



VOLUME 18, ISSUE 10

Keeping the Community Connected
With 3000 copies in circulation.



Baden Outlook



Wilmot's Councillor for a Day

See below for the *Councillor for a Day* winners with their Wilmot Township counterparts. Front row from left: Ward four councillors Cohen Thomas and Eden Surian, Ward two councillor Sofia Salese, Ward one councillor Chloe Duggan, Mayor Isaac Roth, Ward three councillor Tyson Peacock, Director of Clerk Services Nyah Lewis, and Director of Facilities and Recreation Services Tatjana Knezevic. - photo courtesy of Wilmot Township.



It was a great day for the students as they participated in a mock council meeting. The group debated whether to cut down a large oak tree which was on township property, but encroached on the farmer's land. The kids were treated to a pizza party and a tour of the township offices by his worship Mayor Les Armstrong. Special thanks to Dawn Mittelholtz for putting the event together!

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This paper is priceless - Please have one!

Talking with Ed

~ To the dump, to the dump, to the dump dump dump!

When I was younger, Levi Norrie used to drive around MacTier with his steak truck collecting trash. Once it was full, he would drive out to Tower Road and dispose of the garbage at the dump. In those days anyone could drive out to the dump and look for interesting items to pick up. Occasionally, we would drive out in the evening and watch the bears pick through the trash. Our parents always made us stay in the car but in our teenage years we would get out, rebels that we were...yup, mischief at the dump.



When I saw the advertisement for an Earth Day tour at the Waterloo Region Landfill site – something that I always wanted to do - I jumped at the opportunity. We met at the Glasgow street location and were loaded onto a school bus and shuttled around. I was pleasantly surprised to see some familiar faces on the tour.

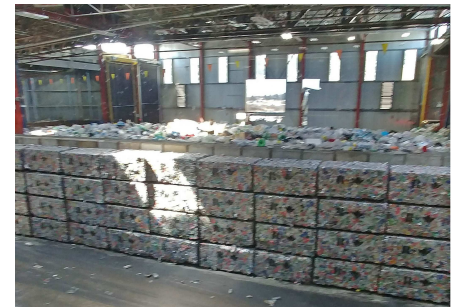
John, sporting a megaphone, was our tour guide as we made our way up to the landfill area. He gave us many facts along the way, some of which I will share with you here. The landfill site opened in 1972; ironically, Earth Day started one year later. This is the only landfill site in Waterloo Region, replacing McLennan Park on Ottawa Street in Kitchener. The life expectancy of the Erb Street location is 15 more years.

The landfill site tries to find a use for all garbage that is brought into the landfill. As an example, John commented that the roads throughout the landfill are made of crushed toilets. About 600 tonnes of garbage (or the equivalent of 85 school busses) are brought into the landfill each day. The garbage is crushed by a packer (a large tractor like vehicle with rollers on the front) and placed on a three-foot clay base. It is covered every night by compost or tarps to eliminate odors and animals. Since the composting and biweekly garbage pickup has started the garbage at the landfill has decreased by 20%!.

In the landfill, there are pipes and hoses coming out of the ground which are methane wells. These wells produce enough electricity for 4,000 homes. The landfill site has a land area encompassing 300 acres – 170 of those dedicated to the landfill site. Whatever garbage is dumped will be capped and will stay there forever. When the landfill site is done, it will become green space and hiking trails.

After our tour of the landfill site, the bus moved onto the recycling area. John prepared us for the smell of the recycling area due to people not rinsing out their recyclables. He also stressed the importance of pre-sorting the recyclables, which makes it so much easier at the processing area. He then stressed the importance of the “Three R’s” – Reduce, Reuse, and Recycle in that order. It is up to all of us to keep that in mind.

Waterloo Region was the first municipality in the world to begin recycling. In the first years it was only glass, cans, and newspapers. Newspapers and cardboard are now shipped to Niagara Falls for processing. Cans are baled into large skid-sized blocks, each of which contain 40,000 cans. There were piles of them all over the place (see picture of a few); the biggest customer for the cans is Anheuser – Busch. Plastics are divided into several groups by sorters. The number one plastics (water bottles, etc.) are processed into polar fleece sweaters and insulation for sleeping bags. The number two plastics (laundry detergent and shampoo bottles) are converted into other containers and composite lumber. Juice and milk cartons are converted into toilet paper and re-wall. John noted that all green bin materials that are picked up are shipped to a facility in Guelph. Green bin material takes about eight weeks to break down.



There are other recycling efforts at the landfill. Leaf and yard waste are processed at the landfill; they take about one year to break down. Other recycling efforts include E-waste, Habitat for Humanity, bike recycling, compost and mulch, household / hazardous waste, and used oil depot. The region takes recycling and trash control very seriously and does an excellent job of it, but they have set a lofty goal of 90% diversion – which is all up to us.

I recall working at the Zehrs store in New Hamburg from 1974 to 1983. During that time we sold very little canned pop and bottled water was unheard of. (I never imagined back then that we would actually buy water...and in such quantities!) All glass bottled pop bottles and milk jugs were returned to the store for reuse, and all our plastics and cardboard were thrown in the garbage. In many ways, we have improved our efforts but in many ways we have regressed with all of our excess water bottles and tin cans.

Until next month...Ed

Greetings from ~ Outlook Headquarters



Yay! It's May! Something strange happened lately—I think I saw sunshine! Yes, how can I not talk about the weather when it seems to be the big topic of conversation. I'm thrilled to finally have my windows open as I'm writing and hear the busy chirping robins going about their

spring business. I felt sorry for them these past few weeks; one day they were yanking worms out of the grass in our front yard, then the next day they were dancing around on the snow with a thick layer of ice below with no hope of finding the grass, or a worm. But I would like to ask them why they came back so early this year - are they as confused as our weather? Oddly, we have another bird waking us up too early—a flicker (relative to the woodpecker). This handsome bird is obsessed with our

Ahh good morning! Sorry to wake you with my repetitive tapping on your eaves trough but it's what I do in the spring to mark my territory and let the other birds know I am here! Psst...I'm also looking for a mate!

eaves trough; he sits in it and pounds away with his beak, sounding like a power drill. Barry got up with the ladder to see what was in there that held its interest but found nothing. The oddities of spring. With that said, check out the birding article on page 7 as Ken tells us about other birds' behaviours too.



However, let's move on into our well-deserved spring before the heat of summer has us all panting and moaning because we are not acclimatized. I, for one, will start with house cleaning as my windows are so dirty and the dust bunnies all have names now. Time for shaking out mats, washing curtains and airing out bulky bedspreads on the wash line. I am a girl who still enjoys the clothesline; last month an article was sent to me about the rules of the clothesline, and this month I received a poem about knowing your neighbours by what's on their clothesline. It's cute, but I'm sure the older gals may like it more than the younger ones who only know about the electric clothes dryer.

When we first started the paper in 2000, we were quite bashful about it, unsure of our ability and hoping to hide behind cartoon caricatures of ourselves. I've been happy to post head shots of our writers and after all these years have decided to quit hiding and post ourselves too—after all, everyone know us by now so what's the point of hiding? So that's me in the top corner sitting at my station in the office with my mess of papers... Barry's not too thrilled about this idea at all (sorry buddy). It's been a busy month juggling time and tending to all that happens when the weather calls us outdoors. We are excited to get back out to the trailer, but also must tend to the yard and commitments here at home. We also celebrated our 40th wedding anniversary on May 6th—wow, where did that time go? My mom, the kids and their families joined us to celebrate our day, and we really soaked up our lovely clan and know we have much to be proud of—family! We are trying to coordinate our calendars to find a date for a Fisher family camping getaway, as Mike and Katie have fond memories of camping and want to share this with their children too...it's going to be a great summer!

On a personal note: we are saddened to have lost a dear friend and neighbour as we say good-bye to our treasured Norma Weiler, who died on April 19th. We are thankful that she didn't have to suffer and passed away in her sleep with her family by her side. Norma was well known and well-loved; over 600 mourners came to express their condolences to the family during the funeral



visitation and funeral. Norma was my personal mentor on many things, more than she knew. I loved her spirit and her attitude about aging and living life to the fullest. She made the most of each day without complaining; sharing smiles and laughter was who she was. Norma appreciated simple things like porch sitting on summer evenings with friends, putting away at her flowers and garden, and simply enjoying her husband's company. In the colder months, hockey, knitting, cards, and bingo kept her busy, not to mention time spent with her children and many grandchildren. She always made time for her friends too—her door and arms were always open. We will miss you Norma, rest in peace.



Norma and I enjoyed sharing a glass of wine and visiting on the porch. Cheers to you, my friend!


FLOWER POWER WORD SEARCH ~ In the grid you will find the flowers listed below...answers on page 18

F	I	E	L	K	C	U	S	Y	E	N	O	H
N	P	B	C	A	G	Z	Q	T	T	P	F	Y
G	B	N	L	R	Z	I	Q	D	A	I	S	Y
P	O	I	F	G	O	Y	T	E	L	O	I	V
R	L	G	D	I	H	C	R	O	L	J	B	Q
H	E	A	E	L	Q	B	U	G	X	I	B	X
H	Y	W	V	R	O	V	Q	S	Q	Y	L	I
Q	S	F	O	E	A	G	M	P	F	S	Y	Y
U	L	U	S	L	N	N	I	R	Q	N	X	A
M	R	Q	W	X	F	D	I	R	O	A	C	S
L	T	U	L	I	P	N	E	U	A	P	E	T
C	K	V	C	E	X	S	U	R	M	M	X	E
D	A	F	F	O	D	I	L	S	D	M	S	R

ASTER	HONEYSUCKLE	ORCHID
CROCUS	LAVENDER	PANSY
DAFFODIL	LILAC	SUNFLOWER
DAISY	LILY	TULIP
GERANIUM	MARIGOLD	VIOLET

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Fleas... It's that Time of Year



Spring is here!! After a long, cold winter, we are all excited to get outside in the sunshine – our furry friends included! As things warm up, we start to be more concerned about what else is enjoying the spring sunshine. Fleas and mosquitoes are at the top of my list of worries! Fleas are a bothersome little parasite that, although not deadly, can wreak havoc on your pet's skin and your home.

Important Flea Facts:

- A female flea can lay 50 eggs every day – as many as 2000 eggs in her 2 to 3 month life span.
- Female fleas consume 15 times their weight in blood every day.
- Eggs fall off your pet wherever your pet goes.
- Eggs hatch into a maggot-like larvae in 2 to 4 days (under optimal conditions).
- The cat flea is the most common flea found on both cats and dogs.
- The flea is one of the best known jumpers. If your pet has fleas, they can jump onto other pets in your home, your furniture and onto you.

The best plan regarding fleas, is to prevent them. Prevention is easy, fighting an infestation is not! Your veterinarian can provide you with the flea control option that best suits your pet and your family.

Submitted by Dr. Rebecca Ricker

EXTRA EXTRA!!

You'll find us around the 15th of each month, available at over 80 places within Wilmot Township, while quantities last.



You'll find us In Baden at Mars Variety, CircleK, Baden Feed, Baden Dental, Wilmot Rec. Centre, Tim Hortons, Baden Library, EJ's, and several outdoor magazine boxes located conveniently throughout town for Baden readers.

You can pick it up in New Hamburg at No Frills, Sobey's, Short Stop, NH Legion, McDonalds, Morningside, Stonecroft, Office Pro, NH Thrift Centre, Personally Fit Gym, Pharmasave, NH Dry Cleaners, NH Wellness, all libraries and various offices and retail locations throughout Wilmot Township.

It can also be found at Foxboro, in St. Agatha at Fishers Esso, Angie's Kitchen, and Pfennings.

The best things in life are free ~ like the spring flowers sprouting in the garden, and this paper ~ Please Have One!



Baden Outlook

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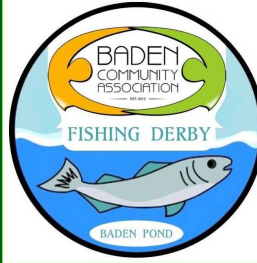
Baden ~ Our Town

It was a chilly day for our spring cleanup, but that didn't stop over 50 people from coming out to collect 45 bags of garbage from the streets of Baden! Special thanks go out to the Township of Wilmot, Circle K for donating Frostees and potato chips, Tim Horton's for the donation of Timbits, hot chocolate, and coffee, and also to the conscientious citizens of Baden who helped make it happen.



Next up for the Baden Community Association is their annual fishing derby which will be held on Saturday, June 2nd from dawn until 2 pm.. There will be ten tagged fish which will be worth \$50 each (only caught during the derby). The derby is free to enter and the BCA will have a free draw for door prizes for all entries at noon. The BCA will be selling hot dogs, pop / water, and chips that day as well. We would ask that people refrain from fishing at the pond for the previous week to ensure there are ample fish for everyone. Shawn Amyotte, a sponsor of the derby, will be donating children's fishing rods (courtesy of Zebco) to the BCA so that they can lend them out to the kids who do not have their own. So if your young ones are new to fishing and are wanting to give it a try, they are welcome to borrow a rod.

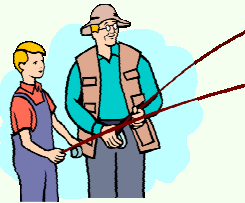
As always, the BCA meets on the last Wednesday of the month in the basement at the township hall at 7 pm. We are busy with the Cornfest planning and would love your help—Please join us!



Fishing Derby Saturday, June 2

The Baden Community Association invites you to join in the popular fishing derby held at the Millpond on Foundry Street.

There will be 10 tagged fish worth \$50, with prizes, barbecue, and more!



For the youngsters who may be new to fishing and are wanting to give it a try, they are welcome to borrow a fishing rod, courtesy of Shawn Amyotte and Zebco.

*Registration begins at 6 am.
There is no cost to attend.*

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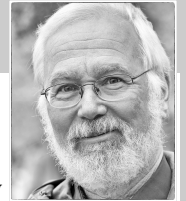
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Baden Birding ~ Spring Behaviours

By Ken Quanz



“And when the young man’s fancy was turnin’ to the spring”

Gordon Lightfoot – “Canadian Railroad Trilogy”

It is finally here, we hope. Spring has been a long time coming, but we knew it would come, and so did the wildlife. If salamanders had not found their vernal ponds in which to breed at least two weeks ago, they would be out of luck this year. Ruled by instinct and sunshine, migrating birds have been steadily pressing northwards. Even our local birds could feel the coming of spring. Their feathers have been falling out and being replaced with, in some cases, new brighter breeding plumage feathers which are almost guaranteed to attract a special mate.

But what I find most interesting is the changing behaviour of the birds. The male Downy woodpecker in our neighbourhood spends much of his time hammering away on a dead and hollow branch. He rapidly hammers about ten times, then pauses to listen, then repeats the same procedure over and over. No food is produced by this behaviour, but it does have certain advantages for the continuation of the species.

The chickadees which displayed great flock behaviour over the winter have now disbanded into pairs which protect their territory from their former friends. Soon the nests will be filled with eggs and the chickadees will be uncharacteristically silent, not wanting to attract any attention. Gone are the spring days when the males would loudly sing their well-known, cheery mating call. They will be too busy gathering the emerging insects which are

sources of protein for the nestlings. Unlike the winter when nights were spent huddled in a hole in a tree with the other members of their flock, mum and dad will be the only nest warmers for the new brood.

Watch out for the Canada geese! They have changed from the slightly shy pond waterfowl to the most aggressive, protective parents imaginable. If you start to move away



from them, they will chase you. I guess parenting does that to geese as well as humans! The geese now know that they own the lawns, ponds, and even the roads!

Have you noticed that the neighbourhood crows are quieter now that they are nesting in the local trees? Have you watched the newly arrived female Cowbirds sit motionlessly waiting to see where other birds are nesting, ready to quickly fly to those nests when the parent leaves to find food? She quickly lays an “extra” egg in the nest for the other mum to look after. Have you seen owls hunting extra hard during the dawn and dusk hours so they have enough food for their newly fledged young which are almost ready to fly and start to hunt for themselves?

Why does this happen?

“And when the young man’s fancy was turnin’ to the spring”.

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A paraprosdokian is a figure of speech in which the latter part of a sentence is unexpected and most often very humorous.

- ◆ If I had a dollar for every girl that found me unattractive, they'd eventually find me attractive.
- ◆ I find it ironic that the colors red, white, and blue stand for freedom, until they're flashing behind you.
- ◆ Today a man knocked on my door and asked for a small donation towards the local swimming pool, so I gave him a glass of water.
- ◆ I'm great at multi-tasking--I can waste time, be unproductive, and procrastinate all at once.
- ◆ If you can smile when things go wrong, you have someone in mind to blame.
- ◆ Take my advice — I'm not using it.
- ◆ Hospitality is the art of making guests feel like they're at home when you wish they were.
- ◆ Behind every great man is a woman rolling her eyes.
- ◆ Ever stop to think and forget to start again?
- ◆ Women spend more time wondering what men are thinking than men spend thinking.
- ◆ He who laughs last thinks slowest.
- ◆ Is it wrong that only one company makes the game Monopoly?
- ◆ Women sometimes make fools of men, but most guys are the do-it-yourself type.
- ◆ I was going to give him a nasty look, but he already had one.
- ◆ Change is inevitable, except from a vending machine.
- ◆ I was going to wear my camouflage shirt today, but I couldn't find it.
- ◆ If at first you don't succeed, skydiving is not for you.
- ◆ Sometimes I wake up grumpy; other times I let him sleep.
- ◆ If tomatoes are technically a fruit, is ketchup a smoothie?
- ◆ Money is the root of all wealth.
- ◆ No matter how much you push the envelope, it'll still be stationery.

Submitted by Jean Shantz

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Checking out the Baden Library



One Book, One Community (OBOC)

On Thursday, April 26, 2017 the OBOC committee announced that *Broken Promise* by Linwood Barclay is this year's 17th OBOC selection.

A fictional thriller set in small town Promise Falls, New York, *Broken Promise* is filled with suspenseful twists and turns and a collection of characters some of whom have questionable character. Widower, David Harwood is trying to piece his life back together. Settling back into his home town and into his childhood home with his nine-year-old son, David's new job unexpectedly falls through. To distract David from his woes, his cousin Marla finds herself entangled in what looks like baby-napping and murder. Will David be able to put his investigative journalism skills to work and solve the murder?

Linwood Barclay will host author visits and signings in Waterloo Region in late September, 2018. Until then, use your library card to reserve your copy of *Broken Promise* as a book, eBook or book club set. Let's get reading and talking Waterloo Region! For more information about OBOC visit oboc.ca.

Library Takeover: Wilmot Wild Lacrosse Team

On Wednesday, May 30 from 6:30-7:30 p.m. players from

the Wilmot Wild will take over the library to participate with children in stories, games and STEAM challenges. Come out and learn more about lacrosse too! All ages welcome.

This event will take place at the Baden and New Hamburg branches on the same date and time.

Book Club at EJ's

In May the book club will discuss David Levithan's book *Every Day*. Levithan's main character is a consciousness called 'A'. Each day A switches to a new body and lives a new life for 24 hours, until one day A falls in love and wants to spend each and every day thereafter with her. Experience Levithan's journey of relationships. When the constant is change how do you make them last?

New members are always welcome to this drop-in book club! June will be the last book club meeting until it resumes again in September.

2018 TD Summer Reading Club

Coming in June, all the information you need to know about the free exciting programs and activities planned to keep children reading and entertained at the library this summer!

Coffee with a Constable

Drop in and chat with Waterloo Regional Police Service's Officer Paul at the Baden branch on Thursday, May 31, 10 a.m.-noon. He is available to answer any questions you may have regarding police service and has police badge stickers for children!

Up-to-date program and event information is available at rwlibrary.ca or contact the branch at 519-634-8933 or badenlib@regionofwaterloo.ca.

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



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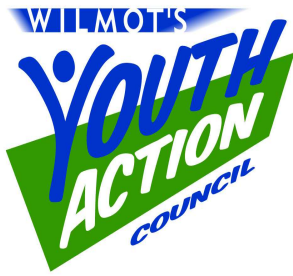
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Hello Wilmot,
 We are back at it again and we wanted to thank you for your support with Youth Week 2018! We have ONE MORE BIG EVENT HAPPENING for you before we call it quits until the fall!

On Friday, June 8, 2018, we will be hosting a FREE Outdoor Movie Event in partnership with the Region of Waterloo's Hooked by Hollywood Smoke Free Movie Campaign. We will be showing Pixar's Coco at Castle Kilbride (60 Snyder's Road, Baden). Rain date of Friday, June 15, 2018.

Free family fun activities will begin at 7:00pm with prizes and swag to be won, with the movie starting between 8:15-8:30pm. Please bring a blanket or lawn chair for viewing and to be comfy. All families and youth in attendance will be entered to win a Netflix gift card!

If you have any questions, please contact us at wilmotsyouthactioncouncil@gmail.com.

We hope to see you there! Lacey Smith, YAC Facilitator



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Submissions are due on the 1st of each month.



You Must Be Joking!



Gardening Puns

- * My wife works over-thyme in her herb garden before she decides it is time to *cummin*.
- * Don't expect a bonsai tree to grow the *miniature* planting it.
- * I will cut the grass only when I get *Mowtivated*.
- * The research assistant couldn't experiment with plants because he hadn't *botany*.
- * Old gardeners never die they just vegetate.
- * Gardeners like to plant their feet firmly.
- * If you're a gardener you might call yourself a 'plant manager'.
- * New gardeners learn by trowel and error.

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You Must Be Joking!! Planning the Seniors Wedding



Jacob, age 81 and Rebecca, age 80 are all excited about their decision to get married. They go for a stroll to discuss the wedding, and on the way they pass a drugstore. Jacob suggests they go in.



Jacob addresses the man behind the counter:

"Are you the owner?"

The pharmacist answers, "Yes."

Jacob: "We're about to get married. Do you sell heart medication?"

Pharmacist: "Of course, we do."

Jacob: "How about medicine for circulation?"

Pharmacist: "All kinds."

Jacob: "Medicine for rheumatism?"

Pharmacist: "Definitely."

Jacob: "How about suppositories?"

Pharmacist: "You bet!"

Jacob: "Medicine for memory problems, arthritis and Alzheimer's?"

Pharmacist: "Yes, a large variety. The Works."

Jacob: "What about vitamins, sleeping pills, Geritol, antidotes for Parkinson's disease?"

Pharmacist: "Absolutely."

Jacob: "Everything for heartburn and indigestion?"

Pharmacist: "We sure do."

Jacob: "You sell wheelchairs and walkers and canes?"

Pharmacist: "All speeds and sizes."

Jacob: "Adult diapers?"

Pharmacist: "Sure."

Jacob: "We'd like to use this store as our Bridal Registry."

Submitted by Robert Price



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Ask Armand ~



Barb from New Hamburg asks – I was driving through Baden and see a lot of excavation work on Snyder’s Road East just north of Forler Street, could you tell me what is going on and a bit of history of the property?

Armand says – Yes Barb, there is a lot of activity there. The property was originally owned by Harley and Ruth Herner. In 1958, Harley opened a lumber yard. The business expanded to include custom carpentry, a hardware store, and home construction. It was a cherished part of Baden and Wilmot Township where many people shopped before the big box stores moved to the region. On January 14, 2007, Harley and Ruth were killed in a tragic car accident. Their son

Dave Herner chose to close the business soon after. On February 14, 2008, there was an auction sale selling all the leftover products and equipment from the business.



*Baden Outlook
aerial photograph of the
Herner property 2008*

The property has been sold a number of times. This year, 20 townhomes will be built on this property at the lumber yard site.

We're on the Web!
Read the paper in colour at
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Wilmot Summer Market is back!

The popular Wilmot Summer Market will be re-opening on May 24, returning to the Steinmann Church parking lot on Thursday evenings. Opening day festivities will offer free musical entertainment, popcorn, and face painting for the kids.

A number of local vendors have already confirmed this year including the popular Confectionary Cousins, Chef Adam Brenner and The Garden Stand, and Nith Valley Apiaries! This year we are excited to announce a number of new vendors added to the already stellar group of local businesses! Wholly Cheese will offer up some award-winning cheeses, Simply Lovely will have a variety of bath and beauty products, and joining the market for the first time will be a Niagara area winery, Pillitteri Estates.

A recent survey provided some important feedback to the organizing committee. "One of the barriers to coming to the market was that it was cash only," says Tara Simms, Market President. "We've now addressed that issue and customers can choose to pay cash, debit, or credit for their purchases."

The survey also told us that our residents have a strong desire to support local farmers and businesses and would love to see more fruit and vegetable vendors.

"This location has lots of vendor areas and parking which means there is still room at the market for expansion," says Natalee Ridgeway, the Market's Vendor Recruitment Director. "This is a unique opportunity to showcase your product to the local community." Thursday nights were selected so that vendors wouldn't be in competition with other Saturday markets in the area and allow them to participate in more venues. If you wish to be a vendor, please email us at wilmotsummermarket@gmail.com.

The market will run from May 24 to October 4 every Thursday from 4 pm to 7 pm.

Deanna Dakin, Marketing Director—Wilmot Summer Market



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Baden Outlook Baseball Pool Stats

Place	Name	PTS	Place	Name	PTS
1	Wayne Erb	99	31	Marg Litwiller	82
2	Una Taves	97	32	Rob Litwiller	82
3	Brandon Gingerich	95	33	Dave Beaver	81
4	Mike Pajot	93	34	Steve Hardman	81
5	Eugene Kuntz	93	35	Rebecca Vitello	81
6	Tim Wenn	92	36	Michelle Roth	81
7	Stephanie Duggan	92	37	Diego Vitello	81
8	Paige Naumann	90	38	Bob Wilson	81
9	Ernie Faulhafer	89	39	Nash Ferguson	80
10	Bailey Taves	89	40	Melba Honderich	80
11	Marissa Schmitt	88	41	Randy Martin	80
12	Bob Good	88	42	Dana Kropf	80
13	Colton Porchak	88	43	Will Woolfrey	80
14	Tyler Naumann	88	44	Stephen Campbell	80
15	Jason Bisch	88	45	Tom Watts	80
16	Vicki Hardman	87	46	Johnnie Reiner	80
17	Dianne Brackenbury	86	47	Amy Papa	80
18	Steve Roth	86	48	Ian Bartram	80
19	Patricia Miller	85	49	Shawn Storer	79
20	John Biesel	85	50	Steven Wenn	79
21	L. McGrath	85	51	Doreen Dean	79
22	Sam Murray	85	52	Dave Schmidt	79
23	Peter Woolfrey	84	53	Michael Vitello	79
24	Scott Kooy	84	54	Reese Kowalik	79
25	Arlene Naumann	83	55	Joel Miller	79
26	Ashley Ferguson	83	56	Sheldon Marty	79
27	Tim Brenner	83	57	Jake Durrer	79
28	Reynold Skowron	82	58	Samuel Gingerich	78
29	Adam Roth	82	59	B. Bisch	78
30	Mark Struth	82	60	Susan Mills	78

Hockey Pool Final Standings...

Adult Pool Final Winners

1. **Devon Grozn** 943
2. Kristen Struth 938
3. Maggie Litwiller 926
4. Papa Bud Miller 921
5. Josh Durrer 916

Kids Pool Final Winners

1. **Taylor Naumann** 943
2. Cameron Langer 903
3. Ryan Boronka 902
4. Sofia 888
5. Vance Hallman 887

Congratulations to Wayne Erb for taking the Leader prize in this month's Baseball Pool winning a gift certificate from EJ's Tavern of Baden.



BRAVO! Congratulations to Devon Grozn for taking the final Adult Leader Prize for the Hockey Pool...and to Taylor Naumann who took the final prize for the Kids Hockey Pool with even more prizes!

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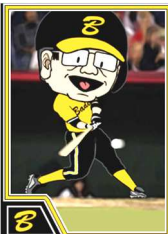
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Hello sports fans! Thanks for playing baseball with us! There are 296 eager players entered in this year's Outlook Baseball Pool. You can follow your stats which are updated daily on the site. The Outlook draws the stats on the 7th of the month. To follow your 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 outlookhomerun18 and the password is quest. On left bar, click on 'ranking' to view your stats. Have Fun and Good Luck!





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There is much to do to prepare for summer but these farmers and the red necks have their lawn furniture out and ready to go!



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You Must Be Joking!!



Scott told his buddy Larry that he got so drunk on the weekend that when he walked across the dance floor to get another drink he won the dance contest!



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Yoga mirrors Life, and Life mirrors Yoga.

By Kate Stevely, E-RYT200/RYT500

With the Spring comes a breath of fresh air. That fresh Spring breeze lightens the step and in seconds, the seemingly endless heaviness of Winter is forgotten. The whole Earth is alive again. We are reminded how important the energies of that breath of Spring and of our own breath are.

In Yoga, we practice Pranayama – the controlling of the Energy of the Breath. Without bringing awareness to the breath, it often becomes shallow and we drop into survival mode breathing. Some mammals drop into that mode deliberately to hibernate. But we attempt to carry on our regular routines with that low energy breathing. But the energy of deep breathing is like that fresh Spring breeze!!! It brings us out of that semi-hibernation. It clears the mind and invigorates the body.

In Yoga, we learn to bring in that energy of the breath as completely as possible. Glorious endorphins flood through us. Pain dissolves, fatigue vanishes, and newly oxygenated blood flow brings healing to the whole body.

So many good things happen with the various exercises to control the energy of the breath. With every breath, the diaphragm massages the heart to keep it healthy from the outside; inside the heart, the breath floods it with new energy and carries away stale, used up energy.

Have you noticed how much clearer your thinking is on a beautiful Spring day? It seems to blow away the cobwebs of winter and you can focus. The act of bringing your awareness to the breath does the same thing. As soon as you bring synchronization of movement and breath into being, the mind finds that same focus. Thinking is clearer, just like the effect of that fresh Spring breeze.

Spring is time for housecleaning. Deep breathing helps to detoxify the body. Unlike the cardiovascular system,

which is driven by the heart, the Lymphatic system has no pump. The important housecleaning role of the Lymphatic system is spurred along by body movement and deep breathing. This helps to keep the whole immune system spinning along in good order. We enhance that in Yoga with visualization, picturing the body and mind being flooded with clean, fresh energy on the inhale and pushing out waste materials. The Yogis call that letting go of all that no longer serves us well. That overall housecleaning, that letting go, is very important to a healthy body and a healthy mind.

A relaxed, healthy body and mind are the sum of what we receive from the energy of deep breathing. We need the energy of food, but we can live for a LONG time without it. We need the energy of water, but we can live for days without it. Without the energy of the breath we can only live minutes. We need the breath to survive. We need the practice of controlling the energy of the breath to THRIVE!!!

It's SPRING ...
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You Must Be Joking!!



Answers to a pop quiz: It's soon time for summer vacation— teachers do need a rest.

Q. Name the four seasons?

A. Salt, pepper, mustard and vinegar.

Q. How is dew formed?

A. The sun shines down on the leaves and makes them perspire.

Q. What guarantees may a mortgage company insist on?

A. If you are buying a house they will insist that you are well endowed.

Q. What happens to your body as you age?

A. When you get old, so do your bowels and you get intercontinental.

Q. Name a major disease associated with cigarettes?

A. Premature death.

Q. What is artificial insemination?

A. When the farmer does it to the bull instead of the cow.

Q. What is the fibula?

A. A small lie.

Q. What does 'varicose' mean?

A. Nearby.



Q. Give the meaning of the term 'Caesarean section.'

A. The caesarean section is a district in Rome.

Q. What is a seizure?

A. A Roman Emperor.

Q. What is a terminal illness?

A. When you are sick at the airport. (irrefutable)

Q. What does the word 'benign' mean?

A. Benign is what you will be after you be eight. (brilliant)

Submitted by Bruce Bousher

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Daffodil: Regard, Unrequited love, Respect

Dahlia: Dignity and Elegance

Daisy: Loyal Love, Gentleness, Innocence

Dandelion: Faithfulness, Happiness, Love's oracle

Lily of the Valley: Return of happiness, Humility

Tiger Lily: Wealth, Pride

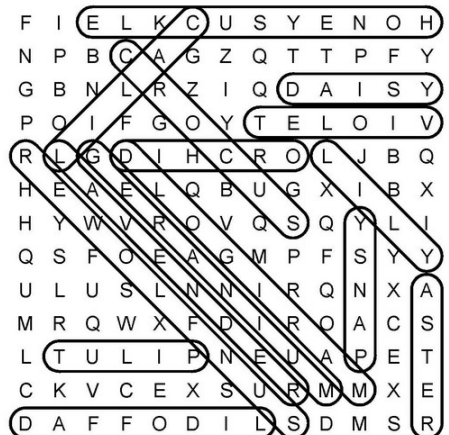
Violet: Faithfulness, Modesty

Tulips : Love and Passion

Rose: they all have many meanings of love depending on the colour



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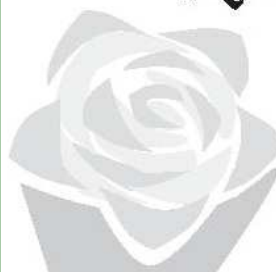
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You Must Be Joking!!

Bob suddenly realized his wife had fallen off his horse, which was quite a relief to him as just an hour earlier he thought he'd gone deaf.



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



The Elwood, Norenberg, Pikor family and friends enjoyed a wonderful holiday in Torre De Passeri with Amazing Abruzzo Tours Italy.



Brad, Ayden, Kristina, and Ben Ziegler took their Outlook along on a day trip to this beautiful lake at Mirador de Catarina, Nicaragua. They visited Nicaragua on a day trip from Costa Rica.



Ken & Sheila Snyder took the Baden Outlook to Volcano Hawaii with Steve and Tricia Preston and grand kids Lucy, Nathan and Anna.

Bob and Jean Ann Norman from Foxboro Green took the Baden Outlook to Ho Chi Minh City. They are standing in the square beside the former American Embassy from which the last American Forces were evacuated by helicopter on April 29 1975, thus ending the Vietnamese War.



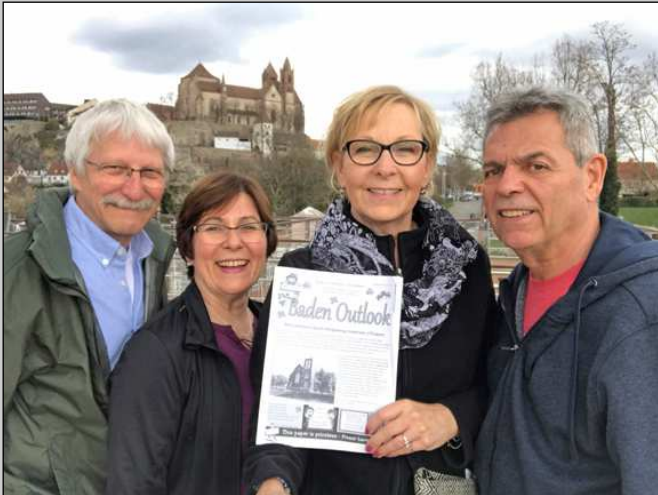
Glen and Dianne Whaley and Donna and Bob Grigg took their Outlook along to Rock Hill, South Carolina to do some golfing and take in the annual BMX International Competition.

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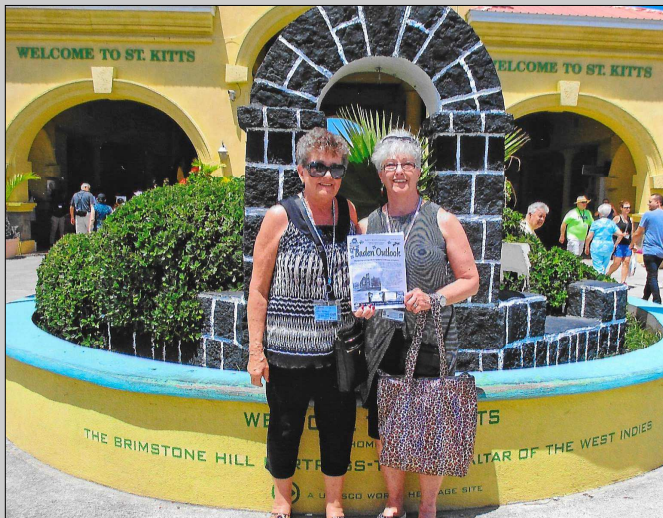
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Barry & Joanne Stemmler along with Rich & Diane Fritz went on a Viking River Cruise on the Rhine River and took the Baden Outlook along for the trip!



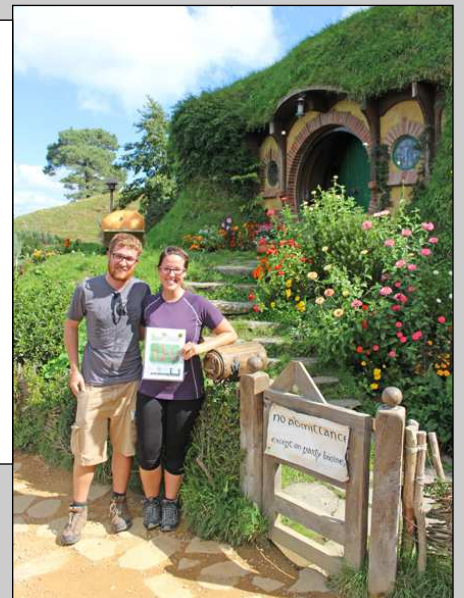
Doug and Barb McCutcheon of New Hamburg recently took the Baden Outlook to Angor Wat in Cambodia.



The Baden Outlook went on vacation with Doreen Bryden and Jane Eichler on a Caribbean Cruise and stopped at St. Kitts.

Ryan and Jalyssa Brink were recently in New Zealand as they continue to travel the world with their Baden Outlook. Sharing their travel photos has been very special for Jalyssa as her Grandma Glasser looked for them every month...

We are sorry to hear that she has recently passed away, these photos are now tribute to her.



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Now is the time of year to think about your liver and plan to give it some LOVE!

With a few leaves of unsprayed dandelions and 1 cup of spinach that are the first local fresh vegetables of the season, you can make up a yummy smoothie adding ½ cup of last year's antioxidant-rich frozen berries, ¼ cup of fibre-rich and healthy fat filled avocado, and 1 cup of your favourite nut milk. The bitterness of dandelion is beneficial for the liver and gallbladder to produce bile, improving the digestion of fats. You may also want to add 2 tsp. of a wholesome sweetener such as honey or maple syrup. Think of the good you are doing to improve the function of your liver.

Carrot and Cauliflower Soup

This is a soup that can easily be a meal. It has several good liver foods such as carrots, cauliflower, and onions. Cannellini beans help stabilize blood sugar, and there are plenty of foods for the health of the gut bacteria as well. Topping (do not cook) with either hemp seeds or canned salmon adds some valuable essential fatty acids.

Serves 2—Ingredients:

- 2 tbsp olive oil
- 4 tbsp white onions
- 3 cups bone broth or veggie broth
- 2 medium carrots, sliced
- 2 small Yukon gold potatoes, cut into one-inch pieces but not peeled
- 1 1/2 tsp dried oregano or 1 1/2 tbsp fresh
- 3 cups cauliflower, chopped
- 1 cup cooked, rinsed cannellini beans
- Juice of 1 lime
- Sea salt and pepper to taste
- 1/4 cup sauerkraut, yogurt or coconut yogurt
- Optional: 1 small can salmon, drained and rinsed, or 2 tbsp hemp seeds

Instructions: Place the olive oil and onions in a saucepan over medium-high heat and lightly sauté. Add the broth, potatoes, and carrots. Bring to a boil and lower to simmer. Cover and let it simmer for 10 minutes. Add the cauliflower and simmer for another 7 minutes. Add the cannellini beans and heat through. Add the lime juice and season with sea salt and pepper. Serve with sauerkraut or yogurt.

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In a recent Ted talk, titled “Everything You Think You Know About Addiction is Wrong” the speaker Johann Hari, suggests that the opposite of addiction is not sobriety, its connection. This is a profound statement which echoes a theme that various addiction specialists in the 21st century have espoused for years — that addiction is not about the pleasurable effects of substances; it’s about the user’s inability to connect in healthy ways with other human beings. In other words, addiction is not a substance disorder, it’s a social disorder.

At the core we are social creatures who long to be in connection with each other. We need stimulation, company, play, drama, intimacy, and interaction to stay happy. Fundamentally, we need to be able to trust and to emotionally attach.

This human need for trust and attachment was initially studied and developed as a psychological construct in the 1950s, by John Bowlby. In a nutshell, he found that infants, toddlers, and young children have an extensive need for safe and reliable caregivers. If children have that, they tend to be happy in childhood and well-adjusted (emotionally healthy) later in life. If children don’t have that, it’s a very different story. In other words, it is clear from Bowlby’s work and the work of later researchers that the level and caliber of trust and connection experienced in early childhood carries forth into adulthood. Those who experience secure attachment as infants, toddlers, and small children nearly always carry that with them into adulthood, which helps them to trust and connect in healthy ways. Meanwhile, those

who don’t experience secure early-life attachment tend to struggle with trust and connection later in life.

It is important to note that people with insecure attachment styles are not locked into this approach for life. With proper guidance and a fair amount of conscious effort the individuals who were not graced with secure attachment in childhood (and therefore the ability to easily connect in adulthood) can learn to securely attach — usually through therapy, support groups, and various other healthy and healing relationships — creating over time what is known as “earned security.”

For those who are parents (all adults for that matter, uncles, aunts, coaches, teachers, etc), it is essential to lean into the joyful responsibility to attach to your children. This can feel like a daunting responsibility. It is important and yet it does not need to be overwhelming. Intentional commitment to a few good and simple habits of connecting throughout a child’s growing years can make a big difference in his/her ability to emotionally attach, to form connection with self and others. The good news is you are likely already engaging with your child in activities that promote a strong parent-child relationship. Activities to connect together as parent-child: reading, art, music, being in nature, physical touch, cooking and eating together, board games, writing, and on and on. The importance is that we discipline ourselves to intentionally be with our children, to laugh, play, and share life together.

Adapted from Psychology Today article by Robert Weiss, posted September 30, 2015



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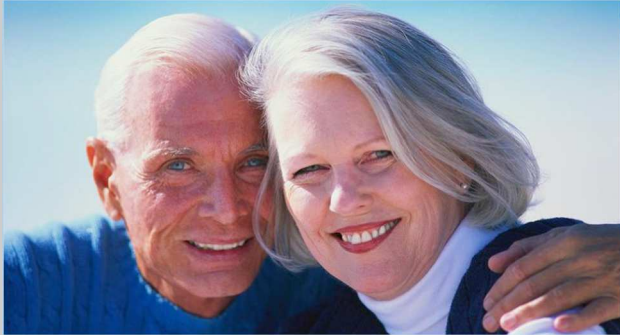
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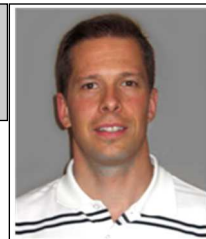
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EVERYDAY ACTIVITIES THAT MAY BE HURTING YOUR BACK

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



80% of all Canadians will suffer at least one significant episode of back pain in their lives. Back pain prevention can go a long way in reducing the risk of injury. Below are some tips on how to overcome some of the common everyday activities that can contribute to back pain.

1. Improper lifting is a risk factor associated with back pain. There are several strategies that should be employed during lifting activities. Maintaining the natural curve/hollow (lordosis) of your low back is important, as this is its strongest and most secure position. Avoid awkward postures such as bending, reaching, and twisting/turning. Whenever possible, you should square your body toward the object being lifted, turn your whole body by moving your feet, and keep the object close to your body. Contracting your abdominal muscles during lifting, lowering, and moving activities improves spinal stability, referred to as bracing. You should also bend at the legs and not the waist, lifting slowly and smoothly, not jerking. Minimizing lift load and exposure, taking mini-breaks, and job rotations can be helpful. The use of assistive devices such as dollies, handgrips, and pull carts is also recommended.



2. The physical strain of sitting. People who sit for prolonged periods of time may adopt a poor posture that includes losing the natural hollow of the low back, along with rounding or slouching of the upper back and shoulders. These less than ideal positions put cumulative compression and strain on the spine. Take 10 to 30 second stretch or posture breaks every 20 to 40 minutes to make sure weight is evenly distributed, your shoulders are not rounding forward, and you are not slouching.

3. Working in stooped positions.

When we keep our backs in a neutral/straight position, the mechanical load on the spine is considerably lower than when your back is bent forward. Many activities around the home and workplace cause you to bend forward and stoop. The longer you work in these forward bent positions, the more likely you are to experience back problems. In order to minimize the risk of injury, you should interrupt the stooped position at regular intervals before pain starts. Trying to find alternative ways of completing tasks without stooping is ideal.



4. Smoking contributes to an increase in spinal problems. Smoking has been shown to decrease bone mineral density and increase the risk of osteoporosis and future fractures. The reduced blood circulation found in smokers deprives spinal tissues of vital nutrients which can lead to premature degeneration. Smoking may also provoke disc herniation through coughing. Exposure to secondhand smoke during childhood may also increase the risk of developing back problems later in life.

5. Lack of physical activity de-conditions the body. This makes us more susceptible to cumulative spinal strain and injury. Regular exercise increases our functional capacity to withstand occupational, recreational, and everyday stresses on our back more efficiently, thereby minimizing the risk of injury.

For some, back pain can be dramatically minimized or avoided; while for others it needs to be managed so that its negative effects on activities of daily living can be reduced. If you are suffering from back pain, a qualified health professional can determine the cause of your pain and prescribe appropriate therapy, exercises, and back sparing 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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The Roaring Twenties, theatrical costumes, a birthday, an anniversary -- these are only some of the exciting new exhibits and events happening this year at Castle Kilbride. There's lots going on in 2018 ... we're sure you'll agree it's all the bee's knees!



The exhibit **“The Roaring Twenties - Childhood Dreams”** celebrates what would have been the 100th birthday of Laura Louise Livingston. Laura Louise was a little girl during the 1920s, and this exhibit celebrates that exciting decade. Dancing, world travel, new fashions, and more are documented as Laura Louise would have enjoyed them. On exhibit until January 6, 2019.

Flappers and jazz babies, dust off your pearls! **“Dramatically Deco”** also explores the 1920s with a focus on one of Laura Louise’s favourite things: the Stratford Festival. This exhibit, in partnership with the Stratford Festival Archives Museum, features costumes from plays set in the 1920s, including costumes worn by Brian Bedford, Cynthia Dale, and Maggie Smith. On exhibit until November 11, 2018.

Did you know that Kate Middleton’s wedding bouquet contained Sweet William to symbolize gallantry, and hyacinth to represent the constancy of love? This year’s third exhibit is **“Bouquets of Bliss,”** a celebration of floriography, the Victorian coded language of flowers. Floral artifacts from Castle Kilbride’s collection form a special exhibit in honour of the Wilmot Horticultural Society’s 50th anniversary. On exhibit until September 9, 2018.

2018 will also be buzzing with events, starting with **Mother’s Day** on May 13th. On Mother’s Day this year, all mothers will receive complimentary admission. **Laura Louise’s 100th Birthday** is celebrated on Thursday, May 24th with an open house, including refreshments with cake. Admission is by donation. And of course, fathers aren’t forgotten: all dads will receive complimentary admission on **Father’s Day**, June 17th.

This year’s very popular tea and tour days will be a special take on a timeless favourite. **Twenties Tea and Tour** takes place on weekdays in June and August; this summer features staff in 1920s costumes. Enjoy a guided tour of the Castle, followed by lemon chiffon tea, sweets, and cucumber sandwiches on the front lawn. The cost is \$15 per person; contact Castle Kilbride for reservations.

There’s excitement for young visitors, too.



Wonderful Wednesdays Camp is a one-day camp on July 11 and July 18. July also features the week-long **Summer Castle Camp**, immersing children in history with fun activities, crafts, and Castle tours. This year’s theme is “Medieval Me,” and →



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runs from July 23 - 27 for ages 5 - 10. Pre-registration and pre-payment is required for both camps; contact the Castle today, as spaces fill fast!

Of course, summer wouldn't be complete without the **Castle Kilbride Outdoor Summer Concert Series**. Thursday evenings from June 21 to August 30, bring your lawn chair and enjoy unique music on the front lawn from 7:00 - 8:00 pm.

Finally, 2018 sees a historic addition to our Township: on June 28th, another statue of a Canadian Prime Minister will be unveiled at 6:00 pm, right before that evening's outdoor concert. *Be sure to mark your calendar ... you'll want to be there when the **Right Honourable Kim Campbell** joins the Prime Ministers Path.*

From Victorian flowers to a 100th birthday, 2018 will be a busy year! Watch the Baden Outlook for updates, or visit castlekilbride.ca. You can also call 519-634-8444 for event registrations or with questions. Don't forget to practise your Charleston ... we're betting you'll want to twenty-three-skidoo your way to the Castle!



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Happy Mother's Day!



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Pastor Susan Allison-Jones
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New Hamburg Thrift Centre
41 Heritage Drive
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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

You Must Be Joking!!

Who was the greatest Financier in the Bible? NOAH, he was floating his stock while everyone else was in liquidation!!!!



"To err is human!" Mistakes can happen

One can make a mistake... But finding the right word at the right time, this is the secret of diplomacy. Mistakes can happen.

A new business was opening and one of the owner's friends wanted to send him flowers for the occasion. They arrived at the new business site and the owner read the card, "Rest in Peace." The owner was angry and called the florist to complain. After he had told the florist of the obvious mistake and how angry he was, the florist replied, "Sir, I'm really sorry for the mistake, but rather than getting angry, you should imagine this... Somewhere there is a funeral taking place today, and they have flowers with a note saying, 'Congratulations on your new location.'"

Thank You Volunteers, Donors and Customers for 30 Great Years!

Spring is finally here, and it's time to get out and enjoy the sunshine and warm weather! What can look better on a warm, sunny day than perennial plants growing up through the soil, promising blooms and beauty? Perennials don't need to be replanted year after year, and with some simple trimming and care they can provide years of pleasure and enjoyment.

We have been helping people live their outdoor dreams for 30 years at the New Hamburg Thrift Centre Perennial and Garden Sale. From modest beginnings in 1988, the sale project founded by Marg Weber has grown into a team of 100+ volunteers maintaining a garden centre supplying perennial flowers, shrubs and trees. A supply of donated fertilizer, garden tools, planter pots and decorative items is also available to help enhance your yard and enjoyment of the outdoors! The selection changes daily as new donations are put up for sale.

You can feel good about your purchase, because not only will you get great plants and garden items at large discounts, but you will also be helping hundreds of people around the world. All proceeds from the sale directly benefit the work of Mennonite Central Committee. We are a non-profit organization, focussing on relief, community development, and peace organization both in Canada and in over 50 countries worldwide.

Plant enthusiasts are encouraged to share their perennials by donating plants (in 6" – 8" pots if possible) after they are divided in the spring. Identifying donations with the plant name and colour is helpful. Donations of garden tools, decorative pots and garden accessories are also accepted. All donations are accepted during our sale hours.

Sale hours (May 1 – May 31) are Monday to Thursday 9 a.m. - 5 p.m., Fridays 9 a.m. – 8 p.m. and Saturdays 9 a.m. – 4 p.m (closed Sundays)

For more information, please contact Mark Patfield or call 519-662-2867. The New Hamburg Thrift Centre is located at 41 Heritage Drive, New Hamburg. www.newhamburgthrift.com

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Time To Move Up



This month I wanted to give you an insiders look at the April Real Estate Market. There is a really interesting dynamic going on in our local market right now; the gap between the higher priced homes and lower priced homes is closing.

Let me explain what this means using some numbers. In the last 30 days there were 91 lower priced homes sold in our area. For the purposes of this example I am defining lower priced home as homes listed between \$350,000 and \$450,000. On average homes in this price range sold for asking or above asking price, sometimes even well above asking price. On the other hand, in the last 30 days if you look at higher priced homes, ones listed between \$600,000 and \$900,000 in our area, there were 57 that sold. These higher priced homes sold on average at asking price or below asking price. There were a few exceptions to this because the occasional home is beautifully decorated, or one of a kind, or in an amazing location but on average these higher priced homes sold for less.

So what does this mean for you? If you are looking to move up in real estate, this might be the time for you. Perhaps you need more space or you are looking to move into a neighborhood that is closer to specific amenities or schools. If you can sell your home for more and can buy a home for less you can take advantage of the narrowing gap in the market.

This is just one thing that I love about real estate. If you are paying attention to the numbers you can find pockets in the market that pop up that you can use to your advantage. By tracking these numbers I can help people to buy and sell at the right time!

If you are excited by these numbers or want to know what your home might be priced at in today's market I would be happy to discuss this further with you. Email me at jonlambert@remax.net to let me know your thoughts.

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As the unmanned
\$12 million yacht
drifted away, its
inexperienced owner
looked on from the
dock in horror...

an ironic uncoupling of the
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discovers that she has royalty in her DNA.
Forecast: *Claudia, with a Chance of Reign*

At the famous *Thick-Cut Chip Truck*, Ned's
buddy ranted without pause, then
conveniently took a call as the bill arrived.
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into his meal, but...
he couldn't get a turd in wedge-fries.

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THE CLOTHESLINE

A clothesline was a news forecast, to neighbours passing by,
There were no secrets you could keep,
when clothes were hung to dry.



It also was a friendly link, for neighbours always knew
If company had stopped on by, to spend a night or two.
For then you'd see the "fancy sheets", and towels upon the line;
You'd see the "company table cloths", with intricate designs.
The line announced a baby's birth, from folks who lived inside,
As brand new infant clothes were hung, so carefully with pride!
The ages of the children could, so readily be known
By watching how the sizes changed, you'd know how much they'd grown!
It also told when illness struck, as extra sheets were hung;
Then nightclothes, and a bathrobe too, haphazardly were strung.
It also said, "On vacation now", when lines hung limp and bare.
It told, "We're back!" when full lines sagged, with not an inch to spare!
New folks in town were scorned upon, if wash was dingy and gray,
As neighbours carefully raised their brows, and looked the other way.
But clotheslines now are of the past, for dryers make work much less.
Now what goes on inside a home, is anybody's guess!
I really miss that way of life; it was a friendly sign
When neighbours knew each other best, by what was hanging on the line.

New Hamburg Royal Canadian Legion

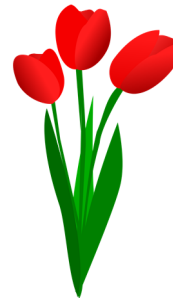


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Hall Rentals

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Yay, it's May! Finally the worms are available and not beneath the snow or frozen mud. I'm a bit noisy right now as I have much to do before the babies arrive. If you hear my chirping after dark that means I am still looking for a mate...wish me luck!



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May 20, 2018



TO REGISTER CONTACT:

Chris 519.656.2034 - stevechrisbender@hotmail.com
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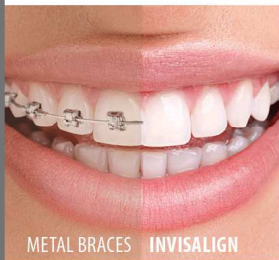


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“An addiction to gardening is not all bad when you consider all the other choices in life.” ~ Cora Lea Bell



Planting season is here!!! It seemed like that day would never come. Here are some things to keep in mind this spring.

In our enthusiasm, we often start too many plants of one type. Consider your family’s needs. Are you always giving away zucchini? Cut back. Take time to harden off the plants that have been in your house or greenhouse before bringing outside full time. Start with a couple of hours and add an hour or so per day so that plants adjust to temperature and especially to sun. Warm weather plants such as peppers, beans, melons, cucumber, tomatoes and eggplants need 16 to 20 C soil temperatures. If they’re planted in cold soil, growth will be stunted.



Mix it up in the flower beds. Add herbs and some vegetables, many of which look lovely. Some of the cold weather veggies such as lettuce can fill a bare spot which may be covered later by your perennials once the lettuce is harvested. All those lovely blooms at the garden centre are so tempting, so go with a list!! If you want a continuous show of flowers, go to the garden centre throughout the growing season so that you have something blooming all year, and try to add native plants. Read the labels of the plants and plant in the right soil type. For success, location, location, and location are important!! That means the plant is going in the preferred soil type, correct growing zone (we are 5b), and the right amount of sunlight.



Watering is also critical for new plantings. Even if it is drought tolerant, the root system needs to be mature for this to happen. For trees, this can mean at least 2 summers of watering. Water in the morning, at the root level, and preferably use tepid water. Watering at night promotes fungal diseases, slugs and snails. Keep plants dry at night. And don’t forget to invest in rain barrels.



To provide monarch butterfly food in your garden, there are several types of **milkweeds** that can be grown depending on your site (soil type, moisture and light). *Asclepias syriaca* is the common milkweed we are most familiar with that grows in fields and ditches. This is a great one to grow and the blooms are very fragrant, but the roots like to go everywhere, so beware. *Asclepias incarnate* (swamp milkweed) needs moist soil, is native, and is well-behaved. The easiest to grow and best behaved is *Asclepias tuberosa*, a native species of milkweed. It is a perennial plant growing to 0.3–1 metre tall in a bush shape, with clusters of orange or yellow flowers from early summer to early autumn. It is very drought tolerant; I really enjoy this milkweed in my flower border.



WHS’s next meeting is at 6:00 pm, Monday June 11th, with a **Potluck/Picnic** for Wilmot Horticultural **members** and their families **ONLY**. \$2/person. Contact: wilmothortsociety@gmail.com for more information or call Judy Yutzi 519-662-2006.

Keep your fingernails and knees dirty!

www.gardenontario.org/site.php/wilmot email: wilmothortsociety@gmail.com



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For further information contact:
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