also had some exciting visitors at Baden this March. On the 10th, our grade 4s, 5s, and 8E went down to the library for a presentation from the Medieval Times cast. They were studying the life of citizens who lived in that era and plan to travel to Toronto later this year to see the Medieval Times show! On the 29th, we are excited to welcome scientists to the Baden gymnasium to present to the grade 2 classes.

Another interesting event happening this month at Baden Public School was Baden Night at the Museum,

March 9th, hosted by the Grade 5s as a follow up to their history unit. The students set up their own miniature museum on ancient civilizations providing parents the opportunity to observe the artifacts, posters, and models which the grade 5s created to represent different ancient civilizations around the world.

On the 12th, we celebrated Beach Day. Festivities included an assembly, a limbo contest between classes, an intermediate dance, and students could even dress up beach-like for prizes! It was a spirited day to be remembered and a great way to kick off a well deserved March Break. Students return to school on the 22nd and receive their Term 2 report cards on the 29th of March. To end a fantastic month 8E will host its annual Easter Dinner on March 31st. This event is always enjoyed by staff, family, and friends who are invited by the students to share in eating a delicious Easter lunch prepared by the class.

As March Madness comes to an end we look forward to the fresh air of the spring, filled with sunlight, flowers, and the sounds of cheerful birds returning home. The Bulldogs have had an amazing winter and are eager to see what the new season brings!



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New Hamburg Skating Club

Spring Registrations now being accepted

Preschool, CanSkate, Junior and Senior sessions offered.
Session runs from mid-April until end of May.

For more information, please e-mail
newhamburgskating@yahoo.ca,
visit www.newhamburgskating.ca,
or call Karen at 519-634-9337

New Hamburg Summer Power Skating
1st session – July 19 – 30, 2010
2nd session – August 16 – 27, 2010
Both sessions run from 8:00am – 8:50am

Cost is \$171.00 per session or \$315.00 for both

To register or for more information, please contact
Kevin Winter at 519-275-2379.

Forms are available for download off of our website
www.newhamburgskating.ca

Calling all Grade 5 Students.

The Optimist Club of Wilmot is running their
annual Spelling Bee on Wednesday, April 14 at
the New Dundee Community Centre.

For word lists, rules and application forms
please contact your classroom teacher or
Darlene Vorstenbosch 519-634-5617.

Looking to buy or sell gently used children's items at a great price?!

Come to the Baden Mom 2 Mom Sale
St. James Lutheran Church, 60 Mill Street, Baden
hosted by the Parents Together group
Saturday, March 20th from 8:30 am-12 pm

\$1 admission or a non-perishable food donation at the door.
Cash only. Table rentals are \$10.

Sell your gently-used kids stuff (ages 0-12)
Ranging from clothes, books, in/outdoor toys to baby
equipment, maternity, etc.

For more information or to request a table please contact Jenna
at 634-5622 or Kristina at 634-9134 or
Email: badenmom2mom@yahoo.ca

Hope to see you there for some great deals!



Wilmot Horticultural Society

Monday, April 12, 7:30 p.m.
Wilmot Recreation Complex
1291 Nafziger Rd., Baden

Speaker - Sean Zister - Seven Shores Trading Co.

Topic - Organic Foods

Everyone is welcome to attend.

SUPPORT GROUP FOR PARENTS

Parents linked with our Community
to assist in the need for Support,
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Monday evenings at 8 p.m.
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the community players will give a portion of the proceeds from
this production back to our local community

community theatre at its very best

Baden, We've Got Your Number....

Featuring the Baden Fire Department

- 1926 - year Baden Fire Brigades was formed
- 84 - years of community service
- 1926 - year of Baden's first fire truck, a Ford Model T still owned by Baden Firefighters Association
- 1972 - year current Baden station built
- 261 - emergency calls in 2009
- 25 - members of the Baden Station
- 1 - District Chief Ron Taves
- 4 - captains
- 4 - companies the membership is split into
- 4 - trucks, 2 pumpers, 1 rescue, 1 tanker
- Lead pumper carries:
 - 5 crew members
 - 700 gallons of water
 - 1050 total gallons of water per minute that can be pumped
 - 1300 ft: 1-1/4" diameter hose
 - 550 ft: 2-1/2" hose
 - 1150 ft: 4" hose
 - for a total of 3000 ft of hose on lead pump
- Rescue truck carries - 8 crew members
 - 5 hydraulic powered auto extrication rescue tools
 - 1 defibrillator
 - 2 'Buddy Bears' stuffed teddy bears
- Tanker truck carries:
 - 2 crew members
 - 1500 gallons of water
 - 300 ft: 1-1/4" diameter hose
 - 300 ft: 2-1/2" hose
 - 1000 ft: 4" hose
- Back up pumper carries - 6 crew members
 - 800 gallons of water
 - 1200 ft: 1-1/4" diameter hose
 - 500 ft: 2-1/2" hose
 - 1000 ft: 4" hose
- 3000 - gallons of water total carried on 3 trucks
- 911 - the most important number to remember!



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Petersburg, Ontario

You could say that Adam McShannock has come a long way: he was born in Northern Ireland and moved to Canada when he was five years old. After living in Kitchener until early last year, Adam and his fiancée Leanne moved to Baden -- quite a lengthy journey, but he's now settled in his new home, and is quickly adjusting to his new position with the Baden Fire Station.



Part of Adam's reason for choosing Baden was his hope to get on the fire department: he explains that "I've always wanted to be a firefighter, since I was very young." And while such a dream is common amongst young people, Adam knew that firefighters did much more than fight fires: "As I grew up, I learned more about what firefighters do, like search and rescue, which is what I'm really interested in."

Adam works in construction drywall and is also hoping to someday become a full-time firefighter. So far, he's been on about a dozen calls: "mostly false alarms," he smiles, "but that's all part of the job." Indeed, helping people in need is what Adam enjoys. He's looking forward to meeting people in Baden and to "getting to know the guys -- the other firefighters."

"I'm really enjoying becoming a part of this community," he says. And although Baden is a world away from his birthplace Adam is feeling right at home ... both in his new town and in his new "brotherhood" of firefighters.

While the Baden Station of the Wilmot Fire Department welcomes a number of newcomers to our town, it also continues a tradition of firefighting families: meet Chevy Kastner, one of Baden's newest "rookies" and a third-generation volunteer firefighter.

Chevy's interest in firefighting comes to him naturally: his uncle Brian Roth was a Baden firefighter for twenty-five years, and both Chevy's father and grandfather were volunteers in Sebringville (for five and seven years respectively) before the family moved here.



Chevy himself was born and grew up in Baden; his roots in this community, along with a family history steeped in firefighting, made it natural for him to join the Baden Station. "I've always thought about it," he explains, but it was only in the last couple of years that I thought "yeah, I'll try to do it." After an involved interview and a practical test, Chevy joined the Baden Station in January.

Working for Vern Weber Construction keeps him busy; however, since joining the Baden Station Chevy has still logged roughly ten calls, mostly false alarms and medicals. He shares the same interest in all aspects of the job, like any seasoned firefighter: "I'm enjoying learning about the equipment, but I'm also happy to be serving my community," he says.

And of course, like any other firefighter -- including those in his family -- Chevy is happy about the excitement: "I'm also looking forward to putting a fire out," he grins.

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Exercise of the Month
Butt and Hamstring Stretch



Liliana Dominguez
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Start lying down on the ground and lift one leg up while holding your knee into your body until you feel the stretch. Hold the stretch for around 30 seconds and switch legs.

This exercise is important for any sport since it stretches your hamstrings and gluteus maximus.

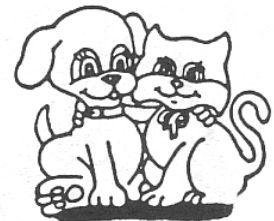


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Anita Cressman spends most of her time helping people in trouble. She's a nurse at St. Mary's Hospital in Kitchener, and is also a volunteer firefighter in New Dundee. But for ten days in February, Anita helped people in the kind of trouble we Canadians can only imagine: she traveled to Haiti, to assist with medical care for the victims of January's devastating earthquake.

Anita joined a team of over thirty people as part of the St. Joseph International Outreach Program (you can read about this excellent program here: https://www.sjhcs-gpo.com/sjhs/international_outreach/default.aspx). For twenty years, the program has worked with the Peace Hospital in Delmas (outside of Port-Au-Prince) for long-term improvements, including training and equipment.

But the earthquake created a more immediate need for help. Anita was posted to the hospital to help cover the extreme staffing shortage caused by the disaster (the widespread disaster meant that only about 30% of the Haitian staff were working). Alongside other teams from Cuba and Korea, the Canadian team was at the hospital each day for about twelve hours.

Anita worked in pediatrics, "providing basic care, which was all we could do," she recalls. "The immediate illnesses we saw were only the beginning of the babies' problems. No shelter, food, medications, or money -- these were the underlying conditions that made getting better so difficult." Over their stay, the Canadian team alone treated 500 patients.

The Canadians enjoyed not only safety but relatively lush accommodations, compared to the Haitian people. Anita's group visited a tent city, and she'll never forget the terrible living conditions. She says, "There is some food available, but the people have no money to buy it. And clean water is still not widely available: the UN trucks it in, and the water tanks are always swarmed."

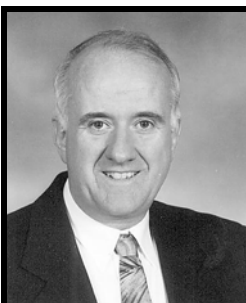
These shortages extend to the hospital, where things Canadians take for granted are precious commodities: patients must bring their own food, and even their own linens. "When it was time to leave, we packed up as much as we could -- sleeping bags, hospital scrubs, shoes - and left it for the Haitian staff, who are so grateful for

anything we can give."

Anita related one incident that will always stick with her: "There was a baby in pediatrics who had been abandoned. A very loving Haitian woman had found her, and brought her to us." The baby was extremely malnourished, feverish, and suffered from spina bifida; although the woman who found her had no relation to the infant, she stayed at the hospital and purchased food and other necessities for the baby. "We grew to know each other, and I was holding the baby when she died. I'll never forget that."

Anita also remembers the joyfulness of the Haitians, despite their unimaginable suffering. "We were invited to attend church one Sunday, and loved the hymns the congregation sang." The next day, another earthquake and several aftershocks caused understandable panic in the streets: Anita recalls that "we could hear wails of fear, but we could also hear singing. They were the same joyful hymns we heard the day before."

When asked if she would return, Anita immediately says, "I would love to go back again -- I miss it already!" But Anita also cherishes her hometown, and of course her homeland. "Canada is a great country to live in," Anita says. "And we have no idea, we truly don't." As Anita returns to Canada and to her "ordinary" life of helping others, she feels a deeper appreciation for all the things we have -- and for the precious people in our lives.



DOUG WAGNER, CFP
FINANCIAL ADVISOR
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New Hamburg Lioness Welcome Home Tour - Saturday, May 15th, 10 am to 4 pm

Get set for a special day touring six homes in New Hamburg and experience the unique charm each home has to offer.

- tour this beautiful retirement home with a special display room for the owner's whimsical collection of a lifetime
- once a 'rooming house', this heritage home has been restored to its former grandeur
- this 1950's bungalow has been updated: its new personality is a retreat with a Japanese influence
- imagination has transformed this house into an impressive, comfortable family home
- 100 years and three generations of the same family

Wilmot Family Resource Centre,
Waterloo Street, New Hamburg is a community based agency which promotes the enrichment and well-being of all families and individuals by providing affordable, social, educational and recreational services and programs. Among the many programs and services offered by WFRC are emergency food bank, parenting support, family violence prevention, youth and teen programs and computer and employment services.

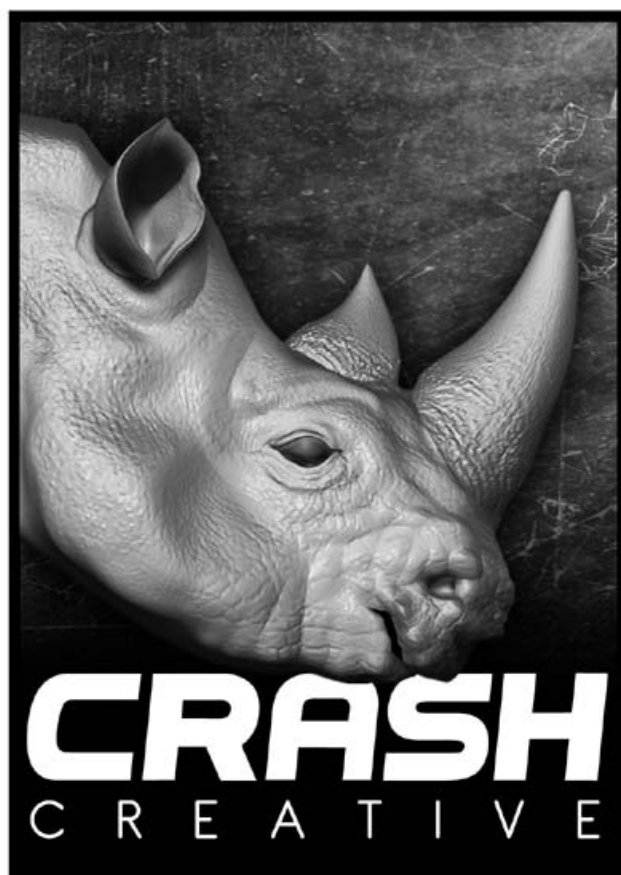
Interfaith Community Counselling Centre,
Church Street, New Hamburg has been servicing the residents of New Hamburg and area for over 26 years. The mission of Interfaith Community Counselling Centre (ICCC) is to strengthen the fabric of our community by enhancing the ability of individuals, couples and families to deal with a broad range of life issues and crises through counselling groups, prevention and educational services.

- were raised in this home
- an impressive family home with a Mediterranean influenced kitchen: the perfect spot for entertaining and family get-togethers

This is a self directed tour and will be held rain or shine. Not suitable for children under twelve. No food, smoking or cameras permitted in the homes. We regret the homes are not wheelchair accessible. All funds raised will go to two organizations the Lioness support each year and they will be our fund focus.



The \$20 tickets will be for sale April 1st at the following locations:
 Murray's Clothing & Footwear,
 Upper Case Books, New Hamburg,
 Egli's Meat Market, Baden and
 House of Elegance Hair Salon, Waterloo.



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BADEN BIRDING

By Dave Rogalsky and Ken Quanz



With the arrival of more spring-like weather I noticed the cardinals beginning their spring singing. Sitting high on a tree, the male cardinals trill their happy song of welcome to the sun and warmer weather while signalling other male cardinals to keep away – “the female here is mine!” Have you noticed the cardinals? Or other birds? If you have, you’ve been *birding* or *bird watching*. This is one of the least expensive and most rewarding outdoor hobbies. Getting started is as easy as noticing the birds in your own backyard. Equipment is as simple as your own eyes.

Of course there are some who think that birding is an affliction rather than a hobby. Most begin birding by simply noticing birds. The next step is to begin to notice what kinds of birds there are. This leads to equipment – books, binoculars, record keeping - still very simple and inexpensive. But with the advent of record keeping, the move from birding to listing becomes a strong attraction. *Listers* come in a variety of types – those who just keep a list from year to year or location to location are the least afflicted (or afflicting). But then the *life list* becomes important and people begin to travel to see birds – either day trips to Leamington and Point Pelee in the spring to see the migration, or longer trips, even overseas, to add to that

tantalizing list of birds.

It’s at this point, or somewhat sooner, that friends, relatives and complete strangers begin to make a long circuit around the birder. I remember the first time it happened to me. I’d been camping at Port Elgin and had been watching birds. Someone in Waterloo asked what we’d been doing. I reported. And then they asked, “What did you see?” When I responded, “A great crested fly catcher” their eyes glazed over. Most have never heard of this bird and many don’t feel the need to hear. On the other hand, there are many who are interested – the birding bug has bit them too.

In the months to come we hope to interest you in birding – mainly sticking to the most basic, but a few forays into the exotic. Learning to see what is there opens a whole new door on your own backyard.

Next month – basic equipment for bird watching.

Ken Quanz is a former Outdoor Education Consultant (Waterloo Region District School Board) and an active participant in the yearly Christmas Bird Count.

Dave Rogalsky is a local pastor and part time journalist. He’s been birding for twenty-five years.



EARTH HOUR – SATURDAY, MARCH 27, 8:30-9:30 pm. Join in and turn off your lights - Baden will sit in the dark for one hour and know we’ve made a difference in awareness of climate change issues.

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Motivated Mommies Meetings

Christina Flood discovered that realizing a goal can be a life changing experience. Heeding the advice of friends and family, Christina has started **Motivated Mommies**, a support group designed to provide motivation and encouragement to people trying to lose weight and live healthier lives.

Throughout Christina's own journey she has come to recognize the value of support. After a lifelong struggle with her weight, personal tragedy and physical issues, she herself, has developed a personal support team including a wonderful doctor, an understanding counsellor, a supportive naturopath, and of course, her family and friends. She's proud of herself for taking these proactive steps, but recognizes that others struggling to lose weight, deal with emotional issues and make positive changes may not have the same access to resources that has helped her so much; which is what motivated Motivated Mommies. "I feel 100 times better, physically and mentally," Christina says. "I hope there are others out there who can benefit too."

Christina will share what she's learned with the group, including tips, support, recipes, and workouts. She will lead an exercise program four times per week, in which members have the option of participating. She will also bring in guest speakers on the last Monday of each month. "If you are someone willing to come to speak to our group it would be greatly appreciated." They are looking for Naturopaths, Personal Trainers, Health

Coaches, Chiropractors, Massage Therapists and other health related professionals to share ideas and information with the group. Most of all, she wants to provide support for women who need it. "Trust me," she says. "If I can do this, so can you!"

We are having a "Biggest Motivated Mommie Challenge". You must Register between Monday March 29th and Monday April 5th to participate. Flood's Plumbing and Heating Ltd in New Hamburg generously donated \$500 towards a new wardrobe for the winner.

Motivate Mommies Meetings are open to EVERYONE (even Dads and non-mothers), on Monday's 9 – 10 am, Trinity Hall in Trinity Lutheran Church – New Hamburg - Weigh-ins are optional

Monday April 26th from 8-9 PM, Trinity Lutheran Church, Guest Speaker Holly Bast - Certified Personal Trainer will share her tips and ideas and show us how to work out in your own home. Cost is \$5 and all are welcome (you don't have to be a MM member)

Meetings are free, but a small donation is recommended to give back to Trinity Church for offering to host the meetings. Please contact motivatedmommies@hotmail.com or search for the Motivated Mommies facebook page for more information.

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New Hamburg Thrift Centre Launches Website

What are your hours? Are you open on Sundays? Do you pick up furniture? Do you accept donations of computer equipment? Are you affiliated with a registered charity? This is just a small sampling of the many questions we receive on a daily basis. Of course, we are very happy to respond to these questions, but in our continued effort to serve you better, we proudly present our newly established website. Yes, by logging on to www.newhamburgthrift.com you can now find out everything you ever wanted to know about the New Hamburg Thrift Centre. This website went live February 25th.

Our landing page gives hours of operation, location and directions to the store. On the next page you are provided a brief history of our store in this community, as well as a quick overview of the work of Mennonite Central Committee (MCC), and our affiliation with this organization. The remaining pages deal with the practices of the Centre. We begin with a page on donations listing those items we accept, and those we do not, and some suggestions around timing and packaging. Another page deals with services we offer ranging from pickup and delivery, to charitable receipting, to the operation of our silent auction. On page five we try to forecast your questions and provide answers. The final page deals with how you may want to get involved as a volunteer and provides you the opportunity to view and download your own application form.

This website is a work in progress. We hope you will check it out on a regular basis as we want it to be a dynamic tool for us to better serve you. We plan for it to become a place for us to announce special events, to provide updates on promotions, and apprise you of current operating practices. As well, this website provides a valuable link to the mission of Mennonite Central Committee as it seeks to address many forms of injustice in our world, thus providing the broader context for our efforts here at the New Hamburg Thrift Centre.

Spring Has Arrived!

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We have all heard the quote, “Everything I need to know in life, I learned in kindergarten.” Do you agree? Julie Morgenstern, Professional Organizer and author, would agree! She created the “Kindergarten model of organizing”. Think about your kindergarten classroom – what made it work so well? Your classroom was probably set up in centres. Everything you needed to complete a task was within arms length. You didn’t have to go to the craft centre to get something you needed for the block centre. Everything was labeled and accessible, therefore “tidy up time” was easy and fun too! Carry this concept over to your home and office. Divide your area into “activity zones”. For example, in your living room, set up the area in zones – reading, craft and toy zones. Everything you need to accomplish each activity should be stored at its point of use. Another example is in your kitchen. You could set up a beverage zone. This would include tea, coffee, hot chocolate, sugar dish, mugs, napkins, cream pitcher, etc. Everything should be all together and easily accessible. In the last month, I got a narrow basket that fits into my cupboard to hold my tea and specialty hot chocolate

bags. I can simply pull out the whole basket and leave out for my guests. Previous to this, I left the bags in their separate boxes and every time I had company, I would gather a large basket and pull out an assortment of beverages. It took time to get this ready every week. Now I have everything together and can pull it out anytime!

So look at each room in your home with this new concept in mind. Think about the activities that take place in the room. What supplies are needed? Where can you store the necessary items? Be creative!

“Organizing is about designing your space so that it reflects who you are and what’s important to you and arranging things logically and efficiently so that staying organized will be easy for you.” – Julie Morgenstern.

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Badenite Sharon Roth shows her Outlook to Olympian Mascot Quatchi, while in enjoying the festivities in Vancouver

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Canadians Never Claimed to be Perfect

That means we've learned to be humble. We say excuse me and I'm sorry...as well as please and thanks. Even when it's not our fault - we apologize.

Sure one arm of the torch didn't rise, but when the earthquake struck Haiti, Canadians raised their hands to say..."we'll help".

And yah, there is a fence around the torch, but you can walk right up and shake hands with our prime minister and most famous Canadians.

We put Gretzky in the back of a pick up, in the rain, not surrounded by police...and he was okay! And by the way... the great one is Canadian...and HE wasn't complaining!

We do have security at the games, of course, but most people don't even have a gun they have to leave at home. The medals ARE under lock and key but our doors and our hearts are open to the world.

We didn't get the "green ice maker" right this time....but we will, eventually. Just like we did when we invented the zamboni.

If you don't reach higher how do you get faster and stronger?

Was the first quad jump perfect?

Should we not have given snowboarding to the world "in case" it didn't take off?

So big deal...that one out of the four torch arms didn't rise. Good thing we had 3 more! It's called contingency planning!

But remember...the Canadarm works every time...in outer space....and insulin turned out to be okay.

We couldn't change the weather but maybe we can help to stop global warming.

Sure, some folks couldn't afford tickets, but our health care is universal. We have shown the world that we can raise our voices in celebration and song, but moments later stand in silence to respect a tragic event...together. spontaneously...and unrehearsed.

What's more, we don't need permission from anyone to have a slam poet, fiddlers with piercing and a lesbian singer tell our story to the world, while our multilingual female Haitian- born, black head of state shares a box with her First Nations equals.

We've shown the world that it doesn't always rain in Vancouver, that you can strive for excellence, but not get hung up on perfection. So the point is not the snow, or the hydraulics or a couple guys being five minutes late to a ceremony. We know we're lucky that these are the biggest problems we had to deal with in the last couple weeks.

So take your cheap shots....cynics of the world -We're bigger and better than that. What's more we're finally starting to believe it!

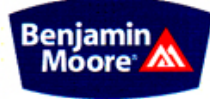
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In last month's article we highlighted some of the common everyday activities that can lead to poor postural habits and the things that can be done to minimize the chance of injury. Good posture was defined as the body's ability to maintain an efficient, strong, and balanced position while interacting and adapting to our physical environment. Chronic poor posture was identified as a contributor to symptoms such as muscle and joint stiffness, nerve pain, headaches, neck pain, upper back and low back pain.

This article will focus on additional factors that can contribute to postural strain and the things that can be done to minimize the chance of injury.

1. Use proper lifting technique: There are several strategies that should routinely be employed to ensure good posture during lifting activities. Maintaining the natural curve/hollow (lordosis) of your low back is important, as this is its strongest and most secure position. Avoid awkward postures such as bending, reaching, twisting, and turning as this makes the back less stable and puts extra stress on biological tissues. Alternatively, you should square your body toward the object being lifted, turn your whole body by moving your feet, and keep the object close to your body. Contracting your abdominal muscles during lifting, lowering, and moving activities improves spinal stability, referred to as bracing. You should bend at the legs and not the waist, lifting slowly and smoothly, not jerking.



2. Be careful with purses and backpacks: A heavy purse or backpack worn over one shoulder can place too much weight and postural strain on one side of the body. Using a strap that is long enough to place over the head and resting it on the opposite shoulder can help distribute forces more evenly. Use straps that are adjustable, padded and at least two inches wide. It is also helpful to choose purses and backpacks made of light material such as vinyl or canvas instead of leather. Keep things light and avoid over-packing and carrying unnecessary items.



3. Choosing the right sleep environment: Make sure that your mattress does not sag or that it is not too hard. A soft mattress can be comfortable provided it is placed on a firm support. Avoid beds with a wire base; use a solid base instead, with a rubber or innerspring mattress on top of it. Trying different sleeping positions may alleviate postural strain. When lying on your back, place a pillow under your knees to ease low back tension. When lying on your side, place a pillow between slightly bent knees to help keep the spine straight. Avoid using oversized pillows that put your neck in awkward positions, or undersized pillows that don't offer proper support. Only use pillows that align your head in a neutral position with the rest of the body.



4. Be smart when working at a workstation/desk: Choose office furniture that is ergonomically designed to minimize

postural strain. The workstation/desk should be at elbow height. Use of an adjustable chair can help meet this need. Computer monitors should be at eye level for easy viewing. Do not cradle the phone between your head and shoulder. Use of a headset or the speakerphone feature will keep your hands free and allow you to multi-task in a safe manner. While sitting, make sure that your weight is evenly distributed on your seat, your shoulders are not rounding forward, and you are not slouching. Your head should be resting on your torso and not poking forward. The use of a lumbar support can help maintain the natural hollow of your low back and preserve proper posture. Be sure to take stretch or posture breaks every 20 to 40 minutes, that allow you to stand, walk around and stretch out your legs and upper body.



5. Support your feet: Our feet act as the base of support for the rest of the body. When this base is compromised, it can lead to postural strain. Avoid regularly wearing high-heeled shoes, which can negatively affect the body's centre of gravity. If you plan on spending a great deal of time on your feet, be sure to wear supportive footwear to prevent chronic strain and fatigue. When standing in one area for long periods of time, placing a rubber mat on the floor can provide support and improve comfort.

Good postural habits can help decrease abnormal and excessive stress on biological structures such as muscles, joints and nerves, thereby minimizing the chance of injury. Employing the strategies discussed in these articles can be helpful in minimizing the risk of developing muscle and joint stiffness, nerve pain, headaches, neck pain, upper back and low back pain related to chronic postural strain. Chiropractors are well positioned to effectively evaluate and treat the effects of common muscle and joint injuries related to poor posture. This may include symptomatic treatment, the prescription of appropriate stretching and strengthening exercises, or valuable ergonomic advice on proper sitting and work postures specifically for your circumstance. For more information visit www.nhwc.ca.

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.

 <p>New Hamburg Wellness Centre</p> <p>DR. JOHN A. PAPA, DC SHEILA REINHART, RMT SAYDE BURGERS, RMT</p> <p>148 Peel St., Unit 10, New Hamburg 519-662-4441</p>	<p>VISIT OUR WEBSITE: www.nhwc.ca</p> <ul style="list-style-type: none"> • CHIROPRACTIC CARE <ul style="list-style-type: none"> • ACUPUNCTURE • MASSAGE THERAPY • CUSTOM ORTHOTICS • NUTRITION & EXERCISE PRESCRIPTION • PHYSICAL THERAPY & REHABILITATION
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Local Insurance Brokerage raises more than \$8,600.00 in support for the Haitian Relief Effort

New Hamburg, February 25, 2010 - Josslin Insurance Brokers Limited is pleased that through the personal contributions of their employees they have raised more than \$8600 for the relief efforts in Haiti. Josslin corporately kick-started the project with an initial "seed" donation of \$1,000, and then matched all donations by employees, to reach the total gift of \$8600.

"Like many people around the world, we were extremely touched by the recent devastation and suffering in Haiti," said Don Wagler, President of Josslin Insurance Brokers. "In response we established a fund where we matched employee contributions, with all proceeds designated to Mennonite Central Committee's relief efforts in Haiti."

"We are proud that our employees contributed just over \$3,800. This amount, combined with our matching funds, and the matching funds of the Federal Government, will total more than \$17,000 for the relief efforts in Haiti."

"Supporting communities and individuals during catastrophic events is a core philosophy for our organization."



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the Health & Wellness Page

Gut Feelings

Submitted By Michael Fisher



The colon is one of the hardest working organs in the human body. It absorbs water and nutrients and eliminates waste that our body no longer needs. From the moment we take our first bite of food, our body starts the digestive process: beginning in our mouth, then down to the stomach, small intestines and finalizing the process in our colon.

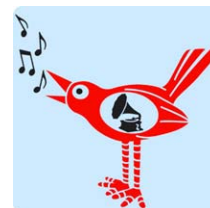
Not a lot of thought is given to this amazing activity, but when we think about turning food into energy that supports and nourishes our body, and that this happens without our conscious effort, it deserves to be praised. Our colon wants us to talk about it, it wants to be nourished, and it wants to stay healthy and moving. There are several ways of doing this; first, talk about your colon to your friends and family and see if they are feeling connected with their colons. This is the first step of colon awareness. Next, think about what your colon does for you everyday; it absorbs and eliminates. Notice what kind of message it is trying to send to you: if it is a nice long lengthy letter with lots of content, then it is happy, if it is sending you a brief memo that is slim on details and is lacking in interest, then maybe it needs some attention; or, if you are getting morse code, sputtering, lots of breaks, one word stuttering, more than likely your bowels are in need of some serious maintenance.

Sometimes, the colon does some whispering or shouting, sometimes this happens in the most inopportune times, such as a movie theater or while giving a speech in front of hundreds of people. This could indicate an upcoming bowel movement or it could indicate some putrefaction of poorly digested foods. Usually if the paint is coming off the wall, or you want to run away from yourself, this indicates poor absorption of vital nutrients and that food is actually rotting in your gut. Poor food combinations, overeating, and eating too many processed foods can be the result of Armageddon-like gas. To improve the output of your colon and eliminate destructive vapors, eat things from which your whole body benefits, especially your colon. Fiber rich foods such as whole grains, beans, vegetables and fruits provide the colon with what it needs. Fiber is like nature's toothbrush; it scrubs away built up plaque in the intestines and keeps things moving along. Fiber also absorbs water and provides moisture to the colon which helps in absorption of nutrients and formation of waste matter.

Our gut holds the key in our overall health and well being; the large intestines house trillions of bacteria known as probiotics (life sustaining), and comprises 60-70% of our immune defense. Disease, illness, fatigue, allergies (including food), and brain fog are a few symptoms directly related to the health of the colon. If you are suffering from one or many of these maladies, it is a good indication your colon is in distress and in need of support. There are many ways to help your colon perform at its ultimate potential: eating a high fiber diet, drinking sufficient water, daily movement or exercise, and regular use of probiotics or consumption of probiotic rich foods such as sauerkraut and yogurt. Happy pooping!

Written by Sharla Cooper, co-founder (along with Michael Fisher) of Whole Foodies.
Visit www.wholefoodies.org for more food education, recipes, videos and events coming up.

Michael Fisher
mike@michaelfisher.ca / www.michaelfisher.ca



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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 home-run 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.)
- ⇒ 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 www.badenoutlook.com - the pool I.D. is [outlookhomerun](http://www.badenoutlook.com) and the password is [quest](http://www.badenoutlook.com).

- A. Pujols / STL = 47
- P. Fielder / MIL = 46
- R. Howard / PHI = 45
- R. Reynolds / ARI = 44
- A. Gonzalez / SD = 40

- A. Dunn / WAS = 39
- M. Teixeira / NYY = 39
- C. Pena / TB = 39
- J. Bay / NYM = 36
- A. Rodriguez / NYY = 30

- M. Cabrera / DET = 34
- K. Morales / LAA = 34
- E. Longoria / TB = 33
- R. Braun / MIL = 32
- J. Morneau / MIN = 30

- J. Werth / PHI = 36
- A. Lind / TOR = 35
- D. Lee / CHC = 35
- R. Ibanez / PHI = 34
- N. Cruz / TEX = 33

- A. Hill / TOR = 36
- R. Zimmerman / WAS = 33
- D. Uggla / FLA = 31
- C. Utley / PHI = 31
- C. Granderson / NYY = 30

- I. Kinsler / TEX = 31
- J. Mauer / MIN = 28
- J. Kubel / MIN = 28
- C. Lee / HOU = 26
- L. Berkman / HOU = 25

- A. Ethier / LAD = 31
- N. Swisher / NYY = 29
- J. Votto / CIN = 25
- P. Sandoval / SF = 25
- H. Ramirez / FLA = 24

- P. Konerko / CHW = 28
- D. Ortiz / BOS = 28
- M. Kemp / LAD = 26
- M. Holliday / STL = 24
- A. Soriano / CHC = 20

- R. Cano / NYY = 25
- J. Thome / MIN = 23
- J. Bruce / CIN = 22
- C. Davis / TEX = 21
- C. Quentin / CHW = 21

- B. Zobrist / TB = 27
- H. Pence / HOU = 25
- J. Rivera / LAA = 25
- V. Martinez / BOS = 23
- T. Hunter / LAA = 22

- M. Young / TEX = 22
- A. Jones / BAL = 19
- N. Markakis / BAL = 18
- G. Sizemore / CLE = 18
- V. Wells / TOR = 15

- M. Ramirez / LAD = 19
- A. Ramirez / CHC = 15
- D. Wright / NYM = 10
- J. Hamilton / TEX = 10
- A. Beltre / BOS = 8

Name:

Address:

Phone Number:

(under 12) Age:

LET'S PLAY BALL! TO GET IN THE GAME YOUR ENTRY FORM MUST BE IN BY APRIL 1ST. Good luck to you all!

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1. How much life insurance do you need? Most people want enough life insurance to ensure their families are not left poor. Is covering your mortgage enough to do that? (consider schooling, food, car expenses and the rest of the money we spend in daily living.)
2. Is mortgage life insurance the right product? Consider individual term life insurance as an alternative. Term life insurance has the following features:
 - Pays your beneficiary, not the bank.
 - You cannot be declined for health reasons every time your mortgage renews.
 - In most cases you can switch to longer term life insurance without a medical exam. Rates can be locked in level for 10,20 or even 30 years.
3. Are you paying too much? If you didn't shop around, you may find large savings by comparing prices.

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