



**"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  
[kortrighthillsng@gmail.com](mailto:kortrighthillsng@gmail.com) [www.khng.ca](http://www.khng.ca)

### **Our Boundaries**

**North** – Downey and Niska Rd from Hanlon to Niska Bridge -  
 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 2023 issue**

**Visit us on the Web: [www.khng.ca](http://www.khng.ca)**



**Guelph**  
**Ages 7 to 11**

July 10 to 14	July 17 to 21	July 24 to 28
Magic STEM	Nature Lovers	Chem Friends
July 31 to Aug. 4	Aug. 7 to 11	Aug. 14 to 18
Young Engineers	STEMpowerment	STEAM Team

**9:00am to 4:00pm**

**KHNG Community Room 23 Ptarmigan Dr.**

**\$190/week or \$50/day**

(subsidies and extended care available)

**Website:** [www.lifegears.org](http://www.lifegears.org)

**Email:** [admin@lifegears.org](mailto:admin@lifegears.org) **Text/Call:** 5197663030



It starts with Scouts.

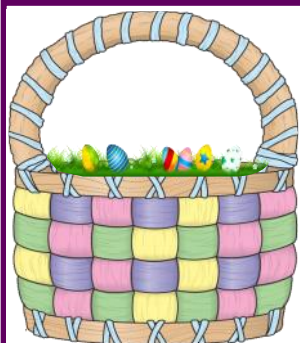
### **Attention:**

We are looking for  
 volunteers to help  
 with our scouting  
 programs:

*Beavers, Cub, Scouts,  
 Venturer*

*If interested contact  
 Paul Schadenberg  
 Group Commissioner  
 26th Guelph  
 Scout Group  
 by emailing:  
[paul.schadenberg@scouts.ca](mailto:paul.schadenberg@scouts.ca)*





# KHNG Eggstravaganza



On Saturday April 1st KHNG pre-Easter event "Eggstravaganza" returned and we were excited to see approximately 400 attendees enjoying our scavenger hunt, playing our games, participating in our activities, visiting our many vendors and having a photo taken with The Easter Bunny. Thank you to all our sponsors Market Fresh, Motion Plus Physiotherapy, Ken Chew Ward 6 Councillor, Guelph Humane Society, Play with Clay and The Clay Bar, Guelph Public Library, Egg Farmers of Ontario, Guelph Storm, Chocolats Favoris, Downey Road Dental, Institu Groundwater Contractors Inc, Children's Reading Room, Vanessa Duszczyszyn Real Estate Team Re/Max, Sara's Hairstyling, The Stone Store and McKenzie Seeds for providing items for our guessing games and loot bags.



**Save the Date!!**  
The annual Guelph Greek Food Festival is back on  
**Saturday June 17, 2023**  
St. George Greek Orthodox Church  
50 Dovercliffe Road  
Further details will be posted on the church's Facebook page

**Multi-Family**  
**GARAGE SALE**  
8am - noon  
5 Ptarmigan Drive, Guelph

**Saturday May 20th**  
Rain Date: Sunday May 21st  
Page 2 of 10

**DID YOU KNOW?**  
Everything is beautiful depending on the "Situation" A school bell sounds irritating at 9 am but the same bell sounds melodious at 4pm.

**Chemical composition of fireworks**



# Guelph Police Youth in Policing Initiative

Now accepting Summer 2023 YIPI applications!

Applications Due: Friday, April 28th, 2023 @ 4 pm



- ☆ Full-time summer job (July 4 to August 29, 8 am to 4 pm, flexible, may work some weekends/evenings for events)
- ☆ Gain exposure to the career of policing
- ☆ Interact with different sectors of the police service
- ☆ Contribute to the work environment through diverse, educational, and meaningful work assignments
- ☆ Get CPR and First Aid Certified
- ☆ Develop your leadership skills

#### To qualify, you must be...

- a resident of the City of Guelph
- between 15-18 years old
- returning to school in Sept 2023

#### How to Apply:

Submit your application, resume, and cover letter through the Youth Zone Page at [guelphpolice.ca](http://guelphpolice.ca)



Questions? Call (519) 824 1212 ext. 7526 or email [gmacdonald@guelphpolice.ca](mailto:gmacdonald@guelphpolice.ca)

**26TH GUELPH SCOUTS ARE SO  
EXCITED TO ANNOUNCE  
2023 OUTDOOR CRAFT MARKET  
23 PTARMIGAN DR.**

**SATURDAY JUNE 24, 2023**

**SET UP - 8 TO 10AM  
EVENT - 10AM TO 3PM  
TAKE DOWN - 3 TO 5PM**

**VENDOR FEE FOR 8' TABLE & SPACE - \$75**

**VENDOR FEE FOR SPACE ONLY \$60**

(BRING YOUR OWN TABLE 6'-8')

**PLEASE FEEL FREE TO BRING YOUR OWN POP UP TENT**

**BOOKING FEE GOES DIRECTLY TO 26TH SCOUTING GROUP  
TO HELP OFFSET COST OF UPCOMING  
JAMBOREE TRIP AUGUST 2023 IN THE NETHERLANDS**

**FULL EVENT DETAILS AVAILABLE THROUGH OUR BOOKING LINK:**

<https://forms.gle/V2DXIGQZTjCRRZDK6>



**Local Market  
Expertise**



**Service and Support  
You Can Count On**



**Strong Community  
Connections**



**Children's  
Miracle Network  
Hospitals**



**RE/MAX CENTRE**

**VANESSA DUSZCZYSZYN  
REALTOR®**

**DIRECT: 519-993-7355**

**VANESSAD@REMAXCENTRE.CA**

**WWW.VANESSADREALESTATE.CA**



"creating a village in the city"

*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 Scout 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](mailto:kortrighthillsng@gmail.com). Visit our website, Facebook group or page telling you of upcoming events, programs and workshops.

## Spring Info!



### REGISTER TO ATTEND A SCOUTS CANADA PROGRAM NEAR YOU

Programs are STEM based  
To join contact Paul by email:  
[paul.schadenberg@scouts.ca](mailto:paul.schadenberg@scouts.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

## Mollison Park Community Garden

### Interested in Becoming a Park Steward?

Volunteers are needed to care for the wild and natural areas of Mollison Park

Please email Nicole at

[mollisonparkcommunitygarden@gmail.com](mailto:mollisonparkcommunitygarden@gmail.com)

for more information.



## 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
- \* 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](mailto:kortrighthillsng@gmail.com)

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



## KHPS New Times for 2023

Mark your calendars, below are the student days off of school for both boards.



### Upper Grand District School Board

(H-Statutory Holiday P-Professional Activity Day B-Board Designated Holiday E-Exam Day)

#### Elementary Calendar:

April 7 & 10 (H)

May 22 (H)

June 2 & 30 (P)

#### Secondary Calendar:

April 7 & 10 (H)

May 22 (H)

Jun 28, 29 & 30 (P); 21-27 (E)

### Wellington District Catholic School Board

(H-Statutory Holiday P-Professional Activity Day B-Board Designated Holiday E-Exam Day)

#### Elementary Calendar:

April 7 & 10 (H)

May 22 (H)

June 2 & 30 (P)

#### Secondary Calendar:

April 7 & 10 (H)

May 22 (H)

June 2, 29 & 30 (P); 22-28 (E)



## Want to Advertise in KHNG Newsletter

### KHNG Newsletters January, April, July and October 2023

#### 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 2023!!**

**\*\* KHNG OFFICE IS OPEN \*\***

**REACH OUT TO OUR STAFF TO REQUEST USE OF THE ROOM**

**EMAIL: [kortrighthillsng@gmail.com](mailto:kortrighthillsng@gmail.com)**



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*Thank You!*

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## Spring Info!

**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 Monday's - 9:00 am to 12:00 pm.**

### Kortright Hills Neighbourhood Little Libraries

Do you like to read? Are you purging books but don't want to give them to thrift stores? You can leave and share books through the Little Free Lending Library. If you see a bird box looking contraption located in the front lawn, they house books that anyone can take for free.

Locations in the Kortright Hills Neighbourhood area:

1. Valleyridge Trail
2. Downey Road near Ptarmigan Drive
3. Corner of Downey Rd and Hazelwood
4. Sandpiper Drive near Merganser Dr.
5. Old Colony Trail



Children's Reading Room (CRR) is a non-profit family resource centre that promotes early literacy & love of reading.



KHNG introduces a **FREE** program in the community room the 4th Thursday each month beginning March to promote literacy.

We are a kiosk location for the:  
**Children's Reading Room**

Each time you visit the KHNG Children's Reading Room Kiosk, your child(ren) will go home with a **FREE** children's book!

It's theirs to keep, read, love, and cherish, no need to return their book. Families are welcome to come, browse our book selection, read to your child(ren). Then each child can select up to 2 books which interest them to take home to their own library. All books have been approved and donated by the CRR. New sections of books will be offered, once our current selection is low. So return as often as you like.

Reading is the gateway skill to so much knowledge. Research indicates that children who have their own personal libraries at home, which are truly their own, enjoy books, read earlier, read more often, are more likely to pursue post-secondary education and continue to read throughout their life.

**Children's Reading Room**  
Address: 210 Silvercreek Pkwy N Guelph, ON, Canada N1H 7P8  
Website: <https://childrensreadingroom.org/>  
Email: [info@childrensreadingroom.org](mailto:info@childrensreadingroom.org)

**KHNG CRR**  
**Circle Time Schedule**  
23 Ptarmigan Dr.  
9:30 to 10:30AM

**April 27th**  
Circle Time with Joanna from the Children's Reading Room

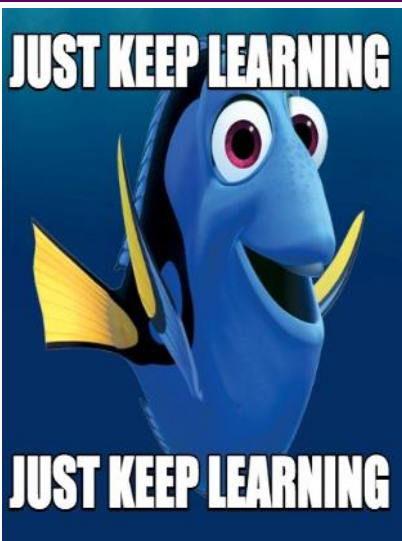
**May 25th**  
Circle Time with Joanna from the Children's Reading Room

**June 22nd**  
Circle Time with Joanna from the Children's Reading Room

Mark Your Calendars & Join Us!

**Feel Free To Drop By**  
Monday's 6:30 to 7:30pm  
Tuesday's 7:00 to 8:00pm  
To view our Children's Reading Room Kiosk book options to take one home to your personal library.

## 😄 KHNG GIGGLE CORNER... 😄

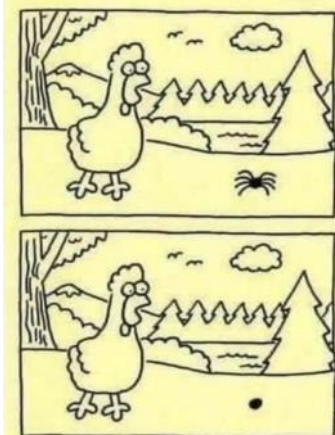


I WOWed my grandchildren when I told them I had a pierced belly button. They said "Prove it!"

I did.



**SPOT THE 8 DIFFERENCES BETWEEN THESE TWO PICTURES**







**Share Community News In The KHNG Newsletter:**  
**KHNG** sends an electronic newsletter, four times a year, next issue is July 2023. 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: [kortrighthillsng@gmail.com](mailto:kortrighthillsng@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!



### KHNG Cobs Bread & Pantry Program



KHNG is pleased to continue "Cobs Bread Program" in 2023.  
 Feel free to pick up items for your family or a family you know in need.  
 Some items that may be available are loaves of bread, pizza, croissants, pastries (when available).  
 Cobs end of day giving program, bakeries connect with community by helping every left over item at the end of the day find a home. It makes Cobs a real part of the community and helps reduce food waste.  
 Cobs items will be picked up and delivered to the KHNG Community Room 23 Ptarmigan Dr. (entrance is last door on right off of north parking lot) to be sorted.

Mark your calendars, below April, May & June dates:

Sunday April 2nd, 23rd & 30th - 8 to 9pm Sunday May 7th & 28th - 8 to 9pm  
 Sunday June 4th & 25th - 8 to 9pm

\*\*\* Please note dates above may change. Confirmed dates will be posted on our Facebook page and sent out via email. Connect with Leone by email [kortrighthillsng@gmail.com](mailto:kortrighthillsng@gmail.com) if you have any questions \*\*\*

#### BRING YOUR OWN BAGS TO TAKE YOUR COBS ITEMS HOME

KHNG has a small food pantry of items for anyone who needs. When you are in the community room and see something from our pantry that you could use, please ask one of our volunteers to help you or if you can donate to our pantry, please bring & we can add to it.  
 Thank you

We ask that you practice social distancing. Masks are optional.

If you would like to volunteer to help sort and distribute Cobs products please contact [kortrighthillsng@gmail.com](mailto:kortrighthillsng@gmail.com) or Sign up using our google form link below: <https://forms.gle/bpqnUnwzpz8M5z48>



Thank You  
 Vanessa Duszczyszyn  
 For Sponsoring The  
 Cobs Bread Program at KHNG



### NO ONE IN OUR NEIGHBOURHOOD SHOULD BE FOOD INSECURE

Kortright Hills Neighbourhood Group aims to supply non perishable & personal care items through our mini pantry to members in the community.

We are currently in need of the following:  
 Paper Towels, Tooth Paste, Tooth Brushes, Feminine Hygiene Products, Crackers, Salt, Cereal, Rice, Wow Butter

We are reaching out to you for support.

Please consider donating any non perishable or personal care items to our pantry.

#### How To Donate:

Drop off during our Cobs Bread Program  
 Sunday Apr 23rd, 30th, May 7th, 28th, Jun 4th & 25th, 2023  
 8pm - 9pm



Kortright Hills Community Room  
 23 Ptarmigan Dr. Guelph, ON



### Guelph Goods Exchange Program

May 19th at 5:00pm to 11:59 pm  
**FREE**



Place gently-used toys, furniture and appliances at the curb, marked "FREE" after 5 pm on May 19th.  
 Remove any items not taken by 7pm on May 21st.  
 Make sure to tour the city for awesome finds.

### Guelph Yard Waste Collection

#### Yard Waste Collection Begins April 3

Yard waste collection begins April 3rd!  
 Paper bagged or bundled yard waste will be accepted on grey cart collection Days beginning April 3rd until the fall.  
 Place yard waste to the curb no later than 6:30 am, one foot from the curb and one meter from your grey cart.  
 Don't put yard waste in any of your carts. **Grass clippings are not accepted in yard waste collection or waste carts.**  
 More info: [Guelph.ca/yardwaste](http://Guelph.ca/yardwaste)





# Kortright Hills Community News Cont'd!



## Kortright Hills Student Wins Prizes At College Royal

Grade 6 student Henry Otten submitted his photography prints at the 2023 University of Guelph's College Royal community art show. The art show allows local residents to showcase their talent in the categories of printing, poetry, photography, drawing and sculpture. Prizes were awarded to the top voted piece. In the Under 18 category, Henry submitted 5 nature prints and the public voted him to win 3 ribbons. Congratulations Henry!

Photo credit: Ainsley Otten



## KHNG Pet Corner



**Name:** Mr. Krabs

**Home:** He lives in Ms. Kirk's grade 5 classroom

**Type:** Hermit Crab

**Food:** They eat any fruits and vegetables but do have a typical shrimp medley from the pet store. They require amounts of calcium.

**Student opinion:** They are excited about it, interested in all the behaviours such as eating and climbing, wish it wasn't nocturnal, so it did more movement during the school day, the eyes are the best part.



**Name:** Plankton

**Type:** Betta Fish

**Home:** He lives in Ms. Mezenberg's grade 6 classroom

**Food:** They eat betta fish food in pellet form, we feed him about 3 pellets per day

**Student opinion:** They are very excited to have the fish in the class, they enjoy watching the fish swim around, they enjoy watching the fish as they work on their schoolwork, they want a bigger tank for the fish, so he has more room to swim around.



## 26th Scouts Group Recycle & Battery Drive Fundraiser

**EXCITING NEWS!!!**  
**TERACYCLE WANTS TO HELP US**  
**TAKE BETTER CARE OF THE WORLD**

NOT ONLY CAN WE CONTINUE TO COLLECT VEGGIE STRAW PACKAGING BUT WE CAN ALSO COLLECT PACKAGING FROM

BOOM CHICKA POP  
BABYBEL  
GERBER BABY FOODS

ALL PACKAGING FROM BOXES, PLASTIC LINING BAGS, TO THE METAL CLIP AND MESH BAGS AND YES! EVEN THE WAX CAN BE PASSED ALONG TO BE RECYCLED

SO PLEASE COLLECT FROM HOME, FAMILY AND FRIENDS AND PRACTICE OUR BEAVER PROMISE TO LOVE AND TAKE CARE OF THE WORLD BY KEEPING THESE THINGS OUT OF LANDFILLS

**Please note:** Only the listed brands pictured are accepted through this recycling program. Please do not send in any other brand of snack bag packaging.



## 26<sup>th</sup> Guelph Scout Group Battery Drive



Batteries **CAN'T** go in the landfill but **CAN** be recycled.  
No need to look for a drop off location!

We are collecting everything from:

- ⇒ hearing aid batteries (button cell)
- ⇒ household use (AAA, AA, C, D etc)
- ⇒ car and heavy equipment batteries

The batteries are collected and sold to a recycler.  
The money will be used to support our Scouting activities

Please ensure all 9Volt batteries are taped.  
Please separate small button cell type batteries.

**Batteries can be drop off at the KHNG Community Room**  
**Email to arrange drop off - 26thscoutscraft@gmail.com**  
**Or Anytime at Wellington Home Hardware**  
**Or Restore on Speedvale**





## Support Our Community Students

### 11 Year Old Looking For Work

Hi! I am searching for customers who would like to hire me for the following jobs:

- Snow shovelling
- Dog walking
- Looking after your pets, home checkups during vacation
- Take out your garbage
- If you have any other jobs that are not on this list, please contact me

Hope to hear from you soon! I am glad to help you!

Contact info: please message through Facebook messenger

### 13 Year Old Certified Babysitter Looking For Work!

Hello, I am a 13 year old girl looking for some babysitting jobs:

- I have taken the Red Cross babysitting and first aid course
- Can provide references from the families I currently babysit for
- I focus on interaction and play and I keep screen time to a minimum

I would also do other jobs such as: house sitting during vacation, pet sitting, and taking out your garbage. If you have any other jobs please message through Facebook Messenger. To hire me please also message through Facebook Messenger.

Hope to hear from you soon!

Please contact Elena via text at 519-265-2662 or through Facebook Messenger under Elena Stocco



Please Subscribe To My Channell

Search "Anna Gardin AJ"



## Coldest Night Of The Year

**Ruth Morton**, a resident, answered questions and provided photos describing about a local fundraising event that she and a group of other neighbours participated in late February.

**What is this charity about?** The Coldest Night of the Year (CNOY) is a family-friendly walk to raise money for local charities serving people experiencing hurt, hunger, and homelessness. Tens of thousands of Canadians participate each year, raising millions of dollars. In Guelph, the CNOY walk raises funds for Hope House, a local charity serving vulnerable people in our community, operating and advocating on the belief that poverty, food insecurity, inequality, health and community are all interconnected.

**Why are you interested in participating the particular event?** Our family has been connected to Hope House since it was formed and the mission of the organization is one that we care deeply about. The CNOY walk allows us to involve our whole family in thinking and talking about things like homelessness, food insecurity and poverty while participating together to raise funds to combat some of the inequities we see around us.

**When was it?** This year the CNOY walk took place on Saturday, February 25.

**Where was the route?** There were two routes to choose from, a 2 km one and a 5 km one. Both started and ended at Hope House in downtown Guelph and were well marked with volunteers along the route to make sure you were going the right way.

**Who else joined you?** We were so excited this year to be joined by several friends from the Kortright Hills neighborhood. In addition to myself, John, our boys, Noah and Daniel, and John's mom, Bonnie, our group was comprised of Stephanie Devey, her son Kai and their friend Gracie, Paul and Tammy Clarke and their daughters, Acadia and Brianna, and Kathryn Jones, and her son Ridley and daughter Ella.

**How long did it take you to complete the event?** We opted for a leisurely 2km walk with a rest stop (where they were handing out free MacDonald's cookies and drinks!), but I believe it still didn't take us more than 30 mins once we got started.

**What was the temperature?** It was quite a nice evening for a walk, at about -4C.

**How many people in total participated?** There were 450 walkers in Guelph walking for Hope House and 37000 in total across Canada walking for 182 different local charities.

**How much funds did you raise?** Our team raised \$1315, Guelph walkers in total raised \$176,320 for Hope House and \$12,807,499 was raised across Canada.

**Final comments:** I would love to see a larger group from Kortright Hills take part together next year! It would be a great way to connect with neighbours while doing something good for the greater Guelph community. Hope House is an amazing organization and the CNOY walk is a wonderful way to participate in fundraising for a good cause with your family.

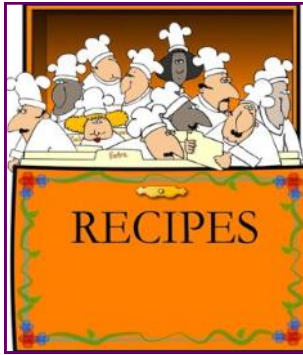




# Kortright Hills

## Recipe

### Corner!!



*"creating a village in the city"*

#### Deviled Eggs

##### Ingredients:

8 eggs  
 ½ teaspoon prepared mustard  
 1 tablespoon creamy salad dressing  
 (such as Miracle Whip®) or as needed  
 salt and pepper to taste  
 1 pinch paprika



##### Directions:

Place eggs in a saucepan and cover with water. Bring to a boil, cover and remove from heat; let eggs stand in hot water for 10 to 12 minutes. Remove eggs from hot water and cool in ice water.

Peel eggs and cut in half lengthwise. Transfer yolks into a bowl. Add mustard, salad dressing, salt, and pepper; mix until smooth.

Refill each egg half with the yolk mixture and sprinkle with paprika.

#### Creamy Slow Cooker Potato Cheese Soup

##### Ingredients:

1/4 cup butter  
 ½ white onion, chopped  
 ¼ cup all-purpose flour  
 2 Cups Water  
 2 large carrots, diced  
 4 stalks celery, diced  
 1 tablespoon dried, minced garlic  
 salt and pepper to taste  
 1 cup milk  
 2 tablespoons chicken soup base  
 1 cup warm water  
 5 pounds russet potatoes, peeled and cubed  
 1 bay leaf  
 1 cup shredded Cheddar cheese  
 6 slices crisp cooked bacon, crumbled



##### Directions:

Melt butter in a large saucepan over medium heat. Cook onion in butter until translucent. Stir in flour until smooth, then gradually stir in 2 cups water, carrots, celery, garlic, salt, and pepper. Heat through, then stir in milk. Dissolve chicken base in 1 cup warm water, and pour into vegetable mixture.

Place potatoes in slow cooker, and pour heated vegetable mixture into potatoes. Place bay leaf in pot.

Cover, and cook 5 hours on High, or 8 hours on Low.

Remove bay leaf. Puree about 4 cups of the soup in a blender or food processor, and then stir pureed soup into contents of slow cooker. Stir in cheese and bacon until cheese is melted.

#### Cheesymite Scrolls

##### Ingredients:

3 cups self-raising flour	1 pinch salt	50g butter, cold
2 tblsp Vegemite	200 g cheese grated	3 tblsp milk

**Instructions:** Preheat oven to 220C (425F).

Sift flour and salt into a bowl and then rub in the butter. Stir in enough milk to make a soft dough. Knead gently on a lightly floured surface, and then roll out to form a 40 x 25 cm rectangle.

Spread Vegemite over the dough then sprinkle over ¾ of the cheese. Roll up from long side to enclose cheese.

Cut 10 x 4 cm slices from roll and place close together, cut side up, on a greased and lined baking tray.

Sprinkle with remaining cheese and bake in preheated hot oven for 15-20 minutes or until cooked and golden

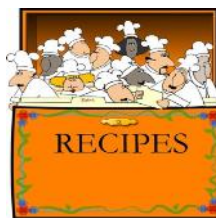


**100 years of Vegemite!!** - June 16th is Vegemite Day, the thick, black, salty spread with a unique flavor that Australians love. In 1923, a chemist, CP Callister created Vegemite to replicate the British Marmite. In addition to brewer's yeast, vegemite contains concentrated extracts of onion, malt, and celery, as well as salt and different types of vitamin B. Vegemite captured the Australian market during the Second World War as the Army supplied it to its troops. Vegemite remains an inherent part of Australian food culture.





# Kortright Hills Recipe Corner!!



## Spaghetti sauce



### Ingredients:

3 Tbs. olive oil  
1 1-lb.,13 oz. can tomatoes  
1 6 oz. can tomato paste  
1 Tbs. honey  
lots of black pepper  
6 cloves garlic, minced  
1/2 C freshly minced parsley

2 cups chopped onion  
1 medium pepper, diced  
2 tsp. basil  
1 tsp. oregano  
1 tsp. thyme  
1 1/2 tsp. salt

### Directions:

The recipe serves 6-8. This sauce will coat at least 1 lb. spaghetti noodles.

- 1) Heat the olive oil in a Dutch oven or kettle. Add onion, bell pepper, herbs, and salt, and sauté over medium heat until the onion is very soft. (8 to 10 minutes.)
- 2) Add the dry, cubed tofu and cook until it is sticking a bit on the bottom. If possible, try to lightly brown it, stirring from time to time. If you're not using tofu, skip to step 3.
- 3) Add tomatoes, tomato paste, honey, and black pepper. (I like to blend the tomatoes into a liquid in the blender. If you like chunky spaghetti sauce, break up the tomatoes into bite sized pieces.) Bring to a boil, then lower heat and simmer, partially covered, for 30 - 45 minutes.
- 4) Add garlic, and cook about 10 minutes more. At this point, the sauce can sit for up to several hours, or be refrigerated for up to a week. Heat gently before serving, and add parsley at the last minute.

## Chicken Alfredo Recipe



### Ingredients for 6 servings

1 ½ lb chicken breast, cubed  
2 tblsp butter  
½ tsp dried oregano  
½ tsp salt  
16 oz penne pasta cooked  
¼ cup shredded parmesan cheese

½ tsp dried basil  
½ tsp pepper  
¼ cup fresh parsley

### SAUCE

2 tablespoons butter  
3 tablespoons flour  
½ teaspoon dried oregano  
½ cup parmesan cheese(55 g)  
½ teaspoon pepper

4 cloves garlic, minced  
2 cups milk(480 mL)  
½ teaspoon dried basil  
½ teaspoon salt

**Preparation:** In a pan over medium-high heat, melt butter, then add the chicken breast. Season with salt, pepper, oregano, and basil. Cook 8-10 minutes or until chicken is fully cooked. Remove from heat and set chicken aside. In the same pan over medium heat, melt butter and add the garlic. Cook until the garlic begins to soften. Add half of the flour to the garlic and butter, stirring until incorporated. Then add the rest of the flour and stir. Pour in the milk a little bit at a time, stirring well in between, until fully incorporated and sauce begins to thicken. Season with salt, pepper, oregano, and basil, and stir well to incorporate. Add parmesan cheese and stir until melted. Pour the sauce over cooked penne pasta, add the chicken and mix well. Add parsley and extra parmesan. Mix well.

## Cherry Crunch Dessert

### Ingredients:

#### Crust:

1 ½ cups all-purpose flour  
2 tablespoons white sugar  
½ teaspoon salt  
¾ cup butter, softened  
1 cup chopped pecans

#### Filling:

2 cups confectioners' sugar  
1 (8 oz) pkg cream cheese, softened  
1 (12 oz) container frozen whipped topping (such as Cool Whip®), thawed  
1 teaspoon vanilla bean paste



### Topping:

2 (21 ounce) cans cherry pie filling

### Directions:

Preheat the oven to 350 degrees F (175 degrees C). Whisk flour, sugar, and salt together in a medium bowl. Cut in butter with a pastry blender, a fork, or your fingers until crumbly; stir in pecans. Press crust mixture evenly into an ungreased 9x13-inch baking pan. Bake crust in the preheated oven until golden, about 20 minutes. Let cool. Meanwhile, beat confectioner's sugar and cream cheese together in a large bowl until combined. Fold in thawed whipped topping; stir in vanilla bean paste. Spread cream cheese filling over cooled crust; top with cherry pie filling. Refrigerate until ready to serve.