

Staying Connected

Tanglewood Hillsdale Community Association (THCA)
Newsletter—Summer 2022



See page 3 for information on the May 21st storm's impact, how the THCA served the community and those around it, and how it continues to support recovery efforts.

Neighbors Day — The Association describes our neighbourhood as friendly, welcoming place, in which residents feel safe and supported. To promote residents on a street or a court getting together, the Association is proclaiming **June 26** as Neighbours Day in Tanglewood-Hillsdale.

Visit our website for ideas on how you can celebrate with your neighbours this Neighbours Day (www.thca.ca/programs-and-events/neighbours-day). And let us know how you will be celebrating and communicating with your neighbours, by emailing events@thca.ca.

Canada Day Celebration — Join us near the Tanglewood Park Community Center (30 Woodfield Dr.) on **Canada Day, July 1, from 6:30-9pm**. A Company of Fools will perform *The Tempest* (A Shakespeare play) in the park and we will have a craft table for kids to make flags and get temporary tattoos. Bring a chair or a blanket to sit on as well as some bug repellent just in case. Showtime is 7pm—pay what you can (Suggested donation \$20).



Jubilee Celebration — Join us near the Tanglewood Park Community Center (30 Woodfield Dr.) on **Thursday, July 28 from 5-7pm** for our postponed celebration of 70th anniversary of the reign of Her Majesty the Queen Elizabeth II. There will be an Inflatable maze from Runamok and live music from the Maria Hawkins Band. Bring a chair or a blanket to sit on as well as some bug repellent just in case. We will invite and acknowledge funding from Councillor (Keith Egli) and MP (Chandra Arya). We also acknowledge the financial support from the Minister of Canadian Heritage.

For those new to the neighbourhood — Welcome!

The mission of the Tanglewood Hillsdale Community Association (THCA) is to enhance the quality of life, to promote community spirit, to represent the views of its membership, and to participate in charitable, educational and recreational activities.

Stay Connected with the THCA

—Visit our website at www.thca.ca

—Follow us on Facebook to www.facebook.com/thcadotca

—Contact the THCA President at president@thca.ca

—Contact the Staying Connected Editor at editor@thca.ca

—Contact the Facility Manager (to rent space at the Tanglewood Community Centre) at: rentals@thca.ca

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Canada

Around the Community



Traffic Management Task

Group—While centre-of-the-road flags have again been placed on Medhurst Dr. and Woodfield Dr. as part of traffic-calming measures, we also have 24 Lawn signs encouraging

drivers to *drive slowly*. If you would like a sign to display on your law or in your area, please contact Graeme at president@thca.ca.

The painted-on road traffic signs and sidewalk photo audits were completed and sent to the City. The sidewalk audit identified 30 deficiencies, with two areas characterized as defective. While this audit is normally done in the spring, it is suggested that we perform it specifically after a rainstorm.

The community Traffic Management Task Group, which meets with a City traffic staff twice a year, is seeking a couple new members, particularly from the east sector of the neighbourhood. If interested, please contact Graeme at president@thca.ca

Parks Trails and Trees Task Group—The May 21 wind storm greatly damaged the trees on our neighbourhood. The area surrounding the Tanglewood Park Community Centre and Medhurst park saw major damage. The trees between the Community Centre and the ball courts, trees adjacent to the Tanglewood park ball diamond, and trees in the grove adjacent to the play structures on the

Woodfield Dr. side of the Medhurst Park were taken out by their roots. The City was quick to remove these trees. We will soon be in conversation with the City's Forestry Service about replacements.

Our forest adjacent to Hunt Club Rd. was also damaged in the wind storm. We are seeking a volunteer who could walk the area and assess the extent of the damage so that a detailed report can be submitted to the City.

The Annual Parks Audit was undertaken in May. This included a review the three play structure sites, the waking circuit in Medhurst Park, and the Toboggan Hill parquet. New additions to our recreational resources are a picnic table near the basketball court in Medhurst Park and a bike stand near the ball diamond in the Tanglewood Park. The long-awaited bench and bike stand in the 3k central circuit will be installed before autumn.

The *long-awaited* Bulletin Board, to be situated on the trail at the juncture of Dalehurst Dr., Foxmeadow Ln. and Crestlea Cres. should also be installed by autumn.

The Parks, Trails, and Trees Task Group is seeking a member from the west sector of the neighbourhood. The work of the Task Group is focused on the recreational infrastructure and the environment of the neighbourhood. If interested, please contact Graeme at president@thca.ca.

Change In Executive Title—During the May meeting of the directors, our Lawyer who is assisting us in updating our bylaws, advised that the new Not of Profit Corporations Act favours the title Chairperson rather than President.

Chairperson Job Description (particularly helpful for those considering standing for election at the November AGM):

The Chief Executive Officer chairs Monthly Board meetings, is a member of the Standing Committees (Community Centre Management, Communications, Finance and Activities, and ad-hoc committees). They also represent the Association to the City, Federation of Citizen Associations, and the Knoxdale Merivale Council of Community Associations.

Storm Report

THCA Joint Storm Support Efforts

Your Board of Directors was an advocate for the establishment of the Welcoming Centre at the Howard Darwin Arena. Key services were a device charging station and the provision of meals (breakfast and dinner). Through Facebook and our dozen updates on the THCA website's blog page, we sought to keep neighbours informed.

Regular contact was maintained with Councillor K. Egli, who was the conduit of information to Hydro One and to 10 communities.



The Nepean, Rideau, Osgoode Community Resource Centre (NROCRC) assisted us in our efforts to provide warm meals. Through the NROCRC, we received and distributed nearly 400 meals to help those on need— 35 of which were delivered to the 100 Medhurst Dr. apartments.



On another occasion, Ottawa Public Health (OPH) provided the services of five employees to perform Wellness Checks in the neighbourhood.

Hats off to the volunteers who helped out either at our Centre or at the Welcome Centre. At the May meeting your Board of Directors, agreed to hold a debriefing session to discuss the storm, its impacts, and our response. Should you wish to attend this meeting, which will likely be held virtually, please contact Graeme at president@thca.ca.

Bouncing Back from the Storm

The storm that tore across Eastern Ontario on May 21st had a massive impact on our community, bringing back memories of the 2018 tornado for those who lived here at the time. Countless trees have been either uprooted or received major damage, houses and structures were battered by the wind (or debris and trees), vehicles took hits, and many did not have power for over a week.

Though the negative impacts are plenty, the storm also brought to light the strength of our community and showcased the best in neighbours. I was overwhelmed by the generosity of my neighbours and their lack of hesitation to lend a hand. I witnessed neighbours helping each other clear debris from each others lawns and driveways, sharing tools to cut down trees, loaning generators to keep each others lights on, and even making meals or offering to do grocery runs.

Times like these are tough, but it makes it easier to get through it when we think globally and work as a community.

If you have a story of generosity to share or someone to thank for the help they provided (or continue to provide) in response to the storm, please post about it on the THCA Facebook page (www.facebook.com/thcadotca) to pay it forward.



Arbor Day Update— Thank you to all that joined us to make the day successful on Sunday April 24th from 2-4 pm.

Thanks to the Enviro Center for their info and bike accessories with the Cycling Safety Awareness Program. Thanks to the city of Ottawa for providing bike helmets and health info. Thanks to NROCRC for bike decorations. Thanks also to all the volunteers that helped.

KEITH EGLI

Ward 9 Councillor



ward nine
knoxdale-merivale



Message from Councillor Keith Egli regarding the May 21st Storm—"I want to thank everyone in the ward for being patient and cooperative during the last number of days. We have been through a lot including property damage and loss of power. There have been complications with elevators, generators, water and food supply. Through all this the community stuck together and looked out for one another. I want to thank the community associations, the churches, social service agencies and all of you for being my eyes and ears on the ground. You helped me to do my job better. I was able to get out to many communities and speak to many of you on the street but I couldn't be everywhere and speak to all of you as much as wanted to or tried. You are a strong, caring and resilient community and I am so grateful to have the opportunity to represent you all."

Joint THCA 2022 Membership Registration/Renewal Form & Neighbourhood Watch Member Application/Renewal Form

Our Community is a desired location to live, with a progressive Association recognized as a leader in the Ward and the City. That is because of dedicated, imaginative volunteers. Show them your encouragement and financial support by being a member.

The aim of **Neighbourhood Watch** is to help keep our community a low crime one. Do you support this aim (*no \$ cost*)? Yes No

If you're an existing THCA member looking to renew your membership, or are interested in becoming a member, please visit the THCA website at <https://thca.ca/join-us/>, or fill out the form below. Completed forms and payments (cash/cheque payable to Tanglewood Hillsdale Community Association) can be mailed to the Tanglewood Park Community Centre (30 Woodfield Dr.) or dropped off in the mailbox outside of the front door. E-transfers are also accepted, inquire at membership@thca.ca.

Length of Membership (circle one): 1 yr (\$10) or 3 yrs (\$25)

Full Name: _____

Address: _____ Postal Code: _____

E-Mail : _____

Phone Number: _____

Names household members: _____

In-Person Programs

These programs will be at Tanglewood Park Community Center (30 Woodfield Dr.)

****All participants must wear masks while in the center and all those 12 years of age and older must show proof of vaccination to attend a program)***

Capital Kids Tennis Program {6-15yrs}

- *Tanglewood Tennis courts.* This program is provided in partnership with the Ontario Tennis Association and the City of Ottawa. Participants receive four one-hour tennis lessons. Progressive tennis equipment is used, and instructors are Tennis Professional Association (TPA) certified.

2022 Season

Season 2: June 7 - July 3

Season 3: July 5 -31

Season 4: August 2-28

Days Offered:

Tuesday or Fridays

- 4:30-5:30pm (6-9yrs)
- 5:30-6:30pm (6-9yrs)
- 6:30-7:30pm (10-12yrs)
- 7:30-8:30pm (13-15yrs)

Sundays

- 9:30-10:30am (6-9yrs)
- 10:30-11:30pm (6-9yrs)
- 11:30am-12:30pm (10-12yrs)
- 12:30-1:30pm (13-15yrs)

Registration Guidelines:

1. You can register for up to 3 days per week, per session.
2. You will receive a confirmation email after you register.

\$15 Registration fee per session.

For more information and to register, visit

www.capitalkidstennis.com

Soccer {4-10yrs}

Learn the basics of soccer and have fun. Uniforms and balls will be provided by Timbits Soccer. Register online at www.thca.ca.

Day & Time: Tuesdays until August 9 at 6:30-7:30pm

Info: Email events@thca.ca

Wize Computing Academy Summer Camp

When: July 11-15 & Aug 1-5

Time: Morning (9am-12pm) and/or Afternoon (1-4pm)

Cost: Full day - \$300+tax / Half-day - \$175+tax.

Camps offered: Learn to Fly Drones, Modding in Minecraft, Coding and Animation in MIT Scratch, Engineering and Robotics, and Wild Web Design.

Register:

www.tinyurl.com/Campwize22

NROCRC Summer Camp

NROCRC will run a summer day camp with activities such as crafts, games and sports for kids aged 7-12. Free of charge.

When: July 18-22 and Aug 8-12

Time: 8am-4pm

Registration: email:

mawender@nrocr.org

NROCRC Active Woman

Program - The Active Women initiative is a community-based physical activity program for newcomer and low-income women in Tanglewood. The program will engage women between the age of (25 - 45 yrs.) in a series of in-person physical fitness and movement sessions that will be geared toward teaching the participants the fundamental movement skills

When: Thursdays from June 16 to July 28 from 5 to 7:30pm

Registration: email:

mawender@nrocr.org

Percussionist lessons {5 to 14 yrs}

Learn how to play the South Indian drum known as the miruthangam.

Day & Time: Thursdays from 5:45-7pm

Info: Contact Krishan Pahirathan at (647) 917-1804 or krishan.p@hotmail.com

***Monkey Rock Music**

{0-4yrs} - Fun, entertaining music program for young children and their parents.

Day: Mondays from July 5 – August 8.

Time: 10:00-10:45am (1 - 2 yrs)

10:45-11:30am (2 - 4 yrs)

11:30-12:15pm (0 - 1 yrs)

Cost & Info: Visit their website to enroll,

www.monkeyrockmusic.com

***Girl Guides** - This program paves the way for a better world, by girls. They will develop their sense of self, feel a sense of belonging, and connect with their community. Girls can join at any age. If you want Girl Guide cookies, email nikisunshine@rogers.com or call (613) 620-3327

Check the Fall Newsletter for more info on this program.

Info: For info and to register, see www.Girlguides.ca

Young at Hearts (Y@H)

{55+} - Social programs for seniors. Presentations, guest speakers, holiday celebrations, games (bingo), and other fun activities. Everyone is welcome!

Day & Time: Fourth Monday each month from 1-3pm

To register: Contact Rana at (613) 596-5626 x253 or

Rawni@nrocr.org

T.O.P.S. (Take Off Pounds Sensibly) {adults}

Weight loss support group and encouragement. *FIRST MEETING IS FREE!*

Day & Time: Tuesdays, weigh-in and Meeting from 6-7:15pm

Cost: Tops membership required - \$48.00 a year and \$3.00 a week thereafter.

Info: Contact Catherine Underwood at (613) 408-0403 or visit www.tops.org.

Crafting Session {adults} - Adults bring whatever they wish to work on (i.e. knitting, sewing, embroidery, etc.) and share ideas. Socialize with others that enjoy being creative. Participants must bring all their own supplies as this is a free program.

Day & Time: Second Sunday of each month from 2-4pm
To register: Contact Caroline Freemantle at (613) 680-5521 or carolfremantle@hotmail.com

Ottawa Bead Society {adults} - Members share their knowledge and love of all kinds of beading and show off their work.

Day & Time: Third Sunday of month from 1:30-3:30pm
Cost: \$35/year
Info: visit <http://ottawabeadsociety.ca>

Sunday Worship Services

Christ Kingdom Fellowship

Day & Time: Sundays from 8:30am-12:00 pm
Info: Contact Matthew (613) 889-5831 or mathewbensy22@yahoo.com

Living Word Believers

Day & Time: Sundays from 9:30am-12:30pm
Info: Contact Tshingambo Mbundu at (613) 263-1275 or tshingambo.mbundu@gmail.com

Virtual Programs

Online Seniors Chair Exercise

(Webex account needed)

Days and Time: Mondays, Tuesdays, Wednesdays, and Thursdays from 2:30-3:30pm
Contact Savita at (613) 226-5461 or sbansal7@rogers.com to register.

Indo-Canadian Community Centre (ICCC) Seniors

Groups {55+} - Mingling and Fellowship, Yoga, Tutorials and Demonstrations, Educational/Informational Talks, Games and Entertainment (Bridge, Scrabble), Tea and snacks, storytelling, laughter, and fun. **(NO CHARGE)**

Participants: Indo-Canadian Seniors
Day & Time: Fridays from 11am-3pm
Info: Contact Anil Sukhija at (613) 791-7593 or AnilSukhija@gmail.com.

NROCRC Older Adults 55+ Seniors

Senior Virtual Program for fun social activities.
Days & Times: Tuesdays, and Thursdays from 1-3pm.
You can also join us for the 'Zumba for Seniors' virtual session every Thursday from 6-7pm. For registration and Zoom details, please email please email Ying at yshen@nrocr.org

Outdoors (Open to the Public)

Tanglewood Park Outdoor tennis, ball hockey, and basketball courts at 30 Woodfield Dr.

Open to the public until 10:30pm daily. There is a light on/off switch located on the community building beside the air conditioning unit that is on a timer. Please turn it off when you are done.

Hillsdale Park Volleyball Court (parking lot on Medhurst) Basketball Courts (Medhurst Park on Woodfield Dr.)

Available on a first come, first serve bases. No lights.

NROCRC Youth Programs

The Tanglewood youth program painted the community garden boxes in April. The youth group worked with Tanglewood-Hillsdale board members, volunteers at the community garden, and the City of Ottawa. Contact: rawni@nrocr.org

In partnership with NROCRC, the THCA received funding from Tree Canada. The funding will help fight food insecurity and will partner with Just Food. Just Food will be involved with the planting and ensuring that the trees will have the support they need to grow over the years and maintain positive health. Beyond the planting, maintenance, and harvesting. The project will also involve youth volunteers in the Tanglewood-Hillsdale community to ensure a learning opportunity and support a positive youth activity within the community. Contact: rawni@nrocr.org

Tanglewood's Community Development Framework project will continue to provide activities and events for youth and families in Tanglewood. Stay tuned by following the community association's Facebook page for more updates. The project offers youth and residents volunteer opportunities. For more information about volunteer opportunities at Tanglewood-Hillsdale, or if you would like to join the Tanglewood Activity Committee, please contact Niki at events@thca.ca.

More Event and Programming Info:

- Check out our website (<https://thca.ca/covid-online-3rd-party-programs/>) for virtual programs that you can join.
- Visit <https://thca.ca/programs-and-events/> to see all in-person programs available at our center this.
- Follow the THCA on Facebook page to stay up to date on upcoming events and programs (www.facebook.com/thcadotca)

