

Hunt Club: My Community



A HCCO Membership Drive

Christine Johnson

Canada is celebrating its 150th birthday in 2017! The HCCO has a goal to increase our membership by 2017 to match (or exceed) the number of paid up members of the Hunt Club Community Association, way back in the late 1970s, which was 100. Given Hunt Club's significant increase in population since then, it should be an easy goal to accomplish.

Please consider purchasing a HCCO membership card when a neighbour comes knocking at your door during our membership drive week, from May 30th to June 4th. We will be targeting each neighbourhood in our Hunt Club community, from Quinterra-Woods to all neighbourhoods along and within Plante, Owl, Uplands, and Paul Anka Drives, and north of Hunt Club Rd.

For a \$10. HCCO membership, you will get:

- an opportunity to share your vision about how you'd like to see Hunt Club develop, your ideas about ways to inject new energy, initiatives and traditions that will help define our community as it moves forward into the future;
- a sense of civic pride and engagement in your community;
- an opportunity to meet and connect with others who live here;
- an opportunity to present your concerns about issues that impact the quality of life in your neighbourhood, to our elected municipal representative;
- a chance to vote on any motions that could impact decisions made to improve our community at our monthly meetings, held from September to June each year.

Refugee Donation Drive

The Hunt Club Syrian Refugee Action Committee has a number of fundraising events happening to support the resettlement of Syrian refugees in Ottawa. These events will take place at the Hunt Club Riverside Community Centre unless indicated:

- Shawarma Showdown March 19, 12 to 4 pm
- Movie Night with Councillor Brockington April 2, 7 to 9 pm. This event is free, but popcorn and drinks will be sold as a fundraiser.
- Shout Sister Choir Performance April 23, 7 pm
- Yoga May 14th 10 to 11 am
- Guided Meditation May 14th 11 am to 12
- Chinese Cooking Class May 28th, 7 to 9 pm. This event will be held at T&T; limit of 12 participants.

Check our Facebook page and Website (page 4) for further information on these events.

Thanks to Plante Drive Residents

Sandra Clark

I would like to send out a big thank you to the residents on Plante Drive. I am an OC Transpo bus driver and was driving route 146 on Tuesday February 16 during the famous "snowstorm". The bus became stuck on Plante Drive about 17:45. The residents on Plante were very understanding, even though their street was blocked on both ends with stuck buses. They came to the rescue with snow blowers, shovels, salt and manpower and tried to free the bus. They were successful the first time, until it became stuck again a block later. People brought me snacks, drinks, hot coffee along with offers of warm houses, washrooms, telephones and even dinner inside. Many came by through the evening just to chat and see if I needed anything. You really showed the true meaning of hospitality, and community spirit. YOU ROCK!!! Thank you on behalf of OC Transpo drivers.

Why I Use Medical Marijuana

Alexis Doyle

When I moved to this neighbourhood in August I was concerned about the reaction of my new neighbours because I am an outspoken advocate for the use of medical marijuana. I have a prescription to assist with my chronic pain, along with other prescriptions and in collaboration with my family physician. I sometimes use marijuana in public in the hope that people ask me why I am doing so. Although I've had negative reactions to my public use of marijuana, I use it as an opportunity to try to educate people on the reasons for choosing medical marijuana.

Many people, including myself, feel that marijuana is a better choice for their medical care. Many traditional drugs have a litany of side effects from mild to severe, whereas marijuana's most notable side effects are the munchies and a desire to watch bad movies.

Over 60,000 Canadians use marijuana for pain control, to help with appetite, mood and mental disorders like PTSD, as well as diseases such as cancer, osteoarthritis and glaucoma. With the help of a little green plant, people who are suffering from horrible afflictions: children, the elderly, your parents, your friends, your neighbours, are finding some relief without the side effects that can come from traditional medicine.

If you see me having a joint, I'm not breaking the law, I'm getting some relief through the use of legally prescribed medical marijuana. If you suffer from pain or any medical conditions and you don't feel that traditional medicine alone is cutting it, talk to your medical professionals about the potential use of medical marijuana. If you want more information about dealing with chronic pain or medical marijuana, follow me on Twitter @Alexisdoyle73.

Fitness with our Pets

Amanda Amaratunga

With close to one in two homes in North America having a pet, we, as a society are very closely linked to animals. We depend on animals for many reasons, such as unconditional love, companionship, family, and protection. Since most pets don't have jobs, outside friends, or activities, we are their everything. They are completely dependent on us, and domesticated to live alongside us.

As we go through life, and age along with our pets, we need to take care of ourselves, and each other. Fitness activities can be hard to stick with in the long term. Several studies have shown that people are much more likely to succeed with fitness activities with an accountability partner. Some of us have life partner, friends or other family who can fill that role for us...but it can be difficult to line up busy schedules.

What if we looked to our pets for this fitness accountability partner? We all know most dogs love to go for a walk, and if you enjoy watching cat videos on the Internet, you've likely seen cats "helping" with the practice of yoga.

Pets love routine, so pick up the leash, get bundled up, and just walk alongside your dog. Try it for one week, even for a few minutes, and go from there. Often, the easiest place to start is to step right outside your front door and walk around the block. Other great options in our area include the green swaths where the hydro lines run through, and behind the Hunt Club-Riverside Park Community Centre; you can walk the trails in McCarthy Woods. It takes 30-90 days to form a habit, and I can guarantee on the days it's cold and dark, and you really don't feel like venturing outside, your dog will be ready to go!

Got a cat? Get an exercise mat and buy or find a yoga (or other exercise) videos on the Internet to follow at home. When you're starting, and the cat comes around, give them a treat, or other reward for hanging out. They might get in the way sometimes, but over time, you'll get into a routine and will have a little partner right there waiting for you.

Both fitness and the human-animal bond are incredibly beneficial to our well-being, so it's a perfect combination for long-term success. A little over a year ago, we lost both of our elderly dogs, just a few months apart. Over the course of their lives, we walked thousands of miles together, every day, rain or shine. Even on each of their last days, when nobody was feeling great, our family still really enjoyed our walks together. I feel such gratitude for my amazing experience to be fit and well alongside my pets, and I wish the same for you.

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

A Letter To Winter From Castlestone

Wynn timer Zhao

Dear Winter,

If we're being completely honest, I have a bit of a love-hate relationship with you. On one hand, when you're around, I get to make snowmen, skate on the canal and curl up inside with a cup of hot cocoa. However, we can't forget that there are many among us in our community and our city that don't have the same winter experience. Thanks to you, the frigid months ahead are a vulnerable time for those in poverty or living on the streets.

In case you don't know who we are, Castlestone Foundation is a student-run volunteer organisation that works to eliminate poverty. While you've been around these past few months, we've been going around Ottawa handing out care packages to those in need that include anything from sanitary items (toothbrushes, toothpaste, wipes, tampons) to non perishable food (granola bars, crackers). We've also been giving out warm clothing including coats, hats, scarves and gloves. While we like having you around, we hope warmer weather will be coming soon and we won't be seeing you until next year!

Signed,
Your friends at Castlestone

If anyone has any new or used clothing or anything else that could go into our packages, donations are immensely appreciated! Please drop them off at the front desk of the Hunt Club Riverside Community Centre, 3320 Paul Anka Drive.

Let's keep each other warm this winter, Ottawa!

Paul Landry Park: An Update

Christine Johnson

A 'Concept Design Plan' by the City of Ottawa for updating Paul Landry Park has been approved. This means that we should be seeing, as early as this Spring, new trees being planted strategically in the park.

For residents interested in viewing this Concept Design Plan and providing their preferences for new play structures to be installed in Paul Landry Park, please plan to come out to help with our first park clean up on Saturday, May 7th at 10:00 a.m., where the information will be presented afterwards. You will also learn about the 'Paint It Up' City of Ottawa grant program, to which we are applying for funds to have a local artist work with some of our neighbourhood children to paint a mural on the north-east and/or south east fence(s) in the park.

Community Supported Agriculture

John Sankey

With Community Supported Agriculture (CSA), farmers sell seasonal shares of their harvest directly to customers in their area. Customers purchase a share up front, and receive regular baskets of fresh produce throughout the farm's harvest season.

CSA is a mutually beneficial relationship.

Farmers benefit by pre-selling produce, which allows for better planning and less waste. Sales of shares generate up-front income to help cover input costs like seeds, tools, equipment and labor. Farms can be dedicated to using the land in a manner that will not deplete its nutrients for generations to come.

Customers receive a diversity of farm-fresh delicious produce; they know where their food comes from and how it is grown. Local ripe food tastes better than food picked before ripening to survive shipping. Local farmers can offer food varieties bred not for shipping and long shelf life, but rather for quality. Customers also grow closer to the land that sustains us, learning that natural food is seasonal, that some years are better than others for each type of food depending on weather and pests.

We have a CSA farmer living right here in Hunt Club! Michael Milsom has lived, parented and worked in our community for 18 years. Forever the farmer, when he drove past vacant NCC property that surrounds the airport he saw its' potential as productive farm land. Initially starting on a small scale that was meant for family and friends, Mike returned to his agricultural roots and two years ago, moved to a larger land base just on River Road that would broaden his focus to include our Hunt Club community.

Mike's Garden Harvest is more than simply delivering freshly harvested organic vegetables to your door, though it can be simply just that. For those who wish it, it can also be about allowing individuals and families to see and taste their food right where it is grown at Open Field events. Community ties are further strengthened with updates of farm news and the sharing of favourite recipe ideas by way of a weekly newsletter. Collectively we share in the uniqueness of each season and all that it brings as we savour the amazing varieties as they each take their turn on the summer's center stage.

A full season consists of 18 weekly deliveries but there are also half season shares and Flex packs that allow for busy holiday schedules and smaller households. For further information, or to get answers for any questions you might have, visit Mike's website: www.mikesgardenharvest.com

First Spring

Matthew Page

Owl Park was quiet but there was a lot happening. John watched from his front window as Winter slowly made way for Spring. Technically Spring had sprung two weeks prior but it appears Willie's prediction for a longer Winter was more accurate in prognostication than his Punxsutawney-based peer. And a long Winter it had been.

Winter started in early December for John. While there was not yet snow on the ground, the cold set into his bones when Louise, John's wife of 54 years, passed away after her battle with breast cancer. They had known for the past year that her time was short. Still, knowing had not made the realization any easier. Oddly the first few weeks had been the easiest. The funeral planning, the return of the children and grandchildren, the support of friends and family, and the holidays kept his home full and his schedule packed. Then life went on, as it always seems to do.

As the snow piled up John felt more and more isolated in a home that echoed with over thirty years of memories. His kids would call to make sure he was alright, and he would assure them he was fine, although he wasn't entirely sure that was true. His freezer was full of pre-made meals, mostly thanks to his neighbour, Carol. She had made him so many casseroles that he felt like a hibernating squirrel surrounded by his nuts. He never had to leave his home. He liked that. He hated that he liked that.

One of his greatest comforts was lying in his bed around 9 o'clock in the evening with his bedroom window wide open. John would pull the sheets to his chin to ward off the cold but the trade-off was worth the extra blankets. He would lie and listen to the sounds of Owl Park and safely connect with the outside world. Sometimes it was just the crunch of boots in the snow or two dogs playing. Most times it was the carving of skates into the ice, pucks bouncing off the boards, and the chirping of young people only concerned with having fun and giving each other the gears. John would lie and listen to them until the rink lights clicked off at 11 o'clock. It drowned out the echoes. Except when it snowed; then it was silent. Snowy nights were unbearable.

But now, staring out his window, John watched as the snow bowed to the coming of Spring. Soon the park would be full of people enjoying early morning walks and late night tennis. Soon John wouldn't need so many blankets as he listened to the sounds of the park.

A sparrow landed on John's front windowsill. The little bird hopped twice and shook its head. John instinctively copied the movement, and the sparrow gave him a puzzled look. John smiled.

Maybe everything was going to be alright.

Oppa, Hunt Club Style!

Christine Johnson

We have an opportunity to celebrate Canada's 150th birthday, right here in Hunt Club, in our own unique way: the City's Civic Events Funding Program has allocated funds to help local organizations plan unique celebrations for Canada's sesquicentennial all across the city.

Maybe ... a picnic-party on the Airport Parkway pedestrian and cyclist crossing? ... an Art in the Park event in Owl or McCarthy Park? ... simultaneous park parties in each of the seven parks in our community? ...

What are YOUR ideas of how to celebrate our country's birthday in 2017, 'Hunt Club Style'?

If you are interested in being part of a committee to plan our special event, please come to our March 7th HCCO meeting, at 7:00 p.m. at our Hunt Club-Riverside Park Community Centre at 3320 Paul Anka Drive..

We thank our local businesses who make **Hunt Club: My Community** possible and ask that you support them.

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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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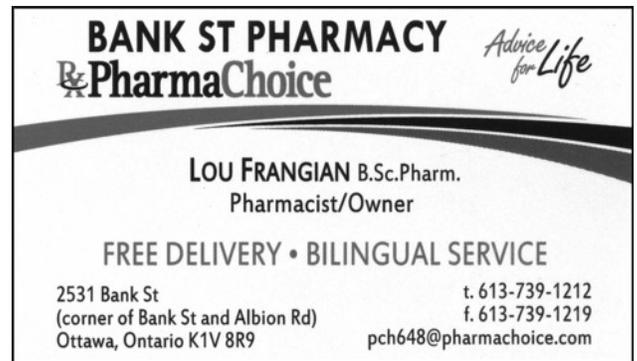
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