



“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 kortright hillsng@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 2020 issue

Visit us on the Web: www.khng.ca

KHNG VIRTUAL EVENTS MARK YOUR CALENDARS!



**KHNG ANNOUNCES THEMED VIRTUAL CONTESTS!
 JUNE 22ND TO SEPTEMBER 2ND, 2020**

THEMED CONTESTS INCLUDE!

- 1) Show Us Your Canadian Spirit!
- 2) What Does Your Garden Look Like
- 3) What Is Your Favourite Movie?
- 4) List Your 5 Favourite Summer Songs?
- 5) Virtual Summer Chill Night, Count The Cones!
- 6) Share Your 5 Favourite Books!

Mark your calendars to participate in our virtual summer contests. KHNG is giving away 3 prizes for each themed contest. A link will be provided to enter. This is another way for KHNG to stay connected as a community. Join our themed virtual draws during these uncertain times. For more information email: kortright hillsng@gmail.com



**KHNG Virtual Contest #2
 Mon June 29th to Wed July 8th, 2020**



“What Does Your 2020 Garden Look Like?”

How to Play:

- 1. Tell Us or share with us a photo of your veggie, flower, patio or house garden for this 2020 year (photos will be posted on KHNG Facebook group page)
- 2. Fill out the entry form using the link provided below & upload your photo to show us: <https://forms.gle/Z7mbc7Hb8nCX8nkk8>

All entries will be entered into a random draw for a chance to win 1 of 3 prize packages. Thank you to the GNSC, Hello Fresh, Pizza La Villa, Shannon’s Sugary Scrubs & Bars, The Sage Soap Company & Hawthorn Seeds for sponsoring prize packages for this contest. Winners will be contacted by email to arrange curbside delivery. Good luck to all!

Let’s Show Kortright Hills Community Our Gardens!



**KHNG Virtual Contest #3
 Mon July 13th to Wed Jul 22nd**



“Share With Us Your 5 Favourite Movies”

How to Play:

- 1. List your 5 favourite movies to watch while staying home and staying safe. (movie choices will be posted on KHNG Facebook group page)
- 2. Fill out the entry form using the link provided below to list your movie favourites: <https://forms.gle/EUzEgY46W68v0t0wv7>

All entries will be entered into a random draw for a chance to win 1 of 3 prize packages. Thank you to KHNG & Pizza La Villa, Organic Meadows and Laza Foods for sponsoring this weeks prize packages. Winners will be contacted by email to arrange curbside delivery. Good luck to all!

Share With Us Your 5 Of Your Favourite Movies!



For more information email kortright hillsng@gmail.com or call 519.993.5264 or visit www.khng.ca

KHNG FREE VIRTUAL CONTESTS, ENTER TO WIN GREAT PRIZES...



KHNG Virtual Contest #4

Mon July 27th to Wed Aug 5th, 2020



"What Is Your 5 Favourite Summer Songs"

How to Play:

1. List your 5 favourite summer songs to listen to while staying home & staying safe. (Summer Songs will be shared on KHNG Facebook Group Page)
2. Fill out the entry form using the link provided below to list your song favourites:
<https://forms.gle/XccDvAL4i7kX3tat5>

All entries will be entered into a random draw for a chance to win 1 of 3 prize packages. Thank you to James Gordon (www.jamesgordon.ca), The Kramdens (www.thekramdens.com), Jane Lewis (www.janelewis.ca), Pizza La Villa, Shannon's Sugary Scrubs & Bars and Hello Fresh for sponsoring the prize packages. Winners will be contacted by email to arrange curbside delivery. Good luck to all!

Share With Us Your 5 Favourite Summer Songs!!



KHNG Virtual Contest #5

Mon Aug 10th to Wed Aug 19th, 2020



"Summer Chill Night - How Many Cones?"

How to Play:

1. Count the number of cones in this flyer. (number of cones will be listed on our Facebook group page)
2. Fill out the entry form using the link provided below & tell us how many cones you find: <https://forms.gle/nYyibyvoK6PT38so6>

All entries will be entered into a random draw for a chance to win 1 of 3 prize packages. Thank you to Edible Arrangements, Pizza La Villa, Hello Fresh, Organic Meadows, Laza Foods & Sweet Temptations for their sponsorship of prize packages. Winners will be contacted by email to arrange curbside delivery. Good luck to all!

Let's Play, How Many Cone's You Find!



KHNG Virtual Contest #6

Mon Aug 24th to Wed Sep 2nd, 2020



"What Is Your 5 Favourite Books"

How to Play:

1. List your 5 favourite Books. (list of books will be shared on the KHNG Facebook group page)
2. Fill out the entry form using the link provided below to list your books:
<https://forms.gle/LGFgz2vsuBHYS2wo6>

All entries will be entered into a random draw for a chance to win 1 of 3 prize packages. Thank you The Bookshelf, Orca Publishing, Pizza La Villa, The Dragon, Pickles Cartoon, Kathy Stinson & Olivia Kidston for sponsoring our prize packages. Winners will be contacted by email to arrange curbside delivery. Good luck to all!

Share with us your 5 Favourite Books!



A Poem of Inspiration In The Time of COVID-19

When you go out and see the empty streets,
the empty stadiums, the empty train platforms,
don't say to yourself, "It looks like the end of the world."...

What you're seeing is love in action.

What you're seeing, in that negative space,
is how much we do care for each other,
for our grandparents, our parents,
our brothers and sisters, for people we will never meet.

People will lose jobs over this.

Some will lose their businesses.

And some will lose their lives.

All the more reason to take a moment, when you're
out on your walk, or on your way to the store,

or just watching the news, to look into the emptiness and
marvel at all of that love. Let it fill you and sustain you.

It isn't the end of the world.
It is the most remarkable act of global
solidarity we may ever witness.





VIRTUAL CAMPS

BY LIFE GEARS ACADEMY

Live Video Calls

Art Makers (ages 7+), Art Thinkers (10+)

Video Game, Website, and Basic Computer Programming (ages 12+)

Weekly Activities and Online Classroom

Math and Engineering (ages 9+), Young Techies (ages 6+, 9+)

Young Scientists (ages 9+), and Business Brains (ages 11+)

All programs starting at \$5/session

Visit <https://www.lifegears.org/virtual-programs>
for more details or email admin@lifegears.org



Click here for more details
<https://www.lifegears.org/virtual-programs>



COMMUNITY
RIDE



JUNE 28 - JULY 26

2020

TOUR de GUELPH

Tour de Guelph

June 28th - July 26th, 2020

In support of The Foundation of
Guelph General Hospital, and
Rotary Clubs of Guelph South
and Guelph Trillium.



Tour de Guelph is still on!

It will not be the usual single-day event, but we can still "come together" in spirit and cause to support our community, while staying physically distanced.

This year, you can dedicate a bike ride to Tour de Guelph any time between June 28th and July 26th, on your own, or with members of your household.

There is no registration fee, but participants are asked to fundraise a minimum of \$25.

Register today at TourdeGuelph.ca

Rotary



THE FOUNDATION OF
GUELPH
GENERAL HOSPITAL



#tourdeguelph

www.tourdeguelph.ca



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Welcome!

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

Thank You!

A special 'thanks' goes to all of our volunteers and community partners, 26th Guelph Scouting Group, Kortright Hills Public School and the GNSC. Your support for our neighbourhood is greatly appreciated!

Stay

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.

Summer Programs!



REGISTER TO ATTEND A SCOUTS CANADA PROGRAM

Programs are STEM based

To join contact Nikki by email:

26thguelph@w.scouters.ca

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!!



CONTEST!

Mark your calendars to participate in KHNG Virtual Summer Contests:

KHNG ANNOUNCES 6 VIRTUAL THEMED CONTESTS BEGINNING JUNE 22ND TO SEPTEMBER 2, 2020

CONTEST #1

SHOW US YOUR CANADIAN SPIRIT! - **DONE**

CONTEST #2

WHAT DOES YOUR GARDEN LOOK LIKE?

CONTEST #3

WHAT IS YOUR 5 FAVOURITE MOVIES?

CONTEST #4

LIST YOUR 5 FAVOURITE SUMMER SONGS!

CONTEST #5

VIRTUAL SUMMER CHILL NIGHT, COUNT THE CONES!

CONTEST #6

SHARE YOUR FAVOURITE BOOKS?

KHNG Events & Programs:

ALL KHNG IN PERSON EVENTS HAVE BEEN CANCELLED AND/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 for our monthly meetings. (MEETINGS HAVE BEEN CANCELLED TILL FURTHER NOTICE)



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Want to Advertise in KHNG Quarterly Newsletter:

KHNG sends an electronic newsletter out four times a year, next issue October 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 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.

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

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.



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 October 2020!!

KORTRIGHT HILLS NEIGHBOURHOOD GROUP

**** KHNG OFFICE ****
IS CLOSED TILL
FURTHER NOTICE
TO REACH OUR STAFF
PLEASE EMAIL:

kortrighthillsng@gmail.com

Contact KHNG:

Web: www.khng.ca Email: kortrighthillsng@gmail.com
phone: 519-993-5264



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Want to Advertise in KHNG Quarterly Newsletter:

KHNG sends an electronic newsletter out four times a year, next issue October 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 kortright hillsng@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!!



26th Guelph Scouting Group

Join The Adventure With The 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

26th Guelph Scouting Group

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 of the 26th Guelph Scout Group:
26thguelph@w.scouters.ca



It starts with Scouts.

Stay safe



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: kortright hillsng@gmail.com

Due to Covid-19 GFB has been cancelled till further notice. Please watch emails and our website when we will resume services. Thank you and stay safe



KHNG FALL NEWSLETTER FAMILY RECIPE CONTEST!

Jul 3 to Sept 4, 2020



How to Play!

- Share with us your favourite family recipe. (appetizer, main dish, salad, beverage, desert ect.)
- Recipe entries will be published in the KHNG Fall Newsletter (to be emailed early Oct).
- All entries will be entered into a random draw for a chance to win 1 of 3 Tim Horton's Gift Cards & Pizza La Villa Voucher.

Enter & Submit your recipe here:

<https://forms.gle/uDWcXwwYaw5r3BXq8>

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 ideas.

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:

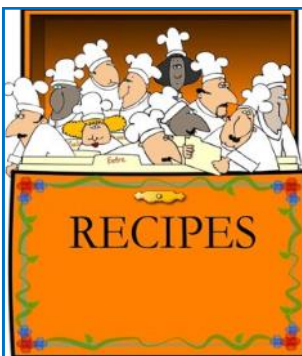
School's back in, may sure you stop for school buses and watch out for students walking to and from school.

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



Kortright Hills

Recipe Corner!!



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Cool Veggie Pizza



Ingredients:

1 (10 ounce) can refrigerated crescent roll dough
2 (8 ounce) packages cream cheese, softened
½ tablespoon mayonnaise
1 teaspoon dried dill weed

Directions:

Preheat oven to 350 degrees F (175 degrees C).
In a lightly greased 9x13 inch pan or 13 inch round pizza stone, arrange the crescent roll dough in a single layer. Pinch together the edges of the dough. Bake for 12 minutes, or until it becomes a golden brown crust. Remove the crust from the oven and allow it to cool.
In a medium bowl, mix together the cream cheese, mayonnaise and dill. Evenly spread the cream cheese mixture on the crust. Sprinkle toppings on top of the cream cheese spread. Refrigerate for 30 minutes to allow the spread to thicken.
Cut the chilled pizza into wedges or squares with a pizza cutter to serve.

Summer Strawberry Salad



Ingredients:

1 ½ cups walnut pieces
1 pint strawberries, quartered
1 (10 ounce) bag iceberg salad
1 (5 ounce) bag baby spinach
1 (4 ounce) container crumbled feta cheese
1 small red onion, thinly sliced into rings
1 pinch freshly ground black pepper to taste

Directions:

Preheat oven to 350 degrees F (175 degrees C). Spread walnuts on a baking sheet.
Toast in preheated oven until walnuts start to turn golden brown and become fragrant, 5 to 7 minutes. Let cool, about 5 minutes.
Toss toasted walnuts, strawberries, iceberg salad, baby spinach, feta cheese, red onion, and black pepper together in a large bowl.

"Cooking is an expression that crosses boundaries"

Greek-Style Lemon Roasted Potatoes

Ingredients:

3 lbs potatoes, peeled and cut into thick wedges
⅓ cup olive oil
2 lemons, juiced
2 tsps salt
1 tsp oregano
½ tsp black pepper
3 cups chicken broth



Directions:

Preheat oven to 400 degrees F (200 degrees C).
Put potato wedges into a large bowl. Drizzle olive oil and lemon juice over the wedges and toss to coat. Season potatoes with salt, oregano, and black pepper; toss again to coat. Spread potato wedges in a single layer in a 2 inch-deep pan. Pour chicken broth over the potatoes. Roast potatoes in preheated oven until tender and golden brown, about 1 hour.

Grilled Pork Tenderloin

Ingredients:

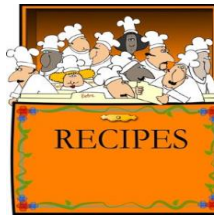
2 (1 lb) pork tenderloins
1 tsp garlic powder
1 tsp salt
1 tsp ground black pepper
1 cup barbeque sauce



Directions:

Prepare grill for indirect heat. Season meat with garlic powder, salt, and pepper. Lightly oil grate. Place tenderloin on grate, and position drip pan under meat. Cook over indirect heat for 30 minutes. Brush tenderloin with barbeque sauce. Continue cooking for 15 minutes, or until an instant-read thermometer inserted into the center reads 145 degrees F (63 degrees C). Allow pork to rest for 10 minutes. Slice pork, and serve with additional barbeque sauce for dipping.

Kortright Hills Recipe Corner!!



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Grilled Asparagus

Ingredients:

1 lb fresh asparagus spears, trimmed
1 tablespoon olive oil
salt and pepper to taste



Directions:

Preheat grill for high heat.

Lightly coat the asparagus spears with olive oil. Season with salt and pepper to taste.

Grill over high heat for 2 to 3 minutes, or to desired tenderness.

Summer Fruit Trifle

Ingredients:

1 (10 inch) prepared angel food cake, cut into 1 inch cubes
1 (32 fluid ounce) container vanilla yogurt
2 cups sliced fresh strawberries
2 cups fresh blueberries, rinsed



Directions:

Cover the bottom of a large bowl with 1/3 of the angel food cake cubes. Generously cover the cake with 1 1/3 cups yogurt. Spread 1 1/3 cups of the strawberry slices and blueberries on top of the yogurt. Repeat twice with the remaining cake cubes, yogurt, and berries. Serve immediately or chill until needed.

Strawberry Lemonade Slushie

Ingredients:

1/2 cup water
1/3 cup dry lemonade-flavored drink mix
3 cups ice cubes
1 cup strawberries



Directions:

Stir water and lemonade mix together in a cup until the mix dissolves.

Combine ice cubes and strawberries in a blender. Pour lemonade mixture into the blender. Blend on high for 10 seconds. Stop blender and stir with a spoon. Blend again until smooth, about 5 seconds more.

Watermelon Ice Pops

Ingredients:

1 1/2 cups watermelon, seeded and diced
1/2 cup water
1 tablespoon honey
1 tablespoon fresh lemon juice
1 tablespoon white sugar



Directions:

Blend watermelon, water, honey, lemon juice, and sugar together in a blender until smooth. Pour mixture into ice pop molds and freeze until solid, about 2 hours. Run hot water over ice pop molds for a few seconds to unmold.

Simple Fruit Pizza

Ingredients:

1 (18 ounce) pkg refrigerated sugar cookie dough
1/3 cup white sugar
1 pint fresh strawberries, sliced
2 bananas, sliced
1/2 cup orange marmalade

1 (8 ounce) package cream cheese, softened
1/2 teaspoon vanilla extract
1 pint fresh blueberries
2 kiwis, peeled and sliced
2 tablespoons water

Directions:

Preheat oven to 375 degrees F (190 degrees C). Lightly grease a 12-inch pizza pan.

Press cookie dough into pizza pan; prick holes in dough with a fork.

Bake in preheated oven until golden, 10 to 15 minutes. Allow cookie crust to cool.

Beat cream cheese, sugar, and vanilla extract until smooth; spread over cooled crust.

Arrange strawberries, blueberries, bananas, and kiwi decoratively over cream cheese mixture.

Mix orange marmalade and water in a small bowl; spoon mixture over fruit.

Chill for 1 hour before serving.

