



“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
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 2024 issue **Visit us on the Web: www.khng.ca**

Be Part of Our Amazing Team!

KHNG Needs You! Do you like planning/helping with community events/programs? We have three amazing events each year: Boonanza, Eggstravaganza & Summer Chill Night and our Cobs Bread Program. These events/programs are not possible without an amazing team of community volunteers. We make it simple and meet to plan these events/programs then continue planning/communicating through email and What'sApp. Join our team and contact our KHNG NSW Leone by emailing Kortrighthillsng@gmail.com

THANK YOU!

KHNG would like to extend a huge **THANK YOU** to Chris and Emma Robb.

Both have been an amazing part of the KHNG team helping with events/programs that have been offered over the years.

Chris and Emma have decided to step back due to other commitments.

You both will be greatly missed.

Best of luck from the KHNG team - Leone, Louise, Balu, Susan, Gouri & Erika

Cobs Bread Program



KHNG is pleased to continue "Cobs Bread Program" in 2024. 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, baguettes and bagels. (when available).

Cobs end of day giving program connects with the local community by helping every left over items find a home. It makes Cobs a real part of the community and helps reduce waste.

Cobs items will be picked up and delivered to the KHNG Community Room 23 Parmigan Dr. (entrance is last door on right off of north parking lot) to be sorted.

Mark your calendars to attend the below Cob dates:
Sunday October 6th & 27th - 6:45 to 7:30pm
Sunday November 3rd & 24th - 6:45 to 7:30pm
Sunday December 1st, 22nd & 29th - 6:45 to 7:30pm
 (Please note our closing time has changed and our doors close early if all items are picked up)

*** Please note dates above may change. Confirmed dates will be posted on our Facebook page and sent out via email. Connect with Leone by email kortrighthillsg@gmail.com if you have any questions ***

BRING YOUR OWN BAGS TO TAKE YOUR COBS ITEMS HOME

KHNG has a small food pantry of items for anyone who needs. When you are in the community room and see something from our pantry that you could use, please ask one of our volunteers to help you or if you can donate to our pantry, please bring & we can add to it.

We ask that you practice social distancing. Masks are optional.

If you would like to volunteer to help sort and distribute Cobs products please contact kortrighthillsg@gmail.com or Sign up using our google form link below:
<https://forms.gle/bpqnnUnwzpzBM5z48>

26th Scout Craft Bazaar

26th Guelph Scouts Fall Craft Bazaar!



FREE Admission

Kortright Hills Public School 23 Parmigan Dr. Guelph
(in the gym)

Saturday, November 9th, 2024
10am - 3pm

Mark your calendars to attend!
 Featuring many Vendors with a stunning array of fabulous gift ideas for this Holiday Season!



Summer Chill Night 2024



Thank you to all who participated in this year's Summer Chill Night. Over 200 community members came out to enjoy bean bag toss, tattoos, face painting, making a craft, chalk drawing, learning how to make large bubbles, picking a book from The Children's Reading Room to add to your library, learning about the Clothing Closet, talking with member of the 26th Scouting Group, talking with Constable Paul of Guelph Police and viewing his cruiser, talking with some of Guelph Fire Department and view a fire truck, participating in fun activities with Guelph's own Spiderman. Finally enjoying a FREE frozen treat donated by Ward 6 Councillors Dominique and Ken.





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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 Scout 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 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 STEM PROGRAMS NEAR YOU

Contact Larry, Group Commissioner
by email: lshutsa@gmail.com

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

We are looking for volunteers, Join the Adventures

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
- * 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 – e-mail us today!!



2024 KHNG Current executive committee & Ward 6 Councillors at Boonanza

Action Read Literacy Program

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 located in the community room on Mondays from 9am - 12pm**



Want to Advertise in KHNG Newsletter

KHNG Newsletters Published in Jan, Apr, Jul & Oct 2025

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 January 2025!!

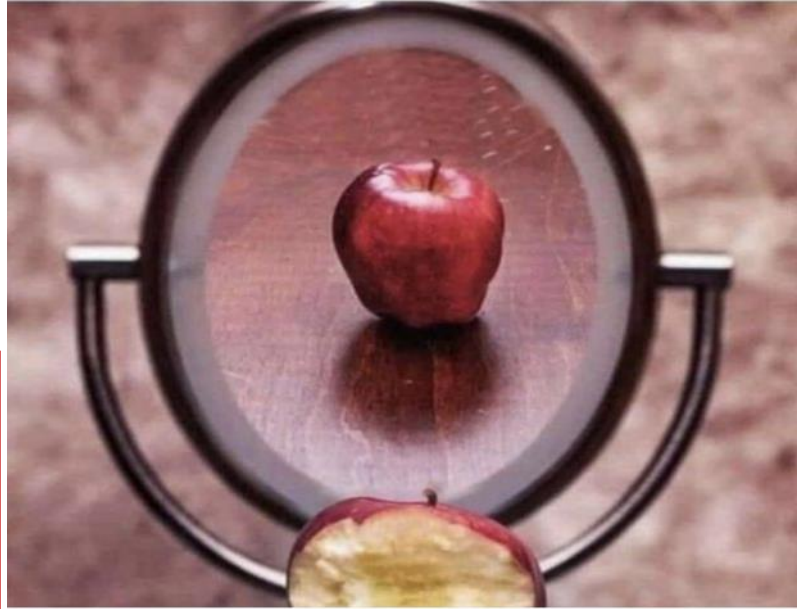
**** KHNG OFFICE IS OPEN ****
REACH OUT TO OUR STAFF TO REQUEST USE OF THE ROOM
EMAIL: kortrighthillsng@gmail.com





"creating a village in the city"

Thought for the day - Social Media never shows the whole picture. Perfection is an illusion



Fall Info Cont'd!

KHNG Youth Night



IN THE COMMUNITY ROOM
23 PTARMIGAN DR.
AGES 6+ WELCOME!

S.T.E.A.M

YOUTH NIGHT

SEPTEMBER 20TH - DECEMBER 13TH

FRIDAY'S AT 6:30-8:30 PM

SCAN THE QR CODE OR CLICK THE BELOW LINK TO REGISTER:
<https://forms.gle/zMX8RXNy2a1dd6un9>

REGISTER NOW!

THIS IS A FREE EVENT AND ALL SUPPLIES ARE PROVIDED

JOIN US TO LEARN ABOUT S.T.E.A.M.,
HAVE FUN AND MAKE NEW FRIENDS!

*\$5/YOUTH DONATIONS FOR FUTURE PROGRAMS
APPRECIATED*



KHPS School Council Information 2024-2025

SCHOOL COUNCIL 2024-2025:

Council Chairs: Ainsley Otten & Susan Sinclair

Treasurer: Jessica Piaseczny

Secretary: Julie Rowe

Meet & Greet: 6:15pm

Formal Meeting: 6:30pm - 7:30pm

Location: School Library



Monday, October 21	6:30pm - 7:30pm
Monday, November 18	6:30pm - 7:30pm
Monday, January 20	6:30pm - 7:30pm
Monday, February 24	6:30pm - 7:30pm
Monday, April 14	6:30pm - 7:30pm
Monday, May 26	6:30pm - 7:30pm
Monday June 23 (Tentative)	6:30pm - 7:30pm



KHNG GIGGLE CORNER....



The only person who listens to both sides of an argument is the next door neighbour.

they said follow your dreams. so i went back to bed.

I tried the Japanese method of decluttering where you hold every object that you own and if it does not bring you joy, you throw it away. So far I have thrown out all of the vegetables, my bra, the electric bill, the scale, a mirror and my treadmill.



A Genie granted me one wish, so I said "I just want to be happy." Now I'm living in a cottage with 6 Dwarves & working in a mine 😊

Why did the scarecrow win the volunteer of the year award?

Because they were outstanding in their field!

I grew up living paycheck to paycheck but through sheer hard work and perseverance, I now live direct deposit to direct deposit

Did it ever cross your mind that "Incorrectly" is the only word that, when spelled correctly, is still spelled incorrectly. 😊



Getting out of your car in the 90s was like.....



DEAR MATH, PLEASE GROW UP AND SOLVE YOUR OWN PROBLEMS. IM TIRED OF SOLVING THEM FOR YOU.



Share Community News In The KHNG Newsletter:
 KHNG sends an electronic newsletter, four times a year, next issue is January 2025. 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!



Free University Tuition for Seniors

For senior citizens who ever wished they pursued higher education, it's never too late and it's free! At the University of Guelph, seniors citizens are exempt from the payment of tuition, student organization, and other fees like registration fees. Student fees, course materials, and textbook costs are not covered.

To qualify, senior citizens must be ages 65 years and over as of the first day of the month that registration takes place and be either a Canadian citizen or permanent resident.

For further information, one can contact the university:

Email: admission@uoguelph.ca
 Phone: [519 824 4120](tel:5198244120) x 58721



Carson Reid New Community Development

What's happening in the area of Teal and Milson? 55 Teal Drive is a new site that has recently begun construction in. As they are still in the early phases, there is limited information available. Construction will be done in stages, as will the eventual release of homes for purchase. At this time, Carson Reid anticipate the first homes to possibly be ready end of this year. This development will be condo town-homes.

There will be 6 blocks, with 3-5 units per block.

Individual units will range in size from 1650-2280 sq ft. Majority of units will have a single garage and 3 bedrooms. There will also be 6 stacked blocks, with 2 upper and 2 lower units.



KHNG Fictionary

KHNG is pleased to introduce "Fictionary".

Each newsletter we will provide you with some obscure words without providing the meaning.

Search google to learn the meaning of these new word.

Milquetoast

Sobriquet

Consternation

Opacarophile

Salubrious

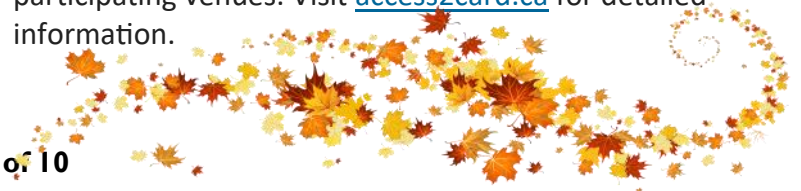
Easter Seals Canada - Access 2 Card Info



In 2004, the Easter Seals Canada launched a program to ensure Canadians who are living with disabilities have access and availability to over 500 entertainment, cultural and recreational participating partner venues across Canada eg. River Run Centre, Stratford Festival, Great Wolf Lodge, CN Tower, Medieval Times.

The Access 2 Card is for people of all ages and types of permanent disabilities who require the assistance of a support person. When a cardholder presents the Access 2 Card at a participating selected attraction across Canada, the support person is then given one free or discounted admission. The person with the disability pays the regular admission price.

There is a \$20 (3-year valid card) or a \$30 (5-year valid card) fee to acquire the Access 2 Card. The card will be valid for either 3 or 5 years and can be used at all Access 2 Card participating venues. Visit access2card.ca for detailed information.





Kortright Hills Community News Cont'd!

Community Alumni Feature

Name: Anna de Jong

How long has your family lived in Kortright Hills?

My family first moved to this Neighbourhood when I was in 6th grade in 1996. I moved away in 2000, but I always considered this area my home. Later in 2016, my husband and I bought a house just a few houses down from where I used to live from some old friends who used to be my neighbours.

What schools did you attend while you lived in the area?

I was attending St. Paul's Catholic School when we moved to the area and I continued to attend that school until the end of Grade 8. Then I went to St. James Catholic High School for Grade 9 and 10.

Did you attend college or university?

I went to Carleton University for a couple years before switching to the University of Guelph. I graduated with a Bachelor's degree in Commerce and then went to teachers college at Western University London, Ontario.

What did you do after graduation?

I graduated in 2008 and had a difficult time finding work locally. I moved to Alberta for a couple years to get teaching experience before moving back to Guelph.

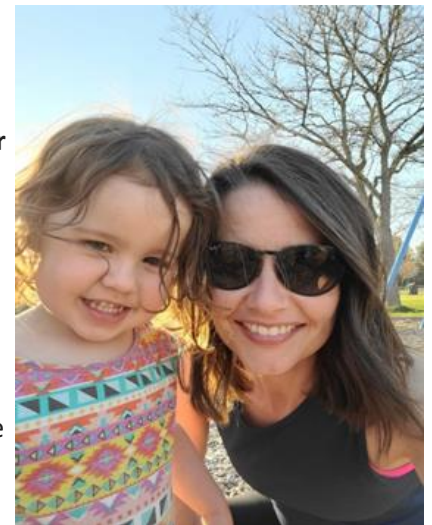
What are you doing now?

I have been a teacher with UGDSB for 13 years now and this year I'm teaching Grade 5/6 at Jean Little Public School. I am also raising three kids with my husband. They are in JK, Grade 3 and 5 at Kortright Hills PS.

What are any interesting things or accomplishments that you have done that your former teachers or neighbours can learn from reading this article?

During the pandemic I started running more seriously and have even managed to run a couple half-marathons. You might see me running all over the

Neighbourhood on my typical routes! I especially like the trails around here. We spend a lot of time with our kids at Mollison Park since they love the monkey bars there. I feel lucky to still live near a few of my original neighbours and it's always wonderful to see familiar faces.



Guelph Studio Tour

The Guelph Art Studio tour is coming to the Kortright Hills Neighbourhood!

The home of local artist Ruth Linda Morton, is location #25 on the tour, at 5 Ptarmigan Drive. There are six studio locations in the south end and 33 Guelph-wide with over 40 artists participating.

Studio locations on the tour are open to the public from 10am to 6pm on Saturday, October 19 and from 11am to 5pm on Sunday, October 20.

There is no cost to take in this self-guided tour.

Learn more about the Guelph Studio Tour at www.guelphstudiotour.ca.

Learn more about Ruth Linda Morton's art practice at www.ruthlindamorton.com.

Guelph Studio Tour
Oct 19 & 20
 33 artists at 42 locations across Guelph
 including
5 PTARMIGAN DR
 Come and visit visual artist
 Ruth Linda Morton
 at location #25
guelphstudiotour.ca

Guelph Veteran's Street Names

If you have a family member who is a veteran and want a street named after them, simply email the Administrator of Planning Technical Services at Randy.harris@guelph.ca Once they receive the name, they verify it using the Canadian Virtual War Memorial. If the name is a legitimate veteran name, then it is added to the list of potential street names.

This is the site here: <https://www.veterans.gc.ca/en/remembrance/memorials/canadian-virtual-war-memorial>

Meanwhile, the Planning Technical Services built a web application which provides details on all of Guelph's veteran street names.

Please see the link below: <https://www.arcgis.com/apps/instant/sidebar/index.html?appid=4e1001d03bca4bfa90f3ef1ba2ebe53e>



Kortright Hills Community News Cont'd!



Workshops with Erika of Crystal Horoscopes

Crystal Horoscopes
NEW WORKSHOPS
<https://forms.gle/tBAFSEAsJyhDZzdp9>



Kortright Hills
 Public School
 Community Room

- October 24th
- November 15th
- December 6th

6:30 pm to 8:00 pm

All ages
 welcome

"Price varies"



Registration Link:



A New Kind of Christmas Tree!



City of Guelph Santa Claus Parade

Guelph Santa Claus Parade

This year's Guelph Santa Claus Parade will take place downtown on Sat, Dec. 7th at 5:30pm.

The Guelph Community Santa Parade is part of the [Spirit of the Season](#) festival. Taking place over the first two full weekends, December 6th, 7th, 8th & 13th, 14th, 15th in historic Downtown Guelph, Spirit of the Season will bring together our community for a celebration of the coming Winter Season. Combining the Guelph Community Santa Parade, the Mayor's Tree Lighting, a Christmas Marketplace, and a storefront decorating contest, this spectacular festival will activate the Downtown core with entertainment, lights and decoration, adding sparkle to this special season.

Guelph Community Santa Parade & Santa Run:

Sat Dec 7th - 5:00pm

Guelph Outdoor Market:

Fri Dec 6th & 13th - 3pm-9pm

Sat Dec 7th & 14th - 11am-8pm

Sun Dec 8th & 15th - 12pm-5pm



Storefront Window Decorating Contest Voting Open:

Fri Dec 6th to Sunday Dec 15th

Mayor & Council Tree Lighting, City Hall:

Fri Dec 6th - TBD

Trees For Guelph



Register to get a free, native tree for your yard and help grow Guelph's urban canopy!

treestakeroot.ca/guelph

Take Root registration is open! If you're a Guelph resident with a space in your yard that could be perfectly filled with a free, native tree, now is your chance to claim one! Let's keep making Guelph green. Register for a free tree from your yard between now and Oct. 14 (or when supplies run out): <http://treestakeroot.ca/guelph>





Community Neighbour Feature

Meet Kent Beckham Who Is A Pilot for Air Canada!

1. When did you first learn to fly? My dad was a Private Pilot. He had a grass strip next to his Farm Equipment dealership. His passion led to the forming of a flying club. I grew up working the fields & cutting the grass runway. Members would take me on quick rides. I grew up near planes and got the chance to take the controls as a youngster. By the time that I was 14, I was learning to fly sailplanes (gliders) at the London club. I received my Pilot's License on my 17th birthday.



2. What made you decide to have a career as a pilot? Always wanted to be a pilot. Many people can't relate to this, studying one thing in college/university and working a lifetime in some unrelated field.

3. How long have you flown with Air Canada? I flew for Canadian Airlines International out of Vancouver. In 1999, Air Canada bought us. They gave me an Air Canada uniform & employee number and just kept me flying. Unlike new hire AC pilots, we were never trained by AC.

4. Have you had any famous passenger in your flight? Many. Past Prime Ministers, MPs going to & from Ottawa, Teams: NHL, MLB, Olympians, actors going back to Hollywood, astronauts, bands...

5. What is the most interesting thing that has happened during your flight? Sightseeing. Northern Lights, sunrises & sunsets, storms, St. Elmo's fire, major metropolitans lit up at night. Mechanical breakdowns and medical emergencies are unavoidable. We are seeing more and more unruly passengers. In Mexico, I've witnessed the local authorities board & beat them with rubber clubs! (Different countries have different rules.)



6. Where is one place you like to travel to that you haven't been before? Fiji.

7. In honesty, have you ever seen an episode of *Mayday*? (documentary TV program examining air crashes, near-crashes, hijackings, bombings and other disasters): We study past accidents as part of our annual recurrent training so as to not repeat history. I know the outcome of most *Mayday* shows before I watch them. Some of the pilots that I've flown with are on the show.

8. When I retire, I . . . Hope to be healthy enough to fly my glider and buy a light twin engine plane for travelling with Melissa.

PHRASES TO BUILD A CONNECTION WITH YOUR KIDS

"Show me what you've been working on in school."

"I would love to hear about your day."

"I'm always proud of you, no matter what."

"If you're struggling, you can talk to me. I am here for you."

Gratitude Scavenger Hunt

1. Find something that makes you happy.
2. Something to give someone else to make them smile.
3. Find one thing that you love to smell.
4. Find one thing you enjoy looking at.
5. Find something that's your favorite color.
6. Find something you are thankful for in nature.
7. Find something that you can use to make a gift for someone.
8. Find something that is useful for you.

KHPS Dates to Remember 2024/2025

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:
Oct 14 (H); 25 (P)	Oct 14 (H)
Nov 29 (P)	Nov 29 (P)
Dec 23-31 (B)	Dec 23-31 (B)

Wellington District Catholic School Board

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

Elementary Calendar:	Secondary Calendar:
Oct 14 (H); 25 (P)	Oct 14 (H)
Nov 29 (P)	Nov 29 (P)
Dec 23-31 (B)	Dec 23-31 (B)

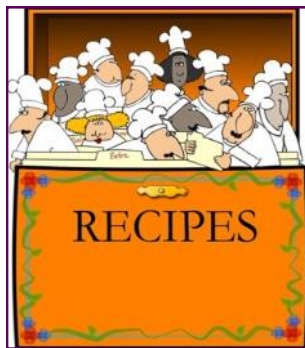
Community Art



Kortright Hills

Recipe

Corner!!



"creating a village in the city"

Fall Salad with Cranberry Vinaigrette

Ingredients:

- ½ cup cider vinegar
- ¼ cup cranberries
- ¼ cup olive oil
- 2 teaspoons white sugar
- ⅛ teaspoon kosher salt
- 1 pinch freshly ground black pepper
- 2 heads romaine lettuce - rinsed, dried, and torn into bite-size pieces
- 2 medium heads Belgian endive - washed, dried and chopped
- 2 red Anjou pears
- ½ cup toasted walnuts, chopped
- ½ 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. Divide among salad plates and garnish with julienned pear.

Top with any additional walnuts as well.

Christmas Tree Charcuterie Plate

Ingredients:

- Raspberries
- 3 different types of cheese
- Salami
- Olives
- Black berries
- Pretzels
- Rosemary



Directions:

1. Pick the size of board or plate you wish to use to make your tree.
2. Take your 3 cheeses and cut into bite size cubes
3. Wash and prepare your fruit
4. Start at the top to create your tree. Pile each ingredient as you work towards the bottom of the tree.
5. Garnish, using rosemary or as you wish.
6. Enjoy!

Fall Squash Soup

Ingredients:

- 3 tablespoons butter
- 1 celery stalk, diced
- 2 cloves garlic, minced
- 1 butternut squash, peeled and cubed
- 1 small turnip, peeled and diced
- 1 small sweet potato, peeled and cubed
- 1 pinch ground cinnamon, or to taste
- 1 pinch ground nutmeg, or to taste
- salt and ground black pepper to taste
- 1 onion, diced
- 1 carrot, diced
- 4 cups chicken stock



Directions:

Melt butter in a large soup pot over medium heat until just bubbling and beginning to smell nutty, 1 to 3 minutes. Add onion, celery, and carrot; cook until onion is soft and translucent, another 3 to 5 minutes. Add garlic directly to the bottom of the pot and cook for about 1 minute before stirring; be careful to prevent burning. Add chicken stock, butternut squash, turnip, and sweet potato and bring to a boil. Cover pot and simmer soup until sweet potato is fork tender, about 40 minutes. Puree soup using a stick blender to desired consistency. Season to taste with cinnamon, nutmeg, salt, and black pepper.

Candy Cane Caprese Board

Ingredients:

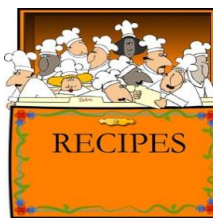
- Pre-sliced mozzarella
- Large fresh tomatoes
- Fresh basil leaves
- Balsamic glaze
- Olive oil
- Flaky sea salt
- Toasted baguette
- 18x12 wood board



Directions:

1. Start at the top end of the candy cane shape and alternate layering a slice of fresh mozzarella with a slice of tomato until you get a big candy cane shape.
2. Place fresh basil leaves around the board and a small serving bowl with the balsamic glaze.
3. Just before serving, drizzle the mozzarella & tomatoes with olive oil and sprinkle with sea salt. Serve with additional olive oil and sea salt, as well as toasted baguette slices.

Kortright Hills Recipe Corner!!



Slow Cooker Beef Pot Roast

Ingredients:

- 1 (5 pound) bone-in beef pot roast
- salt and pepper to taste
- 2 ½ tlbsp all-purpose flour, divided, or more as needed
- 2 tlbsp vegetable oil
- 1 tlbsp butter
- 8 ounces sliced mushrooms
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 tlbsp tomato paste
- 2 ½ C chicken broth
- 3 medium carrots, cut into chunks
- 2 stalks celery, cut into chunks
- 2 sprigs fresh thyme
- 1 sprig fresh rosemary



Directions:

Generously season both sides of roast with salt and pepper. Sprinkle top of roast with 1 tablespoon flour and pat onto meat. Shake off excess.

Heat vegetable oil in a large skillet over medium-high heat. Sear roast until well-browned, 5 to 6 minutes per side. Remove roast from the skillet and set aside.

Reduce heat to medium. Melt butter in the skillet; cook and stir mushrooms in butter until tender, 3 to 4 minutes. Stir in onion; cook until onions are translucent and brown, about 5 minutes. Add garlic; stir until fragrant, about 1 minute.

Stir in remaining 1 1/2 tablespoons flour; cook and stir for about 1 minute. Add tomato paste and cook for another minute. Slowly add chicken broth while stirring; return to a simmer. Remove the skillet from heat.

Place carrots and celery in the slow cooker. Place roast over vegetables and pour in any accumulated juices. Add thyme and rosemary. Pour onion and mushroom mixture over the top of roast.

Cover and cook on High for 5 to 6 hours.

Skim off any fat from surface and remove bones.

Season with salt and pepper.

Serve hot and enjoy!

Fruit Christmas Tree

Ingredients:

- Oranges
- Grapes
- Raspberries
- Bananas
- White Chocolate Chips
- Chocolate Chips
- Pomegranate

Directions:

1. Choose the size of board you wish to use.
2. Wash and prepare all fruit
3. Using the image provided, place the fruit on the board to create your Christmas tree.
4. Add anything else that you may like to create your Fruit Christmas Tree board.



Hot Cranberry Tea

Ingredients:

- 3 ½ quarts water
- 1 (12 ounce) package cranberries
- 2 cups white sugar
- 2 oranges, juiced
- 2 lemons, juiced
- 12 whole cloves
- 2 cinnamon sticks

Directions:

In a large pot, combine water and cranberries. Bring to a boil, reduce heat, and simmer for 30 minutes. Add sugar, orange juice, lemon juice, cloves, and cinnamon sticks. Cover and steep for 1 hour.



Halloween Monster Donuts

Ingredients:

- Honey Glazed Donuts
- Vampire Teeth
- M&M's
- Some white icing or melted chocolate

Directions:

1. Take the vampire teeth and pinch them together to get them into the donut hole. Just push it into the hole and let it open up on its own. Then adjust it as you need to.
2. Take the M&M's and place the eyes above the mouth
3. Drizzle with white icing or melted chocolate if you wish.
4. Enjoy!

