

Blackburn's Past President now Innes Ward Councillor-Elect

Congratulations Laura Dudas on being chosen to represent the people in the Innes Ward on our City of Ottawa's Council starting December 1st. We are confident you will serve with the same energy and dedication as you gifted us as BCA president in Blackburn Hamlet for the last eight years.

The Blackburn community would like to thank all the candidates who stepped up for the purpose of serving the people in our ward and city. You all had much to offer. As a candidate you personally invested hours of your life, boundless energy, as well as hard-earned cash because you had the skills and a willingness to work for us and our city's benefit. Thank you!





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Message from the BCA Board

The last few months have been very exciting due to the municipal elections that took place on October 22nd and gave the residents of Innes ward a new city Councillor, a school trustee as well as a mayor. We at the BCA are really excited to start working with the new Councillor on the topics that are important to us as residents of Blackburn Hamlet. Whether it's the building of a splash pad, road safety, bus service or infrastructure, the BCA will be working closely with the new Councillor to ensure that our needs are met as residents of Blackburn Hamlet. If you have any issue you want the BCA to bring to the attention of the Councillor, do not hesitate to communicate with any of us at any time.

On October 14, the annual Cancer chase was held and as usual, it was a great success. A huge thank you goes to Lee Stach and her team of volunteers and congratulations to all participants. École Élémentaire Sainte-Marie inaugurated an outdoor classroom for the kids to use during school hours but this classroom space was created with the thought of having the entire community use it as well. The BCA contributed \$5000.00 to the classroom project and are extremely proud of our partnership with the school. Hope you've noticed, but there are new trees being planted in the Hamlet. Keep your eyes open on our great pathway systems.

Events that the BCA are working on include Santa's pancake breakfast being held on December 8 at the Community Centre, details will be posted on the BCA website and on the BCA Facebook page.

Les derniers mois ont été très excitants en raison des élections municipales qui ont eu lieu le 22 octobre et ont donné aux résidents du quartier Innes un nouveau conseiller municipal, un conseiller pédagogique ainsi qu'un maire. L'association communautaire de Blackburn Hamlet (BCA) est prête à commencer à travailler avec le nouveau conseiller sur les sujets qui nous importent en tant que résidents de Blackburn Hamlet. Qu'il s'agisse de la construction d'une aire de jets d'eau, de la sécurité routière, du service d'autobus ou de l'infrastructure, la BCA travaillera en étroite collaboration avec le nouveau conseiller afin de répondre à nos besoins en tant que résidents de Blackburn Hamlet. Si vous avez un sujet que vous souhaitez que la BCA porte à l'attention du conseiller, n'hésitez pas à communiquer avec nous, à tout moment.

La course annuelle Cancer Chase a eu lieu le 14 octobre et, comme à l'habitude, ce fut un grand succès. Un grand merci à Lee Stach et à son équipe de bénévoles et félicitations à tous les participants. L'École Élémentaire Sainte-Marie a inauguré une salle de classe en plein air à l'usage des enfants pendant les heures de classe, mais cet espace a été créé pour que toute la communauté l'utilise également. La BCA a contribué 5 000,00 \$ au projet de salle de classe et est extrêmement fière de notre partenariat avec l'école. J'espère que vous avez remarqué, mais de nouveaux arbres sont plantés dans le Hamlet. Gardez les yeux ouverts sur notre excellent système de sentiers.

Les activités sur lesquelles travaille la BCA comprennent le petit-déjeuner aux crêpes du père Noël qui se tiendra le 8 décembre au centre communautaire. Les détails seront publiés sur le site Web et la page Facebook du BCA.



Contents

- 4 Blackburn Community Assoc. AGM Jan 13
- 4 Job opportunity: Attendants for Rinks
- 5 Webmaster for BCA website
- 5 Carsharing in Hamlet?
- 5 BCA Pancake Breakfast Dec 8th
- 7 Cancer Chase Success
- 9 Senior's Trade Show
- 11 Funfair Sponsors & Contributors
- 12 BANAR 2018 Advertisers
- 13 Councillor's Corner
- 14 Gloucester's first policewoman
- 15 Gloucester remembers its War Veterans
- 16 Highway Expansion
- 17 Breast Cancer Screening
- 18 Blackburn Library
- 20 Les Chansonniers
- 21 Coro Vivo's Winter Songs
- 22 grandmas AIDing grandmas
- 22 Donate it to Kidney car
- 23 Embrace winter
- 24 Rothwell Bazaar & Luncheon Nov 17th
- 24 Bearbrook Holiday Bazaar Nov 24th
- 24 Blackburn Art Group
- 25 Santa's Parade of Lights Dec 1st

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 (BCA)

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

2018 BCA BOARD OF DIRECTORS

President Ali Yassine—aliyass789@gmail.com / (613)866-3126
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Environment Kendra Brett—(613)265-7661
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Splashpad Ian Chamberland—(613)277-7149

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Funfair Chairperson Brent Lawrie—(613) 830-4824

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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 once it has been read.*

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2019 BANAR DEADLINE & DELIVERY DATES

DEADLINE JAN 16 / DELIVERY BY FEB 5

DEADLINE MARCH 13 / DELIVERY BY APRIL 1

Verify dates or for more information at www.banar.ca

Blackburn Community Association AGM

Thursday, January 13 @ 7:30 pm – 9:30 pm

Blackburn Community Hall, 190 Glen Park Drive

Join the BCA board of directors to discuss current issues and hold elections for 2019. Agendas will be made available on the BCA website in the week leading up to the meeting and minutes will be posted shortly thereafter at blackburnhamlet.ca/minutes.

Job opportunity: Attendants for Rinks

The Blackburn Hamlet Community Association is looking to hire rink attendants who are interested in supervising a neighbourhood outdoor rink in Blackburn during evenings and weekends starting Boxing Day until the end of February. The main duties include: snow removal and scraping; monitoring public behavior and proper use of facilities. Having first aid training is an asset. If you are interested, please contact Mark Lister at mark.lister9@gmail.com.

Deadline for application submissions: December 10/18.

Blackburn Community Association

MEMBERSHIPS

Blackburn Hamlet is known for being a friendly, active and progressive community. A BCA membership is only \$10 for a family and runs from January to the end of the year. Your contribution helps pay for the BANAR, a multitude of events and projects as well as physical representation at various levels of government, neighbouring communities and organizations.



Available at BCA events (Blackburn Pancake Breakfast) or by mailing a \$10 cheque made out to "BCA" and mailed to: "BCA Memberships", P.O. Box 47062, Ottawa, K1B 5B0.

The community is stronger with your support!

Name: _____

Address: _____

Email: _____

For more information email memberships@blackburnhamlet.ca

WEBSITE ADMINISTRATOR NEEDED

—before January AGM

The BCA is urgently seeking a trainee for Website Director which will be vacant January 2019. Time commitments and technical requirements could be variable depending on how the new board decides to divide responsibilities between positions including Communications and Website.

Any technically-minded person should be able to take over at any time with minimal technical training. The previous administrator remains a resident and will be in touch to provide technical consultation.

Full information is linked from the main page of the BCA website, <http://blackburnhamlet.ca/>



Do You Want to Bring Carsharing to Blackburn?

A Blackburn resident is seeking a neighbour to champion the effort to bring VRTUCAR carsharing to the Hamlet. She has already been in touch with VRTUCAR and has a rough outline of the commitment the community would have to show in order for three cars to be established here.

Carsharing works similarly to a car rental, except that instead of needing to visit a branch and fill out paperwork, you borrow it right from your own neighbourhood, with your membership taking care of the administrative hassle ahead of time. You book a locally-parked vehicle via an online tool, walk up and drive away when your booking starts, and return it before your booking ends. All fees are included in your membership, the cost of which varies from company to company. Carsharing can supplement a car-free household's usual transportation choices, or act as a household's second car.

Since our interested resident cannot act within a reasonable time frame to arrange details between potential local clients and VRTUCAR, she is looking for another resident to take on this project. Please contact president@blackburnhamlet.ca if you can be our carsharing champion by preparing our proposal and gathering interested clients.

BCA Pancake Breakfast Dec 8th

The Pancake Breakfast, hosted by the Blackburn Community Association, will be held at the Blackburn Community Hall 190 Glen Park beside the arena.



Saturday, December 8th from 9 a.m. until noon.

Everyone is welcome to come and enjoy pancakes, syrup and a craft.

Tickets will be sold at the door for \$5 per child and \$8 per adult. BCA members can show their membership card at the door for a free breakfast for their entire family, or they can purchase a \$10 BCA membership at the door. All money raised will be used for programming in the community.

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Cancer Chase a SUCCESS!

The 2018 Blackburn Hamlet Cancer Chase was held on Sunday, October 14 at 1660 Bearbrook Road. We had a record turn out this year and more than doubled last year's registrant record of 80. In total, we had 67 registered Running Room individuals, 50 registered with the Running Room as a team, and 46 people register on the day of... for a grand total of 163 people! No matter how much is raised, the Chase was an incredible success!

We are still waiting on a donation total from the Ottawa Hospital Foundation, but are confident that whatever is raised will be put to good use by the Ottawa Hospital and its' world-renowned group of cancer researchers. The Blackburn Hamlet Cancer Chase is unique, as all funds raised are directed solely to cancer research in the Ottawa area. This year, the funds will be used to support the research of Dr. John Bell. Dr. Bell's research focuses on the identification and characterization of cancer killing therapeutic viruses. These viruses selectively infect and kill cancer cells, while leaving healthy cells and tissues unharmed. Oncolytic virus research represents one of the most promising and exciting developments in modern cancer research.

The Blackburn Hamlet Cancer Chase was put together by a dedicated group of volunteers. These volunteers gave their time, energy and sweat equity in the hopes of providing the Blackburn Hamlet community with an engaging event, all while supporting a noble cause. These volunteers worked tirelessly and deserve many thanks and much



recognition! Many thanks to the core volunteer team made up of Ruwan Amaratunga, Milaine Keutchankeu, Eileen Lindsay, Leslie Cartwright, Winston MacDonald, Belinda Leung and Stephenie Horne. Also, many thanks to the numerous day of volunteers that showed up on October 14th to ensure the Cancer Chase went off without a hitch! Also, many thanks to our wonderful sponsors who donated their time and goods. This year, we were able to provide over 150 participants with "swag bags" due to the generosity of our amazing sponsors. Please consider supporting these businesses the next time you need goods or services.

Our Cancer Chase team will be taking a few months off, but will be looking for capable, supportive community individuals and sponsors to help us make the 2019 Cancer Chase even better than the last. Be sure to keep in touch (info@cancerchase.com) and think of us if you can spare some time in 2019!

Blackburn Hamlet Cancer Chase 2018 Sponsors

Beau's Brewery – www.beaus.ca
Beavertails Ottawa Incorporated – www.beavertails.com
BGM Real Estate Team – www.myottawateam.com
Black Prince Winery – www.blackprincewinery.com
Blackburn Hamlet Tim Hortons – www.timhortons.ca
Blackburn Pharmacy – www.pharmachoice.com/on/blackburn
Blackburn Shoppes Dental Centre – www.ottawafamilydentist.com
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Continued on page 9



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Senior Information Afternoon Trade Show

by Linda Gray, Seniors' Action Committee

This year due to the elections taking most of the Friday evening spots at the community centre, we decided to hold the fourth annual Senior Information Afternoon Trade Show on a Saturday afternoon. The event was a great success with over 100 persons in attendance and 17 vendors offering a variety of information on everything from retirement homes, food services, and a 50+ centre.

After speaking to various seniors at last year's show, they said they were there looking for more information on social activities and ways they could stay in their home and in their community. With this in mind the theme for this year's event was "Home, Health and Happiness". As a committee we categorized each vendor into each one of these themes.

The show was also an opportunity for people to mingle and socialize — a small bistro with loads of refreshments was provided and vendors provided door prizes and refreshments.

Our mandate for vendor participation was to work within the community first and also keep the event and also keep the event fresh for participants. We saw approximately 70% new vendors so we succeeded in both goals.

An event like this couldn't be done without help from the BCA members and volunteers. I would like to



thank Brent Lawrie for helping me put up all the signs in and around the Hamlet. There was no way I could have pounded in the posts by myself. Also — Belinda Joy for helping during the event. As always she steps right in and helps where required. I would also like to thank my family as my daughter, nieces, nephew and my husband who helped me in the set up, manning the coffee/tea bar and also with the event clean-up.

Participants included the following businesses

Sienna Retirement Living	Expert Physio Plus
Supperworks	Hearts in Tune Singing
Seniors on Site	Kowalski Hearing Solutions
Edward Jones	Municipal Retiree of Ontario
Curves	Nordic Pole Walking
Queens Pharmacy	Gloucester 50+ Centre
Be Well Mobile Fitness	Expedia Cruise Ship Centre
Butterfly Holistic Nutrition	A. Crandlemire Holistic Health.
REMAX	

Blackburn Hamlet Cancer Chase 2018 Sponsors (cont'd from page 7)

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Fast Track Fitness – www.fasttrackfit.ca
Fiesta Ottawa – www.fiestaottawa.com
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Grange of Prince Edward – www.grangewinery.com
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National Arts Centre – www.nac-can.ca
Orleans Bowling – www.orleansbowling.com
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Ottawa Gloucester Hornets – www.ogschornets.ca
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Continued on page 11



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The Blackburn Hamlet Funfair Committee is Very Grateful for all the help that we receive from the businesses in and around our community. Without these generous contributions we would not have such an amazing and successful community event to look forward to every year.

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Glow Sport & N.U.T.S

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Funfair Movie Night was brought to you by Blackburn's:

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Craft Beer Night was brought to you by:

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Joe's Auto
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Denise St. Croix of Perfectly Fit
Starbucks, Innes Rd
The Hamlet Veterinary Hospital
Blackburn Animal Hospital
Mastermind Toys, Orleans
Giant Tiger
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Shania Lorish Photography
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Blackburn Tennis Club
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Laser Quest
Orleans Bowling
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Flying Squirrel
Archery games
PNE propane
Long and McQuade of Orleans
Royal Oak of Orleans
Georges Barber Shop
Kids Kingdom
East Side Mario's of Gloucester



*to everyone who came out
and took part at the 46th
Blackburn Funfair!*

Blackburn Hamlet Cancer Chase 2018 Sponsors (cont'd from page 9)

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Ottawa Sports and Entertainment Group – www.tdplace.ca
Prime Personal Training Studio – www.primepersonaltraining.ca
Purdy's Chocolatier – www.purdys.com
Pure Yoga – www.pureyogaottawa.com
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Councillor's Corner

Hello from the Innes Ward Team! The most recent regular municipal election to elect a Mayor, City Councillors and school board Trustees was held on Monday, October 22. We would like to congratulate the new Innes Ward Councillor-Elect, Laura Dudas. The 2019-2022 Term of Council begins on December 1st, 2018. Updated contact information will be shared on our website and social media pages.

On November 21st from 7 to 9 p.m., Ottawa Public Health will be joined by community partners to host an east end French Cannabis Parent Information Night at École Secondaire Louis-Riel (1655 Bearbrook Rd.). An English session has already taken place. More

information can be found at www.parentinginottawa.ca/cannabisinfo.

City Council recently approved a Water Utility Bill Deferral. The program will mirror the existing Property Tax Deferral Program and will allow low-income seniors and persons with disabilities who own their residence to defer their water utility bills. Information can be found on the City of Ottawa website.

As always, feel free to get in touch anytime. Call 613-580-2472. Stop by the Innes Ward Office at the

Blackburn Hamlet Arena (Fridays). Email: Jody.Mitic@ottawa.ca, Website: JodyMitic.ca, Facebook: [InnesWard](https://www.facebook.com/InnesWard) and Twitter: [@InnesWard](https://twitter.com/InnesWard).

***We would like
to wish
everyone a
happy and safe
upcoming
holiday season.***



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The BGM Real Estate Team wishes to thank our military members and their families for all of their sacrifices to ensure our safety and well being especially on Remembrance Day.

Gloucester's first policewoman writes her memoirs

Pamela was hired by the Gloucester Police in 1983 and patrolled the city for 28 years. She remembers Blackburn Hamlet with the Innes jail at the west end of the neighbourhood and Orleans to the east as a very forward and active community.

As a school resource officer she would visit the schools and teach the children and adolescents about safety and law as well as organize bicycle safety rallies in the spring. The community was also keen to organize programs such as Neighbourhood Watch, Block Parent and to hold Home Security information nights.

There were occasions when arrests had to be made, but per capita there were very few. Blackburn Hamlet gave her a feeling of hope in humanity because of the people she met and who supported her work on the streets to keep the community safe.

Going back to police headquarters was the toughest part.

In her book she writes how it wasn't easy being the first policewoman in a 100 percent male organization. Office politics and men that felt threatened and uncomfortable with change made her time at the station unbearable at times and she was often put at risk.

Pamela is very proud of the women who followed in her footsteps and also endured "breaking in". She is especially proud of the men who supported this change and accepted women into policing.



Signed copies of book will be available at Bearbrook Bazaar on November 24th, 9am-2pm. Books and ebooks also available on Amazon.ca and Indigo.ca

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Gloucester remembers its War Veterans

The Gloucester Historical Society (GHS) would like your help with its Virtual War Memorial.

The list is incomplete and the GHS would welcome additions as long as the veteran had some connection with Gloucester.

Gloucester includes all former territories that were annexed into the City of Ottawa at various times. This includes of Alta Vista, Billings Bridge, Elmvale Acres, Hunt Club, Manor Park, Manotick (Gloucester portion), Mooney's Bay, New Edinburgh, Orléans (Gloucester portion), Overbrook, Rockcliffe Park and Vanier (Eastview).

To add a veteran, simply send us an e-mail at:
english@gloucesterhistory.com.

Send the following information:

1. Name of Veteran
2. The war in which he or she served. This may include any war up to and including the Korean War and also the 1870 and 1885 Northwest rebellions.
3. The Gloucester neighbourhood in which he or she lived (Optional)
4. Branch of the Armed Forces in which he or she served (Optional)
5. Rank (Optional)
6. Let us know if he was "Killed in Action": We will record the battle and the date of death when provided. (Optional)
7. Photograph of the Veteran, preferably in uniform (Optional)



Corrections and Missing info

To request corrections or to add missing information, please send an e-mail to:
english@gloucesterhistory.com

35 years in Blackburn Hamlet!

Jan's Workout

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**All classes held at the
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Registration is ongoing

**Our classes are designed to embrace all
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For information, contact Jan Quinn 613-794-9858

www.jansworkout.ca




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Thank you,
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Highway Expansion Environmental Assessment 2017

On Monday, October 23, the Blackburn Community Association attended a City of Ottawa-led consultation group regarding the Brian Coburn Blvd. Extension/Cumberland Transitway Westerly Alternate Corridor Environmental Assessment Study. The study will follow these phases:

- Phase 1 (present): Consultations with various agencies (NCC, city, province, business groups)
- Phase 2: Alternative options presented to public (you can expect this around mid-January 2018)
- Phase 3: Alternatives evaluated (2018)
- Phase 4: Recommended plan presented (late 2018-19)
- Phase 5 – EA reporting and filing (mid 2019)

The Blackburn Hamlet Bypass Extension was supposed to connect Navan/Brian Coburn to the Bypass, running parallel to Navan Rd. However, a recent environment assessment showed

that the Leda clay soil increased the cost of construction significantly and was no longer financially feasible. As a result, the City's the Planning and Growth department is now considering alternatives routes, including ones that are preferred by communities that fall within the Bradley Estates Community Association boundaries and Chapel Hill South as being far less impactful on their communities. At last night's meeting, the group was provided with background on the project and information about potential alternative routes that the City will be presenting to everyone at the upcoming public meeting. The objective is to start work on the alternative route around 2021-2022. However, the Cumberland Transitway portion will come much later in about 2031 or later. The BCA representative expressed the need to consider the following when determining potential routes:

- Impact of any proposed routes

on Blackburn Hamlet, including increased traffic

- Cycling networks and pedestrian infrastructure should be incorporated into the plan from the start and not included as an after thought
- Speeding up the construction of improved transit routes from the east end to encourage Orleans residents to use public transit (which would mean less cars coming through our community).

Other items that were brought up include:

- The City's 2013 Transportation Master Plan does not account for more than 4,000 housing units that will be constructed in the east end in the coming years
- Two-thirds of traffic using Renaud Road are traveling south bound at Anderson Road, with 57 per cent of that traffic using Ridge Road to get to Walkley. This goes against the conventional thinking that the majority of east end traffic was heading towards the core.
- There was concern voiced about the Chapel Hill Park and Ride being built and not being immediately connected to the transitway.
- Also, it was noted that all viable options should be presented to the public at the upcoming meeting for consideration, even those that are costly for a full picture of what is possible and the impacts so that, as a community, we can make an educated decision.

Be you and make certain that your style reflects that!

THE WHOLESALE OUTLET
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Ladies fine clothing and fashion accessories

Preventive Care Series, Part 2

Breast Cancer Screening: when and how frequent?

by Dr. Elie R. Skaff

According to the Canadian Cancer Society statistics in 2017, Canadian women are more likely to develop breast cancer than any other cancer, with 1 in 8 women expected to be diagnosed with it in their lifetime. It is the second most common cause of cancer death in women after lung cancer. Mammography is the diagnostic test of choice for breast cancer screening. With the exception of patients at high risk for breast cancer (i.e. personal/family history of breast cancer, chest wall radiation, or known breast cancer gene—BRCA 1 or 2—mutation), a breast cancer screening algorithm has been established that is endorsed by the Canadian Task

Force on Preventive Health Care as well as Cancer Care Ontario. The Task Force looked at the best evidence from around the world and found modest reduction in deaths due to the detection of

...the second most common cause of cancer death in women after lung cancer

breast cancer by mammography every 2 years for women aged 50 to 74 years.

For women between the ages of 40 to 49, the chance of getting breast cancer is low and the

chance of having a false positive mammogram is high, which can lead to further unnecessary investigations and procedures including breast removal. For women aged 75 years and older, not enough data was available to make a clear recommendation.

Within the next year, there is thought that new breast cancer screening guidelines will be announced and published.

Women who are interested in screening and less concerned about its undesirable consequences should discuss their options with a physician who will consider each of the benefits and risks of mammography, and the patient's overall health.

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

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ROYAL LEPAGE

What's happening at the Blackburn Library

This winter, we have a great selection of children's and adult programs for you! Come in and enjoy the warmth with stories, music and crafts. Join a book club, take a computer class, or watch a movie! We look forward to seeing you

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 p.m. Please join us as we discuss exciting titles chosen by our members. New members are always welcome! No registration necessary. Monday, Nov. 19: *The King's Speech* by Mark Logue

Thursday Evening Book Club

New members are always welcome! First Thursday of the month. This book club is just getting off the ground. Don't be shy to pop by and introduce yourself. Thursday, December 6: *The Witches of New York* by Amy McKay.

POETRY WORKSHOP

Acclaimed poet and author Henry Beissel will read from his work and coach you in finding your own voice in poetry or prose. Series of 4 evenings. No experience necessary. Monday, Nov. 5, 12, 19, 26 at 6:30 pm. (90 min.) Registration necessary.

MOVIES AT THE LIBRARY

Danny Collins (in French, en français). Thursday Nov. 8 at 6 pm, OR Friday Nov. 9 at 2 pm
Three Billboards Outside Ebbing Missouri (in English, en anglais). Thursday Dec. 13 at 6 pm, OR Friday Dec. 14 at 2 pm.
Everyone welcome. No registration necessary.

How to Buy a PC

Chris Taylor from the Ottawa PC User's Group will assist you in making the right choice when you buy your next computer or laptop. Wednesday, Nov. 21 at 6 pm. Registration necessary.

We offer adult programs on an ongoing basis. Please check our website 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!

Sing Song Party Time with Derek McKinley

Children's entertainer, Derek McKinley, will play us some joyful music to inspire children and adults alike. All ages. Drop-in program. Saturday November 10 from 10:30-11:15 am

Obey Newton: It's the Law!

Explore Newton's Laws of Motion as you learn how things move; your action always produces a reaction. Ages 7-12
Saturday November 17 from 2:30-3:30 pm

Please register with a library card



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FOLLOW ON  

Blackburn Library (Continued from page 18)

PD Day: Movie Matinée – “Wonder” in English

Come on in and watch a free family-friendly movie! All ages.
Friday November 23 at 2 pm.
Drop-in program

Maker Mobile: Codemaker with Scratch

Children will learn to program their own interactive stories and games using Scratch. Ages 9-12
Saturday November 24 from 10:30 to 11:45 am

Please register with a library card.

REGISTRATION IS REQUIRED for all Children’s programs.

ALL ADULT PROGRAMS with the exception of the Round Table Book Chat, Thursday Night Book Club and Movies at the Library 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.

MILLE FEUILLES USED BOOKSALE

Run by the
Friends of the Ottawa Public Library
LOW PRICES on books for all ages and interests. FOPLA no longer accepts donations of magazines that are older than 2 years. Donations in good condition are accepted. Books are located near the reading area.

LIBRARY HOURS
Mon. to Thurs. – 10am to 8:30pm
Friday – 1pm to 6pm
Saturday – 10am to 5pm
Sunday – Closed
Closing at 3 pm on Dec. 24
Closed December 25 & 26
The book drop is available
24 hours a day, 7 days a week.
613-580-2940

“Memories” by Pari Zati

The Blackburn Library in conjunction with Arteast is proud to present an exhibition of paintings by Pari Zati until November 24th. This is a unique opportunity for the public to enjoy, encourage and support local artists in their community as well as engaging with the Blackburn Library.

Bolgheyss (Pari) Nikbakhsh Zati moved to Canada from Tehran where she specialized in fashion. Since moving to Ottawa she has taken many courses at the Ottawa School of Art and is an active volunteer with Arteast. In this exhibition, Pari explores her wide ranging creative spirit presenting works of realistic and abstract subject matter. Many works are memories of places in Canada, her new home. The balance of the exhibition shows a new direction with abstract compositions which explore colour and pattern.



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Les Chansonniers — 45e année de fondation

Par Claudette Dalpé

Les membres de la Troupe se préparent à en donner plein les oreilles et la vue à leur public les 10, 11 et 12 mai 2019 durant leurs concerts qui marqueront 45 ans de chansons et de danses. Nous apercevons sur la photo les choristes qui ont lancé les activités entourant leur anniversaire durant leur premier samedi musical de 2018-2019 tenu 13 octobre dernier. Même si certaines pièces sont déjà apprises depuis mai, le directeur musical, François Julien, et le directeur musical adjoint et fondateur de la Troupe, Gilles Julien, ont trimé dur durant l'été pour compléter le programme. Le fils de François, Christian Julien, continue depuis 2017 à enrichir le répertoire avec des harmonisations de son cru. Mais le talent ne s'arrête pas à la famille Julien chez Les Chansonniers d'Ottawa. Pour la première fois, Josée Chabot, chef de chœur des alti, dirigera une pièce harmonisée en collaboration avec



Photo de la Troupe lors du samedi musical du 13 octobre 2018

François et Gilles et qui sera intégrée aux spectacles de mai 2019. Trois nouvelles voix se sont jointes depuis janvier 2018, Nicole Charron, Paul-André Cyr et Frédéric Julien (et oui, aussi le fils de François). Trois candidats ont exprimé leur désir de se joindre au début de septembre de 2018. Ainsi, la Troupe compte à ce jour 63 dynamiques choristes et danseurs accompagnés de leur pianiste Bertrand Crépeault. Le plan des activités pour souligner le 45e anniversaire est presque complet. C'est le samedi 15 décembre 2018 que les célébrations débiteront avec un souper dansant autour de la fête

de Noël. Les anciens choristes et leurs conjoints sont invités à se joindre aux membres actuels pour cette rencontre. Les anciens qui seraient intéressés à y participer doivent réserver en communiquant avec la présidente de la Troupe, Viviane Côté-Maxwell, au 613-837-1839.

Inscrivez à votre calendrier 2019 les dates du spectacle des Chansonniers d'Ottawa pour ne pas manquer ce concert "De traditions et d'avenir" à la hauteur du talent de la Troupe. Nous vous donnons donc rendez-vous pour le vendredi 10 mai et le samedi 11 mai à 20 h ainsi que le dimanche 12 mai à 14 h au Centre des arts Shenkman. Entre temps, nous vous invitons à nous suivre sur notre site au www.leschansonniersottawa.com qui sera agrémenté de plusieurs pages de l'histoire de la Troupe depuis sa fondation en 1974. Nous vous invitons aussi à vous abonner à notre page Facebook/LesChansonniersdOttawa/ et notre fil Twitter twitter.com/chansonniersott pour recevoir des informations sur les activités.

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Coro Vivo's Winter Songs — Nov 30th & Dec 2

Embrace the holiday spirit and celebrate winter in the company of Coro Vivo Ottawa! Under the baton of Antonio Llaca, CVO performs an eclectic program of choral music celebrating holiday traditions and winter's arrival. Alongside beautiful arrangements of beloved seasonal classics Coro Vivo will present pieces by Brahms, Whitacre, Gawthorp, Ingari, Sojo, Staheli and various other international and Canadian composers sure to bring warmth to dropping temperatures and light to lingering darkness. Join us for an outstanding evening of choral music as we welcome the winter solstice and festive season Orleans United Church, 1111 Orleans Blvd, Nov. 30 & Dec. 1st, 7:30 p.m. Tickets \$20, children under 14 (free).



Rothwell United Church

Come! Experience Christmas with us!!

Nov 17	Christmas Bazaar / Lunch 9 am-1:30pm
Nov 25	Vision Sunday 10:30am
Dec 2	Advent 1 Communion and Angel Tree Service 10:30am
Dec 9	Advent 2 White Gift service and Christmas Pageant 10:30am
Dec 16	Advent 3 service 10:30am
Dec 23	Advent 4 service 10:30am
Dec 24	Christmas Eve Family service 4pm
Dec 24	Candlelight Communion service 9pm
Jan 6	Candles of Hope & Remembrance

Join us at our Sunday services at 10:30am. **Linger** afterwards for refreshments. **Visit** our website to see what is happening. **Listen** to service recordings on our website. **Call** 613-746-0820 or join us at 42 Sumac St.

www.Rchurch.ca

ST. MARY THE VIRGIN ANGLICAN CHURCH

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



Christmas Wreaths and Centre pieces:
On Sale until Nov 15th.
Wreaths: 18" \$20 and 28" \$25 Centre Pieces for table tops: \$25
Contact: Jean at 613-824-0904 Email: lockett.xiii@gmail.com

ACW Christmas Bazar:
At the Bearbrook Seniors Residence (formerly Amica) Nov 24th, 9:00-2:00 pm

Christmas Service Times :
Christmas Eve with Communion: 9 pm • Christmas Day: 10:00 am (at our church)

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

A growing family of joyful disciples of Jesus Christ, known by their love.

Worship Times:
Sunday @ 1pm: Holy Communion
Thursday @ 10am: Morning Prayer



DISCOVERY CAFÉ

A series of public lectures on a range of topics given by experts followed by Q & A. Tea/coffee/desserts provided

Fri, Nov 30, 7:30pm

Worried About Species Extinction, But Don't Know What To Do? Here's Help
given by **Dr. Lenore Fahrig**
Landscape Ecologist, Professor of Biology
Carleton University

Fri, Jan 25, 7:30pm

Localising Food Systems: The Just Food Story
given by **Dr. Patricia Ballamingie**
Associate Prof of Environmental Studies & Human Geography
Carleton University

Nine Lessons & Carols



Tuesday, Dec 18, 7:30pm

Join us as we sing our favourite Christmas carols and hear the story of Jesus' birth.

"But the angel said to them, "Do not be afraid! For behold, I bring you good news of great joy that will be for all the people: Today in the City of David a Savior has been born to you. He is Christ the Lord! (Luke 2:10-11)"

CHRISTMAS EVE FAMILY SERVICE



5:00 pm
at the
Blackburn Hamlet Community Centre

grandmas AIDing grandmas Upcoming Events

We "grandmas" are hoping you will join us for a couple of terrific events this November, to benefit the Stephen Lewis Foundation "grandmother campaign". On Saturday Nov.10 our Blackburn group will be hosting an English Tea at the Ottawa Artisans Guild Christmas Market, from 11am to 3 pm. Take a break from enjoying the juried arts and crafts (over 50 artisans exhibiting) to savour dainty sandwiches and cakes, tea and coffee, all prepared by the grandmas. This takes place at Lester B. Pearson High School, free admission; a donation for the Food Bank would be appreciated. Following this, on Sunday Nov. 25th the 4th annual GRAND Market takes place at Lansdowne Park from 9 am to 3 pm, free admission. Many of our National

Capital Region's grandmother groups get together to hold this very popular event, featuring baking, crafts, gifts, gently used clothing and accessories, toys, games, books, silver and glassware, and much more! Also a Tea Shoppe for some light refreshment or lunch.

By attending one or more of these events you support the orphaned children of Africa and their grandmothers, women who are holding the continent together. Our relationship with them is one of respect and solidarity, not charity.

For more information email: grandmas59@gmail.com or call Barbara Nolen at 613-824-3524 or Myrtle Blinn at 613-837-8838.



grandmas AIDing grandmas
English Tea
Saturday Nov.10, 2018 11 am to 3 pm

Ottawa Artisans Guild

Christmas Craft Show

les 10 et 11 November 10 & 11, 2018
10:00 à/to 16:00

École secondaire Lester B. Pearson H. S.
2072, cr. Jasmine Cres
Gloucester (angle du ch. Ogilvie / at Ogilvie Rd))

www.ottawaartisansguild.com

Donate to Kidney Car

The Kidney Foundation's Kidney Car® program is a simple, quick and convenient way to dispose of your unwanted vehicle before it sits under a blanket of snow all winter. You will receive a valuable tax receipt for your car and they will tow it away for free.

Proceeds from donated vehicles help ensure that The Kidney Foundation can continue to provide hope and support to thousands of Canadians living with and at risk of developing kidney disease.

Visit www.kidneycar.ca or call 1-866-788-2277.

Register for “Learn to Ski”

Saturday mornings at Hornets Nest

Why not join us and see how fun winter can be?

Registration for the 2019 season will be on November 10th from 10 a.m.-12 p.m. at the Eric Danis clubhouse on Bearbrook Road and will allow you to participate in the many programs.

Trail access at the Hornet’s Nest is free to the public.

Fees are: Individual \$90.00 and Family \$225.00.

Family includes 2 adults and 5 children under the age of 18. Please note that only cash or cheques are accepted.

The season is weather dependent but is usually 11 weeks (1 week's outing is to the Gatineau Park) .

Please email info@onsc.ca or call the snow phone at: (613) 837-SNOW (7669) for more information.

Contributions to the club’s grooming and track setting are welcomed and can be sent to:

ONSC c/o Frank Roscoe, 1851 La Chapelle St.
Ottawa, ON K1C 6A8. All cheques should be made payable to “ONSC”

Becoming a member too much of a commitment? Why not contribute by becoming a Sustaining Member (the amount is up to you). The fee gives you a membership card valid for ski shop discounts and it contributes to the survival of the club and the track setting at the Hornets Nest, Pine Grove Forest and Mer Bleue. It is very expensive to run the skidoo and other equipment – it costs approximately \$50 in gas and oil for each outing to groom the trails.

Check out the Facebook page at Ski Heritage East and give us a “Like”!

An exciting new recreational opportunity is now available to east-end Ottawa residents. An 8 km section of the Ottawa River pathway will be groomed from Green’s Creek in the west to Trim Road in the east.

This will enable both classic and skate cross country skiing, as well as for snowshoers, pedestrians and dog walkers to enjoy this scenic route along the Ottawa River. Avid skier Jean Lepage learned about the project in west-end Ottawa to groom the trails along the Sir John A. MacDonald Parkway (SJAM) and organized the creation of similar track in the east last winter.

At the 1st annual AGM in October 2018 some route modifications were made as well as the major decision to purchase grooming equipment and groom with volunteers. This has enabled the trail to be groomed whenever conditions are best, rather than wait for a commercial groomer. Other input was provided at the meeting on trail modifications, fundraising, special events, volunteer recruitment, safety and signage and communications.

This is a community-based project. You can help. Please contact your City Councillor and Mayor, community association and MPP to express your support. Ask your friends and neighbours to do the same. Community support counts for a lot.

For more information or to ask about volunteer opportunities, please contact : Ski Heritage East at skiheritage.east@gmail.com



Rothwell Bazaar & Luncheon Nov 17th

The Annual Rothwell Christmas Bazaar and Luncheon will be held on Saturday, November 17th from 9:00 a.m to 1:30 p.m. at 42 Sumac Street located 10 minutes away near Gloucester Centre.

All kinds of homemade baking will be featured including amazing homemade treats: baked goods, savoury and fruit pies, jams and preserves and various kinds of preserves.

Handmade crafts and knitting as well an eclectic variety of treasures including gently-used toys, DVDs, books, puzzles, jewellery, household items and more!.

A silent auction with one of a kind items will make this the sale of the year. Finish up by having a delicious lunch with tea or coffee and dessert. More information is available at www.Rchurch.ca.

Bearbrook Holiday Bazaar Nov 24th

Join the talented seniors and a variety of vendors at the Bearbrook Retirement Residence, 2645 Innes Road (corner of Bearbrook and Innes Road) on Saturday, November 24th from 9 a.m. to 2 p.m. It will be the perfect place for you to get your holiday shopping done all in one place.

For more information please call Kelsey at 613-837-9720.

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 dates: 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.



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Merci!

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Santa's Parade of Lights 2018 Nov 24

The Ottawa Professional Firefighters Association will be hosting SANTA'S PARADE OF LIGHTS on Saturday, November 24th, starting at 6 p.m.

The roads in Orleans will have some temporary Road Closures prior to parade time on Saturday, November 24th at 2 p.m. Beginning at 1 p.m. St-Joseph Blvd between Youville Dr. and Hart Rd. will be reduced to one lane traffic in each direction to accommodate the marshalling of parade entries.

Traffic will not be blocked until approximately 5:30 p.m. at the discretion of the Ottawa Police Services. We suggest entering Orleans via HWY 174 and exiting Jeanne d'Arc Blvd. or Place d'Orleans Drive. An alternate method is to approach from the South (ie. Innes Rd) using Jeanne d'Arc or Orleans Blvd. to reach St-Joseph Blvd. At roughly 5:30 p.m., St-Joseph Blvd will be shut down in sections beginning with Youville to Jeanne d'Arc and then moving east in sections. Vehicles exiting the parade route prior to parade time will be sent down St-Joseph Blvd. eastward. Once the float carrying Santa passes, the roads will be open to normal traffic.

The parade generally takes 60-70 minutes to pass any given point along the parade route. If you're watching near the start point, it should be clear around 7 p.m. If you're watching near the end point, the front of the parade will pass you around 7:10 p.m. and be clear around 8:20 p.m.

Blackburn Snow Removal

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COULD MY PET HAVE ARTHRITIS??



We hear it all the time!

Doc, my cat is getting old, he sleeps all day, he doesn't play and he is a grumpy old man!

My dog now only walks for a short period and then he wants to go home, he doesn't chase the ball like when he was a pup. He's acting old...

Arthritis is a very common health condition

Some studies estimate that 90% of cats of 12 years old suffer from arthritis. Young cats as young as 2 years old can also be affected. In dogs it is also a very common condition, the percentage varies depending of the breed.

Arthritis is often undetected by owners

It is very easy to miss signs of arthritis in cats and dogs because they don't talk! Most common signs of arthritis are reluctance to play, hesitation to jump off furniture, slower on walks, sleeping more, lack of grooming, etc. Actually crying/complaining is NOT a common sign.

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

Have your pet examined by your veterinarian. He/she might suggest to try some chondroprotectants (natural supplements to help protect/heal cartilage), diets, vitamins supplements, pain management or veterinary anti-inflammatories. Weight loss and proper exercise are also very important to help manage pets suffering from arthritis.

Early detection and treatment of arthritis helps to maintain a healthy muscle mass. When the muscle mass is gone, there is no gaining it back! Keeping your pet comfortable and happy is the primary goal in mind.

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