



Kortright Hills

-Your Neighbourhood Group

“creating a village in the city”

Please Contact Us

We are located in the community room at
Kortright Hills Public School
 23 Parmigan Drive Guelph, ON NIC 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;

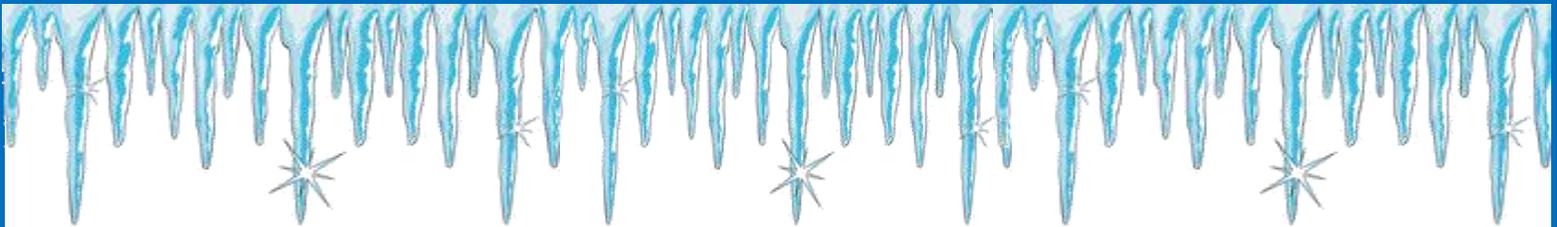
West – City Limits;

South West – City Limits to Downey Rd;

South East – Teal Dr. from Downey to Hanlon.

January 2018 issue

Visit us on the Web: www.khng.ca



KHNG YOUTH NIGHT!!



FREE Activity Night

Youth: 8+ Years Old

7:00 pm - 9:00 pm

Kortright Hills Public School Gym

Friday January 12, 2018

Learn How To Play “Quidditch”

(Harry Potter Game)

Come out & the “Guelph Quidditch” team will teach you how to play.

All welcome, bring your friends and family for a night of fun. All equipment provided by the team. Please bring your indoor shoes.

Snacks will be provided!



2018 Kortright Hills Neighbourhood Group WinterFest Family Skate!!

Date To Be Announced

Visit our website & watch your emails for details!

1:00 pm—2:00 pm

FREE Hot Chocolate provided by Kortright Hills Neighbourhood Group
 Join the Fun with your Family, Friends & Neighbours!!



Want to get involved & volunteer for 2018 KHNG Activities?
 Email: khng@bellnet.ca

For more information email khng@bellnet.ca or call 519.993.5462 or visit www.khng.ca



Garden Fresh Box



"creating a village in the city"

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**



FROM THE GROUND UP

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:

Fri Jan 5th
Fri Feb 9th
Fri Mar 9th

Pick-Up

Wed Jan 17th
Wed Feb 21st
Wed Mar 21st



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)

11 Wks of "KASP" Winter Program



Monday - Art Day
Tuesday - Animal Day
Wednesday - Music/Media Day
Thursday - Book & Games Day
Friday - Cooking Day

Who: Students from *JK – Grade 6
What: 11 - week Recreational & Educational After School Program

Where: Kortright Hills Community Room
When: Mon, Tues, Wed, Thurs and Fri
3:20 - 5:30pm - January 8 - March 30, 2018

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

Fun Recreational Programming!

Each day may include special guests, creative projects and recreational play opportunities for all ages. Pick any day and join us at KASP 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! Email if you are able to volunteer in the program for any or all of the sessions.

For more information or to register, please email Leone khng@bellnet.ca

Spaces Available, Contact to Register!!



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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!



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: spisss@rogers.com.

NOTE MEETING DATES: Feb 5th & Mar 5th



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

- 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.scouter.ca for further information.

Action Read Early Literacy Program:

January 11th to June 28th 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**



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, WinterFest, Eggstravaganza and other events in 2018 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:

January February March

* Meeting Dates TBA, visit website for correct dates

* Garden Fresh Box Pick Up - Jan 17th, Feb 21st and Mar 21st, 2018

KHNG Youth Nights - Jan 12th & 26th, Feb 9th & 23rd, Mar 9th & 23rd - Themes Quidditch, The Dragon, Limitless Guelph attending & Youth Night at the Beach

WinterFest - Date to be announced, watch your email for info.

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!



CITY OF
Guelph



"creating a village in the city"

For further recreational details
Guelph has to offer visit:

guelph.ca/recreation



Market Square Rink

If you love skating at Market Square in downtown Guelph, great news, rink opened December 10, 2017.

For rink information check out this link <http://guelph.ca/seasonal/market-square-status/>

Guelph's Market Square skating rink is open seven days a week from 10 a.m. to 10 p.m., weather permitting.



It starts with Scouts.

26th Guelph Scouting Group

**Looking for volunteers to help
run our scouting programs
in the Fall:**

**Beaver Scout, Cub Scout,
Scouts, Venturer Scout**

If interested please contact

Paul Schadenberg

Commissioner

26th Scout Group

519-821-6948



2018



Week#1 - August 13-17, 2018

Week#2 - August 20-24, 2018

Monday to Friday 9am to 4pm

Ages 4 - 12 years

Kortright Hills Community Room

Email khng@bellnet.ca for details

Spaces limited, registration to begin soon!



Winter. Water. Woo hoo!



Northern Flicker

Help birds survive winter weather by offering high-fat, high-calorie foods, shelter and water! Stop by our store to learn more!

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



KHNG WINTER 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

Friday January 12, 2018 - Quidditch

Friday January 23, 2018 - The Dragon

Friday February 9, 2018 - Limitless Guelph

Friday February 23, 2018 - Youth Night At The Beach

Friday March 9, 2018 - Limitless Guelph

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

Kids join Scouts for amazing experiences they can't find anywhere else. Scouts is the start of something great. Find out how to become a Scout today!

Register now for the 2017/2018 Scouting year.

Beavers ages 5-7 meet **Mon 6:30-7:30**

Cubs ages 8-10 meet **Wed 6:30-8:00**

Scouts ages 11-14 meet **Tues 7:00-8:45**

Venturer ages 14-17 meet **Mon 7:00-8:45**

Email: 26thguelph@w.scouter.ca to register or for more info.

REGISTER ONLINE TODAY! Scouts.ca
1-888-855-3336



It starts with Scouts.

Want to Advertise in KHNG Quarterly Newsletter:

KHNG sends an electronic newsletter out four times a year, next issue April 2018. 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 khng@bellnet.ca. This is a great way for Kortright Hills Neighbourhood to come together by sharing thoughts, talents and services available, neighbors helping neighbours.



"creating a village in the city"

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!!

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

Elder Care Services

Options 4 Care - Elder Care Coordination Services

Locating elder care can be stressful... but it doesn't have to be.

Determining the next steps for you or a beloved family member can feel uncomfortable or overwhelming. It's challenging to identify what support services may be required to best fit your needs.

Let an experienced elder care coordinator help you make a personalized plan of action for the future and locate the resources to make that plan a reality.

Contact Rochelle Horlings

Options4care@rogers.com

www.options4careplanning.com

519-362-3176

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.



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Want to Advertise in KHNG Quarterly Newsletter:
KHNG sends an electronic newsletter out four times a year, next issue April 2018. 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 519.993.5264 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 2018

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 2018!!

**IS YOUR KID... FUNNY? SHY?
 IN NEED OF MARCH BREAK
 PLANS?**



Sunday March 11/18 @ 2:00 AM
 clocks are moved FORWARD 1 hour

CAMP COMEDY AT THE MAKING-BOX

MARCH 12 - MARCH 16
 AGES 10 - 13

MORE INFO: WWW.THEMAKINGBOX.CA



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



Kortright Hills
-Your Neighbourhood Group

"creating a village in the city"

**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.

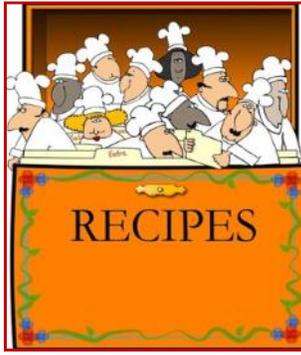
Other tips can be found on the Guelph Police Services website:
<http://www.guelphpo.lice.com>



Kortright Hills

Recipe

Corner!!



Squash Casserole with Crunchy Pecan Topping



Ingredients:

3 acorn squash, halved and seeded
 5 tablespoons butter, softened
 1/2 cup brown sugar
 1/2 cup chopped pecans
 1/2 cup white sugar
 1 teaspoon vanilla extract
 1/2 cup all-purpose flour
 2 eggs
 1/4 cup half-and-half
 1/2 teaspoon salt

Directions:

Preheat oven to 400 degrees F (200 degrees C).

Roast the squash cut side up on a baking sheet in preheated oven until the flesh is soft, about 50 minutes. Remove squash from oven and cool, then scoop out the flesh into a mixing bowl, or bowl of a food processor.

Meanwhile, prepare the topping by mixing 2 1/2 tablespoons butter in a bowl with the brown sugar and flour until crumbly. Stir in the pecans. Set aside until needed.

Lower oven temperature to 350 degrees F (175 degrees C). Lightly grease 11x7 inch baking dish.

Beat or process the squash until smooth. Add the eggs, white sugar, half and half, vanilla, salt, and 2 1/2 tablespoons butter; process until well blended. Spoon the mixture into the prepared baking dish. Sprinkle the brown sugar topping mixture over the squash.

Bake squash in preheated oven until topping is lightly brown, about 40 minutes.

Roasted Vegetables



Ingredients:

1 large butternut squash - peeled, seeded, and cut into 1-inch pieces
 1 large delicata squash - peeled, seeded, and cut into 1-inch pieces
 3 sweet potatoes, peeled and cut into 1-inch pieces
 1 (2 pound) rutabaga, peeled and cut into 1-inch pieces
 2 red potatoes, peeled and cut into 1-inch pieces
 2 carrots, sliced
 1 large onion, sliced
 2 tablespoons dried rosemary
 2 tablespoons dried thyme
 1 teaspoon dried oregano
 2 tablespoons extra-virgin olive oil
 6 dried bay leaves
 1 dash lemon juice
 1 dash red wine vinegar
 1 pinch salt
 1 pinch ground black pepper

Directions:

Preheat oven to 400 degrees F (200 degrees C).

Mix butternut squash, delicata squash, sweet potato, rutabaga, and red potato pieces, carrots, and onion in a large roasting pan. Mix rosemary, thyme, and oregano in a small bowl.

Drizzle olive oil over the vegetables and sprinkle with herb mixture; toss to coat vegetables with oil and herbs. Scatter bay leaves over vegetables and drizzle lemon juice and red wine vinegar over the top.

Roast in the preheated oven until vegetables are tender, about 1 hour and 30 minutes, stirring every 30 minutes. Season with salt and black pepper.

Quick and Easy Cheese Bread

Ingredients:

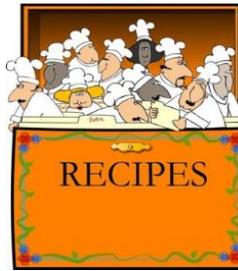
1 3/4 cups all-purpose flour
 2 1/2 teaspoons baking powder
 1 cup shredded Cheddar cheese
 3/4 cup milk
 1/4 cup white sugar
 3/4 teaspoon salt
 1 egg, beaten
 1/3 cup vegetable oil

Directions:

Preheat oven to 400 degrees F (200 degrees C). Lightly grease a 9x5 inch loaf pan. In a large bowl, mix together flour, sugar, baking powder, salt and cheese. In another large bowl, beat together egg, milk and oil. Stir the flour/cheese mixture into the egg mixture, stirring until just moistened. Pour batter into prepared pan. Bake in preheated oven for 35 minutes, until a toothpick inserted into center of loaf comes out clean.



Kortright Hills Recipe Corner!!



Winter Beef Stew

Ingredients:

2 pounds cubed beef stew meat
3 tablespoons vegetable oil
4 cubes beef bouillon, crumbled
4 cups water
1 teaspoon dried rosemary
1 teaspoon dried parsley
1/2 teaspoon ground black pepper
3 large potatoes, peeled and cubed
4 carrots, cut into 1 inch pieces
4 stalks celery, cut into 1 inch pieces
1 large onion, chopped
2 teaspoons cornstarch
2 teaspoons cold water



Directions:

In a large pot or dutch oven, cook beef in oil over medium heat until brown. Dissolve bouillon in water and pour into pot. Stir in rosemary, parsley and pepper. Bring to a boil, then reduce heat, cover and simmer 1 hour.

Stir potatoes, carrots, celery, and onion into the pot. Dissolve cornstarch in 2 teaspoons cold water and stir into stew. Cover and simmer 1 hour more.

Hot Apple Cider



Ingredients:

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

Iced Pumpkin Cookies

Ingredients:

2 1/2 cups all-purpose flour	1 teaspoon baking powder
1 teaspoon baking soda	2 teaspoons ground cinnamon
1/2 teaspoon ground nutmeg	1/2 teaspoon ground cloves
1/2 teaspoon salt	1/2 cup butter, softened
1 1/2 cups white sugar	1 cup canned pumpkin puree
1 egg	1 teaspoon vanilla extract
2 cups confectioners' sugar	3 tablespoons milk
1 tablespoon melted butter	1 teaspoon vanilla extract



Directions:

Preheat oven to 350 degrees F (175 degrees C). Combine flour, baking powder, baking soda, cinnamon, nutmeg, ground cloves, and salt; set aside.

In a medium bowl, cream together the 1/2 cup of butter and white sugar. Add pumpkin, egg, and 1 teaspoon vanilla to butter mixture, and beat until creamy. Mix in dry ingredients. Drop on cookie sheet by tablespoonful and flatten slightly.

Bake for 15 to 20 minutes in the preheated oven. Cool cookies, then drizzle glaze with fork.

To Make Glaze: Combine confectioners' sugar, milk, 1 tablespoon melted butter, and 1 teaspoon vanilla. Add milk as needed, to achieve drizzling consistency.