



"creating a village in the city"

### Please Contact Us

We are located in the community room at  
**Kortright Hills Public School**  
 23 Parmigan Drive Guelph, ON N1C 1B5  
 519.837.0974 [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.

**January 2013 issue**

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

*Winter is here!*



**Mark Your Calendars to Join Us**

**For KHNG Beach Movie Night**

**Friday January 11, 2013**

**In The School Gym**

**Feature Presentation:**



- \* DOORS OPEN AT 7:00
- \* MOVIE TO BEGIN AT 7:30 PM
- \* SUGGESTED DONATION OF **\$1.00** PER PERSON WOULD BE APPRECIATED

- \* BRING YOUR LAWN CHAIRS, BLANKETS OR SLEEPING BAG
- \* TELL YOUR FRIENDS, FAMILIES & NEIGHBOURS
- \* POPCORN & REFRESHMENTS AVAILABLE FOR A SMALL FEE

**Want to get involved, volunteer for movie nights!**



Send us an E-mail: [khng@bellnet.ca](mailto:khng@bellnet.ca)



## KHNG Annual WinterFest 2013



**Sunday February 3, 2013**

**Mollison Park**

**1:00 pm—3:00 pm**

Join us for Pizza, **FREE** Hot Chocolate, family fun activities that will include snow painting, snow sculpturing, ice skating and other winter activities.

Tell your Family, Friends & Neighbours

Come join the Fun!!!

**Want to get involved and volunteer for WinterFest 2013?**

**Please email:**

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



**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 customers with affordable fresh fruits and vegetables and supports our local farmers.

The contents of the box changes with Ontario's growing season, but runs 12 months of the year.

We include as much locally-grown produce as possible for optimal taste, freshness and nutrition. Our monthly newsletter offers recipes and cooking tips to help you prepare meals.



**EVERYONE is welcome to participate in the program.**

Typical boxes contains:

9-14 vegetables      2-5 types of fruit  
\$20 Large box / \$15 Small box

## How it works:

- \* **Choose a host Site** convenient for you from one of many community locations.
- \* **Order and pay** for your box by noon on the 1st Friday of the month.
- \* **Pick up your Garden Fresh Box** on the 3rd Wednesday of the month from your Host Site and enjoy!

For **MORE DETAILS** visit  
[www.guelphchc.ca](http://www.guelphchc.ca)

Or contact us at 519-821-6638, ext. 344



## KHNG Presents KASP (Kortright After School Program) "Creative Arts in—11 weeks"



**Who:** Students from \*JK — Grade 6

**What:** 11-week Recreational & Educational After School Program

**Where:** Kortright Hills Community Room

**When:** Mon, Tues, Wed & Thurs

3:20 - 5:30pm

January 7 to March 28, 2013

**Cost:** \$11 per day

(cheques payable to Kortright Hills Neighbourhood Group)



During each 2 hour session we will have a snack, themed educational activities & 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 or you know of someone who is able to assist with the program for any or all of the sessions.

Registration for session three, April to June 2013 begins early March. Full details will be posted on our website [www.khng.ca](http://www.khng.ca)

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



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.

## 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 NEXT MEETINGS: Jan 7th, Feb 4th and Mar 4th, 2013**



**Do you have an idea for an:**



**Event  
Program  
or Social**



**that may interest others in your  
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).**



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 2012/2013 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  
Ventures 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.scouter.ca](mailto:26thguelph@w.scouter.ca) for further information.



**SCOTT GOSSELINK**

**Sales Representative**

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Guelph, ON

NIH 7K6

Office: 519-767-2100

[scott.gosselink@century21.ca](mailto:scott.gosselink@century21.ca)

## 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:

- \* Family movie events Jan 11 & Apr 12, 2013
- \* Planning of Earth Day, Plant Swap and KHNG BBQ
- \* 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 January 17, 2013      Thursday February 21, 2013  
Thursday March 21, 2013
- **Movie in the Gym Night Friday January 11, 2013**
- **WinterFest Sunday February 3, 2013**
- **Movie in the Gym Night Friday April 12, 2013**

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!





"creating a village in the city"



## Nature in the Neighbourhood

### Sunday Afternoon Nature Walks

The last Sunday of each month at 3:00pm. Meet in front of the Woolwich Arrow (176 Woolwich St).

We share this beautiful city with some incredible plants and animals, many of which have been living right under our noses all along!

Join us for a leisurely nature walk to get to know some of the insects, trees, birds and flowers (among other things) that live in and around the downtown area. Sunday Afternoon Nature Walks will be occurring on the following dates: Sunday, October 28, 2012 and Sunday, November 25, 2012

### Nature Helpers

This group of enthusiastic people takes on local nature projects to help improve the green spaces in our city. The nature helpers work hard, but have tons of fun and learn a little on the way! Individuals big and small can help nature, so this is a great opportunity to get the family outside. For more details on this program, see our [Community Projects](#) page.

### Programming

We deliver a wide variety of nature programming in the Guelph area for just about any type of organization. As Nature in the Neighbourhood is funded by the Gosling Foundation, we are able to provide this programming for only a nominal fee (or sometimes for free)! Whether visiting a school class, strolling with seniors or implementing a community project, our programs focus on the enjoyment and appreciation of nature in the urban landscape of our city. It is our hope that after joining us for a program, you will head back out on your own to continue exploring!

**For inquiries about the Nature in the Neighbourhood Program, please contact:**

Email - [natureprogram@goslingfoundation.org](mailto:natureprogram@goslingfoundation.org)

Phone - 519-826-0392

Facebook - [www.facebook.com/NatureInTheNeighbourhoodGuelph](http://www.facebook.com/NatureInTheNeighbourhoodGuelph)



## 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*



## 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 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!!



### *KHNG After School Program*

#### **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)

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

Kortright After School Program is looking for craft items: markers, paper, paint, crayons or any other craft supplies. Any donations are appreciated. To make a donation please email [khng@bellnet.ca](mailto:khng@bellnet.ca)

### *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 out 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.

### *KASP Volunteer Position Available*

#### **Kortright After School Program**

KASP has volunteer positions available to assist our Program Coordinator Monday to Thursday between 3:00 pm and 5:30 pm.

#### **Volunteers will assist with:**

Set up, Preparation of snacks,  
Planned activities, Fun Play with youth  
And clean up  
Contact [khng@bellnet.ca](mailto:khng@bellnet.ca)

### *Medic Alert Bracelet Missing*

My daughter was tobogganing over at Milson Park behind the school and has lost her Medic Alert bracelet.

It is a silver bracelet with the Medic Alert on it, no name is on it, just her medical conditions.

If someone sees it or finds it, please contact Brie 519-823-1113.

### *KHNG Rink Volunteers*

Volunteers are needed to help build and maintain a rink in Mollison Park

**No experience required, Equipment provided, Good volunteer hours for high school students, Most maintenance performed in evenings, Rewards and friendships plentiful**

Please contact Kortright Hills Neighbourhood Group [khng@bellnet.ca](mailto:khng@bellnet.ca) to sign up today

### *Community Teacher Needs Your Help!!*

One of our community members, who is a teacher with the Upper Grand District School Board, has helped to launch a new program for Teen Parents. It operates out of the Sheldale 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 (ie. taxes etc.)

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)

### **Contact KHNG:**

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

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



### *KHNG Volunteer Treasurer Position Available*

#### **KHNG Treasurer Position Available Immediately**

As a member of the KHNG Executive Committee responsibilities include:

- Oversee monthly and year end reporting
- Prepare yearly budget and grant applications
- Attend monthly meetings and present financial updates
- Attend City of Guelph Neighbourhood Group meetings as required
- Assist in planning and execution of KHNG events

If interested please email [khng@bellnet.ca](mailto:khng@bellnet.ca) for more details.

### *26th Guelph Scouting Group*

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

Interested in joining BEAVERS, CUBS, SCOUTS...

**Pre Register now for the new scouting year 2012/2013.**

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

Ventures 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.

### *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)



### *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 April 2013!!**

Canadian Edition

### **"Little Black Book of Scams"**

Your guide to protection against fraud

**There are many types of scams in our society today!!**

Lotteries, sweepstakes and contests	Pyramid schemes
Money transfer requests	Internet scams
Mobile phone scams	Health and medical scams
Emergency scams	Dating and romance scams
Charity scams	Job and employment scams
Small business scams	Service scams
Handy hints to protect yourself	

Above are just a few of the scams within Canada.

Visit the below link to find out more about each of the above scams, what to do and how to get help in reporting a scam.

<http://www.guelphpolice.com/assets/MediaArchives/Little-Black-Book-Scams-e.pdf>

**Canada**

### **Contact KHNG:**

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





## Happy New Year, Guelph!

I would like to begin the New Year by inviting you to the second annual Mayor's New Year's Levee. This free public event will be held at City Hall on **Saturday, January 12 from 1 to 4p.m.** It will feature children's entertainment and activities, crafts, hot chocolate and cookies, and skating on our outdoor rink in front of City Hall. All are welcome, so bring your family, bring your friends, bring your skates, and help us celebrate the start of a new year in our beautiful city!



They contribute daily to building a high quality of life for our residents and a vibrant local economy for our businesses.

I would also like to thank you – our residents, our volunteers, our community organizations and businesses – who make a difference every day in our community.

Best wishes to all for happiness, prosperity and health in the New Year!

**Karen Farbridge**  
Mayor

As we leave 2012, I would like to recognize the employees of the City of Guelph, the men and women – from the front-line to the executive level – who serve our community.

## Market Square Skating Rink!!



### Hours of operation

The water fountain is now closed for the winter season.

Beginning December 1, weather permitting, the skating rink will be open daily from **10 am to 10 pm.**

The washrooms and changing area in the pavilion building are open daily from **9 am to 10 pm.**

[Click on this link for updates on Market Square Rink](#)

<http://guelph.ca/cityhall.cfm?CatID=2131&smocid=2704>

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**Linda Main** Sales Representative

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519-760-0008 Cell

[linda-main@coldwellbanker.ca](mailto:linda-main@coldwellbanker.ca)

# WINTER WEATHER TIPS

## DRIVE CAREFULLY

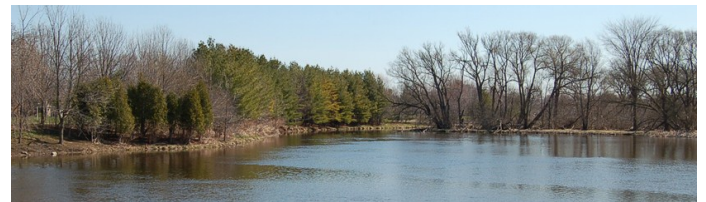
- Completely clear your car windows and mirrors of snow and ice before driving
- Take it slow: don't accelerate too quickly, avoid sharp turns at high speeds, and brake well in advance of where you want to stop
- Leave lots of space between you and the car driving in front of you
- Beware of black ice
- Test your brakes: 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

## BEWARE POST STORM

- Road conditions can remain hazardous even after a storm has subsided so take precautions when driving  
Watch for ice and black ice on walkways and stairs



*"creating a village in the city"*

**GUELPH POLICE  
SERVICE  
PRIDE \* SERVICE  
TRUST**

**MY FRIENDS  
THE POLICE OFFICERS  
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.

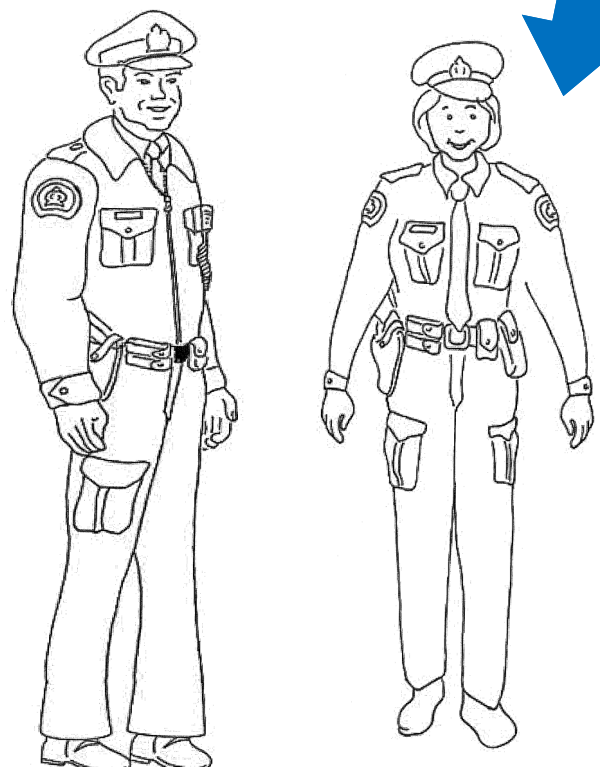
### February

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.

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

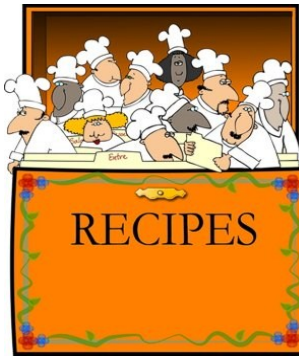




# Kortright Hills

## Recipe

### Corner!!



*"creating a village in the city"*

#### Delicious Chicken Pot Pie

##### Ingredients:

- 1 cup potato, diced
- 1 cup onion, diced
- 1 cup celery, diced
- 1/3 cup melted margarine
- 2 cups chicken broth
- 1 teaspoon salt
- 4 cups chicken, cooked and chopped
- 2 pie crusts (either store bought or your own recipe)



- 1 cup carrot, diced
- 1/2 cup all-purpose flour
- 1 cup half-and-half
- 1/4 teaspoon pepper

##### Directions:

1. Preheat oven to 400°F.
2. Saute onion, celery, carrots and potatoes in margarine for 10 minutes.
3. Add flour to sauteed mixture, stirring well, cook one minute stirring constantly.
4. Combine broth and half and half.
5. Gradually stir into vegetable mixture.
6. Cook over medium heat stirring constantly until thickened and bubbly.
7. Stir in salt and pepper; add chicken and stir well.
8. Pour into shallow 2 quart casserole dish and top with pie shells.
9. Cut slits to allow steam to escape.
10. Bake for 40-50 minutes or until pastry is golden brown and filling is bubbly and cooked through.

#### Panera's Cream Cheese Potato Soup



##### Ingredients:

- 4 cups chicken broth
- 4 cups peeled and cubed potatoes
- 1/4 cup minced onion
- 1/2 teaspoon seasoning salt
- 1/4 teaspoon white pepper
- 1/4 teaspoon ground red pepper
- 1 (8 ounce) package cream cheese, cut into chunks

##### Directions:

1. Combine broth, potatoes, onion, and spices.
2. Boil on medium heat until potatoes are tender.
3. Smash a few of the potatoes to release their starch for thickening.
4. Reduce to low heat.
5. Add cream cheese.
6. Heat, stirring frequently, until cheese melts.

#### Fudge Crinkles (A Great 4 Ingredient Cake Mix Cookie)

**Total Time:** 15 mins  
**Prep Time:** 5 mins  
**Cook Time:** 10 mins

##### Ingredients:

- 1 (18 1/4 ounce) box devil's food cake mix (Betty Crocker Super Moist suggested)
- 1/2 cup vegetable oil
- 2 large eggs
- confectioners' sugar or granulated sugar, for rolling

##### Directions:

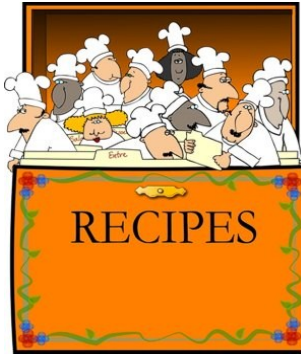
1. Preheat oven to 350°.
2. Stir (by hand) dry cake mix, oil and eggs in a large bowl until dough forms.
3. Dust hands with confectioners' sugar and shape dough into 1" balls.
4. Roll balls in confectioners' sugar and place 2 inches apart on ungreased cookie sheets.
5. Bake for 8-10 minutes or until center is JUST SET.
6. Remove from pans after a minute or so and cool on wire racks.



# Kortright Hills

## Recipe

### Corner!!



#### Tasty Buns

##### Ingredients:

- 5 cups flour
- 2 packages dry yeast
- 1 cup milk
- 3/4 cup water
- 1/2 cup vegetable oil
- 1/4 cup white sugar
- 1 teaspoon salt

##### Directions:

1. Mix 2 C flour & yeast.
2. In a separate bowl, heat milk, water, oil, sugar & salt to lukewarm in microwave.
3. Add all at once to flour mixture and beat till smooth.
4. Mix in enough flour to make a soft dough (2-3 Cups).
5. Mix well, then turn out onto floured surface and let rest under a bowl for about 10 minutes.
6. Shape dough into 12 slightly flat balls and place on greased baking sheet (I actually prefer to use parchment paper-- easy clean-up!) to rise till doubled in size.
7. Bake in preheated 400 degree oven 12-15 minutes.



#### Creamy Fruit Salad

##### Ingredients:

- |   |                            |
|---|----------------------------|
| 2 medium bananas, diced                                     | 2 medium apples, diced     |
| 1 lemon, juice of   | 2 cups sliced strawberries |
| 2 cups grapes   | 1/4 cup pecans, chopped    |
| 1 (20 ounce) can pineapple tidbits, drained, juice reserved |                            |
| 1 (1 1/2 ounce) box sugar-free instant vanilla pudding mix  |                            |
| 1/2 cup water   |                            |

##### Directions:

1. Combine bananas, apples and lemon juice in large mixing bowl.
2. Toss until evenly coated.
3. Add pineapple, strawberries, grapes and pecans.
4. In small mixing bowl, combine pudding mix, water and pineapple juice with a wire whisk until smooth.
5. Add pudding mixture to fruit.
6. Mix gently until thoroughly coated.
7. Refrigerate until ready to serve.



#### Hot Vanilla

##### Ingredients:

- 3/4 cup skim milk
- 2 teaspoons Splenda sugar substitute
- 1/4 teaspoon vanilla extract
- fat-free whipped topping (to taste)
- cinnamon (to taste)



##### Directions:

1. Heat milk to just below boiling point, approximately 1 1/2 minutes in microwave safe measuring cup.
2. Stir in splenda and vanilla.
3. Garnish with fat free whipped topping and cinnamon if desired.
4. Serve immediately.

#### 26th Guelph Scouting Group

**Looking for  
volunteers to  
help run our  
scouting  
programs  
in the Fall  
Beaver Scout  
Cub Scout  
Scouts  
Venture Scout  
Programs  
If interested  
please contact  
Paul  
Schadenberg  
Commissioner  
26th Scout  
Group  
519-821-6948**

