

Hunt Club: My Community



With winter's chill upon us once again, we've all prepared for our seasonal cocooning. And soon it will be snow shovelling, which ensures ongoing contact with our neighbours.

With that in mind, here is this issue's question: Who in your home takes care of shovelling your walkway to ensure the safety of everyone who uses it?

Email your response to editor.hcmc@bell.net by 10 January. Earn your chance to win a medium size combination pizza from David's Pizza in a draw on 13 January.

Congratulations to Peter Vasdi, who won a free pizza from Riverside Pizzeria for his response to last issue's question: What do you like most about living in Hunt Club? The most frequent response received was: our Hunt Club-Riverside Park Community Centre.

The variety and quality of services offered helps keep us active and connected with one another. Three articles in this issue highlight an employee, a service and a special event at our community centre. Find out as well about specialized health care offered here in our community.

For those of you who enjoy reading in the language of Molière, savour the pleasures of community walks as shared in our first French piece, 'Méandres'. We are proud here in our nation's capital to enrich our publication with contributions from our country's other official language.

Suggestions for future articles are welcome at editor.hcmc@bell.net.

Our next community association meeting is on Monday, January 6th at 7:00 p.m. in the community centre.

Christine Johnson

Family Fun Day at the Community Center

Lola and Margo Sankey

On Saturday, 5 October 2013 there was an event at the community center called the Family Fun Day. The place was packed with plenty of fun for everyone.

There were many centers to go to, and the best one for us, and it seemed for many others too, was the arts and crafts center. At that center, there was a wide variety of things to do: an entire station of interesting activities for little kids such as face painting and decorating bird feeders and masks; friendship bracelets, beadimals, beaded bracelets and more artsy crafts at the next station; and finally, for older kids, chess and, surprisingly enough, embroidery.

There were other centers like the Lego center. Outside the art room you could earn a cupcake by picking a number and having the person giving the cupcakes call it out. Eventually everyone got a cupcake so everyone was happy!

Outside in the fresh air you could do chalk drawings, play at the playground, shoot some hoops, or simply run around in the field of grass! So if you ever have a chance to go to Family Fun Day at our Hunt Club Community Centre, take it and have some family fun!



Employee Profile: Hunt Club Community Centre

Our new Recreation Supervisor, Stuart Grant, is a twenty-six year veteran with the City of Ottawa's Parks, Recreation and Culture Department. His previous assignments include Foster Farm and Michele Heights Community Centres where he specialized in delivering programs to some of Ottawa's most economically disadvantaged residents in partnership with the non-profit sector.

Stuart is the former President of Constellation Toastmasters where he achieved his Competent Communicator and Competent Leader designations. He is also a trained grant writer and copywriter.

A happily married father of two daughters, he embraces the challenge of operating a large facility like Hunt Club Riverside Park Community Centre and growing the existing partnership with South East Ottawa Community Health Centre and River Ward Councillor Maria McRae.

Among his memorable first impressions is seeing the profound role the center plays in the life of its participants. "I have had people approach me to say that this centre saved their life. Knowing this, we can never underestimate the importance of the role we play. I look forward to contributing to a healthier community with our staff and partners."

South-East Ottawa Community Health Centre

Suzanne O'Byrne

South-East Ottawa Community Health Centre (SEOCHC) is a non-profit, community-governed organization that provides a range of services to individuals and families including primary health care, health promotion, social services, community development, home support and advocacy to address the social determinants of health. SEOCHC particularly responds to persons who face barriers to accessing health and social services and who live in South-East Ottawa.

Most programs and services are offered at the main site, 1355 Bank Street, 6th floor, across from Billings Bridge Shopping Centre. The satellite site in the Hunt Club-Riverside Park Community Centre offers programs for young children and youth, adults, families and seniors at low or no cost.

For more information, visit our web-site at www.seochc.on.ca, or contact us at 613-247-1600. You can also drop-in anytime, we'd love to meet you.

Our Railway History

John Sankey

Hunt Club has at various times been surrounded by railways, and one went right through our center.

Our first was the Bytown and Prescott Railway, completed in 1854 along our eastern border. You ride on it whenever you use the O-Train to Greenboro. It followed today's Vanier Parkway to New Edinburgh; a mural in Vanier shows it crossing Montreal Road about 1940. Renamed the Ottawa and Prescott in 1855, reorganized as the St. Lawrence and Ottawa in 1867, it was leased to Canadian Pacific in 1884. It's now owned by the City of Ottawa as far as Leirtrim Road.

In 1912, the Canadian Northern Railway began service between the northwest corner of our area and a terminal at Hurdman and Mann; over 1913 to 1918 the line was extended across the Rideau to connect with the main national line. It was later owned by Canadian National, today by VIA Rail. Two spurs were built to provide material for its construction, one along the river to a sand pit at the east end of today's Sheflin bridge, the other to a gravel pit east of Bowesville. A hydro line follows the Bowesville rail route north of Paul Anka today; the rail bed is still visible in the fenced area between the Ottawa Hunt & Golf Club and Hunt Club creek.

Part of the Bowesville roadbed was re-used during the 2nd war by CN to supply an RCAF training school. Ties from that period are still visible in a few places - try to find them as you explore our history.

In 1950, it was decided to eliminate the pollution of coal-burning steam and the dangers of level rail crossings from the center of the city. In 1953, the NCC, CN & CP joined to build the Walkley Line that forms our northern border as part of that decision. The line is now owned by CN and carries only a weekly train to Arnprior.

With 9 VIA trains and 70 O-Trains per day along our borders, railways are still a major presence in our community 160 years after they first arrived here.



Méandres May Douba

D'un pas nonchalant, rapide, déterminé, précis, amble, automatique... Je marche seule ou avec une amie, dans le quartier. Les rues se découpent en angle droit, pas toujours, pas partout, quelques méandres, de petites sinuosités couvertes de feuilles d'érables jaune, rouge gris vert rose bleu. Beau temps, mauvais temps les rues du quartier sont là pour nos promenades quotidiennes. Sur le coup de sept heures le matin, coucou! Un couple passe la main dans la main, marche silencieuse, éternelle, suivi d'un homme marchant en faisant des gestes de souplesse... C'est le temps de bouger, déjà notre voisin se dépêche, avec Charlie son chien, pour le parc... le téléphone sonne «prête pour la marche ? À tantôt! »

Tous les jours ou presque, on ne se lasse pas d'arpenter les rues avoisinantes - Avocado, Impala, Condor, ruelle Mina,terrasse Pigeon, Pattermead, Cobbler, Trusty, Waxwing, Hawk, Owl et d'autres - savourant ces moments dehors. J'aime beaucoup McCarthy et le bois. Grand merci pour les concitoyens qui se sont opposés aux panneaux publicitaires le long de notre coin sauvage - pourvu que ça dure! Quel plaisir d'avoir la forêt, les rails du train qui vont tout droit au loin...et là à coté de la route un petit marais, des vignes aux feuilles tendres prisées au printemps pour des plats savoureux.

On rentre dans la rue Impala, que je surnomme rue Zen, impressionante par son grand immense bouleau pour passer par le jardin au portail œil de bœuf et un arbre ginkgo Biloba (un candidat pour notre ville) droit tout fier, j'aboutis de nouveau sur Plante marchant le long des frênes «X rated » qui vont être coupés; certains sont secs et décharnés, d'autres luttent vaillamment contre cet insecte dévastateur. On plante de jeunes pousses d'érables, de cerisiers de Virginie et d'autres. Quel peut être le meilleur arbre à orner nos trottoirs je me le demande; les nôtres, les robiniers sont beaux avec un feuillage clair laissant passer la lumière et donnant une belle protection du soleil fort de l'été, en automne ils irradiant une lumière jaune accueillante.

On s'approche de la porte de l'enfer - la Promenade de l'Aéroport, une prière du cœur pour ce jeune homme victime de la route, l'ère de l'urbanisme cruel on y est en plein! On n'en finit pas d'ériger un pont pour la sécurité de nos jeunes. Un matin un coyote sautillait devant moi; il traverse la route toujours sautillant n'ayant cure du danger. Ouf, il passe de l'autre côté, comme si de rien n'était. La liberté!

(... à suivre dans la numéro de mars 2014)

Specialized Health Care in Our Community

We are fortunate in Hunt Club to have expert practitioners of both dry needling and acupuncture. Back on Track Physiotherapy provides dry needling treatments integrated with physiotherapy, massage, kinesiology and chiropody. Shi's Acupuncture provides traditional Chinese acupuncture.

About Dry Needling

Mike Gaynor (Back on Track Physiotherapy)

Dry needling is a technique used to relieve acute or chronic muscular tension and spasms or to induce activation of a specific muscle. It involves the insertion of an acupuncture needle into the trigger point of a dysfunctional muscle, a 'knot' or taut band of tissue that causes pain when palpated. The technique will often cause an involuntary twitch in the muscle which is the relaxation response the therapist is looking for. This will result in decreased tension and subsequently decreased pain.

The primary goal of dry needling is to restore motion and function, to de-sensitize structures while inducing a healing response in muscles. This can be a very effective technique in managing stubborn or chronic muscle pain and tension.

Dry needling can be used for many conditions including cervical pain and headaches, back pain, shoulder dysfunction, tennis elbow, plantar fasciitis, etc. The number of treatments required varies according to length of injury or severity. Overall, physiotherapists can use dry needling to assist in effective treatment along with providing manual therapy and the necessary patient education and exercise prescription required.

About Acupuncture

Shi Ji-ling (Shi's Acupuncture)

As early as the New Stone Age in China, people found that pressing certain points on the body using specially-shaped (bian) stones could cure some diseases and alleviate the pain on the body. Over time, stones were substituted by bamboo and metal needles. A system of channels and collaterals was created by categorizing those points.

The fourteen channels are important in the theory of acupuncture. They integrate five zang organs (heart, lung, liver, kidney and spleen), six fu organs (stomach, gallbladder, large intestine, small intestine, bladder and triple energizer complex), and vertically and

/...

horizontally connect with limbs, muscles, tendons and bones of the body. The channels and collaterals are the pathways, where the natural energy of the body (qi) is carried throughout the body. Needling the acupuncture points on channels can transfer qi, restore and regulate the functions of qi and blood circulation.

Elements of Traditional Chinese Medicine include the balance of complementary forces (yin-yang), the five elements (wu xing), the balance of zang and fu organs, channels and collaterals, qi, blood and body fluid, etiology, methods of diagnosis and differentiation of syndromes. Knowledge of all these elements will help an acupuncturist achieve better therapeutic results.

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If you have an article that you would like to submit for our next issue, please e-mail it to editor.hcmc@bell.net.

We welcome your ideas for future issues; please submit them to 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.

Maria McRae
River Ward City Councillor



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