



"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.

April 2018 issue

Visit us on the Web: www.khng.ca



2018



**Kortright Hills Neighbourhood Group
 & 26th Guelph Scouting Group**

Clean - Green



**Saturday, April 21, 2018
 9:00 am – 11:00 am**

Meet at the **Kortright Hills Community Room**
 (KHNG community room, side entrance of the school)

Join us for our 12th annual family clean up of our public green spaces & parks.
 Refreshments, gloves, maps and garbage bags will be provided.
 Help keep the community beautiful.

FREE Volunteer Appreciation BBQ
 offered at 12 noon by the City of Guelph
 at the Large Red Picnic Shelter River
 Side Park. Get your **FREE** lunch tickets
 from Leone (KHNG Representative)
 Saturday April 21st.



For more information contact
 Leone Schadenberg
 KHNG Neighbourhood Support Worker
 519.993.5264
kortrighthillsng@gmail.com
 or www.khng.ca

**Annual 26th Scouting Group
 Compost Fundraiser**



It starts with Scouts.

**Sat May 5, 2018
 9 am to 2 pm**

**Kortright Hills Public
 School - 23 Ptarmigan Dr.**

Pre order by email to
26thguelph@w.scouter.ca

(please email your name, address,
 phone number & number of bags
 you would like to order)

\$3.00 per cubic square bag

Order the good stuff now!!
 Compost Fundraiser for the 26th
 Guelph Scouting Youth & Leaders
 to attend Haarlam Jamborette
 in Holland July 2019!



For more information email kortrighthillsng@gmail.com or call 519.993.5462 or visit www.khng.ca



Garden Fresh Box



"creating a village in the city"

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 Friday 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: kortrighthillsng@gmail.com



Order and Pick Up Dates:

Order & Pay By:

Fri Apr 6th

Fri May 4th

Fri June 8th

Pick-Up

Wed Apr 18th

Wed May 16th

Wed June 20th



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

Current programs available

Monthly calendar

Quarterly newsletters

Become a member, register now!!

Join KHNG on Facebook



facebook.com/KortrightHillsNeighbourhoodGroup/

and 'like' the page. It's a great place to share ideas, photos and link with other neighbours

Follow us on Twitter



@KhngHills



KHNG Discovery Clubs Spring 2018

NEW

Pablo's World of Cartoons Art Club

6 week session

Running Mondays from April 9th to May 14th, join Pablo in the KHNG community room from 3:20 to 5:30 to learn about cartooning from the basics and on. With a focus on cartoon drawing and character creating, each week will have a unique lesson with various art themes. Students from JK to grade 6 welcome!



KHNG's Nature Club

7 week session

Running Tuesdays from April 3rd to May 15th, join the Kortright Hills Neighbourhood Group in the community room from 3:20 to 5:30 to learn about the natural world around us. Each week will focus on a different natural topic such as Guelph's wildlife, Seeds and Plants, and Habitats. Students JK to grade 6 welcome!

Tech and Toys with Jen

6 week session

Running Wednesdays from April 4th to May 9th, join Jen Lisso from the Guelph Public Library in the community room from 3:20 to 5:30 to learn about various topics in computers and technology. Ever wonder how robots work? Want to learn more about gadgets and technology? Join Jen to learn more and have fun! Students JK to grade 6 welcome!



Life Gears Academy Design and Discovery Club

7 week session

Running Thursdays from April 5th to May 17th, join Sarah Stubbs and the Life Gears Academy in the community room from 3:20 to 5:30 to discover exciting topics in science, engineering and design. Ever wonder what keeps us from floating off into space? Want to have fun designing your own toys? Join Life Gears Academy and have fun! Students JK to grade 6 welcome!



KHNG Food Frenzy Friday Club

6 week session

Running Fridays from April 6th to May 18th, join KHNG in the community room from 3:20 to 5:30 for a weekly challenge to test your snack making skills. Want to be on the next Chopped? Love to make your snacks as much as you love to eat them? Join us for a food frenzy every Friday. Students JK to grade 6 welcome!

NEW

To register contact KHNG by email
kortrighthillsng@gmail.com

Limited spaces available!



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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 GNSC. Your support for our neighbourhood is greatly appreciated!

Stay

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.

Spring 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 Wendy Spicer for more information: spisss@rogers.com.

NOTE MEETING DATES: April 9th, May 7th & June 4th



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 all sections for the 2016/2017 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.



Action Read Early Literacy Program:

January 11th to June 28th Join us for **free** literacy and numeracy programs! Enjoy story-time, number and language games, songs, rhymes, word play, puzzles, crafts and nutritious snacks. Gain ideas, tips and resources for early literacy activities at home. Caring and nurturing staff, qualified in Early Childhood Education.

Programs operate on a 'first come, first serve' basis in locations throughout Guelph. They are open to parents or caregivers with children aged newborn to 6 years. Register at the program site.

For more information, or to check if a site is full, please call 519-836-2759. **KHNG site is Thursdays**



**KORTRIGHT HILLS
NEIGHBOURHOOD GROUP
PHONE NUMBER: 519.993.5264**

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 (Youth Nights, Summer Chill Night, KHNG Summer Camp and other events in 2018 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

kortrighthillsng@gmail.com

Your help is needed – call or e-mail us today!!



Mark your calendars to attend KHNG upcoming Events:

KHNG Monthly meeting/social:

May 9, 2018

June - TBA

** visit website for correct dates

- * Garden Fresh Box Pick Up - Apr 18th, May 16th and June 20th, 2018

KHNG Youth Nights - April 20th - Limitless Guelph; May 11th - Limitless Guelph; May 25th - TBA & June 22nd - TBA

KHNG Annual Earth Day Clean Up - April 21st - 9 to 11 am

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!

Get free dental care for children and youth

Call 1-800-265-7293 ext. 2661

We offer free dental services for eligible children up to and including age 17. Your child may be eligible if the cost of care would be a financial hardship.

Our services help prevent cavities.

We can:

- Clean teeth
- Apply fluoride
- Coat teeth with sealants
- Show you how to brush



Preventive Dental Clinics

Fergus – 474 Wellington Road #18

Guelph – 160 Chancellors Way / 20 Shelldale Crescent

Mount Forest – 311 Foster Street

Orangeville – 180 Broadway

Shelburne – 167 Centre Street

Ask about other community locations near you.



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It starts with Scouts.

26th Guelph Scouting Group

**Looking for volunteers to help
run our scouting programs:**

**Beaver Scout, Cub Scout,
Scouts, Venturer Scout**

If interested please contact

Paul Schadenberg

Commissioner

26th Scout Group

519-821-6948

2018

Week#1 - August 13-17, 2018

Week#2 - August 20-24, 2018

Monday to Friday 9am to 4pm

Ages 4 - 12 years

Kortright Hills Community Room

Email: kortrihillsng@gmail.com for details

Spaces limited, register now!





Wild Birds Unlimited[®]
Nature Shop

The Nest Best Thing



You Can Help Nesting Birds!

Welcome nesting birds to your backyard this spring. Stop by the store for everything you need to help birds thrive this nesting season!

Wild Birds Unlimited
951 Gordon St
519-821-2473
guelph.wbu.com



KHNG SPRING YOUTH NIGHTS!!



FREE Multi-Activity Nights

Youth: 8+ Years Old 7:00 pm - 9:00 pm

Kortright Hills Public School Gym or KHNG Community Room

Friday April 20, 2018 - Limitless Guelph

Friday May 11, 2018 - Limitless Guelph

Friday May 25, 2018 - TBA

Friday June 22, 2018 - TBA

All welcome, bring your friends & family for a night of fun.

**** Snacks will be available at a small cost!! ****

(youth nights will only run if we have enough volunteers)

For more info or to volunteer email:
kortrighthillsng@gmail.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 2017/2018 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.scouter.ca to register or for more info.

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



It starts with Scouts.



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Want to Advertise in KHNG Quarterly Newsletter:

KHNG sends an electronic newsletter out four times a year, next issue July 2018. If you wish to advertise your business, a small sponsorship fee will apply. Share your favourite recipe with your neighbors, 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 kortrighthillsng@gmail.com. This is a great way for Kortright Hills Neighbourhood to come together by sharing thoughts, talents and services available, neighbors helping neighbours.

Kortright Hills Classifieds!!



Community Volunteers Needed!!

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

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 Scouting Group

Join The Adventure of 26th Guelph Scouting Group

Interested in joining

BEAVERS, CUBS, SCOUTS, VENTURERS...

Register now!!

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.

Contact KHNG:

Web: www.khng.ca Email: kortrighthillsng@gmail.com

Phone: 519-993-5264

Elder Care Services

Options 4 Care - Elder Care Coordination Services

Locating elder care can be stressful.... but it doesn't have to be.

Determining the next steps for you or a beloved family member can feel uncomfortable or overwhelming. It's challenging to identify what support services may be required to best fit your needs.

Let an experienced elder care coordinator help you make a personalized plan of action for the future and locate the resources to make that plan a reality.

Contact Rochelle Horlings

Options4care@rogers.com

www.options4careplanning.com

519-362-3176

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.





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Want to Advertise in KHNG Quarterly Newsletter:

KHNG sends an electronic newsletter out four times a year, next issue July 2018. 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 kortrighthillsng@gmail.com. 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 519.993.5264 or
e-mail: kortrighthillsng@gmail.com

Contact KHNG:

www.khng.ca * kortrighthillsng@gmail.com * 519-993-5264

Want to Advertise in KHNG Newsletter

KHNG Newsletters January, April, July and October 2018

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 July 2018!!



SUMMER CAMP AT THE MAKING-BOX!

ONE WEEK IMPROV CAMPS:

AGES 6-9:

JULY 3 - 6 & JULY 16 - 20

AGES 10-13:

JULY 9 - 13 & JULY 23 - 27

LEARN MORE & REGISTER:

WWW.THEMAKINGBOX.CA



Youth In Policing Initiative

NOW ACCEPTING APPLICATIONS FOR
SUMMER 2018



GUELPH POLICE SERVICE

DO YOU
QUALIFY?

- ☐ Must be a resident within the City of Guelph
- ☐ Must be aged 15-18
- ☐ Must be returning to school in September 2018



Gain exposure to the career of policing & have the opportunity to interact with many different sectors of the police service (Canine, Communications, Traffic & Tactical Unit)

Full-time paid position offering competitive wages and great networking opportunities

Become CPR and First Aid certified

Gain experience to further develop your leadership skills

Strongly contribute to the work environment through diverse, educational & meaningful work assignments

TO APPLY:

Submit your application, resume & cover letter

TO

<http://bit.do/yipi>
OR

Mail application package to:
15 Wyndham St S, Guelph ON, N1H 4C6
Attn: Sgt Angela Grover

BY

April 22, 2018



CONNECT WITH OFFICER KYLE ON TWITTER & INSTAGRAM

@ConstableKGrant #GuelphYIP



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COLOUR ME!!



**GUELPH
POLICE SERVICE**

**PRIDE SERVICE
TRUST**

Seasonal Safety Tips

April - The nice weather will be starting and there will be an increased number of cyclists on city roadways. Please share the roadway and take note of cyclists around you.

May - Make sure your car is in proper repair to start your holiday weekend. Please don't drink and drive. Kids, make sure you wear your bicycle helmet.

June - School's out... make sure you are aware of the increased pedestrian and bicycle traffic from youths on city streets and neighbourhoods.

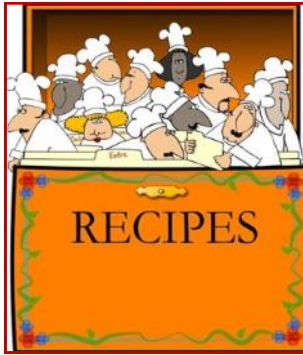
Other tips can be found on the Guelph Police Services website: <http://www.guelphpolice.com>



Kortright Hills

Recipe

Corner!!



"creating a village in the city"

Chicken Caesar Spring Rolls



Ingredients:

12 rice wrappers (8.5 inch diameter)
1 (5 ounce) package baby romaine lettuce leaves
1 cooked boneless chicken breast half, sliced into thin strips
1 red bell pepper, sliced
1/2 cup Caesar salad dressing

Directions:

Fill a large bowl with room-temperature water. Soak 1 rice wrapper in the water until it bends easily, about 15 seconds.
Lay wrapper flat. In a row across the center, place a small handful of lettuce leaves, a few strips of chicken, and a few slices of red bell pepper, leaving about 2 inches uncovered on each side. Fold uncovered sides inward, then tightly roll the wrapper, beginning at the end with the lettuce. Repeat with remaining ingredients.
Cut in half and serve with Caesar dressing for dipping.

Strawberry Spinach Salad I



Ingredients:

2 tablespoons sesame seeds
1 tablespoon poppy seeds
1/2 cup white sugar
1/2 cup olive oil
1/4 cup distilled white vinegar
1/4 teaspoon paprika
1/4 teaspoon Worcestershire sauce
1 tablespoon minced onion
10 ounces fresh spinach - rinsed, dried and torn into bite-size pieces
1 quart strawberries - cleaned, hulled and sliced
1/4 cup almonds, blanched and slivered

Directions:

In a medium bowl, whisk together the sesame seeds, poppy seeds, sugar, olive oil, vinegar, paprika, Worcestershire sauce and onion. Cover, and chill for one hour.
In a large bowl, combine the spinach, strawberries and almonds. Pour dressing over salad, and toss. Refrigerate 10 to 15 minutes before serving.

Golden Crescent Rolls

Ingredients:

2 (.25 ounce) packages active dry yeast
1/2 cup white sugar
2 eggs
4 cups all-purpose flour

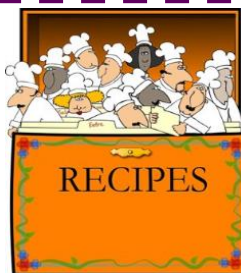
3/4 cup warm water (110 degrees F/45 degrees C)
1 teaspoon salt
1/2 cup butter, room temperature
1/4 cup butter, softened



Directions:

Dissolve yeast in warm water. Stir in sugar, salt, eggs, butter, and 2 cups of flour. Beat until smooth. Mix in remaining flour until smooth. Scrape dough from side of bowl. Knead dough, then cover it and let rise in a warm place until double (about 1 1/2 hours). Punch down dough. Divide in half. Roll each half into a 12-inch circle. Spread with butter. Cut into 10 to 15 wedge. Roll up the wedges starting with the wide end. Place rolls with point under on a greased baking sheet. Cover and let rise until double (about 1 hour). Bake at 400 degrees F (205 degrees C) for 12-15 minute or until golden brown. Brush tops with butter when they come out of the oven.

Kortright Hills Recipe Corner!!



Chicken Asparagus Roll-Ups

Ingredients:

- 1/2 cup mayonnaise
- 3 tablespoons Dijon mustard
- 1 lemon, juiced and zested
- 2 teaspoons dried tarragon
- 1 tsp ground black pepper
- 1/2 teaspoon salt
- 16 spears fresh asparagus, trimmed
- 4 skinless, boneless chicken breast halves
- 4 slices provolone cheese
- 1 cup panko bread crumbs



Directions:

Preheat oven to 475 degrees F (245 degrees C). Grease a baking dish. In a bowl, mix together the mayonnaise, Dijon mustard, lemon juice, lemon zest, tarragon, salt, and pepper until the mixture is well combined. Set aside.

Cook asparagus in the microwave on High until bright green and just tender, 1 to 1 1/2 minutes. Set the asparagus spears aside. Place a chicken breast between two sheets of heavy plastic (resealable freezer bags work well) on a solid, level surface. Firmly pound the chicken breast with the smooth side of a meat mallet to a thickness of about 1/4 inch. Repeat with the rest of the chicken breasts.

Place 1 slice of provolone on each chicken breast, and top the cheese with 4 asparagus spears per breast. Roll the chicken breasts around the asparagus and cheese, making a tidy package, and place, seam sides down, in the prepared baking dish. With a pastry brush, apply a coating of the mayonnaise mixture to each chicken breast, and sprinkle each with panko crumbs, pressing the crumbs into the chicken to make a coating.

Bake in the preheated oven until the crumbs are browned and the chicken juices run clear, about 25 minutes.

Perfect Mashed Potatoes



Ingredients:

- 3 large russet potatoes, peeled and cut in half lengthwise
- 1/4 cup butter
- 1/2 cup whole milk
- salt and ground black pepper to taste

Directions:

Place the potatoes into a large pot, and cover with salted water. Bring to a boil, reduce heat to medium-low, cover, and simmer until tender, 20 to 25 minutes. Drain, and return the potatoes to the pot. Turn heat to high, and allow the potatoes to dry for about 30 seconds. Turn off the heat.

Mash the potatoes with a potato masher twice around the pot, then add the butter and milk. Continue to mash until smooth and fluffy. Whisk in the salt and black pepper until evenly distributed, about 15 seconds.

Smooth Sweet Tea

Ingredients:

- 1 pinch baking soda 2 cups boiling water
- 6 tea bags 3/4 cup white sugar 6 cups cool water



Directions:

Sprinkle a pinch of baking soda into a 64-ounce, heat-proof, glass pitcher. Pour in boiling water, and add tea bags. Cover, and allow to steep for 15 minutes. Remove tea bags, and discard; stir in sugar until dissolved. Pour in cool water, then refrigerate until cold.

Rhubarb Strawberry Crunch



Ingredients:

- 1 cup white sugar
- 3 cups sliced strawberries
- 1 1/2 cups flour
- 1 cup butter
- 3 tblsp all-purpose flour
- 3 cups diced rhubarb
- 1 cup packed brown sugar
- 1 cup rolled oats

Directions:

Preheat oven to 375 degrees F (190 degrees C). In a large bowl, mix white sugar, 3 tablespoons flour, strawberries, and rhubarb. Place the mixture in a 9x13 inch baking dish.

Mix 1 1/2 cups flour, brown sugar, butter, and oats until crumbly. You may want to use a pastry blender for this. Crumble on top of the rhubarb and strawberry mixture. Bake 45 minutes in the preheated oven, or until crisp and lightly browned.