



"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.

April 2010 issue

Visit us on the Web: www.khng.ca

Spring is on its way!



KORTRIGHT HILLS NEIGHBOURHOOD GROUP 'Clean-Green'



Earth Day 'Clean-Green' Saturday April 24th, we are proud to once again participate in our 5th Annual Earth Day 'Clean-Green'. This family-friendly event is where we all play a role in cleaning up our local public green spaces and parks. Supported by the City of Guelph, 26th Guelph Scouting Group and KHNG. Supplies of bags, gloves and maps will be provided. It doesn't take long for each family member to fill a garbage bag or two! For further information contact khng@bellnet.ca, all are welcome!

Meet in the Community room (side entrance), at Kortright Hills Public School for area planning and refreshments.

Start time: 9:30 am—12 noon

Tell your neighbours and mark your calendars

KHNG Proudly Presents

WHEN I GROW UP...

Who: Children aged 4 - 12 years*

What: A 12-week Educational

After-School Program

Where: Kortright Hills Community Room*

When: Mondays &/or Wednesdays
 from 3:20 - 5:30pm
 April 12 - June 30, 2010

Cost: \$8/session, \$16/week



Join us for a fun-filled 2 hours consisting of
 snack, learning-based activities, games
 and free play!

Weekly Themes are career-based
 (eg. Chemist, doctor, dentist, veterinarian,
 astronaut etc.)

*Kindergarteners will be escorted to the community
 room after school.

Parent/Student Volunteers Needed!

Please email if you are able to help run the program
 for any or all of the sessions.

For detailed weekly programming or to register visit
www.khng.ca

For more information, email us at 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

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 our new A-frame signs telling you that new information is posted on our website.

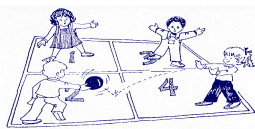
Spring Programs and Events!

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 April 12th**. 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 Sharon at 519-265-2747 or by email at sschaj@hotmail.com.

NEW AFTER SCHOOL PROGRAM 'WHEN I GROW UP':

KHNG is pleased to announce an afterschool program to begin Monday April 12th for 12 weeks. Join us for a fun-filled 2 hours consisting of snack, learning-based activities, games and free play. This program will be offered to youth Monday's and Wednesday's after school from 3:15 to 5:30 pm. For more information go to our website www.khng.ca to view a flyer and registration form or email Leone khng@bellnet.ca.



NEW SCRAPBOOKING CLUB: The Scrapbooking club has decided to postpone the group due to lack of interest. If you have an interest in this club please contact Leone Schadenberg khng@bellnet.ca for more information, Thank you.

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 April 13th & 27th** 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.

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.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 and implementing 'Clean and Green'
- Planning family night activities in the school gym
- Planning Movie in the Park summer 2010
- Hosting our website
- Becoming a leader with our Scout Group.

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 2010 Neighbourhood Events:

- **KHNG Monthly meeting/social:** Thursday April 15th, 2010, May 20th, 2010 and June 17th, 2010
- **Earth Day 'Green Up' :** Saturday April 24th @ 9:30 am
- **Garage Sale:** Saturday May 15th

Visit KHNG website for up to date events: www.khng.ca

Consider getting involved with **YOUR Neighbourhood Group 7:00 pm 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 July 2010, deadline for e-mailed submissions June 15th, 2010.**

Kortright Hills Classifieds!!

Daycare Available

Kortright Hills Area Daycare

Licensed daycare with space available!
Smoke free, healthy snacks, hugs!!
For more information contact Dawn
519-766-7714

Experienced Babysitter

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

Do you need a Kortright Hills student to walk your
child(ren) 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

Gym Use Available

KHNG has an opportunity to use the gym of Kortright Hills Public School for recreational use. If interested in organizing an activity for Kortright Hills community, please contact Leone khng@bellnet.ca

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



Spring



Spring



Spring

Guelph Hiking Trail Club - First Free Kids Hike

Guelph Hiking Trail Club presents their first free Kids Hike.

Bring your kids and grandkids to hike with us on
Sunday May 16, 2010. Spaces are limited.

Contact KHNG:

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

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CAN ULTRAVIOLET RADIATION AFFECT YOUR EYES?

Sunglasses aren't just fashion accessories anymore; they are necessary protection for your eyes. Everyone is at risk of eye damage from the sun. Prolonged exposure to the sun's UV rays and short wavelength light can contribute to a number of ocular complications. These can include: photokeratitis or 'snow blindness' (painful inflammation of the cornea); pingueculae and pterygia (abnormal growths on the surface of the eye); cataracts; macular degeneration and even cancer.

New research suggests that the sun's high energy visible — **HEV** radiation, also called 'blue light,' may increase long term risk of macular degeneration because it can penetrate deep into the eye reaching the retina (nerve rich lining of the eye that is used for seeing). Sunglasses should block 100 % of UV rays and also absorb most HEV rays.

Tinted glasses without UV protection, cause more harm than wearing no glasses at all, because your pupils dilate to allow more light to enter the eye thus allowing in more radiation. Sunglasses should not be dark enough that they distort colors and recognition of traffic signals.

Ultraviolet (UV) rays are higher in energy and do not fall within the realm of visible light, as shown here. In the electromagnetic spectrum, radio waves have the lowest energy, and gamma rays have the highest energy.

ANYONE WHO SPENDS TIME OUTDOORS IS AT RISK FOR EYE PROBLEMS FROM UV RADIATION. RISKS OF EYE DAMAGE FROM UV AND HEV EXPOSURE CHANGE FROM DAY TO DAY AND DEPEND ON A NUMBER OF FACTORS, INCLUDING: GEOGRAPHIC LOCATION, ALTITUDE, TIME OF DAY, SETTING, MEDICATIONS.

KIDS NEED UV PROTECTION EVEN MORE THAN ADULTS

The risk of damage to our eyes and skin from solar UV radiation is cumulative, meaning the danger continues to grow as we spend time in the sun throughout our lifetime. With this in mind, it is especially important for kids to protect their eyes from the sun. They should not be toy sunglasses but real sunglasses that indicate the UV protection. Polycarbonate lenses are generally recommended for children as they are the most shatter resistant. Children and teenagers generally spend much more time outdoors than adults. In fact, experts say as much as 80 percent of our lifetime exposure to UV rays occurs by age 18. Therefore, make sure your kids' eyes are protected from the sun with good quality sunglasses. Also, encourage your child to wear a hat on sunny days to further reduce UV exposure.

TIPS FOR PURCHASING SUNGLASSES

- Close fitting, larger or wrap around frames
- Darker lenses does not mean more protection
- Check the UV protection and HEV absorption

Ask your optometrist what they recommend

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WINTERFEST A WONDERFUL SUCCESS February 7th, 2010 at Mollison Park

Thank you 26th Guelph Scout Group and KHNG for a wonderful celebration of our Canadian Winter with friends, family and neighbours, we had over 200 in attendance. Many thanks go to the volunteers from 26th Scout Group, Rink Rats, Kortright Hills Community, Pizza La Villa and KHNG for a successful day enjoying ice skating, hot chocolate, snow painting, snow toffee, pizza and a beautiful sunny day.



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