



Baden Outlook

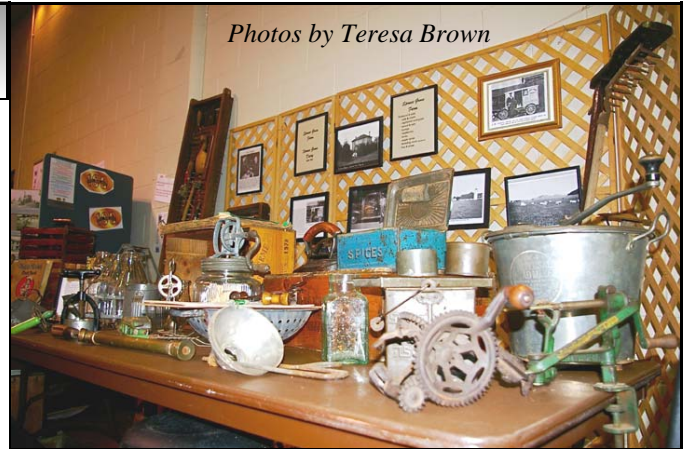
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VOLUME 12, ISSUE 8

WILMOT HERITAGE DAY

Culinary Traditions was the theme for this year's Heritage Day, held on Saturday February 25 at St. Agatha Community Centre. Over 200 people passed through, browsing over the 44 featured displays focused on its history in Wilmot Township.

This year there were three award winners honoured at the festivities. The New Hamburg Independent received the Business Heritage Award for publishing their Heritage Edition since 1987. Doug Coxon, editor of the Independent, accepted the award. Blain Bechthold from Baden received the Individual



Michael Harris, Harold Albrecht and Mayor Les Armstrong were there to congratulate award winners Jane Schneider, Blain Bechthold, and Doug Coxon.

Heritage award for his long and devoted involvement with the Wilmot Heritage Fire Brigades. Jane Schneider won the Environmental Heritage Award for preserving Wilmot Heritage and allowing her 600 acre property to be used as part of the regional trail system.

The Heritage committee raised nearly \$600 for the Wilmot Food Bank by selling tickets for gift baskets as door prizes.

It was great for former Baden resident Brad Schneller to see his father's farm and dairy business featured, as he was an important figure in Baden many years ago.

More photos on page 32.

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"Keeping the Community Connected"



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This paper is priceless - Please have one!

Talking with Ed

The Power, Wisdom and Facts of the Internet



One thing that I enjoy about the Internet is the research opportunities. I have to admit that I never was that diligent about research – until I got burned with a vehicle purchase. The year was 1989 and I liked the look of the Plymouth Horizon. It was a compact, good-looking, hatchback that seemed right for us at the time. Having a young family and being on a budget, I was quite pleased to find a new vehicle for about \$6,000. Rrrr.... I took a bath on it two years later selling it for \$2,000. It was problematic right from the start and it never let up for the full two years.

After selling it, I stumbled upon the *Lemon-Aid Book* by Phil Edmonston. Here, the Horizon was ranked as the *Lemon of the Year* and I vowed from that point on that I would do as much research as I possibly could on any major purchase. The *Lemon-Aid Book* can be found at any library or book store, with categories such as trucks, vans, sedans and SUV's. The *Lemon-Aid Book* has helped me immensely over the many years of buying and selling cars. The book lists what a person should pay for the vehicle and problems that you can expect—in most cases they were bang on, and regardless, it is an educational tool to learn from.

Another bad purchase that Pat and I made was from a door-to-door salesman peddling vacuum cleaners. His sales pitch was flawless and made it seem as though this vacuum could do everything except cook you supper. After the purchase, I checked out the *Consumer Reports* magazine at the library and found out we bought one of the most expensive vacuums on the market though there were units that were twice as good for half the price. Needless to say, I have become quite careful with major purchases.

There are plenty of sites to find ratings on Caribbean holidays, but I find them harder to get an accurate assessment on a particular resort. Internet booking companies have their own sites where travellers convey their experiences and rate the properties. This system is not too bad, but in reality there are many different standards for all types of people. What might be rated as a poor resort for some might be just fine for others. It might be a case of how much a person is willing to spend and options that are available such as food, amenities, etc. In this case you have to make your own assessment and hope the general consensus is good. Two of our favourite resorts for quality and price are the Punta Cana Princess in Punta Cana and the El Dorado Seaside Suites in the Mayan Riviera.

Another site that rates resorts is Trip Advisor (www.tripadvisor.com), where patrons rate resorts, hotels and restaurants. I checked out Kitchener-Waterloos top five restaurants on Trip Advisor, then checked out two other restaurant guides; www.urbanspoon.com and www.restaurantica.com and saw their top five eating establishments. Of the fifteen picks only two restaurants were on two of the three lists (*Verses and Ellison's Bistro*) –the rest were all different.

So, who's list is most accurate? This is up to you, and your opinion, and that's what happens when ratings are based on reviews with many different tastes. Check out Wilmot's top restaurants and you will see some great places to dine!

The resort, hotel, and restaurant research tool is a guideline—and realize you might have to factor in several items such as price, atmosphere and food type. In the end, word of mouth from a reliable source is usually the best approach. I'm just a curious guy who needs to search. Until next month ...Ed

Baden Community Group Update:

The steering committee of Baden's Community Group had their first meeting on February 29, with 24 people in attendance. Oddly though, most did not know each other—in this small town?!... Hence all the more reason to get Baden connected! We spent time getting acquainted and reviewing the survey forms from the February 7 meeting. The assembly discussed their strengths and started working on plans to move forward.

The next meeting, set for Tuesday, March 27, will be an exciting one with some concrete decisions being made, including an official name for the group, selection of officers, and development of the constitution, main focus and event planning. Look for more news in next month's *Baden Outlook*.

Any Badenite is welcome to join in to share their ideas and energy to boost Baden! Bring it on!

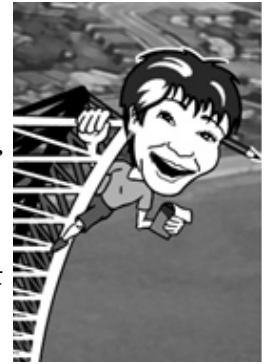
If you have an idea for the group's name please email at badengroup@hotmail.ca

***Baden... We are on the right track!!
Thanks to those who share the vision to
keep Baden alive and thriving!***



Greetings from Outlook Headquarters

~ Still Feeling the Love



I spoke at the recent town meeting, which was held to strategize a way to boost Baden. It was a successful event, although public speaking is new to me and I was surely out of my comfort zone. While facing my fears speaking in public, I again felt the warm and wonderful acceptance of my fellow Badenites.

Despite my angst, the experience shed new light for me in many ways. It helped me remember the value of face-to-face communication. It is one thing to sit alone at my computer and communicate through writing or relaying messages through email, but eye-to-eye, face-to-face shared expressions and visual facial gestures are so valuable to truly understand one another and the given message. It is too easy to misinterpret the message of typed words or poorly structured sentences that may confuse or send out a wrong vibe. I believe a facial chat is more sincere.

I have made many connections with those in town through email or the telephone and yet have never met. My hope was to meet some of you at the meeting and yes, to those I met, it was nice to put the face and the name together, so thanks for introducing yourselves. I suddenly felt a little bit more connected.

The paper does serve as a tool to communicate and connect, but let's not lose track of the true value of real relationships beyond all the alternate ways of hidden communication. It is a good lesson for our children to see us being kind and social with one another— face-to-face and not text-to-text, phone-to-phone, computer-to-computer! We need to be role models to show our children that leaning over the fence to chat or borrowing a cup of sugar is still a neighbourly thing to do. Bringing families together to hike or beautify the town is a fun and healthy thing to do, not just a duty to serve our town. Open your mind and hearts and consider how you can put your foot forward and reach into the community. We all have talents and gifts to share with one another; fear not and spread them around. It's been said, "What you put into it is what you get out of it."

However my presentation went, the words were spoken and my message was sent. And for those not there... it is to simply remind you that we are happy to be the voice of Baden, and whatever way our paper can serve this town is what our objective is and has been from the start. After all, "Keeping the Community Connected" is our mission.



EXTRA!! EXTRA!!



There are copies of The Baden Outlook available in Baden at Egli's Meats, Mars Variety, EJ's, Mac's, Baden Feed, One Way Water, Baden Library, and several outdoor magazine boxes located conveniently throughout town for Baden readers.

In New Hamburg at No Frills, Sobey's, Short Stop, Kasemann's, Morningside, Absolute Fitness, NH Dry Cleaners, NH Wellness, New Hamburg Library and various offices and retail locations throughout Wilmot Township. Also available at Stop 2 Shop (St. Agatha), Old Fashioned Variety (Petersburg) Foxboro.

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

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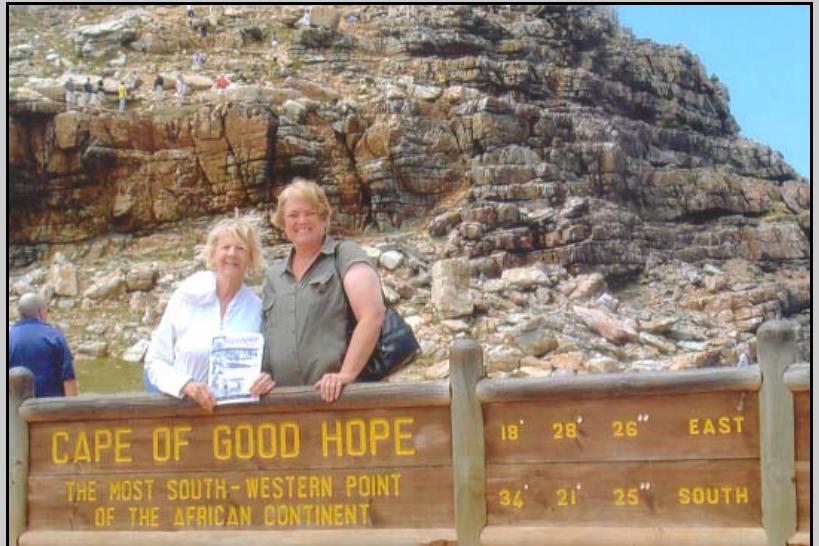
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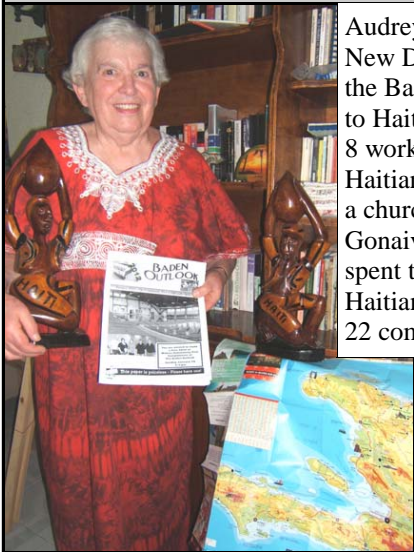
Wow! More exciting destinations as *The Baden Outlook* continues to travel ...



Paula Beauchamp and Jody Dennis took their Outlook to Costa Rica, Riu Guanacoste. They had a great vacation with great friends—some of the staff from Sun Life Financial.



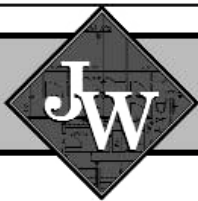
Lenore Watt of Foxboro Green, with her daughter-in-law Morag Watt, took their Outlook to the Cape of Good Hope, South Africa, in January.



Audrey Fiederlein of New Dundee took the Baden Outlook to Haiti. A team of 8 worked with the Haitians to construct a church in Gonaives, and she spent time with the Haitian ladies to tie 22 comforters.



The Baden Outlook travelled to Riviera Maya, Mexico, with Brian, Sharon, Josh, and Sadie Williams of Baden, Devin Youngblut of New Hamburg, Leanne, Ian, Aiden, and Owen of Baden, James Dupej and the rest of the Williams family of Kitchener.



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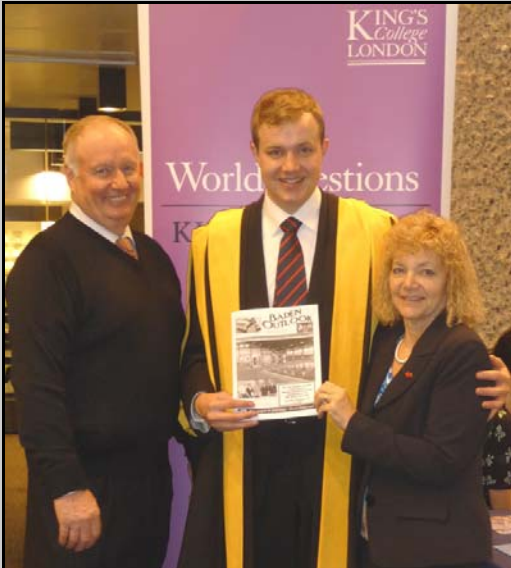
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... to Costa Rica, Haiti, Africa, Mexico, England, British Columbia, Caribbean Seas, & West Indies



Craig Ruttan was in London, England, to receive his MA in International Peace and Security from Kings College, London, which he attended last year. The Baden Outlook joined his mom and dad, Garry and Sheila Ruttan for this special occasion.



Proud grandmother, Elsie Hannon of Morningside Village, New Hamburg, also travelled to London, England, for the convocation ceremony.



Jesse McQuay of Kitchener and father Jamie McQuay of Baden took the Baden Outlook on an 8 km ski run at Silver Star Mountain near Vernon, BC. They also toured Sparkling Hill, a \$120 million resort/spa accented with \$10.5 million worth of Swarovski crystals.



Members of the Red Hat Royals of New Hamburg recently sailed the Caribbean aboard the Norwegian Dawn. Pictured here with their Baden Outlook are Jean Anderson, Rev. Syd Hill, Mert Wallace, Joanne Hill, Queen Kathleen Leenders, Sheila Bayne, and Margo Montgomerie.



Randy and Eva Lehmann took the Baden Outlook to the Grenadines in the West Indies. They stopped by man-made Happy Island for a drink which was built by "John" over an 8 year period using only cement and broken conch shells.



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MPP FOR A DAY

Revving up for Wilmot's Living Well Festival

This year's Living Well Festival is scheduled for April 27th and 28th and will again be held at the Wilmot Recreation Centre on Nafziger Road. There will be two new twists this year featuring roller skating and a coffee house on the Friday night along with workshops, a free barbeque, and a fun community chase competition on Saturday.

The ever-popular Read Well Day will be back on Friday featuring authors, storytellers, and entertainers throughout the day. Friday evening will be a blast from the past, as roller skaters take to the floor. There will be 230 pairs of roller skates available - this will take the place of last year's ball hockey tournament. John Weibe and friends will provide the music for the coffee house held in the lobby of the Recreation Centre.

On Saturday morning the events will shift over to the new aquatics section of the facility. Workshop times are still being worked out and will be posted in next month's Outlook and at their website www.wilmothealthycommunities.org.

The new event called the Community Chase, creatively put together by Baden's Sarah Scott, is an adventure that requires participants to exhibit teamwork, resourcefulness, and determination as they search for chase points scattered throughout both sides of the Wilmot Recreation Centre. Chase points are designed to test teams with a variety of physical activity and healthy eating challenges. Each team will be given a challenge card at the beginning of the competition which will list the chase points, and the first team or teams that cross the finish line with the required amount of stamps wins a prize. This event is sure to be an enjoyable, interactive experience and is suitable for all ages. It was also developed as a team-building event, where teams can form alliances to help themselves along. It should be a great addition to the festival. *Come join in for the day or whatever time you can!*



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A Tribute to all the Grandmas and Grandpas
Who Braved the Computer World

The computer swallowed grandpa.
Yes, honestly it's true!

He pressed 'control and 'enter'
And disappeared from view.
It devoured him completely,
The thought just makes me squirm.

He must have caught a virus
Or been eaten by a worm.
I've searched through the recycle bin
And files of every kind;

I've even used the Internet,
But nothing did I find.
In desperation, I asked Jeeves
My searches to refine.

The reply from him was negative,
Not a thing was found 'online.'
So, if inside your 'Inbox,'
My Grandpa you should see,
Please 'Copy, Scan' and 'Paste' him
And send him back to me.

This is a tribute to all the Grandmas and Grandpas
who have been fearless and learned to use the
Computer.....

We do not stop playing because we grow old;

We grow old because we stop playing ...

NEVER Be The First To Get Old!

Email sent by Vivian Pletz,
Saskatchewan



In The Chat Room ~ With Anthony

Control - Alt - Delete

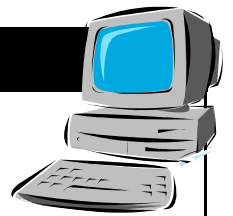
These days, perhaps many of us have forgotten these three amigos. It's sort of funny how these things get adapted over time. Many of us who use this key sequence these days use it as a method to summon the task manager in Windows in attempts to regain control of a system where a particular application has frozen. The ctrl-alt-del sequence was chosen because on older keyboards it would require two hands to hit, thus avoiding accidental restart of the system.

The command sequence "ctrl-alt-del" was never intended to bring up a menu or task manager, and didn't until the release of Windows 95. It originated from David Bradley, who helped design the original IBM PC, as a quick method to restart the computer without having to reach for the power switch, click it off, wait 10 seconds and turn it back on. It wasn't originally intended as a feature to be left in the system, but rather a tool to help improve productivity during production.

With the release of Windows 95, control - alt - delete now became the method to use when a problem stopped responding. Instead of hitting the keys and restarting your entire PC, you would be prompted with a list of running applications and were given the opportunity to kill an individual application you suspected to be freezing your system up. This feature has been passed down through Windows generations and is even included in the yet to be released operating system code named "Windows 8".

David Bradley is known for his joking remark towards Bill Gates, "I may have invented Control-Alt-Delete, but Bill Gates made it famous". He went on to elaborate on how it was made famous due to Microsoft's implementation as a logon sequence for Windows NT and Windows Server systems, although we all know the implication of its daily use by the general public. Windows NT and today's Windows Server operating systems (and many corporate workstations) REQUIRE the user to press the "ctrl-alt-del" sequence before it will allow them to enter their username and password. This may seem like a pointless task, but it's used to ensure that an actual person is trying to logon rather than rouge code.

So, next time your system locks up or you're trying to log on to your corporate workstation, give a heartfelt "three-finger-salute" to your friends Ctrl, Alt and Del.



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St Patrick's Day Quiz Answers on page 20

- 1) St Patrick's Day is celebrated to commemorate which of the following
 - ⇒ The day that Patrick was born
 - ⇒ The day Patrick drove the snakes out of Ireland
 - ⇒ The day Patrick died

 - 2) What does the shamrock signify on the Day?
 - ⇒ A forestation
 - ⇒ Coming of spring
 - ⇒ The number three
- 
- 3) What does leprechaun mean?
 - ⇒ A goblin
 - ⇒ A fairy
 - ⇒ An imp

 - 4) Where was St. Patrick born?
 - ⇒ Britain
 - ⇒ Ireland
 - ⇒ Baden

 - 5) What was St. Patrick's calling?
 - ⇒ Great Explorer
 - ⇒ Missionary
 - ⇒ War Hero

 - 6) In Ireland, what does the color green stand for?
 - ⇒ Spring
 - ⇒ Countryside
 - ⇒ Hope

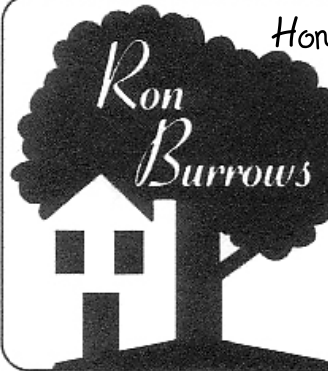
 - 7) What do Irish people say about Saint Patrick?
 - ⇒ He watches over them
 - ⇒ He decides if they will get into heaven one day
 - ⇒ Both answers

 - 8) What is a shillelagh?
 - ⇒ Leprechauns outfit
 - ⇒ Wooden pipe
 - ⇒ Short, stout oak club

 - 9) What profession does the leprechaun supposedly practice?
 - ⇒ Shoemaker
 - ⇒ Blacksmith
 - ⇒ Goldsmith

 - 10) What was St. Patrick's name at birth?
 - ⇒ Patrick O'Malley
 - ⇒ Maewyn Succat
 - ⇒ O'D. Gingerich

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A Women's Day

The Waterloo District Women's Institute presents a Women's Day (for women of all ages) on Saturday, March 24, 2012. The location of the event will be at Bethel Evangelical Missionary Church at 1531 Bridge Street West in New Dundee.

The objectives of the group are to assist, encourage, and help women to become more knowledgeable and more responsible citizens; to promote and develop good family life skills; to help identify and resolve the needs in our own communities at home and abroad; to promote and have safe and healthy communities; to offer fellowship and education on current issues, for health and safety in our

home, in communities here, and around the world; to discover, stimulate, and develop leadership.

The day starts off at 9:30 am with greetings from the federation. Most of the morning presenters will focus on living with Multiple Sclerosis. At 9:35 the subject is "How does life change," followed by "Whose life changes" at 10:05, and finally "How to be a friend" at 11:00. From 12 to one o'clock there will be a lunch. At 1:15 the topic will be "Let's get organized" with The Heart of the Matter, "Seniors Move" at 1:45 and "The Joy of Cooking" at 2:30.

The cost for the day is \$35 and the deadline for the registration is March 19. For more information call Ruth Jones at 519-662-4603.



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Eat Pizza and Help Support Friends in Bolivia

In January 2010, Anna-Maria Roth, who was nine years old at the time, went on an adventure of a lifetime. She, along with her sister Victoria, brother Clayton, and 20 adults from Living Water Church went to Cochabamba, Bolivia to volunteer for two weeks with a children's orphanage called Ninos Con Valor. We all shared music activities, made crafts, played games, and heard Bible stories with babies, toddlers, boys and girls, and young teens. Trying different foods was always a challenge. Driving on some of the world's most dangerous roads while taking food and toys to remote villages in the mountains was a little scary! Communicating was tricky because we didn't understand the language. Anna-Maria helped make over 200 balloon animals for children in the mountain villages. We learned so much about a different culture. Returning home we realized how much we have to be thankful for - food, healthcare, clothes to wear, a home to live in - things we often take for granted.

A few weeks ago Jen & Phil Snell shared in our church their desire to go with their young children to live in Brazil as missionaries. After spending time in their home, Anna-Maria came up with an idea to raise funds to help the Snells, as well as her friends in Bolivia. On Saturday March 31 with the help of her family and friends she is opening a pizza diner for the night.....AND YOU ARE ALL INVITED!!

You can support us in a few different ways:

- 1) Take out – pizza that you can put in your freezer and cook later.
- 2) Take out – pizza that's cooked and ready to eat when you take it home.
- 3) Dine in – come to Living Water Fellowship at 45 Hincks Street, New Hamburg from 5:30 – 8 pm and check out pictures of our time in Bolivia and what the Snells will be doing in Brazil.
- 4) Donations can be made to "Living Water Fellowship," specifying which mission you'd like to support.

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Happy St. Patrick's Day,
Happy Spring, Happy Earth Hour Day,
Happy Easter, Happy April Fool's Day!
So much to be happy about!



Put on your thinking caps and see if you are able to come up with answers to each category with words the begin with the letters S.P.R.I.N.G. There are no wrong answers but if you get stuck check out what we came up with on page 21.

	Creature	Colour	Ontario Town	Flower	Movie	Vegetable
S						
P						
R						
I						
N						
G						

Earth Hour – March 31, 2012

Hey Kids! Last year more than 5,200 cities and towns in 135 countries turned out their lights for one hour sending a powerful message for climate change. This year Earth Hour is March 31 from 8:30 to 9:30 pm and we should all take part in this growing tradition. Get out the candles and spend some fun time with the family. What kind of games could you play in the dark? Here are some neat ideas!

Ghost Stories – Everybody sits close together and one person is selected to start a story by saying "Once upon a time". The next person adds a sentence which continues around the room creating a spooky story — you never know how it will end!

Shadow Figures – Find a flashlight and make shadow figures on the wall. Can anyone make a shadow of a rabbit?

Flashlight Limbo – One person holds the flashlight making a beam in which parents and kids have to limbo under. Start fairly high and continually drop the height after each person has passed through. Kids, you have the advantage in this game.

Many people make commitments even after Earth Hour is over. Some try to minimize driving their car for a week, or chose to not drink bottled water for a week. What will be your commitment?



- * 76 percent of people eat the ears on chocolate bunnies first.
- * According to the Guinness Book of World Records the largest Easter egg ever made was just over 25 feet high and weighed 8,968 lbs.
- * On average, every year 16 billion jelly beans and 90 million chocolate bunnies are made in preparation for Easter.



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You Must Be Joking!!



Patrick walks into a bar in Dublin, orders three pints of beer and sits in the corner of the room, drinking a sip out of each pint in turn. When he finishes all three, he goes back to the bar and orders three more.

The barman says, "You know a pint goes flat soon after I pull it. Your pint would taste better if you bought one at a time."



Patrick replies, "Well now, I have two brodders, one is in America, and de odder in Australia, and here I am in Dublin. When we all left home, we promised dat we'd drink dis way to remember de days we all drank togedder." The barman admits that this is nice and says no more.

Patrick becomes a regular customer, and always drinks the same way—ordering three pints and drinking a sip out of each in turn, until they are finished.

One day, he comes in and orders just two pints. All the other regulars in the bar notice and fall silent. When he goes back to the bar for the second round, the barman says, "I don't want to intrude on your grief but I wanted to offer my condolences on your great loss."

Patrick looks confused for a moment, then the penny drops and he starts to laugh, "Oh no," he says, "everyone is fine! Tis me... I've quit drinking!"

Submitted by Robert Price

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Checking Out the Baden Library

Did you know that the Forest of Reading program is for adults too? The 2012 Evergreen Award nominees have been announced. Read at least five of the 10 books and you are eligible to vote for your favourite during Ontario Public Week in October. See the complete list on our website at www.rwl.library.on.ca.

All spring Storytime programs begin the week of April 3. Programs include: Just for You, Baby Storytime for babies and caregivers; Toddler Tales for parents and 2 year olds; and Storytime for children ages 3 to 5 years. Programs are free and pre-registration is required for all programs. Please call the library for more information.

The Baden Book Worms (a book club for kids ages 7 to 9) has been a busy group this year! Thirteen children are registered in this group; there is room for more if you would like to join us! There are two meetings left: April 10 and May 8. We have been reading a mixture of books this year including: a variety of Fractured Fairy Tales, *Gooney Bird Greene* by Lois Lowry, and books from the series *My Weird School Daze* by Dan Gutman. We also tried out listening to chapter books on CD, which was a new choice for some of the children. We are currently reading *Aesop's Fables* along with a chapter book called *The Fabled Fourth Graders of Aesop Elementary School* that incorporates modern-day fables with morals.

The Awesome Book Club (a book club for kids ages 10 to 12) has also been having fun reading lots of different types of books including *How To Train Your Dragon*, *Nancy Drew & Time Warp Trio* graphic novels, and *Iqbal*. They are currently reading a book of their choice to do a book talk with the group. There are three meetings left: March 27, April 24 and May 22, and you are still welcome to join us!

Have you checked out our new hours yet?

Tuesdays	2 to 8 p.m.
Wednesdays	10 a.m. to noon 2 to 8 p.m.
Thursdays	10 a.m. to noon 2 to 8 p.m.
Saturdays	10 a.m. to 1 p.m.

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

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

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



'Come Read with Me Family Storytime' Moves on to New Dundee Library

The Baden Library was a popular spot on Wednesday nights throughout the winter months. Come Read with Me Family Storytime wrapped up its eighth week on February 29, 2012. Children and parents were introduced to a different children's author each week. Interactive stories, literacy games, rhymes, and a craft were the recipe for a fun night of learning together as a family. Many families took time to browse the large collection of children's books available at the Baden library. Children were eager to sign out a few of their favourites to enjoy at home.

Come Read with Me Family Storytime will move on now to the Region of Waterloo New Dundee branch (136 Main Street) for eight Wednesday nights, beginning March 21, 2012. This 45-minute program begins at 6:45 p.m. Children are invited to come in their pajamas, so they're ready to hop right into bed after this exciting evening.

Family Storytime participants were eager to show off their Stanley posters. This craft was based on Canadian author, Linda Bailey's popular Stanley series. Children were encouraged to piece together the letters to form Stanley's name, or use the letters to create an original name for their dog.



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Baden Outlook Hockey Pool Stats

Place	Name	PTS	Place	Name	PTS
1	Earl Nickolas	703	1	LaShaedyn Faulkner	683
2	Lea Bender	698	2	Tim Wenn	666
3	Heather Dubrick	686	3	Tyler Kleine	663
4	Rachel Jutzi	684	4	Liam Boronka	659
5	Marg Litwiller	683	5	Brayden Gingerich	654
6	Brad Habel	682	6	Mitchell Mueller	653
7	Rita Vitello	679	7	Paige Naumann	651
8	Jason Redman	677	8	Matthew VanDeWynckel	648
9	Beth Gilbey	673	9	Nicole Lowry	646
10	Michelle Brenner	670	T10	Aiden Heinbuch	645
11	Paul Hammer	667	T10	Wyatt Stone	645
12	Myles Adkins	665	12	Tanner Snyder	644
13	Evan Grebinski	663	T13	Stirling Todorov	642
T14	Cheryl Erb	662	T13	Logan Kleine	642
T14	Tom Bolen	662	T13	Tanner Schwartzentru...	642
16	Tatum Bizony	660	16	Joel Heise	638
17	Lori Crouse	659	17	Nathan Gerber	637
18	Melba Honderich	656	T18	Madelyn Hammer	635
T19	Nancy Honderich	655	T18	Meghan Mueller	635
T19	Katie Cook	655	20	Trent Agnello	634
21	Brad Forler	654	21	Carter Schwartzentruber	633
22	Wayne Leis	651	22	Alex Wagler	632
23	Burt Bizony	650	T23	Eric Salese	631
24	Jim DeJong	649	T23	Tanner Heinbuch	631
T25	Kathleen Rempel	648	T23	Travis Forler	631
T25	Nadine Evans	648	26	Sabrina Hallman	630
T25	David Connolly	648	T27	Calob Heinbuch	627
T28	Larry Gascho	647	T27	Ty Brenner	627
T28	Michelle Ruston	647	29	Emily Morrison	623
T28	Stuart Mitchell	647	30	Ryan Schnarr	621
T28	Ellie Schmitt	647	31	Nathan Metcalfe	619
T28	Bob Brydon	647	T32	Emma Gowland	618



Congratulations to Rachel Jutzi
for taking the leader prize in this
month's Adults Hockey Pool -
winning a gift certificate from
EJ's of Baden - and to **Tim**
Wenn for taking the Kids leader prize
winning a bowling package
from **Riverside Lanes**.

*(Congrats to you too - Earl, Lea, Heather and LaShaedyn,
but you're only able to win the leader prize once!)*

The lucky random draw winners
are **Bob Hillar** winning a gift
certificate from **Egli's Meat Market**,
Ken Smith and **Aislynn Gibbons**
winning **Baden Outlook shirts**.



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WOW! Sports fans...Thanks for playing hockey with us! There are 491 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 Click on sports pool—choose "hockey" The pool I.D. is [outlookhockey](#) or [outlookkids](#) and the password is quest. To view both pools, you must log out of one to get into the other. The top 100 entries will be listed—to view all teams click on "more teams" on bottom of page. Have Fun and Good Luck!



Dirty Old Men Reveal Themselves

Don't let the name scare you – these men are truly terrific, stand up guys—not “dirty old men” —and are also very good musicians. Let's meet the band....

John Jokic from New Hamburg had played rhythm guitar in bands in high school and had stored the guitar away for at least 30 years. So, three years ago when his brother, Tom Jokic and friend Dale Snyder asked if he wanted to jam – he jumped at it.

The trio sounded pretty good, but they wanted to create a fuller richer sound with a great lead singer. After several personnel changes and additions, the Dirty Old Men were formed. Tom, who lives in Toronto, had trouble with scheduling so dropped out of the group early. The name of the band took much deliberation, and names such as “The Garage Band” and “The Band Formerly Known As Good” were considered, but in the end they agreed on Dirty Old Men—a band where everyone is out to have fun.

The band does play music from the 50's, but most of their songs are from the 60's, 70's and 80's, featuring a large variety of artists. Groups such as the Eagles, Beatles, CCR, Jimmy Buffet and even George Jones are on their song list, plus lots of dance songs.

Norm Taylor from Petersburg is their drummer and lead vocalist. Norm has played professionally with many groups including Rockolas, Forest, Lyx, and The Toons. He also played with the late Baden resident, Jim Livingston, whose band was JL Revival.

Dirty Old Men

~ Barely Alive Tour ~

**At Eddy's in New Hamburg
Saturday March 24th — 9pm**



*Meet the Dirty Old Men — from left to right:
John, Dean, Norm, Joel and Dale.*

Dean Jutzi is a long time Baden resident who plays Bass and also was in JL Revival. Dean has played bass since high school and sings back-up vocals.

Joel Wideman is from the Plattsville area and plays keyboard and sings back-up vocals. He has also played with a number of local bands including Helix, Silversmith, Lyx, and The Toons.

Dale Snyder is a long time resident of New Hamburg and plays lead guitar and lead/backup vocals. He has been playing for many years and has also played with many local bands.

John Jokic rounds out the band playing rhythm guitar and lead tambourine. He has been a life long resident of New Hamburg.

Due to scheduling issues, the band is able to only practice once every two weeks, and limit their performances to three to four times a year. They have performed mainly at Eddy's Tavern in New Hamburg and last year played at the Puddicombe House in conjunction with the New Hamburg Cruise night.

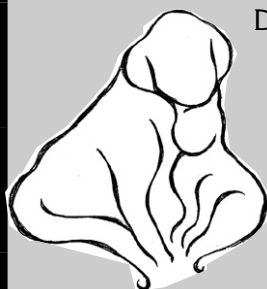
You must see one of their limited performances, playing at Eddy's on March 24 from 9 pm to 1 am—**no cover charge**. Come out, bring your friends and you'll enjoy this great local band and have some fun!

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- If you are one of our children, dial 1 and then select the option from 1 to 5 in order of "arrival" so we know who it is.
- If you need us to stay with the children, press 2.
- If you want to borrow the car, press 3.
- If you want us to wash your clothes and iron, press 4.
- If you want the grandchildren to sleep here tonight, press 5.
- If you want us to pick up the kids at school, press 6.
- If you want us to prepare a meal for Sunday or to have it delivered to your home, press 7.
- If you want to come to eat here, press 8.
- If you need money, dial 9.
- If you are going to invite us to dinner, or take us to the theatre.... start talking, we are listening !!!



Irish Birth Control



Mrs. Donovan was walking down O'Connell Street in Dublin when she met up with Father Flaherty.

The Father said, 'Top o' the mornin' to ye! Aren't ye Mrs. Donovan. And didn't I marry ye and yer hoosband two years ago?'

She replied, 'Aye, that ye did, Father.'

The Father asked, 'And be there any wee little ones yet?'

She replied, 'No, not yet, Father.'

The Father said, 'Well now, I'm going to Rome next week and I'll light a fertility candle for ye and yer hoosband.'

She replied, 'Oh, thank ye, Father...' they then parted ways..

Some years later they met again. The Father asked, 'Well now, Mrs. Donovan, how are ye these days?' She replied, 'Oh, very well, Father!'

The Father asked, 'And tell me, have ye any wee ones yet?'

She replied, 'Oh yes, Father! Two sets of twins and six singles, ten in all!'

The Father said, 'That's wonderful! And how is yer loving hoosband doing?'

She replied, 'E's gone to Rome to blow out yer bloody candle.'



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Do you know what happens to your donations?

As you pass through Waterloo Region, you have likely seen large bins in parking lots accepting your clothing and perhaps household donations. They seem to be a convenient option for passing on quality goods that can still be used.

But, do you know how your valued donations are being used? Have you ever read the fine print to know which charity the bins support? Will your quality goods make it to a real person who will inspect it, price it and hang it on a hanger?

Although they may appear to be a convenient option, these bins can create difficult issues if not managed properly. Often the bins are overflowing, becoming an eyesore or even a potential danger. Donations that are left in the elements for days get wet, soiled, damaged, and are no longer saleable. Items can also be stolen and not even make it to the charity. In open unsupervised public places, bins can be a dumping spot for trash which in turn will soil any good contents—often leading to whole bins being dumped due to contamination.

In major city centres the bins have sparked great controversies and debates. Serious money can be made by collecting clothing. Clothing recyclers will pay for large truckloads and compensate by weight. As various media outlets have uncovered, this can become a malicious way of business for those abusing the system.

This is not just a doom and gloom story though! There are many great charities able to generate funds to support good work through donations. Without these quality, reusable items, both charities and the environment will suffer. If you do use bins, take some time to read the information posted to know which charity it supports. Be wary of the use of the phrase "a portion of the proceeds will go to ..." And lastly, use a bin that you see is regularly maintained.

At the New Hamburg Thrift Centre every item donated at our Receiving Dock is inspected and considered for sale. Donations are accepted six days per week by volunteers who believe in the work of Mennonite Central Committee and 100% of our net proceeds are forwarded directly to the charity. Gates have been installed in our driveway to eliminate after-hours dumping which creates un-saleable donations and a potential fire hazard.

Regardless of the charity you support, please consider these issues before making your donation. We appreciate the past support of our local community and hope to receive your in-season, quality donations in future.

This summer NH Thrift Centre is offering a 4 month summer internship for a college or university student looking for leadership/management experience.

The job description will be posted on www.mcc.org and we will be accepting resumes all of March.

For more information contact Karla at 519-662-2867

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THE SHAMROCK ~ THE MYSTERY OF THIS CLOVER

There is much mystery and folklore about the Irish Shamrock. The word shamrock comes from the Irish word seamróg or seamair óg, meaning "little clover".

The tradition of wearing a Shamrock on Saint Patrick's Day can be traced back to the early 1700s.

Before the arrival of the Christians to Ireland the plant was sacred to the Irish Druids because the three leaves formed a triad. Legend and tradition states that the shamrock was a vital part of St. Patrick's teachings. He used it's three rounded leaves growing on a single stem as a natural symbol to simplify the concept of the Trinity. It is also said that the deep green colour of the shamrock, which became Ireland's emblem, cancels out the superstition that it is bad luck to wear green.

For good luck, it's usually included in the bouquet of an Irish bride, and also in the boutonniere of the groom.



You Must Be Joking!

Anyone who has ever dressed a child will love this!



Did you hear about the teacher who was helping one of her junior pupils put on his boots?

He asked for help and she could see why. Even with her pulling and him pushing, the little boots still didn't want to go on. By the time they got the second boot on, she had worked up a sweat.

She almost cried when the little boy said, "Teacher, they're on the wrong feet." She looked, and sure enough, they were. It wasn't any easier pulling the boots off than it was putting them on.

She managed to keep her cool as, together, they worked to get the boots back on, this time on the correct feet. He then announced, "These aren't my boots."

She bit her tongue, rather than get right in his face and scream, "Why didn't you say so?" like she wanted to. Once again she struggled to help him pull the ill-fitting boots off his little feet. No sooner had they got the boots off when he said, "They're my brother's boots. My Mum made me wear 'em."

Now she didn't know if she should laugh or cry. But she mustered up what grace and courage she had left to wrestle the boots on his feet again. Helping him into his coat, she asked, "Now, where are your mittens?"

He said, "I stuffed 'em in the toes of my boots so I won't lose 'em."

She will be eligible for parole in three years.

Email submitted by Robert Price

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A piece of candy gives you just enough energy to stretch your hand out for the next piece.

Answers from St. Patrick's Quiz Page 8

- 1) the day he died
- 2) the number 3
- 3) a fairy
- 4) Britain
- 5) missionary
- 6) hope
- 7) both
- 8) club
- 9) shoemaker
- 10) Maewyn Succat



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Bob is no longer with us, but his presence is there with his girls ~ and he knows they do him proud!

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Ask Armand ~



Gord from Baden asks: *Have you ever seen a winter like this in your life?*

Armand says: *No sir Gord! I have lived here all my life and have never experienced a mild winter like this in my life. Indeed this was a very strange winter and one that we won't forget for some time. If you don't snowmobile or ski then most seem to enjoy it. It sure made travel safer and more seniors were able to be out and about. But it sure did give us all something to talk about and we sure love talkin' about the weather!*

Inquiring Minds Want to Know!



Folks in town are asking Armand who sharpens scissors. He is stumped... Please email us if you know someone who does, at badenoutlook@hotmail.com

*Answer to quiz from Kids Korner page 11.
These are the answers we came up with...See how many match ours...
You may have found your own - there are no wrong answers!*

	Creature	Colour	Ont. Town	Flower	Movie	Types of dogs
S	Salamander	Silver	St. Agatha	Snapdragon	Superman	Schnauzer
P	Porcupine	Purple	Petersburg	Petunia	Parent Trap	Pointer
R	Rat	Red	Ratzburg	Rose	Real Steel	Rottweiler
I	Iguana	Ivory	Innerkip	Iris	Ice Age	Irish Setter
N	Newt	Navy	New Hamburg	Narcissus	Never Ending Story	Newfoundland
G	Grasshopper	Green	Guelph	Geranium	Garfield	German Shepherd



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Lutheran and Mennonite Churches have a mutual history that can be tracked to early 16th century Europe. In the 1520's, Martin Luther criticized strongly the corruption of the Roman Catholic Church of the time. A historical process called reformation was begun. In the midst of this turmoil, a grassroots movement was born whose followers were called Anabaptists (re-baptizers). They also criticized the Catholic Church and supported Luther's principle of "scripture alone" that states that the Bible is the only book which has authority in the church. However, Anabaptists rejected the infant baptism that was practised by Catholic, Lutheran, and reformed Churches.

In this upheaval, Luther felt that it was important to make a distinction between Lutherans and Anabaptists. The Catholic Church had proclaimed Luther as an outlaw. He and his co-workers were linked to the Anabaptists and considered a threat to the conformity of the Catholic Church. Not only did Luther make sure that Lutherans and Anabaptists were seen as totally different, but he also, with his fellow reformers, recommended capital punishments for Anabaptists. The persecuted became persecutors.

It took almost five hundred years before Lutheran World Federation, in its June 2010 assembly in Stuttgart, Germany, asked for forgiveness "from God and from our Mennonite sisters and brothers" for the past wrongdoings and persecutions. Forgiveness to the Lutheran world was granted by the Mennonite World Conference.

In March, Wilmot and Steinmann Mennonite Churches together with St. James and Zion Lutheran Churches will organize four study sessions about this forgiveness asked and given. What does it mean, how does it help us, and where do we go from here?

We invite all who are interested to join us in these sessions. For further information, please refer to the adjoining ad.

Ode to the Old



Forgetter Be Forgotten

My forgetter's getting better,
But my rememberer is broke
To you that may seem funny
But, to me, that is no joke
For when I'm "here" I'm wondering
If I really should be "there"
And, when I try to think it through,
I haven't got a prayer!

Off times I walk into a room,
Say "what am I here for?"
I wrack my brain, but all in vain!
A zero, is my score.

At times I put something away
Where it is safe, but, Gee!
The person it is safest from
Is, generally me!

When shopping I may see someone,
Say "Hi" and have a chat,
Then, when the person walks away
I ask myself, "Who the hell was that?"
Yes, my forgetter's getting better
While my rememberer is broke,
And it's driving me plumb crazy
And that isn't any joke.



It's time to say fare-
well to this season's
porch ornaments!

MENNONITE - LUTHERAN STUDY

July 22, 2010, The Lutheran World Federation assembly in Stuttgart, Germany, took the historic step of asking the Anabaptist-Mennonites for forgiveness for past persecutions. In light of this historic action, the Evangelical Lutheran Church in Canada asked Mennonite Church Canada to cooperate in preparing a study guide for congregations, based on the report of the Lutheran-Mennonite Study Commission.

Wilmot and Steinman, Mennonite Churches - together with St James and Zion, Lutheran Churches organize four study sessions on Thursdays at 7:30 pm according to following schedule:

March 8. at Zion Lutheran, 3357 Erb's Rd, Philipsburg
March 15. at Steinmann Mennonite, 1316 Snyder's Rd W
March 22. at St James Lutheran, on 66 Mill Street, and
March 29. at Wilmot Mennonite, 2995 Bleams Rd.

Study leaders: pastors Ilene Bergen, Olavi Hepomaki,
Joanna Miller and Dave Rogalsky



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Wilmot Trails Open House

Excitement around the upcoming trail system in Wilmot was evident with the gathering that showed up for the last of the three open houses held at the Wilmot Recreation Complex on Thursday March 8, by the Wilmot Township Planning staff.



To show your interest, there is still time to have your say on line at www.wilmot.ca —at the bottom of the home page is the Wilmot Trails logo, click on there to see what's up. The first round of public input closes on March 23. This is your opportunity to have your say on trails throughout Wilmot Township.

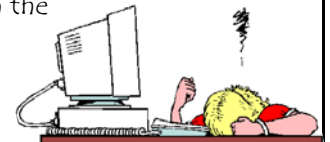
Technical Support Call Confusion

Caller: Can you give me the telephone number for Jack?
 Operator: I'm sorry, sir, I don't understand who you are talking about.
 Caller: On page 1, section 5, of the user guide it clearly states that I need to unplug the fax machine from the AC wall socket and telephone Jack before cleaning. Now, can you please give me the number for Jack?
 Operator: I think it means the telephone plug on the wall.

 Tech Support: I need you to right-click on the Open Desktop.
 Customer: OK.
 Tech Support: Did you get a pop-up menu?
 Customer: No.
 Tech Support: OK. Right-Click again. Do you see a pop-up menu?
 Customer: No.
 Tech Support: OK, sir. Can you tell me what you have done up until this point?
 Customer: Sure. You told me to write "click" and I wrote "click".

Then there was the caller who asked for a knitwear company in Woven.
 Operator: Woven? Are you sure?
 Caller: Yes.. That's what it says on the label -- Woven in Scotland ...

Email sent by Robert Price



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- Do not argue with an idiot. He will drag you down to his level and beat you with experience.
- Light travels faster than sound. This is why some people appear bright until you hear them speak.
- Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
- To steal ideas from one person is plagiarism. To steal from many is research.
- A bus station is where a bus stops. A train station is where a train stops. On my desk, I have a work station.
- I thought I wanted a career. Turns out I just wanted paychecks.
- You do not need a parachute to skydive. You only need a parachute to skydive twice.
- There's a fine line between cuddling and holding someone down so they can't get away.
- You're never too old to learn something stupid.
- Nostalgia isn't what it used to be.
- When tempted to fight fire with fire, remember that the fire department usually uses water.

- Email submitted by John Curtin

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Baden Birding

By Dave Rogalsky

~ Early Migrants Return



By the time you read this column some of the most raucous migrants will be returning to the swamps and fields around Baden. The Red Winged Black Bird, most often thought of as a bird of summer, returns every year around the middle of March. My wife Annemarie thought she heard one on February 28 and she might have, as it has been a weird winter. Red Wings winter as far north as Pennsylvania. Much of the United States and Mexico have year-round populations of Red Wings but there are some which go to the sunny Yucatan peninsula for the winter.

Red Wings are told by their bright red and yellow wing patches and loud calls. But this is the male. When you're walking in abandoned fields or orchards, or along creeks, ditches or swamps and see the males, watch for the females. They look like an oversize sparrow but have a distinct yellowish eyebar that runs from the front of their face to the back of their heads. Females can be very secretive during nesting and the rearing of young, but before and after they often fight territorial battles with other females and males. Males often "show" for females, strutting along the ground, dragging their wingtips and showing off their deep red and bright yellow markings. The nests are often on the ground in

deep reed beds or grasses, but they have been known to nest high among tall reeds. Red Wings can raise up to three clutches of young in a season, which accounts for the flocks of them in the middle of summer. And that is when they leave our area, around the

middle of August, along with the swallows.

Something to watch out for is juvenile males. They look much like a Grackle, Brewer's or Rusty Blackbird; but if you watch them closely the sun will shine off their wings, showing the adult markings that are not yet red.

Male Red Wings are fiercely territorial and will defend their harem of up to ten females from other males, though the females are promiscuous and a clutch of eggs can have several fathers. The males will also defend their females and nests from larger birds like crows or hawks. You can often see the larger birds lumbering along while a male Red Wing dive-bombs the predator from the top, only flying back when it feels that the predator is really leaving.

Red Wings eat anything they can get into their mouths, bugs of many kinds as well as small animals, amphibians and fruits.

So, watch for this harbinger of spring, much more accurate than any large pampered rodent!

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Chiropractic is one of the largest primary contact health professions in Canada. Approximately four and a half million Canadians use the services of a chiropractor each year. Despite the profession's growing popularity, there are still many in the public who don't exactly know what services a chiropractor performs or what qualifications and training they possess. This article is the first of a two part series introducing the chiropractic health discipline and the profession's role in the health care system.

A large majority of patients who seek chiropractic care do so for complaints of the musculoskeletal system (joints, muscles, tendons, nerves and bones). Chiropractors provide diagnosis, treatment and management of these complaints which may include but are not limited to: back pain, neck pain, sciatica, whiplash, osteoarthritis, migraine and tension headaches, upper and lower extremity complaints, along with repetitive strain, sport, work and motor vehicle injuries.

Chiropractic practitioners undergo a rigorous course of study similar to that of other health professionals. Training involves a minimum of three years undergraduate university education, followed by another four years of intensive academic and clinical education at an accredited chiropractic college. Becoming licensed to practice chiropractic requires all eligible candidates to pass national and provincial examinations before applying to the Licensing Board. Specialized post-graduate training enables the chiropractors of today to offer their patients additional treatment options.

Chiropractic in Canada is regulated by provincial statute in all provinces (The Chiropractic Act, 1991), created in accordance with the Regulated Health Professions Act (RHPA, 1991). Chiropractors along with medical doctors, dentists, psychologists, and optometrists have the legislated right and obligation to communicate a diagnosis and to use the title doctor. The College of Chiropractors of Ontario, like the colleges in each of the other provinces, is similar to the regulatory bodies for other health

professions. It is responsible for protecting the public, standards of practice, disciplinary issues, quality assurance and maintenance of competency.

Chiropractic is well recognized within the health care system. Chiropractic care is covered by the Workplace Safety and Insurance Board (WSIB) for occupational injuries, by automobile insurance in the event of a motor vehicle accident (MVA) injury, and by many Extended Health Care (EHC) plans. A medical referral is not necessary to access chiropractic care. Chiropractic adjustments are just one mode of therapy utilized by chiropractors today (but not with every patient). Some chiropractors are also trained to employ other forms of physical therapy such as acupuncture, electrotherapy, soft tissue therapy, and rehabilitative exercises. If your complaint is not something that would respond favorably to chiropractic care, a referral is made to the appropriate health professional.

Additional chiropractic resources can be found at:



(www.nhwc.ca), (www.chiropractic.on.ca), and (www.ccachiro.org). Join us next month for the second part of this series on chiropractic where you will learn about the chiropractic experience from a patient's perspective.

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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Interesting People – Meet Shirley Brenneman

Each year the Canadian Cancer Society hosts the Great Ride and Stride for Cancer, which raises money for the society and brings awareness to the research and advancements that have been made in the fight to beat cancer. This year's event is on April 29th. One of the ways that the New Hamburg branch raises awareness is to feature a person whose cancer has affected their life and the ways they have overcome this disease. This year's individual is Shirley Brenneman, who lives just outside of New Hamburg. Here is her story.

Shirley's husband John suffered a heart attack on June 30, 2011, which was totally unexpected for a healthy man in his 50's. He survived and has altered his lifestyle, but it got Shirley thinking about her own health status. At age 51 she felt healthy, but she decided to book a physical with her family doctor. After the physical, which was in September, her doctor recommended a mammogram.

The mammogram was scheduled for October 16. Since she had never had a mammogram before it was difficult to determine anything due to a lack of past history. The mammogram detected some micro calcification, so a second mammogram and ultrasound were booked for November 16. By the time she had returned home from the second appointment, there was a message on the answering machine saying that they would like her to come back the next morning (Thursday) for a biopsy.

She was told that within a week she would have the results of the biopsy. That Monday afternoon she had a call from the nurse of her family doctor, who said there were some abnormalities found even though she had no lumps. She asked her to come in Tuesday morning—the doctor wanted to talk to her. At this point worry was starting to set in for Shirley—mainly from the fear of unknown. The next day, her doctor told her that the biopsy had detected DCIS which is Ductal Carcinoma In Situ – the early stages of breast cancer in the one breast. To Shirley it was the worst feeling in the world to be told this news.

One of Shirley's close friends, from Baden, had just gone through full-blown breast cancer four years before, and was there to support her immediately. She recommended a surgeon in Kitchener, Doctor Judges, and when Shirley's nurse called to book an appointment she requested him. An appointment was booked for December 5 where Shirley was told that DCIS was the best of the cancers to have.

Her friend came to the appointment with Shirley and helped her through this stressful time. One of the biggest stressors was her choices on how to deal with this cancer.



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Option one was a lumpectomy followed by radiation, and option two was removal of the breast (mastectomy) with removal of some lymph nodes and possibly no radiation. The date of the surgery was set for December 20 and Shirley was sent home to ponder which direction to go.

The next two days she struggled over which choice to make. She was overwhelmed with the support she received from family, friends and her church family. After two days of all-consuming thoughts on this critical decision, she decided to have the breast removed.

Surgery day required her to be at St. Mary's Hospital at 6:30 am, where she was sent down to nuclear medicine. Here they injected radioactivity into the breast with dye to mark the lymph nodes for the surgeon. The surgery was scheduled for noon but the doctor had an emergency, so it was delayed by an hour and a half. Shirley felt so calm that day that she slept for an hour during the delay. After the surgery, she was sent to recovery where she ate and walked. She was home by 7 pm that night.

It was an odd Christmas, as family members were serving and running around while Shirley rested. On January 12th she went back to the surgeon who thought everything looked good, but said it was up to the radiologist to say she was cancer free. That appointment came on January 24, and it was like a weight lifted off her shoulders to hear that all was well. Shirley was impressed with the medical system, noting that it was only two months from the time she was diagnosed to the time that she had finished her surgery. Once again, she is thankful for all the support she received and feels blessed to live through her ordeal.

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Dinner Reservations - 5 pm to 8:30 pm Tuesday through Sunday
Sunday Brunch -11:30 am to 2 pm, Dinner 5 pm-8:30 pm

1968 Bantam Baden Baseball Team

Baden Baseball Registration Deadline is March 22nd! Sign Up - Let's Continue to Make More Memories!



Baden has a great history with many things... like Baden Cheese, Baden Scouts, Sir Adam Beck, Castle Kilbride and the Livingston Family to name a few, but locals will recall the enduring energy and success around Baden Baseball!

Ron Taves dug up this old photo and smiled as he rhymed off the names like it was yesterday—but he was stumped with one player in the back row. Most likely there will be someone who will recognize this fellow.

Back row: Ron Taves, Mike Schout, Mystery Guy, Alan Elliott. Middle row: Don Brenneman, Brian Roth, Larry Taves, Dale Hallman, Keith Yantzi. Front row: Wally Baechler, Steve Malloch, Barry Taves—bat boy, Paul Honderich, Bruce Yantzi.

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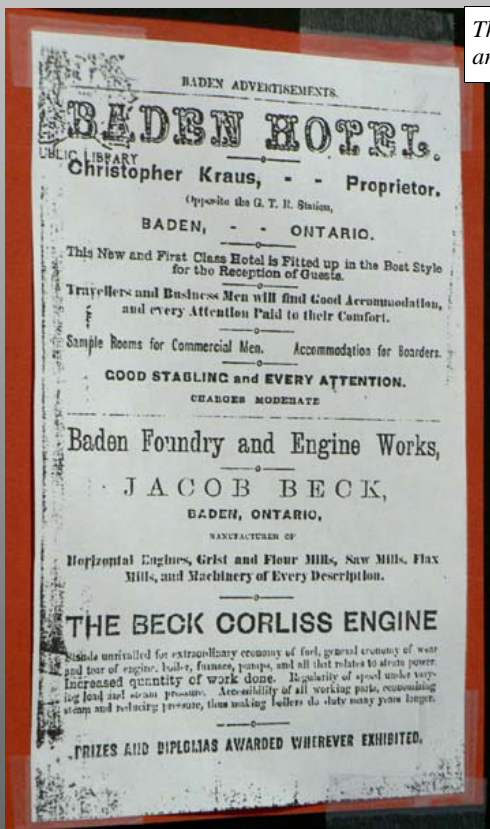


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WILMOT HERITAGE DAY PHOTOS



The Baden Hotel has a long and interesting history.



Seen here are some examples of the displays that were featured at the Heritage Day event. During that time, Baden Cheese was one of the largest cheese makers in Canada.



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New Hamburg Lions Club Hosts Bullying Prevention Presentation

The New Hamburg Lions Club is happy to provide an interesting and informative opportunity for the entire community, men, women and children, to join us at the New Hamburg Legion on March 22, 2011 at 8:00 P.M. for a presentation on Anti-Bullying and Bullying Prevention. The Lions club has invited Lisa Akey, Clinical Director and Acting Executive Director of The Interfaith Counselling Centre and Rob Klees from the Waterloo County Board of Education, to bring their passion and knowledge of this subject to our Club members and our community.

They will present initiatives to address bullying and their work in the elementary schools, as individual counselors for victims, bullies, and perpetrators, their work with community groups, their family work etc. Marietta Wagler, of the Wilmot Family Resource Center will also be on hand to add her experience and knowledge of bullying relative to our community, and both Lisa, Rob and Marietta will be available for questions following the presentation.

While there is absolutely no cost for this evening, donations to Interfaith Counselling will allow Lisa and her colleagues to continue to actively promote this information through community presentations like the one being presented here in New Hamburg on March 22nd at 8:00 pm. For questions about the evening, please call: Paul Mackie at 519-662-1989.

Don't Put Your Pup in the Hot Seat!

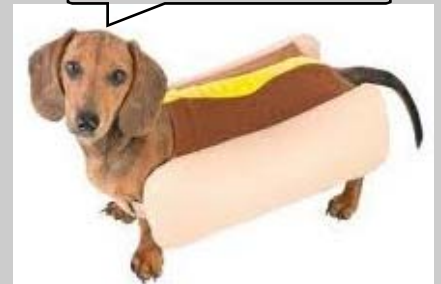
We love our pets so don't make them the bad guys—and pick up after them! It's spring and we are all eager to be out and about but it seems wherever you step... oh oh...ouuu yuck!



Don't forget...it is the law! You are responsible for your pet, so please remember to poop and scoop and dispose of the soiled bag in an appropriate place!

It's about courtesy... be kind to one another! It's petiquette!

I'm sorry you stepped in that— but it's not my fault!



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English Is A Crazy Language

By Stephen Lendman

The ENGLISH Language —Once Again We Ponder

A retired English teacher must have been bored. This took a lot of work to put together!

You think English is easy??

- 1) The bandage was wound around the wound.
- 2) The farm was used to produce produce.
- 3) The dump was so full that it had to refuse more refuse.
- 4) We must polish the Polish furniture.
- 5) He could lead if he would get the lead out.
- 6) The soldier decided to desert his dessert in the desert.
- 7) Since there is no time like the present, he thought it was time to present the present.
- 8) A bass was painted on the head of the bass drum.
- 9) When shot at, the dove dove into the bushes.
- 10) I did not object to the object.
- 11) The insurance was invalid for the invalid.
- 12) There was a row among the oarsmen about how to row.
- 13) They were too close to the door to close it.
- 14) The buck does funny things when the does are present.
- 15) A seamstress and a sewer fell down into a sewer line.
- 16) To help with planting, the farmer taught his sow to sow.
- 17) The wind was too strong to wind the sail.
- 18) Upon seeing the tear in the painting I shed a tear.
- 19) I had to subject the subject to a series of tests.
- 20) How can I intimate this to my most intimate friend?

Let's face it - English is a crazy language. There is no egg in eggplant, nor ham in hamburger; neither apple nor pine in pineapple. English muffins weren't invented in England or French fries in France. Sweetmeats are candies while sweetbreads, which aren't sweet, are meat. We take English for granted. But if we explore its paradoxes, we find that quicksand can work slowly, boxing rings are square and a guinea pig is neither from Guinea nor is it a pig.. Hospitals have parking spaces marked PATIENT PARKING ONLY. Where does one park if you're IMPATIENT?

And why is it that writers write but fingers don't fing, grocers don't groce and hammers don't ham? If the plural of tooth is teeth, why isn't the plural of booth, beeth? One goose, 2 geese. So one moose, 2 meese? One index, 2 indices? Doesn't it seem crazy that you can make amends but not one amend? If you have a bunch of odds and ends and get rid of all but one of them, what do you call it?

Submitted by Wolfgang Wurzbacher

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The views and opinions expressed in this newsletter are not necessarily those of The Baden Outlook.

"Get It Together"

...with Donna & Rhonda



To-do Lists

I recently read some interesting facts and thought I'd share them with you!

Most people in a recent study (83%) still prefer the tactile experience of writing their lists with pen and paper. The visual pleasure of crossing things off cannot be underestimated. And people often feel more accountable when a list is in their own handwriting.

50% of those asked admitted to writing down tasks they have already done, then triumphantly crossing them off. That way, they have a more complete picture of everything they've done, plus another opportunity to cross something off. It's sort of insane how much we love crossing things off, isn't it?

More people cross off tasks (66%) than check off (21%). 4% write an "x," and 5% do nothing at all (let it be).

96% say their lives are better with to-do lists. 89% say they enjoy making lists. 28% identify themselves as obsessive list makers.

Many, especially women, admitted to putting things on their lists written in code so that others wouldn't know what they were. One mother told me recently that when she writes her Christmas Shopping List she writes it from right to left so that all the items are backwards. Her young daughters, who are beginning readers, would be totally baffled if they see the list before Christmas!! Now that gives a whole new meaning to writing in code!!

I'm definitely a list maker (Donna), and admit to regularly writing things down that I've already done in order to triumphantly cross them off my list :)

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

Healthy relationships will make you soar. Be sure to stay close to those who take you there. If not—you may have to stoop to this tactic.... Yikes!!

Answering machine recording: I am making some changes in my life. Please leave a message after the beep. If I do not return your call, you are one of the changes.

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We live in a world now that is not only showing more incidences of Celiac Disease and gluten intolerances, but also where more people opt for the many gluten-free options available in the marketplace. Whether it is out of need or want (believing gluten free options to be healthier choices), gluten free options come with a price—the depletion of your nutritional status.

Celiac disease is characterized by an abnormal small intestine structure caused by the immune system's response to a protein known as gluten. Gluten and its smaller derivative, gliadin, are found primarily in wheat, barley and rye grains. When you start to read food labels, you may be surprised to find wheat/gluten in many packaged foods, from hot dogs and luncheon meats to granola bars and even soy sauce and salad dressings. Allergies to amaranth, buckwheat, millet, oats, quinoa, and rice are less common and are recommended grains for people with gluten intolerances.

Changing to a gluten-free diet is challenging. I suggest you begin by getting to know your foods, reading food labels religiously, eating more whole foods, less processed foods, and making sure you are getting sufficient fibre intake (minimum of 25 grams per day).

Wheat is a great source of B vitamins, iron, magnesium, phosphorus, and selenium. Few, if any, gluten-free products are enriched with these vitamins and minerals leaving many Celiac patients deficient. Swedish researchers who studied adult Celiac patients who had been gluten-free for 10 years found half of the patients had vitamin deficiencies, including low levels of vitamin B-6 or folate, or both, and high levels of homocysteine (a risk factor for heart attacks, vascular disease, and strokes). Other possible outcomes for Celiac patients include weight gain, high cholesterol levels, constipation or diarrhea.

In order to mitigate the potential for nutrient deficiencies and other gluten-free related ailments:

- Consider taking a good, high quality multi-vitamin and mineral supplement daily.
- Ensure you read food nutrition labels to keep fat and cholesterol intake in check.

- Consume foods high in soluble fibre every day. These would include: beans, peas, rice bran, citrus fruits, strawberries, apples, pears, and gluten-free oats.

Negotiating food choices today for gluten intolerances is much easier than it was years ago due to the array of choices available in our grocery stores. However, be aware of the potential dangers of this lifestyle and consult with a health practitioner if you would like to have your nutritional status evaluated.

For your baking pleasure, I have included one of our family's favourite gluten-free muffin recipes for you to try. It has lots of fibre and is low in saturated fat. Enjoy!

Gluten-Free Coconut Mango Muffins

2 cups "Bob's Red Mill" Gluten-Free all purpose baking flour

¾ tsp Xanthan Gum

½ cup fresh ground flaxseed

½ cup sucanat

1 tsp baking soda

¼ tsp cinnamon

½ tsp fine Grey Sea Salt

½ cup Shredded Coconut

1 cup frozen Mango (thawed)

1 cup filtered or spring water

1 large egg

½ tsp vanilla

2 Tbsp melted Coconut Oil

Eat healthy and be healthy.

Disclaimer: Individual articles are based upon the opinions of this author, who retains copyright. This information is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Heather McKague-Bandl, ROHP, RNCP. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

- Preheat oven to 325 F, Grease 12 cup muffin tray
- In large bowl, combine flour, xanthan gum, ground flax seeds, sucanat, baking soda, cinnamon and salt. Then add shredded coconut and mix again.
- In blender, combine mango, water, egg, vanilla and coconut oil, blend until smooth.
- Add blended ingredients to large bowl of dry ingredients and stir until just blended.
- Pour batter into 12 muffin cups.
- Bake for 25 minutes, or until toothpick inserted in the centre comes out clean.
- Cool for about 10 minutes.



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Engagement Announcement



The families of Susan (Bowlby) Wilgress and Fritz Entz are delighted to announce their engagement. The wedding will take place in the garden of the bride's parents on July 27th, 2012. Congratulations to you both.



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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 three 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 over 200 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

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 able to win the leader prize only 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 - the pool I.D. is [outlookhomerun](http://www.badenoutlook.com) and the password is [quest](http://www.badenoutlook.com).

- J. Bautista / TOR = 43
- Teixeira / NYY = 39
- Kemp / LAD = 39
- Fielder / DET = 38
- Pujols / LAA = 37

- Granderson / NYY = 41
- Reynolds / BAL = 37
- Uggla / ATL = 36
- Braun / MIL = 33
- Bruce / CIN = 32

- Stanton / MIA = 34
- Kinsler / TEX = 32
- Beltre / TEX = 32
- Longoria / TB = 31
- M. Cabrera / DET = 30

- Ellsbury / BOS = 32
- J. Upton / ARI = 31
- Konerko / CHW = 31
- Napoli / TEX = 30
- Hamilton / TEX = 25

- Tulowitzki / COL = 30
- Cruz / TEX = 29
- Ortiz / BOS = 29
- Cano / NYY = 28
- A. Gonzalez / BOS = 27

- Votto / CIN = 29
- Santana / CLE = 27
- Lind / TOR = 26
- Wells / LAA = 25
- A. Rodriguez / NYY = 16

- McCann / ATL = 24
- Arenchibia / TOR = 23
- McCutchen / PIT = 23
- Holliday / STL = 22
- K. Youkilis / BOS = 17

- Swisher / NYY = 23
- Gordon / KC = 23
- Weiters / BAL = 22
- Dunn / CHW = 11
- Lawrie / TOR = 9

- K. Johnson / TOR = 21
- Freeman / ATL = 21
- Pedroia / BOS = 21
- Werth / WAS = 20
- Zobrist / TB = 20

- Kershaw / LAD = 42
- Kennedy / ARI = 42
- Halladay / PHI = 38
- Sabathia / NYY = 38
- Weaver / LAA = 36

- Lee / PHI = 34
- Wilson / LAA = 32
- Romero / TOR = 30
- J. Lester / BOS = 30
- F. Hernandez / SEA = 28

- Beckett / BOS = 26
- Lincecum / SF = 26
- Price / TB = 24
- Morrow / TOR = 22
- Pineda / NYY = 18

Name:

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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 from the current issue.

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* We respect our members' right to privacy; all amounts are for illustration purposes only. Wendy is a real member, and the exact amount she received is her business.



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