



"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.

July 2010 issue

Visit us on the Web: www.khng.ca

Summer is here!



JOIN US FOR KHNG 2nd Annual 'MOVIE IN THE PARK'

KHNG introduces again this summer **'Movie in the Park'**. Our feature presentation **"Back To The Future"** picked by the KHNG Community at our Summer BBQ Blast.

Showtime is **Monday August 9th, 2010 at 8:00 pm behind KHPS.**

Tell your friends and neighbours, bring your lawn chairs and blankets for this free family movie event. Snacks will be available to purchase.

Mark your calendars and join us Monday evening

August 9th @ 8:00 PM for an evening of fun!!

"BACK TO THE FUTURE"

CELEBRATING 25 YEARS

JULY 2, 1985



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.

Please Register Early
Spaces are Limited!



"KHNG SUMMER BBQ BLAST"

Thank you to all who joined us for our Summer BBQ Blast on Sat June 26. Despite the pouring rain, we had a blast in the school gym bouncing, face painting, pottery-painting, ZUMBA-ing and having fun!

Congratulations to Karen Miller winner of the \$100 Future Shop Gift Certificate donated by the Sutherland Family.

A special thank you to the following sponsors who supported this event:

zehrs

The Fat Duck

YMCA-YWCA of Guelph



Hartsland Zehrs



26th Guelph Scout Group

The Little Gym

Guelph Toyota



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Magic 106.1



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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, especially The Empress of India, 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.**

Next meeting Monday August 2nd.

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.

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

Note: Painting Club will not meet during for the summer, will begin again September 14th and 28th, 2010

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 all ages for the fall scouting programs: 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. The above scouting programs meet at Kortright Hills Public School. Leone 519.821.6948 or email 26thguelph@w.scouters.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 Movie in the Park Monday August 9, 2010

* Becoming a leader with our Scout Group

* Planning a Fall Event, October 2010

* 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!!



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Mark your calendars for these fun 2010 Neighbourhood Events:

- **KHNG Monthly meeting/social:**
Thursday July 15th; Aug 19th and Sept 16th, 2010
- **Movie In The Park:** Monday August 9th @ 7:00 pm
- **Accepting Registration for KASP to begin Sept. 2010**

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 July. 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 (ie: 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 October 2010, deadline for e-mailed submissions September 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 starting in September. KASP will run Monday, Tuesday, Wednesday and Thursday from 3:20 to 5:30 pm for students from JK to Grade 6. If interested please contact Leone khng@bellnet.ca



Experienced Babysitter

**Are you looking for an experienced and reliable
13 year old babysitter?**

*Do you need a Kortright Hills student to walk your
children) home from school and provide care?*

*Or do you need an occasional evening or
summertime babysitter?*

Please call Jenna at 519-823-8185

Kortright Hills Neighbourhood Opportunities

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.



**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 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!!

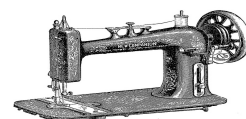
Join The Adventure of 26th Guelph Scouting Group

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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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.

City of Guelph Facility closures and service disruptions Summer 2010



The following City of Guelph facilities will be closed on:

Monday, June 21

Friday, July 9

Thursday, July 22

Wednesday, August 11

and Tuesday, August 24.

Facility closures

- City Hall
- Centennial Park Arena
- Centennial Pool
- Civic Museum
- Evergreen Seniors Centre
- Exhibition Park Arena
- Guelph Public Library
- Lyon's Pool
- McCrae House
- Ontario Court of Justice – Provincial Offences

- Operations
- River Run Centre
- Sleeman Centre
- Transit administration office
- Victoria Road Recreation Centre
- West End Community Centre
- Waste Resource Innovation Centre
- Wastewater Treatment Plant
- Waterworks

Service disruptions:

As a result of the facility closures, all services offered at affected facilities will not be available on the days of the closure. What follows is a list of some of the services that will not be available

- Bulky item collection
- Curbside waste collection in residential neighbourhoods.
- Curbside waste collection in the

down town core

- Recreation programs (with the exception of day camps)
- Roadway and park maintenance
- Splash pads, wading pools and the Riverside Park amusement rides
- Tourism Information Centre

Services not affected by the closures:

- Guelph Transit buses
- Major construction projects
- Emergency
- Water supply and wastewater treatment

For further details of service disruptions during Summer 2010 please visit:

<http://www.guelph.ca/living.cfm?itemid=78742&smocid=1627>



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What is the difference between bifocals and progressives?

The term "bifocal" refers to the lens type with the characteristic "line" in the lens which is usually quite visible. This type of lens was commonly used in the past, but in more recent years the "progressive" lens is becoming more popular. Both the bifocal lens and the progressive lens are referred to as "multifocal" lenses. Patients usually require a multifocal lens if they have

both a distance and a reading prescription. This change in near vision, called presbyopia, occurs in virtually everyone in their early-to-mid 40s and is not a disease process. Both multifocal lens types have advantages and disadvantages. Both require an "adaptation period" of approximately 2-4 weeks. This is because patients are not used to having a near prescription in the lower part of their vision when looking into the distance. This tends to cause sensation of being "off-balance" for a short period. This sensation will be present initially to some extent for all lenses, but some of the newer progressive designs minimize (but still not totally remove) this effect. Bifocal lenses do not correct intermediation vision well, especially in higher reading prescriptions (*i.e.* for the computer) and have a "blind area" as one looks from the distance to the near portion of the lens. However, one of the few advantages of bifocals is that they tend

to have a slightly larger reading area compared to most progressives.

Advantages of progressive lenses over bifocals are; **(i)** they do not have the unsightly "line", **(ii)** they have a portion that deals with the intermediate zone of vision and **(iii)** there is no "blind" area (known as a scotoma).

However, all progressives have, to some extent, some peripheral lens distortion inherent in the lens design (this is how the "line" is eliminated). The amount of distortion, however, significantly depends on the technology of the lens chosen. More recent advances, using "free form technology", have resulted in excellent progressive lenses which further minimize adaptation problems. You should always find out the exact type of progressive you are going into. Make sure your eye health care professional gives you information on "good, better and best" in terms of your progressive lens if you choose this route of correction. Sometimes paying a little extra for a better progressive lens is well worth it. Remember, you will be looking through this lens for at least 2 years!



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See store for details.

Kim Cattroll

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