

MAY 2013

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Baden Outlook



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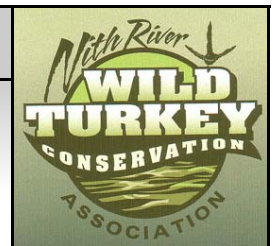
The Baden Outlook Goes to School In Puerto Rico with Local Family



Riley and Emma McGrogan took the Baden Outlook to Loiza Puerto Rico where they spent the winter. They made Nanaimo bars to snack on while they looked at a 'Canadian Paper.' The classmates are excited to see their pictures in the paper. ~ See pages 18-19 for more photos of people and places the Outlook recently travelled !

4th Annual Fishing Derby

Nith River Wild Turkey Conservation Association invites you to
Baden's Mill Pond on June 8th ~ Dawn to 4 pm



Get out your pole—grab your dad, brother, sister, aunt or neighbour and gather around the pond to catch the big one!! There are 10 tagged fish worth \$50 each which must be claimed by 4 pm! There is no admission fee, but fishing regulations apply (licence & 6 fish per person limit). The derby starts at first light and goes until 4:00 pm.

Monday June 3rd the dam will be stocked with 800 Rainbow Trout.

There will be no fishing in the Mill Pond from
June 3rd - June 7th!!

Food Concessions (Hot dogs & Hamburgers)
will be available throughout the day.



This paper is priceless - Please have one!

Talking with Ed

Random Thoughts



Canada's Two Seasons –

It is great to see that winter is truly behind us; however we are now into Canada's second season – road construction. The one project that is really snarling up traffic is the ongoing widening of the expressway, which is in its second year. I guess it keeps people employed and that stretch of highway (Homer Watson to the 401 turnoff) has always backed up during rush hour. That's progress! It's a necessary evil for people on a mission to get to where they're going....and of course always in a hurry to get there.

Thank you and farewell Doug – On June 9th the Baden Fire Department honours Doug Ferguson on his retirement and his 44 years of service with the local detachment. Imagine the changes that Doug would have incurred from 1969 to now – all the training involving medical calls, new advanced equipment, and mentoring all the new volunteer firefighters. Hats go off to you Doug for going the extra mile!

And...Speaking of Retiring – We also want to salute Chief John Ritz who has served as Wilmot Township's Fire Chief for 19 years. John will be retiring in July and then will be helping out his wife Betty at the Office Pro store in New Hamburg. A search committee consisting of councilors Mark Murray and Al Junker, as well as Lorena Caprar (Wilmot Township Human Resources), Mayor Les Armstrong, and Grant Whittington (CAO for Wilmot) will be looking for Wilmot's next Fire Chief. Thank you John for your dedication to Wilmot Township.

Who Knew? – At the end of March I was totally stoked about the new look of the Toronto Blue Jays and waiting for the end of the season collapse of the Toronto Maple Leafs. The Blue Jays have taken a major nose dive and the Leafs are winning a few playoff games. *Go figure?!*

Wilmot's Newest Club – Service clubs and community groups are the things that bring communities together and make them special. It is exciting to see so many of these clubs offer activities and opportunities for people to meet each other. There is a movement to create a Wilmot—wide Rotary Club. Their first meeting was held on April 23rd, the second will be on May 23rd, and the third meeting will be on June 10th. For more information contact Dee Radke at 519-301-5620.

Cruise Night is back in Baden – Ron and Marlene Weber are bringing back the Baden Cruizin' at the Pond Classic Car Show again this year. Returning Wednesday nights starting in June from 5:30 to 8 p.m. and continuing right through the summer! This evening has grown in popularity so much that I wouldn't be surprised if it is Waterloo Region's largest weekly car show. One more example of dedicated community people making a difference in town.

Warm Summer Ahead? Considering we had such an ugly spring, is it possible that Mother Nature will be kind to us and give us a warm summer? A quick look at www.almanac.com shows that it will be cooler and rainier than normal with the hottest temperatures in early to mid-July, late July, and mid- August. September and October will be warmer and drier than normal. Time will tell, I suppose.

Until next month...Ed

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EXTRA EXTRA!!!

You'll find us around the 15th of each month, while quantities last. Available in Baden at Mars Variety, Mac's, Baden Feed, One Way Water, Livewell Clinic, Wilmot Rec. Centre, Tim Hortons, Baden Library, EJ's, and several outdoor magazine boxes located conveniently throughout town for Baden readers.



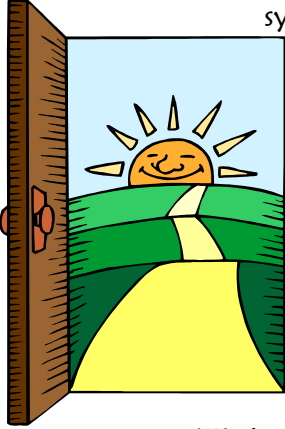
Also at St. Agatha Stop 2 Shop, Old Fashioned Variety (Petersburg) and Foxboro. Over 30 places in New Hamburg to pick it up—including Sobeys, Short Stop, Cooks Pharmacy, No Frills, Kasemann's, Morningside, Absolute Fitness, NH Dry Cleaners, NH Wellness, NH Library and various offices and retail locations throughout Wilmot Township.

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



Greetings from Outlook Headquarters

Oh Heavenly days!! It is true—spring does come after winter and the evidence is everywhere! Who is not lovin’ the blue sky and warm sunny days that snuck up on us recently?! And with the bursts of green and budding everywhere I have never seen so many folks with kleenex in hand for cold symptoms—more evidence of spring fever...or allergy season.



How great to see the kids in their yards, bikers on the road, the runners pounding the pavement, gardeners in their flower beds and dog walkers everywhere. Be sure to open your windows and let the breeze in to move stagnant air around, and also to hear the robins and the glorious piped music from St. James Lutheran Church with the gospel songs at 9 am, noon, 3 pm and 6 pm. What a treat—thank you.

We’ve got the baseball pool stats in this issue—another sign of a new season. Typically we do not publish a paper in July but this year we are publishing the program for the upcoming Corn Festival which will feature the events of the big day with information about the food, vendors, entertainment and even some corny stories and recipes. We invite all of our current advertisers to take their place in the program to help fund the publication and to have your business present in the event.

We had a fun time at the Community Chase event at the Wilmot Rec. Centre on April 27 where we had our visitors name all 14 towns/settlements in Wilmot Township to get their stamp of approval. It was challenging as not all participants were from within Wilmot, but even the locals struggled to get them all. Can you name them? There are some stumpers!! To find the answers visit www.wilmot.ca. While you are there you may be surprised to see all the interesting things on the township website.

Mothers Best Advice

Mothers are wise and always right, just living by their own intuition. We all know this from our experience.

For, we have all grown up on the wisdoms and advice of our moms. Some of these advices, rather lessons remain with us forever and keep guiding us. Here are some selected advices and quotes given to people by their mothers. Most of these advices are extremely practical and universal in nature. These sayings may have been carried forward generation after generation.



- ◆ Before you do anything life-changing, call me!
- ◆ Crying to mom after huge fight with hubby: “You can’t please him all the time—If you please him 75% of the time you are a good wife dear!”
- ◆ The source of my mother’s love and strength is evident every time I leave her. A kiss on the cheek, a hug and a reminder to keep God first. I, in turn, have shared the same advice with my daughter.
- ◆ If you put your mind to it, you can do it. But be careful what you wish for because you might get it.
- ◆ Be happy. For we have only one life and that too is very short.
- ◆ When I was young and dating men, my mom always told me to watch how my boyfriends treated their mothers. She said they would treat me the same way.
- ◆ My mom is always telling me to be independent and follow my dreams and I will live a good, happy life.
- ◆ Always be true to myself.
- ◆ Don’t let other people make choices for you.



Happy Mother’s Day
Michael HARRIS
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MichaelHarrisMPP.ca
519.954.8679

Baden ~ Our Town

The clean up group, including Corny and Optimist Club, with Joe Zitzelberger's company truck, Paul Davis Systems.

The Baden Community Association teamed up with Tim Horton's for their community clean-up day. About thirty people braved the snowy conditions and did their best to give our town some spring-cleaning. There were thirty bags of garbage recovered and lots of prizes and treats supplied by Tim's and area businesses. The BCA are considering holding a fall cleanup this year and will keep everyone posted.



The BCA took part in the Community Chase held at the Living Well Festival at Wilmot Rec Centre. BCA members Kenton Frey, Teresa Brown, and Ryan and Joanne McCallum created a beanbag toss game, which was a hit!





The BCA are supporting the Nith River Wild Turkey Association with a cash donation to help stock the Mill Pond with trout. The NRWTC are active in town with many projects and should be commended for their great work. The Baden Fishing Derby will be held on June 8th from first light to 4 p.m.

The BCA has enjoyed the various activities during their first year since the group began and continues to rev up for the many projects to come. You can see the tulips on Livingston Boulevard are blooming and looking great! They had a fund raising barbeque at Walmart Ira Needles on May 11th and another one coming on June 9th. The group will be cooking kettle corn at the Baden Public School Back Yard Barbeque, hope to see you there.

Next up...Corn Festival—get on board!!









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The Baden Corn Festival: Food, Food, Food!

By Teresa Brown

Let's get growing, Wilmot! Gardening season is almost here, and we can't wait for the first crops to reach our tables. Asparagus, lettuce, rhubarb, strawberries ... and that's just the beginning of the bounty!

Wilmot's growing season stretches from May until October, and that means a steady stream of fresh, locally-grown produce. Of course, there are also local meats, cheeses, dairy, baking, preserves ... the list is long, and delicious!

The Baden Corn Festival, on Saturday August 10, is a celebration of all this food -- right at the peak of gardening goodness! Just take a look at the sumptuous selection:

The day starts off with a pancake breakfast, brought to you by our own Baden firefighters. Served at the fire hall on Foundry Street, it's the perfect place to fuel up for a day of Corn Festing! We all know how firefighters like to eat, especially pancakes, sausage, bacon, eggs ... get ready to enjoy all the hallmarks of a hearty breakfast!

When you leave the fire hall, walk on over to Mill and Beck Streets: that's where our Vendors Area will entice you with even more delicious food. There will be all kinds of fare available, both to devour on the spot (should you still have room), and to take home to enjoy later. Be sure to check out Mountain Oak Gouda, Shakespeare Pies, Swirls Ice Cream, Pat's Apple Fritters, and many more awesome eats!

The popular Baden caterer Chewy's BBQ will be here, and of course you don't want to miss E.J.'s Tavern: Baden's

favourite pub will be open as usual, offering fantastic meals, home-made desserts, and a great selection of beers on tap!

Finally, there's the corn roast supper -- what better way to end a day of eating your way through the Baden Corn Festival? This outdoor event will feature foods from some of Wilmot's finest farms and markets, like Herrle's Country Farm Market, Pfenning's Organic Farm, and the St. Agatha Meat Market. Expertly served by the New Hamburg Lions, this meal promises to fill any corners you might still have empty -- even those with hollow legs should feel satisfied!

That sure is a lot of food to look forward to ... and vendors are still signing up! If you're interested in sharing your wares, contact us at info@badencornfest.ca or 226-747-7559.

And here's something else to keep you busy while your garden is warming up: the Baden Corn Festival is looking for your corn recipes. Roasted, baked, boiled, chowder -- muffins, bread, salads, relishes -- how many ways can you prepare corn? Get creative, or send us your trusted favourites! The best will be printed in the Festival program, so don't delay: the deadline is June 1st.

You can send your recipes to us at badenoutlook@hotmail.com or drop them off in the Outlook mailbox. So get husking, and get those recipes in ... before your gardens keep you hopping faster than popcorn under a noontday sun!



Saturday
August 10

www.badencornfest.ca
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Baden Corn Festival

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Cook's Corner

Asparagus ~ 'Tis the Season!



Steamed, barbequed, roasted, stir-fried, pickled, in soups, and salads. So much to do in such a short season of local asparagus... so dive in and don't waste this precious spring vegetable .

Grilled Asparagus Bundles

Wash and snap asparagus ends. Dry and toss with olive oil; season with salt and pepper. Group 3 spears and wrap a piece of prosciutto around the asparagus. Place bundles on greased grill over medium heat turning occasionally until asparagus is bright green and prosciutto is crisp (about 5 minutes). Drizzle bundles with oil and serve.

Pasta, Ham and Asparagus

Choose your favourite pasta tossed with diced smoked ham and asparagus in creamy alfredo sauce.

Easy Oven Roasted

Toss trimmed, dried asparagus with freshly crushed garlic in olive oil and roast in oven for 15 minutes at 425 degrees. To serve either sprinkle parmesan cheese on top or drizzle with balsamic vinegar.

Asparagus Omelette - Cook asparagus spears in with egg, then smother with favourite cheese, fold and serve.

Depending on which study you read, between 22% and 50% of the population report having pungent pee after eating asparagus. But that doesn't mean only some people's bodies generate that smell. Researchers believe that, during digestion, the vegetable's sulfurous amino acids break down into smelly chemical components in all people. And because those components are "volatile," meaning airborne, the odour wafts upward as the urine leaves the body and can be detected soon after you eat this spring delicacy.

Asparagus is a spring vegetable, and flowering perennial plant growing to 100–150 centimetres (39–59 in) tall, on stout stems with much-branched feathery foliage. The "leaves" are in fact needle-like cladodes (modified stems) in the axils of scale leaves; they are 6–32 mm long and 1 mm broad, and clustered 4–15 together. The flowers are bell-shaped, greenish-white to yellowish, 4.5–6.5 mm long, with six petals partially fused together at the base.

-taken from Wikipedia

This food is low in Saturated Fat, and very low in Cholesterol and Sodium. It is also a good source of Pantothenic Acid, Calcium, Magnesium, Zinc and Selenium, and a very good source of Dietary Fiber, Protein, Vitamin A, Vitamin C, Vitamin E (Alpha Tocopherol), Vitamin K, Thiamin, Riboflavin, Niacin, Vitamin B6, Folate, Iron, Phosphorus, Potassium, Copper and Manganese.

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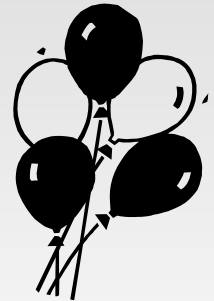
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For those who like to drive FAST!

Sitting on the side of the highway waiting to catch speeding drivers, a police officer sees a car pattering along at 22 kph. Says he to himself: "This driver is just as dangerous as a speeder!" So he turns on his lights and pulls the driver over. Approaching the car, he notices that there are five old ladies, two in the front seat and three in the back...wide eyed and white as ghosts.

The driver, obviously confused, says to him, "Officer, I don't understand, I was doing exactly the speed limit! What seems to be the problem?"

"Ma'am," the officer replies, "You weren't speeding, but you should know that driving slower than the speed limit

can also be a danger to other drivers."

"Slower than the speed limit? No sir, I was doing the speed limit exactly, twenty-two kilometres an hour!" the old woman says proudly.

The Police officer, trying to contain a chuckle explains to her that 22 is the highway number, not the speed limit.

A bit embarrassed, the woman grins and thanks the officer for pointing out her error.

"But before I let you go, Ma'am, I have to ask...Is everyone in this car OK? These women seem awfully shaken, and they haven't made a peep this whole time," the officer asks.

"Oh, they'll be all right in a minute officer. We just got off Highway 189."



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You Must Be Joking!!



Yup- more Puns! They just keep on coming!!

1. The fattest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.
2. I thought I saw an eye-doctor on an Alaskan island, but it turned out to be an optical Aleutian.
3. She was only a whisky-maker, but he loved her still.
4. A rubber-band pistol was confiscated from an algebra class, because it was a weapon of math disruption.
5. No matter how much you push the envelope, it'll still be stationery.
6. A dog gave birth to puppies near the road and was cited for littering.
7. Two silk worms had a race. They ended up in a tie.
8. A hole has been found in the nudist-camp wall. The police are looking into it.
9. Atheism is a non-prophet organization.
10. Two hats were hanging on a hat rack in the hallway. One hat said to the other: 'You stay here; I'll go on a head.'
11. I wondered why the baseball kept getting bigger. Then it hit me.
12. A sign on the lawn at a drug rehab centre said: 'Keep off the Grass.'
13. The midget fortune-teller who escaped from prison was a small medium at large.
14. The soldier who survived mustard gas and pepper spray is now a seasoned veteran.
15. A backward poet writes inverse.
16. When cannibals ate a missionary, they got a taste of religion.
17. If you jumped off the bridge in Paris, you'd be in Seine.
18. Two fish swim into a concrete wall. One turns to the other and says, 'Dam!'
19. Two Eskimos sitting in a kayak were chilly, so they lit a fire in the craft. Unsurprisingly it sank, proving once again that you can't have your kayak and heat it too.
20. Two hydrogen atoms meet. One says, 'I've lost my electron.' The other says, 'Are you sure?' The first replies, 'Yes, I'm positive.'
21. Did you hear about the Buddhist who refused Novocain during a root-canal? His goal: transcendental medication.

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A QUEST FOR A FIRE TRUCK

~By Derek Alton

I was in Baden two weekends ago to visit my parents. It was a great chance to catch up with my family, get some rest, relaxation, and free food (and also to get in some road hockey with the neighbourhood kids). On Saturday morning, my Aunt Cheri invited me to come check out a community art project she was part of.

Not really knowing what I was getting myself into I hopped on my sister's bike and headed down to the local community centre enjoying the warm sun and fresh spring air. I had seen the community centre being built from afar and once came to the soccer field to cheer on my sister, but I had never been inside the building. What I found was a huge complex full of ice rinks, swimming pools, and even a walking track. I was impressed. Today the place was full of activity with people rushing around setting up tables and carrying baskets and boxes.

It was at this point that I realized there was much more happening than a community art project. Vendors were setting up exhibits everywhere highlighting different community groups and initiatives. Next thing I knew I found myself rushing around visiting different stalls doing dances, tai chi, drinking strange concoctions, and attempting to toss corn bean bags, all to collect signatures so I could climb in a fire truck, a life-long dream of mine that I discovered that morning.



With each exhibit, I had the opportunity to meet people and hear their stories. First I met Phil, a martial arts-massage therapist-yoga counselor who wants to help people find happiness; Phil recently moved to Baden with his family because he felt it was a great place to raise his kids. There was water all over the ground as he taught a group of eager kids a Chinese tea dance.

I wandered upstairs to discover CORN, and a group of kids tossing beanbags in the shape of ... you guessed it, corn, at a cut-out corncob person. They made it look easy and I thought ha— if kids can do this, with all my age and experience, this should be a snap... twenty-five beanbag tosses later, I think the group took pity on me and signed my sheet anyways. It turns out that this group is the famous Baden Community Association, a group of local residents who are working to build relationships and a sense of connection among people who live in Baden. Very cool!

Downstairs again, I answered a series of trivia questions about HIV/AIDS, at the ACCWA table. As they signed my sheet they explained to me that though it is often seen as an African disease there are people here within the Wilmet community who live with this reality every day. ACCWA provides information and a supportive community of friends for them.

I finished off the day with a chicken burger made for me by the local municipal councilors and the mayor. I chatted with my new friend Phil and my Aunt who had helped me release my inner artist earlier in the day, though I still think it just looks like a blob of random colours.

I never did get a chance to climb in the fire truck (I guess that item on my bucket list will have to wait), but what I got instead was much more. I had a chance to meet awesome people and hear their stories of what they are doing to make the world better and build community here in Baden.

Building a sense of togetherness in a bedroom community like Baden is often very difficult as people get drawn into the city, but if the people I met this past Saturday are any indication, Baden is heading in the right direction.

Derek Alton represents the Community Animator 1000 Conversation to Shape our Future. This is a campaign of Tamarack- An Institute for Community Engagement. To learn more about the campaign check out www.seekingcommunity.ca or contact Derek at derek@tamarackcommunity.ca



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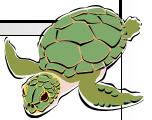
Why I ask? Sometimes the answer doesn't matter, it's the question that counts!

- ◆ Do bees get wax in their ears?
- ◆ Why is it that no matter what colour the bubble bath is the bubbles are always white?
- ◆ If swimming is such good exercise, why are whales soooo big?
- ◆ Why do mirrors reflect backwards but not up and down?
- ◆ Why is it that one match can start a forest fire but it takes dad a whole box to light the bonfire?
- ◆ Why does it take so little time for a child who is afraid of the dark to become a teenager who wants to stay out all night?
- ◆ Why doesn't Buick rhyme with quick?

Missing Link—These unrelated words have got something in common. There is a word that goes either before or after—can you figure out what word belongs in the group? Answers are below—no cheating!

- | | | | | |
|-----------|--------|-----------|-----------|-------|
| 1. shoe | frog | Christmas | house | _____ |
| 2. man | prize | trap | back | _____ |
| 3. tail | trench | hanger | turn | _____ |
| 4. fire | cotton | room | park | _____ |
| 5. sign | bus | light | door | _____ |
| 6. pocket | worm | library | telephone | _____ |
| 7. bow | drop | barrel | coat | _____ |

Turtle Talk—As the warmer weather approaches, so do the slow-moving turtles. Treat them kindly, as only 1-2 out of 1,000 turtle hatchlings grow to adulthood. All turtles lay eggs on land. They are an aquatic and land reptile, having a bony shell and flipper-like limbs for swimming.



Ontario's turtles are living in a perilous time. Turtle species found in Ontario are in decline, with six species listed as a species at risk.

- * Turtles primarily live in water and therefore have webbed front feet or flipper-like fins to make swimming easier.
- * There are approximately 300 species of turtles.
- * The Painted Turtle, Snapping Turtle, Wood and Box Turtles are the most common in this area.
- * A group of turtles is called a bale.
- * They have a sharp beak for eating.
- * The largest is the Leatherback sea turtle which can reach up to 10 feet in length.
- * Turtles fart—Yes, they too pass gas!

1. Tree
2. Door
3. Coat
4. Ball
5. Stop
6. Book
7. Rain



BOTTLE DRIVE -- SUPPORT BMSA -- BOTTLE DRIVE -- SUPPORT BMSA --



Baden Minor Softball Association

BOTTLE DRIVE

Wednesday, May 22nd

6:30 - 9 pm

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Bring your returns with you to your game at Beck Park on Tuesday (21st) or Thursday (23rd) night, or Saturday (25th) morning and BMSA members will unload your car for you!

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For more details check out our website at www.wilmotfamilyresourcecentre.ca

- pick up one of our Summer Fun Registration brochures or contact W.F.R.C @ 519-662-2731 or cr4wfrcc@bellnet.ca

Checking Out the Baden Library

What is OBOC?

One Book, One Community is an annual event that celebrates books written by Canadian authors. Each year a new title is chosen and the Waterloo Region community is encouraged to read the selected novel. This initiative creates a sense of community through a shared love of reading. The 2013 OBOC book is *Ragged Company* by Richard Wagamese. Visit www.oboc.ca to learn more about the book, author, and upcoming special events.



Book Sale!

The Baden Library is having a book sale June 1 to June 15. Drop by the branch and pick up some super deals for all your summer reading!

Online ResearchTools

The library has a host of online resources for adults and children, all accessible from the comfort of your own home. They're available on the library's website under Books and More - Online Research Tools A-Z. These resources are updated on an ongoing basis. From general outlines, to specialized tools for researching health and wellness, there's definitely something for everyone. Subjects include genealogy, career development, and auto repair.

One of the newest resources we have on offer is a site subscription to Zinio. It's an online application that provides access to an array of magazines, either onscreen or to a mobile device. We offer over 100 popular magazine titles including Chatelaine, Canadian Business, EcoParent National Geographic, and more! Have a look and see what we have available.

Summer Reading Club

Coming next month....all the information you need to know about the 2013 TD Summer Reading Club! Fun for children three and up.

Contact the library at: 519-634-8933, badenlib@regionofwaterloo.ca or visit rwlibrary.ca

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

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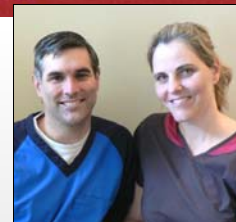
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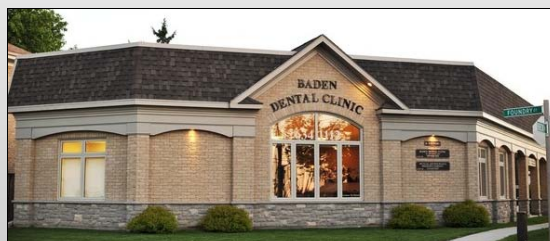
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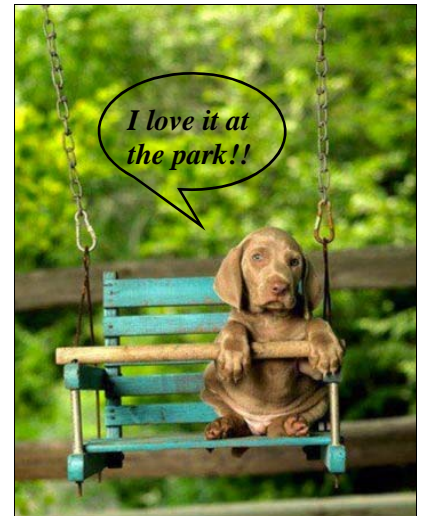
Baden Backyard BBQ 2013

Spring is trying very hard to make an appearance and that means a return to all the fun activities we love, like Baden Public School's Backyard BBQ. Plans are already well underway for our Annual Baden Backyard BBQ being held Wednesday May 29th, 2013. Once again this year we will have a giant silent auction, penny raffle, and Canadian Tire draw that offers many great items. There will be many exciting things to do and see. Some of the returning activities and entertainment include the Baden Fire Brigade, Game Asylum, Pawleys Reptile show, and Bubbleology. There will be plenty of new entertainment as well, featuring the "Big Kahuna" bucket splash game.

As an added bonus this year, and with support from Baden's Masonic Lodge, we are thrilled to offer Baden families a Free Child Identification Program hosted by the "Masonic Ch.I.P." of Ontario. This Baden tradition brings together friends, family, and community and is the school's largest fundraiser. The money raised goes to support various school initiatives. Last year we were able to purchase 10 new I-Pads, new instruments for our music programs, as well as an outdoor beach volleyball court, all being used with great enthusiasm. The Backyard BBQ is a School Council Fundraiser and is made possible only through the support of parent and community volunteers.

If you are planning to attend and could spare an hour or so of your time that night to help out, it would be greatly appreciated. Please email Melissa at schoolcouncil.baden@gmail.com if you can offer your assistance.

See you there!



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It is time for us to set all modesty aside and spill the beans on a star among us.

This star is often well camouflaged by cedar trees and rocks rather than dark glasses and a big hat. Rockwood Conservation Area has silently shared the screen with Paul Gross (*Men with Brooms*), Hilary Duff (*Cheaper by the Dozen 2*), Jude Law (*eXistenZ*) and William Hurt (*A History of Violence*) and many other Hollywood stars. Excited teenage girls could hardly be kept away when word got out that the Jonas Brothers were filming *Camp Rock 2* at Rockwood.

Not that we're dropping any names here, but these rocks and woods have been scouted for David Cronenberg movies twice. Horror is a favourite genre and comedy is a more distant second. Did you see Red Green's movie *Duct Tape Forever*? Look closely at the rocks and woods, and you may spot a gate house disguised as a border crossing.

If Rockwood CA has an agent, it has been Brad Dixon, who was the superintendent until March, when he moved to Guelph Lake. He has negotiated with location scouts and balanced the needs of the actors, film crews, and regular visitors to the conservation area.

Occasionally, parts of the conservation area are closed to the public during filming, but GRCA staff always try to ensure filming takes place during less busy times of the year, such as spring and fall and also on weekdays rather than weekends. Filming brings in extra revenue to supplement park income and improve services.

On location at other Grand River parks

While Rockwood is undoubtedly the shining star, other conservation areas have also been transformed into film sets. Perhaps the most elaborate set was for *Dead Silence* (2007), a thriller filmed at the Elora Quarry, shot mostly at night.

Belwood Lake was the location of *How to Deal* (2003) and *Trapped in Paradise* (1994). Most appropriately, it was also the location of an episode of the *Real Fishing Show*.

Sarah Polley chose Pinehurst Lake and Brant Park as locations for the award-winning film *Away from Her* (2006) starring Gord Pinsent and Julie Christie. If you saw the film, you may remember a field of trilliums that sparked a memory for Julie Christie. This was shot at Pinehurst Lake soon after a sign of Brant Conservation Area flashed past their car.

Commercials too

When you watch TV and see the commercials — look closely. You may just spot a familiar park in the background.

"We also have had a ton of TV commercials and print ads done at the parks," Dixon says. Canadian Tire uses Rockwood to shoot catalogue photos each spring. Commercials for Mars Bars, Tim Hortons (remember the cliff that a guy stood on and his echo came back to him? That was Rockwood), American Express and Canada Savings Bonds were shot at GRCA parks.

Which famous Hollywood superstars are coming to Grand River parks this year, you ask? Our lips are sealed. Maybe we don't want the paparazzi to swoop down or maybe the details haven't been worked out yet. One thing is for sure—unlike other stars, Rockwood and the other parks won't fly off in an airplane for a film shoot elsewhere.



The beach at Rockwood was transformed into a summer camp for the filming of *Camp Rock 2* in 2009. Photo by Brad Dixon.

Rockwood:

A History of Violence (2005)
Cheaper by the Dozen 2 (2005)
eXistenZ (1999)
The Barrens (2012)
Camp Rock 2: The Final Jam (2010)
Skinwalkers (2006)
The Border (2008 TV series)
Men with Brooms (2002)
Roxy Hunter and the Myth of the Mermaid (2008 TV movie)
Night of Terror (2006 TV movie)
Duct Tape Forever (2002)
Virus (1996)
Lost for Words (2010 Short Film)

Elora Gorge:

Simon Birch, Ashley Judd (1998)
Time Of The Wolf, Burt Reynolds (2002)
Evil Knievel, made for TV
Elora Quarry:
Covert Affairs (2012)
Angel Eyes, Jennifer Lopez (2003)

Belwood Lake:

How to Deal, Mandy Moore (2003)
Trapped In Paradise (1994)

Conestogo Lake:

Small Town Murder Songs (2010)





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Wilmot Optimist Club Holds First Annual Children's Fun Fest

The Wilmot Optimist Club held its first annual Children's Fun Fest on Sunday April 7 at the New Hamburg Community Centre from 1 pm to 4 pm. Approximately 75 children along with parents and grandparents played a variety of games, created beautiful take home treasures at the craft tables, and sang, laughed and danced along with Erick Traplin. Fresh popcorn and beverages were provided, at no charge, by the Optimist Club.

Everyone was encouraged to make a free will offering, with all door donations going to the "Bring a Slash Pad to Wilmot" fund. A total of \$388.30 was collected.

The Optimist Club of Wilmot would like to thank all of the volunteers who came and helped set up, run the games, and take down. Thank you as well to all of the parents who brought their kids to our event.



For any additional information please contact Optimist Lynn Perrin, 519-696-3386 / lynnperin@sympatico.ca

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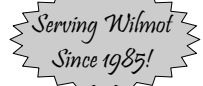
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Are You Eating your Greens?

How many servings of vegetables do you eat in one day? 1, 2, 3 or more? Vegetables are the food that often gets left behind at meal times, except for dinner. For some reason, we always include a vegetable for dinner, but not at breakfast or lunch. Why is that? I think it is because we do not think of vegetables as a breakfast food. So many Canadians reach for a bowl of cereal or toast in the morning as a result of the culture in which they were raised.

Only about one-quarter of North American adults eats three or more servings of vegetables a day. If you are in the majority who does not, you are missing out on major benefits. Consuming fresh vegetables is one of the key strategies to optimal health.

Most vegetables are low calorie and as a result they are great to add in any time of the day. According to research there is little that compares to the nutritional value of organic, raw vegetables, and eating your greens may be the most important.

Researchers at Walter and Eliza Hall Institute's Molecular Immunology division have discovered that a gene, called *T-bet*, which is essential for producing critical immune cells in your gut, responds to the food you eat—specifically leafy green vegetables. According to the press release:

"The immune cells, named innate lymphoid cells (ILCs), are found in the lining of the digestive system and protect the body from 'bad' bacteria in the intestine.

They are also believed to play an important role in controlling food allergies, inflammatory diseases and obesity, and may even prevent the development of bowel cancers.

Vegetables contain a variety of antioxidants and phyto-nutrients that are essential for your immune system. Ninety percent of our immune system lies in our gut and therefore the foods that we eat can directly influence our health. We can dramatically increase the nutritional content of our

vegetables by sprouting them. Sprouts can contain up to 100 times more enzymes than raw vegetables and grains, allowing our bodies to extract more vitamins, minerals, amino acids and essential fats from the foods we eat.

Some of the most common foods to sprout include:

- Mung Beans
- Sunflower Seeds
- Peas
- Lentils
- Wheat Grass

Another way to increase your veggie intake is by juicing. Juicing helps your body to absorb all the nutrients from the vegetables without damaging any of their micronutrients the way cooking your vegetables can do. Juicing recipes are available on-line and through my blog.

Whatever method you choose, juiced, whole, sprouted or cooked, eating your greens just got a whole lot more important, so mix it up, try something new every day and develop a new healthy habit that goes a long way toward preventing disease of all kinds.

To find out more about orthomolecular nutrition, please contact me through my website www.HeatherMB.ca

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



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New Hamburg Mennonite Relief Sale Coming May 24, 25, 2013

New Hamburg, May 3, 2013 - The 47th annual New Hamburg Mennonite Relief Sale is being held on **Friday, May 24** (5:30 – 9:00 pm) and **Saturday, May 25**, (7:00 am - 3:00 pm) 2013 at the fairgrounds, 251 Jacob St., New Hamburg, Ontario.

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 to purchase scrumptious food, beautiful quilts, new sporting and outdoor equipment, furniture, flowers, plants and much more. Last year \$345,000 was raised. Proceeds support basic human needs and peace and justice initiatives of MCC world-wide.

Friday evening's events begin at 5:30 pm with a barbecue and quilt preview. At 7:00 pm the silent auction starts as well as the feature event of the evening, a live **furniture auction** of high quality new, local and international handcrafted furniture made by Mennonite artisans and craftspeople.

Canada's largest charity quilt auction on the morning of Saturday, May 25 starting at 8:30 am is the signature event of the Relief Sale. In 2012 it raised \$128,000. This year 175 quilts will be auctioned. The feature quilt is "Straightening the Rose Garden," designed, assembled and quilted by Judy Pearce of Kitchener. Photos of the quilts can be seen on the Relief Sale's website at www.nhmrs.com. Video of last year's quilt auction, including the rousing four-part singing of the hymn 'Praise God From Whom All Blessings Flow,' can be seen on YouTube under 'Mennonite Relief Sale.'

Also on Saturday, numerous food venues feature international and traditional Mennonite favourites, including the famous strawberry pies. The **outdoor auction** begins at 10:30 am and features a Diamond utility trailer. Children can enjoy entertainment by musicians, clowns and face painters, inflatable castles and a mini auction of merchandise for children at 11 am (registration 10-11 am).

The Relief Sale is organized and supported by more than 2000 volunteers who prepare the food, handcraft the quilts, the furniture and other items for sale. Many people and companies donate merchandise or funds to cover expenses. The Relief Sale takes pride in having all products and services donated so that **"A Dollar Spent is a Dollar Sent."** There is no tax and no bidder or auction fees. Admission and parking are free. Buses are welcome and the site is wheelchair accessible.



For a full listing of quilts, activities and other sale items visit our website at www.nhmrs.com. For more information call or text John Reimer, New Hamburg Mennonite Relief Sale Board Chair, at 519-573-1710.

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Baden Birding: Bluebirds

By Wayne Buck



Our guest writer, **Wayne Buck**, is an avid naturalist who has a special interest in the ecological interactions of native plants and the local fauna. Wayne and his wife, Lynda, help their son Graham in the propagation of plants at their Wilmot based, small business, *Nith River Native Plants*.

We usually start looking for bluebirds around the middle of March, when the snow is still piled high along the back roads. The males arrive first, resplendent in their electric-blue nuptial plumage, and establish a territory, singing cheerily to inform other males to keep their distance, and hopefully, to attract the attention of a passing female. The females, which are a little greyer, arrive a couple of weeks later. During this time, bluebirds feed on remaining fruit and seeds such as sumac. If the female accepts the male as a mate, they set about finding a suitable location for a nest. It is the female that makes the choice. The male just tags along. She checks out existing cavities in trees, fence posts, and nest boxes, going into the various cavities and looking them over.

Suitable cavities are harder to find nowadays. Changes in farming practices have all but eliminated the wooden fence posts and hedgerows that bluebirds used for hundreds of years. Pasture land is harder to find. Starlings often occupy the few natural cavities that exist before bluebirds arrive back. If nest boxes are not monitored House Sparrows will kill nesting bluebirds in order to take over their nests.

With all of these pressures the **Eastern Bluebird** was declared a **species at risk** by COSEWIC in 1982. In 1988, Bill Read formed the Ontario Eastern Bluebird Society with hundreds of members across Ontario who monitor bluebird trails like ours

that have 40 nest boxes spread over Wilmot and North Easthope Townships. The Eastern Bluebird was removed from the **species at risk** list in 1996, probably as a direct result of the tens of thousands of nest boxes monitored by OEBS members.

Once a site is chosen, the male sits on a nearby wire or branch and sings cheerily as the female goes about the business of collecting dead grass and constructing the nest. By the end of April, the female is usually ready to lay her first round of eggs. Usually five blue eggs are laid, one each day. Incubation starts after the last egg is laid, and carries on for two weeks. The female will leave the nest only briefly to feed or relieve herself.

When the young hatch, the egg shells are removed and both parents share in the feeding of the young, coming and going every few minutes with one or more insects which are pushed into the gaping mouths of the hungry young. Bluebirds prefer shorter grass such as pastures to forage for insects. Long grass or cash crops (corn, soy beans and grain) make finding insects difficult.

Bluebirds are fastidious housekeepers. The excrement of the young is enclosed in a fecal sac which the parents remove as soon as it is spotted, keeping the nest pristine, unlike another cavity nester, Tree Swallows. After about two weeks, the young are almost fully feathered but they remain in the cavity or nest box for another week before attempting their first flight. When they do this, they are said to have fledged. Their first flight is usually a short one to a nearby tree, or fence. The parents continue to feed the fledglings for another week or two. Family groups often remain intact for several weeks.

Meanwhile, the female prepares for her second round of eggs by building a new nest. She may use the same nest box or cavity or she may move to a different location. If you are monitoring the nest box, you remove the old nest. Otherwise, the female would build a second nest right on top of it. She doesn't use the old nest again. If the old nest is left, the second nest could be close enough to the entrance to allow predators to grab eggs or birds. In a good summer like 2012, bluebirds will often raise three broods.

Further information: Ontario Eastern Bluebird Society; www.oeps.ca
North American Bluebird Society: www.nabluebirdsociety.org

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Free compost and wood chips are available at Waterloo Landfill from April to first snowfall Monday-Saturday, 7 am-6 pm

Ask Armand ~



Egbert from New Hamburg asks – I noticed on Google Earth that there is a William Street in Baden, but I can't find it. Could you tell me where it is.

Armand says – There was a William street in Baden up until 1997, but Wilmot Township felt that there were too many existing William Streets, so the name was changed to King William Street. It is located off Foundry Street across from One Way Water and Affordable Doors.

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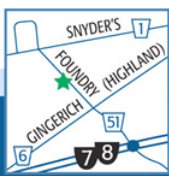
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Wow! More exciting destinations as *The Baden Outlook* continues to travel ...



Brian and Irene Allison took the Baden Outlook on the iconic Winelander on its annual Wine Tour from Brisbane to Stanthorpe in the Granite Belt region of Queensland, Australia, a well known region for producing fine wines and also delicious fruit.



Keith and Sandra Bast took their Outlook along to La Quinta, California to see their son Lee play Polo, and their granddaughter Allie jumping in an equestrian competition. Left to right: Lee Pettigrew, Allie Pettigrew, Sandra Bast, Keith Bast



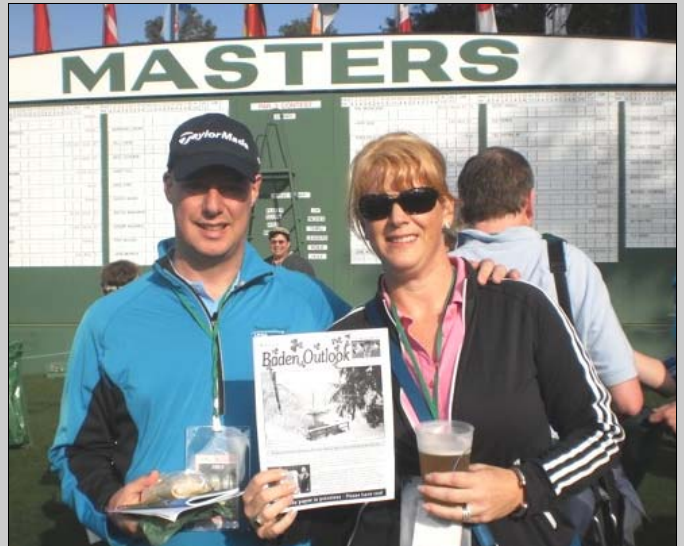
Adam Brenner, Bryan Izzard and Jennifer Potts took the Outlook along when they visited Alli, Emma and Riley McGrogan from Baden, while they were living in Puerto Rico. They loved finding a 'Baden' sign!



Did you pack your Baden Outlook?



John and Linda Wagner took a two week cruise through the Panama Canal. This picture with the Outlook was taken as they passed the control tower for the Gatun Locks.



Steve Slessor and Lori Spoltore took their Baden Outlook to Augusta, Georgia to visit The Masters 2013.



In April, Linda Hett and Ron Bleier, of Baden, took their Outlook to one of the newest Bahia developments in the Mayan Riviera.

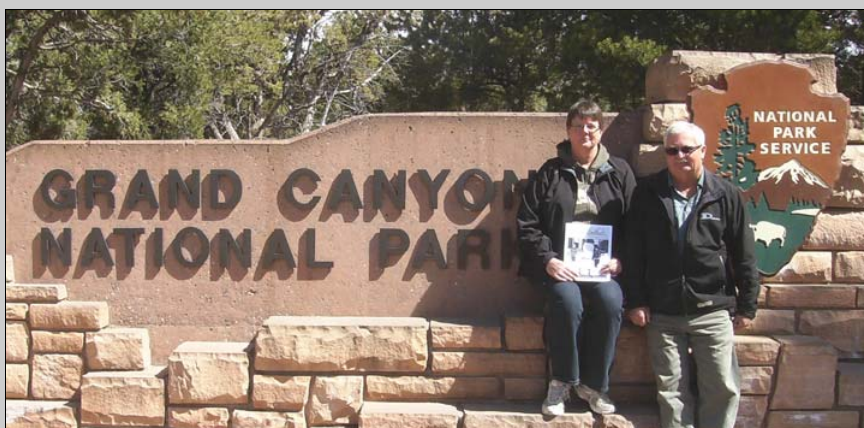
... to Australia, Hilton Head, California, Grand Canyon, Nepal



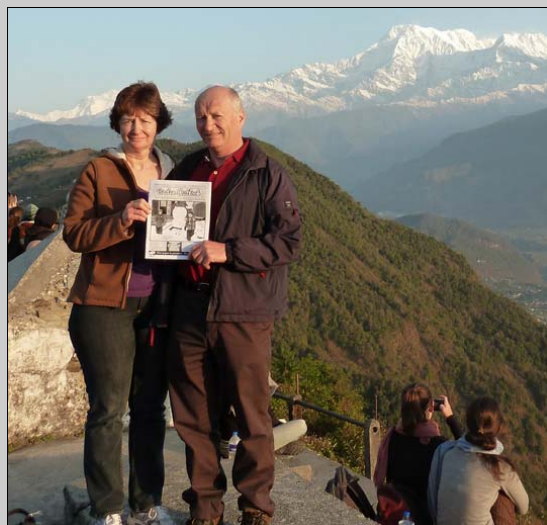
This group of friends and neighbours from Stonecroft, New Hamburg, recently vacationed in Hilton Head, South Carolina. The Baden Outlook joined them when they got together for a Happy Hour.



Jeanette Schramm took her Baden Outlook along on a school trip to California. In the background is the famous island of Alcatraz, situated in the San Francisco Bay.



Karin and Rick Demerling took their Outlook on a road trip across the US and enjoyed a day at the Grand Canyon.



Don and Marilyn Steinman took their Baden Outlook to Nepal with their son Brent. The picture was taken at sunrise at Sarangkot of the Himalaya mountains, approximately 1500 M above sea level and with a stunning clear view of the mountains.



The Wilmot Wolverines competed in Ottawa for the Provincial Playoffs. The girls played hard, but lost out in the semi-finals to Ottawa—The Outlook cheered them on!!



Jean Kipfer and Betty Mendler from New Hamburg, took their Baden Outlook to Marea Dell Portillo, Cuba, and met up with their friend Jean Hayes from Huntsville.

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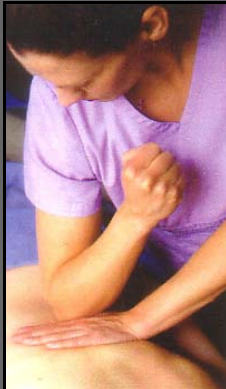
| | |
|-----------|-----------|
| Monday | 9:30-8:00 |
| Tuesday | 9:00-6:00 |
| Wednesday | Closed |
| Thursday | 9:30-8:00 |
| Friday | 9:00-5:30 |
| Saturday | By Appt. |



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ATTITUDE IS EVERYTHING!

Have you been living in the empty nest for a few years and thinking now about moving to a new and smaller nest?

It is important to put a positive spin on what can be an emotional time of life. It is easy to find the negatives, but let's look for the positives. Instead of referring to this process as "downsizing" consider it as "right sizing."

A new smaller residence can be comfortable and better suited to your current needs and physical abilities. It can be a "mini" version of the home that you have lived in for many years complete with your "most treasured" possessions and memories.

The most difficult aspect of the "Right Sizing" process is deciding what to do with the treasured belongs that you can't take along with you.

It can be devastating to learn that your children don't want the things that you had hoped they would. It is difficult to accept, but often the things we want to pass along are "our" memories, not our children's.

Before you get to the physical disposal of items, have a little "heart to heart" talk with yourself.

As much as you may want the younger generation to care about the things that represent the past, you can't MAKE them care.....if you try (beyond a little gentle persuasion) it will lead to tension in your relationship.

The memory is not in the item.....but rather in your heart and life experiences. Why don't you consider taking some photos of the items. Write a few details and memories on the back of the photo, or on a corresponding journal page and then create a memory album. You may find that your family has a soft spot for the stories that they don't have for the actual stuff.

If you (or someone you know) need help with the right-sizing process (including sorting, editing, packing, moving and set-up of new home), call Donna & Rhonda for a "no obligation" free consultation! 519-662-4477 or info@seniorsmove.ca

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Their Mission Statement: To provide a specialized moving service for seniors that helps to alleviate the stress that arises when moving house.

"Our Promise to You"

Our Senior Move Managers will work closely with you to determine your needs and tailor our services accordingly. While working in your home your comfort and safety is our #1 priority. Our team brings extensive experience and individualized support to make your move as smooth and efficient as possible.

This valuable service will make the transition to a new home easier with a single point of contact.

**THE NEW HAMBURG LIONESS
SPRING FASHION SHOW THANK YOU**



The New Hamburg Lioness wishes to thank all the people who helped make our Spring Fashion Show a great success.

We are grateful for the support of our fashion suppliers: Alia n Tan Jay and The Fashion Boutique at Meadow Acres Garden Centre. We appreciate the support of: Puddicombe House for the runway, Tim Hortons, Sobeys, Cloverleaf Farms, No Frills, Oak Grove Cheese, the Baden Outlook, and the Community Centre staff. A special thank you to Meadow Acres Garden Centre for donating the raffle prizes, the table centerpieces, and stage décor.

We appreciate the involvement of our vendors: Mary Kay, Blue Orchid Salon & Spa, Imagine Travel, PartyLite Gifts, Cook's Pharmacy, Ten Thousand Villages, and Tupperware.

Last but not least, a big thank you to our guests for coming to view the spring fashions, we appreciate your support. All monies raised will go to support the New Hamburg Lioness work in our community.

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The Mind-Bending World of Computers! Someone Help Them!!

Tech support: What kind of computer do you have?
Customer: A white one.

Tech support: Click on the 'my computer' icon on the left of the screen.
Customer: Your left or my left?

Customer: Hi, good afternoon, this is Martha, I can't print. Every time I try, it says, "Can't find printer." I've even lifted the printer and placed it in front of the monitor, but the computer still says he can't find it.

Tech support: What's on your monitor now, ma'am?
Customer: A teddy bear my boyfriend bought for me at the 7-11.

Customer: I'm writing my first email.
Tech support: OK, and what seems to be the problem?
Customer: Well, I have the letter "a" in the address, but how do I get the little circle around it?



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Saturday 9-4:30 / Sunday - Closed

*Although Bob has passed away,
his presence is there with his
girls ~ and they do him proud!*



Interesting People:

Running 26.2 miles (42.2 kilometers) isn't an option for most people, runners included. That's why the marathon is the ultimate mental and physical test of will and endurance for a runner.

From its beginnings in Greece, the marathon's grueling length has challenged millions of runners—the distance is so challenging in fact, that the messenger who first ran the distance dropped dead at the end. While it's not exactly an endorsement for distance running, the story does hint at the dedication and training required of marathon runners.

Jason Erb, who has lived in Baden for 15 years, has fantasized about someday running in the world's most famous and oldest (117 years) marathon—The Boston Marathon. Jason ran some cross country races in grade eight then dropped the idea of running until 1995, where he ran in the New Hamburg 8 km Classic. That race, coupled with his mind-set of setting a good example for youth, encouraged him to get back into running.

Jason is a youth pastor at Living Water Church in New Hamburg. He also volunteers as a running coach at Waterloo Oxford High School where he trains with youth. Some of his up to 60 miles a week training he spends with the W-O students, but he adds many early morning runs.

Jason is not a fan of marathons, but it is a way to qualify for the Boston Marathon. A time of less than 3 hours 15 minutes, for his age category, is required to qualify for the Boston Marathon. In November, Jason's 4th marathon—the



~ Meet Jason Erb

Road to Hope Marathon in Hamilton, he achieved a time of 3 hours, 10 minutes, 8 seconds (his personal best) which qualified him for this year's run. There is a cap of 27,000 entrants into the Boston Marathon.

Due to the lousy spring weather, Jason's training was limited to 40 miles a week for a couple of weeks, but the excitement of running

the marathon was high. Jason and his family arrived in Boston the day before the marathon and took a trolley ride through the city and along the marathon route. Through the tour the guide told them that one million people would line the streets cheering people on. Jason noted that the citizens of Boston were incredibly friendly and accommodating people. There was a welcome kiosk where they mingled with people from across the world.

Race day brought an excitement that will be hard to forget. The 27,000 runners were grouped into three clusters of 9,000 each based on the time that they achieved. Each runner was given a bib to wear with a number, (Jason's was number 6,526), and each bib had a timing chip enclosed. Jason recalled that it took four minutes of walking to get within 300 metres of the start line, where they began to jog, and at the start line they all began to run.

Jason stated that the entire run was an incredible experience! Fans were lined up three to four deep in spots, cheering, waving, and handing out orange slices, bananas, water and Gatorade to all the runners. There were aid stations set up for the runners, but some of them became slippery with cups littered all over the place.

Jason crossed the finish line at 1:37 p.m. and stepped on a trolley that took him to Hopkinton (the start line) where his family was waiting. They left in their car immediately. As they were travelling on the Massachusetts turnpike, they noticed many police cars speeding by all with their flashers on. They didn't listen to their radio and drove all the way to Albany before they stopped a restaurant. The waitress noticed Jason's running attire and commented about the horror of the bombings at the marathon.

What started as elation of running the marathon turned to shock and then devastation as the story unfolded about the bombings. Jason's children are 12, 10 and 8 years old, so hearing of the eight year old losing his life really hit home. Later that night Rhonda, Jason's wife, checked her Facebook account where she had over 80 enquiries about their safety.

Jason explained that running the marathon was an incredible experience but coming back to Baden makes you appreciate the security and safety that we embrace here.

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My clients refer to me as their "Insurance Gal" because I'm the one they call when they have a question. Maybe they're wondering if they are protected when they drive other people's children to school, or in case something happens while supervising their kids' field trips. Maybe they just want to know if their laptop will be covered if it is stolen. I'm here with answers and happy to help. Why? Because I'm their Insurance Gal. I take care of them, so they can take care of other things.

So, if you're looking for coverage for your home, cars and cottage, or you just want service that is friendly, professional and convenient, give me a call,

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Invites you to join them . . .

Ribs & Tails Dinner, Friday May 31
2 sittings - 5 and 7 pm / \$12 plate

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The views expressed in this newsletter are not necessarily those of The Baden Outlook.

WELCOME TO MY HOUSE . ~ RULES ~

I live here,
you...don't.

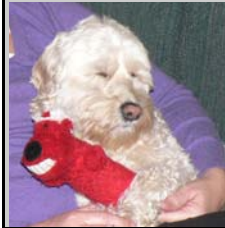
It's my job to
bark when you
come to the
door ~ I really
am friendly!!

My parents like
me a lot better
than most
people.

If you don't
want dog hair
on your clothes
stay off the
furniture.



To you, I'm just a dog. To
my parents, I'm an adopted
child who is short, furry,
has 4 legs and barks.



I love my toys!

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Baden Outlook Baseball Pool Stats

| Place | Name | PTS | Place | Name | PTS |
|-------|------------------|-----|-------|------------------|-----|
| 1 | Jake Livingston | 80 | 31 | John Papa | 67 |
| 2 | Brady Sarazin | 78 | 32 | Granny Girl | 66 |
| 3 | Beverly Roorda | 75 | 33 | Michael Hietanen | 66 |
| 4 | Mackenzie Wilde | 75 | 34 | Alex Wagler | 65 |
| 5 | Tara V. | 75 | 35 | Gary Austin | 65 |
| 6 | Jay Sheppard | 72 | 36 | R. Westfall | 65 |
| 7 | Nancy Livingston | 72 | 37 | Rick Miles | 65 |
| 8 | Brady Finn | 72 | 38 | Thomas Pestell | 65 |
| 9 | Pauline Schmidt | 71 | 39 | Jessie Gingerich | 65 |
| 10 | Chloe Duggan | 70 | 40 | Bethany Roorda | 65 |
| 11 | Wendy Held | 70 | 41 | Wayne Beaupre | 65 |
| 12 | T.J. East | 70 | 42 | Nolan Broadfoot | 65 |
| 13 | Charlie Bain | 70 | 43 | Ray Bilton | 65 |
| 14 | Marg Litwiller | 70 | 44 | Michelle Naumann | 64 |
| 15 | Elias Bizony | 69 | 45 | Gary Privatt | 64 |
| 16 | Madisyn Wilde | 69 | 46 | Carol Pajot | 64 |
| 17 | Mike Piaseczny | 69 | 47 | Kathleen Rempel | 64 |
| 18 | Craig Tallman | 69 | 48 | Laurie Honderich | 64 |
| 19 | Norma Weiler | 68 | 49 | Mitchell Mueller | 64 |
| 20 | Don Becker | 68 | 50 | Ayden Ziegler | 64 |
| 21 | Greg Zehr | 68 | 51 | Steve Jokic | 64 |
| 22 | Cora Cobean | 67 | 52 | Brad Ziegler | 64 |
| 23 | Zachary Bennett | 67 | 53 | Michelle Roth | 64 |
| 24 | Trudy Roth | 67 | 54 | The Kimstress | 63 |
| 25 | Burt Bizony | 67 | 55 | Bruce Litwiller | 63 |
| 26 | John Bain | 67 | 56 | Calob H. | 63 |
| 27 | Katie Erb | 67 | 57 | Keith Wagler | 63 |
| 28 | Homer Zaplenty | 67 | 58 | Mike Pajot | 63 |
| 29 | Evan Bizony | 67 | 59 | Alia Henderson | 62 |
| 30 | Paige Naumann | 67 | 60 | Ellie Schmidt | 62 |

Congratulations to
Jake Livingston for

Winners

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



* The lucky random draw winner is
Shawn Simas, winning a Baden Outlook shirt.



RIVERSIDE LANES



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Party is available to you every weekend.
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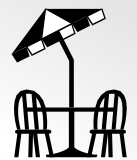


Matt & Jackie Rolleman
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Build a Burger Mondays!
Kids Eat Free Tuesdays!
Wing Night Wednesdays at 5!

Stay close to home - meet your friends and
have great food & a good time!

Come rain or shine, the patio umbrella has got you covered.

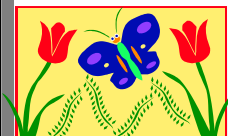


Baseball Pool



Be sure to follow your stats which are updated daily on the site. The Outlook draws the stats on the 7th of the month. To follow the stats, log on to our website at www.badenoutlook.com - Click on sports pool—choose "Baseball Pool" then click on "Baseball Pool Manager" - then "Quick Access". The pool I.D. is outlookhomerun and the password is quest. Click "Ranking" on the left side. The top 30 entries will be listed per page—to view more click on "next page" below listing. ~ Have Fun and Good Luck!





Holy Family Catholic School Family Fun Carnival
Thursday June 13, 5 - 8 PM
 313 Huron Street, New Hamburg

Food, games, silent auction, raffles, face painting,
 Illusionist Claude Haggerty, 91.5 The Beat and
 much more! Everyone welcome

Saturday Night at the Movies

Wilmot Mennonite Church, 2995 Bleams Road

May 18th at 7:00 p. m.
Double feature / Season Finale

“Solomon Islands”

Catherine and John , two baby boomers who enjoy meeting people and absorbing the culture, travel by public transit rather than a tour bus capturing footage of real people and how they adapt to their environment.

“Ken Davis Live – Second Chances.”

Jonah learned a few things during his Ninevah adventure. Ken Davis a comedian turned Pastor, in a humorous way challenges us to look beyond the familiar “Jonah and the Whale” telling of the story.

Free admission. Donations accepted to cover costs.
 Bring a snack for yourself - Drinks provided.
 For further information call (519) 584-7089

Hidden Acres Mennonite Camp
 is hosting its annual
Chicken BBQ and Pie Auction Fundraiser
Tuesday, June 11th, 5:30-8:00 pm

Tickets are \$14 for regular size, \$10 for small.
 Take-out is available. Advance tickets only.
 To reserve tickets call 519-625-8602 or email
 info@hiddenacres.ca.

All proceeds support Hidden Acres' summer camp ministry.

WILMOT HORTICULTURAL SOCIETY

Monday, June 10, 2013

Meet at Pfenning's Organic Farm - 7:00 p.m.

Organic Tour - Speaker - Ekk Pfenning

For more info: Contact Pat Luckhart -519-634-8823

Everyone is welcome - No admission charge

Please note change of time and venue.



WHS Garden Tour - Sunday, July 7
 Watch for more details next month.

www.wilmot-horticultural.ca



Offering Summer Day Camp
for Kindergarten and
School Age children.

With exciting and age appropriate activities and field trips led by registered Early Childhood Educators. The programs run from July 2 to August 30 from 7:00 am to 6:00 pm at Baden Public School and Sir Adam Beck Public School. Enrollment part-time or full-time and individual days can be selected based on need or interest in the program. Great value! Public registration starts April 18. For a program calendar, rates and any further information please contact Tammy Braby at 519.634.4915. www.creativebeginningschildcare.ca

Silent Auction in support of ROOF

Sponsored by the Discovery Group of
Wilmot Centre Missionary Church

Saturday June 8, 9 am - 4 pm

At Colour Paradise Garden Centre - Manheim

Silent Auction and Art Demonstration

All proceeds to ROOF of Kitchener.

BADEN COMMUNITY YARD SALE

When: Saturday May 28

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!

Another Cool Move

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

What's Happening at New Hamburg Thrift Centre?

A few weeks ago, thirty grade 5 and 6 students from Sprucedale Public School visited our store and watched the story of "stuff" and the different ways in which The New Hamburg Thrift Centre recycles, and reuses things, keeping them out of the landfill.

The kids had fun learning about our recycling projects, about volunteering, and also enjoyed some shopping. Today, we would like to share the same valuable information with the community, on how our store uses, reuses, and recycles items, therefore reducing the amount of materials that go into the landfill.

These are our current projects:

- 1) **Perennial Sale:** During the month of May, we have our annual perennial plant sale. In early spring, the perennial plants that have been divided by the gardener and donated to MCC, get repotted into donated containers and are resold. Donated shrubs, bulbs, mulch, a large variety of containers and accessories, and tools are also sold. All donations go to the Mennonite Central Committee.
- 2) **New Hamburg Thrift Centre Gardens:** By planting various vegetables and perennial plants, we efficiently utilize our available land. We promote locally grown produce and healthy, nutritious eating. We also collect compost from our kitchen.
- 3) **E-waste:** At the back of the store we have an E-waste bin that makes it easier to safely and responsibly dispose of unwanted electronics. (*restrictions apply)
- 4) **Paper recycling:** Another bin is designated for recycling paper, reducing the amount of trees used to make paper.
- 5) **Clothing recycling:** We make beautiful, long wearing mats from denim, corduroy and cotton work pants that are not in good condition to be sold. We cut, sew, and weave the pieces into mats and place mats. (Custom order mats are available.) Material which contains 50% or more cotton is cut and made into cleaning rags, which we sell to business and home-owners alike.
- 6) **Metal recycling:** Our volunteers classify and separate the metals to be sold into bins.

Our building is also environmentally friendly. We reduce our

**New Hamburg
Thrift Centre**
41 Heritage Drive
New Hamburg
519-662-2867



Annual Perennial Sale! On now until May 31

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

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



All proceeds benefit
the work of
Mennonite Central
Committee

REGULAR HOURS

Mon-Thurs 9:00 am - 5:00 pm
Fri 9:00 am - 8:00 pm
Sat 9:00 am - 4:00 pm

energy consumption with our sky lights, sensors for the bathrooms, and banks of lights which shut off when enough natural light in the retail area is present.

Thank you to our volunteers, donors, and customers for helping us take care of our environment, keeping items out of the landfill, and generating money to support MCC projects.

*For E-waste guidelines check our website <http://www.newhamburgthrift.com/content/whats-new>



FOXBORO GREEN COMMUNITY GARAGE SALE

Sat. May 25 - 8:30 to 2:30



Located on Erbs Rd. 6 km. West of St. Agatha,
(next to Foxwood Golf Course)

*"The biggest bi-annual community
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*Come Worship
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Christian Formation: 11:00 a.m. Pastor Dave Rogalsky

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 Pastor Olavi Hepomaki

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 Christian Education - 11:00 am

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Phone: 519-634-8712 Email: office@shantzmcc.com Pastor: Don Penner







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LOGOS - Gr. 1-12, Wed. 5:25 p.m.
 Youth Group - Friday 7:30 pm
 Young Adult and Adult groups
 Worship: Sunday, 9:45 a.m.
 Sunday School: Preschool - Adult, 11:00 a.m.

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www.smchurch.ca



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Dr. Rob Gulliver
 Rev. Wayne Domm
 Pastor Greg Mills

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 9 & 11 AM

SUNDAY SCHOOL
 9:15 AM

**CHILDRENS
 WORSHIP**
 11:15AM

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Life Groups
 Throughout the
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Please visit *The Baden Outlook* web site for a directory of local churches with names, numbers, addresses and web sites. If your church is missing from this list please contact us to be included.

We're on the Web!
 Visit www.badenoutlook.com

ST JAMES WILMOT, 4339 OLD HURON ROAD, NEW HAMBURG

175th Anniversary of Anglican Worship in Wilmot Township
Sunday, June 9, 2013 at 3:00 PM
 Pre-service music by New Hamburg Concert Band
 Service of Holy Communion (BCP)
 Special guest speaker The Rev'd Canon Megan Collings-Moore
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Lunch with the Girls

A group of 15-year-old girlfriends discussed where to meet for dinner. Finally, they agreed to meet at the Dairy Queen, next door to the Ocean View restaurant, because they had only \$6.00 among them and Brad Johnson, the cute boy in Social Studies, lived on that street.

Ten years later, the group of 25-year-old girlfriends discussed where to meet for dinner. Finally, they agreed to meet at the Ocean View restaurant, because the beer was cheap, the restaurant offered free snacks, the band was good, there was no cover charge, and there were lots of cute guys.

Ten years later, the group of 35-year-old girlfriends discussed where to meet for dinner. Finally, they agreed to meet at the Ocean View restaurant, because the cosmos were good, it was right near the gym and, if they went late enough, there wouldn't be too many whiny little kids.

Ten years later, the group of 45-year-old girlfriends discussed where to meet for dinner. Finally, they agreed to meet at the Ocean View restaurant, because the martinis were big, and the waiters wore tight pants and had nice buns.

Ten years later, the group of 55-year-old girlfriends discussed where to meet for dinner. Finally, they agreed to meet at the Ocean View restaurant, because the prices were reasonable, the wine list was good, the restaurant had windows that opened (in case of hot flashes), and they served fish which is good for your cholesterol.

Ten years later, the group of 65-year-old girlfriends discussed where to meet for dinner. Finally, they agreed to meet at the Ocean View restaurant, because the lighting was good, and the restaurant had a senior citizen discount.

Ten years later, the group of 75-year-old girlfriends discussed where to meet for dinner. Finally, they agreed to meet at the Ocean View restaurant, because the food was not too spicy, and the restaurant was handicapped-accessible.

Ten years later, the group of 85-year-old girlfriends discussed where to meet for dinner. Finally, they agreed to meet at the Ocean View restaurant, because they had never been there before.

Email submitted by Karin Demerling

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CONNECTIONS WORD GAME! The small words given connect to the larger words given that put together make common phrases. Some of them could be used in multiple places but see what combinations you come up with. You will find our answers on page 39

1. _____ ME _____
2. _____ IN-THE _____
3. _____ THEE _____
4. _____ TO _____
5. _____ OF _____
6. _____ THE _____
7. _____ ON-THE _____
8. _____ YOU _____
9. _____ IN _____
10. _____ IT _____

CUFF
DO
DOWN
EARTH
FARE
JOHNNY
LATER
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The English Language and Play on Words

Paraprosdokians: (Winston Churchill loved them) are figures of speech in which the latter part of a sentence or phrase is surprising or unexpected, and generally humorous. Some are close to oxymorons.

1. Where there's a will, I want to be in it.
2. Since light travels faster than sound, some people appear bright until you hear them speak.
3. If I agreed with you, we'd both be wrong.
4. We never really grow up, we only learn how to act in public.
5. War does not determine who is right - only who is left.
6. Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
7. To steal ideas from one person is plagiarism. To steal from many is research.
8. I didn't say it was your fault; I said I was blaming you.
9. I used to be indecisive, now I'm not so sure..
10. Going to church doesn't make you a Christian any more than standing in a garage makes you a car.

Submitted by Robert Price

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Book Review: *Life Without Limits* a novel by Nick Vujicic

Typically a book like: "Life Without Limits" is just the kind of book I try to avoid. The kind with all that positive, "You can do it!" coaching.... It's exhausting. The lazy pessimist in me looks instead for a nice thick Adventure or Fantasy in which to hide from real life. But, I must admit, Nick won me over. "Life Without Limits" is both autobiographical and an inspirational manual written by Nick Vujicic (pronounced Voy-a-chich), a twenty-seven year old man born without arms and legs. He offers a message of hope and encouragement, inviting his readers to live "a ridiculously good life" and describes for us how and why he does.

Nick introduces himself by saying, "I was born without any limbs, but I am not constrained by my circumstances." And indeed he is not. Nick travels the world sharing his message that, "by changing our attitudes, we can change our lives." While the book is filled with aphorisms like: "Another day, another opportunity" and "Defeat happens only to those who refuse to try again," they do not come across as trite platitudes, but with humility and honesty.

One challenge I had in reading the book was the non-linear manner in which it's structured. Though each chapter is divided into different life lessons, Nick seems to jump from past to present, advice to anecdote, without a strong unifying theme. The result feels a bit hard to follow at times and seems better intended for reading in small segments rather than straight through from cover-to-cover. After watching videos of him speaking on YouTube, it was evident that he is an excellent speaker and that his writing style seems to lend itself more to oral communication than written.

That said, this book would be excellent for anyone who is going through a major illness or disability, depression, is challenged with self-acceptance, or just needing a dose of positive, life-affirming encouragement.

Told with charisma, courage, and strength, Nick Vujicic's "Life Without Limits" is a hope filled, inspiring read that will amaze and encourage you.

By Ruth Lavender—A Representative of Living Books, New Dundee



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You know the feeling—a sore back, broken shovels and battle-worn plants. All of this from season after season of working with heavy muck in spring and dry-as-concrete dirt in summer. Clay soil can do a garden (or a gardener) in faster than you can say “July drought.” But many homeowners in Wilmot Township deal successfully with clay soil. How?



clay completely away. This type of heavy soil actually aids in the absorption of plant nutrients and helps to slow down rapid drainage.

Some assume that adding sand helps to amend clay soil. This process may improve soil composition, but only with the right approach. Be sure to use a coarse type of sand (not play sand) with various sized particles, and keep your eye on the overall balance. For every one part existing soil, add one part coarse sand and one part organics.

Have Patience

The first rule to remember involves time. Amending clay soil takes time—possibly years. So do not get discouraged after your first season, and do not give up on the potentially backbreaking work of transforming your clay soil into a rich loam.

Canadian Gardening magazine notes that soil amendment requires a long-term commitment. Noticeable results will surface after a few seasons of work, and a thriving garden requires continuous amendment. Have patience and your hard work will pay off.

Understanding the Balance

Healthy garden soil, sometimes called loam, contains a balance of sand, silt, and clay. The ideal mixture allows for proper drainage and nutrient delivery. So don't wish your

Organic Additions

Amend your clay soil by adding organics like these:

- composted manure
- aged compost
- partially decomposed and shredded leaves
- sawdust from untreated, healthy wood (cedar, pine, etc.)

Be sure to add a generous amount. Spread a layer at least one or two inches thick on a new flower bed and add a few handfuls when planting anything from annuals to vegetables. Add organics whenever possible, and try to dig the addition in about 8 to 10 inches (around 20 cm).

Be Gentle

Clay soil is already heavy; why help it along by compacting the area? Try to dig your clay soil by hand during the amendment process. Using heavy equipment only works against you, squeezing out the minimal pockets of air and resulting in tougher growing conditions.

Tillers may help to save your muscles, but they also breakdown soil to fine particles, resulting in more compaction. You're aiming for coarse textures, easily achieved when digging out by hand. Avoid working with overly wet soil as well. Wait until your clay has dried out a little before turning in the organics and/or sand.

Raised Beds For Now

While you're working on soil amendment, consider planting raised beds. Truck in a good amount of balanced soil and build up retainers with wood, stone, or another stable material. Make sure to design for adequate depth, depending on the type of plants used. Roots need space to thrive and your raised gardens should provide.

Raised beds need to be watered on a regular basis, but offer protection from some hungry critters. Enjoy the benefits of this particular gardening style.

Don't let clay soil get the better of you this season. Work hard on soil amendment with the right approach and a healthy dose of patience. Soon your garden will bear the fruits.

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Interfaith 26th Annual Silent Auction is a Success!!!

On Saturday April 27th, the community came together to participate in Interfaith's 26th Annual Silent Auction. The Silent Auction Committee is thrilled to report that they achieved their target of raising over \$20,000. Since 2010, Interfaith has increased the counselling services provided to the local community by almost 40%. As the only non-profit counselling agency in Wilmot Township that continues to provide counselling services to any individual and family, regardless of ability to pay, Interfaith depends on the Silent Auction proceeds to ensure that subsidies for individual and group counselling programs are available to those in need. Every individual who donated time to the event, donated an auction item, made a cash donation, contributed

baked goods for the Lioness Sale, attended the Pancake Breakfast, and purchased items at auction contributed directly to counselling services that will support individuals of our community to overcome life's challenges and achieve emotional wellness.

The day started out with a fantastic Pancake breakfast by the Petersburg Optimists, donating over \$500 of proceeds from the breakfast to counselling programs to children and youth of our community. Throughout the day, the New Hamburg Lionesses hosted a bake sale that generated over \$800 of proceeds to support a new Caregiver Support Program that will be available to the community this fall. Thank you to all of those who donated the delicious baked goods for the sale. The afternoon consisted of delightful entertainment by Erick Traplin, the New Hamburg Concert Band, and John Wiebe, who graciously donated their time to the event. Avid readers enjoyed the opportunity to purchase used books and, proceeds of book sales doubled last year's total. Thank you to all of those who donated books to the book sale.

Throughout the day, over 130 attendees of the Silent Auction participated in the 2nd Annual Ford Test Drive event. For each test drive per household, Ford donates \$20 to Interfaith which goes directly to the children and teen counselling programs available at local schools. Many thanks to Ford Canada, Dwight Brenneman and his team at Expressway Ford, and the staff of Baden, Sir Adam Beck, Forest Glen, Holy Family, Grandview and New Dundee Schools for their participation in making the Ford Test Drive Initiative a resounding success. Henry Ford was a most generous philanthropist – he would be proud of his namesake company, and the volunteers who made the event happen!

As the Silent Auction came to a close, our dedicated New Hamburg Lions Club assisted with marshalling final bids and ensuring successful bidders went home happy. Thank you to the New Hamburg Lions Club for their financial support of \$2000 to cover the facility rental and other costs for the event. Also, thank you to Jim Arkell of Cook's Pharmacy for \$1000 contribution to cover the cost of table rentals.

Prior to the day of the event, our Silent Auction Committee, led by Co-Chairs Bill Roth and Vivian Ferguson, along with the dedicated support of Ann Clark, Rob Murray, Steve

Pinney, Delmer Bender and Hans Lass and Paul Weber, donated countless hours to organizing the event, eliciting canvassers, hosting item depots, and executing the event. Without the support of the committee and their many, many canvassers and volunteers, an event of this magnitude would not be possible. In addition, thank you to our depot sites for opening

your doors to our donations: Baden Optical, Massel's Marine, New Hamburg Cleaners, Taylor Home Hardware and depot helpers.

To the many others who helped make the day a success, on behalf of the Staff and Board of Director's of Interfaith, we thank you. With your support, Interfaith will continue to be able to provide counselling services to those in need in our community. We are proud to be part of such a generous community!!!



Standing: Terry Keller, Chair
Sitting: Vivian Ferguson, Board Member



Mary Pfaff, New Hamburg Lioness offers Fiona Roth, Counsellor at Interfaith, the proceeds of the bake sale.



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PLANTAR FASCIITIS: A COMMON SOURCE OF HEEL PAIN ~ By Dr. John A. Papa, DC, FCCP(OR)(C)

Plantar fasciitis is caused by injury to the plantar fascia, which is the tendon-like soft-tissue along the bottom of the foot that connects your heel bone to your toes. This condition is a common source of heel pain that can be quite disabling.



Plantar fasciitis usually develops gradually, but it can also come on suddenly. Sharp, knife-like pain on the inside-bottom part of the heel is often characteristic. Pain and discomfort can also extend into the arch of the foot. Heel pain tends to be worse with the first few walking steps in the morning, and after extended periods of sitting or inactivity. If plantar fasciitis becomes severe or chronic, heel and/or arch pain will be present with all weight bearing activities, and may result in secondary areas of discomfort in the foot, knee, hip or back due to compensatory movements.

Under normal circumstances, your plantar fascia acts like a shock-absorbing rubber band, supporting the arch of your foot. Excessive tension and repetitive stretching can create small tears in this soft-tissue fascia, causing it to become irritated or inflamed. This may occur with activities that require running, jumping or prolonged walking and standing. Improper footwear can make the plantar fascia more susceptible to stretch and strain during these activities.

Faulty foot mechanics may also contribute to the development of plantar fasciitis. Individuals with flat feet or those who excessively pronate (roll feet inward) will experience added strain on their plantar fascia. Old lower extremity injuries such as ankle sprains and fractures can increase susceptibility due to altered lower limb movements. Being overweight is also a risk factor. Carrying extra pounds can break down the protective fatty tissue under the heel bone, causing heel pain and putting additional mechanical load on the plantar fascia.

Self-care strategies for reducing the pain of plantar fasciitis include: ice application; rolling a tennis ball or soup can from your heel and along the arch of your foot; and gentle stretching of the achilles tendon, calf muscles, and plantar fascia. Gel or "donut pads" placed

under the affected heel(s) in shoes may also provide relief.

Plantar fasciitis that does not respond to self-care strategies may require professional treatment. This can include electrotherapy, manual and soft tissue therapy, and specific rehabilitative exercises for the foot and lower leg. A custom made orthotic may also be helpful by minimizing pronation, cushioning the heel, and supporting the arch.

It is important to establish an accurate diagnosis of plantar fasciitis. Other causes of heel pain may include stress fractures, achilles tendonitis/bursitis, arthritis, gout, or nerve irritation. If you are having difficulty with heel pain, a qualified health professional can determine the cause of your pain and prescribe appropriate therapy and rehabilitation strategies specifically for your circumstance. For more information, visit www.nhwc.ca.

This article is a basic summary for educational purposes only. It is not intended, and should not be considered, as a replacement for consultation, diagnosis or treatment by a duly licensed health practitioner.



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Answers to WORD CONNECTION GAME
from page 32

- PICK ME UP
- STICK IN-THE MUD
- FARE THEE WELL
- DOWN TO EARTH
- OUT OF TOWN
- OFF THE CUFF
- JOHNNY ON-THE SPOT
- SEE YOU LATER
- SON IN LAW
- DO IT YOURSELF

 **Rotary International is coming to Wilmot!**

A number of area Rotarians are aiming to form a Rotary club in Wilmot and invite anyone interested in learning about Rotary and meeting a District Rotary representative to attend any or all of the three informational exchanges on the following dates, all at 7:30 p.m.

Tuesday, April 23rd • Thursday, May 23rd • Monday, June 10th



Please email wilmotrotary@rogers.com or call 519-301-5620 for directions to the session you are interested in.

Peace Through Service
Sakuji Tanaka
Rotary International President
2012-13

New Hamburg Lions Bring The Universe to Local Schools

There is nothing more fascinating than the study of astronomy—it is mind boggling how large the universe and solar systems are. Peterborough Planetarium is a private company that brings an inflatable tent to schools (private, elementary, and senior), and to many other private events such as summer camps, boy scouts groups and house parties. Stars, planets, solar systems and more are displayed on the ceiling of the tent as the narrator provides information. The Baden Outlook sat in on the Sir Adam Beck presentation on May 8th and found it informative and professional. Four presentations were held that day—two in the morning for Sir Adam Beck and two in the afternoon for Baden Public.

The New Hamburg Lions sponsored the event as well as a full day on Monday at Holy Family School and a full day on Wednesday at Forest Glen School. This was the first time that a service club sponsored the Planetarium group, which was great for the Lions, schools and students.

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