



"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 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 2012 issue

Visit us on the Web: www.khng.ca

Summer is here!



**MARK YOUR CALENDAR TO ATTEND
KHNG 4TH ANNUAL**

'Nostalgic Movie in the Park Night'

Monday August 13, 2012

(Rain date Wednesday August 15, 2012)

Movie to begin at dusk

Feature Presentation:

GH  STBUSTERS

Bring your lawn chairs and blanket

Tell your friends, families and neighbours

Concession items for sale at a small price

COME DRESSED IN YOUR BEST GHOSTBUSTER COSTUME!!

Visit our website www.khng.ca for current event information



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

Garden Fresh Box



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 changes with Ontario's growing season, but runs 12 months of the year.

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

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



KHNG Presents KASP (Kortright After School Program) ***"Exploring the Periodic Table in 16 weeks"***

During each 2 hour session we will have a snack, themed educational activities & free play in the gym or outside weather permitting

Who: Students from *JK — Grade 6
What: A 16-week Recreational & Educational After School Program
Where: Kortright Hills Community Room
When: Mon, Tues, Wed & Thurs
3:20 - 5:30pm
September 4 to December 20, 2012
Cost: \$11 per day
(cheques payable to Kortright Hills Neighbourhood Group)

*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 khng@bellnet.ca



LIMITED SPACE AVAILABLE!!



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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: No meetings during the summer months, meetings will begin in September 2012

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: No meetings during the summer months, meetings will begin in September 2012.

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 or 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. Pre Registration is available in all sections for the 2012/2013 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 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.

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 events Aug & Dec 2012, Jan & Apr 2013
- * 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
Your help is needed – call or e-mail us today!!

Mark your calendars for these fun 2012 Neighbourhood Events:

- **KHNG Monthly meeting/social:**
Thursday July 19, 2012 Thursday August 16, 2012
Thursday September 20, 2012
- **Nostalgic Movie in the Park Night Monday August 13, 2012**
(rain date: Wednesday August 15, 2012)
- **Boonanza Sunday October 28, 2012**
- **Holiday Social end of November**
- **Movie in the Gym Night Friday December 14, 2012**

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



Mid-Summer Italian Bread Salad

Ingredients

- | | |
|----------------------------|---|
| 1 clove garlic | 1 (1 pound) loaf Italian bread |
| 1 cup chopped tomatoes | 1 cup cucumber - peeled, seeded and chopped |
| 1 cup chopped red onion | 1 clove garlic, minced |
| 2 cups chopped fresh basil | 1/8 cup chopped fresh thyme |
| 1/4 cup olive oil | 2 tablespoons balsamic vinegar |

Directions

Rub a peeled clove of garlic around a wooden salad bowl.

Pull apart or chop the bread into bite-size pieces.

In the prepared salad bowl, combine the bread, tomatoes, cucumbers, red onions, garlic, basil and thyme. Add enough olive oil and vinegar to lightly coat, toss and serve.



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!

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www.carusohomeopathy.com



**Get free
dental care
for your
child**

**Call 1-800-265-7293 or
519-846-2715 ext. 2661**

PREVENTIVE DENTAL CLINICS

Shelldale Centre

20 Shelldale Crescent, Guelph

71 Broadway

Orangeville

474 Wellington Rd. #18

RR#1 Fergus

311 Foster St.

Mount Forest

167 Centre St.

Shelburne

Ask us about other locations near you.

www.wdgppublichealth.ca

At our **Preventive Dental Clinics**, we offer free dental services for eligible children up to and including age 17.

Our services help prevent cavities.

We can:

- Clean teeth
- Apply fluoride
- Coat teeth with sealants
- Show you how to brush

Your child is eligible if you do not have dental insurance or social assistance, and the cost of care would be a financial hardship.



Public Health

Wellington-Dufferin-Guelph Public Health
1.800.265.7293 | www.wdgppublichealth.ca
info@wdgppublichealth.ca



Easy Raspberry Lemonade

Ingredients

- 1 (12 fluid ounce) can frozen raspberry lemonade concentrate
- 3 cups water
- 3/4 teaspoon lime juice
- 1 (12 fluid ounce) can or bottle lemon-lime flavored carbonated beverage
- 1 cup crushed ice
- 1 cup fresh raspberries, garnish
- 18 Mint leaves, for garnish (optional)

Directions

In a large punch bowl, combine raspberry lemonade concentrate, water and lime juice. Stir in lemon-lime soda and crushed ice. Garnish each glass with a fresh raspberry and a mint leaf.



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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. 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.

Local Home Daycare

Boogaloos Home Daycare

September openings available for full-time and part-time care
Children ages two 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

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 2012/2013.

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

Ventures 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.

26th Guelph Scout Troop Fundraiser

Birds feeders for sale by 26th Guelph Scout Troop to raise funds for their trip to the Canadian Jamboree in Alberta next summer.

Several other styles also available.

Please contact us if you are looking for a different style/type

26thguelph@wellington.on.scouts.ca

and help support your local Scout Troop

Birdfeeders make great gifts!!



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



Chill out with the Guelph Fire Department
Thursdays in July & August

Every Thursday, July through August, learn about fire safety and accident prevention. Meet emergency responders. Check out the emergency vehicles, including fire trucks, police vehicles and ambulances.

Location	Date	Time
Shelldale Community Centre, Norm Jary Park	July 5	6:30–7:45 p.m.
Ken Danby Public School	July 19	6:30–7:45 p.m.
Jean Little Public/ St. Michael Catholic	July 26	6:30–7:45 p.m.
St. Paul Catholic School	August 2	6:30–7:45 p.m.
Westwood Public School	August 9	6:30–7:45 p.m.
Bishop MacDonnell Catholic High School, Larry Pearson Park	August 16	6:30–7:45 p.m.
Brant Avenue Public School	August 23	6:30–7:45 p.m.

Need more info? Call 519-763-8111.



Campfire S'mores Smash

Ingredients

- 1 tablespoon butter
- 1 (10 ounce) package mini marshmallows
- 2 individual packages graham crackers, crumbled
- 2 (1.5 ounce) bars chocolate candy bars, broken into pieces

Directions

Melt the butter in a cast iron pan over the slow, red embers of your campfire. Pour in marshmallows, and stir until completely melted. Remove from the fire, and stir in the graham crackers and chocolate. Press into the pan with the back of a spoon. Allow to cool completely, then cut into wedges.





Guelph's outside water use program (OWUP) has become one of the most successful and recognized water conservation programs in Ontario, thanks to the support of Guelph residents.

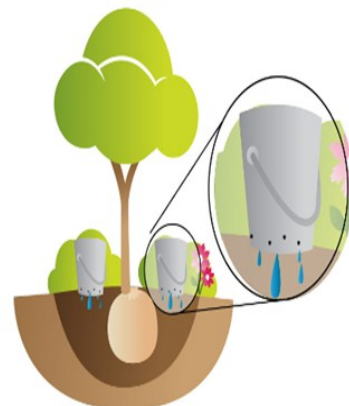
Yes, you can water trees and gardens while we are in level 0 – BI and Level 1 – Yellow; restrictions apply in level 2 – Red. You can find a description of each of the OWUP levels and affected activities for each program level by visiting guelph.ca/water or call 519-822-1260 x 2153.

If you do water your lawn, it is best to water your lawn infrequently and deeply. Rather than watering a little each day it is more beneficial to the root structure of your lawn to water deeply about 2.5 centimetres (1 inch) once a week. Although this may not keep the lawn from going dormant, it will ensure your lawn survives a drought.

In your garden, you should only need to water plants that have been recently planted. By using drought tolerant plants and mulching correctly, once established these plants should not need any additional watering (unless there are long periods of drought).

If you have mature trees, consider watering them in the heat of July and August. Prolonged drought stress on trees, could take years to show up and weaken your tree, which makes it susceptible to insects and diseases. Lawns can be replaced in a matter of months, whereas a 20 year old tree will take 20 years to replace!

For more lawn and gardening watering tips, including tips on watering a vegetable garden visit <http://www.guelph.ca/healthylandscapes>



Water trees by using the bucket method. Place a 20 litre (5 gallon) pail, with holes cut in the bottom, near your tree. Fill with water and let it slowly drip down to the tree's roots. Do this about once a week in the heat of the summer.

Chocolate Pudding Pops

Ingredients

- 1 small package of instant chocolate pudding (3.4 ounces or 96 g)
- 2 cups milk
- 1/2 cup sugar



Instructions

With a wire whisk, blend together 1 package of instant chocolate pudding, 2 cups milk, 1/2 cup cream, and 1/2 cup sugar.

Pour the mixture into popsicle molds. Or, pour it into small plastic cups, cover each with aluminum foil, and insert a craft stick through the foil.

Freeze and eat.

26th Guelph Scouting Group



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



Visit www.khng.ca

Official KHNG website

Check it out!!

Register and become a member

Our website offers:

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

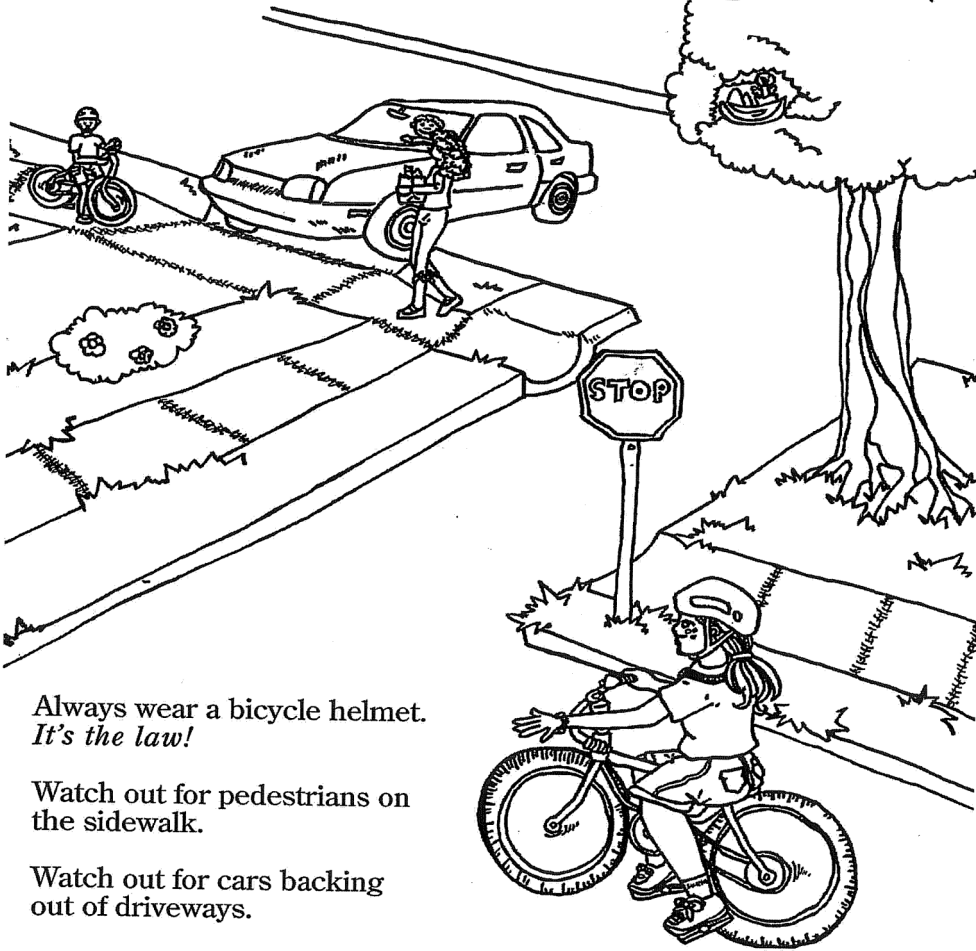
Become a member, register now!!

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

Ride your bicycle safely. Obey all signs and signals.



Always wear a bicycle helmet.
It's the law!

Watch out for pedestrians on
the sidewalk.


Watch out for cars backing
out of driveways.



"creating a village in the city"

**GUELPH POLICE
SERVICE**
PRIDE * SERVICE
TRUST



 **Colour Me**
Be Safe and enjoy your Summer!!

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, make 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>

Bike Safety

Kids bike riding

Children must always wear a bicycle helmet, no matter how short or long the ride. The head is the most important part of the body because of the brain. A serious injury could cause irreparable damage not only to your physical head, but also runs the risk of damaging your cognitive or mental capacity.

When putting on a helmet, level it over your child's forehead and adjust the chin strap to fit snugly and comfortably. It should protect the forehead without slipping; and it should not move unless the scalp moves.

The most serious biking incidents (Of which 90% of cycling deaths occur from) are those involving motor vehicles, in most collisions it is the cyclist's action which has the biggest influence on the outcome. Children are taught by Guelph Police School Safety Officers about bicycle safety during the school year but parents need to take the time to ensure their children have full understanding.

Some common issues to address include:

- | | |
|---------------------------------------|---|
| 1) Following Stop Signs | biking after dark |
| 2) Making warning signs when turning | 7) Older kids should wear bright coloured clothing and reflectors |
| 3) Exiting the driveway | 8) To ensure your child is ready to ride, go out biking with them and observe |
| 4) Knowing the rules of the road | |
| 5) Avoid following the leader blindly | |
| 6) Younger children should not go out | |