



"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](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.

**April 2011 issue**

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

*Spring is here!*



### Friday Movie Night

Kortright Hills Public School Gym



**Friday April 15, 2011**

**7:30 pm**

Feature Presentation:

**"Toy Story 3"**



- 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](mailto:khng@bellnet.ca) or 519.837.0974



## Kortright Hills Neighbourhood Group 2011 Clean-Green



**Saturday, April 30, 2011**

**9:30 am—12 noon**

Meet in the Kortright Hills Community Room

(KHNG community room, side entrance of the school)

Join us for our 6th annual family clean up of our public green spaces and parks.

Refreshments, gloves, maps and garbage bags will be provided.

Help keep the community beautiful.

FREE Volunteer Appreciation BBQ offered at 12 noon by the City of Guelph at the Large Red Picnic Shelter  
 River Side Park  
 Ask Leone KHNG representative for your free lunch tickets

For more information contact  
 Leone Schadenberg  
 KHNG Outreach Coordinator  
 519.837.0974  
[khng@bellnet.ca](mailto:khng@bellnet.ca)  
 or [www.khng.ca](http://www.khng.ca)



## ATTENTION ALL GREEN THUMBS!!!

WE INVITE YOU TO PARTICIPATE IN OUR 1<sup>ST</sup> ANNUAL KHNG COMMUNITY PLANT SWAP  
AND 26TH GUELPH COMPOST FUNDRAISER

**WHEN:** SATURDAY MAY 14<sup>th</sup> – 8 AM to 2 PM

**WHERE:** At Kortright Hills Community Room  
(side entrance of Kortright Hills Public School)



### HOW TO PARTICIPATE:



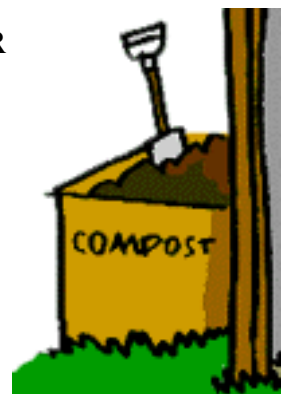
When clearing out your garden this spring to make room for new plant additions or growth don't throw out/compost those baby plants, **POT THEM!** All you need to do is bring your baby plants to the community room on Friday May 13<sup>th</sup>, 5PM to 8PM or Saturday morning May 14<sup>th</sup> starting at 8AM, to have the opportunity to share your plants with your neighbours and take new baby plants home to your garden. Labeling materials for plant descriptions will be provided in the community room.

**PLANT SWAPING IS EASY, SAVES YOU TIME, MONEY AND IS GREAT FOR THE ENVIRONMENT!  
DONATE A PLANT - RECEIVE A PLANT!**



**26<sup>TH</sup> GUELPH SCOUTING GROUP, OUR COMMUNITY PARTNER  
IS HOSTING A COMPOST FUNDRAISER**

**Drop by and purchase your very own bags  
of the good stuff!**



# Performance Dance Academy

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[www.performancedanceacademy.ca](http://www.performancedanceacademy.ca)



## CARUSO HOMEOPATHIC CLINIC

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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.

## Spring 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](mailto: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 "KASP 101". 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! Join us on Monday for Art, Tuesday for Science, Wednesday for History and Thursday for Drama. For more information contact [khng@bellnet.ca](mailto: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](mailto:woodwatr@sentex.net)  
Visit my website to see some of my work - [www.guelpharts.ca/micheleparsons](http://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](mailto:karen.kuhn@sympatico.ca)

**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](mailto: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 of KHNG Earth Day Saturday April 30th, 2011
- \* Planning of KHNG Plant Swap May 14, 2011
- \* Planning Family Movie Night May 2011
- \* Planning of June BBQ
- \* Planning Movie in the Park mid August
- \* 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 April 21, 2011      Thursday May 19, 2011  
Thursday June 16, 2011
- **Family Movie Night Friday April 15th, 2011 @ 7:30 pm**  
Feature Movie "Toy Story 3"
- **KHNG Earth Day Clean Up Saturday April 30th, 2011**  
9:30 am to 12:30 pm
- **KHNG 1st Annual Plant Swap Saturday May 14th, 2011**  
8:00 am to 2:00 pm

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!

## Want to Advertise in KHNG Quarterly Newsletter:



"creating a village in the city"

**KHNG** sends an electronic newsletter out four times a year, next issue July 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 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](mailto: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](mailto:khng@bellnet.ca)



ART



SCIENCE



HISTORY



DRAMA

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

### *KHNG Community Garage Sale*

Spring is a great time for clearing out unwanted stuff from your house! One person's junk is another's treasure!

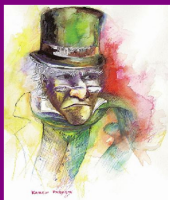
Kortright Hills Neighbourhood Group is promoting a community garage sale

**Saturday May 7<sup>th</sup>, 2011** starting at **8:00AM**. All are welcome to participate, either by holding a garage sale yourself or supporting those who do. We will be advertising the event in the local newspaper and online so start collecting your clutter today and join us!



#### **Contact KHNG:**

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



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Downey Rd Centre [www.thetownewiner.ca](http://www.thetownewiner.ca) Tel: 519.824.9191



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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



ART



SCIENCE

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

**"KASP 101...."**



HISTORY



DRAMA

Who: Children aged 4 - 12 years

What: A 13-week Educational After-School Program

Where: Kortright Hills Community Room

When: Mon, Tues, Wed & Thurs  
3:20 - 5:30pm  
April 4 to June 30, 2011

Cost: \$10/session, \$40/week

Join us on Monday for Art, Tuesday for Science, Wednesday for History and Thursday for Drama.

Each week will have a theme and we will explore this theme in the above different Subjects.

(e.g. Bubble Gum, Famous Canadians, Music, Super Heroes, Medieval Times etc.)

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

**Register Now Spaces are limited!!**



## City kicks off World Water Day with *I Love Guelph Tap Water Youth Video Contest*



### Did you know?

...choosing tap water is environmentally friendly, affordable, healthy and delicious.

...Guelph's drinking water is tested over 20,000 times a year to make sure it is safe from the well to your tap.

...Guelph has some of the best drinking water in the world, sourced in our own backyard and delivered right to our homes.

***Love Guelph tap water? Tell the world why in a 60 second video for your chance to win great prizes from the City of Guelph.***

### **How to enter**

Make a video, maximum 60 seconds long, about why you love Guelph tap water – and how we can all conserve, protect and enjoy it. Why is our tap water so great? How can water conservation be fun? Why choose Guelph tap water? Get creative and spread the word!

Upload your video to YouTube and send us the link and your contact information using the [online entry form](#).

Share your video with friends, tell them to "Like" your video on YouTube, bask in the fame and win great prizes!

Submissions will be accepted between March 22 and May 15, 2011. Voting is open between May 16 and May 30, 2011. Winners will be announced June 15, 2011.

### **Who can enter?**

The contest is open to Guelph residents, 14 to 25 years old, currently enrolled in a Guelph high school, college or university. Entrants under the age of 18 must submit a signed [permission form](#) in addition to the online entry in order to be eligible (download from contest website).

### **Prizes**

**First Prize** – Apple MacBook notebook computer (\$1,049 value)

**Second Prize** – Canon Vixia High Definition Camcorder (\$429 value)

**Third Prize** – Apple iPod Touch 8GB (\$249 value)

Winners will be determined by a judging panel made up of Guelph youth, community and City representatives. Videos will be judged based on creative impact and clarity of message.

**Viewer's Choice Award** – Awarded to the video with the most "Likes" on YouTube as of May 30, 2011 – Prize: \$500 donation in winner's name to a water-related charity of choice plus a Guelph Water prize pack.

Visit [www.guelph.ca/tapwater](http://www.guelph.ca/tapwater) for full contest details, Rules and Regulations.



# 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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**IRIS**  
iris.ca

Laser eye surgery performed by an ophthalmologist at the IRIS Optometric Clinics is not a service of the IRIS Group. The IRIS Group is not responsible for any damages or losses resulting from the use of laser eye surgery. The IRIS Group is not responsible for any damages or losses resulting from the use of laser eye surgery.