



"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

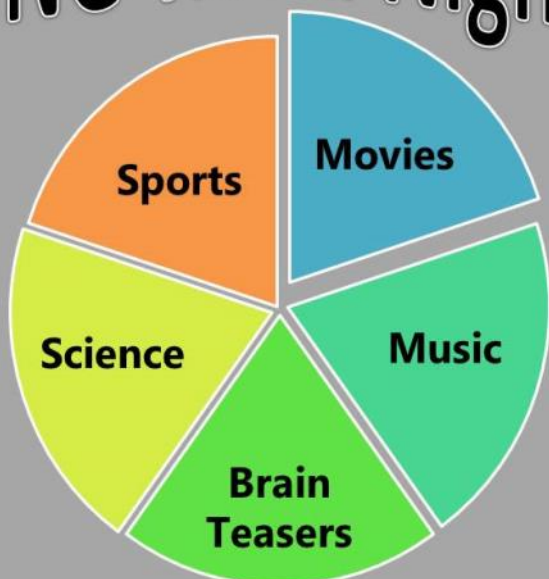
North – Downey and Niska Rd from Hanlon to Waterfowl Park - North to Stone Road
East – Hanlon Expressway;
West – City Limits;
South West – City Limits to Downey Rd;
South East – Teal Dr. from Downey to Hanlon.

January 2019 issue

Visit us on the Web: www.khng.ca



KHNG Trivia Night!!



Join KHNG **Friday January 18th 7-9pm** for a trivia night! Ages 8+ welcome. All youth must come with an electronic device with the Kahoot App installed (phones, ipods and tablets acceptable). The Kahoot trivia system will be utilized for the evening (free and safe app for play). Prizes will be awarded for top players. Shared devices allowed.

Donations towards the cost of refreshments is appreciated

LIFE GEARS ACADEMY AND KHNG

PD DAY CAMP FEB.1

SPEND A DAY OF BUILDING AND CREATING WITH FRIENDS AGED 4 TO 12 AT OUR ENGINEERING AND DESIGN CAMP!

February 1st 9 AM - 4 PM \$40 with extended care 8am to 5pm plus \$10
 Kortright Hills Neighbourhood Group Community room
 23 Ptarmigan Drive, Guelph

TO REGISTER PLEASE EMAIL [KORTRIGHTHILLSNG@GMAIL.COM](mailto:kortrighthillsng@gmail.com)

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

LIFE GEARS ACADEMY AND
KHNG

STEAM PD DAY CAMP APRIL 5TH

Challenge your creative brain with a day of Science, Technology, Engineering, Arts, and Math with hands-on learning and discovery. Explore the importance of STEM in music, sculptures, colours and more during this fun packed day of camp.

Friday April 5th, 9AM to 4 PM at the Kortright Hills Neighbourhood Room

Cost: \$40, \$10 for extended care

Ages: 4 to 12

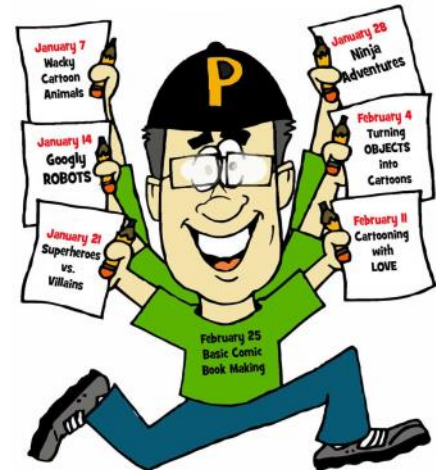
TO REGISTER EMAIL
KORTRIGHTHILLSNG@GMAIL.COM



Monday's Art Club with Pablo

Jan 7 to Feb 25, 2019
(NO Club Mon Feb 18th)

7 week sessions \$105
3:20 to 5:30 pm



Limited spaces available!

To Register email:
kortrighthillsng@gmail.com



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the Heat on

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Woodpecker

Order Ahead on **WBU** store

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Store Pickup!

-or-
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mywbu.com/guelph

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





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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 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!



**Tuesday's
Life Gears
Academy Club**

Jan 8 to Feb 26, 2019



STEAM Team

Ever wondered how the worlds of Art & STEM overlap? Join Sarah, an Artist and a Scientist, in a club that builds, creates, paints & makes music all with the help of STEAM (Science, Technology, Engineering, Art & Math)

Limited spaces available!

More information

Email:

kortrighthillsng@gmail.com



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.



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, Eggstravaganza, KHNG PD Day Camps, March Break Camp & 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:

KHNG Youth Nights

Jan 18th - "Trivia Night"

Feb 15th - "Quidditch"

KHNG PD Day Camps

Feb 1st - "Engineering"

April 5th - "STEAM"

KHNG March Break Camp

March 11th - 15th - "Engineering & Games" Camp with Life Gears

26th Scout Group

March 23rd - "Spring Craft Fair"

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!

2019 SEASON TICKETS ON SALE



#TAKEFLIGHT

ticketmaster

NICOLE GRECO
MANAGER, MEMBERSHIP SERVICES
EMAIL: NGRECO@THENIGHTHAWKS.CA
PHONE: 548-988-4295 EXT. 1



SCOUTS CANADA OFFERING NEW RATE!

STEM based programs

To join contact Leone
519.821.6948
or email:

26thguelph@w.scouter.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 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: kortrighthillsng@gmail.com

Order and Pick Up Dates:

Order & Pay By:

Fri January 4th
Fri February 8th
Fri March 8th

Pick-Up

Wed January 16th
Wed February 20th
Wed March 20th



26TH GUELPH SCOUTS SPRING CRAFT FAIR

FREE ADMISSION
KORTRIGHT HILLS PUBLIC SCHOOL GYM
23 PTARMIGAN DR. GUELPH, ON

SATURDAY MARCH 23RD
10:00 AM - 3:00 PM

Featuring over 50 vendors with an array
of fabulous gift ideas for your spring & summer wants!

SILENT AUCTION * REFRESHMENTS * BAKED GOODS
FREE Colouring and Crafts for kids & more....

Check out our Facebook page:
<https://www.facebook.com/26thguelphannualscoutbazaar/>

YOUNG HEARTS YOGA



Wednesday Kids Yoga Club

Join Us for Kids Yoga!

Learn through play with
Young Hearts Yoga!

Jessica is a Primary/Junior
Teacher & Children's Yoga
Teacher. Individual classes will
focus on strengthening children's
literacy skills while practising
yoga. Students will learn a series
of word games & storytelling
activities designed to meet the
needs of every learner.
This is truly a unique approach to
expanding speech & language
skills while keeping an active
body & mind.

January 9/19
To
February 27/19
8wk \$120
3:20-5:30pm

Limited spaces available!

To Register Email:
kortrighthillsng@gmail.com



LEVELUP LEARNING CENTERS

January 10 - February 28, 2019
8wk \$120 3:20 - 5:30 pm
Age 6-7 - Kodable & Scratch Coding
Age 8-10 - Roblox Game Design
(parents email required for this)

Use Roblox Studio to Create Your Own Game!

Dive into the endless world of Roblox and create your own games!
Roblox allows you to create whatever you can imagine.

Learn how to use Roblox Studio to create your own levels, environments, and worlds.

Build upon those worlds by adding narrative and mechanics
to create a fun experience for one or many players.

Create games where players play capture the flag, solve puzzles, or save the day!

As you progress through the course, find the role that you feel the most
comfortable in, whether it's programming, level design, or artist, and team up with
others to create the ultimate game.

Or, if you're a master of all talents, create something all your own!

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



Draw your art out!

[Pablo's World of Cartoons](#) is having a special event for
adults. The Marker Art Workshop is perfect for our Moms
and Dads who need a little downtime on the weekend.

Take a little time to yourself. Relax, draw and enjoy. Invite a
friend to join you. Think of it as a two hours of "you time".

Starting in February, Saturdays 10am- 12pm. Email Pablo at
pwcartoons@gmail.com or kortrighthills@gmail.com for
more details or to save a space.

<https://www.pablosworldofcartoons.com/>

Marker Art Workshop for ADULTS

Starting in February
Saturday
10am to 12noon



For more details, email us at
pwcartoons@gmail.com
or
kortrighthillsng@gmail.com



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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.

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 out 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.

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

26TH GUELPH ANNUAL SCOUT CRAFT BAZAAR VENDORS NEEDED!!

Calling ALL crafters, hobbies, small business owners anyone with creative flare!!

26th Guelph Scouting Group is happy to announce the 2nd **SPRING CRAFT FAIR.**

We are looking for individuals who have unique, one of a kind handmade crafts for sale like knitting, quilting, jewelry, photos, pottery, paper crafts who would like to participate.

When:

March 23rd 2019 10am-3pm

Where:

Kortright Hills Public School 23 Ptarmigan Drive, Guelph, ON;

Why:

To help our Scouting Youth and Volunteers attend annual camps and jamborees.

Want more information please contact:

Paul or Leone 519-821-6948, or

email: 26thscoutscraft2016@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:

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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

Contact KHNG:

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

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 April 2019!!



Friday Mix It Up Club!
January 11 - February 22, 2019
6 wk \$90
3:20 - 5:30 pm



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



LIFE GEARS ACADEMY AND KHNG

MARCH BREAK CAMP

SPEND A DAY OF BUILDING
AND PLAYING WITH FRIENDS
AGED 4 TO 12 AT OUR
ENGINEERING AND GAMES
CAMP!

March 11 to 15 9 AM - 4 PM \$150
(8am to 5pm plus \$10)
Kortright Hills Neighbourhood
Group Community room
23 Ptarmigan Drive, Guelph

TO REGISTER PLEASE EMAIL
ADMIN@LIFEGEARS.ORG OR GO TO
WWW.LIFEGEARS.ORG




Winter Weather Tips:

MONITOR THE WEATHER

- Pay close attention to changing weather conditions
- Listen to weather forecasts early in the day to determine if there is the potential for severe weather in your area
- Check road reports before setting out on a trip



TRAVEL SAFELY

- Give your car a winter tune-up in mid autumn
- Install snow tires early to avoid being caught off guard by a late autumn snowstorm.
- Prepare an emergency kit for your car with items such as a flashlight, warm gel packs, a shovel, new batteries and a blanket

DRIVE CAREFULLY

- Completely clear your car windows and mirrors of snow and ice before driving
- Take it slow: don't accelerate too quickly, avoid sharp turns at high speeds, and brake well in advance of where you want to stop
- Leave lot's of space between you and the car driving in front of you
- Beware of black ice
- Test your breaks: if you feel your brakes lock, or your car begin to slide, adjust by slowing down

TAKE PRECAUTIONS

- If you must be outside during inclement weather, dress appropriately - wear a hat, gloves and dress in layers
- Beware of frostbite, which can occur in minutes and watch carefully for symptoms of hypothermia such as shivering, confusion and loss of muscular control



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COLOUR ME!!



**GUELPH
POLICE SERVICE
PRIDE SERVICE
TRUST**

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.

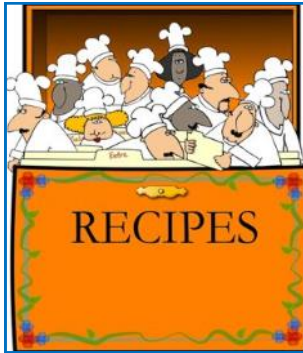
Other tips can be found on the Guelph Police Services website: <http://www.guelphpolice.com>



Kortright Hills

Recipe

Corner!!



"creating a village in the city"

Tomato Bruschetta

Ingredients:

2 large tomatoes, diced
1/2 cup finely chopped red bell pepper
1/4 cup finely chopped red onion
1/4 cup balsamic vinegar
1/4 cup olive oil
10 leaves fresh basil, chopped
2 cloves garlic, minced
1 (1 pound) loaf French bread, cut into 1/4-inch slices
1/4 cup olive oil (optional)
1/4 cup shredded mozzarella cheese



Directions:

Combine tomatoes, bell pepper, onion, balsamic vinegar, 1/4 cup olive oil, basil, and garlic; let tomato mixture rest for 15 to 30 minutes.

Set oven rack about 6 inches from the heat source and preheat the oven's broiler.

Arrange French bread slices on a large baking sheet; drizzle with 1/4 cup olive oil.

Toast bread in preheated oven until lightly browned, about 1 minute on each side. Top bread slices with tomato mixture using a slotted spoon, allowing excess liquid to drain. Return bread to baking sheet and sprinkle with mozzarella cheese.

Broil in preheated oven until cheese melts, about 3 minutes. Serve immediately

Warm Lemon, Honey & Ginger Tea

Ingredients:

1/4 cup honey, or to taste
1 lemon, juiced
1 tablespoon finely grated ginger root
1/4 teaspoon ground cinnamon
3 1/2 cups boiling water



Directions:

Place honey, lemon juice, ginger, and cinnamon in a teapot or 4-cup glass measuring beaker with spout. Pour boiling water over mixture and stir well until honey is dissolved. Cover and let steep for 5 minutes. The ginger should sink to the bottom, but may be strained out while pouring into mug.

Cream of Sweet Potato Soup

Ingredients:

3 large sweet potatoes
3 (14 ounce) cans low-sodium chicken broth
1/4 cup brown sugar, or more to taste
1/2 teaspoon salt (to taste)
1/4 teaspoon ground nutmeg
Black pepper to taste
Cayenne pepper to taste
1/3 cup heavy cream



Directions:

Preheat oven to 350 degrees F (175 degrees C).

Bake sweet potatoes in preheated oven until soft, about 1 1/2 hours (you can also use a microwave). Remove and let cool slightly.

Peel sweet potatoes, and puree with chicken broth in batches, using enough chicken broth so that it purees smoothly. Bring puree to a simmer in a large saucepan over medium-high heat, then reduce heat to medium-low. Stir in the sugar, salt, nutmeg, black pepper, and cayenne pepper; cover, and let simmer for 10 minutes. Remove from heat, and stir in cream.

Cabbage Salad

Ingredients:

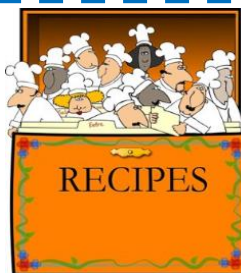
1/2 medium head cabbage, chopped
2 carrots, shredded
1 green onion, chopped
1/2 cup mayonnaise
salt and pepper to taste



Directions:

In a large bowl, combine the cabbage, carrots, green onion and mayonnaise. Salt and pepper to taste, toss and serve.

Kortright Hills Recipe Corner!!



Dad's Leftover Turkey Pot Pie

Ingredients:

- | | |
|--------------------------------|---|
| 2 cups frozen peas and carrots | 2 cups frozen green beans |
| 1 cup sliced celery | 2/3 cup butter |
| 2/3 cup chopped onion | 2/3 cup all-purpose flour |
| 1 teaspoon salt | 1 teaspoon ground black pepper |
| 1/2 teaspoon celery seed | 1/2 teaspoon onion powder |
| 1/2 teaspoon Italian seasoning | 1 3/4 cups chicken broth |
| 1 1/3 cups milk | 4 cups cubed cooked turkey meat - light and dark meat mixed |
| 4 (9 inch) unbaked pie crusts | |



Directions:

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

Place the peas and carrots, green beans, and celery into a saucepan; cover with water, bring to a boil, and simmer over medium-low heat until the celery is tender, about 8 minutes. Drain the vegetables in a colander set in the sink, and set aside.

Melt the butter in a saucepan over medium heat, and cook the onion until translucent, about 5 minutes. Stir in 2/3 cup of flour, salt, black pepper, celery seed, onion powder, and Italian seasoning; slowly whisk in the chicken broth and milk until the mixture comes to a simmer and thickens. Remove from heat; stir the cooked vegetables and turkey meat into the filling until well combined.

Fit 2 pie crusts into the bottom of 2 9-inch pie dishes. Spoon half the filling into each pie crust, then top each pie with another crust. Pinch and roll the top and bottom crusts together at the edge of each pie to seal, and cut several small slits into the top of the pies with a sharp knife to release steam.

Bake in the preheated oven until the crusts are golden brown and the filling is bubbly, 30 to 35 minutes. If the crusts are browning too quickly, cover the pies with aluminum foil after about 15 minutes. Cool for 10 minutes before serving.

Sweet Potato Pie I

Ingredients:

- | | |
|------------------------------|------------------------------|
| 1 (1 pound) sweet potato | |
| 1/2 cup butter, softened | |
| 1 cup white sugar | |
| 1/2 cup milk | |
| 2 eggs | |
| 1/2 teaspoon ground nutmeg | |
| 1/2 teaspoon ground cinnamon | |
| 1 teaspoon vanilla extract | 1 (9 inch) unbaked pie crust |



Directions:

Boil sweet potato whole in skin for 40 to 50 minutes, or until done. Run cold water over the sweet potato, and remove the skin. Break apart sweet potato in a bowl. Add butter, and mix well with mixer. Stir in sugar, milk, eggs, nutmeg, cinnamon and vanilla. Beat on medium speed until mixture is smooth.

Pour filling into an unbaked pie crust. Bake at 350 degrees F (175 degrees C) for 55 to 60 minutes, or until knife inserted in center comes out clean. Pie will puff up like a soufflé, and then will sink down as it cools.

Big Soft Ginger Cookies

Ingredients:

- | | |
|------------------------------|-------------------------|
| 2 1/4 cups all-purpose flour | 2 tsp ground ginger |
| 1 tsp baking soda | 3/4 tsp ground cinnamon |
| 1/2 tsp ground cloves | 1/4 tsp salt |
| 3/4 c margarine, softened | 1 c white sugar |
| 1 egg | 1 tbsp water |
| 1/4 c molasses | 2 tbsp white sugar |



Directions:

Preheat oven to 350 degrees F (175 degrees C). Sift together the flour, ginger, baking soda, cinnamon, cloves, and salt. Set aside. In a large bowl, cream together the margarine and 1 cup sugar until light and fluffy. Beat in the egg, then stir in the water and molasses. Gradually stir the sifted ingredients into the molasses mixture. Shape dough into walnut sized balls, and roll them in the remaining 2 tablespoons of sugar. Place the cookies 2 inches apart onto an ungreased cookie sheet, and flatten slightly. Bake for 8 to 10 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely. Store in an airtight container.