

## 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)

## 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.



“creating a village in the city”

July 2009 issue

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

Summer is here!



## NEW THIS SUMMER 'MOVIES IN THE PARK'



KHNG introduces new this summer '**Movies in the Park**'. Our feature presentation "**The Princess Bride**" is on Monday August 17, 2009 at dusk

behind KHPS. Bring your lawn chairs and blankets for this free family movie event. Snacks will be available to purchase. Fusion Homes has donated a bouncy castle on site. More details to be posted during the summer months, visit [www.khng.ca](http://www.khng.ca)

## \*\*\*\* Call for Volunteers \*\*\*\*

Dear Friends and Neighbours,

The success of the Kortright Hills Neighbourhood Group (KHNG) is based on the hard work of our community volunteers. In the last several years we have had many successes to celebrate including:

- Partnering with our local Scout group (26<sup>th</sup> Guelph) to create the largest (and we think, most active) youth group in the City
- A natural skating rink at Mollison Park
- WinterFest celebrations in partnership with the 26<sup>th</sup> Guelph Scout Group
- Extremely well attended Holiday Socials at the Empress of India
- Strong environmental citizens with our annual Earth Day 'Green Up' of our green spaces (thanks again to the 26<sup>th</sup> Guelph)
- An active after school program – SCOUTSabout

Can you help us to continue to deliver social and recreational programs for our community?

In the coming months we are seeking your assistance with:

- Running a successful Movie in the Park night
- (August 17<sup>th</sup>) including:
  - Setting up or cleaning up
  - Selling food, beverages and other items
- Promoting your KHNG to your neighbours
- Representing KHNG at monthly city meetings
- Organizing a fall social event
- Being a leader with our Scout Group
- Joining us at our monthly meetings/socials

If these or similar opportunities are of interest to you please contact us today [khng@bellnet.ca](mailto:khng@bellnet.ca) or 519.837.0974

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





"creating a village in the city"

## 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](mailto:khng@bellnet.ca).

## Informed:

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

# Summer 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. Contact Doug Johnson for more information: 519.821.4533.

**Parent/Child Place:** Thank-you to the Early Years Centre for providing Kortright Hills Neighbours a drop-in program for children 0-6 years. Due to low attendance and financial reasons this program has been discontinued at the Kortright Hills Location as of Monday June 15, 2009. For more information and other locations for the PCP program visit [www.guelphchc.ca](http://www.guelphchc.ca) or call the Early Years Center 519.821.5363 ext. 328.

**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 THIS FALL:** 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](mailto:sschaj@hotmail.com).

**Scouts:** Pre-Register now for 2009/2010 Scouting Year! 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 6:30-8:00; Scouts ages 11-14 meet Tuesdays 7:00-8:30; 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@wellington.on.scouts.ca](mailto:26thguelph@wellington.on.scouts.ca).

## SCOUTSabout

**Afterschool Programming:** It's not too early to think about afterschool programming for the fall of 2009. KHNG is offering **SCOUTSabout** beginning September 21st to Dec 2nd, 2009. We are accepting registrations now for SCOUTSabout, spaces are limited. This program will be offered Monday and Wednesdays from 3:20 pm to 5:20 pm for children ages 5 to 10 years. SCOUTSabout will meet in the community room of Kortright Hills Public School. To register your child contact Leone by e-mail [khng@bellnet.ca](mailto:khng@bellnet.ca) or call 519.837.0974 for further information.

Mark your calendars for these fun 2009

### Neighbourhood Events:

- **Movie in the Park:** August 17, 2009
- **Meet Your Neighbour Social/Meeting** September 17th @ 7pm

Visit KHNG website for up to date events:

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

## WE WELCOME YOUR PARTICIPATION & NEED YOUR HELP

All current members of the KH Neighbourhood Group are residents of our community who are working together to improve the quality of life in our neighbourhood through programs for children and adults, workshops, special events and social programs. If you care about the social and recreational events happening in our community, please consider getting involved. Our group meets monthly on the **3rd Thursday** of the month at **7:00pm** in the **community room (side entrance of KHPS)**. Minutes are posted on our website [www.khng.ca](http://www.khng.ca). All are welcome to join or participate in any way you can.

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

**Upcoming KHNG Monthly Social dates include:**

**No July or August Meetings**  
**September 17, 2009**

Please consider getting involved with  
**YOUR neighbourhood group**  
**7pm Community Room!**



**Question:**

*I am not sure who is covered and who is not covered for eye examinations by OHIP, can you clarify this issue?*

**Answer:**

OHIP still covers annual eye examinations for all children aged 19 and younger and seniors aged 65 years or older. If you are aged 20-64 you can still be covered by OHIP for your eye examination if you are found to have a disease process that can potentially affect your vision. There are currently ten categories of such conditions and your eye doctor will inform you if you are eligible for coverage under OHIP. For example, conditions such as diabetes and glaucoma are covered. If you are aged 20-64 and are found to be otherwise healthy (i.e. you only require correction with glasses or contact lenses but have no active pathology), then there will be an eye examination fee. This fee usually ranges anywhere from \$80-\$140 and is recommended at least every two years (every year if you are over 40). The cost will vary, but always ask what the fee includes. We include both a retinal scan (i.e. a digital retinal photo) and a peripheral visual field test (which checks the health and function of your optic nerve) in the cost of the initial eye examination. Keep in mind that this is a small price to pay to ensure your eyes are thoroughly assessed. Your vision is precious and it is important to ensure that your eyes remain healthy. It is worth stressing that you should have your eyes examined even if you see well as there are many eye diseases that do not cause vision loss until they are relatively advanced and often irreversible (e.g. in glaucoma, your peripheral vision is lost slowly over time). Always keep in mind that continuity of care is important. Try to find an optometrist that you are comfortable with and do your best to remain with that practitioner whenever possible. This continuity of care helps your optometrist to build up a history on you in terms of your eye health. This history makes it easier for your eye doctor to detect change that is unusual for you. Keep in mind that if you have insurance through your work, the cost of the eye examination may be reimbursed.

Clairfield Commons  
5 Clair Road West  
519.763.7383  
Also in Uptown Waterloo  
iris.ca

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**Question:**

*Is it a good idea to have my child's eyes examined prior to starting school?*

**Answer:**

Absolutely. Approximately 80% of all learning is visual. A high proportion of children with "learning difficulties" simply have an eye condition that has not been addressed. For example, occasional eye turns or uncorrected prescriptions can cause blurred vision, headaches and even double vision which occur to a greater degree when the child is doing close work. Thus, quite often the child does not like doing homework (or any near work for that matter) simply because it is very uncomfortable to do so. In addition, I have assessed many children with "dyslexia" who have simply had a binocular vision issue (i.e. both eyes were not co-ordinating their eye movements properly). All these children needed to function normally was computerized eye muscle therapy or the use of "prismatic correction" in their glasses. In the patients that I have treated with computerized eye muscle therapy, a vast improvement in reading ability and elimination of headaches can be observed in a high proportion of cases. The bottom line is that if you suspect that your child may have a learning issue, make sure to get their eyes examination prior to exploring other causes. Their eyes are often the explanation for their problems. As eye examinations for children are still covered by OHIP, there is really very little reason to avoid making an appointment with an optometrist. If your child sees well and appears to have no issues, get them checked anyway. Like the old saying goes, an ounce of prevention beats a pound of cure!

