



Kortright Hills
-Your Neighbourhood Group

“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 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 2015 issue

Visit us on the Web: www.khng.ca



B  **nanza**



KHNG 6th Annual Halloween Party!!!

Kortright Hills P.S. Gym

Saturday, October 31, 2015 - 1:00 to 4:00 pm

- Halloween Games, Activities & Crafts
- Wear your Halloween Costume
- Haunted House (by 26th Venturer Scouts)
- Raffle Table
- ** Pizza available
- Face Painting by Makin' Faces
- Halloween Costume Contest
- ** Halloween Photo Booth
- ** Concession items available
- and much much more....

** Small Charges Apply



Join us for a Saturday afternoon Halloween party!!



VOLUNTEERS ARE NEEDED FOR THIS EVENT!! HIGH SCHOOL STUDENTS EARN VOLUNTEER HOURS. SIGN UP USING BELOW LINK!!

[HTTP://WWW.SIGNUPGENIUS.COM/GO/5080F4EAE2FAB9-6THANNUAL/](http://www.signupgenius.com/go/5080f4eae2fab9-6thannual/)

THANK YOU TO OUR SPONSORS:



For more information email khng@bellnet.ca or call 519.993.5462 or visit www.khng.ca

2nd Annual Pumpkin Promenade!



Sunday November 1st, 2015

6:30 – 8:30 p.m.

Mollison Park (behind KHPS)



Give your jack-o-lanterns one last chance to shine!

Drop off your carved pumpkins on Sun. Nov. 1st, between 3 - 6 pm at KHNG Community Room. Stay and enjoy a marvelous display of pumpkins flickering in the night throughout Mollison Park.

- * Show off your dazzling pumpkin-carving skills
- * Vote for your favourite pumpkin
- * Win great prizes
- * Meet your neighbours and have fun

All are welcome!!

Pumpkins will go to local farmers and/or be composted after the event.

Suggested donation of \$5/family.

Hot refreshments will be available for purchase.

Volunteers are needed!

Make your community shine by helping out with our last event of the year.

Contact us today! 519.993.5264 | khng@bellnet.ca | [facebook.com/groups/KortrightHillsNG](https://www.facebook.com/groups/KortrightHillsNG)



Visit
www.khng.ca

Official KHNG website Check it out!!

Register and become a member

Our website offers:

- Current events
- Discussion forum
- Minutes of our meetings
- Monthly calendar
- Quarterly newsletters
- Current programs available

Become a member, register now!!

Join KHNG on Facebook

[facebook.com/groups/KortrightHillsNG](https://www.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"

FALL KASP PROGRAM!!

- Who: Students from *JK – Grade 6
- What: 13-week Recreational & Educational After School Program
- Where: Kortright Hills Community Room
- When: Mon, Tues, Wed & Thurs
3:20 - 5:30pm - Sept 8 to Dec 17, 2015
- Cost: \$11 per day
(cheques payable to Kortright Hills Neighbourhood Group)



Welcome to KASP!!

You have been invited to attend (KASP) Kortright After School Program! During each KASP session we continue to teach your children proper manners, provide a healthy snack and teaching your children safe food preparation, small educational science experiments, 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:

Email Leone at khng@bellnet.ca for a registration form.

Limited Spaces 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. 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: 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 II 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.scouter.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 for more information. Please contact us if you would like to come out for a free class!



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 (Boonanza, Pumpkin Promenade, Youth Nights and events for 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
Your help is needed – call or e-mail us today!!

Mark your calendars to attend KHNG upcoming Events:

KHNG Monthly meeting/social:

Thursday October 15, 2015 Thursday November 19, 2015
Thursday December 17, 2015

- * Garden Fresh Box Pick Up - Wed Oct 21, Nov 18, Dec 16, 2015
- * KHNG Youth Nights - Fri Oct 2 & 16, Nov 6 & 20, 2015
- Youth activity drop in night at Kortright Hills Public School Gym
 - * Boonanza - October 31, 2015
 - * Pumpkin Promenade - November 1, 2015

Visit KHNG website for up to date events: 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!



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

Order and Pick Up Dates:

Order & Pay By:

Tues Oct 6th
 Tues Nov 3rd
 Tues Dec 1st

Pick-Up

Wed Oct 21st
 Wed Nov 18th
 Wed Dec 16th



The Winer's Edge!

Make your next selection of hand-crafted Wine at Guelph's favourite Micro-Winery

- Personalized service start to finish
- Customized blends & oak barrel programs
- International multi award-winning winemaker
- Minimum usage of preservatives in your wine
- Comfortable & inviting atmosphere for your wining

Guaranteed Results!

ON PREMISES WINE MAKING

\$50 OFF

2 PURCHASES

\$20 OFF

1 PURCHASE

IN-STOCK Showcase Wines

Not valid with other offers.
Expires December 31, 2015

NEW WINE MAKER SPECIAL!

FREE WINE BOTTLES (30)

WITH YOUR PURCHASE OF



IN-STOCK SHOWCASE WINES VINTED ON PREMISES

Not valid with other offers.
Expires December 31, 2015

The Difference You Can Taste!

Downey Road Centre, Guelph

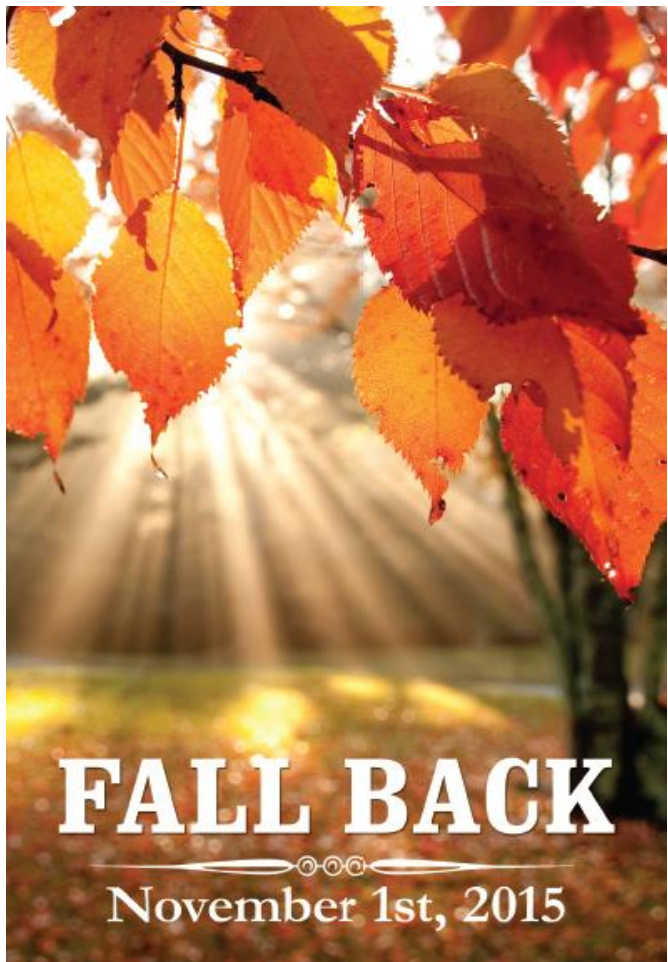
(JUST WEST OF YM/YWCA)

519-824-9191

www.thetownewiner.ca

FOLLOW US!





FALL BACK

November 1st, 2015



"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 October 16 , 2015

Friday November 6, 2015

Friday November 20, 2015

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 or www.khng.ca



26th Guelph Scouts
4th Annual

Free Admission
Kortright Hills Public School
23 Ptarmigan Drive, Guelph

Saturday, November 14 10am-3pm

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

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

Check out our Facebook page at
[facebook.com/26thguelphannualscoutbazaar](https://www.facebook.com/26thguelphannualscoutbazaar)
Tables still available at shirley_scout_bazaar@rogers.com



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.

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

Email: 26thguelph@w.scouters.ca to register or for more info.

REGISTER ONLINE TODAY! Scouts.ca 1-888-855-3336



It starts with Scouts.

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 January 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. 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

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

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 26th 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



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 or

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

26th Guelph Scout Fundraiser

26th GUELPH SCOUT CRAFT BAZAAR FUNDRAISER

VENDORS NEEDED!! Calling ALL crafters, hobbies, small business owners anyone with creative flare!! 26th Guelph Scouting Group is happy to announce the 4th **ANNUAL CRAFTER'S BAZAAR**. We are looking for individuals who have unique, one of a kind handmade crafts for sale like knitting, quilting, jewelry, photos, pottery, paper crafts who would like to participate.

When: November 14th 2015 10am-3pm; **Where:** Kortright Hills Public School 23 Ptarmigan Drive, Guelph, ON;

Why: To help our Scouting Youth attend Camps & Jamborees. Want more info please

contact: Shirley Shirley_scout_bazaar@rogers.com



Contact KHNG:

www.khng.ca * khng@bellnet.ca * 519-993-5264



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Want to Advertise in KHNG Quarterly Newsletter:

KHNG sends an electronic newsletter out four times a year, next issue January 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. 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!!



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

Contact KHNG:

www.khng.ca * 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 January 2016!!

Caruso Clinic

Suffering with high blood pressure (HBP) and interested in natural solutions? Pick up practical tips on diet and natural remedies to help control the symptoms of HBP in our free workshop.

Heather Caruso B.Sc., ROHP, Hom, Best Selling Author, Homeopath and Holistic Nutritionist



**Register today, space is limited. Tues. Oct. 20th 7pm.
South Guelph, 519 827 9237 www.heathercaruso.com**

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

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 neighbourhoods'.

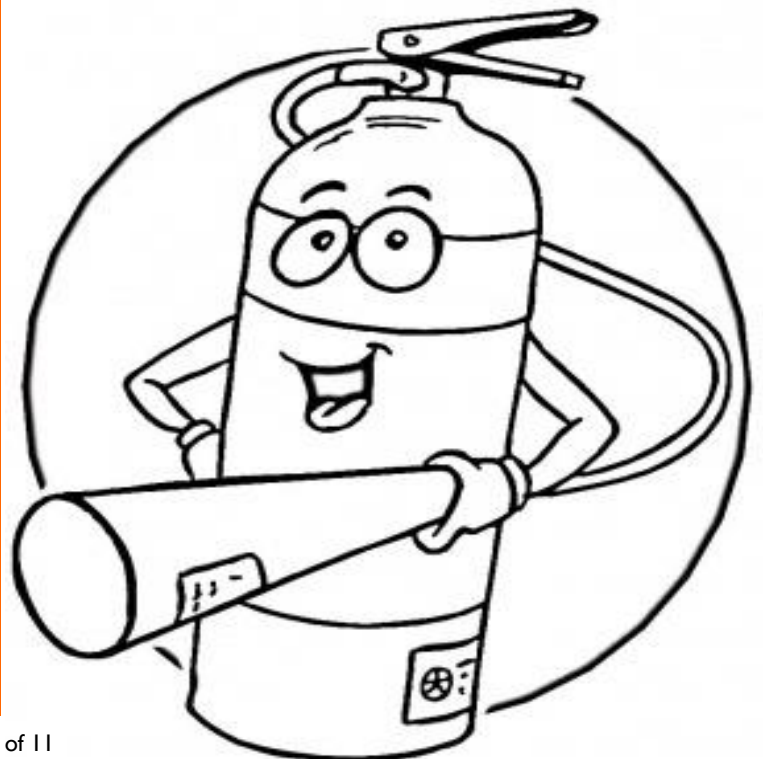
November

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.guelphpo.lice.com>



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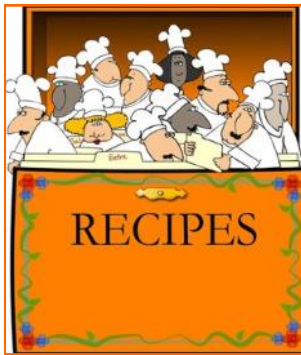
THE VALUE
OF OUR **BRAND**



*Experience the Advantages
of Working with
an Executive.*

Kortright Hills

Recipe Corner!!



"creating a village in the city"

Cheesy Garlic & Herb Twists

Ingredients:

1 can refrigerated crescent dinner rolls
1 tbsp. non-hydrogenated margarine, melted
1 tsp. dried basil leaves
1 tsp. garlic powder
2 tbsp. Kraft 100% Parmesan Light Grated Cheese
1/4 cup Cracker Barrel Shredded Light 4 Cheese Italiano Cheese



Directions:

Heat oven to 375 degrees F.

Unroll dough on cutting board; cup lengthwise into 4 strips. Cut each strip lengthwise in half. (you will have a total of 8 strips.)

Place strips, 1 inch apart, on parchment-covered rimmed baking sheet. Hold both ends of 1 strip, then turn ends in opposite directions to form twist. Repeat with remaining dough strips. Brush with margarine; sprinkle with remaining ingredients.

Bake 9 to 10 min. or until golden brown.

Slow-Cooker Cranberry Appetizer Meatballs

Ingredients:

1 pkg frozen fully cooked meatballs
1 can whole berry cranberry sauce
1 cup Kraft Garlic BBQ Sauce
1/2 cup fresh or frozen cranberries
1 small onion, chopped



Directions:

Place meatballs in slow cooker
Combine remaining ingredients; pour over meatballs.
Stir to evenly coat.
Cook on High 2 to 3 hours (or Low 4 to 6 hours)

Pumpkin Spiced Latte

Ingredients:

3 c. hot whole milk	4 tsp. white sugar
1/2 tsp. vanilla extract	1/2 tsp. pumpkin pie spice
6 ozs. Extra-strength coffee	3 tlbps. sweetened whipped cream
3 pinches pumpkin pie spice	



Directions:

Combine the hot milk, sugar, vanilla extract, and pumpkin pie spice in a blender; blend until frothy. Pour the mixture into 3 coffee mugs to about 2/3 full. Pour 2 ounces coffee into each mug. Garnish each mug with whipped topping and pumpkin pie spice.

Creamy Butternut Soup

Ingredients:

2 cans 25%-less-sodium chicken broth, divided
1 onion, chopped
1 carrot, chopped
1 stalk celery, chopped
4 cups chopped butternut squash (1/2-inch chunks)
1/2 cup instant white rice, uncooked
1 tsp. ground nutmeg
2-1/2 cups water
1-1/4 cups milk



Directions:

Bring 1 can broth, onions, carrots and celery to boil in large saucepan on medium-high heat; cook 5 to 10 min. or until vegetables are crisp-tender, stirring occasionally.

Add squash, rice and nutmeg; mix well. Stir in water and remaining broth; simmer on medium-low heat 10 to 15 min. or until squash is tender stirring occasionally.

Blend soup, in small batches, in blender or food processor until smooth. Return to saucepan; stir in milk. Cook on low heat 5 min. or until heated through, stirring occasionally.

Family Classic Meatloaf

Ingredients:

1-1/2 lb. extra-lean ground beef
1 pkg. chicken stove top stuffing mix
1 egg, lightly beaten
1 onion, chopped
1 tsp. dried thyme leaves
1 can condensed tomato soup, divided
1/4 cup chili sauce



Directions:

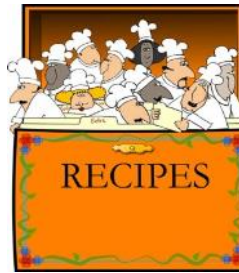
Heat oven to 350 degrees F.

Mix meat, stuffing mix, egg, onion, thyme and 1/2 cup soup just until blended; press into 8x4-inch loaf pan.

Bake 55 min. or until done (165 degrees F.).

Cook chili sauce and remaining soup in saucepan on medium-low heat 3 to 5 min. or until heated through, stirring frequently. Spoon over meatloaf.

Kortright Hills Recipe Corner!!



Bacon & Broccoli-Stuffed Potatoes

Ingredients:

2 large baking potatoes
1/4 cup Kraft Creamy Caesar Dressing
1 Tbsp. milk
1 cup frozen chopped broccoli, thawed, drain
1/4 cup Oscar Mayer Real Bacon Bits
1/4 cup Cheez Whiz Cheese Spread



Directions:

Prick potatoes in several places. Microwave on High 9 to 10 min. or until tender, turning over and rearranging every 3 min. Let stand 5 min.

Cut potatoes lengthwise in half; scoop out centres into medium bowl, leaving 1/8-inch-thick shells.

Mash potato flesh. Add dressing, milk, broccoli and bacon; mix well. Spoon into potato shells; place on microwaveable plate. Microwave 2 to 3 min. or until heated through.

Spoon Cheez Whiz into microwaveable bowl. Microwave 30 sec. or until melted; stir. Spoon over potatoes.

Fall Apple Bavarian Cheesecake

Ingredients:

1-1/4 cups Graham Crumbs	1/3 cup butter, melted
2 pkg. Cream Cheese, softened	1/2 cup sugar
1/2 tsp vanilla	2 eggs
1 large apple, peeled & sliced	3 tbsp. sugar
1/4 tsp. ground cinnamon	1/4 cup sliced almonds



Directions:

Heat oven to 350 degrees F.

Mix graham crumbs and butter; press onto bottom and up side of 9-inch pie plate.

Beat cream cheese, sugar and vanilla with mixer until blended. Add eggs, 1 at a time, mixing after each just until blended. Pour into crust; top with apples. Mix sugar and cinnamon; sprinkle over apples. Top with nuts.

Bake 40 min. or until centre is almost set. Cool. Refrigerate 3 hours.



A 'Suet-able Treat for your Backyard Birds!

Offer woodpeckers suet in our EcoTough Suet feeder, made from recycled milk jugs. Complete with our lifetime guarantee!

Visit us at:
Wild Birds Unlimited
951 Gordon St (@ Kortright)
Guelph, Ontario
519-821-2473
www.guelph.wbu.com



Downy Woodpecker