

**Creating Traditions**



**CORNUCOPIA, korn-yoo-KO-pee-uh** One of the symbols of Thanksgiving is the cornucopia, also called horn of plenty. It is a decorative piece, originating in ancient Greece, that symbolizes abundance. The original cornucopia was a curved goat's horn overflowing with fruit and grain. It symbolizes the horn possessed by Zeus's nurse, the Greek nymph Amalthea, which could be filled with whatever the owner wished. A great symbol to use to show a bountiful harvest.

**Pumpkin Pie Bread**

Ingredients

- 3 1/2 cups all-purpose flour
- 2 teaspoons baking soda
- 1 teaspoon baking powder
- 3 teaspoons pumpkin pie spice
- 1 teaspoon salt
- 3 cups white sugar
- 1 cup vegetable oil
- 4 eggs



Directions

Preheat oven to 350 degrees F (175 degrees C). Grease two 9X5 inch loaf pans. Sift together the flour, baking soda, baking powder, salt, and pumpkin pie spice; set aside. In a large bowl, beat together sugar, oil, eggs and pumpkin. Stir in flour mixture alternately with water. Divide batter evenly between the prepared pans. Bake in the preheated oven for 60 to 70 minutes, or until a toothpick inserted into the centre comes out clean. For best flavour, store wrapped in plastic wrap at room temperature for a full day before serving.

**Notes from the Outreach Worker**



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**Special points of interest:**

- **GET...SET...LEARN**
- **FUNDRAISING BBQ**
- **CHRISTMAS CELEBRATION**
- **F.R.O.N.T.**
- **CHILD & YOUTH PROGRAMS**

reduce their clothing expenses, so we decided it was a great idea to have a place to "swap" clothes. It is located in the hall of the Centre, and has been used by many. Drop in anytime, and see what's there.

With school starting again, the Centre is a sponsoring site for the "Backpack for Bookworm" program, which provides a new backpack filled with items to families who need a little extra help.

In fall and winter, children's recreation is another big expense. Finances do not need to keep your child from sports or activities they deserve! Come see me anytime, and we can chat about ways to make it work.

And, yes, Christmas is coming soon. It is a very stressful time of year, especially financially. If you need some help, call the Centre and make an appointment to see me so that we can discuss some options.

As I am often called out of the building, please call before you come to see me, and make an appointment. Enjoy your fall, and I hope to see you all at the Seasonal Party!

**Heather Campea,**  
**Outreach Worker**

Helping Out Is Cool!  
 Here is a picture of how I helped out this summer!

I helped out by: \_\_\_\_\_

My name is: \_\_\_\_\_

Bring your picture to the Centre by September 18th and you will be entered in a draw to win some great prizes!!!

Artist name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Artist Age: \_\_\_\_\_

**There will be draws for age groups 4-7, 8-12 and 13-16  
 We will be making a book for the Center of all the entries!**

Parent/Guardian Signature: \_\_\_\_\_

What a fantastic summer! The Outreach Program was extremely busy! This year, 2 youth were sent to Camp McGovern in Hanover. We supported 20 children to go to our day camp, 2 kids to ABC program and 2 families to Single Mom's Camp!

This year we were unable to do the Preston Heights Neighbourhood Market. However, the Downtown Preston Market is up and running, and will be continue until October 1st on Thursdays 1-6pm at Central Park on King St. E. This summer, with the help of some fabulous volunteers, we started the "Clothing Closet" to help those who want to

## VOLUNTEER VIBE

▶▶▶  
Special Thanks the PHCG BBQ Team:

George, Murray, Ashley, Ryan, Winter and Richard, and for donations, Scott and Julie, Jeff and Sharron!!



## WELCOME

A special warm welcome to the new volunteers on our team: Charlotte, Shirley, Amanda, Connie Lynn, Sarah M., Sarah C., Sameeka, Penny, Emma, Alex, Geoff and

## Thank You

Special thanks and awesome appreciation for Jackie C. of JBS Painting for volunteering to do some office painting at the Centre!

For more information about volunteering opportunities for youth and adults please contact,  
Sharron Lirette,  
Volunteer Coordinator

## CENTRE NEWS



## YOGA

BEGINNER TO EXPERIENCED

TUESDAYS

Start date and time: TBA

8 weeks for \$40.00

NOTE: Yoga classes will be offered with a minimum registration of 8 paid participants. If we do not have enough participants registered the class will be cancelled.

**CERTIFIED YOGA INSTRUCTOR**

## 40 HOURS: HIGH SCHOOL STUDENTS

Have you ever participated in the Youth or Children's Programming at PHCG? If so, you may consider earning your required 'Volunteer Hours' here at the Center. We are a non-profit agency established to encourage positive Community Development in the Preston Heights Neighbourhood. The presence of a Community Center in any neighbour not only provides cost-efficient, if not free, programming and services for all, but also statistically has proven to decrease the crime rate in these neighbourhoods. Most importantly, it is the people-power of it's residents that keep these centers viable.

*Consider giving your Volunteer Hours to the  
Neighbourhood Centre  
who serves YOU!*



**Brownies Mondays 6:30-8pm**  
**Gr. 2-3 Preston Heights C.C.**

**Sparks Tuesdays 5-6pm**  
**Gr. SK-1 Preston Heights C.C.**

**Guides Guides 6:15-7:45pm**  
**Gr. 4-6 Preston Heights C.C.**

The Girl Guides program is a great opportunity for a young girl to learn important life skills. The girls will earn badges while interacting and communicating in a social atmosphere, learning the importance of living healthy and staying active, giving back to our community through community service, environmental awareness and much, much more.

**Registration is on Sept. 12th**  
**Location TBD**  
**Registration fee applies**

**Call the Centre for more information  
and for registration location**



Support the Centre  
Next BBQ @  
Cambridge South  
Zehrs...

**SEPTEMBER 19**



## CENTRE CLASSIFIEDS

Do you have a **small** business, like a hair salon in your house  
Do you have a **BIG** business, like driveway sealing

**AND**

Live in the **PRESTON HEIGHTS** neighbourhood???

Up-coming in the Centre's December newsletter is a **NEW** section reserved for our neighbourhood friends to advertise their business. If you would like to post your business card information or if you don't have one...come to the Centre and we can assist you designing your own

**Due date for submissions: DECEMBER 1st,**

## Centre & Partner Services

**Internet**-The Centre has two computers available both with internet access. One computer is resumes, job search, banking etc., the other games, webkins etc. Both can be booked for a 1 hour session by calling the Centre or in person.

**Photocopying**-Black & White only-\$0.15 per side  
**Faxing**-local numbers free of charge, long distance \$0.50

**Government & Community Forms**-Applications for I.D. (birth, S.I.N.)  
Passports applications-Child/adult  
Life event forms (name change, divorce/separation etc.)

**Free Greeting Cards** (limited selection)

**Books for Birthdays**-Free book to children up to the age of 14 (some restrictions apply)

**Family Counselling Centre Cambridge & North Dumfries**-Free counselling by FCCCND on Tuesday evenings 4-8pm. For more information about appointment times etc. please call Sandy at the Centre

**Cambridge Career Connections** (Youth employment services)

**Lutherwood Adult Employment Services**-Employment Counsellor is available for adults (25 and up) at the Centre on Monday mornings. Please call the Centre to arrange an appointment time or for more information