



Kortright Hills
-Your Neighbourhood Group

“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 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.

July 2023 issue

Visit us on the Web: www.khng.ca

KHNG "SUMMER CHILL Night"

And Food Truck Crawl

Kortright Hills Public School 23 Ptarmigan Dr. Guelph
(Come rain or shine! Rain venue KHNG community room)



Wednesday August 23, 2023 5:00 pm to 8:00 pm

Join us for an evening of great food & family fun activities!



Vendors



2023 Excursion Possibilities

Let's take a trip!

Name of Activity	Location	Price Per Child	Notes
Cambridge Butterfly conservatory	2500 Kossuth Rd. Cambridge, ON N3H 4R7	\$9 (12 and under) \$20 (13 and up)	
The Donkey Sanctuary of Canada	6981 Concession 4 Puslinch, ON N0B 2J0	Tour (8 people) - \$182.02	Open Days are Sundays - \$8 per child
Guelph Civic Museum	52 Norfolk Street Guelph, ON N1H 4H5	We Are Connected A hands-on program rooted in the K to 3 Social Studies, History, and Geography curriculum 90 minutes Monday through Friday 10-11:30 AM or 1-2:30 PM \$6 per student. Teachers and chaperones admitted free	Feature exhibitions at the Civic Museum include: Fashion Show (March 4, 2023 to September 3, 2023) As the Rivers Flow (September 16, 2023 to February 19, 2024) Illuminations (September 23, 2023 to February 28, 2024)
Art Gallery of Guelph	358 Gordon Street Guelph, ON N1G 1Y1 Canada	Tour for 45 minutes \$5 per person	To book your guided tour, please contact 519-837-0010 or info@artgalleryofguelph.ca.
Futures Kidzone (formerly AirU)	919 York Rd Guelph ON N1E		office@futureskidzone.com

	6N1		
The Grotto	199 Victoria Rd. S, Guelph	\$25 per participant, includes rental gear	info@guelphgrotto.com
The U of G Pool	50 Stone Road East Guelph Gryphons Athletics Centre	\$5 day pass per child \$8.85 per youth (13-17 yrs) \$10.52 per adult	https://ttandrecr.ygbcos.ca/ https://ttandrecr.gryphons.ca/sports-clubs/recreations/winning
The Arboretum at UofG	University of Guelph Arboretum College Ave East Guelph ON, Canada, N1G 2W1	Free!	Good for a nature walk before another activity or after arbor@uoguelph.ca
The Children's Art Factory	37 Yarmouth St. Guelph, ON N1H 4G3	\$135.00 (Group of 15 - Mondays and Fridays 10 A.M. - 12 P.M.) \$8.00 per student \$11 per adult	226-486-3307 Studio is geared to Kindergarten and Grade One students Volunteers and teachers free of charge. One adult volunteer for every 5 students is included.
Honey Bee Research Centre at UofG	308 Stone Road East Guelph, ON N1G 2W1	75 minute tour of the HERC \$5.00 per person	info@bro@uoguelph.ca Max of 40 people
Cineplex	2 locations in Guelph	\$7.99 - \$8.99	Little Mermaid, Spider-Man, Elemental, Super Mario Bros, Kiki's

				Delivery Service, Lego Batman movie
Guelph Public Library	Different locations	Free! https://forms.guelph.ca/Tour-Request	30-40 minute activity and tour of the library Emily Tyschenko 519 824 6220 ex. 225 A minimum of one week's notice is required when booking a tour or visit and is subject to staff availability. Class Visits (In-Person and Virtual)	
Guelph Public Pools	Different Locations			Facilitybooking@guelph.ca
McCrae House	108 Water St. Guelph, ON N1G 1A5	\$6.00 Adult, Senior (65+), Student (15 years old to College/University), Child (4 to 14 years old)	Tea party? Open Tuesday to Sunday, 1 to 5 p.m., or by appointment, 519-836-1221.	



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2023 Summer Trip Ideas In The Area

GSO Pop-Up Concert

The Guelph Symphony Orchestra has partnered with Guelph Master Gardeners to host a pop-up concert in the gardener's backyard. The pop-up concert's purpose is designed to engage, to entertain and to be interactive with the local community. On the night of Friday, June 16, Kortright Hills residents Leslie and Bob welcomed the local public to attend the 45 minute night concert titled "Moonlight Serenade" in their illuminated beautiful back yard garden. It is the 4th year that Leslie and Bob, also Guelph Master Gardeners, hosted the pop-up concert. With seven orchestra members, they entertained the small intimate audience of music enthusiasts music from Debussy's Clair de Lune to the Beatles' Blackbird. Interested music lovers can attend future pop-up concerts by registering tickets online at the GSO's next May.



Guelph Program "Circle Home" Helps Those In Need



Contribute Furniture And Housewares

The Circle Home Furniture Bank, located at 127 Woolwich Street in Guelph, provides newcomer families from Afghanistan, Ukraine, Syria and other countries with furniture and housewares to help them establish their homes in Guelph and neighbouring communities.

We are a not for profit organization, sponsored by Danby and run by a small team of volunteers working in consultation with Danby Refugee Program Administrator Blaine Rennie. We receive donations of furniture and housewares by appointment and welcome newcomers and their sponsors to visit the warehouse by appointment to choose what they need for their new homes.

You can help by donating your gently used furniture and household items

Please read before considering donating:

- As newcomer families are settling into small spaces and we have limited storage space in the warehouse **we must be very selective about what we can and cannot accept.**
- All donations must be new or gently used**, free from stains, tears, odours, or damage.
- If donated furniture remains in the warehouse for more than six months, and is not needed by newcomer families, it may be re-directed to a Guelph organization (such as St Vincent du Paul Thrift shop) that also provides furniture at no cost to families in need.
- We receive donations of furniture and housewares from our acceptable donation list **by appointment** during volunteer shifts on Monday and Wednesday afternoons, and Tuesday and Thursday evenings.
- We do not offer pick up service** but can assist with arrangements for a small fee.

Items we accept

- Apartment sized sofas, love seats and armchairs
- Coffee tables
- Beds - Queen, double, twin and bunk bed frames and box springs (no mattresses)
- Dressers
- Night tables
- Kitchen and Dining room tables
- Chairs (kitchen, dining office)
- Student desks
- Bookcases
- Benches (for front halls)
- Small appliances (toasters, coffee makers, kettles, irons).
- Lamps
- Area rugs, carpets
- New or very gently used kitchen and bath towels and sheet sets (twin, double, queen)
- Dish sets
- Serving dishes and bowls
- Mops, brooms, dustpans, vacuum cleaners
- Sewing machines and notions
- Ironing boards and covers

To donate furniture or selected items to Circle Home Furniture Bank visit: <https://www.danby.com/circle-home-furniture-bank/>.

To explore volunteer opportunities visit <https://www.danby.com/refugee-program/volunteer/>

Contact:
For further information, or to arrange a tour of the warehouse please contact Blaine Rennie, Danby Refugee Program Administrator at DanbyRefugeeProgram@gmail.com



Kortright Hills Community Photos Captured



Perfect Summer Reading by Local Authors

Did you know that the two most popular non-fiction books checked out from the Guelph Public Library in 2022 were The MTO Driver's Handbook and The Ontario Ontario Driver's Study Guide: **Your Guide to Passing the G1 & G2 Driver's Tests**. Matt Haig's **The Midnight Library** was the most checked out fiction book while Dav Pulley's **Dog Man** series were the most checked out children's book. (source: The Guelph Today March 7, 2023).

Check out the following books from local authors for your next summer reading!

Fiction:

- Stephen Henighan - **The World of After**
- Thomas King - **Indians on Vacation**
- Nicholas Ruddock - **Marriage**
- Joanne Guidoccio - **A Season for Killing Blondes**
- Seth - **Clyde's Fans**

Non-fiction:

- Madhur Anand - **The Red Line Goes Straight To Your Heart**
- Tara McKenna - **Don't Be Trashy**
- Lawrence Hill - **The Book of Negroes**
- Justin Davis- **Conflicted Scars: An Average Player's Journey to the NHL**
- Charmaine Christie- **The 3-Ingredient Baking Book: 101 Simple, Sweet & Stress-Free Recipes**

Children/Young adults:

- Eric Walters - **The King of Jam Sandwiches**
- Kira Vermont - **The Secret Life of Money: A Kid's Guide m to Cash**
- Jo Ellen Bogart - **Emily Carr: At the Edge of the World**
- Shannon Schaefer- **Rudy's Belly of Bees**
- Brittany Luby - **Encounter**
- A. A. Blair - **Mystic of the Midway**
- Jean Mills - **The Legend**
- Mark Whoachickie - **Play Against Mountains**

2023

BACKPACK PROJECT

REGISTRATION NOW OPEN

If your child requires a backpack and supplies for September, go to the Hope House website to register.

www.hopehouseguelph.ca
Deadline to register: Mon Jul 31st

Link to register: <https://forms.gle/TvibZVFAEWeys7c59>

Partnering with the Guelph Neighbourhood Support Coalition, the Salvation Army, the Children's Foundation of Guelph and Wellington, and the YMCA, Hope House leads the coordination of a school supply drive to provide every child in need with a brand new, fully stocked backpack.

SIGN-UP TODAY!





"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. Visit our website, Facebook group or page telling you of upcoming events, programs and workshops.

Summer Info!



REGISTER TO ATTEND A SCOUTS CANADA PROGRAM NEAR YOU

Programs are STEM based
To join contact Paul by email:
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

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

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

CNE FREE Children's Admission Ticket

For a family who is planning to attend the CNE in August, click on the below link for a FREE Children's admission ticket.

https://www.theex.com/wp-content/uploads/2023/06/CNE_KIDSPASSES_2023-CN1IF-ONLINE_FINAL.pdf



KHNG Pet Corner

Name: Isobelle Lewin

Home: I have lived in Kortright Hills all my life. I live indoors with my mom and dad, Barb and Murray.

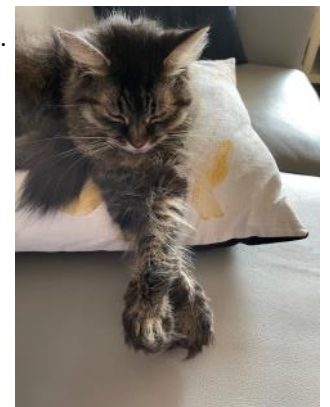
Type: 15 year old long hair tabby

Food: My favourite treat of all is steak.

Yup. Medium rare to be precise.

What I Like To Do: I love hanging out on pillows, as I am a bit of a princess. I also have a cool condo that I sleep on - it is super great for watching the birds and squirrels.

My pet peeve: is when my new canine puppy brother, Malcolm, tries to sleep with me in my condo, or worse, tries to lick me. Yuck. Puppies can be so silly.



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 October 2023!!

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

REACH OUT TO OUR STAFF TO REQUEST USE OF THE ROOM

EMAIL: kortrighthillsng@gmail.com





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Welcome!

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Thank You!

A special 'thanks' goes to all of our volunteers and community partners, 26th Guelph Scout 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.

Summer 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. Closed till September

Days of Summer Thursday Drop In

Days of Summer Thursday Drop In
For all ages!

Enjoy the Children's Loft Library with Thomas the Tank Tracks, Open Gym (Gaga ball, ping pong, and other stuff), the Lego Room, and new this week a sensory room!

1320 Gordon St: 5-8pm

From 1-4pm: the Library, gym, reading buddies and story time. Starting next week movies from 2-4pm.

26th Scout Group



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

K H N G G I G G L E C O R N E R

Sometimes I feel like throwing in the towel but you know what that means...

More laundry

My parents accused me of being a liar. I looked them in the face & said: "Tooth fairy, Santa, Easter bunny" & walked away like a boss.

Page 5 of 10





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Share Community News In The KHNG Newsletter: KHNG sends an electronic newsletter, four times a year, next issue is October 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: kortrighthillsg@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 Ptarimigan Dr. (entrance is last door on right off of north parking lot) to be sorted.

Mark your calendars to attend the below Cob dates:
Sunday July 2nd, 23rd & 30th - 8 to 9pm
Sunday August 6th & 27th - 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 Looee by email kortrighthillsg@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 kortrighthillsg@gmail.com or Sign up using our google form link below: <https://forms.gle/7oq9sl1mwrqzMSd8t>



Thank You
Vanessa Duszczynski
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:
 Juice Boxes, Fruit Snacks, Granola Bars, Crackers, Goldfish Crackers, Size 5 Or Any Size Diapers, Baby Wipes, Toddler Snacks, Boxed Cereal and Any Other Lunch Snack Items.

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
 Jun 25th, July 2nd, 23rd, 30th & Aug 6th & 27th, 2023
 8pm - 9pm

Kortright Hills Community Room
 23 Ptarimigan Dr. Guelph, ON



Guelph Yard Waste Collection

Yard Waste Collection Apr 3 to Fall

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



Gardening Tip

To prevent critters from chewing the sunflowers stems, cover them with pool noodles.



Guelph Humane Society Walk-a-thon

After reading the information emailed from the KHNG, local resident Mette registered herself, her daughter Anna and Anna's service dog Kaija, to participate in the Guelph Humane Society's 1st annual Happy Trails Walk-a-thon on Sunday, June 4. Participants (and their dogs) walked either a 1km or a 5km route located in the Kortright Hills Loop Trail and the Hanlon Creek Business Park area. With monies raised both by the community members and sponsorship support donated by local businesses, the event raised \$68,000 collectively



Greek Food Festival

Oppa! The annual Guelph Greek Food Festival was held on June 17 and 18 at the St. George Greek Orthodox Church located at 50 Dovercliffe Rd. Besides serving gyro and souvlaki, moussaka and stuffed peppers along with a variety of desserts were available for sale.



Cobra Kick-off to Summer Event



Another successful event at the Cobra Kick-off to Summer Event held Thursday June 15th. Thank you to the school council for another wonderful fun event. Enjoy your summer and see you in September.



Kortright Hills Community News Cont'd!



KHNC Neighbour Hobbies & Interests

In the summer, when the warm rays of the sun warm everyone, you will usually see people biking or walking around the neighbourhood. If you see an orange convertible zooming by, that's local resident Gary driving his Mazda Miata. For Gary, who is currently the Vice President and Club Liaison to Mazda Canada for the **Trillium MX-5 Miata Club**, he answered some questions on what makes this particular convertible sports car so special.

What is your interest with the Mazda Miata?

The Mazda Miata was the star of the 1990 Toronto Auto Show and it grabbed my attention as soon as I saw it. At that moment, I knew that car was in my future but it would be almost another decade before I would purchase my first one.

In your opinion, what is special about Miatas compared to Ford Mustang or Chevrolet Camaro?

I have driven a Ford Mustang convertible on a road trip while several of my fellow Miata Club members were driving Miatas and let me tell you - a Mustang is NO Miata! The Mustang was a lumbering beast by comparison, unable to keep up on the twisty roads we were on (in California). By contrast, the Miatas carved the roads like they were go-karts. I would call the Mustang and Camaro sporty cars; the Miata is a sports car.

Describe your memory of driving the Miata for the very first time?

It would have been around 1993 - I had been itching to drive one since the Auto Show, but I knew that I wasn't really in the market for one as I did not have the space or the money at the time to buy one. It was a Saturday afternoon in the fall and my wife Leah and I decided to spend an hour looking at the Miata anyway and filed the experience away for future reference.

How many Miatas have you owned in your lifetime?

I have had three!

My first was a 1999 Green and Tan Miata, purchased in the fall of 1998. It was one of the very first second-generation Miatas on the road, and I recall peoples heads turning when they saw it because they had probably never seen one before. I lost that car in a traffic accident in July 2006 in Brantford.

My second one was purchased a few weeks later with the insurance money from the accident (it was 100% the other drivers fault). I still have it - it is a 10th Anniversary Edition (10AE) - car #1729 of 7500, in "Sapphire Blue" with a black and blue leather and alcantara (suede) interior. It now has 270,000 km and still runs like a top.

My third Miata is a 2019 30th Anniversary Edition (30AE) - car #1469 of a limited run of 3000 worldwide. Yes, I have two Miatas.

Are there Miata fan clubs around Ontario? Do you and others zoom zoom around together on the 401 in a parade?

There are Miata clubs around the world - I would venture to guess hundreds of them!!

I personally belong to the Trillium MX-5 Miata Club which has about 200 cars and is mostly based in the GTA. Currently, I a Vice-President of the club, and am scheduled to become President in 2024. I also lead our club on its largest annual event, the Lake Placid Tour. This year I am coordinating 3 days of driving for 46 Miatas!! But the 401, no. The Miata was built for the twisties, not the expressways. I just use the 401 to get to the starting point for the next Miata Clun event! Orange is the new black for Mazda.

You have an orange colour Miata - what is so special about it? Have you seen other orange

Miatas around the area? *Mazda calls the colour of my 30AE "Racing Orange". I think it's a special colour because Mazda has said that they will never use that colour again any of their cars - its just for the 30AE. Also, orange is a bright vibrant colour in a sea of greys (light grey, dark grey, blue-grey etc. etc.). It seems like grey is all car manufacturers make these days, so it strands out. And its easy to find in a parking lot.*

Final question - have you ever dressed up and driven your orange Miata on Halloween?

Ha ha - not yet. But I did drive the car to a Miata Club Christmas Party



**Congratulation To Our
2023 Graduates!**



Congratulations to all the Grade 8 Students of Kortright Hills Public School & Mary Phelen Catholic School. We wish them well as they start high school next year. We also congratulate the Grade 12 students of Centennial, College Heights and Bishop MacDonell high school as they start a new chapter in their life in the Fall.



Congratulations Bronwyn

I am so proud of you.

You are going to love high school.

Bronwyn McMillan

Grad 8 graduate

Kortright Hills PS

One day you'll look back and realize that you worried too much about things that don't really matter.



Electrical plugs from around the world



Kortright Hills Dog Days of Summer





Free Program Offered By City of Guelph

Small Business Owner

healthy landscapes

Sign up for your free, 45-minute Healthy Landscape visit (visits available May through September) Are you looking for ways to have a beautiful landscape without spending hours of time, water and money? A Healthy Landscape visit can help you find ways to reduce the demands of your landscape, without sacrificing beauty. Be the envy of your neighbours!

How-to tips include

- Fun, easy ideas to help you incorporate the latest Gardening trends
- Creating a low-maintenance beautiful garden
- Learn what plants will work best with your garden's conditions
- Learn about dazzling plant combinations that are easy to grow & maintain
- Watering your lawn and garden for best results
- Identifying pest problems and how to deal with them
- Conserving energy by planting a tree in the right location

Healthy Landscape visit advisors can also share with you how to attract pollinators to your garden, how to build a rain garden, and the best way to start a new garden or mulching practices. Once the visit is complete, you'll be provided with a free report that outlines recommendations on how to create a beautiful, low-maintenance lawn and garden.

<https://forms.guelph.ca/Water-Services/Healthy-Landscapes-visit-request>

LAWN CARE SERVICES & MORE

GRASS HOPPERS



GRASSHOPPERSLAWNEXPERTS@GMAIL.COM
(226) 501-1659 GUELPH, ON

Summer Fun for Kids

If the kids are bored during the summer, they can go bowling for free at Woodlawn Bowl. Registered kids receive 2 free games daily during the summer. Further information and registration is at www.kidsbowlfree.com



121 Red Arrows

Royal Canadian Air Cadet Squadron

We are a free program for kids ages 12 to 18,
Helping develop teamwork, community, leadership, and confidence.

Program Opportunities:

Flying and Gliding / Adventure training and aircrew survival / Team Sports / Aerospace Activities
Effective Speaking and Leadership training / Summer Camps / National and International Competitions
Aircraft manufacturing and maintenance / Aerodrome operations / Music / Marksmanship / Parades and drills
Air Cadets will participate in these activities during the mandatory weekly meetings and on some weekends. The program supports the local community by the cadets taking part in citizenship events organized by the squadron.

A fun, friendly, safe and supervised environment that motivates youths to give their best!

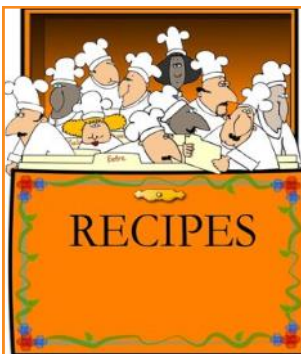
How to Join the Program:

Website: <https://121redarrows.ca/join> or Scan the QR Code



Kortright Hills

Recipe Corner!!



"creating a village in the city"

Coronation Quiche Recipe

A deep quiche with a crisp, light pastry case and delicate flavours of Spinach, Broad Beans and fresh Tarragon. Eat hot or cold with a green salad and boiled new potatoes - perfect for a Coronation Big Lunch! x1 20cm Flan Tin.

Serves 6

Ingredients:

Pastry:

125g plain flour Pinch of salt
25g cold butter, diced 25g lard
2 tablespoons milk



Or 1 x 250g block of ready-made short crust pastry

Filling:

125ml milk 175ml double cream
2 medium eggs Salt and pepper
1 tblsp chopped fresh tarragon 100g grated cheddar cheese
180g cooked spinach, lightly chopped 60g cooked broad beans or soya beans

Method:

To make the pastry...Sieve the flour and salt into a bowl; add the fats and rub the mixture together using your finger tips until you get a sandy, breadcrumb like texture. Add the milk a little at a time and bring the ingredients together into a dough. Cover and allow to rest in the fridge for 30-45 minutes Lightly flour the work surface and roll out the pastry to a circle a little larger than the top of the tin and approximately 5mm thick. Line the tin with the pastry, taking care not to have any holes or the mixture could leak. Cover and rest for a further 30 minutes in the fridge. Preheat the oven to 190°C. Line the pastry case with greaseproof paper, add baking beans and bake blind for 15 minutes, before removing the greaseproof paper and baking beans. Reduce the oven temperature to 160°C. Beat together the milk, cream, eggs, herbs and seasoning. Scatter 1/2 of the grated cheese in the blind-baked base, top with the chopped spinach and beans and herbs, then pour over the liquid mixture. If required gently give the mixture a delicate stir to ensure the filling is evenly dispersed but be careful not to damage the pastry case. Sprinkle over the remaining cheese. Place into the oven and bake for 20-25 minutes until set and lightly golden.

Perfect Summer Fruit Salad

Ingredients: Sauce:

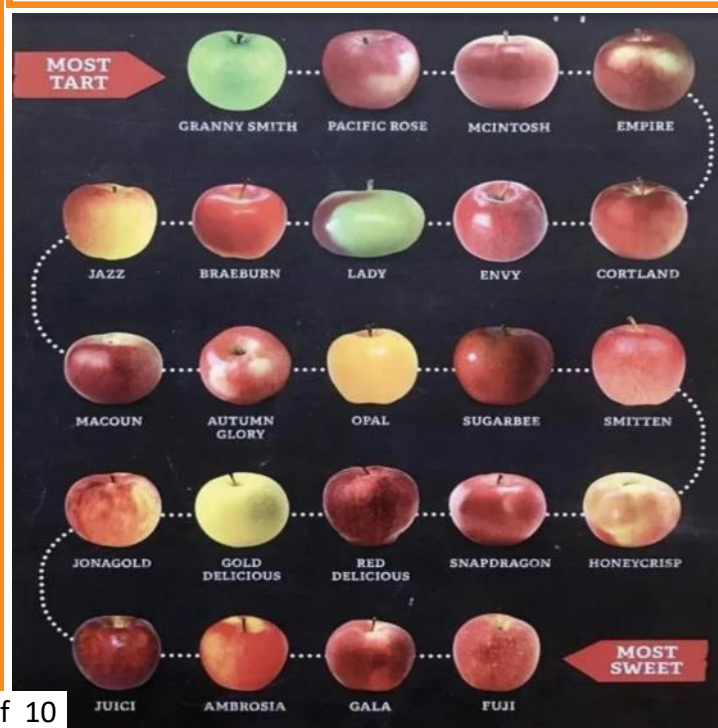
2/3 C fresh orange juice 1/3 C fresh lemon juice
1/3 cup packed brown sugar 1/2 tsp grated orange zest
1/2 tsp grated lemon zest 1 tsp vanilla extract

Salad:

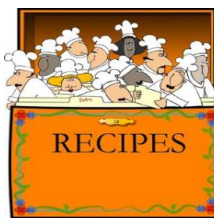
2 C cubed fresh pineapple
2 C strawberries, hulled & sliced
3 kiwi fruit, peeled & sliced
3 bananas, sliced
2 oranges, peeled & sectioned
1 C seedless grapes
2 C blueberries



Directions: For the sauce: Bring orange juice, lemon juice, brown sugar, orange zest, and lemon zest to a boil in a saucepan over medium-high heat. Reduce heat to medium-low and simmer until slightly thickened, about 5 minutes. Remove from heat and stir in vanilla extract. Set aside to cool. For the salad: Layer fruit in a large, clear glass bowl in this order: pineapple, strawberries, kiwi fruit, bananas, oranges, grapes, and blueberries. Pour cooled sauce over fruit; cover and refrigerate for 3 to 4 hours before serving.



Kortright Hills Recipe Corner!!



Best Chocolate Chip Cookies

Ingredients:

- 1 C butter, softened
- 1 C white sugar
- 1 C packed brown sugar
- 2 eggs
- 2 Tsp vanilla extract
- 1 Tsp baking soda
- 2 Tsp hot water
- ½ Tsp salt
- 3 C all-purpose flour
- 2 C semisweet chocolate chips
- 1 cup chopped walnuts



Directions:

Gather your ingredients, making sure your butter is softened, and your eggs are room temperature. Preheat the oven to 350 degrees F (175 degrees C). Heat butter, white sugar, and brown sugar with an electric mixer in a large bowl until smooth. Beat in eggs, one at a time, then stir in vanilla. Dissolve baking soda in hot water. Add to batter along with salt. Stir in flour, chocolate chips, and walnuts. Drop spoonful's of dough 2 inches apart onto ungreased baking sheets. Bake in the preheated oven until edges are nicely browned, about 10 minutes. Cool on the baking sheets briefly before removing to a wire rack to cool completely. Store in an airtight container or serve immediately and enjoy!

Caramel Apple Ice Cream Pie

Ingredients

- 16 sugar cones (about 225 grams)
- ¾ cup melted butter
- 2L Chapman's Premium Caramel Praline ice cream
- 1 can apple pie filling (540 mL)
- 1/2 cup caramel sauce



Directions:

Place the sugar cones in a large zip top bag. Seal the bag and crush the cones with a rolling pin until fine crumbs form. (Optional: you can also place them in the blender or food processor). Combine crushed sugar cones with melted butter. Press cone mixture into the bottom and halfway up the sides of a 9" pie plate. Place the crust in the freezer as you remove the ice cream from the freezer. Allow the ice cream to sit at room temperature for 10-15 minutes before scooping. When the ice cream has softened slightly, remove the crust from the freezer and scoop ice cream to fill it. Use an offset spatula to press the ice cream into the crust and smooth the top. Place in the freezer for at least 6 hours to firm up. Just before serving, drizzle with caramel sauce and garnish with apple pie filling (you can simply spread it on or arrange the apple slices in a uniform pattern). Serve with additional caramel sauce, apple pie filling, and whipped cream if desired.



Watermelon Kiwi Smoothie

Ingredients

- 2 cups seedless watermelon chunks
- 2 kiwis, peeled and chopped
- 2 cups non-fat vanilla yogurt
- 1 cup ice
- Sprigs of fresh mint for garnish



Instructions

Place all of the ingredients in a blender and puree until smooth. Pour into 2 glasses and garnish with a sprig of fresh mint. Yields 2 servings

August 3rd is national watermelon day!

Directions:

Did you know that watermelon is 92% watermelon? Watermelons are low-carb fruits that people who are on a keto/Atkins/Mediterranean friendly diet can eat in moderation. When buying a watermelon, look for a splotch - that's where watermelons rest on the ground and when this splotch is creamy yellow, it's ripe. In addition, knock at the watermelon's under belly - the deep plunk sound indicates the watermelon is ripe.

