



“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.

**January 2016 issue**

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



**Garden Fresh Box**

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:	Pick-Up
Tues Oct 6th	Wed Oct 21st
Tues Nov 3rd	Wed Nov 18th
Tues Dec 1st	Wed Dec 16th



**KHNG Annual WinterFest 2016**



**Monday February 15, 2016**

**1:00 pm—3:00 pm**

Mollison Park & KHNG Community Room

Join us for **FREE** Hot Chocolate, family fun activities that will include snow painting, snow sculpturing, ice skating (if weather permits) and other winter activities.

Tell your Family, Friends & Neighbours

Come join the Fun!!!

Want to get involved & volunteer for

WinterFest 2016?

Please email: [khng@bellnet.ca](mailto:khng@bellnet.ca)



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)



Friday  
March 20,  
2016



**NEW Friday Program**  
"Kortright Afterschool Friday Activity" (KAFA)

**January to March 2016**

- Who:** Students from JK\* — Grade 8  
**What:** 9-week Martial Arts Part 1 by Sensei Arthur Kerrey  
**Where:** Kortright Hills Community Room  
**When:** Friday 3:20 - 5:30pm  
**January 8 to March 11, 2016**  
(NOTE: NO KAFA Fri Jan 22nd PD Day; March 18th March Break or March 25th Good Friday)  
**Cost:** \$11/week; cost for session \$99  
*Please make cheques payable to Kortright Hills Neighbourhood Group*

**Welcome to KAFA!**

You are invited to attend KHNG NEW Program "Kortright Afterschool Friday Activity" KAFA! During each 2 hour session we will provide a healthy snack and planned martial arts program directed by Sensei Arthur Kerrey. This structured program will involve 9 weeks of Ninjutsu techniques in a multi age environment, warm ups, cool down, stretches, etiquette, a few fun martial arts games and free play 5:00 to 5:30pm. We ask that all youth registered wear loose comfortable clothing each week, draw string waist recommended and no tank tops please.

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

**Parent/Student Volunteers Needed!**

If you are interested in volunteering for this program, please contact KHNG. Volunteers learn along side KAFA students.

To register, please fill out the registration form attached and submit to Leone at the KHNG Community Room by 5:30 pm Monday to Thursday. Registration deadline for this NEW Program is Thursday December 10th, 2015.

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

**Spaces are Limited, Register Early!!**



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/groups/KortrightHillsNG](https://facebook.com/groups/KortrightHillsNG)



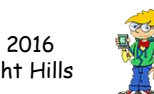
and join the group. It's a great place to share ideas, photos and link with other neighbours

Follow us on Twitter  @KhngHills

**KHNG Presents KASP**  
(Kortright After School Program)

**"Welcome to KASP"**

- Who:** Students from \*JK — Grade 6  
**What:** 12-week Recreational & Educational After School Program  
**Where:** Kortright Hills Community Room  
**When:** Mon, Tues, Wed & Thurs  
 3:20 - 5:30pm - January 4 to March 31, 2016  
**Cost:** \$11 per day (cheques payable to Kortright Hills Neighbourhood Group)



**Welcome to KASP!**

You have been invited to attend Kortright After School Program - KASP! During each 2 hour session we will provide a healthy snack, themed educational activities learning about animals around the world through crafts and free play in the gym or outside weather permitting.

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

**Parent/Student Volunteers Needed!**

Please email if you are able to volunteer in the program for any or all of the sessions.

To register, please fill out the registration form attached and submit to Leone at the KHNG Community Room by 5:30 pm Monday to Thursday.

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

**Spaces Still Available, Register Today!!**



“creating a village in the city”

## 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 City of Guelph. 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.

# Winter 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 Gregg Parsons for more information: 519.824.6107.

**NOTE: October 5th, November 2nd & December 7th/15**



**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 2015/2016 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.



**LIL EXPLORERS PROGRAM:** This program is for the older crowd (toddler and preschooler) & gives kids a chance to explore through play. Enjoy music time, parachute time, alphabet play, crafts, adventures and more! Each week we have a theme, a craft, circle time and alternate story and sensory play. With all of our programs siblings of any age are welcome to join us. Guelph Moms and Co love to create educational, fun and interactive programs that really get the kids involved. Check out [www.guelphmomsandco.com](http://www.guelphmomsandco.com) for more information. Please contact us if you would like to come out for a free class!



**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 (WinterFest, Youth Nights, Plant Swap, Summer BBQ Blast, NEW KHNG Summer Camp and other events in 2016 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:**

Thursday January 21, 2016

Thursday February 17, 2016

Thursday March 17, 2016

\* Garden Fresh Box Pick Up - Wed Jan 20, Feb 17, Mar 16, 2016

\* KHNG Youth Nights - Fri Jan 8, Feb 5 & 19, Mar 4, 2016  
Youth activity drop in night at Kortright Hills Public School Gym

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!



# KHNG OFFERS NEW 2016



Week#1 - August 15 - 19 - "Build It"

Week#2 - August 22 - 26 - "Mostly Messy"

Monday to Friday 9am to 4pm

Ages 4 - 12 years

Kortright Hills Community Room

Early drop off 8:30am & late pick up 5pm

Camp Registration begins February 29 & ending June 3, 2016

More details to follow/for more information, please email [khng@bellnet.ca](mailto:khng@bellnet.ca)

**Limited Spaces Will Be Available!!**

## More Martial Arts!



Sensei Arthur Kerrey, also runs an evening all-ages class in the Two Rivers Neighbourhood that's open to everyone!

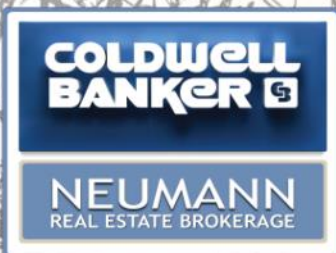
Location: Sacred Heart Catholic School

When: Thurs evenings 6-7:30pm

Cost: Drop in rate \$5



Kortright Hills resident  
since 1989



Independently owned and operated

“Buying my first home was a daunting task, but Linda made it *simple* and *easy*. ”

-Claire Braden

“Without her we would not be in the home we *love* so much today! ”

-Amelia Morris & Clarke Mattany

Get my advice on how to get your home market ready.  
For a professional complimentary Market Evaluation call  
Linda today at 519-760-0008 or email at [linda@cbn.on.ca](mailto:linda@cbn.on.ca)

**LINDA MAIN** | Sales Representative

Discover the benefits of using your neighbourhood realtor

Office: 519.821.3600 | Cell: 519.760.0008 | [@LindaTMain](https://twitter.com/LindaTMain)

## Daylight Savings Time Begins

Sun Mar 13/16 @ 2:00 AM

clocks are moved

**FORWARD** 1 hour



*"creating a village in the city"*

## KHNG YOUTH NIGHTS!!

**FREE** Multi-Activity Nights

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

Kortright Hills Public School Gym

Friday January 8, 2016

Friday February 5 & 19, 2016

Friday March 4, 2016

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

**BRING IDEAS FOR PROGRAMS IN YOUR COMMUNITY.**



Healthy snacks provided!!  
For more info:

[KHNG@bellnet.ca](mailto:KHNG@bellnet.ca) or [www.khng.ca](http://www.khng.ca)



**Paul Embro**  
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**Stacie Giovinazzo**  
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Tel: 647-342-0840  
Fax: 416-620-9270  
Alternative Guelph  
Tel: 519-763-2197  
Fax: 519-763-8117



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 2015/2016 Scouting year.

<b>Beavers</b>	<b>ages 5-7</b>	<b>meet Mon 6:30-7:30</b>
<b>Cubs</b>	<b>ages 8-10</b>	<b>meet Wed 6:30-8:00</b>
<b>Scouts</b>	<b>ages 11-14</b>	<b>meet Tues 7:00-8:45</b>
<b>Venturer</b>	<b>ages 14-17</b>	<b>meet Mon 7:00-8:45</b>

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.

## GUELPH ICE RINK CITY HALL!!

Market Square ice rink is open seven days a week from 10 a.m. to 10 p.m.

**Please note:** The ice rink is closed for maintenance on Mondays from 7 to 10 a.m.

## Want to Advertise in KHNG Quarterly Newsletter:



"creating a village in the city"

**KHNG** sends an electronic newsletter out four times a year, next issue April 2016. 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!!



### 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)

### 26th Guelph Scouting Group

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

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

**Register now & take advantage of our new discounted rate.**

The 26<sup>th</sup> 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.

### Makin' Faces Face Painting/Infinite Body Arts!!

#### Makin' Faces Face Painting/Infinite Body Arts

Face Painting & body art plus henna, jagua, glitter, belly painting & airbrush tattoos. With an awards winning &

insured Crew of specialty artists we can

accommodate events of all sizes from

birthday parties to festivals. 519-942-7539

[infinitebodyarts@gmail.com](mailto:infinitebodyarts@gmail.com) or

[makinfaces@gmail.com](mailto:makinfaces@gmail.com)



MAKIN' FACES FACE PAINTING

### 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.

### 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)

### Yoga for Women Classes Available

Come join us for

Yoga for Women!!

Monday nights at 9 PM

(one hour long) starting

January 11th

Community Room -

Kortright Hills Public School

Cost: \$50 for 10 classes

Bring a mat, water bottle and comfortable clothing

No experience necessary

For more information,

call Dina at 519-994-6095



### Contact KHNG:

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



"creating a village in the city"

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*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 519.837.0974 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) \* 519-837-0974

*Want to Advertise in KHNG Newsletter*

**KHNG Newsletters January, April, July and October 2016**

**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 April 2016!!**

**Help Birds Beat The Winter Woes**

While birds are equipped to withstand most winter weather, they can use some assistance this time of year. Help their survival by offering high-fat, high-calorie foods.

Stop by our store to learn more!

**Wild Birds Unlimited**  
 951 Gordon St (@ Kortright)  
 519-821-2473  
[guelph.wbu.com](http://guelph.wbu.com) 



*Wild Birds Unlimited*  
 Nature Shop

**Just Chillin'...**

## 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



*"creating a village in the city"*

**GUELPH  
POLICE  
SERVICE  
PRIDE  
SERVICE  
TRUST**

**COLOUR  
ME!!**

## Seasonal Safety Tips

### January

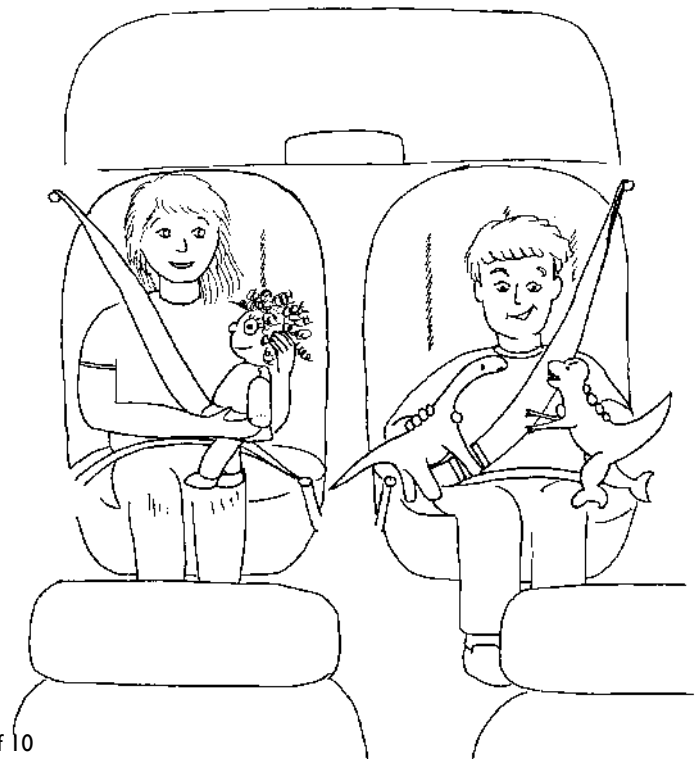
Let's start the New Year off right. Please drive for the weather conditions that are present. Slow down and arrive alive.

### February

Clean the snow and ice off your windows and mirrors to enable a clear view in every direction while you drive.

### March

There will be melting snow and ice around rivers and lakes beginning this month. Please stay clear of the banks of fast moving rivers and ice surfaces on rivers and lakes.

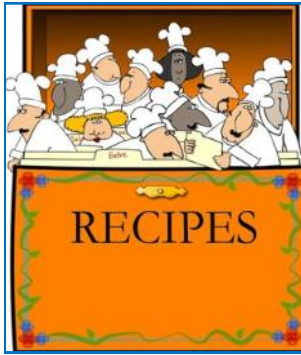




# Kortright Hills

## Recipe

### Corner!!



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#### Taco Dip



#### Ingredients:

- 1 (8 ounce) package cream cheese, softened
- 1 (16 ounce) container non fat sour cream
- 1 (1.25 ounce) package taco seasoning mix
- 1/4 head iceberg lettuce—rinsed, dried, & shredded
- 1 cup shredded Cheddar cheese
- 3 chopped tomatoes
- 1 green bell pepper, chopped
- 1 (2.25 ounce) can black olives, drained

#### Directions:

In a medium-sized mixing bowl, combine cream cheese, sour cream and taco seasoning. Spread this mixture in a 9-inch (or a little larger) round serving dish. Top the mixture with lettuce, Cheddar cheese, tomatoes, bell pepper and black olives.

#### Stuffed Cabbage Rolls



#### Ingredients:

- 2/3 cup water
- 1/3 cup uncooked white rice
- 8 cabbage leaves
- 1 pound lean ground beef
- 1/4 cup chopped onion
- 1 egg, slightly beaten
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 10.75 ounce can condensed tomato soup

#### Directions:

In a medium saucepan, bring water to a boil. Add rice and stir. Reduce heat, cover and simmer for 20 minutes. Bring a large, wide saucepan of lightly salted water to a boil. Add cabbage leaves and cook for 2 to 4 minutes or until softened; drain. In a medium mixing bowl, combine the ground beef, 1 cup cooked rice, onion, egg, salt and pepper, along with 2 tablespoons of tomato soup. Mix thoroughly. Divide the beef mixture evenly among the cabbage leaves. Roll and secure them with toothpicks or string. In a large skillet over medium heat, place the cabbage rolls and pour the remaining tomato soup over the top. Cover and bring to a boil. Reduce heat to low and simmer for about 40 minutes, stirring and basting with the liquid often.



#### Spinach Cheese Squares

#### Ingredients:

- 2 tablespoons butter
- 3 eggs
- 1 cup all-purpose flour
- 1 cup milk
- 1 teaspoon baking powder
- 1 pound shredded Cheddar cheese
- 2 (10 ounce) packages frozen chopped spinach
- 1 tablespoon minced onion



#### Directions:

Preheat oven to 350 degrees F (175 degrees C). Place butter or margarine in a 9x13 inch baking dish and melt butter in oven. Remove when melted, approximately 3 minutes. In large mixing bowl, beat eggs well. Mix in flour, milk and baking powder. When the dough is well combined, mix in cheese, spinach, and onion. Spoon mixture into the baking dish with melted butter. Bake for 35 minutes. Let cool 45 minutes then cut into bite-size squares.

#### Winter Vegetable Hash

#### Ingredients:

- 3 tablespoons olive oil
- 2 tablespoons butter
- 1 pound Yukon Gold potatoes, diced
- 1/2 pound fresh shiitake mushrooms, diced
- 1 red bell pepper, diced
- 1 shallot, finely chopped
- 1 pinch salt
- 1 cup chopped kale
- 1 small acorn squash, diced
- 2 teaspoons garlic powder
- 1 pinch ground black pepper
- 4 sprigs fresh sage

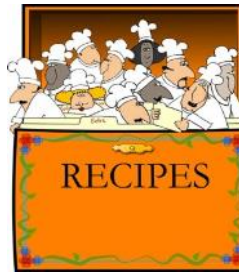


#### Directions:

Place oil and butter in a large skillet over medium heat. Melt butter and mix in potatoes, mushrooms, pepper, squash, and shallot. Season with garlic powder, salt, and pepper. Cook 25 minutes, stirring occasionally, until potatoes are tender.

Mix kale and sage into skillet. Continue cooking 5 minutes, until kale is wilted. Serve and enjoy!

# Kortright Hills Recipe Corner!!



"creating a village in the city"

## Caramel Shortbread Squares



### Ingredients:

2/3 cup butter, softened  
1 1/4 cups all-purpose flour  
1/2 cup packed light brown sugar  
1/2 cup sweetened condensed milk  
1/4 cup white sugar  
1/2 cup butter  
2 tablespoons light corn syrup  
1 1/4 cups milk chocolate chips

### Directions:

Preheat oven to 350 degrees F (175 C).

In a medium bowl, mix together 2/3 cup butter, white sugar, and flour until evenly crumbly. Press into a 9 inch square baking pan. Bake for 20 minutes.

In a 2 quart saucepan, combine 1/2 cup butter, brown sugar, corn syrup, and sweetened condensed milk. Bring to a boil. Continue to boil for 5 minutes. Remove from heat and beat vigorously with a wooden spoon for about 3 minutes. Pour over baked crust (warm or cool). Cool until it begins to firm.

Place chocolate in a microwave-safe bowl. Heat for 1 minute, then stir and continue to heat and stir at 20 second intervals until chocolate is melted and smooth. Pour chocolate over the caramel layer and spread evenly to cover completely. Chill. Cut into 1 inch squares. These need to be small because they are so rich.

## Winter Punch



### Ingredients:

2 3/4 cups apple juice  
1 1/4 cups orange juice  
1 tablespoon lemon juice  
2 tablespoons honey  
2 teaspoons ground cinnamon

### Directions:

In a saucepan, combine apple juice and orange juice. Heat over medium heat until steaming hot, but not boiling. Remove from heat and stir in lemon juice, honey and cinnamon. Serve hot.



## Buying or Selling?

Let me, your friendly Neighbourhood Realtor Help you  
DOWNSIZING? RIGHTSIZING? TRANSITIONING?

THINKING ABOUT MOVING OR FINDING YOUR PERFECT HOME?

I'M HERE TO PROVIDE YOU  
THE REALESTATE EXPERIENCE  
YOU DESERVE



LEZLIE O'REILLY  
SALES REPRESENTATIVE

Mobile: 519-546-4095

loreilly@homegrouprealty.ca

AT HOME GROUP  
REALTY, INC. BROKERAGE

HOMEGROUPREALTY.CA

