



"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

Our Boundaries

North – Downey and Niska Rd from Hanlon to Waterfowl Park;

East – Hanlon Expressway;

West – City Limits;

South West – City Limits to Downey Rd;

South East – Teal Dr from Downey to Hanlon.

October 2010 issue

Visit us on the Web: www.khng.ca

Fall is here!



JOIN US FOR KHNG

B  **nanza**

"KHNG Halloween Party!!!"

Kortright Hills P.S. Gym

Sunday, October 31, 2010

3 to 6 pm

**Put on your costumes and join our
Halloween Party!!**

****Small Charges Apply**



- Halloween Games, Activities & Crafts
- Wear your Costume & Get Your Face Professionally Painted! **
- Halloween Costume Contest

- Pumpkin Carving Contest (pumpkin included while supplies last)**
- Haunted House
- Pizza, popcorn & drinks**
- And more....

Have dinner & party with us before going Trick-or-Treating!!

For more information contact Leone khng@bellnet.ca

Thank you Boonanza Sponsors: Mosborough Country Market, Guelph YWCA/YMCA, Guelph Toyota, Fighting Griffin Karate, FunMazing PlayCentre & Linda Main Sales Rep Coldwell Banker Neumann Real Estate Brokerage



"KHNG Movie In The Park"

Thank you to all who joined us for our Movie in the Park on Wednesday August 11th to watch "Back to the Future"

Despite the wet weather Kortright Hills community enjoyed the movie.

Special thanks to our major sponsor and new restaurant within our community "Creekside Kitchen" corner of Downey Rd and Ptarmigan Dr. Also thank you to other sponsors who supported KHNG 2nd annual movie event.



Visit www.khng.ca

KHNG launched a new website

September 1st, 2010

Check it out!!

Register and become a member

Our new website offers:

Current events

Current programs available

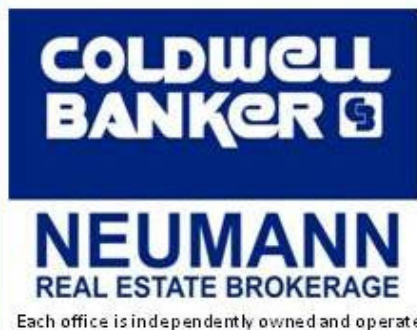
Monthly calendar

Discussion forum

Quarterly newsletters

And minutes of our meetings

Become a member, register now!!



Linda Main Sales Representative

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Your Neighbourhood Realtor*

519-821-3600

519-760-0008 Cell

linda-main@coldwellbanker.ca

KHNG Proudly Presents

AROUND THE WORLD IN 60 DAYS

- Who:** Children aged 4 - 12 years
What: A 15-week Educational After-School Program
Where: Kortright Hills Community Room
When: Mon, Tues, Wed & Thurs
3:20 - 5:30pm
Sept 7 to Dec 16, 2010
Cost: \$8/session, \$32/week

During each 2 hour session we will have a snack, explore new countries and enjoy learning about their culture, festivals, food and games! Parent/Student Volunteers Needed! Please email if you are able to help run the program for any or all of the sessions.

For more information or to register, please email khng@bellnet.ca and a registration form will be emailed to you.



A few spaces are still 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, especially The Empress of India, Kortright Hills Public School and the City of Guelph. Your support for our neighbourhood is greatly appreciated!

Stay

To get email updates of our neighbourhood events delivered right to your inbox, please send your request to khng@bellnet.ca.

Informed:

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

Fall 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.

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 Oshea at 519-265-2747 or by email at sschaj@hotmail.com.

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. Our theme for this term is "Around The World In 60 Days". During each 2 hour session children will explore new countries around the world, culture, festivals, food and games! For more information contact khng@bellnet.ca.

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 - www.guelpharts.ca/micheleparsons

BABE AND TOT MUSIC GROUP: Join the Babe and Tot Music Group **Tuesday mornings 9:30 to 11:00 am** in the Community Room at Kortright Hills P. S. This program is for children age 0 to 6 years, parents/caregivers. For more information please contact Louise e-mail louise.cottreau@gmail.com.

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.

SCOUTS: Do you enjoy camping, making new friends, developing leadership skills and much more? If so, the **26th Scout Group** has spaces available for this 2010/2011 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 meets Mondays 7:00-8:45. The above scouting programs meet at Kortright Hills Public School. Leone 519.821.6948 or email 26thguelph@w.scouter.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 Boo-ananza "Halloween Party" October 31, 2010
- * Planning Annual Holiday Social 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

Mark your calendars for these fun 2010 Neighbourhood Events:

- **KHNG Monthly meeting/social:**
Thursday Oct 21, 2010
Nov 18, 2010
Dec 16, 2010
- **Police Services Community Forum:** Tuesday Oct 19th
Salvation Army Church Gordon St.
- **Boo-ananza:** Sunday October 31st, 2010 @ 3:00 pm

Visit **KHNG** website for up to date events: www.khng.ca

Consider getting involved with **YOUR Neighbourhood Group**
Join us 3rd Thursday each Month at 7:00 pm
in the Community Room!



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Want to Advertise in KHNG Quarterly Newsletter:

KHNG sends an electronic newsletter out four times a year, next issue January. If you wish to advertise your business, small sponsorship fee will apply, share your favourite recipe with your neighbours, write an article of interest, 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. **Next KHNG newsletter is January 2011, deadline for e-mailed submissions December 15th, 2010.**

Kortright Hills Classifieds!!



KHNG After School Program

Recyclable Craft Items for "KASP" Program

Kortright After School Program is looking for craft items such as paper towel rolls, toilet paper rolls, large or small milk and juice cartons (please rinse), Kleenex boxes, any plastic containers and other recyclable items for crafts.

Please email khng@bellnet.ca if you would like to donate.

Volunteers Needed for "KASP" Program

Kortright After School Program is looking for volunteers to assist with running of the program. KASP is running Monday, Tuesday, Wednesday and Thursday from 3:20 to 5:30 pm, students JK to Gr. 6. If interested please contact Leone khng@bellnet.ca



Kortright Hills Neighbourhood Opportunities

Volunteer for Boonanza "KHNG Halloween Party!!"

We are looking for volunteers to assist with KHNG Halloween Party Sunday October 31st, 3 to 6 pm.

We will require assistance to help with the following:
Set Up, Distribution of Food, Assistance with Games, Activities, Crafts, Popcorn Machine, Costume Contest, Pumpkin Carving Contest and Tear down.

To volunteer please contact khng@bellnet.ca

KHNG Community Room

Are you looking for a place to hold a community meeting, start a club, provide a workshop, have an idea for adult or children programs and would 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.

Tribune Paper Route Available!!

Earn Some Money, Tribune Paper Route Available!!

I have to give up my Tribune paper route! It's Downey from Teal to Niska, and Ptarmigan from Downey to just past Kortright Hills school. It pays about \$65 a month for delivery on Tuesdays and Thursdays. No money collection.
Call 519-821-8577, Carlos, for more information.

26th Guelph Scouting Group

26th Guelph Scouting Group Need 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 meets Mondays 7:00-9:00. For more details contact Leone 519-821-6948 or 26thguelph@wellington.on.scouts.ca

Seamstress/Tailor Wanted

Need Alteration Done...

I am looking for seamstress/tailor to do small alteration jobs. Please call Linda at 519-821-1097 if interested.



Contact KHNG:

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



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WINE SPECIFIC STEMWARE

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OFFER EXPIRES DECEMBER 31ST, 2010.
CANNOT BE COMBINED WITH ANY OTHER OFFER.
LIMIT ONE PER CUSTOMER

Downey Rd Centre www.thetownewiner.ca Tel: 519.824.9191

Pumpkin Gingerbread

"A delicious quick bread that will fill your kitchen with spicy holiday scents."

Prep Time: 15 Minutes

Cook Time: 45 Minutes



INGREDIENTS:

3 cups sugar	1 tsp ground cinnamon
1 cup vegetable oil	1 tsp ground cloves
4 eggs	3 1/2 cups all-purpose flour
2/3 cup water	2 tsp baking soda
1 (15 ounce) can pumpkin puree	1 1/2 tsp salt
2 tsp ground ginger	1/2 tsp baking powder
1 tsp ground allspice	



DIRECTIONS:

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease two 9x5 inch loaf pans.
2. In a large mixing, combine sugar, oil and eggs; beat until smooth. Add water and beat until well blended. Stir in pumpkin, ginger, allspice cinnamon, and clove.
3. In medium bowl, combine flour, soda, salt, and baking powder. Add dry ingredients to pumpkin mixture and blend just until all ingredients are mixed. Divide batter between prepared pans.
4. Bake in preheated oven until toothpick comes out clean, about 1 hour.



Job Opportunity

Rainbow Programmes for Children is recruiting for the position of **Administrator** for Rainbow Daycamp. Rainbow offers a Guelph-based, work-from-home, part-time, year round (emphasis on winter, spring, summer) contract position.

Job posting and description can be found at:

<http://www.rainbowdaycamp.com>

Fall: To Do List (for your turf)

1. Corn Gluten: reduce weeds naturally.
2. Aeration: Promote air & nutrients to the root of the turf.
3. Fertilizer: Food for the winter, to promote growth in the spring.
4. Overseed: Add density to your turf to keep weeds out.

turf appeal

Call or email us today for your fall and winter maintenance!

519-835-5190

info@turfappeal.ca

www.turfappeal.ca

10% Discount on Snow Removal Packages



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Article By: Dr. Patrick Quaid, IRIS Optometrist

Question:

I am not sure who is covered and who is not covered for eye examinations by OHIP, can you clarify this issue?

Answer:

OHIP still covers annual eye examinations for all children aged 19 and younger and seniors aged 65 years or older. If you are aged 20-64 you can still be covered by OHIP for your eye examination if you are found to have a disease process that can potentially affect your vision. There are currently ten categories of such conditions and your eye doctor will inform you if you are eligible for coverage under OHIP. For example, conditions such as diabetes and glaucoma are covered. If you are aged 20-64 and are found to be otherwise healthy (i.e. you only require correction with glasses or contact lenses but have no active pathology), then there will be an eye examination fee. This fee usually ranges anywhere from

\$80-\$140 and is recommended at least every two years (every year if you are over 40). The cost will vary, but always ask what the fee includes. We include both a retinal scan (i.e. a digital retinal photo) and a peripheral visual field test (which checks the health and function of your optic nerve) in the cost of the initial eye examination. Keep in mind that this is a small price to pay to ensure your eyes are thoroughly assessed. Your vision is precious and it is important to ensure that your eyes remain healthy. It is worth stressing that you should have your eyes examined even if you see well as there are many eye diseases that do not cause vision loss until they are relatively advanced and often irreversible (e.g. in glaucoma, your peripheral vision is lost slowly over time). Always keep in mind that continuity of care is important. Try to find an optometrist that you are comfortable with and do your best to remain with that practitioner whenever possible. This continuity of care helps your optometrist to build up a history on you in terms of your eye health. This history makes it easier for your eye doctor to detect change that is unusual for you. Keep in mind that if you have insurance through your work, the cost of the eye examination may be reimbursed.

Question:

Is it a good idea to have my child's eyes examined prior to starting school?

Answer:

Absolutely. Approximately 80% of all learning is visual. A high proportion of children with "learning difficulties" simply have an eye condition that has not been addressed. For example, occasional eye turns or uncorrected prescriptions can cause blurred vision, headaches and even double vision which occur to a greater degree when the child is doing close work. Thus, quite often the child does not like doing homework (or any near work for that matter) simply because it is very uncomfortable to do so. In addition, I have assessed many children with "dyslexia" who have simply had a binocular vision issue (i.e. both eyes were not co-ordinating their eye movements properly). All these children needed to function normally were computerized eye muscle therapy or the use of "prismatic correction" in their glasses. In the patients that I have treated with computerized eye muscle therapy, a vast improvement in reading ability and elimination of headaches can be observed in a high proportion of cases. The bottom line is that if you suspect that your child may have a learning issue, make sure to get their eyes examination prior to exploring other causes. Their eyes are often the explanation for their problems. As eye examinations for children are still covered by OHIP, there is really very little reason to avoid making an appointment with an optometrist. If your child sees well and appears to have no issues, get them checked anyway. Like the old saying goes, an ounce of prevention beats a pound of cure!



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"Be Recognized for Making a Difference through Water Conservation"

Make a difference through water conservation

As one of the largest cities in Canada reliant solely on groundwater for our water supply, it is essential that we use our water wisely in Guelph. Water conservation not only makes sense for the environment, but also for our wallets and our community too! Whether through planting water efficient gardens, collecting rainwater or greywater, or educating people about how to conserve water, many Guelph residents, businesses and organizations are doing exciting work to help to conserve and protect our water resources.



Get recognized!

The City of Guelph is looking to recognize water conservation leaders in our community through the **2010 Water Conservation & Efficiency Awards**. Nominate yourself or a friend, neighbour or local organization in one of three award categories —Residential, Business or Community Education by December 17, for a chance to be recognized and win great prizes. For more information visit guelph.ca/waterawards or call 519-822-1260 x2405.

Want to conserve our water but don't know how?

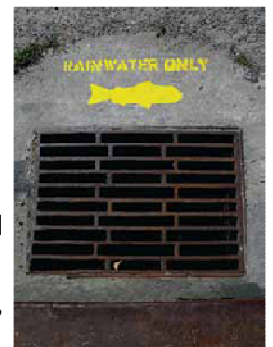
The City of Guelph offers a variety of resources to help residents and businesses conserve and protect our water resources. Host a Yellowfish Road painting event in your neighbourhood, receive a rebate for purchasing an efficient front loading washing machine or low flow toilet, or calculate your water footprint using the One Minute Water Calculator. For more information visit guelph.ca/waterconservation!



YELLOW FISH ROAD PROGRAM

Through the Yellow Fish Road program, community volunteers paint yellow fish symbols above street level storm drains and distribute fish shaped brochures to nearby households. These yellow fish symbols remind residents to properly use and safely dispose of hazardous household chemicals, rather than allowing these to enter storm drains and our local waterways.

For more Information or to host a painting event in your neighbourhood, contact City of Guelph Waterworks at 519-822-1260 x2189.



Information provided by:

Becky Swainson
Water Conservation Program Coordinator
Waterworks Division
Planning, Engineering & Environmental Services
City of Guelph



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.