



“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.

Winter 2010 issue

Visit us on the Web: www.khng.ca

 *Happy New Year!* 

3RD ANNUAL NEIGHBOURHOOD HOLIDAY SOCIAL: A GREAT SUCCESS!

It is with great gratitude that we thank the **Empress of India** for so strongly supporting the third annual neighbourhood Holiday Social on December 2, 2009. Over 70 Kortright Hills neighbours were in attendance to enjoy great food and company.

We also thank our community retailers for donating door prizes: Pizza La Villa, The Towne Winer, Tangles Hair Design, Doug Johnson - SAFETAID and The Empress of India. Thanks to all who made it a wonderful night of good food & company! Please see www.empresofindia.ca for a complete menu. Take out available.



WinterFest 2010:

Sunday, February 7th

Come celebrate our Canadian Winter with friends, family and neighbours from 1- 3 pm at Mollison Park. Activities include ice skating, free hot chocolate, ice painting, snow snakes and more. Dress warmly and please bring a non-perishable food item for donation to our local food bank.

Watch your e mails for more details.



Mark your calendars for these fun 2010 Neighbourhood Events:

- **KHNG Monthly meeting/social:** Thursday January 21st, 2010
- **WinterFest:** Sunday February 7th, 2010
- **Earth Day Events:** Saturday April 24th, 2010
- **Garage Sale:** Saturday May 15th, 2010
- KHNG monthly meetings held on the **3rd Thursday** of the month at **7:00pm** in the **community room**.





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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, Pizza La Villa, Tangles, Towne Winer 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 the A-frame signs telling you that new information is posted on our website.

Winter Programs

Are you looking for a place to hold a community meeting, start a club, provide a workshop, have an idea for adult/children program Call or Email KHNG to find out more information or book the community room.

NEIGHBOURHOOD ICE RINK: Your neighbourhood group KHNG, needs volunteers to build and maintain an ice rink at Mollison Park behind Kortright Hills Public School. With Mother Nature's assistance we would like to have a rink for all to use during the coming winter months – hockey games, pleasure skating and families skating. If you have an evening or two a week that you could spend flooding the rink or clearing snow we would like to hear from you. Please contact Leone 519.837.0974 or e mail khng@bellnet.ca if you can assist us this winter season.

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 January 4th. Contact Doug Johnson for more information: 519.821.4533.

NEW 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 beginning September 14, 2009 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 Sharon at 519-265-2747 or by email at sschaj@hotmail.com.

NEW 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 starting January 12th**, 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

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.

NEW CREATIVE WRITING CLUB: Do you have stories and experiences you want to tell? Come join a beginner's creative writing group starting **Wednesday January 13th from 7:30-9:00 pm** in the community room of Kortright Hills Public School. We'll work on exercises to get ideas, show not tell, storytelling and journaling to get you going. Come break through your fears and free your creativity. Contact Jill Richmond 519 840-0543 or email quinn-cat@hotmail.com for further information.

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

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.scouter.ca.

SCOUTSabout AFTER SCHOOL PROGRAM: KHNG regrets to inform you that the SCOUTSabout Afterschool program to start in January has been cancelled for now. We do not at this time have volunteers to run this program. We would like to invite any community member to come forward, get involved and explore ways of providing an afterschool program at Kortright Hills Public School. Please contact Leone 519-837-0974 or khng@bellnet.ca if wish to help determine the need and solution to afterschool care.

WE WELCOME YOUR

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 and implementing Winterfest
- Planning family night activities in the school gym
- Hosting our website
- Becoming a leader with our Scout Group.

If these or similar opportunities are of interest to you,

please contact us today at khng@bellnet.ca or **519.837.0974**

Your help is needed – call or e-mail us today!

PARTICIPATION & NEED YOUR HELP

Mark your calendars and plan to join us to plan our next social/recreational event:

Next KHNG Meeting/Social date:

Thursday January 21st, 2010

Consider getting involved with YOUR

Neighbourhood Group

7:00 pm in the Community Room

All Welcome!



Receive
\$100
Cash Back

when you purchase featured frames with fully coated lenses.
Valid until March 28, 2010. See store for details.

ROOTS EMPORIO ARMANI MaxMara NIKE

Clairfield Commons
5 Clair Road West
519.763.7383
Dr. Patrick Quaid & Dr. Daniela Bugescu, Optometrists
Also in Uptown Waterloo

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Kortright Hills
-Your Neighbourhood Group

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Ask the Doctor: “Free” Eye Tests

Dr. Patrick T. Quaid BSc(Hons)Optom, MCOptom, PhD

Question:

I have seen adverts for “free eye tests”. Should I be wary of this and am I putting my eye health at risk?

Answer:

Annual eye exams are still covered by the government for people under 19 and over 65. Even if you are between these ages, you can still be covered for your eye examination if a disease process is found by your optometrist or if you are diabetic. “Free” eye tests, more commonly known as “sight testing” *does not include* any health examination of your eyes and thus you are putting your eye health at significant risk. “Sight testing” is usually done by someone who is not a doctor using a machine. This act is illegal in Ontario and the College of Optometrists of Ontario is currently pursuing legal routes to prosecute those involved and has already been successful in prosecuting certain groups. Examination of the eyes is only allowed by law to be done by a registered optometrist or physician. You should be very wary of anyone willing to put your eye health at risk by offering to “test your eyes free”. Your eyesight deserves a thorough health check in addition to an accurate prescription as determined by a doctor. Your eyes are best served by a health care team, do not settle for anything less. Remember, your eye care team comprises of (i) the optician, who fills your prescription, (ii) the optometrist, who examines the health of your eyes and issues prescriptions and if required (iii) the ophthalmologist, who mainly performs any required eye surgery. Many people are often confused as to the roles of the people within the eye care team. The IRIS model of practice has all three health professionals working together as inter-disciplinary collaboration is the best way to provide care to your patient and is in fact encouraged by the Ministry of Health in Ontario.

