



"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 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 2011 issue

Visit us on the Web: www.khng.ca

Summer is here!



KHNG 3rd Annual Movie in the Park

Mark your calendar to attend
KHNG 3rd Annual 'Movie in the Park'



Feature presentation for 2011

"E.T."

(Celebrating 29th year)

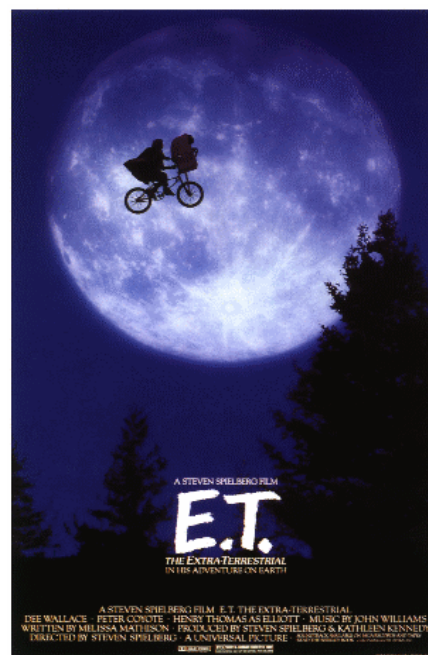
Monday August 15, 2011

(Rain date Wednesday August 17, 2011)

Movie to begin at dusk,
Bring your lawn chairs and blanket
Tell your friends, families and neighbours

Concession Food Items for purchase
at a small fee.

Join us for a night of fun



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

"KHNG SUMMER BBQ BLAST"

Thank you to all who joined us for our 2nd Annual "Summer BBQ Blast"
Saturday June 25th, 2011, Mollison Park. Despite the cool weather, we had a great time in the park meeting up with friends, bouncing in the bouncy castle, Face painting, pottery-painting, ZUMBA-ing and Karate demonstration, having fun!



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CONGRATULATIONS TO OUR DOOR PRIZE WINNERS:

Janice Park Performance Dance Academy winner

Madeline MacNaughton Epicure winner

Sydney Meuniec Fighting Griffin Karate winner

Lynn Ronconi YMCA-YWCA winner

Catherine Steeves Sandeep Plaha Sales Rep. Century 21 winner

Many thanks to our wonderful volunteers who helped run this event!!

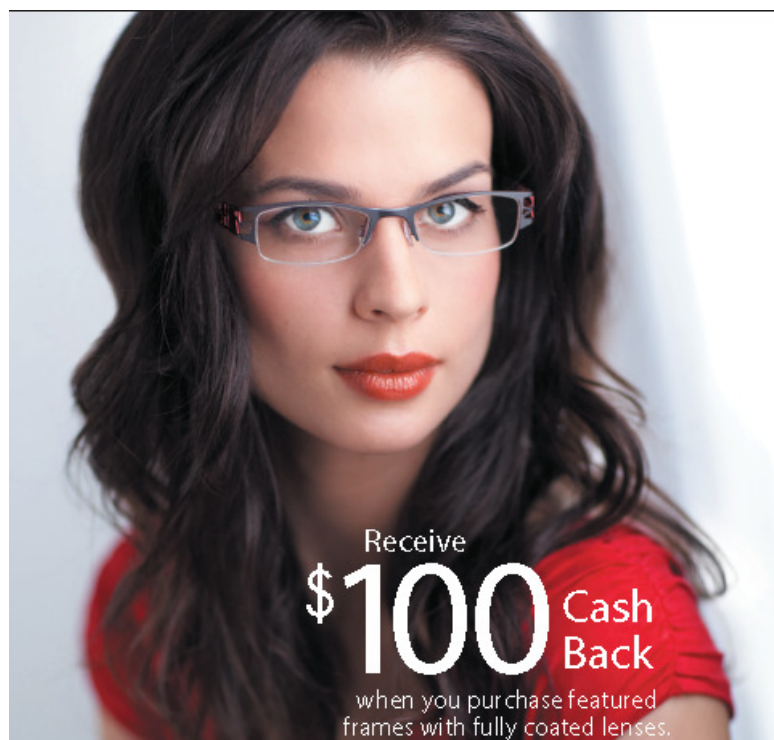


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SUMMER BROCCOLI SALAD

Ingredients:

- 1/2 pound bacon, cooked crisp and broken into pieces
- 1 cup Cheddar cheese, shredded
- 1 1/2 bunches of broccoli, broken into small flowerets
- 1 small onion, chopped

Dressing:

- 1 cup mayonnaise
- 2 tbsp white vinegar
- 1/4 cup sugar or equivalent sugar substitute



Mix all salad ingredients together. Mix dressing ingredients. Pour dressing over salad and mix well. Chill. This bacon broccoli salad recipe tastes even better if left in the fridge overnight to let the flavours blend.



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Jim Fox

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Welcome!

Thank You!

Stay

Informed:

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.

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!

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: Summer meetings July 4, 2011, August 8, 2011 & September 5, 2011 for further information and meeting locations contact Gregg.

PLAY GROUP: Please join the **KORTRIGHT PLAY GROUP** for a free drop in program for parents/caregivers and children aged 0-6 Monday mornings 9:30 to 11:30 am at the Community Room, Kortright Hills Public School. Activities will include: Crafts, Story Time, Songs, Games and Free Play. Please note that this group is not subsidized. Snacks will not be provided. To volunteer to assist with the group or for further information, contact O Shea at 519.265.2747 or by email at osheadavidson@rogers.com.

NOTE: Play group will be cancelled Monday Aug. 22 & 29, 2011

KASP (Kortright After School Program): KASP is offered in the community room of Kortright Hills Public School Monday to Thursday 3:20 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 Fall 2011 Session now, limited spaces available. For more information contact Leone khng@bellnet.ca or visit our website www.khng.ca to view registration form.

PAINTING CLUB: Open to painters using watercolours or acrylics as well as those who would like a time and space to practice their drawing skills. All abilities are welcome, from beginners to advance. We will share our knowledge and enthusiasm in tackling common challenges and enjoy the camaraderie and incentive that comes from working in a group. Painting club will meet the second and fourth Tuesday of each month from **7-9pm** in the community room of Kortright Hills Public School.

Bring your painting supplies, reference material (photos or sketches) and a creative spirit.

For more information, contact Michele Parsons at 519-824-6107 or

email at woodwatr@sentex.net

Visit my website to see some of my work -

<http://www.guelpharts.ca/micheleparsons>

NOTE: Cancelled for the summer months, will begin again September 2011

BABE AND TOT MUSIC GROUP: Join the Babe and Tot Music Group **Friday mornings 9:45 to 11:15 am** in the Community Room at Kortright Hills P. S. This program is for children age Birth to 3 years, parents/caregivers. For more information please contact Karen Kuhn - 519.823.9777 - email karen.kuhn@sympatico.ca

NOTE: Cancelled for the summer months, will begin again September 2011

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: Cancelled for the summer months, will begin again September 2011

SCOUTS: Do you enjoy camping, making new friends, developing leadership skills and much more? If so, the **26th Scout Group** is accepting registrations 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.scouter.ca for further information.

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 Movie in the Park Monday August 15, 2011 (rain date Wednesday August 17, 2011)
- * Family movie nights 3rd Friday each month beginning September 2011
- * Boonanza Halloween Event Sunday October 30, 2011
- * Holiday Social late November or early December
- * 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 2011 Neighbourhood Events:

- **KHNG Monthly meeting/social:**
Thursday July 21, 2011 Thursday August 18, 2011
Thursday September 15, 2011
- **Movie In The Park Monday August 15th, 2011 @ 7:00 pm**
Feature Movie "ET" (rain date Wed. Aug. 17th, 2011)
- **KHNG Boonanza** Sunday October 30th, 2011
Full details to be posted on website
- **KHNG Holiday Social** end of November or early December
Full details to be posted on website

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!

Want to Advertise in KHNG Quarterly Newsletter:



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KHNG sends an electronic newsletter out four times a year, next issue October 2011. 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

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

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

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.

Neighbourhood — Private Swimming Lessons

SWIMMING LESSONS IN YOUR COMMUNITY!

Private Swimming Lessons in Your Own Backyard, Certified Instructor, Private, Semi Private and Small Group Sessions. Contact Sarah Herbert Swimming Instructor with over 3 years experience for more information by email s_herbert04@hotmail.com or phone (519)362-6478.

Spaces Limited. Call now to reserve your times!

Do you have an idea for an event that may interest others in our neighbourhood?

Ask KHNG about using the community room!



Call Leone 519.837.0974 or e-mail: khng@bellnet.ca.

26th Guelph Scouting Group

26th Guelph Scouting Group Needs You!!

26th Guelph are looking for parent volunteers to help run Beaver Program ages 5 to 7 years and Cub Program ages 8 to 10 years. If you are interested please contact Paul Schadenberg, 26th Guelph Group Commissioner 519-821-6948 or 26thguelph@wellington.on.scouts.ca
Bring On The Adventure!!

Join The Adventure of 26th Guelph Scouting Group

The 26th Scout Group at Kortright Hills Public School has spaces available for boys and girls of all ages for all scouting sections: 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

St. Matthias Church Fish Fry

Fish Fry Dinner

Saturday - July 16th

St Matthias Church (corner of Edinburgh/Kortright)

\$14 each \$5 child (hot dog)

For tickets: jenncraig_43@yahoo.ca or 519-780-0359

St. Matthias Church Garden Fresh Box Program

Garden Fresh Box

Purchase a Box of fresh fruits and veggies

3rd Wed of each month

\$20 or \$15 box sizes.

For Information Contact:

Jenn 519-780-0359 or jenncraig_43@yahoo.ca

Contact KHNG:

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



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Visit www.khng.ca

KHNG has launched a new website

Check it out!!

Register and become a member

Our new website offers:

Current events
Current programs available
Monthly calendar
Discussion forum
Quarterly newsletters
And minutes of our meetings



KHNG Presents KASP (Kortright After School Program)



Who: Students from *JK — Grade 6

What: A 15-week Educational After-School Program

Where: Kortright Hills Community Room

When: Mon, Tues, Wed & Thurs

3:20 - 5:30pm

September 12 to December 22, 2011

Cost: \$10/session, \$40/week (please post date cheques for Sept 12, 2011 payable to Kortright Hills Neighbourhood Group)



During each 2 hour session we will have a snack, themed educational activities and 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 help run 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

Please note Winter Session of KASP will run January to April 2012
Winter KASP Registration will begin December 2011

PLEASE REGISTER EARLY, SPACES ARE LIMITED!!



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Blue Built Home – a new approach to whole home efficiency

Welcome to the community of water savings! **Blue Built Home** is the City's newest water efficiency and rebate program. New homes built to one of the three water efficiency standards – Bronze, Silver or Gold – that incorporate an approved set of fixtures and appliances are estimated to save up to 54% on a home's annual water use and utility bills. Plus, new home buyers are eligible for a one-time rebate of up to \$2,460 for their new Blue Built Home!

For the last few months, the City of Guelph has been working with local home builders to see three demonstration homes built, all offering Blue Built Home certification, by **Terra View Homes**, **Sloot Construction** and **Reid's Heritage Homes**.



June 30th marks Blue Built Home's official launch. What better way to celebrate than a tour of a certified Blue Built Home. If you're considering buying a new home in Guelph, ask your home builder for the certified water savings that a Blue Built Home can offer!

For more information, visit <http://www.bluebuilthome.ca/guelph>.

Summer's here – don't forget to water wisely!

You've probably seen the brightly coloured water drops on signs around the City and in the paper. In fact, 95% of Guelph residents know about the Outside Water Use Program! But why do we have it? Guelph is entirely dependent on groundwater for our municipal water supply, which means that water demand during hot, dry summer months can stress our supply, increasing the risk of shortages.

Guelph's **Outside Water Use Program** keeps you informed about current conditions and water use guidelines throughout the summer so that we can all conserve and protect Guelph's water supply.



We are currently in **Level 0 Blue**, which encourages careful water use. There are no restrictions for watering trees or gardens, filling pools, or washing vehicles. However you must limit lawn watering to alternate days, only between 7-9 a.m. and 7-9 p.m. (odd numbered addresses can water on odd numbered calendar days; even number addresses on even numbered days).

If conditions change, Levels 1 and 2 require further restrictions. When Outside Water Use levels change, the City will alert all residents through the use of signs along Guelph's major roads as well as through local radio and newspaper ads. For more information,

visit <http://www.guelph.ca/water>



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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***

A Summer Breeze Smoothie Recipe

Ingredients (serves 1)

- 1 medium sized banana
- 2 scoops of low fat vanilla ice cream
- 1 pear cut into chunks
- 3-4 fresh strawberries



Method

This Summer Breeze smoothie recipe really is a breeze to make and it tastes great. First of all break the banana into about 4 pieces, place in blender. Next add the pear chunks. Hull the strawberries and add them next. Finally throw the low fat vanilla ice cream in and blend on full power for around 30 seconds. Then set on smooth for 30 seconds. Pour out in a tall glass and enjoy it! If you need to make more, just double or triple the smoothie ingredients.

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