

MAY 2012

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with 2800 copies
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Baden Outlook



Baden ~ Our Town... IN ACTION!

So much to do... and yes, despite the familiar saying...with so little time. Well, not true here in Baden—Yes, there sure is plenty to do but Badenites are making the time to get out there to do all the fun things Baden has going on. Mark your calendars to be sure you don't miss out on the fun! Check inside paper for even more local events going on in May!



BADEN COMMUNITY YARD SALE

When: Saturday May 26 Time: When you're ready.
Where: Your house and your neighbours'.



It's that 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!

Cruizin' At-the-Pond Classic Car Show



It's back! Enjoy the summer nights every Wednesday evening at 6:30, from June to mid September at Baden Pond on Foundry Street.

June 13th pays tribute to local car enthusiasts, John Hillar and Paul Cassel, who recently passed away.

For more information or to participate contact Ron and Marlene Weber at 519-634-8902

PERENNIAL PLANT EXCHANGE ~ May 26, 7-11 am

At old Emporium Building / Baden Market on Snyder's Road

Perfect time to get into your perennial garden and pull out what is overgrown and make room for something new.

So bring what you don't want and exchange for what you do, at no charge, simply just for fun! For those who don't have an exchange to make, plants are also for sale at \$5 each which will support the Baden Community Association.



For more info see page 4.

ANNUAL FISHING DERBY - JUNE 9th, Daybreak till 4 pm

- ~ The pond will be re-stocked June 4th with no fishing allowed from Monday-Friday
- ~ There will be 10 tagged fish worth \$50 - Limit 6 fish per person (that is the law!)
- ~ Concession stand offering hot dogs, hamburgers, soft drinks, and ice cream.
- ~ Bait of choice...worms and bobbers—bait available to purchase.

Sponsored by the Nith River Wild Turkey Conservation Association



Also: See page 30 for more community events.

Don't forget the Baden School Backyard BBQ- page 29.



This paper is priceless - Please have one!

Talking with Ed

~ Keeping You in the Know



Well, that sure was an action-packed month... whew!
There were lots of great things going on in Baden and for those who weren't able to partake in all events I will do a brief re-cap so we are all in the know!



Fun times with a birthday cake and a band at Mac's Variety and Gas Bar from April 20 to 22 as they celebrated their first anniversary! There were great deals in the store (including free coffee) and entertainment outside. It is hard to imagine that space without them and we thank them for the presence and appreciate the service they provide as they sit as they should in the centre of town. Best wishes for continued success!



The Live Well Festival was held on April 27 and 28 at the Wilmot Recreation Complex. The Read Well event brought in several busses of students and was well received. Over 100 people participated in the roller skating on Friday night and many hope this will become a regular event in Wilmot Township. The Coffee House was packed as John Wiebe and friends entertained the crowd. Many workshops were held on Saturday morning, and the newest event "The Community Chase" organized by Baden's Sarah Scott of LiveWell Clinic was a hit. A festival wouldn't be complete without a free barbeque sponsored by Mayor Les Armstrong and his faithful council. Almost 300 turkey sausage and chicken burgers were handed out to hungry citizens. A free swim, also sponsored by your Wilmot council, finished off the day. Thanks to all the organizers of the festival as their hard work revealed itself in the great success.

Wilmot had the privilege of hosting the Canadian Broomball Championships this year, with teams coming from across Canada. Everyone raved about our Wilmot Recreation Centre and commented on Wilmot being gracious hosts.



Naturally our supportive dignitaries were there to cheer them on — pictured are Councillors Al Junker and Mark Murray, Mayor Les Armstrong, Kitchener-Conestoga MP Harold Albrecht and Kitchener-Conestoga MPP Michael Harris (Councillor Fisher took the photo).

In last months Outlook we published that the Story Barn was closing due to regional zoning codes. This was a misprint and we apologize for the error. See page 16 for the full story.

Until next month...Ed

Barry and Pat Fisher
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EXTRA!! EXTRA!!



There are copies of The Baden Outlook available in Baden at Egli's Meats, Baden Feed, Mars Variety, EJ's, Mac's, One Way Water, Baden Library, and several outdoor magazine boxes located conveniently throughout town for Baden readers.

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

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



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Baden ~ Our Town

The newly formed Baden Community Association held their first event, a Community Clean-Up sponsored by Tim Hortons, on Earth Day. It was an overwhelming success with ninety nine registered participants turning up to clean up the town and have some fun with fellow Badenites. The Tim Hortons sponsored event was happy to remove eighty bags of garbage and recyclables that were collected.

Thanks to Community Association member Joanne McCallum, who spearheaded the event. Special thanks to the Baden Optimist Club, who joined in and provided support and manpower.

The second planned event for the Baden Community Association is a perennial exchange sale which will be held on May 26, at the Baden Emporium space. Plants can be donated for the group to sell or you can exchange plants with your neighbours.

The Baden Community Association now has a Facebook page, courtesy of BCA member, Teresa Brown, where Baden residents can be updated on upcoming events. Be sure to check it out and give it the *Like!*

If you would like to get involved with the association, you are most welcome to join in the meetings on the last Wednesday of each month, at 7 p.m. at the township office or call Barry at 634-8916. The next meeting is May 30th—please join us.



1st Annual Baden Perennial Sale & Exchange

May 26, 2012 — 7am - 11am
Old Emporium Parking Lot, Snyder's Rd

Split up your perennials, set up a spot &
exchange your flowers with fellow Badenites!

~ OR ~

Donate your perennials in the morning for the
Baden Community Association to raise funds
towards beautifying our town!

\$5 per plant

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Celebrating Joyful Noise

Norma Weiler has made beautiful music on the organ for as long as some can remember. On April 20th, St. James Lutheran Church paid tribute to Norma who has been dedicated to making joyful noise for this congregation for 47 years! It is an amazing commitment to be present for every Sunday morning service, funeral, wedding, baptism, and many other events in between. It says plenty of Norma's devotion to God and her church family. It was a glorious morning service of music as Pastor Olavi invited requests of favourite hymns, and Norma was eager to hear hers too!



Blaine Bechthold shared special greetings sent from former pastors of St. James Church and Councillor Barry Fisher delivered well wishes from the Township of Wilmot and presented a certificate from Mayor Armstrong congratulating Norma's accomplishment. Norma received a beautiful gold and diamond cross necklace in appreciation for sharing her gift of music for such a long time.

Following the service there was a gathering of fellowship with festive cake and coffee and everyone embraced this special time with Norma, her family, and friends. It was a wonderful celebration!



She now sits amongst her family and friends on Sunday mornings, singing and enjoying the music of new organist, Hilla Lahtinen-Smith.



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Ask Armand ~

Peter from Baden asks: *Armand, I noticed a large patch of old concrete on the grass to the north of the Mill Pond. Could you tell me what that was?*



Armand says: *Great question Peter. That was the location of Jacob Beck's Foundry. Jacob Beck, the father of Adam Beck, started an iron foundry at that location in the mid-1800s at a cost of \$10,000 (building and machinery) and he employed 12 people. They had a steam engine which generated eight horsepower and they turned out agricultural implements, stoves, and other castings. The building was used by the Dominion Linseed Oil and was still standing in the 1950s.*

What you see there seems to be the remains of the foundation.

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WELCOME THE NEW OPTIMIST CLUB OF BADEN

The Optimist Club of Baden was organized on April 17, 2012 with 39 members. The club was sponsored by the Optimist Club of New Dundee. Over a period of 6 short weeks, 39 enthusiastic members joined because they saw a need to make a difference in the lives of children in this community and to make Baden an even better place to live.



On Sunday, April 22nd, the Optimist Club of Baden assisted the Baden Community Association in the first annual community clean up. There were over 25 members from the Optimist Club and many family members that joined in. In total, 99 registered participants collected at least 80 bags of garbage or recycling.

The Optimist Club of Baden will be helping to barbeque at the Baden Public School Annual Backyard BBQ on Thursday, May 24th. Look for us in the bright blue Optimist Club of Baden t-shirts.

Optimist Clubs are committed to creating a more optimistic future for kids. Individual clubs respond to the special needs of their local communities. We look forward to working with other organizations of Baden in the future.

The Optimist Club of Baden is still looking for more people to help out and to offer ideas. If you are interested in learning more about the Optimist Club of Baden or volunteering, please contact Tiffany Tosheff (519-214-0059) or Steve McDonald (519-214-0336).

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TELL ME THIS WON'T HAPPEN TO US !!!!

Two elderly ladies had been friends for many decades. Over the years, they had shared all kinds of activities and adventures. Lately, their activities had been limited to meeting a few times a week to play cards.



One day, they were playing cards when one looked at the other and said, “Now don't get mad at me ... I know we've been friends for a long time, but I just can't think of your name! I've thought and thought, but I can't remember it. Please tell me what your name is.”

Her friend glared at her for at least three minutes. Glaring and staring she finally said, “How soon do you need to know?”

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You Must Be Joking!!



- ▶ Why, why, why do we press harder on a remote control when we know the batteries are getting weak?
- ▶ Why do banks charge a fee due to insufficient funds when they already know you're broke?
- ▶ Why is it that when someone tells you that there are one billion stars in the universe, you believe them but, if they tell you there is wet paint, you have to touch it to check?
- ▶ Why do they use sterilized needles for lethal injections?
- ▶ Why doesn't Tarzan have a beard?
- ▶ Why did Kamikaze pilots wear helmets?
- ▶ Whose cruel idea was it to put an "s" in the word "lisp"?
- ▶ If people evolved from apes, why are there still apes?
- ▶ Why is it that, no matter what colour bubble bath you use, the bubbles are always white?
- ▶ Is there ever a day that mattresses are not on sale?
- ▶ Why do people constantly return to the refrigerator with hopes that something new to eat will have materialized?
- ▶ Why do people run over a string a dozen times with their vacuum cleaner, then reach down, pick it up, examine it, then put it down to give the vacuum one more chance?
- ▶ How do those dead bugs get into enclosed light fixtures?
- ▶ Why is it that whenever you attempt to catch something that's falling off the table you always manage to knock something else over?
- ▶ Why, in winter, do we try to keep the house as warm as it was in summer when we complained about the heat?
- ▶ How come you never hear father-in-law jokes?

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Are you living out of the wash basket?

For many, the last step of the wash day process can be tough.....getting clean laundry put away and ready for use.

We suggest having two wash baskets for each member of the family (colour code them or label with each person's name)

When you first start this system stack the two baskets together in each person's bedroom. Come wash day take the top basket full of dirty clothes and leave the empty one in place ready to receive more. This gives you a wash basket for each member of the family in the laundry room. As clean wash comes out of the dryer, immediately divide it into each person's basket. Fold it if you have time, but if not get each family member to look after their own. Have a spot in your laundry room to hang good clothing that needs to be protected from wrinkles. Completion of the process includes each person taking wash to their rooms and putting it away. Ideally this should all happen on wash day. When clean clothing is put away, stack the 2nd empty wash basket under the one already in the bedroom. Having two baskets allows the process to be completed over several days if necessary, but always leaving a "home" for dirty wash and a "home" for clean wash. If you need to get a clean item before it has been returned to the bedroom, it is

already divided by person and you can find it in the appropriate basket.

Before we finish up on the topic of laundry I want to give you one more idea. We have suggested this to several clients and have heard some positive feedback. For busy families with lots of kids this might be an option. When it is time to do laundry take the wash basket from one person's room and dump everything into the washer together.....no sorting.....other than perhaps removing some "delicate" items. Wash it all together, dry it all together, put it back in the wash basket and there is no sorting necessary. Simply return the basket of clean wash to the appropriate bedroom to be put away. Some of you may cringe, but the feedback we have had says that there is seldom a problem with colours running and everything works out just fine. These individuals say they would never go back to the "traditional" way of sorting again. They find this way a huge time saver. If you are concerned about colours running, one client told us about a product called Shout Colour Catchers—they are similar in appearance to dryer sheets but instead get added to the washer load. They protect coloured fabrics from bleeding colour. This way of tackling the wash is something a little out of the ordinary, but worth consideration.

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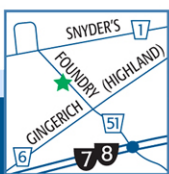
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Checking Out the Baden Library

Our Region Reads!! The One Book, One Community selection for 2012 is *Lakeland* by Allan Casey. *Lakeland* is a non-fiction book about Canada's lakes. Place a hold on the book today at your local library branch, online, or in person. Read the

book, discuss the book, and attend an event! Check out the OBOC web site www.oboc.ca for more information about the book, author, and for updates on special events. Allan Casey will visit Waterloo Region from Sept. 25 to 27 for a series of free public readings.

Another successful year of kids' book clubs has finished. Thanks to all the kids who came out each month to read books, play literacy games, and learn new things! The final meeting of the Baden Book Worms (ages 7 to 9) was held on May 8, and the last meeting for the ABC—Awesome Book Club (ages 10 to 12) will be May 22. Many thanks to our volunteer, Marlene Steinacker, who assisted Emily with the ABC group.

Did you know that free WiFi is available in New Hamburg, Wellesley, Ayr, and Elmira library branches? Stop into any of these locations with your laptop and mobile device for free access to the internet. Having troubles getting set up? Ask a library staff member for assistance.

Coming soon: exciting information about the 2012 TD Summer Reading Club! This free program for children ages 3 and up runs throughout July and August.

Also coming soon—the library will be closed for renovations in early June. Exact dates will be posted as soon as possible. Check the website or with a staff member for details.

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
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7. WILMOT'S NEXT GREAT CHEF — AUGUST 13 TO 16
8. A YEAR IN A WEEK — AUGUST 20 TO 24

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hard you get a belly ache or maybe even pee your pants –Yikes! Ha ha!!

Do you ever notice when someone is laughing so hard that soon everyone is squealing with giggles and laughter just



Jack

from watching and enjoying the moment. Go ahead, share a giggle and see how good it makes you feel!

Wow, there are many words that can be used to describe funny. Check them out, see how many you know.

Hysterical!
amusing, comical!
and...a scream,
absurd, antic,
blithe, capricious,
clever, comic,
comical, diverting,
droll, entertaining,
facetious,
farcical,
gay, gelastic,
good-humored,
hilarious,
humdinger,
humorous,
hysterical, jocose,
jocular,
joking, jolly,
knee-slapper,
laughable,
ludicrous, merry,
mirthful,
playful, priceless,
rich, ridiculous,
riot, riotous,
risible,
side-splitting,
silly, slapstick,
sportive, waggish,
whimsical, witty,

Wow that's crazy!!

Did you ever get the giggles just from hearing a funny word... well, these words got some silly goin' on! Try them out in a sentence and see who cracks up!

Borborygm	A rumbling of the stomach.
Brouhaha	An uproar.
Canoodle	To hug and kiss.
Cantankerous	Testy, grumpy.
Collywobbles	Butterflies in the stomach.
Fartlek	An athletic training regime.
Gobbledygook	Nonsense, balderdash.
Goombah	An older friend who protects you
Lollygag	To move slowly, fall behind.

Have you ever hit your elbow in just the right spot that feels like a tingling or prickly kind of dull pain? That's your funny bone! It doesn't really hurt as much as it feels weird. The "funny bone" got its nickname because of that funny feeling you get after you hit it.



But your funny bone isn't actually a bone at all. Running down the inside part of your elbow is a nerve called the ulnar nerve. The ulnar nerve lets your brain know about feelings in your fourth and fifth fingers. It's also one of the nerves that controls some movement of your hand.

You get that funny feeling when the ulnar nerve is bumped against the humerus (say: hyoo-muh-rus), the long bone that starts at your elbow and goes up to your shoulder. Tapping your funny bone doesn't do any damage to your elbow, arm, or ulnar nerve. But it sure feels strange!

People sometimes mention the funny bone when they talk about their sense of humour. Maybe you've heard someone say that something "really tickled my funny bone." We'll leave you with a joke and hope that it tickles yours:

What's a bone in your body that you can never break? Your funny bone!



What did the baby banana say to its mother?

~ I don't peel good.

What is a baby bee?

~ A little humbug.

Why was the baby ant so confused?

~ Because all its uncles were ants.

Ha Ha Ha!!



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Join us for a coffee and a chat or join in one of our activities. It is a great place to socialize with new and old friends.

Current programs include: crokinole, billiards, lunch clubs, and guest speakers. Residents, we need your help! We are looking for programming ideas. Stop-in today see what we have and provide us with your suggestions.

You Must Be Joking!!

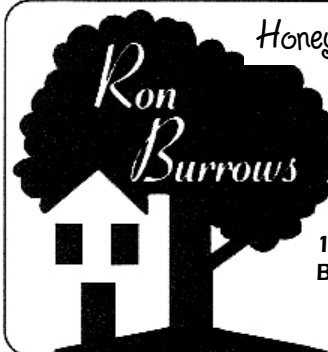


THE TOILET SEAT

My wife had been after me for several weeks to paint the seat on our toilet. Finally, I got around to doing it while she was out. After finishing, I left to take care of another matter before she returned. She came in and undressed to take a shower. Before getting in the shower, she sat on the toilet. As she tried to stand up, she realized that the not-quite-dry epoxy paint had glued her to the toilet seat.

About that time, I got home and realized her predicament. We both pushed and pulled without any success whatsoever. Finally, in desperation, I undid the toilet seat bolts. She wrapped a sheet around herself and I drove her to the hospital emergency room.

The ER Doctor got her into a position where he could study how to free her. She tried to lighten the embarrassment of it all by saying, "Well, Doctor, I'll bet you've never seen anything like this before." The Doctor replied, "Actually, I've seen lots of them.....I just never saw one mounted and framed."



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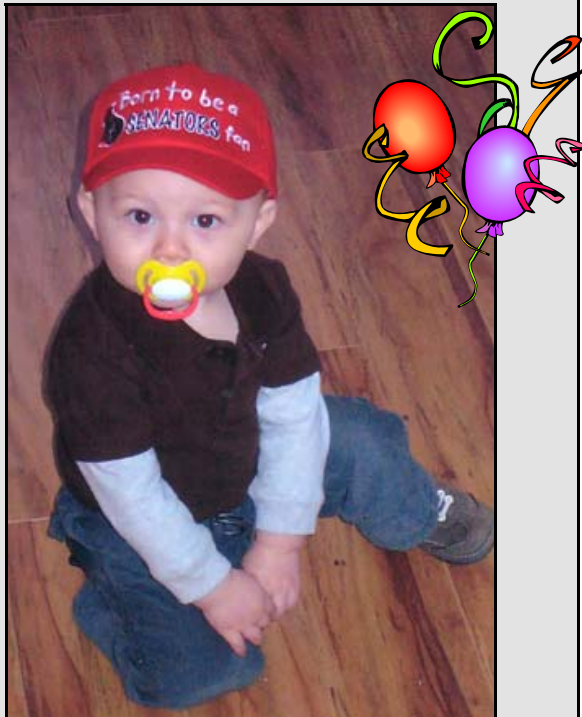
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Look Who's Turning 2!



Happy Birthday to Austin Dubrick on May 16th.
Love and Hugs from Mommy, Daddy,
big sister Alex, and dog Peanut.

New Hamburg Boy Scouts Thank the Legion

On October 3, 1959 the New Hamburg Royal Canadian Legion Branch 532 took over sponsorship of the 1st New Hamburg Boy Scout Group. This was signed by Alfred Richards (president) and Jack Riehl (secretary). The former sponsor was the New Hamburg Board of Trade with Howard Roth being president and L.R. secretary.

Last year the Baden troop lost leadership and have joined with the New Hamburg group under sponsorship of the Legion.



On May 31 the 1st New Hamburg Scout Group showed its appreciation by presenting a plaque to the Legion in recognition of its sponsorship for all these years. Bob Anger, president of the Legion, accepted the plaque from Garry Gibbons of the Boy Scout Troop. Many scouts were on hand to witness the event.

JOIN THE NEW DUNDEE PARENT PARTICIPATING PRESCHOOL

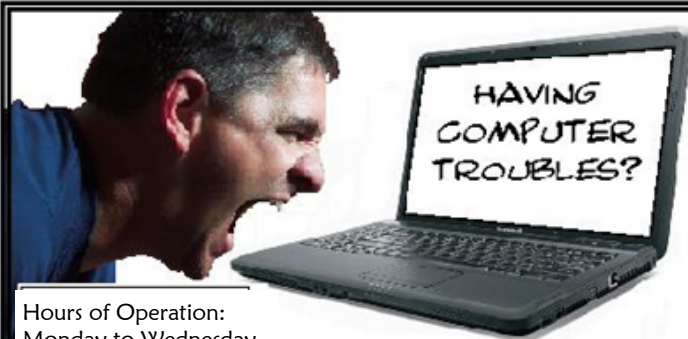
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THURSDAY	5:00 TO 9:00	FULL GROOM (SM)	\$36.00
FRIDAY	10:00 TO 4:00	FULL GROOM (MED)	\$42.00
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Sir Adam Beck School Kicks Off to Earth Day by the Footprints Committee!

The Foot Print at Sir Adam Beck School is developing. Many students drew pictures and shared their ideas while the playground design was taking shape. The Committee looked at and discussed all of the ideas and it helped them to design what will be added to the schoolyard over the next few months and school year!

There will be a lot of things starting to happen outside this spring!

- ▶ They will be planting many trees to make shady spots in which to play. The plan has 41 trees in total, and they are hoping to get more than half of them planted this spring!
- ▶ There will be lots of rocks for children to play on and use for hiding places, and a very cool outdoor classroom that students will be able to play on at recess.
- ▶ They will be planting flowers to attract butterflies and places to look for bugs, and building some fun sand play areas and bridges.

The committee also received some very exciting grant funding from the Region of Waterloo and TD Friends of the Environment Foundation, which we are extremely grateful for, and will be able to dedicate these funds to some of these projects.



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Baden Outlook Baseball Pool Stats

Place	Name	PTS	Place	Name	PTS
1	Lindsay Snyder	80	31	O'D Gingerich	64
2	Travis Miles	73	32	Homer Zaplenty	64
3	Patricia Cherrey	72	33	Jim Brodie	64
4	Joe Diebold	71	34	Ashten Snyder	64
5	Alia Henderson	71	35	Charlie Bain	64
6	Andrew Bain	71	36	Diego Vitello	63
7	Evin Henderson	70	37	Phil Schmitt	63
8	Bob Wilson	69	38	Carol Stumpf	63
9	Ellie Schmitt	69	39	Janet McKee	63
10	Michelle Morrison	69	40	Sir David Murray	63
11	David Schmidt	68	41	Trudy Roth	63
12	Dan Schmidt	68	42	Earl Nickolas	62
13	Kelly Flood	68	43	Max Sicoli	62
14	Pierrette Schmidt	68	44	Robert Hetu	62
15	Quinn Weicker	68	45	Zach Schwartzentruber	62
16	Pat Beaver	67	46	Dallas Diebold	62
17	Doreen Dean	67	47	Lia Bender	62
18	Hunter Delay	67	48	Sheri Mueller	62
19	Daniel East	67	49	Greg Rempel	62
20	Maggie Litwiller	66	50	Bradley Vitello	62
21	Gail Kotylak	66	51	Krista Schmidt	62
22	Roy Blake	66	52	Lou Sicoli	62
23	Pat Delay	66	53	Paige Naumann	62
24	Katie Paghal	65	54	Tyler Randerson	62
25	Debbie Bender	65	55	Marg Litwiller	62
26	Rich Roth	65	56	Ben Ziegler	62
27	Gramma Beck	65	57	Cash Miles	61
28	Rebecca Vitello	65	58	Cooper Honderich	61
29	Greg Naumann	65	59	Shaun Heimpel	61
30	Scott Gibbons	65	60	Isabelle Coxon	61

Congratulations to Lindsay Snyder for taking the leader prize in this month's Baseball Pool - winning a gift certificate from EJ's of Baden.

Winners



The lucky random draw winners are **Bonnie Westfall** - winning a gift certificate from **Egli's Meat Market**, and **Jacque East** winning **Badenite Teresa Brown's** latest novel, "**Some Things Best Forgotten**" and a **Baden Outlook** shirt.



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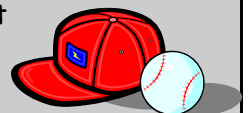
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Baseball Pool



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 guest. Click "Ranking" on the left side. The top 30 entries will be listed - to view more click on "next page" below listing.
~ Have Fun and Good Luck!



The Story Barn: Baden's World of Wonder

By Teresa Brown

"Once upon a time ..." When we hear that phrase, we know we're at the beginning of something special: after all, it's the traditional start to a great story. But what else do you need to complete the tale? Well, you need a good storyteller, of course; and if you're sitting in a warm, enchanted place, then the story is sure to be magic.

And magic is what's been spinning in Baden for a quarter century ... at The Story Barn on Snyder's Road.

The Story Barn (www.thestorybarn.ca) has been a treasured place for many years, a place where storytellers can learn and share, and where thousands of tales have been spun. Because of changing regulations for public-use buildings, this year marks the last months when the building itself can be used ... but it won't be the end of the stories themselves, says Mary-Eileen McClear, Story Barn founder and professional storyteller.

Mary-Eileen began telling stories when she was a librarian. "And of course, telling stories was always a part of that," she recalls. But it wasn't until 1982, when Mary-Eileen's first child was born and she decided to work from home, that telling stories became the ideal profession for her. "I was first asked by a teacher to tell stories to her class, and although it sounds funny now, I was surprised: it hadn't occurred to me that people could tell stories professionally!"

But it was the perfect fit, allowing the young mother to control her own schedule and the amount of work she took on—and it turned into an immediate success. More and more

teachers began inviting Mary-Eileen to tell stories in their classes, and before she knew it, she was a storyteller—one with an increasing demand for her expertise. "I never went looking for work," she laughs. "It always came to me!"

As time went on, Mary-Eileen's talent led to the birth of The Storytelling Guild, a group of storytellers who meet once a month to share feedback, learn from Mary-Eileen's mentorship, and of course to tell stories. There's also the "open" storytelling group, where anyone may drop in to hear or tell stories—although space is always limited.

It's that increasing popularity that triggered the birth of The Story Barn itself. In 1988, the storytellers had outgrown the limited space available in Mary-Eileen's living room. It was her mother and husband Ted Derry who suggested that the old barn in the back yard be fixed up for use as a storytelling venue.

"The barn needed a fair bit of work. Ted put in number of improvements, and the barn became both his workshop and my storytelling studio," says Mary-Eileen. However, it wasn't long before the storytelling took over the space. "And Ted very graciously moved his workshop out!"

Over the years, The Story Barn has become a place of warmth, imagination, and wonder. Mary-Eileen has a wealth of fond memories, like the night a gentleman told a story about a cowboy—"and just then, an old children's toy cowboy-and-horse



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*Although Bob has passed away,
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that had been sitting broken on a shelf began to gallop!” —or the night stormy weather took the storytellers in a ghost-story direction. “Each night can have a mood,” Mary-Eileen explains. “Stories can prompt other stories, and the result can surprise even the tellers.”

This richness of imagination comes as no surprise: The Story Barn is a beautiful place, with numerous comfortable chairs, a huge library of books, and the scent of seasoned wood throughout. There’s a delightful array of treasures displayed everywhere: a toy soldier found on a beach by the Guild (“he became our guardian!”), and a tiny doll’s bench nailed to the wall (“for our members who have passed away, but may still want to drop by”). Every object has its own story of course, and that’s the gift of a place that has heard so many tales.

Indeed, Mary-Eileen smiles to recall the decades of memories—and, of course, the decades of stories—that have found their voice in The Story Barn. Even when no one is inside, the place seems to radiate magic. “When you’re up here alone, waiting for the others to come, there’s a real sense of calm,” she shares. “The walls are imbued with stories and songs—the walls are just waiting to hear more.”

And so, even though this chapter has ended for The Story Barn, the stories will continue in a yet-to-be-discovered place nearby: someplace with warmth, with imagination, with wonder ... someplace as vibrant and unique to Wilmot Township as The Story Barn has always been.

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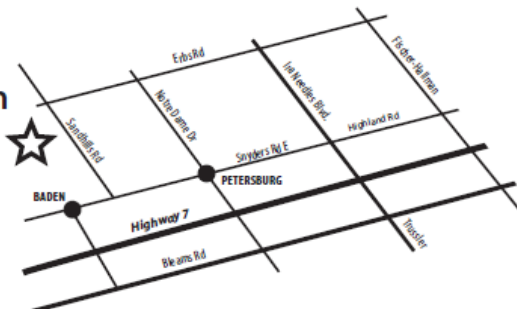
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INTERFAITH GIVES THANKS

The Board of Directors and the Staff of the Interfaith Community Counselling Centre thank all the volunteers for their time and efforts in making this year's Silent Auction a success.

Bill Roth and his committee worked hours planning, connecting, and collecting. Kudos to Petersburg Optimists and the New Hamburg Lions and Lionesses for their involvement.

We greatly appreciate the support of Ford Canada and Expressway Ford in New Hamburg through their Drive One 4 UR Community Test Drives. The businesses and the populace of Wilmot Township once again demonstrated their generosity for community initiatives through their auction donations, attendance, and financial support.

Our caring community worked together to ensure those in need have access to critical services. Blessings to you all.



Township elementary school staff volunteered their time to assist with the Ford Test Drive Initiative.

New Hamburg Mennonite Relief Sale ~ May 25, 26

The 46th annual New Hamburg Mennonite Relief Sale is being held on Friday, May 25 (5:30 – 9:30 pm) and Saturday, May 26 (7:00 am - 4:00 pm) 2012 at the fairgrounds, 251 Jacob St., New Hamburg

The Relief Sale is a major fundraiser for Mennonite Central Committee (MCC), the development and relief agency of Mennonite and Brethren in Christ Churches. Every year since 1967, over 15,000 people have attended the sale each year to purchase beautiful quilts, scrumptious food, new sporting and garden equipment, furniture, flowers, plants and much more. Last year \$350,000 was raised. Proceeds support basic human needs and peace and justice initiatives of MCC world-wide.

On Saturday, in addition to the quilt auction starting at 8:30 am, numerous food venues feature international and traditional Mennonite favourites, including the famous strawberry pies. A 1958 fully restored Cockshutt 540 tractor will be sold at the 'Outdoors auction' beginning at 10:00 am. Children will enjoy entertainment by musicians, clowns and face painters, inflatable castles and a mini auction of children's merchandise at 11 am (registration 10-11 am).

The Relief Sale is organized and supported by more than 2000 volunteers who prepare the food, the quilts, the furniture and other items for sale. The Relief Sale takes great pride in having all merchandise and services donated or covered by cash donations. There is no tax, no bidder or auction fees, free admission and parking. Buses are welcome and the site is wheelchair accessible.

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Attention Gardeners ~ Time to Visit

Are your gardens looking a little crowded? Do you have perennial plants that come back year after year? We'll take them! It's time for our Perennial Sale!

Each year we create a garden centre at the New Hamburg Thrift Centre and accept donations of perennial plants to re-sell. Along with perennials, we will accept tree saplings, fruit trees, small shrubs, garden tools and more! The sale runs until May 31 during regular business hours. Shop often as new items are added daily.

If flower gardening isn't your thing but food gardening is, we have a place for you too! Our garden has started sprouting lettuce, spinach, swiss chard, peas and more, and we will be selling these fresh, no spray greens soon. If, over the growing season, you have a surplus in your own vegetable garden, we'll take it! Just drop off your veggies at our receiving dock with your other quality, gently used goods.

And lastly, don't forget about our free e-waste disposal. We will accept e-waste items at our receiving dock for recycling.

Proceeds from all projects listed benefit the work of Mennonite Central Committee. Check out our website www.newhamburgthrift.com for more information.

New Hamburg Thrift Centre

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New Hamburg

tel: 519-662-2867

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

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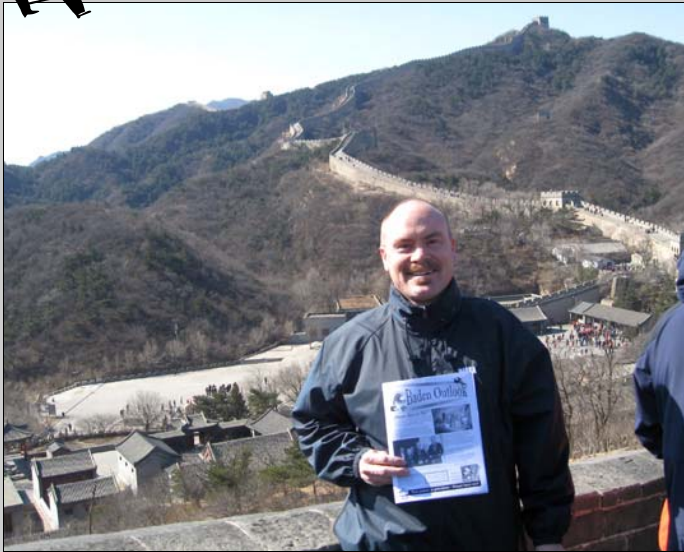
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Wow! More exciting destinations as *The Baden Outlook* continues to travel ...



Barry Roth travelled by train North of Beijing to Badaling where he climbed the Great Wall of China with his Baden Outlook. Unbelievable how this wall was constructed centuries ago, completely by people power. The tourist areas are rebuilt sections but the original wall can be seen stretching off to the horizon, amazingly—over 6,000 km long.



The Baden Outlook went to Margaritaville in Turks and Caicos while on an Eastern Caribbean cruise with the family in February. Seen (left to right) are cousins Sophia Haffner and Erin Haffner, and husband and wife Stefanie and Rory Haffner.



Steve, Paula and Lexa Kadlecik took their Baden Outlook on vacation to the Dominican Republic.



Carter, Greg, Janet, and Tanner Schwartzentruber took their Outlook to Myrtle Beach for March break.



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Jackie and Ed Penner, Joan and Tony Beavis, Jane and Jim Bell, enjoyed their Baden Outlook in beautiful Cayo Santa Maria, Cuba.



Brian and Irene Allison took the Baden Outlook to Norfolk Island (Australia), a tiny island in the Pacific, midway between Australia and New Zealand, en route home from the Gold Coast. They had a wonderful week on this beautiful island.



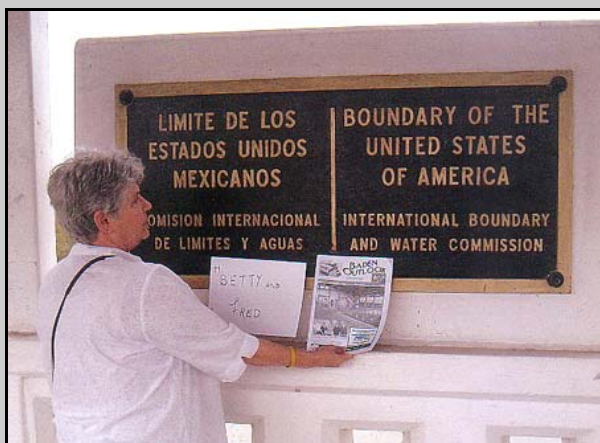
Greg, Shelley, and Reilly Heipel at Manuel Antonio National Park in Costa Rica with their Baden Outlook.



Len and Delphine Schwartztruber took their Outlook on a Caribbean cruise to Mexico, Belize, and Honduras.



Nigel Gordijk took his Outlook along with granddaughter, Madisyn Garrity, to London England. Madisyn is seen standing beside the River Thames. In the background are the Houses of Parliament, including the clock tower that contains Big Ben.



Elaine and Terry Tweedle took their Outlook to the border crossing into Mexico. (They say hello to Betty and Fred)



Matt, Lesley, Meghan, and Dana Bender took their Baden Outlook to Germany for Easter. Meghan and Dana were visiting their Oma and Opa who work at the Bavarian International School (pictured).

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To everyone who supported our pizza and ice-cream sandwich fundraiser.
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Shirley & Marcy

A mother was concerned about her kindergarten son walking to school. He didn't want his mother to walk with him. She wanted to give him the feeling that he had some independence yet know that he was safe.

So she had an idea of how to handle it. She asked a neighbour if she would please follow him to school in the mornings, staying at a distance, so he probably wouldn't notice her. She said that since she was up early with her toddler anyway, it would be a good way for them to get some exercise as well, so she agreed.

The next school day, the neighbour and her little girl set out following behind Timmy as he walked to school with another neighbour girl he knew. She did this for the whole week.

As the two kids walked and chatted, kicking stones and twigs, Timmy's little friend noticed the same lady was following them as she seemed to do every day all week. Finally she said to Timmy, 'Have you noticed that lady following us to school all week? Do you know her?'

Timmy nonchalantly replied, 'Yeah, I know who she is.'

The little girl said, 'Well, who is she?'

"That's just Shirley Goodnest", Timmy replied, "and her daughter Marcy."

"Shirley Goodnest? Who is she and why is she following us?"

"Well," Timmy explained, "every night my Mum makes me say the 23rd Psalm with my prayers, 'cuz she worries about me so much. And in the Psalm, it says, 'Shirley Goodnest and Marcy shall follow me all the days of my life' so I guess I'll just have to get used to it!"

The Lord bless you and keep you; the Lord make His face shine upon you, and be gracious unto you; the Lord lift His countenance upon you, and give you peace.

May Shirley Goodnest and Marcy be with you today and always.

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Baden Public School Principal Retires

We say good-bye to Jo-Anne Soye, the Principal at Baden Public School since it opened, who is retiring this June. Jo-Anne has worked for the Waterloo Region School Board for 34 years, with her first role as Principal at Wilmot Senior Public School. With the closing of Wilmot Senior, six years ago, she moved to Baden Public School.

Being principal at Baden Public School has been an enormous task for many reasons. Obviously opening a brand new school has its challenges. However, all of the students attending the new school were also grieving the three schools that had closed – the former Baden Public, Wilmot Senior, and North Wilmot. Forming a team was critical in the process. A tremendous amount of thought went into the design of the building and working through the amalgamation.

Within a couple of years the school population ballooned from 650 students to a peak of 950 students, which prompted the school board to build another school in Baden, Sir Adam Beck. Once again there was more change as students in Baden and the area were split between the two schools. Baden needed a principal who was intuitive and a leader, and Jo-Anne rose to the occasion. She has guided our school through difficult times and leaves with our school in great shape.

The Baden Outlook had a chance to chat with some of the teachers at Baden Public School to get a feel of what she is really like. The teachers spoke extremely highly of her. “She is a teacher of teachers—she is the most driven and dedicated person we know and she is passionate about mentoring and education. Although she presents herself as a strong person she is also deeply caring about each child that she encounters. She has high standards for herself and others but at the same time no job is beneath her—as witnessed by her hanging Christmas lights or working the flower gardens. Jo-Anne is an advocate for children with special needs, as that was one of her first posts with the school board. She has conviction and will go to bat for a school if she feels that a program is not right—even it is mandated. She is like a mother to the staff and stays in contact with friends offering support where needed. She works long hard hours and is very organized. Everyone will miss her strong steady character around the school.”

To Jo-Anne the thought of retirement is daunting. She hopes to stay in the field of education part-time as she does love it. She also plans to visit her children Kaytelyn (30) who lives in Montreal, Gavin (27) who lives in Vancouver, and Madelyn (25) who lives in Toronto. She also has a brother in California

and a twin sister in Ancaster, whom she would like to spend time with.

She is a very athletic person and enjoys skiing, biking, tennis, and working out at the gym. She does love horseback riding but had a nasty spill several years ago, breaking an ankle. That and golf might be an option for her. She will also devote more time to reading and her book club.

She feels that Baden is a great town with a real sense of community, as witnessed by residents coming together on many projects. When asked what she will miss the most she replied, “I will miss the people and the amazing team that is here at Baden Public School. I will also miss the joy of children, some of the things they say and do, and the joy of learning—when they finally say I got it!” We wish Ms. Soye happiness in her retirement. Jo-Anne has enjoyed her time in Wilmot Township and will take many wonderful memories with her.



“Soyisms” - These are Jo-Anne’s philosophies:

- ▶ *Together we are more.*
- ▶ *Put the kids first.*
- ▶ *No surprises.*
- ▶ *It’s all about relationships.*
- ▶ *Come to me with solutions, not problems.*





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Gardening with Verda ~ *JUST ADD ICE — BAD ADVICE!*

In the 1970s, my husband and I attended the Spring Flower Show sponsored by the Toronto Garden Club and held in Casa Loma in Toronto. The Conservatory was designated as the “Orchid Room,” where a variety of Orchids were on display. Some hung from above in baskets of moss. Others grew on large chunks of moss covered bark surrounded by beds of damp gravel. My husband immediately fell in love with the orchids but at a price of \$50 per plant, we knew we would need to research growing requirements before investing.

Fast forward fifteen years. We attended the Southern Ontario Orchid Show held at the Royal Botanical Gardens in Burlington. Here, for the first time, we saw Orchids growing in pots filled with bark chips. This seemed a little more practical than the Toronto experience but we knew we could not provide the plants' requirements, so we admired and went home.

Fifteen years later. A friend, who grew orchids under lights in her laundry room, phoned stating she had recently divided a number of orchids. She was about to bring three plants to me. I was not ready for this challenge and protested loudly. Undeterred, she arrived with three healthy plants. These were not like the ones commonly seen in stores for growing in your home. The Cattleya, Oncidium and Dendrobium would require specific care. Like a new mother with no previous experience, I ventured into a new life. I learned the likes and dislikes of these Orchids and they rewarded me with beautiful flowers that lasted for weeks.

A few years later, we sold our country property and moved to a high rise Condominium in the city. I was hooked on Orchids and could not give them away, so I purchased a four foot table top grow light unit. The Oncidium Orchid quickly adjusted to its new location. The Dendrobium resented its new home and expired. The Cattleya sulked, and refused to bloom. Then I walked into a local, well known nursery and was introduced to the Phaleonopsis Orchid—the type recommended for growing in a home. I made a purchase and the plant has bloomed non-stop for the past two years. I have since become the owner of three Phaleonopsis Orchids.

A recent visitor informed me they were advised to put three ice cubes at the base of their orchid several times a week. I could not understand the logic in such advice. Why ice, I asked. Do you know where Orchids grow naturally? There are numerous species of orchids growing in a wide variety of conditions but Phaleonopsis grow naturally in jungles and tropical rain forests with high humidity and low light, where temperatures do not go below 65 degrees F.

My husband and I have walked through the warm humid rain forest in Washington State on the Oregon border. We admired the lush green perspiring canopy above us. We have also hiked in the Alberta Mountains, following goat paths above the timber line to the snow covered peaks. Here, rugged Alpine flowers bloomed merrily through the snow, faces turned upward towards the sun. I can't imagine an Orchid enduring the cold soil, watered by melting ice and snow. Nor can I imagine an Alpine flower growing in the moss beside the gurgling water in the warm humid rain forest.



Ice cubes, although placed on the surface of the bark chips when melting, still send ice-cold water to the roots, making the orchid shiver, catch pneumonia and struggle to survive or even perhaps die. I turned to the internet to find the source of this mis-information and discovered it originated in the U.S. but has now crossed the border. Experienced Orchid growers know such advice can be costly but I'm afraid novice growers following such deadly advice may find themselves discouraged with the results.

Did you know that ...

- ~ Phaleonopsis orchids (fondly known as the Moth Orchid), require water no more frequently than seven to ten days?
- ~ Phaleonopsis do not like “wet feet” so be sure the pot does not stand in water and is not supplied with a constant source of water
- ~ Phaleonopsis love humidity, so place the pot on a saucer and stand on a tray of pebbles. Keep the pebbles moist at all times.
- ~ Phaleonopsis grow naturally in shady conditions so do not place the plant in sunshine.
- ~ Phaleonopsis like a slightly acidic growing condition so you can add 1/2 tsp. of lemon juice to the water twice a month when giving them a drink.
- ~ Roots of a healthy Phaleonopsis may appear above the pot. That is natural. The roots extract nutrients from the air.

Just Add Ice? Bad Advice! Give your “Phals” a drink of tepid water and they'll smile for you.



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Wilmot Wolverines Atom B ~ Ontario Provincial Champions!

Hot off an impressive showing in the Lower Lakes Female Hockey League ("LLFHL") Championship with a Silver medal, the Wilmot Wolverines recently competed in the Ontario Women's Hockey Association ("OWHA") Provincials held in April.

In this immense tournament, girls and women from all parts of Ontario vie for gold in the largest women's hockey provincial championship in the world. The tournament consists of 10,900 players, 545 teams, 5 cities, 14 arenas, and 1092 games over 3 days.

Wilmot played with determination and grit during all of their games; games that saw them pitted against much bigger centres such as Ottawa, Sault Ste. Marie, and Waterloo. In the final gold medal game, the Wolverines dug deep, never quit and won key battles. Wilmot was victorious in the end with a 3-2 win over Carleton Place.

This gold medal win was the result of a true team effort. Goals and assists were distributed amongst many players; however, those alone do not reflect the kudos deserved by every player. There was not a single girl on the team that did not contribute immensely to the outcome.

Many thanks to the fans who showed up to cheer the team on in the quarter, semi, and final games. Not only parents, siblings, grandparents, and friends, but many others, the least of which was a large contingent of players and parents from the Wolverines Novice rep team, who also made it into competition at the Provincials tournament.



Members of the gold winning Wilmot Atom rep Wolverines Provincial champions are: Caitlyn Armstrong, Bailey Chapman, Sydney Dajka, Emily James, Julia Kehl, Sarah Kinch, Sarah Larochelle, Katie Martin, Madi Oliver, Taylor Randerson, Hailey Scott, Jessie Veenstra, Hannah Wagler, Zoey Waters, and Meghan Young.

Many thanks also go out to the dedicated team staff who have led these girls to a very successful year: Dave Randerson, Nick Armstrong, Roger Kehl, Sean Oliver, Heather Kehl, Dana Oliver, Sue Martin, Kim Armstrong, Jim Scott, and Stephen Dajka.

Above all a team – a team above all. Thanks for a great season Wilmot Wolverines.



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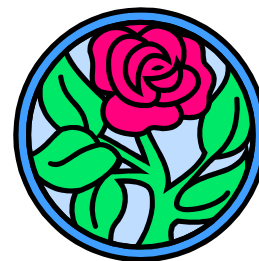


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NEW HAMBURG LIONESS WELCOME HOME TOUR - Saturday, June 16th, 10 am to 4 pm

Get set for a special day touring six homes in New Hamburg and experience the unique charm each home has to offer:

- * Tour this beautiful retirement home and its welcoming gardens
- * Once a 'schoolhouse' but now a comfortable family home
- * Enjoy this home built in 1923 for the owner's bride
- * After viewing this country home, sit in the garden and enjoy refreshments
- * Built in 1873, this heritage home has been professionally decorated
- * A cozy home for two—yet large enough when the whole family visits



This is a self directed tour and will be held rain or shine. Not suitable for children under twelve. No food, smoking, or cameras permitted in the homes. We regret the homes are not wheelchair accessible. Tickets are \$20 and available at: Murray's Clothing & Footwear, Upper Case Books in New Hamburg, Egli's Meat Market in Baden, and House of Elegance Hair Salon in Waterloo. All funds raised will support two organizations which the Lioness support each year and they will be our fund focus.

Interfaith Community Counselling Centre (ICCC), Church Street, New Hamburg is entering its 30th year of service to the residents of New Hamburg and area. The mission of ICCC is to strengthen the fabric of our community by equipping individuals, couples, and families to realize emotional wellness and triumph over life's challenges. Through individual and group counselling, prevention and educational services, ICCC strives to be the chosen path of emotional wellness for the people of our community. View our website at: www.interfaithcounselling.ca

* **Wilmot Family Resource Centre**, Waterloo Street, New Hamburg is a community-based agency whose vision is "A strong community with healthy families where all individuals are valued and have opportunities to participate and grow." Their service area is all of Wilmot Township and the lower half of Wellesley Township. Among the many programs and services offered by WFRC are emergency food bank, parenting support, family violence prevention, youth and teen programs and computer and employment services. View our website at: www.wilmotfamilyresourcecentre.ca



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BADEN BACKYARD BBQ

The Baden Backyard Barbeque tradition continues this year on Thursday, May 24th from 5 to 8 pm at Baden Public School. This event is a great way to kick off your summer with fun and games for the whole family. There will be plenty to do on May 24th, with performances from various student groups as well as activities for all ages. There will be the opportunity to get some great items by participating in our silent auction thanks to the generous contribution from many of the region's businesses. If you like music, puppets, and animals (live or made of balloons), we have something for you. In addition to our traditional displays from the Baden Fire Brigade, local police and paramedics, we have new things that should excite you! For the gamers we have booked the Game Asylum trailer for the evening; for the kid in all of us, a great show by a bubbleologist.

In addition to the traditional BBQ food offering such as hamburgers and hotdogs, families can also purchase pizza and pitas. If you are looking for a treat, popcorn, snow cones, and frozen yogurt will be available. Families with students in the local public schools can pre-order their food; order forms will be available a couple of weeks before the event.

The event is organized by the Baden Public School Council, and this is one of our key fundraisers for the year. Funds raised by this event are put towards enhancing the educational experience of all students. The Baden School Council has funded a number of purchases in the past years that benefit students as well as the community. Most recently we assisted with funding for the new outdoor sand volleyball court and picnic tables on the school grounds.

The committee is planning for a great night of family fun that will hopefully provide memories lasting a lifetime! We look forward to seeing all of Baden at our event on May 24th from 5 to 8. For further information or to volunteer for the event you can email us at Schoolcouncil.badenps@gmail.com. For a full schedule of events, please visit the school website at <http://badenps.wrdsb.ca>



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Enjoy kids' games, vendors, pony rides, petting zoo, face painting, silent auction, strawberry dessert contest, and adult social beverage area with live music.

The festival promotes local healthy eating and local business while enjoying family community spirit.
Non-profit event with proceeds to support local projects and community improvements.

Hidden Acres Mennonite Camp

is hosting its annual
Chicken BBQ and Pie Auction Fundraiser
Tuesday, June 12, 5:30-8:00 pm

This event is outdoors at Hidden Acres.
Tickets are \$13 for regular size, \$10 for small.
Advance tickets only, available at the camp at 519-625-8602. Takeout available.

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JUNE 12
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Suicide Awareness Wilmot Wellesley

SAWW is offering an evening on suicide awareness and training for youth and adults in our community on Monday May 28, 6-9:00 PM at Waterloo-Oxford D.S. School, Baden.

SafeTALK Workshop – 3 hour training for youth ages 15 and up. The workshop will prepare the participants to identify persons with thoughts of suicide and connect them suicide first aid resources.

The workshop will be delivered by trained Living Works facilitators. Limited spaces available. Cost: \$10.

YouthTalk – for youth 12 years and up

Suicide Awareness – Adults and youth. Learn the signs and risks of suicide prevention and where to go for help.
Pre-registration required for SafeTalk and Youth Talk by May 23, 2012. For more information, or to register, contact Marietta at the Wilmot Family Resource Centre, wfrcc@bellnet.ca, 519 662-2731.

WILMOT HORTICULTURAL SOCIETY

Monday, June 11- 7:00 p.m.

Wilmot Arboretum, Waterloo St., New Hamburg
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BADEN COMMUNITY YARD SALE

When: Saturday May 26 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.



Another Cool Move

Catch The Spark!!!



Do you remember the nostalgia of Victoria Day in New Dundee when the night sky was filled with shimmering colours and the pops and bangs of exploding fireworks? Do you remember sitting in the open air watching in awe and wonder, surrounded by a

community of friends, family and neighbours together? Well, we're bringing the fireworks back to New Dundee and all the surrounding towns are invited to come out for a fun filled day of events. Will you help us bring back the Victoria Day Fireworks? The word is out and we want you to "Catch The Spark!!!" with us.

Your New Dundee Fireworks committee is fund-raising for this event and needs to raise at least \$2000 in donations to host a small show. We'd like to raise \$5000 so the show can be spectacular. We are canvassing residents and businesses in New Dundee and surrounding areas to collect donations to support the costs.

If you'd like to support the fireworks, we're accepting cheques payable to the New Dundee Fireworks Committee and mailed to P.O. Box 93 New Dundee Ontario, N0B 2E0. Alternatively you can contact us through our website newdundee fireworks.com, or phone us to pick up your donation.

Contacts are: Dan Weaver 519.577.2449 / Doug Moyer 519.696.3877 / Jen Tate 519.616.0535 / Tammy Robinson-Simmons 519-214-0172. You can also drop a donation at the New Dundee Emporium, Dundee Diner, Dundee Video, Meadow Acres Garden Centre, or at Dundee Pottery and Stained Glass.

We are proudly supporting the Children's Wish Foundation! Please help us with any amount that you can to support this fun event. Watch for our float in the parade, our garage sale, and of course updates on our website newdundee fireworks.com about other fun festivities in the afternoon.



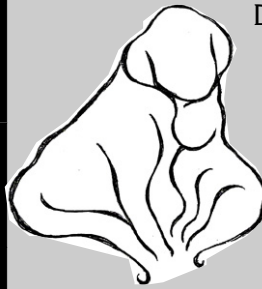
So please come out and join us for the parade, face painting and fun at the fireworks! It will be a wonderful family and community day.

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The Mysterious Masons & Maccabees: A New Exhibit at Castle Kilbride

By Teresa Brown

It's probably the most famous historic name in town: James Livingston, the man who built Castle Kilbride in 1877. He's an important and well-known part of our heritage ... except for one aspect of his family's history that, until now, wasn't well-known: James Livingston was a Mason, as well as a Knight of the Maccabees.

You very likely have heard of the Masons—but the “Knights of the Maccabees?” Mysterious, indeed. Thankfully, right now you have a wonderful opportunity to learn about these fraternities and their important place in Baden's and the Livingston family's history, as Castle Kilbride presents their new exhibit “The Mysterious Masons and Maccabees.”

Masons, or Freemasons, are a fraternal organization which began centuries ago and continues today. There's a Masonic Lodge in Baden (you can visit their website at <http://wilmotlodgegrc318.web.officelive.com/default.aspx>) that has been in place since 1874, and, like all Masonic Lodges, it teaches its members “a pattern for living: reverence — morality—kindness—honesty—dependability and compassion.”

And it was at this very Lodge where James Livingston was a charter member, as well as becoming Master in 1877. But Livingston was also a Knight of the Maccabees, a fraternal and benevolent society that began in London, Ontario in 1878: members enjoyed not only the social aspects of this society but also its financial benefits, particularly life insurance.

The Knights of the Maccabees are also explored in the Castle's exhibit, as is yet another organization: the Ladies of the Maccabees, a sisterhood that paralleled the Knights of the Maccabees in its similar social, charitable, and financial benefits. Four of James Livingston's daughters were members, and as a result this organization also forms a key feature of the Castle's exhibit.

The Ladies of the Maccabees was an organization “started by women and run by women,” and as visitors to the exhibit will learn, the society “emphasized financial support for the home ... education, recreation, social involvement and volunteer service, providing varied opportunities for women to expand their previously limited horizons.”

“The Ladies of the Maccabees really laid the

groundwork for women's rights,” points out Castle Kilbride Assistant Curator Sherri Gropp. “Members paid dues, and this allowed for insurance policies, just like those enjoyed by the Knights of the Maccabees—and that was something almost unheard of for women of the time.”

The exhibit includes a number of fascinating objects from both the Masons and the Maccabees, like a fragment of the carpet that once adorned the Lodge in Baden, photographs of Masonic certificates owned by James Livingston, and the symbolic aprons worn by members. Many of the items were directly connected to James Livingston or his daughters; Sherri explains that “as much as possible, we've tied the exhibit to Castle Kilbride.”

One item in particular has a fascinating connection to the house: a small steamer trunk, upon which is still visible the letters “L.O.T.M.” When the contents of Castle Kilbride were auctioned off in 1988 (before the building became the beautifully restored museum it is today), the trunk was purchased by local resident Cathy Honderich Young. Then, in 2000, Cathy donated the trunk back to the Castle, where it remains as part of the permanent collection.

“We're extremely grateful to Cathy for her generosity,” says Sherri. “We initially had no idea what the letters ‘L.O.T.M.’ meant, but of course we now know they stand for ‘Ladies of the Maccabees.’” And inside the trunk there was a wealth of minute books, pamphlets, financial records, ritual booklets, and other artifacts connected to the Livingston daughters' membership in that society.

Those items are today part of the exhibit, where they've become not only a remarkable window into the lives of women over a hundred years ago, but also a snapshot of a special part of the Livingstons' lives, and of their deep connection to their community. The exhibit runs from May 1st until the end of December: be sure to stop by, and dispel a little bit more of the mystery of Castle Kilbride's (and Baden's) past!



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Baden Birding - Meet the Kiwi Bird

By Ken Quanz



It was a dark and stormy night! Well maybe stormy wasn't quite the truth: we had had showers and a wonderful rainbow at sunset before we set out by boat for a 20 kilometre trip to a remote part of eastern Stewart Island which lies off the southern coast of New Zealand's "South Island." As we travelled, we were distracted from the rollercoaster ride across the choppy water by the antics of several white-capped mollymawks (members of the albatross family) as they glided low over the water in search of food. Every once in a while they would tilt their wings and streak past us as they flew into the wind without flapping their giant wings. And it was dark just after we arrived on the west side of a narrow isthmus, which was our remote destination. The wind seemed to have blown all the clouds out of the sky leaving an unimaginable number of stars visible to the human eye. The constellation Orion was strangely upside-down in the northern sky while the milky way dominated the sky in a southerly line towards the Southern Cross.

Having climbed out of the boat with the ten other passengers and two crew members, we started our single-file silent march across the one kilometre stretch of rainforest towards the eastern shore where we hoped to find the rarely seen wild Stewart Island Brown kiwi in their native habitat. While we were all equipped with flashlights, only the two guides used theirs to search the brush for the birds, but without success. Our main guide explained that they sometimes would find the birds inland, and had done so on several of the previous

nights. However, the kiwis seemed to prefer the sandy tidal shore area where the receding tide revealed a long sandy beach.

Suddenly, our guide stopped and we crowded around, watching the area lit by his flashlight. Just on the edge of the light we could see a moving round object. As the bird's eyes and ours became more accustomed to the dim light we could make out a year old male kiwi of about 2 kg searching for insect life under the bull kelp which had washed ashore at the previous high tide. With the light held low we could see insects which were about 1 cm long jumping around the seaweed while the kiwi was rapidly picking them up with his 15 cm (6") long bill. This continued for about ten minutes before we left him in search of another kiwi. We were not disappointed as we soon found his mother. Female kiwi are larger than the males (which is also true of many other bird species). This was a particularly large specimen which weighed close to 4 kg and had a curved bill about 30 cm (12") long. She was also eating insects, but seemed more intent on worms buried in the sand. She would start her hunt by pushing her bill about 6 cm into the sand in order to smell for prey. After two or three unsuccessful attempts she would seem to have located a worm and would push her entire bill into the sand until her face was on the beach. A quick pull back and a swallow indicated success. Then she was on to the next probe. As the moon rose over the southern Pacific, which stretched uninterrupted to the Antarctic, we left the beach. Our return trip to the boat turned up no more kiwi, but we did hear Morepork (New Zealand's only remaining native owl) calling in the night.

A four hour journey to see two kiwi in the wild may seem to be an extravagant use of time, but we felt that every second of this journey was worth the reward.

A few Kiwi facts: "The kiwi, New Zealand's national symbol, is the most unusual of the ancient flightless ratites (birds without a keel on the breast bone). Kiwi have hairlike body feathers and only vestiges of wings. They are unique in being the only bird in the world with nostrils situated at the tip of a very long bill. With this facility and an acute sense of hearing, the kiwi is able to locate earthworms and grubs several centimetres below the surface of the soil." *Birds of New Zealand*. Geoff Moon, New Holland Publishers (NZ) Ltd., Auckland New Zealand. 2002



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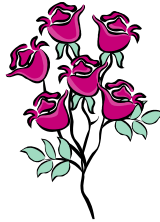
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Email submitted by Ron Ehrat



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- If you can eat the same food every day and be grateful for it,
- If you can understand when your loved ones are too busy to give you time,
- If you can take criticism and blame without resentment,
- If you can conquer tension without medical help,
- If you can relax without alcohol,
- If you can sleep without the aid of drugs, ...You Are Probably ~ The Family Dog!



Health in Practice ~ Patrol Your Poop *!#!?

If the title of this article has you saying, WHAT—are you serious? ... well, you're not alone. On a daily basis when I approach this topic with patients, I always get the unspoken 'are you crazy' look and I know my patients are thinking to themselves "I'm here for sleep problems... why on earth is she asking me about my poop?" I ask only because I know the secrets that your poop reveals—so it's time to practise your health and start by patrolling your poop!

Come on, it's not so strange; if you have kids, you know as you change those diapers you're always examining, the color, consistency, texture and you definitely cannot miss the smell! What about for you dog lovers? If your cuddly monster misses his regular elimination you're worried you may have a situation! Monitoring their poop is part and parcel of scooping it up(hopefully). And if this is the first time you've heard someone talk publicly about pooping, you must have been living under a rock somewhere, because however you refer to them, poop, stools, turds, C*** and/or S*** it has become mainstream. Just ask Dr. OZ... He's all about the poop!

So why do you have to be your own best poop patrol? Well, let's face it, no one else wants to do it, it's a dirty job... but it's one that is so valuable because it gives you a moment by moment account of your health. It's imperative to get in the habit of looking down there in the black hole of the toilet bowl!

So what does your poop reveal? Let's compare the most important normals and nots!

Colour: Normal poop is usually a dirt brown color of some sort. If the colour of your stools is black, it could signify bleeding from your stomach because the stomach acid turns the blood from red to black. If you find red coloured stools don't panic, you may have eaten beets. But if you didn't, it could mean bleeding somewhere below your stomach. If your stools are white, this is a big emergency as it could be telling you there's something blocking the gall bladder being able to dump the bile in your intestine that gives your poop its normal dirt brown colour.

Size and Shape: Normal poop retain its shape and looks something like a big long sausage. It can be long and straight or S-shaped. A normal daily poop should be 12 inches long, either once a day or two times per day for 6 inches, or three times per day for 4 inches.. you get the point, any denomination. Not quite right stools are shaped like smarties or rabbit pellets which means you are possibly dehydrated. Your health practice needs to start to include more water and perhaps trouble shoot some more things like increasing fiber intake from fruits and vegetables. If your stools are pencil thin, it would be wise to see your doctor and get this checked out. Especially if it's an ongoing thing; it's always better to be safe than sorry and you just want to make sure nothing is blocking your ability to have a healthy stool.



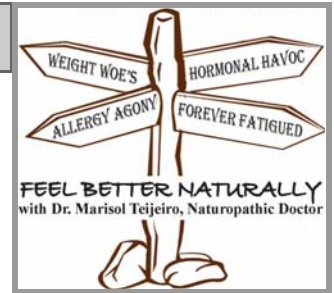
In the Bowl: Your stools should sink to the bottom, just like the Titanic. If you find them floating, and perhaps accompanied by an oil slick, you have another natural disaster! These signify an inability to properly digest fats. Always remember, oil floats on water.

Finally, are you a hyperwiper? This is probably the most interesting one. Normally your poop should slide out, just like cutting into butter.

If your poop is sticking to the paper and to you, and/or if there is mucous on your stools, this is typically a sign that shows you may have food allergy or sensitivity.

Poop communicates in more ways than one, and if you're not sure if it's right, get it checked out. For those who can't speak about their health, like your babies and dogs, it's a vital tool. Listening to your moment to moment play back on a regular basis will help you get your Health in Practice.

Disclaimer: This is not meant to diagnose, treat or cure any disease. Always seek the advice of a qualified health care practitioner before undertaking any program.



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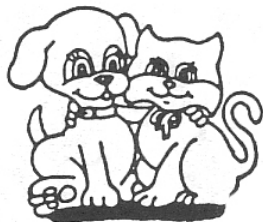
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We Didn't Have This "Green Thing" Back Then!

Checking out at the store, the young cashier suggested to the older woman that she should bring her own grocery bags because plastic bags weren't good for the environment.

The woman apologized and explained, "We didn't have this green thing back in my earlier days."

The clerk responded, "That's our problem today. Your generation didn't care enough to save our environment for future generations."

She was right—our generation didn't have the green thing in its day. Back then, we returned milk bottles, soda bottles and beer bottles to the store. The store sent them back to the plant to be washed and sterilized and refilled, so it could use the same bottles over and over. So they were really recycled. But we didn't have the green thing back in our day.

We walked up stairs, because we didn't have an escalator in every store and office building. We walked to the grocery store and didn't climb into a 300-horsepower machine every time we had to go two blocks. But she was right. We didn't have the green thing in our day.

Back then, we washed the baby's diapers because we didn't have the throw-away kind. We dried clothes on a line, not in an energy gobbling machine burning up 220 volts—wind and solar power really did dry our clothes back in our early days. Kids got hand-me-down clothes from their brothers or sisters, or hand made by mom. But that young lady is right. We didn't have the green thing back in our day.

Back then, we had one TV or radio in the house—not a TV in every room. And the TV had a small screen the size of a handkerchief (remember them?), not a screen the size of the state of Montana. In the kitchen, we blended and stirred by hand because we didn't have electric machines to do everything for us. When we packaged a fragile item to send in the mail, we used wadded up old newspapers to cushion it, not Styrofoam or plastic bubble wrap. Back then, we didn't fire up an engine and burn gasoline just to cut the lawn. We used a push mower that ran on human power. We exercised by working so we didn't need to go to a health club to run on treadmills that operate on electricity. But she's right. We didn't have the green thing back then.

We drank from a fountain when we were thirsty instead of using a cup or a plastic bottle every time we had a drink of water. We refilled writing pens with ink instead of buying a new pen, and we replaced the razor blades in a razor instead of throwing away the whole razor just because the blade got dull. But we didn't have the green thing back then.

Back then, people took the streetcar or a bus, and kids rode their bikes to school or walked instead of turning their moms into a 24-hour taxi service. We had one electrical outlet in a room, not an entire bank of sockets to power a dozen appliances. And we didn't need a computerized gadget to receive a signal beamed from satellites 2,000 miles out in space in order to find the nearest pizza joint.

But isn't it sad the current generation has to lament how wasteful we old folks were because we didn't have the green thing back then?

I beg to differ...our ways were saving the planet... every step of the way!



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Eat Well

With Heather McKague-Bandl, ROHP, RNCP
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The Clean 15!

Many of you have heard by now about the Dirty Dozen: twelve of the most toxic non-organic fruits and vegetables as a result of the pesticide sprays used on them. Included in the 2012 Dirty Dozen list are celery, apples, peaches, strawberries, blueberries, nectarines, bell peppers, spinach, lettuce, kale and collard greens, potatoes and imported grapes. Be extra fussy when washing those.



But have you heard of The Clean 15?

The Clean 15 refers to produce with the lowest pesticide residues. This list of 15 vegetables and fruit can be purchased in a non-organic format without increasing your body's toxicity. There are many reasons to choose organic produce – support sustainable agriculture, higher content of vitamins and minerals, taste better, supporting local farmers, etc. However, we live in a climate of rising inflation and less discretionary income. It is encouraging to know that there are some ways to save money at the grocery store or local market.

Ideally, I would encourage you to stock up when the produce is in season. You can cut, chop, blanch, and freeze enough to last you until next season at a minimal cost. This is a great way to save on food and protect the nutrient content of your meals.

Below is a list of the Clean 15 for your shopping enjoyment.

- | | |
|-------------------------|------------------|
| 1. Onions | 9. Cabbage |
| 2. Avocado | 10. Eggplant |
| 3. Sweet corn (non GMO) | 11. Cantaloupe |
| 4. Pineapple | 12. Watermelon |
| 5. Mangos | 13. Grapefruit |
| 6. Sweet peas | 14. Sweet potato |
| 7. Asparagus | 15. Mushrooms |
| 8. Kiwi | |

Eat healthy and be healthy.

Disclaimer: Individual articles are based upon the opinions of this author, who retains copyright. This information is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Heather McKague-Bandl, ROHP, RNCP. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.



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