

Hunt Club: My Community



New Hunt Club Community Festival

Saturday, September 12th 9am-2pm
Hunt Club/Riverside Park Community Centre

Fall is in the air, by now the leaves are turning, and kids are going back to school. I've always thought of fall as the time for new beginnings, going back to school, taking up a new hobby or continuing on in one that was paused for the summer.

There's a new beginning in Hunt Club too. The Hunt Club Community Association has partnered with the City of Ottawa, the South East Ottawa Community Health Centre and the Riverside Park Community & Recreation Association to present a new expanded Community Festival on Saturday, September 12th.

The festival will be held at the Hunt Club/Riverside Park Community Centre from 9 am to 2 pm on September 12th, rain or shine. We will move inside the Centre if the weather is bad. There will be games, activities, music and displays - fun for the whole family in your own community and IT'S ALL FREE!

Here's a sneak peek at the fun and activities:

- a scavenger hunt for all ages
- a bike rodeo (bring your bike)
- a magic show
- music with a DJ and a live performance by Johnny Vegas
- bouncy ball games and a bouncy castle and slide
- face painting
- drawing for children and seniors
- displays, including the Ottawa Riverkeepers, Ottawa Public Health and more
- samples of international food from our community, hot dogs and corn roast
- opening remarks from our Mayor, Councillor, MPP and MP
- many other activities/displays planned

Be sure to mark September 12th on your calendar and come out and join us. Meet your neighbours and celebrate fall and new beginnings! A schedule of activities will be posted at the Community Centre.

Sue McCarthy
Editor

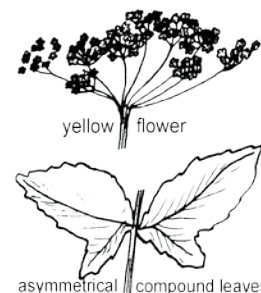
Take Caution Around Wild Parsnip

Wild Parsnip is an invasive plant that is increasingly common within the City of Ottawa in areas of uncultivated land, roadside ditches and nature trails.

Wild Parsnip may pose a health risk to humans. The plant sap contains chemicals that may cause skin and eye irritation and make the skin prone to severe burning and blistering when exposed to the sun. The blisters typically occur one to two days after contact with the plant. This can result in long-term scarring of the skin.

Wild Parsnip is a highly branched plant, with hollow green stems. It has two growth stages: non-flowering leafy rosettes at ground level and 0.5 to 1.5 metre-tall flowering plants. In the first year of growth, low-growing non-flowering rosettes of leaves form with a cluster of spindly, compound leaves that resemble celery leaves. Second and third year plants have tall, branched flowering stalks that usually bloom in early June to late July. Seeds are flat and round. It is a biennial plant, reproducing only by seed.

If you believe you have spotted Wild Parsnip on City property, please call 3-1-1 to report the location. Strategies to address the matter on your private property include digging out the plant roots, using an approved herbicide and ongoing monitoring.



Riley Brockington
City Councillor, River Ward
613-580-2486

Come Out & Vote Monday 19 October

In Canada we have a privilege that is denied many less fortunate in our world - the privilege to choose together who will represent us in our federal government to decide how we will work together as a country. The HCCO encourages every adult to come out and mark your choice among the candidates of Ottawa South on this important day. The official list of candidates is at www.elections.ca Watch our website for the date of our Ottawa South All-Candidates' Debate. If you need assistance to vote, our Hunt Club resource person is Allison Everett 613-247-1600ext326.

Fall Cleanup the Capital

All are invited to help clean up Paul Landry Park on 5 September & 3 October. Meet at 10 am at the Uplands play circle.

Bollywood West opens in Hunt Club

John Sankey

This July, part of the feature film *Two Countries* was shot in Hunt Club by Ottawa-based Caneast films. It's the story of a Malayalam-speaking man who falls in love with an Indo-Canadian woman and moves to Ottawa to marry and live with her. His cultural shocks, her substance abuse problem and a reappearance of his old flame are the base of this romantic comedy. Malayalam, 'language of the mountains and ocean', is one of 22 official languages in India and the most complex, originally requiring 578 characters to write; most speakers now use a modern 53 character set with computers.

Dileep plays the hero, Mamta Mohan Das the heroine; both are superstars in Karala province. With 8 supporting cast including India's best actor awarded Suraj, 17 production crew and 30 neighbourhood parents and children for a party scene, they all descended on 4 Huntwood Court, the home of Libni & Juno Eapen, for a 12 hour day of filming.

Why Hunt Club? A nice neighbourhood, good vibes, and the generous support provided by the Eapens, according to Caneast's Biju George, a friend of the Eapens. Curiously, it's less expensive to film in Canada than in India. Social protocol there requires every key person to have 3 or 4 assistants. Here, the experts are expected to do everything themselves.

How did it feel to host so many famous movie stars? So frantic there was hardly time to think! The Eapens' house was filled with helium balloons for the party scene, every room was occupied for makeup, there was filming equipment stacked all over the place, even the kitchen was blocked for shooting. Juno was kept so busy locating props needed for the scenes that she didn't even have time for a snack. As the day progressed, the back yard became filled with light-softening screens, while actors moved from indoor to outdoor scenes by running out the front door and through the garden gate to reach the back yard.

The aftermath? A house full of insects for one! (The doors were wide open the whole day for people scurrying to and fro.) The next day Caneast provided a professional cleanup crew. For the Eapens and their neighbours it was a new and unforgettable experience, but not one they plan to repeat.

There will be an Ottawa premiere with English subtitles at the end of October.

Part of our Community: Heron Emergency Food Center

Lynn Sherwood

The Heron Emergency Food Centre (HEFC) is located at 1480 Heron Road in the Heron Road Community Centre, and has served residents of South East Ottawa since 1987. Our catchment area extends north-south from Smyth to Hunt Club Roads and west to the Rideau River, encompassing Alta Vista, Riverside Park, and Hunt Club, east of the Rideau River.

Working with the Ottawa Food Bank, supported by the City of Ottawa and assisted by the generosity of churches, mosques, temples, local businesses and residents, the HEFC receives food in bulk and purchases items needed to supplement community donations. We are open 4 days a week and have the second highest number of clients of all community food banks in the city of Ottawa. Local community centres as well as other organizations can refer clients to our program but a referral is not required. Anyone in demonstrated need from within this catchment area may receive 3 days per month emergency food supply. Our clients include the working poor, disabled persons, single parents, old age pensioners, new immigrants, sick and/or laid off workers, and Ontario Works and ODSP recipients.

Over the last four years the demand for emergency food supplies has increased about by 11% per year; this means we have seen over a 40% increase in the need for basic food in the last 4 years. Approaching a Food Bank is not easy, no matter how welcoming we may be. Anecdotally, a client related that she had gone 3 days without eating because she was embarrassed to approach the food bank for help.

While The Ottawa Food Bank provides between 75% and 80% of our supplies, as an independent charitable organization we are expected to fundraise locally to meet the remaining needs of our ever increasing number of clients. Our September Walkathon 'Step Up and Step Out to Stop Hunger' is our biggest fundraiser, and is an opportunity for all of us to demonstrate our commitment to our neighbours who are experiencing food insecurity. We appreciate all donations.

Hours of operation and information about how you can get help as well as become a volunteer or make a donation can be found at our website: www.hefc.ca. You can also call us at 613 737-9090.

Yoga to the Rescue: Part 3

Meditation

Lynda Pedley

Meditation is a form of mental training and skill development that uses clearly defined techniques to focus attention in the present.

Simply put, the act of turning your attention inward is meditation and it can do wonders for your body and mind. Numerous scientific studies have documented the positive effects of a regular meditation practice: from calming the nervous system and lowering blood pressure and heart rate; to calming the mind and reducing stress.

A recent study, conducted by Harvard researchers, determined that meditation actually rebuilt the brain's grey matter in just eight weeks. It's the very first study to document that meditation produces structural changes in the brain's grey matter. This is the area of the brain involved in learning and memory, emotion regulation and perspective taking.

One of the greatest benefits meditation can offer is freedom from the tyranny of thoughts that typically occupy the mind. You know, those negative thoughts that tell you that you aren't good enough, or that there's only one way to do something, or that you don't have time for meditation in your busy life.

Just to be clear: in meditation you don't have to control or stop your thoughts. Rather, you're invited to focus your attention on something that lets you disconnect from your thoughts for a while...be less caught up in them...which offers you freedom from their influence.

Would you like to give meditation a try? Here's a simple practice that can get you started on the road to freedom.

Choose a quiet place where you won't be disturbed. Turn your electronic devices off or set them aside so they won't be a distraction. Sit in a comfortable upright position in a chair or on the floor on a cushion or meditation bench. Start with 5 minutes a day and slowly work your way up to 20 minutes a day. If you like, you can use a timer so that you don't have to concern yourself with time.

Focus your attention on your breathing. You're using your breath as the anchor for your awareness while your thoughts continue to come and go in the background. You might notice the movement of air in and out of your nostrils; or the rise and fall of your belly and

chest with each inhale and exhale. You don't need to change your breathing in any way; simply watch it with your mind's eye. When you find that you've become distracted by a thought (which is inevitable, so don't beat yourself up about it), gently refocus on your breathing and begin again.

The goal of meditation isn't to control your thoughts, it's to stop letting them control you.

If you are wondering what the link is between meditation and yoga: initially, the yoga postures were developed as a vehicle for meditation; a way to prepare the body, and particularly the nervous system, for the stillness of meditation by creating the physical strength and stamina that allowed the mind and body to remain calm.



I hope you've enjoyed this series and that you find yoga a little less mysterious than you may have before. If you'd like to know more about any aspect of yoga or meditation, you're welcome to get in touch with me at Lynda@LyndaPedley.com.

Sixth Annual Walkathon Heron Emergency Food Center

Step Up and Step Out to Stop Hunger
September 26, 2015
9 am to 12 noon

Ottawa Public Health research indicates that the cost of nutritious food for a family of 4 increased by 10% between 2013 and 2014. Families in our neighbourhood are going hungry. Join us in supporting our neighbours who can't make ends meet by walking or sponsoring a walker.

The walk begins and ends at St Thomas the Apostle Anglican Church, 2345 Alta Vista Drive, Ottawa
A 4 - 5 km walk through the Alta Vista community
Light refreshments and fellowship after the walk.

To participate - contact HEFC 613.737.9090
Donations via Website www.hefc.ca

The Bard Comes to Owl Park

Alice Templin

More than 200 people gathered in Owl Park on the evening of Friday, August 7th, 2015 to enjoy some Torchlight Shakespeare presented by the Company of Fools. This was the first time that Owl Park was on the list of venues for this outdoor summertime theatre experience, and hopefully it will not be the last.

As people converged on the lawn near the tennis courts at 7 p.m, settling into their chairs or onto their blankets, there was an air of camaraderie and neighbourliness. Friendly volunteers handed out programs and assured everyone that no, they didn't need tickets but would have an opportunity at the end to make a pass-the-hat donation.

The 90-minute production of *The Comedy of Errors*, a much-loved Shakespearean farce, marked the 25th Anniversary of the Company. Under the direction of Catriona Leger, the on-stage performance of the cast of 6 (who played a total of 16 characters) was entertaining, engaging and very funny. Clever word play, colourful original costumes, and interaction with the audience were highlights of this presentation about mistaken identities of brothers and servants and the chaos that ensues.

It was a perfect evening to enjoy the Company of Fools and the company of neighbours. For the people of this part of Hunt Club, it was encouraging to see their local park come to life with this theatre experience and many expressed their hope that it would happen again next year. Thank you to 'The Fools', as they laughingly call themselves, for bringing their artistry, humour and energy to Owl Park.

What a perfect way to end a summer evening.
"Yet this my comfort: when your words are done,
My woes end likewise with the evening sun."

A Walk on the Wild Side

Christine Johnson

Ever wonder what smells so sweet along the pathway leading to the Airport Parkway overpass from Cahill Drive? Well, on my last walk, it might just have been the freshly cut grass.

Other possibilities revealed themselves along the pathway around the periphery of the ponds at the Sawmill Creek constructed wetlands: perhaps it was the aromatic tansy flowers with their tiny yellow pom-poms, or the pineapple weed, whose greenish yellow

cone-shaped flowers prove irresistible for children to crush, releasing their unmistakable aroma. With my Wildflowers of Ontario in hand and my sister's keen and experienced gardener's eyes, it wasn't too difficult to identify over two dozen species of wildflowers on our walk.

What an enchanting site so close to home to observe the many birds, bumblebees, and butterflies work their pollination and propagation magic. With the whisper of the white pines, the glimmering of the silver maples, the fluttering of the poplars, the majestic maples, crouching coyote willows and proud burr oaks gracing this site, it's hard not to feel peaceful and rejuvenated here. The raspberry season may be over, but there'll be more to pick and enjoy again next June and July.

If you haven't yet experienced this 'walk on the wild side', you just might want to give it a try - it's free, beautiful, and nearby. Thank you to those in our community responsible for its design and existence. Hunt Club is more attractive because of it.

Taste Treats in My Community

Wynnne Zhao

Ever since moving to the Hunt Club community, I've discovered that it's home to many small locally owned restaurants. Varying from a fusion of Asian flavours to European cuisines such as Greek and Italian, dining out is truly an international experience.

Recently, I've discovered Pho Thu Do (3987 Riverside Drive), a Vietnamese restaurant across from the T&T grocery store. With such a convenient location, I have started dropping by often and getting lunch on my way home or after going grocery shopping. The first time I stumbled across this restaurant, tucked in the plaza between 2 other small stores, I didn't expect much of it. Fortunately, I was pleasantly surprised. As I walked in, the fresh smell of lemongrass and the scent of a savoury beef broth cooking in the kitchen wafted to the front. I was immediately greeted with a promising menu; a diverse selection of appetizers, noodles, vermicelli, rice and vegetarian options.

All priced very reasonably, their dishes are also served quickly and made with care. Whether it's their flavourful Pho noodle soups or vermicelli bowls filled with fresh ingredients, there is something on the menu for everyone's taste buds. Next time you have a yearning for some authentic Vietnamese cuisine or simply a new place to grab a meal, check out Pho Thu Do. Their dishes, filled with colourful flavours and spices, are sure to satisfy your cravings!



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