



# Hunt Club: My Community

As the weather is getting warmer and summer seems to be finally arriving, I've often been yearning to go out to explore the community. When I first moved to the Hunt Club area, I was happy to find that it is such a multicultural community. Living in an area with such a diverse demographic has exposed me to many new things. For example, I've recently discovered an array of restaurants with cuisines I've never tried before.

Are you looking for somewhere to grab a quick bite for lunch? Check out the Ottawa Flying Club Cafe (20 Lindbergh Private) to taste some authentic Vietnamese cooking or head to T&T to enjoy a wide assortment of dim sum in their in-store restaurant (see the article in this issue). For fine dining, head to Vittoria Trattoria (3625 Rivergate Way) for a taste of fresh Italian cuisine.

We are fortunate to live in a community that has been weaved with so many strands of different cultures and ethnicities. It has created a rich and vibrant environment which gives residents a wonderful mix of restaurants and great variety of food!

Wynn Zhao  
Student at Colonel By Secondary School

## Paul Landry Park Restoration

Christine Johnson

A standing room only crowd attended an HCCO presentation at the community centre on April 13th on the greenspaces in our community. A comprehensive list of suggested features for a redesigned Paul Landry Park (PLP) was developed and then sent to participants, Councillor Brockington and put on our web site.

On May 2nd, over two dozen residents took part in the PLP Spring Clean Up. Children, teens, young adults, other adults and seniors successfully removed almost all of the litter that had accumulated since the end of last fall. A special thank you to the volunteers who provided home-baked muffins and to Desjardins Caisse Populaire who provided treats galore from Tim Horton's which were much appreciated by the volunteers.

This clean up initiative was so successful that we will do monthly clean ups at Paul Landry Park on the first Saturday of every month from May to October, from 10:00 a.m. to 12 noon: June 6th, July 4th, August 8th, September 5th, October 3rd. Just show up at the Uplands Drive PLP sign, where supplies will be waiting for you. Together, we ARE making a difference!

At the HCCO May 4th monthly meeting, two important motions related to PLP were passed:

- To change the zoning of the wooded areas to allow pruning, replanting and redesign to be more resident friendly.
- That the new design of the park be referred to the HCCO for public consultation. Details of the motions will be posted in the minutes on the HCCO site.

Patience is required as the rezoning process goes through the full gamut of public hearings, committee hearing and full Council approval.

All interested residents are invited to our next education talk, at 6:00 p.m. on Monday, June 1st, at the Hunt Club/Riverside Park Community Center (HCRPCC) for a project update. Our goal is to have this PLP restoration project completed in time to celebrate Canada's 150th birthday in the spring of 2017.

## Proposed Expansion of Otto's BMW

Otto's BMW, located at 660 Hunt Club Road has submitted a site-plan application to expand their current showroom and service centre. As a result, on May 11, I co-hosted a public meeting with City Councillor Diane Deans, the proponent's representatives and the City Planner for this file.

The application includes plans to expand the current building, including a second floor addition, add a new parking lot immediately to the west of the dealership on leased land from the Ottawa Airport Authority and to add an additional turn-off from Hunt Club Road.

Residents from both River Ward and Gloucester-Southgate packed the meeting room to express their concerns with the current situation and the expected impacts of the expanded centre. It is my role to work with the City Planner to address the issues that have been received as this application moves forward. A second public meeting may be held later on this year.

Interested residents may contact me at any time to discuss this matter, by email at [Riley.Brockington@Ottawa.ca](mailto:Riley.Brockington@Ottawa.ca) or by phone at 613-580-2486.

Riley Brockington,  
City Councillor (River Ward)

## Education Talks: 6 pm at the HCRPCC

- 1 June: Complete Streets
- 8 July: Enhancing Voter Turnout
- 10 August: Cycling in our City
- 14 September: Free Ottawa Symphony Orchestra Concerts

## Fascinating People in My Community

Susan McCarthy

*"Winter is coming!" the weatherman said. What will the wild creatures do during the cold months ahead? Whether they have fur or a shell or fly on their wings, they all have to keep warm, waiting for spring!*

This is a quote from Cindy Missen Ross's new children's non-fiction book, "Awaiting Winter's End", illustrated by her daughter, Steph Ross and published by Mascot books. Cindy is a presenter with a Canadian science charitable organization called "Scientists in Schools" (SiS). Steph is a couture fashion designer.

Cindy graduated from Ottawa U with a Bachelor of Nursing Science. She was a nurse dedicated to palliative care and became one of the first nurses who specialized in care of AIDS patients in the 1980's. She retired in 1988 to raise her family and eventually went to U of O teachers college and became a science teacher.

Her book was inspired by a centre in the Kindergarten "Winter Wonders" SiS workshop that looks at migration, adaptation and hibernation. Cindy developed an activity to reinforce the centre objectives by challenging the children to guess the animal being described in a poem.

It was this activity that led to Cindy's writing of the book "Awaiting Winter's End", which is listed on Amazon (all copies sold out within a week) and available in three Ottawa Libraries: Greenboro, Alta Vista and the Main Branch. She has just ordered another print run for online sales, having sold out in just 6 days.

Cindy has submitted her book to be considered for inclusion on the Canadian Children's Book Centre's semi-annual publication "Best Books for Kids and Teens". In addition, she will be submitting "Awaiting Winter's End" to be considered for both the Marilyn Baillie Picture Book award and the Norma Fleck Children's Non-Fiction award.

She's also not letting any dust settle; she has already written her next book (working title "What Can We Do?") aimed at young children on the history of the earth, environmental concerns and how we can move forward. It's just waiting for final revisions and illustrations. This is another example of the talented and interesting people who live in our Hunt Club Community.

For further information on Cindy's book or her role as a Scientists in School presenter you may contact her directly at [cindymissenross@gmail.com](mailto:cindymissenross@gmail.com)  
And yes, a beaver is one of the animals featured in her book.

## Organic Gardening in our Neighbourhood

Aija Auzina

'Green is good' is my motto. And organic and green is even better when it comes to gardening. Working the land so that the harvest is as contaminant free as possible, the soil is enriched and water is managed responsibly makes sense to me.

I mostly have native, drought resistant plants in my flower beds and also want to be wise about water resources and use water collected in a rain barrel for watering the plants. This year it is time to expand to growing vegetables. And as gardeners know, the first step is planning and preparation that starts even before the snow melts.

My gardening season started with a seed exchange in March organized by my neighbour Marc. I live in a condo complex and have a small garden so I don't need many seeds, but was happy to exchange the marigold seeds I saved from last year for cucumber and dill seeds. It was inspiring to talk about plants, organic gardening skills and tools and plans for the upcoming growing season. It was also refreshing to find others as new to gardening as me. And I found out that marigolds planted interspersed with vegetables ward off certain insects, thus protecting the veggies!

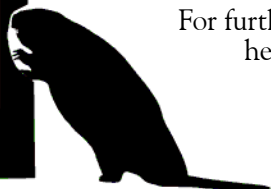
In April I attended a free workshop on square foot gardening that was hosted by Just Food, a non-profit organization that supports gardening and organic farming development in the Ottawa region: [justfood.ca](http://justfood.ca). It also gives courses on how to organize a Community Garden among other things.

Square foot gardening involves creating a raised bed filled with a balanced mix of peat moss, vermiculite and mixed compost. Container gardening is also ideal for square foot gardening, which is to plant more compactly to ensure as large a harvest as possible. I am trying this in my small yard. I also came away from the workshop with a tip on how to get rid of earwigs using soy sauce and cooking oil: 1:1 ratio in a shallow container sunk in next to the plants. After the workshop I am very hopeful about this coming growing season.

There are many avid gardeners in our area who would like more space and others who wish to garden, but don't have a yard or the right conditions. Brian Wade is working to create a community garden in a public space where plots could be rented by the season starting in 2016. This is a very exciting development! Volunteers are needed to organize, because to get this going, the more hands the lighter the work. If you would like to help build our community garden please contact the HCCO for more details.

I know of one man, who lives in our area but has taken organic gardening to the next level. Michael Milsom grows organic vegetables on farmland that is just south of here on River Road: [mikesgardenharvest.com](http://mikesgardenharvest.com).

Now that spring is here I hope you too will exercise your own green thumb. There are many, many ways to go about it. Pick one and get started!

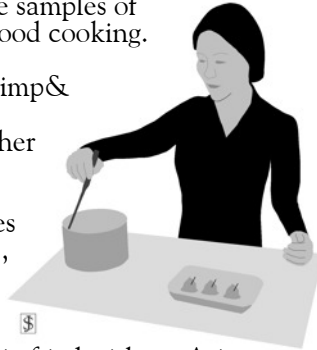


## Taste Treats in My Community

John Sankey

My favourite taste treat Saturday mornings is to visit T&T, the Asian supermarket on the SE corner of Riverside & Hunt Club. Why? Free samples of modern Chinese convenience food cooking.

One Saturday, for example: shrimp & pork dim sum (dim sum means "touch heart", when friends gather together and share bite-sized dishes), pork & napa dumplings (napa, officially a cabbage, tastes like super-fresh iceberg lettuce), an exotic mushroom stir-fried with a touch of pepper, Chinese yoghurt (less sugar than most, nice) and noodles stir-fried with an Asian sauce. Every week is different. All of it's surrounded by Asian families from throughout Ottawa looking for their favourite foods and talking to their young children about everything in sight. If you love happy children, it's a double treat.



And, every day there's a dim sum bar with dozens of fascinating and inexpensive bite-sized dishes for sale, with a bright corner full of small tables to eat them with a friend. Fingers, forks or foodsticks (and friends!), you choose.

What's your favourite taste treat in our community?

### Yoga to the rescue: Part 2 Breathing exercises

Breathing is not something you need to think about. This is a good thing! As you are reading this article, your body is breathing itself without any effort or intervention on your part. For people with conditions which can make breathing difficult, like asthma, breathing does not always come without effort. Breathing affects your respiratory, cardiovascular, neurological, gastrointestinal, muscular and psychic systems and can impact your sleep, memory, energy level and concentration.

Yogic breathing exercises are called pranayama. This word is composed of two Sanskrit words: prana, meaning life force or vital energy (i.e., the breath); and, ayama, meaning to extend or draw out. Pranayama exercises are a yogic discipline with origins in ancient India. Researchers have reported that pranayama exercises can be beneficial in treating stress, improving the functioning of the central nervous system, relieving symptoms of asthma and reducing signs of oxidative stress in the body.

Different yogic breathing exercises are used for different purposes. Some increase energy, while others have a calming affect. Here's an example of each type for you to try.

The next time you're feeling stressed or anxious and want to feel more calm, take these steps:

- Stand or sit up straight with your feet flat on the floor
- Consciously begin to slow down your breathing
- Lightly place your hand on your belly and breathe into the lowest parts of your lungs so that your belly and hand rise out a bit with each inhale and back down with each exhale

- Take 3 long, deep, slow breaths in this way, through your nose
- Gradually make your exhale a little bit longer than your inhale.

When you breathe in this way, you access the rest and relax response system in your body (para-sympathetic nervous system).

The next time you want a little boost of energy, try the following breathing exercise. It's cheaper than a cup of coffee and it's always with you:

- Stand up with your arms along side your body and a little bend in your knees
- Take a short inhale through your nose as you lift your arms out in front of your body up to shoulder height
- Take another short inhale through your nose as you lift your arms out to the sides of your body at shoulder height
- Take a third short inhale through your nose as you lift your arms overhead
- Take one long exhale through your mouth as you energetically drop your arms back down along the sides of your body with a little bounce in your knees.

Try this 3 times with a smile on your face and notice the effect.

If you'd like to know more about any aspect of yoga or breathing, you're welcome to get in touch with me at [Lynda@LyndaPedley.com](mailto:Lynda@LyndaPedley.com).

### Shared Space

Al Gullon

Shared Space is a traffic management approach which provides priority for vulnerable users (pedestrians, cyclists) over vehicle drivers by removing all regulatory signs such as road surface markings, stop signs, and especially traffic lights. No longer having regulatory priority, drivers are forced to both reduce speed and maintain their attention so as to cede priority to any pedestrian attempting to cross the street, even in the middle of the block.

When you don't exactly know who has right of way, you tend to seek eye contact with other road users. You automatically reduce your speed, you have contact with other people and you take greater care. The safety benefits of Shared Space largely result from an increase in attention to the driving situation.

When applied throughout a small town, shared space has been shown to reduce crashes, including with pedestrians and cyclists, by 50% or more. Also with no need to stop at intersections or sit at a traffic light with zero cross traffic, travel time is reduced for both drivers and pedestrians.

Although not as yet documented to my knowledge, my decade as head of motor vehicle emission control for Canada suggests that there should also be a saving on fuel consumption and emissions. Shared Space is thus a win, win, win for safety, energy conservation and the environment.

For more detail and many examples from around the world see: [http://en.wikipedia.org/wiki/Shared\\_space](http://en.wikipedia.org/wiki/Shared_space)

## Fall Community Festival

A revitalized Commfest will be held on September 12th from 9 am to 2 pm at the Hunt Club/Riverside Park Community Centre, rain or shine. This annual community festival is as a result of a partnership between the Centre and the Hunt Club Community Organization. Fun for the whole family; young and old. Food, fun, music and activities for all.

Nous aimerions célébrer la présence francophone/ francophile dans notre communauté. Si vous en êtes un, et que vous aimeriez rencontrer d'autres semblables dans notre communauté pour discuter d'activités possibles pour cet événement, veuillez s.v.p. me contacter à christine-ottawa@sympatico.ca J'en suis une et j'ai besoin de votre aide !

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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](mailto:susanmccarthy@rogers.com) 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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