



“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 2020 issue

Visit us on the Web: www.khng.ca

KHNG NEXT EVENTS, MARK YOUR CALENDARS!!



Come join us for KHNG - Youth Night
Jan 17, 2020 6-9pm
For
AstroPi Mission Zero

Space is limited as we try again this year to write a special message to the astronauts on board the ISS.

To register email: kortrighthillsng@gmail.com

Donations will be accepted for snacks and KHNG programs.



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



**26TH
GUELPH SCOUTS
SPRING CRAFT FAIR**

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

**SATURDAY MARCH 28TH
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....**

Donations of non perishable food items for our Food Drive
would be appreciated!

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




**KHNG AND
LIFE GEARS**

**JAN. 31
-CRAFTS AND GAMES
APRIL 24
-STEM TEAM**

**PD DAY
CAMPS**

Location: Kortright Hills Public School (23 Ptarmigan Dr)
Time: 9am - 4pm (8am - 5pm extended care)
Age: 4-12
Cost: \$45/camper (extended care for an extra \$10)
Registration:
www.lifegears.org/camps/201920
20-pd-day
or email admin@lifegears.org




**Helping Birds
is Cool**
(Especially in Winter)

Visit us to learn
how to feed your
backyard birds!



Wild Birds Unlimited
We moved! Now located at:
987 Gordon St (Still at Kortright!)
guelph.wbu.com 519-821-2473

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



"creating a village in the city"

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 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.

Winter Programs!



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 - 9:00 am to 11:00 am.**

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

Mark your calendars to attend KHNG upcoming Events:

Garden Fresh Box Pick Up Dates:

January 15, 2020 February 19, 2020
March 18, 2020

Website: www.gardenfreshbox.ca

Online Store: www.gardenfreshbox.ca/store

KHNG & Life Gears Academy PD Day Camps:

January 31st - "Games & Crafts"
April 24th - "STEM Team"

Registration link:

<https://forms.gle/ukQedyACQH5pyeF4A>

PD Day Camp Information Page:

<https://www.lifegears.org/camps/20192020-pd-day>

KHNG Events:

Fri January 17th - AstroPi Youth Night 6-9pm
Mon Mar 16th - Fri Mar 20th - Life Gears March Break Camp
Sat March 28th - 26th Scout Spring Craft Fair 10am - 3pm
Sat April 4th - Eggstravaganza 12 - 3pm
Sat May 2nd - 26th Scout Compost Sale
Fri May 15th - Youth Night 7-9pm - Theme TBA

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!

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, Earth Day & other events in 2020 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!!



KHNG Clubs After School
Mon, Wed & Thurs Jan 6 to Feb 27, 2020
Ages 6 to 12 years - 3:30 to 5:30 pm

Monday - Ziggy's Cartooning Club
Jan 6 to Feb 24, 2020 - 7 weeks - \$119

(NO CLUB Monday February 17, 2020 - Family Day) 3:30 to 5:30 pm in the Community Room Ziggy's Comics & Characters is comic book and illustration classes that go beyond the page. Youth will enjoy a variety of projects where they can create their own characters and stories, alongside fun game ties! Ziggy's Comics help youth grow their creativity, story telling and illustration skills as well as their confidence in themselves. Our unique programming combines opportunity for youth to explore their individual interests and creative goals along side teamwork activities and class projects. Owned and operated by certified youth worker and leadership development facilitator Zigg Pica, our goal is for youth of all abilities and skill levels to grow their artistic abilities in a safe, welcoming and fun environment.



Wednesday - Kids Yoga Club
Jan 8 to Feb 26, 2020 - 8 weeks - \$136

3:30 to 5:30 pm in the Community Room
 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.

YOUNG HEARTS YOGA



Thursday - Level Up - Lego & Bots Club
Jan 9 to Feb 27, 2020 - 8 weeks - \$136

3:30 to 5:30 pm in the Community Room
 Join us for Lego & Bots. Your children will have a lego challenge to build a unique STEM related project. As well as learn the basics about robots and how they will impact our lives. We will be coding with them and trying new challenges. Lots of engineering involved each week.



To Register Use This Link:
<https://forms.gle/9aEtB5WuGCqcfqBE9>
Limited Spaces Available!
Register Today!



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: kortrightillsng@gmail.com



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 16 to 20 9 AM - 4 PM \$160
 (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



STEM Camps Ages 4 to 11

8 weeks at Kortright Hills Community Room in Guelph
June 29 to August. 21

Registration opens Jan. 24

5 Day week 9am to 4pm \$180
8am to 5pm for \$220

Hands-on STEM (Science, Technology, Engineering, and Math) activities that develop Life Skills such as Teamwork and Leadership. Our camps are full of games, building, exploring, and fun with a focus on learning new skills.

Website: www.lifegears.org
Email: admin@lifegears.org
Text/Call: 5197663030

26th Guelph Scout Group Battery Recycling Fundraiser

26th Scouting Group has joined a Battery Recycling Program.

We are collecting old Alkaline Batteries (9V, AA, AAA, D, C and Button Style) as well as any Sealed Lead Acid Batteries and car Batteries.

Please place these in the collection box found outside of the KHNG community room.

26th Scout Group thank you for your continued support!

Woodlawn Cineplex, Guelph
CINEPLEX

Family Favourites

Only \$2.99

Saturday at 11:00AM
in select theatres



Family Time
Saturday
Morning
Movies!

<https://www.cineplex.com/Events/FamilyFavourites>

Life Gears Academy Clubs After School Tuesday & Friday Jan 7 to Feb 28, 2020 Ages 6 to 12 years - 3:30 to 5:30 pm

Tuesday - Life Gears Academy Club

Jan 7 to Feb 25, 2020 - 8 weeks - \$136

3:30 to 5:30 pm in the Community Room

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

Friday - Mix It Up Club with Life Gears Academy

Jan 10 to Feb 28, 2020 - 7 weeks - \$119

(NO Club Friday January 31, 2020) 3:30 to 5:30 pm in the Community Room

Join us Friday's for a variety of activities from board games, puzzles, mazes, arts, science and crafts while making friends and learning!

To Register Use This Link:
<https://forms.gle/CR43n5Ek84jR5JFF8>



Limited Spaces Available!
Register Today!





Kortright Hills
-Your Neighbourhood Group

"creating a village in the city"

Want to Advertise in KHNG Quarterly Newsletter:

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

KHNG & Life Gear Camp Supplies Needed!

Wish List of Supplies Needed For Camps!

Donations of toilet paper rolls cardboard (cereal boxes), skewers, Popsicle sticks, paper straws, newspapers, paper towel rolls (cardboard) and water bottles are needed for clubs, PD Day Camps and Summer Camps. If you are able to donate any of the above items, we ask that you collect them and drop them off at the community room. Any help is appreciated!
Any donations can be dropped off at the KHNG Community room of Kortright Hills Public School Monday to Friday between 3:30 and 5:30 pm.



**KORTRIGHT HILLS
NEIGHBOURHOOD GROUP**
New Office Hours:
Monday, Wednesday, Thursday
3:30 to 5:30 pm



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 3rd **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 28th, 2020 -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 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 April 2020!!

26th Guelph Scouting Group

Join The Adventure of 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



It starts with Scouts.

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 26th Scout Group
26thguelph@w.scouters.ca

SENIORS



**CONNECT
REFLECT
CREATE
SHARE**



We invite seniors and friends to share memories and create moving stories together.

**EVERGREEN SENIORS
COMMUNITY CENTRE**
683 Woolwich St., Guelph

Tuesdays, 1-3 pm

January 14, 21, 28 and
February 4, 2020



Park'n Dance is offering a series of 4 free, senior-focused workshops in various Guelph neighbourhoods and community centres.

This project is funded through the New Horizons for Seniors Program.

If interested please contact us:
parkndance@gmail.com
Or phone S.J. Burton:
(519)763-3549
www.parkndance.com

REMINISCE AND CO-CREATE MOVING STORIES THAT REFLECT LIFE EXPERIENCES.



This project is funded by the Government of Canada.



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



"creating a village in the city"

COLOUR ME!!



GUELPH POLICE SERVICE

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

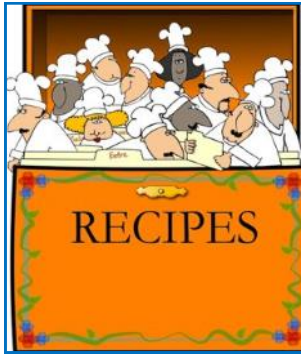
There will be melting snow and ice around rivers and lakes beginning this month. Please stay clear of the banks of fast moving rivers and ice surfaces on rivers and lakes.

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"

Fresh Cranberry Spiced Tea

Ingredients:

- 1 pound fresh or frozen cranberries
- 3 quarts cold water
- 2 cups orange juice
- 2 1/8 cups pineapple juice
- 1/4 cup lemon juice
- 2 cups white sugar, or to taste
- 1 (3 inch) cinnamon stick
- 1 teaspoon whole cloves
- 1/2 teaspoon whole allspice berries



Directions:

Place the cranberries and water into a large pot. Bring to a boil and cook just until the berries pop, about 5 minutes. Remove from the heat and let stand at room temperature until cold, several hours.

Strain out the cranberries and stir the orange juice, pineapple juice, lemon juice and sugar into the liquid. Add the cinnamon stick, whole cloves and allspice berries. Bring to a low boil. It is ready to serve at this point, but it is even better if you allow it to sit overnight.

Fresh Broccoli Salad

Ingredients:

- 2 heads fresh broccoli
- 1 red onion
- 1/2 pound bacon
- 3/4 cup raisins
- 3/4 cup sliced almonds
- 1 cup mayonnaise
- 1/2 cup white sugar
- 2 tablespoons white wine vinegar



Directions:

Place bacon in a deep skillet and cook over medium high heat until evenly.

Cut the broccoli into bite-size pieces and cut the onion into thin bite-size slices. Combine with the bacon, raisins, your favorite nuts and mix well.

To prepare the dressing, mix the mayonnaise, sugar and vinegar together until smooth.

Stir into the salad, let chill and serve.

"Cooking is an expression that crosses boundaries"

Veronica's Hot Spinach, Artichoke and Chile Dip

Ingredients:

- 2 (8 ounce) packages cream cheese, softened
- 1/2 cup mayonnaise
- 1 (4.5 ounce) can chopped green chilies, drained
- 1 cup freshly grated Parmesan cheese
- 1 (12 ounce) jar marinated artichoke hearts, drained and chopped
- 1/4 cup canned chopped jalapeno peppers, drained
- 1 (10 ounce) box frozen chopped spinach, thawed and drained

Directions:

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

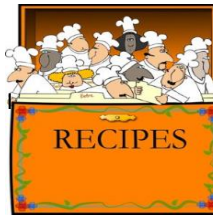
Mix together the cream cheese and mayonnaise in a bowl until smooth. Stir in the green chilies, Parmesan cheese, artichokes, peppers, and spinach. Spoon the mixture into a baking dish.

Bake in preheated oven until slightly browned, about 30 minutes.



Kortright Hills Recipe Corner!!

Rum Balls



Creamy Mushroom Meatloaf

Ingredients:

1/4 cup butter
2 cups shiitake mushrooms, sliced
1 pinch salt
1 sprig fresh rosemary, chopped
3 tablespoons all-purpose flour
2 1/2 cups beef broth
salt and pepper to taste
1/2 cup heavy cream
1 (2 1/2 pound) uncooked prepared beef, veal and pork meatloaf



Directions:

Preheat the oven to 325 degrees F (165 degrees C).
Melt butter in an oven-safe skillet over medium-high heat. Stir in mushrooms and a pinch of salt; cook and stir until mushrooms begin to brown, about 5 minutes.
Stir in fresh rosemary. Add flour and stir to coat the mushrooms; cook and stir for about 3 minutes.
Whisk in beef broth, 1/2 cup at a time, whisking constantly to prevent lumps.
Turn heat to high and bring the sauce to a simmer. Simmer a few minutes until sauce starts to thicken. Season with salt and pepper to taste.
Remove from heat and stir in heavy cream.
Slide prepared meatloaf into the sauce. Spoon sauce over the top of the meatloaf.
Bake in the preheated oven until no longer pink in the center, about 1 1/2 hours. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C).
Remove pan from the oven and gently remove meatloaf to a serving platter.
Skim off any extra fat from the surface of the sauce.
Bring the sauce to a boil over medium-high heat to reduce until thick, about 5 minutes.

Marble Nut Clusters

Ingredients:

2 cups semisweet chocolate chips
1 1/2 cups chopped nuts
1 ounce white chocolate, melted



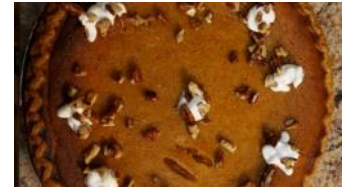
Directions:

Line 2 mini muffin pans with liners.
Melt chocolate chips in microwave on high for 3 to 4 minutes.
Stir in nuts. Drop chocolate nut mixture by teaspoonfuls into the muffin cups. Drip just a little melted white chocolate into the center of the cup. Using a toothpick, swirl the white chocolate through the chocolate. Cool, keep in fridge in air tight container.

Sweet Potato Pie

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.

Rum Balls I

Ingredients:

3 cups vanilla wafer crumbs
1/2 cup ground pecans
3 tablespoons cocoa
1 cup confectioners' sugar
3 tablespoons light corn syrup
1/3 cup water
2 teaspoons rum flavored extract
1/4 cup confectioners' sugar



Directions:

In a medium bowl, mix vanilla wafer crumbs, ground pecans, cocoa, 1 cup confectioners' sugar, corn syrup, water, and rum flavoring together.

Roll mixture into 1 inch balls, and then roll in remaining confectioners' sugar. Store, covered, about a week before serving.

