



**Kortright Hills**  
-Your Neighbourhood Group

“creating a village in the city”

**Please Contact Us**

We are located in the community room at  
**Kortright Hills Public School**  
23 Parmigan Drive Guelph, ON NIC 1B5  
519.993.5264 [khng@bellnet.ca](mailto:khng@bellnet.ca) www.khng.ca

**Our Boundaries**

**North** – Downey and Niska Rd from Hanlon to Waterfowl Park - North to Stone Road

**East** – Hanlon Expressway;

**West** – City Limits;

**South West** – City Limits to Downey Rd;

**South East** – Teal Dr. from Downey to Hanlon.

**October 2017 issue**

Visit us on the Web: [www.khng.ca](http://www.khng.ca)

**Banananza**

**KHNG 8th Annual Halloween Party!!!**

Kortright Hills P.S. Gym

**Saturday, October 28th, 2017**

**1:00 to 4:00 pm**

Halloween Games, Activities, Crafts, Wear your Costume, Photo Booth, Mad Science Lab by KHNG & Let's Talk Science, Face Painting by Cleo & Her Painting Pals, Cartooning Photo's by Pablo, Illusionist Magic Show 1:30-2:15 by Magic Dan The Making Box Improv Show 3:00-3:45pm, Door Prizes and Concession items available \*\*

\*\* Small Charges Apply

Volunteers Needed, Sign Up Today at: [www.SignUpGenius.com/go/5080F4EAEAE2FAB9-khng4](http://www.SignUpGenius.com/go/5080F4EAEAE2FAB9-khng4)

**Join us Saturday afternoon for a Pre-Halloween party!!**

For more information contact Leone [khng@bellnet.ca](mailto:khng@bellnet.ca)

Many thanks to our sponsors this year:



For more information email [khng@bellnet.ca](mailto:khng@bellnet.ca) or call 519.993.5462 or visit [www.khng.ca](http://www.khng.ca)



# Garden Fresh Box



"creating a village in the city"

- Garden Fresh Box is a non-profit produce buying program that provides you with affordable fresh fruit and vegetables, while supporting local farmers!!
- EVERYONE IS WELCOME to participate in the Garden Fresh Program

### How it works:

**ORDER** by the first Tuesday of each month

- ⇒ **PICK-UP** on the third Wednesday of the month between 5-7pm
- ⇒ Typical boxes contains 9-14 vegetables and 2-5 types of fruit
- ⇒ **LARGE Box \$20, SMALL Box \$15**



### **WEBSITE:**

<http://www.guelphchc.ca/pages/healthy-living/food-health/garden-fresh-box>

**KHNG is your local host site order your Garden Fresh Box Today!! Email: [khng@bellnet.ca](mailto:khng@bellnet.ca)**

### **Order and Pick Up Dates:**

#### **Order & Pay By:**

Fri Oct 6th  
Fri Nov 3rd  
Fri Dec 8th

#### **Pick-Up**

Wed Oct 18th  
Wed Nov 15th  
Wed Dec 20th



Visit  
[www.khng.ca](http://www.khng.ca)

Official KHNG website Check it out!!  
Register and become a member

#### **Our website offers:**

Current events                      Monthly calendar  
Discussion forum                  Quarterly newsletters  
Minutes of our meetings  
Current programs available

**Become a member, register now!!**

**Join KHNG on Facebook**



[facebook.com/KortrightHillsNeighbourhoodGroup/](https://facebook.com/KortrightHillsNeighbourhoodGroup/)

and 'like' the page. It's a great place to share ideas, photos and link with other neighbours

Follow us on Twitter  @KhngHills

### **KHNG Presents KASP (Kortright After School Program) 16 Wks of "KASP" Fall Program**



- Monday** - Arts
- Tuesday** - Theatre, Music or Movie
- Wednesday** - Sports Day
- Thursday** - Book & Games Day
- Friday** - Everyday Science (pets, plants, cooking & more)

**Who:** Students from \*JK – Grade 6  
**What:** 16-week Recreational & Educational After School Program  
**Where:** Kortright Hills Community Room  
**When:** Mon, Tues, Wed, Thurs and Fri 3:20 - 5:30pm - Sept 5 - Dec 22, 2017  
**Cost:** \$12 per day (cheques payable to Kortright Hills Neighbourhood Group)

#### **Fun Recreational Programming!**

Each day may include special guests, creative projects and recreational play opportunities for all ages. Pick any day and join us at KASP or pick all five!

\*JK and SK students will be escorted to the community room after school by a KASP staff member

**Parent/Student Volunteers Needed!** Email if you are able to volunteer in the program for any or all of the sessions.

For more information or to register, please email Leone [khng@bellnet.ca](mailto:khng@bellnet.ca)

**Limited Spaces Available, Register Today!!**





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### Welcome!

If you are new to the Neighbourhood, we extend a warm welcome to you and your family! Please consider joining us for our regular monthly meetings to help plan social & recreational events.

### Thank You!

A special ‘thanks’ goes to all of our volunteers and community partners, 26th Guelph Scouting Group, Kortright Hills Public School and the GNCS. Your support for our neighbourhood is greatly appreciated!

### Stay

### Informed:

To get email updates of our neighbourhood events delivered right to your inbox, please send your request to [khng@bellnet.ca](mailto:khng@bellnet.ca). Also watch for our new A-frame signs telling you that new information is posted on our website.

# Fall Programs!



**PHOTO CLUB:** Welcomes new members who are interested in digital photography to meet in the community room at Kortright Hills PS the first **Monday of each month at 7:00pm**. Contact Wendy Spicer for more information: [spisss@rogers.com](mailto:spisss@rogers.com).

**NOTE MEETING DATES: Oct 2nd, Nov 6th & Dec 4th**



**SCOUTS:** Do you enjoy camping, making new friends, developing leadership skills and much more? If so, the **26th Scout Group** is the group for you. Registration is available in all sections for the 2016/2017 scouting year

- Beavers ages 5-7 meet Mondays 6:30-7:30**
- Cubs ages 8-10 meet Wednesdays 6:30-8:00**
- Scouts ages 11-14 meet Tuesdays 7:00-8:45**
- Venturer ages 14-17 meet Mondays 7:00-8:45**

The above scouting programs meet at Kortright Hills Public School. Contact 26th Guelph Registrar Leone 519.821.6948 or email: [26thguelph@w.scouters.ca](mailto:26thguelph@w.scouters.ca) for further information.

### Action Read Early Literacy Program:

**September 11-December 22, 2017** Join us for **free** literacy and numeracy programs! Enjoy story-time, number and language games, songs, rhymes, word play, puzzles, crafts and nutritious snacks. Gain ideas, tips and resources for early literacy activities at home. Caring and nurturing staff, qualified in Early Childhood Education.

Programs operate on a ‘first come, first serve’ basis in locations throughout Guelph. They are open to parents or caregivers with children aged newborn to 6 years. Register at the program site. All programs begin the week of September 11th, except for the HOPE House location, which begins September 29th.

For more information, or to check if a site is full, please call 519-836-2759. **KHNG site is Thursdays**



**KORTRIGHT HILLS  
NEIGHBOURHOOD GROUP  
NEW PHONE NUMBER  
519.993.5264**

## WE WELCOME YOUR PARTICIPATION & NEED YOUR HELP

Can you help us continue to deliver social and recreational programs for our community? In the coming months we are seeking your assistance with:

- \* Planning of upcoming events (Boonanza, Youth Nights and other events in 2018 etc.)
- \* Becoming a leader with 26th Scout Group
- \* Volunteering with KHNG



If these or similar opportunities are of interest to you, contact us today at [khng@bellnet.ca](mailto:khng@bellnet.ca). Your help is needed – call or e-mail us today!!

### Mark your calendars to attend KHNG upcoming Events:

#### **KHNG Monthly meeting/social:**

Monday Oct. 23, 2017 Thursday Nov 16, 2017 \*\*

Thursday Dec 21, 2017 \*\*

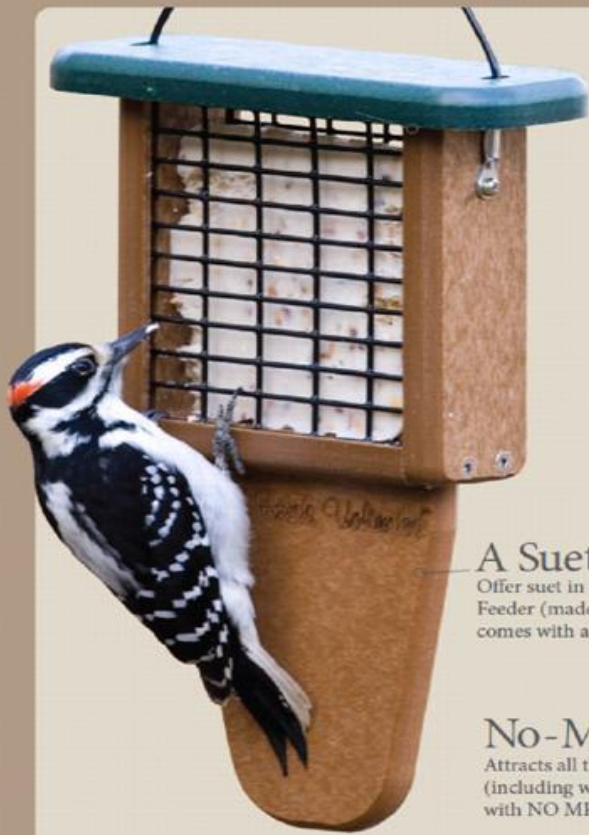
\*\* Meeting dates may change, visit website for correct dates

- \* Garden Fresh Box Pick Up - Wed Oct 18th, Nov 15th and Dec 20th, 2017
- \* Boonanza - Saturday Oct 28, 2017 1-4pm
- KHNG Youth Nights - Oct 13th, Nov 3rd, Dec 1st & Dec 15th
- Join us for Quidditch by U of G

Visit **KHNG website** for up to date events: [www.khng.ca](http://www.khng.ca) and consider getting involved with **YOUR Neighbourhood Group** Join us the 3rd Thursday of each month at 7:00 pm in the Community Room!



# We Can Help You Attract Woodpeckers



## Share the Fun!

Introduce someone to bird feeding with our Flying Start® Combo.



## A Suet-able Treat

Offer suet in our EcoTough® Suet Feeder (made of recycled milk jugs); comes with a lifetime guarantee.

## No-Mess Blend

Attracts all the birds (including woodpeckers) with NO MESS.



Wild Birds Unlimited®  
Nature Shop

Visit Us! 951 Gordon Street (@Kortright)  
Guelph, ON N1G 4S1  
(519) 821-2473



Bird Feeders • Hanging & Mounting Hardware • Bird Houses • Bird Seed • Bird Baths • Garden Accents • Unique Gifts



It starts with Scouts.

**26th Guelph**

**Scouting Group**

Looking for volunteers to help  
run our scouting programs  
in the Fall:

Beaver Scout, Cub Scout,  
Scouts, Venturer Scout

If interested please contact

Paul Schadenberg  
Commissioner  
26th Scout Group  
519-821-6948



Kortright Hills  
-Your Neighbourhood Group



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DON'T FORGET TO FALL BACK

**Sunday  
November 5, 2017**



# Get free dental care for children and youth

Call 1-800-265-7293 ext. 2661

We offer free dental services for eligible children up to and including age 17. Your child may be eligible if the cost of care would be a financial hardship.

**Our services help  
prevent cavities.**

We can:

- Clean teeth
- Apply fluoride
- Coat teeth with sealants
- Show you how to brush



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### Preventive Dental Clinics

**Fergus** – 474 Wellington Road #18

**Guelph** – 160 Chancellor's Way / 20 Shelldale Crescent

**Mount Forest** – 311 Foster Street

**Orangeville** – 180 Broadway

**Shelburne** – 167 Centre Street

Ask about other community locations near you.



## KHNG FALL YOUTH NIGHTS!!

**FREE** Multi-Activity Nights

Youth: 8+ Years Old 7:00 pm - 9:00 pm

Kortright Hills Public School Gym or KHNG Community Room

**Friday October 13, 2017 - Quidditch**

**Friday November 3, 2017 - Quidditch**

**Friday December 1, 2017 - Quidditch**

**Friday December 15, 2017 - Quidditch**

All welcome, bring your friends & family for a night of fun.

Healthy snacks provided!!

(youth nights will only run if we have enough volunteers)

For more info or to volunteer email: [KHNG@bellnet.ca](mailto:KHNG@bellnet.ca)

Kids join Scouts for amazing experiences they can't find anywhere else. Scouts is the start of something great. Find out how to become a Scout today!

Register now for the 2017/2018 Scouting year.

**Beavers** ages 5-7 meet **Mon 6:30-7:30**

**Cubs** ages 8-10 meet **Wed 6:30-8:00**

**Scouts** ages 11-14 meet **Tues 7:00-8:45**

**Venturer** ages 14-17 meet **Mon 7:00-8:45**

Email: [26thguelph@w.scouter.ca](mailto:26thguelph@w.scouter.ca) to register or for more info.

**REGISTER ONLINE TODAY!** [Scouts.ca](http://Scouts.ca)

1-888-855-3336



It starts with Scouts.

## Want to Advertise in KHNG Quarterly Newsletter:

**KHNG** sends an electronic newsletter out four times a year, next issue January 2018. If you wish to advertise your business, a small sponsorship fee will apply. Share your favourite recipe with your neighbors, write an article of interest or if you are a student looking to offer your services (i.e. babysitting, shoveling snow, cutting/raking the lawn) and wish to put your information in our newsletter E-mail [khng@bellnet.ca](mailto:khng@bellnet.ca). This is a great way for Kortright Hills Neighbourhood to come together by sharing thoughts, talents and services available, neighbors helping neighbours.



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## Kortright Hills Classifieds!!



### Community Volunteers Needed!!

#### Volunteers Needed for "KASP" Program

Kortright After School Program need volunteers to assist with this program. KASP runs Mon, Tues, Wed and Thurs, 3:20 to 5:30 pm, students JK to Gr. 6. This would be a perfect opportunity for stay-at-home parents, grandparents and/or high school/university students to give back to the community.

If interested please contact Leone [khng@bellnet.ca](mailto:khng@bellnet.ca)

#### 26th Guelph Scouting Group

Do you enjoy the outdoors? Do you love to work with children aged 5 to 17? Become a volunteer leader at the 26th Guelph Scouting Group. For further details contact

[26thguelph@w.scouters.ca](mailto:26thguelph@w.scouters.ca)

### Convert Your VHS to DVD

VHS to DVD conversion service.

I'll convert your old VHS, mini DVC tapes and 8 mm tapes to a DVD. Only \$10/tape (up to 2 hours). Contact [519-823-8185](tel:519-823-8185) or [DVDtransferGuelph@gmail.com](mailto:DVDtransferGuelph@gmail.com)

### 26th Guelph Scouting Group

#### Join The Adventure of 26th Guelph Scouting Group

Interested in joining BEAVERS, CUBS, SCOUTS, VENTURERS...

#### Register now!!

The 26th Guelph Scouting Group meets at the Kortright Hills Public School gym.

Beavers ages 5-7 meet Mondays 6:30-7:30

Cubs ages 8-10 meet Wednesdays 7:00-8:30

Scouts ages 11-14 meet Tuesdays 7:00-8:45

Venturers ages 14-17 meet Mondays 7:00-9:00

For more details contact Paul 519-821-6948 or

email: [26thguelph@w.scouters.ca](mailto:26thguelph@w.scouters.ca)



It starts with Scouts.

### Contact KHNG:

[www.khng.ca](http://www.khng.ca) \* [khng@bellnet.ca](mailto:khng@bellnet.ca) \* 519-993-5264

### 26<sup>th</sup> Guelph Annual Scout Bazaar

#### 26<sup>TH</sup> GUELPH ANNUAL SCOUT CRAFT BAZAAR VENDORS NEEDED!!

Calling ALL crafters, hobbies, small business owners anyone with creative flare!! 26<sup>th</sup> Guelph Scouting Group is happy to announce the 6<sup>th</sup> **ANNUAL CRAFTER'S BAZAAR**. We are looking for individuals who have unique, one of a kind handmade crafts for sale like knitting, quilting, jewelry, photos, pottery, paper crafts who would like to participate. **When:** November 18th 2017 10am-3pm

**Where:** Kortright Hills Public School 23 Ptarmigan Drive, Guelph, ON; **Why:** To help our Scouting Youth and Volunteers attend annual camps and Jamborees. Want more information please contact: Paul or Leone 519-821-6948, or email: [26thscoutscraft2016@gmail.com](mailto:26thscoutscraft2016@gmail.com)

### Elder Care Services

#### Options 4 Care - Elder Care Coordination Services

Locating elder care can be stressful... but it doesn't have to be.

Determining the next steps for you or a beloved family member can feel uncomfortable or overwhelming. It's challenging to identify what support services may be required to best fit your needs.

Let an experienced elder care coordinator help you make a personalized plan of action for the future and locate the resources to make that plan a reality.

Contact Rochelle Horlings

[Options4care@rogers.com](mailto:Options4care@rogers.com)

[www.options4careplanning.com](http://www.options4careplanning.com)

519-362-3176

### Kortright Hills Neighbourhood Opportunities

#### KHNG Community Room

Are you looking for a place to hold a community meeting, start a club, provide a workshop or have an idea for adult or children programs? Would you like to share your time/ideas with the neighbourhood. Call or email KHNG to find our more information or book the community room.

#### KHNG Electronic Mailing List

Join KHNG mailing list to receive newsletters/posters of recreational and social events within your neighbourhood. Tell your friends and neighbours, call or email Leone to add your email to our electronic list.





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### Want to Advertise in KHNG Quarterly Newsletter:

**KHNG** sends an electronic newsletter out four times a year, next issue January 2018. If you wish to advertise your business, a small sponsorship fee will apply. Share your favourite recipe with your neighbours, write an article of interest or if you are a student looking to offer your services (i.e.: babysitting, shoveling snow, cutting/raking the lawn) and wish to put your information in our newsletter E-mail [khng@bellnet.ca](mailto:khng@bellnet.ca). This is a great way for Kortright Hills Neighbourhood to come together by sharing thoughts, talents and services available, neighbours helping neighbours.

## Kortright Hills Classifieds Continued!!



### Community Room Available!!

Do you have an idea for an:

**Event  
Program  
Social**

that may interest others in the Kortright Hills Neighbourhood?

Ask KHNG about using the community room!

Call Leone 519.993.5264 or e-mail: [khng@bellnet.ca](mailto:khng@bellnet.ca)

### Contact KHNG:

[www.khng.ca](http://www.khng.ca) \* [khng@bellnet.ca](mailto:khng@bellnet.ca) \* 519-993-5264

### Want to Advertise in KHNG Newsletter

**KHNG Newsletters January, April, July and October 2017**

#### Sponsorship Suggested Rate Scale:

<b>Full page ad, graphics, logo and border</b>	
\$100.00 for Newsletter	\$50.00 for Website
<b>Half page ad, graphics, logo and border</b>	
\$50.00 for Newsletter	\$25.00 for Website
<b>Quarter page ad, graphics, logo and border</b>	
\$25.00 for Newsletter	\$15 for Website
<b>Business card size, graphic, logo and border</b>	
\$15.00 for Newsletter	\$10.00 for Website
<b>Small word ad, max 15 words, No graphics, FREE</b>	
Newsletter advertising helps fund KHNG events	
<b>Advertise in our next newsletter January 2018!!</b>	

26<sup>th</sup> Guelph Scouts  
6th Annual

**Free Admission**  
Kortright Hills Public School  
23 Ptarmigan Drive, Guelph

**Saturday, November 18 10am-3pm**

Featuring over 50 vendors with a stunning array of fabulous gift ideas for everyone on your list!

**SILENT AUCTION \* REFRESHMENTS \* BAKED GOODS  
FREE Colouring and Crafts for kids & MORE ...**

Check out our Facebook page:  
<https://www.facebook.com/26thguelphannualscoutbazaar/>



**SO ARE WE**

**IMPROV CLASSES (ADULT & YOUTH)**

**CAMPS AND INTENSIVES**

**SO MUCH FUN.**

**THE MAKING BOX**  
themakingbox.ca  
519 993 3899  
43 Cork St. East  
Guelph, Ontario

## Winter Weather Tips:

### MONITOR THE WEATHER

- Pay close attention to changing weather conditions
- Listen to weather forecasts early in the day to determine if there is the potential for severe weather in your area
- Check road reports before setting out on a trip



### TRAVEL SAFELY

- Give your car a winter tune-up in mid autumn
- Install snow tires early to avoid being caught off guard by a late autumn snowstorm.
- Prepare an emergency kit for your car with items such as a flashlight, warm gel packs, a shovel, new batteries and a blanket

### DRIVE CAREFULLY

- Completely clear your car windows and mirrors of snow and ice before driving
- Take it slow: don't accelerate too quickly, avoid sharp turns at high speeds, and brake well in advance of where you want to stop
- Leave lot's of space between you and the car driving in front of you
- Beware of black ice
- Test your breaks: if you feel your brakes lock, or your car begin to slide, adjust by slowing down

### TAKE PRECAUTIONS

- If you must be outside during inclement weather, dress appropriately - wear a hat, gloves and dress in layers
- Beware of frostbite, which can occur in minutes and watch carefully for symptoms of hypothermia such as shivering, confusion and loss of muscular control



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**GUELPH  
POLICE  
SERVICE  
PRIDE  
SERVICE  
TRUST**

**COLOUR  
ME!!**

## Seasonal Safety Tips

### October

This month is Halloween. Make sure your kids wear reflective costumes and please be aware of little goblins and ghouls trick or treating in neighbourhoods'.

### November

As the weather starts to get colder, make sure your car is in good repair and remember that the frosty nights can leave black ice on the roadways for your morning drive to work.

### December

It's the festive season, please don't drink and drive. Make sure you have made arrangements for safe transportation home.

Other tips can be found on the Guelph Police Services website:  
<http://www.guelphpolice.com>

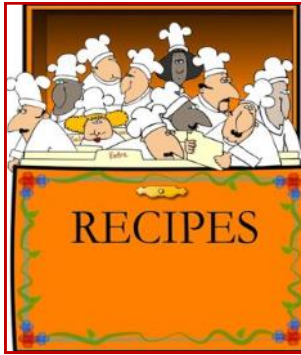




# Kortright Hills

## Recipe

### Corner!!



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#### Fresh Apple Salsa

##### Ingredients:

2 tart apples, cored and cubed  
 4 tablespoons lime juice  
 1 fresh jalapeno pepper, seeded and sliced  
 1 fresh Anaheim chile, seeded and sliced  
 1/2 medium onion, finely chopped  
 2 tablespoons coarsely chopped fresh cilantro  
 1/2 cup chopped walnuts, lightly toasted  
 2 tablespoons fresh ginger, peeled and thinly sliced  
 1/4 teaspoon of salt



##### Directions:

In a large bowl, stir together apples and lime juice. Stir in jalapeno and Anaheim chile slices. Stir in onion, cilantro, walnuts, ginger, and salt. Mix thoroughly.

#### Zucchini Bread IV

##### Ingredients:

3 eggs	1 cup vegetable oil
2 cups white sugar	2 cups grated zucchini
2 teaspoons vanilla extract	3 cups all-purpose flour
3 teaspoons ground cinnamon	1 teaspoon baking soda
1/4 teaspoon baking powder	1 teaspoon salt
1/2 cup chopped walnuts	



##### Directions:

Preheat oven to 325 degrees F ( 165 degrees C). Grease and flour two 8x4 inch loaf pans.  
 In a large bowl, beat eggs until light and frothy. Mix in oil and sugar. Stir in zucchini and vanilla. Combine flour, cinnamon, soda, baking powder, salt and nuts; stir into the egg mixture. Divide batter into prepared pans. Bake for 60 to 70 minutes, or until done.

#### Winter Fruit Salad with Lemon Poppy seed Dressing

##### Ingredients:

1/2 cup white sugar  
 1/2 cup lemon juice  
 2 teaspoons diced onion  
 1 teaspoon Dijon-style prepared mustard  
 1/2 teaspoon salt  
 2/3 cup vegetable oil  
 1 tablespoon poppy seeds  
 1 head romaine lettuce, torn into bite-size pieces  
 4 ounces shredded Swiss cheese  
 1 cup cashews  
 1/4 cup dried cranberries  
 1 apple - peeled, cored and diced  
 1 pears - peeled, cored and diced



##### Directions:

In a blender or food processor, combine sugar, lemon juice, onion, mustard and salt. Process until well blended. With machine still running add oil in a slow steady stream until mixture is thick and smooth. Add poppy seeds and process just a few seconds more to mix.

In a large serving bowl combine the romaine lettuce, shredded Swiss cheese, cashews, dried cranberries, cubed apple and cubed pear. Toss to mix then pour dressing over salad just before serving and toss to coat.

#### Watermelon and Bell Pepper Slush



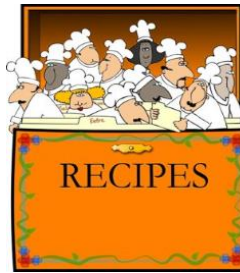
##### Ingredients:

3 cups cubed seeded watermelon  
 1/2 red bell pepper, seeded and coarsely chopped  
 3 cups ice  
 1 sprig fresh mint

##### Directions:

Place the watermelon, red bell pepper, and ice in a blender, and blend until the ice is crushed and the drink is slushy. Pour into glasses, and garnish with fresh mint leaves. Can be stored in refrigerator up to 2 days.

# Kortright Hills Recipe Corner!!



## Apple Stuffed Chicken Breast

### Ingredients:

2 skinless, boneless chicken breasts  
1/2 cup chopped apple  
2 tablespoons shredded Cheddar cheese  
1 tablespoon Italian-style dried bread crumbs  
1 tablespoon butter  
1/4 cup dry white wine  
1/4 cup water  
1 tablespoon water  
1 1/2 teaspoons cornstarch  
1 tablespoon chopped fresh parsley, for garnish



### Directions:

Combine apple, cheese, and bread crumbs. Set aside.

Flatten chicken breasts between sheets of waxed paper to 1/4 inch thickness. Divide apple mixture between chicken breasts, and roll up each breast. Secure with toothpicks.

Melt butter or margarine in a 7 inch skillet over medium heat. Brown stuffed chicken breasts. Add wine and 1/4 cup water. Cover.

Simmer for 15 to 20 minutes, or until chicken is no longer pink. Transfer chicken to a serving platter. Combine 1 tablespoon water and cornstarch; stir into juices in pan. Cook and stir until thickened.

Pour gravy over chicken, and garnish with parsley. Serve.

## Peppered Shrimp Alfredo

### Ingredients:

12 ounces penne pasta  
1/4 cup butter  
2 tablespoons extra-virgin olive oil  
1 onion, diced  
2 cloves garlic, minced  
1 red bell pepper, diced  
1/2 pound portobello mushrooms, diced  
1 pound medium shrimp, peeled and deveined  
1 (15 ounce) jar Alfredo sauce  
1/2 cup grated Romano cheese  
1/2 cup cream  
1 teaspoon cayenne pepper, or more to taste  
Salt and pepper to taste  
1/4 cup chopped parsley



### Directions:

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Meanwhile, melt butter together with the olive oil in a saucepan over medium heat. Stir in onion, and cook until softened and translucent, about 2 minutes. Stir in garlic, red pepper, and mushroom; cook over medium-high heat until soft, about 2 minutes more.

Stir in the shrimp, and cook until firm and pink, then pour in Alfredo sauce, Romano cheese, and cream; bring to a simmer stirring constantly until thickened, about 5 minutes. Season with cayenne, salt, and pepper to taste. Stir drained pasta into the sauce, and serve sprinkled with chopped parsley.

## Zucchini Parmesan

### Ingredients:

2 large zucchini, thinly sliced  
2 tablespoons olive oil  
1 large onion, diced  
2 cloves garlic, minced  
1 (16 ounce) jar spaghetti sauce  
1 cup shredded mozzarella cheese



### Directions:

Preheat oven to 325 degrees F (165 degrees C).

In a large pot boil the zucchini until tender; drain. Meanwhile, in a medium frying pan heat the olive oil over medium heat and saute the onion and garlic until the onion is tender.

Combine the zucchini, onion and garlic in a 9x12 inch casserole dish, and mix well. Pour the spaghetti sauce over the mixture and stir well. Top with mozzarella cheese (use more or less depending on your preference).

Bake in preheated oven for about 20 minutes, or until heated through and cheese is bubbly.

## Pretzel Turtles

### Ingredients:

20 small mini pretzels  
20 chocolate covered caramel candies  
20 pecan halves



### Directions:

Preheat oven to 300 degrees F (150 degrees C).

Arrange the pretzels in a single layer on a parchment lined cookie sheet. Place one chocolate covered caramel candy on each pretzel.

Bake for 4 minutes. While the candy is warm, press a pecan half onto each candy covered pretzel. Cool completely before storing in an airtight container.