

Hunt Club: My Community



New Hunt Club Community Festival a Success!

Sue McCarthy

On Saturday, September 12th, a new community festival was held at the Hunt Club Riverside Park Community Centre (HCRPCC). This initiative was a result of the collaboration of the City of Ottawa, the South East Ottawa Community Health Centre (SEOCHC), the Hunt Club Community Organization and the Riverside Park Community & Recreation Association. Our aim was to revitalize the Commfest event that had been held the past 20 years and for which attendance had been declining. As the day arrived, a decision was made to move the festival into the community centre due to inclement weather.

The festival ran from 9 am to 2 pm and featured many activities for children and adults alike. Our mayor, Jim Watson provided opening remarks and warm welcomes were issued by the Honourable John Fraser, MPP and Councillor Riley Brockington.

Community residents braved the weather and families with children and senior citizens streamed in to partake of the many activities such as:

- a scavenger hunt
- a magic show
- a bouncy castle and slide
- face painting
- drawing for children and seniors
- displays, including the Ottawa Riverkeepers, Ottawa Public Health, the Ottawa Fire Department, Ottawa Police and many more
- music with DJ and live performance by Johnny Vegas
- samples of international foods donated by vendors served by John Sankey and granddaughter Margo:
 - Chinese dumplings from **T&T supermarket**
 - halal chicken shawarma and garlic potato dishes with sauces from **Shawarma Planet**
 - Italian cheese pizza from **Riverside Pizza**
 - vegan Somali vermicelli with rice provided by John
 - Timbits from **Tim Hortons**, 372 Hunt Club Road
 - Hot dogs cooked and served by **Metro McCarthy** Rd. staff, as well as treat bags for the kids

Most events were held in the gym and at least 300 residents attended throughout the day. All in all a great success.

Thanks to Councillor Riley Brockington and Desjardins Caisse Rideau-Vision d'Ottawa, for providing some funding for the event as well as the City of Ottawa for providing a venue and HCRPCC staff for the event; to SEOCHC for partnering and to Executive Director Leslie McDiarmid for MC duties; Metro McCarthy Rd. staff for running the BBQ and donating treat bags for the kids; to John Sankey for organizing the international food selections and to all the local vendors who provided free samples of their food.

Annual "Hunt Club Cares" Community Garage Sale

Linda King

Last year's garage sale was a great success considering we only had three weeks to organize it. Special thanks to Anne Castle, Desjardins Caisse Rideau-Vision d'Ottawa, and Metro McCarthy Rd. for being such great contributors.

The date is set for **Saturday June 4th, 2016**, rain or shine. As last year, we will collect \$10 from all contributing vendors to list their house on social media. All proceeds will go to South East Ottawa CHC Summer Camps, a wonderful way to show how much our community cares.

If anyone would like to join the committee, call me or drop a line and I would be pleased to discuss this further. Once the logistics are set up, there is minimal work required. I appeal especially to residents of condos or apartments. It would be great if a representative from the buildings would volunteer to coordinate names and get the information out to the residents.

We will be sending out more details in the spring newsletter but in the meantime, if anyone wants more information or would like to register early, please contact me at huntclubcares@gmail.com

Community Garden

Brian Wade

If you would be interested in helping out to kick start a community garden somewhere in our Hunt Club community, please let me know: volunteer@brianwade.ca We've got all the information needed to get us started. We just need a committed group of enthusiastic community members to get this project off the ground.

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Pork & Leek Dumplings
Dumplings au Porc et aux Poireaux

Cultural Landscape in Hunt Club

John Sankey

Culture is what people do, and cultural landscape is how they modify their environment. When Col. By surveyed our area in 1826-8, it was heavily forested highland. By 1867 it was mostly farmland with isolated woodlots to provide fuel for heating.

The first cultural change that we can still see was the development of a sand quarry on the east side of the Rideau River around the area where Hunt Club Road now crosses it. It was in use from the 1820s until about 2000, and left the huge depression west of Riverside Drive from the bridge north to Kimberwick Crescent. The Bowesville Road began as a trail about the same time; it was improved sufficiently by 1834 that a stage coach began regular operations along it between Ottawa and Prescott. Some sections still exist under that name, one section as Old Riverside Drive.

By 1855 the Bytown & Prescott Railway (today's O-Train) was in place on our eastern border and McCarthy Road through our center, by 1863 Hunt Club road was established between McCarthy and River roads. Today's Via line at our northwest corner was completed in 1914; in the mid-1920s Ottawa Hunt Ltd. built a golf course (the south 2/3 of the current course).

Then came WW2, when the rudimentary landing strips south of the golf course were rebuilt to air force standards for a flying school, a triangle of paved runways at 60° to each other, together with hangers, housing, electricity, sewage treatment and a railway spur. The old railway spur is still visible in places (a hydro line follows some of it now); the WW2 housing and one runway of the 'old field' are still in use. Today's main runways date from 1952 when the air force switched from Siskin biplane fighters to Sabre jets.

Apart from an aggregate quarry on McCarthy Road that operated ca. 1950-70 (now occupied by Landmark Court), the rest of our area remained essentially agricultural until 1970. It was then that almost all our prior landscape was obliterated, dozens of rural homes among them. History was 'bunk'; urban renewal (destruction of the old) was 'in'. Over the next decade, all but the Southern Corridor was transformed into new suburban housing.

One trace of our agricultural past is the section of Hunt Club Creek west of Paul Anka. It originally drained one of the Dowler farms south to a branch of the Sawmill Creek; since 1950 it runs north carrying drainage from the air base. The other traces are almost all in the Southern Corridor, where old field boundaries and the remains of farm buildings can still be found. The McCarthy Woods was the Dowler's woodlot, an area where the soil was too thin for farming. That thin silt over limestone is why most of the trees there become rotten and die after 60 years or so, excepting a patch near the railway where some are older.

The houses on the south side of Hunt Club Road between the church and Airport Parkway date from just after WW2; one in Hunt Club Place claiming to date from 1927 was in fact also built after WW2.

How much of our lives will still be visible in our landscape to our descendants a century from now?

\$8000 Raised for Heron Emergency Food Centre

Lynn Sherwood

Heron Emergency Food Centre (HEFC), situated at 1480 Heron Road provides emergency food for a large catchment area, which includes the Hunt Club-Riverside neighbourhood. On Saturday September 26th, 19 dedicated volunteers participated in a 5 K Walkathon in support of the HEFC. The walkathon began at St Thomas the Apostle Anglican Church on Alta Vista Drive where participants were greeted by Ottawa South MP, David McGuinty, MPP John Fraser, and Alta Vista Ward Councillor Jean Cloutier. Participants canvassed friends and neighbours to raise funds for HEFC. One member of our HEFC board of directors, Gail Christy, accompanied by her intrepid husband Bob Christy, finished the route in a wheelchair - it took them an hour and a half.

We thank all these wonderful volunteers who gave their Saturday morning to help raise funds for HEFC. Special thanks to the office of Councillor Riley Brockington, who helped substantially by photocopying publicity information about the Walkathon in the Hunt Club-Riverside area.

Over the last four years the need for emergency food has climbed by an amazing 10% a year! An increasing number of households in our community, faced with rising costs for housing, transportation, and utilities, are going without food in order to pay the bills. HEFC helps to fill the gap between income and expenses by providing 3 days per month supply of basic, nutritious food for eligible families.

HEFC is a member agency of the Ottawa Food Bank which provides about 80% of our funding. We raise the rest through local community donations; this Walkathon is our biggest annual event. Although donations have remained steady year after year, the increased use of the food bank has resulted in a substantial deficit. We may be forced to make the hard choice of reducing the amount of food we provide in each hamper if local donations do not increase substantially during the next few months. We are asking individuals, families, local businesses, churches and community groups to step up, give generously, and help us help our neighbours in need, as the festive season approaches.

Our November Wish List: Tuna, canned vegetables, canned tomato sauce, canned soup, chick peas, kidney beans, cereal, and snacks for children.

Syrian Refugee Crisis

Sue McCarthy

Ottawa and the world have been moved by the tragic reports of refugees fleeing Syria and other war torn areas attempting to cross treacherous waters to reach Europe, often with deadly results. We were all rocked by the graphic pictures of the bodies of tiny children washed up on the shore. As a result, all levels of government, including that of our city, are committing to paving the way for Syrian refugees to come to Canada.

Christine Johnson, President of the HCCO, and I attended Mayor Watson's Forum on Sponsoring Syrian Refugees on September 18th at City Hall. The event was so well attended that overflow crowds were in the lobby outside city chambers listening to speakers broadcasting the proceedings. After a welcome from Mayor Watson, various experts outlined the ways to sponsor Syrian refugees to come to Ottawa and how to support them.

A group has been set up to coordinate Syrian resettlement efforts in Ottawa under the umbrella of Refugee613. It includes a number of local lawyers who will donate their services for free in navigating all the paperwork required. In addition, a website has been established where you can find all the information on how to sponsor Syrian Refugees: www.refugee613.ca. The United Way has set up a special fund to help the Syrian Refugees: www.unitedwayottawa.ca/refugees.

The Hunt Club Community Organization (HCCO) has set up a committee to explore options to sponsor Syrian Refugee families within Hunt Club. We will be holding a meeting to determine the way forward in the near future and will also invite representatives from Refugee 613 to a public discussion and information session. Meetings will be open to all interested parties in Hunt Club and posted on our Facebook, Twitter and website pages.

A New Board of Directors for the HCCO

Christine Johnson

A full complement of ten directors for our community association board was elected at our Annual General Meeting on November 2nd: Peter Brimacombe, Peter Foulger, Marilyn Koch, Sue McCarthy, Fred McLellan, Piero Narducci, Vanessa Sutton, Ijeoma Udechukwu, Brian Wade, Wynnie Zhao.

John Sankey, who is now our Past President, was honoured for his 8 past years of service as the HCCO President with a citation certificate from the City of Ottawa, presented to him by Councillor Brockington.

As your newly elected President, I am prepared to serve our community in a spirit of inclusiveness, encouraging all residents in 'Old' Hunt Club to share their concerns, ideas and questions at our first Monday of the month meetings, at 7:00 p.m. at the Hunt Club Community Centre. Ten dollar memberships are available at the beginning of each meeting.

You can find minutes of our past meetings on our website.

Looking forward to seeing more new faces at our December 7th meeting.

Overcoming your Exercise Obstacles

Amanda Amaratunga

We often hear about the countless benefits of regular exercise and an active lifestyle. This can feel like it's easier said than done, but it doesn't have to be that way. Today, I share with you 3 truths about some of the most common exercise obstacles I see as a fitness and wellness coach, and how you can overcome them.

1. It's about effort, not perfection:

Many of us won't dare start a new activity (or continue one) unless we are good at it, or think we need a certain body type or level of expertise to fit in. Sometimes we get frustrated if results don't come immediately, or even worse, we get results and then give up when we have a setback. The truth is that you get out what you put in, with sustained effort. Repeating, and practicing your regular exercise habit adds up to long-term results, and the more you practice, the better you get. The real questions to ask of yourself are: Am I giving this my best effort? Can I get just 1% better today?

2. Motivation is a feeling that comes and goes:

Sometimes we let our activities or workouts slide because we feel down, tired, or unmotivated. This can lead to a cycle of feeling discouraged, not moving, and then feeling even worse. Every day, we see our fellow neighbours out there, rain or shine, walking their dog, running or heading to the gym. The truth is that sometimes they REALLY just don't feel like exercising either. They know it's perfectly normal to feel down, but follow their habit of lacing up their shoes, and taking those first few key steps out the door. The motivation, or feeling of well-being comes sometimes comes after the workout.

3. You must find a physical activity you love:

As children, we often believe we can do anything. As adults, life can get in the way, and we often think of a lot of responsibility-related reasons for not pursuing our dreams, doing activities we once loved, or daring to try something new. The truth is that those of us who do an activity long term, have tried different things, found something we love, and found ways to make it sustainable in our life. Having an activity you are passionate about, also really helps to overcome the first two obstacles we discussed.

Do you see any of this in yourself? The first step is to take just one small action!

Looking for a place to start? Take a 5-minute walk after dinner. Look for free classes, or open houses, talk to friends, family and co-workers who do an activity, and join them next time to try it out.

Any questions about this article? Contact me at fitintegrated@gmail.com. For free fitness, wellness, and motivational tips, follow our Facebook page www.facebook.com/fitnessintegrated

Hunt Club Activities

HCCO plans to set up a regular Performers Night for local musicians, young and old, regardless of genre. We are looking for performers, volunteers to run the performers night, including providing and setting up sound equipment and hosting the event. If you or someone you know is interested in participating in this initiative, please contact Sue at suemccarthy1952@gmail.com

Your executive is also busy with many city consultations that affect us: with our Councillor and city staff concerning the future of Paul Landry Park, a breakfast meeting with our mayor and other River Ward associations, the environmental assessments for the Airport Parkway widening and the extension of the O-Train, a seminar on Natural Systems planning and an open house on our Urban Forest plans, just to name a few. Come to our monthly meetings to hear about them.

As part of Canada's 150th birthday celebrations, an additional \$150,000 has been added to the usual \$50,000 amount in the City of Ottawa's Civic Events Fund. All community groups are invited to submit proposals for events in their communities that coincide with a civic holiday in 2017. Anyone with enthusiasm and great ideas to showcase our pride as Canadians and to inspire our local youth, please contact Christine at christine-ottawa@sympatico.ca

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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 submit them to us or come to our monthly meetings to discuss them.

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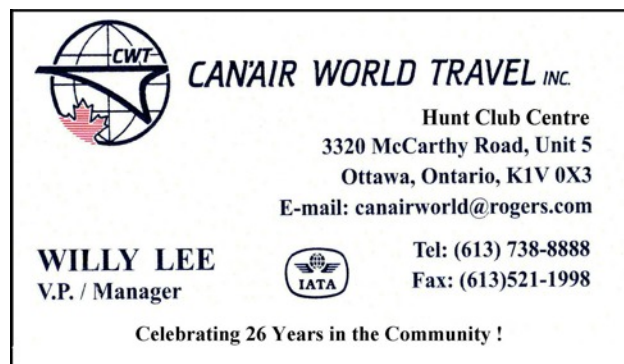
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