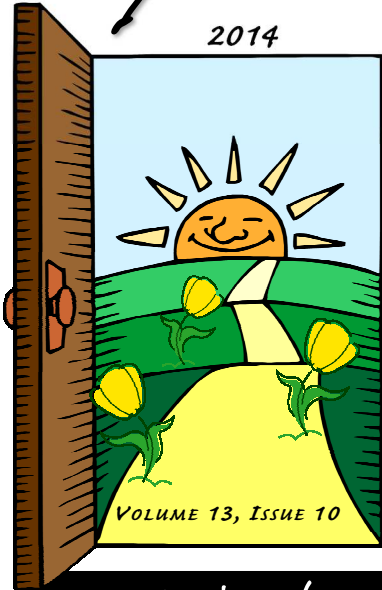


Yay! It's May!

2014



Baden Outlook

Keeping the Community Connected ...

With 2900 Copies in Circulation



Spring has sprung! Baden is Ramping Up for Outside Fun!

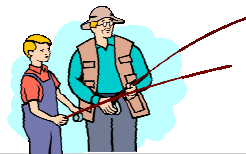
5th Annual Fishing Derby

The Nith River Wild Turkey Conservation Association is hosting its 5th Annual Fishing Derby on Saturday, June the 7th. Nine hundred rainbow trout are being released June the 2nd, so there is NO fishing allowed from June the 2-6th. The derby starts at sun up and goes until 4p.m. There will be 10 tagged trout worth \$50 each which must be claimed by 4p.m. with a limit of six fish per person.



There is no cost to attend.

Small boats and canoes are welcome.



Any questions, contact
Derek Snyder 634-8803.

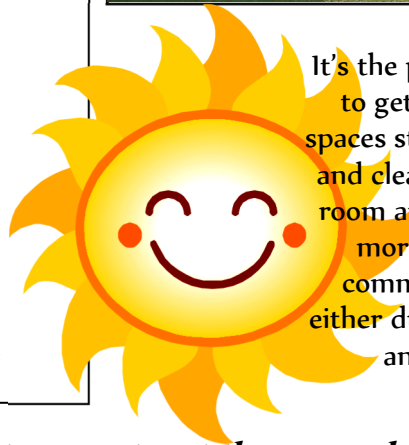
Cruzin' at the Pond Car Shows are back in Baden for the summer!

Every Wednesday evening from 5:30 to 8:30 through the summer, starting June 4th until the end of August.

This is the 5th year in Baden, at the pond, with fine old cars, rockin' music, with food and special events.



You'll also see them in Petersburg at the Breakfast in the Park Car Show on Father's Day, June 15th 8:30 - 1 pm



It's the perfect time of year to get into those dusty spaces storing unused items and clean it out —making room and fresh spaces for more useful things. Baden's annual community garage sale is May 31st, so either dump out or pick up some treasures and visit with your neighbours.



There is plenty to do, so get up, get out there, and enjoy the upcoming season of fresh air, sunshine, and community!



This paper is priceless - Please have one!

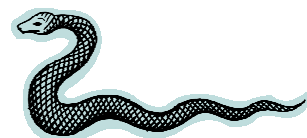


I work many Thursday nights until 11 pm – most of those nights I stay up into the wee hours giving myself time to get tired as I am still in the work mode. I am also particularly dozy first thing in the morning regardless of what time I get to bed. This combination was challenged one particular Friday morning in early April.

It was shortly after 7 a.m. when Pat came rushing into the bedroom (she was quietly enjoying a freshly brewed coffee) and in an excited voice said, "Are you awake? Wendy [our neighbour] needs your help now!" "Yeah, okay give me a minute to collect myself," I stated in a drowsy state. After throwing on a sweat shirt and track pants, I sauntered out to the living room. "What's the problem?" I asked. Wendy was visibly upset and somewhat pale in the face. "There's a snake in my house. It's in the laundry room," Wendy exclaimed. "Please help me!"

Growing up in MacTier, Ontario – 25 minutes south of Parry Sound, I had my share of snakes. We had about three rattlesnakes (of various sizes and rattles) a year in our yard. One year, our neighbour captured one and six of us kids got free hamburgers and pop for surrendering the snake to the Reptile Museum near Parry Sound. Another time, my cousins and I loaded into a 14 foot aluminum boat and proceeded out into the lake for a leisurely fishing afternoon. Two minutes later, a large water moccasin slithered out from under the boat seat and exited over the side. My cousin Jim almost went over the other side. Another time, cousin Jim and I were playing hide-and seek and went under our grandmother's lattice-enclosed porch. We came face to face with a Puff Adder. In MacTier we called them Blow'n Adders. For those who are unfamiliar with the Blow'n Adder, when afraid they raise up, inflate their head like a cobra, and hiss. We scrambled out of there in a flash.

So, I am not afraid of snakes per se, but I do have a built up respect for them. Dopily I said, "Let's go and see what we've got." As we approached the laundry room door, Wendy whispered, "Let's see if he is still in there." Sure enough...upon opening the door, I saw the snake with a diameter of a quarter and at least 24 inches long; the tail end of the snake was still inside the floor drain.



Wendy suggested using a bag to pick it up. Still in my morning stupor I declined quickly and suggested a pail, broom, and barbeque tongs just in case the fellow was going to give us a challenge. With pail in hand, I leaned down toward the intruder and gave the snake a quick swipe with the broom, which propelled it towards the pail. Unfortunately it hit the side of the pail and wiggled towards Wendy where she quickly grabbed it with the barbeque tongs and flung it into the pail. I then held the snake down with the broom. We looked at each other... now what? So out the door I went with the bucket and freed Wendy of her unwelcomed visitor; I tossed him into the bush in our back yard. Perhaps we'll meet up again this summer. I imagine the snake woke up from a long winter with its own dozy state and began his unknown journey to a nice warm place...Wendy does have a nice laundry room!

That was quite a strange morning! Shortly after, I passed by our laundry room and found a bleach bottle on top of our basement drain. Ahh, the wilderness sure invigorates a person!
Until next month...Ed.



Barry and Pat Fisher
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Baden, ON N3A 2V6
Phone: 519-634-8916
Email: badenoutlook@hotmail.com
Web: www.badenoutlook.com

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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, Baden Dental, Wilmot Rec. Complex, Tim Hortons, Baden Library, EJ's, and several outdoor magazine boxes located conveniently throughout town for Baden readers.



Also at St. Agatha at Angies Kitchen, Fisher's Esso, Stop 2 Shop, in Petersburg at Blue Moon, Old Fashioned Variety and Foxboro. Over 30 places in New Hamburg to pick it up—including: No Frills, Sobey's, Short Stop, Cooks Pharmacy, McDonalds, 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



What's New? If you look around you will see some new things developing. Baden's Erb Transport is growing, with a new service facility where all local service work will now be done in Baden.

Also you will see the construction at the new housing complex, called Will-o Homes at 190 Brewery Street, with units pre-selling with occupancy in August 2014.

The upcoming restaurant at Baden Square Plaza is called *Levetto*, offering authentic Roman cuisine at a fast food price serving scratch-made pasta, pizza, and classic Italian salads.

Yee-ha! I do believe we may have a grand case of spring fever going on! We've been out and about and seeing so much energy lately; it's amazing! The community is abuzz with things to do. The BCA, Baden Optimists, and Tim Hortons have been out tidying up our town to get things off with a fresh start. Be sure to enjoy the spring flowers planted by the BCA at Livingston Blvd. last fall—helping to beautify our town even more.

We were privileged to be invited to, (and enjoyed) our brunch with Community Care Concepts, as they honoured their 150 volunteers who support those in need of help. As we baby-boomers move into that 'older' bracket, we are lucky to have this wonderful service in place!

The Wilmot Recreation Complex has been active as well with an amazing turn out for the recent LiveWell Festival and Interfaith's Silent Auction. Amongst the many things to see and do there, it was incredible to see over 150 folks out scooting around on roller skates—apparently very popular! Makes you wonder why we don't have regular roller skating available in Wilmot.

Thanks so much for the recent outpouring of kind words about the paper lately—between emails, phone calls or out on the street, it's been so very nice! Is everyone in a good mood!? We do appreciate all our readers and so glad you enjoy the Outlook!

Yay... It's May!



Baden Veterinary Hospital

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New Clients Welcome!



A very special hello to our on-line readers!

We're not sure who you are but we know where you're from — thanks to Google Analytics that reports where and when the paper is read...between the 15th and 20th each month it is very active. Our sports pool fans are able to stay on top of their progress each month. It's also nice seeing the paper in colour... check it out!



The firefighters of Wilmot Township thank the following neighbourhood businesses for their help on our April EMS/ Fire Training Day:

- *The Baden Outlook*
- *Baden Feed and Supply*
- *Baden Coffee Company*
- *Sobey's New Hamburg*
- *Hillcrest Service Cars & Towing*



Thanks for your support!

Waterloo-Oxford D.S.S. has Much to be Proud of! Talent... and Plenty of It!



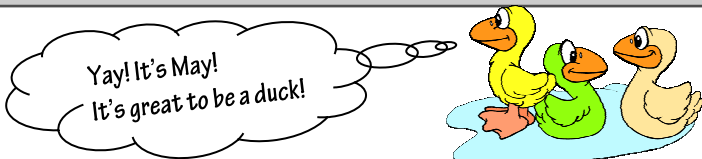
WODSS All Star Senior Girls' Basketball players and All Star Coaches.

In the picture: L-R: Gavin Albrecht, Tess Pettigrew, Alisha Glendinging, Maddy Horst, Dustin Van Houweligen



Talent aplenty at the "W-O's Got Talent" show held on Tuesday, April 15th at Waterloo-Oxford School.

Competitors in the photo: L-R: Ashley Jeffries (1st Place), Cassandra Rudnick, Andrew Shantz, Zach Boshart, Wynter Wroblewski, Josh Desjardins, Jamie Brown, Tarah Simpson (3rd Place), Sarah Geiger (3rd Place), Christine Strong (2nd Place)



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Candidate Information Session

Are you interested in running for Municipal Office? If the answer is Yes, then you are invited!

The Region of Waterloo will be hosting a Candidate Information Session featuring the Ministry of Municipal Affairs and Housing as follows:

Tuesday, June 3, 2014 at 6:30 p.m.
Waterloo Region Museum
10 Huron Rd, Kitchener

Anyone interested in running as a candidate in the 2014 Municipal/School Board Election or learning more about local government is invited to attend this session to find out about:

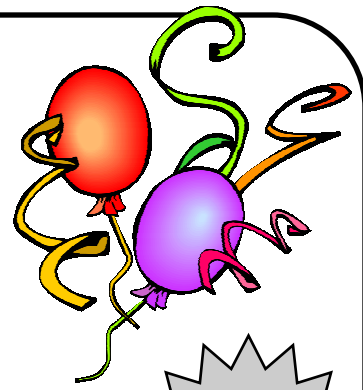
- Nomination Process
- Financial Filing
- Campaigning/Campaign Period
- Duties and Responsibilities of Candidates
- Municipal Conflict of Interest

Format for the evening:
6:30 pm Presentation from Regional Clerk's Office followed by the Ministry of Municipal Affairs and Housing

For further information or to register for the event, please contact:
Lee Ann Wetzel, Deputy Clerk, 519-575-4410 or lwetzel@regionofwaterloo.ca

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and stay for BBQ Lunch 12-2



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Monday—Friday 9-7, Saturday 10-2

Seniors Tribute: To all the seniors that faithfully submit each month. You are funny and smart and we love the silly stuff you send us. We appreciate you've worked hard for your retirement and still have a sense of humour!



I have been in many places, but I've never been in Cahoots. Apparently, you can't go alone. You have to be in Cahoots with someone. I've also never been in Cognito. I hear no one recognizes you there.

I have, however, been in Sane. They don't have an airport; you have to be driven there. I have made several trips there, thanks to my friends, family and work.

I would like to go to Conclusions, but you have to jump, and I'm not too much on physical activity anymore.

I have also been in Doubt. That is a sad place to go, and I try not to visit there too often.

I've been in Flexible, but only when it was very important to stand firm. Sometimes I'm in Capable, and I go there more often as I'm getting older.

One of my favorite places to be is in Suspense!
It really gets the adrenaline flowing and pumps up the old heart!
At my age I need all the stimuli I can get!

I may have been in Continent, and I don't remember what country I was in. It's an age thing.

How Long to Nap



The 10-20 Minute Power Nap is ideal for a boost in alertness and energy. This length usually limits you to the lighter stages of non-rapid eye movement making it easier to spring to action after waking up.

30 Minutes may cause sleep inertia, a hangover-like groggy feeling that last for up to 30 minutes after waking before the nap's restorative benefits are felt.

60 Minute nap is best for improvement in remembering facts, faces and names. It includes slow-wave sleep, the deepest type. The downside is the grogginess upon waking up.

90 Minutes is a full cycle of sleep, meaning the lighter and deeper stages, including REM, likened to the dreaming stage. This nap leads to improved emotional and procedural memory and creativity. This nap typically avoids sleep inertia, making it easier to wake up!

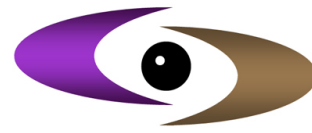
Baden ~ Our Town

A huge thanks to over 40 people who showed up for the Baden Community Association spring clean up event. Those community minded people removed 30 bags of garbage, which helped to make our town sparkle. The BCA gave out three inch spruce seedlings to all participants in appreciation for their time and effort. Prizes were also given out courtesy of Subway, Macs, Tim Hortons and Live Well Health and Wellness. The Township of Wilmot and Tim Hortons also helped out with supplies to make the event a success.

Next, you'll find the BCA at the Baden Backyard Barbeque held at the Baden Public School on May 22nd where they will be cooking up kettle corn for the crowd. On May 31st during the Baden Community Garage Sale Day, BCA will have a place for you to check out even more treasures. Their sale will be located at the path between Isaac Shantz and Goldschmidt on Stuckey. If you don't have time for your own sale but wish to donate some wares to the sale, please visit the website www.baden.ca for more instruction.

Plans for the second annual Baden Corn Fest are in full swing. This year there will be a bigger and better Kids Zone held on the grassy area by the Mill Pond, closer to the rest of the days' events. It will be a full day of music, lots of food, vendors and activities. Plan to be there!

The BCA meets the last Wednesday of each month. The next meeting is May 28th at 7 p.m. in the basement of the township hall. Come on out and get involved with your community...you're sure to have fun!



BADEN EYECARE CENTRE

Dr. Sonya Frank, Optometrist

DID YOU KNOW?

- Thin eyelashes? A medication is now available to make them darker. Previously just used to treat glaucoma, it is now available for cosmetic use.
- That same medication can also cause the coloured part of the eye ("iris") to get darker, too!



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Wilmot Town Population Quiz

The following Wilmot Township towns have their populations jumbled. Match the towns to the appropriate population numbers. (Some are obvious, others...not so much!)

- | | |
|-------------------|----------|
| 1. Baden | a. 55 |
| 2. Foxboro Green | b. 8,241 |
| 3. Luxemburg | c. 1,223 |
| 4. Mannheim | d. 113 |
| 5. New Dundee | e. 406 |
| 6. New Hamburg | f. 27 |
| 7. Petersburg | g. 4,742 |
| 8. Shingletown | h. 1,071 |
| 9. St. Agatha | i. 430 |
| 10. Wilmot Centre | j. 624 |



Answers on page 39

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Meet Sherri Ware, Baden Corn Festival Volunteer

The second annual Baden Corn Festival is only three months away -- hard to believe that this year of planning is going by so fast! But nothing makes hard work easier than many hands ... and our committee wants to thank everyone who is helping to make things progress so smoothly!

From the awesome staff at Wilmot Township to churches, service groups, businesses and of course individual volunteers, we have an amazing team planning even more entertainment, activities, and food -- and it's all coming together, thanks to everyone who's jumping on board!



The highlight of all this preparation is Saturday August 9: Corn Fest Day!

And on that day, it's the volunteers who make everything from the firefighters' breakfast to the last call at the outdoor dance a huge success.

Why do volunteers do it? Well, let's ask one of them: meet Sherri Ware, a Corn Fest volunteer who is already first in line to help out again this August.

Sherri wanted to get involved with Corn Fest from the very beginning. "I first read about it in the Baden Outlook," she recalls, "and I asked if volunteers were required. My information was forwarded to the Volunteer Coordinator, and just like that, I was on board!"

When the big day arrived, Sherri's first job was working the information booth. Then later on, she worked at the gate to the outdoor dance. "Initially, I was a little nervous about this position," she admits. "But I met many wonderful people which made it fun!"

The committee tries to match volunteers with jobs they'll enjoy, and for the amount of time they're comfortable with -- because everyone should have fun! And Sherri makes an important note: "I wasn't overwhelmed in any way, because there were plenty of other volunteers ready and available to step in when and if required. I loved working this event, and I'll be volunteering my time again this year," she says. "The venues were interesting to visit and look at (and purchase from!), but the entertainment and various bands were amazing. Truly a fantastic evening of dancing and socializing!" We accept your offer, Sherri!

And rest assured, you'll have plenty of time to dance with Kelvis and the Burning Love Band, just like last year: anything that much fun needs to happen again!

Interested in volunteering at the Baden Corn Festival? Go to <http://badencornfest.ca/contact.html> or contact Teresa at 519-501-9116 or info@badencornfest.ca.

Are you on the list of voters for the upcoming Municipal and School Board elections?

Go to voterlookup.ca to update/confirm your details on the voter lists for the upcoming municipal and school board elections.



Accessing voterlookup.ca is easy! To confirm your information is accurately recorded for the upcoming elections, you need to supply:

- Your name and date of birth and,
- Your town/city/township, property address or assessment roll number, included on your latest Property Assessment Notice.

For more information, please contact MPAC at 1-866-296-6722.

Have your say. Log on today.

Brought to you by:

The Region of Waterloo, City of Cambridge, City of Kitchener, City of Waterloo, Township of North Dumfries, Township of Wellesley, Township of Wilmot, Township of Woolwich

If you have remains from your garage sale remember that the large garbage pickup is June 4th. This includes: stoves, refrigerators, dishwashers, freezers, and other appliances; mattresses, couches, chairs and other large pieces of furniture; and other household items that do not fit into a garbage container.

Items banned from this pick up include tires, wooden pallets, materials considered to be household hazardous waste (compact fluorescent light bulbs, paint, syringes, etc.).



You Must Be Joking!!



WHY GOD MADE MOMS ~ Answers given by 2nd grade school children to the following questions:

Why did God make mothers?

1. She's the only one who knows where the scotch tape is.
2. Mostly to clean the house.
3. To help us learn things, like walking and talking.

How did God make mothers?

1. Moms have magic, they make you feel better without medicine.
2. Magic plus super powers and a lot of stirring.
3. God made my mom just the same like he made me. He just used bigger parts.
4. God makes mothers out of clouds and angel hair and everything nice in the world and one dab of mean.

Why did God give you your mother and not some other mom?

1. We're related.
2. God knew she likes me a lot more than other people's mom like me.



What kind of a little girl was your mom?

1. My mom has always been my mom and not a little girl.
2. I don't know because I wasn't there, but my guess would be pretty bossy.
3. They say she used to be nice.

Why did your mom marry your dad?

1. My dad makes the best spaghetti in the world. And my mom eats a lot.
2. She needs him to do the really big dirty jobs at our house.
3. My grandma says that mom didn't have her thinking cap on.

Who's the boss at your house?

1. Mom doesn't want to be boss, but she has to because dad's such a goof ball.
2. Mom. You can tell by room inspection. She sees the stuff under the bed.
3. I guess mom is, but only because she has a lot more to do than dad.

What's the difference between moms and dads?

1. Moms work at work and work at home and dads just go to work at work.
2. Moms know how to talk to teachers without scaring them.
3. Dads are taller and stronger, but moms have all the real power 'cause that's who you got to ask if you want to sleep over at your friends.

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Ready for a Fun Day? Planning for 9th Annual Baden Family Fun Day in full swing.

In June of 2006, a small group of people from a couple of local churches tentatively set up a carnival in Beck Park with the simple goal of providing a free day of fun that would bring families in Baden together. They all wondered if anyone would actually come. There was one bouncy castle, a handful of kids' games, some food, and some live entertainment. The weather was perfect, and as the event got started, over 100 people filed into Beck Park and filled the park with the sounds of laughter and excitement.

The people there that day could never have envisioned how the event has grown. Over the last 8 years, with the support of local churches, local businesses, and the community of Baden, the event now offers an even wider variety of fun options for children (and adults) of all ages. Each year at least 400 people stream into the park to enjoy a fun day with their family, friends, and neighbours. The event has always been blessed with great weather, and as preparations for the 9th annual Baden Family Fun Day shift into high gear, the hope is that this year will be no exception.

This year's event will include all the usual favourites – inflatables, games, balloon animals, farm animals, food, and of course, the chance to soak a teacher or principal from your school to get even for that detention you didn't deserve! There are also some new events being added this year, including a silent auction and a chance to see how your pitching speed stacks up against the best Baden has to offer!

So mark your calendars for June 21, tell your friends to do the same, and come join us at Beck Park from 11AM – 2PM. It promises to be a day of fun for the whole family!

Baden Family Fun Day

Food! Fun! Family! Free! Fantastic!

June 21 11:00-2:00

Beck Park

Bouncer • Games • Draw Prizes • Clowns • Food • Obstacle Course • Slide • Silent Auction • Puppets • More!

Sponsored by:
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Yay... It's May!!

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Kids Art Camp

Raise your hand when you have a question. Don't colour on the walls. No clutter allowed. Children's lives are filled with rules; however, going rule-free is an essential step for developing creativity. When children are given a place to let go of some restrictions, their imaginations can grow. Cheryl loves to set the stage for art expression, watch as the brilliance flows, and support them as they develop their skills. This does not necessarily mean a perfect art piece at the end, but a joyful process.



Join full time mixed media artist Cheryl Weber Good to explore art in a non-judgement atmosphere. The setting is relaxed and playful, not as a teacher and class, but as a group of artists. How do we get our inspiration? How do we move into our creative process? How do we get through frustrating spots as we invent our way?

There are only a few spaces so that the group is small. Some activities may be set up outside.

Located one block south of the Rec Centre
 9:00 - 3:30 with options to negotiate late pick up or early arrivals
 Jul 21 -25, 2014
 Aug. 4 -8, 2014
 Aug 11 - 15, 2014

email cheryl@writehand.ca

Wilmot Family Resource Centre's

SUMMER FUN!

FULL DAY CAMPS
 For Kids SK to Gr. 6 this Sept.

A new fun-filled theme each week..

- Wilmot's Next Great Chef
- Artful Antics
- Kids In Motion
- To the Rescue
- Around the World in 5 Days
- Medieval Times
- Creative Campers
- End of Summer Adventure

Monday to Friday 8:30am to 4:30pm
 @ the New Hamburg Community Centre
 Subsidy may be available. Please inquire with staff.

For more information:
www.wilmotfamilyresourcecentre.ca
cr4wfrc@bellnet.ca
 519-662-2731



Swim! Bike! Run!



The Wilmot Aquatic Aces is hosting the second annual Kids' Triathlon on Sunday, June 22nd at the Wilmot Recreation Complex in Baden. There is room for 350 kids ages 3-14 to try this non-competitive sporting event.



Children start the race in the pool, wearing a life jacket if they wish, and are grouped according to similar swim ability. Once they are out of the pool, kids run over to the transition zone located in the parking lot to put on a helmet and grab their bikes. The bike route is on Gingerich Road on the back portion out of the Recreation Complex and the road will be closed to traffic for the event. Once the distance on the bike is completed, kids will place their bikes back in the transition zone and will head out for the run. Depending on the age of the child, loops will be completed with parents and volunteers cheering them on. For the youngest age group of 3-5 year olds, one parent is allowed to participate with them to assist with transition or in the pool.



With the registration fee, participants will receive a triathlon t-shirt, food, medal and more!
No experience is necessary to come out and participate!
Just give it a "tri"!

If you would like to register, please visit www.aceswim.ca/kidstri/. An event of this size requires a lot of volunteers and business sponsorship, so please consider giving by emailing Sherilyn Van De Wynckel at kidstri@aceswim.ca.

Look Out Kids' Korner



Finally Outdoors! So much to see as everything comes back to life.

Keep your eye out for frogs, bugs, birds, butterflies, and snakes—just some of the many spring creatures that we take for granted that are moving among us! Go hunting and see what you find! Here is some interesting trivia about crickets and frogs.

- A frog is an amphibian. They lay their eggs in water. The eggs hatch into a tadpole which lives in water until it metamorphoses into an adult frog. Tadpoles look more like fish than frogs, they have long finned tails and breathe through gills.
- An amphibian can live both on land and in water. Although frogs live on land, their habitat must be near swamps, ponds or in a damp place. This is because they will die if their skin dries out.
- Instead of drinking water, frogs soak it into their body through their skin.



Frogs breathe through their nostrils while also absorbing about half the air they need through their skin.

- Frogs use their sticky, muscular tongue to catch and swallow food. Unlike humans, their tongue is not attached to the back of its mouth. Instead it is attached to the front, enabling the frog to stick its tongue out much further.
- Frogs can see forwards, sideways and upwards all at the same time. They never close their eyes, even when they sleep.

- The cricket song: The calling song attracts females and repels other males, and is fairly loud. The courting song is used when a female cricket is near, and is a very quiet song. An aggressive song is triggered by sensors on the antennae that detect the near presence of another male cricket and a love song is produced for a brief period after a successful mating.
- Crickets are omnivorous scavengers who feed on organic materials,



including decaying plant material, fungi, and some seedling plants. Crickets eat their own dead when there are no other sources of food available, and exhibit predatorial behavior upon weakened, crippled crickets.

- Crickets have relatively powerful jaws, and several species have been known to bite humans.

Hey! Kids, ages 4-10
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Thursdays and is open to ages 14 and up.*



*Please see the following website for
more information. www.genbukan.ca*

Rest in Peace Robbie



The community sighed a great breath of relief as Robbie Reiner's body was at last found, bringing closure and peace to the family, friends, and all of Wilmot Township. Continued prayers as they move on with their lives.



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Spring time clean up can start as early as the snow melting with Corn Gluten and fertilizing.



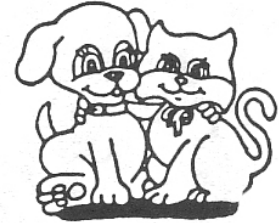
Corn Gluten meal (CGM) is a great natural alternative to weed killers. CGM is both a pre-emergent herbicide and a natural source of nitrogen. CGM inhibits the germination of all seeds for 6 weeks in the vegetable garden, flower garden, and on the lawn. The use of this product is primarily to control crabgrass and dandelions, although it will stop germination of all weed seeds. If you use CGM as directed three times a year there is 80-100% effectiveness in reducing crabgrass. The corn gluten's pellets have a slow release life of about 6 weeks, so starting as early in the spring as possible will still give you time for your over-seeding and fertilizing process.

Spring over-seeding is an excellent way to thicken your lawn and can crowd out weeds when properly combined with a spring fertilizer. The optimal temperature for grass seed germination is between 12 and 16 degrees Celsius. Cold springs such as this year's may delay spring seeding, but as long as planting is completed before May 24th you will still have time to get the results you are looking for.

Benefits to a Healthy Lawn

- A healthy lawn 250 square metres in size provides enough daily oxygen for a family of four to breathe
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Baden Backyard BBQ – It's that time of year again! Thursday, May 22, 5-8 pm ~ Baden Public School

Baden Public School welcomes you to our backyard for our annual BBQ and party! This year we have new activities and classic favourites. Bring the family and try DrumFit, a high energy activity combining music, dance, and rhythm. The little ones will delight in romping on the TUMBLEBUS and everyone will want to try to soak teachers and others with the new "Doghouse" water game! Take in a reptile show with Pawley's Pets or bid on one of over 100 amazing silent auction items donated from our many local supporters and businesses. Enjoy BBQ burgers and hot dogs, grilled by our very own Baden Optimists and generously supported by Mackay's No Frills. There will also be offerings from Pizza Express, Pita Pit, and Swirls ice cream, as well as home made spring rolls, and kettle corn from the Baden Community Association. Enjoy many free games and activities, Buddy the Bulldog, music, and a huge penny raffle for the kids. The MASONI Ch.I.P. program is on-site offering free child ID kits as well. It's a perfect opportunity to spend time with your family, friends, and neighbours at this well-loved community event and fundraiser. Come see us May 22 rain or shine! For details and to download the forms for the child ID kit, visit <http://bdn.wrdsb.ca/>



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Baden Outlook Baseball Pool Stats

Place	Name	PTS	Place	Name	PTS
1	Malcolm Duggan	105	31	Vivian Ferguson	94
2	Geoff Hopkins	105	32	Patrick Henderson	94
3	Dave Ferguson	103	33	Chris Murray	94
4	Beth Gilbey	102	34	Alia Henderson	94
5	Kelly Reiber	101	35	Larry Gascho	93
6	Len Mueller	101	36	Chris Hilcox	93
7	Hollywood Moore	100	37	Jennifer Sicoli	93
8	Laurie Honderich	100	38	Jessie Gingerich	92
9	Floyd Golbeck	100	39	George Jones	92
10	Amanda Keller	100	40	Kaden Eichler	92
11	Travis Gowland	99	41	Deb Vinski	92
12	Marg Litwiller	99	42	Jim Snider	92
13	Gord Mills	98	43	Susan Mills	91
14	Bryan Pfaff	98	44	Bruce Litwiller	91
15	Tyler Naumann	98	45	Noah Heinbuch	91
16	Sara Ross	97	46	Ryan Hiller	91
17	Taylor Randerson	96	47	Pat Beauer	91
18	Tyler Randerson	96	48	Melba Honderich	90
19	Pauline Schmidt	96	49	Henry Lelliwitz	90
20	Dave Vickers	96	50	Tracy Ferguson	90
21	Emma Gowland	95	51	Becky Vicker	90
22	Whitey Moore	95	52	Ashley Ferguson	90
23	Adam Schmitt	95	53	Sean East	90
24	Hannah Litwiller	95	54	Jeff Schmidt	89
25	Craig Bell	95	55	Nathan Kuenig	89
26	Brad Wilson	95	56	Jean Cook	89
27	Bob Miller	95	57	Sheri Mueller	88
28	Granny Fewkes	94	58	Dave Riddoch	88
29	Kimstress	94	59	Quinn Weicker	88
30	Michelle Roth	94	60	Wayne Leis	88

Congratulations to Trevor Shantz for winning the season's Adult Hockey Pool, winning a gift certificate from Angies of St. Agatha.



... And to Aiden Heinbuch winning this season's Kids Hockey Pool winning a gift certificate from Toys R Us

Seen below are the top 5 from Hockey Pool ~ Congrats!!

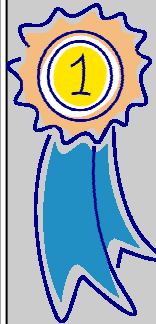
ADULTS

1. Trevor Shantz 861
2. Jim Gilbey 859
3. Karianne Jolic 847
4. Tracey Mino 846
- T5. Tim Gowland 841

KIDS

1. Aiden Heinbuch 834
2. Meghan Mueller 822
3. Myla Blackshaw 809
4. Whitey Moore 807
5. Brayden Gingerich 800

Ball Pool Stats:



Congratulations to Malcolm Duggan taking the lead in the Baseball Pool, winning a gift certificate from EJ's of Baden. The random draw winner is Susan Mills winning a Baden Outlook Sweater.



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Baseball Pool



Hello sports fans! Thanks for playing baseball with us! There are 255 eager players entered in this year's Outlook Baseball Pool. You can 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 and choose "baseball", then choose "Quick access" and pool name is outlookbaseball and the password is quest. On left bar, click on 'ranking' to view your stats.

Have Fun and Good Luck!





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Baden Minor Softball Association SPRING NEWS



Happy Spring everyone! Finally, the diamonds are clear of snow and ball season is truly right around the corner! "We'll see you at the diamond!" is a reality instead of a far-off dream!

GREAT NEWS! BMSA has grown from 16 teams last season to 19 teams this year! Over 200 players have registered to play from T-Ball up to the Midget level: small-town ball is thriving in Baden!

GREAT NEWS! TBall starts on Saturday, May 31st at Beck Park. You will hear from your coach in mid-May.

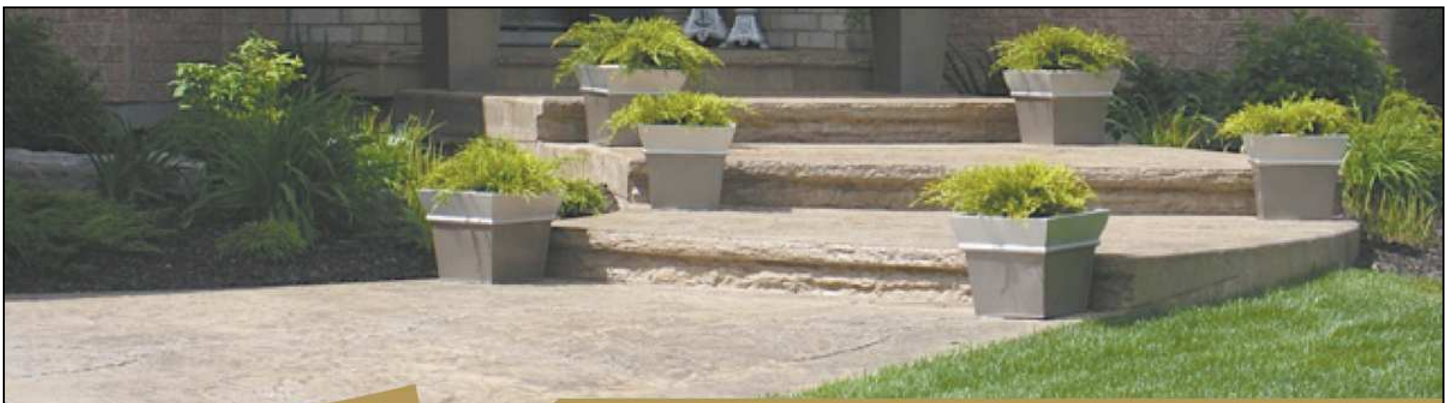
GREAT NEWS! Coach Pitch Teams will be getting new uniforms this year, thanks to a generous sponsorship from the Baden Optimists. Local organizations supporting each other! Baden is a great community to live in and get involved in.

GREAT NEWS! BMSA has the best volunteers anywhere! Our coaches and executive share their talents and time with us year-round to keep Baden Ball growing and thriving! Please share some of yours when your player's coach asks for some help to spread out the heavy load.

GREAT NEWS! BMSA's BOTTLE DRIVE will give you the opportunity to clear your garage of those pesky empties! Mark your calendar: Saturday, May 24th is the date to support our new equipment purchases, as well as our goal of having a display case at WRC.

Stay informed! Keep checking our website (badenminorball.com) for important information.

~ Your Baden Minor Ball Executive



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Interesting People ~ Meet Tyler Kleine

Fifteen year-old New Hamburg native Tyler Kleine has played hockey in the New Hamburg system all his life. At predominately centre he had to learn to adapt to right wing in Kitchener. Being a left shot this was a difficult change but with the help and support of head coach Dean DeSilva he adapted quickly. Last year, he decided to try out for the Kitchener triple "A" Midget team. To make that team is a feat on its own, as they draw from the whole region recruiting ten forwards, six defence, and two goalies.

His roles changed on that team focusing on checking and penalty killing, with less emphasis on scoring. He was 90% effective in not allowing other teams to score. He enjoyed his time with the team and worked hard at learning his new role. He was surprised at this level of hockey to see scouts at each home game; however, fifteen and sixteen year-olds are watched closely by Junior "A" teams for draft eligibility.

The OHL draft was held on April 5th. About two weeks before the draft he started getting calls from five OHL teams: Barrie, Sudbury, Mississauga, Niagara Falls and Erie, Pennsylvania. Each club gave him a twenty minute character phone interview with many challenging questions, such as: "What does character mean to you?" A week before these calls he had no idea that he was even considered as a draft pick.

The OHL draft draws from all of Ontario and parts of northern USA, which means that thousands of players are eligible for 300 draft spots. To have five teams call him with interest was quite exciting for him. About a week before the draft a friend had called him saying there was a mock draft posted by a scouting agency which had him ranked at 187 – more excitement!

The OHL draft is basically a conference call held by all clubs with all picks posted online as they happen (each round consists of twenty picks). The Kleine family watched as the rounds went by wondering if he would be selected. That selection came with the first pick in the fifth round, 81st overall, by the Mississauga Steel Heads! Within minutes the club phoned him and welcomed him to the organization.

The first rookie camp was held on April 25th where Tyler felt quite comfortable. He knows that there are many returning players to the team and he might not be playing with them this year, but he is committed to working hard and honing his skills. Tyler believes that one of his strengths is his speed and he is currently trying out for some Junior "B" teams to gain some experience at a higher level of hockey. Good luck Tyler with your hockey ambitions!



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Checking Out the Baden Library

The One Book, One Community selection for 2014 is *The Massey Murder: A Maid, Her Master, and the Trial that Shocked a Country* by Charlotte Gray. This book details a scandalous crime, a sensational trial, and a surprise verdict. It's the story of Carrie Davies, an 18-year-old British maid who shot and killed her employer, Bert Massey, a member of Canada's wealthy and powerful Massey family, in February 1915. An award-winning writer, Charlotte Gray has published nine books of literary non-fiction, and is acclaimed for her well-researched tales of the most fascinating people in Canadian history.

OBOC celebrates books written by Canadian authors and creates a sense of community in Waterloo Region through our shared love of reading. People connect by reading and discussing the same book. The Massey Murder is available at your local library. Free author events will be held from Sept. 23 to 25. Visit www.oboc.ca for more information about the book, author, and updates on special events.

New Staff

We welcome Irena Ndreka to the Baden and New Hamburg libraries. Irena Ndreka recently graduated from Seneca College with her Library Information Technician degree, and has a wealth of work experience in different libraries and institutions (school, special, and public libraries). She grew up in a small community just like Baden and is looking forward to meeting everyone.

COMING SOON...

Book Sale

The Baden Library will be having a book sale from June 1-15 at the branch. Drop by and get some great deals for your reading pleasure this summer.

Summer Reading Club

Watch in June as we post the information you'll need to participate in the 2014 TD Summer Reading Club! Fun for kids ages 3 and up! We have lots of amazing things planned for this summer to help keep your kids reading.

Feel free to contact the Baden Branch Library at 519-634-8933 or badenlib@regionofwaterloo.ca. You can also visit www.rwlibrary.ca for more information about library materials, services and programs.

Chris Baechler, Assistant Supervisor
Baden Branch
Region of Waterloo Library



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The Secrets of Life

*It is actually all very simple:
The more I love myself, the more Life loves me. And the more Life is allowed to love me, the more enjoyable my life gets!*

"Get It Together"

...with Donna & Rhonda

Now is the time of year that we are happy to be outside enjoying this weather. My neighbours have been cleaning out their vehicles, so I thought that would be a great topic for May!



Here are some tips for an organized vehicle:

- 1) Start the routine of having a daily clean up of your vehicle. When you get home from school/work, scan your vehicle and commit to bringing in any garbage or "extra" items that don't belong.
- 2) Make sure you have a trash bag/can in your vehicle. It can be a simple plastic bag that hangs over an arm rest or a beautiful product purchased from a hardware store. Keep a stash of extra bags handy.
- 3) Keep a container or wash basket (or some beautiful products from thirtyone.ca) to hold any items that you have in your car regularly. This makes it easy to transport it back and forth from the car.
- 4) Keep wet wipes in your vehicle for quick spot cleaning (for your vehicle or your children!)
- 5) As mentioned before, have a stash of grocery bags. These can be used for garbage bags but also can be handy for wet bathing suits, vomit bags, carrying bags, etc.
- 6) If you have children, keep a change of clothes in a container or bag in the vehicle so you are always prepared!
- 7) Don't forget a first aid kit. Also have a bottle of water to use to clean out cuts and scrapes or to clean dirty hands after a fun day at the park.

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What's In Your Multi-Vitamin?

As you are probably aware by now, our soils are deficient in many essential minerals. These deficient soils are growing foods that are deficient in vitamins and minerals. We cannot expect to feed our bodies optimally with deficient foods and therefore, we become deficient. Multiple vitamin and mineral deficiencies have been linked to many health conditions and the list is growing as we become more and more deficient. We are essentially vertically ill individuals, walking around with a multitude of deficiencies and illnesses. We don't know we are deficient because we expect that we are supposed to feel the way we do.

A large percentage of the population still feels that all the nutrition needed can be gleaned from food alone. Contributing to this belief is Health Canada who sets the RDI's (Recommended Daily Intake) for vitamin and mineral intake. Presently, the RDI for vitamin C is 60 mg per day. I can assure you that 60 mg of vitamin C per day will prevent you from getting scurvy; however, it will not provide sufficient anti-oxidant support to protect your cells from the onslaught of free radical damage that it faces every day in our society from just drinking water, breathing air, and going about our business. The level our body needs today is far greater as a result of the toxicity that exists not only in our environment but also from the clothes we wear and the lotions we put on our skins.

In order to be as strategic as possible, I recommend your multi vitamin and mineral supplement contain some specific ingredients to protect you from the world in which we live. Some key nutrients are:

Antioxidant Enrichment

A desirable multiple vitamin and mineral product should be enriched with antioxidants at the following levels: Vitamin C (500-1,000 mg), Vitamin E (200-400 IU, natural source), Beta-carotene (7,500-20,000 IU), selenium (100-200 mcg), Vitamin A (2,000-3,000 IU), with additional lycopene and lutein.

B-50 Complex

A well-designed multiple vitamin should also provide a full complement of the B-vitamins. Enhanced B-vitamin status through supplementation has been shown to help reduce risk of heart disease, reduce certain inflammatory states, improve detoxification processes and maintain brain and cognitive function as we age. B-vitamins are essential in the synthesis of brain chemicals required for thinking, memory, and other vital brain activities.

Bone Support Nutrients

Studies show that across the population most adults (including 11-24 year olds) are lacking at least 500 mg of calcium per day in their diet, on average, to prevent the future development of osteoporosis. Vitamin D nutritional status is also sub-optimal (Vitamin D is necessary to absorb calcium), as is the consumption of zinc. Thus, a well designed multiple vitamin should contain 350-500 mg of elemental calcium, 1000 IU of Vitamin D, 15 mg of zinc, 150-250 mg of magnesium and 1-2 mg of copper. This is an important consideration for all individuals 12 years and older. Source: Dr. James Meschino.

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.

Heather McKague-Bandl

ROHP, RNCP, Orthomolecular Nutritionist

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



Nana and Papa Ziegler of New Hamburg with their grandsons, Ayden and Ben and daughter-in-law, Kristina Ziegler at Panama City Beach, Florida.



O'Derald and Mary Gingerich, Dave and Carol Schwartz, Saundy and Keith Bast took the Baden Outlook to the Toronto Blue Jays baseball game in Dunedin, Florida.



Brian and Irene Allison cruised back from Australia, from Sydney to San Francisco, stopping at many ports, one of which was Tonga, at Royal Palace of the King of Tonga, where they took their Outlook.



Surprise meeting in Cuba! Justus Jurica and his girlfriend, Dori Power were surprised by friends, Tammy Andrews, Linda Majstorovic, and brother Mike Majstorovic, who booked the same resort but didn't let on until they arrived the next day.



Don't forget to pack your Baden Outlook when going on vacation!

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....To Cuba, Barbados, Mexico, Florida, France, Nevada,... (more on next page)



John and Linda Wagner (centre) are with Linda's sisters Joan from Hamilton and Judy from Calgary at Varadero, Cuba to celebrate the wedding of the daughter of Linda's cousin.



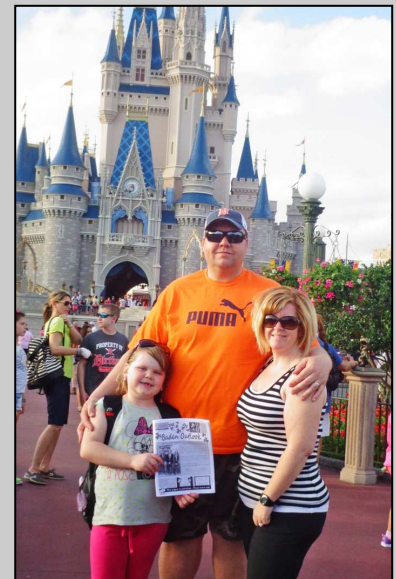
Jean-Guy and Mary Sirois took their Outlook to Arle, France on a barge and bike trip; they are seen with their guide Tamara.



Paul and Karen Berg of Morningside took the Baden Outlook to the Grand Palladium, Mayan Riviera. A week away from winter to celebrate their niece's beach wedding.



Gloria Hankins and Chuck Richmond with Baden Outlook in Barbados. This was one of the stops on a southern Caribbean cruise.



Mike, Aimee, and Emma Johnson of Baden took their Outlook to Walt Disney World in Florida.

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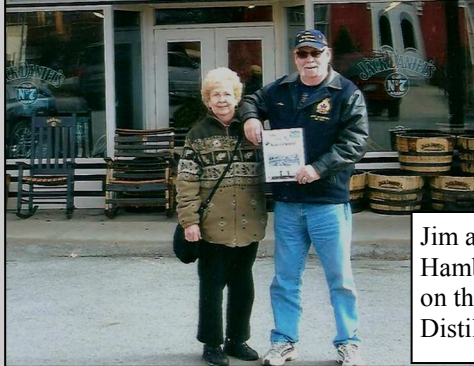
... And to Utah, and Bahamas, the Everglades, and Collingwood



Bryon, Jim, Kayden, Liz, Brittany, and Jane Bell on a cruise to the Bahamas from Florida!



Dianne and Dave Habel celebrated their son Carson's 10th birthday with the Outlook, face to face with a croc at Boggy Creek, Orlando.

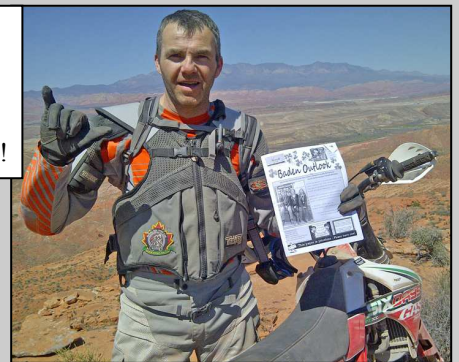


Jim and Louyse Meyer of Morningside, New Hamburg, took a side trip with the Outlook, on their way to Florida to the Jack Daniel's Distillery in Lynchburg, Tennessee.



Panta and Anka Mihailo relaxed with the Baden Outlook for a weekend in Collingwood.

John Banbury took his Outlook along with 18 other guys and their dirt bikes for some high desert riding in Nevada and Utah. Great riding and incredible scenery!



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With: Tamara Jankura, Community Care Concepts,
Kylie Martin BSC Kin, From Community Care Concepts

Dates and Topics:

- May 26 - Falls & Chronic Illnesses
- May 28 - Muscle & Bone Health
- June 2 - Blood Pressure & Hypotension
- June 4 - Vision & Hearing Changes
- June 9 - Those Darn Feet
- June 11 - Sleep Disturbances & Mental Health
- June 16 - Medication Use
- June 18 - Home & Environment Safety
- June 23 - Mobility Aids & Assistive Devices
- June 25 - Nutrition & Incontinence
- June 30 - Building Balance at Home
- July 2 - How to get up from a Fall

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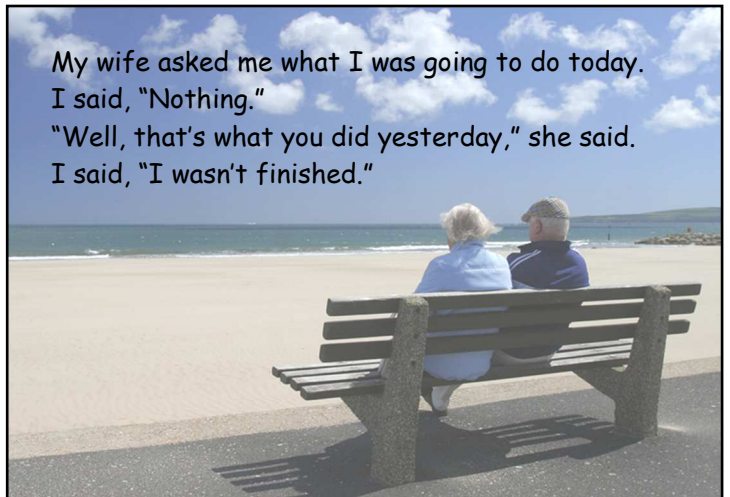
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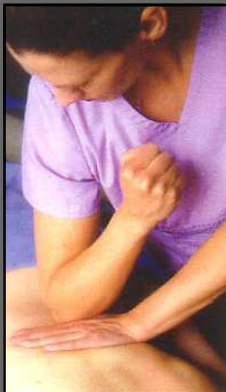
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Sat June 14th, 2014 10 – 4 p.m.



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- ◆ this 1890 century home has been beautifully renovated and restored for the owners
- ◆ gourmet alert! Check out the kitchen while enjoying this urban home
- ◆ an 1860 heritage stone farmhouse restored by the owners
- ◆ a comfortable home with room to display the owners' loved collections
- ◆ enjoy this 137 year old home
- ◆
- ◆
- ◆ 'bungalow'!
- ◆ check out this 1963 home which has been completely renovated

This is a self directed tour and will be held rain or shine. Not suitable for children under twelve. No food, smoking or photography permitted in the homes. We regret the homes are not wheelchair accessible. Tickets are \$20.00, and are available at: Heart'n Home Creations, 115 Peel Street, Blue Orchid Salon & Spa, 338 Waterloo Street both in New Hamburg, and Hairworks 36 Snyder's Rd E, Baden. Also at Meadow Acres Garden Centre, 2315 Queen Street, Petersburg, and House of Elegance Hair Studio, 100 Caroline Street S, Waterloo.

All funds raised will go to two of the organizations that the Lioness support each year, and they will be our fund focus for 2014.

Interfaith Community Counselling Centre (ICCC) and **Wilmot Family Resource Centre**, two organizations which provide many services for New Hamburg and area residents.

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Real Mothers know that a child's growth is not measured by height or years or grade...It is marked by the progression of Mommy to Mom to Mother...



The Images of Mother

- 4 YEARS OF AGE - My Mommy can do anything!
- 8 YEARS OF AGE - My Mom knows a lot! A whole lot!
- 12 YEARS OF AGE - My Mother doesn't know everything!
- 14 YEARS OF AGE - My Mother? She wouldn't have a clue.
- 16 YEARS OF AGE - Mother? She's so five minutes ago.
- 18 YEARS OF AGE - That old woman? She's way out of date!
- 25 YEARS OF AGE - Well, she might know a little bit about it!
- 35 YEARS OF AGE - Before we decide, let's get Mom's opinion.
- 45 YEARS OF AGE - Wonder what Mom would have thought about it?
- 65 YEARS OF AGE - Wish I could talk it over with Mom.



Jim and Laurie Arkell

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New Hamburg Fall Fair Celebrates 160 Years...of Agriculture, Community, and Fun!

When the first New Hamburg Fall Fair began to come together back in 1854, I can only assume that there were many discussions as to what would be needed. It seems simple as they would want things to see, things to do, and something to eat. I easily imagine it as bunch of husbands and older sons off to one side trying to figure which team of horses to bring, how to get the Case Steam Tractor people to come out and demonstrate the new machines, and whose field could be used for the tents (in case of rain). Just as easily, I can see their wives and older daughters deciding which preserves should be offered, is there time to put quilts into the display, and if the needle point should have a theme. All good things, all good ideas, all well-meaning plans and probably just scratching the surface of all the Fair things to come but the real heart of the matter "talkin", the real heated dialogue was around the hopscotch scratched out in the dirt, by the dozen or so kids surrounding it. This was where it was truly being sorted out with the start of a simple sentence... "My Mama makes the best apple pie."

Now I don't know if your Mom can make apple pie (mine can't but can make awesome butter tarts, so I don't complain!) and I don't know if what I think makes the best apple pie is the same as what you think makes the best apple pie, but when you're 10 years old, surrounded by your peers, and you throw out the line, "My Mama makes the best apple pie." you mean it! Right down to the very core of your being and there ain't no one or nothin' that will change your mind. After all, it's your Mama. You've watched her

work the pastry, peel the apple, add sugar and spice with precision and joy, heck you might have even lent a hand! Then you hovered around the kitchen, waiting for that first scent to sneak out of the oven, and when it did, you knew you were in for something special. More than just special, a special only offered by your Mama. This is probably the biggest part of why you would believe... "My Mama makes the best apple pie."

Maybe it was this very thought surrounding that hopscotch so long ago, that led to the annual traditions of New Hamburg Fall Fairs' Home-Craft competition in baked goods, where we not only compare your "Mama's apple pie" to everyone else's, we also look at bread and cookies and preserves and well, you name it, it's in there. I like to believe that it's good to take a little pride in something a loved one can do or create. Be it apple pie, butter tarts, zucchini loaf, or needlepoint, it doesn't matter, just take a little pride in it and let that person know too. Kind of convenient with it being Mother's Day and all, that you can not only say, 'Happy Mother's Day' but at same time tell your Mama, 'You make an amazing apple pie' (or butter tart in my case), and thank her for both. After all when she was making it, she was probably thinking of you.

Happy Mothers' Day from the Wilmot Agricultural Society and the 2014 New Hamburg Fall Fair.

Don't forget to sign up and bring your pie this year!



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Q'ing for Life ~ June 14, New Hamburg Fairgrounds

W.A.L.D.A. and Sobey's are proud to announce the return of Q'ing for Life, Wilmot's very own competition BBQ, Saturday, June 14, 2014. Pitmasters from all over Canada are invited to grill at the New Hamburg Fairgrounds, all for a chance at the Golden Ticket, securing a spot at the World Food Championship in Las Vegas.

If that isn't enough, Wilmot is now home to the Canadian National Bacon Championship. This event is open to Professionals, Amateurs, and Home Cooks. Krug's Meat Market of Tavistock will be supplying the bacon that will be the inspiration for 2 entries from each team. This is your opportunity if you have an itch to try your hand at a food competition or just a passion as a backyard BBQer.

Speak to the Pros and get some cooking tips, enjoy competition ribs and pulled pork, stroll through the Vendor Market, admire the bikes from New Hamburg Full Throttle Show & Shine, take in a round of mini-putt at the Wilmot Rotary booth, or relax at the hospitality garden in the arena while enjoying the music of local favourite band Dirty Old Men.

Q'ing for Life starts at 11:00 a.m. when the Whole Hogs are judged and continues throughout the day for the Amateur teams and Bacon competitors. Award ceremony is held in the arena at 5:00 p.m. followed by live entertainment until 9:00 p.m.

Pitmasters, judges, volunteers, and organizers are gathering to help raise awareness for organ & tissue donation. Most of us believe organ & tissue donation is a good thing, but only 24% of Ontarians are registered. Through initiatives such as Q'ing for Life and Music in the Burg we have increased local registrations rates to 40%. You can show your support by going to www.beadonor.ca to register your consent or come on down to the fairgrounds on June 14, bring your health card, and register at the Life Donation tent.

Check out our website www.walda.ca to find out more about Wilmot Area Life Donation Awareness and how you can help us by volunteering or becoming a Vendor or Competitor.

See you Saturday June 14, 2014 and bring your appetite— RAIN or SHINE!

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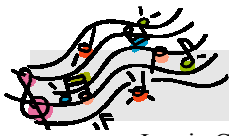
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Musical icons come to New Hamburg Live! Festival of the Arts

Iconic Canadian folkie Valdy, roots musicians supreme The Good Lovelies, and Newfoundland's finest, The Irish Descendants are just a few of the impressive entertainers that are coming to the 2014 New Hamburg Live! Festival of the Arts. The sixth annual festival runs from June 2-8.

This year's festival event includes the most events ever, and organizers have added several new features, including a student matinee, a performance for developmentally challenged adults, in partnership with Aldaview Services, and starring the Tom Cummings band, and a comedy night, featuring "That Canadian Guy," Glen Foster.

Performances range from jazz (with "Canada's Sweetheart of Swing" Alex Pangman at the Gala) to classical (The Factory Arts String Quartet, and the duo Alison and Laura); from opera (Essential Opera presents two one-act operas) to Gospel. The Festival also includes the annual New Hamburg Live! Art Show, as several dozen regional artists exhibit their work in the shops and restaurants of downtown New Hamburg, all part of the art show walking tour. And this will be the sixth year for the choral workshop, led by Vicki St. Pierre; the mass choir will open for "That Canadian Guy".

This year, TD has increased its support of the TD All Access Student Ticket program, which allows students from elementary school through university free access to all New Hamburg Live! events. All Access passes are available at New Hamburg TD, and at all performances.

New Hamburg Live! Executive director Paul Knowles says, "We are absolutely thrilled about the performers coming to

New Hamburg this year. The week is jam-packed with highlights."

The Friday evening concert will be a unique event – the Festival is bringing together three popular Canadian performers who will share a stage for the first time ever. Veteran folk singer Valdy comes from British Columbia; east coast star Laura Smith flies in from Halifax; and Al Parrish, once leader of Tanglefoot, joins them in a songwriters' circle style event.

Sunday afternoon's finale, the gospel concert, will also bring together three amazing talents – Andrew Craig, Joni NehRita (fresh from starring with the KW Symphony in a Ray Charles tribute), and Stratford's own Ali Matthews, all backed by the New Hamburg Live! band.

From start to finish, the Festival will soar. It opens with the student matinee performance of *The River Rolls*, the acclaimed musical celebration of the heritage of the Region of Waterloo, performed by eight musicians. All students are invited to attend, free of charge; adult tickets are also on sale. Organizers have again tried to bring together entertainers new to the event – The Good Lovelies, Glen Foster, Valdy and company – as well as inviting popular performers back – The Irish Descendants, Essential Opera, The Factory Arts String Quartet. The quality of performance will be unparalleled; the festival will feature many award-winning musicians.

New Hamburg Live! is an incorporated not for profit organization. For details, please visit www.newhamburglive.ca

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As she sat by him he whispered, with his eyes full of tears. "You know what Martha? You have been with me through all the bad times.

When I got fired—you were there to support me.

When my business failed—you were there.

When I got shot—you were by my side.

When we lost the house—you stayed right here.

When my health started failing—you were still by my side.

You know what Martha?"

"What dear?" She gently asked, smiling as her heart began to fill with warmth.

"I'm beginning to think you're bad luck!"



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LYNNE

Improving the Health of our Community

~ Are you getting enough Sleep?

By Melodie O'Connell MSW RSW



Many of us can agree that our lives are becoming more and more busy. We try to squeeze a lot into our days. We are waking up earlier and staying up later in order to accomplish all that we have set out to do. As a result, we often sacrifice the sleep that we need. Many of us feel that we can function on 6-7 hours of sleep per night. There are many factors to consider when assessing how much sleep an individual needs. For an average adult, it is recommended that we get between 7.5-9 hours per night. Due to the increasing demands that are placed on us, it is difficult for some people to get the necessary amount of sleep. In order to function optimally, we need to make sleep a priority.

Many people struggle to fall asleep, so will often stay up later watching television or playing on the computer. One of the reasons we struggle to fall asleep is because we have not created an environment that is conducive to sleep.

We spend a great deal of time helping our infants and children prepare for sleep. We may give them a bedtime snack, followed by a bath. We may dim the lights, and read stories to them. This routine can sometimes take up to an hour. As adults, we are often working late, or watching the news or crime shows; then we wonder why we struggle to fall asleep. It is just as important for adults to create an environment that is conducive to sleep.

Here are some strategies that may be helpful in order to improve the quality of your sleep:

- ◆ Turn off the computer and your cell phone 1-2 hours prior to going to bed – Both the computer and cell phones have a back light that acts as a stimulant to the brain. This results in us being more alert than we should.
- ◆ Limit (or eliminate) alcohol, caffeine, and smoking – All of these can interfere with quality sleep at night. Many people will say that alcohol will help them to fall asleep. However, research has shown that the body becomes more agitated as it attempts to detoxify within a few hours of falling asleep. As a result, we may wake up during the night, and wonder why we are not able to fall back sleep. Both caffeine and smoking act as a stimulant, keeping the brain alert. It is important to avoid caffeinated beverages such as coffee, tea, and pop several hours before going to bed.
- ◆ Read – Quite often when we go to bed, our minds are reflecting on the events of the day, or looking ahead to what is on the agenda for the following day. When we read at night, we are able to divert our attention away from our own stresses and engage ourselves in something different.

- ◆ Gratitude journal – We can all benefit from reflecting on some of the positive events, however small they may be, at the end of the day. Some of the things that we can be grateful for may include nice weather, a positive email or kind word that someone has given us, a great traffic day, or maybe everyone is home together for dinner. When we start to notice the positive events of the day, we lose focus on the things that may cause us to worry.

Our ability to function well throughout the day is very dependent on how well we sleep at night. It is important for many of us to create a routine that enables us to sleep optimally throughout the night. If you struggle with sleep, maybe there are some routines that you can implement in the evening hours that will help prepare you for a better night of sleep.

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KNEE PAIN AND PREVENTION

By Dr. John A. Papa, DC, FCCP(OR)(C)

Knee pain is often caused by either a one-time acute injury or repetitive motions that stress the knee, particularly as we age. Included below are some of the conditions that commonly cause knee pain:



- **Osteoarthritis** results from the protective layers of cartilage in the knee becoming worn over a period of time, leading to change in the composition of the bone underneath the cartilage. This may result in a number of symptoms including: joint pain and stiffness, decreased ranges of motion, weakness, swelling, inflammation, and instability.
- **Patellofemoral pain syndrome** refers to knee conditions that involve the kneecap and/or the structures around it. Pain can be generated by breakdown of the cartilage under the kneecap, tight or weak tissues around the kneecap, or misalignment of the kneecap.
- **Meniscal injuries** directly involve tearing/damage to the cartilage cushioning in the knee. This type of injury can result from a sporting event or fall where the knee undergoes a sudden twisting motion or impact. It can also occur in older individuals who develop a chronic tear in a worn meniscus.
- **Ligaments** are tough bands of fibrous tissue that connect one bone to another. They help stabilize joints, preventing excessive movement. **Ligament injuries** can occur when these structures become over-stretched or torn, often during activities where there is a direct blow to the knee or there is an awkward fall or twisting motion involving the knee.
- **Tendons** are strong tissues that anchor **muscles** to bones, and these structures can become torn or inflamed around the knee joint leading to **tendonitis** and **muscular strains**.
- **Bursitis** can involve several fluid-filled structures in your knee that help provide more cushioning in the joint. Certain activities, such as kneeling on the floor, can cause a bursa to become irritated.



Below are some useful tips that can help individuals avoid or minimize the chance of knee pain and injury:

1. **Maintain a healthy bodyweight** to decrease the overall stress on your knees.
2. **Wear appropriate footwear** that supports your activities and helps maintain proper leg alignment and balance.
3. **Prepare your knees for physical activity** by stimulating the joints and muscles, and increasing circulation. This can be accomplished with a quick cardiovascular warm-up and gentle stretching of the muscles in the thighs and lower legs.
4. **Choose activities that are knee friendly for you.** This may include low impact activities such as walking or cycling. Remember to start slowly and build up the intensity gradually.
5. **Strength, balance and flexibility** exercises can train your leg muscles to better support your knees and avoid injuries.

In the event that you suffer a knee injury that does not subside, you should contact a licensed health professional who deals in the diagnosis and treatment of knee pain. For additional information on knee pain and treatment of muscle and joint injuries, 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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For more information call 519-634-5226
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VICTORIA DAY - MONDAY, MAY 19, 5 p.m. – 8 p.m.

Royal Canadian Legion Branch 532

65 Boullee Street, New Hamburg

We look forward to welcoming you, and we thank you for
honouring your appointment time on Victoria Day!



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Call 1 888 2 DONATE (1 888 236-6283) to

book an appointment or book
on-line at www.blood.ca

Mark your calendars for May 31st and get busy
cleaning out those bulging drawers, dusty
cupboards, and overloaded garages
for the upcoming Baden Community
Garage Sale.

A perfect time to lighten your load and
make some extra cash, while visiting
with your neighbours!



Hidden Acres Mennonite Camp

is hosting its annual

Chicken BBQ and Pie Auction Fundraiser

Tuesday, June 10th, 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](tel:519-625-8602) or
email info@hiddenacres.ca.

All proceeds support Hidden Acres' summer camp ministry.

WILMOT HORTICULTURAL SOCIETY



Monday, June 9, 7:30pm
HAYSVILLE COMMUNITY CENTRE

SPEAKER: Doris Brubacher

Demonstration:

How to Make Rhubarb Leaves Stepping Stones

Everyone is welcome to attend. No Admission Charge

Saturday Night at the Movies

*Wilmot Mennonite Church,
2995 Bleams Road*

Saturday, May 17th at 7:00 p. m.

Featuring "The Note"

A warm and touching story of hope and forgiveness.

When a plane crashes, newspaper columnist Peyton
MacGruder discovers a note that was from one of the
passengers on board and she sets out on a quest to find the
person for whom it was intended.

Free admission. Donations accepted to cover costs.

Bring a snack for yourself - Drinks provided.

For further information call (519) 584-7089

Strawberry Social

Please join us on Saturday, June 21

from 2-4 & 6:30-8 pm

at Nithview Community Home,

200 Boullee Street, New Hamburg



Come out and support our residents. They'll be happy to see you!

St. Agatha is proud to be hosting the 13th annual St. Agatha
Strawberry Fest on Saturday, June 21 from 10 a.m.– 6 p.m. at
the St. Agatha Community Centre. Join them for
good food, entertainment, friendly competition
and of course lots of strawberries!



Morningside Village

Annual Garage Sale

Come take a drive on May 17, 8-1
At various houses throughout Morningside
You're sure to find a treasure!



Another Cool Move

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

Auction Sale Of Back split house, household effects, antiques and miscellaneous items, to be held at 69 Hastings Court In Baden (off Brewery St. near Gingerich Rd) for Marcel and Liliane Mounier, on Friday, June 6th @ 4:30 p.m.

HOUSE: Consisting of a frame & frame back split with attached 4 season sunroom (gas fireplace). House has 3 year old roof, 6 year old vinyl windows, majority hardwood flooring, 3 bedrooms, custom oak kitchen, updated bathroom with Jacuzzi, central air & vac, natural gas furnace, spacious closets, and finished basement with rec-room (stone fireplace with wood burning insert and wet bar), bathroom and storage room. On premises is an 8 X 22ft. vinyl sided storage shed. Paved double driveway. Vinyl & wooden fencing surrounds this private back yard. Note – Plan to view! A tidy home on a quiet street, nicely landscaped, mature trees, a stones throw from Highway 7 & 8. See www.auctionsfind.com/gerber for photos. TERMS – Will be sold at 6:30 p.m. subject to a reasonable reserve bid with 10% down on sale day and the balance in 60 days or when possession is given. TO VIEW – Call 519-662-2358 or attend open houses Sat. May 17 & 24 from 1 – 4pm.

HOUSEHOLD EFFECTS: Kenmore fridge & stove (both good). Kenmore high efficiency washer – good. Dryer. 3pc. bookcase bedroom suite. Quantity of rattan furniture. Computer desk & chairs. Books. Cookware. China, glass, kitchen utensils, etc. MISC. ITEMS including gas lawn mower, table saw, hand, power & garden tools, bicycles, etc.

ANTIQUES: Copper pots. Old cameras. Few collector dolls. Silver pieces. Odd china & glass including crystal.

Note – Partial list only. Sure to be some surprises. Proprietors and auctioneers not responsible for accidents day of sale. Lunch booth. Terms – Cash or cheque with I.D. Sale order – Smaller items, furniture, appliances.

Auctioneers – Gerber Auctions Ltd. 519-699-4451 or 698-0138
2827 Hutchison Rd., R#1 Millbank (Crosshill)

WELLESLEY ABC IDOL YOUTH SINGING COMPETITION (Apple Butter & Cheese Festival)



Sign up now!

Prizes provided by ABC Festival will be as follows:

1st \$500 2nd \$300 3rd \$200

People's Choice provided by Wellesley – NEH Ag. Society -\$125

(People's Choice will be voted on at the semi-final at the Wellesley Fall Fair)

Tryouts: **Sunday, June 1 at 2:30 p.m.** at the Wellesley Community Centre.

Semi-finals: Wellesley Fall Fair, **Tuesday, September 9** Wellesley Arena

Finals: **Saturday, September 27, 2014** at the Wellesley Apple Butter and Cheese Festival (<http://wellesleyabcfestival.ca>)

WHO CAN ENTER?

Youth 10 – 18 years of age (between June 1st and September 27, 2014) who live and/or attend school in Wilmot, Woolwich, Wellesley and Perth East Townships are eligible to enter.

Respond quickly – limited to 16 contestants.

For a registration form and complete set of rules please contact:

Wendy at 519-656-2961 or wrichardson@cwisp.ca

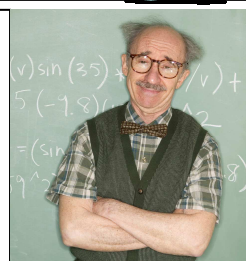
Kathy at 226-241-9070 or k.glasser@hotmail.com

Chris Bender, 519-656-2034 or fbender@sympatico.ca

You Must be Joking!



When you think about God, He truly is the greatest inventor of all time... He took a rib from Adam and made a loudspeaker!



Earl and Bubba are quietly sitting in a boat fishing, chewing tobacco and drinking beer when suddenly Bubba says, "Think I'm gonna divorce the wife - she ain't spoke to me in over 2 months."



Earl spits overboard, takes a long, slow sip of beer and says, "Better think it over ...women like that are hard to find."

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THE APRON:

Does this generation know what an apron is?

The principal use of Grandma's apron was to protect the dress underneath because she only had a few. It was also because it was easier to wash aprons than dresses and aprons used less material. But along with that, it served as a potholder for removing hot pans from the oven.



It was wonderful for drying children's tears, and on occasion was even used for cleaning out dirty ears.

From the chicken coop, the apron was used for carrying eggs, fussy chicks, and sometimes half-hatched eggs to be finished in the warming oven.

When company came, those aprons were ideal hiding places for shy kids. And when the weather was cold Grandma wrapped it around her arms.

Those big old aprons wiped many a perspiring brow, bent

over the hot wood stove.

Chips and fire wood were brought into the kitchen in that apron. From the garden, it carried all sorts of vegetables. After the peas had been shelled, it carried out the hulls. In the autumn, the apron was used to bring in apples that had fallen from the trees.

When unexpected company drove up the road, it was surprising how much furniture that old apron could dust in a matter of seconds. When dinner was ready, Grandma walked out onto the porch, waved her apron, and the men folk knew it was time to come in from the fields to dinner.

It will be a long time before someone invents something that will replace that 'old-time apron' that served so many purposes.

REMEMBER: Grandma used to set her hot baked apple pies on the window sill to cool. Her granddaughters set theirs on the window sill to thaw.

Submitted by Dale Weber

HAPPY BIRTHDAY

Warmest birthday wishes to Lorraine Steffler who celebrated her 90th birthday on May 4. Family and friends gathered at the Waterlot to celebrate the day!



"All our Love & Best Wishes, Mom"


New Hamburg Thrift Centre
 41 Heritage Drive
 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

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

"In the Spring at the end of the day, you should smell like dirt" --Margaret Atwood

With the arrival of spring, the annual outdoor projects at the New Hamburg Thrift Centre are underway! Our 26th Annual Perennial Sale is on from May 1- May 31. Hard to believe it's been 26 years already! Plant donations can be brought to the store throughout the month. They can be potted for sale, or large lots can simply be brought in boxes or plastic bags to be re-potted. Donations of garden tools, decorative pots, outdoor decorations, etc., are also welcome. We have many knowledgeable volunteers on hand to help you select the perfect perennials for your specific growing conditions. We never know what is coming in from day to day, so be sure to check in often!

The New Hamburg Thrift Centre garden project started as a simple discussion between two managers about gardening and local food. What started as a small plot of mowed grass has grown into a fruitful garden with rich soil. Nurturing ideas, souls, and bodies is the foundation of this endeavour, besides, raising funds for Mennonite Central Committee who has a long history of addressing issues relating to food security and food injustices. It seemed to be a natural fit. The hope is to use the garden as an example to our community of how easy it is to grow nutritious vegetables with little cost. It also provides a more productive purpose for your land than simply mowing grass.

This project builds on the success of the Annual

Perennial Sale, a project that has seen individuals capitalize on naturally multiplying plants, and one that has grown into a perennial garden centre. The idea is similar in that a produce stand will be available in the store throughout the growing season. Donors are welcome to bring in their own home garden excess to share, just as they bring in furniture, clothing and household goods. The Garden Committee is also looking for donations of baskets, quart containers, chicken wire or woven wire, metal fence posts, and gardening tools.

With the enthusiasm from local volunteers as well as shop supporters, the New Hamburg Thrift Centre is excited about the prospects for this season. After that, who knows where these projects will "grow" from here?

(For more information about the project, donations, or volunteering, please contact Christa or Karla at 519-662-2867 or drop by the store!)

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Baden Birding

By Dave Rogalsky

Seen any purple finches lately? My copy of Peterson's "A Field Guide to the Birds: Eastern Land and Water Birds" notes that they are really raspberry coloured and are quite common throughout eastern North America. But I'm not sure I've ever seen one.



On the other hand, seen any house finches lately? If you've seen a red finch in the last week or so it was almost certainly a house finch. In winter we often have other rosy finches – Common and Hoary Redpolls. They erupt from the north to find food in the south, which we handily put out for them! Peterson's doesn't mention house finches – in his day they were a *western* bird, found only on the western side of the Rocky Mountains. Andy Bezener in *Birds of Ontario* and Chris G. Earley in *Sparrows and Finches of Ontario* both recount the story of how house finches got from the west coast to the east. Seems like someone in Long Island, New York was illegally keeping house finches as indoor birds. They were called "the Hollywood Finches" and were released before the authorities could prove they were being kept – the evidence literally "flew the roost." By the early 1970s, they had made their way into southern Ontario and have been busy making themselves at home in our hanging baskets and other places.

When new birds are successful it means they're supplanting something else. Here the story gets messy. Seems like house finches carry, and suffer from, an eye disease called *mycoplasma conjunctivitis*. Coming to feeders, they've passed

the disease to other birds. Where the house finches got it is a bit of a mystery, since it is found in poultry but not among song birds until lately. Some birders think that the purple finch has been effectively wiped out by the combination of this disease and by being out-competed by the house finches in eastern North America. Gold finches are also susceptible to the disease but they don't usually frequent the same feeders as the house finch, preferring niger seed to the mixed seed feeders.

To identify a purple finch you are looking for a raspberry coloured bird on the back and head, with a lighter pink chest, with some red even in the wings. House finches on the other hand have red chests and backs with no red in their wings. The problem here is that birds vary within a species and some purple finches and red finches meet in the middle.

Ken and I have been checking back and forth – not competing, no never! – and he's seen a grey gnatcatcher, always a pretty, tiny bird. In the local park in Waterloo, I've seen a pair of pine warblers, among the earliest of their kind to arrive, a phoebe and a brown thrasher. Just a note, if you hear a bird singing *phoebee, phoebee* it's probably a chickadee and not a phoebe. Phoebes are flycatchers with a dark head and back. You'll see them flitting from perch to perch doing their acrobatics and cleaning up local flies and mosquitoes.

Enjoy the spring bird watching season!



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You Must be Joking!!



When I went to lunch today, I noticed an old man sitting on a park bench sobbing his eyes out. I stopped and asked him what was wrong.

He said, "I have a 22 year old wife at home. She rubs my back every morning and then gets up and makes me pancakes, sausage, fresh fruit, and freshly ground coffee."

I said, "Well, then why are you crying?"

He said, "Well, she makes me homemade soup for lunch and my favorite brownies, cleans the house and then watches sports TV with me for the rest of the afternoon."

I said, "Well, why are you crying?"

He said, "For dinner she makes me a gourmet meal with wine and my favorite dessert and then makes love with me until the wee hours".

I said, "Well, why in the world would you be sitting here crying?"

He said, "I can't remember where I live!"



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New Hamburg



To paraphrase: It takes a community to raise funds for counseling for a child. Kudos to Ford Canada, Expressway Ford, our volunteers and all the test drivers for making Interfaith's Ford Test Drive such a success. Proceeds go to counseling programs in the Township's schools. ICCC also thanks all those involved in planning and working for our 27th Silent Auction: the co-ordinating committee, the various service clubs, volunteers, donors, Rec Centre staff, and also attendees were all critical to pulling off a meaningful event. Funds from the day enable us to accept any who have a need, regardless of ability to pay.

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6:30—9:30 pm **Wednesday, June 11, 2014**

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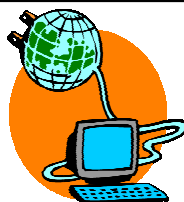
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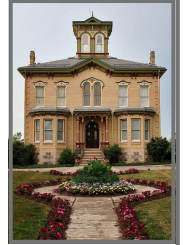
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Answers to Wilmot Town Population Quiz from page 6

Baden	4,742
Foxboro Green	430
Luxemburg	27
Mannheim	1,071
New Dundee	1,223
New Hamburg	8,241
Petersburg	406
Shingletown	113
St. Agatha	624
Wilmot Centre	55



Ask Armand ~



Frank from Baden asks – I wonder when and where settlers first inhabited Wilmot Township. Could you give me some insight on this?

Armand says - From the mid-1820s to the early 1830s, a number of Amish Mennonite groups associated with either Mennonites in Waterloo Township or Christian Nafziger in Europe settled in the German Block. These groups came from areas in both Pennsylvania and Alsace-Lorraine (an area where the north-east of France and Germany meet along the Rhine River), settling primarily in the Petersburg-Baden locality. Immigrant groups from Pennsylvania began settling in the area during 1824, and those from Europe in 1826. By 1829, 130 Amish settlers had claimed lots in the Township. Fifty-eight of these were from Pennsylvania, sixty-six from Europe, and the remaining six of other heritage. By 1830, Wilmot Township had reached a population of 1,272 and had mainly been settled by Amish immigrants in the German Block, which is now called Wilmot Township.

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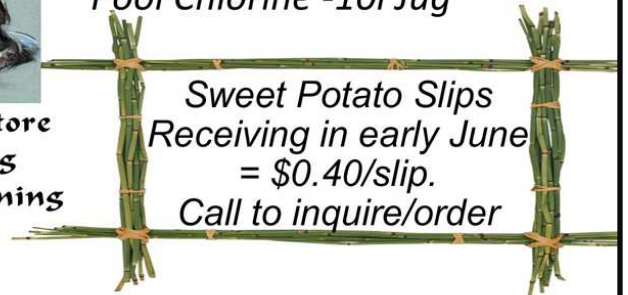
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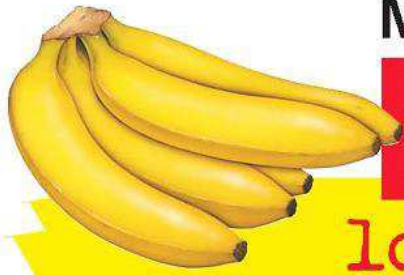


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