



"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
 519.837.0974 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.

October 2012 issue

Visit us on the Web: www.khng.ca

Fall is here!



ORDER! ORDER! ORDER!

YOUR HALLOWEEN PUMPKINS

FROM KHNG \$3.50 EACH

ORDER YOUR PUMPKINS BY OCT 23RD

Pick up your pumpkin at the KHNG community room in time for BOONANZA and Halloween

23 Ptarmigan Dr. Guelph, ON

Fri Oct 26th — 6:30 pm to 8:30 pm

Sat Oct 27th — 10:00 am to 12:00 pm

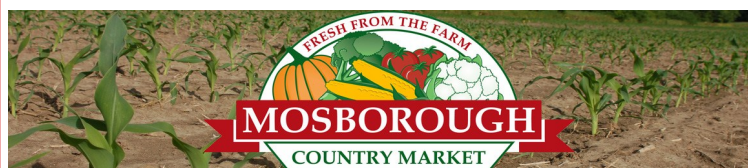
Proceeds from pumpkin sales help support
KHNG upcoming events and socials

To order your pumpkin

email khng@bellnet.ca with

Name * Phone Number * Number of Pumpkins

ORDER YOUR PUMPKINS TODAY!!



KHNG 3rd Halloween Party!!!

Kortright Hills P.S. Gym

Sunday, October 28, 2012

1:00 to 4:00 pm



-  Halloween Games, Activities & Crafts
-  Wear your Costume
-  Face Painting
-  Carved Pumpkin Contest
(Bring carved pumpkin to be entered into our contest!)
-  Photo Booth**
-  Haunted House
(sponsored by 26th Venture Scouts)
-  Concession items available
-  and much more....



**** Small Charges Apply**

**Join us Sunday afternoon for a
 Halloween party!!**

VOLUNTEERS NEEDED — SIGN UP USING THE LINK BELOW

www.SignUpGenius.com/go/5080F4EAEAE2FAB9-boonanza

For more information contact Leone khng@bellnet.ca

For more information email khng@bellnet.ca or call 519.837.0974 or visit www.khng.ca

Garden Fresh Box

Garden Fresh Box is a non-profit produce buying program that provides customers with affordable fresh fruits and vegetables and supports our local farmers.

The contents of the box changes with Ontario's growing season, but runs 12 months of the year.

We include as much locally-grown produce as possible for optimal taste, freshness and nutrition. Our monthly newsletter offers recipes and cooking tips to help you prepare meals.



EVERYONE is welcome to participate in the program.

Typical boxes contains:

9-14 vegetables 2-5 types of fruit
\$20 Large box / \$15 Small box

How it works:

- * **Choose a host Site** convenient for you from one of many community locations.
- * **Order and pay** for your box by noon on the 1st Friday of the month.
- * **Pick up your Garden Fresh Box** on the 3rd Wednesday of the month from your Host Site and enjoy!

For **MORE DETAILS** visit
www.guelphchc.ca

Or contact us at 519-821-6638, ext. 344



KHNG Presents KASP (Kortright After School Program) "Super Science"

Who: Students from *JK — Grade 6

What: 16-week Recreational & Educational After School Program

Where: Kortright Hills Community Room

When: Mon, Tues, Wed & Thurs
3:20 - 5:30pm
September 4 to December 20, 2012

Cost: \$11 per day
(cheques payable to Kortright Hills Neighbourhood Group)



During each 2 hour session we will have a snack, themed educational activities & free play in the gym or outside weather permitting

*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 or you know of someone who is able to assist with the program for any or all of the sessions.

Registration for session two, January to March 2013 begins early December. Full details will be posted visit www.khng.ca

For more information, email khng@bellnet.ca




Creekside KITCHEN

115 Downey Road, Unit 10 Guelph, ON
519-821-7477 or www.creeksidekitchen.ca

"KHNG Nostalgic Movie In The Park"

Thank you to our presenting sponsor "Creekside Kitchen" who made our movie in the park night possible Monday August 27, 2012.

We had a wonderful night clear night for the Kortright Hills community to gather and enjoy our movie presentation of "GH  STBUSTERS".

KHNG is looking forward to another Movie night in the Park August 2013.





"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 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.

Fall 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.

NOTE NEXT MEETINGS: Oct 1st, Nov 5th and Dec 3rd

HOME DAYCARE SUPPORT GROUP: If you are providing child care in your home in our neighbourhood, come to the community room on **Wednesday mornings from 9:30-11:30** to meet with other caregivers and children. Call Carmel at 519.837.3351.

NOTE: Group to begin again in November visit www.khng.ca for dates

NEW KORTRIGHT HILLS NEIGHBOUR RUNNING GROUP: Kortright Hills is looking to form a running group KHN-RG. If you are interested in joining our "fun running group", email chris_robb34@yahoo.com or khng@bellnet.ca with your name and email address. We are gathering a list of interested participants and will contact you to discuss further dates and times.

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. Pre Registration is available in all sections for the 2012/2013 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

Ventures 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.

Do you have an idea for an:

**Event
Program
or Social**

**that may interest others in your
Kortright Hills Neighbourhood?**

**Ask KHNG about using the community room!
Call Leone 519.837.0974 or e-mail: khng@bellnet.ca.**

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:

- * Family movie events Dec 2012, Jan & Apr 2013
- * Planning of Earth Day, Plant Swap and KHNG BBQ
- * Becoming a leader with our Scout Group
- * Planning other social, recreational events

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 for these fun 2012
Neighbourhood Events:**

- **KHNG Monthly meeting/social:**
Wednesday October 17, 2012 Thursday November 15, 2012
Thursday December 20, 2012
- **Halloween Pumpkin Order Fundraiser**
- **Boonanza Sunday October 28, 2012**
- **Holiday Social end of November or early December**
- **Movie in the Gym Night Friday December 14, 2012**

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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BOOK A PARTY!



Host and save while visiting with friends! Learn how to reduce the use of chemicals in personal care and cleaning.

Brandy Douglas

Independent Sales Consultant
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Norwex®



CARUSO HOMEOPATHIC CLINIC

Heather Caruso, local best-selling author and Homeopath treating people naturally in Guelph, Ontario for the past 12 years.

Offering safe, natural and drug free treatments of health issues, including the use of:

- Homeopathic Medicine, Vitamins and Supplements
- Dietary Guidance and Weight Loss Regimes
- Food sensitivity testing, darkfield microscopy and organ stress testing
- Free online resources on the latest natural health research

Sign up for our online newsletter and receive 3 free health e-books valued at \$80.00!

Phone: 519 827 9237
www.carusohomeopathy.com



VENDORS NEEDED!!

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

26th Guelph Scouting Group is happy to announce our First Ever **CRAFTER'S BIZAARE**.

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: November 17th 2012 -10am-3pm

Where: Kortright Hills Public School
23 Ptarmigan Drive, Guelph, ON

Cost: \$50.00 per table (table included)

Why: To help send our youth to Calgary Jamboree

If interested please contact:

Barbara Yates 519-821-3299 or barbaramyates@gmail.com

Nature in the Neighbourhood

Sunday Afternoon Nature Walks

The last Sunday of each month at 3:00pm. Meet in front of the Woolwich Arrow (176 Woolwich St).

We share this beautiful city with some incredible plants and animals, many of which have been living right under our noses all along!

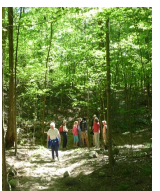
Join us for a leisurely nature walk to get to know some of the insects, trees, birds and flowers (among other things) that live in and around the downtown area.

Sunday Afternoon Nature Walks will be occurring on the following dates: Sunday, October 28, 2012 and Sunday, November 25, 2012

Nature Helpers

This group of enthusiastic people takes on local nature projects to help improve the green spaces in our city. The nature helpers work hard, but have tons of fun and learn a little on the way!

Individuals big and small can help nature, so this is a great opportunity to get the family outside. For more details on this program, see our [Community Projects](#) page.



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 2012. 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!!



KHNG After School Program

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

Craft Items Needed for "KASP" Program

Kortright After School Program is looking for craft items: markers, paper, paint, crayons or any other craft supplies. Any donations are appreciated. To make a donation please email khng@bellnet.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 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.

KHNG Volunteer Position Available

KHNG Treasurer Position Available Immediately

As a member of the KHNG Executive Committee responsibilities include:

- Oversee monthly and year end reporting
- Prepare yearly budget and grant applications
- Attend monthly meetings and present financial updates
- Attend City of Guelph Neighbourhood Group meetings as required
- Assist in planning and execution of KHNG events

If interested please email khng@bellnet.ca for more details.

Contact KHNG:

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

26th Guelph Scouting Group

Join The Adventure of 26th Guelph Scouting Group

Interested in joining BEAVERS, CUBS, SCOUTS...

Pre Register now for the new scouting year 2012/2013.

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

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

For more details contact Leone 519-821-6948 or

26thguelph@wellington.on.scouts.ca



It starts with Scouts.

Local Home Daycare

Boogaloos Home Daycare

Full and Part-time openings available
Children ages 18 months to six years old.
Contact: Brandy at 226-706-6000

www.daycare.boogaloos.ca



Community Teacher Needs Your Help!!

One of our community members, who is a teacher with the Upper Grand District School Board, has helped to launch a new program for Teen Parents. It operates out of the Shelldale Community Centre in the afternoons. Their mandate is to provide support to the Teen Parents as well as the opportunity to finish their high school diplomas.

There are several ways for you to contribute to this worthwhile initiative such as:

- 1) Being a mentor who will meet on a periodic basis with the parents
- 2) As a community member who has the ability to donate either financially or with donations of clothes, toys, diapers, bottles etc.
- 3) As a community member who could offer their services pro bono (ie. taxes etc.)

Thank-you in advance for your generosity and for helping to make a positive difference. Please contact Kim Durst at 519-831-3720 or kimberley.durst@ugdsb.on.ca



"creating a village in the city"

Visit www.khng.ca

Official KHNG website

Check it out!!

Register and become a member

Our website offers:

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

Become a member, register now!!

Join KHNG on Facebook - surf over to

<http://www.facebook.com/groups/304228836299974/>

and join the group. It's a great place to share ideas,

**COLDWELL
BANKER**

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REAL ESTATE BROKERAGE

Each office is independently owned and operated



Linda Main Sales Representative

*Discover the Benefits of using
Your Neighbourhood Realtor*

519-821-3600

519-760-0008 Cell

linda-main@coldwellbanker.ca

DANCE WITH THE BEST!

***There is still time to
register for classes!***

3 Easy Ways to join the PDA Family:

- Call **519-829-2525**
- Convenient online registration for ages 2^{1/2} thru adult
- Visit our spacious studios

340 Southgate Dr., Guelph
In Hanlon Business Park –
Lots of free parking

519-829-2525



Convenient Registration online at
www.performancedanceacademy.ca



**Daylight Savings
Time Ends**

Sunday

November 4, 2012

at **2:00:00 AM**

clocks are turned
backward 1 hour to

Sunday

November 4, 2012

at **1:00:00 AM**

local standard time



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

**GUELPH POLICE
SERVICE
PRIDE * SERVICE
TRUST**

**“Always wear your seat belt.
Remind others to
wear theirs too!”
COLOUR ME!!**

Seasonal Safety Tips

October

This month is Halloween. Make sure your kids wear reflective costumes and please be aware of little goblins and ghouls trick or treating in neighborhoods'.

November

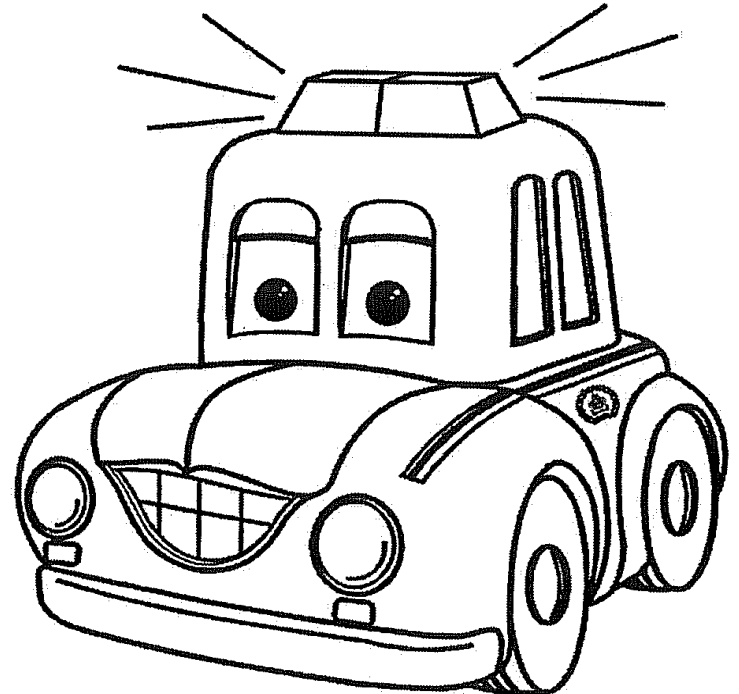
As the weather starts to get colder, make sure your car is in good repair and remember that the frosty nights can leave black ice on the roadways for your morning drive to work.

December

It's the festive season, please don't drink and drive. Make sure you have made arrangements for safe transportation home.



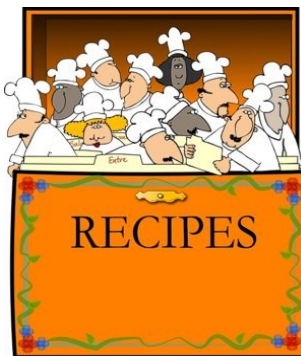
Other tips can be found on the
Guelph Police Services
website: <http://www.guelphpolice.com>



Kortright Hills

Recipe

Corner!!



Cranberry-Pineapple Relish from FamilyFun Magazine

Ingredients

- 20-ounce can crushed pineapple with juice
- 6 cups fresh or frozen cranberries
- 1 1/4 cups sugar
- 1 cup chopped walnuts
- 1 tablespoon fresh lemon juice
- 1/4 teaspoon ground cloves



Instructions

Thoroughly drain the pineapple using a strainer (one made from a nonreactive material, such as stainless steel) set over a large measuring cup. Add enough water to the juice to measure 2 cups of liquid.

Pour the liquid into a large nonreactive saucepan. Add the cranberries and sugar. Stir the mixture over high heat until the sugar dissolves and the liquid comes to a boil. Continue cooking it at a boil, stirring occasionally, until most of the berries pop open and the mixture is thick, about 10 minutes. Remove the pan from the heat.

Mix in the pineapple, walnuts, lemon juice, and cloves. Transfer the relish to a serving bowl and refrigerate it uncovered until it's cold (about 2 hours). Then cover the relish until you're ready to serve it. Makes 6 cups.

Pumpkin Shell Soup

from FamilyFun Magazine

A fun and delicious soup for fall

Ingredients

- 1 medium pumpkin
- 4 cups chicken broth
- 1/4 cup maple syrup
- 1 tablespoon butter
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon salt



Instructions

Preheat oven to 350 degrees. Slice the pumpkin in half and scoop out the seeds. Place the halves cut-sides down on a buttered cookie sheet and bake for 1 hour.

Scoop out the pumpkin flesh and pass it through a sieve. In a heavy saucepan, combine the pumpkin with the remaining ingredients. Cook over low heat, stirring occasionally, until warm.

CHOCOLATE & PEANUT BUTTER DIPPED APPLES RECIPE

Ingredients:

10-12 medium apples, stems removed

1 cup CHIPITS® Semi-Sweet Chocolate Chips (250 mL)

1/4 cup plus 2 tablespoons (30 mL) shortening, divided (do not use butter, margarine, or oil) (50 mL)

10-12 wooden ice cream sticks

1 package (300 g) CHIPITS® REESE® Peanut Butter Chips, divide

Directions:

Line tray with wax paper. Wash apples; dry thoroughly. Insert wooden stick into stem end of each apple; place on prepared tray.

In medium microwave-safe bowl, place semi-sweet chocolate chips, 2/3 cup (150 mL) of the peanut butter chips and 1/4 cup (50 mL) shortening. Microwave on HIGH (100%) 1 minute; stir. If necessary, microwave on HIGH an additional 30 seconds at a time, stirring after each heating, just until chips are melted when stirred. Dip bottom three-fourths of each apple into mixture. Twirl and gently shake to remove excess; return to prepared tray.



In small microwave-safe bowl, place remaining 1 cup (250 mL) peanut butter chips and remaining 2 tablespoons (30 mL) shortening. Microwave on HIGH (100%) 30 seconds; stir. If necessary, microwave on HIGH an additional 15 seconds at a time, stirring after each heating, just until chips are melted when stirred. Spoon over top section of each apple, allowing to drip down sides. Refrigerate until ready to serve.

Makes 10 to 12 coated apples

Random Act Of KXndness Day®

November 9, 2012



26th Guelph Scouting Group

**Looking for
volunteers to
help run our
scouting
programs
in the Fall
Beaver Scout
Cub Scout
Scouts
Venture Scout
Programs
If interested
please contact
Paul**

**Schadenberg
Commissioner
26th Scout
Group
519-821-6948**



Get involved!!!

Random Act Of KXndness Day®

Pay-it-Forward cards available at:



**More
locations:**



Find out more:



www.guelphcf.ca

#RAKDay

Printing courtesy of **KH&A**



"creating a village in the city"

John McCrae

In Flanders Fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below

Sunday November 11, 2012

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