

# Community Newsletter

## September 2022



**HUNT CLUB PARK** Community Association

# Annual General Meeting

The Hunt Club Park Community Association (HCPA) will be holding its Annual General Meeting (AGM) via ZOOM on Tuesday, September 27, 2022 at 7:00 pm. As you may know, HCPA is the volunteer organization that holds the Summer and Winter Festivals at Elizabeth Manley Park. This year, we were excited to have a Summer Festival after a two year absence and look forward to our

Winter Festival in February. We meet monthly with the City Councillor's Office for our ward and keep connected with our locally elected members in the provincial and federal parliaments. We participate in city planning meetings and we host information sessions to deal with local concerns we may have as a community. We keep connected with our Community Police Officers and with our local Neighbourhood Watches.

If you cannot join us for the AGM, there is still an opportunity to join us in our monthly meetings held every fourth Tuesday each month. Just send us a message and we can send you the relevant information. We look forward to hearing your ideas to influence relevant change in our community in the 2022/2023 year.

To find out more about the HCPA, please check out our website at:

<http://www.huntclubpark.org> or our FaceBook Page:

<https://www.facebook.com/huntclubpark/>

To join us for the AGM and/or the first meeting of the newly appointed Board, please e-mail [huntclubpark@gmail.com](mailto:huntclubpark@gmail.com) and we will send you the agenda and coordinates for the ZOOM meeting.

**FOR MORE INFORMATION:**

- [huntclubpark@gmail.com](mailto:huntclubpark@gmail.com)
- [Hunt Club Park Community Association](#)
- <https://www.huntclubpark.ca/>
- <https://twitter.com/HuntClubParkCA>

Serving our Hunt Club Community since 2009

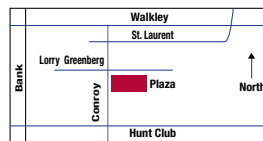
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## MAKE MENTAL HEALTH AND WELLBEING A PRIORITY

We have seen a significant emphasis on mental health and wellbeing both for our life-at-home and our life-at-work. Mental health is our emotional, psychological, and social well-being affecting how we think and feel and impacting everything from how we interact with others to the decisions we make. Mental illness is health conditions such as anxiety or depression that affect our thinking, feelings, moods, or behaviours. One of the biggest challenges is figuring out how to talk about mental health and wellbeing with friends or family members for whom we may be concerned. There are a number of local resources, often at no cost, that can be accessed for advice on mental health and wellbeing. Some of these are:

The Link's [How to Ask for Help](#)

[The Walk-in Counselling Clinic](#)

Ottawa Public Health's Guidance and Directory for [Mental Health Services and Resources in Ottawa](#)

[Directory of Mental Health Services in Ottawa-Carleton](#)

[Distress Centre of Ottawa and Region](#)

If you have the financial resources, another program is LivingWorks.

LivingWorks was started in Calgary in 1983 and is now a global provider that is recognized for their wellbeing training programs for both families and organizations. They have proven evidence-based self-harm prevention training solutions that focus on creating networks of safety for those in crisis. One of our community members wanted to share that they had success with this program when reached out to close friends who were struggling with their wellbeing.



**DRUG-FREE WORLD OTTAWA**

**DRUG EDUCATION & PREVENTION PROGRAM**

- Request a seminar
- Request info or Educators Kit
- Volunteer in our Hunt Club Park
- Request Training (Free 2 hour sessions)

Contact our Hunt Club rep: [drugfreeottawa@gmail.com](mailto:drugfreeottawa@gmail.com)  
Contact us on Facebook: [@drugfreeottawa](#)

**www.drugfreeworld.org**



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**We are located in the heart of Hunt Club Park**  
Serving our community for over 42 years  
We can serve you in: **English, French, Italian**  
**Helping our clients has always been our priority**  
**We represent various insurance companies**

**Call us for all your insurance needs:** Home, Auto, Business, Life, Accident & Sickness, R.R.S.P. Critical Illness

**We reside in your community:** Loide: [loidea@canopyinsurance.com](mailto:loidea@canopyinsurance.com)  
Peter: [peterg@canopyinsurance.com](mailto:peterg@canopyinsurance.com)  
Frank: [frankg@canopyinsurance.com](mailto:frankg@canopyinsurance.com)

The 2022 Ottawa municipal election is scheduled to be held on Monday, October 24, 2022. As of August 31, 2022 the list of Candidates for City Councillor – Ward 10 Gloucester-Southgate are:

Aria Alavi	<a href="http://www.ariaalavi.ca">www.ariaalavi.ca</a>
Jessica Bradley	<a href="http://www.bradley2022.ca">www.bradley2022.ca</a>
Taylor Houstoun	<a href="http://www.taylorh.ca">www.taylorh.ca</a>
Hussein Mahmoud	<a href="http://www.votehussein.ca">www.votehussein.ca</a>
Ron Keays	<a href="http://www.ward10.org/">www.ward10.org/</a>
John Redins	<a href="http://www.johnredins.com">www.johnredins.com</a>

The Hunt Club Park Community Association will be hosting a Ward 10 All Candidates Debate on Tuesday October 4, 2002 at the Greenbopro Community Centre. If you are interested in attending please e-mail [huntclubpark@gmail.com](mailto:huntclubpark@gmail.com) and let us know. The room has a capacity of 90.

If you have a questions for the candidates please e-mail it to [huntclubpark@gmail.com](mailto:huntclubpark@gmail.com) before October 1, 2022.

## HERE TO HELP

Please contact my community office if you require assistance with the following:

- Birth, death and marriage certificates
- OHIP cards
- Driver's licenses
- Congratulatory messages
- Landlord or Tenant concerns
- Family Responsibility Office
- The Legislative Page Program
- General inquiries regarding provincial programs



**John Fraser, MPP**  
Ottawa South



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Tel 613-736-9573 | Fax 613-736-7374  
[jfraser.mpp.co@liberal.ola.org](mailto:jfraser.mpp.co@liberal.ola.org)



Member of Parliament | Député

**David McGuinty**

Ottawa South | d'Ottawa-Sud



HARD WORK, DEDICATION, PUBLIC SERVICE  
TRAVAIL ACHARNÉ, DÉVOUEMENT, SERVICE À LA POPULATION

My office provides information on the services offered by the Government of Canada, including:

- The Canada Pension Plan / Old Age Security
- Guaranteed Income Supplement
- Immigration Matters
- Citizenship Inquiries
- Canadian Passport / Consular Affairs
- Business Opportunities / Grants & Funding
- Student Loans / Taxation Issues

If I can ever be of assistance to you, on any federal matter, please do not hesitate to contact my office.

Mon bureau vous renseigne sur les services offerts par le gouvernement du Canada, notamment:

- le Régime de pensions du Canada / la Sécurité de la vieillesse
- le Supplément de revenu garanti
- les demandes de renseignements relatives à la citoyenneté
- les questions d'immigration
- le passeport canadien / Affaires Consulaires
- les occasions d'affaires / les options de financement
- les prêt aux étudiants / les questions sur l'impôt

Si jamais je peux vous aider, n'hésitez pas à contacter mon bureau.

**David McGuinty, MP | Député**

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Web Site | Site Web:  
[www.davidmcguinty.ca](http://www.davidmcguinty.ca)



1972 50th 2022

# Anniversary of the



# 137th Ottawa Scouts Group

## Help us celebrate!

## Thursday, September 22 at the Greenboro Pavilion

Everyone is welcome and we encourage everyone to bring friends and relatives!

**Please bring a canned good for the Food Bank**

A variety of fun activities for youth such as Giant Snakes & Ladders, Parachute, Frisbee toss, Ball toss, Giant Kerplunk, Bubbles, Chalk drawings, make a pinwheel, make a kite and more...

**Plus an inflatable "World of Sports" activity!**

**Date:** Thursday, September 22, 2022

**Time:** 5:00 PM - 8:00 PM

**Location:** Greenboro Pavilion and Food Bank  
14 Tapiola Crescent

**Hot dogs, drinks, popcorn and smores!**

Tickets \$1.00 each (12 tickets for \$10)

Proceeds will support 137th Ottawa Scouts!

We received our charter in 1972. Our Group is part of Scouts Canada, Canada's leading youth organization, offering fun and exciting outdoor adventure for youth (boys & girls) ages 5-26 in communities across Canada!



Find out more about the  
137th Ottawa Scouts Group at:  
[www.137thottawascouts.com](http://www.137thottawascouts.com)

**137th Ottawa Scouts Group is looking for Volunteer Scouters!**

- Are you thinking about a career working with children?
- Are you passionate about making a difference in the lives of the youth in our community?
- Are you Interested in a fun, adventurous and impactful volunteer opportunity?
- Are you a student looking for an internship that aligns with your educational path?

**Volunteer with us! Start your own adventure!**  
[www.137thottawascouts.com/become-scouters](http://www.137thottawascouts.com/become-scouters)



Scouts Canada is the country's leading youth organization. For more than 100 years, we have brought a world of adventure, outdoor experience and friendship to 17 million Canadian youth. Scouts have a lot of fun discovering new things and experiences they wouldn't have elsewhere. Along the way they develop into capable, confident and well-rounded individuals, better prepared for success in the world. Scouting offers a world where you can discover the best in yourself and the best in others. Dollar for dollar, our programs provide significant value. They run all year round and offer adventures that youth will remember for a lifetime!

[www.scouts.ca](http://www.scouts.ca) / [www.myscouts.ca](http://www.myscouts.ca)

