

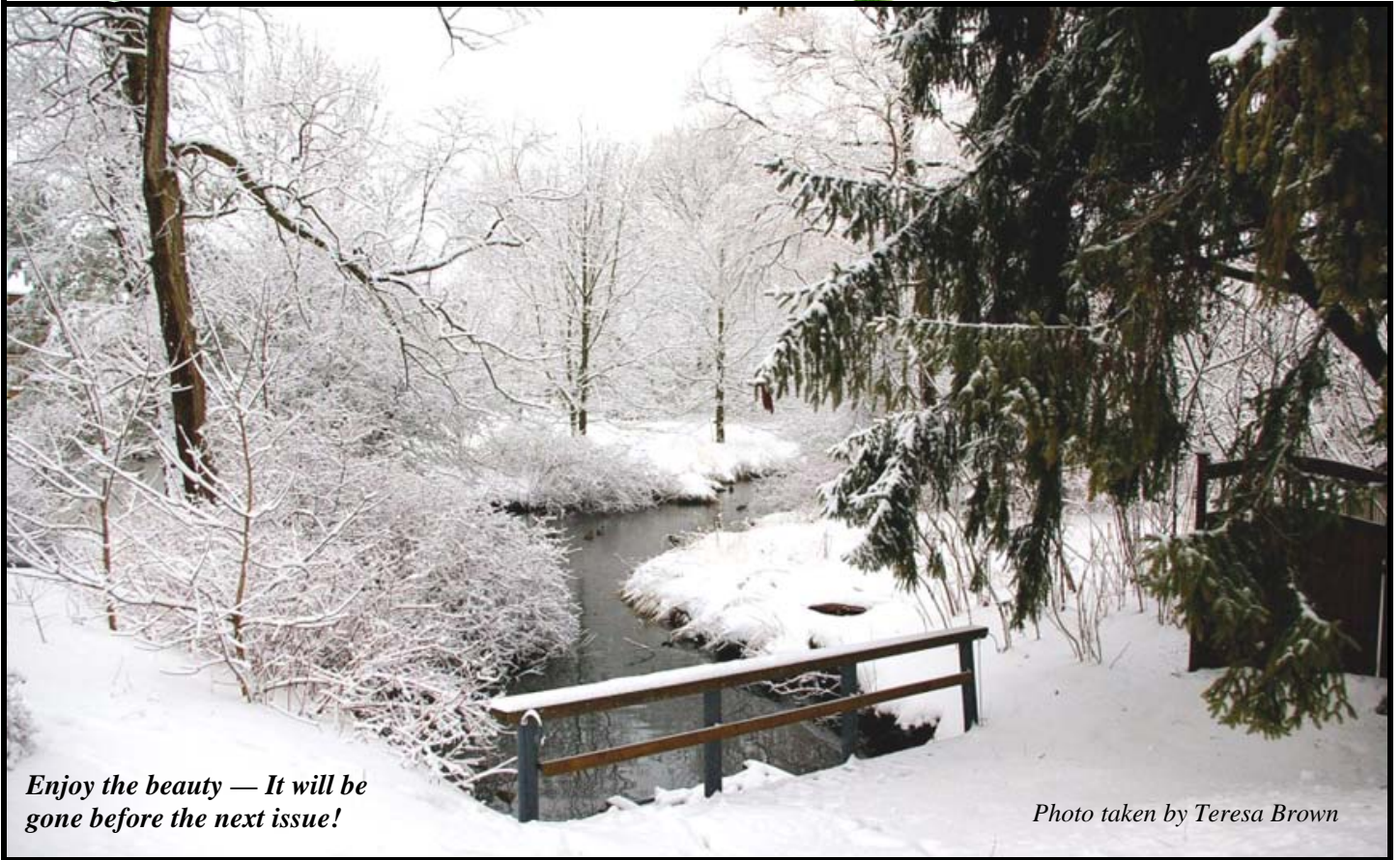
MARCH 2013

VOLUME 13, ISSUE 8

Baden Outlook



*Serving the GBA since 2000,
with 2850 copies in circulation.*



Enjoy the beauty — It will be gone before the next issue!

Photo taken by Teresa Brown

Region of Waterloo Honours Previous Wilmot Mayor Wayne Roth for His Service

The Jack Young Civic Award was established by Waterloo Regional Council to recognize the person in Waterloo Region who best exemplifies the high standards of political and civic life exhibited by Jack A. Young - the first Chairman of the Region of Waterloo - during his years of public service. It is a unique Region of



Waterloo award that celebrates and recognizes the contributions of people directly connected to Regional government and its programs and services.

Wilmot Township's previous Mayor, Wayne Roth, was one of three recipients of this year's award. Wayne has served Wilmot Township for 26 years -13 years on Township Council, 7 years on Wilmot's Committee of Adjustment, and 13 years as Mayor of Wilmot. Wayne was born and raised in Baden, and retired from politics in 2010.

This year Lynne Woolstencroft and Grace Sudden were also honoured with the award. Ernie Ritz from New Hamburg, also Mayor of Wilmot Township, was given the award in 1982.



This paper is priceless - Please have one!

Talking with Ed

A New Trend or A Sad End *Alas, the Poor Canadian Penny – I Knew Him Well!*



I have mixed feelings about the exit of the Canadian penny – does it make “cents”? Ottawa said the penny retained only one twentieth of its original purchasing power. It costs 1.6 Canadian cents to produce each one-cent coin and stamping out the penny will save around \$11 million a year. I guess this is more than penny pinching by the Federal Government.

Personally, the penny had a certain amount of value to a child growing up in the 50s. Would anyone really stop and pick up a penny today unless to toss it over their shoulder to make a wish? -- (I am not even sure if people do that anymore).

I still recall the days when I had my own paper route, going around to customers collecting their monthly dues and heading over to the local candy store (which in MacTier also happened to be the hardware store). I would peruse the amazing display of blackballs, string licorice, jaw breakers, gum drops, jube-jubes, Dubble Bubble and Bazooka Joe, deciding which delight I wanted that day. All of them were about a penny each! Today at the local variety stores Dubble Bubble gum sells for ten cents each. Farewell to the penny candy counter.

My mother drilled the business sense into me continuously. “A penny saved is a penny earned” helped me understand that even though it was just a penny it would go a long way into my savings. Do children of today’s age live by the same value? A nickel saved is a nickel earned – I am not sure if that works for me. Kids will never learn the value of the cent, – our monetary system at its lowest level.

Growing up in the grocery business was a learning experience. Every once in a while I would have to operate a cash register. At that time, every cashier would have to calculate their own change after totaling their order – it kept the brain thinking. Today the cash register tells the cashier how much change they should receive and rounds it off to the nearest five cents. It was also the job of the office clerk to balance the trays each night to the penny. I am not sure what the practice is today but I am sure the “IT Guys” must be scrambling to convert the software to make all of this happen. Does anyone count back change today? Even offering the cashier the coins to make an even bill return causes them stress.



Other Countries that discontinued their lowest denomination coin

• Sweden	1971
• Norway	1972
• United Kingdom	1984
• New Zealand	1989
• Israel	1991
• Australia	1992
• Finland	2002
• Netherlands	2004
• Brazil	2005
• Switzerland	2006

The penny has been spoken with many different meanings:

- * If I had a penny for every time I thought of you, I would only have one cent; because you've never left my mind
- * Bad penny—a worthless person
- * Cost a pretty penny / cost an arm and a leg; —to be expensive; to cost a lot of money
- * The penny drops —if you say the penny drops, you mean that you have finally understood something

The first Canadian penny was minted in 1858 with the back having a picture of Queen Victoria. In 2012, the final year of minting, there were 7,000 tonnes of pennies produced and distributed with a composition of 94 % steel (from 1908 to 1941 it was 94% copper). One hundred pennies weigh 235 grams versus 7 grams for a loonie so I would suspect my pockets will appreciate the break. In 2010, there were 792,415,000 coins minted and of that 486,200,000 were pennies.

In closing, there will be many things lost with the elimination of the penny. We will no longer see those “take a penny leave a penny boxes” in the stores. There will no longer be penny matches (although I haven’t seen them for years anyway) and what about the saying, “Penny for your thoughts”? Will it now be a nickel for your thoughts, or do you accept debit?

Daaa.. Till next month..... Ed.

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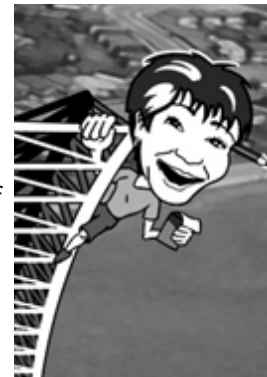


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The views expressed in this newsletter are not necessarily those of The Baden Outlook.

Greetings from Outlook Headquarters

It's coming... and I can't wait!! Don't get me wrong though, as I am happy to be Canadian and do enjoy the change of seasons, including the winter weather and yes, the snow! I wake up in awe with each fresh snowfall, appreciating the beauty and peace of the snowy winter whiteness. It allows me to tuck in,



snuggle up and feel cozy indoors....But, okay already—I am ready to move on and embrace the new season which is upon us. I need to stretch my legs, look up to blue skies, feel the warmth of the sunshine and enjoy the fresh greenness of new growth, open windows and feel the breeze and hear the birds!! Ya, that's what I'm talking about—spring—bring it on!!! I want to crawl out of the den and sniff around like a groundhog—just wander around outside with no specific agenda, just get out!! I know that it does come every year but I realize it won't be March; hopefully April will be kind and shower us with freshness and warmth. I'm sure I'm not alone with this eagerness but patience may not be my best virtue.


I do have some good news leading us in the right direction; the Outlook Baseball Pool registration form is on the back page and that means it's time to get back at it. There seemed to be a void in the paper this winter without the hockey pool and all the energy that brings to the paper and the readers. Which brings me to my next topic—I need a new spin on the paper. Hubby says it's a reflection of my seasonal restlessness—perhaps, sitting in this chair for 13 years is becoming routine and that shows in my work. So, I am looking to you for advice and guidance. What's missing? What's boring? There is no shortage of input, so presentation must be the key. We went on-line to learn about surveys and I wonder if the readers would take the time or have interest in doing this for us. We want to know what articles you read and which ones you pass by. Do you want more jokes, puzzles and trivia? Do you want more personal or business profiles? Do you want more history? We want to know about the content and what interests you, but are also curious about other things such as these listed below:

1. How often do you read The Baden Outlook?
2. Where do you pick it up?
3. Do you seek out information for local events?
4. Do Baden residents enjoy and use the Outlook Calendars each year?
5. Do you use the advertisers when you need service?
6. List your favourite regular features indicating your interest level.


Check out our on-line survey at www.surveymonkey.com/s/NDQHT5V And let us know what you think!

If you're coming by the Outlook mailbox with your baseball pool form (which is due April 1st) and you'd rather just scribble down some notes and send it along we'd appreciate that too! We don't need your name unless you choose, but we do want your feedback! The paper is for you so let us know how to serve you best!!

EXTRA EXTRA!!!




You'll find us around the 15th of each month, while quantities last. Available in Baden at Mars Variety, Mac's, Baden Feed, One Way Water, Livewell Clinic, Wilmot Rec. Centre, Tim Hortons, Baden Library, EJ's, Seasons Grande (formerly Eglis) and several outdoor magazine boxes located conveniently throughout town for Baden readers.




Also at Stop 2 Shop (St. Agatha), Old Fashioned Variety (Petersburg) and Foxboro. Over 30 places in New Hamburg to pick it up—including: 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.

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


JUNK CARS WANTED!



BADEN FIREFIGHTERS NEED UNWANTED CARS FOR TRAINING DAY WITH COLLEGE PARAMEDIC STUDENTS



IF YOU HAVE AN OLD CAR YOU WOULD LIKE TO DONATE



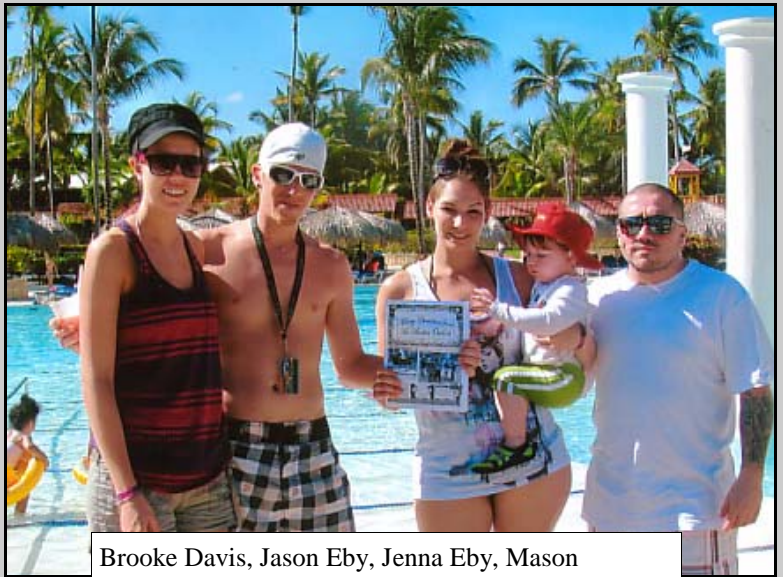
PLEASE CONTACT
KENTON FREY @ 519-465-5886



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



The Baden Outlook travelled to St. Louis, Missouri in February with competitive Irish Dancers Kierra Phillips of Baden (right); Rachel Cawker of Kitchener (left) and Claire Stickland of Waterloo (centre). The girls brought home numerous medals & trophies. Way to go girls!!



Brooke Davis, Jason Eby, Jenna Eby, Mason DaCosta, and baby Monty took their Baden Outlook along to Punta Cana for Valentine's Day!



Leonard and Delphine Schwartzentruer, on their latest adventure with their Outlook, on a cruise through the Eastern Caribbean.



Donna and Rhonda took their Outlook along to St. Petersburg, Florida for a National Association of Senior Move Managers conference.

REQUEST A CERTIFICATE

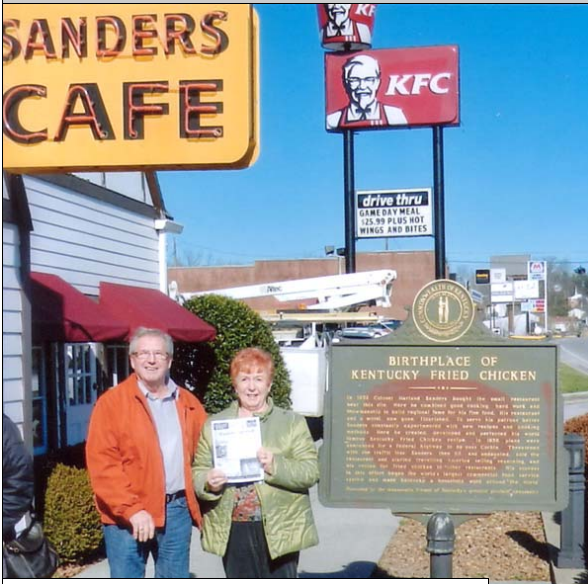


HAVE A SPECIAL OCCASION COMING UP LIKE A BIRTHDAY, ANNIVERSARY, BUSINESS OPENING OR OTHER SPECIAL EVENT?

Contact my Constituency Office at 519.954.8679 or go online at MichaelHarrisMPP.ca



... to Cuba, Kentucky, Florida, Missouri, Punta Cana, Jamaica, and a Caribbean Cruise!!



Jim and Diane Snider took their Outlook to Corbin, Kentucky where Colonel Sanders perfected his world famous chicken.



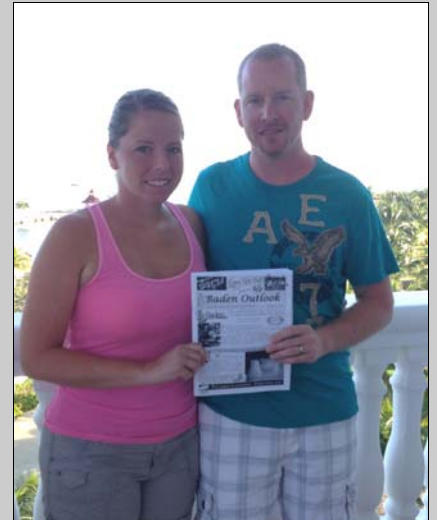
The Baden Outlook travelled to Cayo Santa Maria, Cuba in February where Paul Gerber and Jamie Schmidt were married. Daughter Emma, siblings Linda Fewkes (Martin), Bruce Gerber (Deb), Sandy Kirk (Jamie) and niece Melissa Kirk joined 12 other relatives and friends for a week of celebration.



Deb Vinski toasts to the Outlook on her recent trip to Cuba.



Noelle and Hannah Beck, share the Outlook with Belle aboard the Disney Magic Cruise Ship in February.



James and Nicole Tiegs took their Outlook along for their marriage at the Grand Bahia Principe Resort, Jamaica on February 4, 2013.



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Baden ~ Our Town

Over 200 people enjoyed the snacks and refreshments at the Baden Community Association's Family Day event at the Wilmot Rec Centre. There were 57 families who took advantage of the family photos provided by the BCA (thanks to Ryan and Joanne McCallum). It was a great event and plans are already under way for next year's event.



The BCA is teaming up with Tim Horton's annual community clean up day on Saturday, April 20th at 10 a.m. where everyone is welcome to come out and join in the fun! There will be door prizes donated by local merchants... So please come join us!!



The BCA will be taking part in the Healthy Communities Community Chase on Saturday, April 27th and we will also be helping out at this year's Baden Public School's Back Yard Barbeque. Our big event is the Baden Corn Festival which will be held on August 10, 2013. Visit www.badencornfest.ca for more information.



The BCA meets the last Wednesday of each month downstairs at the township hall meeting room at 7 p.m. Everyone is welcome to join in and enjoy their community. See us on facebook and for more information call 519-634-8916 or e-mail at www.badengroup.ca.

CALL FOR VENDORS!

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A one-day outdoor festival promoting local food and agricultural heritage.

*Saturday, August 10, 2013
8 am - 4 pm*

Register online at:

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or call (519) 214-0249 for further information

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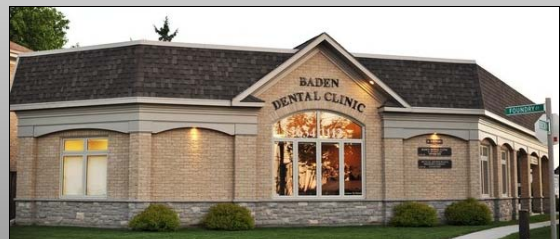


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Meet Cornelius T. Cobb: Ambassador of the Baden Corn Festival

By Teresa Brown

If you were some of the dozens of people who came out to the Wilmot Rec Centre on Family Day last month, then you would have met the Baden Corn Festival's star: Cornelius T. Cobb, the friendliest fellow in the field!

He's friendly, to be sure -- and he's a busy little guy, too. We caught up with Corny as he was in conference with Mayor Les Armstrong, and both dignitaries were kind enough to offer us an interview. Here's what we discovered ...



COBB: Why, thanks!

OUTLOOK: It sounds like you'll be pretty busy over the next few months.

COBB: You bet! I'll be visiting all kinds of places. I'll show up at special events, dances, hockey games -- and at businesses, too. I might even pop in to a few council meetings, Mayor!

OUTLOOK: Thanks for sitting down with us, Mr. Cobb -- and of course, thanks to you, too, Mayor Armstrong.

MAYOR: You're very welcome -- it's an honour for me to work with Mr. Cobb.

COBB: Aw, you're just buttering me up! And please, call me Corny -- I'm not stuck up.

OUTLOOK: That's true -- you seem very well grounded to me. Welcome to Wilmot, Corny!

COBB: Thank you! But actually, I've been around forever -- I grew up here, in fact.

MAYOR: He's got deep roots in the farming community.

OUTLOOK: A home-grown celebrity! Everyone is pretty excited that you're here. Is it true, Corny, that you'll be traveling to all kinds of places in Wilmot Township over the next few months?

COBB: Well, gosh, there's a kernel of truth to that, there is! You see, I just love people -- and I just love food, too. And Wilmot sure has some good restaurants!

MAYOR: And world-class farmers, too. And gardeners, cheese-makers, butchers, bakers --

COBB: You bet, Mayor! When it comes to food -- well, let's just say that good local food is my field.

OUTLOOK: You must eat well -- you're quite a husky fellow.

MAYOR: I'll be sure to tell security that you're not a stalker.

OUTLOOK: Good idea, Mayor! But Corny, I wonder if you know a little secret ...

COBB: I'm all ears!

OUTLOOK: I hear the Baden Corn Festival committee has started a Twitter account for you!

COBB: Twitter? What's that?

MAYOR: It's a way people can share messages and photos, Corny -- with their cell phones or computers.

COBB: You mean -- people will be talking about me?

OUTLOOK: Not exactly -- they'll be tweeting! Your Twitter account is @cornyTcobb: <https://twitter.com/cornyTcobb> -- now people can "follow" you, as long as all your Wilmot friends tweet where you are. And wherever you show up, people can find out about it -- and maybe head to where you are, say hello and take your picture!

COBB: Gosh! That's a-maize-ing!

OUTLOOK: It sure is. Well, thanks, Corny, for taking the time to speak with us -- and thanks to you, too, Mayor Armstrong.

MAYOR: It's been a pleasure. Corny's the perfect leader for the Corn Festival: friendly and outgoing. And like most politicians, he photographs well, with that peaches and cream complexion. Yes, it's good to see a kernel mustering his troops -- plus, he's a whole bushel of fun. In fact, I hate to be corny, but --

OUTLOOK: That'll be enough, Mayor ...

COBB: Aw, shucks!

How many "corny" puns did you find in this interview? Send your list to us at www.badencornfest.ca, and a winner will be drawn from all correct answers received by April 1st for a prize.

Stay in touch with our website to keep up with all the news and developments!



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You Must Be Joking!!



MY EDUCATED BABY

A girl walked up to the information desk of a hospital and said, "I'd like to see an upturn."
 "Don't you mean an intern?" asked the nurse.
 "I guess I do, I want a contamination."
 "You mean examination," said the nurse.
 "I guess so, I want to go to the fraternity ward."
 "You mean the maternity ward, my dear," replied the nurse.
 To which the girl loudly retorted, "Upturn, intern, contamination, examination, fraternity, maternity! What's the difference? All I know is that I haven't demonstrated for two months, and I think I'm stagnant."

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Splash Pad Fundraiser Surpasses Expectations

The Family Day Spaghetti Dinner Fundraiser in support of bringing a Splash Pad to the Township of Wilmot was not only well attended by the public in support of this initiative, it also helped raise funds that surpassed the financial goals set for the event by the “Bring a Splash Pad to Wilmot” Committee.

Roughly 400 Splash Pad supporters who chose to eat-in and take-out enjoyed a meal that included spaghetti, salad, a roll, dessert and coffee. Non-alcoholic drinks, baked goods and candy confections were also for sale.

With the assistance of local sponsors such as local businesses Pfenning's Organic, the New Hamburg No Frills, Bill's Photography, and Kasemann Curds, as well as an all-star team of volunteers, the “Bring a Splash Pad to Wilmot” committee is proud to announce \$3,045.69 net was raised for the Splash Pad.

In addition to the generosity of the guests who were in attendance, the “Bring a Splash Pad to Wilmot” committee and dedicated volunteers were honoured to serve Mayor Les Armstrong, Township of Wilmot Councilors and MPP Michael Harris.

“Bring a Splash Pad to Wilmot” Committee Chairperson and event organizer Angie Hallman was delighted with the turnout: “The community has shown their generosity and support toward a Splash Pad in our region and the kind words as well as the enthusiasm that was expressed throughout the evening was overwhelmingly heartwarming.”

Those who were unable to attend this event are invited to follow the progress of “Bring a Splash Pad to Wilmot” committee online at Facebook.com/BringASplashPadToWilmot or on Twitter: @SplashPadWilmot.



Future fundraising events are currently in the works. In the meantime, various businesses throughout the Township of Wilmot have donation boxes on display to assist with the Splash Pad initiative. “Bring a Splash Pad to Wilmot” branded water bottles are also available for a minimum \$20 donation.

Contact Angela Hallman at 519-662-6277 for more information or to offer your support.

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 etiquette!

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



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Dave Flood with sons Jacob and Montana, met up with Walter Gretzky at the Firebird game February 26th. We imagine he came to town to watch his grandson play for the Simcoe Storm.



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You Must Be Joking!!



~ A CUP OF TEA MADE WITH COLD WATER ~

One day my Grandma was out, and my Grandpa was in charge of me. I was maybe 2 1/2 years old. Someone had given me a little 'tea set' as a gift, and it was one of my favourite toys.

Grandpa was in the living room engrossed in the evening news when I brought him a little cup of 'tea', which was just water. After several cups of tea and lots of praise for such yummy tea, my Grandma came home.

My Grandpa made her wait in the living room to watch me bring him a cup of tea, because it was 'just the cutest thing!' Grandma waited, and sure enough, here I came down the hall with a cup of tea for Grandpa, and she watched him drink it up.

Then she said (as only a grandma would know), "Did it ever occur to you that the only place she can reach to get water is the toilet?"

Email submitted by Dave Honderich—after enjoying tea with his wee granddaughter!



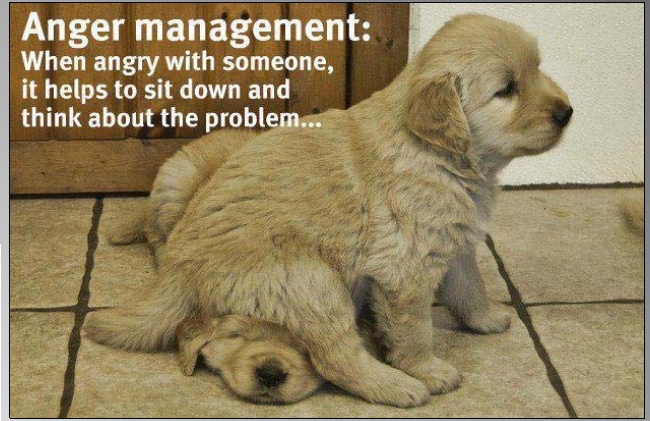
LookOut Kids' Korner

Happy Easter!



Anger management:

When angry with someone, it helps to sit down and think about the problem...



Name Scramble... below are girls and boys names that start with the letter 'B' — but the letters are jumbled up! Can you figure them out? Have fun!

Girls Names

1. DANERB _____
2. INENBO _____
3. HEBT _____
4. RARABBA _____
5. CYEBK _____
6. TBEYT _____
7. LREYVBE _____
8. HATBRE _____

Boys Names

1. ARYBR _____
2. NIRAB _____
3. MEJNBANI _____
4. DELBRYA _____
5. CRUBE _____
6. DRABNNO _____
7. LIBYL _____
8. TERBN _____

* Why did the Easter egg hide?
He was a little chicken.

* What do you call a rabbit that has fleas?
Bugs Bunny

* What does a bunny use to keep its ears perky?
Hare spray!

* How can you tell a rabbit's age?
Look for the grey hares!

* What's a rabbit's favourite dance?
The Bunny-Hop

March 23rd—Make Earth Hour an event to share with your friends and family!

Millions of people around the world switch off their lights for Earth Hour at 8.30 pm (20:30) in their local times on the last Saturday of March each year. In 2013, Earth Hour occurs one week earlier, on March 23.



Millions of people turn off their lights for Earth Hour at 8.30 pm (20:30). Some people enjoy Earth Hour with a candle-lit dinner or a candle-lit bath, while others host large events or parties, either in darkness or with candles, to celebrate Earth Hour.

It's about giving people a voice on the planet's future and working together to create a sustainable low carbon future for planet earth.

NAME SCRAMBLE ANSWERS

- | | |
|-------------|------------|
| 8. BRENT | 8. BERTHA |
| 7. BILLY | 7. BEVERLY |
| 6. BRANDON | 6. BETTY |
| 5. BRUCE | 5. BECKY |
| 4. BRADLEY | 4. BARBARA |
| 3. BENJAMIN | 3. BETH |
| 2. BRIAN | 2. BONNIE |
| 1. BARRY | 1. BRENDA |

Hey! Kids, ages 4-10
You are invited to...

F.R.O.G



Tuesdays, 6:30 - 8:00 p.m.,
Baden Public School
-fun group games and spontaneous play in the gym

Everyone is welcome!

More info contact Susan -
badenspace@gmail.com or 226-808-4353



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Everything needs a home!

We tell our clients on a regular basis, "The foundation of organizing is everything needs a home." The next step in the process is "don't put it down, put it away". If you can grasp these two concepts and incorporate them into your daily life, you are well on your way to becoming organized.

It is important that every household has a box or bin to put the things that you would like to donate. How many times do you put a pair of pants on your child and find out that they are too small? We tend to put them back in the drawer and say to ourselves, "I'll deal with that at another time." This happens because we don't have a place to put them. Instead of setting down these items or piling them somewhere – put them right into the box. When the box is full – take the time to deliver it to your local thrift store. Perhaps you could "adopt a family" . . . or you know a family in need that you could bless. Look at this process as blessing someone else instead of having to "give up" something!

Everything needs a home and that even includes the objects that are on their way out the door!

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APHORISM: A BRIEF STATEMENT OF A TRUTH OR PRINCIPLE

1. The nicest thing about the future is that it always starts tomorrow.
2. Money will buy a fine dog, but only kindness will make him wag his tail.
3. If you don't have a sense of humour, you probably don't have any sense at all.
4. Seat belts are not as confining as wheelchairs.
5. A good time to keep your mouth shut is when you're in deep water.
6. How come it takes so little time for a child who is afraid of the dark to become a teenager who wants to stay out all night?
7. Business conventions are important because they demonstrate how many people a company can operate without.
8. Why is it that at class reunions you feel younger than everyone else looks?
9. Scratch a cat and you will have a permanent job.
10. No one has more driving ambition than the boy who wants to buy a car.
11. There are no new sins; the old ones just get more publicity.
12. There are worse things than getting a call for a wrong number at 4 AM. It could be a right number.
13. No one ever says 'It's only a game.' when their team is winning.
14. I've reached the age where the happy hour is a nap.
15. Be careful reading the fine print. There's no way you're going to like it..
16. The trouble with bucket seats is that not everybody has the same size bucket.
17. Money can't buy happiness -- but somehow it's more comfortable to cry in a Corvettes than in a Yugo.
18. Always be yourself because the people that matter don't mind, and the ones who mind, don't matter!

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The Power of the Penny

Over January and February, the New Hamburg Thrift Centre collected thousands of pennies for Haiti and we thank the community for its response.

MCC has been at work in Haiti since 1958 focusing on agriculture, reforestation, environmental education, community development, human rights and peace building. Since the earthquake in January 2010, MCC Haiti has initiated or completed more than 50 projects, working entirely with Haitian partner organizations. Initially many of these projects focused on providing food, shelter, relief kits and training on trauma recovery. As the rebuilding continues, MCC and its partners are constructing new homes, repairing canals and roads, and providing support for higher education and small business development. In coming years projects will focus on improving building standards, water and sanitation, as well as developing future leaders among Haitian youth.

Our latest Pennies for Haiti campaign supports tree planting programs and education initiatives for the purpose of increasing incomes and protecting the environment. Tree nurseries restore the environment for generations to come in deforested Haiti. Deforestation is inextricably linked to poverty, soil degradation and energy needs. Haiti's farmers depend on trees for good soil, water cycles, food production, and cooking fuel (firewood and wood charcoal). A family income from one tree can pay a child's school for a year. Environmental education helps students to recognize the important role they play in protecting Haiti's fragile environment. Instructional materials and teachers help students to learn to care for seedlings, improve the soil, and create small nurseries. Students also grow plots of trees near their homes and schools.

So far, the New Hamburg Thrift Centre has deposited over \$900.00 in pennies, and thousands of loose pennies were sent to MCC Warehouse for a "Penny Rolling Party". We will continue to collect pennies on an ongoing basis for many other MCC projects.



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Common Combos

Listed below are four unrelated words. Can you find a word that can either precede or follow the words in each group? *Answers are shown right below...no cheating!!*

- | | | | |
|----------|--------|---------|---------|
| 1. top | fish | Sherman | think |
| 2. cow | tinker | hop | blue |
| 3. scout | play | friend | water |
| 4. fly | soda | corn | culture |
| 5. tail | trench | hanger | turn |
| 6. fire | cotton | room | park |
| 7. sign | bus | light | short |
| 8. route | wall | news | boy |

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THREE LETTER WORDS QUIZ ~ For this quiz, we simply extracted the top 25 three-letter words, and we'll give you five minutes to name all of them you can. Good luck! *Answers seen to the right...no cheating!!*

Answers for Common Combos

- | | |
|---------|----------|
| 4. pop | 8. paper |
| 3. boy | 7. stop |
| 2. bell | 6. ball |
| 1. tank | 5. coat |

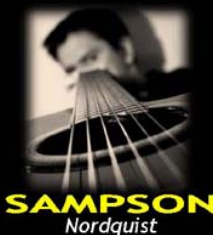
THREE LETTER WORDS

the, and, who, him, her,
its, but, see, for, you,
say, his, not, she, can,
get, all, one, out, now,
how, our, two, way, new

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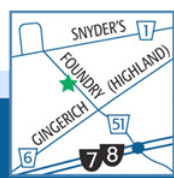
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Baden Birding

By Dave Rogalsky

The Downy Woodpeckers were outside our kitchen window. It's not usual to see three of them together. We figured out that there were a mature couple – male and female – and an immature male. Males have a red area on the back of their heads which is very striking, and missing on females. What we had at our peanut feeder was a whole family of Downy Woodpeckers. We bought the feeder, the clear plastic squirrel baffle, and half peanuts at Baden Feed and Supply. Then one day as we sat at lunch a dull thud reverberated through the kitchen. We ran to the window. The two adult birds were flitting around in obvious distress. I looked down at the deck and saw the young male lying there. It wasn't the first time a bird had hit a window. We left the bird there for a while and then later buried him in the backyard. I've heard many stories and experienced a hawk fly into a neighbour's window at full speed. My son tells the story of two crows manoeuvring a red tail hawk at the University of Waterloo into a large window. In that case, after sitting dazedly for a half an hour, the hawk flew off, probably grumbling under its breath about those pesky crows.



Estimates on how many birds die flying into windows are literally all over the map – up to 900 million per year by one environmentalist. A recent case in Toronto pitted environmentalists against the huge building management company Cadillac Fairview. It was estimated that over 800 birds a year flew into the windows of just one building managed by them. The building is near a natural area and the birds, seeing the trees and ravine reflected in the building's windows, fly into the glass at full speed. The company faced three charges under the federal Species at Risk Act, the Environmental Protection Act and the Ontario Society for the Prevention of Cruelty to Animals Act. As expected the company pleaded not guilty.

The judge came up with a novel ruling finding that reflected light which attracts birds to their deaths is an issue to which building owners and managers need to attend. But the judge then acquitted Cadillac Fairview of the charges against them because they have already begun retrofitting their buildings with birds in mind. The windows are covered with a



film which birds can see much better than we can, not diminishing the aesthetic, while keeping birds off the glass. Such film is most effective on the lower floors of buildings and does not need to cover all the glass. Cadillac Fairview installed the film at a cost of over \$100,000. What the ruling means is that buildings need to be built and retrofitted to keep birds from thinking they are flying into space when they are actually flying into glass.

For you and me, unless you happen to own a glass sided office tower, the issue is more emotional than legal. Those thumps that mean a bird has died are heart-wrenching. What to do? Often having something on the inside of the glass to break up the surface – a glass or plastic medallion, a bird shape – seems to help. Having your feeders less than two feet or more than thirty feet from windows also seems to help. Exterior screens cuts the reflection entirely and is the surest way to stop collisions. Some folk put fishing lines horizontally across the windows. Others draw lines on the glass with markers visible in the ultraviolet – birds see better at those wave lengths than we do. And yet others swear by the dirty window solution – they don't reflect as well! I haven't heard yet if the film that Cadillac Fairview is using will be available commercially, but that seems like a fix, especially for those windows near the feeders.

Next month – what about those pesky crows?
Happy birding!

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The musculoskeletal (MSK) system includes the muscles, tendons, joints, and bones of the body. Cigarettes contain many harmful chemicals, including nicotine and carbon monoxide which negatively affect the physical health and integrity of the MSK system. Included below is a summary of those affects:



- 1. Smoking decreases bone mineral density (BMD) and increases the risk of osteoporosis and future fractures.** Studies have shown that nicotine reduces the blood supply to bones, slows the production of bone forming cells, and decreases the absorption of calcium. Post-menopausal women who smoke have greater spinal osteoporosis than non-smoking counterparts. Among men, a consistently lower BMD at all bony sites is observed regardless of when in their life they smoked. In addition, a relationship between cigarette smoking and low BMD in adolescence and early adulthood has been identified.
- 2. Smoking delays healing times for bony fractures and soft tissue injuries such as rotator cuff tears.** Nicotine has been shown to decrease the production of fibroblasts (the main cells responsible for tissue repair). In addition, the carbon monoxide found in tobacco smoke reduces oxygen levels in the body which is critical for all tissue healing.
- 3. Smoking contributes to an increase in spinal problems.** The reduced blood circulation found in smokers deprives spinal discs of vital nutrients which can lead to premature degeneration. Smoking may also provoke disc herniation through coughing. Studies demonstrate a definite link between smoking and low back pain that increases with the duration and frequency of the smoking. Exposure to secondhand smoke during childhood may also increase the risk of developing neck and back problems later in life.
- 4. Smoking increases pain levels.** Smokers complain more often of MSK pain than non-smokers. Studies indicate that smoking makes individuals more susceptible to sensing pain at lower thresholds. In addition, smoking causes general damage to the MSK system through direct chemical irritation, chronic inflammation, and restricting blood and nutrient flow.

5. Smoking causes stress and de-conditioning in the body. For optimal functioning, your muscles and joints need a steady supply of oxygen-rich blood. Smoking not only stiffens your arteries, it also decreases the rate at which oxygen and carbon dioxide are exchanged in the blood. Other side effects of smoking include fatigue, lung disorders, impaired healing, and chronic pain. Impaired healing means that injuries affect you for longer than usual, and healing from surgeries or infections can be problematic. These side effects can lead to inactivity, which causes deconditioning.

Scientific evidence has established links between cigarette smoking and its detrimental impact on the MSK system. However, it is never too late to try and quit smoking. Some of the negative health aspects of smoking start to reverse after a smoker quits. Those looking for help in trying to quit should speak to a medical professional. Valuable resources can also be found on the Health Canada and Canadian Lung Association websites. For additional information on health and wellness, visit www.nhwc.ca.



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



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The English language has some wonderfully anthropomorphic collective nouns for the various groups of animals.

We are all familiar with a Herd of cows,



A Flock of chickens,



A School of fish,



A Gaggle of geese,

A Pride of lions.



However, less widely known is: A Murder of crows (as well as their cousins the rooks and ravens),



An Exaltation of doves.



And, presumably because they look so wise: A Parliament of owls.

Now consider a group of Baboons. They are the loudest, most dangerous, most viciously aggressive of all primates...And



what is the proper collective noun for a group of baboons? Believe it or not A Congress

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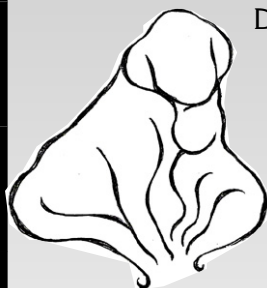
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Checking Out the Baden Library

New Library Catalogue!

You told us our catalogue needed some improvement. We listened to your suggestions and did a catalogue makeover! The new catalogue offers you an easier search method and it loads faster than before. Try it out and let us know what you think.

Spring Children's Programs - Storytime programs begin the week of April 2:

Just for You, Baby (0 – 12 months with a caregiver),
Wednesdays 11 - 11:30 am

Toddler Tales (1 – 2 ½ years with a caregiver),
Wednesdays 10:15 - 10:45 am OR Thursdays 9:30 - 10 am

Storytime for children ages 2 ½ to 5 years,
Tuesdays 1:15 - 2 pm OR Wednesdays 9:15 - 10 am

NEW! Registration for new families begins March 5. Registration for returning families begins March 6.

Programs are free and registration is required for all programs. Please call the library for more information.

The **Baden Book Worms** (for ages 7 to 9) has been a busy book club this year! Eleven children are currently registered in this group, but we always have room for more! There are two meetings left: April 9 and May 7. Many thanks go to our volunteer, Angela Collins and our student page, Aaron Shantz for leading this group.

The **Awesome Book Club** (for kids ages 10 to 12) also had fun reading lots of different genres of books. The group learned how to play Scrabble, which was new to everyone! There are three meetings left – March 26, April 23 and May 21 and you are welcome to still join us! Thanks to volunteer Marlene Steinacker for helping to lead this small but mighty group with our staff.

Attention adult readers! The **2013 Evergreen Award** nominees have been announced. To vote for your favourites simply read at least 5 of the 10 books to be eligible to vote. See the complete list of Forest of Reading Books on our website. To find the list, click on Programs & Events, and look for Forest of Reading

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NOTES FROM THE ATTIC: Meet Jacob Beck ~ Rich Man, Poor Man

Jacob Beck has been known as one of the greatest pioneers and builders in Western Ontario. He was an entrepreneur-- a rich man and poor man several times over, an originator of our town of Baden. His story is extensive, but here is a brief history of Jacob Beck, who might best be known as the father of Sir Adam Beck.

Jacob Beck was born on May 10, 1816 in the town of Weiler, in the province of Baden, Germany. His parents were Fredrich Beck (b. 1790 – d. unknown) and Barbara (Mourloch) Beck (b. October 10, 1791, d. May 1, 1870). For many generations this family had been millers and had pastoral pursuits. About 1825 Fredrich came to America – landing in New York and proceeding to Buffalo, New York, which was a very small town at the time. The family stayed there for two years before leaving for Doon (oddly the Pioneer Village is located near there). Here Fredrich worked a small farm, but missed the life with machinery, so he built a small sawmill.

The family wanted Jacob to become a physician, so he was left behind in the small town of Troy, New York where he apprenticed under a doctor for seven years. Troy was the mecca for stove and foundry works in United States and Jacob after some time realized that his interest was in machinery – just like his father. Seven years later in 1835 or 1836, Jacob joined his parents in the Doon / Preston area. His first project that he undertook was building a small water power facility on the Speed River in what would soon be the village of Hespeler. He had invented a peculiar kind of waterwheel, small in size but of great power. It powered a large flour mill and woolen mill. He worked at this plant for two to three years until he moved to Preston.

In 1840 Jacob built a water power plant to drive his lathes and machinery at his own iron works. His first foundry burned down but friends rallied and he built a larger foundry. He was determined that if he needed the business to grow he would have to get some professional help, so he went to Buffalo and located John Clare who was proficient in iron works and a foundry foreman. The two became partners and created the firm of Beck and Clare. Business increased and contracts added up, especially in stoves and machinery.

Jacob was involved in his Preston community and in 1839 he, along with Isaac Salyerds and Otto Klotz, were elected first ever trustees of one of the first free schoolhouses, not only in the district, but also all of Upper Canada (that schoolhouse suffered a recent fire on March 4). Not until 1871 did all schools become free. Further community involvement came about as musical Jacob and his brother John played in local bands.

Jacob married his first wife Caroline Logus in January of 1843, who died shortly after the birth of their first son Charles. He decided to leave for a year to travel Europe where he met Charlotte Josephine Hespeler, who was sister of Jacob Hespeler, founder of the town of the same name. Jacob convinced her to come to Canada and the two were wed in October 1845. The pair had three more children Louise (Dec. 4, 1847) George (August 6, 1849) and William (May 9, 1851).

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*Although Bob has passed away,
his presence is there with his
girls ~ and they do him proud!*



Business flourished and contracts continued to roll in, especially in stoves and machinery. Beck had heard that the Grand Trunk Railway was coming through the Baden / New Hamburg area and he tried to convince Clare to move the business to Baden. Clare refused and the two parted ways. Jacob felt he had enough money saved up so he sold his part of the business in 1854 to John Clare and Valentine Wahn, which became Clare Brothers Manufacturing.



Becks sold the land for a church for \$50 in March of 1862 and it was built for a cost of \$1,000. At that time the St. James Church was known as “Jacobus Kirche” or the English translation of St. Jacob’s Church. Christopher Kraus purchased the land for the Baden Hotel (EJ’s) from Beck in 1874.

Beck was known to be good to his employees, and his family were also well liked in the community. The family dressed simply, and didn’t lead a lavish life even though they were

the richest people in town at that time. The Becks had one more child, Jacob Jr. on May 18, 1861.

Jacob Beck was councilor in Wilmot Township from 1860 to 1864 and Baden postmaster from 1854 to 1879. In 1863, he sold the deed for land with the courthouse on it for one dollar to the community. This building served as Wilmot Township Hall until 1967. This building is now at Black Creek Pioneer Village.

Life was good for the Becks until 1876 when Grand Trunk pulled their contract for the wheels and started their own manufacturing. That same year at the Philadelphia Centennial Exhibition, large steam engines were the rage and Jacob thought he might be able to duplicate the engine. He failed as there were too many companies trying to build the same engine. In 1879 all of the businesses that Jacob had built up were sold to James Livingston.

At the age of 63 Jacob decided to start over again when he and Charlotte moved to Detroit where he became a grain merchant. He lived there with his wife until he died of pneumonia on March 21, 1915 – almost ninety years old. Charlotte had died earlier on June 26, 1895 also in Michigan.

Jacob Beck is a member of the Waterloo Region Hall of Fame.

(We thank Mike and Norma Weiler for allowing us up into their attic, once again , to snoop through amazing old papers, providing us with information to share through our Notes from the Attic. We found it most interesting that Jacob was born in the Germany town of Weiler).

Baden had its first residents arrive around 1829 as Joseph Goldschmidt built a mill on the north side of Snyder’s Road. Some smaller parcels of land were sold off to a variety of people including one parcel to a bachelor carpenter, George Weiss in 1837. The hamlet became known as Weisenburg, then Cambro, and finally Kropf’s Sawmill and Gas; the town was located on the “Middle Road”.

In 1854 Beck purchased 190 acres from Joseph Hunsberger and immediately built a house. His first venture was a saw mill which was followed by a grist mill, a brick yard and a foundry. He immediately found himself poor again! The grist mill was powered by a water raceway which flowed from the Mill Pond. There was a large water wheel at that location. Beck hired M.C. Schofield to design a town plan of 201 lots and Jacob named this town “Baden” after his home province in Germany.

The 201 lots were of various shapes and sizes with a rather extensive mill pond. Queen, Mill, Foundry, Tannery and Brewery streets were the names of the north-south streets and Charlotta, Beck, George, Water, Louisa and William were the east-west streets. The grist mill was located at the corner of Foundry and William. Water Street was a small street that ran along the north side of the Mill Pond and is no longer there.

All of his enterprises were in full swing by 1856 and Jacob started to make lots of money again. His main business was now manufacturing car wheels for Grand Trunk which had yards in Stratford and London. He also made iron pumps and other appliances at the foundry. Jacob and Charlotte had another child on June 20, 1857--a boy named Adam.

The Becks were heavily involved in their community. Jacob was an active supporter of the Lutheran Church that met at the town hall on Beck Street starting in June 1858. They met every two weeks until their new building was built. The

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tcp ticket office at the new hamburg arena, saturdays 10am - 1pm

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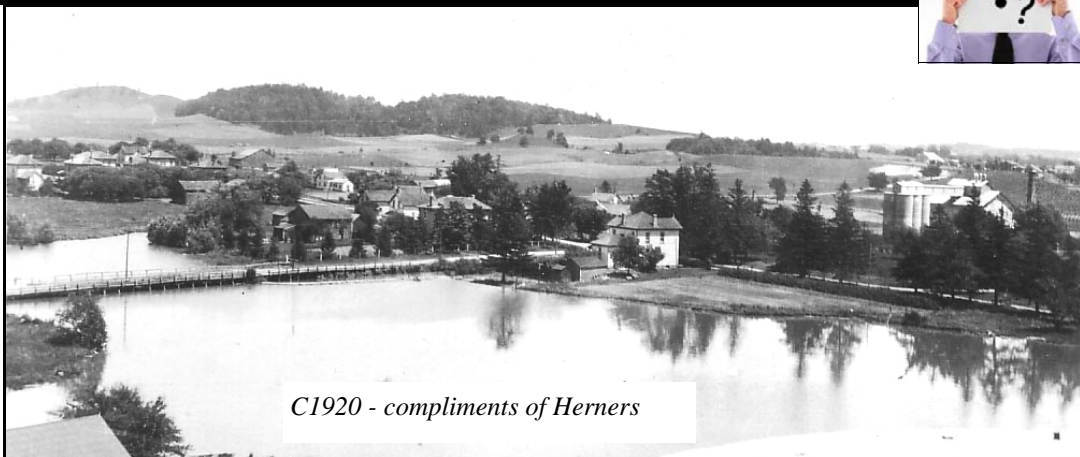


Ask Armand ~



Dave from Baden asks: *I have seen some early pictures of the Mill Pond and it appears that there was a pond on either side of Foundry Street. Can you tell me what happened to the pond on the east side?*

Armand says: *Yes the pond was quite large on either side of Foundry Street. In the early years kids swam and skated on both sides. In the 40s the Dominion Linseed Oil Company constructed a new building to their plant and the dirt that was dug away was dumped onto the eastern side of Foundry Street. This is the current home of the Baden Fire Station.*



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Hello... I'm back!!

WILMOT HORTICULTURAL SOCIETY



Monday, April 8 - 7:30 p.m.

**Wilmot Recreation Complex -
1291 Nafziger Rd., Baden**

**Topic: "Discover Bonsai - Discover the Magic"
Speaker: Michael Eckardt**

**Everyone is welcome - No admission charge
www.wilmot-horticultural.ca**

822 Squadron's Jay Day *Come Soar with Us!*

Toronto Blue Jays vs. Seattle Mariners
Sunday May 5, at 1:00 p.m.

Section 518 Rows 4-14 \$25 per person

Includes bus and ticket to game

Bus leaves from Breslau

For tickets call Scott Gibbons 519-634-8730

Or E-mail to swgibbo@yahoo.ca



Canadian Blood Services
it's in you to give

The next clinic will be held on
Monday, March 18, 5:00 - 8:00 pm

New Hamburg Legion —
*sponsored by the residents of
Morningside Village.*

Call 1-888-2-DONATE (1-888-236-6283) to book an
appointment or book online at www.blood.ca.

LOW TURNOUT --Monday, February 25 saw 181
residents register to donate blood at a clinic held at Water-
loo-Oxford DSS. 142 actually gave the Gift of Life missing
the quota of 176 ~142 units of blood will help save 426 lives.

Canadian Independent College Offers to Help Those Needing Credits to Get Their Ontario Secondary School Diploma

Let Canadian Independent College help you get your Ontario Secondary School Diploma from your bucket list! Canadian Independent College (CIC) believes in education for all people and wants to do their own community service. This independent privately funded school in Baden would like to provide a free course, or two, to people in need of finishing their high school graduation requirements. This offer is for the April 3 – June 30, 2013 semester. Courses available are subject to our timetable and programs offered. An interview is required. For further information be sure to contact Principal Dr. Heather Bohez at 519-634-9255 or email her: principal@cicbaden.ca.

Saturday Night at the Movies

Wilmot Mennonite Church, 2995 Bleams Road
March 16th at 7:00 p. m.

"The Last Supper"

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Enjoy the exotic scenery and the dramatization of events lead-
ing up to the Last Supper with an emphasis on both Christian
traditions and historical Jewish roots.*

Free admission. Donations accepted to cover costs.
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Women's Institute Invites You to Join In...

A Women's Day



Saturday, March 23, 2013— 9:30 am
Bethel Evangelical Missionary Church
1531 Bridge Street W., New Dundee

Register early to avoid missing out on this special day!

Deadline is March 19 costing \$35 (includes lunch)

Register before March 4th for only \$30

Topics: Alzheimer Society, Herbs for Everyone

Alia n TanJay Fashion Show

For more information contact Ruth at 519-578-9876

*Or mail to register at Waterloo District Women's Institute
c/o Eleanor Berry, 250 Country Hill Dr., Apt. 806*

Kitchener, ON N2E 3L9

Proceeds from this event will be donated to Alzheimer Society.

FISH FRY

Sponsored by St. George's Anglican Church
at the New Hamburg Community Centre
Friday, April 19th, 5 - 7:30 pm

**Door
Prizes!**

Adults \$17, Children 4-12 \$8
*For tickets and information please contact:
Margaret Bennett 519-662-9310*



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Friday, March 15 & 22, 6:30-9:30 pm

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Another Cool Move

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



NEW HAMBURG LIONESS SPRING FASHION SHOW

Wednesday, April 17th, 2013

The New Hamburg Lioness Club will be hosting their Spring Fashion Show on Wednesday, April 17th at the New Hamburg Community Centre, 251 Jacob Street. The Fashion Show features an evening performance starting at 7:00 pm with doors opening at 6:15 pm.

Our Spring Fashion Show will feature spring and summer fashions for all sizes from the petite lady to full women's sizes. Fashions are by Alia n Tan Jay, Cambridge Centre. Alia n Tan Jay is Canada's best selection of ladies wear coordinates offered by Canada's largest fashion house, Nygard International. Also showcasing their fashions will be the fashion boutique of Meadow Acres Garden Centre in Petersburg which will indulge your every desire in upscale casual fashions to make you feel confident whatever the occasion.

Tickets are \$20.00 in advance or \$25.00 at the door and are available through Heart n Home Creations, 115A Peel Street or by calling Jan at 519 662-1555 or Mary Lou at 519 662-4711. Tea, coffee, assorted fruit and sweets are included in the ticket price as well as a vendor market.

Come and enjoy a great evening out with your mother, sister, or friends and view the newest in spring fashions at the New Hamburg Lioness Fashion Show. Proceeds from the spring fashion show will support the New Hamburg Lioness work in our community.

It Takes a Community

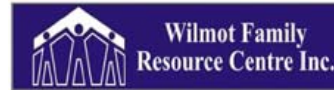
The Interfaith Community Counselling Centre thanks all the people who helped to make our Family Day Fun Fest a success. All proceeds will go to youth programs in the Township.

We are grateful for event sponsors – TLC Whole Life Pet Food, Leis Pet Distributing, Leis Feed and Supply, The Erb Group of Companies, Josslin Insurance, B-W Feed & Seed Ltd., Steve and Rob Murray.

We appreciate the involvement of Centre Stage Dance, the Air Cadets, Wilmot Girls Hockey, the New Hamburg Neighbourhood Association, the Wilmot Family Resource Centre, the New Hamburg Firebirds and Creative Beginnings Child Care. Our gratitude to the performers who made contributions to our cause and to the Wilmot Township staff who were available at the Arena and Community Centre to help with many tasks.

Kudos to all volunteers as well as the members of the ICCB Board and the Promotions Committee for their planning and gifts of time and energy.

And a big thank you to families who joined us for the afternoon, showing the energy and spirit that defines us as a caring community!



Requests your participation in a
Community Consultation
Wednesday March 27 6:30 to 7:30
At Interfaith in Trinity Hall
23B Church Street, New Hamburg

Followed by Open House and
Volunteer and Donor Appreciation 7:30 to 8:30

For more information please contact
Interfaith Counselling 519-662-3092
Wilmot Family Resource 519-662-2731

Free Ford Test Drive Event



On Saturday April 27, spring will be in the air, and all young hearts (regardless of age) will beat quicker at the thought of snow and ice free roads - and of what vehicles would make driving fun! Again this year, Interfaith and Expressway Ford will offer the Ford Test Drive Event at the Silent Auction. Choose from a variety of Ford cars and trucks and take one for a test drive, at no cost to you. Ford Canada will donate money to Interfaith for each test drive taken. What a great way to support Interfaith's initiatives and have Ford Canada pick up the tab!

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Christian Formation: 11:00 a.m. Pastor Dave Rogalsky
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Please visit *The Baden Outlook* web site for a directory of local churches with names, numbers, addresses and web sites. If your church is missing from this list please contact us to be included.

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Church Ladies With Typewriters.

They're Back! Those wonderful Church Bulletins!

- Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.
- Remember in prayer the many who are sick of our community. Smile at someone who is hard to love. Say 'Hell' to someone who doesn't care much about you.
- Don't let worry kill you off - let the Church help.
- For those of you who have children and don't know it, we have a nursery downstairs.
- Next Thursday there will be tryouts for the choir. They need all the help they can get.
- Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.
- The church will host an evening of fine dining, super entertainment and gracious hospitality.
- Potluck supper Sunday at 5 pm - prayer and medication to follow.

~ THE SNEEZE ~



They walked in tandem, each of the ninety-two students filing into the already crowded auditorium. With their rich maroon gowns flowing and the traditional caps, they looked almost as grown up as they felt.

Dads swallowed hard behind broad smiles, and Moms freely brushed away tears.

This class would NOT pray during the commencements, not by choice, but because of a recent court ruling prohibiting it.

The principal and several students were careful to stay within the guidelines allowed by the ruling. They gave inspirational and challenging speeches, but no one mentioned divine guidance and no one asked for blessings on the graduates or their families.

The speeches were nice, but they were routine until the final speech received a standing ovation.

A solitary student walked proudly to the microphone. He stood still and silent for just a moment, and then, it happened.

All 92 students, every single one of them, suddenly SNEEZED!!

The student on stage simply looked at the audience and said — "GOD BLESS YOU" And he walked off the stage...

The audience exploded into applause. This graduating class had found a unique way to invoke God's blessing on their future with or without the court's approval. AMEN.

Email submitted by Robert Price



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SPEAKING NOTES FOR NEW HAMBURG LIONS CLUB

For the past 27 years Community Care Concepts of Woolwich, Wellesley, and Wilmot has provided services and support that help seniors and adults with disabilities, residing in the respective townships to live independently in their own homes. Services include Meals on Wheels, community dining programs, transportation to medical and other appointments, homemaking services, inside/outside maintenance, friendly visiting services, adult day programs, and support in transitioning from hospital to home.

Each year, 1100 clients and their caregivers turn to the organization for support; 30% of these individuals are residents of Wilmot Township. "We simply could not do the work that we do without our 17 dedicated staff, 150 committed volunteers and the support from members of our community, including the generous contributions which the New Hamburg Lions Club and its members makes to our services," claims Cathy Harrington, Executive Director of the organization.

Recently, the New Hamburg Lions contributed \$3,000 towards the organization's Meals on Wheels program. Through Meals on Wheels, volunteer drivers deliver a hot meal to a senior's home at noon on weekdays. In addition to the important source of nutrition which the meal contributes to meeting the senior's physical needs, the visit by the volunteer provides an important source of social contact – often the only contact which that individual might have over the course of the day.

Over this past year, 3,862 meals were delivered to homes in Wilmot Township. An additional 804 meals were delivered to participants in our adult day program located at Nithview Community. All hot meals delivered in Wilmot Township are prepared by Nithview Community.

Beyond the financial contribution which the New Hamburg Lions make to the organization, several members also volunteer their time with the organization, including members such as Gregg Murtagh, who participates on the organization's board of directors, and Hans Lass, who delivers Meals on Wheels throughout Wilmot Township.

As the demand for its services continues to grow, the organization has responded through offering a full continuum of services and supports which have made a significant contribution to helping seniors to live independently:

- * 1,801 meals are served through community dining
- * 11,969 meals are served through Meals on Wheels
- * 6,604 rides are provided to medical and other appointments
- * 980 hours of friendly visiting have supported isolated seniors
- * 6,768 hours of homemaking services have provided practical help to seniors in their homes
- * 3,034 days that individuals have spent in day programs have



Gregg Murtagh, Paul Mackie, Hans Lass, Bob Starr, (all Lions) and Cathy Harrington, Executive Director, Community Cares.

provided an important break for caregivers
 * 1,651 hours have been saved in emergency department visits or hospital stays which has a conservative value of approximately \$1,320,800 in savings to the health care system

Looking ahead, there is more to be done. Each year, more individuals and their caregivers turn to the organization for assistance. Demographic trends suggest that Wilmot Township will continue to grow at a rapid pace in the years ahead, and the number of seniors in our township will be at a higher rate than in other areas of the Region, further contributing to the demand on the organization's services. Building on the success of its past and the many partnerships which the organization has in the community, including its affiliation with the New Hamburg Lions Club, the organization is in a great position to support current and future residents of Wilmot Township to live independently in their homes, achieving a quality of life filled with dignity and purpose. For more information on the organization or its services, please call Cathy Harrington at 1-855-664-1900.

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New Hamburg Legion
 Branch #532 - Boulee Street, NH

Invites you to ...Shamrock Dinner
 ~Ham March 16th, 6:00 / \$12 plate



Express Lunch 1st Friday of Month 12-1

Please join them Saturday March 30th
Olde Tyme Country with Eph Frey
 ~ free admission ~

Through a Child's Eyes...

by Dr. Sonya Frank, Optometrist

For any parent, the first time your child looks into your eyes is one of the most powerful experiences in life. As they grow and learn to recognize Mommy & Daddy's faces and mimic your every action, they are using the gift of sight to help them develop the skills they will need throughout their entire lives.

Part of the allure of babies is their big, beautiful eyes. Although they are nearly full grown at birth, eyes are far from fully developed. All the parts are there, but much maturing needs to happen and involves developing the intricate connections between the cells in the eyeball and those in the brain that will translate into the sense of sight.



When I let parents know that their children should have their eyes checked starting at six months of age, I often get strange looks – how is an Optometrist supposed to examine their non-verbal cutie? Actually, kids' eye exams are really fun to do and are nothing like what would be done to check the parents' eyes. There are many different techniques to check the 3D (depth) vision, prescription (babies are supposed to have a prescription, so we actually hope to find some!), and health of a baby's eyes. All the parts might be new but that doesn't mean they work right; in fact, babies can be born with eye problems normally found in seniors such as cataracts and glaucoma, and can even have very aggressive eye cancers, too. Sometimes there are signs like red eyes, discharge, or one pupil looking sort of white, but often it's too late for a good outcome if a problem is found that late.

Eye turns are a fairly common problem for kids. About 1 in 20 will have some problem with eye co-ordination, which is sometimes a constant problem but for other kids might show up only when they are very tired. Surgery and glasses can often help align the eyes better, or sometimes eye exercises are enough to teach the eyes to work together. When I explain eye exercises, most people think it's odd and impossible that simple but repetitive motions will help improve vision and often reduce headaches, but eyes have a lot of muscles in them that need exercise if they are getting lazy – just like the rest of the body – so exercises can be even more effective (and cheaper!) than glasses.

If an eye cannot see well due to health problems like a cataract, because of an eye turn, or on account of a big prescription in only one eye, that eye cannot

"learn" to see. The eyes and brain need to keep communicating with one another throughout the first six or so years of life in order to tell each other how to work together and eventually reach the 20/20 level of vision that will allow for a life with good vision; however, if a problem like one of those mentioned above is preventing that communication during the early years of life, vision might never develop.

OHIP fully covers the cost of eye examinations for kids up to and including the age of 19 years because of the delicate process of visual development and because of the great troubles being visually impaired will cause a person in our currently very visual world (close your eyes and try to go about your daily activities for 15 minutes – it's very frustrating to do so!) Although most children have no problems with their eyes, you don't know until it has been checked out by an Optometrist as kids don't know what their eyes should be like and so don't know to complain if there is a problem. Pediatricians take only a quick peek at the eyes and vision screenings are often done at school to check for vision troubles, but I've had many adults confess that they can't see out of one eye because they cheated on their school screening and never got treatment. Parents do whatever they can to look after and protect their children, and taking them for a free annual eye check-up may help your kids have a lifetime of good vision.






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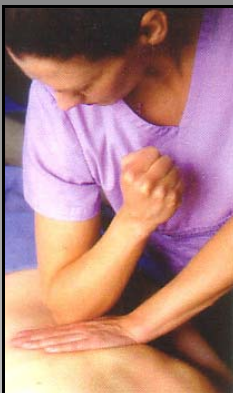
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The Anti-Candida Diet

If you have ever suffered from a yeast infection, bladder infection, or kidney infection then you may be familiar with the term *Candida albicans*, as this is the name of the yeast that can overgrow and cause such infection and illness. What you may not be aware of is that *Candida* is present in all healthy humans; however, it does not pose any threat unless your immune system becomes compromised. A weakened immune system can be the result of poor diet, a lengthy period of stress, AIDS/HIV infection, or a metabolic illness, such as diabetes.

Some common signs and symptoms to watch out for that may indicate you have an overgrowth of the *Candida* yeast are redness, itching or discomfort in the vaginal area or thrush in the mouth. Not-so-common indications of a yeast infection include headaches, brain fog, weight gain, and skin rashes.

Certain foods feed the *Candida* yeast and help them to multiply which leads to some kind of intervention required – usually a round of antibiotics. However, that anti-biotic treatment will not completely remove all *Candida* yeast from your body and will leave you in a weakened state of immunity as it has just wiped out all your beneficial bacteria, in addition to the unhealthy bacteria.

Foods that feed *Candida* and contribute to the overgrowth include all sugars, alcohol, fruit, bread, cereal, pasta, dairy products, and starchy vegetables such as potatoes, carrots and beets.

Reduction or complete elimination of these foods may be necessary for a period of time in order to starve the *Candida* and help restore balance to your body. In addition to a food elimination diet it would be prudent to begin a treatment plan including pro-biotics and anti-fungals. Working with your nutritionist is a vital part of your recovery as there are many foods that you may not be aware of that could derail your other efforts.

Below is a list of five foods that you can eat, that will not feed your *Candida* overgrowth and will help you to restore homeostasis.

Foods To Eat:

1. Vegetables: Asparagus, Avocado, Broccoli, Cabbage, Cauliflower, Garlic, Onions, Spinach
2. Live Yogurt Cultures: Plain yogurt, Pro-biotics, Kefir
3. Meat: Beef, Chicken, Turkey, Wild Game, Eggs
4. Nuts and Seeds: Almonds, Chia seeds, Macadamia Nuts, Sunflower seeds
5. Non-Glutinous Grains: Amaranth, Buckwheat, Quinoa, Wild or Brown Rice

For a complete listing of allowable foods, please contact me directly using my website www.HeatherMB.ca

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.

Heather McKague-Bandl

ROHP, RNCP, Orthomolecular Nutritionist



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2ND ANNUAL SPRING COMMUNITY ON A CLEANSE- JOIN FOR THE HEALTH OF IT

How would you like to lose 6 pounds in two weeks, sleep soundly, feel light as a feather, full of energy and in control of your health? Well it is possible! These are the results of some of the 100 people who participated in last year's Community on a Cleanse Challenge and it was as easy as EAT, DRINK, and DO for two weeks to feel great. If you're a seasoned expert at cleansing or considering doing a cleanse for the first time, the 2nd Annual Community on a Cleanse is your Solution.

This year's cleanse is better than ever. As mother nature will shortly begin to summon her cleansing spring showers, we should do the same and follow these natural cues to health. We want to promote health in our community, involve those businesses that promote health and make sure that if you're in our community (and outside are welcome too), that you know where to go to get the good stuff our community has to offer, Wilmot truly is a Health Destination and we want to help you learn how true that really is.

So what does the cleanse involve? It's super easy; our kick-off seminar will be held on Wednesday May 1st at the St. Agatha Community Centre. Starting at 6:30 pm for drinks (and by drinks we mean juicing and green smoothies!) and registration, with the seminar starting at 7 pm. The Community on a Cleanse seminar will be given by Dr.

Marisol Teijeiro, local Naturopathic Doctor and specialist in all things cleansing; it's a two hour seminar packed with Juicy (pun intended) information. Everyone receives a two week Cleansing Diet Plan, Nutritionist and Naturopathic Doctor Approved, and a Gift Bag filled with samples as well as your Passport to Health, which will give you great discounts/samples for the month of May at our different community health promoters, such as health food store Pfenning's Organic Store and More in St. Agatha. The cost to get involved is only \$15 in advance or \$20 at the door; so little for so much value.

So if you're looking forward to Spring, which is the best time to do a cleanse, sign up now before the seminar gets filled. Last year we had an overwhelming response and more people than expected, which is great. The more people cleansing, the healthier a community we will have! If you're a local business promoting health and want to get involved, communicate with us too. You can sign up at LiveWell Health and Wellness at 18 Snyder's rd west, Unit 5, Baden. Or Call 519- 634-9819 or e-mail us at info@communityonacleanse.ca.

Remember—15\$ in advance and 20\$ at the door. Register soon to reserve your spot and start making cleansing a part of your regular health practice in your life. You will reap the rewards and skip into spring!



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- To write with a broken pencil is . . . Pointless.
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- A thief who stole a calendar . . . Got twelve months.
- When the smog lifts in Los Angeles . . . U.C.L.A.
- The professor discovered that her theory of earthquakes . . . Was on shaky ground.
- The batteries were given out . . . Free of charge.
- A dentist and a manicurist married — They fought tooth and nail.
- A will is a . . . Dead giveaway.
- If you don't pay your exorcist . . . You can get repossessed.
- With her marriage, she got a new name . . . And a dress.
- You are stuck with your debt if . . . You can't budge it.
- Local Area Network in Australia : . . . The LAN down under.
- A boiled egg is . . . Hard to beat.
- When you've seen one shopping centre ...You've seen a mall.
- Police were called to a day care where a three-year-old was . . . Resisting a rest.
- Did you hear about the fellow whose whole left side was cut off? He's all right now.
- If you take a laptop computer for a run you could . . . Jog your memory.
- A bicycle can't stand alone . . . It is two tired.
- When a clock is hungry, it goes back four seconds.
- The guy who fell onto an upholstery machine was fully recovered.
- He had a photographic memory . . . Which was never developed.
- Those who get too big for their britches will be exposed in the end.
- When she saw her first strands of gray hair, she thought she'd dye.
- Acupuncture . . . A jab well done.



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Quotes & Quips from Janet & Greta

- * *He's such a hypochondriac, he puts cough syrup on his pancakes!*
- * *A man's health can be judged by which he takes two at a time—pill or stairs!*
- * *Did you hear about the dog that ate a pound of garlic? His bark was worse than his bite!*
- * *Cottage cheese diet: Eating your curds and weigh.*
- * *There has always been a food processor in the kitchen—once upon a time it was called mom.*
- * *A ham walked out of the hospital and said, "I'm cured!"*
- * *People who eat yogurt are well-cultured.*
- * *If you get a gift basket from your psychiatrist, chances are it will be shrink-wrapped.*
- * *When you apply for a job at Coca-Cola, do they give you a pop quiz?*



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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 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 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 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 and the password is quest.

- M. Cabrera / DET = 44
- J. Hamilton / ANA = 43
- A. Dunn / CWS = 41
- R. Braun / MIL = 41
- J. Bautista / TOR = 27

- E. Encarnacion / TOR = 42
- G. Stanton / MIA = 37
- J. Bruce / CIN = 34
- A. Pujols / ANA = 30
- P. Fielder / DET = 30

- M. Kemp / LAD = 23
- A. Gonzalez / LAD = 18
- E. Longoria / TB = 17
- R. Howard / PHI = 14
- J. Votto / CIN = 14

- A. Beltre / TEX = 36
- R. Cano / NYY = 33
- C. Davis / BAL = 33
- M. Trumbo / ANA = 32
- J. Heyward / ATL = 27

- G. Granderson / NYY = 43
- P. Alvarez / PIT = 30
- M. Teixeira / NYY = 24
- O. Cespedes / OAK = 23
- B. Harper / WAS = 22

- A. Jones / BAL = 32
- N. Cruz / TEX = 24
- D. Ortiz / BOS = 23
- D. Uggla / ATL = 19
- T. Tulowitzki / COL = 8

- J. Reddick / OAK = 32
- C. Headley / SD = 31
- C. Hart / MIL = 30
- M. Trout / ANA = 30
- B. Butler / KC = 29

- A. Soriano / CHC = 32
- A. Ramirez / MIL = 27
- P. Konerko / CWS = 25
- F. Freeman / ATL = 23
- M. Reynolds / CLE = 23

- R. Zimmerman / WAS = 25
- D. Viedro / CWS = 25
- N. Swisher / CLE = 24
- N. Napoli / BOS = 24
- P. Goldschmidt / ARI = 20

- C. Rasmus / TOR = 23
- J. Arenchibia / TOR = 18
- A. Lind / TOR = 11
- B. Lawrie / TOR = 11
- M. Cabrera / TOR = 11

- J. Weaver / ANA = 40
- R. Dickey / TOR = 40
- D. Price / TB = 40
- J. Verlander / DET = 34
- C. Kershaw / LAD = 28

- C. Hamels / PHI = 34
- M. Cain / SF = 32
- C. Sabathia / NYY = 30
- F. Hernandez / SEA = 26
- R. Halladay / PHI = 22

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 from the current issue.