



“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.

July 2014 issue

Visit us on the Web: www.khng.ca

KHNG Presents

“SUMMER CHILL Night”

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Join us behind Kortright Hills Public School to receive a **“Summer Chill Treat”** on us!!

(Come rain or shine!! Rain venue KHNG community room)

Limited summer treats available, come early!!

Wednesday August 13, 2014



6:00 pm to 8:00 pm



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NEW KHNG/WYNDHAM HOUSE YOUTH DROP IN!!

FREE Multi-Activity Night - Youth: 8+ Years Old - 7:00 pm - 9:00 pm - Behind Kortright Hills Public School
Friday July 11, 25 & August 8 & 22, 2014. All welcome, bring your friends and family for a night of fun.

PLEASE BRING NEW IDEAS FOR PROGRAMS IN YOUR COMMUNITY.
 Snacks will be provided!!



For more info: steps@wyndhamhouse.org
 519 822 2768



For more information email khng@bellnet.ca or call 519.993. 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 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

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: | Pick-Up |
|-----------------|---------------|
| Tues July 1st | Wed July 16th |
| Tues Aug 5th | Wed Aug 20th |
| Tues Sept 2nd | Wed Sept 17th |



"creating a village in the city"



Everybody has a little music inside...

- Piano
- Ukulele
- All ages welcome



www.CynthiaKMUSIC.com
info@cynthiakmusic.com

KHNG Presents KASP
 (Kortright After School Program)
"Welcome to KASP"



- 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 - Sept 2 to Dec 18, 2014
- Cost: \$11 per day
(cheques payable to Kortright Hills Neighbourhood Group)

Welcome to KASP!

You have been invited to attend Kortright After School Program!

During each 2 hour session we will have a snack, themed educational activities, crafts and free play in the gym or outside weather permitting. More details regarding the program will be announced closer to the 1st day of KASP.

*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 are able to volunteer in the program for any or all of the sessions.

To register, email Leone at khng@bellnet.ca for a registration form.

To Register Email with KHNG!!



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

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, photos and link with other neighbours



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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 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.

Summer 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 Photo Club September 8th 2014



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 Cheryl Campagnolo 519-837-2462 or cheryl.campagnolo@rogers.com for more information.

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 2014/2015 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.



Visit other Neighbourhood Groups in Guelph for community events throughout the city.

Grange Hill East: Email: info@gheng.ca

Hanlon Creek Neighbourhood Group:

hanlon_creek_neighbourhood@yahoo.ca

Two Rivers Neighbourhood Group: www.tworiversng.ca

Downtown Neighbourhood Association:

www.guelphdna.ca/contact

Parkwood Gardens Neighbourhood Group:

www.freewebs.com/parkwoodgardens/

Brant Ave Neighbourhood Group: <http://brantaveng.com/>

Waverley Neighbourhood Group: Phone: (519) 821-9677

Exhibition Park Neighbourhood Group: www.epng.ca

Onward Willow Neighbourhood Group:

www.onwardwillowbetterbeginnings.ca/

Clairfields Neighbourhood Group: New Group

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 etc.
- * 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 to attend KHNG upcoming Events:

KHNG Monthly meeting/social:

Thursday September 18, 2014 Thursday October 16, 2014

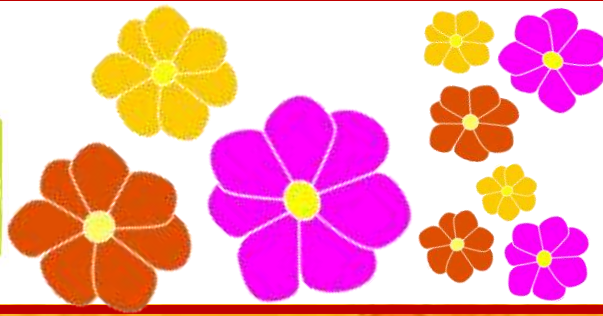
- * Garden Fresh Box Pick Up - Wed Jul 16, Aug 20, Sept 17, 2014
 - * KHNG/Wyndham House - Fri Jul 25, Aug 8 & 22, 2014 multi sport drop in night behind Kortright Hills Public School
 - * Summer Chill Night - Wednesday August 13, 2014
 - * Boonanza - October Date and details to be announced

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!



Kortright Hills
-Your Neighbourhood Group

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Free Tim Hortons Swim - Guelph

Lyon Leisure Pool

Public Swim Sunday and Wednesday

July 2 to August 17, 2014

5:00 pm - 8:00 pm

Victor Davis Pool

Public Swim Thursday

July 3 to August 28, 2014

2:00 pm to 4:00 pm

West End Community Centre

Public Swim Friday

July 4 to August 29, 2014

2:00 pm to 4:00 pm



26th Guelph Scouting Group

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

Beaver Scout

Cub Scout

Scouts

Venturer Scout Programs

If interested please contact

Paul Schadenberg

Commissioner

26th Scout Group

519-821-6948



Kortright Hills resident
since 1989

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BANKER**

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REAL ESTATE BROKERAGE

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“Buying my first home was a daunting task, but Linda made it *simple* and *easy*. ”

-Claire Braden


“Without her we would not be in the home we *love* so much today! ”

-Amelia Morris & Clarke Mattany

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For a professional complimentary Market Evaluation call
Linda today at 519-760-0008 or email at linda@cbn.on.ca**

LINDA MAIN | Sales Representative

Discover the benefits of using your neighbourhood realtor

Office: 519.821.3600 | Cell: 519.760.0008 |  @LindaTMain



Kortright Hills
-Your Neighbourhood Group

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The Guelph-Wellington Time Bank

Interested in a cash-free economy that rebuilds community, practices social justice and is happening now in Guelph? Time banking may be for you!

We look forward to sharing time with you!

For more information visit:

www.guelphwellington.timebanks.org

E: gwtb@transitionguelph.org



Hot Summer Nights

Chill out with the Guelph Fire Department this summer.

Every Thursday, July through August, learn about fire safety and accident prevention. Meet emergency responders.

check out the fire trucks, police cars and ambulances.

| | | |
|---------------------------------------|-----------|------------|
| Margaret Greens Park | July 17 | 6:30-8 pm. |
| Exhibition Park (rear wading pool) | July 24 | 6:30-8 pm. |
| Waverley Drive Park (rear splash pad) | August 7 | 6:30-8 pm. |
| Riverside Park (rear carousel) | August 14 | 6:30-8 pm. |

check out the fire trucks, police cars and ambulances.

Details
519-763-8111

Afternoon Movie

Thursday afternoons
2:30 - 4:00 PM
West End Branch
Ages 4 years & older

A different movie each week!



SPLASH PADS - FREE!

Open June 28 – September 1, 2014

- ⇒ Hanlon Creek Park - 10 a.m. – 7 p.m.
- ⇒ Norm Jary Park - 10 a.m. – 7 p.m.
- ⇒ Waverley Park - 10 a.m. – 7 p.m.
- ⇒ West End Community Centre -
Monday to Friday 10 am - 7pm; Saturday and Sunday 10 am - 5 pm.
- ⇒ Interactive Water Feature - Market Square (June to September)



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 2014. 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@wellington.on.scouts.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 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.

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



Contact KHNG:

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

Page 6 of 10

Local Home Daycare

Before and After School Spots Available this Fall!

I will have two open spots for before and after school care for Kortright Hills students this fall.

Please contact: Janet Kubik 519 546-6881 or jkubik@rogers.com

Student Able to Walk Your Child Home!!

Student Offering Afterschool Care!!

Mature grade 7 student is available to walk your child home from Kortright Hills P.S. after school starting in September.

Able to babysit until you come home.

Please call Lily at 519-840-0543



26th Guelph Scouting Group

Join The Adventure of 26th Guelph Scouting Group

Interested in joining BEAVERS, CUBS, SCOUTS...

Register now for this scouting year 2014/2015.

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

Venturers 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.

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





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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 519.837.0974 or e-mail: khng@bellnet.ca

Contact KHNG:

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

Community Teacher Needs Your Help!!

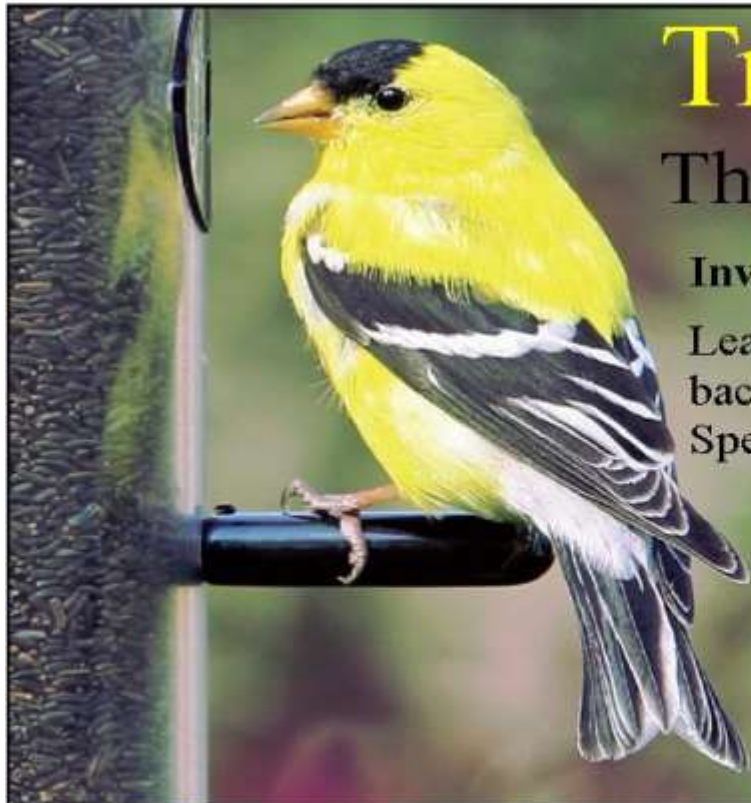
One of our community members, a teacher with the Upper Grand District School Board, has helped to launch a new program for Teen Parents. It operates out of the Shelldale Community Centre in the afternoons. Their mandate is to provide support to the Teen Parents as well as the opportunity to finish their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



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Guelph, Ontario
519-821-2473 guelph.wbu.com



Buckle Up For Safety

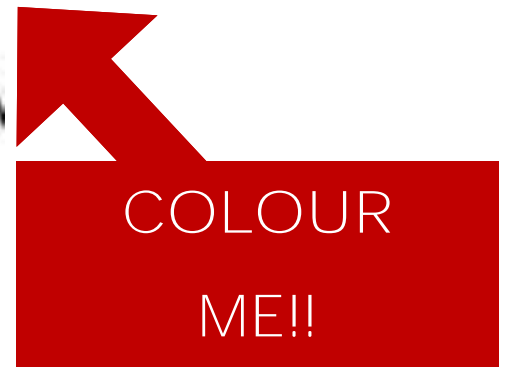


TwistyNoodles.com



"creating a village in the city"

GUELPH
POLICE
SERVICE
PRIDE
SERVICE
TRUST



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>



Summer Weather Tips:

SUN SAFETY

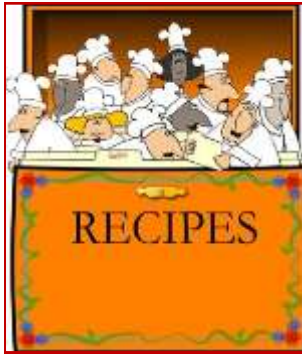
- *Apply sunscreen that is SPF 15 or more 20 minutes before you go outside
- *Wear clothes that cover your skin such as hats, shoes, long pants, and long sleeved shirts
- *Protect your eyes with sunglasses that are UVA and UVB rated
- *Stay in the shade

HEAT WAVES

- *Drop into a cool store, restaurant or theatre every so often
- *Stay hydrated by drinking enough water and avoiding caffeine and alcoholic beverages
- *If you do not have air conditioning, try sitting in front of a fan
- *Take cool showers to help lower your body temperature



Kortright Hills Recipe Corner!!



"creating a village in the city"

Cucumber Lemonade Recipe

Ingredients:

1 cucumber, thinly sliced
1 (12 ounce) can frozen lemonade concentrate
1 (2 liter) bottle lemon-lime flavored carbonated beverage



Directions

Place the cucumber slices into a large pitcher.

Pour the lemonade concentrate over the cucumber and let stand for 10 minutes.

Pour in the lemon-lime soda and pour into glasses to serve.

Guacamole Recipe

Ingredients:

3 avocados - peeled, pitted, and mashed
1 lime, juiced
1 teaspoon salt
1/2 cup diced onion
3 tablespoons chopped fresh cilantro
2 Roma (plum) tomatoes, diced
1 teaspoon minced garlic
1 pinch ground cayenne pepper (optional)



Directions:

in a medium bowl, mash together the avocados, lime juice, and salt.

Mix in onion, cilantro, tomatoes, and garlic.

Stir in cayenne pepper.

Refrigerate 1 hour for best flavor, or serve immediately with nachos.



Garlic Cheddar Chicken

Ingredients:

| | |
|---|--|
| 1/2 cup butter | 4 cloves garlic, minced |
| 3/4 cup dry bread crumbs | 1/2 cup freshly grated Parmesan cheese |
| 1 1/2 cups shredded Cheddar cheese | 1/4 teaspoon dried parsley |
| 1/4 teaspoon dried oregano | 1/4 teaspoon ground black pepper |
| 1/8 teaspoon salt | |
| 8 skinless, boneless chicken breast halves - pounded thin | |

Directions:

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

Melt the butter in a saucepan over low heat, and cook the garlic until tender, about 5 minutes.

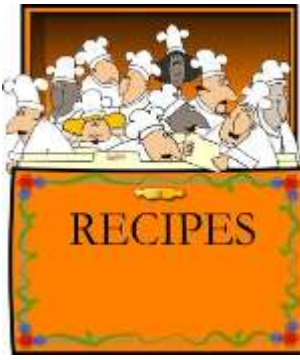
In a shallow bowl, mix the bread crumbs, Parmesan cheese, Cheddar cheese, parsley, oregano, pepper, and salt.

Dip each chicken breast in the garlic butter to coat, then press into the bread crumb mixture. Arrange the coated chicken breasts in a 9x13 inch baking dish. Drizzle with any remaining butter and top with any remaining bread crumb mixture.

Bake 30 minutes in the preheated oven, or until chicken is no longer pink and juices run clear.



Kortright Hills Recipe Corner!!



Summer Corn Salad

Ingredients:

6 ears corn, husked and cleaned
3 large tomatoes, diced
1 large onion, diced
1/4 cup chopped fresh basil
1/4 cup olive oil
2 tablespoons white vinegar
salt and pepper to taste



Directions:

Bring a large pot of lightly salted water to a boil. Cook corn in boiling water for 7 to 10 minutes, or until desired tenderness. Drain, cool and cut kernels off the cob with a sharp knife.

In a large bowl, toss together the corn, tomatoes, onion, basil, oil, vinegar, salt and pepper. Chill until serving.

Garlic Red Potatoes

Ingredients:

2 pounds red potatoes, quartered
1/4 cup butter, melted
2 teaspoons minced garlic
1 teaspoon salt
1 lemon, juiced
1 tablespoon grated Parmesan cheese



Directions:

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

Place potatoes in an 8x8 inch baking dish.

In small bowl combine melted butter, garlic, salt and lemon juice; pour over potatoes and stir to coat.

Sprinkle Parmesan cheese over potatoes.

Bake covered, in preheated oven for 30 minutes.

Uncover and bake an additional 10 minutes, or until golden brown.

Strawberry Angel Food Dessert

Ingredients:

1 (10 inch) angel food cake
2 (8 ounce) packages cream cheese, softened
1 cup white sugar
1 (8 ounce) container frozen whipped topping, thawed
1 quart fresh strawberries, sliced
1 (18 ounce) jar strawberry glaze

Directions:

Crumble the cake into a 9x13 inch dish.

Beat the cream cheese and sugar in a medium bowl until light and fluffy. Fold in whipped topping.

Mash the cake down with your hands and spread the cream cheese mixture over the cake.



In a bowl, combine strawberries and glaze until strawberries are evenly coated. Spread over cream cheese layer.

Chill until serving.

KORTRIGHT HILLS
NEIGHBOURHOOD
GROUP
NEW PHONE
NUMBER
519.993.5264