



Blackburn Area News and Reports

BANAR

Vol. 53 No. 5

June 2020



**The Arena is not very accessible now.... but just wait!
Check out what is happening on page 6.**

**Blackburn is Beautiful Nature Photo Contest
Closes June 30th — See page 24**



**BLACKBURN SHOPPES
DENTAL CENTRE**



WE ARE NOW OPEN

What has changed:

- ♥ Patient screening process
- ♥ Barrier treatment rooms
- ♥ Medical grade hepa filters

What is the same:

- ♥ Same caring team
- ♥ Our commitment to our patients
- ♥ Treating nervous patients

NEW! We Now Offer IV Sedation



CALL US NOW
613. 834.5959

FOR MORE INFORMATION

2668A Innes Road Gloucester, Ontario K1B 4Z5
info@ottawafamilydentist.com

President's message

As I write this, we are heading into Phase 2 and seeing re-opening in Ontario and Blackburn Hamlet. Our local businesses are re-opening and we are starting to see what living with a society in a pandemic will look like. While we at the BCA have had to pass this year on big community events like the Spring Cleanup, community Garage Sale and the ever-popular Funfair, our volunteers have still been hard at work within the community. The Fun Run (see page 7) was held with much success and in support of our local food bank that helps feed local Blackburn families. As well, we were able to celebrate our graduates with a community parade to mark this important milestone. These are just two examples of how the BCA is reaching out, even during these challenging times to bring some positivity to the community. While in-person events are difficult for the foreseeable future, we have moved towards online engagement. Our social media team continues to reach out within the community, and I encourage everyone to share with us their experiences both personal and in support of local business. We do weekly check in posts on the BCA Facebook page and want to hear from you what the BCA can do to help or just how you are doing.

Please check out our Facebook contest #blackburnisbeautiful. (see page 24).

We also received big news on two large projects for the community this past month: the Arena expansion has started, and while we had some delays, projects look to be on schedule (page 5).

We also had some exciting designs shared for the Community Splash Pad; Happy to share the option B was the overwhelming winner! We are looking forward to next summer already!

Like many of you, the BCA has been observing the recent events in which anti-Black racism protests have flourished, in Canada and in many places around the world. These events remind us of how much is left to do in achieving greater justice, equality, and security for racialized communities and marginalized people. Change and social justice go hand in hand with a strong and inclusive community.

As always, we hope everyone is staying safe and connected as the pandemic continues and as we transition to summer. A big thank you to our volunteers for all their hard work on recent community events and we look forward to more events throughout the summer and as Ontario transitions into the next Phase of reopening.

If you have an idea of something you would like to see within the community, please share; we are always looking for ways to connect and support one another here in our lovely community of Blackburn Hamlet.

Mark Lister

Contents

- 5 Blackburn Updates
- 6 BCA/TD Park People Challenge
- 7 Successful FunRun!
- 9 Light rail to our doorstep
- 11 Graduating students
- 13 Facebook: Businesses
- 14. Allotment Gardens
- 15 Profile: Kelley Raab
- 16 Just Food
- 18 Local writer publishes
- 19 Busy Fingers
- 20 Staying active
- 21 Dapo Agoro Foundation
- 21 On-street Parking
- 22 Library
- 23 Market Gardeners
- 24 Photo Contest

Celebrate Canada Day in a different way this year!

Although we can't come together and enjoy a spectacular show and BBQ, we can still show our wonderful community spirit! The BCA is encouraging the community to participate in a Canada Day "window walk". Put out your flags, decorate your window and say hi to your neighbors from a distance!

Feeling nostalgic about Canada Days past? Visit our website at blackburnhamlet.ca where we'll be showcasing some great memories and providing updates on the day's events. If you have photos you would like to share with the community, send them to chelsey@blackburnhamlet.ca.

Blackburn Community Association (BCA)

Mailing address: P.O. Box 47062, Ottawa K1B 5B0

2020 BCA Board of Directors

President: Mark Lister	president@blackburnhamlet.ca
Vice-President: Brent Lawrie	vp@blackburnhamlet.ca
Secretary: Lynn Lefevre	secretary@blackburnhamlet.ca
Treasurer: Lisa Margeson	treasurer@blackburnhamlet.ca
Canada Day: ChelseyWynn	Chelsey@blackburnhamlet.ca
Communications: Kiel Dixon	kiel@blackburnhamlet.ca
Community Safety: Don Kelly	Safety@blackburnhamlet.ca
Environment: Kendra Brett	enviro@blackburnhamlet.ca
Transportation: Dave Garand	transportation@blackburnhamlet.ca
Rinks and Parks: Zach	parksandrinks@blackburnhamlet.ca
Membership: Satinder Sahota	membership@blackburnhamlet.ca
Seniors: Melissa Cinquino	seniors@blackburnhamlet.ca
Website: Kevin White	webadmin@blackburnhamlet.ca
Director: Nina Ryan	nina@blackburnhamlet.ca
Director: Patrick Phillips	Patrick@blackburnhamlet.ca
Director: Daniel Gosson	Daniel@blackburnhamlet.ca
2020 BCA Committee Chairs	
Funfair: Ian Chamberlane	ian@blackburnfunfair.ca. (613)277-7149
Seniors Action: VACANT	seniors@blackburnhamlet.ca
Cancer Chase: Don Kelly	info@cancerchase.com
Community Hall: Auramarina Sawyer	hall@blackburnhamlet.ca
BANAR Editor: Evelyn Budd	ev@buddpublishing.com (613)824-9707
BANAR Distribution: Joanne Smith	joanneesmith@yahoo.com.

THE BANAR is published five times a year

BANARS are available at most of the local businesses and then refilled at the Blackburn Library, Metro and Shoppers Drugmart while quantities last.

ARTICLES can be emailed in the body of an e-mail or attached as a Word document. ORIGINAL PHOTOS MUST BE SENT AS HIGH RESOLUTION JPEGs. Please email to Evelyn Budd at ev@buddpublishing.com. Call 613-824-9707 if you do not get a confirmation by email that your email has been received.

ADVERTISING: PRICES RANGE FROM \$40-\$300/PER ISSUE. ANNUAL ADVERTISERS GET 10% OFF. MORE INFORMATION OF AD SIZES AND REQUIREMENTS AT WWW.BANAR.CA

THE BCA OR BUDD GRAPHICS INC. does not endorse or guarantee products or services sent in for the Banar or take responsibility for the print or web quality, copyrights infringements of photos, artwork or text provided by advertisers for the BANAR or the BCA website.

CIRCULATION—4,000 in February, April, June, September November.

PAYMENT, ADVERTISING, ARTWORK AND ARTICLES ARE DUE BY THE DEADLINE DATE. Please put "BANAR" in the subject line.

Articles sent after Deadline Date may or may not get in.

BANAR	Deadline	Delivery
Sept:	August 12/20	Aug 29- Aug 31
Nov:	October 14/20	Oct 31-Nov 20
Feb:	January 20/21	Feb 6-8/2021
April:	March 17/21	April 3-5/2021
June:	May 10/211	May 29-31/2021

Join the BCA! Your \$10 annual membership helps support BCA activities such as the BANAR, representation to various levels of government, FunFair, Hockey Day, Canada Day, Santa's Breakfast and many other initiatives for youth, seniors, and local groups Each membership is good for all family members living at the same address.

Would you like to be added to the BCA Email List? YES NO

Cheque: Payable to BCA for \$10.00 and mailed to Membership Director, BCA, P.O. Box 47062, Ottawa, On K1B 5B0

Email Transfer: Send \$10.00 payment to membership@blackburnhamlet.ca and write "your family name membership renewal/purchase" in the Notes field. You will receive an auto-deposit notice from your bank confirming the funds have been deposited. Forward that email to: membership@blackburnhamlet.ca.

Or join online at this link: <http://Blackburnhamlet.ca/membership>

The BCA relies on volunteers. If you will help with membership activities, please check this box. Yes, I will help!

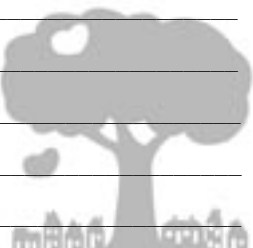
Name: _____

Tel#: _____

Address: _____

Postal code: _____

Email: _____



BCA Email Newsletter

Perhaps you're looking for a way to have news delivered as effortlessly as your paper copy of the BANAR. Now, you can have semi-regular summaries of past events, links to the digital copy of the BANAR, reminders of upcoming community events, and notices of BCA meetings delivered right to your inbox. We expect to send a maximum of three emails a month, and you remain in control of your subscription at all times, with a link to unsubscribe included in every issue.

Sign up for the newsletter today. Go to the BCA website and click on "Keep in touch".

Blackburn Arena Update

by Brent Lawrie, VP BCA

Most of you have probably seen the construction fencing that was put up around the south side of the arena this past May and the work that has already started on renovations of the Blackburn Arena. The contractor mobilized on site the first week in May, following the revisions to the provincial regulation on the closure of non-essential businesses, which allowed municipal construction projects to proceed. Demolition inside the arena has commenced and the knoll next to the skate-board park has been leveled. The plan for the arena is to build larger and accessible change rooms, on the south side of the arena, replacing the old dressing rooms that were located on the west side. A new and larger foyer, office space and storage will be on the west side. The arena will be expanding to the south, hence the need to shift the parking lot closer to the skateboard park. The city is planning to install one Level 2 electric vehicle charging station in the redeveloped parking lot. The current construction schedule is to achieve final completion by the end of March 2021. The BCA will keep the community posted if the completion date should change.



Community Hall—We do not yet have information on when the hall is planned to open but indications are that it may be in June. When the hall re-opens the garbage dumpsters will be removed from the handicapped parking spaces. Please note that additional temporary parking may be in place in front of the hall. The line painting is being deferred until the city knows more details regarding the reopening of the baseball field and the community centre. Parking is permitted on Glen Park Drive, except where indicated by the no-parking signs, in accordance with the applicable City by-laws.

League play at the baseball diamond—We have not heard any news yet regarding the timing for the Province or the City to permit league play at the baseball diamond. When baseball resumes, players would need to park outside of the construction area or on the street.



Blackburn Hamlet TD Park People Challenge

by Kendra Brett

Did you know that Blackburn Hamlet boasts 11 city-owned parks, as well as 6 schoolyards, the Gloucester Allotment Gardens, and connections to the NCC Greenbelt pathways? If you haven't had the chance to visit all the parks and greenspaces in the Hamlet, now's your chance! With support from the 2020 TD Park People grants program, the Blackburn Community Association Environment Committee has put together a Park Challenge to get you outside enjoying nature, and learning about the environment. The challenge will occur during July and August, and will be an activity-based scavenger hunt

designed to get people to explore all the parks in the Hamlet. All households in Blackburn Hamlet are welcome to submit one entry for your chance to win a prize!

To enter, download the entry form, complete as many of the activities as you can. You do not need to complete all activities on the list to enter, and winners will be selected at random. Please submit the entry form by email to by September 1, 2020, using the subject 'Park Challenge'. If you take any photos of the challenge, feel free to share them on Facebook or Twitter using the hashtag #BHParkChallenge.

Please note, due to the ever changing COVID-19 pandemic, you must follow all municipal and

provincial physical distancing and gathering rules that are in effect while participating in these activities. The BCA will not be responsible for violations.

Whenever possible, please use eco-friendly ways to get to the parks, such as walking or riding a bike. We'd also like to remind you to not pick plants, to obey any signs asking you to stay on pathways, to observe wild animals from a distance, and to leave nature the way you found it!

Complete contest rules and the full entry form can be found at [or on the Blackburn Hamlet Community Association Facebook page.](#)

Laurie J. Gagnier
Broker

Christine Bussièrès
Broker

Jeff Miller
Sales Representative

BGM

RE/MAX
AFFILIATES REALTY LTD. BROKERAGE

BUSSIERES · GAGNIER · MILLER
REAL ESTATE TEAM

613.558.8000 | www.MyOttawaTeam.com

Thank You

**To all our healthcare workers,
first responders and
grocery store staff
- You are appreciated!**

Another Successful FunRun!

by Nina Ryan

The first weekend of June saw the return of the Blackburn Hamlet FunRun. Due to the pandemic, a virtual race was organized, where participants raised over \$700 in support of our local Foodbank.

The community really came together, while staying apart, with over 30 runners and walkers from Blackburn Hamlet and beyond lacing up to make this event a success. Many people, such as Councillor Laura Dudas and the teachers and staff of Good Shepherd School, shared photos on social media of their successfully completed walk or run. Each registered participant had the opportunity to download and customize their own bib to wear for their race, and colouring pages were available for printout as well!

Fun was the focus of this year's race, but with many in difficult situations due to the pandemic, it was also decided to find a way to help those in need. So, all proceeds and donations to the FunRun went to our local Foodbank that supports many in our community.

A huge thanks to all who ran, walked, donated, and helped make this event as successful as it was. And to our FunRun Race Director, Erika Coghill, for making this event possible. We are happy to have kept a little piece of our annual Funfair going for this year. Our aim is to see more people out, and in person, this time next year!



2514, Innes Road
Ottawa, Ontario



Blackburn

Dental Centre Dentaire

Family • Cosmetic • Implants

WELCOME BACK



We truly look forward to seeing you
Please stay safe

www.blackburndental.ca
613-824-3478

Montreal Station brings light rail to our doorstep

by Councillor Laura Dudas

Work is well underway on Montreal Station—the first station to be built as part of LRT Stage 2's expansion east.

Anyone who has travelled past the site of the future station, will have noted the significant work done to date and the large pieces of machinery. Many residents have expressed an interest in learning more about the work taking place.

To provide some context, I have collected answers to commonly asked questions about Montreal Station:

Location of the Station

Montreal Station will be located above Montreal Road within the median of Highway 174. This requires a significant amount of work including two new Highway 174 bridges and a reconfiguration of the interchange ramps along with changes to traffic, utilities and multi-use pathways.

Phase 1 of this work has already been completed, with crews relocating the existing on-ramps. Phase 2 began in April and saw the north-side traffic lanes under the highway overpass closed and south-side lanes repurposed to accommodate traffic. This Phase will continue until Labour Day. During this construction, pedestrians and cyclists are able to use the newly improved multi-use pathway on the south side of Montreal Road.

Flyover Rail Bridge

In addition to the Montreal Station, a new rail bridge will be constructed 800 metres east of the Highway 174 Blair Road Interchange, just east of the existing bus rapid transit (BRT) bridge. The East Flyover Rail Bridge will bring the Confederation Line East from the north side of the highway into the Highway 174 median, where it will remain until reaching the terminus station at Trim Road.

Construction for the East Flyover Bridge will begin later this summer. To allow for the construction, Highway 174 lanes between Blair Station and Montreal Road will be temporarily shifted.

Blair Road Widening

Another exciting project that will be coming soon is the widening of Blair Road. This project will widen Blair Road from Innes Road to Meadowbrook Road to allow for Transit Priority (peak period or bus-only lanes) and/or High Occupancy Vehicle lanes, as well as addressing cycling and pedestrian links to Blair Station.

Public Engagement Opportunities

The intention is for the City to hold an Open House later this year to provide information regarding the Blair Road widening including:

- Recommended design for Blair Road from Innes Road to Blair LRT Station.
- Recommended cross-sections including provisions for accessibility, pedestrians and cyclists.
- Potential ramp modifications at the Ottawa Road 174 interchange.
- Opportunities for input into the study process.

How this public engagement opportunity will unfold, either virtually or in-person, is currently uncertain, but I will share an update as soon as a decision has been made.

Next Steps and More Information

Montreal Station will truly be the gateway into the east end, and I wish to thank members of the community, including representatives from the cycling and accessibility community, for participating in past City consultations.

For more information on Montreal Station and Stage 2 LRT, you can visit www.Ottawa.ca/Stage2.

Hôpital Vétérinaire
du Hamlet



The Hamlet
Veterinary Hospital

Dr Bernard Vincelette, DMV & Dr Annie Séguin, DMV

COVID-19



At The Hamlet Veterinary Hospital, we are taking preventive measures to ensure everyone safety in this difficult time. Our goal is to continue to offer the care your pets need and be available to get your pet's medications and food as long as we can.

To help us continue to serve pets in need, we ask that clients that have respiratory signs, who have traveled internationally in the past 14 days or had exposure to COVID-19 inform our staff and not come in our hospital.

We have increased the frequency of hospital cleaning and disinfecting to help ensure everyone safety.

If your pet is having a medical emergency, please call ahead and inform our staff that you are at-risk or positive for COVID-19. We may be able to receive your pet through a family member or friend who has not been exposed to you, or receive your pet directly from a vehicle.

Please note, our hospital will notify clients by phone or e-mail if the hospital has to reschedule appointments. The situation is constantly evolving and our hours of operation might change with very short notice. We appreciate your understanding in this crisis.

While in the hospital, please maintain a distance of 1-2 meter of space between you and other people and pets (whenever possible). Limiting the number of people who accompany each pet to the hospital is also recommended.

We understand and share your concerns about COVID-19. Please rest assured we are monitoring the situation closely and the safety of our staff, patients and clients are our priority.

FULL SERVICE COMPANION HOSPITAL

Including surgery, dentistry, emergency and medical consultation

Open 6 days a week: Monday – Thursday 8am-7pm; Friday 8am-6pm; Saturday 9am-noon

2592 Innes Road in Blackburn Hamlet (between T/D Bank & Blackburn Arms Pub)

Tel: 613 837 PETS (613 837-7387)

Visit us at www.thehamletveterinaryhospital.ca or on Facebook

Blackburn cheers on graduating students

by Nina Ryan

The 13th of June marked a very special celebration for the community, as residents came together to celebrate our graduating students of all ages.

Due to the pandemic, students were not able to participate in the usual leaving ceremonies at this time of year. So, we used the idea of a neighbourhood walk as a creative alternative to bring people together in celebration of this special milestone. Participating families submitted their streets, and a route was created through Blackburn Hamlet passing by all the graduates at their homes.

As a special last-minute addition, we were able to secure an LED Trailer from UTG Digital Media, which drove along our route displaying some photos of graduating students in our community, followed by a special message submitted by their families. Many followed behind the trailer in their



cars, honking and cheering. It was an incredibly touching, emotional moment to be a part of. A big thank you to everyone who helped make this happen.

The Blackburn Community Association would like to take this opportunity to congratulate all the graduating students in our community; wishing you continued success in secondary school, post-secondary studies, or the world of work.

“Go confidently in the direction of your dreams. Live the life you have imagined.”

—Henry David Thoreau

Blackburn Hamlet • Chateaufneuf • Bradley Estates • Orléans • Notre-Dame-des-Champs

Laura Dudas

Councillor Innes Ward

Laura.Dudas@Ottawa.ca
613-580-2472

LauraDudas.ca



Orléans Village • Chapel Hill South • Trailsedge • Chapel Hill North



Pharmacie
BLACKBURN
Pharmacy

Rx PharmaChoice

*Advice
for Life*

**EVERY DAY
LOW PRICES!**

**10% SENIOR'S
DISCOUNT**

NEW HOURS

*Monday to Friday 9 am to 6 pm
Saturday 10 am to 3 pm
Sunday closed*

WE OFFER:

- ✓ Personal Medication Reviews (Meds Check)
- ✓ FREE Blood Glucose Tests
- ✓ FREE Blood Pressure Monitoring
- ✓ FREE Prescription Pick-up/Delivery
- ✓ ALL Drug Plans Honoured
- ✓ Canes, Walkers, Etc. (Rent and Sell)
- ✓ Bilingual Service



2575 Innes Road, Ottawa, ON K1B 3K1
Corner of Innes Road and Southpark Drive



Serving the Blackburn Community since 1992

613-830-1212

pch589@pharmachoice.com

Lou Frangian
Pharmacist/Owner

Business Owners: How are you doing?

If you are a business located in Blackburn or you live in Blackburn but your business serves Blackburn residents, you are invited to comment on the **Blackburn Hamlet Community Association—BCA**, our official **BCA Facebook page** and let the community know the status of your business.

- Are you open or closed?
- If not, when will you be reopening and what details would you like the community to know.
- Hours?
- Online or phone orders?
- Curbside pickup, delivery or in-store shopping?
- Give a description your business
- Any other information you would like the community to know?

Note that this post is separate from the weekly post that a business can do every Thursday for promotional purposes.



There is also a photo album called "Business Directory". Each business is permitted to have one photo in this album as well as a description. This is permanent "listing" that can be accessed by group members any day of the week. The comments section can be used for interaction and businesses can post additional photos as comments.

Please support local businesses as best you can!

Let our expertise guide you!
For best results, call the LB Home Team!



LB HOME.ca

107-250 Centrum Blvd.
Ottawa, ON K1E 3J1
613.830.3350

Lysanne Brault, Broker

Dan Mayer, Sales Representative

THE BOARD OF EXCELLENCE
LIFETIME ACHIEVEMENT

EMERALD AWARD
2013

RELO PRO

service bilingue

DIRECTOR'S PLATINUM AWARD 2019

Listing and selling properties in Blackburn Hamlet.
COVID-19 conditions applied. Call us today!

PERFORMANCE REALTY
BROKERAGE, INDEPENDENTLY OWNED AND OPERATED

ROYAL LEPAGE

Gardens open with extra health and safety rules

Community welcome on main paths but show some respect!

by Steven Vesely

Summer is upon us and gardeners everywhere have got their hands dirty this planting season.

In Blackburn Hamlet, the Gloucester Allotment Garden Association (GAGA) administers the largest community garden in the city comprised of almost 400 plots in two locations—on the NCC lands behind Orient Park Drive and at the roundabout near Anderson Road—and our gardens are sprouting life once again.

This year's season was almost cancelled due to the COVID-19 pandemic and the province deeming gardening a non-essential activity this spring. Those restrictions were eased in time to allow the season to commence on schedule although all gardeners were required to agree to abide by extra public safety rules governing their conduct in the gardens this year.

As a community garden, the terrain is on open land and accessible to all local residents for walks, dog walking, cycling and even the local fair running race which normally winds its way through the plots as part of its course. This year the plots themselves are specifically off limits to all non gardeners and

signage has been placed in the gardens reminding the community to limit themselves to the roads only. Roads good. Plots bad.

The majority of our gardeners are local residents and happy to share this space while striving to grow something local for their dinner plates.

However, five specific complaints are made every year to the GAGA board:

- 1) **Dogs off leash.** Please keep your dog on a leash when walking through the gardens. It is the law. And there's nothing more hurtful to a gardener who has spent many hours nurturing a plant than an off leash dog that tramples a plant just beginning to sprout or tears off a nearly ripened vegetable.
- 2) **Pick up after your pet.** While all gardeners are generally appreciative of manure—your dogs droppings are not welcome.
- 3) **Litter.** The gardens are not a dumping ground yet many in the community treat the area as a garbage site and particularly abuse the compost area for garbage. Please put your garbage where it belongs.
- 4) **Dust.** Do you drive around the gardens? Please respect the posted speed limit of 20km/h to avoid kicking up dust which settles on all plots located near a gravel road.



Photo by Steven Vesely

5) **Theft.**

All gardeners look forward to harvesting their hard earned labour. If you didn't plant it—you shouldn't be taking it. Not all gardeners are able to come to their plots daily. Just because something looks ripe and has been for days does not mean it's free food available to all. Please respect the work that went into producing it and leave it for the registered plot owner.

If you want that tomato so badly—consider registering for a plot yourself!

All plots are currently full but we do have a waiting list anyone can join.

Join us at: gaga.ncf.ca and click on the waiting list button or get more information by email at: gaga@ncf.ca.

Profile: Kelley Raab, MDiv, RP

Kelley is a psychotherapist, teacher, and writer. After her initial training in psychotherapy in Chicago, she chose to pursue a Ph.D. in religious studies in Ottawa. This educational path led to a fourteen-year university teaching career.

Over sixteen years ago, she decided to obtain additional training in psychotherapy and to make a career shift to mental health.

She worked at the Royal Ottawa Mental Health Centre from 2005 until December 2019.

Change is the one constant in life, and creative change, Kelley believes, is possible. Her work at the Royal Ottawa Mental Health Centre has shown her that while we may have certain predispositions—such anxiety, depression, addictive tendencies, or extreme sensitivities—there is much we can do to take care of ourselves

and to lessen their potential negative effects. In the end, we want to know we have lived authentically. We want to live with purpose and meaning.

Kelley is available to help you bring more balance, authenticity, and joy into your life. She is very comfortable exploring spirituality and questions of meaning and purpose. She can also assist if you suffer from depression, anxiety, stress, self-esteem-issues, difficulty coping with loss, and other issues.

Kelley is available to see clients in Blackburn Hamlet on Mondays in her office located at #206-110 Bearbrook Road. Phone and virtual sessions are also available. Appointments can be made by calling 613-909-4709 or by emailing Kelley at KelleyRaab@icloud.com. Her website can be found at www.KelleyRaab.ca.

...we want to know we have lived authentically. We want to live with purpose and meaning.

The most common words heard in a chiropractic clinic:

“I thought it would go away.”

Chiropractor: Denis Cyr, M.Sc., D.C.

Registered Massage Therapists:

Cindy Rivard, Laurie Suggitt, Kate Seldenthuis

Blackburn Hamlet Chiropractic Office

110 Bearbrook Road • 613-837-6690

Blackburn Hamlet Psychotherapist

**Kelley Raab, MDiv, RP
Registered Psychotherapist**

Helping you bring more balance, authenticity, and joy into your life, especially if you suffer from:



Depression
Anxiety
Stress
Self-esteem issues
Coping with Loss
Lack of Meaning

www.kelleyraab.ca
KelleyRaab@icloud.com

613-909-4709

Insurance receipts provided

206 – 110 Bearbrook Road
Blackburn Hamlet, ON K1B 5R2

Check out what is happening at Just Food

by Moe Garahan

Just Food is a non-profit, region-wide, community-based organization that has its head office at one of their projects— the Just Food Farm, a demonstration and training farm on the west side of Blackburn Hamlet. They have been very busy as an essential food workplace responding to the food insecurity during COVID-19.

Their projects include:

- Leading work to open community gardens and farmers' markets as essential food services across Ontario.
- Supporting the opening of over 100 community gardens in Ottawa.
- Pivoting the Ottawa Farm School to an online program with Ottawa Carleton District School Board and Good Food at Your Doorstep, delivering seeds, containers and soil to 1,200 kids across Ottawa, along with videos and handbooks



Hundreds of bags of soil at Just Food waiting to be distributed to kids for gardening.

- Partnering with City of Ottawa to get free home garden kits to another 3,000 families who are living with lower incomes or who have lost work during COVID19
- Growing food for distribution to community food access agencies in new Plant-a-row, Donate-a-row gardens across the farm— including bean, 1,000 sweet potato plants, and 1,000 potato plants. (If you are interested in helping to take care of these gardens over the summer, please contact info@justfood.ca)

N.B. New signs have been posted to guide you on the farm site — to help all visitors to safely share the 150-acre community farm with the volunteers, residents and the farmers who are producing food. Farmed food can be purchased online all year with on-farm pick-ups Sundays.

Moe Garahan is the Executive Director of Just Food, Ottawa, ON. 613-600-7636

Just Food Farm Stand

Local, Organic, Farm Fresh Eggs, Meat, Maple Syrup, Vegetables, Herbs, Honey and Preserves

Try our new online ordering system!

<https://justfoodfarmstand.com>

Pick-up Sundays 11 a.m. to 12 p.m.
(Summer hours coming in July)

Beside the Big Red Barn at
the Just Food Farm!



 [facebook/justfoodfarmstand](https://facebook.com/justfoodfarmstand)

My green thumb came only as a result of the mistakes I made while learning to see things from the plant's point of view. ~H. Fred Dale

New Community Band

The Beacon Community Concert Band will be starting up in September 2020. Rehearsals will be every Wednesday at Lester B. Pearson High School in Beacon Hill from 7:00 to 9:00 p.m. We are looking for talented amateur musicians who want to play in a relaxed, fun atmosphere. If you are interested please send all inquiries to TheBeaconBand@gmail.com. Registration is open until the end of April. You can also find us on Facebook, The Beacon Band.



More Blackburn Hamlet Graduates

Behind every favourite song, there is an untold story.

Ever been at HomeSense, IKEA, Costco, etc. and REALLY wanted to purchase an item but simply didn't have the space in your vehicle?

fetch.it.

We deliver happiness

Have you ever wanted to buy/sell something on Kijiji or MarketPlace but had no way of delivering it?

Go Fetch It is an on-demand moving service that can have a driver at your location within an hour!

With Go Fetch It, you are able to easily get your small items moved from point A to point B!

It works just like Uber... but for micro-moves!

Go to GoFetchit.ca and book NOW

**Cole Maisonneuve, Regional Manager | Ottawa
613-853-1342**



Download our Mobile App—**My Mortgage Toolbox**

Or visit www.OttawaDLC.com to download

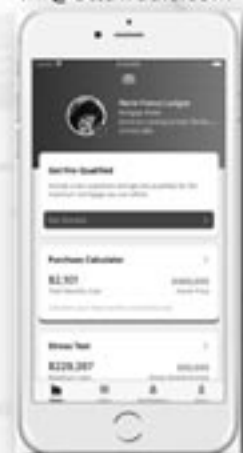
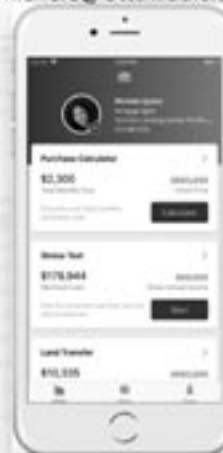


What can you do with my app:

- Calculate your total cost of owing a home
- Estimate the minimum down payment you need
- Calculate Land Transfer taxes and the available rebates
- Calculate the maximum loan you can borrow
- Stress test your mortgage
- Estimate your Closing costs
- Compare your options side by side
- Email Summary reports in PDF
- Use my app in English, French, Spanish, Hindi and Chinese

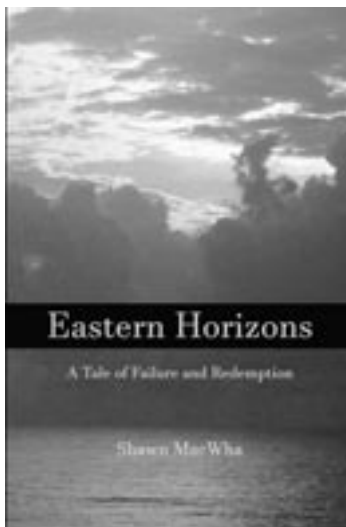
Michele Quinn
Mortgage Agent
613-834-6888 ext 212
michele@ottawadlc.com

Marie France Lavigne
Mortgage Broker
613-834-6888 ext 211
mf@ottawadlc.com



Local writer publishes novel

Earlier this spring Blackburn resident and frequent BANAR contributor Shawn MacWha published his first novel, entitled "Eastern Horizons." Beautifully set high in the mountains of British Columbia, in the boardrooms of Ottawa, and on the rugged shores of northern Newfoundland, this book explores the limits of our individual and collective compassion. The story revolves around the reactions of Canada, two naval officers and a family of Malaysian refugees to a terrible war in Asia. When millions of people seek shelter in Canada at a time of environmental and economic collapse each of the characters in the book suffers from crushing moral failures. But as the gravity of their crimes is revealed each actor seeks a path to



forgiveness and redemption. The author's grasp of history and geography is impressive, and he uses this knowledge to take the reader on a fast-paced and fascinating journey which is, at the same time, both horrifying and deeply comforting. This is a timely novel and reminds us that only through acts of inclusion and respect can we be the people, and country, that we were truly meant to be.

Eastern Horizons is available now on Amazon.ca and Shawn will be promoting it around our community as circumstances return to normal. For further information you can contact him directly at easternhorizonscanada@gmail.com.



Grassroots Property Maintenance

Yard cleanups

Aeration

Dethatching

Mulch

Fertilizer

Hedge trimming

Sod and re-sodding

Gardens

Soil

Seed

River rock

Junk removal

613-898-5296

WWW.GRASSROOTSYARDWORK.COM

Busy Fingers active in Blackburn Hamlet

by Eileen McCaughey, Founder and Coordinator of the Busy Fingers

Thank you to the residents of the Bearbrook Retirement Residence for organizing a wool drive for the Busy Fingers, a group of volunteers who knit and crochet items for charity.

The Busy Fingers have been working for ten years, using donated wool to make hundreds of items that have benefited the community.

The Busy Fingers was featured a couple of times on Regional Contact, a local CTV production. You can easily find it on the internet to see what our organization is all about—google “busy fingers seniors”.

In the spirit of giving, thank you to the extended Bearbrook community of family and friends for answering the call for wool and collecting so much of it. Your donations will be turned into various items that will bring warmth to many recipients in the various charities where we distribute knitted goods. Not only will they feel the warmth of the wool itself, they will also find comfort in knowing that someone actually gave their time to make them something—something just for them.

Twenty-nine different groups have benefited in this past

year. Without your wool and the generosity of other donations, we could not answer

to the demand of those who need it most.



VIE ESTHETIC STUDIO

HYDRAFACIALS ~ FACIALS ~ PEELS ~ SKIN CARE
~ WAXING ~ TINTING ~ LASH LIFTS

613 724 1311
2374 RONDEL ST
OTTAWA ON
K1B 4M2

VIEESTHETICSTUDIO@GMAIL.COM
VIEESTHETICSTUDIO.CA
FOLLOW ON  



BLACKBURN BARBERSHOP

Try us once and you'll become a regular customer!

MEN'S SENIOR SPECIAL DAYS
Monday to Wednesday

SPECIALIZING IN WOMEN'S HAIRCUTS
Starting at \$24

Open 6 days a week: Mon–Fri 9 am to 7 pm • Saturday 8 am to 6 pm

BLACKBURN SHOPPES: 2666 B INNES ROAD (BESIDE BANK OF MONTREAL)
By appointment / Accept walk-ins ☎ CALL 830-9584



ELECTRICIAN
SEMI-RETIRED MASTER ELECTRICIAN

Semi-retired master electrician now taking small jobs other contractors don't have time for. All types of residential repairs and installations. Switches, lights, plugs, kitchen and basement renovations, and breaker panel upgrades. Reasonable rates. Fully insured. ESA contractor #7006432.

CALL 613-612-3368 AND ASK FOR JEFF

Tips for getting and staying active in the Hamlet

by Noel Paine

The pandemic has created a unique opportunity for many to get outside and get active. Getting outside safely and staying apart from others can provide a physical and mental benefit during this period of uncertainty.

A walk, a run, or biking, can be done alone or as a family and is a way to get exercise, relieve stress, get the kids away from the video games for a few minutes or simply explore a bit of Blackburn Hamlet.

- GET ADVICE from your doctor or consider any medical conditions
- START SLOWLY and do less than you think you can
- WALK BEFORE YOU RUN or start with a small bike ride before a long one
- START A ROUTINE that suits your situation and you can maintain

- START A JOURNAL to track your progress and for notes about the day

With an hour walk to start your day you could cover up to 5-kilometres and earn half of the 10,000 steps recommended for a healthy, active lifestyle. Explore the Forest Valley Trails across from the Fire Station, walk or bike along the NCC pathway that starts at the end of Tauvette Street, take a tour of the public gardens, stroll through the Just Food Farm trails or simply walk the streets, sidewalks and paths in the Hamlet and find the many painted rocks that now hide waiting to be found. When at home, turn a juice or milk bottle with a handle in a weight with water or and get a workout in. Be creative and keep things fun. Use local resources like local bike guru Dave Garand to repair your bike or for biking advice.



Noel and Nina enjoying a run.

Also remember to give your body an easy or day off. Drink more to stay hydrated!

You will find Noel Paine running or racewalking around the Hamlet, on Twitter@NoelPaine or nopainenogainblog.wordpress.com for more information.



La Pierre
LAW OFFICE
PROFESSIONAL CORPORATION

www.lapierrelaw.ca



Michelle LaPierre B.A., LL.B.
mlapierre@lapierrelaw.ca

Cecelia Perdigao B.A., LL.B.
cperdigao@lapierrelaw.ca

Alyson Zigayer B.Sc.Soc., J.D.
azigayer@lapierrelaw.ca

Real Estate
Wills & Estates
Business Law
Family Law

T (613) 830-1112 2663 Innes Road, Ottawa, ON K1B 3J7 F (613) 830-7998

Rothwell United Church

Join us Sundays at 10:30 for our online weekly service that streams at 10:30 am and is available throughout the week on Youtube.

Go to www.rchurch.ca and click on the link. You are also welcome to join us for coffee hour that follows on Zoom.

www.Rchurch.ca or
www.RothwellUnitedChurch.ca

The Dapo Agoro Foundation for Peace

After careful consideration of our current reality with COVID-19 and in line with the City of Ottawa's restrictions. The Dapo Agoro Foundation would like to share that we are cancelling this year's Annual Dapo Fun Day. Thank you for your continued support and we will see the 3rd Saturday of August next year.

Enforcement of on-street parking limits resumes

Starting Monday, June 29, the City will resume the enforcement of parking in excess of posted time limits, including 15-minute, one-hour, two-hour, three-hour and six-hour zones.

Initially, parking control officers will issue warning notices to vehicles that are parked longer than the posted time limit. Officers will begin to issue tickets on Monday, July 6.

Until further notice, parking control officers will not enforce overtime parking on streets without signs.

Parking enforcement ensures safety, traffic flow, emergency vehicle access and parking space availability as services begin to reopen and normal traffic patterns resume.

All other parking restrictions remain in effect, including no-stopping zones, no-parking zones, fire routes, accessible parking spaces and rules around sidewalks, driveways and fire hydrants. Parking restrictions continue to be enforced in areas with Pay and Display machines.



Be you and make certain that your style reflects that!

THE WHOLESALE OUTLET
 1877 INNES ROAD
 613-748-6605
 MON-SAT 10-5
Ladies fine clothing and fashion accessories



Ottawa
Blackburn Hamlet Community Summer Camps!
 (Ages 6-12 & 7-13)
 Vet Camp
 Chef Adventure
 Water World
 French Connection
 Swim Explorer
 Animal Planet
 And many more ...



Register Today!
 Online at <https://ottawa.ca/en/recreation-and-parks> or in person at the Bob MacQuarrie Recreation Complex-Orléans
 Contact: Priscilla Lecompte at Priscilla.Lecompte@ottawa.ca or 613-580-9600 ext 32776

Emily Carr Middle School
 2681 Inner Road
Camps offered weekly from June 29th to August 28th, 2020
 Blackburn Hamlet Community Hall
 110 Glen park drive

Go online for Blackburn Library's Updates

Welcome back! We are very pleased to reopen the library to the public as of June 8 at the Cumberland branch, at 1599 10th Line Rd. for curbside pickup and returns. Holds pickup will start on June 15. We are looking forward to seeing you. Please see the website for details.

<https://bibliottawalibrary.ca/en>

Bon retour à la bibliothèque! Ça nous fait plaisir de vous accueillir à la succursale de Cumberland, situé au 1599, 10e ligne à partir du 8 juin pour le service de retour en bordure de rue. La collecte d'articles réservés commencera le 15 juin, sur rendez-vous. Nous vous attendons avec plaisir. Consultez le site web pour plus d'information. <https://bibliottawalibrary.ca/fr>

Online for Adults / En ligne pour les adultes

We are presently offering all sorts of online activities for adults in our Isolation Recreation webpage. Come and see the virtual shows, take a virtual trip, make something, read something, study at home or watch a movie! There is something for everyone.

<https://bibliottawalibrary.ca/en/isolation-recreation>

Indigenous History Month E-Read

Crow Winter by Karen McBride has been chosen as the virtual book club title for the Indigenous History Month E-Read. Unlimited downloads available. No waiting!

<https://bibliottawalibrary.ca/en/blogs/announcing-our-indigenous-history-month-eread>

Online for Kids / En ligne pour les enfants

Keep the kids busy with our online activities: stay active, make something, learn something, read a book or watch a movie on the library website. Come and explore!

<https://bibliottawalibrary.ca/en/isolation-recreation-for-kids>

Babytime and Storytime are Online

Zoom into our online programs for kids with Babytime and Storytime in French and English. Drop-in, no registration required.

https://bibliottawalibrary.ca/en/program?f%5B0%5D=field_series_1%3A46735

Curbside Pickup / Collecte d'articles de bibliothèque en bordure de rue

Please find instructions on our website:

<https://bibliottawalibrary.ca/en/blogs/managing-your-holds-curbside-holds-pickup>

S.V.P. consultez notre site web pour obtenir des directives :

<https://bibliottawalibrary.ca/fr/blogs/gestion-des-demandes-collecte-des-articles-en-bordure-de-rue>

Go to www.BlackburnHamlet.ca to access links.



**WHO SAYS YOUR
LOCAL CAN'T BE
A BREWERY?**

**12 TAPS, FULL SNACK MENU,
AND BEER TO GO. ALL MINUTES
FROM YOUR DOOR.**

**11AM - 9PM, 7 DAYS / WEEK
15-5510 CANOTEK RD, OTTAWA, ON K1J 9J4**

Market Gardeners

by Grace Johnston

Much of the produce on Ottawa's Byward Market before World War II came from the gardeners on Ottawa's east side. On early summer mornings, long before daybreak, horses, wagons and a few trucks would wind their way to their market stands on George, York and William Streets. Along the sometime dirt roads, Cyrville, Montreal, Innes, Renaud and Dolman Ride came the same gardeners with unvarying regularity every market day—Tuesday, Thursday and Saturday.

Each had their own place, verified by a permit, where filled wagons were placed and then horses stabled not far away. Each seemed to have their own produce specialty, whether it was bundles of carrots, onions, radishes, heads of cabbage, cauliflower, lettuce, or corn, strawberries, flowers, etc. Regular customers and/or an early eager fruit and vegetable dealer in immediate need of special produce would make the load disappear. Those were the days of large-size turnips, carrots and potatoes as they were preferred for storage in root-houses in the fall and for logging camp kitchens.

From Blackburn Hamlet, then Blackburn Corners, about five gardeners took produce to the Ottawa market—Beaudet, Budd, Cardinale, Cleroux (Omer) and Courturier. Of these, only the Budd family is still in the gardening business.

At one period the five gardeners were situated on properties Lot 11, Concession 2, Ottawa Front (Innes Road north to Montreal Road and from the Innes Road from the corner of Innes and Cleroux east to where the chain-link fence ends. In 1942 the land was expropriated by the Department of National Defence for a Proving Ground.

Peter Budd, the patriarch of the Budd family then bought land from Lawrence Scharf at 3832 Innes Road and commenced a farming/market gardening venture. When returning to the old



Photo of Isabelle and Mike Budd on the Byward Market

property to harvest the strawberry crop the following year the sons were amused, not terrified, by Army MPs with rifles saying it was in their power to arrest anyone on that property. However, permission had been given to pick the berries so all was clear! Of Peter's five sons, Michael was the only one to remain on the newly acquired land, some of which is now NCC acreage. The next generation, sons Donald and David took over the gardening tradition in specializing in perennial flower plants.

Amusing anecdotes come quickly when talking about market-stand business but the favourite has to be of the Byward Market customer who when buying sweet corn always picked the short cobs rather than the full long ones. After weeks of mystification, Isabelle asked the customer "why do you always choose the short cobs?" Her answer was that her only saucepan was a small pot.



**Helena's
Tailoring &
Alterations**
(Blackburn Hamlet)

Custom Fit Tailoring & Alterations
Bridal & Prom Alterations
Drapery & Curtains
Custom Bedding & Cushion Covers
(20+ years experienced seamstress)

Please call for appointment
Tel : (613) 406 - 3969
E-mail: helena.tailoring@gmail.com
Open 6 days a week :
Mon-Fri 9:30-6:30, Sat 9:30-2:00

Blackburn is Beautiful Nature Photo Contest Closes June 30th

by Lynn Lefevre

Thanks to funding through the 2020 TD Park People Grants program, the BCA Environment Committee is holding a Nature Photo Contest between June 1 to 30. This contest aims to help connect Blackburn residents with nature while showing off their photography skills! This photo contest will give residents the opportunity to showcase the wonderful flora and fauna, and the parks and green spaces that make Blackburn Beautiful!

One winner will be selected from each of the four categories. Please read the contest rules below.

Rules:

1. Photos must be submitted on Facebook, Twitter, or by email.
 - a. Facebook: Share photos to the Blackburn Hamlet Community Association Facebook page and use the hashtag #BlackburnIsBeautiful
 - b. Twitter: Be sure to tag the Blackburn Hamlet Twitter account @BlackburnOttawa and use the hashtag #BlackburnIsBeautiful
 - c. Email: Send photos to enviro@blackburnhamlet.ca and include "Photo Contest" in the subject line of the email.

2. Photos must be of nature (e.g., plants, wildlife), and taken in Blackburn Hamlet or surrounding area.
3. Please include a caption to explain the photo. For example, what is in the photo or why you chose to capture this photo
4. By submitting the photo, you are giving the BCA permission to share the photo, either on social media, via email, on the BCA website, or in the BANAR.
5. To protect privacy please do not include people or buildings. Photos that include people who are not identifiable (e.g., photo does not include faces) will be accepted.
6. All photos will be entered to win a prize. Winners will be contacted by the method of submission. One winner will be selected from each of the four categories (i.e., Wildlife, Flowers, Trees, and Other).

Categories:

1. Wildlife: Have you captured a photo of a really cool bird or butterfly? Or perhaps you've caught that pesky raccoon sneaking into your backyard composter.
2. Flowers: Have you spotted any cool wildflowers, like a trillium smiling up at you on a trail? Or maybe you've got a green thumb and you'd like to show off your garden.
3. Trees: Blackburn has a lot of unique and beautiful trees – show us your favorites!
4. Other: Do you have a favorite trail nearby? Or is your community garden plot growing like crazy? We'd love to see other pictures of the nature in Blackburn.



Daiva Hair Salon
Family Hair Stylist
20 years European Experience
Please text for appointment: 613-915-2596
Blackburn Hamlet

Nature, time and patience are the three great physicians. Chinese proverb.



Blackburn Physiotherapy & Sports Injury Clinic

Well-equipped facility with highly trained professionals delivering patient centered one-on-one care.



613 834 1673

Regain quality of life through our expertise & experience

Thank you for your continued trust and support! We couldn't have done it without you!
Merci!

New/Nouveaux Patients Bienvenue/Welcome
You will be seen within 24 hrs

BUDD GARDENS PERENNIALS

Closed to the public
Online curbside service

www.buddgardens.com

Bunning & Farnand LLP

Barristers, Solicitors, Notaries

Located in Blackburn Hamlet since 1982

- Real Estate (residential & commercial)
 - Wills • Estates
- Corporate Law • Business Law
- Family Law (uncontested) • Slip and Falls

bunningfarnand@rogers.com

T 613.824.0000 F 613.824.9164

#204-110 Bearbrook Road, Ottawa, ON K1B 5R2

www.BunningFarnand.com

37 years in Blackburn Hamlet!

Jan's Workout

Cardio • Pilates
Strength Training
Yoga Stretch

All classes held at the
Blackburn Community Hall



Registration is ongoing

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

For information, contact Jan Quinn 613-794-9858

www.jansworkout.ca

Blackburn Hamlet Massage Therapy



Ease your pain.
Reduce your stress.
Learn to relax.

- Registered massage therapists
- Thai hot stem massage
- Hot stone massage

Gift certificates for all occasions
Covered by Insurance & Extended Health Plans

2575 Innes Road, Suite # 8 • 613-841-2382



QUEENSWOOD STABLES

- English horseback riding lessons
- Horse boarding
- March-break & summer daycamps

Call: (613) 835 2085 • Email: qws@queenswoodstables.com

Life-Threatening Emergency or Crime-in-Progress

9-1-1

Police Emergencies but Not Life-Threatening

(613)230-6211

Ottawa Police Non-Emergency Reporting Line

(613)236-1222



(613) 841-6715

J & S SERVICE STATION

Licensed Mechanic, Tune-Up & Repairs
Tires, Batteries & Accessories

2506 Innes Rd.
Blackburn Hamlet, Ont.
K1B 3J9

Prop.: Jeff Bussière
Stéphane Crête

JOE'S
AUTO REPAIR &
CAR SALES



Joe Kaadi

2526 Innes Road
Ottawa, Ontario
K1B 3J9

SERVICING ALL MAKES & MODELS
SPECIALIZING IN EUROPEAN CARS

(613) 824-6550



LesLor

Renovations & Handyman Services
EXPERIENCED • PROFESSIONAL • COURTEOUS

Les Nalezinski

Jobs Big and Small

(Blackburn Hamlet Resident) Tel: 613-824-3932
nalezinsle@rogers.com Cell: 613-799-6478

Gintas Renovation

613-286-1676

gintasrenovation@live.com

www.gintasrenovation.com

facebook.com/gintasrenovation

Bathroom Expert

J.A.N. PLUMBING^{INC}

Residential & Commercial

Joseph A. Nehme

2551 Gravelle Cres.
Gloucester, ON
K1B 3A4

Tel: 613-834-7007
Cell: 613-720-9392
janplumbing@sympatico.ca



Mark A. Routhier Renovation & Repair

Seeking new clients to add to our long-term Client Roster
We do everything from small home repairs to larger renos

For more info please visit: marrenovation.ca

613-265-5760 • mark@marrenovation.ca

Blackburn Hamlet Resident

~ Specialist in Bathroom Makeovers ~

RICHARD CLANCY

30+ Years Home Improvement Experience

Bathrooms • Carpentry
Finishing Specialist • Tile
Drywall • Taping • Doors & Trim
Renovate • Repair • Insured
Home Inspection Certificate

rickclancyar@yahoo.ca • (613) 799-6309

SHARKEY RENOVATIONS

FULLY INSURED / FULLY LICENSED
25 YEARS IN BUSINESS

Blackburn Hamlet residents
Cell: 613-282-2576 John Sharkey
Cell: 613-875-9959 Jamie Sharkey
Fax: 613-824-3109
sharkeyrenovations@gmail.com





2600 Innes Road Blackburn Hamlet, ON 613-424-8600 khs.ca



Healthy hearing is healthy living.

CALL US
613-424-8600

- ✓ FREE hearing tests and consultation
- ✓ Service and repairs to all hearing aid makes and models
- ✓ Offering a wide selection of products personalized to your hearing loss and budget

Serving Your Community for **Over 25 Years**

DR. DAVID DANIC & DR. VINH DAO



WELCOMING NEW PATIENTS!

Services Available:

- Implant Surgery
- Oral Surgery
- Laser Technology
- IV SEDATION
- General Dentistry
- Cosmetic Services

We speak English, French and Vietnamese

Offering direct assignment (some conditions apply)

2559 Innes Road
Suite 5, Ottawa, ON
(613) 824-6048

bearbrook
DENTAL CENTRE

**Like us on
Facebook!** 

office@bearbrookdental.ca