

Hunt Club: My Community



Change is Coming

The "Hunt Club: My Community" has always been published on the HCCA web site and delivered to homes throughout the community. That's changing. The June issue, our 26th, will be the last home delivered issue due to the difficulties in retaining volunteer deliverers, the effort in disseminating the newsletters to them as well as the environmental impact of producing paper newsletters.

Effective September 2019, only a small number of copies will be printed for nearby libraries and businesses, our community centre and our sponsors. If you wish to receive an e-mail alert to notify you when the next issue has been posted, please visit <http://hunt-club.ca/> and click on the SUBSCRIBE button.

Copies will continue to be available at our Hunt Club-Riverside Park community centre and posted there on our HCCA bulletin board.

Many thanks to our dedicated team of volunteers who have been composing, typesetting, editing, distributing and delivering this information bulletin to your home over the past seven years.

And, our assistant editor Judy Burwell is returning to her home province of New Brunswick. The HCCA thanks her for her contributions here, and wishes her a safe journey east.

What do community associations do?

Brian Wade

No matter age, gender, sexual orientation, level of education or religion, we all have one common want: We all want a safe, clean place for our families to live and flourish - a place where we belong and can call our own. Community associations are on the front line of making that happen.

Community associations are at the grassroots level of building strong communities and neighbourhoods. Our Community associations represent and promote the community's interest to all levels of government, they organize activities where you can meet your neighbours, they provide opportunities to share ideas and information and ultimately, they bring people together. Together we can make great things happen.

The Hunt Club Community Association is here for you, but we want your feedback on how we are doing. What are we doing right? Is there anything that we should be doing that we are not? How can we improve? What does the Hunt Club community need? How can we gain your support?

Please provide your feedback by email to president@hunt-club.ca or dropping off a letter to our mailbox at the front desk of the Hunt Club Riverside Park Community Centre. I look forward to hearing from you.

5TH ANNUAL "HUNT CLUB CARES" GARAGE SALE

Donations to



which supports abused women, their children and even their pets.

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Saturday June 8th 2019
8am - 1pm Rain or Shine



To register go to:
huntclubcares.ca



For more information:
Call Linda King,
Chairperson
613-260-7897

The Climate Is Changing, Why Aren't We?

Judy Burwell

It's a question being asked daily by young people who are marching in the streets, flooding the internet, tweeting, Facebooking, getting petitions signed, and generally telling their elders that they are mad as hell and aren't going to take it anymore.

Can we blame them? From their perspective there is no silver lining, no pot of gold at the end of the rainbow, and potentially no planet. How do you plan for a future when all you are hearing about is a planet in distress and you don't see governments, corporations and institutions doing nearly enough to stop the tsunami that looks to be coming our way?

Young activists today aren't pulling any punches. In increasing numbers, they are following the lead of Greta Thunberg, a Swedish teenager who simply wanted the world to pay attention to her fears that if we don't act now, it will soon be too late. Greta's reaction to accusations of wasting valuable study time is to point out that our political leaders have wasted decades through denial and inaction and she wants action now. Young people everywhere are waking up with the same fears and they will not be silenced.

Ottawa youth are among those gearing up for action. Ecology Ottawa has introduced a Youth Climate Ambassadors Program: a year long project dedicated to equipping 40 young people from across the city with the skills and knowledge necessary to take on climate change at the local level. You can be sure our councilors and elected officials, provincially and federally, will be hearing from them on a regular basis.

That the City of Ottawa stepped up to the plate and declared a Climate Emergency is a first step. But it's up to all of us to make sure they follow through with bold changes to reduce climate change and to be well prepared for future disasters such as this year's spring floods.

The kids are counting on us to help fix this. Let's not let them down.

Judy Burwell is a member of the Ottawa South Eco-Action Network



Ontario's Long-Term Care Home System is Broken

Kathy Wright

Over the last 30 years, many strategies have been tried to repair our long-term care home system. Changes in policies, millions of dollars for more staff training, increased oversight by owners and government and excessive regulations are all worthy measures. But they have not changed or prevented tragic incidences from occurring - incidences we see in the media on a regular basis.

Innovative long-term care homes are already in existence in Ontario, Saskatchewan, the U.S., Europe and Australia. Examples are: The Eden Alternative, The Green House, the Hogewey Villages and the Butterfly Model. All these models embrace the idea that relationships matter and that a home should be a home and not a medical-like institution.

The Region of Peel is leading the way to real culture change. It has transformed one of its long-term care home units into the first Butterfly Home (U.K. model) in Ontario. With one year of data, Peel Region has shown staff sick days are down significantly, fewer residents are falling, antipsychotic drug use is lower, and social engagement is higher. These benefits are not only creating cost savings for homes and the health care system but also enhancing the quality of life for the residents and families.

Toronto City Council voted last summer to implement the Butterfly Model in its city-run long-term care homes and commissioned a study to review all the innovative models. Subsequently, Primacare Living, a for-profit corporation, now has plans to implement the Butterfly Model in Brampton, London and Hamilton.

For more details on the innovative models, visit <https://talkingtransformationlongtermcarehomes.ca>

CARP (Canadian Association for Retired Persons) is asking the City of Ottawa to become a champion for transformative culture change by committing to pilot an innovative model in one of its four long-term care homes.

Our vulnerable residents deserve better. Let us know what you think by commenting on our blog site or becoming a "follower".

Kathy Wright is the vice-president of CARP Ottawa

Arts in the Park

Saturday June 15, Paul Landry Park, 11 am to 3 pm
Christine Johnson

Although we didn't receive a TD Park People grant this year, we will still be presenting the above event this summer at Paul Landry Park (on Uplands Dr. south of Paul Anka Drive and north of Bennett). This is a family friendly event designed to celebrate the local arts in all their forms, with a special focus on interactive artistic experiences, for young and old alike.

If you are interested in displaying your visual art works at this event please contact Dianne Nahal at D.arts@bell.net. If you are a performing artist or writer and would like to participate, contact Christine Johnson at artsinthepark2019@bell.net

Feel free to bring a musical instrument, a puppet, a book, your sketches/paintings or any other artistic expression you may wish to share at this free event. Those who bring their own cup or mug will also have access to drinks! Bring your lawn chair or a blanket if you wish to stay a while. Hope to see you there.

Help Save Our Libraries

Christine Johnson

Your community association (HCCA) is organizing a book drive to raise money for the OPL (Ottawa Public Library) to offset provincial budget cuts. You can help by collecting all your unwanted books, CDs and/or records and dropping them off at the Hunt Club Riverside Park Community Centre during the Fall Festival on Saturday, September 7th between 11 am and 3 pm. Everything collected will be taken to Friends of the Ottawa Public Library Association (FOPLA) Distribution Facility to be resold at upcoming second hand book sales. You can check out upcoming FOPLA book sales at various sites across the city at <https://www.fopla-aabpo.ca/>

Fall Festival

Sue McCarthy

Mark your calendars for Saturday, September 7th. The Annual Fall Festival returns to the Hunt Club Riverside Park Community Centre from 11 am to 3 pm, rain or shine. What's happening? Free food, Bouncy Castle, face painting, games for the kids, music, a plant exchange, a book drive to benefit the Ottawa Public Library and community exhibitors.

This free festival is a partnership with the City of Ottawa, South East Ottawa Community Health Centre (SEOCHC), Riverside Park Community & Recreation Association (RPCRA) and the Hunt Club Community Association (HCCA).

Come and meet your neighbours!

New Yoga Studio

Christina Marchant

Attention yoga fans! A new yoga studio has opened its doors in the Ridgewood Mall (at the corner of Riverside and Ridgewood). The studio offers gentle, beginners basic, and intermediate yoga for adults who would like to feel better both physically and emotionally. There are many classes to choose from each day!

In addition to the more traditional hatha-style classes, there is chair yoga for people who can't do traditional yoga due to age or disability. Also available is slow and gentle yoga for older adults who want to build strength, balance, mobility, and range of motion, or enjoy a restorative yoga class.

Restorative yoga is designed to calm and relax the nervous system. I sampled the Monday evening restorative yoga class where Suzanne, the teacher and studio owner, used props like bolsters, blankets and even a chair to arrange our bodies into comfortable stretches. The hour passed in a blink of an eye and I emerged feeling relaxed and well-taken-care of.

To learn more, visit their website ompadmayoga.ca or visit the studio at 773A Ridgewood Ave.

Multicultural Fund Raiser Dinner and Entertainment

Lynette Joseph-Sankey



I am proud to be part of Hunt Club-Riverside Multicultural Community, and I am extending an invitation to everyone!

Come out to dinner by Preparing, Donating or Sampling dishes from around the world, with great music while you eat.

Event: Multicultural Fundraiser Dinner

Location: Hunt Club-Riverside Community Centre

Entertainment: Featuring Artist and Performer Claudia Salguero and Guests

Support: Canadian Pride, Harmony in Culture Mural in the Community Centre

Date: Thursday, June 27, 2019

Time: 6:30 PM - 8:00 PM

Tickets: Adults \$15.00 / Children 12 and under \$10:00 (available at the door)

Hosted by: Counsellor Riley Brockington and Artist Claudia Salguero; Hunt Club Community Association & Riverside Park Community and Recreation Association

See U There!

Taste Treats in our Community

John Sankey

Pho Kam Long on the west side of Riverside Drive at Rivergate Way combines excellent Vietnamese food with attentive and expert service.

Once seated, you are offered a variety of pho (rice noodle beef soup), and many rice and vermicelli dishes. Most dishes offer a choice of beef, chicken, shrimp, mixed sea food or tofu. The noodles are really crisp, the mixed sea foods perfectly prepared, and the sauces have delicate tastes that complement the food rather than overpowering it.

You will be greeted with a traditional koi pond, and experience a wonderfully quiet ambience despite its proximity to one of the busiest arteries in Ottawa.

This little place has it all to take your special someone out for dinner. And it's right here in Hunt Club!

Hunt Club: My Community is published by the Hunt Club Community Association
3320 Paul Anka Drive, Ottawa K1V 0J9
Web: <http://hunt-club.ncf.ca>
Facebook: HuntClubCommunityAssociation
Twitter: HuntClubCA

Editor: Susan McCarthy
Distribution & sponsors: Christine Johnson
Layout & graphics: John Sankey

Distribution is free to Hunt Club homes and businesses. Opinions expressed are those of the authors and not necessarily of the HCCO.

If you have an article that you would like to submit for our next issue, e-mail it to suemccarthy1952@gmail.com
We welcome your ideas for future issues; please write us or come to our monthly meetings to discuss them.

We thank our local businesses and representatives who make Hunt Club: My Community possible and ask that you support them.

Member of Parliament | Député
David McGuinty
Ottawa South | d'Ottawa-Sud

(613) 990-8640
david.mcguinty@parl.gc.ca
www.davidmcguinty.ca



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CANDIDATE FOR OTTAWA SOUTH

hello@votetannis.ca
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votetannis.ca



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