



# Hunt Club: My Community

## Why I'm a Volunteer

Sue McCarthy

I've been volunteering in one capacity or another for over 30 years. Some of it was as a result of my son Adam's sports activities: running bingos for hockey fundraisers, driving hockey kids to tournaments. Some of it was as a result of my musical hobbies: in the mid 1980's, my husband Richard and I with friend Wayne Griese, founded the Valley Bluegrass music association which is still thriving today. While working at Agriculture Canada in a now demolished building on the Central Experimental Farm, I was inspired to do a stint as treasurer for Friends of the Farm, an organization that promotes the Central Experimental Farm. It was a wonderful location; I biked to work in the spring, summer and fall and would run or wander the grounds including the barns on my lunch hour.

Why did I volunteer? It was either because I was supporting community or personal activities or was inspired, in the case of Friends of the Farm, to help in the protection of beautiful green spaces.

4 years ago or so, I received the "Hunt Club: My Community" newsletter and the leading article caught my attention: the newsletter was going to cease unless someone stepped up to be the editor. I met Christine Johnson and haltingly decided to jump in. It was a good decision: I've met people who submit articles and got more involved in my community. I eventually became a director and then Vice President of the Hunt Club Community Organization (HCCO). I've become more aware of my community's issues and with the help of members, been able to influence events in the community.

Volunteering can take many forms. You don't have to become a VP or a director of the community organization. It can be a one time shift at a community function for an hour. It doesn't have to be an ongoing role. Every little bit helps. Do you have an article you'd like to submit for the newsletter? Do you have an issue or question that you want to highlight? Come to an HCCO meeting (1st Monday of every month, except July & August) and bring your concerns. Riley Brockington or his assistant are usually there or you can simply get some input from your neighbours or directors of the HCCO. Recently Riley hosted an Earth Day event and 10 or more people showed up to clean the grounds around the community centre.

If you have a desire to volunteer, contact us or Riley Brockington. We'll find something in accordance with your availability. HCCO is co-hosting our Annual Fall Festival with the City and the South East Ottawa Community Health Centre (SEOCHC). Volunteers of all kinds will be required for that event. Also HCCO usually has its Annual General Meeting in the fall and will be looking for directors. Directors' roles are defined by the individual - whatever they can manage. Step up, be a volunteer, its a win win, feel good endeavour!

## Taste Treats in our Community

John Sankey

The Greek Souvlaki House on the west side of Riverside Drive at Rivergate Way is a small crowded place with most tables seating only 3, but the server made room for my family of 8 at the front. Most of the space is taken up by the open kitchen with its noises, and there is a brisk takeout business with the telephone ringing and a steady flow of customers and deliverers. It's a Greek village hubbub right here in Hunt Club!

Prices are very reasonable, under \$20 per dish, for the servings are so large that one is ample for two diners. Each meal begins with a fresh, crisp Greek salad, then continues with the main dishes once they are prepared. The spinach moussaka (eggplant) and the breaded deep-fried calamari earned top reviews from my guests. The lean beef gyro (pronounced yee-roh) was peppery and dry, the lamb souvlaki (grilled on a skewer) well marinated and moist. The rice was perfectly cooked with an excellent sauce, and the quartered potatoes were mealy and tender as they should be. Everything is in generous quantity and super tasty.

Service is friendly and prompt. And, they offer their standard takeout containers to take leftovers home without having to ask. (We used one.)

Definitely worth a visit with a friend.

## We need your articles!

Call out to writers and wannabes: this is a community newsletter and we want it to reflect the diverse community that we live in. We publish 4 times a year: September, December, March and June. Submit your article by the 2nd week of the month prior to publication. For our September issue, we'd need your submission by August 20th!

## People in My Neighbourhood

Sue McCarthy

I've lived in Hunt Club for over 30 years, in two locations on Uplands Drive. I've been at my current location for most of that time and had the same neighbours on either side for at least 25 years and the ones behind me for 10 or 15 years. It seems to be the kind of neighbourhood where people stay for a while. For a good 20 of those years, I was working in the Federal government so my involvement in community affairs was limited to sports or school activities that my son Adam was involved in. Most of my extra-curricular activities were outside the neighbourhood. I've been retired for over 10 years now and 3 or 4 years ago, I became involved in the local community association, the Hunt Club Community Organization (HCCO). I started to look around me and notice people and things in my neighbourhood. Partially for fitness reasons, I've been walking more, especially on my way to the Community Centre.

On one of those walks, I met Mark Waymann outside his house. I met him because I noticed an elderly German shepherd dog wandering around and wondered if he was lost. Mark came out and assured me that Hunter was fine and only wandered to the next house or so. So in my travels I had a number of chats with Mark, just being neighbourly. He was often in his driveway tinkering with bikes or cars or painting cupboards, with his faithful companion, Hunter by his side. In a recent meet, I decided to find out more about him, because after all the main purpose of this newsletter is to promote community and draw people together; to get to know our neighbours.

Originally from a farm in Alexandria, Mark has lived in Ottawa for the past 28 years or so (18 in this neighbourhood). He served in the Navy for 2 years but found that seasickness was too much of a problem. Mark had been studying in a Marine Engineering program and then switched to Mechanical Engineering. He founded his own company focusing on HVAC (heating, ventilation, air conditioning) and had the contract for the Delta Hotel. Three years ago, Mark was forced to retire from that endeavour due to complications from Lyme disease. It took some time to receive that diagnosis and Mark has done extensive research on the subject. He is managing with the help of a naturopath and his GP. Through all of this Mark has remained quite active, as an avid cyclist and a spin teacher at Good Life. He also participates in hot yoga classes which seem to help his Lyme symptoms. His dog Hunter was also diagnosed with Lyme's but ironically it is easier to treat dogs than people.

Mark's mechanical engineering background has come in handy around the house. He services and repairs his bicycles and cars. He also has done extensive renovations in his house, as well. Mark is also a good neigh-

bour. After the recent wind storm, he helped his elderly neighbour by cutting up the 40 foot spruce that fell in front of her yard.

Mark's recent focus has been doing bicycle tune ups, which is a great fit with his mechanical engineering background and the cycling/spin classes. If your bike is in need of maintenance you can contact him at: [mrwmech@gmail.com](mailto:mrwmech@gmail.com). Since May is officially Lyme awareness month try this link: <https://canlyme.com/> if you want information about Lyme disease.

## Yellow Joy, Oh, Boy!

Christine Johnson

Hunt Club residents have no further to look than the front lawn of a home on Uplands Drive, about 800 metres from Riverside Drive, to know when spring has arrived. John Sankey's perennial yellow blooms can only enchant passers-by as they announce the season of renewal before even the robin's arrival. As importantly, they delight the owner just as much, if not more.

First come the crocuses, boldly pushing through the snow, ignoring the stubborn stuff that wants to stay - three different types: 'Yellow Mammoth', 'ancyrensis' and 'chrysanthus'. The anemones come up next ('ranunculoides'), then the 'Uvularia grandiflora', the tulips ('turkestanika', 'dasystemon') and some of the narcissi - known by most as 'daffodils' - ('Rip van Winkle', 'Dutch Master', 'Sunny Side Up') follow. And that's just in May! The blooms continue all the way to the end of September.

As a scientist, John has done extensive research, planning and plenty of trial and error to establish such a successful yellow perennial garden. And that's just the front lawn! To read about John's gardening journey, go to <http://johnsankey.ca/yellow.html>

*The important thing about John's yellow perennial garden is the joy it brings to others.*

*Its beauty delights.*

*Its changing blooms surprise.*

*Its organization impresses.*

*It inspires others to create their own garden fantasy.*

*Its cheerfulness brightens our day.*

*It can always be counted on to 'show up'.*

*But the important thing about John's yellow perennial garden is the joy it brings to others.*

**Don't Forget!** Clean out your attics and garages. Time to get ready for the 4th Annual "Hunt Club Cares" Garage sale on June 9th, 8 am to 1 pm. Call Linda King at 613-260-7897 or email [linda@lindakings.com](mailto:linda@lindakings.com) for registration. \$10 donation goes to supporting summer programs for children in Hunt Club. Lawn sign will be delivered to your home. Address will be pinned on virtual map. It's a win win event!

## Next Event at Paul Landry Park: ARTS in the Park

Christine Johnson

It's coming, this Saturday, June 2nd, from 11 am to 4 pm and it's not too late to register for our next FREE event in Paul Landry Park, sponsored by TD Park People and hosted by our community association, the Hunt Club Community Organization.

Please go here to register for the 'ARTS in the Park' event from 11 am to 4 pm:  
<https://www.eventbrite.ca/e/arts-in-the-park-visual-and-music-tickets-45868005439?aff=ehomecard>

Meet some of the hidden talents in our community, from guitar and ukelele players to a cappella singing, from photography exhibits, water-colour and acrylic painters, cartoonists and napkin drawers. Participate in an interactive sheet painting activity. Free food and drinks as well.

Help make our park a hub in the community. Everyone is welcome (adults and kids alike). We ask that you register so that we know how much food to get. See you in Paul Landry Park on the 2nd!

## Guided Nature Walk in Paul Landry Park

Christine Johnson

This event was sponsored by a TD Park People grant and hosted by the HCCO. Paul Landry Park, our natural urban oasis, is located at 3345 Uplands Dr on the East side of the street, backing on the parking lot in behind Shoppers Drug Mart, Metro, and Twyford St. to the East, Shearwater townhouses to the South, Gilboa townhouses to the North, and facing the Arbor Green townhouses on Uplands Dr to the West.

Tree expert Owen Clarkin impressed participants at the May 12th Guided Nature Walk, with his vast knowledge of North American trees and plants in the wooded two-hectare lot of PLP, in spite of having just spent 45 minutes of his life here before this walk. Because of years of intensive logging, throughout the 18th to 20th centuries, Owen explained that there are very few Old Growth Forests remaining in Canada. The mixture of plant/tree species at this site is largely influenced by chance (seeds blown in or brought in by birds and small mammals) and partly by human activity (seeds of native plants deliberately sown and bulbs planted). For instance, Owen commented how the Japanese Tree Lilac at the western periphery of the wooded lot most likely ended up here by its seeds having been blown in from someone's home garden, as these trees were extensively planted in the Ottawa area only in the last 50 years or less. It is definitely non-native, coming from East Asia. Globalization, naturally.

Tree identification is easiest in the spring as it is the buds that are the best indicators of a species. The large number of common buckthorns (*Rhamnus cathartica*) throughout this wooded lot, can be explained by their liking of this kind of terrain, higher in nitrogen and pH (alkaline soil). This unwelcome species, which has

become naturalised, is also highly invasive, which means that it can 'crowd out' other native plants. This is largely because: 1) it leafs out before native species, giving it a competitive advantage; and 2) there is a high level of nitrogen in its leaves and these leaves decompose rapidly, thus supplying it with exactly the kind of soil it thrives on. A few of the other species that Owen pointed out were rock elm, sugar maple, bur oak, ironwood, and wayfaring-tree.

John Sankey, neighbourhood naturalist, noted that because of the flat-lying Ordovician limestone (approximately 380 million years old) throughout the park, this land was not good for farming or for building. Thus, it was left to become what it is today: an urban woods which the City has now designated as an Environmentally Protected Area. The beautifully exposed limestone flats in the interior of the park is a perfect place for a picnic (please take away all of your garbage!), or for a quiet time to observe the nature around.

Dianne Nahal talked about different kinds of metal, chrome and glass debris from years gone by that she has found in the park and reuses to make creative art pieces. She also explained that branch walls have been erected to clear areas, and to provide shelter and protection for some of the small mammals living in the park. The children on the walk were enchanted with the various 'faerie houses' that Dianne pointed out along the main path mostly, adding a touch of Irish lore to the park. A few flowers have been planted by local residents, creating a groomed garden look at the periphery of the south-west end of the park and along the main pathway.

Next time you are walking past Paul Landry Park, why not enter it to see what trees and other plants you can identify? You'll be surprised at the beauty you'll discover!



Mark your calendars!

**1st Annual Community Picnic at  
Paul Landry Park**

**Saturday, August 25, 2018  
11:30 a.m. - 2:30 p.m.**

For more information about this event:  
<https://parkpeople.ca/listings/events/?n=community-picnic-in-the-park&id=2053>

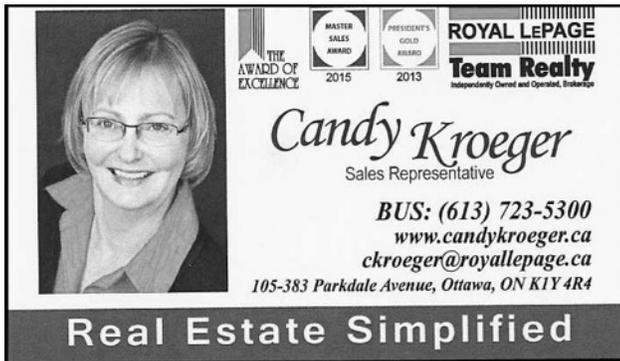
Please register at:  
<https://www.eventbrite.ca/e/community-picnic-in-the-park-tickets-46413470941?aff=ehomecard>

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3320 Paul Anka Drive, Ottawa K1V 0J9  
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our next issue, e-mail it to [suemccarthy1952@gmail.com](mailto:suemccarthy1952@gmail.com)  
We welcome your ideas for future issues; please write us  
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My Community possible and ask that you support  
them.



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