### Please Contact Us

We are located in the community room at **Kortright Hills Public School** 23 Ptarmigan Drive Guelph, ON NIC 1B5

519.993.5264 <u>kortrighthillsng@gmail.com</u> www.khng.ca Our Boundaries

North – Downey and Niska Rd from Hanlon to Waterfowl



"creating a village in the city"

### April 2019 issue

South East – Teal Dr. from Downey to Hanlon.

South West - City Limits to Downey Rd;

Park - North to Stone Road **East** – Hanlon Expressway;

West – City Limits;





Join us for a Family Zumba/Pound Night with Shake It Off Studio!





Friday April 26, 2019 7-9pm @ KHPS Gym

Please bring your indoor shoes. IN Donations towards cost of snacks is appreciated\*





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

### Visit us on the Web: <u>www.khng.ca</u>

# **REGISTER TODAY, SPACES AVAILABLE!**



2019 Summer Camp Schedule!



	Week 1*	Week 2	Week 3	Week 4
Ages	July 2 - 5	July 8 - 12	July 15 - 19	July 22 - 26
4-6	STEM Gamers	Young Builders	Young Coders	Crafts and Games
7-11	STEM Gamers	Innovative Designers	Coding Minds	Girl STEMpowerment

	Week 5	Week 6 *	Week 7	Week 8
Ages	July 29 - Aug. 2	Aug. 6 - 9	Aug. 12 - 16	Aug. 19 - 23
4-6	STEM Team	Magic STEM	Bug Buddies	STEM Gamers
7-11	STEM Team	Magic STEM	Furry Friends	STEM Gamers

### **Registration Link:**

https://docs.google.com/forms/d/ e/1FAIpQLSdiIfpO5qXBtg4NCKITuLgggrUR2rhHOBp\_z8Ch6HF-PTZG4Q/viewform

### Camp page Link:

https://www.lifegears.org/camps/2019-summer-camps

Page 2 of 10



"creating a village in the city"

# Spring Programs!

KHNG Clubs After School Monday to Friday - May 6 to June 27, 2019 3:30 to 5:30 pm

Monday - Miss Nancy's Art Club May 6 to June 24th - 7 weeks - \$105 - (no club Mon May 20th)

Welcome!

Thank You!

Informed:

Stay

May 6to June 24th - 7 weeks - \$105 - (no club Mon May 20th) 330 to 5:30 pm in the Community Room Miss Nancy's art Club is excited to offer a mixed media style art class where your kids can explore different mediums and styles of art. Using their creativity and guidance from Miss Nancy, the kids will make masterpieces with acrylics, water colours, pastels, collage, markers, pencils you name it. She will explore abstract art, illustration, cartoons, and encourage your kids to just simply enjoy the process and have funi To view some of Miss Nancy's work visit her facebook <u>https://m.facebook.com/Canvashousearts/</u> or Instagram: <u>Nancythepainter</u>

Tuesday - Life Gears Academy Club May 7th to June 25th - 8 weeks - \$120

3:30 to 5:30 pm in the Community Room STEAM Team Ever wondered how the worlds of Art & STEM overlap? Join Sarah, an Artist and a Scientist, in a club that builds, creates, paints & makes music all with the help of STEAM (Science, Technology, Engineering, Art & Math)

Wednesday - Quidditch with Guelph Quidditch May 8th to June 26th - 8 weeks - \$120 3:30 to 5:30 pm in the Community Room Guelph Quiddith is offering a fun filled week of games, crafts and tequniques Of Harry Potter's game "Quidditch". Join us to learn or to improve your skills

Thursday - Contraption Inventor's Club May 9th to June 27th - 8 weeks - \$120

3:30 to 5:30 pm in the Community Room -???? Do you like games like Marble Run, or Mouse Trap? Do your kids want to learn the math, and physics behind Such inventions? Come join us for our after school club with KHNG. Believe it or not but inventing contraptions is another form Just without the computer





To Register contact kortrighthillsng@gmail.com Limited spaces available, register today!

#### 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 GNSC. 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.

C-DISTONAN CANADA

### **Action Read Early Literacy Program:**

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 - Closed for Summer



### WE WELCOME YOUR PARTICIPATION & NEED YOUR HELP

Mark your calendars to attend KHNG upcoming Events: Can you help us continue to deliver social and recreational programs for our community? In the coming months we are

**KHNG Youth Nights** April 26th - "Family Zumba & Pound Night" May 17th - Lug Bot Youth Night June 21st - "Tea Pot Derby"

> **KHNG PD Day Camps** April 5th - "STEAM" June 7th - "Sports & STEM Camp"

KHNG & Life Gears Academy Summer Camp July 2nd to August 23rd - 8 weeks (weekly themed)

> 26th Scout Group May 4th - "Compost Sale"

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! Page 3 of 10

\_ \_ \_ \_ \_ \_ \_ \_

Day Camps, KHNG & Life Gears Summer Camps, Summer Chill Night & other events in 2019 etc.) Becoming a leader with 26th Scout Group

Planning of upcoming events (Youth Nights, KHNG PD

Volunteering with KHNG

seeking your assistance with:

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!!





SCOUTS CANADA OFFERING NEW RATE! STEM based programs To join contact Leone

email: 26thguelph@w.scouter.ca



Please Join Us For A Pasta Dinner In Support

### May 2nd, 2019 Salvation Army Hall, 1320 Gordon St., Guelph

For Tickets Please Contact Della Broderick Text or Call (519) 710-2255 Email: Della.Broderick@ugdsb.on.ca 4:30 pm Dinner Served at 5:00 pm

**Doors Open** 

Raffle Table Silent Auction

Enjoy a pasta dinner, salad, rolls, dessert, coffee.

Adults \$20 Students \$10



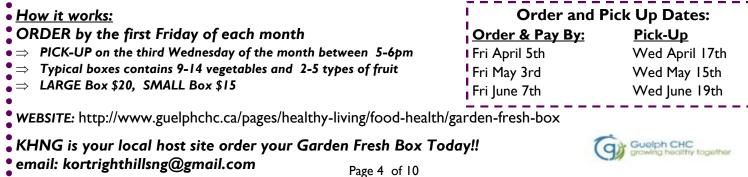




Garden Fresh Box is a non-profit produce buying program that provides you with affordable fresh fruit and vegetables, while supporting local farmers!!

EVERYONE IS WELCOME to participate in the Garden Fresh Program

. . . . . . . . . . . . . . . . . . .



#### The Red Cross Babysitting Course

Sunday April 14, 2019 9am-4pm Kortright Hills Community Room 23 Ptarmigan Dr. Guelph, ON

The Babysitting Course offers

basic first aid and caregiving



skills for youth 11-15 years old. Participants learn how to provide care to children in a variety of age groups, and how to prevent and respond to emergencies. The course also offers youth the skills to promote themselves as babysitters to prospective families.

#### COURSE CONTENT

- How to be responsible and demonstrate leadership
- · How to make good decisions and manage difficult behaviours
- Information on children's developmental stages, and specific strategies for each stage
- How to feed, diaper, dress, and play with children and babies
- How to recognize and prevent unsafe situations, make safe choices and promote safe behaviours
- First aid skills
- The business of babysitting

Cost: \$55, includes course manual, certification card (child to bring in bag lunch, snack and waterbottle)

Participants must be 11 years old or have completed grade 5

Red Cross Instructor: Sarah O'Brien 519-362-6478

To register contact: Leone Schadenberg, KHNG NSW <u>kortrighthillsng@gmail.com</u>





### Annual

SCOUTS CANADA

It starts with Scouts.

## 26th Scouting Group



Compost Fundraiser

### Saturday May 1 2010 0 am

## Saturday May 4, 2019 - 9 am to 2 pm

### Kortright Hills Public School 23 Ptarmigan Dr.

Pre order by email to <u>26thguelph@w.scouter.ca</u> (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 and Leaders to attend Haarlam Jamboree in Holland July 2019!

Page 5 of 10



"creating a village in the city"

### Want to Advertise in KHNG Quarterly Newsletter:

**KHNG** sends an electronic newsletter out four times a year, next issue April 2019. 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!!

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.







#### After School Child Care Needed

After School Child Care Needed for September 2019 JK student at Kortright Hills Public School Call Kevin: 519-362-5782 if interested.

KHNG & Life Gear Camp Supplies Needed!

#### Summer Camp Wish List of Supplies Needed!

Donations of toilet paper rolls cardboard (cereal boxes), skewers, Popsicle sticks, paper straws, newspapers, paper towel rolls (cardboard) and water bottles are needed for clubs, PD Day Camps and Summer Camps.

If you are able to donate any of the above items, we ask that you collect them and drop them off at the community room. Any help is appreciated!

Any donations can be dropped off at the KHNG Community room of Kortright Hills Public School Monday to Friday between 3:30 and 5:30 pm.

#### 26th Guelph Scouting Group

#### Join The Adventure of 26th Guelph Scouting Group

Interested in joining BEAVERS, CUBS, SCOUTS, VENTURERS...



Register now NEW low rate!

The 26<sup>th</sup> Guelph Scouting Group meets at the Kortright Hills Public School gym.

Beavers	ages 5-7
Cubs	ages 8-10
Scouts	ages 11-14
Venturers	ages 14-17

Page 6 of 10

meet Mon 6:30-7:30 meet Wed. 7:00-8:30 meet Tues 7:00-8:45 meet Mon 7:00-9:00

For more details contact Paul 519-821-6948 or email: <u>26thguelph@w.scouter.ca</u>

#### Attention:

We are looking for volunteers to help run our scouting programs: Beaver Scout, Cub Scout, Scouts, Venturer Scout If interested please contact Paul Schadenberg Group Commissioner26th Scout Group 519-821-6948

 Contact KHNG:

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

 10
 519-993-5264



"creating a village in the city"

Want to Advertise in KHNG Quarterly Newsletter:

**KHNG** sends an electronic newsletter out four times a year, next issue April 2019. 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 Workshop

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 2019

#### 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 2019!!

### Ask us how to attract more birds to your backyard!



Order Ahead on WBU



mywbu.com/guelph

Hairy Woodpecker

Wild Birds Unlimited 951 Gordon St (@ Kortright) guelph.wbu.com 519-821-2473



Page 7 of 10





### NOW ACCEPTING SUMMER 2019 APPLICATIONS



Why Apply?

Gain exposure to the career of policing and have the opportunity to interact with many different sectors of the police service

YIPI is a full-time paid position offering competitive wages and great networking opportunities

Become CPR and First Aid Certified

## DO YOU QUALIFY?

Must be a resident within the City of Guelph Must be between the age of 15-18 Must be returning to school in September 2019 HOW TO APPLY

Submit your application, resume & cover letter online through GuelphPolice.ca Click on Youth Zone

### **APPLICATION DEADLINE: APRIL 28, 2019**

QUESTIONS? CONNECT WITH OFFICER KYLE ON SOCIAL MEDIA OR SEND AN EMAIL TO KGRANT@GUELPHPOLICE.CA @ConstableKGrant 
@
#GuelphYIPI 
@

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

Page 8 of 10



"creating a village in the city'

## **COLOUR ME!!**



### GUELPH POLICE SERVICE PRIDE SERVICE TRUST



## 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 teaspoon 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.





Kortright Hills

### **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 oz. 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.

### Roasted New Red Potatoes

### Ingredients:

3 pounds small red new potatoes, halved

1/4 cup olive oil

1 teaspoon Salt and freshly ground black pepper



Adjust oven rack to lowest position and heat oven to 450 degrees. Toss potatoes with oil, salt and pepper. Arrange, cut side down, on a large lipped cookie sheet or jellyroll pan.

Roast until tender and golden brown, about 30 minutes (check after 20 minutes). Transfer to a serving dish.



## Kortright Hills Recipe Corner!!





### Fruit Pizza II

#### Ingredients:

- 1 (18 ounce) package refrigerated sugar cookie dough
- 1 (8 ounce) package cream cheese, softened
- 1 (8 ounce) container frozen whipped topping, thawed
- 2 cups sliced fresh strawberries
- 1/2 cup white sugar
- 1 pinch salt
- 1 tablespoon cornstarch
- 1/2 cup orange juice
- 2 tablespoons lemon juice
- 1/4 cup water
- 1/2 teaspoon orange zest

#### Directions:

Preheat oven to 350 degrees F (175 degrees C). Slice cookie dough and arrange on greased pizza pan, overlapping edges. Press dough flat into pan. Bake for 10 to 12 minutes. Allow to cool.

In a large bowl, soften cream cheese, then fold in the whipped topping. Spread over cooled crust. You can chill for a while at this point, or continue by arranging the fruit. Begin with strawberries, sliced in half. Arrange in a circle around the outside edge. Continue with fruit of your choice, working towards the middle. If bananas are used, dip them in lemon juice so they don't darken. Then make a sauce to spoon over fruit.

In a saucepan, combine sugar, salt, corn starch, orange juice, lemon juice and water. Cook and stir over medium heat. Bring to a boil, and cook for 1 or 2 minutes, until thickened. Remove from heat, and add grated orange rind. Allow to cool, but not set up. Spoon over fruit. Chill for two hours, then cut into wedges and serve.



### Ingredients:

- 4 cups baking mix
- 1/2 cup melted butter
- 1/8 teaspoon onion powder 1/8 t
- 3 oz. shredded cheese1 teaspoon garlic powder1/8 teaspoon dried parsley

1 1/3 cups water 1/4 teaspoon salt



**Directions:** Preheat oven to 375 degrees F (190 degrees C). Line a baking sheet with parchment paper. In a mixing bowl, combine the baking mix, cheese, and water. Mix until dough is firm. Using a small scoop, place dough on the prepared pan. Bake at 375 degrees F (190 degrees C) for 10 to 12 minutes, or until golden brown. Combine the melted butter, garlic powder, salt, onion powder and parsley. Brush over baked biscuits immediately upon removing from oven. Page 10 of 10

**Cheddar Bay Biscuits** 

### **Cool Rhubarb Iced Tea**

Ingredients: 10 stalks fresh rhubarb, chopped 2 cups white sugar, or to taste

- 1 quart water
- 1 quart water
- 8 black tea bags
- 1 tablespoon honey
- 1 cup white sugar
- Directions:



Place rhubarb into a large pot with the sugar and 1 quart of water. Bring to a boil, then simmer over low heat for about 4 hours, stirring occasionally to prevent burning, until rhubarb becomes a thick paste. Cool, then spoon into ice cube trays and freeze overnight. Bring 1 quart of water to a boil. Pour into a pitcher over the tea bags. Stir in honey and sugar. Cool, then refrigerate until chilled. Serve cold ice tea with rhubarb ice cubes.

### Lemon Pie Bars

#### Ingreidents:

- 2 1/4 cups all-purpose flour
- 1 cup butter, softened
- 1 1/2 cups white sugar
- 1 tablespoon lemon zest

### Directions:

1/2 cup confectioners' sugar 4 eggs 1/2 cup lemon juice

Preheat oven to 350 degrees F (175 degrees C).

Mix 2 cups of flour and confectioner's sugar together. Cut in the butter or margarine. Mix well until the dough resembles pie dough consistency. Press the dough into a 9x13 inch baking pan. Bake 15 to 20 minutes or until golden brown. Beat together eggs, sugar, 4 tablespoons flour, lemon juice and lemon rind for at least 1 minute. Pour the mixture over the baked crust. Bake the bars another 20 minutes, or until the lemon topping has set. Sprinkle with confectioner's sugar when cooled.