

# THE BADEN OUTLOOK



This Paper is  
Priceless -



Please  
Have  
One!



March 2011



Volume 11, Issue 8



## DOUBLE HEADER COMES TO BADEN



Baden's Tim Krissak is part of the Double-Header Tour, which gives train hobbyists an opportunity to show and tell about their personal train displays. *See inside story on page 3.*

*"Keeping the  
Community Connected"*

Barry & Pat Fisher  
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### What's New this Month?

- Walking with Alzheimer's Disease—Four part series
- Baden ... Remember When?
- Morningstar Family Ministries Opens 'Encore Boutique'
- Hockey Pool Stats—Are you in the lead?
- Coyotes Hanging Around Town
- Baden Library Offers March Break Programs
- Outlook Baseball Pool Registration—April 1st

# Talking with Ed



## JOINING FORCES



Wilmot Township is in for a treat this year as two community organizations join forces for a great weekend of fundraising, fun, and education. Interfaith Counselling will be hosting its annual major fundraising event together with Wilmot Healthy Coalition's Living Well Festival. Though Interfaith's auction is traditionally held in the old New Hamburg arena, this year's shared event will be in the Wilmot Recreation Complex. The two will be separate in their identities and are hoping to gather a better crowd sharing both the day and space. Interfaith is a fundraising event and Livewell Festival is a free community event.

The Healthy Communities weekend will start on Friday April 29th. Starting at 9 am - 5 pm attend "Read Well", where children can participate in reading sessions with special guests such as Baden's own Mary Eileen McClear and Nicholas Oldland, author of *Big Bear Hug*. Other "Read Well" events include: Mad Science, GRCA Animal Show, "Just for You Baby" and family story time. The day is themed around environment, nature and animals. Friday night is a recreational ball hockey tournament from 6 to 10 pm, a drumming circle from 7 to 8 p.m. and a coffee house celebrating local talent, hosted by New Hamburg's John Wiebe.

*Coffee House  
Friday 8-10 p.m.  
Featuring local  
talent and free  
refreshments*

Saturday morning starts off with an Interfaith fundraising breakfast from 9 to 11 a.m. with the Silent Auction running from 12 to 4 p.m. The rest of the day will be dedicated to educational events for the whole family. Families can enjoy a free skate, entertainment with Erick Traplin, face painting, balloon art, and the New Hamburg Skating Club demonstrations.

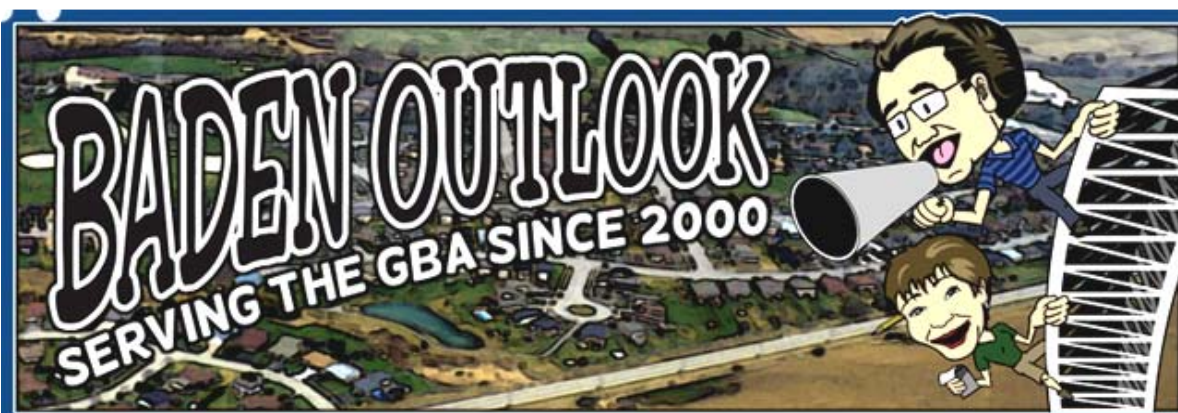
Many more events offering organizational skills, healthy eating, stress management, suicide awareness, seniors' fraud, everyday activities that might be hurting your neck, and healing the mind through the body are scheduled.

Educators include Heart of the Matter, Christine Gingerich, Waterloo Regional Police, Absolute Fitness, Dearborn Heath, John Papa and Centre Stage Dance Studio. An event wouldn't be complete without food, so the day begins with Interfaith's Community Breakfast, with a free community barbeque sponsored by Wilmot Township Council, and a home-made pie sale.

We are fortunate to have these groups in our community. They work hard to make Wilmot Township a better place to live. So, mark your calendar and take the time to come out and support these wonderful community events. Be sure to watch for next month's Baden Outlook to see the schedule of events for this fun weekend.



*Until next month...Ed*



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## EXTRA!! EXTRA!!

There are extra copies of The Baden Outlook available at Mars Variety, Egli's Meats, Stop 2 Shop (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.

## Double Header Comes to Baden

The 28<sup>th</sup> Annual Double Headers Tour is coming to Baden on Saturday March 26, 2011. The tour consists of 40 different model train layouts throughout Waterloo Region and Baden will play host to three of them. John Wagner of Snyder's Road East, Tim Krissak of Snyder's Road West and Graham McDonald of Foxboro will be this year's Baden hosts. To find out more information about this popular hobby we dropped in on Tim Krissak to check out his layout.

There are many sizes of model trains and Tim's is the "N" scale which is a narrow gauge layout. He has been building his layout for seven years now (only in the winter) and finds that his time alone working on his hobby frees the mind. His layout is themed to present his love of Northern Ontario. Tim's layout is in an "L" shaped formation and the two individual loops are regulated by a double controller. Featured in the layout are scenes that include lakes, rocky terrain, lots of trees, boats, and camping, etc. He has affectionately named his town Grubmit – which is "Timburg" backwards.

Creating the layout is truly an art. Tim says that you can spend a lot of money buying pre-made buildings, trees and landscape, but in many cases he prefers to build his own. An example of this is preassembled buildings can be replaced by a painted block of wood that has windows, doors and shingles pasted on it. Rock edges can be built by stacking cut ceiling tiles which are angled back. Then liquid glue is painted on the rocks and blended turf (looks like parsley flakes) is blown onto the glue to give a moss look.

Tim used a white pill to create a propane tank, screened mesh to create a baseball backstop and saran wrap to create a waterfall look. "Model railroading brings



out the creative side of a person and it is calming at the same time," says Tim. It can be an expensive hobby but many items can be found on E-Bay and model railroad shows.

This is Tim's fifth year on the tour and he had 110 people come and view his layout last year. To visit the layouts people have to buy passes which are six dollars each. For more information visit [www.doubleheaders.org](http://www.doubleheaders.org) or drop by the Hespeler Arena between 9 a.m. and 3 p.m. for information and maps of the self guided tour.



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Check out the new Community Links Page!

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



Joan Krueger of New Hamburg sent the *Baden Outlook* along with her daughter Diane and son-in-law Peter when they were vacationing in Athens, Greece and Cairo, Egypt in December, also to Panama Canal on January 1.



Barry and Karen McMillan enjoyed a two-week vacation at the Gran Bahia Principe Bavaro, Punta Cana. Jan. 28th-Feb 11, 2011.



Helga, Gladys, Harriet, and Barb of Foxboro took their Outlook to Barcelo Cayo Santa Maria Cuba.



Joe Figliomeni took the *Baden Outlook* along to Punta Cana, along with his family to celebrate his mother's 80th birthday.

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Robert and Edna Miller were married at Zion Evangelical Lutheran Church in Philipsburg, Ontario on February 10th, 1961. They spent their 50th wedding anniversary at Philipsburg, St. Maarten February 10, 2011 on a Caribbean Cruise and shared their Baden Outlook with the pirates!



Stacey Gerber is on an exchange in France until May, and took a trip to Italy. She took the Outlook along to Venice with her hosting family to experience the famous Carnival!



Jennifer Troupe and Teri Leslie of Baden, travelled to Cologne, Germany in February to attend the World's largest Candy and Confectionery Show to scout for the latest in packaging trends. It was a wonderful experience and they returned with new and innovative packaging solutions for their clients.

Mike, Gail, Anna-Maria, Victoria & Clayton Roth took their Outlook to Mizque, Bolivia with a group from Living Water Fellowship Church. They handed out food hampers and toys to families in remote villages. They shared music and Bible school and learned some Spanish. A great mission experience!






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## Ask Armand ~



Suzie from Wilmot Centre asks:  
Is it true that Baden had a car dealership in the downtown core years ago?

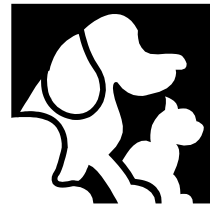
Armand says : Why yes Suzie, that is true. Baden did have its own car dealership on Snyder's Road. Conrad Berg owned the east side of the Baden Emporium / Baden Market building and in 1931 he sold it to Walter Bechthold who opened up a car dealership. It was a Chevrolet dealership but at the request of General Motors it was converted to a Pontiac Dealership. In September of 1964 it was then converted to an American Motors dealership which eventually closed in 1977.



**CORRECTION: Ask Armand -**  
Last month we spoke of the eldest long-time living Baden residents, with Michael Weiler being the youngest of the bunch at age 83...OOOPS!. Not true — he is still a very healthy 80 years young. -(sorry Mike!)



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We came up with an easy and efficient option. Head to the hobby section of your department store and buy one of the sectioned containers that are intended for storing various craft supplies. The type I chose has 18 sections in it - each about 2" square. It also has a flip-top lid. I filled the various sections with our vitamins and supplements and used my label maker to clearly label each section.

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- Make sure toes are pointing Forward.
- Keep shoulders even as you complete this exercise.
- Maintain proper back

- alignment-with ears, shoulders and hips in a straight line.
- Sit in a squat position by bending your knees and squeezing your quadriceps muscles. Pretend you are sitting in a chair.
- Balance your body weight by pressing your weight through your heels, not your toes.
- Be sure to keep your knees over your ankles, not past your toes.
- Inhale as you squat down and Exhale as you stand back up, squeezing your hamstrings and gluteus muscles.

Repeat exercise for a set of 8

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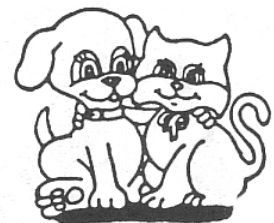
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Dad tenderly took the hand of his lady love of almost 60 years and led her down the hall toward the room that just became available for their next phase of life.

All four of us kids shuffled along beside, half-heartedly pointing out "nice" pieces of decor to convince ourselves of how "nice" a place this was. Of all of us, I was the hardest to sell on this idea. After my brother received THE phone call from the facility informing him of the available room that morning, we kids all managed to leave our Monday activities at once. How unusual for us to be together like this. It felt unreal. My older brother was in the lead, characteristically joking, but then when he turned to look back, I was shocked to see that even he had tears in his eyes as raw as his sisters. He captured a photo on his i-pod, cementing the scene like a monument.

Regardless of the fact that this tour with Mom seemed useless (as she would not remember that it happened), and we had already shown the room to Dad, we now found ourselves on a third tour of the facility because Dad insisted that he wanted her to be part of the process, as if she could still offer an opinion. He had quickly decided that it would be best to take the room, even though it meant leaving so much he held dear: his home, his possessions, and his hobbies, but his love for his wife was worth more.

Walking along the hall surrounded by my family unit, my heart was split in two. It felt like personal defeat, as if I hadn't been able to do enough for them to enable them to stay in their house. I had worked furiously to help, as if scrubbing their floors and bringing food could scrub away their sad decline and feed all of our grief. In Mom's Alzheimer state, she would unceasingly repeat how wonderful the house was and how she loved living there. I knew she'd be lost and never have a sense of home again once removed. I admired them when they had built that house in their 80s, at a time when their friends were moving to smaller, simpler dwellings. They had set up the house beautifully to do their creative activities. Dad had

constructed a sewing room, a place to quilt and a space for Mom to paint her landscapes; perhaps in an attempt to hold onto her before losing her to the dementia that was already nipping at her heels. He added a workshop to build his wooden toys. When they built the house they were still very engaged in life.

Over the next short years, in spite of the grieving Dad needed to do as he stumbled into the heavy caregiver job, his vitality was still bright, sparked with idiosyncratic high energy. It was a complete role reversal for him as all their married life he had seen himself as the needy one, relying heavily on his wife for emotional support and housework. As he adjusted to this new task, he always told us that they're "doing FINE."

Dad thought they were getting along all right but would forget to feed Mom when he wasn't hungry, their fridge was a fright, and we'd find their pills on the floor or wrong days used and skipped from the confusing med dispensers. Mini crises were a daily event as everything got lost in the chaotic, messy Alzheimer house that Mom could no longer maintain. They spent their days looking for things, missing appointments and generally being muddled. Whenever I'd be at their house overwhelmed with all the help they needed, Dad would pull me aside and say, "Don't let them put us in the nursing home."

He had depended on his car as a care giving partner. When Mom was in a lapse that was hard to handle, he'd convince her to go in the car, and they'd escape. The car fed them, taking them to restaurants for their meals at Dad's random timing. Mom could no longer cook but believed she was cooking every meal. Dad let her think that she was still providing meals, but would take her out several times a day "as a special treat," telling everyone he met that his wife looks "so good." Never mind the spatters decorating old suits she was wearing. When his license was taken away, their system crashed even further. He hated losing his car

(Continued on page 9)



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more than any other defeat. I watched from the sidelines, grieving for the losses that aging requires.

Those losses and what I could do to salvage things were on my mind as I looked around the table at my siblings during our initial, parentless meeting that Monday morning. Some of us had kept in touch regularly over the years and some had gone separate ways. But this common project, the care of our parents, now brought us together, each with separate agendas. I couldn't forget Dad's words as we began our discussion: "Don't let them put us in the nursing home." We talked out how we felt, and noted that our roles from childhood influence our perspectives as we considered our parents' needs now. I told my siblings that I didn't want to see Mom and Dad go into a nursing home, and that I was desperately doing everything I could to honour Dad's request. They reminded me that I always protected Dad, they told me that we couldn't continue to keep up the pace of helping out, considering we had our own lives and sanity to protect. They said that from a medical and safety point of view Mom and Dad really needed to make the move, and that a reputation of very caring staff preceded this excellent facility. The timing was perfect.

We prayed together before plotting how to break the idea to Dad to consider looking at the room. A few hours later Dad astounded us when he indicated he was open to it.

I looked over at him as we continued down the hall on this seemingly pointless tour for Mom, thinking he must be split in two as well. His words, "Don't let them put us in the nursing home" were smashing in my head. Earlier that morning, I had spent more hours researching to find additional home supports. Nothing was covering their complex needs and there were many openings for trouble in their deteriorating home system. I was becoming exhausted with my contributions to their care. Yet when this opportunity suddenly arose, I found myself bucking it in spite of my siblings' wisdom. All along Dad had said he hadn't wanted this, and dreaded it. He shocked me now by saying enthusiastically that he "always liked a new adventure." His extroverted personality shone as he greeted curious residents along the long walk down the hall toward the room. I began to relax, and became inspired as I watched him graciously embrace a significant change, wondering if I could be so adaptable were I to face a large change in my life. I recognized that Dad's choice of taking a positive attitude was totally intentional and a gift to us.

At the end of the hall was room 221. When we finally reached it, it was Dad who opened the door that would close the door on their independent lives forever.



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The cost for the workshop is \$32.50 per child  
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Wilmot Family Resource Centre's KIDS CAFE after-school program is now accepting registration for our March 23 start date. KIDS CAFE is an afterschool program with a focus on cooking; we prepare and enjoy a healthy snack and fun activities.

Where: @ WFRC, 175 Waterloo St. New Hamburg  
 When: Wednesday's from 3:45 to 5:15  
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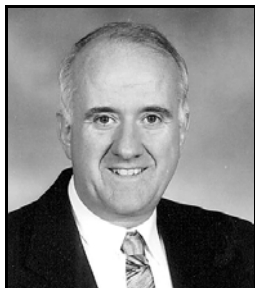
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Spotting clover on your pristine lawn might send you scurrying for the weed killer, but if you find a four-leaf clover, that's a different story. Universally regarded as a symbol of good fortune (in reality, a horticultural anomaly), the four-leaf clover is often thought to represent "the luck of the Irish." But that's a bit of blarney. The shamrock, or seamróg in Gaelic (meaning "young clover"), is the national plant of the Emerald Isle, but it has only three leaves.



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# COYOTES JOURNEY THROUGH BADEN

While out for a walk with his dog on Charlotta Street, in the morning of February 16, Ed Deutschmann looked over the railway tracks in the field towards Erb Transport. He spotted some moving shapes which he originally thought were deer. Upon closer inspection he realized there were four coyotes.

He scurried back home to retrieve his video camera and captured some amazing photos which he submitted to us to share. He believed that one coyote was in heat as it had its tail between its legs and this is



their breeding time. He was also surprised that they stood and watched as a snowmobile drove by. There is a power line through the picture.

It is not unusual to hear coyotes yipping through the night, but it is amazing to see wildlife so close to town.

*Thanks for sharing Ed.*

## Ingold

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# LookOut Kids' Korner

It is a surprise what the month of March brings... But one thing for sure, it always brings spring.



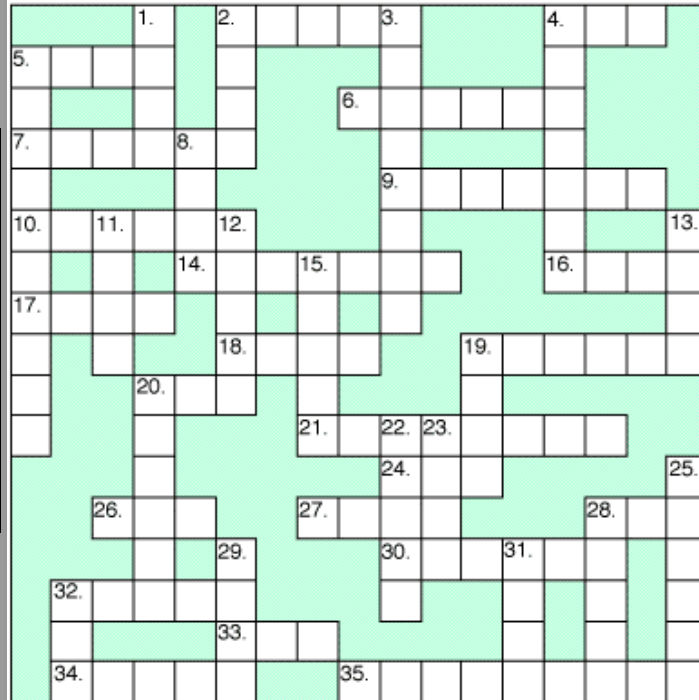
It may start with snow, and the cold winds still blow But before you know, that first robin will show!

*First Robin Sighting: March 9th during a snow flurry on our front yard! Silly thing!*



Grab your friends for a group hug!

## Crossword



- Down**
1. Body covering?
  2. Heal
  3. 3 leaved clover
  4. St. Patrick was a missionary there
  5. Mystical being
  8. Short form for corporal
  11. Actor's part
  12. \_\_\_\_\_ Patrick
  13. X marks the \_\_\_\_\_
  15. Peels of fruits
  19. Layer
  20. Procession or march
  22. To arrive at a final destination
  23. Walkway
  25. Wrist or ankle injury
  28. Household task
  29. Measurement
  31. Destroy
  32. Valuable stone

**Across**

2. Loose change
4. Pens need this
5. Good \_\_\_\_\_
6. Conditional release
7. King's son
9. Let go
10. Mistakes
14. Saint \_\_\_\_\_
16. Let fall, rain \_\_\_\_\_
17. Give aid
18. Number less than 10
19. Leprechaun's head wear \_\_\_\_\_
20. \_\_\_\_\_ of gold
21. St. Patrick rid Ireland of these
24. Hearing organ
26. Opposite of good
27. One of the food groups
28. Drink container
30. God's house
32. St. Patrick's Day colour
33. Feline
34. St. Patrick's month
35. St. Patrick's day #



The Leprechaun is an Irish fairy. He looks like a small, old man (about 2 feet tall), often dressed like a shoemaker, with a cocked hat and a leather apron. According to legend, leprechauns are aloof, unfriendly, live alone, and pass their time making shoes. They also possess a hidden pot of gold. Treasure hunters can often track down a leprechaun by the sound of his shoemaker's hammer. If caught, he can be forced

(with the threat of bodily violence) to reveal the location of his treasure, but the captor must keep their eyes on him every second. If the captor's eyes leave the leprechaun (and he often tricks them into looking away), he vanishes and all hopes of finding the treasure are lost. Legend has it that you can find the leprechaun and his pot of gold at the end of a rainbow.



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## See What's Happening at Wilmot Community Pool!

WCP is excited to share with you, that we had 184 people for the 1-3 open swim on Family Day. We were happy to see you at this great turn out!

### March Break is approaching quickly!

#### Come and join us for a complimentary swim.

Tim Horton's is kindly sponsoring two swims here at WCP on **Monday, March 14 and Wednesday, March 16** We have open swims from 1-3 pm Monday – Friday.

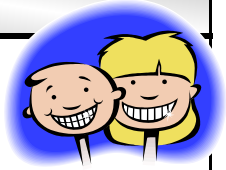
#### The Baden Outlook is kindly sponsoring a **Free Swim - Saturday March 26<sup>th</sup>, from 1-3 pm.**

Don't miss out on Spring Learn to Swim registration. Registration starts Tuesday, March 8<sup>th</sup> at 7 p.m. at the Wilmot Community Centre (old arena) for Township residents. Registration begins for non-residents on Wednesday, March 9<sup>th</sup> at 8 a.m. in person, or by phone at WCP.

We are happy to announce that we have started lessons for those children that are home schooled. Call the pool for more information. 519-662-2461

## Life Through the Eyes of a Child

Email submitted by Aimee Gutzeit



Author and lecturer Leo Buscaglia once talked about a contest he was asked to judge. The purpose of the contest was to find the most caring child.

### *The winner was:*

A four-year-old child, whose next door neighbour was an elderly gentleman, who had recently lost his wife. Upon seeing the man cry, the little boy went into the old man's yard, climbed onto his lap, and just sat there. When his mother asked him what he had said to the neighbour, the little boy just said, "I just helped him cry."

### *Other Entries:* \*\*\*\*\*

Teacher Debbie Moon's first graders were discussing a picture of a family. One little boy in the picture had a different hair colour than the other members. One of her students suggested that he was adopted. A little girl said, "I know all about adoption, I was adopted."

"What does it mean to be adopted?" asked another child.

"It means," said the girl, "that you grew in your mommy's heart instead of her tummy!"

\*\*\*\*\*

On my way home one day, I stopped to watch a Little League baseball game that was being played in a park near my home. As I sat down behind the bench on the first-base line, I asked one of the boys what the score was.

"We're behind 14 to nothing," he answered with a smile.

"Really," I said... "I have to say you don't look very discouraged."

"Discouraged?" the boy asked with a puzzled look on his face...

"Why should we be discouraged? We haven't been up to bat yet."

\*\*\*\*\*

Whenever I'm disappointed with my spot in life, I stop and think about little Jamie Scott.

Jamie was trying out for a part in the school play. His mother told me that he'd set his heart on being in it, though she feared he would not be chosen.

On the day the parts were awarded, I went with her to collect him after school. Jamie rushed up to her, eyes shining with pride and excitement.. "Guess what, Mom," he shouted, and then said those words that will remain a lesson to me.... "I've been chosen to clap and cheer."

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## Checking Out the Baden Library

Experience the magical world of Larry the Magician at the library! Come to the library during March Break for this fantastic show on Wednesday, March 17 at 3 p.m. Ticket prices are \$3 each or two for \$5. This show is appropriate for the entire family. Everyone who attends must have a ticket (this includes small children and adults).

**Get your tickets early – space is limited.**

Take some time to enjoy a classic book that has stood the test of time! Introduce your child to one of your favourite picture books like *Corduroy*, *Goodnight Moon*, *Harry the Dirty Dog*, or *Lyle Lyle Crocodile*. Or, your child may like one of your favorite chapter books such as *Little Women*, *Little House on the Prairie*, *The Story of Doctor Dolittle* or *Pippi Longstocking*. A list of classic book titles is available at the library.

All spring Storytime programs begin the week of March 29. Pre-registration is required but some spaces are still available. Programs include: Just for You Baby Storytime for babies and their caregivers, Toddler Tales for parents and 2 year olds, and Storytime for children ages three to five years. Call the library for more information.

Inspirational books are very popular at the library. We have created a special section for these books making them easy to find. Favourite authors include Karen Kingsbury, Wanda Brunstetter, Tracie Peterson, and Lauraine Snelling. Library staff are happy to show you where these books are located or provide title suggestions.

The Awesome Book Club (for kids ages 10 to 12) recently read the Let's Read book, *Chocolate River Rescue* by Jennifer McGrath Kent. Everyone enjoyed this book and the group wrote a letter to the author expressing their enthusiasm. The author was thrilled to hear from them, and also wrote a letter in return! The letter is now on display at the library.

The Baden Book Worms (for ages seven to nine) have been busy reading too! They have just finished reading books from a fun series by Todd Strasser, including *Is That An Angry Penguin in your Gym Bag?*

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

Contact the library at 519-634-8933 or [badenlib@regionofwaterloo.ca](mailto:badenlib@regionofwaterloo.ca) for more information, or visit our website at [www.rwl.library.on.ca](http://www.rwl.library.on.ca).

Submitted by Chris Baechler,  
Assistant Supervisor, Baden Branch Library



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Many of you will have seen the photo of a very pretty bird in the January 21<sup>st</sup> *Waterloo Region Record*. While we have many varieties of thrushes in the area (Hermit, Wood, Swainson’s, and Grey-cheeked Thrushes, as well as robins, Eastern bluebirds, and Veerys), the Varied Thrush is known as a west coast bird and not an inland or Great Lakes bird. Many birders are making a pilgrimage out into Wilmot Township to see her as she feeds. She was originally near a Christmas Bird Count area.

There are a variety of reasons such a sighting is of interest to birders. She certainly is beautiful! The *listers* who maintain lists of birds they have seen will want to add her to their ‘life list’ of all the birds they’ve ever seen. For others it is just the wonder of seeing a bird so far out of its regular range. And then there are those looking at the bigger picture. There have been three other Varied Thrushes sighted in Southern Ontario in the past weeks, more in Michigan and New York, and a male seen on James Bay in November. Is this the beginning of this species changing its historical pattern? The House Finch



has been moving from its historical range in the west over the past years, nearly supplanting the Purple Finch in our area. And if that ‘crow’ in your back yard looks bigger, has a heavier beak than usual, and has a wedge shaped tail (rather than a straight cut off tail) then you might be seeing an errant raven croaking instead of cawing like a crow. Some of us will remember when most geese and ducks *migrated* instead of hanging around in creeks, ponds and lakes all winter.

Birding is about seeing the same over and over again, learning more and more about the birds common to our area. And it’s about seeing something new, checking carefully in books, on line, and with other birders, before claiming a vagrant. Many is the new birder who sees something they think completely out of its range, only to find with an experienced birder that they hadn’t seen quite what they thought they’d seen. Birding is about understanding nature, watching for change, thinking about what that means, and thinking about how we humans are effecting that change.



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## National Craft Month

Whether you enjoy knitting, crocheting, cross-stitching, sewing, jewelry making, scrapbooking, card making, stamping, etc. - the month of March is for you! March is National Craft Month. It was originally started as a way to introduce older crafts to a new generation and to introduce new craft products to consumers.

Generations of very talented people have lent their talents to benefit the work of Mennonite Central Committee. Weavers have passed on their knowledge to make floor mats with recycled clothing to sell at the New Hamburg Thrift Centre. Sewers have donated their talents to prepare materials for weaving, sewing comforter tops and creating beautiful quilt tops for hand quilting. Knitters have made numerous pairs of comfy slippers and warm mittens for sale in the store.

As you tackle your next crafting projects, be sure to stop in at the New Hamburg Thrift Centre for inspiration or to gather supplies. You never know what you will find when looking in the craft department at the New Hamburg Thrift Centre. Paper, beads, pipe cleaners, yarn, knitting needles, buttons, scrapbooking embellishments and more are all common place here! *Happy crafting!*

## New Hamburg Thrift Centre

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# Now accepting spring clothing!



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# I Remember Baden Before ...

By Teresa Brown

If you caught last month's Outlook, you'll remember meeting Marcella Gerber, a Baden resident since 1937. Marcella helped us remember "Baden Before" with a list of dozens of businesses that were in our town when she first moved here. Incredible to think that Baden once had so many businesses, from shoe stores to flax mills! And while many of those enterprises are no longer here, many of their buildings still are -- as we find out in this month's story.

Look closely as Marcella helps us remember again, with a photo of the interior of Norman Weber's store. The photograph is probably from the late 1940s, when Weber's store offered Baden residents candy, cigarettes, pop, and a wide variety of small goods.

"It wasn't a grocery store, as it didn't sell fresh goods," recalls Marcella, "just small treats and household items."

Judging from the photo, Weber's was a popular hangout for teenagers just after World War II. Pictured from left to right are Don Lawrence, Woodrow Schmidt, Mabel Hostetter, Iona Brenneman, Marcella Boshart (Marcella Gerber today), Arthur Schwartzentruber, Shirley Nauman, and Delores Nauman.

There is a pop cooler in front of the girls labeled "Orange Mist," and when you look closely at a blow up of the picture, such items as aspirin, combs, sunglasses, playing cards, razors, tobacco pipes, and light bulbs can be seen on the shelves. And Marcella tells us that snacks, especially ice cream cones, were certainly available (and very popular!). Weber's Store is no longer around, of



course ... but if you've peeked at the second photo, you may have already guessed what the building is home to today: Hairworks, Baden's busiest hair salon! Owner Sonya Leis bought the building about twenty-five years ago. "It was a printing shop then," she remembers. "And before that, it was a corner store belonging to Gord Newmaster."

Marcella wasn't able to recall if Norm Weber actually built the building, but it's safe to say that it's been there at least since the 1930s. And so, after many, many years of offering a little bit of everything to Baden shoppers, the

building continues today -- as a place that offers fantastic service (and the latest styles!) to Baden and beyond.

it's just another example of how Baden has changed over the years ... and how, in some ways, it still stays the same. Because Hairworks is still a great place to hang out -- even if you can't get an ice cream cone any more!

*Many thanks to Marcella Gerber, Sonya Leis, and the Hairworks gang for their help with this month's trip down memory lane! If you have a photo of a Baden building (inside or out) from many years ago, contact Teresa Brown at 519-634-8580 or Teresa.and.Kenton@rogers.com to share your memory of "Baden Before!"*

## HAIRWORKS

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## Meet Josh - Cancer Survivor and Chair of Wilmot's Great Ride and Stride

Josh Reeve was born in Owen Sound and moved to Hamilton to complete a computer-programming course. He settled in the area 15 years ago and has been employed at Septimatech in Waterloo, a leader in custom container handling solutions for five years.

Five years ago, in his early 30s, he discovered a lump in his scrotum. His first reaction was denial and he procrastinated seeing a doctor for two weeks. His doctor carried out several tests and sent him to an Urologist, who confirmed that Josh did indeed have testicular cancer. Less than a week later he was having surgery to remove the cancerous testicle. Ironically, Josh and his wife Leanne (Huber) were moving into their new home in Baden at the same time. Josh thanked his many friends and family for helping them move, as he was unable to lift for six weeks after the surgery.

Josh is thrilled that the testicular cancer was caught at an early stage and did not travel the regular route through the lymph nodes. Testicular cancer is most common on men ages 18 to 35 and has a high rate of success if it is discovered at an early stage. Josh, Leanne, and four-year old daughter Lauren are now leading a perfectly normal life. Cancer does run in his family as his Grandfather died of colon cancer at the age of 60 and his Grandmother is a breast cancer survivor who turns 90 this year.

Josh noted that it took him a long time to get back into exercising and leading a healthy lifestyle. He is currently working out and preparing himself for a half iron man competition this fall. The competition is a 70.3-mile race consisting of swimming, running, and biking.

Josh is excited for the Great Ride and Stride event, which will be held on May 1<sup>st</sup> at 1:00 starting at Magnussen Home Furnishings in New Hamburg. There will be three and eight kilometre walks through New Hamburg and an twenty kilometre bike ride from New Hamburg to Baden and back.

There will be plenty of prizes, refreshments, and music available for all the participants. Wilmot hosts the largest per capita fundraising event in the Ride and Stride series for all of Ontario. Josh hopes for cooperative weather and that many families will come out to keep the tradition going. He would like to match or beat last year's total of \$36,500. The Reeves choose this event because it is a family oriented event. This will be the families fifth time doing the walk.

Josh is Wilmot's Chairman of the Great Ride and Stride for this year. For more information visit [www.cancer.ca/Ontario/About us/Our locations/OD-Waterloo Region](http://www.cancer.ca/Ontario/About us/Our locations/OD-Waterloo Region)

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### ATTENTION BADEN PIRATES!!

The registration deadline of March 20th is quickly approaching for Baden Minor Softball! Don't delay - get your registration in right away to avoid missing out on a great ball season!

Talk to your friends, help build your team and sign up now!! It's a ball!

Questions? Call Lisa at 519-634-9494 or Elaine at 519-634-1043



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### A WOMEN'S DAY

Sponsored by Waterloo District Women's Institute

Saturday, March 26—9:30 am  
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Ruth Jones, 519-662-4603

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### Wilmot Horticultural Society

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It's that time of year again. The gray, dreary days of February have graduated to the still chilly but brighter days of March. And that means your garden is beginning to wake up (as are your spirits and likely the local bird population).

So let's get ready together, shall we? A few deep knee bends, some stretching and a couple of deep breaths. Are you set to go? There are so many things to do in the spring time garden that we need to make sure our bodies are limber and fully prepared.

**Tips For Seed Starts**

You may be knee deep in it already, but March is a popular time to start your seeds indoors, giving your garden a jump on spring. You've likely spent the better part of February trolling through seed catalogues dreaming of the crops you will sow and the annuals that will spill over your beds. Now that you have a good idea of what you want to plant it's time to get moving.

If it's your first season of seeding, start with a pat on the back. You are now entering another exciting phase of gardening with all of its own challenges, victories, and scurried trips to the local garden centre.

Remember to wash out last year's plastic seed pots with soap and water (some use a tiny bit of bleach as well). Biodegradable cell packs are well worth the money since they will break down into soil and help create a waste free seeding season.



It also pays to invest in good quality seed-starting mix. Potting soil isn't going to cut it here (although I admit to using it more than a few times myself) and you'll need to wet the mixture down about one hour before you sow. The best way to start is with a damp but not soggy medium.

Label the pots. That way there is no need to rely on your memory when the seedlings sprout. It's also best to start the seeds on the late end of the suggested calendars. For instance, if your seed pack directs you to sow indoors 4 to 6 before the last frost (mid-May here in Wilmot township) you'll want to be sowing at the 4-week mark (mid-April). Jumping the gun means you will end up with leggy seedlings that are difficult to transplant.

**Keep 'Em Growing**

Once you've sowed the seeds the challenge is to keep them growing. Light watering only when the soil appears dry is the key to avoiding damping off. Some use a fungicidal treatment as well, although most often prevention is the best path to tread.

Put the cell packs about 8 to 10 inches from the light source for a healthy start. Grow lights and cool fluorescents are the lighting of choice for most plants, but a bright, south-facing window will do in a pinch.

Fertilizer isn't an issue until you see two true leaves. You'll know the difference as they come in, so wait for the true foliage to show after the initial seed leaves (also called cotyledons) have had their moment. Half strength fertilizer should be used for the first week or two and be sure it is well balanced and properly applied.

**Moving Beyond the Seed Packs**

March is also the perfect time to shine up the secateurs and get yourself organized. Go through the shed or garage on a warmish day and note the tools that will need sharpening, cleaning or replacement. You may have done all of that in the fall (like any good gardener does, ahem), but just in case time got away from you, there is still plenty of opportunity.

Start with the tools you'll need right away – shovels, hoes, cultivators, etc. and move on to the pruners and trimmers afterward. Take your time. Enjoy getting to know your gardening equipment again. Organize while you're at it and get ready to divide and conquer with a stack of last year's plastic pots and a good supply of potting soil.



It's all about preparing for the battle (or the ball, whatever your preference). Spring is the ideal time for training, getting the tools tuned up, and starting the seeds so that your gardens will truly shine again this year. Spring is on the way. And I, for one, cannot wait. Who's with me?

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## Morningstar Family Ministries Introduces ... Encore Boutique

By Sara Busse

Morningstar Encore Boutique may seem like just another thrift store, but it's so much more. Dr. Carmen Ferber, Executive Director of Morningstar Family Ministries of Canada Inc., has opened a new, quality thrift store located at 251a Huron St., New Hamburg, where they will sell good, quality clothing and small workable appliances. The store is about 2600 square feet and is packed to the brim with quality goods. But what makes this store so unique is the people who run it.

Morningstar Family Ministries is a faith-based ministry dedicated to reaching out to families, children, and youth with hands-on assistance to help build futures, relationships, and opportunities for development. The focus of the Morningstar program is to equip and teach youth to be contributing members of society. Ferber thinks that opening a thrift store will be



*Pictured is: Williams Yirenyi, Executive Director of Glovo, Glorious Vision Orphans, the organization with whom Morningstar have partnered.*

a perfect way to teach youth about working in the retail business and help them gain valuable experience being contributing members of society. Along with the youth who are already part of the Morningstar program two full time staff members (Taryn Wiley and Mac Crummer) will be running the store. Ferber has invited anyone from the community to volunteer and gain retail service experience.

"We have to be creative, see what will help the kids in the community be successful," she said.

All clothing that isn't placed in Encore Boutique to be sold will be used to fill a barrel and be sent to Ghana to help clothe children and their families. Morningstar shipped 26 barrels to Ghana last year and 26 more will be sent out in March. Barrels can be purchased for a donation and are filled with clothes, school supplies and toys. Money raised from the thrift store will be used to support their program in Ghana as well as their Morningstar program.

Ferber is hoping to open up a small coffee shop within the thrift store to help youth learn about serving skills and socialization.

"It's all about community helping community," she said

Drop-off boxes for the store are located at the Esso station in St. Agatha, Morningstar Academy in New Hamburg, Shantz Country Treasures in Wellesley, and Koinonia Church in Bloomingdale. There is an extra bin in need of a home as well and Ferber asks that if anyone is interested in having a bin in front of their business to contact her at 519-634-5550.

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## Baden Outlook Hockey Pool Stats

Adults			Kids		
Place	Name	PTS	Place	Name	PTS
1	Wayne Weicker	696	1	Nathan Gibbons	698
T2	Matt Van de Ven	690	2	Garret Taves	687
T2	W.A.N.T.S	690	T3	Jakob Windl	677
4	Karen Sisko	686	T3	Ryland Carney	677
5	Evan Grebinski	685	5	Nathan Metcalfe	667
T6	Bill Grebinski	682	T6	Daniel Jutzi	665
T6	Kim Rempel	682	T6	Lukas Kaufman	665
T8	Allen Denison	677	8	Aiden Heinbuch	664
T8	John Windl	677	9	Austin Dale	661
10	Beth Gilbey	676	10	Wyatt Stone	658
T11	Bob Brydon	675	11	Paige Naumann	655
T11	Sharon Williams	675	12	Jamie Roth	651
T11	Steve Campbell	675	13	Tyler Kleine	650
14	Wally Morrison	673	14	Mitchell Mueller	649
T15	Andy Veenstra	671	15	Daniel Kreller	647
T15	Don Becker	671	T16	Greg Rempel	646
T15	Justin Kendrick	671	T16	James Hoerle	646
18	Sheldon Martin	670	18	Cooper Honderich	642
19	Shonori	669	19	Brandon Morrison	640
20	Michael Quinn	667	20	Jacob Burns	639
21	Michelle Pajot	666	T21	Joel Heise	637
T22	Bev Campbell	665	T21	Tanner Snyder	637
T22	Derek Nelson	665	23	Meghan Mueller	636
T22	Mr. Fewkes	665	T24	Dominik Struth	633
T25	Brad Habel	663	T24	Patrick Glofcheskie	633
T25	Su Simpson	663	26	Jacob Fergusson	632
T27	Brent Steinmann	660	27	Samantha Simpson	631
T27	Jim Pletz	660	T28	Jacob Potts	630
T27	Karen Wirth	660	T28	Owen Krupf	630
30	Doug Kaminska	659	T30	Elias Bizony	629
			T30	Evelyn Cobean	629

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

**Congratulations to Garret Taves** for taking the lead in this month's Kids Hockey Pool winning a fun pack from Riverside Lanes. (Congrats to you too Nathan, but remember, you're only able to win the leader prize once!)

The lucky random draw winners are **Trevor Baetz**, winning a gift certificate from Egli's Meat Market, and **Sarah Martin**, Winning a Baden Outlook coat.

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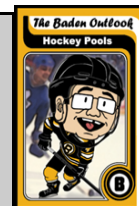
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It's time to register for The Baden Outlook Baseball Pool. Fill out form on page 31 and submit by April 1st if you want to play!

WOW! Sports fans...Thanks for playing hockey with us! There are 475 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 [www.badenoutlook.com](http://www.badenoutlook.com). Click on sports pool—choose "hockey" The pool I.D. is [outlookhockey](#) (or [outlookkids](#)) and the password is [quest](#). The top 50 entries will be listed to view all teams click on page number on bottom of page.



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## Grandparents — Shared Views from Their Grandchildren

\* She was in the bathroom, putting on her makeup, under the watchful eyes of her young granddaughter, as she'd done many times before. After she applied her lipstick and started to leave, the little one said, "But Grandma, you forgot to kiss the toilet paper good-bye!" I will probably never put lipstick on again without thinking about kissing the toilet paper good-bye.

\* A grandfather was delivering his grandchildren to their home one day when a fire truck zoomed past. Sitting in the front seat of the fire truck was a Dalmatian dog. The children started discussing the dog's duties. "They use him to keep crowds back," said one child. "No," said another. "He's just for good luck." A third child brought the argument to a close. "They use the dogs," she said firmly, "to find the fire hydrants."

\* I didn't know if my granddaughter had learned her colours yet, so I decided to test her. I would point out something and ask what colour it was. She would tell me and was always correct. It was fun for me, so I continued. At last, she headed for the door, saying, "Grandpa, I think you should try to figure out some of these colours yourself!"



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## NEW HAMBURG LIONESSE FASHION SHOW

The New Hamburg Lionesses will be hosting their spring Fashion Show Monday, May 9th at the Waterlot Restaurant. The Fashion Show features two performances with a show in the afternoon at 2:00 with the doors opening at 1:00 and an evening performance at 7:30 with the doors opening at 6:30.

Murray's Clothing & Footwear will feature their exciting spring collection of fashions for women, men, and teens. Nancy Silcox of Vintage Fashions will be featuring her vintage collection from years past. We are very excited as this will be the first showing of Nancy's collection of vintage fashions, hats, and accessories in our area. These fashions will bring back many fond memories of what we wore years ago.

Tickets are \$25.00 and are available through New Hamburg Lioness members, Murray's Clothing & Footwear store or Upper Case Books or by calling Debbie at 519 662-2566 or Sandy at 519 662-2946. Tea, coffee and sweets are included in the ticket price and The Waterlot will be offering a cash bar.

A ticket will make a welcome Mother's Day gift for your mother, sister, or friend. Come and enjoy a great afternoon or evening out with your friends and view what's new and what's not, at the New Hamburg Lioness Fashion Show. Proceeds from the spring fashion show will support the New Hamburg Lioness work in our community.



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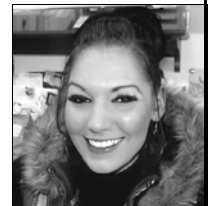
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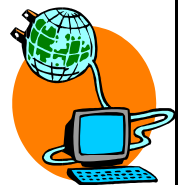


## FYI -Website Update

Wilmot Township has updated its website.

www.wilmot.ca is now live with many new features.

Check it out!





**Strength training** is used as a general phrase synonymous with other common terms such as “**weightlifting**” and “**resistance training**”. Strength training is exercise that uses resistance or weights to strengthen and enhance a muscle’s ability to contract and do work.

There are numerous health benefits to regular strength training. Strength training can assist in preventing and/or reducing the signs and symptoms of numerous diseases and chronic conditions such as obesity, diabetes, cardiovascular disease, osteoporosis, arthritis, and mild depression. Strength training can also help individuals recover from injury, prevent injury, and improve endurance, stamina, flexibility, balance and coordination.

Well-conditioned muscles help support our bodies to withstand occupational, recreational, and everyday physical stresses. This enables us to interact with our environment in a more efficient manner. Unless individuals strength train regularly, they will lose 0.5 pounds of muscle every year of their lives after the age of 25. This physiological fact of human aging can have a significant impact on health and well-being.

Strength training exercises can be accomplished many different ways. Individuals may choose to join a health club where they can have access to conventional weight-training equipment. Strength training can also be performed at home with the use of hand-held “free weights” or homemade weights. Resistance bands and tubing are another inexpensive option. These elastic cords offer weight-like resistance when you pull on them. Individuals can also use their own body weight while performing push-ups, pull-ups, dips, abdominal crunches, stair climbing, lunges, and wall squats.

Modest benefits from strength training can be seen with two to three training sessions a week lasting just 15 to 20 minutes each.



With regular strength training, the average individual can increase strength by 50% or more within six months. A resistance level heavy enough to tire your muscles after about 8 to 12 repetitions is sufficient. When you can easily do 12 or more repetitions of a certain exercise, increase the weight or resistance. Rest at least one full day between exercising each specific muscle group.

Strength training exercises should be appropriately geared toward the physical capabilities of the individual. Always perform strength training in a safe manner with proper technique and stop if you feel pain. Although mild muscle soreness is normal, sharp pain and sore or swollen joints are signs that you’ve overdone it and that your program/activity needs to be modified. Those unsure of where to start should consult with a knowledgeable health professional.

There are numerous health benefits associated with regular strength training exercise for people of all ages. Join us next month when we take a closer look at how strength training is intricately related to health.

*This article is a basic summary for educational purposes only. It is not intended, and should not be considered, as a replacement for consultation, diagnosis or treatment by a duly licensed health practitioner.*

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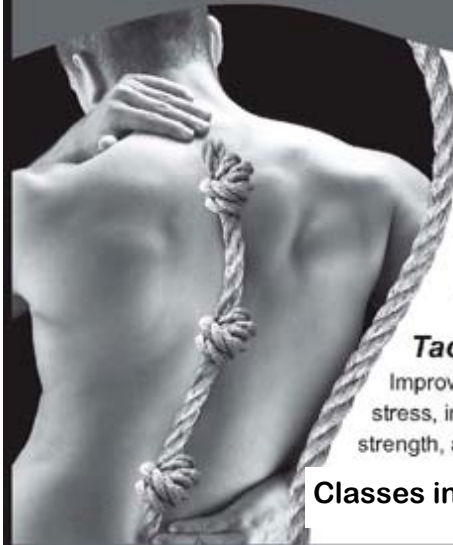
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Each day you'll find that you can hold this position for just a bit longer. After a couple of weeks, move up to 10-lb potato bags.

Then try 50-lb potato bags and then eventually try to get to where you can lift a 100-lb potato bag in each hand and hold your arms straight for more than a full minute. After you feel confident at that level, put a potato in each bag.



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# Health & Wellness Page

## FIVE TIPS FOR STAYING HEALTHY

Submitted By Heather McKague-Bandl, ROHP, RNCP Registered Nutritionist



**1. Seek out proteins:** Proteins are essential for overall health and specifically for muscle repair, hormonal balance, immune system function, and weight loss. In addition, proteins will help to fill you up, cut cravings, and cause you to eat less. With meals and snacks, seek out protein options such as chicken, fish, egg whites, or low-fat dairy products to keep you satiated.

**2. Take time to enjoy your food:** A food trick to help you eat less is to take your time chewing. It takes a minimum of 20 minutes for the stretch receptors in your stomach to say to your brain, "Hey, I am full!" Thus, take small bites, use your utensils, chew, slow down, and enjoy.

**3. Watch the booze:** Having an alcoholic drink before or with a meal adds approximately 200 calories to your daily caloric intake and slows fat metabolism by as much as 73 percent for several hours. If you must drink, for every glass of alcohol you drink, be sure to have one glass of water. In addition, try to avoid alcoholic beverages made with sugary juices or sodas.

**4. Drink clean water throughout the day:** Reduced water intake can also slow the metabolic rate. This is, in part, due to the functioning of the liver: one of the liver's many duties is to break down and metabolize fat. However, if the liver receives a message that the kidneys are water deprived, it picks up the kidneys' slack and turns its concentration to water retention instead of fat burning. In other words, in addition to being taxing to the liver, being in a state of dehydration will also promote fat storage.

**5. Eat breakfast:** Do you remember when your Mom told you that breakfast was the most important meal of the day? Well, it turns out Mom was right. In addition to picking the correct types of food, research shows that the timing and pacing of meals is also important. People who skip

breakfast are more than four times more likely to be obese than those who ate breakfast daily.

Implementing these five easy strategies are a great step to improved health and wellness.

### Recipe: Almond Pancakes

These quick, easy to make pancakes are a delicious twist on the traditional pancake recipe serving up light fluffy healthy pancakes every time.

#### Ingredients:

1 egg  
1 ½ cups almond milk  
¼ cup grapeseed oil  
1 ¾ cups oat flour  
½ cup almonds, finely chopped  
1 tablespoon non-aluminum baking powder  
½ teaspoon sea salt



**Directions:** Mix egg, milk, and oil in a medium-size bowl. Mix flour, almonds, baking powder, and salt into a small bowl. Combine dry ingredients into the wet ingredients. Mix until dry ingredients are moistened. Using a ¼ - ½ cup measuring cup, drop pancakes onto a lightly oiled skillet and cook until golden brown on both sides. Serve warm with pure maple syrup or raw honey.

Makes 4 servings.



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## The Baden Outlook Baseball 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. This year we have added two boxes for pitchers with each win by a pitcher giving them two points. We have listed players with their home team and the home-run stats, pitchers with two points per win 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 205 entries and we're waiting for your entry forms to roll in.

**Drop off your entry form at The Baden Outlook yard mailbox at 178 Snyder's Road E., Baden N3A 2V6 or put it in the mail by 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 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)
- ⇒ 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](http://www.badenoutlook.com) - the pool I.D. is [outlookhomerun](http://www.badenoutlook.com) and the password is [quest](http://www.badenoutlook.com).

J. Bautista / TOR = 54  
 A. Pujols / STL = 42  
 M. Cabrera / DET = 38  
 A. Dunn / CHW = 38  
 R. Howard / PHI = 31

P. Konerko / CHW = 39  
 J. Votto / CIN = 37  
 J. Hamilton / TEX = 32  
 P. Fielder / MIL = 32  
 A. Rodriguez / NYY = 30

C. Gonzalez / COL = 34  
 M. Teixeira / NYY = 33  
 D. Uggla / ATL = 33  
 M. Reynolds / BAL = 32  
 A. Gonzalez / BOS = 31

D. Ortiz / BOS = 32  
 V. Wells / ANA = 31  
 R. Cano / NYY = 29  
 D. Wright / NYM = 29  
 E. Longoria / TB = 22

C. Hart / MIL = 31  
 V. Guerrero / BAL = 29  
 N. Swisher / NYY = 29  
 A. Beltre / TEX = 28  
 M. Holliday / STL = 28

C. Pena / CHC = 28  
 M. Kemp / LAD = 28  
 J. Werth / WAS = 27  
 A. Hill / TOR = 26  
 C. Quentin / CHW = 26

T. Tulowitzki / COL = 27  
 M. Napoli / TEX = 26  
 R. Braun / MIL = 25  
 J. Bruce / CIN = 25  
 K. Youkilis / BOS = 19

A. Huff / SF = 26  
 C. Lee / HOU = 24  
 A. Lind / TOR = 23  
 N. Cruz / TEX = 22  
 V. Martinez / DET = 20

H. Pence / HOU = 25  
 G. Granderson / NYY = 24  
 A. Soriano / CHC = 24  
 T. Hunter / ANA = 23  
 S. Choo / CLE = 22

A. Rios / CHW = 21  
 E. Encarnacion / TOR = 21  
 L. Overbay / PIT = 20  
 J. Buck / FLO = 20  
 A. Gonzalez / ATL = 17

R. Halladay / PHI = 42  
 C. Sabathia / NYY = 42  
 U. Jimenez / COL = 38  
 J. Lester / BOS = 38  
 C. Lee / PHI = 24

D. Price / TB = 38  
 J. Verlander / DET = 36  
 P. Hughes / NYY = 36  
 T. Lincecum / SF = 32  
 F. Hernandez / SEA = 26

Name:

Address:

Phone Number:

Kids (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!**

If you need extra forms please print them from our website at [www.badenoutlook.com](http://www.badenoutlook.com) from the current issue.

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