



"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.

April 2017 issue

Visit us on the Web: www.khng.ca



MARK YOUR CALENDARS TO ATTEND

KHNG 2ND ANNUAL "EGGGSTRAVAGANZA"

EASTER SCAVENGER HUNT



MARK YOUR CALENDARS TO ATTEND

KHNG 2ND ANNUAL "EGGGSTRAVAGANZA"

EASTER SCAVENGER HUNT



For more information email khng@bellnet.ca or call 519.993.5462 or visit 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 Friday of each month

- ⇒ **PICK-UP** on the third Wednesday of the month between 4-7pm
- ⇒ Typical boxes contains 9-14 vegetables and 2-5 types of fruit
- ⇒ **LARGE Box \$20, SMALL Box \$15**

WEBSITE: www.gardenfreshbox.ca

ORDER ONLINE: www.gardenfreshbox.ca/store

KHNG is your local host site order your Garden Fresh Box Today!! Email: khng@bellnet.ca

Order and Pick Up Dates:

Order & Pay By:

Tues Apr 7th
Tues May 5th
Tues Jun 2nd

Pick-Up

Wed Apr 19th
Wed May 17th
Wed Jun 21st



"creating a village in the city"



2017



**Kortright Hills Neighbourhood Group
& 26th Guelph Scouting Group**

Clean - Green



**Saturday, April 22, 2017
9:00 am — 11:00 am**

Meet at the Kortright Hills Community Room
(KHNG community room, side entrance of the school)

Join us for our 11th annual family clean up of our public green spaces & parks.
Refreshments, gloves, maps and garbage bags will be provided.
Help keep the community beautiful.

FREE Volunteer Appreciation BBQ
offered at 12 noon by the City of Guelph
at the Large Red Picnic Shelter River
Side Park. Get your **FREE** lunch tickets
from Leone (KHNG Representative)
Saturday April 23rd.



For more information contact
Leone Schadenberg
KHNG Neighbourhood Support Worker
519.993.5264
khng@bellnet.ca or www.khng.ca



Visit
www.khng.ca

Official KHNG website Check it out!!

Register and become a member

Our website offers:

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

Become a member, register now!!

Join KHNG on Facebook



facebook.com/KortrightHillsNeighbourhoodGroup/

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

Follow us on Twitter  **@KhngHills**

KHNG Presents KASP (Kortright After School Program)

"13 Weeks Of KASPI!"



| | |
|-----------|-------------------------------|
| Monday | Awesome Art |
| Tuesday | Peak Performance |
| Wednesday | Weird Science |
| Thursday | Let's Get Moving |
| Friday | Martial Arts by Sensei Arthur |

Who: Students from *JK — Grade 6
What: 13-week Recreational & Educational After School Program

Where: Kortright Hills Community Room
When: Mon, Tues, Wed, Thurs & Fri
3:20 - 5:30pm - April 3- June 29, 2017

Cost: \$12 per day (cheques payable to Kortright Hills Neighbourhood Group)

Fun Spring Recreational Programming! Each specially themed day includes special guests, creative projects and recreational play opportunities for all ages. Pick which day you'd like to come or pick all five! JK and SK students will be escorted to the community room after school by a KASP staff member.

Parent/Student Volunteers Needed! We are in need of help, please email if you are able to volunteer for any or all of the sessions.

For more information, please email khng@bellnet.ca

Limited Spaces Available, Register Today!!



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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.

Spring Programs!



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 2016/2017 scouting year. Spaces still available, contact us today!

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.



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 Wendy Spicer for more information: spiss@rogers.com.

NOTE: April 3rd, May 1st & June 5th.



**KORTRIGHT HILLS
NEIGHBOURHOOD GROUP
NEW PHONE NUMBER
519.993.5264**

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 (Eggstravaganza, Youth Nights, Earth Day Clean Up, Plant Swap, Summer BBQ Blast and other events in 2017 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 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:

Wed Apr 19, 2017 * Thurs May 18, 2017 * Thurs Jun 15, 2017

- Eggstravaganza Sat. Apr 8, 2017 - 1-4pm
 - * Garden Fresh Box Pick Up
- KHNG Clean & Green - Sat. Apr. 22, 2017 - 9-11am
- Plant Swap & Scout Group Compost Sale - Sat. May 6, 2017 9am - 2pm
 - * KHNG Youth Nights - May 12 & 26, Jun 23, 2017

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!

Great Gifts for Mom!



**Celebrate Hummingbird Day
with us on April 29th at WBU!**

See store for details & prepare for their return!

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



ATTENTION ALL GREEN THUMBS!!



BACK BY POPULAR DEMAND!!

7TH ANNUAL KHNG COMMUNITY PLANT SWAP

&

26TH SCOUT GROUP COMPOST FUNDRAISER

FRIDAY MAY 5th - 4 PM to 9 PM

SATURDAY MAY 6th - 9 AM to 2 PM

Drop off your plants Friday evening May 5th between 7 & 8 pm, labeling materials will be available.
Come back Saturday morning to pick a new plant for your gardens.

KHNG Community Room (side entrance of KHPS)

**PLANT SWAPPING IS EASY, SAVES YOU TIME,
MONEY & IS GREAT FOR THE ENVIRONMENT!**

DONATE A PLANT - RECEIVE A PLANT!

**26th Guelph Compost Fundraiser, to raise money for
Scouts & Leaders to attend a
CANADIAN JAMBOREE IN NOVA SCOTIA JULY 2017**

Visit our website for up to date information
of upcoming events www.khng.ca



It starts with Scouts.

6th Annual 26th Scouting Group Compost Fundraiser

Saturday May 6, 2017

9 am to 2 pm

**Kortright Hills Public School
23 Ptarmigan Dr.**

Pre order by email:

26thguelph@w.scouter.ca

(please email your name, address, phone number & number
of bags you would like to order)

\$3.00 per cubic square bag

Order the good stuff now!!

Compost Fundraiser for the 26th Guelph Scouting
Youth and Leaders to attend CJ'17 in
Nova Scotia July 2017!



YOUTH & TEEN IMPROV CLASSES

WWW.THEMAKINGBOX.CA



KHNG SPRING YOUTH NIGHTS!

FREE Multi-Activity Nights

Youth: 8+ Years Old 7:00 pm - 9:00 pm
Kortright Hills Public School Gym or KHNG
Community Room

Fri May 12th - Quidditch Night

Fri May 26th - TBA

Fri Jun 23rd - TBA

All welcome, bring your friends & family for a
night of fun. Healthy snacks provided!!
(youth nights will only run if we have enough volunteers)

For more info or to volunteer email:
KHNG@bellnet.ca

Free dental care for children and youth aged 17 and under

If you can't afford to pay for dental care, we have free

dental services for children
and youth at Public Health.

At our dental clinics, we
provide free cleanings. We
can also help children and
youth with cavities and other
urgent problems get the
treatment they need.

Healthy
smiles
Ontario

For more information about
our dental services, call our Dental Line at 1-800-265-
7293 ext. 2661 or visit www.wdgppublichealth.ca



Want to Advertise in KHNG Quarterly Newsletter:



"creating a village in the city"

KHNG sends an electronic newsletter out four times a year, next issue July 2017. 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

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). Contact [519-823-8185](tel:519-823-8185) or DVDtransferGuelph@gmail.com

26th Guelph Scouting Group

Join The Adventure of 26th Guelph Scouting Group

Interested in joining BEAVERS, CUBS, SCOUTS, VENTURERS...

Register now, spaces still available!

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

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 Paul 519-821-6948 or

email: 26thguelph@w.scouters.ca



It starts with Scouts.

Contact KHNG:

www.khng.ca * khng@bellnet.ca * 519-993-5264

KHNG OFFERS 2017



Week#1 - Aug 14-18, 2017

Week#2 - Aug 21-25, 2017 (Full)

Monday to Friday 9am to 4pm

Ages 4 - 12 years

Kortright Hills Community Room

Limited spaces available

Email khng@bellnet.ca for details

Registration to begin soon!

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



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.



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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**

that may interest others in the
Kortright Hills Neighbourhood?

Ask KHNG about using the community room!

Call Leone 519.993.5264 or e-mail: khng@bellnet.ca

Contact KHNG:

www.khng.ca * khng@bellnet.ca * 519-993-5264

Want to Advertise in KHNG Newsletter

KHNG Newsletters January, April, July and October 2017

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 July 2017!!

KIDDITCH
KIDS + QUIDDITCH

LEARN TO PLAY
WITH INTERACTIVE DEMO'S

HOSTED BY
THE UNIVERSITY OF GUELPH
QUIDDITCH CLUB

CONTACT: QUIDCLUB@UOGUELPH.CA



Martial Arts - Ninjutsu

(Takamatsu Ryu-ha)

Mon. 6-8pm

(Ongoing all year 'round even during the summer - start anytime)

FREE for ALL AGES

*offered in partnership with EnergizeGuelph - a Healthy Living Project.
Healthy snacks provided

Tytler P.S., 3rd Floor

Wear loose, comfortable clothing.

Children under 8 should sign up with an adult caregiver.

Questions?: Sensei Arthur Kerrey soulphyr@gmail.com 519-942-7539

More martial arts?

In addition to the Energize Guelph Martial Arts Mondays, check out our other programs. Sensei Arthur Kerrey also hosts a \$5/PWYC Thursday Tytler Public School 3rd Floor, 6-8pm, 12 to Adult Class. Drop in anytime. We also offer our special after school Kids & Youth martial arts program. Fridays during the school year, 3:30 to 5:30 at Kortright Hills School gym. This Community based initiative is \$12 per session & includes free play, warm up, martial arts, games & a healthy snack for 2 hours of supervised awesomeness. Sign up now, spaces still available in our January to March program! Takamatsu Ryu-Ha is also available for workshops for classrooms, schools & corporate team building.



Youth In Policing Initiative



Now Accepting Applications for Summer 2017




Step 1: Are you Eligible?

- Must be a resident within the City of Guelph
- Must be aged 15-18
- Must be returning to school in September 2017

Step 2: Fill Out an Application!

Complete the Application by April 23rd, 2017
 Submit your Application, Resume and Cover Letter Online at <http://bit.do/YIPI>
 OR In person by mailing your application package to:
 15 Wyndham St S, Guelph Ont N1H 4C6
 Attn: Sgt. Angela Grover

Connect With Officer Grant!
 @ConstableKGrant
 #GuelphYIPI

5 REASONS YOU SHOULD CONSIDER YIPI:

- 1) You will gain exposure to the career of policing and have the opportunity to interact with many different sectors of the police service. (Canine, Communications, Traffic, and the Tactical Unit)
- 2) You will strongly contribute to the work environment through diverse, educational and meaningful work assignments.
- 3) You will be CPR and First Aid Certified.
- 4) You will further develop your leadership skills.
- 5) YIPI is a full-time paid position offering competitive wages and great networking opportunities.

Seasonal Safety Tips

April - The nice weather will be starting and there will be an increased number of cyclists on city roadways. Please share the roadway and take note of cyclists around you.

May - Make sure your car is in proper repair to start your holiday weekend. Please don't drink and drive. Kids, make sure you wear your bicycle helmet.

June - School's out... make sure you are aware of the increased pedestrian and bicycle traffic from youths on city streets and neighbourhoods.



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

GUELPH POLICE SERVICE PRIDE SERVICE TRUST

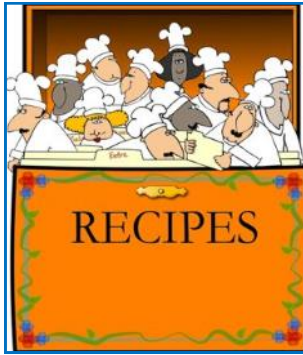
COLOUR ME!!



Kortright Hills

Recipe

Corner!!



"creating a village in the city"

Quick Start Breakfast Drink

Ingredients:

- 2 cups pineapple juice
- 2 bananas
- 2 cups vanilla yogurt
- 1 cup strawberries, hulled
- 1/4 cup wheat germ
- 1 teaspoon vanilla extract



Directions:

In a blender combine pineapple juice, bananas, yogurt, strawberries, wheat germ and vanilla extract.

Blend until smooth.

Enjoy!

Grilled Asparagus Salad

Ingredients:

- 1/4 cup olive oil
- 1/8 cup lemon juice
- 12 fresh asparagus spears
- 6 cups fresh spinach leaves
- 1/8 cup grated Parmesan cheese
- 1 tablespoon seasoned slivered almonds



Directions:

Preheat a grill for low heat. Combine the lemon juice and olive oil on a plate. Place asparagus on the plate, and roll around to coat.

Grill asparagus for about 5 minutes, turning at least once, and brushing with the olive oil mixture. Remove from the grill, and place back onto the plate with the oil.

In a large bowl, combine the spinach, Parmesan cheese, and slivered almonds. Cut asparagus into bite-size pieces, and add to the salad along with the lemon juice and oil from the plate.

Toss to blend, then serve.

Chicago Dip

Ingredients:

- 1 (10 ounce) package frozen chopped spinach, thawed and drained
- 1 cup sour cream
- 1 cup mayonnaise
- 3/4 cup chopped green onions
- 2 teaspoons dried parsley
- 1 teaspoon lemon juice
- 1/2 teaspoon seasoned salt
- 1 (1 pound) loaf round, crusty Italian bread



Directions:

In a large mixing bowl, combine spinach, sour cream, mayonnaise, green onions, parsley, lemon juice, and salt. Mix until well blended, then refrigerate.

Cut a circle out of the top of the bread and scoop out the inside. Tear the inside into pieces for dipping. Spoon the dip into the center of the bread bowl and serve accompanied by the pieces of bread for dipping.

Preheat oven to 300 degrees F (150 degrees C).

Easy Roman Cheese Bread

Ingredients:

- 1 cup lukewarm milk
- 2 (.25 ounce) packages active dry yeast
- 2 1/2 cups all-purpose flour
- 6 eggs
- 1 1/2 cups grated Romano cheese



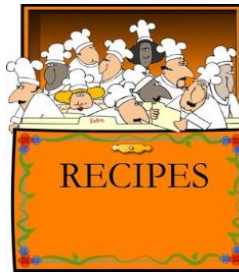
Directions:

In a small bowl, stir together milk and yeast; set aside.

In a separate bowl, combine flour, eggs, yeast mixture, cheese and butter; mix well. Spoon batter into two lightly greased 9x5 inch loaf pans. Let rise until doubled, about 60 minutes. Meanwhile, preheat oven to 350 degrees F (175 degrees C).

Bake in preheated oven for 35 to 45 minutes, until golden brown and bottom of loaf sounds hollow when tapped.

Kortright Hills Recipe Corner!!



Summer Feta Burger with Gourmet Cheese Spread

Ingredients:

1 (8 ounce) package cream cheese, softened
1 clove garlic, minced
2 tablespoons chopped fresh basil
1 tablespoon chopped fresh dill
2 tablespoons extra virgin olive oil
1 clove garlic, minced
1 red onion, minced
1 3/4 pounds ground beef
1/4 pound ground pork sausage
1 1/2 cups crumbled feta
1/4 cup red wine
1 egg
1 teaspoon salt
1 teaspoon fresh-ground black pepper
1 large heirloom tomato, sliced
1 medium red onion, sliced
8 leaves green leaf lettuce leaves
8 Kaiser rolls, split



Directions:

In a medium bowl, combine cream cheese, 1 clove minced garlic, basil, and dill. Cover and set aside.

Heat the olive oil in a medium skillet over medium heat and cook 1 clove minced garlic and onion for 4 to 6 minutes, or until translucent. Remove from heat and allow to cool. Preheat an outdoor grill for high heat and lightly oil grate. While the grill is heating, gently mix together the cooked garlic and onion, ground beef, pork sausage, feta cheese, red wine, egg, salt, and pepper in a large bowl. Do not over work the meat mixture. Divide into 8 equal parts and form into patties.

Grill patties on preheated grill for 5 to 10 minutes per side, until well done. Toast the split buns on the grill for 1 to 2 minutes. Assemble the burgers by spreading 1 1/2 tablespoon of the cheese and herb spread to both the top and bottom of each roll. Place patties on the bottom half of the rolls and stack a slice of tomato, sliced red onion, and a leaf of lettuce on each burger.

Add the roll tops and serve.

Grilled Vegetables Recipe



Ingredients:

Selection of vegetables such as carrots, potatoes, peppers, zucchini, squash, onions, asparagus, green beans.
1-2 Tbsp Olive Oil
Salt and Pepper

Directions:

Slice vegetables into pieces depending on grilling method. Round, smaller pieces if using a grill pan and longer, wider pieces if placing directly on the grill.

Place in a plastic container and coat with 1-2 Tbsp olive oil and salt and pepper.

Grill over medium heat until desired tenderness. Drizzle with balsamic vinegar or more salt and pepper if desired.

Grilled Peaches and Ice Cream



Ingredients:

4 fresh ripe peaches
Vegetable oil for brushing
8 scoops ice cream, such as Market Pantry Vanilla Bean or Sea Salt Caramel Pretzel Ice Cream

Directions:

Heat grill to medium-high. Cut peaches in half; remove pits. Brush cut sides with oil. Place cut-sides down on grill. Grill 3 to 4 minutes until grill marks appear. Brush tops with oil, turn over and move to indirect heat. Grill about 10 minutes longer until warm and tender.

Serve warm peach halves topped with ice cream.