



"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 N1C 1B5
519.993.5264 kortrighthillsng@gmail.com www.khng.ca

Our Boundaries

North – Downey and Niska Rd from Hanlon to Niska Bridge -
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 2022 issue

Visit us on the Web: www.khng.ca

Kortright Hills
-Your Neighbourhood Group
"creating a village in the city"

GUESS WHO'S BACK

BOOOnanza!

Saturday October 29th, 2022

Kortright Hills Public School Gym 12:30-3:00pm

When tombs awake and witches take flight,
we'll gather in the safety of light. Don your costume,
old or new and come prepared to party too!

Join KHNG for an afternoon of family fun activities,
dress up in your costume, make a craft and much more!

**Volunteers needed please contact kortrighthillsng@gmail.com to
have your name added to our volunteer list.**

High School students welcome.

All volunteers will be contacted by email with further details.



26th Guelph Scouts Fall Craft Bazaar!



FREE Admission
Kortright Hills Public School
23 Ptarmigan Drive, Guelph
Saturday, November 12th
10am - 3pm

Featuring many Vendors with a stunning array of fabulous gift ideas for this holiday season!
SILENT AUCTION * REFRESHMENTS * BAKED GOODS

Stay Safe & Babysitting Course by Red Cross

Stay Safe Course
Monday October 24, 2022
9am-3pm
Kortright Hills Community Room
23 Ptarmigan Dr. Guelph, ON



The Stay Safe! Course offers basic first aid and safety skills for youth 9-13 years old. Participants learn about being safe when they are without the direct supervision of a parent, guardian, or trusted adult, both at home and in their communities.

COURSE CONTENT

- The importance of responsibility and respect while being accountable for yourself
 - The importance of setting and following safety rules when on your own
 - How to stay safe at home and within the community
 - How to prepare for, recognize and respond to unexpected situations (e.g., inclement weather, strangers, and unanticipated visits)
 - Basic first aid skills
- Cost: \$65, includes course manual, certification card (child to bring in bag lunch, snack and water bottle)

Participants must be 9 years old or have completed grade 3

Babysitting Course
Friday November 25, 2022
9am-4pm
Kortright Hills Community Room
23 Ptarmigan Dr. Guelph, ON



The Babysitting Course offers basic first aid and caregiving skills for youth 11-15 years old. Participants learn how to provide care to children in a variety of age groups, and how to prevent and respond to emergencies. The course also offers youth the skills to promote themselves as babysitters to prospective families.

COURSE CONTENT

- How to be responsible and demonstrate leadership
- How to make good decisions and manage difficult behaviours
- Information on children's developmental stages, and specific strategies for each stage
- How to feed, diaper, dress, and play with children and babies
- How to recognize and prevent unsafe situations, make safe choices and promote safe behaviours
- First aid skills
- The business of babysitting

Cost: \$65, includes course manual, certification card (child to bring in bag lunch, snack and water bottle)

Participants must be 11 years old or have completed grade 5

Red Cross Instructor: Sarah O'Brien - 519-362-6478

Register using our google form link below:
<https://forms.gle/jinobVPNg4Rc4YdCB>



Cobs Bread Program



KHNG is pleased to offer "Cobs Bread Program". Feel free to pick up items for your family or a family you know in need.

Some items that may be available are loaves of bread, pizza, croissants, pastries (when available).

Cobs end of day giving program, bakeries connect with community by helping every left over item at the end of the day find a home. It makes Cobs a real part of the community and helps reduce food waste.

Cobs items will be picked up each month on different days and delivered to the KHNG Community Room 23 Ptarmigan Dr. (entrance is last door on right off of north parking lot) to be sorted & bagged.

If you would like to volunteer to bag and distribute Cobs products please contact kortrighthillsg@gmail.com

Location:
KHPS 23 Ptarmigan Dr. - Community Room (side entrance off of north parking lot of school, last door on right)

- PLEASE BRING YOUR OWN RESUABLE BAGS.



Thank You
Vanessa Duszczyszyn
For Sponsoring
The Cobs Bread Program at KHNG

Cobs Bread Program Dates

Mark Your Calendars

- Sunday October 2, 2022 - 8 - 10pm
- Sunday October 23, 2022 - 8 - 9pm
- Sunday October 30, 2022 - 8 - 9pm
- Sunday November 6, 2022 - 8 - 9pm
- Sunday November 27, 2022 - 8 - 9pm
- Sunday December 4, 2022 - 8 - 9pm

Please note the above dates may change.

Confirmed dates will be posted through email and on our Facebook page.



Kortright Hills Community Photos Captured



GHS needs your help. We are looking for donations of newspaper, shredded paper and chew sticks.

Items can be dropped off in our front lobby at 190 Hanlon Creek Blvd.

Newspaper is used to line the bottom of small animal cages and litter boxes, as well as for enrichment treat balls; the shredded paper is used for bedding in cages, in litter boxes for bunnies and as bedding for any farm animals that might come in.

Questions can be emailed to: info@guelphhumane.ca

Thanks in advance for your support and generosity.



Community Food Pantry

“Creating a Village in the City”

KHNG is looking to support families in our community during the upcoming holiday season and throughout the year.

A small food pantry with non perishable items is located in the community room.

Please consider making a donation of non perishable items to keep our pantry stocked or make a donation of a gift card so that we can pass along to family members to purchase what is needed for their family.

Any inquiries, please reach out to Leone, KHNG NSW by emailing: kortrighthillsg@gmail.com.

Let's make this holiday season memorable for all in need.





"creating a village in the city"

Welcome!

Thank You!

Stay Informed:

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.

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

To get email updates of our neighbourhood events delivered to your inbox, please send your request to kortrighthillsng@gmail.com. Visit our website, Facebook group or page telling you of upcoming events, programs and workshops.

Fall Info!



REGISTER TO ATTEND A SCOUTS CANADA PROGRAM NEAR YOU

Programs are STEM based

To join contact Paul by email:

paul.schadenberg@scouts.ca



- | | | |
|-----------|------------|---------------------|
| Beavers | ages 5-7 | meet Mon 6:30-7:30 |
| Cubs | ages 8-10 | meet Wed. 7:00-8:30 |
| Scouts | ages 11-14 | meet Tues 7:00-8:45 |
| Venturers | ages 14-17 | meet Tues 7:00-9:00 |

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:

***** Please note that several events & programs have been cancelled or virtual until further notice. Check the KHNG facebook page & emails for any updates in the near future. *****

- * Planning of upcoming events
- * Becoming a leader with 26th Scout Group
- * Volunteering with KHNG

If these or similar opportunities are of interest to you, contact us today at kortrighthillsng@gmail.com

Your help is needed – call or e-mail us today!!



KHPS New Times for 2022/2023

Mark your calendars, below are the student days off of school for both boards.



Upper Grand District School Board

(H-Statutory Holiday P-Professional Activity Day B-Board Designated Holiday E-Exam Day)

Elementary Calendar:	Secondary Calendar:
October 10 (H), 24 (P)	October 10 (H)
November 25 (P)	November 25 (P)
December 23–30 (B)	December 23–30 (B)

Wellington District Catholic School Board

(H-Statutory Holiday P-Professional Activity Day B-Board Designated Holiday E-Exam Day)

Elementary Calendar:	Secondary Calendar:
October 10 (H), 24 (P)	October 10 (H)
November 25 (P)	November 25 (P)
December 23–30 (B)	December 23–30 (B)



Want to Advertise in KHNG Newsletter

KHNG Newsletters January, April, July and October 2023

Sponsorship Suggested Rate Scale:

Full page ad, graphics, logo and border

\$100.00 for Newsletter \$50.00 for Website

Half page ad, graphics, logo and border

\$50.00 for Newsletter \$25.00 for Website

Quarter page ad, graphics, logo and border

\$25.00 for Newsletter \$15 for Website

Business card size, graphic, logo and border

\$15.00 for Newsletter \$10.00 for Website

Small word ad, max 15 words, No graphics, FREE

Newsletter advertising helps fund KHNG events

Advertise in our next newsletter Jan 2023!!

**** KHNG OFFICE ****

IS OPEN UPON REQUEST TO REACH OUR STAFF PLEASE

EMAIL: kortrighthillsng@gmail.com

Phone Number: 519.993.5264





"creating a village in the city"

Welcome!

Thank You!

Stay Informed:

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.

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

To get email updates of our neighbourhood events delivered to your inbox, please send your request to kortrighthillsng@gmail.com. Visit our website, Facebook group or page telling you of upcoming events, programs and workshops.

Fall Info!

Action Read Early Literacy Program:

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.

For more information, or to check if a site is full, please call 519-836-2759. **KHNG site is Monday's - 9:00 am to 12:00 pm.**



Children's Reading Room (CRR) is a non-profit family resource centre that promotes early literacy & a love of reading!



KHNG introduces a **NEW FREE** program in the community room the 2nd & 4th Thursday each month to promote literacy.

We are a kiosk location for the: Children's Reading Room

Each time you visit the KHNG Children's Reading Room Kiosk, your child(ren) will go home with a **FREE** children's book!

It's theirs to keep, read, love, and cherish, no need to return their book. Families are welcome to come, browse our book selection, read to your child(ren). Then each child can select up to 2 books which interest them to take home to their own library. All books have been approved and donated by the CRR. New sections of books will be offered, once our current selection is low. So return as often as you like.

Reading is the gateway skill to so much knowledge. Research indicates that children who have their own personal libraries at home, which are truly their own, enjoy books, read earlier, read more often, are more likely to pursue post-secondary education and continue to read throughout their life.

Children's Reading Room
Address: [210 Silvercreek Pkwy N Guelph, ON, Canada N1H 7P8](https://www.google.com/maps/place/210+Silvercreek+Pkwy+N+Guelph,+ON,+Canada+N1H+7P8)
Website: <https://childrensreadingroom.org/>
Email: info@childrensreadingroom.org

CRR Schedule 9:30 to 10:30AM
In the Community Room at Kortright Hills Public School
23 Ptarmigan Dr.

September 29th
Circle Time with Joanna from CRR

October 13th
Come look/pick a book for your library

October 27th
Circle Time with Joanna from CRR

November 10th
Come look/pick a book for your library

November 24th
Circle Time with Joanna from CRR

December 8th
Come look/pick a book for your library

December 22nd
Circle Time with Joanna from CRR

Mark Your Calendars & Join Us!



KHNG
Help
Wanted

KHNG Treasurer Volunteer Position Available Immediately

As a member of the Kortright Hills Neighbourhood Group Committee Responsibilities include:

- Oversee monthly and year end reporting
- Prepare yearly budgets
- Attend monthly meetings and present financial updates
- Attend GNCS Neighbourhood Group meetings as required

If interested please send your resume by email to kortrighthillsng@gmail.com

K H N G G I G G L E C O R N E R

ANGER MANAGEMENT:
When angry with someone, it helps to sit down and think about the problem...



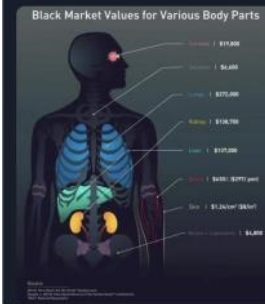
Due to inflation and food price increases the 5 second rule has been extended to 10 seconds



Man Patiently Waits For Neighbor To Go Back Inside So He Can Get To His Car Without Small Talk

When you realize that 1970 and 2022 are as far apart as 1970 and 1918 I'm just going to need a minute

Don't let anybody tell you that you are worthless.





"creating a village in the city"

Share Community News In The KHNG Newsletter: KHNG sends an electronic newsletter, four times a year, next issue is January 2023. Want to advertise your business? Want to share your favourite recipe? Write an article of interest? Or are you a student looking to offer your services (i.e. babysitting, shoveling snow, cutting/raking the lawn). Send your information by E-mail to: kortrighthillsng@gmail.com. This is a great way for Kortright Hills Neighbours to come together by sharing thoughts, talents & services with our community neighbours.

Kortright Hills Community News!



Homestay Program

In 2015 I finally convinced my husband to agree to host a foreign student through the English Language Program at the University of Guelph. We were nervous and had a lot of reservations before our first student arrived. Our first student, Natsumi, set the tone of our amazing future as Homestay Hosts! Since then, we have welcomed more than a dozen university aged students to our home almost back to back, other than when the world shut down during covid.

Our students just become part of our family. They are usually very busy with school and with their school friends, and travelling around experiencing Ontario, Canada, and beyond while they are here. We include the students in our holiday activities, and enjoy every day activities with them as well, like going to markets, sporting events, cottages, even just practicing their English reading and pronunciation with them. The students have been so gracious and have been a fun addition to our family. In particular our kids have grown up for the last 7 years enjoying learning about different cultures, food and language. For us, it has been very much like adding a big sister/brother into the mix.

If you would like to know more about the Canada Homestay Network that we are part of, or how the whole process works, please feel free to email me at jdthackwray@hotmail.com. The CHN hosts students in Gr 9-12 at the high school Level and all ages at the university level. The stays can range from a few months to a full academic year and even longer. The nice thing is that as a host, you decide your availability. I believe there are some other programs that do even shorter stays. I would encourage any family to try it at least once and see if it is something that would work in your home. — Johanna



KHNG Asking for Support

Have you missed Eggstravaganza, Summer Chill Night and Booonanza as much as we have? KHNG IS BACK to offering in person events, programs and socials within our community. We are so excited to be back, so that we can connect in person with our great community. KHNG is continuing to look for sponsorship for our in person gatherings. If you can support our events, programs or socials with a gift item please contact us by email to arrange delivery or if you have a monetary donation please submit by e-transfer to kotrighthillsng@gmail.com (no password needed) If you have any questions please do reach out to Leone by email kotrighthillsng@gmail.com KHNG sends a huge thank you to those who generously donated to our virtual/online contests over the last two years. This was greatly appreciated in helping keep our KHNG community connected. Watch your emails, we have a couple more virtual contests to offer before the new year.

Let's Remember

On November 11, we remember veterans who served our country. The City of Guelph has named city streets after Guelph's war casualties. The street signs are distinguishable from those on other streets by their blue-on-white design and the bright red poppy next to the name.

In the Kortright Hills neighbourhood, there are several streets named after war casualties.

World War One

- Trendell Lane - N.A. Trendell, Roger Wyatt Trendell
- Weir Drive - James Weir
- Berry Drive - Archie Berry, E.G. Berry
- Tanner Street- W. C. Tanner
- Peer Drive - Phillip Peer

World War Two

- Bates Road - Theodore Bates
- Elsley Court - Clarence Elsley
- Milson Crescent- Cecil Milson



KHNG Asking for Support

HELP WANTED

Mollison ice rink volunteers needed to help build & maintain our Mollison Rink



- No experience required
- Equipment provided
- Volunteer hours for high school students
- Most maintenance in the evenings & weekends



Contact Andrew to sign up today!

mollisonrink@gmail.com

Kortright Hills Community News Cont'd!



Community Crime Info

Motocross stunt driving Please help to identify the people who repeatedly drive their motocross sport bikes up and down on Ptarmigan, Downey, Teal and Milson travelling at about 80 km/h (even in the school zone where the limit is 30), doing wheelies and other stunts. In addition, they have been giving people walking on the sidewalk the finger as they flew by.



Residents are very concerned for the safety of the neighbourhood, as the bikers nearly ran over a pedestrian this evening. A number of neighbours have called the police since this started in June, but these individuals continue to drive recklessly. If anyone has a sense of where they live or who they are, this would be helpful information to add to what the police know. The Guelph Police incident number for this situation is GU22051020.

KHNG Pet Corner



Name: Buddy

Age: 9 years old

Breed: Havanese

Family: Mom, Dad & 3 Brothers

Fave hangout: Loves to hangout beside anyone who's sleeping or taking a nap

Fave treat: Cheese



Parent Tip

Painless way to remove a splinter that's great for children:

Pour a small amount of white glue on the area. Let it dry completely and peel it off. The splinter will come out with the glue.

Guelph Jazz Festival



Thank you to our community members that volunteered at the Guelph Jazz Festival at Mollison Park Sunday September 18, 2022.



26th Guelph Scouting Group

Attention: We are looking for volunteers to help run our scouting programs: Beaver Scout, Cub Scout, Scouts, Venturer Scout

If interested please contact Paul Group Commissioner of the 26th Guelph Scout Group: paul.schadenberg@scouts.ca



It starts with Scouts.

KHNG Summer Chill Night

Thank you to all our community volunteers for an amazing Summer Chill Night Wednesday August 17, 2022. Even with the rain all had a wonderful time. Over 170 frozen treats were handed out for the community members to enjoy. Great to see our 1st in person event a success.



"SUMMER CHILL Night"

Kortright Hills Community News Cont'd!



SUPPORT LOCAL BUSINESS

DUSZCZYSZYN
REAL ESTATE TEAM

RE/MAX CENTRE

LOCAL MARKET EXPERTISE

SERVICE AND SUPPORT YOU CAN COUNT ON

STRONG COMMUNITY CONNECTIONS

VANESSA DUSZCZYSZYN
REALTOR®

DIRECT: 519-993-7355
VANESSAD@REMAXCENTRE.CA
RE/MAX REAL ESTATE CENTRE INC. BROKERAGE

Children's Miracle Network Hospitals



A volunteer snow removal service for seniors and persons with disabilities
(519) 822-1155



Are you a senior or person(s) with disabilities living in the Kortright Hills area needing assistance with snow removal? Residents eligible to receive this service needs to meet the following criteria:

- Must reside in the City of Guelph in a single dwelling or semi-detached house with private driveway.
- Are unable to remove their own snow and cannot afford to pay for snow removal.
- Have no able-bodied person living in the household to shovel snow.
- Must be a senior citizen (aged 65 years or older) and/or have a physical disability.

Are you a high school student looking to complete your 40 hour community service requirement? You can volunteer to be a Snow Angel if you meet the following criteria:

- Volunteers will be responsible for clearing snow at driveway entrances left by snow plows.
- Anyone 14 years of age or older may volunteer for the program. Volunteers will be required to complete a screening process and complete a registration form.



"creating a village in the city"

Community Ways to Recycle

Don't throw out your wire hangers!!

K Drycleaners (located in the same Hartsland Plaza as Zehrs) is accepting your unwanted wire hangers for recycling



Community Ways to Recycle

Seeking:

DONATIONS
of...

Reusable Grocery Bags
New Can Openers

Tuesdays from 10-11am
Chalmers Downtown (41 Macdonell St.)

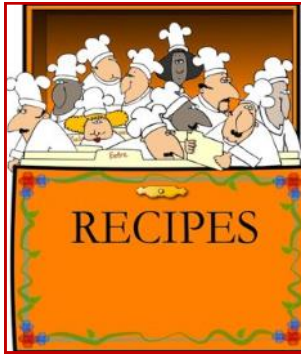
Wednesdays from 12-1:30 pm
Chalmers West (portable at 577 Willow Rd.)

Egg Cartons

Wednesdays from 12-1:30 pm
Chalmers West (portable at 577 Willow Rd.)

Kortright Hills

Recipe Corner!!



"creating a village in the city"

Festive Fall Soup

Ingredients:

- 1 pound ground beef
- 2 red bell peppers, seeded and diced
- 1 bunch green onions, chopped
- 2 cloves garlic, minced
- 6 cups water, or as needed
- 2 (15 ounce) cans diced tomatoes, undrained
- 1 (6 ounce) can tomato paste
- 2 teaspoons Italian seasoning, or more to taste
- salt and ground black pepper to taste
- 2 cups farfalle (bow tie) pasta
- 3/4 cup frozen corn
- 3/4 cup frozen peas
- 1 (4.5 ounce) can sliced mushrooms, drained



Directions:

Heat a Dutch oven or stockpot over medium-high heat. Cook and stir beef, red bell peppers, green onions, and garlic in the hot Dutch oven until browned and crumbly, 5 to 10 minutes; drain and discard grease. Add water, diced tomatoes, tomato paste, Italian seasoning, salt, and pepper to ground beef mixture; bring to a boil.

Stir farfalle pasta into ground beef-tomato mixture; cook for 10 minutes. Add corn, peas, and mushrooms to mixture and continue cooking, stirring occasionally, until pasta is cooked through yet firm to the bite, about 5 more minutes.

USE THE RIGHT ONION



White Onion

Have a sweeter, milder flavor. Can use raw in salsa. Good in stir fries.



Red Onion

Have the mildest flavor, most often used raw. Great in guacamole. Perfect for pickling.



Yellow Onion

Have the deepest flavor. Best used in cooking. Great in soups and sauces.



Sweet Onion

Have a lovely sweeter flavor and good for frying. Roast with other veggies.



Green Onion

Usually used as a raw garnish and topping. Tastes great grilled or roasted.



Shallot

Have a delicate, subtle flavor. Great in dressings or as a garnish.

WHEN COOKING!

Greek Stew

Ingredients:

- 1 cooking spray (such as Pam)
- 2 tbsps olive oil, divided
- 2 L onions, cut into 1/2-inch dice
- 4 cloves garlic, or more to taste, minced
- 8 chicken thighs, or more to taste, trimmed
- 2 c dry white wine
- 2 (6.5 ounce) cans tomato sauce
- 1/2 tsp ground black pepper
- 1 lemon, juiced
- 1 drop hot pepper sauce (such as Tabasco)
- 1 pinch ground cinnamon



Directions:

Prepare a Dutch oven or large pot with cooking spray. Heat 1 tablespoon olive oil in Dutch oven over medium heat. Cook and stir onion and garlic in hot oil until onion soft and translucent, about 5 minutes. Remove onion mixture to a bowl. Heat remaining olive oil in the pot again over medium heat. Cook chicken in hot oil, turning a few times, until browned, about 5 minutes. Pour wine over the chicken; bring to a simmer and cook until chicken is no longer pink in the center, about 15 minutes.

Stir onion mixture, tomato sauce, black pepper, lemon juice, hot pepper sauce, and cinnamon with the simmering chicken; bring to a boil, reduce heat to low, place a cover on the pot, and cook at a simmer until the

Fall in Love (with) Guacamole

Ingredients:

- 3 avocados, peeled and pitted
- 1 tsp sea salt
- 1 tsp garlic powder
- 2 tbsps fresh lime juice
- 1/2 c diced onion
- 2 roma tomatoes, diced
- 3 tbsps chopped cilantro
- 1 pinch cayenne pepper, or more to taste (Optional)

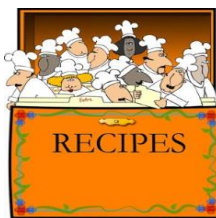


Directions: Mash avocados, sea salt, garlic powder, and lime juice in a bowl using a fork.

Mix onion, tomatoes, and cilantro into avocado mixture; season with cayenne pepper.

"Cooking is an expression that crosses boundaries"

Kortright Hills Recipe Corner!!



"creating a village in the city"

Fall Salad with Cranberry Vinaigrette

Ingredients:

- 1/2 cup cider vinegar
- 1/4 cup olive oil
- 1/8 teaspoon kosher salt
- 2 heads romaine lettuce (rinsed, dried, & torn into bite-size pieces)
- 1/2 cup toasted walnuts, chopped
- 1/4 cup cranberries
- 2 teaspoons white sugar
- 1 pinch freshly ground black pepper
- 2 red Anjou pears
- 1/2 cup crumbled Gorgonzola cheese

Directions:

In a saucepan, combine vinegar and cranberries. Cook over medium heat until cranberries soften. Remove from heat; add olive oil, sugar, salt and pepper. Place in blender and mix until smooth. Refrigerate until chilled. Core and julienne one pear, core and dice the other. In a large bowl, combine the Romaine lettuce, endive, diced pears, walnuts and Gorgonzola. Toss and drizzle with enough dressing to coat.



Fall Cider Mules

Ingredients:

Ginger Syrup:

- 1 cup white sugar
- 1 cup water
- 1/2 cup chopped fresh ginger

Mules:

- 1/4 cup freshly squeezed lime juice
- 1 1/2 cups sparkling apple cider
- 1 cup vodka (such as Tito's)
- 1 medium lime, cut into 4 wedges
- 4 cups ice, or as needed



Directions:

Combine sugar, water, and ginger in a small saucepan over medium-high heat. Bring to a simmer, and stir constantly until sugar is dissolved. Remove from heat and strain into a pitcher; discard solids. Let cool completely, 30 to 45 minutes. Pour 1/4 cup cooled ginger syrup into a separate pitcher; reserve remaining ginger syrup for a later use. Stir in lime juice, sparkling cider, and vodka. Pour into 4 ice-filled glasses and garnish with lime wedges.

NO FLOUR NO SUGAR HEALTHY COOKIES

INGREDIENTS:

- 3 mashed bananas (ripe)
- 1/3 cup apple sauce
- 2 cups oats
- 1/4 cup almond milk
- 1/4 cup raisins or nuts
- 1 cup good dark chocolate chunks (Lily's brand is my fave)
- 1 tsp vanilla
- 1 tsp cinnamon



DIRECTIONS:

Preheat oven to 350 degrees. Mix all ingredients together and bake for 15-20 minutes.

Bread Pudding recipe

Ingredients:

- 3-4 packed cups cubed bread (ok if stale or frozen)
- 3 eggs
- 3 cups milk (low fat ok)
- 1/3 cup sugar
- 1/2 tsp salt
- 2 tsp vanilla extract



Directions:

Preheat oven to 350 degrees F. Have ready a 9x13 inch baking pan. Spread the bread in the pan. Beat together remaining ingredients and pour this custard over the bread. Bake 35 minutes or until firm but not dry.

	CONTROL 350° <ul style="list-style-type: none"> • Melted butter • Granulated sugar • Cocoa powder • Metal pan 		325° <ul style="list-style-type: none"> • Brownies will take longer to bake • Chewier in texture
	BROWN SUGAR <ul style="list-style-type: none"> • Faint molasses taste • Chewier in texture 		GLASS PAN <ul style="list-style-type: none"> • Bakes more quickly • Edges get crispier
	SOFTENED BUTTER <ul style="list-style-type: none"> • Cakier in texture • Chocolate flavor is diffused 		OIL <ul style="list-style-type: none"> • Chewier in texture • Not as flavorful as butter
	DUTCH COCOA <ul style="list-style-type: none"> • Chewier and denser • Richer flavor 		MELTED CHOCOLATE <ul style="list-style-type: none"> • Fudgier in texture • Chocolate flavor isn't as strong