



"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 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.

July 2013 issue

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

Summer is here!



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KHNG Presents

## "SUMMER CHILL Night"

E

Join us behind

Kortright Hills Public School



to receive a "Summer Chill" treat on us!!  
 (limited summer treats available, come early)

Wednesday August 14, 2013

6:00 pm to 8:00 pm

Evening Family Activities include:

- Face Painting by "Makin' Faces"
- Bubble Station
- Ninjutsu Demo
- Skipping Station
- Spin the Wheel - movie trivia
- Hula Hoop Station
- Bean Bag Toss
- Flying Saucer Tic Tac Toe
- Art Chalk Station
- Penny Table Auction



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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)



# 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 Wednesday of the month
- ⇒ **PICK-UP** on the third Wednesday of the month, late afternoon
- ⇒ Typical boxes contains 9-14 vegetables and 2-5 types of fruit
- ⇒ **LARGE Box \$20, SMALL \$15**



## **WEBSITE:**

<http://www.guelphchc.ca/pages/healthy-living/food-health/garden-fresh-box>

**KHNG is your local host site beginning September 2013**

**Email: [khng@bellnet.ca](mailto:khng@bellnet.ca)**

**Today to order your GARDEN FRESH BOX!!**



## **KHNG Presents KASP**

**(Kortright After School Program)**



**"All Together Now!! - Minding Your P's & Q's"**

**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 3rd to Dec 19th, 2013  
**Cost:** \$11 per day  
(cheques payable to Kortright Hills Neighbourhood Group)

Making manners fun!! Manners & etiquette are really just ways of being kind & respecting people around us. And believe it or not learning etiquette can be fun!  
Join us as we explore etiquette the world over & right here at KASP through, cooking, crafts, games and active play inside or out!

\*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](mailto:khng@bellnet.ca) for a registration form.



**Register Now Limited Space Available Monday Only!!**



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**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  
Discussion forum      Quarterly newsletters  
Minutes of our meetings  
Current programs available

***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](mailto: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 Meeting September 2, 2013**



It starts with Scouts.



It starts with Scouts.



It starts with Scouts.



It starts with Scouts.

**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 2013/2014 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  
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](mailto:khng@bellnet.ca).**



**SCOTT GOSSELINK**

**Sales Representative**

**CENTURY 21**

**Home Realty Inc., Brokerage**

25-340 Woodlawn Road West

Guelph, ON

N1H 7K6

Office: 519-767-2100

[scott.gosselink@century21.ca](mailto:scott.gosselink@century21.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:

- \* Planning of New event "Summer Chill Night"
- \* Planning of Pumpkin Fundraiser and Boonanza
- \* 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 2013 Neighbourhood Events:

**KHNG Monthly meeting/social: (NO meetings Jul or Aug)**

Thursday Sept 19, 2013      Thursday Oct 17, 2013  
Thursday Nov 21, 2013

- \* KHNG 1st "Summer Chill Night" - Wednesday Aug 14, 2013
- \* KHNG Annual Pumpkin Fundraiser - details to be announced
- \* KHNG Annual Boonanza - Sunday October 27, 2013

**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!**





### Guelph Farmers' Market

located this summer at:

**Exhibition Park Arena**  
70 Division Street,  
7:00 AM to 12:00 PM



We are trying to round up volunteers for our carry out service for Saturday market. We have a wagon or two to help customers carry their bags to their car. Volunteer hours can be used toward high school credit and any tips made can be kept by the individual. Would you know of anyone interested in volunteering for the summer?

Michelle Clarke | Farmers' Market Clerk  
City of Guelph  
T 519-822-1260 x2445 | F 519-821-3026  
E [michelle.clarke@guelph.ca](mailto:michelle.clarke@guelph.ca) W [guelph.ca](http://guelph.ca)



Kortright Hills resident  
since 1989



Independently owned and operated



# Caruso Homeopathic Clinic

Heather Caruso, BSc., DHMS HD

- Bestselling author, holistic nutritionist, orthomolecular practitioner, homeopath
- Voted Diamond in the Guelph Tribune's Readers' Choice Awards 2012



## 13 years successful practice healing people naturally

- Weight loss, body composition
- Gastrointestinal disorders (acid reflux, diverticulitis, ibs, ibd)
- Autoimmune conditions (lupus, rheumatoid arthritis, guillian barre, nephritis, eczema, cystitis)
- Cardiovascular disease (hypertension, high cholesterol and arteriosclerosis)
- Diabetes/insulin resistance

Sign up for our free e-newsletter for health!

**[www.carusohomeopathy.com](http://www.carusohomeopathy.com)**

**Guelph 519 827 9237**

Heather  
Caruso



“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

Get my advice on how to get your home market ready.  
For a professional complimentary Market Evaluation call  
Linda today at **519-760-0008** or email at [linda@cbn.on.ca](mailto: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](https://twitter.com/LindaTMain)



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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](http://www.guelphwellington.timebanks.org)

E: [gwtb@transitionguelph.org](mailto: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.

Market Square	July 11	6:30-7:45 p.m.
Waverly Drive (near Windsor Park)	July 18	6:30-7:45 p.m.
Exhibition Park Arena	July 25	6:30-7:45 p.m.
Riverside Park Carousel	August 8	6:30-7:45 p.m.
Shelldale Community Centre, Norm Jary Park	August 15	6:30-7:45 p.m.



**Details**  
519-763-8111

## 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**





## 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 2013. 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!!



### 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](mailto: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](mailto: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](http://www.daycare.boogaloos.ca)



#### Contact KHNG:

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

Page 6 of 10

### Missing - Medic Alert Bracelet

My daughter was tobogganing over at Milson Park behind the school and has lost her Medic Alert bracelet. It is a silver bracelet with the Medic Alert on it, no name is on it, just her medical conditions. If someone sees it or finds it, please contact Brie 519-823-1113.

### 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 2013/2014.**

The 26<sup>th</sup> 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](mailto:26thguelph@wellington.on.scouts.ca)



It starts with Scouts.

### After School Program Supplies Needed!!

#### Craft Items Needed for "KASP" Program

Kortright After School Program is looking for craft items: markers, paper, paint, crayons, toilet paper rolls, boxes, coloured paper, clay, play dough or any other craft supplies.

We have a creative group that love to create special things for each other and their families.

Any donations are appreciated.

To make a donation please email [khng@bellnet.ca](mailto:khng@bellnet.ca)



### Guelph's Farmers Market - Re - Located

#### Guelph Farmers Market Re - Located to:

EXHIBITION ARENA 70 Division Street, Guelph

Dates and Hours for the temporary relocation are from Saturday, June 15 until Saturday, August 31 inclusive



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**KHNG** sends an electronic newsletter out four times a year, next issue April 2013. 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 Continued!!



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

*I believe the world is one big family, and we need to*

**HELP EACH OTHER.**

*Jet Li*  
VERYBESTQUOTES.COM

### Want to Advertise in KHNG Newsletter

**KHNG Newsletters January, April, July and October 2013**  
**Sponsorship Suggested Rate Scale:**

<b>Full page ad, graphics, logo and border</b>	
\$100.00 for Newsletter	\$50.00 for Website
<b>Half page ad, graphics, logo and border</b>	
\$50.00 for Newsletter	\$25.00 for Website
<b>Quarter page ad, graphics, logo and border</b>	
\$25.00 for Newsletter	\$15 for Website
<b>Business card size, graphic, logo and border</b>	
\$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 2013!!**



**GUELPH COMMUNITY NEIGHBOURHOOD GROUPS!!**



### Grange Hill East NG

**\*\*\* 2013 will mark our 10th annual Summer Picnic! \*\*\***

This is our largest and most popular event. It takes place each year, on the \* Sunday of Labour Day \* weekend, at \* O'Connor Park \* (behind Ken Danby and Holy Trinity Catholic School).

The event starts at \*3 pm\* and includes bouncers, games, crafts, prize draws, music, and yummy food, including fresh corn on the cob!

We end the day by watching a movie together in the park. Most of the activities at the event are offered **FREE** of charge.

Hope you can join us! Please have a look at our new and improved website: \*[www.gheng.ca](http://www.gheng.ca).\*

### Hanlon Creek Neighbourhood Group:

Email: [hanlon\\_creek\\_neighbourhood@yahoo.ca](mailto:hanlon_creek_neighbourhood@yahoo.ca)

### Two Rivers Neighbourhood Group:

[www.tworiversng.ca](http://www.tworiversng.ca)

### Downtown Neighbourhood Association:

[www.guelphdna.ca/contact](http://www.guelphdna.ca/contact)

### Parkwood Gardens Neighbourhood Group:

[www.freewebs.com/parkwoodgardens/](http://www.freewebs.com/parkwoodgardens/)

### Brant Ave Neighbourhood Group:

<http://brantaveng.com/>

### Waverley Neighbourhood Group:

(519) 821-9677

### Exhibition Park Neighbourhood Group:

[www.epng.ca](http://www.epng.ca)

### Onward Willow Neighbourhood Group:

[www.onwardwillowbetterbeginnings.ca/](http://www.onwardwillowbetterbeginnings.ca/)

### Contact KHNG:

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

Page 7 of 10

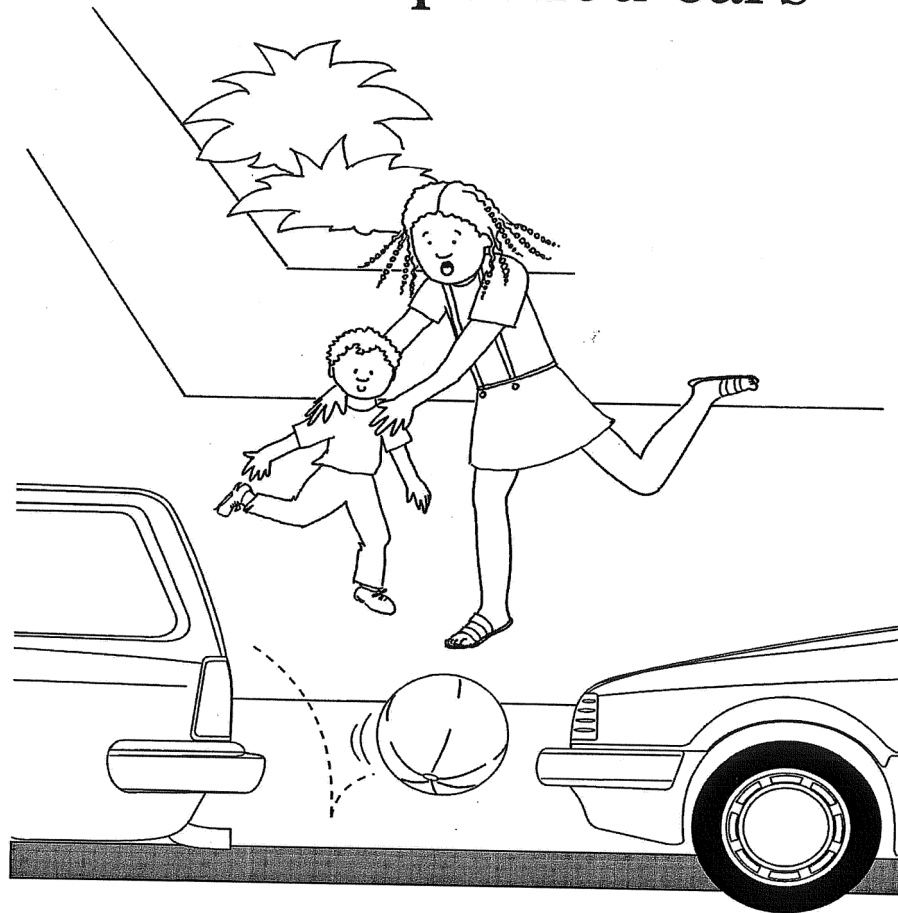
# Never play near parked cars



"creating a village in the city"

**GUELPH  
POLICE  
SERVICE**

**PRIDE  
SERVICE  
TRUST**



**COLOUR  
ME!!**

## 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

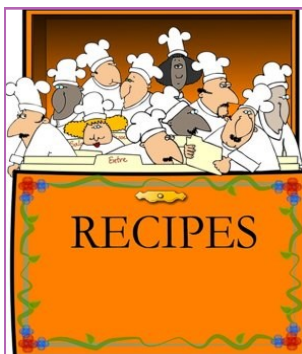




# Kortright Hills

## Recipe

### Corner!!



*"creating a village in the city"*

#### Fresh Grapefruit Juice Smoothie

##### Ingredients:

- 1 1/3 cups fresh red grapefruit juice
- 8 large strawberries
- 2 medium bananas, sliced
- 1 (8 ounce) container strawberry-banana yogurt
- 2 tablespoons honey
- 1 cup crushed ice



##### Directions:

Place the grapefruit juice, strawberries, bananas, yogurt, honey, and ice into a blender

Cover, and blend until smooth

Enjoy!!

#### Guacamole

##### 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.

#### BLT Pasta Salad

##### Ingredients:

- 1 (16 ounce) package medium seashell pasta
- 1 pound sliced bacon
- 1 1/2 cups light Ranch-style salad dressing
- 1 small onion, chopped
- 2 tomatoes, chopped



##### Directions:

Bring a large pot of lightly salted water to a boil. Add the pasta, and cook until tender, about 8 minutes. Drain, and rinse under cold water to cool.

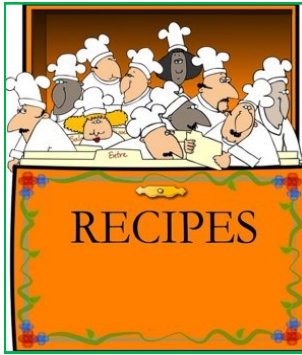
Meanwhile, cook the bacon in a large deep skillet over medium-high heat until browned and crisp. Remove from the pan and drain on paper towels.

In a large bowl, stir together the Ranch dressing, onion, and tomatoes. Mix in the cooled pasta. The pasta will absorb some of the dressing, so don't worry if it seems like too much. Refrigerate for several hours or overnight. Crumble bacon over the top just before serving.

# Kortright Hills

## Recipe

### Corner!!



#### Grilled Lemon Herb Pork Chops

##### Ingredients:

- 1/4 cup lemon juice
- 2 tablespoons vegetable oil
- 4 cloves garlic, minced
- 1 teaspoon salt
- 1/4 teaspoon dried oregano
- 1/4 teaspoon pepper
- 6 (4 ounce) boneless pork loin chops

##### Directions:

In a large re-sealable bag, combine lemon juice, oil, garlic, salt, oregano, and pepper. Place chops in bag, seal, and refrigerate 2 hours or overnight. Turn bag frequently to distribute marinade.

Preheat an outdoor grill for high heat. Remove chops from bag, and transfer remaining marinade to a saucepan. Bring marinade to a boil, remove from heat, and set aside.

Lightly oil the grill grate. Grill pork chops for 5 to 7 minutes per side, basting frequently with boiled marinade, until done.



#### Juicy Peach Crisp

##### Ingredients:

- 6 fresh peaches - peeled, pitted & sliced
- 1/2 teaspoon almond extract
- 1 cup all-purpose flour
- 1 cup white sugar
- 1/4 cup brown sugar
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/2 cup butter



##### Directions:

Preheat an oven to 375 degrees F (190 degrees C), and grease an 8 inch square baking dish.

Place the peaches in the bottom of the baking dish, and sprinkle them with almond extract.

In a bowl, combine the flour, sugar, brown sugar, cinnamon, and salt. Cut the butter into the flour mixture with a pastry cutter until the mixture resembles crumbs.

Sprinkle the flour mixture in an even layer over the top of the peaches, and bake in the preheated oven for about 45 minutes, until the peaches are bubbling and the topping is browned.

#### Triple Berry Sorbet

##### Ingredients:

- 1 3/4 cups white sugar
- 1 3/4 cups water
- 2 cups fresh or frozen cranberries
- 1 1/2 cups cherry juice
- 1/2 cup lime juice
- 1 (12 ounce) package frozen unsweetened raspberries
- 2 tbsps frozen orange juice concentrate



##### Directions

Bring the sugar and water to a boil in a saucepan over medium heat. When the sugar is dissolved, stir in the cranberries, and cook and stir for 5 minutes. Add the raspberries, and simmer for 5 more minutes, until the raspberries have softened and the cranberries have popped.

Strain the mixture through a sieve or strainer, discard the pulp, and refrigerate the mixture for 2 hours. Mix in the cherry juice, lime juice, and orange juice concentrate, and pour the mixture into an ice cream maker. Freeze according to directions.

Pack the sorbet into a freezer container and freeze for about 2 hours, until the sorbet is firm. Remove from the freezer about 10 minutes before serving.