

Hunt Club: My Community



It's sunny today so the groundhog's announcement for a six week wait for spring's arrival is feeling full of promise. Thoughts of longer and more frequent neighbourhood walks spring to mind with this news. Some will include trips to our community centre.

This issue's question to you is: **How often do you go to our community centre's OPL kiosk to pick up your reserved books from the Ottawa Public Library or to drop off your due books ?**

Email your response to editor.hcmc@bell.net by April 11th. Earn your chance to win a medium combination pizza from Riverside Pizzeria in a draw on April 14th.

Congratulations to Jinzhao Wang, who won a free pizza from David's Pizza for his response to last issue's question: Who in your home takes care of shovelling your walkway to ensure the safety of everyone who uses it? The most frequent response received was a combination of "Me and/or my partner".

This issue continues to highlight some history of our community along with services available to us. Dog owners may enjoy the health tips shared by local canine nutritionist and dog wellness researcher Maria Segreto in Part 1 of her article. The expertise within our community is great and we'd love to hear from you if you would like to share some of yours in an upcoming issue this year. Please forward your interest to editor.hcmc@bell.net.

Meanwhile, enjoy accompanying May Douba on one of her favourite walks in our community in the second part of her 'Méandres' piece.

Spring cleanup dates are announced on the last page of this issue. Our next community association meeting is on Monday, April 7th at 7:00 p.m. in the community centre.

Christine Johnson, Editor

Exercise and Coffee at our Community Centre

Frances Muldoon

On weekday mornings it is common to see a group of ladies having tea/coffee and sharing laughs in the foyer at our community centre. While they come for the 9am exercise class, it's the camaraderie afterwards that is the draw. Councillor Maria McRae initiated the idea as a way to encourage seniors to use the facilities. It was such a hit that we asked staff if they would prepare coffee if users contributed, and thankfully, they agreed.

Now we are able to meet up with old friends, make new ones, chat about our travels and activities, and complain about the weather (like all good Canadians do). I do not think that there is another centre in the city where one can participate in exercise classes given by such an excellent group of instructors and have fun, both during and after that class. For myself, even though I have moved out of the area, I still make the journey, as I would miss spending time with those wonderful friends I have met and enjoy.

For retirees, it is important not only to maintain your physical well-being but also your social interaction with others. On behalf of everyone, a big thank you to the staff for their generous and continued support.

Dentists Serving Our Community

Christine Johnson

When the neighbourhood of Hunt Club Chase was built in 1975, the Liu family, Peter, Hellen and their sons Dean and Eugene were one of the first four families to move in on Condor Drive. Dean's Grade 2-3 teacher at R. Byrns Curry lived on the same street. She described Dean to me as an exemplary student with such fine parents, dedicated and committed to their children's education. Hellen was a faithful weekly volunteer at the school. Dean's brother Eugene was just a year or so younger, also a model student.

In the summer time, both boys took turns mowing the lawn of Dean's teacher as an act of service and kindness. Their loyalty and commitment was exceptional and of course very much appreciated. They continued their studies at Fielding and Lisgar, then set off for the required years of study at the University of Western Ontario to become dentists. After successfully completing their dentistry program, both Liu brothers chose to return to Ottawa to set up dental practices in Hunt Club, Barrhaven and Kanata. The Liu Dental Centre is proudly serving our community at the Hunt Club Marketplace, next to the T&T Supermarket.

Good dental hygiene is important to our overall health and we are lucky to have homegrown dentists Dean and Eugene Liu offering us their services nearby. With them, two other dentists on Riverside Drive and one in the Hunt Club Centre, we have reason to smile in Hunt Club!

A Famous Hunt Club Resident

John Sankey

William Upton, a British engineer, thought he had a secure future following his father in designing Russian military facilities in the 1800's. He was made a colonel in the Russian army and granted an estate near Sevastopol.

Unfortunately for him, the Crimean war unexpectedly pitted England (defending Turkey) against Russia in 1854. He had to watch the disastrous British Charge of the Light Brigade as a prisoner while the defences he had designed worked all too well. His estate and career were destroyed.

Finding himself unwelcome in England, he, wife Charlotte and five children set sail for Canada in 1857, and moved to the corner of Bowesville and Hunt Club roads in 1859. With four attractive daughters, his vivid stories of exotic lands and battles, his command of 7 languages and his wife's skills as hostess, his home was a social center for our area for the rest of his life.

He kept a diary from 1827 until his death in 1893 that describes his many adventures and provides fascinating details of life in Hunt Club of the time. He and his wife are buried near Manotick.

His son sold the part of the farm that is now the Ottawa Airport in 1902, then sold the rest in 1907 to the Ottawa Hunt Ltd., now the Hunt Club Golf & Country Club.

Despite the local stature of William Upton, the only occurrence of the name in Ottawa now seems to be a small road south of Manotick. It's doubtful that it was named after our famous resident.

Raising a Happy, Healthy Dog

Maria Segreto (3 Dog's Tail)

Hunt Club has been my neighbourhood for the past 25 years. I am a pet owner, canine nutritionist and dog wellness researcher. A healthy, happy pet needs a strong healthy immune system.

Good nutrition is the starting point. Whether it's dry food, home cooked or raw food, here are a few factors to keep in mind: If you feed dry food to your dog, remember that there is no regulatory body for commercial pet food. To understand the product quality, read the labels: ingredients are listed in order by weight.

When choosing home cooked meals, the following nutrients are essential: clean filtered water, proteins, carbs, fats, vitamins and minerals, allowing for a total of 10% protein from muscle and organ meat. It's important to frequently vary and rotate all nutrients (i.e., every six months) to prevent your pet from possibly developing allergies to certain foods. It's important to include a calcium supplement to your pet's diet (i.e., ground bones or ground egg shells).

If you are interested in a raw food diet for your pet and don't know where to start, there are several ready to go raw diets available in local pet stores; three of my favourites are: Critter Jungle, Natural Pet Foods, or A Guy a Girl Two Dogs and a Cat. In choosing your pet's food, whole foods are best, as they will not overload the liver. This same principle applies to supplements as well.

To raise a healthy dog, you can also decrease the toxic overload. Start by asking your veterinarian for titers instead of vaccines. A titer test will identify your pet's
/...



The Upton home in 1879, on the east side of the Bowesville Road

antibodies against specific diseases, which helps you decide if your pet needs to be vaccinated or not. For more on this, google Dr. Schultz/WSAVA.

Seek natural alternatives for “heartworm” and/or the tick-flea treatments. For ticks and fleas, I feed my dogs garlic, I spray a little bit of diluted lavender oil in their bedding and for the outdoors I have a natural tick and flea repeller. You need to allow your pet’s body to get rid of and flush out toxins, whether through diarrhea, skin rash, or ear/eye discharge. Finding a good holistic vet will help you find root causes instead of suppressing the immune system with more toxic overload: antibiotics, cortisone, drugs, etc.

Eliminating toxic cleaning products in your home, pesticides in the lawn and other pollutants (i.e., solid, liquid or spray type air fresheners, etc.) will further contribute to your dog’s health.
(... to be continued in June 2014 issue)

Paul Landry Park: What’s in a Name?

Marilyn Koch

I’ve been reading with interest the history behind the naming of our community and some of our Hunt Club streets. Perhaps you have been curious about a park along Uplands Drive known as Paul Landry Park. This is a large, central park in Hunt Club conveyed to the city in the late 70s as part of local subdivision development. It now consists of an open grass and play area and a large treed area with winding paths. With the park development in the mid 80s, a name was needed.

Around 1991, public consultation led to the choice of honouring Paul Landry, an Ottawa resident, first deaf Canada Post mail carrier and a nationally successful deaf long-distance runner. Mr. Landry holds all the Canadian Deaf records in distance ranging from 800 to 5,000 meters. In 1985 he won a gold medal in the 1500 race in Los Angeles at the 15th World Games for the Deaf, a first for Canada. After retiring from the track, he remained involved as a coach at the international level and is active in the deaf community. In 2006 he moved to Kelowna, B.C.

Méandres (... suite de décembre 2013)

May Douba

De cette porte là je m'éloigne vite et rentre au parc Owl. Avez-vous remarqué un pommier et un pommier japonais collés l'un à l'autre d'un côté de petits fruits rouges et de l'autre des pommes jaunes? J'aime la pente de la terrasse Pigeon, longer un jardin aux senteurs de Provence un jardin frontalier de thym

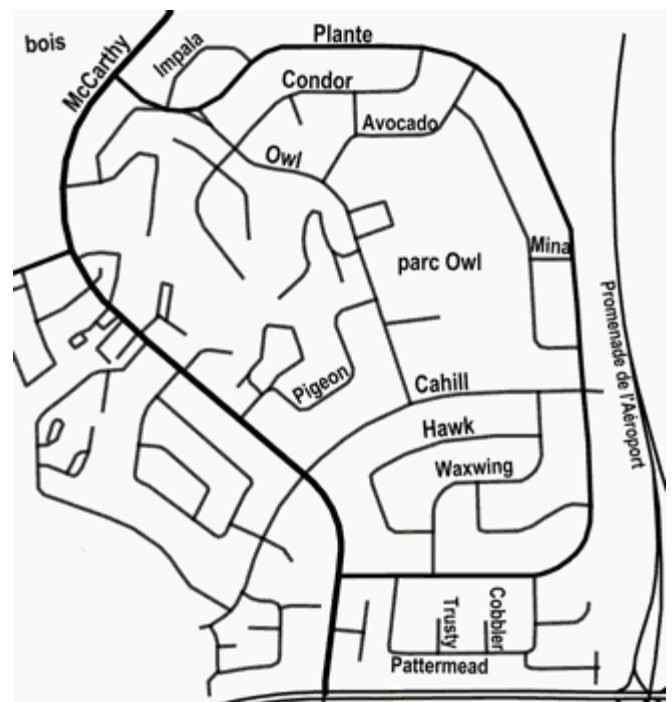
et origan bordé de larges roches plates grises, un autre jardin en paliers horizontaux méditerranéens non loin! Respirez à fond le thym!!

Je glane de l'énergie dans ces marches, j'entends plus que l'Angélus les cloches des écoles de la communauté!: Une joie envahissante s'empare de moi et mon amie ; on parle on rit on presse le pas et on entend bang bang! Cet été beaucoup de maisons se sont faites de nouvelles toitures ça travaillaient bavardaient, de l'énergie dans l'air.

On traverse Cahill de l'autre côté de la route un beau cerisier au coin d'une rue nous surprend sur un fond de clôture blanc, ses cerises rouges disparaissaient au fur et à mesure des jours qui passaient jusqu'à n'en plus trouver qu'en haut des branches tout autour les fruits firent le régal des passants. Peut être devrait on avoir des arbres fruitiers border nos trottoirs ?...

On fait le tour, un grand tour pour voir les chênes sur la rue Pattermead ; ils ont bien souffert de la sécheresse de l'été passé mais ça va ils tiennent bon! Ces arbres sont grands, forts, robustes. Et on complète la boucle en passant par les petites rues en méandres pour arriver de nouveau à Plante où on voit cette belle maison avec des rhododendrons, un magnolia, des fleurs et plantes soigneusement organisées en bordures. Et on remonte vers chez nous tout revigoré, aménager et réaménager le jardin.

Cultivons notre jardin comme dirait Voltaire, un bonheur bien caché!



La toile qu'on tisse tous les jours

Spring Clean Ups: Join Us!

Saturday, April 26th, 10:00 a.m.: Sawmill Creek north of Hunt Club Road and south of Dazé. Meet in the parking lot of the old Bingo Hall.

Saturday, May 3rd, 10:00 a.m.: Paul Landry Park on Uplands Dr.

Saturday, May 17th, 10:00 a.m.: Hunt Club Creek. Meet on Gillespie Cresc. where it crosses the creek.

Community members have now adopted 3 streets, 3 parks, a hydro corridor and the stream in our community. Once again we're participating in 'Ottawa Cleaning the Capital'. All helpers welcome; just show up. High school students, this is a great way to put in your community volunteer hours! Gloves and garbage bags are provided by The City of Ottawa.

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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 who make **Hunt Club: My Community** possible and ask that you support them.

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