





*Welcome!*

*Thank You!*

*Stay Informed:*

If you are new to the Neighbourhood, we extend a warm welcome to you and your family!

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, send your request to [kortrighthillsng@gmail.com](mailto:kortrighthillsng@gmail.com). Visit our Website, Facebook Group or Page, Instagram Account to find information about KHNG upcoming events, programs and workshops.

## Fall Info!



### Join The 26th Scout Group



#### REGISTER TO ATTEND A SCOUTS CANADA STEM PROGRAMS NEAR YOU

Contact Larry Group Commissioner by email: [Ishutsa@gmail.com](mailto:Ishutsa@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 Mon 6:30-8:00

Ventures: Ages 14-17 - Meet Mon 6:30-8:00

Location: Kortright Hills Public School Gym

We are looking for Volunteers, Join the adventures!



### WE 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:

- \* Join our Team and Help Plan upcoming events
- \* Become a leader with 26th Scout Group
- \* Volunteer at our Friday Youth Nights
- \* Volunteer at our Summer Youth Nights
- \* Volunteer at our Cobs Bread Program
- \* Contact KHNG Staff to Book the Community Room
- \* Submit articles or photos for our newsletter

High School Students can earn their volunteer hours.

If these or similar opportunities are of interest to you, contact us

today at [kortrighthillsng@gmail.com](mailto:kortrighthillsng@gmail.com)

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



## The Guelph Lions Club

Healthy Ageing Show



**OCTOBER 15, 2025**



The Guelph Lions Club is sponsoring a show dedicated to providing information on area resources and support specifically for seniors. The event is held at the Canadian Italian Club on Wednesday, October 15 from 10am to 3pm.

### Action Read Early 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 9am - 12pm (New program begins Mon Sept 29th)**

### 26th Scout Annual Craft Bazaar

**26th Guelph Scouts Fall Craft Bazaar!**

**FREE Admission**

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

**Saturday, November 8th, 2025**

**10am - 3pm**

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

**Fall Back**

**Sunday November 2nd 2025**



**Community Funny Summer Story:** In mid-July, KHNG Volunteer Louise was at the local park with her dog and bumped into neighbours Kim and Rick along with their dog. Even though they live within 200 metres apart, they hardly encountered one another in the area. Upon catching up with their news, they found out they were travelling to Japan at the same time. They realized that coincidentally, they will be visiting Hiroshima on August 6 - the day Hiroshima was detonated with the first atomic bomb 80 years ago. They jokingly said they might run into each other and bid farewell and bon voyage. On their second night in Japan, Louise and her family were in Tokyo and having dinner at an outdoor restaurant when Louise heard "Hey Neighbour!!" It was Kim and Rick. After chit chatting, Rick and Kim bid farewell and said we might see you in Hiroshima. In the late afternoon on August 6, Louise and her family got tickets to visit Hiroshima Peace Memorial Museum. The museum was heavily busy as the day was the 80th anniversary of the atomic bombing. A lot of people were visiting including guess who?! Twice within 2 weeks, they see each other in Japan...what a coincidence?!





## KHNG CROCHET CLUB

Kortright Hills Neighbourhood Group Crochet Club is offering more dates!

New to crochet, Intermediate, Advanced or a pro!  
Ages 14+ welcome to join this FREE program.

The hopes of the crochet club is to share projects, perfect our craft, pattern sharing, providing advise, learning new stitches, conversation and contributing items to help our community.

Bring your crochet project, start a new project and join us!

KHNG Community Room  
23 Parmigan Dr.  
10am to 12pm

Register for any or all of the below dates:



**Oct 4th and 18th**  
**Nov 1st, 15th and 29th**  
**Dec 13th**

To register, click the below link:  
<https://forms.gle/VMY4dUHeQCMa2w9u5>

Donations are welcome to help support this club!

### As Occurred at Guelph's Costco

Costco's 100% Satisfaction Guarantee applies to most products with the exception of few items like electronics and major appliances which must be returned within 90 days. Customers can return items for any reason with no specific timeframe. You do not need the original receipt. Costco can look up your purchase history using your membership ID. However, there are customers who take the liberty (or even the guts) to return merchandise for silly or crazy reasons. Here are the following reasons that Guelph Costco employees encountered or heard.



- Praying mantis eggs that were purchased online
- A woman returned a set of 2 bras but only 1 bra was found inside the package. The woman left to use the washroom and returned to the returns desk with the bra which she just wore
- An assistant said if you were here 30 minutes ago, a woman returned a mattress with blood stains on it
- Half-eaten turkey that was returned after Christmas because the turkey has feathers on it
- Dead roses turned a month after Valentine's Day
- Swing and slide set. Seven years later, the guy returned the set with his reason that his children outgrew playing the set.



*Easiest and cheapest dog costume*

My dog will eat rabbit poop and a dead bird without hesitation but hide a pill in his food?

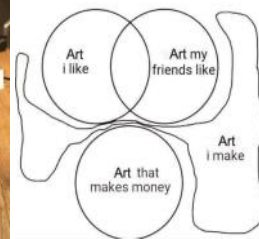
Suddenly, he's Gordon Ramsay!

### Lessons from a Christmas tree

- Be a light in the darkness.
- It's okay to fall over sometimes.
- Bring joy to those around you.
- Sparkle and twinkle whenever you can.
- And remember, it's perfectly fine to be a little tilted.



**Happy Friday...** Unless you're a parent. You now have 48 hours to clean the entire house, go outside, attend a birthday party, grocery shop, do four loads of laundry, and try to do something fun that your kids will most likely hate. Good luck!



Me before & after Christmas




WHY YES, ACTUALLY. I CAN DRIVE A STICK.



# Fall Info Cont'd!



## YOUR FUTURE/YOUR CHOICE 2025

Your one-stop education, career and community-resource fair!

Date: Wednesday, November 12, 2025

Time: 6:00pm - 8:00pm

Where: Centennial Collegiate Vocational Institute - Guelph

This is an opportunity for grade 8-12 students and their families to connect face to face with representatives from:

- School Board programs
- Post-Secondary Pathways
- Associations
- Local Companies
- Community Organization
- + More!



For more information:

Sadia Batool  
Workforce Development Manager  
sadiab@careereducationcouncil.ca  
438-364-7761

### Exhibitor registration:

[www.careereducationcouncil.ca/events](http://www.careereducationcouncil.ca/events)

\*Meet with hundreds of grade 8-12 students and families invited from across 2 schools boards (15 high schools plus grade 8s). (Typical audience is 650+ students and parents from Guelph and area.)

Don't miss our guest career speakers:



Special thanks to our partners and sponsors who make this event possible:



## KHNG Pet Corner

**Name:** Apollo

**Age:** 1 years old

**Breed:** Havanese Canine

**Family:** Dad, Mom, Older Brother & Older Sister

**Friends:** Ellie & FiFi

**Distinguish Feature:** He likes to wear a bowtie

**Dislikes:** Peanut Butter



## KHPS School Council 2025-2026

**Council Chair:** Ainsley Otten

**Treasurer:** Jessica Piaseczny

**Secretary:** Julie Rowe

**Meet & Greet:** 6:15pm

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

**Location:** School Library

Wednesday October 15 - 6:30pm - 7:30pm

Monday November 10 - 6:30pm - 7:30pm

Monday January 12 - 6:30pm - 7:30pm

Monday February 9 - 6:30pm - 7:30pm

Monday April 13 - 6:30pm - 7:30pm

Monday May 11 - 6:30pm - 7:30pm

Monday June 8 (tentative) - 6:30pm - 7:30pm



## KH Community Photos

Amanda Raymond's daughters raised \$100 to the Guelph Humane Society with their lemonade stand



## KHNG New Youth Night Dates



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

# S.T.E.A.M YOUTH NIGHT

## SEPTEMBER 26TH - DECEMBER 19TH

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

## 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\*

PHOTO'S WILL BE TAKEN AT THIS EVENT



SUNSHINE THERAPY DOGS  
HELP THOSE IN NEED  
TO EXPERIENCE  
CALMNESS AND PEACE.

Visit us at [sunshinetherapydogs.ca](http://sunshinetherapydogs.ca)  
or email us at [info@sunshinetherapydogs.ca](mailto:info@sunshinetherapydogs.ca)

Sunshine Therapy Dogs is a registered charity.



FRIENDLY  
PEOPLE  
AND THEIR  
FRIENDLY  
DOGS  
URGENTLY  
NEEDED!



**Share Community News In The KHNG Newsletter:**  
**KHNG** sends an electronic newsletter, four times a year, next issue is January 2026. 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](mailto: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!



### Mollison Park Community Garden

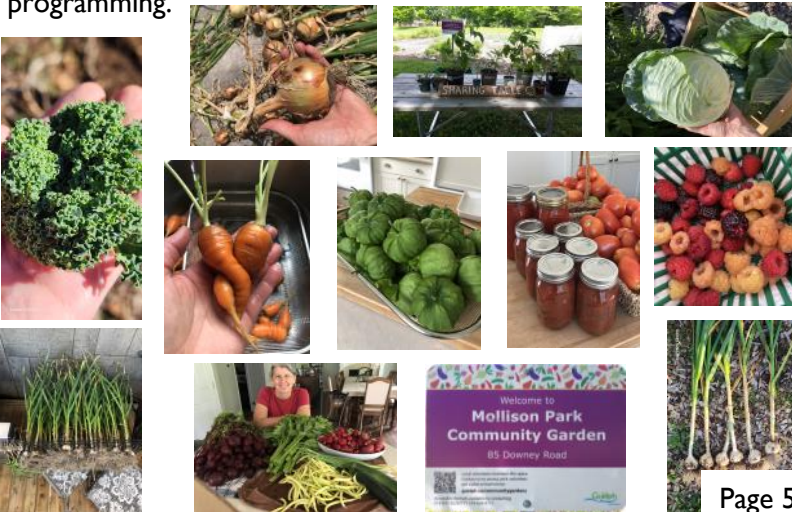
The Community Garden in Mollison Park is a volunteer-led garden that incorporates private rental plots, communal berry and herb gardens, and a thriving pollinator habitat. The garden was started in 2021 with seven green-thumbed people from the Kortright Hills neighbourhood planting vegetables, berries and wildflowers. Since then, the garden has grown to accommodate more gardeners and a wider variety of crops.

Plots are available to rent for a small fee, with individual gardeners being assigned their own area to cultivate and maintain - gardeners can plant whatever they like. This year there was a wide variety of tomatoes, peppers, eggplants, beans, potatoes, beets, carrots, lettuces, chard, kale, cabbage, squash, zucchini - you name it, we grew it. Gardeners may also plant annual flowers to brighten up their spaces.

The raspberry patch is a popular spot to gather berries in the early summer and mid-fall. The tall raspberry plants also act as a hedge to prevent westerly winds from blowing soil away, and to deter dogs from the nearby leash-free zone from running across new plantings.

Our pollinator area is planted with hardy native plants - these plants are indigenous to southern Ontario and are important for supporting the butterflies, bees, birds, and beetles which are an important and threatened component to our ecosystem

Anyone who is interested in becoming involved can email the garden co-ordinator, Nicole, at [mollisonparkcommunitygarden@gmail.com](mailto:mollisonparkcommunitygarden@gmail.com) plus - To learn about plot availability for next year, volunteer opportunities, special events, and children's programming.



### Community Author - Meg Leader

Meg Leader, who grew up in Kortright Hills, has published the 2nd edition to her graphic novel *Pret Camille*. Meg, along with her dad Derek (who still lives in Kortright Hills), attended the East Coast Comic Con in Monton, NB to promote the new edition. Copies of both editions can be purchased at <https://megleaderart.com/>



### New Ward 6 City Councillor

ICYMI: New Ward 6 Representatives

Katherine Hauser is the new ward 6 city councillor. She replaced Dominique O'Rourke who was elected as the Guelph MP from April's federal election. As Katherine was the UGDSB school board trustee for Ward 6 and Township of Puslinch, she stepped down. The school board is interviewing interested candidates and the successful candidate will be appointed in October. Both positions will fill the remainder of the 2022-2026 office term will ending next year's municipal election in November. Should a Kortright Hills resident wish to voice any concerns regarding neighbourhood matters, they can contact Katherine at: [katherine.hauser@guelph.ca](mailto:katherine.hauser@guelph.ca)



### Studio Art Tour Guelph

Occurring annual on the weekend after Thanksgiving, the Guelph Studio Tour is a volunteer run, juried collective of professional artists and fine craftspeople who join together to create a weekend art studio tour. Kortright Hills resident Linda Morton will be showcasing her work. The tour runs on Saturday, October 18 from 10am - 6pm and Sunday, October 19 from 11am -5pm.



28 Ruth Linda Morton  
 5 Ptarmigan Dr  
 PAINTING  
[ruthlindamorton.com](mailto:ruthlindamorton.com)

# Kortright Hills Community News Cont'd!



## Guelpth Veteran's Street Bates Drive

Bates Drive, located between Tanager & Ptarmigan Drive, is named after WW2 veteran Theodore Scribner Bates. Bates was born at 11 Harrison Street in Guelpth to Theodore and Grace Bates on January 8, 1913. After graduating from Guelpth CVI, he obtained his private pilot's license in 1936 & was a member of the Ottawa Flying Club. After WW2 started, Bates was asked by the army if he would teach flying. He said yes and enlisted in the Royal Canadian Airforce in June 1940. He graduated from his teaching course and earned his wings as a Leading Aircraftsman based at Camp Borden. He was supposed to go on vacation the next day but when he heard about a fellow missing pilot, he volunteered for the search mission. On December 13, Bates crashed into Lake Muskoka after a mid-air collision with a second plane involved in the search party. Bates and his plane remained missing until they were both found in October 2012. His wings were found in his jacket pocket, waiting to be sewn onto his uniform. Bates died at the age of 27 & is buried at Guelpth Cemetery.



## Participants Needed for Vaccine Hesitancy Study

**Western**

**NOT SURE ABOUT VACCINES???**

**WE WANT TO HEAR FROM YOU.**

Participants needed for research about vaccine hesitancy. We are looking for volunteers to take part in an interview.

Interested? Click here:  
[https://info.eu.qualtrics.com/jfe/form/SV\\_bKMtNcFPUYga](https://info.eu.qualtrics.com/jfe/form/SV_bKMtNcFPUYga)

Questions? Contact Dr. Sarah Ashfield at Western University email: [sashfie@uwo.ca](mailto:sashfie@uwo.ca)

Title: The Ethics of Vaccine Hesitancy  
PI Dr. Maxwell Smith



Sarah Ashfield, Kortright resident and Nurse Practitioner at Downey Medical Clinic (as featured in the April KHNG newsletter) is seeking participants needed for research about vaccine hesitancy. She is looking for volunteers to take part in an interview. If you are available or know someone who would be interested, you can contact Sarah.



## Back To The Future: Guelpth Edition

Can you believe it's been 40 years since *Back to the Future* starring Michael J. Fox came out in the movie theatres? In honour of the blockbuster, we have created a photo collage of various places around Guelpth that existed before 2000. Have fun guessing where each of the location existed. Answers will be published in the January newsletter.

**tvo learn mathify**

Tutors are online now until 9PM ET!

Tutors will be back online tomorrow at 9:00AM ET.

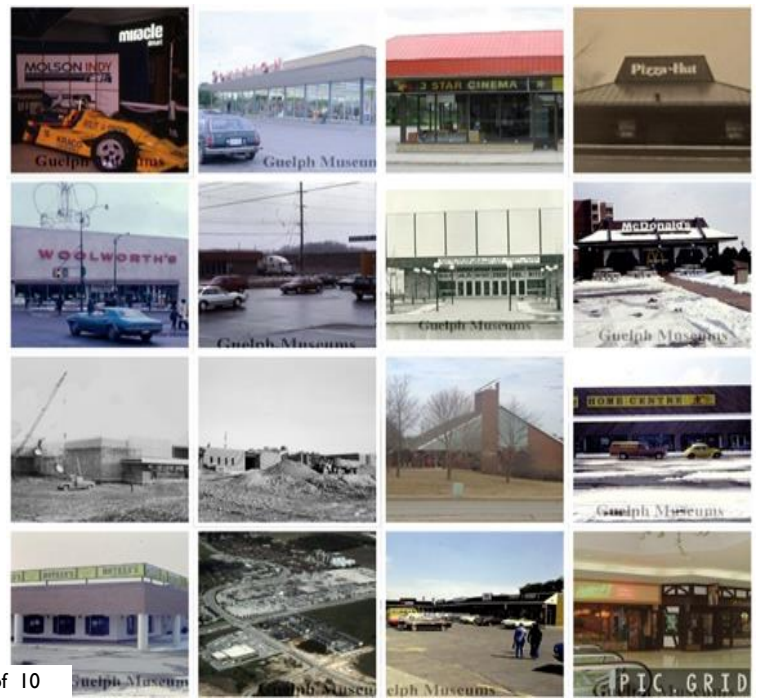
To support learning at home and in class, tutors are available online Monday to Friday from 9 am to 9 pm ET, and Saturdays and Sundays from 3 pm to 9 pm ET. Boost math understanding and confidence with a personalized math coach that works with your child's schedule.

**NEW** Grade 12 tutoring!

Students can sign-up, choose a tutor, and start immediately.

Students use TVO Learn Mathify to:

- Get homework help for math
- Prepare for math tests
- Ask clarity on math concepts
- Visually sketch math problems



## 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.

- Schadenfreude
- Gesticulations
- Hokum

# Kortright Hills Community News Cont'd!



## Spotlight on Kortright Hills resident Heather Churchill and her career as a hairstylist

### How long have you been a hairstylist?

I have been a hairstylist for 31 years.

### Where are you currently working?

I am currently working at Tangles Hair Design. I have been there for almost 25 years.

### What is the oddest thing you have found in a client's hair?

The oddest thing that I have found is a motorized toy car that the child had rubbed on his head, causing the wheels to get wound up and stuck in his hair and I had to carefully extricate it.

### What is the funniest thing you've overheard a client say in the salon?

What is said in the salon stays in the salon, and let me tell you I have heard a few beauties. I am very lucky in the profession that I work in. We have lots of great conversations....sad, happy and insightful. Some worthy of a movie script! Some of the venting sessions have been quite hilarious. We all need to vent!

### What is the most craziest request you have done for a client?

I had a client who wanted a lizard shaved out on his head which I had never done before, but they said try it and if I don't like it, we'll shave it off, so I did it and it turned out quite well if I do say so myself.

### What's the one hair product you can't live without and why?

The one product that I use the most at the salon is called One United by Redken. It is a spray-in multi benefit treatment that I use on a majority of my clients.

### Did you crimp your hair in the 80s?

I did crimp my hair a few times, but not much. I was always trying to straighten my bangs and I tried doing the bangs with the crimping iron, which left it with a very unflattering kink. I had long permed hair. I did not wear my bangs as big as a lot of people did in the 80s.

### If you got sprayed by a skunk, what do you recommend to get rid of the smell in your hair?

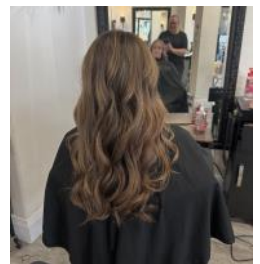
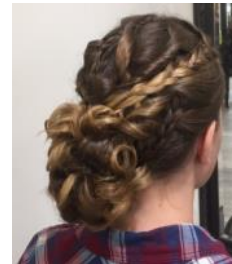
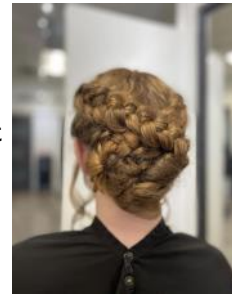
So interestingly, enough, my dog got sprayed by a skunk last night and we had to use Skunk Off on him. However, on humans, it is recommended to use Dawn dishwashing soap and if I got sprayed in my hair, I would try that first before anything else. I know you can do a mixture of hydrogen peroxide and baking soda and Dawn, but I would go straight for the dish soap, first without the hydrogen peroxide.

### Were you a fan of the "Rachael" cut back in the 90's?

Yes, I was. You would have at least three people a day come in asking for that haircut. It was a classic.

### Besides Kate Gosselin, what was the worst hairstyle you have seen?

I'm pretty sure we can all collaboratively agree on Donald Trump! Another one that comes to mind is Robert Smith from the Cure, but I have to say I am a huge fan. I don't really think there's a bad hairstyle if you can pull it off.



# Kortright Hills Community News Cont'd!



## The Ontario Learn and Stay Grant

The Ontario Learn and Stay Grant provides funding for students studying in priority postsecondary programs in underserved and growing communities in Northern, Southwestern and Eastern Ontario.

This program:

- \* requires you to work in the region where you studied
- \* responds to labour market needs
- \* helps underserved and growing communities get the workers they need for in demand professions

Eligible programs include Practical Nursing, Paramedic and Medical Laboratory Technology/Medical Laboratory Science.

The grant will cover the cost of tuition, compulsory fees, books and other direct educational costs (for example, supplies, equipment).

As part of the agreement, you must work in the same service region where you studied for at least 180 days (6 months) for every full year of study funded by the grant.

Full details can be found on: <https://www.ontario.ca/page/ontario-learn-and-stay-grant#practicalnursing>

## Who Can Guess The "oo" Words

In celebration of BOOOnanza, see how "good" you are solving the clue with words that have double "o".

If you are stuck, you can "google" for the answer!

1. To wash your hair
2. A chicken's mate
3. A humorous drawing
4. Sleeping for a short period of time
5. I used to clean your choppers
6. Thing from which a butterfly emerges
7. An aimless drawing
8. A dark coloured Chinese tea
9. An old time Tavern
10. Someone who sponges off others
11. If an object is not rough
12. A nocturnal animal that likes to get into trash cans
13. A very wealthy or powerful business person
14. A place saver for your book
15. A clock that contains a little bird
16. The car at the rear of the train
17. The noise you make when you sneeze
18. A nickname for Sasquatch
19. A place to develop photograph
20. Magical practice considered to be a form of black magic



## KGPS Dates to Remember 2025/2026

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 13 (H); 24 (P)	Oct 13 (H)
Nov 28 (P)	Nov 28 (P)
Dec 22-31 (B)	Dec 22-31 (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 13 (H); 24 (P)	Oct 13 (H)
Nov 28 (P)	Nov 28 (P)
Dec 22-31 (B)	Dec 22-31 (B)

## City of Guelph Santa Claus Parade

### Guelph Santa Claus Parade

This year's Guelph Santa Claus Parade will take place downtown on Sat, Dec. 6th 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 5th, 6th, 7th & 12th, 13th, 14th 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 6th - 5:00pm

#### Guelph Outdoor Market Dates:

Fri Dec 5th & 12th  
Sat Dec 6th & 13th  
Sun Dec 7th & 14th



## WHAT ARE THE GROVE HUBS?

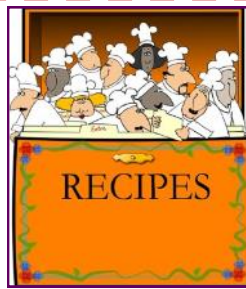
The Grove Youth Wellness Hubs Ontario

The Grove hubs are safe welcoming places where youth can drop in to hang out, relax and be themselves. Located across Guelph and Wellington County, these spaces offer a friendly environment to connect with others and get support when needed.



# Kortright Hill

## Recipe Corner!!



"creating a village in the city"

### Different Types of Canned Tomatoes

Whole peeled tomatoes are the least processed offering. They consist of whole tomatoes that are peeled (either by steaming or being treated with lye), then packed in either tomato purée or juice. Those packed in juice are less processed, and therefore more versatile.

Tomatoes packed in purée will always have a "cooked" flavor, even if you use them straight out of the can.

Diced tomatoes are whole peeled tomatoes that have been machine-diced and, again, packed in juice or purée. The main difference with whole is that, frequently, diced tomatoes are treated with calcium chloride, a firming agent that helps the dice keep its shape in the can. The problem is calcium chloride makes the tomatoes *too* firm. They don't break down properly when cooking. Look for brands with no calcium chloride if you want to use them.

Crushed tomatoes can vary wildly from brand to brand.

There are actually no controls on the labeling of crushed tomatoes, so one brand's "crushed" may be a chunky mash, while another's could be a nearly smooth purée. Because of this fact, it's generally better to avoid crushed products and opt instead to crush your own whole tomatoes.

Tomato purée is a cooked and strained tomato product. It makes a good short cut for quick-cooking sauces, but the sauce will lack the complexity it gets from slowly reducing a less-processed tomato product.

Leave the purée on the shelf for this sauce.

Tomato paste is concentrated tomato juice. After cooking fresh tomatoes, all of the larger solids are strained out, then the resulting juice is slowly cooked down to a moisture content of 76% or less. It's great for adding a strong umami backbone to stews and braises.



### Best Classic Lasagna Recipe

Prep 20 mins Cook 1 hr 30 mins Total 1 hr 50 mins Servings: 12

#### Ingredients - Sauce

1.5 lb. ground beef	1/2 lb. sweet Italian sausage	1 medium onion -chopped	2 garlic cloves -minced
1 (680) can tomato sauce	2 (796ml) can tomatoes	2 (156ml) cans tomato paste	1/2 cup water
2 tsp salt	2 tsp Italian seasoning	1 tsp Dried Basil	1/4 tsp Black Pepper
1/4 C Minced Fresh Parsley			

#### Ingredients - Ricotta Mixture

475 ml Traditional Ricotta cheese	1/2 C grated parmesan cheese	1 C shredded mozzarella	1 large egg
1 tsp Salt	1 tsp Italian Seasoning	1/2 tsp Basil	1/4 tsp Black Pepper

2 tblsp Fresh Chopped Parsley

#### Other Ingredients

18 lasagna noodles	1lbs of Bacon Chopped	4 cups Shredded Mozzarella
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#### Instructions

1. Preheat oven to 350 degrees F.
2. Make the meat sauce. Add beef and sausage to a large skillet over medium-high heat, breaking it apart with a wooden spoon. Add the onion and garlic. Cook until meat is browned, about 6-8 minutes. Drain the fat from the meat. Return the meat to the skillet.
3. Add the tomato sauce, crushed tomatoes, tomato paste, water, sugar, 2 tsp salt, 2 tsp Italian Seasoning, 1 tsp Basil, 1/4 tsp Black Pepper. Stir until well combined. Cover & Reduce Heat to Low. Simmer Sauce for 30 minutes. Stir in 2 tblsp Minced Fresh Parsley.
4. As the sauce cooks, make the ricotta mixture. In a large bowl, add 1 cup mozzarella, the ricotta, 1/4 cup parmesan, 2 tablespoons of the parsley, the egg, 1 teaspoon salt, 1 teaspoon Italian seasoning, and 1/2 teaspoon basil. Stir until well incorporated.
5. Cook the pasta al dente, according to it's package directions.
6. Assemble the lasagna in a 15x11 inch baking dish, add a very thin layer of meat sauce about 1/4 Cup. Layer 4&2 lasagna noodles, 1/3 of the ricotta mixture, sprinkle some Mozzarella, then 1/2 the bacon. Repeat Layers 2 more times using 1 1/2 (level) cups of meat sauce to start.
7. Add a final layer of the remaining noodles, meat sauce, 1 cup mozzarella, and 1/4 Cup parmesan.
8. Cover with foil that has been sprayed with non-stick cooking spray. Bake for 45 minutes. Remove the foil. Bake 15 more minutes. 9. Let the lasagna cool for 15-20 minutes before cutting.



## Hot Cranberry Tea

### Ingredients:

3 1/2 quarts water  
1 (12oz) pkg cranberries  
2 cups white sugar  
2 oranges, juiced  
2 lemons, juiced  
12 whole cloves  
2 cinnamon sticks



### Directions:

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

## Helpful Kitchen tips - Mac and Cheese Recipe

Use whole milk versus skim milk as it will make the sauce more runny.

Pre-shredded cheeses just not taste as great, they are also mixed with various types of powder which prevent them from melting as well as freshly shredded cheese.



Old aged cheese will give you a stronger taste and smoother texture. More mild & inexpensive cheddar cheeses will have less flavor and almost a grittier taste.

## Japanese Souffle pancakes

Japanese Souffle pancakes are super tall and fluffy pancakes made using whipped egg whites. This recipe uses whole eggs, so you don't have leftover yolks, and does not require any rings or molds.

### Ingredients:

4 eggs, separated	1/4 cup granulated sugar	1/2 cup <b>cake flour</b> , can sub other flours
1/2 tsp baking powder	1 pinch salt	3 tbsp whole milk, can sub other milks
1/2 tsp vanilla extract	4 tbsp water, for cooking	butter, for cooking

### Instructions:

Whisk the egg yolks, milk, and vanilla in a bowl.

Add flour, baking powder, and salt to the egg yolk mixture. Mix well and set aside.

With your electric hand mixer or stand mixer with whisk attachment, beat egg whites until frothy. Add sugar and continue to beat egg whites to stiff peaks.

Set your skillet on low heat and add a small pat of butter, letting it melt while you prepare the batter.

While skillet is warming up, mix your batter by combining about 1/3 of the stiff egg whites to your egg yolk mixture. Use a rubber spatula to fold it in. When batter is homogenous, add the rest of the egg whites and gently fold to combine, taking care not to overmix.

By this time, your skillet should be warm enough to begin cooking your pancakes. Use your cookie scoop to place 4-5 scoops spaced out in your skillet (alternatively you could use a piping bag or spoon). Add a second round of scoops on top of your original 4 or 5. Carefully pour 1 tbsp of water into your skillet, avoiding the pancake batter. Quickly cover your skillet with a lid and set a timer for two minutes.

After two minutes, remove lid and add an additional scoop of batter onto each pancake. Replace lid and continue cooking on low-medium heat for another 5-6 minutes.

Uncover your skillet. By this time, the bottom of your pancakes should be a golden brown. If they are not, increase your heat and cook for another minute, watching your pancakes carefully so they don't burn. When they are golden brown on the bottom, carefully flip over your pancakes. Sprinkle another tbsp of water into the skillet and cover.

Cook for another 4 minutes or until the bottom of the pancake is golden brown and the sides have cooked and are dry to the touch.

Repeat the cooking process for the remaining batter (may take 1-2 more batches).



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