



“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
 519.993.5264 kortrighthillsng@gmail.com 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 2020 issue

Visit us on the Web: www.khng.ca

Kortright Hills
 -Your Neighbourhood Group
 "creating a village in the city"

**KHNG 2020 VIRTUAL
 BOOOnanza!**

October 13 to 22, 2020
**WHAT IS YOUR 3 FAVOURITE
 HALLOWEEN CANDIES?**

ENTER HERE:
<https://forms.gle/F9xY6yYsv9UDdc9o9>

All entries will be put into a random draw for a chance to win 1 OF 3 prize packages. Winners will be contacted by email to arrange a contactless delivery. Enter today for your chance to win!

Sponsored by: Bigelow Flooring Inc, Bulk Barn, Coldwell Banker, Downey Rd Dental, Pizza La Villa & KHNG!

Downey Road Dental | Bigelow Flooring Inc. | COLDWELL BANKER REAL ESTATE BROKERAGE | BulkBarn®

**KHNG
 VIRTUAL
 EVENTS
 MARK
 YOUR
 CALENDARS!**



**Sunday
 November 1, 2020**

For more information email kortrighthillsng@gmail.com or call 519.993.5264 or visit www.khng.ca

KHNG

2020 VIRTUAL BOONANZA!

October 20 To 29, 2020

LIST 3 HORROR MOVIE TITLES FOUND IN THE BELOW PICTURE.



ENTER USING BELOW LINK:

<https://forms.gle/vxNFYYPxsMTL3r6r6>

All entries will be entered into a random draw for a chance to win 1 of 3 prize packages. Winners will be contacted by email to arrange a contactless delivery. Enter today for your chance to win!

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Bigelow Flooring Inc.
THE FLOORING SPECIALISTS



BulkBarn



KHNG HOLIDAY EYE SPY...

DECEMBER 1 to 10, 2020

Kortright Hills
-Your Neighbourhood Group



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FIND THE 6 HIDDEN WORDS IN THE WINTER PHOTO



ENTER USING BELOW LINK:

<https://forms.gle/XDyJK6CRrZwC1VYK6>

All entries will be entered into a random draw for a chance to win 1 of 3 prize packages. Winners will be contacted by email to arrange a contactless delivery. Enter today for your chance to win!

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THE FLOORING SPECIALISTS



KHNG Holiday Contest

Tues Dec 8 to Thurs Dec 17, 2020

“Show Us Your Holiday Decorations” How to Play:

1. Tell us or share with us a photo of your holiday decorations for this 2020 year (photos will be posted on KHNG Facebook group page)
2. Using the below link, fill out the entry form & upload your photo to show us your 2020 holiday decoration.
<https://forms.gle/fbAZbokAFidRNdt98>

All entries will be entered into a random draw for a chance to win 1 of 3 prize packages. Thank you to Bigelow Flooring Inc. & KHNG for sponsoring this contest. Winners will be contacted by email to arrange curbside delivery.
Good luck!

Let's Show Kortright Community Our Holiday Decorations!



PHOTO'S OF NEIGHBOURHOOD GARDENS!





Kortright Hills
-Your Neighbourhood Group

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Welcome!

Thank You!

Stay Informed:

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.

A special 'thanks' goes to all of our volunteers and community partners, 26th Guelph Scouting Group, Kortright Hills Public School and the GNCS. Your support for our neighbourhood is greatly appreciated!

To get email updates of our neighbourhood events delivered to your inbox, please send your request to kortrighthillsng@gmail.com. Visit our website, Facebook group or page telling you of upcoming events, programs and workshops.

Fall Programs!



REGISTER TO ATTEND A SCOUTS CANADA PROGRAM NEAR YOU

Programs are STEM based
To join contact Nikki by email:
26thguelph@w.scouters.ca



Beavers	ages 5-7	meet Mon 6:30-7:30
Cubs	ages 8-10	meet Wed. 7:00-8:30
Scouts	ages 11-14	meet Tues 7:00-8:45
Venturers	ages 14-17	meet Tues 7:00-9:00

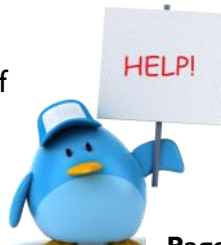
WE WELCOME YOUR PARTICIPATION & NEED YOUR HELP

Can you help us continue to deliver social and recreational programs for our community? In the coming months we are seeking your assistance with:

(Currently all events & programs have been either cancelled, postponed or virtual till further notice)

- * Planning of upcoming events
- * Becoming a leader with 26th Scout Group
- * Volunteering with KHNG

If these or similar opportunities are of interest to you, contact us today at kortrighthillsng@gmail.com
Your help is needed – call or e-mail us today!!



Mark your calendars to participate in KHNG Virtual Fall Contests:

KHNG ANNOUNCES 4 VIRTUAL THEMED CONTESTS BEGINNING October 13 to December 17, 2020

- 1) What is your 3 favourite Halloween Candies
- 2) List 3 Horror Movies Found In The Photo
- 3) Find the 6 Hidden Words in the Winter Photo
- 4) Show Us Your Holiday Decorations

KHNG Events & Programs:

ALL KHNG IN PERSON EVENTS HAVE BEEN CANCELLED AND/OR POSTPONED TILL FURTHER NOTICE DUE TO COVID-19

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 for our monthly meetings. (MEETINGS HAVE BEEN CANCELLED TILL FURTHER NOTICE)

Want to Advertise in KHNG Newsletter

KHNG Newsletters January, April, July and October 2021

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 2021!!

**** KHNG OFFICE ****

IS CLOSED TILL FURTHER NOTICE TO REACH OUR STAFF PLEASE EMAIL: kortrighthillsng@gmail.com





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Share Community News In The KHNG Newsletter:

KHNG sends an electronic newsletter, four times a year, next issue is January 2021. Want to advertise your business,? Want to share your favourite recipe? Write an article of interest? Or are you a student looking to offer your services (i.e. babysitting, shoveling snow, cutting/raking the lawn). Send your information by E-mail to: kortrighthillsg@gmail.com. This is a great way for Kortright Hills Neighbours to come together by sharing thoughts, talents & services with our community neighbours.

Kortright Hills Community News!



Community Room Available!!

Do you have an idea for an:
Event Program Social Workshop
Ask KHNG about using the community room!
Call Leone 519.993.5264 or kortrighthillsg@gmail.com

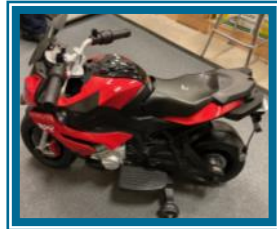
KHNG Distribution List

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.

Kids Electric Bike Found

Electric bike found behind Kortright Hills Public School.
Please contact kortrighthillsg@gmail.com if this is your bike or you know who it belongs to.
Let's get this new looking bike home to the proper owner.



KHNG Pet Corner

Name: Charlie
Age: 1 and a half years
Breed: Australian Shepherd
Family: mom, dad, brother, and grandma
Favourite food: Anything Mom and Dad are eating especially peanut butter on toast. If you see me in the Neighbourhood, please say hi to me, especially if you have dog treats



A Tail of Chickens

A tail of 4 6 10 5 6 5 9 - Chickens

My name is Jacob. I'm 9 years old and this is my chicken story. A "tail" of surprise, happiness, sadness, happiness and weasels. It all started when my neighbours decided to get chickens. Not your regular looney tunes type chickens, either. These were fluffy, fuzzy, show type chickens, 4 of 'em, only a few days old: Confetti, Mary Brown, Pooping Egg and Cickaletta . Life was pretty good for a baby chick, in a large box in the bathroom with a heater. As they began to grow, so did our love of chickens. Soon they had two more chickens: Hei-Hei and Harry. They were a little older, and called Silkies. Next came a coop outside, and as they grew they spent more and more time outside.

On father's day my grandfather surprised our family with ...4 CHICKENS!! My cousin had given them to my grandfather ...and he quickly gave them to us. Only just born, they stayed in the neighbours "incubation bathroom" until old enough to go outside.

One day I was playing in my backyard with the neighbours, when all of a sudden we heard loud chirps and frantic chickens. We ran to the fence to see what was going on. All we saw was one lone chicken loose from the coop, and the predator slithering away...

Next: Chapter 2 - Feathers in the Grass



26th Guelph Scouting Group

Attention:

We are looking for volunteers to help run our scouting programs:
Beaver Scout, Cub Scout, Scouts, Venturer Scout
If interested please contact
Nikki Group Commissioner of the 26th Guelph Scout Group:
26thguelph@w.scouters.ca



Positive Art In KHNG Community





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Kortright Hills Community News!



Welcome Back To KHPS



List of Kortright Hills Community Crimes Since June 30th:

- June 30 - Woodland glen drive - Car broken into
- July 1 - Old Colony Trail area - Gilbert ball bag and booze stolen from car
- July 9 - Tanager Drive - Cars searched - Sunglasses stolen
- August 8 - Street not stated - Bike stolen (police found it and charged robber with stolen possession) Garage and car rummaged (garage door accidentally left open)
- Sept 10 - Pheasant Run drive - Car accidentally unlocked
- Sept 10 - Old Colony Trail - Cars rummage
- Sept 19 - Street not stated - Van accidentally unlocked Prescription sunglasses stolen
- Sept 19 - Elsley Drive - Garage door opener stolen from vehicle
- Sept 20 - Woodland glen drive - Thieves trying to open car doors - Security cameras filmed the incident
- Sept 20 - Milson Drive - Center console insert stolen from car
- Sept 20 - Peer Drive - Vehicles rummage
- Sept 23 - Merganser drive - Thief opened garage door with an opener and about to steal a bike



Garden Fresh Box is a non-profit produce buying program that provides you with affordable fresh fruit & vegetables, while supporting local farmers!!

EVERYONE IS WELCOME to participate in the Garden Fresh Program

How it works: ORDER by the first Friday of each month

- ⇒ PICK-UP on the third Wednesday of the month between 5-6pm
- ⇒ Typical box contains 9-14 vegetables & 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: kortrighthillsng@gmail.com

Due to Covid-19 GFB has been cancelled till further notice. Please watch your emails & our website when we will resume GFB services. Thank you and stay safe



With the recent car break-in's within our neighbourhood. Here are a few helpful hints:

1. Lock the doors
2. Close the windows.
3. Park in well-lit areas.
4. Hide any valuables.
5. Invest in an anti-theft system



Stay safe

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



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Colour Me



GUELPH POLICE SERVICE



PRIDE SERVICE TRUST



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.

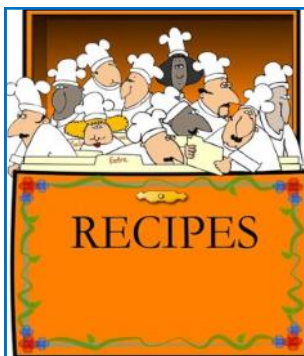
Other tips can be found on the Guelph Police Services website: <http://www.guelphpolice.com>



Kortright Hills

Recipe

Corner!!



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Pumpkin Soup

Ingredients:

2 packages frozen pumpkin or fresh
2 chicken or vegetable broth cubes
2 cups water
2 cups milk (added later on)
ginger as needed
2 cloves of garlic cut up
cheese to taste
1 onion diced



Directions:

Place all above ingredients in large pan on medium heat and cook until pumpkin, garlic and onion is soft. Blend with hand mixer all ingredients except milk and cheese. Add milk and cheese to taste when served. By: Leone

Healthy Cheddar Cheese Muffins

Ingredients:

2 cups all purpose Flour
1 1/2 tablespoons white sugar
1 tablespoon baking powder
1 teaspoon salt
1/2 teaspoon baking soda
1 1/2 cups cheddar cheese
1 cup plain yogurt
2 eggs
1/4 cup butter



Directions:

Preheat oven to 400 degrees. Grease lined 12 muffin cups or pan. Mix flour, sugar, baking powder, salt and baking soda together in a bowl. Stir in cheddar cheese, add yogurt, eggs and melted butter. Stir until moistened. Spoon into your 12 greased muffin cups. Bake 18-20 mins. Check with a toothpick at 18 min. If it comes out clean and not sticky your muffins are done. If not leave in for another 2 mins. These muffins are good with Chile, soups, lasagna, and pasta dishes. They are delicious and the kids will love them. Enjoy! By Cindy

ALL RECIPES IN KHNG FALL NEWSLETTER WERE SUBMITTED BY COMMUNITY MEMBERS. THANK YOU FOR YOUR SUBMISSIONS. WANT TO SHARE YOUR RECIPE TO BE PUBLISHED IN KHNG JANUARY EDITION, EMAIL: KORTRIGHTHILLSNG@GMAIL.COM!

Chow Mein Noodle cookies

Ingredients:

1 cup of semi-sweet chocolate chipettes
1 cup of peanuts (or 1 cup of any substitute of your choice)

1 cup of butterscotch chipettes
1 cup of chow mein noodles.



Directions:

Melt chocolate and butterscotch chipettes in microwave stirring every 30 sec. Mix in peanuts or any substitute of your choice, add chow mein noodles. Immediately spoon bite size stacks onto parchment paper to cool then serve. Enjoy! By: Heather

"Cooking is an expression that crosses boundaries"

Mac and Cheese

Ingredients:

4 cups of macaroni
2 1/2 cups grated cheddar cheese
1 cup extra cheese for topping
1 can or bottle of pasta sauce (your favorite)
1 19oz can of chopped tomatoes seasoned
Or unseasoned to your taste



Directions:

In a pot boil water and cook macaroni. Drain and put macaroni back in the pot. Add pasta sauce, cheese and chopped tomatoes. Mix thoroughly and put in a 9x13 pan. Top with extra cheese and bake at 350 for 45 min to 1 hr until bubbling. Enjoy! By: Cindy

Chocolate Pudding

Ingredients:

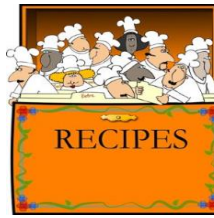
5 tablespoons of white sugar (can also use coconut sugar)
2 tablespoons of Corn Starch
2 tablespoons of Cocoa powder
1 1/2 cups milk any kind works
1 teaspoon vanilla



Directions:

Mix all dry ingredients together in a small bowl until combined. In a pot put milk, vanilla and pour in dry ingredients. Using a whisk with heat on medium whisk until thickened, about 5 to 6 mins, then pour into 4 small dessert dishes. Put into fridge for 20 minutes, top with whip cream or berries (sliced strawberries, raspberries, blackberries). Easy and the kids will love it. By: Cindy

Kortright Hills Recipe Corner!!



Hot Apple Cider

Ingredients:

- 3 cups apple juice
- 2 ½ cups unsweetened pineapple juice
- 2 cups cranberry juice
- ¼ cup brown sugar
- 2 cinnamon sticks



- 2 teaspoons whole cloves
- 2 teaspoons ground allspice

Directions:

Stir the apple juice, pineapple juice, and cranberry juice together with the brown sugar in a large pan. Place the cinnamon sticks, cloves, and ground allspice into a large teaball or cheesecloth bag. Place the spice bag into the pan with the juice mixture. Heat the juice mixture over medium-high heat about 10 minutes. Serve hot.

Shepherds Pie

Ingredients:

- 1 pound of ground beef or (Chicken or Turkey)
- 1 onion (or can use onion flakes a tablespoon)
- 1 can of Franco American gravy beef (Chicken or Turkey)
- 1 carrot chopped into small pieces
- 1 cup peas or corn or a mixture (use frozen about 1 1/2 cups)
- Potatoes for topping

Directions: Delicious and fast Preheat oven to 350

Cook ground meat and onion in a frying pan until no red is showing. Put your gravy and veg in and mix thoroughly until Combined. Let simmer on low for 3 min.

Potatoes for topping, use instant instead of real potatoes to make it quicker. I use Betty Crocker 2 pouch instant, it is quick and taste great. On the box it tells you to boil water in a pot but I use boiled water from the kettle. I boil it while I am cooking the ground meat, then while the meat mixture simmers on the stove I put the two pouches of instant potatoes in a bowl with 2 cups boiling water, 4 tablespoons Butter and 2 cups milk and mix together. If using real potatoes prepare and mash ahead of time. Then in a 8x8 or 8x9 pan put meat mixture in the pan and layer on top with the potatoes. Bake for 45 min to 1 hr at 350 depending on how hot your oven is. Serve and enjoy with dinner rolls, salad or veggies and dip. By: Cindy



Tongue of the Judge - Makes about 20 pieces

Ingredients:

- 2 large eggplants
- 1/2 - 1 cup corn oil (if frying eggplant)

Sauce:

- 2 tbsp corn oil
- 1 large tomato sliced (optional)
- 14 oz. tomato sauce
- 1/2 cup lemon juice
- 1/2 tsp pepper

Stuffing:

- 2 lbs. Lean ground meat
- 1 medium onion (1 cup) finely minced
- 1 tsp salt
- 1/4 tsp black pepper
- 1 large onion diced
- 1 large tomato peeled and chopped
- 1 cup beef or chicken stock
- 1 tsp salt
- 1 tsp turmeric



Directions:

Peel eggplant, trim off the top and bottom. Stand eggplant up on cutting board and slice vertically, 1/8" thin. Sprinkle generously with salt, place in a strainer for about 1 hour. Rinse off the salt and strain eggplant to dry. Heat about 4 tbsp corn oil in a frying pan and fry the eggplant slices in batches, turning once to brown both sides. Be careful not to burn. Add more oil as needed. Drain cooked eggplant slices on paper towels. Low fat alternative: Place eggplant slices on baking sheets lined with foil and brushed with corn oil. Bake in the oven at 350 degrees for approximately 20-30 minutes until brown, turning the eggplant halfway. Mix together the ground meat, onion, salt and pepper. Divide the meat into sausage shaped portions 1" thick and 2" long. Place a portion of the meat stuffing at one end of an eggplant slice and begin wrapping the eggplant around it. Place the rolls in a baking dish and layer the tomato slices on top (optional). In a saucepan heat 2 tbsp oil and saute the diced onions. When soft add the chopped tomatoes, salt, pepper and turmeric. Add tomato sauce, beef or chicken stock and lemon juice to taste. Cover and simmer 15 minutes. Pour the sauce over the rolls in the baking dish, cover with aluminum paper and bake for 1 hour (or until done) at 450 degrees. By: Louise