



## HuntClub's Quarterly Publication Pour nous tous:

Welcome to our stories, from our neighbourhoods in and around our community, brought to you by the Hunt Club Community Association every three months. Bienvenue au quartier Hunt Club.

This first issue will offer perspectives and insights, along with useful information for families, youth, adults and seniors. Feel the flavour of what it's like to live in Hunt Club! We hope that you will enjoy it.

Bonne lecture!

## Quinton Queries/ Sofia Speaks

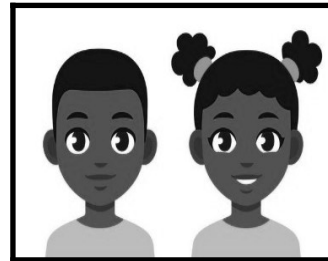
### Episode 1: Community

*Quinton:* Hey, Sofia, I keep hearing people talk about our Hunt Club 'community' since moving here last summer. What's a 'community'?

*Sofia:* A community is a group of people who have things in common, like, for instance, their religion, their language, their reading preferences, their hobby. It creates

a sense of belonging for the people who choose to spend time in these groups.

*Quinton:* Then why do we say Hunt Club 'community'? There are all kinds of different people who live here, with different interests, speaking different languages and



even coming from different parts of the world. How can we be a 'community'?

*Sofia:* Good question, Quinton. Basically, since we all live in Hunt Club, it's up to us to do whatever we can to make our neighbourhood feel like a community. We all want to feel like we belong here. We can be friendly, get to know our neighbours, and do our best to take care of our property to show that we are proud of our community, that we respect our neighbours and that we want everyone to feel safe and comfortable here. It's called a 'social contract'.

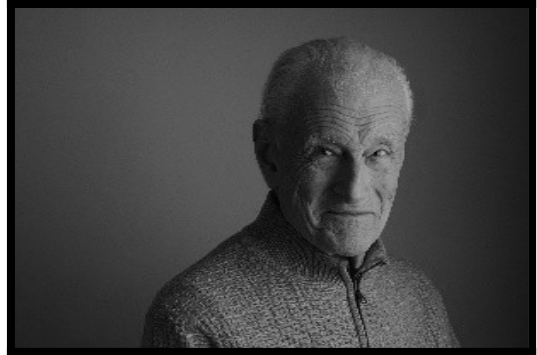
*Quinton:* 'Social contract'?

*Sofia:* That's for next episode Quinton. Welcome to our Hunt Club community!

## Remembering John Sankey (1939-2026)

By: Christine Johnson

John Sankey was a model of engaged citizenship and a Hunt Club resident for more than twenty years. From 2008 to 2015, he served as President of the Hunt Club Community Association (HCCA). Before, during, and after that time, he made countless contributions that enriched our community.



John authored the thoroughly researched history of Hunt Club, complete with maps and aerial photographs. He also compiled a list of all Hunt Club street names and their origins, and managed the layout and graphics for the HCCA's first newsletter, 'Hunt Club: My Community', published from 2013 to 2023. At HCCA meetings, John consistently offered thoughtful insights and important questions, defending his views with passion.

First and foremost, John was a naturalist and environmental advocate. His interests ranged from gardening, entomology, and ornithology to waterways and park stewardship. He generously shared his knowledge—acquired over many years—through writing and conversation. I often thought of him as our neighbourhood's walking encyclopedia. Recently, at a forum on the ecological value of the McCarthy/Uplands meadows, he spoke about the impact of declining insect populations.

Judy Trinh reflected on how John welcomed a Syrian refugee family into his home after helping to raise funds to sponsor five families: *"I will miss John, because he was a kind and generous man full of passion, who inspired me. He always knew there was more you could do to make a difference, and he always pushed to do that."*

A PhD scientist in Physics and Electrical Engineering, John led a distinguished career and contributed for fifty years to ECSONG, where he was deeply respected. As colleague Dan Mayo noted, his service stands as an inspiration to future generations. Councillor Riley Brockington added that we can honour John's memory by serving our community with passion.

As John's friend and HCCA colleague, I would say this:

*The important thing about John is that he was kind.*

*He was a seeker and a learner.*

*He was curious and generous with his knowledge.*

*He was dedicated to understanding how nature works.*

*But above all, he was kind.*

As a husband, father, grandfather, and brother, John was dearly loved. His granddaughter Margo wrote in her song Daffodils: *"I miss you still / We all will / But we'll see you in the birds, the trees, the bugs, / We'll see you in the daffodils."*

## On Being a Widow

By: Sue McCarthy

I'm 73 and I'm a widow. My husband Richard passed away on December 17, 2022, after nearly 40 years together. It wasn't sudden. Richard had been declining for a few years until he had a fall in 2021 fracturing a few vertebrae. After some hospitalization he came home to the hospital room I had set up. He went from being a somewhat engaged elder musician to lying in bed.

His decline over the last 12 to 15 years or so meant that I had started getting involved in activities on my own including taking over a lot of the household responsibilities such as cooking and cleaning.

Richard's death was not a surprise, but it still impacted me and my life. Happening around Christmas, I was lucky to have friends who invited me during the holidays. After the practicalities of dealing with a death were over, I turned to my life alone. Luckily, I could continue with my musical activities and this continued being a source of comfort.

At a certain point I felt alone in my life and looked for a support group. I called 311 and they put me in contact with Bereaved Families of Ottawa. I dropped in some online forums where people could discuss losing their loved one. It was very comforting to listen to others and be able to talk about what I was going through to people who understood. Eventually, I joined a 6 week in person group that met weekly. From that I met 2 ladies who live near me. We became friends and we socialize a few times a month.

I count myself lucky to have long-time friends, good neighbours and new friends. I

have kept myself busy with volunteering in the community as well as my musical activities. I got a little Siamese cat to keep me company at home. So far, I'm staying in the house I have lived in for over 40 years but that could change. I'm taking it a day at a time.



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## Valuing Uplands Greenspace and Others

By: Christine Johnson

On May 2<sup>nd</sup>, Mireille Trent, HCCA's Environment Director, led a Jane's Walk along Hunt Club Creek and in the McCarthy Meadows, pointing out their ecological significance.



'Uplands', is how this area was historically called, given that it is on higher and drier ground relative to what surrounded it from the post-glacial Champlain Sea. And yet, in spite of its ecological value, its natural

delights, and the well-used pathways, there doesn't appear to be a formal stewardship of this area. The HCCA is working to change this.



*April 18th PLP Clean Up with ¼ of the Volunteers*



*Help keep our public spaces clean and green.*

## **Kids Helping Our Community Glow**

**By: Sascha Allard**

The **Firefly Club** is a free neighbourhood kids' club built around friendship and working together for the betterment of our community. Each month, families in pockets of the neighbourhood ("chapters") gather for simple, themed activities that nurture values and connection.

Themes are easy to follow and fun to put into action. Examples may include:

- Friendliness – making a craft to welcome new neighbours or a family's new baby.
- Love – making Valentine's Day cards and visiting a senior home to gift them.
- Cleanliness – picking up litter on your street or in your closest park.
- Thankfulness – creating a thankful tree craft, or making cards for teachers, firefighters, or others who serve our community.

Every chapter meets in their own pocket of the neighbourhood, but all follow the same theme. This helps kids feel connected not only to their own group, but to a whole network of fireflies glowing across the community.

The best part? No planning required! We will provide you with the theme and activity guide that we are using each month in our pocket of the neighbourhood, which could include a story, craft, or service idea. You can adapt the activities to your group's needs.

A few times a year, all neighbourhood chapters join together for seasonal festivals

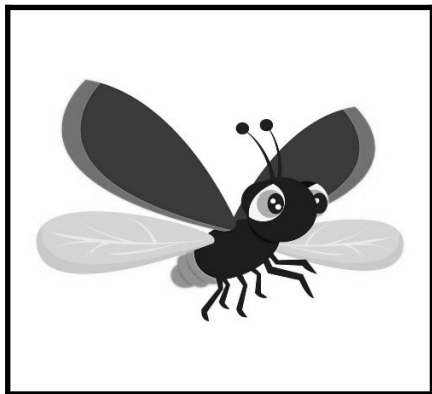
filled with music, food, games, and crafts to share what the groups have learned and done for the community.

This initiative was started by a few families who live in our neighbourhood and are eager to raise children who care about the wellbeing of our community.

Together, we're lighting up our neighbourhood, one kind spark at a time.

If you would like to join or start a group in your pocket of the neighbourhood, please reach out!

Email: [fireflyfriendsclub@gmail.com](mailto:fireflyfriendsclub@gmail.com)



## **Violence and Gang Strategy From the Ottawa Police Service (OPS)**

The OPS has aligned its internal strategic approach with the four key pillars outlined in the OSVGS:

- **Neighbourhood Cohesion:** Build resilient children, families and communities through positive relationships in neighbourhoods.
- **Prevention:** Take inclusive and preventative approaches through social development, situational measures, education, awareness and community policing.

- **Intervention:** Identify intervention opportunities for children, youth and adults, including those at-risk, on the edge of joining a gang, or looking to leave gang life.
- **Enforcement and Suppression:** Conduct targeted, sustained and effective enforcement.

As far as what the community can do to dissuade “gang activity”, below is a good list of strategies for parents:

- Spend quality time with your child and get involved in their education.
- Be a positive role model and set the right example.
- Know your child's friends and their families.
- Teach your child how to cope with and respond to peer pressure.
- Help your child develop good conflict resolution skills.
- Encourage your child to participate in positive after-school activities with adult supervision (e.g. organized sports, youth groups).
- Challenge your children's whereabouts.
- Set expectations and follow up with positive reinforcement or consequences.
- Monitor social media accounts.

Some signs that a parent's child may be involved in gang activity include:

- Suddenly performs poorly in school.
- Suddenly argumentative with parents and teachers.
- Show signs of tobacco, alcohol or drug use.
- Changes circle of friends and desires too much privacy.

- Carries a weapon or conceals personal items.
- Makes impulsive, excessive purchases (clothes, jewelry, car).
- Has large sums of money from an unexplained source.
- Uses a gang's specific colours, emblems or hand signals.
- Has had negative interactions with police.
- Engages in vandalism or delinquent behaviour.

As a community, people should continue to report suspicious activity to OPS, including if they see what they believe to be drug dealing, even out of a residence. Crime stoppers is also a good option for people who want to stay anonymous.



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## Play Music on the Porch Day

By: Sue McCarthy

How would you like to forget about the world's problems and play or listen to music with/for people on your street?

**Play Music on the Porch Day** is a world-wide event happening this year on **Saturday, August 29, 2026**. Musicians and music lovers play music outside to share joy and community, as a way to promote peace in the world.

To participate you can just go outside and play music, invite your friends or play alone. Make the day as big or small as you want. You can register your location at: [playmusicontheporchday.com](http://playmusicontheporchday.com), share a video on any social media with #playmusicontheporchday and livestream others playing from all over the world.



We will post your music on the porch announcement ahead of time on the Hunt Club Community Association Facebook page, if you request it at [editor@hunt-club.ca](mailto:editor@hunt-club.ca).

Come on, let's sing and play!



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## **Free Open Gym Youth Program at our Community Centre**

**By: Mark Kudu, Hunt Club-Riverside  
Park Community Centre Staff**

Open gym for our free youth programs starts with the youth waiting patiently, albeit sometimes excitedly, for the gym to open for them. We typically begin at 4:30 p.m. and run 3 nights of free basketball drop ins, and we mix in other sport programs like touch or flag football, handball or volleyball.



We run activities Monday to Thursday for 1 to 3 hours a night. Other than basketball, we run youth cooking, and we open up the Riverside room to let the youth play some PlayStation video games.

We take attendance at the beginning of the youth programs and collect enrolment forms for emergency contact info and update our binder and attendance list each month. We enjoy relationship building and following up on things going on in the lives of the youth who attend programs here. Typically, we see anywhere from 15 to 35 youth per night, depending on weather or other events ongoing in the kids' lives.

The youth are quite nonchalant, ambivalent and hide their emotions, but they love being here, find safety in the community centre and staff. They love attending special events we run: like for holidays, we did a big lasagne dinner and had the youth invite their families, as they helped serve and enjoy the food they made with staff leaders during cooking programs here. They are very fast to ask about days or times we may be closed for holidays and scheduled maintenance of the facility (gym, roof, floor renovations), and this goes to show how much the opportunity to play and belong here means to them.

I see immense benefits in my time working at Hunt Club: I've seen the youth become much more confident in speaking with adults and respecting the rules and environment we aim to create. I've seen the confidence and self-esteem build through staff efforts to build reciprocity and relationships with the youth, establishing a consistent feedback and guidance in their lives. We explain to them about how the choices and actions they make are important, and we try to help them through difficult situations or feelings, as the staff we employ have lived experiences similar in their upbringing, allowing mentorship and accountability to be themes we focus on.

I truly believe the next generation will be amazing leaders as they soak up a lot of the time we spend together, and they are outstanding people at their core, even though I think they are just a tad silly and messy from time to time. Then I pinch myself and try to remember that none of us were perfectly polished and organized as children/youth either!

Did you know that our Hunt Club Community Association has all kinds of events and activities at which you can offer your volunteer help? Contact us here if you are interested: [info@hunt-club.ca](mailto:info@hunt-club.ca)

## **Luna the Therapy Dog – Bringing Calm to Our Community**

**By: Claire Laroche**

In a busy world, moments of calm can make all the difference, and for many in our community, that calm comes from Luna the therapy dog.

As part of Corporate Canine Therapy, my 5-year-old Rough Collie, Luna, and I help bring comfort and connection to both individuals and workplaces through the power of therapeutic canine touch. Our visits—whether planned or spontaneous, personal or in a group setting—offer a simple but meaningful way to reduce stress, ease anxiety, and brighten someone’s day.

Luna has a natural ability to sense emotion and responds with quiet companionship. People in the Hunt Club community who meet Luna and me often comment on her angelic disposition and beauty. Even a few minutes spent petting Luna has been shown to help people feel more relaxed, present, and connected. In shared spaces within our condo setting, Luna has become a friendly bridge, sparking conversations and bringing neighbours together.

Therapy dog teams like Luna and me are part of a growing movement focused on mental wellness and human connection.

Through our services with Corporate Canine Therapy, we do our utmost to help create a healthier, happier community—one tail-wagging interaction at a time.

As one of 12 Corporate Canine Therapy dog-handler teams in Ottawa, we have responded to numerous requests to attend special community events, including group therapy sessions. We are also invited to attend local businesses celebrating employee wellness and appreciation by setting up a welcoming space for staff to connect with our therapy dogs.



### **About Corporate Canine Therapy**

We offer certified and insured therapy dog teams for wellness events, conferences, schools, healthcare settings, and private residence visits. We also provide unique experiences like SafePAWS, an educational school program that teaches children how to approach and interact with dogs safely.

Learn more about our services and fee structure at:

[www.corporatecaninetherapy.com](http://www.corporatecaninetherapy.com)

## HC Movement: A New Initiative in the Neighbourhood

By: Axelle Languet

Have you noticed the HC Movement posts on the Hunt Club Community Association's Facebook page? The HC Movement was launched by local youth in the summer of 2025, to plan and offer free monthly activities at our local community centre for kids and their families.

The projects are designed to help strengthen a sense of belonging, to foster friendships and to encourage all to be agents of change. We pride ourselves on including all cultures, genders, and ages! We understand that youth are the future leaders of the world and they will influence how the world evolves.

The organization tries to guide youth to build a better community while improving themselves. Empowering youth means fostering community responsibility. For example, during the winter season, the HC Movement organized a warm clothes drive. People in the community dropped off their unused winter clothes of all sizes, covering a few tables. The group was invited to the annual River Ward Christmas dinner hosted by City Councillor Riley Brockington, where attendees were able to take the clothing items they needed on their way out. All that

was left was a single bag of clothes that was later distributed to a local charity. Other events range from outdoor painting and basketball tournaments to school supply drives, art workshops, community walks, and more.

As a member of the HC Movement group, I have the pleasure of organizing fun activities with my team, who have since become great friends! I am developing

useful qualities that I can use in school now and later, and throughout my lifetime. Here are a few of the skills that I have acquired:

**Leadership:** Leading a group activity gave me valuable experience for my personal growth and university applications. **Organization:** I had to learn how to manage my time between school and my activities, as well as ensuring the smooth running of the activity.



*Axelle, Anisa and Noora at their visioning 2026 event.*

**Communication:** I've built confidence discussing with other people, members of the group, and neighbours. Also, I've been able to transfer this skill to my other activities and school settings.

**Networking:** I've met many people from different organizations who were able to guide me through the process of community organization and life lessons.

**Empathy:** As I organize activities, I have a better understanding of the needs of the community.

It also allows high school students to acquire their required 40 volunteer hours right here in their community.

The HC Movement is currently seeking tween, teenage, and young adult members to help organize activities from arts to sports. High school students: You can apply these volunteer hours towards the 40 hours required to complete your high school diploma. If you are interested in volunteering, have suggestions for future activities, or want more information, please don't hesitate to contact us at [huntclubmovement@gmail.com](mailto:huntclubmovement@gmail.com).

Hopefully, we'll see you at our next event!

To stay updated on our future activities, check Instagram at [otthuntclubriversidecommunity](https://www.instagram.com/otthuntclubriversidecommunity) or check for our posters on the Hunt Club-Riverside Park Community Centre bulletin board, or on the HCCA Facebook page.

## Teasers For Upcoming Events

### Saturday, June 13<sup>th</sup>:

BUCKTHORN REMOVAL WORK  
BEE IN PAUL LANDRY PARK

11am to 2pm

Volunteers needed.

Please contact [president@hunt-club.ca](mailto:president@hunt-club.ca)

### Saturday, Sept 12<sup>th</sup>:

COMMUNITY FALL FESTIVAL AT  
MCCARTHY PARK AND  
COMMUNITY CENTRE

12 noon to 9pm

Volunteers needed!

Please contact Alexis Doyle at  
[fallfestival@hunt-club.ca](mailto:fallfestival@hunt-club.ca)



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### **Community Support Close to Home**

The South-East Ottawa Community Health Centre (SEOCHC), at its satellite location in our local community centre, brings a range of essential health and social services directly to our neighbourhood. Services are provided in English, French, Arabic, and other minority languages, ensuring that residents from all backgrounds can access the support they need.

#### **Immediate Support**

For families in need, the community health centre offers intake services, including the popular Baby Cupboard, which is a practical resource that provides diapers and food for families with young children. Non-perishable food items are also available. The community health centre also offers crisis and short-term counselling, with referrals to programs available across Ottawa to help individuals and families navigate difficult times.

#### **Community Connection Services**

Newcomers to Canada will find valuable support through the community health centre's immigration and settlement assistance, helping people navigate their new community with confidence.

#### **Youth Zone**

Young people in the neighbourhood have a welcoming space to call their own. The Youth Zone drop-in runs every Friday from 5:30 p.m. to 9:00 p.m., offering a safe, engaging environment and a variety of programs tailored to youth.

Centre communautaire Hunt Club  
Riverside Park Community Centre,  
3320 Promenade Paul Anka Drive,  
Du lundi au vendredi, de 9h à 16h  
Monday to Friday, 9:00 a.m. to  
4:00 p.m. call 613-247-1600  
[www.seochc.on.ca](http://www.seochc.on.ca)

### **Soutien communautaire près de chez vous**

Le Centre de santé communautaire du sud-est d'Ottawa (SEOCHC), à son emplacement dans notre centre communautaire, offre une gamme de services essentiels de santé et de services sociaux directement dans notre quartier. Les services sont offerts en anglais, en français, en arabe et dans d'autres langues minoritaires, afin que les résidents de tous horizons puissent accéder au soutien dont ils ont besoin.

#### **Soutien immédiat**

Pour les familles dans le besoin, le centre de santé communautaire propose des services d'accueil, incluant le populaire « Baby Cupboard » — une ressource pratique offrant des couches et de la nourriture pour les familles avec de jeunes enfants. Des denrées non périssables sont également disponibles. Le centre offre aussi des services de counseling de crise et à court terme, avec des références vers des programmes à travers Ottawa pour aider les individus et les familles à traverser des moments difficiles.

#### **Services de connexion communautaire**

Les nouveaux arrivants au Canada trouveront un soutien précieux grâce aux services d'immigration et d'établissement du SEOCHC, qui aident les gens à s'intégrer dans leur nouvelle communauté avec confiance.

#### **Zone jeunesse**

Les jeunes du quartier disposent d'un espace accueillant qui leur est dédié. Le programme sans inscription « Youth Zone » a lieu chaque vendredi de 17 h 30 à 21 h, offrant un environnement sécuritaire, dynamique et une variété d'activités adaptées aux jeunes.



LE QUARTIER HUNT CLUB QUARTERLY is published by the Hunt Club Community Association

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Pick up your September issue from the Hunt Club-Riverside Park Community Centre at 3320 Paul Anka Drive, or from another of our local businesses. It will soon be available on our website too!

Opinions expressed are those of the authors and not necessarily of the HCCA.

We hope that you enjoyed our premiere issue of LE QUARTIER HUNT CLUB QUARTERLY!

If you have an article that you would like to submit for our Sept issue, e-mail it to [editor@hunt-club.ca](mailto:editor@hunt-club.ca) by August 11, 2026.

We welcome your ideas for future issues; please write us or come to our meetings to discuss them. Dates and times are posted on our website. <https://hunt-club.ca/>

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