



VOLUME 13, ISSUE 8



Baden Outlook



Waterloo Oxford District Secondary School Proudly Announce Youth Achievement Award Winners



Photo by: Beth Bodkin

WODSS are pleased to announce the winners of the Wilmot Optimist Club Youth Achievement Award. They were recognized at the annual Optimist Awards' evening on February 27, 2014.

Students were recognized for their contribution to their school community, as well as for being a role model in helping around home and in the school.

In the picture left to right, are:
Andrew Shantz, Faith Laverty, and Karley Dajka.

See page 4 for more proud accomplishments
from the students at Waterloo Oxford

Barry and Pat Fisher
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This paper is priceless - Please have one!

Talking with Ed

~ Influential



Several weeks ago I stumbled upon the 50th anniversary of the Ed Sullivan show that featured the Beatles. Pat and I watched the two hour broadcast and thoroughly enjoyed it. Two of the reasons that made the show special were that I had watched the show as a youngster (I recall telling my parents that they were weird) and the fact that I ended up becoming a huge fan of the Beatles.

During the show, the announcers stated repeatedly that they were one of the most influential bands of all time. I can see that! Their style evolved over their six years together.

Their first studio album, *Please, Please Me* was released in March 1963 and their final work was released in September 1969. Thirteen albums in a span of just over six years – 27 of their songs were number one hits! There were also a number of albums that were released following their split such as the *Greatest Hits*, *Love*, *1*, and *Live at BBC*. All of the band members went on to have successful solo careers.



Through the band's existence, their sounds and looks changed – always pushing the envelope and breaking new ground musically. They even had their own movies --five in total, including *Hard Day's Night*, *Help*, *Magical Mystery Tour*, *Yellow Submarine*, and *Let It Be*. All of this in six short years of crazed success!

Mike, a co-worker of mine, has reviewed new albums and written articles for years for the music magazine / website *Brave Words*, once the largest heavy metal magazine in Canada. The day after the Ed Sullivan Anniversary show I asked Mike if he agreed that the Beatles were the most influential band, and who would be the two most influential of all time. His response was, "Yes, the Beatles would be one of the two most influential but picking a second one would be very difficult." I changed the question and asked for the top five. That was still somewhat difficult for him to answer but he shared his top five picks... not in any particular order: Beatles, Elvis, Jimi Hendrix, Black Sabbath, and Bob Dylan.



There is no question that Mike is very knowledgeable with music, but he does lean to the heavy metal, which might show up in his picks – all of them worthy to be on the list (it would be safe to say that Barry Manilow wouldn't be a top pick). I visited some websites (Concert Live Wire, Louder than War, Rate Your Music, and Rolling Stone) to find out the general consensus. The Beatles was the only band listed on all four sites. Elvis, Bob Dylan and the Rolling Stones showed up on three, Kraftwerk was on two, and Hendrix, Led Zeppelin, Velvet Underground, James Brown and Chuck Berry were all on one.

I am sure if you compared four other websites you would get a similar but different mix of top five. An expanded list of top ten had Pink Floyd, Queen, Black Sabbath, David Bowie, Madonna, The Who, Aretha Franklin, Ray Charles, and the Sex Pistols listed. I found it interesting that Michael Jackson who had the top selling album of all time, "Thriller", wasn't found on any of the top ten.

There are so many incredible artists – here are my top choices (in no particular order): The Beatles are the obvious one. I have always liked the Rolling Stones with their mix of rock and blues - they would like to be remembered as a blues band. Of course their longevity is impressive: 29 studio albums and 18 live albums, and 8 number one hits since May 30, 1964. I am not a huge Elvis fan, but he did change the face of rock and roll and inspired many artists. He had 36 number one singles on 20 albums from 1956 to 1977 (two were released after his death).

Led Zeppelin were around from 1969 to 1982 (my teenage years). During that time they created nine studio albums with six songs reaching number one, although their focus was on playing concerts, studio work, and selling record albums, not necessarily radio played songs.

I am having trouble deciding on a final group, so I would have to say Pink Floyd, with fifteen albums being made since 1965 and lasting several decades. *The Wall* and *Dark Side of the Moon* are classics.



There are many genres of music to choose from, and I am well aware of the greatness of Bach, Mozart, and Beethoven who really were the brilliance of music, affecting and influencing the world generation after generation.

What's your personal favourite?

Until next month...Ed

Greetings from ~ Outlook Headquarters

Fortitude, stamina, patience, endurance, tolerance; adjectives that apply to us all for trudging on through this winter season... definitely character-building, and who doesn't need more of that? I

I know you were expecting me to jabber on about the weather, so there you have it – that's it... end of that story.



I agreed when asked to canvass for the Heart and Stroke Foundation this year, and now have a new appreciation for those who knock at my door and ask for donations.

There are many foundations that benefit from the volunteers of door-to-door canvassing and I decided to take my turn. As February is heart month and the time to canvass, I was waiting for a reasonable temperature for venturing out... and there wasn't one (oh ya, that rainy, sloppy weekend). But I got the job done and will now be more kind and forthcoming when I see the identification badge of other canvassers when I open my door. Thanks to those who supported me in my neighbourhood.

To shed some light (*sunshine would work*), this issue has the Outlook Baseball Pool registration form on the inside back page which does hint of things to come. You don't have to be a baseball wizard to play, just get your pencil out and mark the players – you can't win if you don't play! It's free and fun and you just may win a prize. During this current hockey pool we have given away 5 EJ's \$25 gift certificates (adults' pool), 5 Riverside Lanes Certificates which offer 7 guests 1.5 hours of bowling (kids' pool), and 5 Baden Outlook coats/sweaters to the random draw winners. And it's not over yet, with April still to come, followed by the grand prize for the year end winners.

Also take note in this issue of the many spring-like events coming up which is also a good sign! March does bring plenty to get excited about -- we gained more light at the end of our day starting on the 9th as the clocks went ahead an hour, and the kids took a week break from school. We will celebrate St. Patrick's Day on March 17th, Earth Hour on the 29th from 8:30-9:30, and oh yes, did I forget to mention the 20th which proves that spring is really here (despite the temperatures)?

And to keep our spirits up we can look forward to April Fool's Day where we can have some fun—think ahead, get creative and pull out your trickster side!

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Till next month...

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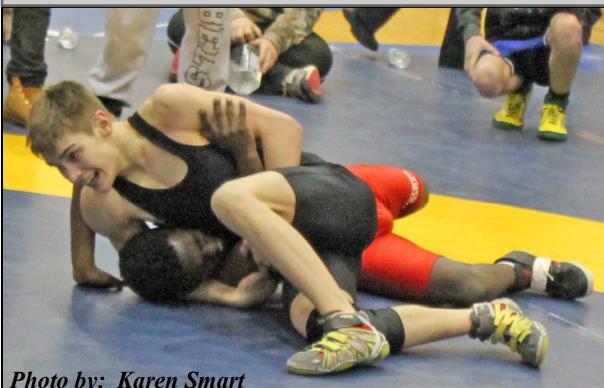


Photo by: Karen Smart

Zac Berry, Grade 12 student at Waterloo-Oxford, wrestles a competitor from Eastwood on Feb. 20, at Centre Wellington District High School to qualify for OFSAA. Zac won a Bronze at CWOSSA and a Gold at WCSSA.



WODSS Girls' Hockey team successfully defeated St. Davids in order to qualify for CWOSSA. The game was Wednesday, February 26 at Wilmot Recreation Complex, and the score was 3-2 for W-O.

Photo by: Lindsay Dietrich

EVERYONE SEEMS TO BE IN SUCH A HURRY TO SCREAM 'RACISM' THESE DAYS.

A customer asked, "In what aisle could I find the Polish sausage?"

The clerk asks, "Are you Polish?"

The guy, clearly offended, says, "Yes I am. But let me ask you something."

If I had asked for Italian sausage, would you ask me if I was Italian?

Or if I had asked for German Bratwurst, would you ask me if I was German?

Or if I asked for a kosher hot dog would you ask me if I was Jewish?

Or if I had asked for a Taco, would you ask if I was Mexican?

Or if I asked for some Irish whiskey, would you ask if I was Irish?"

The clerk says, "No, I probably wouldn't."

The guy says, "Because I asked for Polish sausage, why did you ask me if I'm Polish?"

The clerk replied, "Because you're in Home Depot."



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WHCC Living Well Festival – April 25th & 26th at the Wilmot Recreation Complex

www.whcc-healthywilmot.org checkout the READ WELL DAY, COMMUNITY CORNER, COMMUNITY CHASE & BBQ, for more information email whcc.nh@gmail.com or call 519 588 5916



FESTIVAL Highlights! Mark your calendar and JOIN US!

NEW! "Made in Wilmot Market" Local Food Show

This year at the 7th annual Living Well Festival, the Wilmot Healthy Communities Coalition, will be introducing something new and very fitting for this year's theme: "Made in Wilmot." They will be hosting a "Made in Wilmot Food Fair" where local food producers and retailers will be showcasing (not selling) their local goods to the public. There is an array of local food producers in this area that many people aren't aware of, so the WHCC would like to take this opportunity to shine the spotlight on them and have them as a part of the festival! Included in the fair will be TruJoy Pie Co. (www.trujoypie.com) a gluten-free, raw, and vegan pie company recently started by New Hamburg resident and WHCC member and Nutritionist, Jenna Hunke. If you are a local producer or a food retailer in Wilmot and would like to participate please contact Jenna at: jenna@trujoy.ca or 519-496-1404 to register. **When: 10am-1:30pm, Saturday, April 26th**



If it has been years since you have roller-skated or you are completely new to the sport, we encourage you to come out to participate in this awesome FREE event happening Friday, April 25th at the Wilmot Recreation Centre. Each year devoted Wilmot Township dwellers provide an opportunity for all residents to participate in a two-day event designed for all-ages to promote healthy living in Wilmot Township. Last year's roller-skating event was so successful that our Living Well Festival organizers wanted to offer it to you again this year. Skate rentals are also free so everyone will be able to join in the fun. Roller blades are welcome. *16 years and under must wear a helmet.*

Mark the date! Friday April 25th 7-9 pm.



**Coffee House -
hosted by John Wiebe on
Friday, April 25th 8-10pm**

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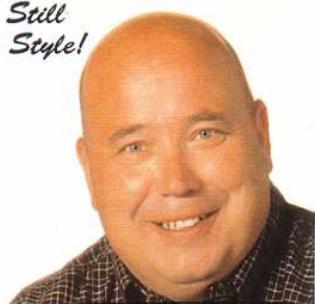
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Baden ~ Our Town

The Baden Community Association Family Day event was a great success! The Township of Wilmot and the BCA provided lots of fun with a free swim and skate at the Wilmot Rec Complex giving local families a chance to enjoy the facilities. Over 550 people swam and 260 skated at the February 17th Family Day event. The BCA also offered free drinks and snacks in the community centre room upstairs; 200 people enjoyed the treats. The Wilmot Youth Action Council contributed by providing entertainment for the youth. Many families interacted as they visited with family and friends.



The Baden Community Association is planning their annual community cleanup day, which is scheduled for April 26th (weather permitting). It is another time to get together with family and friends to beautify our town. Watch for more details in next month's issue.

The Corn Fest committee is hard at work planning for the August 9th event and will be providing information in the upcoming issues of the Outlook. Many new bands are scheduled to play and the Kid Zone will be moved to the green space at the Mill Pond to keep the day's activities closer together.

The Baden Community Association meets the last Wednesday of each month (next meeting March 26) at the township hall at 7 o'clock. If you would like to get involved with your community you are most welcome to attend.



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A portrait photo of Dr. Sonya Frank, a woman with glasses and a necklace, smiling.

Volume 13, Issue 8



... Even More Food and Fun this August!

By Teresa Brown

Winter is slowly grinding to a halt ... and somehow, that means summer is fast approaching! Believe it or not, the second annual Baden Corn Festival is less than five months away ... Saturday, August 9 is the big day, and we're already excited!

Our committee has spent the winter getting things ready for fun and food in the sun ... and "food" is top of our minds! Vendor applications are already pouring in, and we're in for a fantastic selection of tasty treats. There will be more than food though; if you have wares to show Wilmot, go to <http://badencornfest.ca/vendors.html> for information and forms. Don't delay -- the Early Bird Price only lasts until March 30!

Hungry already? You'll be happy to hear Corn Fest will once again feature our popular Corn Roast Supper. Local food will again be proudly served; last year's Corn Roast was sold out, and we heard rave reviews for the smoked chops, sausages, potato salad, cole slaw ... and of course, for the fresh, local corn on the cob!

But Corn Fest isn't just about food. Music, dancers, and more filled the day with sights and sounds aplenty, and this year will feature even more entertainment! One new addition is the Greenwood Hill Band, treating us to toe-tapping bluegrass during the afternoon. We'll also have many returning acts, including musicians Vanyah and Michael Fisher, Laura Rose, and the fantastic Celtic rock band Fiddlestix rocking Baden into the night!

Tractors, farm antiques, Kid Zone, Castle Kilbride, EJ's beer garden, the firefighters' pancake breakfast, remote-controlled boat races on the pond -- they'll all be back, and many more activities will keep the whole family busy from morning to night! And of course, everyone's favourite mascot Cornelius T. Cobb will once again be Grand Master of the day ... get ready for this year's "crop" of corny jokes!

Want to get involved in the excitement, either in the months to come or on the big day? Contact us at info@badencornfest.ca or 519-501-9116 to learn how you can help -- whether you're an individual, family, business, community group, or team, all are welcome!

Can't wait to hear more? Don't worry: each month, the Baden Outlook will have loads of information about Corn Fest. And don't forget to check our website for the latest: we're at www.badencornfest.ca.



Mark your calendars for Saturday, August 9! In the meantime, get your appetites ready ... and get ready to Get Your Cob On!

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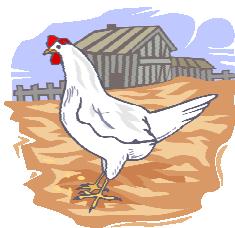
Farmer John lived on a quiet rural highway. But, as time went by, the traffic slowly built up at an alarming rate. The traffic was so heavy and so fast that his chickens were being run over at a rate of three to six a day.

So one day Farmer John called the sheriff's office and said, "You've got to do something about all of these people driving so fast and killing all of my chickens."

"What do you want me to do?" asked the sheriff.

"I don't care, just do something about those crazy drivers!" So the next day he had the county workers go out and erect a sign that said:

SLOW - SCHOOL CROSSING!



Three days later Farmer John called the sheriff and said, "You've got to do something about these drivers. The 'school crossing' sign seems to make them go even faster."

So, again, the sheriff sends out the county workers and they put up a new sign:

SLOW: CHILDREN AT PLAY

That really sped them up. So Farmer John called and called and called every day for three weeks. Finally, he asked the sheriff, "Your signs are doing no good. Can I put up my own sign?"

The sheriff told him, "Sure thing, put up your own sign." He was going to let the Farmer John do just about anything in order to get him to stop calling every day to complain.

The sheriff got no more calls from Farmer John. Three weeks later, curiosity got the best of the sheriff and he decided to give Farmer John a call. "How's the problem with those drivers. Did you put up your sign?"

"Oh, I sure did. And not one chicken has been killed since then. I've got to go. I'm very busy." He hung up the phone.

The sheriff was really curious now and he thought to himself, "I'd better go out there and take a look at that sign... it might be something that WE could use to slow down drivers..." So the sheriff drove out to Farmer John's house, and his jaw dropped the moment he saw the sign. It was spray-painted on a sheet of wood

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Submitted by Robert Price

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Improving the Health of our Community

Anxiety: Deactivating the Fear Response ~ Part 2

By Melodie O'Connell MSW RSW



Learning to cope with anxiety can be challenging. However, it can be broken down into two separate components. Managing anxiety in the height of an anxiety or panic attack is the first component, and will be the focus of this article. Developing long-term coping strategies in order to reduce the generalized symptoms of anxiety that we may feel on an ongoing basis will be addressed next month.

As mentioned in last month's article, anxiety is our body's natural way of helping us cope with dangerous situations. It will activate when it senses danger. However, our anxiety (or fear response) may be activated when there is no real danger.

When we feel the symptoms of panic, our first reaction may be to try and escape the situation in order to bring immediate relief from our symptoms. Although it may bring relief, it does not help us learn that we can cope. In fact, it does the opposite. It enforces that we are not able to cope.

Here is a list of strategies to help us cope with symptoms of anxiety or panic during a panic attack.

Learn about anxiety: It is extremely important to understand what anxiety is and why we are experiencing it. Anxiety is a normal adaptive behaviour that is necessary to keep us safe. We do not want to eliminate anxiety, but we may need to develop strategies to help us to manage it. An anxiety or panic attack typically lasts between 10 and 20 minutes. When we think about a dangerous situation (walking down a street, and being approached by someone who appears threatening), we have about 10-20 minutes to make some choices to keep us safe. Therefore, the symptoms of panic will last long enough to help us cope with the dangerous situation. If you are experiencing a panic attack, remind yourself that you know what it is, and why you are experiencing it, and that it will only last for about 20 minutes.

Calm Breathing: This strategy can be used to help reduce some of the physical symptoms of anxiety.

When we are experiencing anxiety or panic, we tend to have very shallow breaths. This can cause us to feel dizzy or lightheaded, which can reinforce some of the anxious feelings. We can begin by changing our breathing patterns into slower longer deeper breaths. If you place one hand on your chest, and one hand on your stomach, the goal is to have the hand on the stomach rise and fall, NOT the hand on the chest. By slowing down our breathing, we can physiologically impact the grip that the panic attack is having on our body. It also allows us to focus on the present, which helps us to gain some control.

Realistic Thinking: When you begin to feel the symptoms of anxiety, ask the question, "What am I afraid of?" When we can identify the thought, we are better able to challenge it. Quite often, a panic attack can be triggered by 'catastrophic thinking' patterns. It is important to develop a more realistic picture of the situation.

Remain in the situation: When we are feeling anxious, or panicked, our initial reaction may be to try to escape in order to bring relief. It is important to try to challenge this idea. When we can push ourselves to remain in an uncomfortable situation (such as being at a party or in a crowded place), we begin to realize that we may feel uncomfortable, but we learn that we are able to cope.

Practise, Practise, Practise: Many people are always looking to be 'cured' of their anxiety. Anxiety is something that we need to learn how to manage. When we use our tools regularly, we start to notice an improvement in this area. The next time you experience a panic attack, look at it as an opportunity to practise some of the identified tools.

This article is not intended to diagnose any mental health issues. If you are experiencing some of these symptoms, please speak to your health care provider.

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Memorable April Fools' Jokes of the Past

THE SWISS SPAGHETTI HARVEST:

In 1957 the respected BBC news show *Panorama* announced that thanks to a very mild winter and the virtual elimination of the dreaded spaghetti weevil, Swiss farmers were enjoying a bumper spaghetti crop. It accompanied this announcement with footage of Swiss peasants pulling strands of spaghetti down from trees. Huge numbers of viewers were taken in. Many called the BBC wanting to know how they could grow their own spaghetti tree.

BASEBALL PLAYER SIDD FINCH:

The April 1985 issue of *Sports Illustrated* contained a story about a new rookie pitcher who planned to play for the Mets. His name was Sidd Finch, and he could reportedly throw a baseball at 168 mph with pinpoint accuracy. This was 65 mph faster than the previous record.

INSTANT COLOUR TV:

In 1962 there was only one TV channel in Sweden, and it broadcast in black and white. But on 1 April 1962, the station's technical expert, Kjell Stensson, appeared on the news to announce that, thanks to a new technology, viewers could convert their existing sets to display color reception. All they had to do was pull a nylon stocking over their TV screen.

THE TACO LIBERTY BELL:

The Taco Bell Corporation took out a full-page ad that appeared in six major newspapers on 1 April 1996, announcing it had bought the Liberty Bell and was renaming it the Taco Liberty Bell.



NIXON FOR PRESIDENT:

The April 1, 1992 broadcast of National Public Radio's *Talk of the Nation* revealed that Richard Nixon, in a surprise move, was running for President again. His new campaign slogan was, "I didn't do anything wrong, and I won't do it again."

THE LEFT HANDED WHOPPER:

Burger King published a full page advertisement in the April 1st edition of *USA Today* announcing the introduction of a new item to their menu: a "Left-Handed Whopper" specially designed for the 32 million left-handed Americans. According to the advertisement, the new whopper included the same ingredients as the original Whopper (lettuce, tomato, hamburger patty, etc.), but all the condiments were rotated 180 degrees for the benefit of their left-handed customers.

Taken from website...museumofhoaxes.com

See the paper in colour at www.badenoutlook.com

Thanks to Jules Hare who shared this photo of 'Snow Dragon Guardians' that her family created on Family Day weekend at her aunt and uncle's house in Creemore, On.



POLICE TALES ~



It was the end of the day when I parked my police van in front of the station. As I gathered my equipment, my K-9 partner, Jake, was barking. I saw a little boy staring in at me.
'Is that a dog you got back there?' he asked.
'It sure is,' I replied.
Puzzled, the boy looked at me and then towards the back of the van. Finally he said, 'What'd he do?

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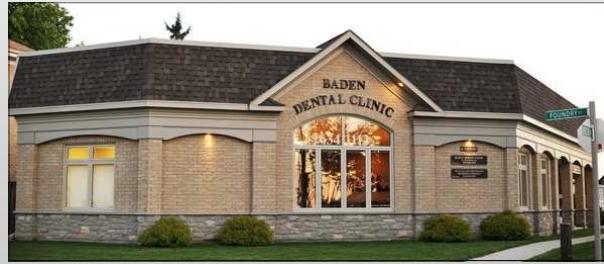
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Fools'
Day!



There is nothing like a good hard laugh that doubles you over with tears in your eyes! April Fools' Day is the time to pull out the prankster in you and see who you can make laugh. Get creative with your pranks — but these old stand-bys work well too! Have fun, but be smart and don't get into trouble!!

- ◆ Get into the cupboard and take the cans, boxes of crackers or cereal and turn them upside down... or even move them to a different cupboard.
- ◆ Put sugar in the salt shaker
- ◆ Get into your brother or sister's room and turn things around, pictures upside down, shoes in the sock drawer etc.
- ◆ Make your brother a sandwich and leave the plastic on the cheese slice!
- ◆ Make up a hilarious story and see who believes you.
- ◆ Tape a silly message onto the back of someone.
- ◆ Hide someone's cell phone and watch when you keep calling it!



Have fun with this St. Patrick's Word Search Puzzle.
You can find the listed words hidden in the grid ... either across, down or diagonally

Y	F	O	P	G	O	L	D	X	Q
M	P	G	S	C	V	G	Y	C	C
S	A	E	O	D	G	R	R	O	L
A	T	G	L	U	C	K	Y	G	O
I	R	L	Y	A	H	O	Z	Z	V
N	I	M	A	G	I	C	M	Y	E
T	C	R	A	I	N	B	O	W	R
M	K	X	S	L	H	O	R	B	E
M	A	R	C	H	I	R	I	S	H
Z	F	Z	A	Z	G	R	E	E	N

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LUCKY
MAGIC
MARCH
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Checking Out the Baden Library

Spring Storytime Programs

Baby & Me – for parents and babies 0 to 11 months
Thursdays, April 3 to May 22: 11 - 11:30 a.m. OR 11:45 a.m. - 12:15 p.m.

Songs, rhymes, and sensory activities!

Wonderful Ones – for parents and one-year-olds
Thursdays, April 3 to May 22: 10:15-10:45 a.m.

Stories, songs, rhymes and activities!

Toddler Tales – for parents and two-year-olds
Tuesdays, April 1 to May 20: 10:15-10:45 a.m.

Stories, songs, rhymes, and activities!

Storytime - for children ages 3 to 5

Tuesdays, April 1 to May 20: 9:15-10 a.m.

OR

Thursdays, April 3 to May 22: 9:15-10 a.m.

Stories, songs, games, and crafts!

All Storytime programs begin the week of April 1 and run for eight weeks. Register for programs in person, by phone, or email. Programs are free and registration is required for all programs. More information is available at the branch or on our website at www.rwlibrary.ca.

Kids Book Clubs

The **Baden Book Worms** (for ages 7 to 9) has been a very busy book club again this year. Twelve enthusiastic children have been faithfully attending this group. Thank you to our volunteer, Angela Collins, who has led this group using creativity and her love of literacy. Thanks also to Kaitlyn Bilton for her help with the group each month.

The **Awesome Book Club** (for kids ages 10 to 12) has five members that have read a variety of books while having lively monthly discussions and learning to play Scrabble. Chris Baechler leads this group with assistance from volunteer Haley Spaetzel.

Please let us know if you are interested in helping with a kids book club, have a special talent to share, or wish to volunteer in any capacity.

Hello and Goodbye

Our new student library page is Miranda Schultz. She is in Grade 10 at Waterloo-Oxford District Secondary School. Miranda volunteered at the Wellesley Library for over a year, and enjoyed helping with the summer reading program where she did face-painting. She is very interested in art (mostly sketching and painting), history (mostly Canadian History) and creative writing (with aspirations to write a story someday). Some of her hobbies include skating, drawing, and cycling. Miranda loves to read historical fiction, and enjoys watching black and white movies from the 20s to the 40s.

And we say goodbye to our former page, Katelyn Emrich, who has gone to Berlin, Germany for a student exchange program for the next three months. Thank you Katelyn for your time spent with us at the library!

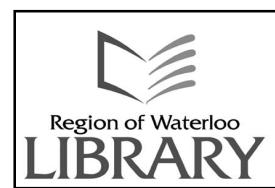
Forest of Reading for Adults

The **2014 Evergreen Award** nominees have been announced. Read at least five of the 10 books and you are eligible to vote for your favourite. See the complete list of Forest of Reading Books on our web page.

Just like your bank card, your library card is an important and valuable item. Your library card **must** be presented each time you borrow library materials. Forget your card often? Get the key fob! Replacement cards with key fobs are only \$2. (New memberships are free!)

**Questions? Contact the Baden Branch at:
519-634-8933, badenlib@regionofwaterloo.ca or
visit rwlibrary.ca**

*Chris Baechler,
Assistant Supervisor
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Cathy Cook's Corner

Energy Smoothie

2 handfuls baby spinach
1 apple
1 banana
1 cup yogurt
5 strawberries
1/2 orange

Blend well until smooth and enjoy

Cook's Corner has a new tag to it... As Cathy is my sister, and our maiden name is Cook, she deserves the credit of the title, as lately it seems she's been helping me come up with these yummy recipes. She's a whiz in the kitchen, so give these recipes a try and I'm sure you'll agree!

This month it seems fitting to salute the colour of the Irish, so green it is!! And spinach is the chosen green and often unappreciated. It is healthy and quite adaptable to be baked up with eggs, blended into a delicious healthy drink, or creamed up into a warm and satisfying dip.



Baked Spinach and Eggs

6 cups baby spinach
4 eggs
salt and pepper to taste
2-3 tbsp feta



Preheat oven to 400°, lightly spray or grease small oven safe dish. Place spinach in deep skillet, add a little water and cook until slightly wilted, 3-4 minutes. Using either your hand or a spatula pack the spinach to drain the excess water and then place in bottom of pan. Crack the eggs right on top of the spinach, season lightly, and sprinkle with feta. Place pan on a baking sheet and cook until eggs are set to your liking.

Hot and Skinny Spinach Dip

6-7 oz. frozen spinach
1/3 cup fat free Greek yogurt
2 green onions
1 clove garlic
1/2 cup low fat mozzarella
1/4 parmesan cheese
Red chili pepper flakes to taste

Thaw spinach and remove as much water as possible. Preheat oven to 350° and spray or grease a 4X4 dish. Combine all ingredients and mix well, transfer to baking dish and bake for 30 minutes.

Railway Club ~ Annual Double Headers Model Railroad Tour.

The Self-guided tour starts at the Hespeler Arena, March 29, 2014 at 9:00 a.m. There, you will receive a stamp to show that you have paid and a guide describing each layout with maps to get to each place. If you're into scenery, visit the layouts described as landscaped. There are at least two layouts in Baden and a (must see) third just outside of town. With over 40 layouts, you can enjoy a full day, 9:00am to 9:00pm of model railway imagination.

Tim Krissak has been 'working on the railroad' for eight years and this will be his seventh year participating in the event. His layout represents his fondness for Northern Ontario and the small towns, recreation, agriculture that you would see there.

Each layout has a bright orange train sign somewhere on the front lawn. The club typically has around 120 visitors attending the tour each year .

More information can be found on the club's website...

<http://www.trainweb.org/doubleheaders/dhsite.htm>



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SUNDAY
APRIL 27
2014



Do We Have a Lost Generation ?

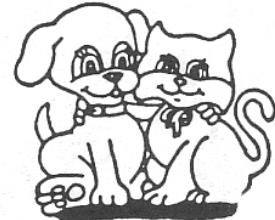
A 14 year-old allegedly wrote this poem, apparently in the spirit of Jonathon Reed's "Lost Generation." As with all things on the Internet, its authenticity is in doubt, but its message is powerful.

Our generation will be known for nothing.
Never will anybody say,
We were the peak of mankind.
That is wrong, the truth is
Our generation was a failure.
Thinking that
We actually succeeded
Is a waste. And we know
Living only for money and power
Is the way to go.
Being loving, respectful, and kind
Is a dumb thing to do.
Forgetting about that time,
Will not be easy, but we will try.
Changing our world for the better
Is something we never did.
Giving up
Was how we handled our problems.
Working hard
Was a joke.
We knew that
People thought we couldn't come back
That might be true,
Unless we turn things around

(Read again from bottom to top now)



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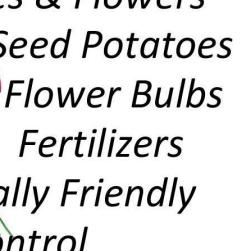
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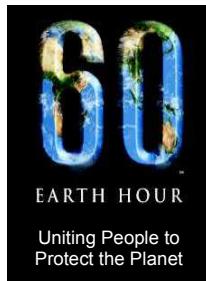
73 HINCKS ST. UNIT 6 519-662-4111 NEW HAMBURG
Tuesday - Friday 11am-7pm ~ Saturday 10am-2pm

March 29th — 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.

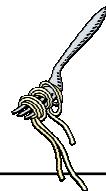
Some people enjoy Earth Hour with a candle-lit dinner or a candle-lit bath, while others host large events or parties, either in darkness or with candles, to celebrate Earth Hour.

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.



Here's a quiz that will make you use your noodle! From the given clues see if you can name the type of pasta. Answers are on page 18

1. This form of pasta that comes in sheets is a favorite of the cat, Garfield!
2. They have a cylindrical shape and, usually, their ends cut diagonally and you get one for your thoughts.
3. Capellini which means 'thin hair' is slightly thicker than this similar but 'divine' pasta.
4. 'Little tongues' in Italian
5. Commonly known as 'bow-tie pasta', the name is derived from the Italian word for a butterfly
6. A ring-shaped pasta typically stuffed with (but not limited to) a mix of meat or cheese. Has a legend surrounding it that says that it was inspired by a woman's navel.
7. Hey Alfredo, this very flat, thick pasta is 'little ribbons' in Italian.
8. 4-letter pasta best known for its use in soups.
9. The name derives from the Italian word for little wheels and they look like wheels with spokes.
10. Can be literally translated as 'little strings' and goes well with meatballs.



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You Must Be Joking!!



An elderly woman decided to prepare her will and told her preacher she had two final requests.

First, she wanted to be cremated, and second, she wanted her ashes scattered over Wal-Mart.
'Wal-Mart?' the preacher exclaimed.
'Why Wal-Mart?'

'Then I'll be sure my daughters visit me twice a week.'

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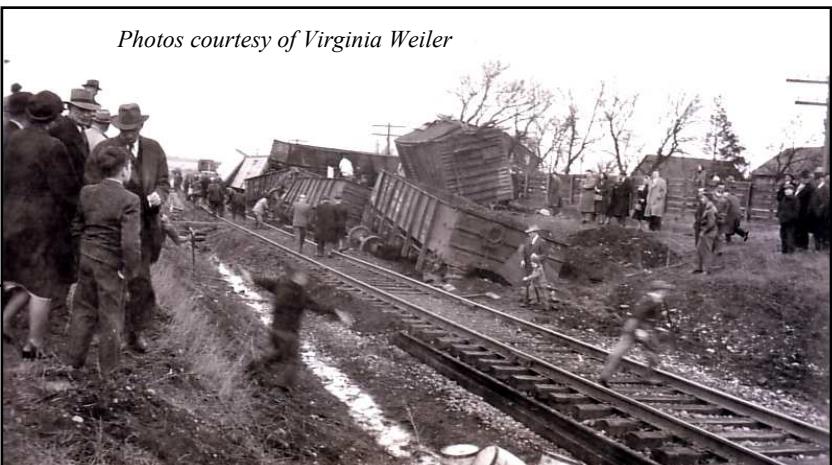
jonlambert@remax.net

Trains have been travelling through Baden since the early 1850s, and there have been some derailments and accidents. On July 23, 1887 a brakeman was killed when a Grand Trunk freight train derailed due to cows on the track. There were other train derailments and crashes in Baden.

In 1947 a train became stuck in the heavy snow behind Old School House Road which had to be dug out.

The pictures shown are of a derailment of a west bound Canadian Pacific train occurred in the mid 1940s, which also happened behind Old School House Road.

The picture below shows the old school house in the background.



Also in April 1963, a CNR freight train collided with a Snyder Transport milk truck, killing the truck driver and the train's fireman, at the Mill Street crossing.

In 1971 a snow-plow train was derailed as seen in right photo.



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Baden Birding

By Dave Rogalsky



By the time you read this, you will probably be hearing the call of the first Red Wing Blackbirds. If the weather is anything like today (February 26), their calls could probably be translated as, "What's happening?! What happened to spring?! Why did we come north already?!" The first Red Wings back are first year males trying to get a jump on the season, staking out territories. Older males and the females come back a bit later. Red Wings don't really migrate so much as move further south to more temperate climes. This year that might have been the Caribbean!

But the Red Wings aren't the only signs of spring. On February 12, Ken saw six male Blue Birds near the Sudden Tract sitting so close together that he could see them in one binocular field. On Valentine's Day, I heard the first spring call of the male Cardinal. Quite appropriate, as he was probably calling, "This area, and all the females there-in, are mine!" That same day, I saw my first flight of ducks in a springish mode. Ken also reported hearing the first mating calls of Chickadees that same week.

Birds time their mating, nesting, and hatching to meet the first big flux of bugs in the spring. This late spring will be causing them some problems. The "polar vortex" isn't something new. We get it every winter as the large waves of the jet stream that circle around the world bring arctic air down from the far north. What has happened in the past few decades as we undergo climate change is that the waves are wider and move more slowly. They also get 'stuck' more often, fixing weather patterns in place with extreme heat in some places, rain in others, and bone-chilling cold in others. Climate scientists are speaking more of 'climate change' than 'global warming', since people equate a cold winter with no more change. The truth is quite different!

Other birds this late winter? Ever see two hawks together? If you do, it is likely mating-and-rearing-the-young season. For the rest of the year hawks are solitary creatures. As soon as the young have fledged they all go their separate, territorial ways. The end of February brings the hawks north to mate and nest, hoping for rodents to be coming out of their winter burrows as a food source for the young. I saw a pair of Red Taileds along Highway 7/8 just east of Sandhills road at the end of February too. They lay their eggs in March or early April.

Though the wind howls around the eves, spring is coming!

What are you seeing?

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"Get It Together" ...with Donna & Rhonda

This month we have a feature for the ladies . . . organizing your jewelry. There are two ways to organize your jewelry: vertical and horizontal. You can pick which works best for you according to the type of jewelry you have and your available storage space. There are a lot of beautiful jewelry boxes and armoires that you can buy but we would like to give you some more economical options.



Vertical Organization:

- 1) Jewelry organizers: there are a lot of products out there to organize your jewelry – necklace stands, earring, and ring stands
- 2) Cooking utensil racks: think outside the box. Hang a rack that is usually used for spoons and spatulas inside your closet
- 3) Over the door organizers: can hang jewelry instead of clothes

Horizontal Organization:

- 1) Ice cube trays: great way to separate earrings
- 2) Candy boxes: two-tiered boxes can hold a lot
- 3) Kitchen drawer organizers: pick up some plastic drawer bins to separate your necklaces, bracelets, and rings
- 4) Craft organizer bins: shallow, divided boxes are great for earrings.
- 5) Nail and Screw organizer: not as visual as the other options but labelling each drawer would help
- 6) Tool box: top tray for smaller pieces and bottom for bulky items

Commit to organize your jewelry by the end of the month

Share with a friend, an accountability partner, so they can check in with you! Donna and I can be your accountability partner, feel free to contact us at info@heartofthematter.ca.

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Answers to the
Pasta Trivia Quiz
from page 15

1. Lasagna
2. Penne
3. Angel Hair
4. Linguine
5. Farfalle
6. Tortellini
7. Fettuccine
8. Orzo
9. Rotelle
10. Spaghetti

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Eat Well ~

With Heather McKague-Bandl, ROHP, RNCP
Registered Nutritionist Consultant Practitioner

It's Elemental - Sulfur

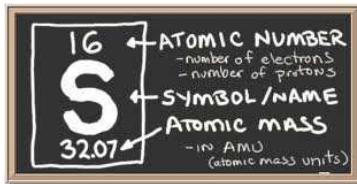
I had the privilege of travelling to Orlando last fall for a conference for which the key note speaker was Dr Lindsey Duncan, a world-renowned Naturopathic Doctor and Clinical Nutritionist who has travelled the world in search of the most nutrient-rich foods and supplements to feed our bodies for optimal health. Dr Duncan spoke for over three hours on various essential nutrients; however, the one that stood out most to me after that lecture was Sulfur.

As an Orthomolecular Nutritionist, I pride myself on knowing exactly what the body needs to help balance it biochemically. While I was accustomed to recommending sulfur for certain health conditions, I was not aware of some other statistics and factors that make it an essential nutrient for all populations in general.

Facts:

- Organic sulfur is found in the cells of all living organisms.
- The body cannot make sulfur; it must be obtained from a dietary source.
- Adequate sulfur levels in our diet were removed over 70 years ago when farmers switched from using manure as a fertilizer to chemical-based fertilizers and began spraying farmlands with toxic pesticides.

As a result of the above mentioned facts, it is believed that almost everyone living in modern times is sulfur deficient. Sulfur is the third most abundant mineral in our body next to calcium and phosphorous and forms close to half of our muscles, skin, and bones. Sulfur is known as a healing



mineral; it aids every cell in the elimination of toxic substances and is required for insulin production. Sulfur is also the flexible bond that connects cells and the lubricant found between joints. It is no wonder that sulfur is effective in assisting persons with skin concerns, diabetes, joint pain, arthritis, and muscle soreness. However, pure organic sulfur is also very beneficial for persons with allergies and when taken regularly actually helps keep mosquitoes at bay. I believe that like omega 3s, which are an essential fatty acid (EFA); everyone can benefit from organic sulfur. I would like to caution you, however, on the source of your sulfur. There are many brands of sulfur or methylsulfonylmethane (MSM) available in the marketplace with expedients and fillers that are not as effective as pure organic crystallized sulfur.

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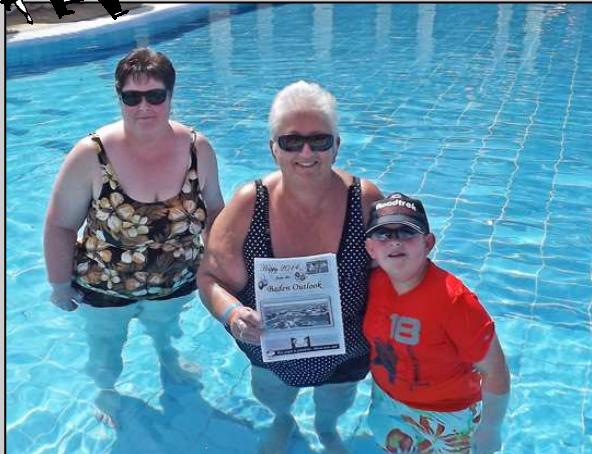
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Wow! More exciting destinations as The Baden Outlook continues to travel ...



The Baden Outlook went on vacation to Memories Resort in Varadero, Cuba, with Daniel Kreller (Baden), his Nana, Dianne Mino (New Hamburg) and his Aunt Lori Cullen (Listowel). They had a great time and even got to experience a 4.4 magnitude Earthquake while they were there.



Glenda & Ross Roth celebrated their 50th wedding anniversary in Guardalavaca, Cuba on Feb. 15th with Barb & Bruce Schumm, Marilyn & Nelson Dusky and Val & Clayt Knarr and The Baden Outlook.



Mary and Bryan Pfaff took the Outlook on their recent Mission Trip to Cochabamba, Bolivia. They were part of a 23 member group from Living Water Fellowship Church in New Hamburg that spent 2 weeks helping at 2 orphanages and travelling to remote villages. They also spent quality time with the children, completed several building projects, and delivered supplies to the needy people. The attached picture shows their group along with the 28 girls and 13 boys and staff from the homes enjoying their last day together at an ECO park near Cochabamba.



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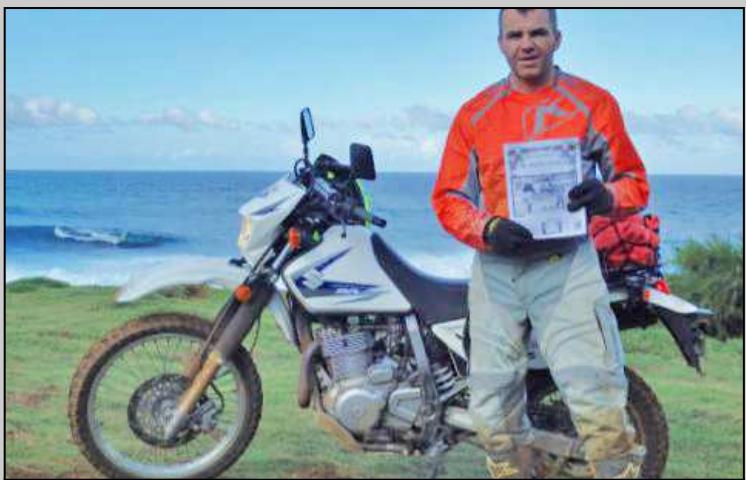
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Destin Golfing Group took their Baden Outlook with them to the Golf Garden In Destin, Florida on Feb.24. Shown are from left to right: Helen, Judy, Grace, Mary, Linda, Jill, Liz, Norma, Elaine & Judie.



John Banbury took his Outlook to the Big Island of Hawaii and toured the island on a dualsport bike to Upolu Point near the birthplace of Kamehameha.



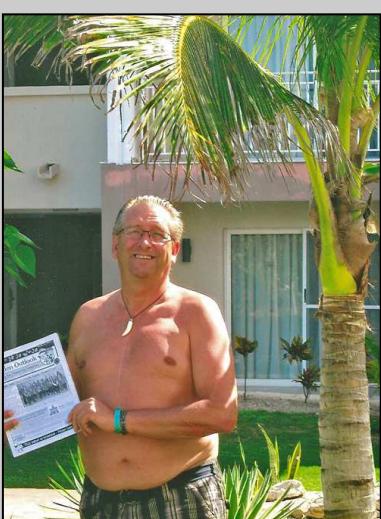
Sheila and Chris Bauman took their Baden Outlook to Santiago, Dominican Republic, where they fell in love with the amazing beaches.



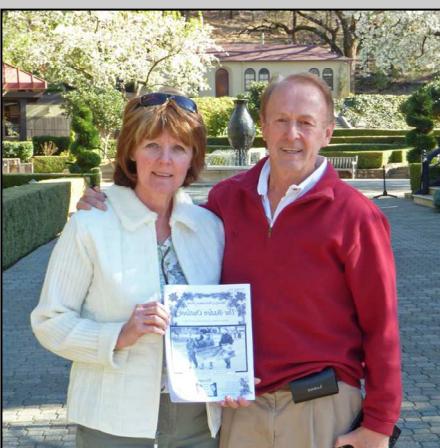
The Baden Outlook went to Cayo Coco, Cuba with Grampa and Gramma Gardner (Rick and Linda) of Bright along with their daughter and son-in-law, Shelley and David Muskiluke of New Dundee and grandchildren Anya, Portia and Trey.



Jerry and Janet Elias with May and Vince Aquilina (Foxboro Green), with the Baden Outlook and Marilyn Monroe in Palm Springs, California.



Grandpa Stan Bender enjoyed his Outlook while on vacation in Cuba.



Rick and Laura Hazelwood, of Grape Results in New Hamburg, took the Baden Outlook to the Sonoma Valley in California where they studied wine making.

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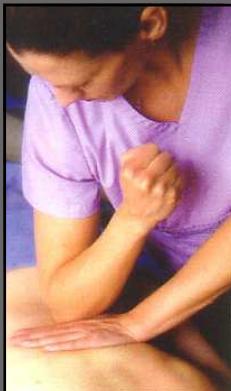
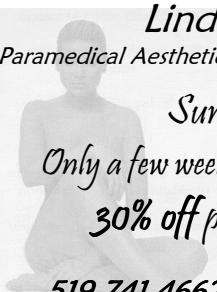
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The musculoskeletal (MSK) system includes the muscles, tendons, joints, and bones of the body. Many nutrients contribute to the healthy functioning and integrity of the MSK system. Included below is a summary of 5 common nutrients that significantly contribute to MSK health.

1. **WATER** brings vital nutrients to muscle tissue to support movement and decrease the risk of cramps and strains. Water also eliminates waste products and toxins from the body and helps to protect our joints by providing lubrication and cushioning. The consequences of inadequate water intake/dehydration include: muscle and joint pain, cramping, and fatigue. A general rule of thumb to follow is to consume 0.5-1 litre of water daily for every 50 pounds of body weight.
2. **CALCIUM** is best known for building strong bones. It is also needed for muscular growth and contraction. A deficiency in calcium status can lead to aching joints, muscle cramps, and osteoporosis. Foods such as milk, yogurt, and cheese are good sources of calcium but may not be suitable for individuals sensitive to dairy products. Other healthy foods high in calcium include pinto, navy, red and white kidney beans, sesame seeds, almonds, and dark leafy vegetables.
3. **VITAMIN D** is essential for helping bones absorb calcium, keeping them strong, and preventing osteoporosis. Signs of Vitamin D deficiency may include painful muscle spasms, leg cramps, numbness in the extremities, bony malformations, and arthritic pain. Vitamin D is naturally found in food sources such as cod liver oil, salmon, mackerel, tuna fish, sardines, and egg yolks. Sensible and safe sun exposure is also an important natural source of Vitamin D.
4. **VITAMIN C** plays a vital role in collagen production and tissue repair. Collagen is the building foundation for many body tissues and is found in all MSK structures. There is an abundance of Vitamin C in strawberries, citrus fruits, and vegetables





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including red peppers, broccoli, spinach, brussel sprouts and cauliflower.

5. **GLUCOSAMINE SULPHATE** is a normal element of cartilage matrix and joint fluid and provides the body with the building blocks necessary to repair joint damage. As we age, our bodies slow down the production of glucosamine sulphate. Published research suggests that glucosamine sulphate is beneficial for arthritic patients, particularly for those individuals with mild to moderate osteoarthritis of the knees. Some glucosamine sulphate supplements also contain anti-inflammatory herbs that can be combined with other nutrients such as Omega-3 fatty acids to help with arthritic pain.

Sensible eating should include nutritional balance with the correct proportion of quality carbohydrates, proteins, healthy fats, and adequate water intake. Although nutritional supplements can help support MSK health, many nutrients appear to be most effective when consumed in their natural state within whole foods. For additional information on diet, nutrition, and how you can improve your MSK health, 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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Technology ~ Computers, ATMs,
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next do Seniors have to look forward to?

Young people have theirs, now Seniors have their
own texting codes:

ATD - At the doctor's

BFF - Best friends funeral

BTW - Bring the Wheelchair

BYOT - Bring Your Own Teeth

CBM - Covered by Medicare

CUATSC - See You at the Senior Center

DWI - Driving While Incontinent

FWIW - Forgot Where I Was

GGPBL - Gotta Go, Pacemaker Battery Low

GHA - Got Heartburn Again

HGBM - Had Good Bowel Movement

LMDO - Laughing My Dentures Out

LOL - Living on Lipitor

OMSG - Oh My! Sorry, Gas

TOT - Texting on Toilet

WAITT - Who Am I Talking To?

GGLKI - Gotta Go, Laxative Kicking in!



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towards making life worthwhile,
what costs the least and does the
most is just a pleasant smile!*

Q & A

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Saturday 9-4:30 / Sunday - Closed

You Must Be Joking!! It's Still Cold, Keep Laughing!



Q: How do you keep from getting cold feet?
A: Don't go around BRRfooted!

Q: What did the big furry hat say to the warm woolly scarf?
A: "You hang around while I go on ahead."

Q: What do women use to stay young looking in the Arctic?
A: Cold cream.

Q: If it's zero degrees outside today and it's going to be twice as cold tomorrow, how cold is it going to be?
A: ?????

NEW HAMBURG LIONESS ~ STEP INTO SPRING FASHION SHOW

Wednesday, April 16th, 2014



The New Hamburg Lioness will be hosting their Step Into Spring Fashion Show on Wednesday, April 16th at the New Hamburg Community Centre, 251 Jacob Street. The evening performance starts at 7:00 pm with doors opening at 6:15 pm.

Our fashion show features spring and summer fashions for all sizes. Fashions are by Spanner of Kitchener, which has a unique collection with quality fabrics. Their line features easy to mix and match pieces in fabulous colours and prints. Great attention to detail, unbeatable pricing, and a size range from regular, petite, and plus size! Also showcasing their fashions will be Nygard International featuring TanJay, Alia, Peter Nygard and Bianca Nygard who design and market fashion apparel from petite to the plus size women. Their collection of colour-related separates, focuses on pants as well as a moderate line of co-ordinates including: skirts, jackets, dresses, handbags, jewellery and scarves.

Gracing our runway will be Dog Guides. This is a national project of the Lions Clubs across Canada offering service to all Canadians with a wide range of medical or physical disabilities including: people who are blind or visually impaired, deaf or hard of hearing, epilepsy, diabetic alert or children with autism. Dog Guides are provided at no cost to eligible Canadians from coast to coast despite costing \$25,000 to train and place.

Tickets are \$25.00 and are available through Heart' n Home Creations, Is This Chair Taken, Blue Orchid Salon & Spa in New Hamburg, Hairworks in Baden, or Meadow Acres Garden Centre, 2315 Queen Street, Petersburg, House of Elegance Hair Studio, 100 Caroline St S, Waterloo, or by calling Jan at 519 662-1555. Tea, coffee, assorted fruit and sweets are included in the ticket price. We will also be featuring 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. Wear your favourite Easter Bonnet and perhaps win a prize.

Proceeds from the spring fashion show will support the New Hamburg Lioness work in our community as well as Dog Guides.

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Saturday March 29 ~ 8:30 am – 2:00 pm

Wilmot Recreation Center – 2nd floor

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(Located at corner of Hwy 7/8 and Nafziger Road)

Admission is FREE

Door Prizes with all Proceeds going to Autism Ontario!



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and shop for the
warmer weather!!



You Must Be Joking!!



An old man lay sprawled across three entire seats in the movie theater. When the usher came by and noticed this, he whispered to the old man, "Sorry sir, but you're only allowed one seat."

The old man just groaned but didn't budge. The usher became more impatient.

"Sir, if you don't get up from there I'm going to have to call the manager."

Once again, the old man just groaned. The usher marched briskly back up the aisle, and in a moment he returned with the manager. Together the two of them tried repeatedly to move the old dishevelled man, but with no success. Finally they summoned the police.

The officer surveyed the situation briefly then asked, "All right buddy what's your name?" "Fred," the old man moaned. "Where ya from, Fred?" asked the police officer.

With terrible pain in his voice, and without moving a muscle, Fred replied, "The balcony."

Submitted by Robert Price

A Picture Is Worth 1000 Words WINTER OLYMPICS



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Saturday Night at the Movies

Wilmot Mennonite Church,
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Saturday, March 15th at 7:00 p. m.

~ Featuring "Easter Island"

Discover where the inhabitants of Easter Island came from. How did a primitive people manage to carve and transport those heavy behemoths. Listen to the oral histories and myths passed down through the centuries explaining the marvels of the island.

Free admission. Donations accepted to cover costs.
Bring a snack for yourself - Drinks provided.

Women's Institute Invites You to Join In...

A Women's Day For Women of All Ages



Saturday, March 22, 2014— 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 17 costing \$30 (includes lunch)

Topics: Live Well with Osteoporosis; Accessories for the Individual; Befriending Myself

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 519-893-8775

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WILMOT HORTICULTURAL SOCIETY

Monday, April 14, 2014

Topic: Nine Things I Learned in Other People's Gardens

SPEAKER: Rob Howard

Wilmot Recreation Complex, 7:30

Everyone is welcome to attend ~

No Admission Charge



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New Hamburg Blood Donor Clinic

Monday, March 17—5 pm - 8 pm
Royal Canadian Legion



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The Wilmot Optimist Club is holding an Easter Egg Hunt at Baden Park on Saturday April 12.



OPTIMIST CLUB

Registration for the event starts at 1:00 pm with the hunt to follow.
There is no cost to this event.

Jennifer Evans is looking for ladies to join a Wilmot recreational soccer team. The games will be on Sunday afternoons throughout the summer. If anyone is interested in playing, text at 226-791-5366?

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New Hamburg Legion Branch #532 - Boullee Street, NH

Invites you to ...
St. Patrick's Day Supper - Saturday March 15

Please join us for Entertainment
Micheal Kelly - Saturday, March 29, 3-7 pm
Brett Baker - Saturday, April 5, 3-7 pm

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She simply replied, 'No peer pressure.'



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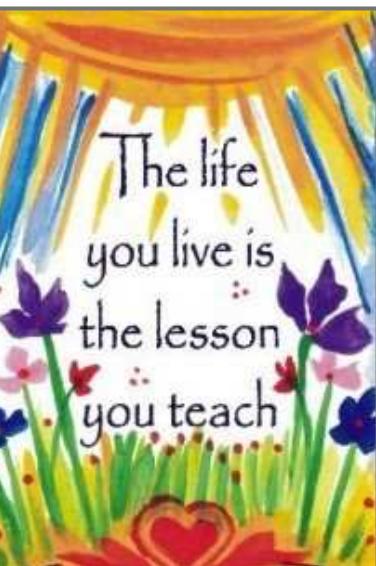
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Over 30 places in New Hamburg to pick it up—including: No Frills, Sobeys,
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N. H. Thrift Store Need Your Donations

This cold winter has many of us in hibernating mode. The falling temperatures have been particularly hard on the New Hamburg Thrift Centre, where donations have been low compared to other years. We are hopeful our very supportive community can help us turn it around.

March is the best time to donate clothing for all seasons. The cold snow has us still shopping for heavy coats and sweaters but also trusting that spring is just around the corner; what better antidote to winter blahs than sprucing up our spring wardrobes? Also, customers that go south shop for more summery items at this time. Furniture donations are also down considerably. We provide a free pick-up service for anyone in the area who wants to donate large furniture items. We welcome all your donations of clothing, housewares, toys, linens, books, small appliances, etc.

The lack of donations over the last few months likely means the New Hamburg Thrift Centre will be inundated once spring arrives. If people can bring their donations in January, February and March, when people want them, we'll get a better value for them and you will have your spring cleaning done early so you can enjoy the nicer weather.

We thank you for taking the time to go over your items and bringing them to the store. Your donations make a difference in many lives in our community and support many programs around the world.

New Hamburg Thrift Centre

41 Heritage Drive

New Hamburg

tel: 519-662-2867

www.newhamburgthrift.com



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CLIMB THE WALLS



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LITTLE BOY SAID TO HIS GRANDMOTHER
ON HIS MOTHER'S SIDE.

"NOW MAYBE DADDY WILL DO THE TRICK HE HAS
BEEN PROMISING US."

THE GRANDMOTHER WAS CURIOUS. "WHAT TRICK
IS THAT?" SHE ASKED.

"I HEARD HIM TELL MOMMY THAT HE WOULD
CLIMB THE WALLS IF YOU CAME TO VISIT," THE
LITTLE BOY ANSWERED.



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Creative Beginnings Childcare: 25th Anniversary

Creative Beginnings Childcare is happy to celebrate 25 years in Baden and New Hamburg!

Creative Beginnings Childcare is a nonprofit, charitable organization licensed under the Ministry of Education proudly providing exceptional childcare through a vibrant play-based program which fosters individualism, creativity, socialization, and school readiness. The knowledgeable, professional team of teachers supports children in a fun, nurturing, and safe environment.

Originally opened as **New Hamburg Community Daycare** in 1989 to serve the needs of a growing community, **Creative Beginnings** has grown to include three locations: New Hamburg, Sir Adam Beck Public School and at Baden Public School with over 260 children and with a staff of 36. **Creative Beginnings** offers programs to infants, toddlers, preschoolers and before and after school programs for Kindergarten and school-age children.

Creative Beginnings understands the importance of early learning. According to research by the **National Institute for Early Education**, high quality preschool programs provide a foundation that may help children attain higher achievement test scores in the future. Children who complete preschool may also have lower rates of grade repetition, lower rates of special education, and higher educational attainment overall.

According to **Dr. David Butler-Jones, Canada's Chief Public**



Health Officer, "There is a growing body of evidence that some of the greatest returns on taxpayers' investments are those targeted to Canada's youngest citizens. Every dollar spent in ensuring a healthy start in the early years will reduce the long-term social costs associated with health care, addictions, crime, unemployment and welfare. As well, it will ensure Canadian children become better-educated, well-adjusted and more productive adults." **The Canadian Council on Learning** agrees: "Research indicates that the experiences during the first five years of a child's life have a major bearing on his or her future success in school, in the workplace, and many other aspects of a healthy, fulfilling life."

Kim Tune, Director of Operations for Creative Beginnings for over 20 years has guided the organization through tremendous growth and challenges, including the recent introduction of full-day Kindergarten in Ontario. The organization continues to develop its programs and is proud to be part of **Raising the Bar**, a voluntary community standards program within the Region of Waterloo, developed for licensed childcare centres: a peer developed and a governed certificate program that both recognizes and supports best practices in childcare delivery. **Creative Beginnings'** educational philosophy is based on **Emergent Curriculum**: by actively observing children at play, teachers learn about the developmental progress of individual children and what skills and knowledge they are working on. They listen to children's ideas and interests, and connect their curriculum goals with those of the children in responsive and creative ways. Planning emerges from the children's interests and daily life in the program. **Creative Beginnings** also participates in **Seeds of Empathy**, designed for Early Childhood settings to foster social and emotional competence and early literacy skills and attitudes in children 3-5 years of age while providing professional development for their educators.

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Always looking ahead, **Creative Beginnings** will continue to adapt to the needs of the community in offering reliable, affordable, quality care, and more flexibility to programs including plans to introduce a half-day nursery school program. States Kim Tune: "There is much evidence in research that learning is a life long process and we at Creative Beginnings feel that we are the first step in the process."


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Flower Shop

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129B Peel Street, New Hamburg, ON
519-662-2062
www.allflowersandcharm.net

Creative Beginnings Childcare Centre is celebrating 25 years of premium, licensed childcare in Baden and New Hamburg.

Join us to celebrate this special anniversary at the Wilmot Recreation Centre for an open skating event on April 12, 2014 at 1pm-3pm.



We welcome all members of the community including past and present families and alumni and staff to mark this significant milestone.



All are welcome!

www.creativebeginningschildcare.ca

Ron Weber receives a pie in the face to raise funds at the Petersburg annual Valentines dinner. Marlene, Ron's sister in law, wins the honour while president Warren Bechthold looks on.



You'll never be brave
if you don't get hurt.
You'll never learn
if you don't make mistakes.
You'll never be successful
if you don't encounter failure.

NEW HAMBURG'S MOST ESTABLISHED FULL FITNESS FACILITY

March Madness!
80% OFF
REGISTRATION FEE

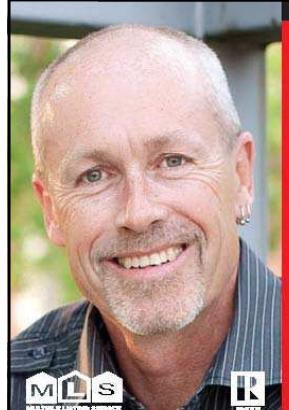
HURRY!
Special Expires March
31/2014

Monthly membership fees apply. Not valid with any other offer

Our goal is to help you reach yours!

Visit your LOCAL gym at 66 Hincks St., Unit #2, New Hamburg, Ontario N3A 2A3

CALL US TODAY at 519-662-9066 or **VISIT US** at www.absolutefit.ca



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My Job Search

1. My first job was working in an Orange Juice factory, but I got canned. Couldn't concentrate.
2. Then I worked in the woods as a Lumberjack, but just couldn't hack it, so they gave me the axe.
3. After that, I tried being a Tailor, but wasn't suited for it --mainly because it was a sew-sew job.
4. Next, I tried working in a Muffler Factory, but that was too exhausting.
5. Then, tried being a Chef - figured it would add a little spice to my life - but I just didn't have the thyme.
6. Next, I attempted being a Deli Worker, but any way I sliced it, I couldn't cut the mustard.
7. My best job was a Musician, but eventually I found I wasn't noteworthy.
8. I studied a long time to become a Doctor, but didn't have any patience.
9. Next, was a job in a Shoe Factory. Tried hard but just didn't fit in.
10. I became a Professional Fisherman, but discovered I couldn't live on my net income.
11. Managed to get a good job working for a Pool Maintenance Company, but the work was just too draining.
12. So then I got a job in a Workout Centre, but they said I wasn't fit for the job.
13. After many years of trying to find steady work, I finally got a job as a Historian - until I realized there was no future in it.
14. My last job was working at the coffee shop, but I had to quit because it was the same old grind.
15. SO, I TRIED RETIREMENT AND FOUND I'M PERFECT FOR THE JOB!!!

Submitted by Robert Price



Difference Between Boss & Leader



Drives employees	... Coaches them
Depends on authority	... On goodwill
Inspires fear	... Generates enthusiasm
Says, "I"	... Says, " We "
Places blame for the breakdown	... Fixes the breakdown
Knows how it is done	... Shows how it is done
Uses people	... Develops people
Takes credit	... Gives credit
Commands	... Asks
Says, " Go "	... Says, " Let's go "

How to Tell the Sex of a Fly



A woman walked into the kitchen to find her husband stalking around with a fly swatter 'What are you doing?' She asked.
'Hunting Flies,' he responded.
'Oh. ! Killing any?' she asked.
'Yep, 3 males, 2 Females,' he replied.
Intrigued, she asked.
'How can you tell them apart?'
He responded, "3 were on a beer can, 2 were on the phone."



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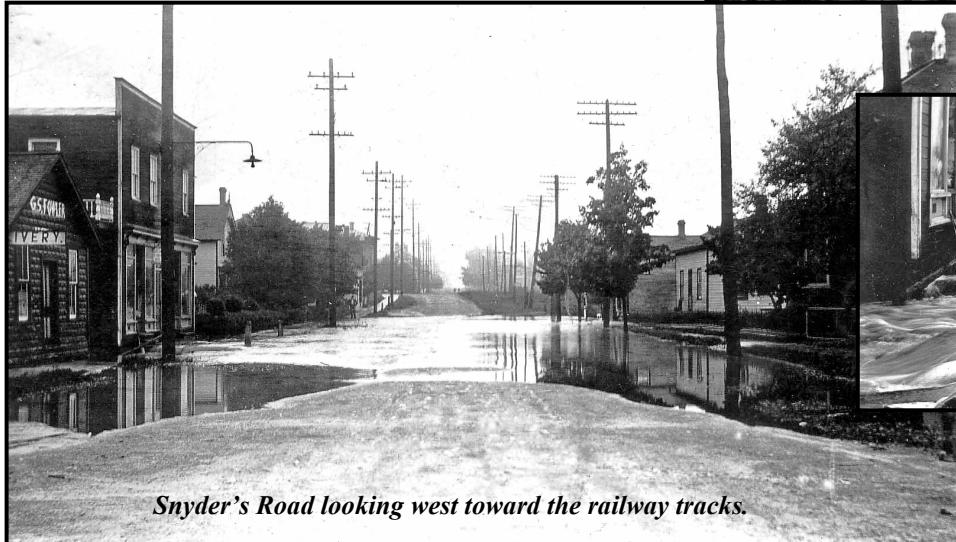
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SIDES AVAILABLE
• STEAKS, ROASTS
& GROUND BEEF
AVAILABLE
IN SMALLER
AMOUNTS



Ask Armand ~

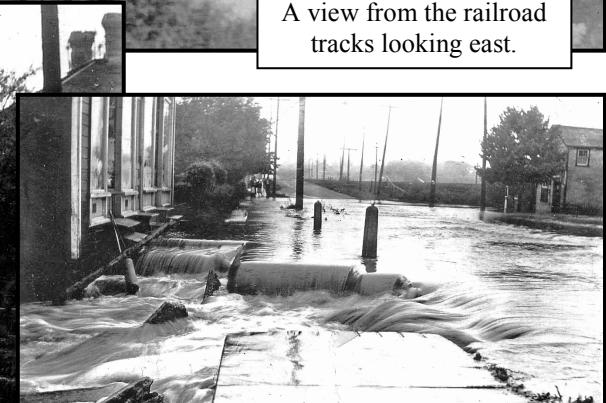
Marlene from Baden wonders—with all this snow to melt in the next few weeks is there a fear of flooding in Baden? She asks Armand if there has ever been a major flood in town.

Armand says: Yes Marlene, Baden experienced a significant flash flood after an intense half hour rain storm in the spring of 1939, which closed Snyder's Road just east of the tracks. Check out these old photos courtesy of the Steinman Family.



Snyder's Road looking west toward the railway tracks.

A view from the railroad tracks looking east.



Close up of the storm water pouring into Steinman's store front on Snyder's Road.



519-662-2632

25 Byron Street
New Hamburg, ON N3A 1P1

**We Welcome New Patients
We're Here to Support Emergencies**

- Dr. Miyen Kwek
- Dr. Manning Chiang
- Dr. Ruth MacCara

Proudly serving Wilmot Township for over 30 years.



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1215 Queen's Bush Rd., Unit 2
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WE OFFER THE FOLLOWING SERVICES:

- * General and cosmetic dentistry
- * Preventive dental care
- * Emergency dental care (seen the same day)
- * Braces and orthodontics for children and adults
- * Oral surgery (including wisdom teeth)
- * Crowns and bridges
- * Implants and dentures (to replace missing teeth)
- * Root canal treatment
- * Bleaching/whitening
- * Headache/migraine control (related to TMJ)

Family Wellness Workshop

Supporting Family and Friends to manage symptoms of a mental illness?

- *Coping with Mental Health issues
- *Taking care of yourself
- *Developing Communication and Boundaries
- *Community Resources

**March 18th 7-9pm
(TCMH-community room)**

Supporting Family and Friends through the challenges of Addictions

- *Exploring the impact of addiction
- *Developing healthy coping strategies
- *Community Resources

**April 8th 7-9pm
(Trinity Lutheran Church)**

Contact Interfaith Community
Counselling Centre for registration details.

519 662-3092

Interfaith's 32nd Annual General Meeting

March 26, 2014 - 7:00pm-9:00pm

Join us as we reflect on our years of service and learn how we meet the needs of the growing community.

Volunteers are invited to join us earlier for an...
Appreciation Dinner
5:30pm-7:00pm

RSVP by Wednesday March 12, 2014
Paula: 519 662-3092 x 101

Wilmot Recreation Centre
1291 Nafziger Rd. New Hamburg



Volunteers Needed

Interfaith Community Counselling Centre is looking for Volunteers for the following positions:

Board of Director's (on going)
Committee Members- Finance,
Marketing & Promotions (on going)
Silent Auction Event (April 26,2014)
Ladies Night Out (June 11, 2014)
Office Assistant (on going)



**Interfaith Community Counselling
Centre**
Contact: Paula @ 519 662-3092 x 101

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Community Care Concepts Offer New Ways to Support Seniors—With Senior Support Worker

Community Care Concepts is happy to introduce the new Senior Support Worker (SSW) for Wilmot Township, a FREE service funded by the Ontario Ministry of Health. This resident-centred service is in place to support seniors in their home.

An SSW can help you with:

- * information
 - * home-help
 - * rides
 - * medication reminders
 - * booking/accompanying to appointments
 - * crisis intervention/emergency response
 - * social and recreational support
 - * reassurance
 - * shopping and errands
 - * referrals to other supports & services
- And more!

This is an informal program available Monday -Friday from 8:30 a.m. - 4:30 p.m. Katie Carter is the SSW for Wilmot. Please call if you have any questions, inquiries, need support, or know someone who needs support.

Katie is also trained as a SMART gentle exercise facilitator. This program is ideal for seniors who are looking to strengthen and maintain their physical well-being. It is a great support for falls prevention and improvement in overall health.

Maybe you could use a hand getting to an appointment, taking supper out of the oven, or could use a friendly face, listening ear and more... Don't hesitate to call if your request is not listed above or you are unsure. Katie is available to either help you personally or work with you to find what would best support your need.

Simply Call: 1-855-664-1900 and ask for Katie Carter or the Wilmot Senior Support Worker

Grape Results Winery

209 Arnold Street, New Hamburg

This is the time to plan for summer weddings or back yard parties!



Let us help you get ready for your special occasion wine.



Award Winning Wine for 18 years in New Hamburg



Visiting the 'Spirits' at EJ's

You Tube offers an opportunity to post videos on a variety of subjects. The Baden Outlook searched *Baden Ontario* on You Tube and found a nineteen minute video featuring EJ's -Baden Hotel with its history, and possibility of paranormal spirits lurking about. It was posted by the Ontario Gay Paranormal Society on January 2, 2014.

On their website the Ontario Gay Paranormal Society (OGPS) are Ontario's first openly gay paranormal team, '*breaking down the walls where they need to be in the paranormal world as well as the LGBT community*'. They were founded in 2010 and have visited many spiritual places throughout Ontario over the years.

The video interviews the Rollemans, starting with Matt talking about the history of the Baden Hotel. Next Jackie gave a tour of the building—upstairs where the hotel patrons stayed and the basement where the kegs are currently kept and where bootlegging activities happened during prohibition. The history of the building is very interesting, then the interview takes an intriguing turn into a supernatural direction.

There was discussion about spirits residing upstairs at EJ's, but most of the paranormal testing was done at the location of the old Baden train station. Monitors were used to try and contact spirits and communicate with them.

Check it out and see if there are more spirits than what gets poured into the glass at EJ's of Baden..



Jim and Laurie Arkell

75 HURON STREET,
NEW HAMBURG, ONTARIO N3A 1K1

PHONE: (519) 662-2640
FAX: (519) 662-4170

Baden Outlook Hockey Pool Stats

ADULTS			KIDS		
Place	Name	PTS	Place	Name	PTS
1	Jim Gilbey	690	1	Aiden Heinbuch	672
2	Bob Good	675	2	Meghan Mueller	647
3	Karianne Jokic	674	3	Whitey Moore	641
4	Tim Gowland	664	4	Kaden Eichler	637
5	Daniel Jutzi	661	5	Brayden Gingerich	629
6	Dave Miles	657	6	Taylor Naumann	628
T7	Trevor Shantz	655	7	Myla Blackshaw	627
T7	Tracey Mino	655	8	Daniel Kreller	622
9	Jim Van Every	652	T9	Nate Gardner	618
10	Janice Gingerich	651	T9	Ben Habel	618
11	Joel Egerdee	649	11	Carter Girodat	613
12	Arlene Naumann	647	12	Allie Gardner	610
13	Lajos Guta	645	T13	Owen Kunkel	609
T14	Brittney Snyder	644	T13	Payton Egli	609
T14	Gerrie Culbert	644	T15	PC Moore	607
16	Brady Schmidt	643	T15	Kodi Blackshaw	607
17	Hollywood Moore	641	17	Tate Brenner	606
18	Jared Shantz	640	18	LaShaedyn Faulkner	603
T19	David Kleine	639	19	Tanner Schwartztrber	601
T19	Bonnie	639	T20	William Austin	596
21	Bruno Egli	638	T20	Kaidan Peoples	596
T22	Don Culbert	636	T22	Tyson Lobo	595
T22	Steve Jokic	636	T22	Erin Rooney	595
T22	Geoff Stumpf	636	T24	Jaimie Usher	594
25	Kimstress	635	T24	Alyssa Gingerich	594
26	Kristen Struth	634	26	Dominik Struth	593
27	Rick Miles	633	27	Aiden Kropf	590
T28	Eric Wagner	631	28	Paige Naumann	589
T28	Susan Honderich	631	29	Brooklynn Hill	588
T28	The Baden Brawler	631	30	Luke Bennett	585
T31	Deb Vinski	627	31	Benjamin Goodyear	584
T31	Rob Schmitt	627	32	Tyson Ruston	583
T31	Bill Lovell	627	33	Rowan Dibben	582
T34	Maggie Litwiller	626	T34	Matthew Goodyear	581
T34	Deanna Carney	626	T34	Jordyn Ertel	581
T34	Michelle Ruston	626	36	Brielle Dibben	579
T37	Ian Kropf	625	37	Aislynn Giddons	578
T37	Zeke's Heroes	625	T38	Melanie Austin	576
39	Bob Abbott	624	T38	Logan Kleine	576
T40	Joyce Leis	622	T40	Cooper Hill	575

Congratulations to
KARIANNE JOKIC for taking the
Adult Leader Prize for this
month's Hockey Pool,
winning a gift certificate
from EJ's Baden Hotel
(Remember Jim, Bob, Aiden, and Meghan—you can
only win the leader prize once).



The leader of the Kids Hockey Pool
is **WHITEY MOORE**, winning a gift
certificate from Riverside Lanes.

The lucky random draw winner is
KEVIN ABBOTT winning a
Baden Outlook Coat



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

Join us at EJ's to
celebrate St. Patrick's Day
Friday, 15th—Live Music



Good Friday Fish & Chips
Open at 4—call ahead for reservations!



Hello sports fans—Thanks for playing hockey with us!

There are 316 adults and 71 kids entered 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 guest. To view both pools, you must log out of one to get into the other. The top entries will be listed. Have Fun and Good Luck!



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 guest.

<input type="checkbox"/> C. Davis / BAL = 53	<input type="checkbox"/> M. Cabrera / DET = 44	<input type="checkbox"/> P. Goldschmidt / ARI = 36	<input type="checkbox"/> E. Encarnacion / TOR = 36	<input type="checkbox"/> M. Trumbo / ARI = 34
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<input type="checkbox"/> P. Alvarez / PIT = 36	<input type="checkbox"/> A. Dunn / CHW = 34	<input type="checkbox"/> E. Longoria / TB = 32	<input type="checkbox"/> J. Bautista / TOR = 28	<input type="checkbox"/> P. Fielder / TEX = 25
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<input type="checkbox"/> A. Jones / BAL = 33	<input type="checkbox"/> A. Beltre / TEX = 30	<input type="checkbox"/> D. Ortiz / BOS = 30	<input type="checkbox"/> J. Bruce / CIN = 30	<input type="checkbox"/> R. Cano / SEA = 27
--	---	--	--	---

<input type="checkbox"/> C. Carter / HOU = 29	<input type="checkbox"/> M. Trout / LAA = 27	<input type="checkbox"/> N. Cruz / BAL = 27	<input type="checkbox"/> C. Gonzales / COL = 26	<input type="checkbox"/> Y. Puig / LAD = 19
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<input type="checkbox"/> J. Votto / CIN = 24	<input type="checkbox"/> G. Stanton / MIA = 24	<input type="checkbox"/> H. Ramirez / LAD = 20	<input type="checkbox"/> A. Pujols / LAA = 17	<input type="checkbox"/> C. Granderson / NYM = 7
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<input type="checkbox"/> B. Moss / OAK = 30	<input type="checkbox"/> H. Pence / SF = 27	<input type="checkbox"/> Y. Cespedes / OAK = 26	<input type="checkbox"/> J. Werth / WAS = 25	<input type="checkbox"/> R. Howard / PHI = 11
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<input type="checkbox"/> D. Brown / PHI = 27	<input type="checkbox"/> R. Zimmerman / WAS = 26	<input type="checkbox"/> T. Tulowitzki / COL = 25	<input type="checkbox"/> B. McCann / NYY = 20	<input type="checkbox"/> M. Teixeira / NYY = 3
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<input type="checkbox"/> J. Hardy / BAL = 25	<input type="checkbox"/> J. Donaldson / OAK = 24	<input type="checkbox"/> C. Beltran / NYY = 24	<input type="checkbox"/> A. Lind / TOR = 23	<input type="checkbox"/> B. Harper / WAS = 20
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<input type="checkbox"/> C. Gomez / MIL = 24	<input type="checkbox"/> M. Napoli / BOS = 23	<input type="checkbox"/> A. Rizzo / CHC = 23	<input type="checkbox"/> M. Holliday / STL = 22	<input type="checkbox"/> A. Gonzalez / LAD = 22
--	---	--	---	---

<input type="checkbox"/> F. Freeman / ATL = 23	<input type="checkbox"/> C. Rasmus / TOR = 22	<input type="checkbox"/> N. Swisher / CLE = 22	<input type="checkbox"/> A. McCutchen / PIT = 21	<input type="checkbox"/> S. Shin-Choo / TEX = 21
--	---	--	--	--

<input type="checkbox"/> M. Scherzer / DET = 42	<input type="checkbox"/> A. Wainwright / STL = 38	<input type="checkbox"/> C. Kershaw / LAD = 32	<input type="checkbox"/> Y. Darvish / TEX = 26	<input type="checkbox"/> D. Price / TB = 20
---	---	--	--	---

<input type="checkbox"/> Z. Greinke / LAD = 30	<input type="checkbox"/> J. Lester / BOS = 30	<input type="checkbox"/> J. Verlander / DET = 26	<input type="checkbox"/> F. Hernandez / SEA = 24	<input type="checkbox"/> S. Strasburg / WAS = 16
--	---	--	--	--

Name:

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

Address:

If you need extra forms please print them from our website at www.badenoutlook.com from the current issue.

Phone Number:

Kids (under 12) Age:

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