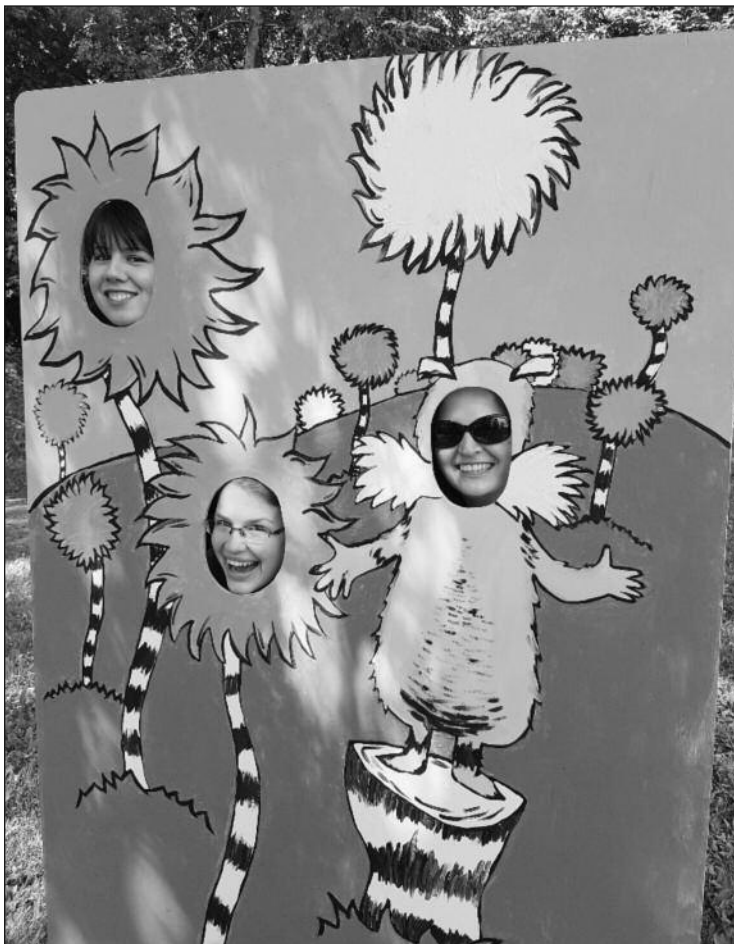


First "OUT-is-IN" Park Day in Hamlet

by the Environment and Transportation Committee
As part of Parks Month, the Blackburn Hamlet Community Association's Environment & Transportation Committee held its first OUT-is-IN Park Day in the Hamlet on June 9th in Harold Diceman Park. It was a beautiful day reminding each of us the importance of our greenspaces and spending time with our neighbours. We just wanted to thank everyone who helped make it a success and everyone who came out! A very special thanks to: Ariane Cloutier and her daughter Skye for helping us with set up and taking awesome photos; our amazing facepainters Marie Catherine Bretin, owner of JolieFleur Facepainting and Rachelle Belair-Gendron our new resident facepainter; Bryarly McEachern from Earth Path who led two nature walks; Andrea and Astrid from Ecology Ottawa who handed out trees and information on our local environment; Jen Jans from Hidden Harvest who gave some fruit and



invited residents to sign-up their trees for picking; Auramarina Sawyer our BCA's community hall coordinator who ensured the availability of chairs and tables for the event; Jennifer from the Ottawa Public Library Blackburn Hamlet branch who held a fantastic "Storytime"; and Kevin White who helped with the take-down of the event, built the face in hole and provided first aid at the event (fortunately enough, no one required it!).

Remember, the best way to get a child outside, is to go with them.



Jan's Workout



Our Philosophy

Fun, Friends, and Fitness -- We believe personal fitness goals are more easily and sustainably achieved when integrated as part of an active, socially-engaged lifestyle. Our classes are offered in a warm and caring environment that fosters an atmosphere of community and lasting friendships

Our classes are designed to embrace all levels of ability and style!



Aerostrength: a choreographed cardio class followed by a muscle strength and stretch segment:
Mondays, Wednesdays and Fridays (9:35-10:35 am)

Light Workout: a 'light' choreographed cardio class with controlled impact, followed by a muscle strength and stretch segment:
Mondays, Wednesdays and Fridays (10:35-11:35 am)

Gentle Yoga: an entry level class designed for Every Body !!:
Mondays (11:35-12:35 pm)

Strength for Mobility: a class designed to accommodate those who prefer a workout on or with a chair. **Note:** small equipment may be incorporated:
Wednesdays (11:35-12:35 pm)

Strength and Stretch: a fun-filled class - strengthen muscles and bones, improve balance and flexibility:
Fridays (11:35-12:35 pm)

Yoga Stretch: reduce stress, develop inner awareness, build flexibility, strength and balance through a focus on breathing and slow physical movements, **Yoga Stretch for Every Body:**
Tuesday Evenings (7:30-8:30 pm)

Pilates for Life: incorporate proper form and technique of classical Pilates:
Wednesday Evenings (6:30-7:30 pm)

**Registration 2018 – Blackburn Community Centre – 190 Glenpark Drive
Wednesday September 5th, 2018
11:00 am to 1:00pm and 6:30 pm to 7:30 pm**

**Classes Start Monday, September 10th 2018
call 613 794 9858
or visit our website www.jansworkout.ca**

Message from the BCA Board

We are the community we serve.

I think that many would agree when I say that September is a great time to pause and reflect. Traditionally heading into the harvest season, it provides a natural opportunity to slow down while shifting gears from the bustle of summer to winter preparatory activities. The BCA Board has been reflecting on what I believe to be a wonderfully successful year so far. We have seen what was likely the largest community clean-up turnout to date, the first stages of the four corners beautification project come to life, a fun-packed next level Canada Day event, and so much more. It really has been a wonderful year.

What you need to know is that all of this has occurred during a large change in our board membership. Many of our long-standing directors have moved on to their next endeavors, and some really great folks have stepped in to ensure the community continues to be served in the way it deserves. Sincerest gratitude to those who have made this all possible. It is a reflection of our community at large; we are never short on stories about our neighbors who have stepped up to help each other in a time of need. We would like to put a call out now to our neighbors to ask for assistance in continuing our work through the BCA. Everything we do is supported by the community, especially through our amazing volunteers!

There are several board positions which are or soon to be vacant: Community Safety, Communications, Community Relations, Youth and Education, and Website Administrator. We need to fill those positions, preferably long before the January AGM!

Don't be intimidated by the titles — if you have never served on a volunteer board before, these roles are what our community members make of them. After all, the BCA is merely a reflection of the community we serve. (We do have a pretty wonderful community!) Visit our website at blackburnhamlet.ca or email president@blackburnhamlet.ca to find out more! We would love to work with you!

If taking on a larger role simply isn't feasible, we are always looking for individuals to support BCA-run activities or other occasional tasks. This might look like printing and dropping off flyers, running a craft table, event set-up, or even drafting communications. You would be amazed to know just how helpful a couple hours of assistance can be for the team. If you are interested in helping out on more of an occasional basis or completing volunteer hours for school, please contact president@blackburnhamlet.ca. We truly do depend on volunteer support for nearly everything we do, and we couldn't offer the great programming we do without it.

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Websites

www.BlackburnHamlet.ca
www.BlackburnFunFair.ca
www.Banar.ca
www.CancerChase.com

Facebook

www.Facebook.com—then do a search for:

- Blackburn Hamlet Community – BCA
- Blackburn Hamlet Community
- BlackburnHamletBusiness
- BlackburnHamletRealEstate

Twitter

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Blackburn Community Association

MAILING ADDRESS: P.O. BOX 47062, OTTAWA K1B 5B0

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Funfair Chairperson*: Brent Lawrie(613)830-4824

Acting Membership: Kiel Dixonmemberships@blackburnhamlet.ca

Rinks: Mark Listerparksanddrinks@blackburnhamlet.ca

Seniors' Action Committee*: Linda Gray(613)298-7119

Social: Ian Chamberland(613)277-7149

Website: Kaitlyn Demasi(613)502-1059

* Standing Committees/Representatives

Phone numbers and emails for all directors are at www.blackburnhamlet.ca

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ARTICLES AND ADS—send in the body of an e-mail or in MS Word to *Evelyn Budd at ev@buddpublishing.com*. The editor reserves the right to make changes. *Please put "Banar and the subject Title" in the email subject line. You will always receive a confirmation email back once it has been read.*

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BANAR DEADLINE & DELIVERY DATES

DEADLINE OCT 19/18 DELIVERY BY NOV 5/18

DEADLINE JAN 16/19 / DELIVERY FEB 2-5/19

To verify dates or for more information go to www.banar.ca

Continued from page 3

Message from the BCA Board:

Volunteer Appreciation

Every fall, the BCA offers a community volunteer appreciation night. This event is held to recognize ANYONE in Blackburn Hamlet who has made a difference in the community through an act of volunteerism. Do you know someone who has had made a difference in the neighborhood and should be recognized? If so, please contact president@blackburnhamlet.ca. Stay tuned for further details on the event itself!

BCA Meeting (open to the public)

September 20, 2018 @ 7:30 pm – 9:30 pm

Blackburn Community Hall, 190 Glen Park Drive

Join the BCA board of directors to discuss current issues. Agendas will be made available on the BCA website in the week leading up to each meeting and minutes will be posted shortly thereafter at blackburnhamlet.ca/minutes.



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4th Annual

Senior 50+ Information Afternoon Trade Show

HEALTH, HOME and HAPPINESS

Saturday, October 13, 2018

FREE!

Doors open from 1 p.m. to 4 p.m.

Blackburn Community Hall

190 Glen Park Drive, Blackburn Hamlet

Come out to our annual fall show and see all the various exhibits focusing on this year's theme: Health, Home and Happiness. There will be new vendors this year with a focus on activities, clubs and social venues.

Includes tables/information from local companies, services and clubs catering to adults 50 years +.

Refreshments will be served.

Please email seniors@blackburnhamlet.ca for further info or visit us on the Blackburn

Community Association website at www.blackburnhamlet.ca



BCA Senior Action Committee Mandate

- To facilitate Seniors awareness through information sessions
- To make Seniors feel welcome by holding regular social functions
- To constantly inquire from our Senior community what their needs are
- To be the voice of the Seniors in our community in order to make Blackburn Hamlet a desirable and safe community for seniors
- To facilitate community seniors involvement and encouraging Seniors participation in activities

If you are a Senior (50+) and have some ideas for our committee that you would like to share, please email the Seniors Action Committee at Linda Gray at seniors@blackburnhamlet.ca.

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" Dr. Malette is an excellent surgeon and I had really good results " F.C.

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Blackburn Cancer Chase coming Sunday, October 14



The Cancer Chase will be held on October 14th. The 5k walk/run not only allows members of our community to get out and enjoy the beautiful greenspace in our lovely hamlet, but also raises much needed funds for cancer research through the Ottawa Hospital Foundation. This year, we have set a lofty goal to raise more funds than ever to support cancer research in our community.

The Ottawa Hospital Foundation is doing great work in our community and making a huge impact worldwide, particularly in the field of cancer research. With a 40% increase in cancer expected in the next 15 years, it is important that the Ottawa Hospital Foundation gets the much-needed funds required to continue to service our community.

The Ottawa Hospital and its satellite locations have completed over 226,711 cancer care visits, including over 40,000 chemotherapy treatments and over 70,000 radiation treatments. Last year alone, over 200 cutting edge cancer trials were held in an effort to find new, innovative ways to deliver better cancer

care. Our aim is to help the Ottawa Hospital Cancer Centre and Ottawa Hospital Foundation get one step closer to finding a cure to this terrible disease.

There are a lot of ways to help us meet our goal. You can become part of our Cancer Chase team and volunteer to help out the day of the event. You can participate as a walker or runner. Don't want to walk or run? Come out to the event and bid on some of the great items in our silent auction. You can also request a donation form and raise funds yourself. Opportunities are also available for sponsorship.

Interested in any of the above or have any questions? Drop us a line at info@cancerchase.com or check our website at: www.cancerchase.com. Donate directly to the Ottawa Hospital Foundation at <http://ohfoundation.ca/our-events/blackburn-hamlet-cancer-chase-1>. Sign up for the race the day, or in advance at: <https://www.events.runningroom.com/site/15220/blackburn-hamlet-cancer-chase-2018/>.



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Trash Talk!

by Kendra Brett, Director of the Environment & Transportation Committee

Well, it's been a hot summer, hasn't it?! And hot weather means more ice cream!

But did you know, waxed cardboard ice cream containers go in your Blue Bin (plastic, metal, and glass recycling)? They could even go in your Green Bin because they are compostable.

Although you might be tempted to put a waxed cardboard container in the Black Bin (paper recycling), the Black Bin is reserved for clean paper and cardboard.

If you put a cardboard ice cream container in the Black Box (even if it is cleaned out), the wax and food residue contaminate the recycling, which means a lower quality paper is made when it is recycled, or that

batches of paper recyclables are contaminated and sent to the landfill instead of being recycled.

You could use that empty ice cream container to store your compost in the freezer until garbage day to prevent flies and odors. Just don't accidentally put your table scraps into the new ice cream tub!

LESS KNOWN RECYCLING AND COMPOST ITEMS INFO

Blue Bin (glass, metal, and plastic recycling):

- Waxed cardboard, such as ice cream containers
- Milk and juice cartons
- Drink boxes
- Soup boxes

Green Bin (compostable material):

- Food-soiled paper towels, pizza boxes

- Paper coffee cups, plates and muffin wrappers
- Sugar, flour and potato paper bags
- Waxed paper, cardboard and cold drink cups

Black Bin (clean paper and cardboard recycling):

- Hard and soft cover books
- Gift wrapping paper and greeting cards

For more information visit the City of Ottawa's Recycling page: <https://ottawa.ca/en/residents/garbage-and-recycling/recycling>

They even have a Waste Explorer if you have a specific item to look up at <http://app06.ottawa.ca/cgi-bin/search/recycle/q.pl?q=&lang=en>

If we missed you at this year's Fun Fair, here we are with our Recycling Challenge!



Kendra Brett and Sarah Morgan-White at the Blackburn Funfair.



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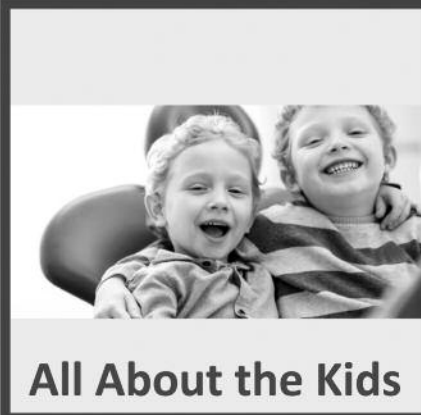


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Another fantastic FUNFAIR!



by Brent Lawrie, FUNFAIR Chair
This year's FUNFAIR started off with great weather Friday night, which continued through to Sunday afternoon, it was one of the best FUNFAIRs weather wise and a great way to kick off an incredible summer.

Friday night started off with another great turnout for our movie night; the mixed softball tournament was another hit again this year; the Friday night and Saturday entertainment, with our new and improved stage, were enjoyed by all; the parade was one of the best we've had; we had an excellent turnout for the kids field games; the arena was bustling with the showcase, a great used book sale, activities and displays; the food and bbq was well served and enjoyed; the midway was hopping and the fireworks to cap off Saturday night were a blast. To wrap up the FUNFAIR on Sunday we had great participation for the 1k and

5k FunRuns; yoga in the park and one of the best attended dog shows to date. All in all it was another well attended FUNFAIR by our great community.

We are still in the process of finalizing all the payables and receivables but we estimate about \$13 000, will be distributed back to community organizations, school programs and associations within Blackburn. Final amounts, list of sponsors and distribution of

honourariums will be reported in the next BANAR after our 'wrap up' meeting in September.

Thanks to all the sponsors, the community and the great team of volunteers for making this annual event a continued success. We can't do it without all of you. Mark your calendar for next year's FUNFAIR which will be Friday the 31st of May to Sunday the 2nd of June, 2019. For more photos: www.buddphotos.smugmug.com/Blackburn-Community.



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Dr Bernard Vincelette, DMV & Dr Annie Séguin, DMV

WHAT'S THAT SMELL??



Late summer early fall is the worst time for allergies in pets:

- Allergies to what?

That's a good question! Most common ones are pollens, grass, mold spores, dust mites and fleas. Food allergy can also be a cause but then your pet should show symptoms of allergies all year round, not just certain times of the year.

- Symptoms of allergies:

Excessive scratching, licking of the feet and face, eye discharge and recurrent ear infections. A lot of pets will get a greasy coat and some will have secondary skin infections and bad general smell.

- Check your dog's ears:

This summer has been warm and humid which has not helped dogs prone to ear infections. Wash their ears regularly with a good ear cleaner.

What should you do if your pet seems to be suffering from allergies?

Speak to your veterinarian about how to best manage your pet's allergies. He/she might suggest to try some antihistamines, corticosteroids or other allergy medications to help with the itching. Medicated shampoos, leave-on topical drops and creams can also help some cats and dogs suffering from skin irritations. Allergy testing is sometimes indicated if the symptoms are very severe and can't be controlled with medications. There is no cure for allergies but treatment options are available to keep your pet healthy.

La version française de l'article est disponible sur www.thehamletveterinaryhospital.ca

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Councillor's Corner

Hello from the Innes Ward Team! We hope everyone enjoyed a wonderful summer amongst family and friends.

As many of you already know, City Council approved a leave of absence for Councillor Mitic on June 13th. The daily operations of the Innes Ward Office continue uninterrupted and we encourage all residents to continue bringing matters of concern to our attention.

The next regular municipal election to elect a Mayor, City Councillors and school board Trustees will be held on Monday, October 22, 2018.

Information for voters is available on the City of Ottawa Elections website.

A new bin delivery service is now in place

Previously, residents requiring a new black, blue or green bin were required to obtain coupons redeemable at Canadian Tire. Residents can now request replacement blue, black and/or green bin, which will be delivered to their home online, by calling 3-1-1 or visiting a client service centre.

We would like to wish everyone a happy and safe back to school season! As always, feel free to get in touch anytime.

Call 613-580-2472 or 613-834-1047 (Blackburn Arena, Fridays only). Stop by the Innes Ward Office at the Blackburn Hamlet Arena (Fridays).
Email: Jody.Mitic@ottawa.ca, Website: JodyMitic.ca, Facebook: InnesWard and Twitter: @InnesWard.

Front Yard Parking

A small note to remind residents of Parking bylaw 109 that parking cars, boats, tent trailers and trailers on their lawns is illegal.

City bylaws govern the location of parking on private property. For example, you cannot park your vehicle in the front yard of your property, in front of the front walls of the building.

Visual examples can be seen on the city website at www.Ottawa.ca.

Councillor Jody Mitic
Innes Ward |
Sports Commissioner

*Working with you to build a stronger
and more engaged community.*

Questions or concerns?
Contact us
Jody.Mitic@Ottawa.ca
613-580-2472
jodymitic.ca

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Thank you,
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ELECT LAURA DUDAS AS INNES WARD COUNCILLOR

As the Blackburn Community Association President for the past eight years, I have worked with you to make our community a better place to live.

As councillor, I will continue to serve you by:

- Addressing traffic issues
- Delivering a splash pad and enclosed dog park
- Ensuring fast and convenient bus service connections to the new light rail transit (LRT)
- Keeping taxes affordable and responsible



ELECT/ÉLISEZ
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DUDAS**

Quartier Innes Ward

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613-282-4139

@Laura_Dudas

info@electlaura.ca

Election day is October 22.

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Francois' Platform:

Plateforme de François:

- ✓ Economic development within the Ward
- ✓ Développement économique dans le Quartier
- ✓ Urban development and infill
- ✓ Le développement urbain et les conversions
- ✓ Traffic issues on our streets
- ✓ Les problèmes de circulation dans nos rues
- ✓ Support to environmental initiatives
- ✓ Soutien aux initiatives environnementales
- ✓ Transportation improvements
- ✓ Amélioration du transport
- ✓ Community safety
- ✓ Sécurité communautaire

Francois' experience:

L'expérience de François:

- ✓ 3 Degrees including a Masters in Public Administration
- ✓ 3 degrés universitaires incluant une maîtrise en administration publique
- ✓ 28 Years experience in the Canadian Forces as a bilingual leader and manager
- ✓ 28 années dans les Forces canadiennes comme leader et gestionnaire bilingue
- ✓ Former School Board Trustee
- ✓ Ancien conseiller scolaire
- ✓ Community volunteer
- ✓ Bénévole dans la communauté



François Trépanier

Résident de Blackburn Hamlet resident

For more information

please call

613-853-9610

or email

francois@FrancoisTrepanier.ca

www.FrançoisTrépanier.ca

Trépanier, François

Candidate for Innes Ward No 2 / Candidat pour le quartier Innes no 2



Authorized by the official agent of the Francois Trépanier Campaign / Autorisé par l'agent officiel de la campagne Francois Trépanier

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Donna LEITH-GUDBRANSON

Quartier
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- ✓ By working with the Ottawa Board of Trade & the Heart of Orléans BIA to bring a federal employment node to Orléans
- ✓ By creating a Teleworking Hub where employees can skip the commute and still get the job done
- ✓ By organizing an 'East-end Summit' bringing together stakeholders to establish priorities for the east-end
- ✓ By working with the NCC to extend Brian Coburn Boulevard to Anderson to alleviate traffic congestion



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- Board member, Friends of Mer Bleue
- President, School Council, École élémentaire publique Le Prélude
- Resident of Innes Ward for 25 years; 36 years in Ottawa



MY COMMITMENT TO YOU:

- ✓ Listen and respond quickly to your needs
- ✓ Ensure effective community consultation
- ✓ Respect your tax dollars



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TOGETHER!**

*This October,
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LEITH-GUDBRANSON**



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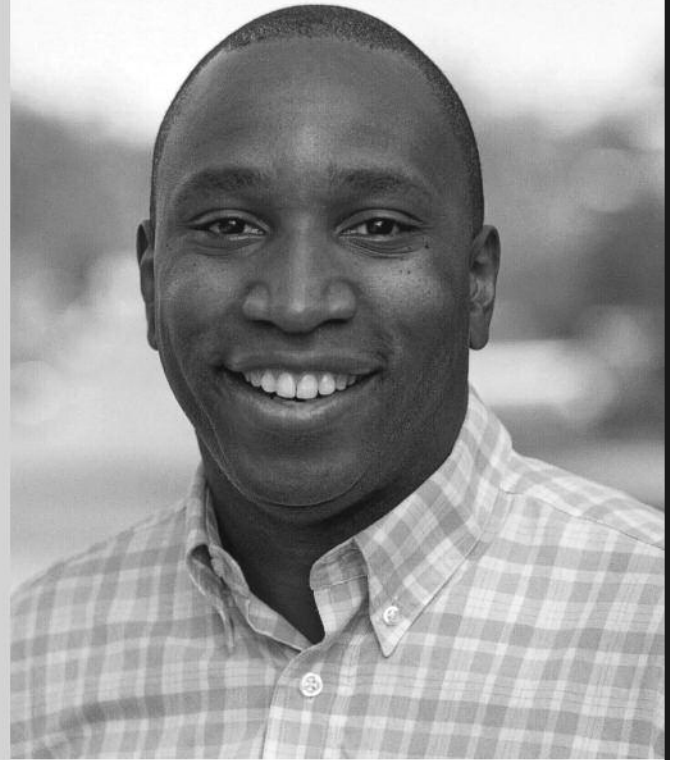
Call: **613.301.8465**
DonnaLG.Innes@gmail.com

 @DonnaLeithGud
 Donna Leith-Gudbranson

Elect **Rawlson King**

Zone 12

Trustee, Ottawa-Carleton
District School Board (OCDSB)
Innes/Beacon Hill-Cyrville



Building stronger communities through our schools

Let's work together with all stakeholders to provide our young people with the best education possible.

Let's build better lines of communication with communities, parents, and school administration.

Let's keep local control of education-related decision making.


Let's reverse declining enrolment through curriculum innovation.

Let's seek new investments to improve school facilities.

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Authorized by Rawlson King for Trustee



Re-Elect Sandra Schwartz

Getting Results Together

As your Public School Trustee (OCDSB), I have a proven record of advocating for the needs of our community schools. I will continue to:

- ◆ Stand up for students, and help families navigate the school system;
- ◆ Build safe and caring learning environments for all students;
- ◆ Ensure all students are given the opportunity to reach their full potential;
- ◆ Advocate for building and preserving quality schools.

"Sandra is a passionate advocate for our community schools. She is always available to listen to parents and knows the value of working collaboratively and effectively on our behalf."

~ Rob Cosh, co-Chair, Emily Carr School Council

"After already serving a term as trustee, Sandra understands how the system works, and, with that experience, will be even better able to advocate for the children and schools in our area."

~ Paul Wilson, Chair, Gloucester High School Council

"You can count on Sandra to champion our community on the public school board. On October 22, re-elect a strong voice as our Zone 12 trustee."

~ Tim Tierney, City Councillor (Beacon Hill-Cyrville)

Together
we can
build strong
schools and
deliver the
best
education
experience
for our
children.

ON OCTOBER 22, VOTE FOR A STRONG VOICE!
www.SandraSchwartz.ca



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Blackburn Art Group

Approximately every second Thursday at the Blackburn Community Hall on Glen Park Drive from 1:30 pm to 4 pm, a group of artists get together. They draw, sketch, paint or create each in their own medium as well as interact with fellow creatives, get feedback and concentrate without the distractions of other "must do" projects at home.

The club is open to all who wish to learn from each other, and meet new people in a relaxed and fun atmosphere. Choice of project is up to you although the one restriction is sculptures because of a lack of clean-up facilities.

As it was from when the group started in April of 1999, no instruction is given and involves a very minimal cost. Here are a list of upcoming 2018-2019 dates: September 13 & 27, October 11 & 25, November 8 & 22, December 6, Jan 10 & 24, February 7 & 21, March 7 & 21, April 11 & 25, May 9 & 23.

Please call Camille at 613-741-6783 for more information and also she can put you on the list for e-mail reminders.

Fall is a great season to
move before the snow settles in!



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Prostate Cancer: To screen or not to screen with the PSA test?

by Dr. Elie R. Skaff

According to the **Canadian Cancer Society** statistics in 2017, Canadian males are more likely to develop prostate cancer than any other cancer, with 1 in 7 males expected to be diagnosed with prostate cancer in their lifetime. It is the third most common cause of cancer death in males, accounting for 10% of all male cancer deaths. A small proportion of prostate cancer causes symptomatic disease or death. The majority is slowly progressive and not life threatening.

The Prostate-Specific Antigen (PSA) is a blood test that can be used to screen for prostate cancer. The question on everyone's mind – is it effective and useful as a screening test?

An effective screening test is one that is inexpensive, easy to administer, and with minimal discomfort and morbidity to the patient. The results must be reproducible, valid, and able to detect the disease before its critical point.

The usefulness of the screening test is evaluated by its sensitivity and specificity. Sensitivity is the true positive rate; that is, the probability that a patient with a positive test result *has* the disease. Specificity is the true negative rate; the probability that a patient with a negative test result *does not have* the disease.

In a pooled analysis from the **American Cancer Society**, sensitivity can vary around 20-30% for prostate

cancer. This means that for every 100 positive PSA tests, 70-80 men will not have prostate cancer. Specificity can vary around 85-90%, which means that for 100 negative PSA tests, 10-15 men will have prostate cancer (which were missed on PSA testing).

The evidence for prostate cancer screening with PSA is conflicting, suggesting a small and very uncertain potential reduction in prostate cancer mortality in men aged 55–69 years, and no convincing evidence of a reduction in prostate cancer mortality for any other age group. However, there is no conclusive evidence to indicate what proportion of the decline in prostate cancer mortality is due to screening, improved treatment, or other factors; it is likely that both screening and treatment have contributed.

The Canadian Taskforce on Preventive Health Care

recommends against screening for prostate cancer with the PSA test. It found that the potential small benefit from PSA screening is outweighed by the potential harm of the screening and associated treatment.

The European Randomized Study of Screening for Prostate Cancer

tabulated statistics for the benefits and harms. It looked at 1,000 people aged 55 to 69 over a 13-year span:

- Of men who *were screened* with the PSA test, the risk of dying from prostate cancer was 0.5%.

- Of men who *were not screened* with the PSA test, the risk of dying from prostate cancer was 0.6%.

In other words, only one out of 1,000 men will escape death from prostate cancer because he underwent PSA screening.

Of the possible complications:

- 11.4-21.4% had short-term complications (infections, additional surgeries, and blood transfusions)
- 12.7-44.2% experienced long-term erectile dysfunction
- up to 17.8% experienced urinary incontinence
- 0.4-0.5% will die from complications of prostate cancer treatment

The effectiveness and usefulness of the PSA test is questionable and uncertain. As such, the government of Ontario is no longer covering the cost of the PSA as a screening tool (\$30). Unfortunately, there isn't a better test available at this time for prostate cancer screening. If you are a man and over the age of 50, it is important to talk to your doctor about the PSA test as the decision of whether or not to be screened for prostate cancer with the PSA should be individualized to each patient, taking into account medical history, physical examination and family history.

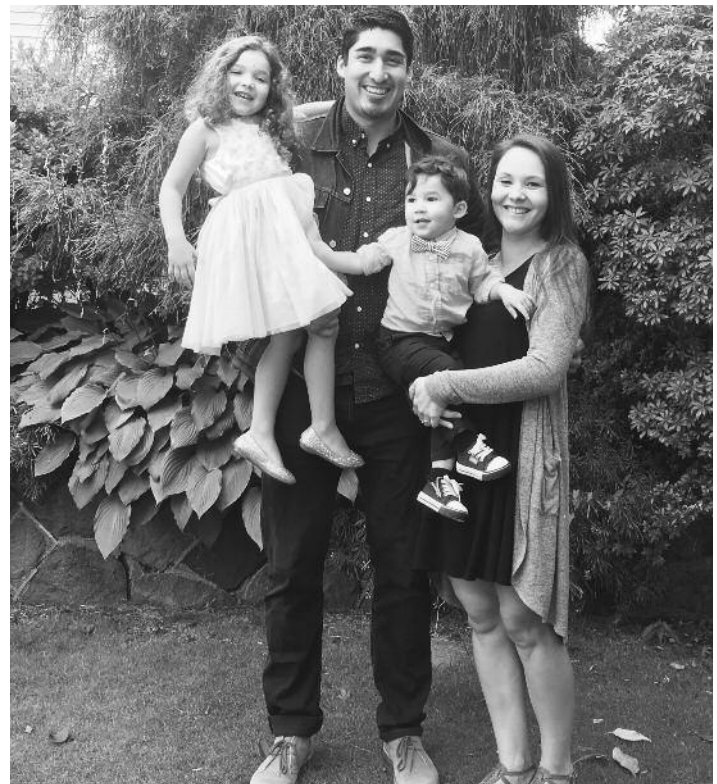
Dr. Skaff is a family physician located at 110 Bearbrook Road, Suite 200. Tel: (613) 824-6318.

Changes at Blackburn Hamlet Community Church

On September 30, Blackburn Hamlet Community Church (BHCC) will be celebrating ten years of ministry in the Hamlet. What began as a small house church in the fall of 2008 has now grown into a vital congregation of young families, couples and older folk who love worshipping the Lord together. Our vision statement is “A growing family of joyful disciples of Jesus Christ, known by their love.”

We now meet in a storefront location (between the TD Bank and the Blackburn Arms Pub) that has served us well for nine years as we’ve been working to serve the community of Blackburn Hamlet in various ways: The church hosts the monthly lecture series known as Discovery Café, which begins its 8th season on September 28th (See our ad on page 23); we have a drop-in for caregivers Friday mornings; Third Thursday Soup Supper & Song welcomes anyone with an appetite for delicious home made soup on the third Thursday of the month; we have a Give-Away as part of the community’s annual garage sale where all the items are free; the church contributes to the local Foodbank every month, and much more. Most importantly, however, BHCC is a place where people gather to worship — to sing God’s praises, to hear God’s word, to pray and to receive the sacraments.

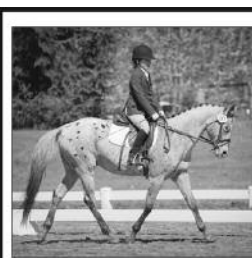
On September 30, Bishop Charlie Masters, the diocesan bishop for the Anglican Network in Canada will be joining the congregation as guest preacher, not only to help us celebrate our 10th anniversary, but to say good-bye to the two pastors, the Reverends Pat Coulombe and Karen Bergenstein who have led the church all these years and who will begin their retirement on October 1.



The church has hired a young and talented new rector, The Rev. Arnold Mayorga. He and his wife, Michelle, have two young children and will be welcoming their third early in the new year. We will be sharing Arnold with Faith Anglican Church in Limoges. In order to accommodate services at both churches, BHCC’s Sunday service will be moving to the afternoon at 1pm as of October 7 (Thanksgiving). Both churches are very excited about starting this new phase in their ministries.

Arnold comes from London, Ontario originally. After attending university in New York on a basketball scholarship (he’s 6 feet 7 inches tall!), Arnold went to Vancouver to study theology at Regent College. He joined their church-planting apprenticeship program and got connected to C2C, a church planting network that was planting a church in South Vancouver at the time.

We are looking forward to the energy that Arnold will bring to his ministry in Blackburn Hamlet and Limoges. Please join us on October 7 at 1pm to welcome him and his family.



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Thanks for the enthusiastic support

St. Mary the Virgin Anglican Church Blackburn, held its 10th Annual Strawberry Tea and Silent Auction at the Blackburn Community Centre in June, and it was another huge success thanks to the hard work of organizers and volunteers, prior to and on the day of the event, and thanks to the many contributions to the auction. We observed friends enjoying an afternoon outing, families celebrating Father's day, and everyone in general having a great time. We would like to recognize and give thanks for the enthusiastic support we received from the community at large to make this event such an ongoing success.



ST. MARY THE VIRGIN ANGLICAN CHURCH

3 Points Parish - Diocese of Ottawa
Sunday Services at 11:15 a.m.



Bible Study rotates through our 3 churches and is back to our church for the months of September & October — Thursdays 10:00 a.m. Enjoy the refreshments provided and conversation afterwards.

St. Mary the Virgin Annual Cemetery Memorial Service:
Sunday September 9, 2:00 p.m. at our church

Annual 3 Points Parish combined Sunday Service & Barbecue:
Sept. 16, 9:45 a.m. at St. Mary's Anglican Church (3480 Trim Rd., Town of Navan)

Note: As well as looking at our 3 Points website, call or email with any questions.

smtvblackburn@gmail.com • 613-216-2200 • www.bvnanglican.ca
2750 Navan Rd. (2 minutes South of Innes Road)
Visit our web site for Service Changes, Events and their locations



Blackburn Hamlet Community Church

ANGLICAN NETWORK IN CANADA

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Worship : Sunday @ 10am: Holy Communion

Note: beginning October 7 the Sunday service will be at 1:00 pm



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DISCOVERY CAFÉ

Discovery Café is a series of public lectures on a wide range of topics given by experts in their fields, followed by Q & A. Tea/coffee and desserts are provided.

Fri, Sep 28, 7:30pm

Religious Identity & Moral Beliefs in Secular Democracies

given by **Dr. Jonathan Malloy**
Professor of Political Science, Carleton University

Fri, Oct 26, 7:30pm

"I'll Never Forget That Face" Understanding Eye Witness Testimony

given by **Dr. Joanna Pozzulo**
Professor of Psychology, Carleton University

Jesus said, "I am the vine; you are the branches...apart from me you can do nothing" (John 15:5).

BHCC CELEBRATES 10 YEARS IN THE HAMLET!

Join us on **Sept 30, at 10am** as we give thanks for the first 10 years of ministry in Blackburn Hamlet. **Bishop Charlie Masters** will be the guest preacher. We will also be saying good-bye to our pastors, the Revs. Pat Coulombe & Karen Bergenstein who are retiring.

Welcome our new pastor, the Rev. Arnold Mayorga on October 7 (Thanksgiving Sunday) at 1:00 pm

Beginning Wednesday, September 12

KNIT CAFÉ, 1:30-3pm
(for beginners & experts)

Sept: 20: Third Thursday Soup Supper & Song

2598 Innes Road

bhccchurch@gmail.com
www.blackburnhamletcommunitychurch.ca

(between the TD Bank & the Pub)
613-837-BHCC (2422)

What's happening at the Blackburn Library

Fall is almost here and we are looking forward to another season of great programs for kids and adults. All programs are free and everyone is welcome. This fall, we are featuring movies for adults and children. Check the website for details under the Programs and Events tab. Hope to see you there!

Computer and Tablet Tutorials
We offer basic computer, Internet, Email, eBook or Library Catalogue Tutorials. You can bring your own laptop or tablet or learn on one of our public computers. Please call the branch to book a one-on-one appointment. Limited spaces are available. 60 minutes.

ADULT PROGRAMS

Round Table and Book Chat
For adults, the Round Table Book Chat will meet on the third Monday of the month at 2:00 pm. Please join us as we discuss exciting titles chosen by our members. *New members are always welcome! No registration necessary.*

Monday, Sept. 17 *The Light Between Oceans* by M.L. Stedman
Monday, Oct. 15 *Lion* by Saroo Brierly

Thursday Evening Book Club
Join us for an informal chat about books, books and more books. This group meets on the first Thursday of the month. *New members are always welcome! No registration necessary.*

Thursday, September 6 - *The King's Speech* by Mark Logue
Thursday, October 4 - *The Illegal* by Lawrence Hill

COMPUTER PROGRAMS

Windows Performance Tune-up
Chris Taylor, President of the Ottawa PC Users Group, will demonstrate and explain how to safely use many native and third party tools that can help speed up Windows.

Wednesday, Sept. 19 at 6 pm.
Registration required.

Windows 10
Chris Taylor, President of the Ottawa PC Users Group, will join us to discuss Windows 10. If you find Windows 10 confusing, or just want to know more about it, this session is for you.

Wednesday, Oct. 17 at 6 pm.
Registration required.

How to buy a PC
Chris Taylor, President of the Ottawa PC Users Group, will help sort out the choices so you can buy the computer that is right for your needs.
Wednesday, Nov. 21 at 6 pm.
Registration required.

We offer adult programs on an ongoing basis. Please check our website under the Programs and Events tab.

Movie Matinee
This fall, we will be offering free movies in English and French for both adults and children. Look for showings on PD days! Everyone welcome. No registration necessary.

Please check the website for details under the Programs and Events tab.

CHILDREN'S PROGRAMS

Jennifer and Cathie will be offering programs for all ages. Please check below for program information. We encourage parents and their children to speak with our knowledgeable staff about our wonderful databases and resources for homework, projects, book reports and more!



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Blackburn Library (Continued from page 24)

Babytime (Session 1) – bilingual
Wednesdays from 10:30-11:00 am
September 12 to October 24.
Please register. Ages 0 to 18 months.

Family Storytime at 10:15 am (Session 1) – bilingual
Thursdays from 10:15-10:45 am
September 13 to October 25.
Please register. Ages 0 to 6 years.

Family Storytime at 11 am (Session 1) – bilingual
Thursdays from 11:00-11:30 am
September 13 to October 25.
Please register. Ages 0 to 6 years.

Babytime (Session 2) – bilingual
Wednesdays from 10:30-11:00 am
November 7 to December 5.
Please register. Ages 0 to 18 months

Family Storytime at 10:15 am (Session 2) – bilingual
Thursdays from 10:15-10:45 am
November 8 to December 6.
Please register. Ages 0 to 6 years.

Family Storytime at 11 am (Session 2) – bilingual
Thursdays from 11:00-11:30 am
November 8 to December 6.
Please register. Ages 0 to 6 years.

Halloween Party – bilingual
Saturday October 27 from 3:00-4:00 pm. *Please register. All ages.*

uOttawa Maker Mobile: Coding workshop – bilingual
Saturday November 24 from 10:30-11:45 am
Please register. Ages 9 to 12 years.

The Blackburn Hamlet Library in conjunction with Arteast is proud to present an exhibition of photo-based artwork and paintings by **Lynne Alford**. In these works, Lynne explores the colour and form of the orchid in paint or uses the transformative processes of photoshopping to re-imagine the orchid, manipulated to varying degrees or set in interesting and unexpected backgrounds, sometimes holding the flowers captive inside bubbles.



Orchids and Moon with Bubbles

LIBRARY HOURS

Mon. to Thurs. – 10am to 8:30pm
Friday – 1pm to 6pm
Saturday – 10am to 5pm
Sunday – Closed
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Friends of the Ottawa Public Library
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Registration begins Wednesday, Sept. 5, 10 am.

All programs with the exception of the Book Clubs and Movie Matinees are by registration. Please register online with your library card at www.biblioottawalibrary.ca or by telephone at 613-580-2940, or visit the Branch to register in-person. A valid library card is required for program registration.

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Adult volunteers are always welcome to join in and share in the creative and fun activities! Register your children (and yourself) as soon as possible as the units do fill up quickly!

REGISTER ONLINE

For Sparks, Girl Guides, Pathfinders
go to: register.girlguides.ca
For Beaver, Cubs, Scouts, Venturers
go to: myscouts.ca



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Saturday, September 15th
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Interested in joining a Bell Choir?

The current choir at Rothwell United is a community choir meaning that there are no auditions, that church affiliation is not important and is for ages 14 and up. A sense of rhythm and some musical experience are assets but not essential. Handbell ringing is very much a team endeavour (check out Youtube) so that dedication to the group on Wednesdays 6:30-7:30 p.m. for practice is important. Ringers have a lot of fun learning new techniques and sharing the love of hand bell ringing with others. Come out Wednesday, September 12th to Rothwell at 42 Sumac Street and give hand bell ringing a try. For more information visit Rchurch.ca or email LaVerne at jhlpalmer@rogers.com or call 613-741-9541.

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Please indicate which session you wish to come to.

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Ralph Waldo Emerson

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If you are thinking of buying or selling, feel free to give us a call to discuss your real estate needs!

Blackburn Junior Badminton

The junior program aims to provide basic skills training and games in a group setting. We have found that improving skills increases confidence and enjoyment of this engaging sport and helps develop lifelong fitness habits.

Sessions will be held on Saturdays again this year at Glen Ogilvie Public School from September 15, 2018 to April 27, 2019 (except school holidays).

- Ages 9 to 12 from 1:00 to 2:30 pm
- Ages 13 to 18 from 3:30 to 5:00 pm
- During family hour from 2:30 to 3:30 pm, parents are invited to participate with their kids who are enrolled in either junior session.
- Registration is \$75 for the season
- Participants are required to provide their own racquet and protective eyewear (or prescription eyeglasses with a signed waiver).

We need to limit each session to about 16 players but we have been able to accommodate nearly everyone in the past.

To register now, or for more information, please email blackburnbc@yahoo.com.

Blackburn Adult Badminton

The Blackburn Badminton Club continues its tradition of fair play and friendly competition at Glen Ogilvie Public School.

Register now! **Only \$150 for more than eight months of fun and fitness. Spaces are limited but there are still a few available.

The adult program offers doubles play in a hardwood floor gym.

It operates from 8:00 pm to 10:00 pm on Monday, Wednesday and Friday from September 17, 2018 to May 31, 2019 (except school holidays). Level of play is mostly intermediate and there is a refresher skills clinic in November. Membership is limited to forty to ensure adequate playing time on our three courts. A waiting list will be established if necessary.

If there are still spaces available, public registration for adult and junior badminton will be held on Saturday, September 15 at Glen Ogilvie Public School, 46 Centrepark Drive, from 1:00 pm to 4:00 pm.

To secure a spot now, or for more information, please email blackburnbc@yahoo.com.

Club information and registration forms are available at blackburn.odba.ca

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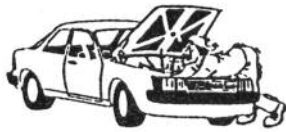
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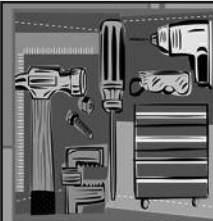
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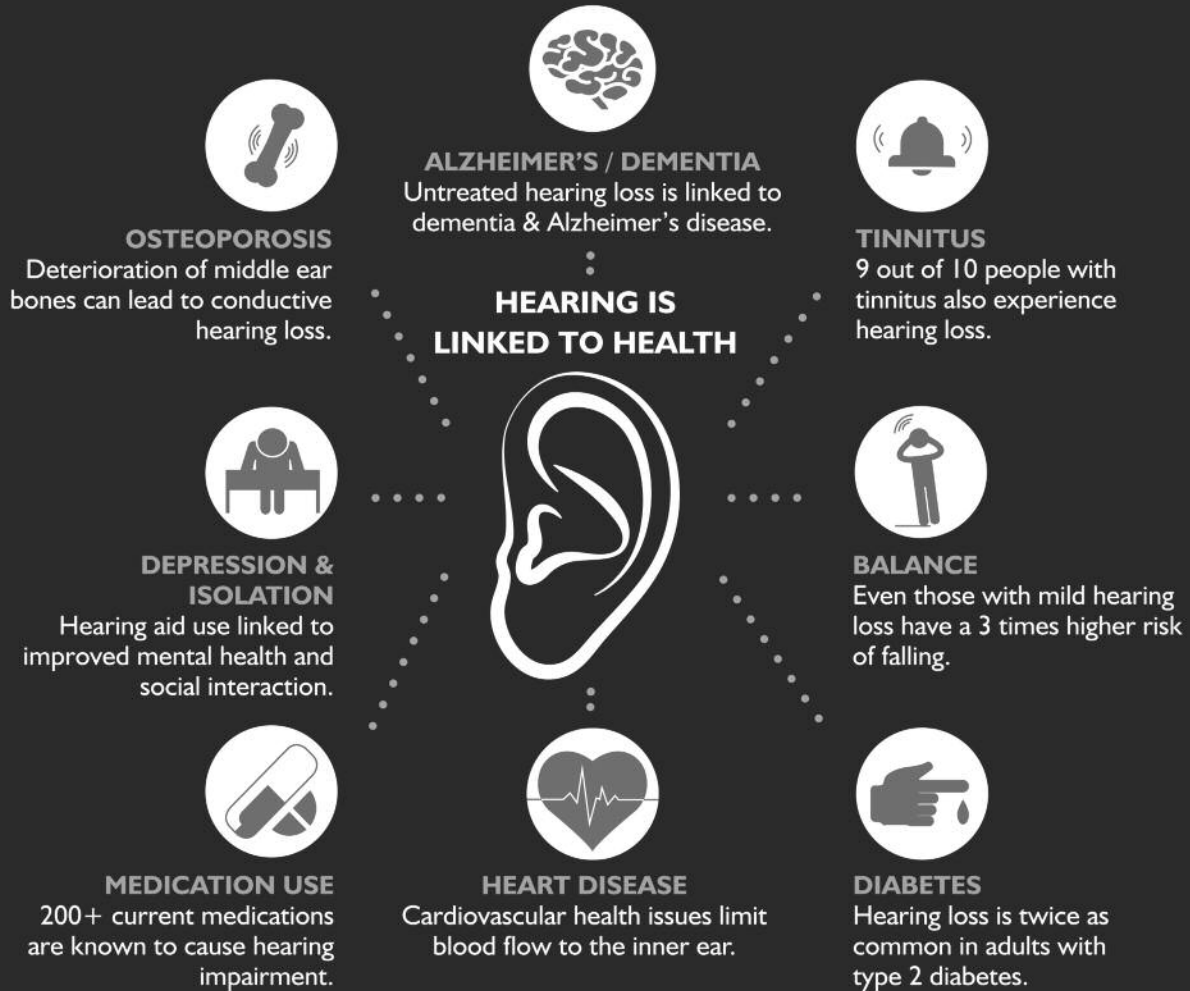
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