

Hunt Club: My Community



A new year has begun and soon spring will be blooming, maybe now as you're reading this, crocuses are springing up under the snow! In December's edition of Hunt Club: My Community, Christine Johnson said that edition would be the last one as she was stepping down and no one had answered her appeals to take over the editorship. Surprise! I happened to read that newsletter and decided to give the editor role a try, at least for as long as I'm living in Hunt Club. Christine is not totally out of the picture as far as the newsletter is concerned as she is responsible for securing ads to finance the newsletter.

This newsletter was the brain child of Christine together with HCCO President, John Sankey, as a way to reach out to the residents of the Hunt Club community by focussing on common issues, highlighting community people and their interests, natural areas and parks, eg. the Hunt Club Creek, the McCarthy Woods, etc. The overall goal of the newsletter was and is to bring people together in the community and awaken interest in what is available here in Hunt Club rather than having people go elsewhere for their entertainment. I hope to carry out the fine work that Christine has started.

As editor, I invite you to contact me about what you'd like to see in the newsletter. Would you like to contribute a short article on a topic or special interest?

Did you know that any Hunt Club resident, young or old can come to the Hunt Club Community Association meetings? They occur on the 1st Monday of the month, at 7 pm, unless it's a public holiday in which case they occur on the following Monday. All HCCO meetings are held at the Hunt Club-Riverside Community Centre, 3320 Paul Anka Drive. Upcoming meetings: April 13th, May 4th and June 1st.

The HCCO meetings are preceded by public education lectures, coordinated by Vanessa Sutton, at 6 pm at the Community Center. To date we have had lectures on Youth Mental Health (January), Aging with Dignity (February) and History of Hunt Club (March). On April 13th there will be a special information session, "Discovering, Celebrating and Maximizing our Hunt Club Greenspaces", preparation for celebrations in 2017 for Canada's sesqui-centennial. Excerpts of prior presentations are posted on our website: hunt-club.ncf.ca

Besides our website, the HCCO is on Facebook: [HuntClubCommunityAssociation](https://www.facebook.com/HuntClubCommunityAssociation), and Twitter: [HuntClubCA](https://twitter.com/HuntClubCA).

If you'd like to become involved in your Community Association, have topics or issues that you would like addressed in the newsletter or any special events or activities you think should happen in Hunt Club, please contact me at: susanmccarthy@rogers.com.

Susan McCarthy, Editor

Community Safety

On February 3, I hosted, in partnership with Councillor Diane Deans, a community safety audit of the Airport Parkway Pedestrian Bridge. Approximately 30 people braved the cold and joined their neighbours and city staff to identify various issues. In addition, many suggestions have been submitted by Hunt Club residents for which I am grateful. Your safety is my number one priority and I will work with staff to implement solutions. Thanks as well to HCCO President John Sankey who joined us on the walkabout.

This summer, city staff will implement a traffic calming initiative along the entire stretch of Paul Anka Drive. Metre-tall, yellow sticks will be inserted in the middle of the street to remind motorists of the speed limit. Between McCarthy Road and Uplands, there are many entrances/exits to buildings, parked cars and pedestrians. Between Uplands and Hunt Club, the average car travels 15 kms above the speed limit. This initiative will be monitored and the City will measure its success before pondering the need to implement more expensive and more permanent traffic calming initiatives. I will also consult with local residents before permanent initiatives are implemented.

I also wish to inform the community that I am working with city staff to improve safety on McCarthy Road, particularly the northbound curve where the yellow flashing light stand exists. My ultimate goal is a permanent speed display board and a guardrail.

It continues to be a pleasure to serve Hunt Club residents. Please contact me at any time to discuss any matter.

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

Calling all musicians, young and old and in-between, to kick start our very own Hunt Club 'Performers' Night'!

This is a 'call out' for Hunt Club residents who would welcome an opportunity to share their love of playing a musical instrument and/or singing, at a monthly Performers' Coffee House Night right here in our Hunt Club Community.

If this is an initiative that you'd like to be involved in, please contact Sue at susanmccarthy@rogers.com We'd love to hear from you! Let's get this project well on the road in view of celebrating Canada's 150th birthday in 2017 Hunt Club style!

Yoga to the Rescue

Part 1: yoga postures

Lynda Pedley

In 2010 the University of Maryland Medical Center examined over 80 studies about the health benefits of yoga and found that yoga equaled or surpassed other forms of exercise in reducing stress, improving balance, diminishing fatigue, decreasing anxiety, lifting mood and improving sleep.

What's not to like about results like that? If you're a person who might benefit from a little stress reduction or improved sleep, it might be worth giving yoga a try, and you don't need fancy yoga pants to do it.

There are several different dimensions, branches and styles of yoga, which can be a bit confusing. The yoga that you've probably heard about most often is Hatha yoga, which emphasizes physical postures or exercises that are done with the goal of balancing the opposites in your life. A Hatha yoga class will also usually include breathing practices and meditation or relaxation (more on these in the next issues).

Here's a brief summary of what you could expect from a typical yoga class:

For your body: stretch, tone and strengthen muscles, release chronic muscular tension, de-stress, refresh and enjoy your body.

For your mind: calm restless thoughts, cultivate presence, support concentration, mental clarity and confidence.

For your spirit: encourage self-acceptance, build choice and self-empowerment, honour inner wisdom and invite inner peace.

The Hunt Club Riverside Park Community Centre offers weekly yoga classes.

If you'd like to know more about any aspect of yoga, you're welcome to get in touch with me at Lynda@LyndaPedley.com.

Namaste

(which literally means "bowing to you" and is a customary greeting when people meet or depart that is used widely throughout India & Asia)



Body Make Workshop

Hiromi McPhail

Having taught many fitness programs, I asked myself why people were still getting injuries. Aren't they supposed to exercise to be healthy and fit? I kept hearing of so many lower back pains and joint problems related to knees, shoulders, necks, wrists, etc. I started to observe these people carefully and discovered that they were locking their joints due to poor posture.

An example of common poor posture is a rounded shoulder (hunched back) which results in a tightened chest and an over stretched upper back. To correct this posture problem, you have to strengthen the upper back and posterior shoulders with stretches for the chest, anterior shoulders and abdominals.

Did you know that upper back and neck complaints are much more common at clinics than lower back problems these days? We have been sitting in front of the computer and texting too much!

Strength training helps to:

- *Produce good muscle mass
- *Improve bone density
- *Reduce body fat
- *Raise metabolism
- *Plays a role in disease prevention

Stretching promotes:

- *Increased circulation
- *A better range of motion of the joints
- *Enhanced muscular coordination
- *Greater balance and improved mobility
- *Improved flexibility

In my strength and stretch class at our Community Center, I incorporate the wonderful skills of Taichi and Pilates with deep breathing techniques to provide the best quality of exercise class.

Remember, it's never too late to improve your health. Age gracefully!

Hiromi McPhail has been a fitness/wellness educator in Ottawa since 1998. She is certified by the YMCA and Canfitpro in group fitness and as a Taichi, Pilates instructor and Life coach.

Annual Spring clean up at Paul Landry Park Saturday, May 2nd, at 10:00 a.m.

This year's clean up will be followed by a BBQ with musical entertainment and a share fest of upcoming plans for the restoration of Paul Landry Park.

Get involved and help make a difference in our community! Everyone is welcome; just show up. High school students, this is a great way to put in your community engagement hours! Gloves and garbage bags are provided by the City of Ottawa.

Desjardins joins the Hunt Club community!

Caisse populaire Rideau-Vision d'Ottawa is continuously innovating in order to improve the services it offers to its members! A new branch will indeed open its doors on March 2nd, in the heart of the emerging Hunt Club neighbourhood's business district.

The dedicated team of Hunt Club Service Centre advisors will be happy to provide you with made-to-measure financial products and services, as well as valuable personalized advice.

Desjardins expresses its cooperative difference in many ways, such as providing exclusive advantages and discounts to its members and cooperating in the development of this community.

Desjardins is the leading cooperative financial group in Canada and the second strongest bank in the world according to the Bloomberg News.

We are looking forward to unveiling our new Hunt Club Branch to you very shortly!

Hunt Club Branch
700 Hunt Club
(at the junction with Gibford Drive)

Desjardins se joint à la communauté de Hunt Club !

La Caisse populaire Desjardins Rideau-Vision d'Ottawa continue d'innover et d'améliorer les services offerts à ses membres ! En effet, un nouveau centre de services ouvrira ses portes le 2 mars prochain dans le secteur Hunt Club, au coeur de l'activité commerciale de ce quartier en pleine expansion.

L'équipe dévoué de conseillers du Centre de services Hunt Club sera ravie de vous offrir des produits et services financiers adaptés à vos besoins, ainsi que de précieux conseils personnalisés.

Desjardins exprime sa différence coopérative de multiples façons, notamment en offrant de nombreux avantages et rabais exclusifs à ses membres et en coopérant au développement de sa communauté.

Desjardins est le premier groupe financier coopératif au Canada et la deuxième banque la plus solide au monde selon l'agence d'information financière Bloomberg.

Au plaisir de vous accueillir très bientôt !

Centre de services Hunt Club
700 Hunt Club
(à l'angle de la promenade Gibford)

Competitive Dragon Boat

Paddling with a Different Focus

Richard Martin

While paddling in a dragon boat on the warm, still waters of Mooney's Bay may not be on many minds at this time of the year, it's certainly on mine. As the days grow noticeably longer and more snow is melting than falling, I can feel the growing excitement as another paddling season looms large on the horizon.

As the first tulips and daffodils emerge after the long winter rest, the recreational, mixed dragon boat team, Chinatown's Showboat (www.TeamShowboat.org), paddlers enthusiastically return to the waters of Mooney's Bay to take muscles out of hibernation. While the water may be cold and the spring air crisp, nothing can cool the building energy in the boat. There is lots of laughter and conversation at practices as friendships are renewed. Perhaps new friendships begin. Even a few sore muscles don't restrain the many laughs as the team retires to a nearby pub after each practice.

On competition day, does the team dress in the latest cutting-edge racing attire to shave off fractions of a second to place first in a race? In fact, the team dresses in distinctly speed-reducing but very colourful, themed costumes. Last year everyone who attended the Festival at Mooney's Bay were delighted to see what appeared to be a collection of Hollywood movie stars paddling in some of the races. The year before the audience had to look twice as a lively gathering of circus animals, clowns, ring masters and showgirls challenged the more competitive teams.



Hollywood and circus costumes - what's with this team? Unlike many dragon boat team who strive for gold medal glory, Chinatown's Showboat is largely dedicated to paddling for our community and having lots of fun in the process. Sponsored by Ottawa's Chinatown, the team works with paddlers to find ways to give back to the community throughout the year. In addition to finding unique, novel ways to fundraise, paddlers are actively encouraged to volunteer. Since 2002, the team has raised over \$120,000 for the Ottawa Dragon Boat Foundation which in turn supports many local charities.

Interested in meeting new friends and participating in a fun, social activity while giving back to your community? Perhaps joining a local dragon boat team is just for you. Be sure to visit dragonboat.net

Revising Paul Landry Park: A Hunt Club Community Project!

Circle your calendar for 6:00 p.m. on Monday, April 13th. Join us at the Hunt Club Community Centre and discover our many neighbourhood greenspaces in a short slide show.

The HCCO had been discussing with the Ottawa Stewardship Council the replacement of some of the sick and stunted trees in the woods of Paul Landry Park (Uplands Drive between Bennett and Paul Anka) with quality trees. However, City of Ottawa forestry staff pre-empted these discussions this February, using funds for the removal of ash trees to clearcut about a third of the woods, especially on the south side.

This leaves a large empty area that could be used for attractive community facilities: benches along paths? a few flower beds? a wildflower meadow? community gardens? exercise stations like those in Nepean or Kanata? new quality trees? low-intensity night lighting?

We'd like to hear your ideas about Revising Paul Landry Park. This HCCO initiative is geared towards celebrating Canada's 150th birthday in 2017. All community members, young and old are welcome. Come meet your neighbours who would like to see our park become a safer, more attractive and user friendlier place to be.

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

Hunt Club: My Community is published by the Hunt Club Community Organization
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If you have an article that you would like to submit for our next issue, e-mail it to susanmccarthy@rogers.com. We welcome your ideas for future issues; please submit them to us or come to our monthly meetings to discuss them.



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