



"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;

East – Hanlon Expressway;

West – City Limits;

South West – City Limits to Downey Rd;

South East – Teal Dr from Downey to Hanlon.

January 2011 issue

Winter is here!

Visit us on the Web: www.khng.ca



Friday Movie Night

Kortright Hills Public School Gym



Friday January 21, 2011

7:30 pm

Feature Presentation:

"Despicable Me"



- DOORS OPEN AT 7:00
- MOVIE TO BEGIN AT 7:30 PM
- SUGGESTED DONATION OF \$1 PER PERSON WOULD BE APPRECIATED
- BRING YOUR LAWN CHAIRS, BLANKETS OR SLEEPING BAGS
- TELL YOUR FRIENDS, FAMILIES AND NEIGHBOURS
- POPCORN AND REFRESHMENTS AVAILABLE FOR A SMALL FEE

For More Information email
khng@bellnet.ca or 519.837.0974



"creating a village in the city"

26th Scout Group
 & KHNG



Have partnered together to celebrate our
 Canadian Winter:

WinterFest 2011

Sunday February 6, 2011

Mollison Park

1:00 pm—3:00 pm



Activities to include ice skating, pizza, hot chocolate, snow painting, snow sculpture contest, other winter activities & more.

Tell your Family, Friends & Neighbours
 Join the Fun!!!

Want to volunteer Email: khng@bellnet.ca



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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

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.

Winter 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

osheadavidson@rogers.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 "When I Grow Up....". Join us for a fun-filled 2 hours consisting of snack, educational activities, active games and free play! Weekly themes are career-based. 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 **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 or Raizee Crape - 519.822.6972 - email rcrape@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 Family Movie Night Friday January 21st, 2011
- * Planning WinterFest 2011 Sunday February 6th, 2011
- * 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 January 6, 2011
Thursday February 17, 2011
Thursday March 17, 2011
- **Family Movie Night Friday January 21st, 2011 @ 7:30 pm**
Feature Movie "Despicable Me:
- **2011 WinterFest Sunday February 6th, 2011**

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!



"creating a village in the city"

KHNG sends an electronic newsletter out four times a year, next issue April. 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. **Next KHNG next newsletter is April 2011, deadline for e-mailed submissions March 15th, 2011.**

Kortright Hills Classifieds!!



KHNG After School Program

Craft Items Needed for "KASP" Program

Kortright After School Program is looking for craft items such as: markers, paper, paint, crayons or any other craft supplies. Any craft item donation would be greatly appreciated by KASP youth. To make a donation please email khng@bellnet.ca

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

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.



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 meet Mondays 7:00-9:00. For more details contact Leone 519-821-6948 or 26thguelph@wellington.on.scouts.ca

Local Scouts Thank you!!

Thank you! Thank you! Thank you!

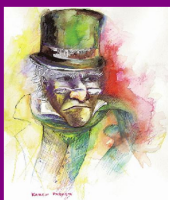
Local Scouts thank the Kortright Hills neighbourhood for their tremendous support during the bottle drive in December. Thanks to the generosity of our neighbours the Scouts were able to raise some funds for their scheduled participation at the World Jamboree summer 2011. The drive was a huge success. Thanks to all our neighbours.

- Scouter Dean Post



Contact KHNG:

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



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"creating a village in the city"

Visit www.khng.ca

KHNG has launched a new website

Check it out!!

Register and become a member

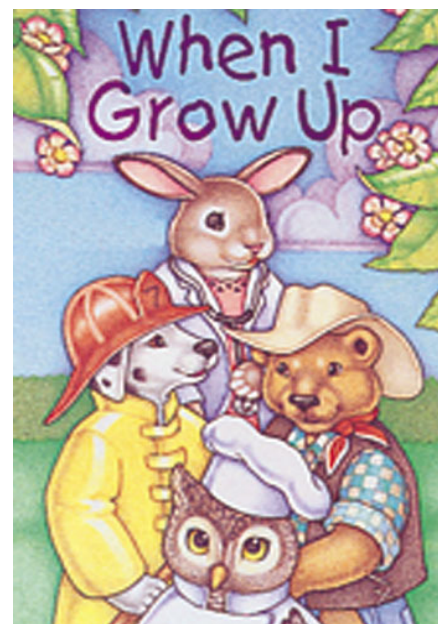
Our new website offers:

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

*KHNG Presents KASP
(Kortright After School Program)*

When I Grow Up...

Who: Children aged 4 - 12 years
What: A 12-week Educational After-School Program
Where: Kortright Hills Community Room
When: Mon, Tues, Wed & Thurs
3:20 - 5:30pm
Jan 3 to Mar 31, 2011
Cost: \$10/session, \$40/week



During each 2 hour session we will have a snack, educational activities, active games and free play!

Themes are career-based (e.g. chemist, doctor, dentist, veterinarian, astronaut etc.)

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

Spaces still available, register now!!



Ask an IRIS Optometrist



Dr. Patrick Quaid
Optometrist, PhD

Q: I have been told laser eye surgery only corrects your distance vision. Is laser surgery safe and what if you also have a reading prescription?

A: Laser eye surgery is very safe. Actually some experts have stated the long term risk of infection due to contact lens wear far outweighs the risk of having laser eye surgery. This has been enough to convince me to have my own laser eye surgery.

Usually patients under 40 do not have a reading prescription and the vast majority of laser eye surgery procedures for these patients only require distance vision correction. This is because usually patients under 40 still retain the eyes natural focussing ability for near vision. For most patients, near vision starts to become an issue at approximately 40-45 years of age. There is a laser procedure that can correct both the reading prescription (or presbyopia) in addition to correcting the distance vision, effectively making the patient free from spectacle wear. This "Laser Blended Vision" procedure allows patients to see more naturally at distance and near without the use of glasses or contact lenses. The procedure works very well in the 40-55 age group, with older patient's possibly needing correction at near for very detailed tasks. However, for most day to day tasks most patients are completely independent of any form of correction. Keep in mind that if you have laser eye surgery, you still need to see your optometrist at least once every two years (every year if you are over 65, under 19 or have diabetes). Remember, many eye diseases go undetected (such as glaucoma), as they have no symptoms. Your optometrist is very well positioned using state of the art equipment and years of training to detect eye diseases and arrange appropriate care.

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

A: 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 eyecare team comprises of (a) the optician, who fills your prescription, (b) the optometrist, who examines the health of your eyes and issues prescriptions and if required (c) the ophthalmologist, who mainly performs any required eye surgery. Many people are often confused as to the roles of the people within the eyecare team.

"Sight testing" does not include any health examination of your eyes and thus you are putting your eye health at significant risk.

The IRIS model of practice with 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.

Dr. Patrick Quaid, Optometrist, PhD
IRIS, Clairfield Commons, Guelph

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Dr. Patrick Quaid &
Dr. Daniela Bugescu, Optometrists

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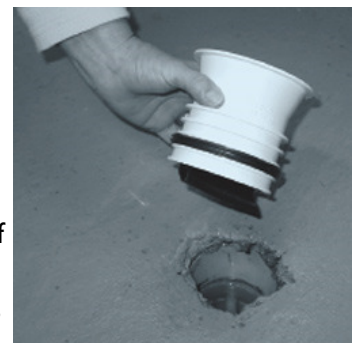
More ways to save water (and money!) in Guelph

Way to go, Guelph - you're making 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 by planting water efficient gardens, collecting rainwater or greywater, or educating people about how to conserve water, many Guelph residents, businesses and organizations are helping to conserve and protect our water resources.

Less Water, More Rebates

The City of Guelph is constantly coming up with new ways to make saving water fun and easy. In addition to our low-flow toilet (\$75 rebate) and front load washing machine (\$100 rebate) programs, we launched two exciting new rebate programs in 2010. You can now receive up to a **\$70 rebate** for replacing your old, inefficient **furnace mounted home humidifier**, which will save water and improve your home's air quality at the same time. If your home was built after 1985, you may also be eligible to receive **\$60** for replacing a water-primed **floor drain trap primer** with a waterless model. Does your house qualify? Visit guelph.ca/rebates to learn more.



Waterless Floor Drain Trap Device

How does YOUR water use compare?

The average Guelph resident used 210 litres of water per day in 2009. Are you wondering how your household water use compares to the Guelph average? Check your last hydro/water bill, or login to Guelph Hydro's Online Account Sign-in to see your average daily water usage over the past 12 months. Then, divide your household total by the number of people living in your house. How do YOU compare? For more information, and to calculate your water footprint, visit guelph.ca/waterfootprint.

The City of Guelph offers a variety of resources to help residents and businesses conserve and protect our water resources. For more information on all of our programs, visit guelph.ca/waterconservation.

Information provided by:

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

