



"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](mailto:khng@bellnet.ca) [www.khng.ca](http://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 2012 issue**

Visit us on the Web: [www.khng.ca](http://www.khng.ca)

*Spring is here!*



 **Mark Your Calendars**  
**Join Us In The KHPS Gym** 

**KHNG Next Friday Movie Night**  
**Friday April 13, 2012**



- \* DOORS OPEN AT 7:00 PM
- \* MOVIE TO BEGIN AT 7:30 PM
- \* SUGGESTED DONATION OF \$1.00 PER PERSON WOULD BE APPRECIATED
- \* BRING YOUR LAWN CHAIRS, BLANKETS OR SLEEPING BAG
- \* TELL YOUR FRIENDS, FAMILIES & NEIGHBOURS
- \* POPCORN & REFRESHMENTS AVAILABLE FOR A SMALL FEE

**Want to get involved, volunteer for movie nights! !**  
Send us an E-mail: [khng@bellnet.ca](mailto:khng@bellnet.ca)



**2012**



**Kortright Hills Neighbourhood Group**

**Clean-Green**



**Saturday, April 21, 2012**

**9:00 am – 11:30 am**

**Meet in the Kortright Hills Community Room**

(KHNG community room, side entrance of the school)

Join us for our 7th annual family clean up of our public green spaces and 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  
Ask Leone (KHNG Representative) for your free lunch tickets

For more information contact  
Leone Schadenberg  
KHNG Outreach Coordinator  
519.837.0974  
[khng@bellnet.ca](mailto:khng@bellnet.ca)  
or [www.khng.ca](http://www.khng.ca)

**For more information email [khng@bellnet.ca](mailto:khng@bellnet.ca) or call 519.837.0974 or visit [www.khng.ca](http://www.khng.ca)**



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## ATTENTION ALL GREEN THUMBS!!!

WE INVITE YOU TO PARTICIPATE IN OUR 2ND ANNUAL KHNG COMMUNITY PLANT SWAP  
AND 26TH GUELPH SCOUTING GROUP COMPOST FUNDRAISER

**WHEN:** SATURDAY MAY 5<sup>th</sup> – 9 AM to 2 PM

**WHERE:** At The Front of Kortright Hills Public School



**HOW TO PARTICIPATE:** When clearing out your garden this spring to make room for new plant additions or growth don't throw out/compost those baby plants, **POT THEM!** All you need to do is bring your baby plants to the community room on Friday May 4th, 6PM to 8PM or Saturday morning May 5th starting at 9AM, to have the opportunity to share your plants with your neighbours and take new baby plants home to your garden. Labeling materials for plant descriptions will be provided in the community room.



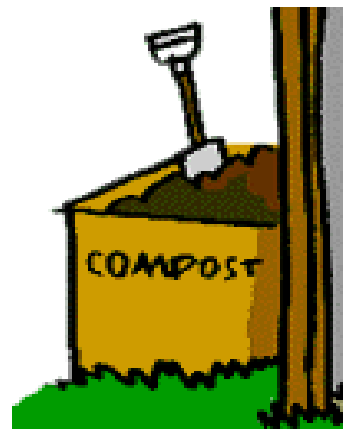
**PLANT SWAPPING IS EASY, SAVES YOU TIME, MONEY AND IS GREAT FOR THE ENVIRONMENT!**

**DONATE A PLANT - RECEIVE A PLANT!**



**26<sup>TH</sup> GUELPH SCOUTING GROUP, OUR COMMUNITY PARTNER  
IS HOSTING A COMPOST FUNDRAISER TO RAISE MONEY TO  
ATTEND A JAMBOREE IN ALBERTA IN 2013**

**Drop by and purchase your very own bags of the good stuff!  
For more information or to pre order email [khng@bellnet.ca](mailto:khng@bellnet.ca)**





## 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](http://www.carusohomeopathy.com)



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**519-821-3600**

519-760-0008 Cell

[linda-main@coldwellbanker.ca](mailto:linda-main@coldwellbanker.ca)

## Healthy smiles Ontario



### Free dental care for children aged 17 and under

If you don't have dental insurance and can't afford care, we have free services for your children at Public Health. At our dental clinics, we help children prevent cavities and disease. We also make sure that children with urgent problems get the treatment they need.

For more information about our dental services, call our Dental Line at 1-800-265-7293 ext. 2661 or visit [www.wdgppublichealth.ca](http://www.wdgppublichealth.ca)



Wellington-Dufferin-Guelph Public Health  
1-800-265-7293 | [www.wdgppublichealth.ca](http://www.wdgppublichealth.ca)  
[info@wdgppublichealth.ca](mailto:info@wdgppublichealth.ca)



**Kortright Hills**  
-Your Neighbourhood Group

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# Garden Fresh Box



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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 change with Ontario's growing season.

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](http://www.guelphchc.ca)

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

## *KHNG Presents KASP (Kortright After School Program)*

### *"Around the World in 13 Weeks"*

**Who:** Students from \*JK — Grade 6

**What:** A 13-week Recreational & Educational After School Program

**Where:** Kortright Hills Community Room

**When:** Mon, Tues, Wed & Thurs  
3:20 - 5:30pm  
April 2 to June 28, 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 are able to assist with the program for any or all of the sessions.

To register, visit our website, print and fill out the registration form and submit to Leone, KHNG Outreach Coordinator

For more information, email us at [khng@bellnet.ca](mailto:khng@bellnet.ca)



## REGISTER EARLY, SPACES ARE LIMITED!!



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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](mailto:khng@bellnet.ca).

Also watch for our new A-frame signs telling you that new information is posted on our website.

# Spring 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 meeting April 2, 2012, May 7, 2012 and June 4, 2012**

**KASP (Kortright After School Program):** KASP is offered in the community room of Kortright Hills Public School Monday to Thursday 3:30 pm to 5:30 pm. Join us for a fun-filled 2 hour session consisting of snack, themed educational activities, active games, free play in the school gym or outside weather permitting! Register for the Spring 2012 Session now, limited spaces available. For more information contact Leone [khng@bellnet.ca](mailto:khng@bellnet.ca) or visit our website [www.khng.ca](http://www.khng.ca) to view registration form.

**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.

### 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](mailto:chris_robb34@yahoo.com) or [khng@bellnet.ca](mailto: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. Spaces are still available in all sections for the 2011/2012 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.scouters.ca](mailto:26thguelph@w.scouters.ca) for further information.

## Do you have an idea for an:



### Event Program 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](mailto: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 nights Friday April 13, 2012
- \* 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](mailto: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:**  
Thursday April 19, 2012      Thursday May 17, 2012  
Thursday June 21, 2012
- **Movie In The Gym Night Friday April 13, 2012**
- **Earth Day Saturday April 21, 2012**
- **Community Garage Sale May 12, 2012**
- **Plant Swap Saturday May 5, 2012**
- **KHNG BBQ Saturday June 23, 2012**

Visit KHNG website for up to date events: [www.khng.ca](http://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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**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](mailto: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*

#### **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](mailto:khng@bellnet.ca)

#### **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](mailto: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 e mail 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**

Openings available **NOW** for full-time, part-time and summer care children ages 12 months to six years old.

Contact: Brandy at 226-706-6000

[www.daycare.boogaloos.ca](http://www.daycare.boogaloos.ca)



#### **Contact KHNG:**

[www.khng.ca](http://www.khng.ca) \* [khng@bellnet.ca](mailto:khng@bellnet.ca) \* 519-837-0974

### *26th Guelph Scouting Group*

#### **Join The Adventure of 26th Guelph Scouting Group**

Interested in joining BEAVERS, CUBS, SCOUTS...

**Join now and take advantage of our reduced rate.**

The 26<sup>th</sup> Guelph Scouting Group still has room for more youth. Each section 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](mailto:26thguelph@wellington.on.scouts.ca)



### *Kortright Hills Community Garage Sale*



#### **KORTRIGHT AREA GARAGE SALE**



Spring is a time for clearing out unwanted stuff from your house!

One person's junk is another's treasure!

Kortright Hills Neighbourhood Group is promoting a neighbourhood wide sale

**Saturday May 12th starting at 8:00 AM**

Hold your own driveway sale or visit your neighbours sale and discover new treasures!

KHNG will advertise this event in the local paper and online so start collecting your clutter today and join us!

### *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](mailto:kimberley.durst@ugdsb.on.ca)





Are you looking for ways to have a beautiful landscape without spending hours of time, water and money?  
A healthy landscape visit can help you find ways to reduce the demands of your landscape, without sacrificing beauty and be the envy of your Neighbours!



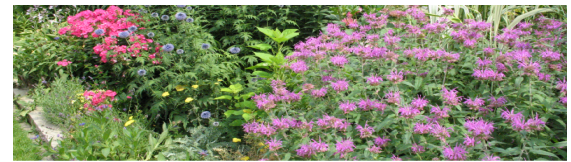
**healthy  
landscapes**

How to tips include:

- how to have a beautiful landscape that is also low maintenance
- fun, easy ideas to help you incorporate the latest garden trends
- learn about dazzling plant combinations that are easy to grow and maintain
- learn what plants will work best with your garden's conditions
- watering your lawn and garden for best results
- identifying pest problems and how to deal with them
- conserving energy by planting a tree in the right location

Once the visit is complete, you'll be provided with a FREE report that outlines recommendations on how to create a beautiful, low-maintenance lawn and garden. Visits are available May through August.

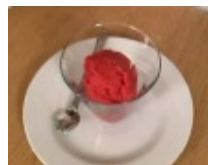
To sign up for your free 30-minute Healthy landscape visit of your property, call 519-822-1260 X 2107 or email [healthylandscapes@guelph.ca](mailto:healthylandscapes@guelph.ca). for more information visit [www.guelph.ca/healthylandscapes](http://www.guelph.ca/healthylandscapes).



### **Strawberry Sorbet Recipe - A Great Summer Treat**

#### **Ingredients:**

- 4 Cups quartered fresh strawberries
- 3/4 cup honey
- 1/2 tablespoon lemon juice
- 1 cup cold water



**Directions:** In a large bowl, mix together strawberries and honey, and allow to stand for 30 minutes to soften berries. In a food processor, puree berry mixture in 2 batches. Strain into a large bowl. Stir in lemon juice and water, and freeze until firm, about 1 1/2 hours. Remove from freezer, and beat until smooth. Freeze until firm, about 1 1/2 hours. Remove from freezer, and beat again until smooth. Turn into a 4 to 5 cup container, cover, and freeze. Enjoy!



## **26th Guelph Scouting Group**

**Looking for volunteers to help  
run our scouting programs  
Beavers, Cubs, Scouts  
and Ventures  
If interested please contact  
Paul 519-821-6948**



Visit [www.khng.ca](http://www.khng.ca)

Official KHNG website

Check it out!!

Register and become a member

**Our website offers:**

Current events  
Monthly calendar  
Quarterly newsletters

Current programs available  
Discussion forum  
Minutes of our meetings

**Become a member, register now!!**

Join KHNG now 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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## GUELPH POLICE SERVICE

**PRIDE \* SERVICE \* TRUST**

**NEIGHBOURHOOD TEAMS**



### THE FIVE COMPONENTS OF THE NEIGHBOURHOOD POLICING MODEL IN GUELPH

#### **Problem-Solving**

Neighbourhood police officers become familiar with the needs of a specific neighbourhood through continual interaction with the people who live and work in it.

#### **Geographical Responsibility**

In order to strengthen police-community partnerships and effectively respond to local issues, frontline officers are assigned to specific neighbourhoods for extended periods of time.

#### **Improve Quality Of Life**

The key "measures of success" of neighbourhood policing are improvements in the quality of life according to those who have a stake in the neighbourhood - residents, business owners, schools, community organizations and others.

#### **Partnerships**

Neighbourhood teams are involved in partnerships comprised of police service members and neighbourhood representatives - residents, business owners, and members of other service providers and community groups.

#### **Member Recognition/Career Enrichment**

This area involves training and experience in leadership, community diversity, communications and technology complement knowledge of the law, emergency response and investigative techniques. Member recognition and performance evaluation is linked to the extent to which job performance contributes to achieving neighbourhood objectives.

### **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.



### **Home Protection Tips:**

- \* Change the door locks after moving into a new house or apartment.
- \* Install and use a peephole in your front door. Never open your door to a stranger.
- \* Keep windows locked.
- \* Keep drapes and window shades closed after dark.
- \* Leave lights on in two or more rooms to show that people are home.
- \* When a stranger asks to use your telephone, do not let him into your house. Offer to call emergency help for him.
- \* Be suspicious of visits by people you didn't call and always ask salesmen and repair men to show you their ID. Before letting them in, call their business to make sure they are supposed to be there. Use the phone book, not a number they give you. (It could be phony.)
- \* Be alert to protect your neighbours as well as yourself. Never mention to a stranger that a neighbour is away, lives alone, or is home alone.
- \* Consider joining your local Neighbourhood Watch or consider starting one