

Baden Outlook

MARCH 2017



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Keeping the Community Connected with 3000 copies in Circulation.



NEW HAMBURG FIREBIRD'S HOCKEY AWARDS BANQUET



The Firebirds had a good season; the following are this year's award winners:

From l-r: Tyler Randerson—Leading Scorer; Sam King—Most Improved Player; James Thorpe—Award Of Merit; Nathan George—Rookie of the Year; Tyler Kleine—Most Sportsmanlike Conduct; Colin Martin who took home many awards this year including: Leading Scorer, Most Popular Player, Local Player Contributing Most To The Firebirds This Season, Three Star Award, Most Valuable Junior Player; and Mike Roth—Executive of the Year

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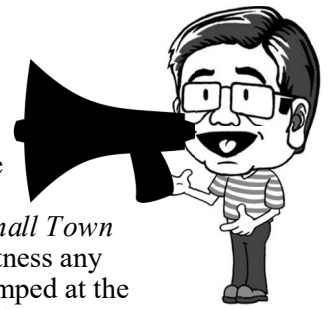
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This paper is priceless - Please have one!

Talking with Ed

Rolling...take one!



I have been on one movie set in my life, here in Baden in September 2010. The location was at the old Wilmot Township offices on Beck Street and the movie was called *Small Town Murder Songs*, starring Peter Stormare and Jill Hennessey. I didn't witness any filming but had a chance to hang around the set and talk to Peter, which was really cool. So I jumped at the chance when I was invited to Castle Kilbride to witness the actual production of the miniseries, *Anne*.

Dorigen Fode, the location manager for Northwood Productions, met me at the front door and walked me through all the duties that come with the filming. There were 120 members of the crew, which to me seemed to be a lot of bodies buzzing around. "There are many departments and many of them bring their own trucks," explained Dorigen. "Some of the departments include sound, camera, visual effects, special effects, lighting, electrical, props, hair and makeup, grips, and of course the directors and producers. Many of those departments also include assistants," said Dorigen.

"The Director puts into play the creative elements from each department, while the Producer is responsible for the logistics of the show, and the Executive Producer handles the financial aspects of the show," Dorigen stated. The majority of the senior management in this production crew are women, which is somewhat rare in this industry. "Everyone works well together," said Dorigen.

After I was given an "Anne Crew" sticker for my jacket, Dorigen and I walked from the main entrance of the Castle to the hallway. The walls were barricaded with two foot pieces of cardboard to protect them, and much of the floor was covered with mats. The crew took special care to not damage anything.

There was filming going on upstairs in one of the bedrooms. Occasionally a person sporting a headset would walk down the hall and yell, "Quiet in the house please." Upstairs, a crew member would yell, "Rolling," followed by one minute of shooting and finishing with, "Cut." There were about a dozen of these moments where talking was forbidden and crew members stopped what they were doing. "Why so many takes?" I asked. "There are several angles that have to be shot and each angle has three to four takes," said Dorigen. Filming was done in one of the upstairs bedrooms, the downstairs hallway, the dining room, and outside the building.

The whole process is so elaborate! All of the smaller décor that was in the house belonging to Castle Kilbride was packed away the week before and replaced with period pieces brought by Northwood Productions. This included items such as tea sets, candle holders, bottles, place settings, lamps and bedding etc. Even when they were taking footage outside, they asked to have the historic shutters opened to be as authentic as possible. The production arrived and departed so quickly and quietly even the neighbours mentioned how courteous and efficient they were.

I saw many of the stars walk by during breaks, and had a chance to talk to Director, Amanda Tapping. Many would remember her from the 238 episodes of *Stargate* where she played Samantha Carter.



Dorigen Fode, the Location Manager for Northwood Productions, came to town to film *Anne* at Castle Kilbride and scooped up a *Baden Outlook*. Dorigen said she enjoyed her experience in Baden.



Amybeth McNulty stars as Anne.

Of course, one of the questions I had to ask was, "Why Castle Kilbride?" Dorigen said "They took one look at the house and knew that this was the location they were looking for. The house is in such great shape, preserved in its original state, a private residence, and had the look they were looking for."

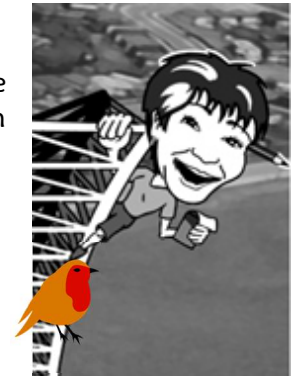
Seen here is 'Anne' who is holding a letter from the Castle archives that was given to Laura Louise and her father, inviting them to a talk given by Lucy Maud Montgomery. LMM signed the letter. Castle Kilbride also has a few first edition LMM books in the collection. Anne is holding the two items in Laura Louise's bedroom inside Castle Kilbride. Thanks to Tracy from Castle Kilbride who shared this photo with us.

Anne, the eight episode miniseries, will premiere with a two-hour show airing on CBC on March 19th. Netflix will also be airing the show in 2017. It will be exciting to see our town of Baden and our national historic site showcased on one of the episodes!

Until next month...Ed

Greetings from ~ Outlook Headquarters

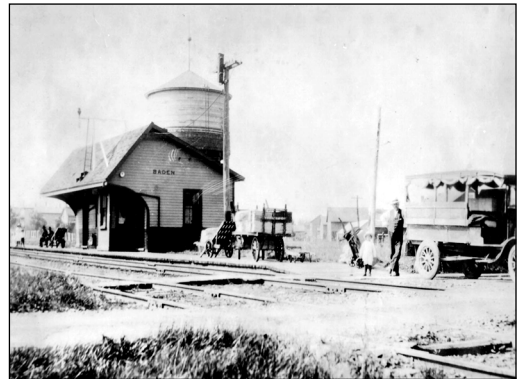
It seems we have made it through another Ontario winter. It's been reported that we broke all kinds of warm weather records in February, and the robins made their appearance quite early this year. Sunshine, singing birds, green grass and budding flowers are all sure signs that spring is indeed around the corner, which will brighten up our spirits and get us back outdoors.



There is plenty to smile about these days, but my biggest smile came from a reader named Lenny. When I first read his email I was certain he was a former Badian reliving his youth in Baden, but apparently not. Recently Lenny and his wife happened to be dining at EJ's and picked up a copy of the Baden Outlook which inspired him to write a poem about our town, specifically the creek. Please check out his poem on page 13 and you will see that our town really could be filled with adventure; you just have to go looking for it. Thanks Lenny, for sharing your wit and talent with us.

It was a privilege to be invited to the Firebirds Hockey Banquet on March 5 at Kennedy's in St. Agatha. We enjoyed a delicious meal and watched the camaraderie as the awards were handed out. It was a great celebration of the team and their recent season.

- * Also this month you will find a small history piece about the old Baden Train Station. We're so glad to have Armand with his amazing memory to help us fill in the missing pieces of history.
- * It was nice to receive so many new travel photos this month (sorry we didn't have space for them all, we saved some for the April issue) —check out pages 20-21 to see where everyone went.
- * This is also the time for the Outlook Baden Baseball pool to ramp up, so check out the back page and get your forms in by April 1st... *and that's no joke!* If you need more forms please photocopy them



or print them off our website (*please don't grab 10 papers just to rip off the back page...thank you very much*).

- * It is a privilege to have Laura Morlock share her views on the cultural and religious diversities of our country. Laura is a PhD Candidate at the University of Waterloo's Religious Diversity in North America program. She specializes in human rights, minorities, and immigration. Meet Laura and check out her article "What does a Canadian Look Like" on page 33.

EXTRA EXTRA!!

You'll find us around the 15th of each month, available at over 80 places within Wilmot Township while quantities last.



You'll find us In Baden at Mars Variety, Mac's, Baden Feed, One Way Water, Baden Dental, Wilmot Rec. Complex, Tim Hortons, Baden Library, EJ's, and several outdoor magazine boxes located conveniently throughout town for Baden readers.

You can pick it up in New Hamburg at No Frills, Sobey's, Short Stop, NH Legion, McDonalds, Kasemann's, Morningside, Stonecroft, Office Pro, NH Thrift Centre, Absolute Fitness, Pharmasave, NH Dry Cleaners, NH Wellness, NH Library and various offices and retail locations throughout Wilmot Township.

Also in St. Agatha at Fishers Esso, Angies Kitchen, and Stop 2 Shop.
In Petersburg at the Blue Moon, and Foxboro.

The best things in life are free - like the chirp of the robin and this paper ~ Please Have One!



Oh Canada! The True North Strong & Free



This year we celebrate the 150th birthday of our country. In the upcoming issues you will find all kinds of interesting quizzes and trivia to get you educated or refreshed in tribute to our country.



Last month we paid tribute to Canadian hockey. This month we are enlightening you with Canadian music —check out the quizzes on pages 6 & 11.

Baden ~ Our Town

The Baden Community Association had another good turnout at their Family Day event at the Wilmot Rec Centre. The township estimates that over 500 people turned out for each of the free swim and skate. Special thanks to the Township of Baden and Michael Harris MPP, who sponsored the skate and swim. Thanks also to Levetto of Baden for treating us with their delicious pasta, Zehrs Beechwood for supplying the drinking boxes and water, and New Hamburg Home Hardware for allowing us to use their popcorn machine.

Next up for the BCA is their annual Earth Day Cleanup Drive which will be held on Sunday, April 23rd from 1 to 3 p.m. Last year about 100 citizens came out collecting garbage, making our town sparkle! Let's hope for nice weather to get a good crowd out. This year the Wilmot Eco Boosters will be on hand to help with the event this year and hand out literature.

The annual Corn Festival is also in motion as committees meet and plan for the big day. You are always welcome to join in.

The BCA meets in the basement of the township hall, the last Wednesday of each month at 7 p.m. Come and join the fun!

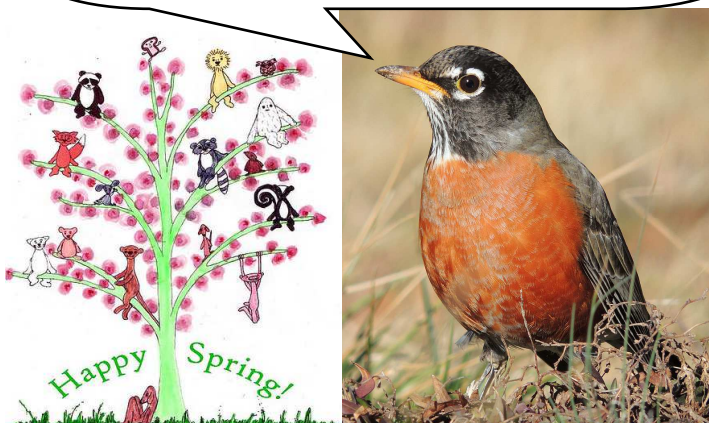
FAREWELL DEAR FRIEND AND BCA MEMBER

We are saddened to lose a faithful and active member of our Baden Community Association. Adrian Vorstenbosch was ill and passed away on February 18th at age 67. Adrian and his wife Darlene raised their family in Baden and have been active in the community.

We extend our sympathy to Darlene and their children.



Helloooo! I'm back! Open up your window, it's spring! You must excuse me if I'm a bit noisy right now but I'm so excited and have so much to do. I've got to build a good nest before the babies come, not to mention all those worms to be found once the spring rain comes. Can't blame me for all that chirping!



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You Must Be Joking!!



Where are the body parts?

Where can a man find a cap for his knee?

Or a key to the lock of his hair?

Can his eyes be called an academy because there are pupils there?

In the crown of your head, what gems can be found?

Who travels the bridge of your nose?

Can the crook of your elbow be sent to jail?

On a hot summer day can you sit in the shade of the palm of your hand?

Can the calf of your leg eat the corn on your toes?

Or can you beat on the drum of your ears?

How do you sharpen your shoulder blades?

If your nose runs and your feet smell are you built upside down?

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Connect 3~

What do each set of three have in common?

1. picnic / card / pool
2. earth / book / inch
3. car / tree / elephant
4. painted / green / sea
5. greeting / credit / library
6. storm / needle / potato
7. wagon / cart / steering
8. blue / goose / black
9. yard / pogo / chop
10. candy / crab / caramel
11. string / kidney / green
12. Swiss cheese / donut / bowling ball
13. cream / baking / club
14. skunk / nose / garbage
15. onion / napkin / wedding

Answers are on page 24

Down Memory Lane with Canadian Musicians Quiz ~

Below is a list of Record Covers. Can you cross match the album to the musician or musical group?

1. HARVEST
2. JAGGED LITTLE PILL
3. MOVING PICTURES
4. AMERICAN WOMAN
5. RECKLESS
6. FIVE DAYS IN JULY
7. SUNDOWN
8. ELECTRIC JEWELS
9. COME FLY WITH ME
10. GORDON
11. I'M YOUR MAN
12. INGENUE
13. SNOWBIRD
14. NOT FRAGILE
15. LIVING UNDER JUNE
16. DANCING IN THE DRAGON'S JAWS
17. COME ON OVER
18. NORTH COUNTRY
19. BUD THE SPUD AND OTHER FAVOURITES
20. THE COLOUR OF MY LOVE

- LEONARD COHEN 1988
- MICHAEL BUBLE 2004
- SHANIA TWAIN 1997
- THE GUESS WHO 1970
- NEIL YOUNG 1972
- ANNE MURRAY 1970
- GORDON LIGHTFOOT 1975
- BACHMAN-TURNER OVERDRIVE 1974
- K.D. LANG 1992
- BARENAKED LADIES 1992
- BLUE RODEO 1993
- BRYAN ADAMS 1984
- RUSH 1981
- CELION DION 1993
- THE RANKIN FAMILY 1993
- ALANIS MORISSETTE 1995
- STOMPIN' TOM CONNORS 1969
- BRUCE COCKBURN 1979
- APRIL WINE 1973
- JANN ARDEN 1994

Answers on page 8



Take Action and Join in Earth Hour 2017
Saturday, March 25, 8:30 - 9:30 PM
All times are in Eastern Time.

Around the globe, millions of people, businesses, and landmarks set aside an hour to host events, switch off their lights, and make noise for climate change action.

This year Earth Hour is at 8:30pm on 25 March 2017.

Canada will be encouraging participants to turn off their lights for an hour and to share their participation on social media.

Earth Hour belongs to you. Each year, millions of you come together to make Earth Hour happen. Coordinated by WWF and other volunteer organisations, together we're shining a light on the need for action on climate change.

Information taken from WWF Save the Planet

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Arthritis in our pets is a part of aging. The easy run becomes a stiff walk; the jump to a favourite chair is no longer possible; lying down is accompanied by a deep groan. As our dogs age, things that were once second nature become an effort. This is a natural process that occurs as dogs get older. The cartilage surfaces of their joints begin to thin, and cartilage cells die. When the cells die, they release enzymes that cause inflammation of the joint capsule and release of excessive joint fluid. Extra bony growths (osteophytes) can develop. With severe cartilage thinning, the normal joint space narrows and the bone beneath the cartilage deteriorates. All of this causes further changes in the normal functioning of the dog's joint which causes discomfort, potential lameness or decreased mobility.



Even though this process is inevitable, there is hope. There are many therapies which can support and alleviate the symptoms of arthritis in our aging pets. They can take the form of simple lifestyle modifications, nutritional supplements,

medications, and supportive therapies. A therapy that many may not be aware of is cold laser therapy.

Humans have long enjoyed the therapeutic benefits of laser therapy but it is now being used by veterinarians to treat animals. Cold laser therapy, sometimes called low-level or Class IV laser therapy, treats arthritis, tendon problems, and soft tissue injuries. Laser therapy also promotes wound healing to get pets back to health quickly. This therapy is a noninvasive procedure using light to improve blood circulation and stimulate cell regeneration. The benefits are due to its anti-inflammatory action by which it activates the lymphatic drainage system to reduce swelling. It acts to alleviate pain by having a beneficial effect on nerve cells and stimulating endorphin release which blocks pain. Laser therapy also improves vascular flow, metabolic activity, improves nerve function, and reduces scar tissue.

The process is actually quite simple. The laser probe is placed on your pet's body over the area where there is inflammation or pain, such as an arthritic joint. The laser penetrates beneath the skin and generates energy into the damaged tissues which relaxes the muscles and reduces the inflammation and swelling, and thus the pain caused by the body's natural response to injury. The procedure is painless and no fur gets shaved over the treated areas. Your pet can just lie back and relax while they get the treatment.

Speak with your veterinarian if you think your aging pet is showing signs of arthritis. Together you can form a plan to put a skip back in your senior's step.



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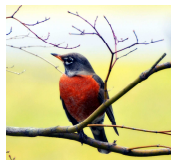
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ANSWERS TO MEMORY LANE MUSIC QUIZ
FROM PAGE 6

1. Harvest, Neil Young (1972)
2. Jagged Little Pill, Alanis Morissette (1995)
3. Moving Pictures, Rush (1981)
4. American Woman, The Guess Who (1970)
5. Reckless, Bryan Adams (1984)
6. Five Days in July, Blue Rodeo (1993)
7. Sundown, Gordon Lightfoot (1975)
8. Electric Jewels, April Wine (1973)
9. Come Fly with Me, Michael Buble (2004)
10. Gordon, Barenaked Ladies (1992)
11. I'm Your Man, Leonard Cohen (1988)
12. Ingenue, k.d. lang (1992)
13. Snowbird, Anne Murray (1970)
14. Not Fragile, Bachman-Turner Overdrive (1974)
15. Living Under June, Jann Arden (1994)
16. Dancing in the Dragon's Jaws, Bruce Cockburn (1979)
17. Come on Over, Shania Twain (1997)
18. North Country, Rankin Family (1993)
19. Bud the Spud and Other Favourites, Stompin' Tom Connors (1969)
20. The Colour of My Love, Celion Dion (1993)

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Checking out the Baden Library



Free Computer Help: Technology training on Tuesdays

The Region of Waterloo Library (RWL) continues to offer free, one-on-one computer training sessions. Spring appointments are available between 2 and 4 p.m. on Tuesdays: March 21, April 4 and 18, and May 2 and 16, and on Thursday, June 1. Reserve your half hour session online or by calling the Baden branch.

Looking for help in the evening? Drop in to the New Hamburg branch to get computer assistance from tech-savvy, Waterloo-Oxford DSS students. Bring your technology-related questions - first come, first served. The program runs Tuesdays: April 4-May 2, from 5:30-7:30 p.m.

What is Hoopla?

The online video streaming service, Hoopla Digital, is now available to RWL patrons! Patrons can stream or download for offline use, movies, television shows, music, eBooks, eAudiobooks, comics and graphic novels, 24/7 with their RWL card.

Currently, each patron is allowed three checkouts per month. A link to Hoopla can be found by clicking the Downloads link on the home page or under Our Collections/Downloads.

Need a library card? Visit any RWL branch and get one for free with proper identification.

Spring Storytime Programs

You still have time to register for spring storytime programs! Programs begin the week of April 4 and end the week of May 23, unless indicated otherwise. Storytime programs include: Baby and Me, Wonderful Ones, Toddler Tales and Storytime. For program information and registration visit rwlibrary.ca,

Up-to-date program and event information is available on the Events Calendar at rwlibrary.ca or contact the branch at 519-634-8933 or badenlib@regionofwaterloo.ca.

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



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The Optimist Club of Wilmot Presents Youth Appreciation Awards

The Optimist Club of Wilmot held their Annual Youth Appreciation Awards on Thursday February 23, at the Haysville Community Centre. President Jacquie Zoeller and Youth Appreciation Chair Lynn Perrin Co-chaired the evening. The ham and scalloped potato meal was prepared by members and served by members of the youth group from St. James Lutheran Church in New Dundee. Many thanks to Lily Hammer, Maggie Cannon, Josh and Jacob Paterson, parents Melanie Paterson and Mark Hammer and to Pastor Bonnie Shelter-Brown for all of your hard work with set up, serving and cleanup. A donation was made to the group for their trip to the National Youth Conference in Thunder Bay in 2018. The awards presentation began with Lynn thanking everyone for coming and the parents and teachers for their positive influence on all of the students being honoured. Each year the Wilmot Club approaches all of the schools in the Township of Wilmot asking them to nominate two students who give that little extra for their school, their fellow students, and their community. The teachers write letters explaining why these students have been chosen and read them to the award winners during the presentations. Certificates and medallions are presented by the Optimist Club.

This year's recipients were:

Back Row left to right: Katelyn Matthews (Baden), Amanda Hamilton and Evan Rolleman (W.O.), Thomas Gallie and Lauren Bast (Forest Glen), Caleb Wagler (Baden)

Front Row left to right: Kya Gallian (Sir Adam Beck), Anna Watsa (Holy Family), Collin Sinkovic (Sir Adam Beck), Owen Scott (Holy Family), Kiera Gallian (Sir Adam Beck)



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Do you know who these Canadian Singers are?

1		6	
2		7	
3		8	
4		9	
5		10	

Answers on page 15

This is a quiz for people who know everything!
These are not trick questions. They are straight questions with straight answers.

1. Name the one sport in which neither the spectators nor the participants know the score or the leader until the contest ends.
2. What famous North American landmark is constantly moving backward?
3. Of all vegetables, only two can live to produce on their own for several growing seasons. All other vegetables must be replanted every year. What are the only two perennial vegetables?
4. What fruit has its seeds on the outside?
5. In many liquor stores, you can buy pear brandy, with a real pear inside the bottle. The pear is whole and ripe, and the bottle is genuine; it hasn't been cut in any way. How did the pear get inside the bottle?
6. Only three words in standard English begin with the letters 'dw' and they are all common words. Name two of them.
7. There are 14 punctuation marks in English grammar. Can you name at least half of them?
8. Name the only vegetable or fruit that is never sold frozen, canned, processed, cooked, or in any other form except fresh.
9. Name 6 or more things that you can wear on your feet beginning with the letter 'S.'

Submitted by Bruce Bousher

Answers are on page 24


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What are Leprechauns?

Leprechauns are a type of fairy. They are a mix of a water spirit and the common household fairy. They are short in height and a simple folk. Although the Leprechauns originally only lived in Ireland, Holland, and the United Kingdom, they have since populated throughout the world! They love to dress in green and are said to bring luck to whomever finds one!

What are Leprechauns' favourite things to do?

Leprechauns enjoy making and mending shoes. Their name may have derived from the Irish *leath bhrogan*, meaning shoemaker!

Leprechauns also enjoy treasure hunting for gold coins. When they collect these coins, they store them in a big cauldron or pot. Leprechauns are excellent at being sneaky and hiding their treasure though, so it's been said that they hide their pot of gold at the end of a rainbow. No one has ever actually found one yet!

Leprechauns love to collect four-leaf clovers to bring them even more luck! All day on St. Patrick's Day

they scour the world in search of these small flower-like plants to store them until the next year. If you find a four-leaf clover that a leprechaun has missed, it's supposed to be extremely lucky!

How can I find a Leprechaun?

Leprechauns are cobblers, or shoe menders, for fairies. If you want to find a Leprechaun, it's a good idea to listen for the tiny tapping of their cobbler hammers as they make and fix shoes.



Be warned if you're looking for this tiny creature though, leprechauns love to trick people for fun and can vanish in an instant! When they disappear they tend to leave behind a gold coin, which vanishes shortly after a human finds it.

Leprechauns only appear to humans on St. Patrick's Day, so if you're thinking of going on a hunt for one in Baden, you will have to keep your eyes peeled on March 17!

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BADEN CANOE TRIP

By Lenny Everson

Let me tell you how we canoed part of Spring Creek;
It had rained, so it didn't take much more than a week.
Yes, historic Spring Creek, in a canoe fully laden;
Two guys boating through the heart of Baden.

We started from Sandhills, at the side of the road
When we pulled the car over and began to unload.
The creek was small, but it seemed a great start
A paddle in my hand and a song in my heart.

We camped that night in Deep Baden Wood
Beside the creek, where old cedars stood
Glad we were out on a venture so bold
Before we got silly, senile, and old.

"Look, Cal," I said, "Isn't that a star?
If I'd brought an astrolabe, I'd know where we are."
"I know where we are, Len; man, we are lost.
We'll be in this woods come the next frost!"

The woods of East Baden are dark and they're deep;
Watching for wolves, we didn't get much sleep.
When morning came we caught trout about dawn
Ate them for breakfast, and then we moved on.

Canoeing through forest is awesome and neat
And within a day we got to Brubacher Street.
Cal said, "Let's give up now, go home to our wives
Before they marry again and get on with their lives."

Oh, I was confident (the memory appalls)
But that was before I saw Brubacher Falls.
We examined the drop, the slope and the ground,
Then did the sensible thing and portaged around.

Some people from Vesper Springs Manor called
"We came here for rest, and now we're appalled
Our privacy's gone, for it seems our creek's
Turned out to be full of canoe-paddlin' freaks!"

Snyder Road East was mostly trucks and fast cars
And Cal broke into tears – he thought we'd reached Mars
We ran like heck to avoid a grim slaughter
And, next to the library, got back to the water.

Ah, the librarian was divine, as we edged up to her
And asked for a map to confirm where we were.
She smiled, Cal sighed, and suggested perhaps
If you're lost on Spring Creek, you need more than maps.

We kept south, turned west, and then
Found ourselves deep in the Brewery Street Fen.
After a day went by, Cal began to doubt
That we'd ever find our way out.

I may never have seen anything so sweet
As the sight of buildings along Brewery Street.
The creek grew deep and then grew wide;
We raised the sails, and enjoyed the ride.

We went under the bridge, past the fire-hall lot.
"Almost home," we foolishly thought.
I guess, in life, that's a foolish mistake –
And we paddled out into Great Baden Lake.

Breeze turned into a gale, then to a squall
And rolled the canoe, men, beer, and all.
We lost the guitars, the fridge, and the ham
And crawled, half dead, up onto the dam.

"We made it!" I said to Cal with a cheer,
(As he whipped out a knife, tried to cut off my ear)
"You and I, Cal, are legends among men –
And next year... we can do it again!"



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Baden Outlook Hockey Pool Stats

ADULTS			KIDS		
Place	Name	PTS	Place	Name	PTS
1	Reynold Skowron	684	1	Ben Habel	680
2	Bob Abbott	679	2	Dallas Egli	676
3	Dawn Travers	677	3	Jack Papa	659
4	Lori Schaefer	674	4	Stephen Glenney	652
5	Dianne Brackenbury	667	5	Kaden Eichler	645
6	Craig (Beller) Bell	664	6	Tanner Snyder	636
T7	Emily Denard	661	T7	Hallie Dietrich	632
T7	Cam Hauck	661	T7	Sophie Dietrich	632
9	I. (Will) Winn	660	T7	Cameron Langer	632
T10	Chris Murray	658	10	Jared Shantz	629
T10	R. W.	658	11	Sawyer Johnson	627
12	Susan Honderich	657	12	Justin Nelson	626
T13	Debbie Snyder	656	T13	Atlanta Diebel	624
T13	Helen Wilson	656	T13	Paige Naumann	624
15	Cooper Honderich	655	T15	Lacey Egli	623
16	Scott Butchart	653	T15	Jenny Huck	623
17	Liam Boronka	652	17	Jordan Snyder	622
T18	Jacob Durrer	650	18	Bennett Weatherup	621
T18	David Connolly	650	T19	Sophia Quinn	618
20	Brad Wilson	649	T19	Easton Waechter	618
T21	Carol Gascho	648	21	Nash Ferguson	616
T21	Emma Gowland	648	22	Ayidn Carney	609
23	Adam Schmitt	647	23	Olivia Lichti	608
T24	Matt Vickers	645	24	Logan Moore	607
T24	Amy Papa	645	25	Hudson	605
T24	Ryan Hadley	645	26	Hailey Jokic	604
T24	Kathy Skowron	645	T27	Brady Honderich	603
T28	Tim Wenn	643	T27	Colby Ryan	603
T28	Marylou Gingerich	643	29	Kenzie Wilde	601
30	David Murray	642	30	Scott Snook	600

**Congratulations to
 Bob Abbott for taking the
 Adult Leader Prize for this
 month's Hockey Pool,
 winning a gift certificate from
 EJ's Baden Hotel**



**The leader of the Kids Hockey Pool
 is Jack Papa, winning a gift
 certificate from Melina's Grill.**

*(Sorry Reynold, Ben and Dallas but you can
 only win the monthly leader prize once...
 good luck in the final standings!)*

You Must Be Joking!!



Three vampires went into EJ's and sat down. Charlotte came over to take their orders. "And what would you, er, gentlemen like tonight?" The first vampire said, "I'll have a mug of blood." The second vampire said, "I'll have a mug of blood." The third vampire shook his head at his companions and said, "I will have a glass of plasma." Charlotte wrote down each order, went to the bar and called to the bartender, "Two bloods and a blood light."



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Hello sports fans—thanks for playing hockey with us! We had 420 hockey pool entries (348 adults and 72 kids) and you can start following your stats which are updated daily on the site. The Outlook draws the stats on the 7th of each month to determine the winners.

To follow the stats, log on to our website at www.badenoutlook.com click on *sports pool* and select *hockey*. Once in the site select *login your pool* (adult pool is *outlookhockey* and kids pool is *outlookkids*) and both pools have a password of *quest*. Have Fun and Good Luck!





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There is no **Poop Fairy** ...



It's that time of year again when the snow melts and things get a bit mucky. Don't add to this mess by neglecting to pick up after your pooch. When he poops that is your responsibility!

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*Answers from Canadian Musician Faces
Quiz from page 11*



1. Neil Young	6. Leonard Cohen
2. Diana Krall	7. Sarah McLachlan
3. Justin Bieber	8. Paul Brandt
4. Rita MacNeil	9. Bryan Adams
5. Avril Lavigne	10. Michael Buble

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Baden Birding ~ Sittelle/Sittelle

By Ken Quanz



When I worked at Wrigley Corners Outdoor Education Centre, my resource person, Ted, told me that his baby daughter was named after his favourite bird. She is called Sittelle. Since Ted was an excellent birder with an extended knowledge of the world's birds, I imagined that Sittelle was named after an exotic tropical bird that he had seen on one of his many birding trips.



when they are feeding hatchlings. If you have a suet feeder you will often catch a glimpse of a nuthatch satisfying its inner carnivore with high energy fat.

If you look closely, you will find that nuthatches have a greatly enlarged hind toe that allows them to grasp branches and bark so they can travel straight down a tree. This different perspective allows them to

I did not want to show my ignorance of rare birds, so I privately pulled out our biggest bird resource book, flipped to the index, found the first page for *Sittelle*, flipped to it, and found a picture and write-up for the red-breasted nuthatch, a small bird found locally. Sittelle is a literal translation for Nuthatch.

find insects and other invertebrates that other birds would miss as they travel up the tree. It also allows nuthatches to hide extra food, such as seeds, where others can't find it. Just to be sure of the safety of their food stores, nuthatches often cover the cache with pieces of bark or moss.

There are 17 species of true nuthatches in North America, Europe and Asia. The name itself is derived from their habit of placing nuts or hard shelled seeds in a bark crevice, where they peck at it until it yields the protein and fat rich store of energy concealed inside the shell. It has been suggested that "nuthatch" is a corruption of nut hack.

Other members of the family *Sittidae* have equally interesting methods of survival. The USA resident Brown-headed Nuthatch is a tool user: it actually uses a piece of bark as a lever to pry up sections of bark under which invertebrates hide. The western North American Pygmy Nuthatch roost communally during the harsh winter months, often cramming more than 100 individuals into a hole in a tree where they keep each other warm enough to survive.

Of the 17 worldwide species, four are native to North America and we are lucky to have two of these species as residents of Wilnot. The more commonly seen White-breasted Nuthatch is usually found in deciduous trees (trees which lose their leaves in winter). Red-breasted Nuthatches are usually associated with conifer trees which are mostly evergreens. Both species are usually heard before they are spotted: their *yank-yank* call, while soft, travels well in a woodlot. The calls of the smaller Red-breasted Nuthatch are distinctly more nasal sounding. Both species often join foraging flocks of chickadees and goldfinch at the edges of woodlots, along fence rows, and at feeders. Their name and their presence at your feeder would lead you to believe that these birds are seed and nut eaters, but insects, insect eggs and larva, spiders, spider eggs, and countless other invertebrates make up a large portion of their diet, especially

So, is this little bird one of your favourite feeder visitors? Is it a true joy to hear its call while walking through a woodlot, or while you sit in your backyard under the shade of a big tree which the nuthatch is gleaning for food? Is your pear tree producing more and better pears because the pesty *pear psylla* are being held in check by nuthatches and chickadees? Could this be one of your favourite birds as it now is mine?

And Ted? He is now the leader of Nature Canada's domestic and international bird conservation initiatives as well as the Nature Caretakers Programme. He sits on the Canadian Migration Monitoring Network. His little nuthatch, Sittelle, is a researcher at the University of Ottawa in Race, Ethnicity and Politics, International Relations, and Human Rights.



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WODSS Alpine Ski Team Wins Gold at CWOSSA!

Congratulations to Waterloo-Oxford's Girls Alpine Ski team on winning Gold at CWOSSA on Thursday, February 16 at Beaver Valley! Also, congratulations to Alex Rynard on earning Silver in the Individual Level One Girls Race.



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Waterloo Oxford D.S.S. Has Much to be Proud of!

Honour Roll Students Recognized at Winter Assembly



Congratulations to the top three honour roll students in Grades 9 to 12. The students are (left to right): Wais Shahbaz, Shannen Bell, Ben Moyer, Lauryn Reibling, COW, Gretta Dotzert, Kayley Reparon, McKenna Seebach, MacKeely Shantz, Nicole Hamilton, and Alex Rynard.

Congratulations to Waterloo-Oxford student, Janessa Pretorius, who won \$150 from RBC for Canada's 150 Program. RBC's program inspires young Canadians to make a difference in their communities and challenges them to do something great with \$150. As a recipient of the money, Janessa was presented with the award at Waterloo-Oxford on Friday, February 17 by Mr. Darcy Krahn from RBC.



WODSS Wrestler Wins Silver at CWOSSA

Congratulations to Dayne Gohl on winning Silver at CWOSSA at Centre-Wellington District High School in Fergus. Great effort and results from all wrestlers through the season and at CWOSSA.



W-O Student Wins Gold in Boxing in Brampton Cup Tournament

Congrats to Devin Mechalko on winning gold in boxing at the 2017 Brampton Cup. Devin recently started boxing and trains daily. He is a member of the Waterloo Boxing club.



Remember when you move your clocks ahead on March 12th to check and replace batteries in your smoke alarms and C/O detectors! Be safe!



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We had a lot of fun when we came across Rebus Puzzles Brainteasers. A REBUS is a picture representation of a name, work, or phrase. The following word picture puzzles are pictograms that include a hidden word or a common phrase. Your task is to decipher the rebus puzzles. Answers on page 32.

1		6	
2		7	
3		8	
4		9	
5		10	

You Must Be Joking!!



A guy stuck his head into a barbershop and asked, "How long before I can get a haircut?"

The barber looked around the shop full of customers and said, "About 2 hours" ...The guy left.

A few days later, the same guy stuck his head in the door and asked, 'How long before I can get a haircut?'

The barber looked around at the shop and said, "About 3 hours"...The guy left.

A week later, the same guy stuck his head in the shop and asked, "How long before I can get a haircut?"

The barber looked around the shop and said, "About an hour and a half" ...The guy left.

The barber turned to his friend and said, "Hey, Larry, do me a favour, follow him and see where he goes. He keeps asking how long he has to wait for a haircut, but he never comes back."

A little while later, Larry returned to the shop, laughing hysterically.

The barber asked, "So, where does he go when he leaves?" Bob looked up, wiped the tears from his eyes and said, "YOUR HOUSE!!"



Submitted by Bruce Bousher

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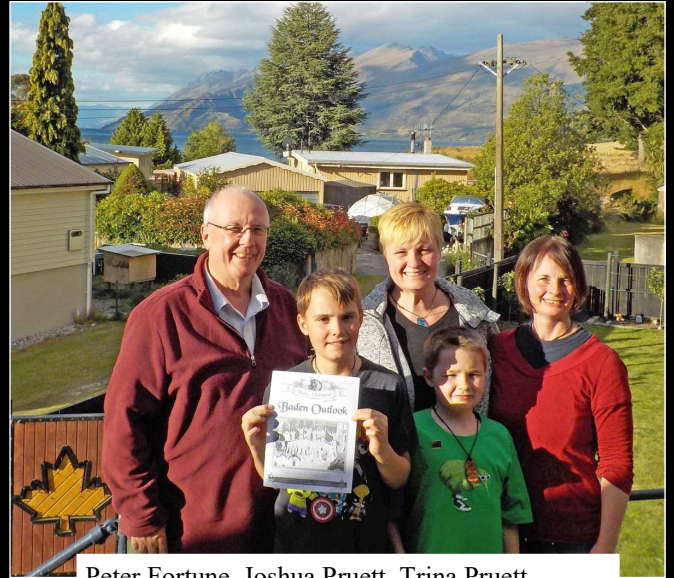
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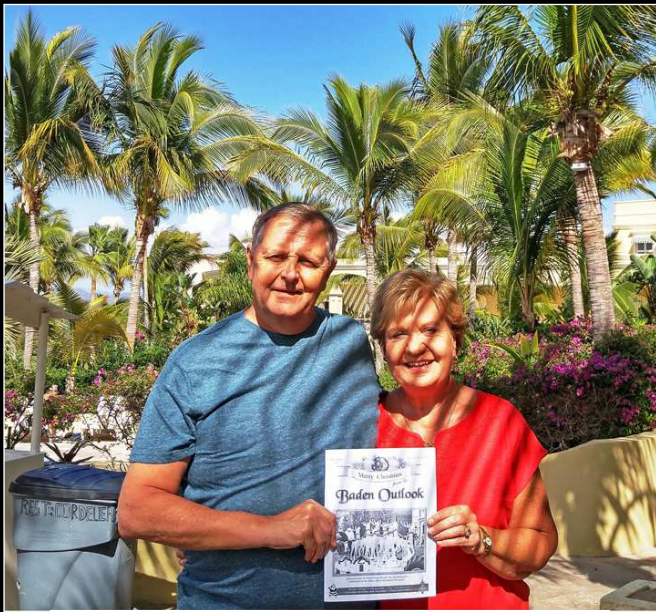
Wow! More exciting destinations as *The Baden Outlook* continues to travel ...



Charlie & Wendy, Chiara and Gavin Baumbach took their Outlook along for the fun to the Caymans Islands and Cozumel.



Peter Fortune, Joshua Pruet, Trina Pruet, Ciaran Pruet, Jennifer Smith took their Baden Outlook along to Kingston, New Zealand.



Gary & Shirley Collins from Morningside Village in New Hamburg took their Outlook along to Mazatlan, Mexico at the Emerald Bay Estates.



Mary and Bryan Pfaff took the Baden Outlook with them to New Orleans where they enjoyed a couple of days of pre Mardi Gras events before boarding the Norwegian Dawn for a Caribbean Cruise. The picture was taken at the Roatan Bay Islands where they met up with some of their 'long lost relatives.'

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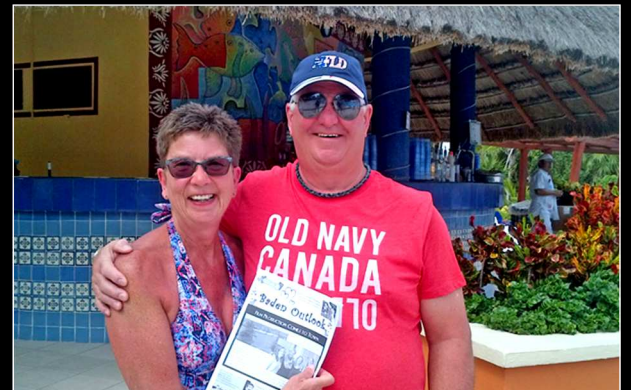
Chris and Donna Wright and Bob and Jean Ann Norman of Foxboro Green admire the old cars in Revolution Square, Havana, Cuba, and show off their copy of the Baden Outlook.



Deb Vinski took the Outlook to Los Delfines hotel in Varadero, Cuba. She posed with Public Relations lady Yanis and Security Staffer Jorge—and then out to dinner with the staff of La Vicaria Restaurant in Varadero, Cuba.



Betty-Anne Field took her Baden Outlook along on her trip with family to British Virgin Islands where she spent some time on her brother's sailboat with the island of Tortola in the background.



Arden and Garth Linton enjoyed their Outlook while on vacation at the Mayan Riviera in Mexico.

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I am not a fan of non-stick cookware. Not just because I've researched the subject, but also because of two simple experiments we did at home. I encourage you to try the following:

Experiment #1: Take a non-stick pan and put a centimeter of water in the bottom of the pan. Add 2 teaspoons of baking soda. Bring this to a hard boil. Taste the water after it has cooled. A simple chemical reaction occurs which leaches dangerous chemicals into the water (or cooking food). The taste was so horribly toxic that I quickly ran to spit out the "water." I immediately threw my one non-stick pan in the garbage.

Experiment #2: Years later, our daughter brought water to a hard boil in a Teflon pan. She allowed it to cool and then watered a healthy plant and some bean seeds with it. Initially the plant seemed to thrive and the seeds germinated and began to grow, but after several weeks both plants began to slowly die. I was unsettled with these results so I did more research.

A few basic facts about Teflon:

- Teflon was accidentally invented in 1938 from a chemical called polytetrafluoroethylene (PTFE) and is considered a dangerous chemical.
- The Environmental Protection Agency's scientific advisory

board found that perfluorooctanoic acid (PFOA), a chemical compound used to make Teflon, is a "likely carcinogen."

- Although only trace amounts of PFOA remain after the curing process, it does cause significant harm to our environment, directly and indirectly impacting our health.

Once called, "the housewife's best friend," Teflon is a multi-billion-a-year business. It's used on most bake and cookware; it's applied to carpeting and household/vehicle upholstery; it's used in non-stick food packaging; and it now sits next to our skin via stain-resistant clothing. Our exposure continues to escalate. Studies show that 95% of all men, women and children in North America have traces of PFOA in their blood due to exposure of this nonstick chemical. PFOA is also being found in the environment and in wildlife. "It would be hard to imagine a chemical that is more widespread in our environment," said Kenneth Cook, president and founder of the watchdog organization *Environmental Working Group*. "It's found everywhere from babies in the womb to whales in the ocean. Beyond that, it's indestructible...It lasts forever."

The International Agency for Research on Cancer also calls it a "likely carcinogen," and there are approximately 3500 cases before the US courts against DuPont for illnesses resulting from exposure to PFOA. Internal documents released during one trial revealed that DuPont has known of a link to cancer since 1997.

Most people aren't aware that highly toxic fumes are emitted into the air when Teflon is being heated, killing house birds within minutes of inhalation. If it can kill a small animal, what is it doing to your body? And we all know that even the most durable surface breaks down with time. Why are we putting our food directly on a surface covered in suspected carcinogenic chemicals? My health concerns with Teflon are many. Sadly, we've bought into the lie that butter is bad for us, and somehow cooking with toxic, chemically-coated, non-stick pans is superior. I encourage you to be informed consumers!

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ANSWERS FROM QUIZ ON PAGE 11

1. The one sport in which neither the spectators nor the participants know the score or the leader until the contest ends: Boxing.
2. North American landmark constantly moving backward: Niagara Falls. The rim is worn down about two and a half feet each year because of the millions of gallons of water that rush over it every minute.
3. Only two vegetables that can live to produce on their own for several growing seasons: Asparagus and rhubarb.
4. The fruit with its seeds on the outside: Strawberry.
5. How did the pear get inside the brandy bottle? It grew inside the bottle. The bottles are placed over pear buds when they are small, and are wired in place on the tree. The bottle is left in place for the entire growing season. When the pears are ripe, they are snipped off at the stems.
6. Three English words beginning with dw: Dwarf, dwell and dwindle.
7. Fourteen punctuation marks in English grammar: period, comma, colon, semicolon, dash, hyphen, apostrophe, question mark, exclamation point, quotation mark, brackets, parenthesis, braces, and ellipses.
8. The only vegetable or fruit never sold frozen, canned, processed, cooked, or in any other form but fresh: Lettuce.
9. Six or more things you can wear on your feet beginning with 'S': Shoes, socks, sandals, sneakers, slippers, skis, skates, snowshoes, stockings, stilts.

Email submission

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ANSWERS FROM
CONNECT 3
FROM PAGE 5

- | | |
|---------------------|-----------------------|
| 1. Types of tables | 9. Types of sticks |
| 2. Types of worms | 10. Kinds of apples |
| 3. All have trunks | 11. Types of beans |
| 4. Types of turtles | 12. All have holes |
| 5. Types of cards | 13. All kinds of soda |
| 6. All have eyes | 14. All smell |
| 7. Types of wheels | 15. Types of rings |
| 8. Kinds of berries | |



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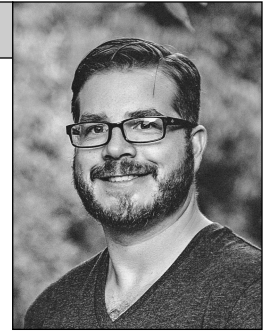


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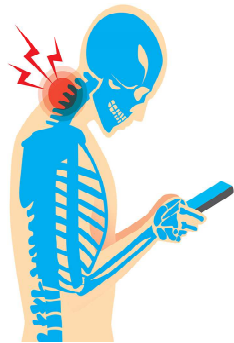
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Do you have a smart phone? Then beware, you may be the next victim of “text neck”! Recent articles in The Record, CBC News, RCI, Metroland Media and of course the Ontario Chiropractic Association, are warning people of the detrimental effects of using your cell phone, smart phone, or tablet too often. Most people don’t even realize that they are doing it; it comes naturally to glance down at your device. I’ve yet to see anyone walking around with their device at eye level while walking around with perfect posture. I sure don’t! Some of the detrimental effects occur to the neck and upper spine, very similar to what can happen to individuals who work at a desk all day. The common ground between the two are looking down often or for a prolonged period of time. A simple ergonomic assessment can be beneficial in setting up your work station to improve posture at the workplace, but not much help on proper device use is out there. Even a slight 15-degree head tilt adds 27 - 50 kilograms of pressure on the spine. People are getting sore from it and



many people are suffering from neck pain or headaches as a result.

Now if I were to tell you not to use your device most people would either laugh at me or stare at me like I had 10 heads. And that would be a lot of people! It was estimated that in 2014, nearly 29 million Canadians had a smart phone. According to a recent study, an average person between the ages of 16 to 30 spends 3.2 hours a day on a mobile device, which is almost a full day a week, or 49 days a year. People are also experiencing thumb and hand pain, because our hands were not built for texting or swiping on small screens. It’s quite common for Chiropractors to see patients come in with burning, pain, numbness, tingling and even weakness in their hands, thumb, and wrist. These symptoms can come and go, but can be quite detrimental to daily activities. Eliminating the use of the device is not a reality for most people, so what can you do?

- ⇒ Take frequent breaks from the device.
- ⇒ Don’t stay in the same position for too long.
- ⇒ Let your body rest between use.
- ⇒ Bring the device up to eye level.
- ⇒ Go for short walks to break up the use.
- ⇒ Some simple neck stretches can work wonders for those with constant use.
- ⇒ Follow the 20-20-20 rule (stop using your phone every 20 minutes, look up for 20 seconds from your desk or phone, and look 20 feet away).

If you experience more, or worse, headaches or shooting pain in the neck, please consult with a health care professional.

This article was written for information purposes only and should not supplement sound advice from a licensed and regulated health care practitioner such as those found at Baden Integrative Health.

Massage Therapist Spotlight:

Kirsten O’Drowsky is a Registered Massage Therapist. Kirsten graduated with Presidential Honours from Westervelt College where she received training in Swedish Massage, as well as advanced techniques such as Trigger Point Therapy, Fascial Techniques, and Remedial Exercise. She completed her registration through the College of Massage Therapists of Ontario (CMTO) and is excited to begin practising in the community.

Kirsten holds an Associates Diploma in Agriculture from the University of Guelph, Ridgetown Campus. In the past, she has played competitive ringette at the ‘AA’ National level. Kirsten has a lifelong love of anything equine, both training horses professionally and participating in competitive barrel racing. Online booking is available at:

www.BadenIntegrativeHealth.com

Phone: 519.279.1083 / Email: badenhealth@gmail.com

Kirsten looks forward to meeting you and providing professional, client-specific massage treatments. Her available clinic hours are:

Monday 2:00pm – 6:00pm
Tuesday 12:00pm – 8:00pm
Wednesday 8:00am – 4:00pm
Thursday 12:00pm – 8:00pm
Friday 8:00am – 2:00pm



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Community Corner ~ Check Out What's Going On!

A Women's Day ~ Saturday April 8th

Waterloo District Women's Institute invite women of all ages to join them at Bethel Evangelical Missionary Church, 1531 Bridge Street W., New Dundee.

The day features Diabetes 1 & 2, Canada 150 Celebration, Notable & Fascinating Canadian Women.

The day includes a catered lunch and musical entertainment. Come Wearing Red & White

Send registration to Eleanor Berry, 250 Country Hills Dr., Apt. 806, Kitchener, Ont. N2E 3L9 or call 519-893-8775
Registration is \$35—after March 7th \$40

For more information contact Ruth Jones at 519-578-9876

Wilmot Optimist Club Invite you to join them for an Easter Egg Hunt at Beck Park, in Baden on April 8th at 11:00 a.m.



Bring a basket to collect eggs and take home a treat.

Rotary Wilmot Rain Barrel Event!

Help support the environment and local Rotary charities.

Barrels are \$55/each ~ Place your order at www.RainBarrel.ca/RotaryWilmot
(Advance orders only please) - Order deadline is April 13

Pick up at Wilmot Recreation Complex parking lot, Thurs April 20, 4:00-7:00 pm only.



WEDNESDAY, MARCH 22, 7:00PM

The Nith Valley ECOBOOSTERS are a volunteer group committed to achieving and supporting a long-term healthy environment in Wilmot and Wellesley Townships. Our current projects include planning an anti-idling initiative and public education events focused on what actions each of us can take to help stop climate change. Join us at 7:00PM on Wednesday, March 22 at Zion United Church, 215 Peel Street, New Hamburg. For more information, contact nvecoboosters@gmail.com or call 519-662-9372.

New in the Neighbourhood?

If you are new in the neighbourhood, call us to receive your gifts and learn about your community.

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Contact [tara.gutscher@blood.ca](mailto: tara.gutscher@blood.ca) to book your group donation today!

The Optimist Club of Baden invites you to join them for a St. Patrick's Day Party on Friday, March 17 from 7pm-1am.

It is a 19+ event with a cash bar, pizza buffet, and bus rides from event taking place at the Wilmot Rod and Gun Club located at 2607 Bleams Rd., New Hamburg
Tickets are \$10 each.



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We are expanding our Board of Directors to 12 members. This is a minimum 2 year commitment of 6 meetings per year (February, May, June, September, October and November), the 4th Wednesday of each month at 6:30pm. By volunteering your knowledge and experience, you can provide valuable input as we move forward in the new year.

Please contact the office for more details (519) 662-3092 or interfaith@golden.net



Youth grades 5 to 9
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Program will run each Thursday in May
From 5 to 7pm
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Pre-registration is required.
You can register for one or all 4 wks.
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For more information or to register please contact
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Saturday April 22, 2017 9:00 am - 1:30 pm

Space is limited. Pre-registration is required. Lunch provided.

- Wilmot Recreation Complex – Wayne Roth Room
- Register at interfaith@golden.net or 519-662-3092

*The free training is made possible through the Discover Your Wilmot grant through the Kitchener and Waterloo Community Foundation Community Giving Grant



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Helping Children Learn Through Music; Becoming a Musical Family

We've all seen even the youngest children respond positively to music. As soon as they hear the first few notes, they're bouncing up and down, rocking side-to-side, with smiles taking over their little faces.



This is the power of music. It's a universal language that all of us are born ready to enjoy.

Whether we realize it or not, music is the background soundtrack to all of our lives. Songs can trigger memories, elicit emotions, even help decrease feelings of loneliness and depression in the elderly. That's why it's important for every child to have the opportunity to find - and develop - his or her musical voice.

Every one of us is musical – we're born that way! All children can grow to love music and be active music-makers if they're exposed to music at a young age, are given opportunities to play with music, and have a grown-up they love to do that with. Through singing, movement, rhymes and instrument play, children grow and learn, creating new neural pathways and forging the way for even more learning.

How do you grow a child's natural music abilities? It's easier than you might think!

- * **SING.** Changing the words to a few simple songs can make stressful times of day, like transitions, easier for your family. Maybe your child doesn't want to get dressed, get in the car, or take a bath. Singing songs with your own words that narrate the action can shift the tension and stress wrapped up in these moments in a way language cannot. You'll see the power of song the minute you sing, "Scrub, scrub, scrub your ears..." instead of yelling, "hold still!" Music can have a magical effect.
- * **DANCE.** Your child loves to dance with you. Connect their body to the beat by swinging, bouncing or rocking them. Make a dancing game of Follow the Leader; this kind of positive reinforcement encourages your child to

do more, which is great for creativity and their self-confidence. Close the blinds, put on your favourite tunes, and dance away!

- * **DO.** With the world of music at our fingertips, you can introduce good quality music to your child anytime. Instead of simply putting music on as background noise though, get active! Sing, drum, groove. Active music-making engages many parts of the brain, versus just listening.
- * **PLAY.** Explore some simple, child-safe instruments such as drums, triangles, shakers, and finger cymbals, and don't forget all those wonderful "kitchen" instruments as well. Put on some music with a driving beat and play along!
- * **READ.** There are lots of picture books that feature children's songs, i.e. *Twinkle, Twinkle Little Star*, or *Down By the Bay*. If you sing them, you'll find your child will begin to sing them too.
- * **CREATE.** Children love to record themselves! Let your children create their own recordings and videos singing their favourite songs and playing their favourite instruments. There are also some great apps out there that allow you to create a karaoke moment right on your tablet or phone. Consider downloading the free "Hello Everybody" app from Music Together that gives you eight free songs to get started.
- * **LEARN.** Take a music and movement class with your child. The opportunity to nurture your child's natural musical ability is greatest before age 6. Discover new songs you and your child can share together while making new friends, and build your musical connection.

and finally...

- * **JOY.** When you discover the joy of making music as a family, you'll be nurturing a life-long love of music in your child. Collaborative family activities can help your family members experience the love, respect and freedom that they—and you—want out of life, and they'll help you come together in a way that's unique, memorable and fun. Because after all, what's better than music? Making music together!

~ by Jodie Fera Director, Music Together of Kitchener-Waterloo offering classes in Baden, Waterloo & Cambridge

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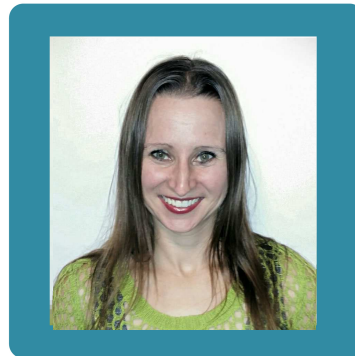
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HERE WE GROW AGAIN!

Everyone is welcome to attend "Seeking Mental Wellness:
The interconnectedness of physical, mental, and spiritual wellness". This is a conference organized by Shantz Mennonite Church that will take place on March 25, 8:30 am – 3:00 pm.

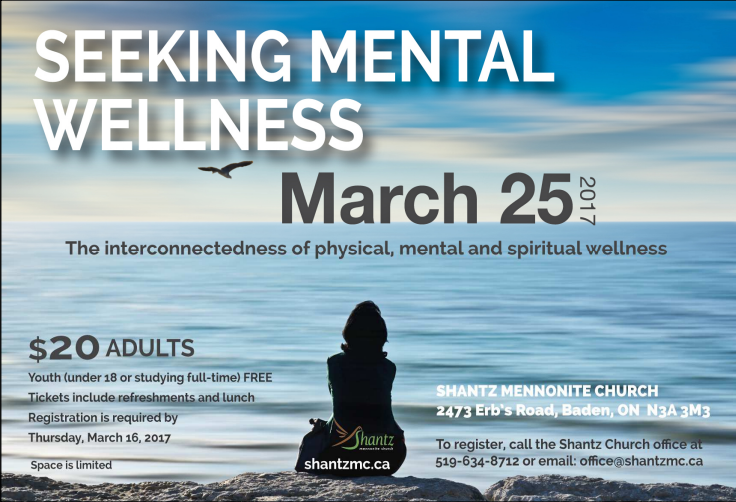
Presentations and workshops on Saturday:

- ◆ "Reducing the stigma around mental health", with Allan Strong, CMHA
- ◆ "Suicide is preventable" and "Finding God in the darkness" – two presentations with Shawna Percy, TEDxUW speaker, and suicide prevention trainer, Good Grief Guru
- ◆ "Mental health in young people and their parents", with Gladys Bender RN, ASIST trainer
- ◆ "The connection between physical and mental health", with Dr. Jason Price, chiropractor, Price Chiropractic & Fitness
- ◆ "Food: How it affects brain health, learning & behavior", with Christine Gingerich, BA, Bed, Lifestyle Coach & Author
- ◆ "Living with someone with bipolar disorder", with Melody LeClair, Shalom Counselling Services

As a follow-up to the Saturday conference, there will be a special service on Sunday morning at 9:30 AM. Pastor Don Penner will speak on "What is spiritual wellness?" Following the message, at 11:10, will be a presentation by Jane Kuepfer, Schlegel/UW RIA (spirituality), and Nithview spiritual care. Jane will speak about the connection between spiritual and mental wellness. At 11:40 there will be a panel discussion with Jane and several members of the Shantz congregation who have experience with mental health issues.

Mental wellness is a conversation – come join us and be part of it!

Tickets for Saturday's conference include a nutritious lunch provided by Vibrant Farms.



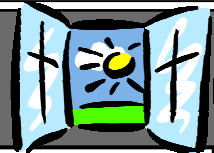
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March 25²⁰¹⁷
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Pastor Sean East / pastor.westhills@gmail.com
519-634-4993 office.westhills@gmail.com

Sunday School 9 am, Fellowship 10 am, Worship 10:40

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Pastor: Don Penner

Worship Service - 9:30 am Christian Education - 11:00 am

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Pastor Joanna Miller

Sunday Worship 9 am / Sunday School

Wilmot Mennonite Church

2995 Bleams Road, New Hamburg, ON

Worship Service 9:45 a.m. ~ Christian Formation 11:45 a.m.

Pastor Susan Allison-Jones

519-634-5030 www.wilmotmennonite.ca

Livingston Presbyterian Church

44 Beck Street, Baden / 519-662-4949

Hymn Sing 9:45 am ~ Worship to follow at 10 am
Moderator: Linda Ashfield, 519-886-4150

Wilmot Centre Missionary Church

2463 Bleams Road—corner of Bleams & Sandhills Road

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519-634-5511 www.petersburgchurch.org
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Sunday Worship 9:45, Sunday School 11:00 am

Phone: 519-634-8311 / www.smchurch.ca

Join in the 40 day Challenge with The New Hamburg Thrift Centre

“Have nothing in your house that you do not know to be useful, or believe to be beautiful.” – William Morris.

Getting rid of clutter always makes us feel better and more productive. It's therapeutic and has a positive impact for the whole family. For that reason, we would like to suggest the spring cleaning challenge **40 bags in 40 days**. This is a forty day period in the spring (coinciding with the 40 days of Lent) where you declutter one area a day and donate the items. The goal is one bag a day; however, you can have more or less. Our 2017 Challenge starts March 1st and goes to April 15th. Another option might be to start the challenge the first day of spring (March 20). Any time is a good time to start!

It is helpful to prepare a schedule in advance - write down the day and the area you going to work on. If you don't know where to start, here are some suggested areas to tackle. Or for more ideas visit our Facebook page.

Living simply is an ongoing process. It takes hard work and you may need to make tough decisions. At the end of the process, you will feel better about your newly organized spaces and clutter free zones. It is also a great feeling knowing that the items donated to the New Hamburg Thrift Centre will contribute to helping others in our community and around the world.

Household Goods	Clothing & Linens	Other
Dishes	Clothing	Craft Supplies
Bakeware	Bedding	Yarn
Utensils	Towels	Fabric
Plastic containers	Jewelry	Books & Magazines
Cookware	Belts	Office Supplies
Small Appliances	Shoes	Puzzles & Games
Pots & Pans	Purses	Pictures & Art

If you are downsizing and have large furniture items, we offer a free pick up service! Just give us a call at **519-662-2867** to arrange for a time or register your pick up online at www.newhamburgthrift.com.

Happy spring cleaning!



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All proceeds benefit the work of Mennonite Central Committee

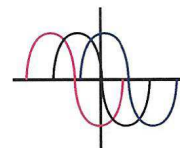


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Holy Family Catholic School presents "Beauty and the Beast"

Come support the talented students from Holy Family Catholic School in the fabulous musical production based on "Beauty and the Beast!" It promises to be a fun filled night of entertainment for the whole family. The students have been working extremely hard since December, practising and rehearsing their lines, songs and dances, and the final product will surely be a spectacular show!

The performances are taking place in the Holy Family Catholic School gymnasium, located at 313 Huron St., New Hamburg. The show will be running from Wednesday April 26th until Friday April 28th, 2017. Evening performances begin at 7:00 p.m. and the Thursday and Friday matinees begin at 1:00 p.m. Doors will open 15 minutes prior to the shows. General admission tickets are \$5.00. Contact any cast, crew, or family involved in the production to



pre-order your tickets. You may also call Holy Family School at 519-662-1734 (attention Ms. Cater or Ms. Kalbfleisch), or purchase tickets at the door prior to the shows (based on availability only).

There will be concession snacks available to purchase during the performances.

Hope you enjoy the show!

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Rebus Phrase Answers
Quiz from page 19

1. First aid
2. Travel over seas
3. Forgive forget
4. Head over heels
5. Jack in a box
6. Just around the corner
7. He's beside himself
8. Cross roads
9. No one to blame
10. Just between you and me



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What Does a Canadian Look Like?

By Laura Morlock



What does a Canadian look like? *Globe and Mail* journalist Janet Wong was on assignment in China and went to the Canadian embassy to interview the ambassador. The Chinese guard at the front gate would not let her in, insisting she was Chinese so could not be Canadian. They had a heated exchange and a Canadian diplomat, expecting Wong's arrival, came outside to investigate the commotion. The guard triumphantly explained, "She's pretending to be a Canadian." The diplomat cupped Wong's face, pointed to her, and yelled at the guard, "This is what a Canadian looks like!"

Canada is one of the most intentionally multicultural nations in the world. Before the 1960s, however, immigration was mostly limited to Europeans. Diversity existed in the differences between minority Catholics (whom many Canadians did not want coming to this country) and majority Protestants; French and English; and Eastern and Western European immigrants. This did not mean that all Canadians had European backgrounds, however. There were African Canadians, many of whom came from the United States while others were descendants of Canadian slaves; Asian Canadians, including Chinese Canadians who were recruited to do the dangerous work of building the

railroad and thereby uniting the nation; and South Asians from India and the surrounding region. Jewish people were the first religious minority in Canada, arriving with British Conquest in the late 1700s. Muslims arrived shortly after, mostly as slaves, but also as merchants. And of course long before Europeans arrived there was (and remain) a vast array of Indigenous tribes with distinct cultures and customs.

Even groups that many would now consider essentially "the same," such as the British and Scottish or the Italians and Greeks, thought of each other as irreconcilably different. When famine and economic crises resulted in boat loads of Irish and Eastern Europeans (in addition to others) arriving around the turn of the 20th century, they were met with hostility and prejudice from the "old stock" Canadians. These people, with mostly British and German backgrounds, considered the new arrivals backward and dirty with strange customs. Even members of the same religious groups were not immune. The Jewish Canadian community was mostly made of merchants with British roots. The new Jewish Canadians were poor Eastern Europeans. The older group was embarrassed by the new arrivals and actively worked to distance themselves from them. Irish Catholics were particularly singled out for derision. Newspapers of the day declared common sentiments that they treated their women poorly, would never assimilate, and would always be more loyal to the Pope than to Canada. Even Southern Europeans were legally classified as "off-white."

The idea that Canada is only now grappling with the realities of multiculturalism is simply not true. Time and again new groups have enriched our culture. As Canada turns 150 it is worth remembering that diversity is older than our nation itself.

Laura Morlock is a PhD Candidate at the University of Waterloo's Religious Diversity in North America program. She specializes in human rights, minorities, and immigration. She can be reached at lbmorloc@uwaterloo.ca

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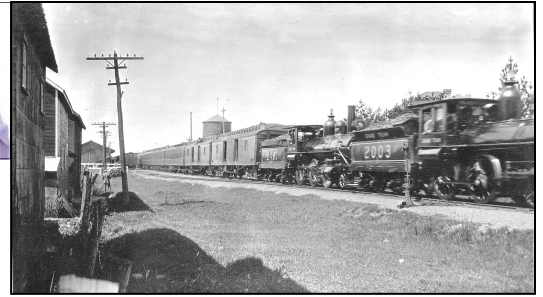
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Ask Armand ~

Joan from New Hamburg asks: When I was young I stayed in Baden with my grandparents and they told me Baden was once a hub for train travel. Can you tell me more about that?



Armand says: Great question, Joan. The Baden Train station was once a busy place with postal deliveries each morning and night. Albert Everts, the Baden Post Master then, would come each morning to pick up the mail for sorting and delivery. This station was the main hub for the rural areas such as Wellesley and Wilmot Centre.

The station stood about 18 feet wide by about 30-40 feet long. The building consisted of two areas. The south side was a waiting room that had benches and could hold up to 50 people (standing room). It was also used as a holding area for deliveries. The other side of the wall was the ticket agents area and telegraph office. The ticket agent would also be in charge of the train signals which were located on the eave of the building. There were two sets of tracks going through Baden. The northern set was used for the CN passenger train traffic. Beyond the train station was the water tower that was used to fill the steam engines. The water was pumped from the mill pond.

The southern set of the tracks were used for the freight trains. Beside the tracks, Ed Reick had his coal yards and further along there was a scale that was used for weighing turnips, coal, and other items.

The passenger trains were used heavily in the olden days and the Baden Train station was an important part of Baden's history!



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Robin & Phil



Spring is fast approaching and we had our first patio lunch at our local Baden Coffee Company!

If you see us around town, feel free to stop and say hello or ask us about the local real estate market! We would love to chat!

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SIX ARTISTS SELECTED FOR COMMISSIONS FOR THE PRIME MINISTERS EDUCATIONAL RESOURCE AND STATUE PROJECT

The Prime Ministers Educational Resource and Statue Project dedicated more than a year and a half to researching and exploring the works of Canadian sculptors adept in presenting exceptional human likenesses cast in bronze. In September, 2016, the coordinating committee selected and contacted twenty-five of these artists across the country.

Each sculptor was invited to submit a proposal depicting a Canadian Prime Minister. All submissions were considered for inclusion in the ongoing project being developed in Baden, Ontario. The quality of the work received was admirable.

After intense review, the committee selected six artists to complete the Prime Ministers' commissions. The Statue Project is pleased to announce that the following artists will create all works in the collection of twenty-three life-size bronze works of Canada's Prime Ministers to date:

- Ruth Abernethy (Ontario);
- Darren Byers and Fred Harrison (New Brunswick);
- Alan Henderson (Alberta);
- Morgan Macdonald (Newfoundland);
- Nathan Scott (British Columbia)

Their works will join a Sir John A Macdonald sculpture, "A Canadian Conversation" by Ruth Abernethy, unveiled in June, 2016. All completed sculptures will be installed on The Prime



Ministers Walk on the municipal grounds at Castle Kilbride, a National Historic Site in Waterloo Region.

Two new works will be unveiled by Canada Day, 2017. A third sculpture will be installed in November, 2017. The three Prime Ministers selected for these commissions will be announced in mid-June, 2017.

The collection of sculptures of Canada's Prime Ministers will continue to grow as funds are available. Donations to the project can be made at www.createscape.org

Ruth Abernethy- Ruth's sculptures have been placed municipally, regionally, and nationally and she has been awarded numerous private commissions. Ruth encompasses studied regard for playful thought and timeless paradoxes in the creation of her work.

Daren Byers And Fred Harrison - For the past six years Fred Harrison & Darren Byers have been working together to create large scale bronze sculptures in a studio near Sussex, New Brunswick. An outstanding example of their combined talents is a bronze likeness of Canadian literary critic and theorist Northrop Frye. A version of this work has been installed in Moncton and another at Victoria College at the University of Toronto.

Alan Henderson - One of Alan's most recent public commissions is "9 Figures in Motion with a Puck", a 30 X 30 foot mixed media wall sculpture at the Rogers Place Arena in Edmonton.

Morgan Macdonald - Newfoundland and Labrador's nationally acclaimed sculptor and visual artist, Morgan MacDonald is best known for large monumental bronze works and sculptural interpretations of Newfoundland's history and culture.

Nathan Scott - Nathan's most recognizable work is likely his sculpture of Terry Fox at Mile 0 of the Trans-Canada Highway in Victoria, BC. Another hugely appreciated work, 'The Homecoming', a multi-figure sculpture which commemorates the 100th Anniversary for the Canadian Navy graces the inner harbour in Victoria.

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In mid-life crisis, the Easter Bunny decides to never again live in holes in the ground, and to relax on certain spiritual traditions such as sacrificial fasting. His new mantra: ***Neither a Burrower nor Lenter Be!***

An entrepreneur takes over the lease on an old hotel just off Broadway Ave in New York City. He plans to fill 7 floors with nothing but bibles, crosses and other religious paraphernalia, hoping to sell them to tourists. His off-Broadway venture will be called: ***Jesus Christ Superstore***

Caution! Attention Hot Pavement!

If you are a frozen pellet of crystalized water do NOT land here as you will melt instantly! (*Freezing Rain Warning*)

You Must Be Joking!!



A very self-important college freshman attending a recent football game took it upon himself to explain to a senior citizen sitting next to him why it was impossible for the older generation to understand his generation.

“You grew up in a different world, actually an almost primitive one,” the student said, loud enough for many of those nearby to hear. “The young people of today are much more advanced than people your age. We grew up with television, jet planes, space travel, man walking on the moon and the Internet. We have cell phones, nuclear energy, electric and hydrogen cars, computers, automated manufacturing, amazing technologies...and....” pausing to take another drink of beer.

The senior took advantage of the break in the student’s litany and said, “You’re right, son. We didn’t have those things when we were young, so we invented them. Now, what are YOU doing for the next generation?” The applause was resounding...

Submitted by Robert Price

A good friend is like a 4 leaf clover
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"It's spring fever. That is what the name of it is. And when you've got it, you want—oh, you don't quite know what it is you do want, but it just fairly makes your heart ache, you want it so!" – Mark Twain

We had April in February! Lovely for us, but tough on trees and shrubs! They may have started to bud thinking spring arrived. If we get a major deep freeze, the buds on many plants can be damaged or killed resulting in a decrease in spring blooms. Early spring flowering shrubs and trees may have little or no fruit this year. It is a waiting game! For many perennials and small shrubs, mulch acts as a protective blanket for your soil. Two to three inches (5-8 cm) of natural mulch protects plants from extreme cold and heat, like insulation. When planning your garden, select spring flowering species with late season bloom time to avoid the late spring cold snaps. Voles have been having a wonderful time under the snow. When the snow melted, there were all kinds of sculpted designs on our lawns and gardens. There is lots of information online how to control them. Not so easy.



To continue celebrating Canada's Sesquicentennial, I continue to celebrate our native trees. Do you know how many native oak species we have? They include: Black Oak (*Quercus velutina*), Bur Oak (*Quercus macrocarpa*), Chinquapin Oak (*Quercus muehlenbergii*), Dwarf Chinquapin Oak (*Quercus prinoides*), Hill's Oak (*Quercus ellipsoidalis*), Pin Oak (*Quercus palustris*), Red Oak (*Quercus rubra*), Shumard Oak (*Quercus shumardii*), Swamp White Oak (*Quercus bicolor*), and White Oak (*Quercus alba*). Whew!!! Most oaks become large trees but the Dwarf Chinquapin Oak is shrub size, so it will suit small gardens with some shade.



Made in Canada!! The McIntosh apple is probably the most famous introduction – in 1811! John McIntosh (1777-1845) found a seedling while clearing overgrown bush near Morrisburg, Ontario.

Consider Doing:



Speaking of spring, it is time to start your tomatoes indoors. You can also order summer-flowering bulbs. Cut down ornamental grasses as low as possible and prune summer-flowering shrubs (eg. Hydrangea). Prune fruit trees & grape vines. Also prune any winter damage on your shrubs and trees. Start summer flower bulbs and tender perennials (tuberous begonias, cannas, callas and caladiums) in pots. Apply dormant spray to fruit trees before buds open (follow package instructions). Loosen packed mulch and press back frost heaved perennials. Check and repair garden tools. Cut some spring flowering shrub branches for forcing inside. When the ground frost is gone and the soil has dried up enough not to be compacted by walking on it, you can plant dormant, hardy container, and balled and burlapped plants.

WHS's upcoming meeting is at 7:30 pm, Monday, April 10th: **How to Prevent Gardening Injuries**. Speaker: Dr. John Papa DC. **Wilmot Recreation Centre, upstairs in Meeting Room A**. Free meeting, 50/50 draw (bring a loonie or toonie), door prizes and social with tea/coffee with snacks.

Free Naturescaping Seminar Series by Region of Waterloo: The topics are: *Annuals/Container Gardens; What to do with Downpour; Pollinator Garden; Lawncare and Growing Veggies in containers or small spaces*. To register contact 519-575-4400 ext. 3151 or <http://www.regionofwaterloo.ca/en/aboutTheEnvironment/Naturescaping-Seminars.asp>

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NEW HAMBURG LIONESSE CELEBRATE CANADA'S 150th WEDNESDAY, APRIL 19th



The New Hamburg Lioness will be hosting their fashion show on Wednesday, April 19th 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 show features spring and summer fashions for all sizes. **The Fashion Room at Meadow Acres Garden Centre** is filled with bright, beautiful spring clothing. Natural fibers such as linens, cottons, and silk are the trends for 2017. Dresses, culottes, capri pants, caftans, scarfs, sandals, handbags and jewellery, we have it all. Whether it is for a backyard wedding or a summer vacation, we can help you find your perfect LOOK. Open 7 days a week. Thursday is senior's day for those 60 and over, where you can enjoy a 15% discount on all merchandise.

The New Dundee Emporium will showcase a wide selection of Canadian made clothing. We are known for carrying sizes 0 to 22 that will add style and fun to your wardrobe. We carry Lisette L pants which have built in control top with an 11 inch rise, as well as many different leg lengths and fabric choices, and also feature Joseph Ribkoff, Frank Lyman, Zoe, and many, many, more. We have an amazing line of

reversible dresses - two dresses in one, \$89.00 to \$99.00. Don't forget our hand bags and huge selection of jewellery. Come shopping and then stay for lunch or supper. Please just call ahead for a reservation as restaurant space is limited. *Bring this article in and receive 20% off in the Boutique.* See you at the show.

Tickets are \$35.00 until April 10th and after that date will be \$40.00. They are available only through Meadow Acres Garden Centre, 2315 Queen Street, Petersburg (519) 634-5479 after March 15th. Meadow Acres will accept telephone ticket orders paid by credit card, or stop by the store and purchase your ticket with cash or debit. In all cases, a table and seat will be assigned to you at that time. Tickets may be picked up the night of the show at the community centre or at Meadow Acres prior to the show date.

Hot and cold, sweet and savoury food items along with tea and coffee are included in the ticket price.

Join us for a great evening with your mother, sister, or friends and view the newest in spring fashions as the New Hamburg Lioness Celebrates Canada's 150th. All proceeds from the spring fashion show will support the New Hamburg Lioness work in our community.



Tickets on sale April 1st at 9am!
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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. 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. One point will be given for each home run for the players. This year we have two boxes for pitchers - each win by a pitcher gives them two points. We have listed players with their home team and the home-run stats, and pitchers with their wins from last season. Each month (starting in May) we will show you the top leaders and announce the winners and their prizes. Last season there were over 300 entries. 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. Trumbo / BAL = 47
- N. Cruz / SEA = 43
- E. Encarnacion / CLE = 42
- K. Bryant / CHC = 39
- M. Cabrera / DET = 38

- N. Arenado / COL = 41
- T. Frazier / CHW = 40
- R. Cano / SEA = 39
- C. Davis / BAL = 38
- J. Donaldson / TOR = 37

- K. Davis / OAK = 42
- B. Dozier / MIN = 42
- C. Carter / NYY = 41
- M. Machado / BAL = 37
- E. Longoria / TB = 36

- M. Kemp / ATL = 35
- C. Santana / CLE = 34
- M. Betts / BOS = 31
- M. Trout / LAA = 29
- B. Harper / WAS = 24

- F. Freeman / ATL = 34
- R. Odor / TEX = 33
- A. Rizzo / CHC = 32
- J. Upton / DET = 31
- J. Bautista / TOR = 22

- A. Beltre / TEX = 32
- A. Pujols / LAA = 31
- R. Braun / MIL = 30
- K. Morales / TOR = 30
- P. Goldschmidt / ARI = 24

- Y. Cespedes / NYM = 31
- H. Ramirez / BOS = 30
- K. Seager / SEA = 30
- G. Springer / HOU = 29
- C. Seager / LAD = 26

- C. Granderson / NYM = 30
- A. Jones / BAL = 29
- J. Votto / CIN = 29
- I. Kinsler / DET = 28
- J. Abreu / CHW = 25

- W. Myers / SDP = 28
- J. Turner / LAD = 27
- C. Gonzalez / COL = 25
- M. Franco / PHI = 25
- T. Tulowitzki / TOR = 24

- A. McCutchen / PIT = 24
- I. Desmond / TEX = 22
- X. Bogarts / BOS = 21
- C. Correa / HOU = 20
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- M. Scherzer / WAS = 40
- J. Lester / CHC = 38
- C. Kluber / CLE = 36
- C. Sale / BOS = 34
- C. Kershaw / LAD = 24

- R. Porcello / BOS = 44
- J. Cueto / SF = 36
- J. Arrieta / CHC = 36
- M. Bumgarner / SF = 30
- A. Sanchez / TOR = 30

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.