

# Neilson Creek

## News and Views



Picture submitted by Bailey Radcliffe



# Committee Updates

## Inspection Committee:

The inspection committee met on Wednesday Sept 28. Notices will be delivered with scheduled times/dates and in person inspections will begin the week of October 17. If Members have any work orders, please send an email to the office as soon as possible.

## Social Committee:

The Social Committee has been very busy planning 3 upcoming events!



### 1) Thanksgiving/Autumn Basket Raffle - Gift Baskets value worth \$100

Basket includes: Tickets: 1 for \$2.00 or 3 for \$5.00

#### Basket 1:

- Bottle of Wine
- 2 Wine Glasses
- \$30 Winners Gift Card
- \$10 Cobs Bread Bakery Gift Card
- 2 Glass Leaf Tea Light Candle Holders
- Tea Light Candles

#### Basket 2:

- Starbucks Maple Pecan Coffee
- Harvest Placemats
- \$40 Ultimate Dining Gift Card
- \$10 Cobs Bread Bakery Gift Card
- Large Harvest Candle
- Oven Mitt, Pot Holder Mitt, Tea Towel

Raffle ticket sales begin door-to-door during the week of Monday October 3 until Friday October 7, 2022. (Tickets will also be available for purchase at the office from Deborah)

**\*Draw will take place on Friday Oct. 7 - Prize basket will be delivered to the winner's home\***

### 2) Halloween Decoration contest - Prizes will be awarded!

Decorate your houses/yards to get into the spooky spirit for Halloween and our upcoming Halloween Haunt Event!

- Halloween decorating to take place before/or during the week of Oct. 24, 2022
- Judging will take place on Friday Oct. 28, 2022 - winners will receive an LCBO Gift Card
- Each cul-de-sac will have 1 winner = 4 winners in total!

### 3) Halloween Haunt Event

A Spooky Night of Frights and Scares!

Join us, if you dare...

Date and time will be announced soon!

(this event will be held during the last weekend in October)



## Maintenance Committee:

The Maintenance Committee will be meeting soon to discuss upcoming matters.

## Rules Committee:

The Rules Committee is up and running, if you are interested in joining please send Deborah an email.

# List of Activities In and Around Our Area

## **Morningside Library**

P.A Day Movie: The Bad Guys

Fri Oct 07, 2022

2:00 p.m. - 3:30 p.m.

90 mins - Drop-in in, No registration needed.



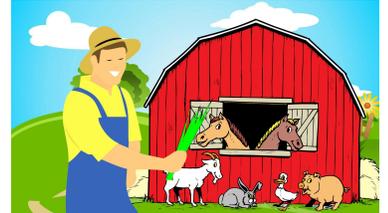
## **Pumpkin Picking and Activities @**

Knoxs Pumpkin Farm located at 6325 Enfield Rd, Hampton, ON L0B 1J0

Pingles Fun Farm located at 1805 Taunton Rd, Hampton, ON L0B 1J0

Forsythe Family Farms located at 1025 Cragg Rd, Uxbridge, ON L9P 1R3

Brooks Farms located at 122 Ashworth Rd, Mount Albert, ON L0G 1M0



## **Be a part of the Family Feud Studio Audience!**

Family Feud Canada | Studio Audience Tickets | Season 4

Free/ Register Online

Multiple Dates - Limited tickets available

Canadian Broadcasting Centre, John Street Entrance

25 John St Toronto, ON M5V 3G6

To register and find more information visit <https://www.eventbrite.ca> and simply search Family Feud Canada.



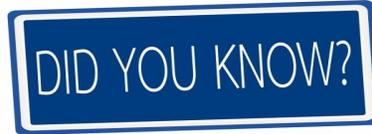
## **EarlyON Programs in the area**

There are several locations in our area that have wonderful Educational Programs for PreSchool aged children, more information is available by phone or online when you Google the below location names.

- Joseph Brant P.S EarlyON 9am-12pm 416-396-6400 (north side door located next to the parking lot)
- Boys and Girls Club on Galloway Rd 416-281-0262 (Just north of the train tracks on the west side)
- Native Child and Family Services of Toronto 416-969-8510 (North West corner of Kingston Rd and Galloway)



# Random Facts



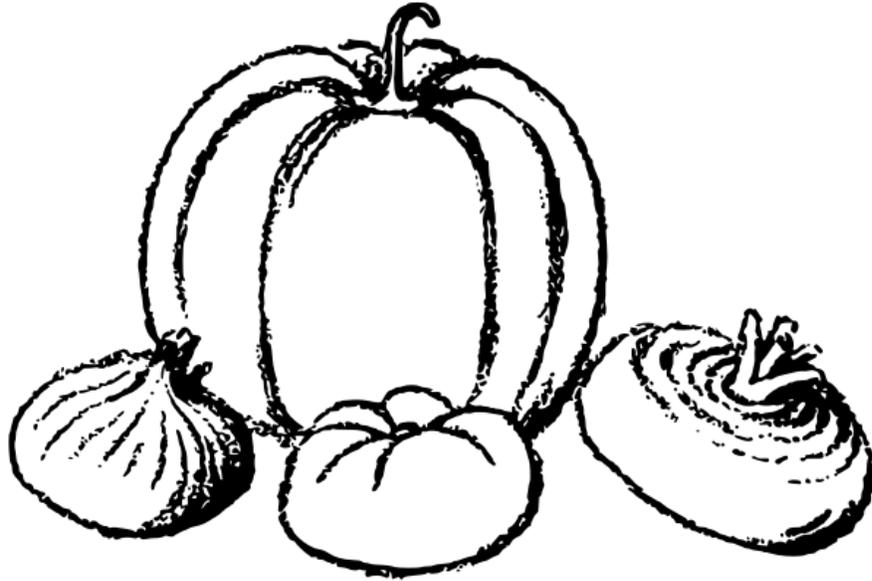
- Did you know that in the mid 19th century, West Hill was part of the larger Highland Creek community which extended from today's Galloway Rd over to the Pickering Border? Our area wasn't officially named "West Hill" until 1879 when Postmaster John Richardson opened a new post office on the west side of the Highland Creek Valley! (information obtained from [West Hill, Toronto - Wikipedia](#))
- Did you know that the first known evidence of people in Scarborough came from an archaeological site in Fenwood Heights!? The evidence was dated back to 8000 BCE. The site contained the remains of a camp of nomadic hunters and foragers, there was no evidence of any permanent settlers. (information obtained from [Scarborough, Toronto - Wikipedia](#))
- Did you know that Hamilton, Ontario is the Waterfall Capital of the World?! If you ever find yourself in Hamilton I highly suggest you visit some of these beautiful waterfalls. I haven't personally been to all of them (156 in total according to Smithsonian) but I highly recommend visiting Tiffany Falls, there are also guided tours you can book to see them as well! Information obtained from [Why Hamilton, Canada, Is the Waterfall Capital of the World | Condé Nast Traveler \(cntraveler.com\)](#)
- Did you know that as of 2012, nearly 50 people have successfully swam across Lake Ontario? The first person who accomplished the feat was a Canadian long distance swimmer Marilyn Bell, who did it in 1954 at age 16. Toronto's Marilyn Bell Park is named in her honour. On August 19, 2012, 14-year-old Annaleise Carr became the youngest person to have swam across the lake. She completed the 32-mile (52-km) crossing from Niagara-on-the-Lake to Marilyn Bell Park in just under 27 hours. (Information obtained from [Lake Ontario - Wikipedia](#))



***Now You Know!***



# Fall Coloring Page



# Halloween Safety Tips

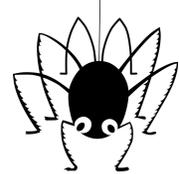


**S**words, knives, and similar costume accessories should be short, soft and flexible.

**A**void trick-or-treating alone. Walk in groups or with a trusted adult.

**F**asten reflective tape to costumes and bags to help drivers see you.

**E**xamine all treats for choking hazards and tampering before eating them.



**H**old a flashlight while trick-or-treating to help you see and others see you.

**A**lways test make-up first and wash off before going to bed to prevent skin and eye irritation.

**L**ook both ways before crossing the street, use crosswalks wherever possible.

**L**ower your risk of serious eye injury by not wearing decorative contact lenses.

**O**nly walk on sidewalks whenever possible to stay safe.

**W**ear well fitting masks, costumes and shoes to avoid blocked visions, trips and falls.

**E**at only factory wrapped treats. Avoid eating homemade treats from strangers.

**E**nter homes ONLY if you are with a trusted adult.

**N**ever walk near lit candles. Be sure to wear flame-resistant costumes.



# *The Perfect Fall Recipes*

## **SIMPLE BEEF STEW**

An easy beef stew recipe made with beef and vegetables simmered in beef broth and seasoned tomato sauce, either on the stove top or in a slow cooker

MINUTES PREP TIME: 20 MINUTES TOTAL TIME: 55 SERVINGS: 6

(Recipe from [Simple Beef Stew | Ready Set Eat](#))

<u>INGREDIENTS</u>	<u>DIRECTIONS</u>
<ul style="list-style-type: none"><li>• 2 tablespoons vegetable oil</li><li>• 1 pound beef stew meat, cut into bite size pieces</li><li>• 1/4 teaspoon salt</li><li>• 4 cups assorted cut-up fresh vegetables (potatoes, carrots, celery, and onions)</li><li>• 1 can (14 oz each) lower sodium beef broth</li><li>• 1 can (8 oz each) Hunt's® Tomato Sauce with Basil, Garlic and Oregano</li></ul>	<ol style="list-style-type: none"><li>1. Heat 1 tablespoon oil in large skillet or saucepan over medium high heat. Add meat and salt; cook 5 minutes, stirring until browned on all sides. Remove from skillet; keep warm.</li><li>2. Add remaining 1 tablespoon oil and vegetables to skillet. Cook 5 minutes or until crisp-tender, stirring occasionally. Return meat to skillet; stir in broth. Bring to a boil. Reduce heat to medium low; simmer 15 minutes, stirring occasionally.</li><li>3. Stir in tomato sauce; simmer 15 minutes more or until meat and vegetables are tender, stirring occasionally.</li></ol>

### TIP:

To make in slow cooker, spray inside of 4-quart slow cooker with PAM® Original No-Stick Cooking Spray. Omit oil and place all remaining ingredients in slow cooker; stir to combine. Cover; cook on LOW 8 hours or on HIGH 4 hours or until meat and vegetables are tender.



# My Best Pumpkin Bread

Homemade pumpkin bread is a favorite fall recipe packed with sweet cinnamon spice, tons of pumpkin flavor, and optional chocolate chips.

**Prep Time:**15 minutes **Cook Time:**1 hour **Total Time:**1 hour, 15 minutes **Yield:**1 loaf

(Recipe from [Pumpkin Bread Recipe \(No Mixer!\) - Sally's Baking Addiction \(sallysbakingaddiction.com\)](http://sallysbakingaddiction.com))



## Ingredients

1 and 3/4 cups (219g) all-purpose flour (spoon & leveled)	1/2 cup (100g) granulated sugar
1 teaspoon baking soda	3/4 cup (150g) packed light or dark brown sugar
2 teaspoons ground cinnamon	1 and 1/2 cups (340g) pumpkin puree (canned or fresh)
1/4 teaspoon ground nutmeg*	1/2 cup (120ml) vegetable oil, canola oil, or melted coconut oil
1/4 teaspoon ground cloves*	1/4 cup (60ml) orange juice*
1/4 teaspoon ground ginger*	2/3 cup (120g) semi-sweet chocolate chips*
3/4 teaspoon salt	
2 large eggs, at room temperature	

## Instructions

1. Adjust the oven rack to the lower third position and preheat the oven to 350°F (177°C). Lowering the oven rack prevents the top of your bread from browning too much, too soon. Grease a metal 9×5-inch loaf pan with non-stick spray. Set aside.
2. In a large bowl, whisk the flour, baking soda, cinnamon, nutmeg, cloves, ginger, and salt together until combined. Set aside. In a medium bowl, whisk the eggs, granulated sugar, and brown sugar together until combined. Whisk in the pumpkin, oil, and orange juice. Pour these wet ingredients into the dry ingredients and gently mix together using a rubber spatula or a wooden spoon. There will be a few lumps. Do not over-mix. Gently fold in the chocolate chips, if including.
3. Pour the batter into the prepared loaf pan. Bake for 60–65 minutes, making sure to loosely cover the bread with aluminum foil halfway through to prevent the top from getting too brown. The bread is done when a toothpick inserted in the center comes out clean with only a few small moist crumbs. This may be before or after 60–65 minutes depending on your oven, so begin checking every 5 minutes around the 55-minute mark.
4. Allow the bread to cool completely in the pan on a wire rack before removing and slicing. Cover and store leftover pumpkin bread at room temperature for up to 3–4 days, or in the refrigerator for up to a week.

## Simple Roasted Butternut Squash

Roasted butternut squash is so good on its own that barely any seasoning is needed! In this simple recipe, we focus on the basics — olive oil, garlic, salt, and pepper — and leave any additional garnishes up to you (though chopped parsley, shaved Parmesan, and toasted pine nuts make quite a statement!) This quick and easy butternut squash recipe is perfect for weeknight meals or holiday gatherings.

**Prep:**15 mins **Cook:**25 mins **Total:**40 mins **Servings:**4

(Recipe from [Simple Roasted Butternut Squash Recipe | Allrecipes](#))

### **Ingredients:**

1 Med Butternut Squash  
2 Tbls Olive Oil  
2 cloves minced garlic  
Salt and Pepper to tasted



### **Directions:**

1. Preheat the oven to 400 degrees F (200 degrees C).
2. Peel butternut squash with a sharp vegetable peeler. Cut in half lengthwise; scoop out and discard seeds. Cut halves into 1-inch slices, then cut slices into 1-inch cubes.
3. Combine butternut squash cubes, olive oil, and garlic in a large bowl and toss until well coated. Season with salt and pepper. Arrange in a single layer on a baking sheet.
4. Roast in the preheated oven until squash is lightly browned and tender when pierced with a fork, 25 to 35 minutes.



# 5 Fast Facts about Mental Illness



By the time Canadians reach age 40, **1 in 2** have, or have had, a mental illness.



In any given year, **1 in 5** Canadians experiences a mental health or addiction problem.



Mental illness is a leading cause of disability in Canada.



In Canada, **11 suicides** are committed every day.



With appropriate treatment and support, most people with mental illness will recover.

(Image provided by [Mental Illness Awareness Week – The Salvation Army in Canada](#))

## TAKING CARE OF YOUR MENTAL HEALTH & WELL-BEING

**Have a routine**



Structure your day and keep good habits

**Take deep breaths**



Breathing exercises can ease stress

**Call a loved one**



Lean on each other for support

**Have fun**



Play online with friends or start a hobby

**Open windows**



Sunlight can improve your mood

**Help others**



Get essential supplies for a neighbour

[TORONTO.CA/COVID19](https://toronto.ca/covid19)

TORONTO Public Health

(Image provided by [Mental Health Resources for Retail Employees - Retail Council of Canada](#))