



“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.

July 2019 issue

Visit us on the Web: www.khng.ca

KHNG NEXT EVENTS, MARK YOUR CALENDARS!!

Kortright Hills Neighbourhood Group Presents

“SUMMER CHILL Night”

Wednesday
 August 14th 2019

6-8 pm

Behind Kortright Hills P.S.
 23 Ptarmigan Dr. Guelph

(Rain or Shine; rain location in community room)

Button
 Maker

FREE Ice Cream
 Mini Games
 Sparkle Tattoos

Tickets
 1/\$2
 3/\$5
 8/\$10

FREE
 Frozen
 Treats
 available

Spin the
 Wheel
 win a
 prize!

KHNG Club Information
 Bring your Family & Friends

Tickets
 Door
 prizes

Thank you Sponsors!



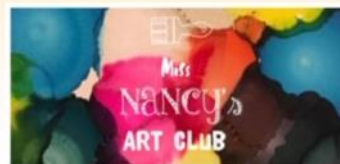
Much,
 Much
 More!!!

KHNG Club, email today for more information!

**Monday's
 Miss Nancy's Art Club**

Sept 9 to Oct 21, 2019
 (NO Club Mon Oct 14th)

6 week sessions \$102
Ages 6 to 12 years - 3:20 to 5:30 pm



Miss Nancy is excited to return to Kortright Hills Neighbourhood Group in the Fall to inspire creativity in your kids. With over 5 years experience teaching various types of art, she is looking forward to introducing fun lessons that encourage your children to use their own creativity, while experimenting with different mediums such as water colours, acrylics, chalk pastels, collage, clay, and much more.

She will explore abstract art, illustration, cartoons, and encourage your kids to just simply enjoy the process and have fun! To view some of Miss Nancy's work visit her Facebook <https://m.facebook.com/Canvashousearts/> or Instagram: <https://www.instagram.com/nancythepainter/>

Nancy welcomes any parents with questions to email her directly at nancythepainter@hotmail.com

Limited spaces available!

To Register Email: kortrighthillsng@gmail.com

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

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/1FAIpQLSdilfpO5qXBtg4NCKITuLgggrUR2rhHOBp_z8Ch6HF-PTZG4Q/viewform

Camp page Link:

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



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Welcome!

Thank You!

Stay Informed:

If you are new to the Neighbourhood, we extend a warm welcome to you and your family! Please consider joining us for our regular monthly meetings to help plan social & recreational events.

A special 'thanks' goes to all of our volunteers and community partners, 26th Guelph Scouting Group, Kortright Hills Public School and the 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.

Summer Programs!



2019



Summer Camp Schedule!



STEM Gamers

July 2 to 5 and August 19 to 23

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.

Innovative Designers and Young Builders

July 8 to 12

Explore discoveries made in STEM fields while learning what it takes to 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.

Young Coders and Coding Minds

July 15 to 19

Computers are all around us and understanding more about how they work is important. This camp is a mixture of computer science activities as well as crafts and games.

Crafts and Games

July 22 to 26

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.

Girl STEMpowerment

July 22 to 26

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.

STEM (Science, Technology, Engineering, and Math) Team

July 22 to 26

With Airplanes, Forensics, Slime and more this week gets your hands and mind into various topics in STEM!

Magic STEM

August 5 to 9

Ever felt like STEM is full of magic? This week will learn the magic tricks and optical illusions with the help of STEM!

Bug Buddies

August 12 to 16

If you think insects, and digging in the dirt is awesome then this is the camp for you! Catch and watch bugs and even build some of your own!

Furry Friends

August 12 to 16

If you love animals like we do then join us for this week of discovering how different animals live and even hear from a Veterinarian about animal medicine! We will build habitats, act as different animals, and play predator versus prey!

Link to Register:

<https://goo.gl/forms/ba37uB2ih518f7vV2>

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 Contact for start date in the September 2019.**



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, KHNG PD Day Camps, KHNG & Life Gears Summer Camps, Summer Chill Night & other events in 2019 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:

Garden Fresh Box Pick Up

July 17th, August 21st & September 18th, 2019

Website: www.gardenfreshbox.ca

Online Store: www.gardenfreshbox.ca/store

KHNG & Life Gears Academy Summer Camp

July 2nd to August 23rd - 8 weeks (weekly themed)

Registration link: https://docs.google.com/forms/d/e/1FAIpQLSdiIpfO5qXBtg4NCKITuLgggrUR2rhHOBp_z8Ch6HF-PTZG4Q/viewform

Camp page: <https://www.lifegears.org/camps/2019-summer-camps>

KHNG Event

KHNG Summer Chill Night - Wednesday August 14th - 6-8pm

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!



Kortright Hills
-Your Neighbourhood Group

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Design a game with Scratch

Thursday's Sept 5 to Oct 24, 2019

8 Weeks - \$136

Ages: 6+

Children will be exploring the world of animation and design using Scratch. We will be working each week to learn different elements of design and program. At the end of 8 weeks the children will have their own accounts and can show/publish their games on Scratch.

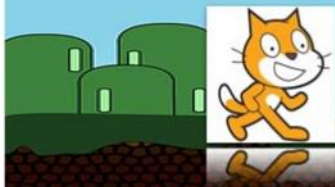
Children ages 6-7

We will have weekly visual guides to help them practice their reading while coding. Older Children who can read will be taught the lesson and then will do on their own with help if needed.



To register email:

KortrightHillsNG@gmail.com



SCOUTS CANADA REGISTRATION OPEN

STEM based Programs

To join contact Leone by email:

26thguelph@w.scouter.ca



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

Order and Pick Up Dates:

Order & Pay By:

- Fri July 5th
- Fri August 9th
- Fri Sept 6th

Pick-Up

- Wed July 17th
- Wed August 21st
- Wed Sept 18th

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



Friday



Club!

September 6 - October 25, 2019
(NO Club Fri Sept. 27th)

7 week session - \$119
3:30 - 5:30 pm
Ages 6 - 12 years

KHNG Community Room

Join Life Gears Academy for a sports and STEM club where you will learn about the human body, engineering, and more while working as a team to play sports.

To register email:
kortrighthillsng@gmail.com

Limited space available,
register today!



Tuesday's Life Gears
Academy Club!



Join Life Gears Academy for hands on projects and crafts that explore Science and Engineering with a focus on nature and the environment. A majority of this program will be held outside learning about the environment around us and what we can do to make a difference. For more information of what Life Gears has to offer visit their website:
www.lifegears.org



The Guelph Public Library Bookmobile will be at Kortright Hills Public School (23 Ptarmigan Drive) from 3 - 4 pm on the follow Tuesdays during the summer months:

JULY: 9 & 23

AUGUST: 6 & 20

Books can be requested for pickup on these dates through the library catalogue (<http://catalog.guelphpl.ca/polaris/>) as well as return books to the bookmobile. Happy Summer Reading!



Guelph Public Library
Explore • Connect • Thrive



FREE SUMMER FUN 2019 Cinema In The City

This year's **Cinema In The City** series offers a variety of family-friendly favourites. Starting at 9 p.m. on selected Fridays throughout the summer, families, friends, and movie fans are invited to bring a lawn chair and blankets if it's cool out and cozy up for a drive-in experience minus the car.

The giant screen will show:

July 5th - 9:00-11:00pm - Ferris Bueller's Day Off - York Road Park

July 19th - 9:00-11:00pm - Zootopia - Market Square

Aug 9th - 9:00-11:00pm - Monsters Inc. - Market Square

Aug 23rd - 9:00-11:00pm - Stand by Me - York Road Park



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.



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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.

Kortright Hills Neighbourhood Club



Kids Zumba Club

Join Stephanie with Shake It Off for a kid-friendly Zumba routine with all the music kids love like hip-hop, salsa and more. These programs inspire students to express themselves through movement and have fun while effectively improving their overall health and well-being. Kids love it because it's on the cutting edge and fun. Educators love it because it's active, fun and helps increase focus, self-confidence, boosts metabolism and enhances coordination.

Limited spaces available!
To Register Email:
kortrighthillsng@gmail.com

Sept 4 - Oct 23/19
8wk \$136
3:30-5:30pm
Ages 6-12 years



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...



It starts with Scouts

Register now NEW low rate!

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 Mon 7:00-9:00

For more details contact Paul 519-821-6948 or email:
26thguelph@w.scouters.ca

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 Commissioner 26th Scout Group 519-821-6948

Contact KHNG:

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

519-993-5264



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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

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 October 2019!!

Contact KHNG:

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

Ask us how to attract more birds & less squirrels to your backyard!

Hot
Stuff



Pine Siskins



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



Shop Online **FREE** Store Pickup
or Shipping
mywbu.com/guelph *more details online

SUMMER SAFETY TIPS:



A safe community starts with a safe home. Protect yourself and your family with these home safety tips from our investigative support services:

COMMUNITY SAFETY

- Get to know your neighbours.
- Be aware of strangers.
- Leave keys and contact numbers with neighbours for when you are away.
- Keep up appearances of your homes; it will be less attractive to criminals.
- Call 911 if you see any suspicious activity around your neighbourhood. Example: people in your backyard, checking your cars, door-to-door salesman.

ALARM SYSTEMS

- If you are installing an alarm system make sure to use a credible company, do your homework first. Ensure the alarm company has all the emergency contact/key holder information if you are away. Find out more about alarm systems.

EXTERIOR LIGHTING

- Install more lights that cover more area all the way around the house. Motion sensors are a good idea.

LOCKS

- Ensure that there are deadbolts on all the doors to the residence. If there are sliding patio doors make sure that there are working locking mechanisms on them.

REDUCE YOUR RISK WHILE ON VACATION

- Lock Your Doors!!
- Hire a House Sitter!!!
- Avoid Spreading the Word on the Web
- Put the lights on timers
- Pull the Plug on all appliances to save power and protect against power surges
- Turn Off The Water
- Secure Valuables - Consider Extra Security Such as Alarms



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COLOUR ME!!



**GUELPH
POLICE SERVICE
PRIDE SERVICE
TRUST**

Seasonal Safety Tips

July:

Make sure you buckle up and obey the rules of the road. Please remember to use fireworks responsibly this month

August:

It's hot out there, make sure you lock your vehicles and homes at night to prevent thefts.

September:

School's back in, may sure you stop for school buses and watch out for students walking to and from school.

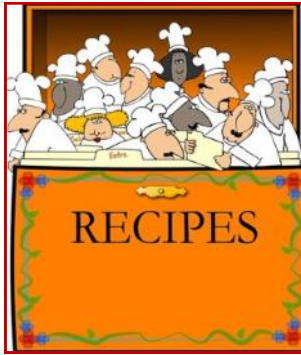
Other tips can be found on the Guelph Police Services website: <http://www.guelphpolice.com>



Kortright Hills

Recipe

Corner!!



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Summer Corn Salad

Ingredients:

6 ears corn, husked and cleaned
3 large tomatoes, diced
1 large onion, diced
1/4 cup chopped fresh basil
1/4 cup olive oil
2 tablespoons white vinegar
salt and pepper to taste



Directions:

Bring a large pot of lightly salted water to a boil. Cook corn in boiling water for 7 to 10 minutes, or until desired tenderness. Drain, cool, and cut kernels off the cob with a sharp knife.

In a large bowl, toss together the corn, tomatoes, onion, basil, oil, vinegar, salt and pepper. Chill until serving.

Watermelon Avocado Salsa

Ingredients:

2 cups diced seeded watermelon
1 avocado - peeled, pitted, and diced
1/4 cup diced red onion
2 tablespoons lemon juice
1/2 habanero pepper, seeded & minced
1 1/2 teaspoons dried parsley
1/4 teaspoon salt, or to taste



Directions:

Combine watermelon, avocado, onion, lemon juice, habanero pepper, parsley, and salt together in a bowl; refrigerate until chilled, about 15 minutes.

Strawberry Avocado Salad

Ingredients:

2 tablespoons white sugar
2 tablespoons olive oil
4 teaspoons honey
1 tablespoon cider vinegar
1 teaspoon lemon juice
2 cups torn salad greens
1 avocado - peeled, pitted and sliced
10 strawberries, sliced
1/2 cup chopped pecans



Directions:

In a small bowl, whisk together the sugar, olive oil, honey, vinegar, and lemon juice. Set aside.

Place the salad greens in a pretty bowl, and top with sliced avocado and strawberries. Drizzle dressing over everything, then sprinkle with pecans. Refrigerate for up to 2 hours before serving, or serve immediately.

Vintage Lemonade

Ingredients:

5 lemons
1 1/4 cups white sugar
1 1/4 quarts water



Directions:

Peel the rinds from the 5 lemons and cut them into 1/2 inch slices. Set the lemons aside.

Place the rinds in a bowl and sprinkle the sugar over them. Let this stand for about one hour, so that the sugar begins to soak up the oils from the lemons.

Bring water to a boil in a covered saucepan and then pour the hot water over the sugared lemon rinds. Allow this mixture to cool for 20 minutes and then remove the rinds.

Squeeze the lemons into another bowl. Pour the juice through a strainer into the sugar mixture. Stir well, pour into pitcher and pop it in the fridge! Serve with ice cubes.

Sunday Dinner Rolls

Ingredients:

1 (.25 ounce) package active dry yeast	1/4 cup warm water	1 pinch white sugar
1/2 cup white sugar	2 eggs	1 cup warm water
1/2 cup vegetable oil	1 teaspoon salt	4 cups all-purpose flour

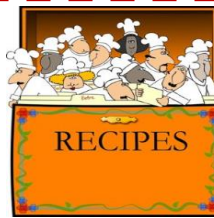
Directions:

In a large bowl, stir yeast, 1/4 cup warm water, and a pinch of sugar. In another bowl, beat eggs in 1 cup warm water; add oil and salt. Mix egg mixture into yeast, and add sugar. Gradually add flour. Cover with a damp cloth, and allow to stand at room temperature for 1 hour, then place in the refrigerator and allow to rise overnight. This dough is rather sticky, and will raise to at least twice it's size. Divide the dough into 4 equal parts. Roll each section out into a circle on a floured board or wax paper. Cut into pizza slice shapes, and roll slices large end to small end. Place on greased flat baking pans, and allow to rise for 2 hours.

Bake at 375 degrees F (190 degrees C) for 8 minutes.



Kortright Hills Recipe Corner!!



Easy Garlic Chicken



Ingredients:

1 1/2 pounds skinless, boneless chicken breast halves
1/4 cup butter
6 cloves crushed garlic
2 cups seasoned dry bread crumbs

Directions:

Preheat oven to 375 degrees F (190 degrees C).

In a small saucepan melt butter/margarine with garlic. Dip chicken pieces in butter/garlic sauce, letting extra drip off, then coat completely with bread crumbs.

Place coated chicken in a lightly greased 9x13 inch baking dish. Combine any leftover butter/garlic sauce with bread crumbs and spoon mixture over chicken pieces. Bake in the preheated oven for 45 minutes to 1 hour.

Honey Grilled Shrimp



Ingredients:

1/2 teaspoon garlic powder
1/4 tablespoon ground black pepper
1/3 cup Worcestershire sauce
2 tablespoons dry white wine
2 tablespoons Italian-style salad dressing
1 pound large shrimp, peeled and deveined with tails attached
1/4 cup honey
1/4 cup butter, melted
2 tablespoons Worcestershire sauce
Skewers

Directions:

In a large bowl, mix together garlic powder, black pepper, 1/3 cup Worcestershire sauce, wine, and salad dressing; add shrimp, and toss to coat. Cover, and marinate in the refrigerator for 1 hour.

Preheat grill for high heat. Thread shrimp onto skewers, piercing once near the tail and once near the head. Discard marinade.

In a small bowl, stir together honey, melted butter, and remaining 2 tablespoons Worcestershire sauce. Set aside for basting.

Lightly oil grill grate. Grill shrimp for 2 to 3 minutes per side, or until opaque. Baste occasionally with the honey-butter sauce while grilling.

Strawberry Trifle

Ingredients:

1 (5 ounce) package instant vanilla pudding mix
3 cups cold milk
1 (9 inch) angel food cake, cut in cubes
4 bananas, sliced
1 (16 ounce) package frozen strawberries, thawed
1 (12 ounce) container frozen whipped topping, thawed

Directions:

Prepare pudding with milk according to package directions. In a trifle bowl or other glass serving dish, layer half the cake pieces, half the pudding, half the bananas, half the strawberries and half the whipped topping. Repeat layers. Cover and chill in refrigerator 4 hours before serving.



Lemon Lush

Ingredients:

2 cups all-purpose flour
1 cup white sugar
1 (12 ounce) container frozen whipped topping, thawed
1 cup butter, softened
2 (3.4 ounce) pkgs instant lemon pudding mix
2 (8 ounce) pkgs cream cheese
3 1/2 cups milk

Directions:

Preheat oven to 350 degrees F (175 degrees C). In a medium bowl, combine the flour and butter using a pastry cutter until a ball forms. Press into the bottom of a 9x13 inch baking dish. Bake for 25 minutes in the preheated oven, or until lightly golden. Remove from oven and allow to cool completely. In a medium bowl, beat the cream cheese and sugar together until smooth and well blended. Spread evenly over the cooled crust. In another bowl, whisk together the lemon pudding mix and milk for 3 to 5 minutes. Spread over the cream cheese layer. Chill until set, then top with whipped topping.

