



"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 2020 issue



Visit us on the Web: www.khng.ca

**** KHNG INFORMATION DURING COVID-19 ****

KHNG EVENTS, PROGRAMS & WORKSHOPS HAVE BEEN CANCELLED DUE TO COVID-19 OUTBREAK



UP TO DATE INFORMATION CAN BE FOUND ON OUR WEBSITE & FACEBOOK
WWW.KHNG.CA

<https://www.facebook.com/groups/KortrightHillsNG/>

KHNG COMMUNITY ROOM IS CLOSED UNTIL FURTHER NOTICE

DURING THIS VERY DIFFICULT TIME, WE ARE ASKING THE KORTRIGHT HILLS COMMUNITY TO:

- * STAY HOME IF YOU CAN
- * WORK FROM HOME IF YOU CAN
- * WASH YOUR HANDS OFTEN
- * CHAT WITH FRIENDS/FAMILY VIA PHONE & VIDEO CHATS TO STAY CONNECTED
- * PRACTICE SOCIAL DISTANCING

LET'S DO OUR PART TO HELP CONTROL COVID-19 WITHIN OUR COMMUNITY!



PARENTS HERE ARE SOME LINKS TO TRY WITH YOUR YOUTH AT HOME!

Multiple at home crafts for creative kids:
<https://www.facebook.com/100005777941608/posts/1254847158051204/?d=n>



How to Keep Your Kids Busy & Learning:
<https://www.ctvnews.ca/health/coronavirus/how-to-keep-your-kids-busy-and-learning-while-schools-are-closed-1.4863397>

100 Ideas For Keeping Your Kids Busy
https://www.newbornfeathers.com/blogs/a-day-in-the-life/100-ideas-for-keeping-you-and-your-children-occupied-during-coronavirus?_ke=eyJrbF9lbWFpbCl6lCJrb3J0cmInaHRoaWwxc25nQGdtYWVsLmNvbSl6lCJrbF9jb2lwYW55X2lkjoglkxaOHFoYSJ9

Audible - Kids Can Stream Stories For Free
<https://stories.audible.com/start-listen>



Woodstock's Virtual Storytimes
Join them Monday & Wednesday @ 11AM and listen to [Woodstock's Virtual Storytimes](#) - A Community Librarian in Ingersoll started Virtual Storytimes so children and their parents or caregivers could feel like they were still at their local library.

Rae Wright Art Tutorials
<https://www.facebook.com/RaeWrightArtistry/> - Rae is offering online video lessons for kids/adults Monday to Friday at 2:30 pm until further notice. Join Rae and learn some techniques, blending and drawing skills. Click on video for the tutorials.

Free Digital Issues of Time for Kids
<https://www.timeforkids.com/>



ENJOY AND STAY HEALTHY & SAFE!

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



Kortright Hills
-Your Neighbourhood Group

"creating a village in the city"

Virtual Eggstravaganza

April 1st - 7th, 2020

Join us virtually for Eggstravaganza
(Both Contest Winners Will Be Randomly Picked April 8th)



1) KHNG Newsletter has been sent out April 1st. Count how many eggs are within this newsletter & fill out the google entry form link below for a chance to win an Easter Prize.

<https://forms.gle/rGNJmZ9KsMxDjTvU8>

2) Show your community Easter Spirit by decorating your windows. Take a photo & post on our Facebook Group/Page for a chance to win an Easter prize.

<https://www.facebook.com/groups/KortrightHillsNG/>

3) Your children/youth can track where the Easter Bunny is travelling over Easter Weekend:

<https://www.facebook.com/events/570791520095175/>





"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 GNCS. Your support for our neighbourhood is greatly appreciated!

Stay Informed:

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.

Spring Programs!



REGISTER TO ATTEND A SCOUTS CANADA PROGRAM

Programs are STEM based

To join contact Nikki by email:

26thguelph@w.scouters.ca

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. **THIS PROGRAM HAS BEEN CANCELLED TILL FURTHER NOTICE DUE TO COVID-19.**



26th Guelph Scout Group Battery Recycling Fundraiser

26th Scouting Group has joined a Battery Recycling Program.

We are collecting old Alkaline Batteries (9V, AA, AAA, D, C and Button Style) as well as any Sealed Lead Acid Batteries and car Batteries.

Please contact group commissioner Nikki at 26thguelph@w.scouters.ca to arrange a drop off location during this time.

26th Scout Group thank you for your continued support!

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 or postponed)

- * Planning of upcoming events (Fall 2020)
- * 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 & Life Gears Academy Summer Camps:

June 29th to August 21st

To Register:

Website: www.lifegears.org

Email: admin@lifegears.org

KHNG Events & Programs:

ALL KHNG EVENTS HAVE BEEN CANCELLED OR POSTPONED TILL FURTHER NOTICE DUE TO SCHOOL CLOSURES

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!



STEM Camps Ages 4 to 11

8 weeks at Kortright Hills Community Room in Guelph

June 29 to August. 21

Registration opens Jan. 24

5 Day week 9am to 4pm \$180
8am to 5pm for \$220

Hands-on STEM (Science, Technology, Engineering, and Math) activities that develop Life Skills such as Teamwork and Leadership. Our camps are full of games, building, exploring, and fun with a focus on learning new skills.

Website: www.lifegears.org
Email: admin@lifegears.org
Text/Call: 5197663030

Summer Camp Schedule



	Week 1*	Week 2	Week 3	Week 4
Ages	June 29 - July 3	July 6 - 10	July 13 - 17	July 20 - 24
4-6	STEM Gamers	STEAM Team	Nature Explorers	Crafts and Games
7-11	STEM Gamers	Girl STEmpowerment	Mystery Dr.	Under the Sea

	Week 5	Week 6*	Week 7	Week 8
Ages	July 27 - 31	Aug. 4 - 7	Aug. 10 - 14	Aug. 17 - 21
4-6	Magic STEM	STEM Gamers	Jr. Builders	Jr. Detectives
7-11	Magic STEM	STEM Gamers	Young Engineers	Sr. Detectives

Camp Descriptions

STEM Gamers - Like playing games and also like STEM? This camp includes board games and group games that use STEM to win the game! Examples include Mousetrap teaching Engineering/Forces/Energy and Battleship teaching math and statistics.

Jr. Builders and Young Engineers - Explore different types of Engineering while learning what it takes to problem solve and make inventions of their own. Join us for a week of designing and building while thinking about how we could use STEM to make improvements.

Under the Sea - Ever wondered about all of the amazing creatures that live under water? We'll watch spectacular videos and create our own dioramas of an under water ecosystem

Craft & Games - This week is filled with fun and games inside and outside where you even get to make your own game to keep! You will also get to do some beautiful and useful arts and crafts.

GirlSTEmpowerment - Empowering young women to realize their potential and to discuss their presence in STEM fields. This is designed for anyone who identifies as a girl and who wants to come together with other girls to discuss ways that they can make a difference.

STEAM (Science, Technology, Engineering, Art & Math) Team - With Airplanes, Towers, Slime and more, this camp gets your hands and mind into various topics in STEM while exploring Music, Visual arts, and other arts!

MagicSTEM - Ever felt like STEM is full of magic! This week you'll learn some magic tricks and optical illusions with the help of STEM!

Nature Explorers - If you think insects, animals, plants, and digging in the dirt is awesome, then this is the camp for you! This camp will be spent mostly outdoors on the school grounds.

Mystery Dr. - Tackle the mysteries of the human body while learning about various types of medicine/ doctors and how they treat the body. We will explore different illnesses and try to determine what "patients" might have based on their signs and symptoms.

Jr. & Sr. Detective - This camp is full of puzzles, riddles, and escape rooms that are sure to get your mind turning!

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 Friday of each month

- ⇒ PICK-UP on the third Wednesday of the month between 5-6pm
- ⇒ 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: kortrightillsng@gmail.com

Due to Corvid-19 GFB has been temporarily postponed. Please watch emails and our website when we will resume services. Thank you and stay safe





"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 July 2020. 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

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

KHNG & Life Gear Camp Supplies Needed!

Wish List of Supplies Needed For Camps!

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.

KORTRIGHT HILLS NEIGHBOURHOOD GROUP

Office Hours

**Monday
Wednesday
Thursday**

3:30 to 5:30 pm

**** KHNG OFFICE**
IS CLOSED TILL
FURTHER NOTICE**



Contact KHNG:

Web: www.khng.ca Email: kortrighthillsng@gmail.com
phone: 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 July 2020. 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 2020

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 2020!!

26th Guelph Scouting Group

Join The Adventure of 26th Guelph Scouting Group

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



Register now to attend the 26th Guelph Scouting Group meets at the Kortright Hills Public School gym.

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

For more details contact by email: 26thguelph@w.scouters.ca



It starts with Scouts.

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 26th Scout Group
26thguelph@w.scouters.ca

Kids Electric Bike Found



Electric bike found behind Kortright Hills Public School. Please contact kortrighthillsng@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.



Stay safe

Guelph Police Service Presents:

YOUTH ENGAGEMENT PROGRAM 2020

Free Interactive
Resume Building
Education Program



Bringing Awareness
to Policing for
Students Grades 10-12



Clair Road Emergency Service Centre
160 Clair Road West, Guelph

Sept. 15th, 2020 - December 1st, 2020
Every Tuesday from 6:30-9pm

Register at:

The Youth Zone at www.guelphpolice.ca

Further Questions?

Contact Sgt. Jason Guardiero
E: JGuardiero@guelphpolice.ca
Deadline July 1st

Earn 20

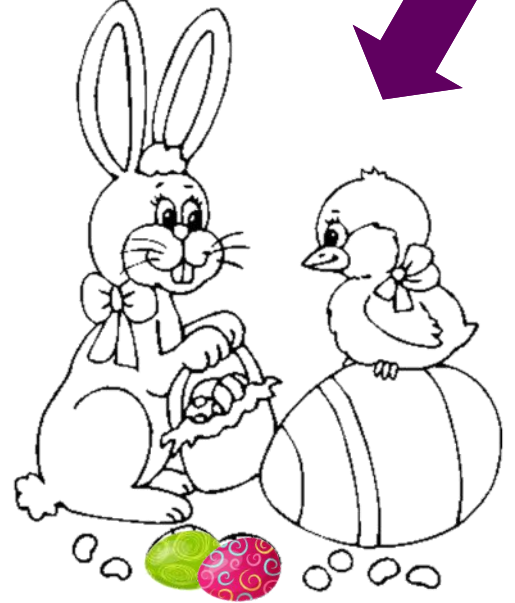
Volunteer Hours!
#GuelphYEP  



Kortright Hills
-Your Neighbourhood Group

"creating a village in the city"

Happy Easter



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.

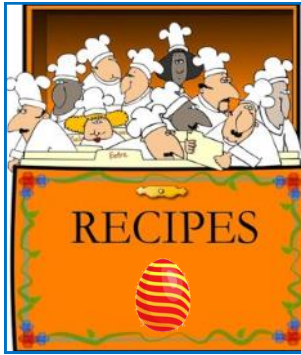
Other tips can be found on the Guelph Police Services website: <http://www.guelphpolice.com>



Kortright Hills

Recipe

Corner!!



"creating a village in the city"

Pesto-Stuffed Grilled Portobello's

Ingredients:

- 6 portobello mushrooms
- 1 tablespoon olive oil
- 1 small shallot, minced
- 1 clove garlic, minced
- 1 splash Chardonnay wine, or as desired
- 3 tablespoons pesto
- 2 tablespoons pine nuts
- 1/2 cup shredded Italian 3-cheese blend



Directions:

Remove stems from mushrooms and finely chop stems. Heat olive oil in a skillet over medium heat; cook and stir chopped mushroom stems, shallot, and garlic until softened, about 5 minutes. Pour wine into the skillet; cook and stir mixture using a wooden spoon until liquid is evaporated, 1 to 2 minutes. Cool mixture to room temperature, about 10 minutes. Preheat an outdoor grill for medium heat and lightly oil the grate. Brush the olive oil mixture over the top of each mushroom and place, top-side up, on a grilling pan. Mix pesto and pine nuts with the mushroom stem mixture together in a bowl; spoon into each mushroom. Sprinkle Italian cheese blend over the filling. Grill mushrooms on the preheated grill until edges are blackened and stuffing is bubbling, about 10 minutes.



Watermelon Lemonade

Ingredients:

- 1/2 cup white sugar
- 1/2 cup water
- 4 cups cubed watermelon
- 3 cups cold water
- 1/2 cup fresh lemon juice
- 6 cups ice cubes



Directions:

Place the watermelon into a blender. Cover, and puree until smooth. Strain through a fine mesh sieve.

Bring sugar and 1/2 cup water to a boil in a saucepan over medium-high heat until sugar dissolves, about 5 minutes.

Remove from heat. Stir in 3 cups of cold water and the lemon juice. Divide the ice into 12 glasses, and scoop 2 to 3 tablespoons of watermelon puree over the ice, then top with the lemonade. Gently stir before serving.



"Cooking is an expression that crosses boundaries"



Garlic Cheddar Chicken

Ingredients:

- 1/2 cup butter
- 3/4 cup dry bread crumbs
- 1 1/2 cups shredded Cheddar cheese
- 1/4 teaspoon dried oregano
- 1/8 teaspoon salt

- 4 cloves garlic, minced
- 1/2 cup freshly grated Parmesan cheese
- 1/4 teaspoon dried parsley
- 1/4 teaspoon ground black pepper
- skinless, boneless chicken breast halves - pounded thin



Directions:

Preheat oven to 350 degrees F (175 degrees C). Melt the butter in a saucepan over low heat, and cook the garlic until tender, about 5 minutes.

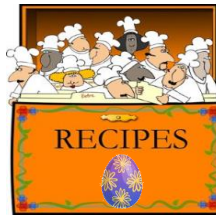
In a shallow bowl, mix the bread crumbs, parmesan cheese, cheddar cheese, parsley, oregano, pepper, and salt.

Dip each chicken breast in the garlic butter, to coat, then press into the bread crumb mixture. Arrange the coated chicken breasts in a 9x13 inch baking dish. Drizzle with any remaining butter and top with any remaining bread crumb mixture.

Bake 30 minutes in the re heated oven, or until chicken is no longer pink and juices run clear.



Kortright Hills Recipe Corner!!



"creating a village in the city"

Summer Salad with Grilled Corn



Ingredients:

2 ears sweet white corn, husked
8 ounces canned white beans, rinsed and drained
1/2 red bell pepper, chopped
1 Roma tomato, chopped
3 leaves fresh spinach, chopped
2 tablespoons chopped fresh cilantro
1 tablespoon Gorgonzola cheese
1 tablespoon chopped fresh chives
1 tablespoon olive oil
2 teaspoons white vinegar
1 teaspoon freshly squeezed lemon juice
1/2 teaspoon minced garlic
salt and ground black pepper to taste
avocado, chopped

Directions:

Bring a large pot of water to a boil. Add corn; cook until almost tender, about 6 minutes. Drain.
Preheat grill for medium-high heat and lightly oil the grate. Grill corn until charred, 2 to 3 minutes per side. Allow to cool until easily handled, about 10 minutes.
Cut kernels off the corn cobs into a large bowl. Stir in white beans, red bell pepper, tomato, spinach, cilantro, Gorgonzola cheese, and chives.
Mix olive oil, white vinegar, lemon juice, minced garlic, salt, and black pepper together in a small bowl. Pour over corn mixture and stir to combine. Cover with plastic wrap and chill, at least 1 hour.
Top with chopped avocado before serving.

Asparagus Side Dish

Ingredients:

1 bunch fresh asparagus, trimmed
2/3 cup water
1/4 cup olive oil
1/2 cup grated Parmesan cheese
10 grape tomatoes, halved



Directions:

Combine the asparagus and water in a 10 inch skillet and place over medium heat; cover. Allow the asparagus to steam until tender, about 10 minutes; drain. Reduce heat to low and return the skillet to the heat. Drizzle olive oil over the asparagus; sprinkle with Parmesan cheese. Add the grape tomatoes to the skillet and replace the lid. Allow to sit covered until the cheese melts and the tomatoes are slightly steamed, about 2 minutes.

Strawberry Angel Food Dessert

Ingredients:

1 (10 inch) angel food cake
2 (8 ounce) packages cream cheese, softened
1 cup white sugar
1 (8 ounce) container frozen whipped topping, thawed
1 quart fresh strawberries, sliced
1 (18 ounce) jar strawberry glaze



Directions:

Crumble the cake into a 9x13 inch dish.

Beat the cream cheese and sugar in a medium bowl until light and fluffy. Fold in whipped topping. Mash the cake down with your hands and spread the cream cheese mixture over the cake.

In a bowl, combine strawberries and glaze until strawberries are evenly coated. Spread over cream cheese layer.
Chill until serving.



Pita Chips

Ingredients:

12 pita bread pockets
1/2 cup olive oil
1/2 tsp ground black pepper
1 tsp garlic salt
1/2 teaspoon dried basil
1 tsp dried chervil

Directions:

Preheat oven to 400 degrees F (200 degrees C).
Cut each pita bread into 8 triangles.
Place triangles on lined cookie sheet.
In a small bowl, combine the oil, pepper, salt, basil and chervil.
Brush each triangle with oil mixture.
Bake in the preheated oven for about 7 minutes, or until lightly browned and crispy. Watch carefully, as they tend to burn easily!

