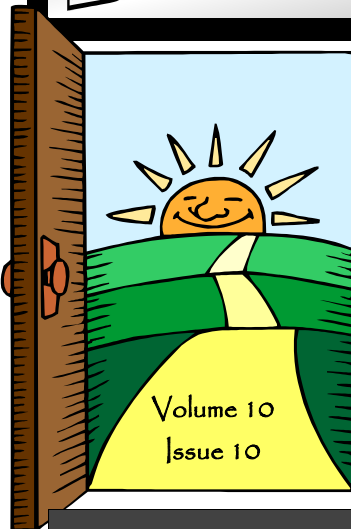


Baden Outlook

"Keeping the Community Connected"



Earth Day Teaches These Youngsters To Keep Their Park Clean



To celebrate Earth Day these six preschoolers (age 2-4) gathered three bags of garbage and one bag of recyclables from Beck Park!

They also went back in the afternoon and met a bunch of friends and cleaned up the skate board park. These were children from age five to nine. They are such great workers and all they wanted to do was to make the park clean again. Something right is happening in Baden!

Inside this issue:

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Wilmot's Elvis (Dave Starr) Makes McHappy!

McDonald's raised \$2,264 from their McHappy Day sales on May 5! Wilmot's Elvis (a former Baden resident) made an appearance and entertained the crowd.

McDonald's also have a team registered for W.O.'s Relay for Life walk on June 4th & 5th. The goal for the group is to raise \$5,000 towards the school's \$150,000 goal.. They are confident that when the community pulls together great things will be accomplished.

Many of us have been touched by cancer in some manner - this is a cause that many are happy to be part of.



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Baden, ON N3A 2V6
Phone: 519-634-8916
Email:
badenoutlook@hotmail.com
www.badenoutlook.com

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This paper is priceless - Please have one!

Talking With Ed

Mental Health Support in A Caring Community



On Monday April 19, we were invited to attend a seminar, at the Haysville Community Centre which was entitled “Coping ... and More.” – hosted by SAWW. Suicide Action for Wilmot Wellesley was formed in the fall of 2007. On one weekend there were three suicides in the area and Sergeant Don Scott of the Waterloo Regional Police, together with the good folks at the Wilmot Family Resource Centre felt it was time to do something. That was the beginning of SAWW.

Over time, several local groups including Wilmot Health Communities Coalition, Interfaith Community Counselling Centre, Canadian Mental Health Association and the Wellesley Township Community Health Centre have joined SAWW. Their first event was an information night at Waterloo-Oxford High School in November 2007. Since then many information nights have been held (such as the one I attended) and each September, on World Suicide Prevention Day, there is a tree planting at the Wilmot Recreation Complex.

There was a small but intimate group at the meeting on that Monday night and I found the evening very informative. Laura McShane from the Canadian Mental Health Association was the guest speaker for the first half of the evening. She spoke of the importance of maintaining mental wellness and building strength. McShane also touched on factors that contribute to mental illness, such as biological, communication and environmental issues, and social stress. One in four people in Ontario will be affected by mental illness.

Other topics for the first half included potential warning signs of mental illness: depression, anxiety, SADD, risk indicators and grief. McShane highlighted an important point - that people can control how they think or react. She also touched on the AAABC's of stress; “AAA” – alter, avoid, and accept; “B” – build resistance and strength; and “C” – change perceptions. One of the most surprising points for me in the first part was that the number one reason that people don't ask for help is “stigma”. The Webster dictionary defines stigma as - “brand, mark – brand with disgrace”. McShane shared another startling observation: that 75 per cent of what we say to ourselves is negative.

After a short break a second speaker was introduced. Adelle, from Kitchener-Waterloo, spoke of her battle with depression that lasted for over ten years. Three of those years she thought of suicide every day and she disclosed to us her trials and struggles. After years of visiting doctors and hospitals she finally feels great and is sharing her story all over the region. She too, confirmed that stigma played the biggest role in keeping her from seeking help. It was her dear friend, who said “I am not sure what is wrong with you, but I will try and help you get better”, that finally changed her stubborn thinking.

The SAWW group has been making headway in its quest for the prevention of suicide. Recommendations for building strength include: eat regular meals of healthy food, get lots of exercise and fresh air, get enough sleep, make time for family and friends, take time to meditate or enrich your spiritual side and get involved in hobbies. We are blessed in our region to have a Crisis Services Of Waterloo Region Mobile Crisis Team, which is there to help 24 hours a day. They take the time to talk with you and help you through the crisis. If deemed necessary, they will come right to your home to help you with your needs. Call 519-744-1813 or toll free 1-866-366-4566.

Until next month...Ed



Suicide Statistics

- Canadians are about 7 times more likely to die from suicide than to be a victim of a homicide.
- The World Health Organization estimates as many as 20 suicide attempts to every suicide death.
- In 1998, approximately 3,700 Canadians took their own lives, an average of about ten suicides completed per day.
- Men are at least four times more likely than women to complete suicide.
- Suicide has occurred in Canadian youth as young as ten years old according to Statistics Canada 1998 report.

EXTRA!! EXTRA!!



There are extra copies of The Baden Outlook available at Teddy's Bakery, Stop 2 Shop (Baden & St. Agatha), Old Fashioned Variety (Petersburg), N.H. No Frills & Sobey's, Short Stop, the New Hamburg and Baden Libraries and various businesses throughout Wilmot Township.

The Baden Outlook is a completely independent publication, not affiliated with any other printer, organization, individual or commercial enterprise.



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



Montana Flood took his Baden Outlook to Fort Myers Beach, Florida.



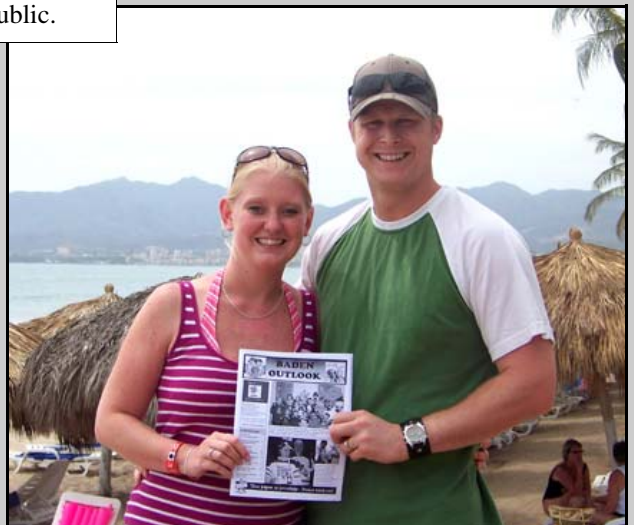
Cindy Brown, of Baden, travelled with her Outlook to the Melia Caribe resort in the Dominican Republic.



Carter Tonin and Hudson Bruyn's Nanny and Poppa (Barry & Jody) took the Outlook with them to Jamaica - IRIE!!!



The Elwood / Norenberg clan and friends enjoyed a winter holiday in Punta Cana Grand Palladium resort.



Greg St.Clair and wife Stacey took their Baden Outlook to Riviera Nayarit, in Mexico. They spent the whole week looking for the perfect backdrop to take the picture.



Joe Harker, from Baden, ran the 2010 Boston Marathon on April 19th in 3:03:32, qualifying for Boston for another 2 years. Joe is at the finish line on Boylston St. with a copy of ... The Baden Outlook



Ian and Penny Collins in Hawaii at the Four Seasons in Maui. Pictures were taken at the Serenity Pool. Celebrities spotted on the resort included Adam Sandler, Jennifer Aniston, Andy Rodick and George Clooney.

Interfaith Thanks You

The 23rd annual Interfaith Silent Auction was once again a great success. Well over 500 items were donated by businesses and individuals from our community and over 60 volunteers donated their time and energy to ensure the event ran effectively. This display of community spirit and generosity resulted in a day that produced \$19,000 for Interfaith Counselling; dollars that will be used to make sure our services are accessible to all.

Hats off to our donors for the large selection of items; the New Hamburg Lion's Club who supplied numerous volunteers; the New Hamburg Lioness Club who operated the food booth; Cassel Mennonite Church for serving up a Pancake and Sausage Breakfast; our local politicians for making pies for our 'Celebrity Pie Auction' and our auctioneer, Greg Kuepfer; everyone who was involved with entertainment – The New Hamburg Citizen's Band, Erick Traplin, Absolute Fitness, and our MC for the day, Ken Silvester. Last but not least, thank you to everyone who came out and supported us by participating on auction day. You have made a difference.

~ Bill Roth, Silent Auction Committee Chair ~

The Baden Cemetery Project

The Township of Wilmot and friends/descendents of those buried at the Kropf/Baden cemetery have formed a unique partnership to construct a stone cairn that will display the original headstones of those buried.

If you would like to contribute towards this fascinating project, donations may be made at the Township of Wilmot – Kropf/Baden Cemetery project. (donations \$20 or more may receive a tax receipt.)

For more information call 634-8444.

"Keeping the Community Connected"



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EVENT DATE:
Saturday, May 29, 2010

EVENT TIME:
11:00 AM – 4:00 PM

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12:00-3:00

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New Hamburg

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www.newhamburgthrift.com



Annual Perennial Sale! On now until May 31

Large selection of perennials, fertilizer, garden tools, planter pots and more also available.

Or share your perennials by donating plants (in 6" – 8" pots) and identify with the plant name and colour if possible.



All proceeds benefit the work of Mennonite Central Committee

REGULAR HOURS

Mon-Thurs 9:00 am - 5:00 pm

Fri 9:00 am - 8:00 pm

Sat 9:00 am - 4:00 pm

Thank you ~ How Very Thoughtful!

We have a great big THANK YOU for all the friends and family that attended my Retirement Open House. Also a special thank you for all the gifts and for the hanging plant that got separated from the card. Your attendance certainly helped make it a special time.



Most Sincerely, Faye Mahoney

All Things Green

With the arrival of spring, the annual outdoor projects at the New Hamburg Thrift Centre are underway!

Our **22nd Annual Perennial Sale** will be held **Saturday, May 1 to Monday, May 31**. Hard to believe it's been 22 years already! Plant donations can be brought to the store throughout the month. They can be potted for sale or large lots can simply be brought in boxes or plastic bags to be re-potted. Donations of garden tools, decorative pots, outdoor decorations, etc., are also welcome. We have knowledgeable volunteers on hand to help you select the correct perennial for your specific growing conditions. We never know what is coming in from day to day so be sure to check in often!

Our **Garden Project** is moving ahead for this growing year. We already have lettuce, peas, garlic, etc. sprouting and hope to have produce for sale in the latter part of the month. Our team of energetic volunteers hopes to emulate the great success of last year! The support we receive from Meadow Acres Garden Centre is tremendous. Once again they are willing to donate our vegetable plants. **Thank you Meadow Acres!** Another local retailer, Heritage Pet & Garden has generously donated our potato seed. **Thank you Heritage Pet & Garden!** AND, our untreated seeds have been generously donated again by William Dam Seeds of Dundas. **Thank you William Dam Seeds!** Volunteers and staff all enjoyed arriving at work each day greeted by the beauty of this garden and look forward to it again this year! Remember, if you have garden surplus, we will also accept your produce donations.

As you plan for your yard sale this year please give special consideration to items that did not sell before donating them. If your items are clean, saleable and do not have price stickers on them, we will happily receive them. Spring is an especially high donation time for us and we appreciate your help sorting items out. Have a look at our website at www.newhamburgthrift.com for a comprehensive list of items that we accept.

We thank you for your continued support and look forward to serving you in the future. *For more information about Mennonite Central Committee, visit us at www.mcc.org*



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LES ARMSTRONG ~ A CANDIDATE FOR WILMOT MAYORAL POST (2ND OF ELECTION SERIES)



Election Day, October 25th 2010, the day when you can vote for whom you want as Mayor (Armstrong, Broda or Knowles). Whoever you vote in has big shoes to fill following our present Mayor Wayne Roth's retirement. The once depleted reserves have been replaced over the past thirteen years and are again in good shape.

As a Candidate for the Mayoral post I keep in mind that there is no "I" in Mayor; it is we, a Mayor, the councillors and all the township employees working together to serve the needs of all the individual communities that shape our township.

How does the team work?

We have discussions on the recommendations brought to us from staff, groups, service clubs, or individuals. We educate ourselves on every issue that affects Wilmot residents. We decide if new projects are essential and if we have the budget for them. We review, discuss, and then vote. No one person can take the credit for getting something accomplished because we all work together as a team.

On your behalf we fought the Ministry of transportation when they wanted to move 7 & 8 highway which was not in the best interest of our community. They have now set that idea aside and if they bring it up again we will stand our ground.

With the building of our new sports complex we worked with all the service clubs and individual groups who would be using this facility because we wanted their in-put as to what their needs were. No one was left out; all age groups

participated. We received government grants, our citizens pulled together and had fundraisers, and now phase one of the complex is completed; phase two has the green light to move forward. When it is completed in mid 2011 there will be no debt attached to it.

I consider it an extreme privilege to have served the people of Wilmot for a total of 16 years. I have made it a point all those years to attend events all over Wilmot because I work for you and want to hear your needs and concerns. Wilmot has been my place of work and my home since 1978.

As a member of the New Hamburg Legion, I have served on the executive committee. I have also served on both the Haysville and New Hamburg Parks boards. Presently I serve on the executive of the Wilmot Healthy Community Coalition, and on the Castle Kilbride Advisory Committee.

The Mayor also sits on Regional Council, attending weekly meetings and several times a year attends meetings with Grand River Conservation Authority and Kitchener-Wilmot Hydro to keep abreast of what is going on in our county and to protect Wilmot's interests.

By the end of May I will have a web page on line where you can find out more about my background, education, work history, and family. As always, I am at your service 24/ 7 by: cell phone 519-998-7488, home 519-662-3562, or email les.armstrong@wilmot.ca

-- Les Armstrong



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Have you hugged today?



One of the best things to hold onto in this world is a FRIEND

What do you know about CLIMATE CHANGE?

What?



WHAT IS CLIMATE CHANGE? Climate change is a change in long-term weather patterns. These patterns can become warmer or colder, wetter or drier. Usually climate change happens slowly over thousands of years, but now, the Earth's climate is heating up faster than ever. Some scientists say too fast for many plants and animals (and us!) to adjust.

Why?



WHY IS THE ATMOSPHERE HEATING UP SO FAST? Mainly because we're using too much energy. Many scientists believe that the more natural gas, oil and coal we use for energy, the more "greenhouse gases" we release into the atmosphere. These gases prevent the sun's heat from escaping into space, and can result in higher temperatures here on Earth.

How?



HOW DOES HEATING UP THE EARTH TOO FAST MAKE A DIFFERENCE? Even if the average temperature around the world goes up only one degree, there may be big changes: air pollution, flooding, an increased number of severe storms, changes to fish and wildlife habitats, and droughts that endanger food supplies.

When?



WHEN WILL CLIMATE CHANGE START TO AFFECT US? It already has. A number of ecosystems or habitats are already beginning to change even if ever so slowly. Some species will have to adapt to their changing surroundings or move to new areas if they are to survive. Some species may become endangered or even extinct.

WHO? ~ YOU, and your family! And the sooner the better.

Taken in part from Ontario Parks

YO, Dude – Let's Create Your Own Rap Name

Alright kids – all the popular Rap Singers have their own "Rap Stage Alias". So here's your chance to make up your own cool personal identity.

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Here is an example: if your name is Dave Luxton then it would be 'D-Lux' or Jane Walker would be 'J-Walk'.

Let's try some local names: Jackie Rolleman (co-owner of EJ's) would be 'J-Roll' and Dan Munroe (local musician and cool cat) would be 'D-Mun'.



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Baden Feed Buys Portion of Master Feed Property

On April 9, 2010 Baden Feed and Supply purchased 5.3 acres of land from Master Feed. The property consists of the entire Master feed property south of Mill Street from Foundry Street to and including the old production plant. The remaining property that Master Feed is selling is approximately two acres.

Merv and his son, Tim Scheerer formed Baden Feed in 1989. The two rented the store and their current small garage. They manufactured and sold birdseed and retailed livestock seeds. In the early 90s they purchased a canvas enclosure from the plowing match, which gave them additional storage space.

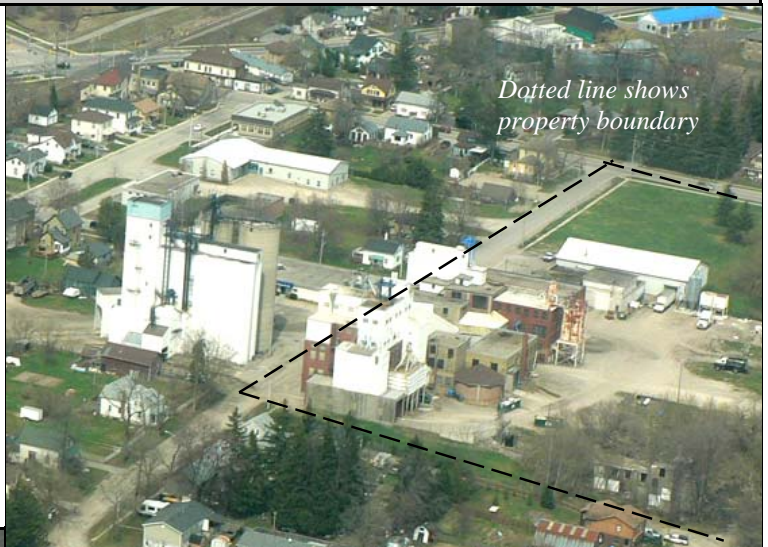
Roger Scheerer, Tim's brother, joined the company in 1997; at that time they had two other employees (Carolyn Mills and Dave Heyer). During the same period they purchased a seed cleaner which allowed them to start into

Sons, Tim and Roger, with dad, Merv Scheerer in their new building.



pigeon seed manufacturing. In 2000 they built a large storage shed to replace the tent and their focus was now on bird and pigeon seed.

The historic buildings (built by the Livingston's) that Baden Feed purchased include a main floor area comprising of 15,000 square feet – which is rented for storage by two current tenants and their own use. They also have a second and third floor consisting of 6,000 square feet each and a basement that is tall enough to drive a tow motor into and a maintenance shop. They are presently accepting tenants who might be interested in renting any of the space.



Dotted line shows property boundary

Baden Feed will continue to rent their store and have taken over the Master Feed offices in the rear of the building. They remodeled their store to offer a larger selection to their customers (drop in and check it out). Future plans (no time frame set) include knocking down the old Masterfeed production plant, which is the most westerly building on the street.

Baden Feed sells their products coast to coast across Canada, all across North America, to the Caribbean, Turkey and Hong Kong.

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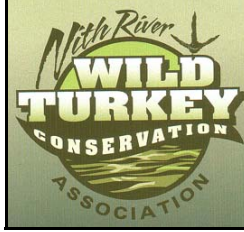
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Fishing Derby Returns To Baden

The Nith River Wild Turkey Conservation Association (NRWTCA) has only been established for two years, but the twelve-member group is contributing to the community in a big way. Their main fundraiser is a licensed dinner held at the old New Hamburg arena. Last year they served 420 people and this year they are hoping for 500 patrons at the May 15th event.



Last Christmas the organization donated \$600 to the Wilmot Family Resource Centre in New Hamburg which will be an annual occurrence. They contributed \$500 towards a scholarship at Waterloo Oxford High School and ran a program every Friday night through the winter, where 23 youths learned the skill of archery. This program cost them \$3000 and many hours of supervision.

Club President and Baden resident, Derek Snyder announced in an Outlook interview that they would be bringing back the Baden Fishing Derby at the Mill Pond. The derby will be held on June 5th from sunrise to 5 p.m. and will be open to all ages. The club has purchased 500 rainbow trout (which are all over one pound) from a fish farm near Erin, Ontario at a cost of \$2,000.

The fish will be released in the pond on Monday May 31 and the association is asking everyone to **refrain from fishing that week** so there will be plenty of fish around for the derby. **There will be one tagged fish worth \$500 only if it is caught on the day of the derby.** There will be a six fish limit per person for the day and all necessary permits have been obtained through the Ministry of Natural Resources.

The association will be selling hamburgers, hot dogs, pop, water, and ice cream. They encourage all families to come down and enjoy the day at the Mill Pond. They would like to make this an annual event so let's get out and have some fun!



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Think birding, and many people think May long weekend and Point Pelee. That's because birders from all across Ontario gather there each year to take in the bird festival, scheduled to coincide with the mass migration across Lake Erie. In particular, birders are there for the many different kinds of warblers which come in many colours and patterns. All are small and very active. Active except when they've just completed a long flight – across Lake Erie maybe? It's a good time and place to see them as they recuperate.

But spring migration is almost over when the warblers arrive. Ken and I were standing outside the Wilmot Mennonite Church on Bleams Road on March 20 talking birding when he pointed at a flock of geese approaching us. "Listen," he said. Those long necked honkers weren't Canada geese - they were tundra swans heading to the far north. And they weren't the first birds either through our area or to our area. The black birds were already back, as were robins and many of the other thrushes.

Birding festivals have their plusses and minuses. On the plus side, are all the experienced birders who go out of their way to help you to learn to see, hear, and identify the many birds they've already seen through the years. Lists of birds and the locations where they have been seen are often posted helping everyone extend their seasonal and life lists with new sightings. There are often breakfasts, BBQ's, clothing and

other items to buy also. The draw back is that sometimes there seem to be more birders than birds. But then you can talk about the ones you've seen and salivate over the ones they've seen.



The Pelee festival focuses on the long weekend while the Huron Fringe festival – at MacGregor Point Provincial Park south of Port Elgin – is on the two weekends after the long weekend. There are many other festivals around.

Looking forward in the birding year to near the end of the fall migration, you may want to mark your calendars for the Christmas Bird Count. There are three local counts: Kitchener on Dec. 18, Cambridge on Dec. 19, and Linwood which is usually after Dec 25. You may want to take part in one or more of these Audubon counts which compare bird populations over many years and attempt to track local, national, and international population trends (there are about 2000 counts in North and Central America). There are several ways to take part. Join a group, which is birding a specific area, or if you live in the area of the count, keep track of birds at your feeder. A future article will explain how a count works and will also supply contact information. Plan to donate some time to lead a small group if you are comfortable with birding, or join an experienced birder if you classify yourself as a novice.

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STOP2SHOP Limit 2 per coupon until June 15

Frieda Wagler was full of spunk. Despite our huge age difference (I was 54 years her junior), I loved spending time with her because she was so much fun. We would laugh a lot together. I considered her a very treasured friend.

When I found out that Frieda had died, I was rocking my new baby to sleep. As I sadly reminisced, I realized that Frieda had taught me a lot about life and consequently a lot about how to raise my daughter, Paige.

Frieda was such a loving woman. At her funeral, Pastor Steve Drudge of Steinmann Mennonite Church illustrated this by saying: "How can you not like someone who likes you so much?" Frieda genuinely enjoyed people. She made you feel important and appreciated. She had a sincere and accepting warmth that made her very well liked. She was so easy to hug.

Frieda prized her family and friends. She talked unceasingly about her fondness for happy times spent with loved ones. To Frieda, time spent with family and friends was the sweetest way to live life. Not only did Frieda cherish the love, support and comfort that she received from her loved ones, she gave it in return.

"She played marbles and cards and catch with me," says great-grandchild Clayton.

"I liked reading with her," tells great-grandchild Victoria. Frieda laughed a lot. I remember her saying grace one day, and as she was thanking God for me, she forgot my name and this sent us both into hysterics. Frieda laughed easily and found humour constantly. I never knew what zany thing was going to

come out of her mouth. Frieda made the effort to be happy and make others smile.

Frieda had strong beliefs. At her request, the hymn "My Life Flows On," was sung at her funeral. The hymn's words, "no storm can shake my in-most calm while to that Rock I'm clinging," were true to her life.

Sadly Frieda withstood the very young deaths of three daughters. She also watched the burial of two husbands. Despite these horrors, Frieda had joy. She truly was like a brook that kept bubbling along. Frieda's faith was her "everything." It was the source of her subsistence. It was the source of her strength. It was the source of her joy. It was the source of her comfort.

Frieda marveled in the simple things of everyday life. She loved nothing better than a cup of Red Rose tea with a ginger cookie while listening to David O'Donnell or the Gaither Family. She took great delight in her little garden and in making quilts for others.

I miss Frieda. Her friendship was comforting and pleasurable. I am so grateful that I got to know her and that my Paige met her too. It is my aspiration that I can instill some of Frieda's legacy into my daughter. I can honestly think of nothing better for her.

Frieda you were a gem!



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Forgetter Be Forgotten?
 My forgetter's getting better,
 But my rememberer is broke
 To you that may seem funny
 But, to me, that is no joke

For when I'm 'here' I'm wondering
 If I really should be 'there'
 And, when I try to think it through,
 I haven't got a prayer!

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

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

When shopping I may see someone,
 Say 'Hi' and have a chat,
 Then, when the person walks away
 I ask myself, 'who the hell was that?'

Yes, my forgetter's getting better
 While my rememberer is broke,
 And it's driving me plumb crazy
 And that isn't any joke.

CAN YOU RELATE???
Email submitted by R. & J Price



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*Please note weeks with bus trips
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charge to help cover transportation
costs.*

**1. WILMOT'S NEXT GREAT CHEF,
JULY 5- 8**

Back by popular demand! Mix,
measure, stir, work together and
enjoy the food you create. We will
welcome a special guest chef from
the community as well as take a
walking trip to New Orleans pizza!

**2. FURRY, FEATHERY, SCALY -
AMAZING ANIMALS!
JULY 12 -15**

Could you survive as a bear in the
forest, a deer in the woods or a
salmon swimming upstream?
Become an animal, make some
tracks, find food, and learn how to
survive in the wild.

**3. BLAST FROM THE PAST
JULY 19 -22**

Experience a morning of fun in the

wild west, the roaring 20s, flash
back to the 70s and more.

**4. GET READY, GET SET..GO
GREEN! JULY 26 TO 29 -**
Everyday is EARTHDAY! Have fun
learning and discovering new ways
to reduce, reuse, recycle!

**5. GAME SHOW MANIA
AUGUST 3 - 6**

If you just like to have good old
fashioned fun - game show mania is
for you. Catch the excitement!

**6. KaBOOM KerSPLAT
AUGUST 9 - 12**

Be an artist, scientist or an
"artscitologist ?" Explore, build,
splash and create..a week full of
creative discovery and FUN!

**7. OCEAN ADVENTURE
AUGUST 16 -19**

Calling all underwater explorers!
Uncover the mysteries of ocean
animals, make friends, play games
and enjoy marine themed crafts
and water fun! Please note we are
planning a bus trip to Lions Lagoon
@ Waterloo Park, this week there is
an additional \$5 charge.

**8. HOLIDAY HULLABALU,
AUGUST 23 -26**

Let's celebrate a different holiday
each day! Halloween in August?! ..
Why not!

Teen Fun Zone

Youth Drop-In/Skateboard Park
Helmets are required to skateboard.

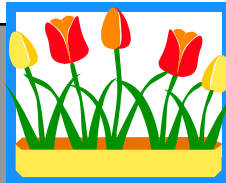
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9th Annual StrawberryFest

With emphasis on locally grown strawberries, the event will offer a wide variety of treats to appeal to all ages including a pancake breakfast & BBQ lunch. Activities include Unique Wheels Show, a construction equipment skills contest, live music, talent show, games, face painting, petting zoo, dessert contest, silent auction and raffle. Admission: free!

Saturday June 19th from 8a.m.-4p.m. at St. Agatha Community Centre (Erb's Rd. St. Agatha)

Contact: strawberryfeststagatha@gmail.com www.stagathastrawberryfest.com (519) 699-6063

BADEN COMMUNITY YARD SALE

When: Saturday May 29
Time: When you're ready.

Where: Your house and your neighbours'.



It's the time of year again to dig around in the attic or garage and decide what you need to repair, clean, or pass along. What may look like garbage to you could be useful or a treasure to someone else. So get busy now and plan to be outdoors visiting with your fellow Badenites. How productive - you've cleaned your house and even made a few bucks!

Party Tent Rental

20' x 30' with or without window sides.

New Hamburg Optimist Club

CN Optimist Gary 519-662-2803



Motivated Mommies Meet

Monday May 31, 8 - 9 p.m.

Trinity Lutheran Church, New Hamburg

Guest Speaker: Dr. John A. Papa, Chiropractor, Clinic Director & Founder of the New Hamburg Wellness Centre

Topic/Seminar: "Everyday Activities That May Be Hurting Your Back"

Cost \$5 (bring a friend, be entered in a draw)

Monday June 7th, at 8 p.m.

Trinity Lutheran Church, New Hamburg

Guest Speaker: Local Nutritionist Michael Fisher

Topic: "How to listen to you and your child to allow the natural evolution of a supportive diet".

Cost is \$5.

Forest Glen Public School Fun Fair

Thursday, June 3rd, 3:30 to 7:30 p.m.

Forest Glen School - 437 Waterloo Street, New Hamburg

This is a community function to help Forest Glen School raise funds for off-campus trips, guest speakers and special events.

There will be lots of fun things to do at the Fun Fair and everyone is welcome!

Defend Yourself - Please Join Us to Learn More

Education session on boosting immunity including, what helps, what harms, the facts on vitamins, and protection from diseases due to insect bites.

Tuesday, June 15, 9:30-11:30 a.m., Pond View, Wellesley

For details contact Karla Wilker 519-656-9028 ext 224.

SUPPORT GROUP FOR PARENTS

Parents linked with our Community to assist in the need for Support, Awareness and Empowerment against narcotics.

Monday evenings at 8 p.m.

Trinity Lutheran Church

23 Church Street,

New Hamburg, Martin Luther Room (upstairs)



WILMOT HORTICULTURAL SOCIETY

Monday, June 14, 7 p.m.

Meet at 'Colour Paradise' - Mannheim

"Container Gardening" - Plant your own

Contact - Marian Sloss - 519-696-3346

Note Change of Time & Venue



Another Cool Move

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

Did you know that a marathon -- a long-distance running event -- is so named because a Greek soldier ran 26 miles from the city of Marathon to bring news of a battle to Athens? Here's another fact: did you know that the marathon was one of the original modern Olympic events in 1896?

And did you know that Joe Harker of Baden is a marathon runner who just made his mark in the Boston Marathon, one of the most prestigious races in the world?

Joe Harker first became involved in running because of an injury: he used to play on the Wilmot Warthogs Rugby Team, and one day broke his finger. Unable to work for two months, he found himself realizing he was "the oldest guy on the team." It was a thought that made him reconsider the rough pastime of rugby, and instead, Joe turned to running.

An employee at Toyota in Cambridge for five years, Joe became a member of the employee team, and soon qualified as one of its fastest runners, a feat that enabled him to attend a Toyota competition in Kentucky. From there, the fastest runners compete at Toyota's main event in Japan. While Joe didn't quite qualify for that next step, he still found himself hooked on running. "Every runner has a competitive edge," he says, "but your personal time is what counts."

Since then, Joe has spent the last 3½ years running races, especially marathons. In addition to other events, he's run in the Toronto Scotia Bank Race (twice), the Waterloo Marathon, and most recently the Boston Marathon. This in particular is an elite event: this year marked the 114th year of the run, and it's seen as one of the most demanding events in the sport (you can learn about the marathon here: <http://www.bostonmarathon.org/>)

The road to Boston involved a huge amount of training, a gruelling regime that includes a variety of running approaches. "Every run has to have a purpose," Joe explains, and so he alternates between "hill" runs (Sandhills Road is a favourite route), "long" runs along local country roads, "tempo" runs to work on his pace, and "intervals," which involve alternating between sprints and slower jogs.



Overall, Joe runs six days a week, and in peak training in the weeks leading up to a race, he'll add a "light" 10k run on the seventh day. In total, he can run up to 120 kilometres a week, a challenging training schedule indeed, but necessary for the incredibly demanding Boston Marathon. "I had terrible blisters, but you have to keep going... the back of the shirt I wore during the marathon said 'Not Dead Yet!'," Joe laughs.

All his training and dedication undoubtedly helped Joe succeed in the Boston competition, which this year drew upwards of 27,000 competitors in a range of ages and abilities. Out of that remarkable crowd, Joe came in 1699th overall, and ran the marathon in 3:03:32 (three hours, three minutes, and thirty-two seconds).

His amazing achievement qualifies Joe to run in the Boston Marathon for another two years, and of course, he'll continue competing in as many other races as he can. In the meantime, he'll keep training on Wilmot's country roads ... running all the way.

If you have an interest in discussing a Baden running group with Joe, contact him by e-mail: joe_harker@yahoo.ca



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Saturday May 29, 9 am - 3 pm

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Saturday 9:30 am - 3:30 pm, Closed Sunday**

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- › Upsize or downsize because your home no longer fits your needs
- › Take advantage of low interest rates
- › Invest in a property that can provide you an income

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How to stop a dog from digging in a garden.
Start right!Never let the dog see you
digging -- Doggy see, doggy do!



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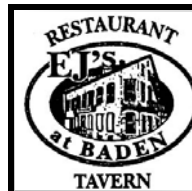
Baden Outlook Baseball Pool Stats

| Place | Name | PTS | Place | Name | PTS |
|-------|-------------------|-----|-------|--------------------|-----|
| 1 | Larry Gascho | 72 | 31 | Brett Fraser | 60 |
| 2 | Evin Henderson | 70 | 32 | Patricia Miller | 60 |
| 3 | Garth Linton | 69 | 33 | Lori Cook | 60 |
| 4 | Landon Roth | 69 | 34 | Trevor Ross | 60 |
| 5 | Pete Usher | 67 | 35 | Patrick Glofchskie | 59 |
| 6 | Michelle Ruston | 67 | 36 | Chuck Herold | 59 |
| 7 | Aiden Heinbuch | 67 | 37 | Brittney Snyder | 59 |
| 8 | Homer Zaplenty | 66 | 38 | Diego Vitello | 59 |
| 9 | R. Westfall | 65 | 39 | Maria Azevedo | 59 |
| 10 | Dianne Brackenbry | 64 | 40 | Tanner Heinbuch | 59 |
| 11 | Loni Powell | 63 | 41 | Patrick Henderson | 59 |
| 12 | Greg Naumann | 63 | 42 | Paige Lawrence | 59 |
| 13 | Owen Roth | 63 | 43 | Robert Leu | 58 |
| 14 | Stuart Mitchell | 63 | 44 | M. VanDeWynckel | 58 |
| 15 | Joel Heise | 63 | 45 | Sara Roth | 58 |
| 16 | Marg Leppington | 62 | 46 | Brian Nutter | 58 |
| 17 | Logan Snyder | 62 | 47 | Rita Vitello | 58 |
| 18 | Landon Martin | 62 | 48 | Steve Frank | 58 |
| 19 | Kathryn Herold | 62 | 49 | Heather Leu | 58 |
| 20 | Doris Blake | 62 | 50 | Susan Mills | 58 |
| 21 | Gerald Martin | 62 | 51 | Sue Honderich | 58 |
| 22 | Bob Brydon | 62 | 52 | Shane Witt | 58 |
| 23 | Colt Holba | 62 | 53 | Susan Nickolas | 57 |
| 24 | Roy Blake | 62 | 54 | Ruth Schnarr | 57 |
| 25 | Robert Sisko | 62 | 55 | Karen Sisko | 57 |
| 26 | Jim Brodie | 62 | 56 | Paul Jacklin | 57 |
| 27 | Rick Grebinski | 61 | 57 | Ed Eckert | 57 |
| 28 | Trevor Shantz | 61 | 58 | Taylor Martin | 57 |
| 29 | Dan Schmidt | 61 | 59 | Emma Herold | 57 |
| 30 | Brady Snyder | 60 | 60 | Alex Reibeling | 57 |

Congratulations to Larry Gascho for taking the leader prize in this month's Homerun Pool - winning a gift certificate from EJ's of Baden.



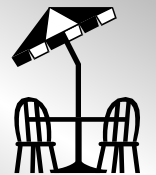
The lucky random draw winners are Tatum Bizony, winning a gift certificate from Egli's Meat Market, and Tanner Heinbuch winning tickets for the Children's Museum and a Baden Outlook shirt.



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Season Ending ~ Top 10 for Outlook Hockey Pool

| Adults | | | Kids | | |
|--------|-------------------|-----|------|------------------|-----|
| 1 | Rachel Jutzi | 910 | 1 | James Osburn | 910 |
| 2 | Bill Witt | 905 | 2 | Liam Boronka | 904 |
| 3 | Bonnie Dietrich | 903 | 3 | Aidan Voison | 894 |
| 4 | Thomas Pestell | 899 | 4 | Daniel Jutzi | 883 |
| 5 | Brandon Gingerich | 898 | T5 | Adam Roth | 872 |
| 6 | Darrin Reynolds | 892 | T5 | Maggie Litwiller | 872 |
| 7 | Sheldon Martin | 891 | 7 | Colton Holba | 871 |
| 8 | Tony Papa | 889 | 8 | Daniel Kreller | 864 |
| 9 | Grant Gunn | 881 | 9 | Nathan Boronka | 863 |
| T10 | Michael Steinmann | 877 | 10 | Sierra Simpson | 862 |
| T10 | Tim Hunter | 877 | 11 | Liam Schweitser | 858 |

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Baseball 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 "Baseball Pool" then click on "Baseball Pool Manager" - then "Quick Access" —the pool I.D. is outlookhomerun and the password is quest. Click "Ranking" on the right side. The top 30 entries will be listed - to view more click on "next page" below listing. ~ Have Fun and Good Luck!

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“Get It Together”

...with Donna & Rhonda



Last month we started our 5 part “HEART” series. These five steps, when completed in order, are what we consider to be the backbone of organizing.

Step number one is H - Handle & Sort. Overwhelmed with an organizing project and don't know where to begin? Handling & Sorting is your first step. Handle each thing and group like items together. (See April issue of the Outlook for more details)

Step number two is E - Evaluate. Once you have similar things together it is easier to evaluate and decide what you are keeping, and what should be directed towards garbage, recycling or donation. Try your best to keep things that you currently use and love.....not what used to be important or might be useful to you at some point in the future! The Evaluation step is probably the most difficult.

This is where you find yourself saying things like:

- There is no way I can get rid of this.....do you know how much money I spent to buy it?
- This was a gift from my mother-in-law. What if she comes to visit and doesn't see it?
- These boxes of stuff belonged to my mother. She is dead and gone now, but nobody else wants them. I don't really want them either.....but I have no idea what to do with them.

Instead of thinking about what you are losing, try instead to focus on what you gain by having less stuff.

1. Space - The stuff that you do use and love can be easily accessed in drawers and closets that are not filled beyond capacity.
2. Time - Think about the time you waste searching through your stuff for lost or misplaced items.
3. Money - Have you ever gone out and re-bought a gift or household item when you were frustrated because you couldn't find the original?
4. Satisfaction - Don't have the mindset that you are “losing” the things that you are donating. Think of the satisfaction that is yours as you bless others by donating the things that you are no longer using.

This evaluation step is difficult, but we encourage you to make the tough decisions and don't let your past weigh down your present!!

To learn more about “Getting It Together”, visit us at www.heartofthematter.ca

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BUSY BADEN BULLDOGS

By: Hannah Verbiski



It's amazing to think that summer is less than two months away! There's no doubt the school is buzzing with anticipation for the sunny skies and lazy days that the season brings! There's a lot for the Bulldogs to look forward to from now until the end of the school year. With athletics, field trips, theme days, and some special occasions for the intermediates, it's going to be a busy month and a half!

Since all of the seasonal sports' teams have wrapped up their seasons, the students at Baden Public School are excited to begin track and field. Many of the intermediate students shared successes at the school track meet on May 10th and are preparing for the Divisional Track Meet on the 27th. The Life Skills class is competing on June 7th and the juniors will participate in their track meet on June 8th. On the 4th of June, the Grade 8s will also be travelling to Waterloo Town Square to see a replica of a refugee camp in Uganda. It coincides with their current unit on Global Issues.

As the school year comes to an end, many classes are celebrating their fun-filled time together by going on year end trips. On June 16th, the Grade 1s are travelling to Wings of Paradise to spend time with the elegant and colourful butterflies. On the 21st, the Grade 2s are going to Doon Heritage Crossroads to experience pioneer life. The band and choir are competing at Canada's Wonderland on June 9th. It will be a day full of fun, and hopefully, success! On June 15th, the Grade 4s and some lucky Grade 3s and 5s are going on an awesome trip to Toronto to see the Medieval Times show, and then all of the grade 3s are off to Crawford Lake on June 25th. Class 8E will be busy this month with bowling, a picnic at Waterloo Park, and having a class lunch at Country Boy. The rest of the Grade 8 students will be touring the city of Montreal from June 22nd to 25th. They'll experience both the historic and modern sites of the city while spending time with their grade-mates!

There are many special occasions approaching at Baden P.S. We kick them off with the Volunteer Appreciation Breakfast happening here in the library on May 19th. On the 27th of May, we are holding our annual Baden Backyard Barbecue with food, drinks, games, activities, musical performances, auctions, draws, and much more! It's a great event that you won't want to miss! June 11th is the Staff Appreciation Breakfast; School Council will make breakfast

and serve it to the staff as a way of saying thanks for all of their hard work this year. On June 14th BLT is hosting the Grade 6 to Grade 7 orientation as a way to share the exciting opportunities they will get as intermediate students and to help them feel comfortable about their transition. In addition, on the 24th we're hosting a dance for all of the Baden "Newcomers". This is a chance for the Grade 6s from New Dundee Public School to meet all the Grade 6s from our school so they feel at ease with next year's changes. Also in June, Michael Mitchell, a Canadian singer for kids, is visiting the school to perform for all the students from Kindergarten to Grade 6. The primaries will participate in an exciting play day on June 24th. Report Cards will go home on the 28th of June, and that same evening the Grade 8s will celebrate their graduation. The last day of school is June 29th. It will be filled with fun activities and an entertaining end of the year assembly.

The 2009/2010 school year has gone by faster than anyone ever imagined. With such a busy month and a half left to go, I know that will fly by as well. It's sad to see that such an amazing school year is soon coming to an end, but it's exciting to think about what lies ahead. Get your flip flops and sunglasses ready, summer is closer than you think!

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Wasp Spray !!! -Email Submission

A receptionist in a church in a high risk area was concerned about someone coming into the office to rob them when they were counting the collection.

She asked the local police department about using pepper spray and they recommended that she get a can of wasp spray instead.

The wasp spray, they told her, can shoot up to twenty feet away and is a lot more accurate, while with the pepper spray, they have to get too close to you and could overpower you. The wasp spray temporarily blinds an attacker until he or

she gets to the hospital for an antidote. She keeps a can on her desk in the office and it doesn't attract attention from people like a can of pepper spray would. She also keeps one nearby at home for home protection.

With this in mind, it may seem wise to keep a can of wasp and hornet spray near your door or bed. It is inexpensive, easy to find, and more effective than mace or pepper spray. The can typically shoots 20 to 30 feet; so if someone tries to break into your home, "spray the culprit in the eyes". If you're looking for protection, look to the spray. That's going to give you a chance to call the police; maybe get out.

The Ontario Badger Project: You Can Help!

By Teresa Brown



Photo Courtesy of Richard Klafki

Here in Wilmot Township, a delightful aspect of rural life is occasionally seeing some unique wildlife. Ground hogs, squirrels, and rabbits are common, but sometimes we have the luck to see something more rare, like deer, wild turkeys, possums ... and badgers.

Badgers? We've all heard of them, but few have ever seen one in this area, despite the fact that there are a few reports of badgers in Southern Ontario. The American Badger is that raccoon-sized, striped-faced critter that loves digging and has the reputation of being a ferocious fighter. Actually, there's a lot more to learn about these fascinating creatures -- and Trent University would like your help.

Their web site explains: "The Badger Project is intended to be a long term study to first answer some basic questions about badger ecology in Ontario and then to set the stage for long-term recovery and monitoring of their populations. The ultimate goal is to achieve a viable and self-sustaining population within their natural range." In other words: first determine how and where badgers naturally live, then help them re-establish themselves there.

So how can you help? Well, because badgers are nocturnal and extremely shy around humans, they're sighted only rarely. It's more likely that you'll see one of their

burrows, and it's these dens that are extremely useful to researchers. Hair-snagging devices can be placed in confirmed badger burrows, and later the hair can be collected.

When the hair is analyzed, the DNA reveals an incredible amount of information. It allows individual badgers to be identified, and shows their genetic relationship to each other. It also shows how closely related Southern Ontario badgers are to the Michigan population, which helps researchers determine their range.

Even "road-killed" badgers, as well as stuffed and mounted badgers many decades old, can reveal valuable information. Badger claws collect the chemical signatures of the soil they travel through, and these can be analyzed to discover the animal's range. Even the claws of stuffed badgers can carry this information: if you have a stuffed specimen and wish to donate a claw, the Badger Project will happily replace it, free of charge.

The project's web site has a wealth of information about their research, facts and frequently asked questions about badgers, and of course plenty of photos to help you identify badger burrows, tracks, and the little guys themselves. There's also information about how farmers in particular can help. Check it out at www.ontariobadgers.com.

If you think you've seen a burrow -- or even a badger, living or dead -- please let the people at The Badger Project know. You can e-mail them at info@ontariobadgers.com, or call the Ontario Badger Hotline (toll-free) at 1-877-715-9299. As their web site says, "Sightings and reports from people like yourself are the most important factor in our research." So keep your eyes open -- and be a part of science!

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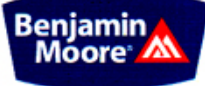
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Checking Out Baden Branch Library



The 2010 One Book, One Community selection is *The Best Laid Plans* by Terry Fallis! Check the OBOC website at <http://oboc.ca> for more information, including a free podcast of the book, author biography, blog, and complete event listings. Terry will visit Waterloo Region Sept. 21 to 23 for a series of free readings. New this year: follow OBOC on Twitter. Place a hold on the book today at your local library. For more details, phone Library Headquarters at 519-575-4590 or email libhq@regionofwaterloo.ca. Our region reads!

The ABC (Awesome Book Club for kids 8 to 11 years old) final meeting of the year will be held on Thursday, May 6 from 6:45 to 7:30 p.m. Come out and celebrate a year of great reading and fun times at the library! A huge thank you to our volunteer, Vanda Wagner, for leading this group all year!

Coming soon: discover exciting news about the 2010 TD Summer Reading Club. It's going to be a *wild* summer of reading fun!



New Hamburg Branch Library now has free wireless internet! Stop in with your laptop during library hours, find a comfy chair, and take your time browsing the web. Ask staff for details.

Due to space limitations, registration is limited for ALL library programs. Contact the library at 519-634-8933 or by email at badenlib@regionofwaterloo.ca for more information. Up-to-date information is also available on our website at <http://www.rwl.library.on.ca>

*Chris Baechler, Assistant Supervisor
Baden Branch, Region of Waterloo Library
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SAFE GARDENING TIPS TO PREVENT INJURY

By Dr. John Papa

Spring is upon us and so is the arrival of the gardening season. Raking, lifting, digging, and planting can be strenuous activities. Below are some simple rules and precautions that can be followed to help avoid and prevent injury during the gardening season.

- 1. Warm up:** Prepare your body for physical activity by stimulating the joints and muscles, and increasing blood circulation. Climbing stairs, marching on the spot, or going for a quick walk around the block can serve as excellent warm ups in five to ten minutes. Follow this with some gentle stretch exercises such as knee to chest, forearm and wrist stretches.
- 2. Use the right tools:** Make sure you select the correct tool for the task to be performed. Always make sure that tools are a comfortable weight and size for you. There are many ergonomically designed tools, which are lightweight with long padded handles and spring action mechanisms that can reduce strain and effort.
- 3. Proper lifting means bend the knees, keep the back straight and brace!** Use your leg and arm muscles to do the lifting while keeping your back straight. Maintaining the natural and neutral curves of your back is important, as this is its strongest and most secure position. Contracting and bracing your abdominal muscles during lifting improves spinal stability and decreases the chance of injury. Avoid twisting and turning by positioning yourself accordingly. Be sure to lift slowly and smoothly with the load close to your body and do not jerk with your lifts.
- 4. Alternate activities and change positions:** Once you begin, take turns alternating between heavy chores such as digging, and lighter less physically demanding tasks such as planting, every 10 to 15 minutes. Avoid prolonged working postures. Changing hands frequently when you rake, hoe or dig prevents muscle strain and joint stress on one side of the body.
- 5. Preparing for the elements and pacing:** Select comfortable, thick-soled, protective shoes that support your arches to reduce back pain and aching muscles. To protect from sun exposure, apply sunscreen, wear a wide-brim hat and drink plenty of water. Wear loose and comfortable clothing. Know your physical limits. Stop gardening immediately if you feel chest pain or persistent back or joint pain.



In the event that you suffer a back, neck, or joint injury while gardening that does not subside, you should contact a licensed health professional who deals in the diagnosis and treatment of muscle and joint pain. For more information, 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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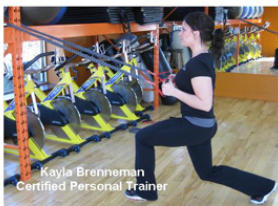
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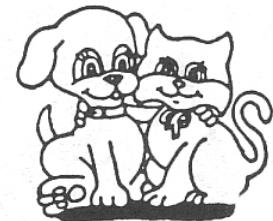


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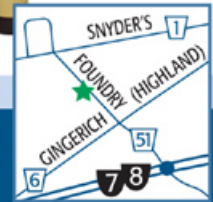


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- * The research assistant couldn't experiment with plants because he hadn't *botany*.
- * Old gardeners never die they just vegetate.
- * Gardeners like to plant their feet firmly.
- * If you're a gardener you might call yourself a 'plant manager'.



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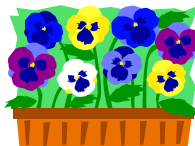
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Do you remember the dreariness of winter? The short, grey days and the long, dark nights? If you do, it'll soon be just a memory. Spring is around us and summer is nipping at her heels.

The best thing about summer (besides vacations and cold drinks), is time spent outdoors among the incredible colours of the season. And our gardens will be full of them. Right now the vibrant daffodils may be fading, but the tulips are bold and beautiful and local garden centres are filling up with piles of annuals and perennials. Gardeners are just itching to spread that colour everywhere.



Spreading Outside the Garden

Bring it out onto the patio with pots, planters and all sorts of containers. Build flower boxes right into your wood deck, incorporated to be a handy border or a strong focal point. Accent your stone patio or front porch with tall urns and cascade a collection of pots down stairways.

Potted plants give you portable colour that can be strategically placed and changed every year. Do you have a newly constructed home? Splash colour into the yard instantly with container gardens. All you need are the pots, some decent potting soil (make sure it has organics and vermiculite mixed in) and your choice of annuals to brighten and personalize your home's exterior.

Water your container gardens often and use a rain barrel if possible. You'll be practising water conservation and giving your plants the most natural and beneficial drink.

Spreading Inside the Garden

If you're digging a new bed or extending an existing one, you may be tempted to stuff it full with flowers. Who can blame you? But remember to give your flowers room to mature and thrive. Plant perennials with adequate room between them and turn to annuals for bursts of colour. Tuck bright petunias and geraniums between the new perennials. For shade gardens, try impatiens and begonias. The gorgeous foliage of coleus is a favourite, providing texture and colour that's nearly unmatched. Pinks, purples and neon greens are all available within the wide variety of coleus out there.

Monochromatic gardens are another way to make a statement in the garden. Planting all white flowers is truly whimsical and a purple or pink garden packs an incredible punch. Some colours have a broad range of shades and flowers to choose from. Others are more limited, but still have fantastic impact. Consider going with a monochromatic colour scheme for smaller beds to make them appear full and bursting.

Spreading Around the Yard

Pick up colour all over the yard with trees and shrubs. Beyond the delicate beauty of spring-flowering shrubs and fruit trees, there are plenty of other ways to "paint" your yard. For rich reds and burgundies, decorate your yard with Japanese maples. These ornamental trees are elegant and colourful, adding a sense of class. Birch and willow trees will spread a graceful white around. The Ninebark "Diablo" is a beautiful flowering shrub with a purple-coloured, peeling bark. You can prune it into shape or let it grow naturally up to 6 feet high.

Certain spruce and fir trees will shade your yard with pale blue. The variegated leaves of some trees, maples and ash for instance, deliver a splattering of gold to the scenery.

Don't forget the show that deciduous trees put on in the fall. Even though it's a long way off (and we're yearning for the start of summer, not the end of it), you can plant trees now and look forward to an amazing display. Autumn blaze maples are popular and well suited for the Ontario climate.

Spreading the season's colours all around your yard is a breeze. With container gardens, plenty of annuals and perennials in the bed and your choice of colourful trees and shrubs, your yard will be the brightest one on the block.

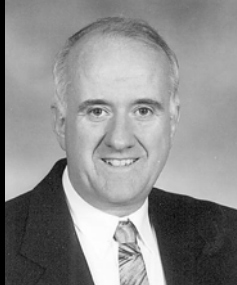
Have a gardening question or a topic you'd love to hear about? Struggling with a certain pest or plant disease and need answers? Curious about anything at all to do with digging in your dirt? Send me a message at Diana.d.dart@gmail.com. I'll do my best to "dig" out some answers, information and more adventures in gardening.



⇒ New gardeners learn by trowel and error.


⇒ Why do melons have fancy weddings? ...
...Because they cantaloupe.



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the Health & Wellness Page

Eat as You Are

Submitted By Michael Fisher, R.N.



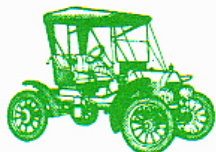
Listen to Yourself! This is a very simple concept, yet one of the hardest to experience and live. We have all read about super foods and about the latest health trends, or some way of eating that helped someone lose weight, or feel better. Yet no one has the body you have, except you. What works for some people can hardly be applied to you. You are unique, and you feel different and change daily; what you put in your mouths should reflect this too. Still, we are told to eat this, or that, and we do so blindly, day in and day out without ever paying attention to what feeds US best. How do we know what feeds us best? What's best to eat when we feel one way, or another? What types of foods will help clear congestion or shed weight. The secret is in combining the education we've received about food, with our awareness! If you've ever heard yourself say, "No, I don't feel like that," you know exactly what I mean. We have our own guidance system of what helps us, or harms us, and we are consistently tuning it out! I often see people eating more in tune with what they think they *should* be eating when they are completely uneducated about food, not realizing their intuition is guiding them, not magazines or concepts based on media or scientific principles.

What about junk food? If you have the awareness, you might realize that it is an emotional attachment: a food that helps validate our fears that we're unhealthy, overweight, etc, or that we just want a quick, false feeling of happiness that is not enduring.

It is the enduring health and happiness that we should be asking for, and this too appears in our awareness, if we just step back and take a look. What gives you the enduring, steadfast experience of health and happiness? Education and practitioners can provide one half of the equation, but it is up to you to find your own other half: awareness. For many folks, there is an aversion to awareness because they might just realize that they are the ones creating their own suffering and poor health; that it is their responsibility alone to see that they are healthy and happy. For most, that responsibility is too great to carry. However, that shift occurs in the mind when you realize that you really are capable, and positive life and food choices often follow. Start watching yourself, listening to yourself, paying attention to what you are feeling and what you are feeding yourself. You might be shocked!

I have developed a program which, I am happy to announce, enables the eater to learn and experience his/her own personal way of health and happiness. I invite you to visit my new website: www.fooddharma.ca and sign up for my free 2-hour introductory course on discovering your personal way to healing and happiness.

*Written by Registered Nutritionist Michael Fisher.
www.michaelfisher.ca*



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