



“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.

July 2017 issue

Visit us on the Web: www.khng.ca

KHNG NEXT EVENTS, MARK YOUR CALENDARS!!

KHNG Presents
“SUMMER CHILL Night”

Join us behind Kortright Hills P.S.
 to receive a “Summer Chill Treat” on us!!

(Event will be cancelled if rains)

Limited summer treats available, come early!!

F **Wednesday** **F**
August 9, 2017

R **6:00 pm to 8:00 pm** **R**

⇒ Summer Carnival Games

⇒ Bubble, skipping, chalk and hula hoop station

⇒ Prizes

⇒ And much more....



Volunteers needed for this event
 High School Students can earn
 volunteers hours,
 contact khng@bellnet.ca
 today!!



KHNG OFFERS



Week #1 - August 14-18, 2017

“Let’s Mix It Up”

Love science? Love making a mess? This camp is for you! Mix it! Make it!
 Full of fun experiments, special guests & lots of active outdoor play.

Week#2 - August 21-25, 2017 (FULL)

“Magic & Mystery”

Ever dreamed of being a wizard? Checking the mailbox daily for your letter? Want to learn to play Quidditch? Even if you don't know what any of that means, join us for a week of magical experiments, guests & games all stirred together in a cauldron of fun!

Monday to Friday 9am to 4pm

Ages 4 - 12 years

Kortright Hills Community Room
Early drop off 8:30am & late pick up 5pm
available

Register now limited spots available for week one only.

Please email khng@bellnet.ca to have a registration form emailed to you.

Limited Spaces Will Be Available!!

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 Friday of each month

⇒ **PICK-UP** on the third Wednesday of the month between 4-7pm

⇒ Typical boxes contain 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



Photo of July 2016 GFB

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 July 7th

Fri Aug 4th

Fri Sept 8th

Pick-Up

Wed July 19th

Wed Aug 16th

Wed Sept 20th



Visit
www.khng.ca

Official KHNG website Check it out!!

Register and become a member

Our website offers:

- Current events
- Discussion forum
- Minutes of our meetings
- Monthly calendar
- Quarterly newsletters
- 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) **"16 Weeks Of KASP!"**



- | | |
|-----------|---|
| Monday | Art |
| Tuesday | Theatre, Music or Movie |
| Wednesday | Sports Day |
| Thursday | Book & Games Day |
| Friday | Everyday Science (pets, plants, cooking & more) |

Who: Students from *JK — Grade 6
What: 16-week Recreational & Educational After School Program

Where: Kortright Hills Community Room
When: Mon, Tues, Wed, Thurs & Fri
3:20 - 5:30pm - Sept 5 - Dec 22, 2017

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! 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 Now!!



“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 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.

Summer 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 now in all sections for the 2017/2018 scouting year. Contact us today on how to register!

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: spisss@rogers.com.

NOTE:



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 (Summer Chill night, KHNG Summer Camp, Boonanza and other events in 2017)
- * 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:

Next meeting September 2017 - Date TBA

- * Garden Fresh Box Pick Up
Wed Jul 19th, Aug 16th, Sept 20th, 2017
- KHNG Summer Chill Night Wed Aug. 9th, 2017
 - KHNG Summer Camp
Week #1 - Aug 14-18, 2017 - “Let’s Mix It Up”
Week #2 - Aug 21-25, 2017 - “Magic & Mystery” FULL

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!

Have you tried Safflower Seed?

This problem-solving seed is disliked by squirrels and grackles and loved by cardinals and chickadees.

Try some today!



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



FREE SUMMER FUN 2017 Movies In The Square

This year's **Movies in the Square** series offers a variety of family-friendly favourites. Starting at 9 p.m. on selected Fridays throughout the summer, families, friends, and movie fans are invited to bring a lawn chair and blankets if it's cool out and cozy up for a drive-in experience minus the car.

The giant screen will show:



<u>Dates:</u>	<u>Time:</u>	<u>Movie:</u>	<u>Rating:</u>
July 7th	9:00-11:00pm	The Adventures of Shark Boy & Lava Girl	PG
July 21st	9:00-11:00pm	Inside Out	PG
August 11th	9:00-11:00pm	Shrek Forever After	PG
August 25th	9:00-11:00pm	Fantastic Four (2005)	PG-13

If it rains, the movies will be shown inside City Hall's Atrium.





Run. Jump. Play. *Everyday.*



Get in the **PARK** >>

energize.guelph.ca

Monday, May 15th- August 28th
Margaret Greene Park
 (80 Westwood Road)
 4:30-7:30PM

Tuesday, May 16th- August 29th
Lee Street Park
 (71 Lee Street)
 4:30-7:30PM

Wednesday, May 17th- August 30th
Royal City Park (139 Gordon Street)
Waverly Park (76 Balmoral Drive)
 4:30-7:30PM

Thursday, May 17th- August 31st
Exhibition Park
 (81 London Road West)
 4:30-7:30PM

Saturday May 27th- August 26th
Mollison Park
 (85 Downey Road)
 9:30AM-1:30PM

Sunday July 2nd- August 27th
Exhibition Park
 (81 London Road West)
 9:30AM-1:30PM

No programs *July 1-3 and August 5-7*



HOT SUMMER NIGHTS CHILL OUT WITH THE GUELPH FIRE DEPARTMENT



"creating a village in the city"

Learn about fire safety and accident prevention. Meet emergency responders. Check out fire trucks, police cars and ambulances.

<u>DATE</u>	<u>TIME</u>	<u>LOCATION</u>
July 6, 2017	6:30-7:45 pm	MARGARET GREENE PARK, 80 WESTWOOD DR.
July 20, 2017	6:30-7:45pm	EXHIBITION PARK (WADING POOL) KATHLEEN ST.
August 3, 2017	6:30-7:45pm	WAVERLEY DRIVE PARK (SPLASH PAD) 140 WAVERLEY DR.
August 17, 2017	6:30-7:45pm	RIVERSIDE PARK (NEAR CAROUSEL), 709 WOOLWICH ST.



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 October 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, Thurs & Friday 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



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Love science? Love making a mess? This camp is for you! Mix it! Make it! Full of fun experiments, special guests & lots of active outdoor play.

Week#2 Aug 21-25, 2017 (Full) "Magic & Mystery"

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Monday to Friday 9am to 4pm

Ages 4 - 12 years

Kortright Hills Community Room

Limited spaces available

Email khng@bellnet.ca for details
Registrar Now!

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:

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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 October 2017!!

CITY OF Guelph
Making a Difference

Tim Hortons
Together With You, Making Good Things Happen.

TIM HORTONS FREE SWIMS

West End Community Centre
Wednesday July 5, 2-4 p.m.
Wednesday, August 2, 2-4 p.m.

Victoria Road Recreation Centre
Friday, July 14, 2-4 p.m.
Friday, August 11, 2-4 p.m.

Lyon Leisure Pool
Tuesday, July 18, 1-8 p.m.
Tuesday, August 15, 1-8 p.m.

Centennial Pool
Saturday, July 29, 1-3 p.m.
Sunday, August 20, 1-3 p.m.

CITY OF Guelph
Making a Difference

SPLASH PADS – FREE!

Open weekends starting June 10, 2017
(weather permitting).
Open daily June 26 – September 4, 2017

Hanlon Creek Park: 10 a.m. – 7 p.m.

Jubilee Park: 10 a.m. – 7 p.m.
(closed for repairs)

Norm Jary Park: 10 a.m. – 7 p.m.

Northview Park: 10 a.m. – 7 p.m.
(closed until early to mid-July)

South End Splash Pad: 10 a.m. – 7 p.m.

Waverley Park: 10 a.m. – 7 p.m.

West End Community Centre: 10 a.m. – 7 p.m.

Market Square water fountain



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

July:
 Make sure you buckle up and obey the rules of the road. Please remember to use fireworks responsibly this month

August:
 It's hot out there, make sure you lock your vehicles and homes at night to prevent thefts.

September:
 School's back in, may sure you stop for school buses and watch out for students walking to and from school.



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

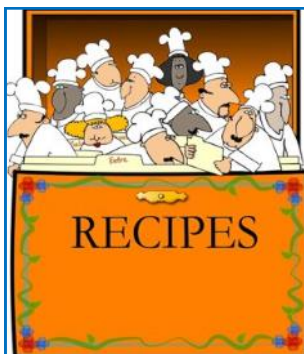
GUELPH POLICE SERVICE PRIDE SERVICE TRUST

COLOUR ME!!



Kortright Hills

Recipe Corner!!



"creating a village in the city"

Vintage Lemonade

Ingredients:

- 5 lemons
- 1 1/4 cups white sugar
- 1 1/4 quarts water



Directions:

Peel the rinds from the 5 lemons and cut them into 1/2 inch slices. Set the lemons aside. Place the rinds in a bowl and sprinkle the sugar over them. Let this stand for about one hour, so that the sugar begins to soak up the oils from the lemons. Bring water to a boil in a covered saucepan and then pour the hot water over the sugared lemon rinds. Allow this mixture to cool for 20 minutes and then remove the rinds. Squeeze the lemons into another bowl. Pour the juice through a strainer into the sugar mixture. Stir well, pour into pitcher and pop it in the fridge! Serve with ice cubes.

Two Layer Greek Dip

Ingredients:

- 2 (8 ounce) containers plain yogurt
- 1 (8 ounce) package cream cheese, softened
- 1 (8 ounce) package feta cheese, drained & crumbled
- 3 cloves garlic, crushed
- salt and pepper to taste
- 1 English cucumber, peeled & diced
- 5 roma (plum) tomatoes, seeded & chopped
- 5 green onions, chopped
- 1 (4 ounce) can sliced black olives
- black pepper to taste
- pita bread rounds, cut into triangles



Directions:

In a bowl, stir together the yogurt, softened cream cheese, feta cheese, garlic, and salt and pepper to taste; mix until smooth. Spread mixture into a shallow serving or baking dish. Cover, and refrigerate for 3 hours, or overnight. To serve, scatter cucumber, tomatoes, green onion, and sliced olives on top, and season with pepper as desired. Spoon onto pita wedges.

Yummy Summer Picnic Salad

Ingredients:

- 1 (8 ounce) pkg elbow macaroni
- 1/3 cup mayonnaise
- 1/3 cup Italian-style salad dressing
- 1 tablespoon prepared yellow mustard
- 2 cups cucumber, peeled and thinly sliced
- 2 cups diced tomato
- 1/2 cup diced green bell pepper
- 1/4 cup chopped green onion
- 1 teaspoon salt
- 1/8 teaspoon ground black pepper
- 2 (5 ounce) cans tuna, drained
- 2 cups diced tomato
- 1 hard boiled egg, chopped



Directions:

Bring a large pot of lightly salted water to a rolling boil; cook the macaroni at a boil until cooked through yet firm to the bite, about 8 minutes. Drain. Rinse with cold water to cool the macaroni to the touch; drain again. Stir the mayonnaise, Italian-style salad dressing, and mustard together in a large bowl. Add the cool macaroni, cucumber, tomato, bell pepper, green onion, salt, pepper, tuna, and egg; stir to evenly combine. Chill at least 4 hours before serving.

Summer Thyme Bread

Ingredients:

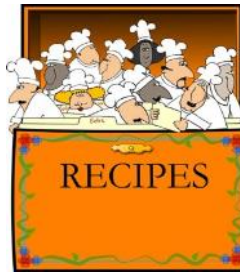
- 1/4 cup egg substitute
- 3/4 cup water
- 1 teaspoon salt
- 1 1/2 teaspoons olive oil
- 1 teaspoon lime juice
- 3 cups bread flour
- 1/2 cup instant mashed potato flakes
- 1 1/2 teaspoons minced fresh thyme
- 1 tablespoon white sugar
- 1 teaspoon active dry yeast



Directions:

Place ingredients in the pan of the bread machine in the order recommended by the manufacturer. Select Dough cycle; press Start. At end of cycle, remove dough onto a floured board, shape into a ball, cover and let rest for 15 minutes. Shape into a loaf, place in a lightly greased 9x5 inch loaf pan, and let rise, covered, for 45 minutes. Meanwhile, preheat oven to 375 degrees F (190 degrees C). Slash top of loaf with a sharp knife or razor blade. Sprinkle a bit of flour on top. Bake in preheated 375 degree oven for 30 minutes, or until loaf is golden brown and sound hollow when tapped. Remove loaf onto a wire rack and let cool.

Kortright Hills Recipe Corner!!



Summer Garden Crustless Quiche

Ingredients:

1 teaspoon olive oil, or as needed
1 tablespoon olive oil
1 yellow onion, minced
3 cloves garlic, minced
5 cups chopped kale
1/4 teaspoon kosher salt
2 grinds fresh black pepper, or to taste
1 cup diced tomato
1/2 cup shredded carrots
5 eggs
3/4 cup whole milk
7 1/2 ounces shredded Cheddar cheese
1/4 cup chopped flat-leaf parsley
2 grinds fresh black pepper, or to taste



Directions:

Preheat oven to 350 degrees F (175 degrees C). Grease a 9-inch pie dish with 1 teaspoon olive oil.
Heat 1 tablespoon olive oil in a skillet over medium heat; cook and stir onion and garlic in the hot oil until garlic is fragrant, 2 to 3 minutes. Add kale, salt, and pepper; cook, stirring occasionally, until kale is wilted, about 5 minutes. Stir tomato and carrots into kale mixture; cook for 5 more minutes. Remove skillet from heat.
Whisk eggs and milk together in a bowl. Stir Cheddar cheese, kale mixture, and parsley into egg mixture; pour into the prepared pie dish.
Bake in the preheated oven until quiche is set in the middle and a knife inserted in the center comes out clean, about 50 minutes. Cool in pie dish for 2 to 3 minutes before slicing.

Grilled Veggie Skewers

Ingredients:

8 wooden or bamboo skewers
2 zucchinis, cut into 1-inch slices
2 yellow squash, cut into 1" slices
1/2 pound whole fresh mushrooms
1 red onion, cut into chunks
12 cherry tomatoes
1 fresh pineapple, cut into chunks
1 red bell pepper, cut into chunks
1/3 cup olive oil
1 1/2 teaspoons dried basil
3/4 teaspoon dried oregano
1/2 teaspoon salt
1/8 teaspoon ground black pepper
1 fresh pineapple, cut into chunks



Directions:

Soak skewers in water for 10 to 20 minutes.
Preheat grill for medium heat and lightly oil the grate.
Alternately thread zucchini slices, yellow squash slices, mushrooms, onion, tomatoes, pineapple, and bell pepper onto the skewers.
Whisk olive oil, basil, oregano, salt, and black pepper in a bowl; brush mixture over vegetables.
Cook skewers on preheated grill until vegetables are tender, turning and basting vegetables with olive oil mixture occasionally, 10 to 15 minutes.



Ice Cream Sandwich Dessert Bars

Ingredients:

24 ice cream sandwiches
1 (12 ounce) container frozen whipped topping, thawed
1 (12 ounce) jar hot fudge sauce, warmed

Directions:

Arrange 12 of the ice cream sandwiches in the bottom of a 9x13 pan.
Spread 1/2 of the whipped topping on top of the sandwiches.
Spoon 1/2 of the hot fudge on top of the whipped topping.
Place remaining 12 ice cream sandwiches on top of the fudge, spread on the rest of the whipped topping, then finish the layers with the remaining hot fudge.
Cover and place in the freezer for 2 hours to set. Let soften at room temperature briefly before cutting into squares.

