

May 2011



"Keeping the Community Connected"

VOLUME 11, ISSUE 10

Rain or Shine, The Easter Bunny Visits Oesch Lane



On Good Friday the bundled children of Oesch Lane enjoyed their second annual Easter Hunt. Although it was colder than last year, the Easter bunny didn't let them down — they had a lot of fun!

Special Events: Mark your calendars!

- Fishing Derby—June 4th
- Baden & Foxboro Garage Sales—May 28th
- Books Sale at Baden Library— May 24-28
- Grand River Motorcycle Ride for Dad—June 4

- Baden Car Show begins...June 1st
- Bridal Fashion Show at Castle Kilbride—June 12
- NH Thrift Centre Perennial Sale May 2-31
- New Hamburg Live! Festival Arts, May 31-June 5
- Mennonite Relief Sale —May 27-28

- Holy Family Catholic Education Celebrates 50 Years — June 10
- St. Agatha Lions Family Night—May 17
- WFRC Kidproof May 28
- Hidden Acres Annual BBQ — June 14



This paper is priceless - Please have one!

Talking with Ed

*Transition / Evolution / Adjustment?
Let's Call it Growing Pains.*

In last month's issue we announced that the May 2011 publication would be the last paper that will be mailed to all Baden residents. This was a tough decision to make and something we didn't want to do - but as things evolve, so must we. I guess we'll call that growing pains.



When we started our paper in August 2000, printing 600 copies (14 pages), we walked the streets and hand delivered them to all homes in Baden. The weather was good, and it felt great to get the exercise. The population of Baden was 1700 and yes, it did take some time, but we were learning the ropes of our new project, had no budget, and ultimately wanted it in your hands. Obviously it didn't take long for that hand delivery to wear us out and realize this was not the way to go. We had to reconsider the process, either hire some kids to deliver or put that money into postage for mailing - so in December of that year we started using Canada Post.

We also were delivering our paper to mailboxes along the rural roads surrounding Baden. I recall one blustery day in February when I had to call a friend to tow us out of the ditch at Wilmot Centre. Did I mention the safety factor? Again it was time to reconsider this...and that too was the end of the rural delivery.

Our original 600 copies mailed to Baden residents has since ballooned to 1,300 and the cost per paper established by Canada Post has almost tripled. As postal rates have increased, along with the weight of the paper (with each added page), again we must re-consider. So here ends home-mailing to Baden residents. We are sorry - but it is a transition for us and perhaps an adjustment for you.

Here is the good news! We have purchased several outdoor magazine boxes which will be conveniently located close to the larger Canada Post boxes on Brenneman Drive, the library location, Mars Convenience, and Stiefelmeyer. There will also be a box located near the Baden Public School. We are staging many pick-up locations in Baden to accommodate our readers - after all, this is foremost the outlook of Baden serving Wilmot Township - "Keeping the Community Connected". Our paper will also continue to be available at the regular pick-up locations in Baden, including: Egli's Meat Market, Mac's and Mar's Convenience Stores, the Baden Library, EJ's Restaurant, and One Way Water.

In order to keep business local, we continue to limit advertising to within the township and have received much positive feedback in that regard. The paper will always be free and we trust you will honour the advertisers who have made this possible.

We thank you in advance for your loyalty and believe you will continue to enjoy The Baden Outlook. Till next month... Ed



We find this the perfect time to say a special thank you to all of our faithful readers in New Hamburg who take the time and make the effort to pick up their copy of The Baden Outlook at one of the convenient pick-up spots. They snatch up nearly 1000 copies in about 5 days, and we say "Yippee!"

Barry and Pat Fisher
178 Snyder's Road E. Baden, ON N3A 2V6
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Email: badenoutlook@hotmail.com
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We're on the Web!!
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The Baden Outlook is a completely independent publication, not affiliated with any other printer, organization, individual or commercial enterprise.

EXTRA!! EXTRA!!



There are extra copies of The Baden Outlook available in Baden at Egli's Meats, Mars Variety, Mac's Milk, One Way Water, EJ's, Baden Library, and several outdoor magazine boxes.

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

~ And It's Priceless - Just for You ... Please Have One!

Fishing Derby Returns To Baden

Saturday, June 4th, at the Mill Pond, is the annual Baden Fishing Derby hosted by the Nith River Wild Turkey Conservation Association. This dedicated group has purchased 600 Rainbow Trout from Silver Creek Fish Farms in Erin (100 more than last year) to provide a free day of fishing for all ages. Last year it was an amazing success!



A six fish limit has been set so that there will be plenty of fish for all to catch. This year there will be ten tagged fish for cash prizes. The fishing derby begins at dawn and runs until 4 p.m. There will be hamburgers, hot dogs, ice cream and soft drinks available throughout the day.

The 600 fish will be released in the pond on Monday May 30th, so the group is asking that people refrain from fishing in the pond until the day of the derby – June 4th. This will ensure that there will be lots of fish and that the tagged ones aren't caught before the derby.

The Association is looking for sponsors, whether it is businesses or individuals that would be interested in contributing \$100 towards the event and they will be recognized in the next issue of the Baden Outlook. Also, only about 50% of the fish are caught on the derby day, so we can all look forward to some good fishing throughout the rest of the summer.

OUR THOUGHTS ARE WITH YOU



We grieve with Harold Albrecht and his family on the sudden passing of his wife Betty. The sorrow you feel is shared by your friends in Wilmot on this very sad occasion. Our hearts and prayers are with you.

If you can help out with the sponsorship please call Derek Snyder at 634-8803.

Happy Fishing!



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



The Baden Outlook had the privilege of taking part in the Royal Wedding ~ A royal party hosted by Lady Fiona Haggerty began at 5 a.m. and the guests were locals: Lady Janet Daub, Lady Fiona Haggerty, Lady Dorothy Pikor, Lady Brenda Jackson and Lady Joan Pikor. They were treated to and enjoyed mimosa's, scones with clotted cream and jam, shrimp and crab egg pie, cucumber sandwiches and fruit. It was a grand wedding, and a lot of fun.



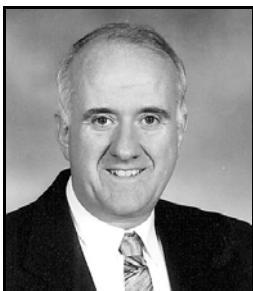
Alli McGrogan and Danyel Mackinnon travelled to Ocho Rios Jamaica and shared their Outlook with their new friend Greg.



Alli McGrogan and Danielle Finch travelled to Las Vegas and took the Outlook along for luck.



While travelling through England, France, and Belgium on a WW1 and WW2 battlefields trip, Jeanette Schramm took along a copy of the Baden Outlook that her grandmother (Betty Schramm of New Hamburg) gave to her. She stayed in Ypres, Belgium where this photo was taken, standing in front of the Menin Gate- a memorial inscribed with the names of over 50,000 men who were never found or identified during WW1, many of whom are Canadians.



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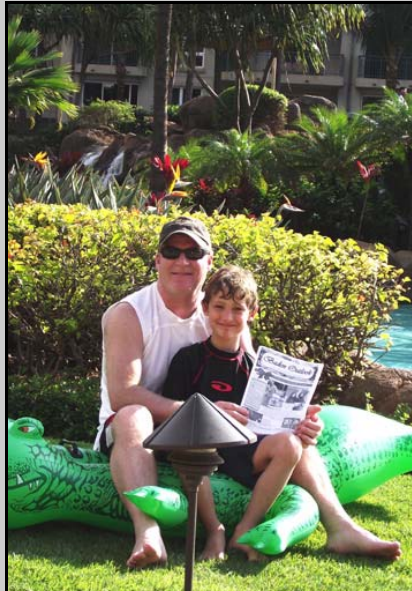
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Joe Figliomeni, CGA, CFP®
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Kristina Ziegler took The Baden Outlook to Taiwan, with her sister Leslie, her husband Oliver and her two nieces Taliah and Alivia. She visited her sister and her family in Taiwan in April. They enjoyed a beautiful park called Yangmingshan National Park. This area is called Siaoyukeng which is at an elevation of 800 meters and contains a host of volcanically-created fumaroles, sulfur crystals and hot springs.



Bill and Adam Richards in Maui during their two week holiday on the islands of Hawaii ~ Mom, Karla, took the picture.



Douglas and Lynda Murray are in front of the famous hotel Peninsula in Hong Kong while on a 14 day tour of China. They visited Beijing, Xian, Chongqing, the Yangtze river, Shanghai, Hong Kong, and Macau. It was a trip of a lifetime. The cities were very clean.



Here is a photo taken in Punta Gorda, Florida. Jim Hammer and Janet Llames (Weibe)



Ken & Sheila Snyder, Wally & John Mueller enjoyed a fabulous holiday in Costa Rica taking their Baden Outlook along. They toured the Rain Forest, went to the Hot Springs, Deep Sea Fishing, Zip Lining and an ATV run to experience the beautiful countryside.



Trevor and Bethany Kropf with children Owen (2) and Kyra (8 months) with the Baden Outlook at Sea World, Florida.



Don Shantz at the NASCAR track in Bristol, Tennessee

You Must Be Joking!!



Larry's kindergarten class was on a field trip to their local police station where they saw pictures tacked to a bulletin board of the 10 most wanted criminals.

One of the youngsters pointed to a picture and asked if it really was the photo of a wanted person.



"Yes" said the policeman. "The detectives want very badly to capture him."

Larry asked, "Why didn't you keep him when you took his picture?"

THE STORY OF US

Written by Alexandria Kirk

*From young to old you've carried me
from right to wrong you've been so strong*

*From gain and loss you've helped me through
from now til then I'll carry you.*

Written for my loving mother.



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Kidproof's famous At Home Alone with First Aid workshop helps your child become ready to be at home alone and prepared for any emergency with a bonus emergency First Aid section! Does your child spend a few hours home alone before or after school due to your work schedule or other commitments? This popular entertaining workshop is designed to prepare children to look after themselves during these times. Students learn how to stay safe through interactive lessons, role play and hands on training. Every Kidproof course is non-threatening and empowering. This famous program has helped thousands of children become more confident and to make safe choices while at home alone.

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\$51.72 per child

*(children are asked to bring a nut and candy
free lunch and snacks with them)*

To Register: Contact Tina at 519-662-2731

FOXBORO GREEN COMMUNITY GARAGE SALE

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Rain or Shine
2975 Erb's Road (watch for signs)

More than 60 families participate - offering:
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sports equipment, bikes, furniture,
knick-knacks, jewellery and more!

Before I was a Mom~

Before I was a Mom, I never tripped over toys
or forgot words to a lullaby. I didn't worry
whether or not my plants were poisonous.
I never thought about immunizations.



Before I was a Mom, I had never been puked on.
Pooped on. Chewed on. Peed on.
I had complete control of my mind and my thoughts.
I slept all night.

Before I was a Mom, I never held down a screaming child so
doctors could do tests. Or give shots.
I never looked into teary eyes and cried.
I never got gloriously happy over a simple grin.
I never sat up late hours at night watching a baby sleep.

Before I was a Mom, I never held a sleeping baby just because I
didn't want to put her down. I never felt my heart break into a
million pieces when I couldn't stop the hurt.
I never knew that something so small could affect my life so much.
I never knew that I could love someone so much. I never knew I
would love being a Mom.

Before I was a Mom, I didn't know the feeling of having my heart
outside my body.
I didn't know how special it could feel to feed a hungry baby.
I didn't know that bond between a mother and her child.
I didn't know that something so small could make me feel so
important and happy.

Before I was a Mom, I had never gotten up in the middle of the
night every 10 minutes to make sure all was okay.
I had never known the warmth, the joy, the love, the heartache,
the wonderment or the satisfaction of being a Mom.
I didn't know I was capable of feeling so much,
Before I was a Mom.

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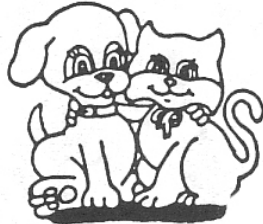
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give our children"*



Spring is in the Air

Check Out the Baden Library



Drum roll please...the One Book, One Community 2011 selection is *Bury Your Dead* by Louise Penny. This is the first time a mystery has been chosen. Set in Old Quebec, Chief Inspector Armand Gamache investigates a murder that unlocks a 400-year-old mystery. Check out the OBOC web site www.oboc.ca for more information about the book, author and for updates on special events. Ms. Penny will visit the region from September 20 to 22. Place a hold on the book today!

Spring mini-book sales are popping up in many library branches. Here is your chance to scoop up some great deals on previously enjoyed books for both adults and children – just in time for summer! The Baden sale will be held from June 7 to 18 and New Hamburg will host a sale from May 24 to 28. Both sales will be held during regular library hours.

Do you use the Kitchener Public Library or Waterloo Public Library? Please remember that books borrowed from these libraries must also be returned to those libraries (and not to us, at the Region of Waterloo Library!). Avoid overdue fees by returning your library materials to the correct library system. Please ask library staff if you are unsure or have any questions.

Thank you to all the kids who joined one of our book clubs this past year. The final meeting of the Baden Book Worms (ages 7 to 9) was held on May 3, and the last meeting for the ABC - Awesome Book Club (ages 10 to 12) will be May 17. We read many interesting books and had a lot of fun together! All the kids are putting together a list of their favorite books; come in and check it out.

Do you know someone who is graduating? Here are some titles that make excellent graduation gifts for all ages:

- Oh, The Places You'll Go!* by Dr. Seuss
- Walk On!: A Guide for Babies of All Ages* by Marla Frazee
- The Little Engine That Could* by Watty Piper
- The World According to Mr. Rogers: Important Things to Remember* by Fred Rogers

A basic "how to" cookbook is a good choice for older graduates moving out on their own for the first time!

Summer is just around the corner and you know what that means. Coming soon: exciting information about the 2011 TD Summer Reading Club!!

Contact the library at 519-634-8933 or badenlib@regionofwaterloo.ca for more information or visit our website at www.rwl.library.on.ca.

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



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LAMBS SPRING INTO SPRING!

Smell that! Hmmmm, wet, warming earth with a hint of fresh grass. Breathe deeper. Fill your lungs. Spring is in the air.

Feel that! Just a whisper of warmth in the breeze. Spring is in the air.

Look at that!! Look how high they bounce as if there truly are springs attached to their little hooves. Springing lambs, one of the best parts of spring. And with them, spring is literally in the air.

Before we raised sheep, I thought "springing lambs" described the act of lambs being born in the spring, like a springing heifer describes a heifer about to give birth. But once you have watched new lambs and their silly antics you could be convinced that "springing lambs" was a description for the joyful bouncing of the vivacious babes.

Lambs are one of my favourite critters here on Church Hill Farm. I can easily perch on a straw bale or fence rail and lose myself in an hour of lamb watching. All mammal babies are cute, but I think lambs are the most enchanting of all. Eyes of soft velvety brown are surrounded by long lush lashes; curly wool that when your hands sink into it, your fingers get lost in the plush layer of fluff; but best of all are the tails. Not too long, not too short and constantly wagging with complete bliss. Those wagging, almost spastic tails are a joy to watch and an important sign to the farmer that all is well. A nursing lamb follows a little ritual. It begins by calling Mom to locate her; then it gives three quick, sharp head butts to her udder to get the milk to drop, and finally it latches on. The arrival of milk triggers a gyrating tail. Suckle, get milk, tail gyrates. Suckle, get no milk, no gyrating tail and notice to the farmer that help is needed.

Watching the lambs turned out onto pasture for the first time is not unlike watching children cascade out of the school doors at recess. The lambs leap, spring and twirl in mid air with spring fever, and then watch the games begin! A pair of ram lambs may face off. A warning hoof stamp predicts what is to come if no one backs down. Then heads are lowered, one more swift stamp and they launch themselves head first at each



WRITTEN BY VICKI LASS

other. The connection is not as harsh or violent as with adult rams, more like children play-wrestling.

Another group of lambs will scamper and bounce toward a mound of earth, circling the mound while climbing closer to the top. One triumphant lamb always claims his position as *King of the Hill*. He pivots trying to keep watch on

all sides as his challengers plot their approach, looking for an opening to overthrow the King. Down he goes as the victor takes over the prized position. On and on go the games until the little critters tire. They call to their mothers who lazily graze around the fresh pasture. Sleepy "baas" all distinct in their own timbre and tone let their moms know they need them. Moms calls back reassuringly and soon they are reunited with their babes. The lambs curl up in the warm spring sun and drift off to sleep as their mothers continue to graze nearby on the sweet new grass.

I stretch off my fence rail perch to finish chores. Enchanted with our new batch of spring lambs, I marvel at how similar the babies of all species really are. I take another deep breath of that wonderful, wet warming earth, filling my lungs I head off to see what Mathilda the turkey, and the pigs are up to.



RIVERSIDE LANES



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- Take everything off her hands. Sometimes all Mom wants is peace and quiet in her own home. Get your father to take you out of the house and take any pets or other distractions so she can relax alone.
- Pamper her at home. Nobody says you have to go out to an expensive salon to get top-notch treatment. Pick up Mom's favourite nail polish colour, perfume, bubble bath and other beauty treats, then fetch her book for some rest.
- Prepare your mom a meal, or even just a treat. She probably cooks for you almost every night—repay the favour and treat her by preparing a menu fit for a queen. Or simply surprise her with a treat of finger sandwiches, tea and cookies, cheese and crackers, cut veggies — anything will make her happy if you did this for her!
- Make her something by hand. Homemade gifts are often the most memorable. Try an easy do-it-yourself project at home and let Mom keep the finished product.
- Help her get her garden growing. Spring weekends fly by and it seems there just isn't enough time to spend outdoors getting our gardens ready. Offer to help Mom get her plants in the ground so she can enjoy them for the whole season instead of worrying about when she'll get around to planting.

Mother's Day Word Jumble~ Unscramble the letters to form words that associated with things to do with MOM Answers page 23

- | | |
|--------------------|---------------------|
| 1. OSNS _____ | 11. OCHTLECOA _____ |
| 2. SPIGRN _____ | 12. YLREJEEWL _____ |
| 3. TELBAREC _____ | 13. ACKE _____ |
| 4. HPAOLNECL _____ | 14. ARSDC _____ |
| 5. NAGIRERS _____ | 15. TESMROH _____ |
| 6. ICESUTPR _____ | 16. ECCANKLE _____ |
| 7. OAITINDRT _____ | 17. IGNR _____ |
| 8. EFRLSWO _____ | 18. BNURCH _____ |
| 9. YNDUSA _____ | 19. UNF _____ |
| 10. ETA _____ | 20. GRSETADUH _____ |

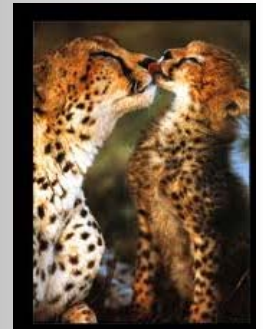
Flowers	Sons	Sunday	Tradition	Ring
Tea	Daughters	Cards	Phone call	Bracelet
Fun	Mothers	Jewellery	Earrings	Chocolate
Spring	Brunch	Pictures	Necklace	Cake



The mother's heart is the child's schoolroom.



Who gets more pleasure from a rocking chair..? ~ The baby or the mom?



A mother understands what a baby does not say.



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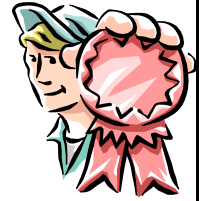
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Outlook Baseball HomeRun Pool Stats

Place	Name	PTS	Place	Name	PTS
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2	David Beaver	81	32	Trudy Roth	73
3	Cody Dietrich	81	33	Ian Johnson	73
4	Tony Papa	81	34	Alex Reibling	73
5	Patrick Glofcheskie	81	35	Gerrie Culbert	73
6	Bonnie Dietrich	81	36	Benjamin Ziegler	73
7	Ben Griffey	81	37	Paul Jacklin	73
8	Ryan Martin	79	38	Doug Kaminska	72
9	Michelle Naumann	79	39	Brad Wilson	72
10	Tara Brodrecht	78	40	Katie Erb	72
11	Scott Agnello	78	41	Doug Reibling	72
12	Gerald Martin	77	42	Susan Mills	72
13	Ed Tschirhart	77	43	Shaelyn Heise	72
14	Chris McKee	77	44	Pat Beaver	72
15	Chris Gesinghaus	76	45	Emma Hiscock	71
16	Findlay Johnson	76	46	Brian Cherewka	70
17	Steve Glofcheskie	76	47	Sheri Morrison	70
18	Kyle Erb	76	48	Patricia Cherrey	70
19	R. Westfall	76	49	Carol Stumpf	69
20	Wally Morrison	75	50	Kevin Scott	69
21	Kyle Kaminska	75	51	Carolyn Quehl	69
22	Wayne Beaupre	75	52	Lindsay Snyder	69
23	Su Simpson	75	53	Brady Honderich	69
24	Brad Ziegler	74	54	Jacob Kaufman	69
25	Cloe Duggan	74	55	Mathew Jackowetz	69
26	Maggie Litwiller	74	56	Doug Mueller	69
27	Verna Herold	74	57	Tyler Valcanoff	69
28	Steve Roth	74	58	Edward Eckert	69
29	Buzz Morrison	73	59	Landon Martin	69
30	Bill Hall	73	60	Greg Morrison	69

Congratulations to Sierra Simpson taking the lead in this month's HomeRun pool, winning a gift certificate from EJ's of Baden.



The lucky random draw winners are Jen Beaver winning a gift certificate from Egli's Meat and Jamie Roth winning a Kids Party Pack from Riverside Lanes!

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Season Ending ~ Top 10 for Outlook Hockey Pool Adults		Kids	
Wayne Weicker	875	Ryland Carney	866
Evan Grebinski	862	Nathan Gibbons	859
Karen Sisko	860	Aiden Heinbuch	848
Matt Van De Ven	852	Garret Taves	839
Sharon Williams	851	Mitchell Mueller	838
Kim Rempel	848	Wyatt Stone	834
Howard Schell	845	Nathan Metcalfe	832
Beth Gilbert	840	Austin Dale	828
Bill Grebinski	839	Daniel Jutzi	823
Michelle Pajot	839	Tyler Kleine	822

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 guest. 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!



Grand River Motorcycle Ride for Dad

Join The Fight Against Prostate Cancer in 2011!

Locally, 2011 marks the Eighth Annual Grand River Ride for Dad as it continues its fight against prostate cancer. It is a fun-filled, family oriented day, sponsored by the Waterloo Regional Police Association and the Grand River Hospital Foundation. Hundreds of motorcycle enthusiasts take part in this one-day pledge ride as police escorts guide them on a parade through Kitchener and Waterloo. Participants then embark on a 200 km tour with stops in Waterloo, Guelph, Brantford, and Cambridge on some of the area's most scenic roads. Lunch in Cambridge, at the Waterloo Regional Police Association Recreation Centre, is included in the \$25 registration fee. Registration is free with \$100 in pledges.

This year, local ride organizers again expect in excess of **1000 rider participants** making 2011 another year for success!

Since 2004, the Grand River (Kitchener) Ride for Dad has raised over \$633,000 for prostate cancer research and education in our community. "It's important for us to bring attention to this deadly killer that most men cannot even bring themselves to talk about," notes Dave Mathes, Co-Chair of the ride and Staff Sergeant with the Waterloo Regional Police Service.

Nationally, the 2011 Campaign will see 30 cities sponsoring rides from coast to coast. The Motorcycle Ride for Dad has collectively raised \$7,000,000 in eleven years.

The Grand River Motorcycle Ride for Dad will take place on Saturday, June 4, 2011.

The Ride will depart from the Sportsworld Crossing, at Highway 8 and Sportsworld Drive, Kitchener. Registration begins at 7:00 am. The Ride departs at 9:00 am sharp. For complete details, please visit our website at www.motorcyclerridefordad.org/kit

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Baden Car Show is Back

June 1st will be the return of the popular weekly Baden Car Show, which is organized by car enthusiast Rock'n Ronnie and Marlene Weber. This will be the second year of the show. Though the original one was held at the Baden Village Square parking lot, this year the location will be moved to the grassy area beside the Mill Pond thanks to Tim, Roger, and Merv Scheerer who own Baden Feed and Supply. There is a new name for the show – "Baden Cruizin at the Pond."

There were nine car show nights last year – the first one drawing 65 collector cars and the most popular had 90 cars, which over-filled the parking lot. Ron thinks the lawn at the mill can hold up to 200 vehicles and will provide a scenic view as well. There will be 16 shows this year.

We asked Ron if there were many other weekly car shows in the area. Ron stated that there are none in Wilmot Township, but in Kitchener-Waterloo there are the following: Monday, Parts Source on Highland Road hosting up to 60 vehicles; Tuesday, Home Depot in Cambridge with up to 200; Wednesday, A&W near Budd at Bleams and Block Line with 30; and Thursday, the Antique Store near the Farmer's Market in Waterloo with 30. Ron feels the Baden car show could be one of the largest in the region. "It's a nice drive to Baden, which gives the cars a bit of a run," commented Ron.

There will be 50s music supplied by 99.5 K-FUN or a



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disc Jockey, lots of door prizes, and many late model cars. Two of the car shows will be held on Thursday night at Castle Kilbride where they will coincide with the Music at the Castle program. One date has been confirmed, which is July 14 where local musicians *Cracker Jack Palace* will entertain the crowd.

Ron also organizes the Father's Day Breakfast in the Park Car Show which last year brought out 225 vehicles – this year he is expecting over 300 cars. The Petersburg Optimist Club served 1,000 breakfasts for that event and everyone is welcome! It runs from 9 a.m. to noon, the cost is eight dollars, and all proceeds go to Juvenile Diabetes, Childhood Cancer Campaign, or Computers for Kids, which are programs supported by the Optimist Club.

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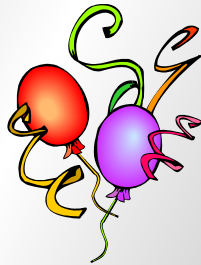
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A Historic Bridal Fashion Show at Castle Kilbride — June 12, 2011

On June 10th, 1861, Louise (Liersch) and James Livingston were united in marriage. It was a wonderful union as the couple were blessed with 12 children. Louise lovingly supported her husband in all of his business and political aspirations throughout the years. In 1877, when they built their glorious Castle Kilbride, James paid tribute to his wife by designing a front lawn in the shape of a heart – a symbol for all to see. In celebration of what would be their 150th wedding anniversary, Castle Kilbride National Historic Site will be hosting a wedding fashion show, tour of the museum, tea & dessert served in the middle of that heart shaped garden.

About the event: The wedding show will highlight gowns spanning 100 years of bridal fashions. Of special note will be dresses from the Collection of Castle Kilbride. The great-great granddaughter of James Livingston will participate in the show as a special feature, wearing her Grandmother Laura Louise's wedding dress from 1942 as well as the wedding dress of Laura Louise's



daughter. Additional dresses will be shown from the impressive collection of Marie Voisin and will feature a few gowns worn by local brides. Dresses rarely seen and too fragile to wear will be highlighted throughout the 1877 grand home. The event will be held on June 12, 2011 from 1:30 p.m. - 4:30 p.m.

Event Information: Visit www.castlekilbride.ca for details and reservations, or call (519) 634-8444.

Tickets are \$15 (+ HST) per person (\$10 for children aged 6-12) and may be purchased in advance. This is a rain or shine event. Ticket price includes fashion show, tea & dessert, tour of Castle Kilbride and viewing of the Dramatically Dressed exhibit.

For additional information, contact Tracy Loch, Curator/Director, Castle Kilbride tracy.loch@wilmot.ca 519-634-8444 x256
 Sherri Gropp, Assistant Curator, Castle Kilbride sherri.gropp@wilmot.ca 519-634-8444 x259

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We invite you to come browse, sit, relax and be inspired.

When my parents moved to a Retirement Home and we worked through the overwhelming task of dismantling collections of an entire lifetime, I chose a few artist supplies from Mom's painting area to take home and incorporate with my own. I hesitated, wondering if I wanted to keep her art supplies separate from mine or toss them together, like throwing a bucket of water into a lake. "How will I know which is hers," I wonder as I set some of her lovely brushes with mine. How much of her is within me and what is separate? I felt a strange uniting of a mysterious part of her within me as never before.

I opened the lid of her antique painting box and with it, a piece of my mother. It was a large wooden artists' carrying case with a storage drawer to slide wet oil paintings into, and little sections shaped to hold brushes, paint tubes and turpentine. It went with her to endless landscape painting classes. As the smell and sight of those old oil paints lay before me, I decided that while her other supplies got mixed in with mine, this would stay intact to preserve her identity. I collapsed into tears as I hugged it. I met the younger woman through the memory of that box.

My mind fluttered backward in time. When my little sister was having her afternoon nap, the house was strictly in order, and I was playing on the floor nearby with my favourite toys around me -- the wooden paint box would be opened on the kitchen table. The easel was set up for my mother to spend some blissful moments to experience a landscape, one brush stroke at a time. I would take breaks from my play, fascinated to see the contents of that opened box come alive as intense colour worms squeezed from the tubes, then were scooped on a brush to magically make trees, hills, flowers or perhaps a cabin.

Expensive frames were purchased and the finished pieces were given places of honour in the home. It intrigues me that they were not made to be sold. The



purpose was solely for the sake of creativity, of expressing hands.

Yesterday I took Mom to a store to see if we could find something for those hands to do now. We found a sticker book, and a colouring book for her to wash watercolour paint over or colour with crayons. She intensely studied a word game and with help, was rewarded to find a 3 letter word. I turned the book over and saw that it was geared for 4 year olds. She spied a sketchbook. Ah! The potential of a clean page. A spark of vitality flashed through her tired confusion in that moment. I was sadly once again reminded that with Alzheimers, all she has is the moment. Quickly, before the moment was gone, I ran to find some pencils to go with the sketchbook.

I bought everything we had collected. I would have bought the whole store for that moment! I didn't care that she couldn't do the simple children's activities without a lot of help. All that mattered to me was seeing her *imagine* doing something with her hands again. All that mattered was ripe potential, the dream within the moment.

She held her bag of new toys tightly like a pleased child, as we lingered in the garden enjoying the fresh air, my arm firmly holding her. We stood admiring a tree with soft yellow leaves. As she pointed out that the leaves were heart shaped, a leaf swooped and tucked itself deeply in the crevice where Mom and my hands interlaced against my body. We shared a moment of delight. She didn't let the significance of the heart shaped leaf and its landing place go by unnoticed. She said, "There's your payment for spending such a lovely time with me. It's God's blessing for you."

I felt like I had her back for one more treasured time together as I tried to absorb her words and take them with me.

But when we turned to open the door of the nursing home we closed the door to the morning. When I returned her to Dad, she didn't know how she got the bag in her hand or what to do with its contents.

I am now the keeper of the wooden paint box that represents my mother's creativity, her joy of nature, and the work of her hands. I carefully placed my "payment" leaf in it and closed it, knowing it will not be used again.



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Spring Donations

Spring tends to be an energizing time when flowers are blooming, grass is growing, and we look forward to the sun shining more! This often gets people in the mood to clean out closets, garages, and corners that haven't been looked into for a while. If you find yourself feeling this 'cleaning energy' be sure to think about the items you will be moving on. Can they be recycled? Can they be reused? Or should they be thrown out?

The New Hamburg Thrift Centre happily accepts clothing, household goods, furniture and more in good condition. If you have questions about donating, check out our website at www.newhamburghrift.com.

Here are a few highlights while planning your donation:

- Ensure items are clean and odour free. We can not accept anything that is ripped, stained or contains pet hair.
- Please do not leave donations outside. This creates a fire hazard, and if the weather is bad, wet and damaged items are thrown away. We want to utilize your valuable items!
- We are unable to accept any computer equipment, baby equipment, large appliances, pianos or organs, sports helmets, and televisions older than 10 years.

Perhaps you are more of an outdoor person and the spring weather takes you to your garden. Do you have perennial plants that are outgrowing their current location? We will happily take them as well! We hold an annual **Perennial Sale fundraiser from May 2 – 31**. Share your perennials by donating plants in 6" - 8" pots. Identify the plant name and colour if possible. If you are unable to pot your donations, please bring them in in a box to our drop off area and our volunteers will assist you. Garden tools, planter pots, etc. are also welcome. We will continue to accept plants Monday through Saturday during regular business hours until the end of May.



Happy spring cleaning!

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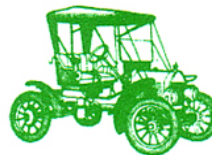
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Baden Before: What Happened to the Opera House?

By Teresa Brown

Last month we learned a bit about Baden's "opera house," the building that today stands at the corner of Snyder's Road and Foundry Street. The photograph from that article showed The Dominion Bank in the northern end, and several businesses along the Foundry Street side, including a drug store, a tailor, and a liquor store.

We also learned that the building -- today, still a stately, red-roofed brick structure -- used to be significantly larger. The north end of the opera house, clearly seen in the photograph, is no longer there -- but what happened?

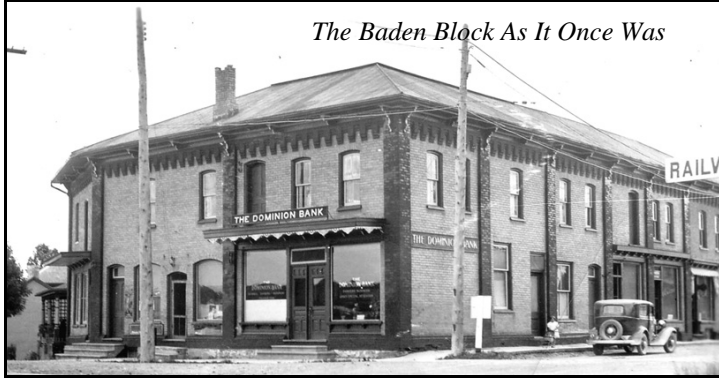
First, let's recap: the opera house was actually only one part of the upstairs, a large hall with a stage used for community dinners, school pageants, political speeches, and traveling entertainment acts. At some point before the second world war, this hall was made into several apartments, taking up the second story of the building.

It was most likely in the north apartment that, on April 20, 1949, a devastating fire started.

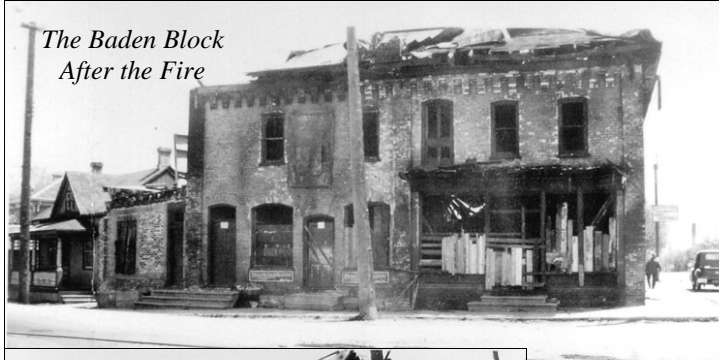
An article from the Kitchener-Waterloo Record, printed the morning after the fire, states that, "First hint of the impending disaster came when Mrs. Schnarr [a tenant living over the building's general store and barber shop] awoke a few minutes before four o'clock." Mrs. Schnarr told the Record that she smelled "a heavy smell of smoke," and that she could see "smoke coming up from below" as well as flames. She, as well as fifteen other tenants from four families, made it out of the building safely.

The Baden Fire Department responded to the blaze and was assisted by the New Hamburg and Wellesley departments. The Record reported that "four main hoses were laid to the village pond," and that the residents were extremely fortunate in escaping the rapidly-spreading fire, thanks to the early warning.

The Baden Block As It Once Was



The Baden Block After the Fire



Although the north section had to be removed, the rest was saved. As The Record noted, "Village residents praised the good work of the three departments in confining the fire to the one block." As you can see from the photos, the damage to the north end was extensive. It's clear what a close call the fire was!

Compare the photos with how the structure appears today, and you can imagine how the opera house building used to look. And even though it's changed greatly, the old building is still majestic. How lucky Badenites are that the opera house survived (for the most part) -- and lucky to have this chance to remember how she looked before the blaze!

Each month, "Baden Before" presents a photo of something in Baden that's now gone -- or at least, that's now changed! If you have a photo and can tell us about it, contact Teresa Brown at 519-634-8580 or Teresa.and.Kenton@rogers.com

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Spring! The flowers are blooming, the wind is blowing, grass is growing; and a young man's thoughts, and that of the entire bird population, turn to love! Or is that sex?? A friend of mine thought that the poetry and writing about all the dainty and pretty songs of spring by birds were a bit beside the point. "They're probably singing about sex, territory, and the females that belong to them," he quipped. Arthur Dent, the central character in Douglas Adams' twisted science fiction book *Life the Universe and Everything*, learned to understand the birds, only to find out that "it was all to do with wind speed, wingspans, power-to-weight rations, and a fair bit about berries." Unfortunately, he discovered, once you have learned birdspeak you quickly come to realize that "the air is full of it all the whole time, just inane bird chatter. There is no way of getting away from it."

Adams was a bit of a pessimist. Birdspeak is about reproduction, (something that interests most people) most of the time, and spring is the most concentrated time for it. The cardinals and robins start their songs long before dawn, shouting from the treetops that they are here and ready to continue the species. On our walks lately, my wife and I have seen a robin nesting in the crook of a tree and a red tailed hawk building its platform of twigs high in a conifer. We've seen chickadees darting in and out of tree hollows, or enlarging one for a

nest. Imagine something as small as a chickadee's beak put to the job of hollowing a nesting cavity! We watched a downy woodpecker using its much more impressive beak in the same task. And then there are the displays! While nothing compares to the bird of paradise or bower birds of New Guinea and Australia, our birds are not shy about wooing their prospective mates. Redwing Blackbirds strut along the ground, trailing their wings, exposing their startling red patches, hoping to catch the eye of their much more camouflaged partners, often mistaken for an oversize sparrow. House sparrows have similar behaviour with the males strutting and females hanging onto the spread out wings with their beaks. Male robins participate in airborne combat, flying in circles, pecking at each other, landing, only to take to the air again in great leaps.

All this to try to get the eggs laid and hatched before the first big flush of insects hatch out in the warm spring air. Feeding three or four young can be a huge job, and even birds which usually feed on berries and seeds will become carnivores during this time, looking for every spider and insect they can find to fill the seemingly incessantly hungry young.

Travellers are also arriving daily – a Nashville Warbler, a pair of Hermit Thrushes, and many more. What signs of spring have you seen among the birds?



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Answers from Mother's Day Jumble from Page 11

1. OSNS	<u>SONS</u>	11. OCHTLECOA	<u>CHOCOLATE</u>
2. SPIGRN	<u>SPRING</u>	12. YLREJEEWL	<u>JEWELLERY</u>
3. TELBAREC	<u>BRACELET</u>	13. ACKE	<u>CAKE</u>
4. HPAOLNECL	<u>PHONE CALL</u>	14. ARSDC	<u>CARDS</u>
5. NAGIRERS	<u>EARRINGS</u>	15. TESMROH	<u>MOTHERS</u>
6. ICESUTPR	<u>PICTURES</u>	16. ECCANKLE	<u>NECKLACE</u>
7. OAITINDRT	<u>TRADITION</u>	17. IGNR	<u>RING</u>
8. EFRLSWO	<u>FLOWERS</u>	18. BNURCH	<u>BRUNCH</u>
9. YNDUSA	<u>SUNDAY</u>	19. UNF	<u>FUN</u>
10. ETA	<u>TEA</u>	20. GRSETADUH	<u>DAUGHTERS</u>

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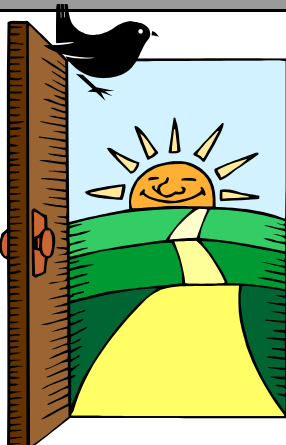


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Livingston Presbyterian Church Celebrates 120 Years



C. 1920

Livingston Presbyterian Church will be celebrating 120 years as an established congregation by having a special church service on May 29 at 2:30 p.m. The service will have a special guest speaker, Lorna Van Mossel, who was the wife of the late Bert Van Mossel, who was minister from 1965 to 1979.

Livingston Presbyterian Church, which is the only Presbyterian Church in Wilmot Township, has such a history that we could write several articles about it. We will try and touch on some of the more important historical facts.

The Livingston family, which was originally from Scotland, had tired of services held in German in local churches – so in 1890 they set out to start their own congregation and was established as a Presbytery in 1891. Although the exact location of their services is unclear, it is believed that they were held in New Dundee, St. James Church, and private homes. In 1894, a planning committee was formed to build a church which was completed and dedicated in 1895. Over 50 people made pledges for a total of 1,400 dollars. James Livingston was the driving factor as he donated the land and was a major contributor. The total cost of the church including contents was 2,180 dollars, which for a town of 900 at the time was amazing. Students from Knox College and retired ministers held the services – two each Sunday.

James Livingston's wife died in 1904 and James died in 1920, but their son J.P. carried on supporting the church. He provided land for a Presbyterian summer camp on Silver Spring Drive in Baden in the early 30s, ordered five stained glass windows for the church between 1928-31, a baptismal font in the early 30s, communion table in 1938, a wall mural of the last supper in the 1940 and a pipe organ which was installed in 1935 by the Woodstock Organ Company.

Until 1943, J.P. Livingston was very engrossed in the work of the church but at that time J.P. and the church had a falling out and he left the

congregation. The church carried on and grew a large congregation. At one point the Sunday school had more than 35 children in attendance.

Later this year Livingston Presbyterian Church will be designated as a historical building in Waterloo Region. The Presbytery of Canada, as owners of the church, has granted permission for this honour. There are very few churches in Canada that carry that distinction, so this will be a significant event.

Livingston Church would like to invite everyone out to the special service to share in the history that has shaped Baden over the years.

Thanks to Rene and Mary Eby for the information in this article.

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UP

~ It's about an amazing word in the English language that can be a noun, verb, adjective, adverb, and preposition. (Submitted by Jean Shantz)

This two-letter word in English has more meanings than any other two-letter word, and that word is 'UP.' It is listed in the dictionary as an [adv], [prep], [adj], [n] or [v].

- ⇒ It's easy to understand UP, meaning toward the sky or at the top of the list, but when we awaken in the morning, why do we wake UP?
- ⇒ At a meeting, why does a topic come UP? Why do we speak UP, and why are the officers UP for election and why is it UP to the secretary to write UP a report? We call UP our friends, brighten UP a room, polish UP the silver, warm UP the leftovers and clean UP the kitchen. We lock UP the house and fix UP the old car.

At other times, this little word has real special meaning.

- ⇒ People stir UP trouble, line UP for tickets, work UP an appetite, and think UP excuses.
 - ⇒ To be dressed is one thing but to be dressed UP is special.
 - ⇒ And this UP is confusing: A drain must be opened UP because it is stopped UP.
 - ⇒ We open UP a store in the morning but we close it UP at night. We seem to be pretty mixed UP about UP!
- To be knowledgeable about the proper uses of UP, look UP the word UP in the dictionary. In a desk-sized dictionary, it takes UP almost 1/4 of the page and can add UP to about thirty definitions.
- ⇒ If you are UP to it, you might try building UP a list of the many ways UP is used. It will take UP a lot of your time, but if you don't give UP, you may wind UP with a hundred or more.
 - ⇒ When it threatens to rain, we say it is clouding UP. When the sun comes out, we say it is clearing UP. When it rains, it soaks UP the earth. When it does not rain for a while, things dry UP. One could go on and on, but I'll wrap it UP, for now... my time is UP!

Oh... one more thing: What is the first thing you do in the morning and the last thing you do at night?

U
P!

Did that one crack you UP? Ok, enough of this — I'll shut UP!

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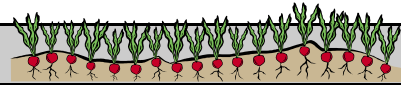


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How Gardening Can Save You Money This Season



By Diana Dart

Times are tight! There's no denying it. Along with surging fuel prices, we're being hit with soaring grocery bills thanks to higher costs on dairy, produce and packaged food. It can be tough for families to get by and many of us are cutting back and trimming down. But it can be difficult to do that when it comes to mealtime.

There is another option that combines the benefits of better health with lower food costs. We're talking about vegetable gardening and it's a whole lot easier than you may think.

Why You Should Plant Veggies This Year

Let's crunch some numbers. A small bag of tomatoes or green peppers will run you a few dollars at the grocery store. That produce will last for a meal, maybe two and provides essential nutrients for your family. But what if you could buy a few tomato or green pepper plants for the same price and (with some patience) enjoy weeks of meals? Wouldn't you love to walk out in the yard and pick a few fresh tomatoes for your BLT or snip a fresh pepper off for your stir fry?

The best part about a vegetable garden is that once the initial plant is purchased the cost to you is minimal. Unless you count the time spent weeding, feeding and picking, that is.

What Type of Veggies Grow Best in Suburbia?

While many around Wilmot are blessed with rural properties full of fertile soil and plenty of sunny space ideal for a veggie garden, others are nestled comfortably in suburbia. There are a few vegetables that will thrive better in those types of smaller gardens, giving you a leg up on your homegrown produce.

Tomatoes (as already mentioned) are fantastic in almost any garden space. There are two main types to choose from and both have drastically different growing habits.

Determinate tomatoes are often called bush tomatoes and will grow in a compact form ideal for smaller gardens. The main problem with determinates is that they produce fruit in abundance and then quit.



You will likely find yourself with too many tomatoes at once, but then a sense of regret will descend once those have disappeared. Indeterminate tomatoes grow as a vine. They will need to be supported, but will also continue to produce fruit long into the season. Indeterminate tomatoes will ripen later than their bushy cousins, so don't be alarmed when they are lagging. Soon enough you will have more than you need.

Small varieties of tomatoes can be grown on the patio in pots or planters. They are excellent for snacking and add a tasty zip to summer salads.

Speaking of salads, lettuce is another vegetable that can be grown in the backyard. Take your pick from iceberg, romaine, or any of the more exotic varieties. The taste of fresh lettuce is absolutely worth any battles you will have with the local rabbit and slug populations. Keep your lettuce behind a makeshift chicken wire fence if possible (many gardeners cover them in the early stages) and pluck only the leaves you will eat immediately.

Squash is another vegetable that is very easy to grow in a suburban garden. Zucchini, spaghetti squash, and acorn squash will all deliver an abundant crop and require very little care.

Carrots, celery, and green onions are all easy to grow from seed and will supply your family with fresh greens (and oranges!) throughout the summer for very little cash outlay.

Green peppers are a fussy plant in my experience and grow best in hot locations with well drained, fertile soil. When you are successful, homegrown peppers have an incredible taste and will shave away your grocery bill, but be warned that they aren't the easiest plant to grow.

The main idea is to think of vegetables your family will eat and then get growing. That way you will be cutting down grocery costs and enjoying the fresh air and summer sunshine at the same time. Beat inflation and stay healthy with your very own vegetable garden this summer.

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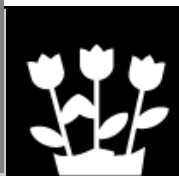
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Time: When you're ready.

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!

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Monday, June 13, 2011 - 7:00 p.m.



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As the paper continues to grow in size, along with its circulation, and the continuing price increase of mailing, we trust that you will understand and continue to read and seek out The Baden Outlook.

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The Start of a New Era

On Saturday April 16th Tim, Roger, and Merv Scheerer held an early morning breakfast at Wilnot Mennonite Church for friends, family, and past employees of Master Feeds of Baden. After the breakfast there was a presentation where the Scheerers, current owners of Baden Feed and Supply and the old Master Feed property, talked about the history of the property and touched on their current business.

Some of the history discussed included the following:

In 1864 James Livingston arrived in Baden and began working for the Conestoga Mill where he learned about the flax industry. In 1867 he opened a flax mill in Baden on a small farm that he purchased. As business grew he built a larger Mill, which was the birth of the Dominion Linseed Oil Company. In 1871 he produced 280 bushels of flax seed and 55 tons of hemp. The mill ran for nine months of the year, employing 14 men and four boys. The wages paid to those 18 employees totalled \$2,500 (\$138.00 each for nine months work).

The business grew to employ over 100 people in Baden; however, with the introduction of latex paint, the demand for linseed dropped and in 1952 Toronto Elevators Limited took over the business. They had trouble with the old mill so that same year the mill was sold to Master Feeds who gave employment to the village from 1952 to 2010 (58 years).

Merv had worked at Master Feeds in various capacities and in 1976 he and his brother Roy purchased a feed mill in Newton. Sixteen years later Tim (Merv's eldest son) and Merv bought the Baden business and returned; the new company was



named Baden Feed and Supply LTD. A short time later, Merv's son Roger, purchased a share in the business. Baden Feed rented space from Master Feeds until the southern side of the property came up for sale and was purchased in 2010.

After the presentation at the church, the group of forty plus people travelled to the premise and walked through the old part of the building where past employees recalled their own personal experiences that they had at the old mill. The tour continued to the newer Baden Feed and Supply facility where the Scheerers discussed their own business and functions of their machinery. Baden Feed mixes and blends many formulas for racing pigeon feed as well as bird feed, which is shipped to many parts of Canada, United States and the world.

It was a very enjoyable morning where much was learned about the history of the facility and a prominent Baden business. Most of all it signified the end of an era (Master Feeds) and the beginning of a new era (Baden Feed and Supply). *Thank you Scheerers for your presence in our town and for sharing your history with us.*

New Hamburg Live! Festival of the Arts Grows for 2011

The award-winning New Hamburg Live! Festival of the Arts is adding performances, an extra day, and several special features to the 2011 edition. This year's Festival, the third annual event, runs six days, from Tuesday May 31 through Sunday, June 5, and will include a dozen events - musical concerts, literary events, drama, and a week-long art show.

The Festival kicks off on Tuesday evening, May 31, with the premiere of a one-man performance written and performed by Broadway and Stratford actor, Barry MacGregor. Barry, who hosted *The Best of Gilbert & Sullivan* at the 2010 New Hamburg Festival, will amuse and enthrall his audience with his *Tales of the Theatre*. His show opens with *Music from the Theatre* performed by Charlene Nafziger and Erin Bardua.

The New Hamburg Live! Festival of the Awards captured a Waterloo Region Arts Award in its first year, and from that festival on, organizers have been committed to presenting the finest entertainers across the musical spectrum, from roots and jazz to choral and classical music.

The Festival Gala, June 1, will star the acappella group *The Essentials*, as well as the official opening of the Art Show, featuring the work of up to 20 area visual artists. Each artist will have one piece on exhibit at the Gala, held at the New Hamburg Community Centre; several other pieces of their work will also be on display at a number of New Hamburg businesses. Art lovers can see it all by following the Art Show walking tour.

Musical headliners at the Festival also include the award-winning Newfoundland celtic band, *The Irish Descendants*, in concert on Friday evening. Classical highlights in 2011 will include the Saturday performance by piano virtuoso Katherine Chi, a Thursday night concert by the Windermere String Quartet, a Saturday noon-

hour classical recital by mezzo soprano Vicki St. Pierre, and an intimate Friday afternoon featuring the innovative DuO Percussion.

Each year, the Festival has included a choral workshop and concert; in previous years, the choir music has focused on gospel and bluegrass styles. In 2011, the Saturday morning choral workshop will be built on the choral music of classical composer Franz Liszt; the choir will be in concert Saturday evening, opening a concert honouring the 200th birthday of Liszt. The choir will be conducted by New Hamburg Live! Music Director Vicki St. Pierre.

On Sunday afternoon, the Festival will close with a gospel concert at Steinmann Mennonite Church; the concert will feature some of the finest local musicians, including this area's own Mike Erb and John Wiebe, guest musicians including Scott Galloway, Jeff Cowell and Tom Cummings, featured soloists including Denise Pelley, Vicki St. Pierre, and more.

The Festival will feature a Saturday morning literary event with authors Marilyn Simonds and Edeet Ravel.

New Hamburg Live!, in cooperation with TD Canada Trust, is making all-access passes available, free of charge, to secondary and post-secondary students.

New Hamburg Live! executive director Paul Knowles says that the additional day of events, and the calibre of performers and presenters, is possible partly because of increased interest from corporate and foundation partners who are sponsors of New Hamburg Live! this year. They include the Waterloo Region Arts Fund; Dueck, Saur, Jutzi & Noll; Common Sense Design, the Walter Fedy Partnership, TD Canada Trust, Primus Realty Ltd. Brokerage, and the Township of Wilmot.

For more information about the New Hamburg Live! Festival of the Arts, visit www.newhamburglive.ca. Tickets are available at Upper Case Books in New Hamburg.

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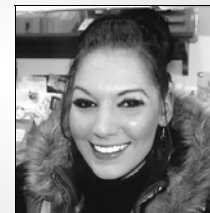
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Are mountains of wet towels overtaking your bathroom?

If your bathroom is small and you find it difficult to come up with enough spots to hang wet towels, you might want to give this idea a try. Why not put towel bars or hooks on the back of everyone's bedroom door and have the damp bath towels get hung there to dry. Each person is responsible to bring his or her own towel to and from the bathroom as necessary.

If you have a plan to handle your bathroom towels, this might be a great time to train other members of the family to run a load of wash. Towels are a great "training load". Children as young as 8 or 9 can learn to make the rounds and collect up all the bath towels. Teach them how to start the washer, return to switch items to the dryer, and return again to fold and put them away either in the linen closet or back on each person's bedroom towel rack.

Between regular bathroom cleanings, keep things looking good with the "Daily Quick Fix"!

Be sure that you have a good supply of hand towels for your bathroom. Each day at some point when you are in the bathroom, use the damp hand towel to give the sink, taps and other surfaces a quick wipe. When you are finished toss the used hand towel in the wash and put out a clean one.

We encourage you to make best use of your "little minutes" - Ladies, one quick bathroom organizing job that doesn't take long is to sort out your make-up. Go through everything and discard old items that you never use. Use a small to medium sized plastic bin to store the things that you use everyday, and another appropriate sized bin to store those items that are just for special occasions. This will save you having to root through everything to access the few items that you use everyday. It may not seem like much, but every time we can save a valuable few seconds, it is building towards saving valuable minutes that can mean time at the end of the day to relax and do something that you really enjoy.

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TAKING CARE OF YOUR FEET

By Dr. John A. Papa, D.C.

The feet are an individual's contact points with the ground, so how they support the rest of the body is critical. Our feet have nearly 100 individual working parts, which all have to function together when we stand, walk, run and jump to provide proper stability and balance. When a small problem develops in our feet, the subtle changes in the way we move can cause a chain reaction of adjustments in our posture and walking mechanics, which can lead to symptoms such as: localized foot pain, arch and heel pain, along with ankle, knee, hip, and back pain.



Protecting your feet and choosing proper footwear can go a long way in preventing injury and pain. Below are some helpful tips that can ensure your feet are protected and functioning to the best of their ability.

- Choose footwear that is appropriate for your foot type. For example, people with low arches, called pronators, will need a shoe that provides some degree of stability. A shoe with good cushioning is important for people with high arches, called supinators.
- Select a footwear store with knowledgeable staff who can provide advice on the shoe that best suits your activity, body structure and type of foot. Shop in the afternoon or evening, as your feet tend to accumulate fluid and swell throughout the day. What may have been comfortable earlier in the day could now feel tight later in the day.
- Remember that not all shoes are created equally. The same shoe sizes can have different fits depending on the maker. Be sure to try several sizes to find the most comfortable shoe.
- Avoid buying shoes that you feel need a break-in period. Shoes should be comfortable from the first time you put them on.
- Don't cheap out on your shoes! Better quality shoes may cost more but will pay off in terms of support and sturdiness. A mid-priced shoe may offer the best value.
- Do not hesitate to replace footwear after excessive wear as it may not be providing you with proper support and stability.
- Consider custom orthotics to help support your foot. Orthotics are mechanical aids that fit into your shoes as comfortably as an insole and work on your feet much like glasses work on your eyes – they decrease stress and strain on your body by bringing your feet into proper alignment. This helps rebalance your feet and reduces pain and discomfort by enhancing your body's natural movements.
- Remember to exercise regularly and try to maintain a healthy weight. Extra weight adds extra stress on your feet, knees, hips, and back.



In the event that you suffer a muscle or joint injury related to your feet that does not subside, you should contact a licensed health professional. 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.

New Hamburg Wellness Centre

DR. JOHN A. PAPA, DC
SHEILA REINHART, RMT
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the Health & Wellness Page

Eating Organic

Submitted by Heather Mckague-Bandl



There are many benefits to eating organically grown vegetables and fruits beginning with the benefits to your health and the environment. Did you know that organically grown foods actually contain more vitamins and minerals than commercially grown foods. One study found that organic foods contained 78% more Chromium, 390% more Selenium, 63% more Calcium, and 138% more Magnesium, just to name a few.



In the rush to produce more and more crops to satisfy growing demand commercial producers have had to resort to using a lethal cocktail of pesticides to control disease and insect attack. Did you know that if you consumed a non organic apple you would be eating over 30 pesticides, even after you have washed it?

The cost of organic foods is usually a little higher than non-organic; however, the benefits to your health far outweigh the costs. For some people, changing over to organic may be a slow process.

There are a number of fruits and vegetables that have been appropriately named "The Dirty Dozen". These are foods that you should always buy organic. The 2011 Dirty Dozen list includes peaches, apples, bell peppers, celery, nectarines, strawberries, cherries, kale, lettuce, grapes, carrots, and pears.

Also, don't forget about your local farmer, or starting your own backyard or container garden. There is nothing more rewarding than enjoying food that you have grown yourself to feed and nourish your body.

Understanding Whole Grains Class:

Learn more about what a grain is, how grains contribute to our overall health, grains without gluten, how to prepare and store grains, plus recipes to try at home and a sample recipe prepared for you!

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