



"creating a village in the city"

## Please Contact Us

We are located in the community room at  
**Kortright Hills Public School**  
 23 Ptarmigan Drive Guelph, ON N1C 1B5  
 519.837.0974 [khng@bellnet.ca](mailto:khng@bellnet.ca) [www.khng.ca](http://www.khng.ca)

## Our Boundaries

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

**East** – Hanlon Expressway;

**West** – City Limits;

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

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

October 2013 issue

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

# Fall is Here!



## ORDER! ORDER! ORDER!

**YOUR HALLOWEEN PUMPKINS**

**FROM KHNG \$3.00 EACH**

**ORDER YOUR PUMPKINS BY OCT 20th**

Pick up your pumpkin at the KHNG community room in time for **BOONANZA** and Halloween

**23 Ptarmigan Dr. Guelph, ON**

**Fri Oct 25th — 6:30 pm to 8:30 pm**

**Sat Oct 26th — 10:00 am to 12:00 pm**

Proceeds from pumpkin sales help support  
**KHNG** upcoming events and socials

To order your pumpkin

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

**Name \* Phone Number \* Number of Pumpkins**

**ORDER YOUR PUMPKINS TODAY!!**

# B nanza

## KHNG 4th Halloween Party!!!

Kortright Hills P.S. Gym

**Sunday, October 27, 2013**

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

Halloween Games, Activities & Crafts

Wear your Costume

Face Painting "Makin' Faces"

Carved Pumpkin Contest

(Bring carved pumpkin to be entered into our contest!)

Photo Booth\*\*

Haunted House

(sponsored by 26th Venture Scouts)

Concession items available and much more....

\*\* Small Charges Apply



**Join us Sunday afternoon for a Halloween party!!**

**VOLUNTEERS NEEDED EMAIL [KHNG@BELLNET.CA](mailto:KHNG@BELLNET.CA) FOR DETAILS**  
**OR SIGN UP: [www.SignUpGenius.com/go/5080F4EAEAE2FAB9-boonanza2](http://www.SignUpGenius.com/go/5080F4EAEAE2FAB9-boonanza2)**

**Thank you to our Boonanza sponsors:**



For more information email [khng@bellnet.ca](mailto:khng@bellnet.ca) or call 519.837.0974 or visit [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>

## Order and Pick Up Dates:

<u>Order &amp; Pay By:</u>	<u>Pick-Up</u>
Tues Oct 1st	Wed Oct 16th
Tues Nov 5th	Wed Nov 20th
Tues Dec 3rd	Wed Dec 18th



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



## KHNG Presents KASP

*(Kortright After School Program)*



**"All Together Now!! - Minding Your P's & Q's"**

**Who:** Students from \*JK — Grade 6  
**What:** 16-week Recreational & Educational After School Program  
**Where:** Kortright Hills Community Room  
**When:** Mon, Tues, Wed & Thurs  
 3:20 - 5:30pm  
 Sept 3rd to Dec 19th, 2013  
**Cost:** \$11 per day  
 (cheques payable to Kortright Hills Neighbourhood Group)

Making manners fun!! Manners & etiquette are really just ways of being kind & respecting people around us. And believe it or not learning etiquette can be fun!

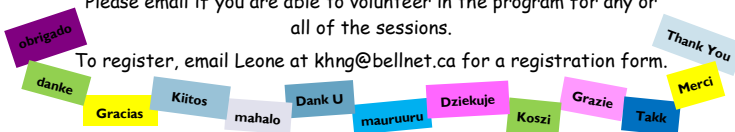
Join us as we explore etiquette the world over & right here at KASP through, cooking, crafts, games and active play inside or out!

\*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, email Leone at [khng@bellnet.ca](mailto:khng@bellnet.ca) for a registration form.



**Register Now Limited Space Available Monday Only!**



**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 - surf over to**

**<http://www.facebook.com/groups/304228836299974/>**

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



"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.

## Fall Programs!



**PHOTO CLUB:** Welcomes new members who are interested in digital photography to meet in the community room at Kortright Hills PS the **first Monday of each month at 7:00pm.**

Contact Gregg Parsons for more information: 519.824.6107.

**NOTE: Next Photo Club Meeting October 7, 2013**



It starts with Scouts.



It starts with Scouts.



It starts with Scouts.



It starts with Scouts.

**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. Pre Registration is available in all sections for the 2013/2014 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.



Visit other Neighbourhood Groups in Guelph for community events throughout the city.

**Grange Hill East:** Email: [info@gheng.ca](mailto:info@gheng.ca)

**Hanlon Creek Neighbourhood Group:**

hanlon\_creek\_neighbourhood@yahoo.ca

**Two Rivers Neighbourhood Group:** [www.tworiversng.ca](http://www.tworiversng.ca)

**Downtown Neighbourhood Association:** [www.guelphdna.ca/](http://www.guelphdna.ca/) contact

**Parkwood Gardens Neighbourhood Group:**

[www.freewebs.com/parkwoodgardens/](http://www.freewebs.com/parkwoodgardens/)

**Brant Ave Neighbourhood Group:** <http://brantaveng.com/>

**Waverley Neighbourhood Group:** Phone: (519) 821-9677

**Exhibition Park Neighbourhood Group:** [www.epng.ca](http://www.epng.ca)

**Onward Willow Neighbourhood Group:**

[www.onwardwillowbetterbeginnings.ca/](http://www.onwardwillowbetterbeginnings.ca/)

**Clairfields Neighbourhood Group: (Not Active)**

[info@guelphneighbourhoods.org](mailto:info@guelphneighbourhoods.org)

## 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 Pumpkin Fundraiser and Boonanza
- \* Planning of KHNG NEW Holiday Social
- \* Becoming a leader with our Scout Group
- \* Planning other social, recreational events

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 for these fun 2013 Neighbourhood Events:

#### KHNG Monthly meeting/social:

Thursday Sept 19, 2013      Tuesday Oct 15, 2013  
Thursday Nov 21, 2013      Thursday Dec 19, 2013 (NO Meeting)

- \* KHNG Annual Pumpkin Fundraiser - order by Oct 20th
- \* Pick Up Pumpkins - Fri Oct 25 or Sat Oct 26th
- \* KHNG Annual Boonanza - Sun Oct 27, 2013
- \* 26th Guelph Annual Crafters Bazaar - Sat Nov 16, 2013
- \* KHNG Holiday Social - Sat Dec 14, 2014

Visit KHNG website for up to date events: [www.khng.ca](http://www.khng.ca)

Consider getting involved with **YOUR Neighbourhood Group**

Join us the 3rd Thursday of each month at 7:00 pm in the Community Room!





## Daylight Savings Time Ends

Sun Nov 3/13 @ 2:00 AM  
clocks are turned  
**backward** 1 hour to  
Sun Nov 3/13 @ **1:00 AM**  
local standard time



# Caruso Homeopathic Clinic

Heather Caruso, BSc., DHMS HD

- Bestselling author, holistic nutritionist, orthomolecular practitioner, homeopath
- Voted Diamond in the Guelph Tribune's Readers' Choice Awards 2012



## 13 years successful practice healing people naturally

- Weight loss, body composition
- Gastrointestinal disorders (acid reflux, diverticulitis, ibs, ibd)
- Autoimmune conditions (lupus, rheumatoid arthritis, guillian barre, nephritis, eczema, cystitis)
- Cardiovascular disease (hypertension, high cholesterol and arteriosclerosis)
- Diabetes/insulin resistance

Sign up for our free e-newsletter for health!

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

Guelph 519 827 9237

Heather Caruso



“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](tel: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)

Kortright Hills resident since 1989

**COLDWELL BANKER**

**NEUMANN**  
REAL ESTATE BROKERAGE

Independently owned and operated



"creating a village in the city"

## The Guelph-Wellington Time Bank

Interested in a cash-free economy that rebuilds community, practices social justice and is happening now in Guelph?

Time banking may be for you!

**We look forward to sharing time with you!**

For more information visit:

[www.guelphwellington.timebanks.org](http://www.guelphwellington.timebanks.org)

E: [gwtb@transitionguelph.org](mailto:gwtb@transitionguelph.org)



# 26<sup>TH</sup> SCOUT ANNUAL CRAFT BAZAAR

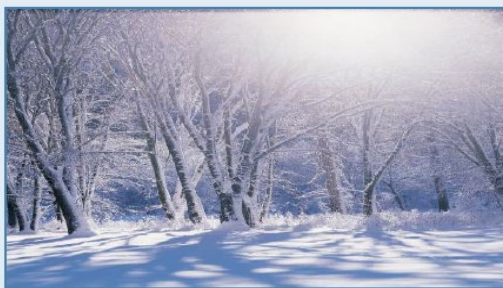
**Free Admission**

Kortright Hills Public School

23 Ptarmigan Dr. Guelph, ON.

**Saturday November 16, 2013**

**10am-3pm**



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

**SILENT AUCTION \*REFRESHMENTS \* BAKED GOODS \*  
FREE FACEPAINTING & MORE.....**

Tables still available contact Barbara (519-821-3299)

## **26th Guelph Scouting**

### **Group**

**Looking for  
volunteers to  
help run our  
scouting**

**programs**

**in the Fall**

**Beaver Scout**

**Cub Scout**

**Scouts**

**Venturer Scout**

**Programs**

**If interested  
please contact**

**Paul**

**Schadenberg**

**Commissioner**

**26th Scout**

**Group**

**519-821-6948**





## 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 July 2013. 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@wellington.on.scouts.ca](mailto:26thguelph@wellington.on.scouts.ca)

### 26th Guelph Scouting Group

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

Interested in joining BEAVERS, CUBS, SCOUTS...

**Register now for this scouting year 2013/2014.**

The 26<sup>th</sup> Guelph Scouting Group meets in the school gym at Kortright Hills Public School

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 Leone 519-821-6948 or

[26thguelph@wellington.on.scouts.ca](mailto:26thguelph@wellington.on.scouts.ca)



It starts with Scouts.

### 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.

### After School Program Supplies Needed!!

#### Craft Items Needed for "KASP" Program

Kortright After School Program is looking for craft items: coloured construction paper, cardboard tubes, boxes, blender, donut maker or any other craft supplies.

We have a creative group that love to create special things for each other and their families.

Any donations are appreciated.

To make a donation please email [khng@bellnet.ca](mailto:khng@bellnet.ca)



### Want to Advertise in KHNG Newsletter

**KHNG Newsletters January, April, July and October 2013**

**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 2014!!**

### Local Home Daycare

#### Boogaloos Home Daycare

Full and Part-time openings available  
Children ages 18 months to six years old.  
Contact: Brandy at 226-706-6000

[www.daycare.boogaloos.ca](http://www.daycare.boogaloos.ca)



#### Contact KHNG:

[www.khng.ca](http://www.khng.ca) \* [khng@bellnet.ca](mailto:khng@bellnet.ca) \* 519-837-0974



"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

### Community Teacher Needs Your Help!!

One of our community members, a teacher with the Upper Grand District School Board, has helped to launch a new program for Teen Parents. It operates out of the Shelldale Community Centre in the afternoons. Their mandate is to provide support to the Teen Parents as well as the opportunity to finish their high school diplomas.

There are several ways for you to contribute to this worthwhile initiative such as:

- 1) Being a mentor who will meet on a periodic basis with the parents
- 2) As a community member who has the ability to donate either financially or with donations of clothes, toys, diapers, bottles etc.
- 3) As a community member who could offer their services pro bono (i.e. taxes etc.)

*I believe the world is one big family, and we need to*

**HELP EACH OTHER.**

*Jet Li*

Thank-you in advance for your generosity and for helping to make a positive difference. Please contact

Kim Durst at 519-831-3720 or [kimberley.durst@ugdsb.on.ca](mailto:kimberley.durst@ugdsb.on.ca)

Problem?  
**SOLVED!**

Customer Review:  
★★★★★ 5.0 Protect your bird seed bounty from squirrels

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SQUIRREL PROOF BIRD FEEDER

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519-821-2473 [guelph.wbu.com](http://guelph.wbu.com)

**Wild Birds Unlimited**  
Nature Shop

## 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



**GUELPH  
POLICE  
SERVICE**

**PRIDE  
SERVICE  
TRUST**

**COLOUR  
ME!!**



## Seasonal Safety Tips

### October

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

### November

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

### December

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

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

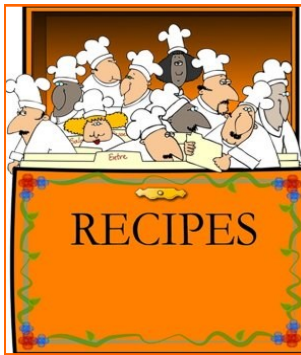




# Kortright Hills

## Recipe

### Corner!!



*"creating a village in the city"*

#### Butternut Squash Soup

##### Ingredients:

2 tablespoons butter  
1 small onion, chopped  
1 stalk celery, chopped  
1 medium carrot, chopped  
2 medium potatoes, cubed  
1 medium butternut squash - peeled, seeded, and cubed  
1 (32 fluid ounce) container chicken stock  
salt and freshly ground black pepper to taste



##### Directions:

Melt the butter in a large pot, and cook the onion, celery, carrot, potatoes, and squash 5 minutes, or until lightly browned. Pour in enough of the chicken stock to cover vegetables. Bring to a boil. Reduce heat to low, cover pot, and simmer 40 minutes, or until all vegetables are tender.

Transfer the soup to a blender, and blend until smooth. Return to pot, and mix in any remaining stock to attain desired consistency. Season with salt and pepper.

#### Famous No Coffee Pumpkin Latte

##### Ingredients:

1 cup pumpkin puree      1 quart milk  
1/4 cup white sugar      1 teaspoon ground cinnamon  
1 tablespoon vanilla extract



##### Directions:

Combine pumpkin, milk, sugar, cinnamon, and vanilla in a large saucepan over medium heat. Use a whisk to blend well. Heat to a simmer; do not boil.

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

##### Ingredients:

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



##### Directions:

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

In a large serving bowl, toss together the romaine lettuce, shredded Swiss cheese, cashews, dried cranberries, apple, and pear. Pour dressing over salad just before serving, and toss to coat.



#### Apple Stuffed Chicken Breast

##### Ingredients:

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

##### Directions:

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

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

Melt butter or margarine in a 7 inch skillet over medium heat. Brown stuffed chicken breasts. Add wine and 1/4 cup water. Cover. Simmer for 15 to 20 minutes, or until chicken is no longer pink.

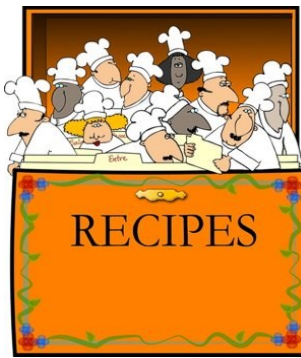
Transfer chicken to a serving platter. Combine 1 tablespoon water and cornstarch; stir into juices in pan. Cook and stir until thickened. Pour gravy over chicken, and garnish with parsley. Serve.



# Kortright Hills

## Recipe

### Corner!!



#### Roasted Vegetables

##### Ingredients:

1 small butternut squash cubed  
2 red bell peppers, seeded and diced  
1 sweet potato, peeled and cubed  
3 Yukon Gold potatoes, cubed  
1 red onion, quartered  
1 tablespoon chopped fresh thyme  
2 tablespoons chopped fresh rosemary  
1/4 cup olive oil  
2 tablespoons balsamic vinegar  
Salt and freshly ground black pepper



##### Directions:

Preheat oven to 475 degrees F (245 degrees C).

In a large bowl, combine the squash, red bell peppers, sweet potato, and Yukon Gold potatoes. Separate the red onion quarters into pieces, and add them to the mixture.

In a small bowl, stir together thyme, rosemary, olive oil, vinegar, salt, and pepper. Toss with vegetables until they are coated.

Spread evenly on a large roasting pan.

Roast for 35 to 40 minutes in the preheated oven, stirring every 10 minutes, or until vegetables are cooked through and browned.

#### Spicy Baked Sweet Potato Fries

##### Ingredients:

6 sweet potatoes, cut into French fries  
2 tablespoons canola oil  
3 tablespoons taco seasoning mix  
1/4 teaspoon cayenne pepper



##### Directions:

Preheat the oven to 425 degrees F (220 degrees C).

In a plastic bag, combine the sweet potatoes, canola oil, taco seasoning, and cayenne pepper. Close and shake the bag until the fries are evenly coated. Spread the fries out in a single layer on two large baking sheets.

Bake for 30 minutes, or until crispy and brown on one side. Turn the fries over using a spatula, and cook for another 30 minutes, or until they are all crispy on the outside and tender inside. Thinner fries may not take as long.

#### Autumn Cheesecake

##### Ingredients:

1 C graham cracker crumbs  
1/2 C finely chopped pecans  
3 tablespoons white sugar  
1/2 teaspoon ground cinnamon  
1/4 C unsalted butter, melted



2 (8 oz.) pkgs cream cheese soft  
2 eggs

1/2 C white sugar  
1/2 teaspoon vanilla extract

4 C apples peeled cored & thinly sliced  
1/2 teaspoon ground cinnamon

1/3 C white sugar  
1/4 C chopped pecans

##### Directions:

Preheat oven to 350 degrees F (175 degrees C). In a large bowl, stir together the graham cracker crumbs, 1/2 cup finely chopped pecans, 3 tablespoons sugar, 1/2 teaspoon cinnamon and melted butter; press into the bottom of a 9 inch spring form pan. Bake in preheated oven for 10 minutes.

In a large bowl, combine cream cheese and 1/2 cup sugar. Mix at medium speed until smooth. Beat in eggs one at a time, mixing well after each addition. Blend in vanilla; pour filling into the baked crust.

In a small bowl, stir together 1/3 cup sugar and 1/2 teaspoon cinnamon. Toss the cinnamon-sugar with the apples to coat. Spoon apple mixture over cream cheese layer and sprinkle with 1/4 cup chopped pecans.

Bake in preheated oven for 60 to 70 minutes. With a knife, loosen cake from rim of pan. Let cool, then remove the rim of pan. Chill cake before serving.

#### Downeast Maine Pumpkin Bread

##### Ingredients:

1 (15 ounce) can pumpkin puree  
4 eggs  
1 cup vegetable oil  
2/3 cup water  
3 cups white sugar  
3 1/2 cups all-purpose flour  
2 teaspoons baking soda  
1 1/2 teaspoons salt  
1 teaspoon ground cinnamon  
1 teaspoon ground nutmeg  
1/2 teaspoon ground cloves  
1/4 teaspoon ground ginger



##### Directions:

Preheat oven to 350 degrees F (175 degrees C). Grease and flour three 7/3 inch loaf pans.

In a large bowl, mix together pumpkin puree, eggs, oil, water and sugar until well blended. In a separate bowl, whisk together the flour, baking soda, salt, cinnamon, nutmeg, cloves and ginger. Stir the dry ingredients into the pumpkin mixture until just blended. Pour into the prepared pans.

Bake for about 50 minutes in the preheated oven. Loaves are done when toothpick inserted in center comes out clean.