



“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 khng@bellnet.ca 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.

January 2015 issue

Visit us on the Web: www.khng.ca

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:

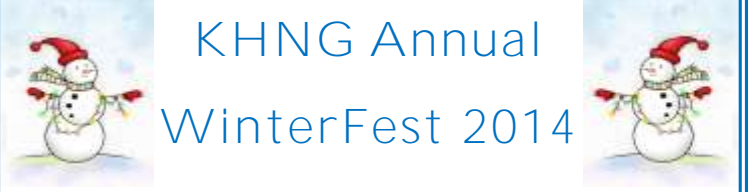
- ⇒ ORDER by the first Tuesday of each month
- ⇒ PICK-UP on the third Wednesday of the month between 5-7pm
- ⇒ Typical boxes contains 9-14 vegetables and 2-5 types of fruit
- ⇒ LARGE Box \$20, SMALL Box \$15

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: khng@bellnet.ca

Order and Pick Up Dates:

Order & Pay By:	Pick-Up
Tues Jan 6th	Wed Jan 21st
Tues Feb 3rd	Wed Feb 18th
Tues Mar 3rd	Wed Mar 18th



Monday February 16, 2015

Mollison Park

1:00 pm—3:00 pm

Join us for Pizza, FREE Hot Chocolate, family fun activities that will include snow painting, snow sculpturing, ice skating and other winter activities.

Tell your Family, Friends & Neighbours

Come join the Fun!!!

Want to get involved & volunteer for WinterFest 2015?

Please email: khng@bellnet.ca





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KHNG COMMUNITY RINK

COMING SOON!!

Community volunteers will be building an ice rink at Mollison Park again this year for families to enjoy ice skating or ice hockey!!

THANK YOU to Jason for being KHNG rink co-ordinator again this year. If you wish to help with building and helping maintaining the rink, contact Jason at jbeu5725@rogers.com!!



Friday
March 20, 2015

KHNG Presents KASP (Kortright After School Program) **"Welcome to KASP"**



- Who: Students from *JK — Grade 6
 What: 11-week Recreational & Educational After School Program
 Where: Kortright Hills Community Room
 When: Mon, Tues, Wed & Thurs
 3:20 - 5:30pm - Jan 5 to Mar 26, 2015
 Cost: \$11 per day
 (cheques payable to Kortright Hills Neighbourhood Group)

Welcome to KASP!

You have been invited to attend Kortright After School Program! During each 2 hour session we will have a snack, themed educational activities, crafts and free play in the gym or outside weather permitting. More details regarding the program will be announced closer to the 1st day of KASP.

*JK and SK students will be escorted to the community room after school by a KASP staff member.

Parent/Student Volunteers Needed!

Please email if you are able to volunteer in the program for any or all of the sessions.

To register, email Leone at khng@bellnet.ca for a registration form.

Register Now, Email KHNG - Limited Spaces Available!!



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Visit
www.khng.ca

Official KHNG website Check it out!!

Register and become a member

Our website offers:

- Current events
- Discussion forum
- Minutes of our meetings
- Monthly calendar
- Quarterly newsletters
- Current programs available

Become a member, register now!!

Join KHNG on Facebook



facebook.com/groups/KortrightHillsNG

and join the group. It's a great place to share ideas, photos and link with other neighbours

Follow us on Twitter



@KhngHills



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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 City of Guelph. Your support for our neighbourhood is greatly appreciated!

Stay Informed:

To get email updates of our neighbourhood events delivered right to your inbox, please send your request to khng@bellnet.ca. Also watch for our new A-frame signs telling you that new information is posted on our website.

Winter Programs!



PHOTO CLUB: Welcomes new members who are interested in digital photography to meet in the community room at Kortright Hills PS the **first Monday of each month at 7:00pm**.

Contact Gregg Parsons for more information: 519.824.6107.

SCOUTS: Do you enjoy camping, making new friends, developing leadership skills and much more? If so, the **26th Scout Group** is the group for you. Registration is available in all sections for the 2014/2015 scouting year

Beavers ages 5-7 meet Mondays 6:30-7:30

Cubs ages 8-10 meet Wednesdays 6:30-8:00

Scouts ages 11-14 meet Tuesdays 7:00-8:45

Venturer ages 14-17 meet Mondays 7:00-8:45

The above scouting programs meet at Kortright Hills Public School.

Contact 26th Guelph Registrar Leone 519.821.6948 or email

26thguelph@w.scouters.ca for further information.



Will 2015 be the year you get a little music into your life?



Whether for serious learning or for serious fun, there's something for you!



Registration now open for 2015 ukulele ensemble programs, classes and private piano lessons. All ages welcome.

Cynthia K Music
www.cynthiakmusic.com
cynthiakmusic@gmail.com

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 (WinterFest, Plant Swap, Earth Day etc.)
- * Becoming a leader with our Scout Group
- * Volunteering with KHNG



If these or similar opportunities are of interest to you, contact us today at khng@bellnet.ca
Your help is needed – call or e-mail us today!!

Mark your calendars to attend KHNG upcoming Events:

KHNG Monthly meeting/social:

Thursday January 15, 2015 Thursday February 19, 2015
Thursday March 19, 2015

- * Garden Fresh Box Pick Up - Wed Jan 21, Wed Feb 18, Wed Mar 18, 2015
- * KHNG Youth Nights - Fri Jan 9, Fri Feb 6, 20 & Fri Mar 6th multi sport drop in night Kortright Hills Public School Gym
- * WinterFest Monday February 16, 2015 - come out and enjoy some winter Fun at Mollison Park 1-3 pm

Visit KHNG website for up to date events: www.khng.ca
Consider getting involved with *YOUR Neighbourhood Group*
Join us the 3rd Thursday of each month at 7:00 pm in the Community Room!



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Daylight Savings Time Begins

Sun Mar 8/15 @ 2:00 AM

clocks are moved

FORWARD 1 hour to

Sun Mar 8/15 @ 3:00 AM

local standard time



KHNG YOUTH DROP IN!!

FREE Multi-Activity Nights

Youth: 8+ Years Old

7:00 pm - 9:00 pm

Kortright Hills Public School Gym

Friday Jan 9th

Friday Feb 6th and 20th

Friday Mar 6th

All welcome, bring your friends and family for a night of fun.

PLEASE BRING NEW IDEAS FOR PROGRAMS IN YOUR COMMUNITY.

Snacks will be provided!!



For more info:
KHNG@bellnet.ca

26th Guelph Scouting Group

Looking for volunteers to help run our scouting programs for the Scouting Sections:

Beaver Scout

Cub Scout

Scouts

Venturer Scout Programs

If interested please contact Paul Schadenberg

Commissioner

26th Scout Group

519-821-6948



It starts with Scouts.



Kortright Hills resident
since 1989

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“Buying my first home was a daunting task, but Linda made it *simple* and *easy*. ”

-Claire Braden

“Without her we would not be in the home we *love* so much today! ”

-Amelia Morris & Clarke Mattany

Get my advice on how to get your home market ready.
For a professional complimentary Market Evaluation call Linda today at [519-760-0008](tel:519-760-0008) or email at linda@cbn.on.ca

LINDA MAIN | Sales Representative

Discover the benefits of using your neighbourhood realtor

Office: 519.821.3600 | Cell: 519.760.0008 | @LindaTMain



Kortright Hills
-Your Neighbourhood Group

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The Guelph-Wellington Time Bank

Interested in a cash-free economy that rebuilds community, practices social justice and is happening now in Guelph? Time banking may be for you!

We look forward to sharing time with you!

For more information visit:

www.guelphwellington.timebanks.org

E: gwtb@transitionguelph.org



Ask yourself the following, do you

Want more energy, to be pain free and healthy?
Want professional direction about which diet, supplements and natural remedies are good for your unique needs?

If yes then, call us today to book a free 30 minute get acquainted chat with Heather Caruso, to see if our one on one natural health care is right for you!



Heather Caruso,
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KORTRIGHT
HILLS
NEIGHBOURHOOD
GROUP
NEW
PHONE
NUMBER

519.993.5264



Want to Advertise in KHNG Quarterly Newsletter:



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KHNG sends an electronic newsletter out four times a year, next issue April 2015. 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 khng@bellnet.ca. 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!!



Community Volunteers Needed!!

Volunteers Needed for "KASP" Program

Kortright After School Program need volunteers to assist with this program. KASP runs Mon, Tues, Wed and Thurs, 3:20 to 5:30 pm, students JK to Gr. 6. This would be a perfect opportunity for stay-at-home parents, grandparents and/or high school/university students to give back to the community.

If interested please contact Leone khng@bellnet.ca

26th Guelph Scouting Group

Do you enjoy the outdoors? Do you love to work with children aged 5 to 17? Become a volunteer leader at the 26th Guelph Scouting Group. For further details contact

26thguelph@w.scouters.ca

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.

Convert Your VHS to DVD

VHS to DVD conversion service. I'll convert your old VHS, mini DVC tapes and 8 mm tapes to a DVD. Only \$10/tape (up to 2 hours) or \$15/tape including chapters, titles and transitions. One quarter the price of lacks! I'm earning money to go to a Me to We take action camp this summer.

Contact 519-823-8185 or ridpath@golden.net.



Local Home Daycare

Before and After School Spots Available this Fall!

I will have two open spots for before and after school care for Kortright Hills students this fall.

Please contact: Janet Kubik 519 546-6881 or jkubik@rogers.com

Student Able to Walk Your Child Home!!

Student Offering Afterschool Care!!

Mature grade 7 student is available to walk your child home from Kortright Hills P.S. after school starting in September.

Able to babysit until you come home.

Please call Lily at 519-840-0543

26th Guelph Scouting Group

Join The Adventure of 26th Guelph Scouting Group

Interested in joining BEAVERS, CUBS, SCOUTS...

Register now for this scouting year 2014/2015.

The 26th Guelph Scouting Group meets in the school gym at Kortright Hills Public School

Beavers ages 5-7 meet Mondays 6:30-7:30

Cubs ages 8-10 meet Wednesdays 7:00-8:30

Scouts ages 11-14 meet Tuesdays 7:00-8:45

Venturers ages 14-17 meet Mondays 7:00-9:00

For more details contact Leone 519-821-6948 or

26thguelph@w.scouters.ca



Makin' Faces Face Painting/Infinite Body Arts!!

Makin' Faces Face Painting/Infinite Body Arts
Face Painting & body art plus henna, jagua, glitter, belly painting & airbrush tattoos. With an awards winning & insured Crew of specialty artists we can accommodate events of all sizes from birthday parties to festivals.
519-942-7539 infinitebodyarts@gmail.com or makinfaces@gmail.com



Contact KHNG:

www.khng.ca * khng@bellnet.ca * 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 April 2015. 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 khng@bellnet.ca. This is a great way for Kortright Hills Neighbourhood to come together by sharing thoughts, talents and services available, neighbours helping neighbours.

Kortright Hills Classifieds Continued!!



Community Room Available!!

Do you have an idea for an:
Event
Program
Social



that may interest others in the Kortright Hills Neighbourhood?

Ask KHNG about using the community room!

Call Leone 519.837.0974 or e-mail: khng@bellnet.ca

Contact KHNG:

www.khng.ca * khng@bellnet.ca * 519-837-0974

Want to Advertise in KHNG Newsletter

KHNG Newsletters January, April, July and October 2015

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 April 2015!!	

Wild Birds Unlimited®

Share the Fun!
Introduce someone to bird feeding with our Flying Start® Combo. It's an all-in-one feeder that attracts all the birds with seed, suet, nuts and fruit.

It's a Water Wonderland
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With our patented Advanced Pole System® hardware, you can create a customized setup that best suits your yard and the birds you want to attract.

A Fun Way to Foil Pesky Critters
With the WBU Eliminator™ Squirrel-proof Bird Feeder, feed the birds you love while excluding squirrels and large birds such as pigeons or doves.
Backed with a lifetime guarantee, it makes a perfect gift!

Visit Us!
951 Gordon St (@Kortright)
Guelph, Ontario
519-821-2473
guelph.wbu.com

Personnel Safety Tips for Everyone:

At home

- Always keep your doors and windows locked. Install dead-bolt locks in all doors.
- Keep your home well lit at night inside and out, and keep your curtains closed at night.
- Install a peephole in your front door so you can see callers without opening the door.
- Ask for proper identification and the purpose of the visit from delivery people or strangers.
- Never let a stranger into your home. If a stranger asks to use your telephone, offer to place the call for him.
- Never give out information over the phone indicating that you are home alone or detailing when you will not be home.
- Hide your keys in a place that is not conspicuous.
- Install a wide-angle door viewer which permits you to see callers before you open the door.

Out and About

- Walk only in well-lit areas.
- Do not burden yourself with packages or a bulky purse.
- Never display large sums of money in public.
- Walk near curbs and away from alleys and doorways.
- Avoid walking alone at night.

In the Car

- Always lock your car immediately on entering or leaving it.
- If a stranger stops to offer help, do not get out of your car. Ask the stranger to call a service truck for you.
- If you suspect someone is following you, drive to the nearest public place (gas station, all-night restaurant) and blow your horn.
- Park in well lit areas.
- When you return to your car, always check the front and back seat before you get in.
- Never pick up hitchhikers.
- Avoid driving and parking in isolated areas.
- Keep your gas tank full and your engine properly maintained to avoid breakdowns. If you have car trouble, raise the hood, lock yourself in and wait for the police.



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GUELPH
POLICE
SERVICE
PRIDE
SERVICE
TRUST

COLOUR
ME!!

Seasonal Safety Tips

January

Let's start the New Year off right. Please drive for the weather conditions that are present. Slow down and arrive alive.

February

Clean the snow and ice off your windows and mirrors to enable a clear view in every direction while you drive.

March

There will be melting snow and ice around rivers and lakes beginning this month. Please stay clear of the banks of fast moving rivers and ice surfaces on rivers and lakes.



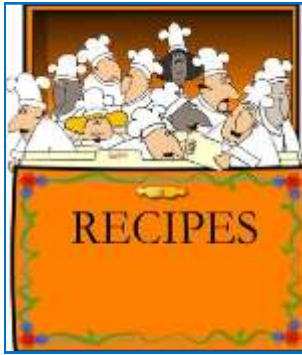
Other tips can be found on the Guelph Police Services website:
<http://www.guelphpolice.com>

Buckle Up!



TwistyNoodle.com

Kortright Hills Recipe Corner!!



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Hot Apple Cider

Ingredients:

6 cups apple cider 1/4 cup real maple syrup
2 cinnamon sticks 6 whole cloves
6 whole allspice berries 1 orange peel, cut into strips
1 lemon peel, cut into strips



Directions:

Pour the apple cider and maple syrup into a large stainless steel saucepan.

Place the cinnamon sticks, cloves, allspice berries, orange peel and lemon peel in the center of a washed square of cheese cloth; fold up the sides of the cheesecloth to enclose the bundle, then tie it up with a length of kitchen string.

Drop the spice bundle into the cider mixture.

Place the saucepan over moderate heat for 5 to 10 minutes, or until the cider is very hot but not boiling.

Remove the cider from the heat. Discard the spice bundle. Ladle the cider into big cups or mugs, adding a fresh cinnamon stick to each serving if desired.

Winter Vegetable Hash

Ingredients:

3 tablespoons olive oil
2 tablespoons butter
1 pound Yukon Gold potatoes, diced
1/2 pound fresh shiitake mushrooms, diced
1 red bell pepper, diced
1 small acorn squash, diced
1 shallot, finely chopped
2 teaspoons garlic powder
1 pinch salt
1 pinch ground black pepper
1 cup chopped kale
4 sprigs fresh sage



Directions:

Place oil and butter in a large skillet over medium heat. Melt butter and mix in potatoes, mushrooms, pepper, squash, and shallot. Season with garlic powder, salt, and pepper. Cook 25 minutes, stirring occasionally, until potatoes are tender.

Mix kale and sage into skillet. Continue cooking 5 minutes, until kale is wilted. Serve and enjoy!

Winter Squash Rolls

Ingredients:

1 1/2 cups cubed winter squash 1 cup scalded milk
1 (25 oz) packages active dry yeast 1/2 cup warm water
6 cups all-purpose flour 1/2 cup white sugar
2 teaspoons salt 1/2 cup shortening



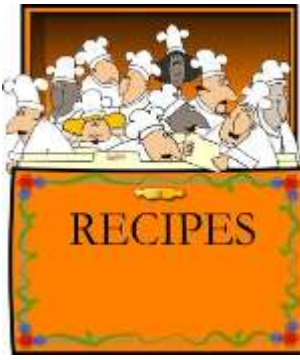
Directions:

Preheat oven to 400 degrees F (200 degrees C). In a small sauce pan, cover squash cubes with water. Bring to a boil and cook until tender, about 15 minutes. Drain, cool and mash. In a small bowl, dissolve yeast in warm water. In a large bowl, combine 5 cups flour, sugar and salt. Stir in the yeast mixture, shortening, squash and milk. Mix well. Stir in the remaining flour, 1/2 cup at a time, beating well after each addition. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and supple, about 8 minutes. Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 1 hour.

Divide the dough into twelve equal pieces and form into rounds. Place the rounds in a lightly greased 13x9 inch baking pan. Cover with a damp cloth and let rise until doubled in volume, about 30 minutes.

Bake at 400 degrees F (200 degrees C) for 10 to 15 minutes or until golden brown.

Kortright Hills Recipe Corner!!



Chicken Pot Pie

Ingredients:

- | | |
|--|--------------------------|
| 1 pound skinless, boneless chicken breast halves - cubed | 1 cup sliced carrots |
| 1 cup frozen green peas | 1/2 cup sliced celery |
| 1/3 cup butter | 1/3 cup chopped onion |
| 1/3 cup all-purpose flour | 1/2 teaspoon salt |
| 1/4 teaspoon celery seed | 1 3/4 cups chicken broth |
| 2/3 cup milk | |
| 2 (9 inch) unbaked pie crusts | |



Directions:

Preheat oven to 425 degrees F (220 degrees C.)

In a saucepan, combine chicken, carrots, peas, and celery. Add water to cover and boil for 15 minutes. Remove from heat, drain and set aside.

In the saucepan over medium heat, cook onions in butter until soft and translucent. Stir in flour, salt, pepper, and celery seed. Slowly stir in chicken broth and milk. Simmer over medium-low heat until thick. Remove from heat and set aside.

Place the chicken mixture in bottom pie crust. Pour hot liquid mixture over. Cover with top crust, seal edges, and cut away excess dough. Make several small slits in the top to allow steam to escape.

Bake in the preheated oven for 30 to 35 minutes, or until pastry is golden brown and filling is bubbly. Cool for 10 minutes before serving.

Baklava

Ingredients:

- 1 (16 ounce) package phyllo dough
- 1 cup water
- 1 pound chopped nuts
- 1 cup white sugar
- 1 cup butter
- 1 tsp vanilla extract
- 1 teaspoon ground cinnamon
- 1/2 cup honey



Directions:

Preheat oven to 350 degrees F(175 degrees C). Butter the bottoms and sides of a 9x13 inch pan.

Chop nuts and toss with cinnamon. Set aside. Unroll phyllo dough.

Cut whole stack in half to fit pan. Cover phyllo with a dampened cloth to keep from drying out as you work. Place two sheets of dough in pan, butter thoroughly. Repeat until you have 8 sheets layered. Sprinkle 2 - 3 tablespoons of nut mixture on top. Top with two sheets of dough, butter, nuts, layering as you go. The top layer should be about 6 - 8 sheets deep.

Using a sharp knife cut into diamond or square shapes all the way to the bottom of the pan. You may cut into 4 long rows the make diagonal cuts. Bake for about 50 minutes until baklava is golden and crisp.

Make sauce while baklava is baking. Boil sugar and water until sugar is melted. Add vanilla and honey. Simmer for about 20 minutes.

Remove baklava from oven and immediately spoon sauce over it.

Let cool. Serve in cupcake papers. This freezes well. Leave it uncovered as it gets soggy if it is wrapped up.

Lemon-Coconut Snowballs

Ingredients:

- 1 cup unsalted butter, softened
- 1/2 cup powdered sugar
- 1 teaspoon coconut extract
- 1 teaspoon vanilla extract
- 2 1/4 cups all-purpose flour
- 1 1/2 tablespoons grated lemon rind
- 1/2 teaspoon salt
- 1 cup sweetened flaked coconut, lightly toasted
- 1 1/2 cups powdered sugar



Preparation:

Beat butter at medium speed with an electric mixer until creamy; gradually add 1/2 cup powdered sugar and extracts, beating well. Add flour, lemon rind, and salt, beating until combined. Stir in coconut. Cover and chill dough 30 minutes.

Shape dough into generous 1" balls; place 1" apart on parchment paper-lined baking sheets. Bake at 350° for 15 to 20 minutes or until golden on bottom, but pale on top. Transfer cookies to wire racks to cool 5 minutes. Place 1 1/2 cups powdered sugar in a bowl, and roll warm cookies in powdered sugar, coating well. Cool cookies completely on wire racks. Roll cooled cookies in powdered sugar again, coating well.