



"creating a village in the city"

### Please Contact Us

We are located in the community room at  
**Kortright Hills Public School**

23 Parmigan Drive Guelph, ON N1C 1B5

519.837.0974 [khng@bellnet.ca](mailto:khng@bellnet.ca) [www.khng.ca](http://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.

**October 2011 issue**

Visit us on the Web: [www.khng.ca](http://www.khng.ca)

*Fall is here!*



### KHNG Friday Movie Night

Join Us in the KHPS Gym

Feature Presentation:



**Friday October 14, 2011**

- \* DOORS OPEN AT 7:00
- \* MOVIE TO BEGIN AT 7:30 PM
- \* SUGGESTED DONATION OF \$1.00 PER PERSON WOULD BE APPRECIATED
- \* BRING YOUR LAWN CHAIRS, BLANKETS OR SLEEPING BAG
- \* TELL YOUR FRIENDS, FAMILIES & NEIGHBOURS
- \* POPCORN & REFRESHMENTS AVAILABLE FOR A SMALL FEE



We are looking for volunteers to assist us  
with this event

E-mail: [khng@bellnet.ca](mailto:khng@bellnet.ca)

B  nanza








**"KHNG Pre - Halloween Party!!!"**

Kortright Hills P.S. Gym



**Sunday, October 30, 2011**

**1:00 to 4:00 pm**

-  Halloween Games, Activities & Crafts
-  Wear your Costume
-  Join in the Halloween Costume Parade
-  Pre Carved Pumpkin Contest \*\*
-  Haunted House
-  Concession items available
-  and much more....



\*\*Pre Order Your Pumpkin with KHNG \$3.00 each,  
carve & display for judging by the community

**Join us for a Sunday afternoon**

**Pre - Halloween party!!**

For more information contact Leone [khng@bellnet.ca](mailto:khng@bellnet.ca)

For more information email [khng@bellnet.ca](mailto:khng@bellnet.ca) or call 519.837.0974 or visit [www.khng.ca](http://www.khng.ca)



### **"KHNG Movie In The Park"**

Thank you to our presenting sponsor "Creekside Kitchen" who made our movie in the park night possible Monday August 15th.

We had a wonderful night and great weather for the Kortright Hills community to gather and enjoy our movie presentation of "ET".

KHNG is looking forward to another Movie night in the Park August 2012.



### **26th Guelph** **Scouting Group**

***Looking for volunteers to help  
run our scouting programs  
Beavers, Cubs, Scouts  
and Ventures***

***If interested please contact  
Paul 519-821-6948***



## **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!

Phone: 519 827 9237  
www.carusohomeopathy.com



**Pre Order Your Halloween Pumpkin with KHNG  
by October 26th  
\$3.00 Each**

Pick up at the community room:  
Friday October 28th - 6:30 pm to 8:30 pm  
Saturday October 29th - 10 am to 12 pm

Anyone who brings their carved pumpkin to Boonanza will be entered into our Pumpkin Carving Contest!

Give your creativity a place to shine!  
Carved pumpkins need to be on site for judging  
no later than 2:45

Winners will be announced at 3:30 pm



# 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 change with Ontario's growing season.

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.



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**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](http://www.guelphchc.ca)

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



*Just Sold*

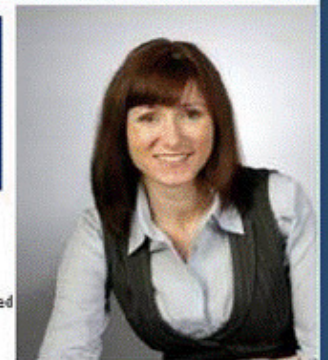
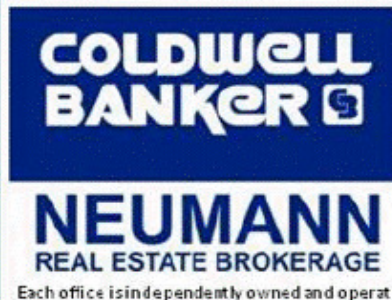
I helped your neighbor sell their house in 5 days for over asking price!

*We have recently sold our home and found Linda Main to be an exceptional realtor. Linda is very knowledgeable about the local real estate market and helped us set a competitive price that enabled us to sell quickly. She consistently went above and beyond what might be expected of an agent and Linda always did so without hesitation. I highly recommend Linda to everyone.*

*Jim Fox*

Would you like to know what your house is worth? Get my expert advice on how to get your home market ready now or in the future.

For a professional complimentary Market Evaluation call **Linda today at 519.760.0008**



**Linda Main** Sales Representative

*Discover the Benefits of using Your Neighbourhood Realtor*

**519-821-3600**

519-760-0008 Cell

[linda-main@coldwellbanker.ca](mailto:linda-main@coldwellbanker.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, 26th Guelph Scouting Group, 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](mailto: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.

**NOTE: Next meeting October 3rd, November 7th, December 5th**

**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. Join us for a fun-filled 2 hour session consisting of snack, themed educational activities, active games, free play in the school gym or outside weather permitting! Register for the Fall 2011 Session now, limited spaces available. For more information contact Leone [khng@bellnet.ca](mailto:khng@bellnet.ca) or visit our website [www.khng.ca](http://www.khng.ca) to view registration form.

**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: Group to begin again Wednesday October 5th, 2011**

**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](mailto:chris_robb34@yahoo.com) or [khng@bellnet.ca](mailto: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. Spaces are still available in all sections for the 2011/2012 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.scouter.ca](mailto:26thguelph@w.scouter.ca) for further information.

**Do you have an idea for an:**

**Event  
Program  
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](mailto: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 nights 2nd Friday each month beginning October 2011
- \* Boonanza Halloween Event Sunday October 30, 2011
- \* Holiday Social late November or 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](mailto: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 October 20, 2011      Thursday November 17, 2011  
Thursday December 15, 2011
  - **Movie In The Gym Night Oct 14th, 2011 @ 7:30 pm "RIO"**  
**Nov 11, 2011 @ 7:30 pm & Dec 9, 2011 @ 7:30 pm**
  - **KHNG Boonanza** Sunday October 30th, 2011  
Fun pre Halloween party for the whole family - 1 to 4 pm
  - **KHNG Holiday Social** late November or early December  
Full details to be posted soon
- Visit KHNG website for up to date events: [www.khng.ca](http://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!**



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**KHNG** sends an electronic newsletter out four times a year, next issue October 2011. 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](mailto: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](mailto: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](mailto: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.

### *3rd Guelph Girl Guides*

#### **Local Guiding Group Has Spaces Available...**

The 3<sup>rd</sup> Guelph Girl Guides, a fun group for girls aged 9-11, meet on Wednesday nights at the Harcourt United Church on Dean Ave. To join, contact Suzanne at [519-827-0102](tel:519-827-0102).

### *Classified Space Available*

**Advertise with KHNG!!**

**This space could  
be yours**



### *26th Guelph Scouting Group*

#### **26th Guelph Scouting Group Needs You!!**

26th Guelph Scouting Group are looking for volunteers to assist with:

**Beaver Program ages 5 to 7 years**

**Cub Program ages 8 to 10 years**

**Scout Program 11 to 14 years**



If you enjoy the outdoors and working with children this is the program for you.

For more information please contact Paul Schadenberg, 26th Guelph Group Commissioner  
519-821-6948 or [26thguelph@wellington.on.scouts.ca](mailto:26thguelph@wellington.on.scouts.ca)  
It starts with Scouts!!

#### **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](mailto:26thguelph@wellington.on.scouts.ca)

### *KHNG Need You to Volunteer!!*

Volunteers are needed to assist us with KHNG upcoming Boonanza event, Sunday October 30th 1:00 pm to 4:00 pm

Duties include:

Tickets/cash	Craft table
Pumpkin contest area	Greeter/counter
Activities	Concession stand
Floater	

This is a great opportunity for students who are looking to complete volunteer hours.

If you can assist us please email [khng@bellnet.ca](mailto:khng@bellnet.ca).

### **Contact KHNG:**

[www.khng.ca](http://www.khng.ca) \* [khng@bellnet.ca](mailto:khng@bellnet.ca) \* 519-837-0974

**\*\*\* SEASONAL SAFETY TIPS \*\*\***

**October:**

This month is Halloween. Make sure your kids wear reflective costumes and please be aware of little goblins and ghouls trick or treating in neighborhoods'.

**November:**

As the weather starts to get colder, make sure your car is in good repair and remember that the frosty nights can leave black ice on the roadways for your morning drive to work.

**December:**

It's the festive season, please don't drink and drive. Make sure you have made arrangements for safe transportation home.



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Visit [www.khng.ca](http://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

**Become a member, register now!!**

***KHNG Presents KASP (Kortright After School Program)***



**Who:** Students from \*JK — Grade 6

**What:** A 14-week Recreational & Educational After School Program

**Where:** Kortright Hills Community Room

**When:** Mon, Tues, Wed & Thurs  
3:20 - 5:30pm  
September 19 to December 22, 2011

**Cost:** \$10/session, \$40/week  
(cheques payable to Kortright Hills Neighbourhood Group)

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

\*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 help run 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 us at [khng@bellnet.ca](mailto:khng@bellnet.ca)

Please note Winter Session of KASP will run January to April 2012  
Winter KASP Registration will begin December 2011

**REGISTER NOW, SPACES STILL AVAILABLE!!**



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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](http://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](http://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](http://guelph.ca/waterconservation).

### Information provided by:

Becky Swainson

Water Conservation Program Coordinator

Waterworks Division

Planning, Engineering & Environmental Services

City of Guelph





# Understanding Binocular Vision

Reading can be a lot harder when you're seeing two of every word.  
One in ten children has this problem. Together we can help.



Dr. Patrick Quaid  
Optometrist, PhD

**BV problems are difficult for a child to explain and often go undetected even to an observant caregiver.**

Imagine sitting down with a warm glass of tea ready to read your favorite novel but today something isn't working quite right. As you try to read and focus your eyes, they don't respond correctly, in fact, every twenty seconds or so the words slide into each other causing you to lose your place. As

you continue reading, the words gradually begin to dance from side to side becoming tangled with each other leaving you with a sense of fatigue and frustration. You consciously force your eyes to hold still trying to remember what you were reading and why, only to be left confused and exhausted both visually and mentally.

Many children have come to accept this difficulty as normal when they try to read and are unable to give voice to their problem. Reading ability is affected in BV dysfunction and sadly, this vision issue may have gone undetected for years.

READING DISK AND JANE CAN BE A LOT HARDER WHEN YOU SEE TWO OF EVERY WORD.

**1 in 10 children has a binocular vision issue that is affecting their life. This number is possibly as common as up to 6 in 10 in learning disabled groups.**

Children are creative, adaptive and resilient. Many visual difficulties go undetected as children seek to learn in other ways. Children compensate by touching, by holding, by getting closer to what they are looking at or moving around to find a place where they can be comfortable. We often consider these children "inattentive" or "hyperactive". In fact, binocular vision issues are three times more common in those deemed as having ADHD and 5 out of the 9 clinical criteria used for ADHD diagnosis are identical in binocular vision dysfunction. It has been recommended that BV issues be ruled out first in suspected ADHD children. In reality, many of these children may simply have an untreated eye muscle issue that is relatively easy to manage and correct.

Unfortunately, current statistics show that only 50% of children have even had a basic eye examination before completing high school. Often a more detailed workup in addition to a basic eye examination is required to diagnose and treat many binocular vision issues. Vision Therapy has been proven effective for treating BV dysfunction. Left untreated, children with eye coordination issues often lose interest in their studies.

Even children who excel at their current grade level may have subtle underlying issues that they are coping with. These children have often figured out how to manage their problem and can go through life never realizing they are not seeing as they should.

## Top 5 symptoms of BV dysfunction:

1. Frontal headaches (forehead and/or around the eyes).
2. Losing your place whilst reading or having to use your finger/ruler to track.
3. Seeing text drifting in and out of focus when reading or writing.
4. Easily distracted from reading/near point activities.
5. Rubbing eyes when reading & general agitation/resistance to reading.

## An IRIS Optometrist can help.

On-site training, doctor support and educational seminars are available to help you identify children with BV difficulties and get them the help they need.

To start the vision improvement process visit [iris.ca](http://iris.ca).

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

For a complete list of references on this article, please visit [iris.ca/childrenseyeexams.html](http://iris.ca/childrenseyeexams.html) and download BV Handout.

## Function is one thing. Performance another.



Glasses that may function reasonably well with ordinary lenses can perform extraordinarily better with the world's most advanced Nikon lenses. Nikon I-View exclusively from IRIS. Experience better vision.



Clairfield Commons  
5 Clair Road West

519.763.7383

Dr. Patrick Quaid, Dr. Daniela Bugescu  
& Dr. Adam McLeod, Optometrists

Experience better vision.

**IRIS**  
[iris.ca](http://iris.ca)