

# Blackburn Area News And Reports

# BANAR

Vol. 54 No. 2

November 2020



## 2020 Remembrance Day

*by Councillor Laura Dudas*

As Remembrance Day approaches, I would like to take a moment to recognize the women and men who have bravely served our country and given so much as they protected our nation and the values that we all hold dear. I am saddened that, due to the ongoing pandemic, we will not be able to gather at cenotaphs and memorials around the country to remember our veterans and those who have paid the ultimate sacrifice.

While Remembrance Day will not look the same this year, the National Royal Canadian Legion plans to hold a live-streamed ceremony for those who wish to observe online:

<https://www.legion.ca/remembrance/remembrance-day>.

Recently, Ottawa has launched a new Veterans Task Force. This is a network of partners working to inspire social responsibility, proactive collaboration and support for veterans and their families. The Task Force is co-chaired by Ottawa City Council's own Veterans Liaison Councillor Matthew Luloff and will focus on areas such as: secure housing, second-career opportunities for veterans, and filling gaps in existing government programs, including health care. Veterans Task Force partners are composed of key stakeholder groups, including Veterans Affairs Canada, Military Family Resource Centre – National Capital Region, The Royal Canadian Legion, and many others.

Remembrance Day is a chance for all of us, young and old, to pause to remember those who have served, to give them our thanks and pay our respects. This year, at the eleventh hour of the eleventh day of the eleventh month, while we will not be able to gather as we normally do, we can all still take the time to remember and thank all of those who have served.



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# President's message

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*By Mark Lister*

As we make our way through the fall, we have officially seen every season in the pandemic, and with each changing season we have been faced with new challenges. This fall has been particularly challenging for families and businesses in our community, faced with back-to-school struggles and a second wave that continues to grow and impose new restrictions. Through these challenges our community has shown continued resilience and creative ways to manage seasonal struggles. In this edition we hope to give you some ideas for navigating the late fall and early winter of the pandemic.

Throughout the pandemic we have all sought ways to stay active while in isolation. This seemed easier in the summer months but with Jack Frost creeping in, many have moved inside. If you are looking to stay active indoors this season, check out an online yoga class (*page 8*). If you are still clinging to the outdoors, check out our backyard cleanup list (*page 13*) as you get ready for winter. Once you have closed up, consider some easy entertainment for your backyard: try adding a bird feeder (*page 11*) so the family can start counting all the species of birds in our community (*page 10*).

I congratulate the community on their flexibility in regards to Halloween; this was a difficult holiday for many to miss, but we saw everyone come together and find new ways to celebrate. Our photo contest on page 18 shows some of the creativity seen on display around the neighborhood.

November provides us with the opportunity to honor the sacrifices made to protect and defend this great country. Please see page 1 for current information on marking Remembrance Day 2020.

I could not close this message without personally thanking our long-time editor, Evelyn Budd, as she steps down from the BANAR. Evelyn has managed the BANAR since May, 1997 – over 100 editions, which is no small feat! Her knowledge of our community's history is amazing and her contributions to the BANAR and the BCA will be sorely missed. Best of luck, Evelyn, in your next adventures.

The BANAR team now includes Kendra Brett as our new editor, Patti Moran who handles graphic design and assembly, and Joanne Smith who continues to manage distribution. Thank you all!

If you are interested in submitting an article or looking to advertise your local business in a future BANAR edition, please reach out to Kendra at [banar@blackburnhamlet.ca](mailto:banar@blackburnhamlet.ca).

*Mark Lister, BCA President*

November 2020



Check out the great  
Halloween photos  
on pages 18-19

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## Websites

[www.BlackburnHamlet.ca](http://www.BlackburnHamlet.ca)  
[www.BlackburnFunFair.ca](http://www.BlackburnFunFair.ca)  
[www.BANAR.ca](http://www.BANAR.ca)  
[www.CancerChase.com](http://www.CancerChase.com)



## Facebook

- Blackburn Hamlet Community Association–BCA
- Blackburn Hamlet Community Association



## Twitter

@BlackburnOttawa

## Blackburn Community Association (BCA)

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

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Cancer Chase: Don Kelly	info@cancerchase.com
Community Hall: Auramarina Sawyer	hall@blackburnhamlet.ca banar
BANAR Editor: Kendra Brett	blackburnhamlet.ca 613-265-7661
BANAR Distribution: Joanne Smith	joanneesmith@yahoo.ca

## 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 as well as online at [blackburnhamlet.ca](http://blackburnhamlet.ca)

ARTICLES can be emailed in the body of an e-mail or attached as a Word document. Do not send as a collage. EACH PHOTO MUST BE SENT AS A SINGLE 300 DPI RESOLUTION JPEG.

Please email to Kendra Brett at [banar@blackburnhamlet.ca](mailto:banar@blackburnhamlet.ca)

Call 613-265-7661 if you do not get a confirmation by email that your email has been received.

## Time to renew your BCA Membership!

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

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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!

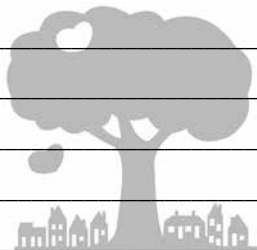
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Sign up for the newsletter today! Go to the BCA website and click on "Keep in touch".

**February BANAR Deadline:  
February 3, 2021**

**BANAR Delivery:  
February 20-23, 2021**

**For BCA updates go to  
BlackburnHamlet.ca**





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## Next BCA Meeting

The next Blackburn Community Association meeting will be held Thur., Nov 19 at 7:30pm. Meetings are held virtually using the Google Meet platform. If you would like to join the meeting, please contact a BCA board member and request to be added to the meeting invitation. Meeting agenda and minutes are available at <http://blackburnhamlet.ca/>


## BCA AGM

The Blackburn Community Association Annual General Meeting will take place in March 2021, date as yet undetermined. This differs from previous years, when the AGM was in January. Due to the pandemic, the AGM will be held virtually, but details have yet to be finalized. Please check the next issue of the BANAR, the BCA website, or the BCA Facebook page in the new year for details.



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# NEIGHBOURHOOD WATCH UPDATE

by Don Kelly

**The Neighborhood Watch** (Watch) project for Blackburn Hamlet is moving forward in a timely manner. The initial response from the community has been good, but more of your support is needed if we are to realize the full potential of the program.

We have now received confirmation from the Ottawa Neighborhood Watch that we can proceed with canvassing (following public health guidelines) on our streets and apartments to have residents become Members of the Watch. What this means is that, while we do not have official status as a Neighborhood Watch, we are

active in the process of getting it registered. We are hopeful to have our official status realized by the end of November.

Our next step is to get a significant percentage of the community signed up as members. Members are important components of the Watch's efficiency because it is the member who is critical in the dissemination of crime and safety information from the Ottawa Police. For a resident to become a Member of the Watch the person must sign the Neighborhood Watch Registration Form and forward it to the Watch Coordinator (safety@blackburnhamlet.ca) who will then register the

resident with the Ottawa Police via our Community Police Officer (Constable Marc Leroux). The registration form can be found on the BCA website and other BCA social platforms. Some streets will have Street Captains who will be contacting residents on their street or at their apartment.

When a street has the required percentage of residents signed up, it will be recognized as a Neighborhood Watch street.

This will allow for the street, via the Watch Coordinator, to request the City of Ottawa for a Neighborhood Watch sign to be installed on that street. The City provides the signs and installs them.

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# Online yoga

When the COVID pandemic struck this spring, many of us felt a sense of loss. The inability to travel, to visit extended family, or even to drop in at the local library all added up to an increase in anxiety and stress. For me, the increase took shape right around my middle, as the local donut shop remained open even while the gym closed.

As a way to relieve that stress, I began practising yoga through classes that I found on the internet. I learned to teach. And soon, others in our community began to join me online. I find yoga incredible because it has helped me with both mental and physical wellness, and with an overall sense of “feeling better.” Fortunately, the benefits of yoga are available for any lifestyle or body type, and thanks to the pandemic, yoga classes can be found online to fit any schedule. Here are three reasons why I believe online yoga is here to stay:

**Yoga helps to loosen up the body.** It’s a gentle exercise that helps with muscle stiffness that can come from a day spent sitting at your desk or in the car. Tension from previous injuries can worsen if left too long without treatment – Yoga helps to maintain flexibility and mobility while you wait out the backlog for your health practitioner. And a good yoga session online can feel like a visit the spa. “I had the best sleep last night that I have had in ages!” declares Jacquie, an Ottawa resident.

**Yoga relieves mental stress.** The mind-body connection that people experience in yoga doesn’t happen by accident. The asanas (poses) that make up the first part of a class are designed to prepare the body for a meditative state. That is why there is a *savasana* or resting pose at the end of a yoga class (and you thought it was naptime!).



Interestingly, the benefits of meditation don’t require you to be an expert yogi. Try asking your quarantine to-do list to rest alongside you on the mat, and allow yourself to fully sense the present moment. “I started the class with a fitful mind and sore body, and finished with calm and physical ease,” says Sharon, a Blackburn resident.

**Yoga builds a community connection.** Online yoga classes are unique because your studio might include a laundry basket, pets sniffing around, or kids walking into the frame. Here in Blackburn I have had the pleasure of hosting two yoga fundraisers, and it is heartwarming to see neighbours gathering together virtually for a cause we all care about. We always chat for a few minutes after the class, and during the closed doors of the pandemic, there is something so lovely about your neighbours “joining” you right in your living room. “That was so much fun! It felt like socializing,” smiles Nina, a Blackburn resident.

Many of Ottawa’s traditional yoga studios and gyms are now offering online classes. I encourage you to try yoga online (even a recording on Youtube) and see what benefits it can bring to you. *Namaste.*

*Carilynn Siemens lives in Blackburn Hamlet and teaches online at Yoga with Carilynn. Some of her favourite memories practising yoga are in Bolivia, on the Pacific Coast, and in the park by the Blackburn Hamlet Community Hall.*

**Tip for new yogis: Do you have tight hips? Squeezing your pelvic floor when you are doing hip openers can help to protect the small muscles found in the hip joint (men, that goes for you too!). So, go ahead and find your triangle pose, but remember to squeeze your hips together and lift your energy upwards for maximum protection of your hip joint.**



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# Participate in the Great Backyard Bird Count

By Lee Stach

## Mark your calendars!

The 2021 Great Backyard Bird Count begins on February 12! This free, global event runs from February 12 to February 15, 2021 and is for all levels of bird enthusiasts – from beginner birders

to experienced ornithologists.

So, how does it work? Participation is easy and can be done from anywhere you like – even the warmth of your home. Simply count birds for a minimum of 15 minutes. Make a note of all the different species you see and for how long you watched. Make an estimate of the number of each bird species you see and where you saw them. Once you've collected your information, enter your data online at [www.birdcount.org](http://www.birdcount.org). It's as easy as that!

In 2020, the Great Backyard Bird Count recorded over 6,900 species and had over 250,000 global participants. The information collected in the count is used by researchers worldwide to assess bird populations, monitor migrations and study the impacts of climate change on bird movements.

Be sure to sign up and join the 2021 count. Not only will it give you the chance to appreciate wildlife in the Hamlet, but it also allows you to be part of creating the largest instantaneous snapshot of global bird populations ever recorded.

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# Bring life and colour to your garden this winter with a bird feeder

By Patrick Phillips

As temperatures fall and plants go dormant, our gardens can still be kept lively by attracting the local bird populations. Many species of birds visit Blackburn in winter and, with a little preparation, you can attract them with feeders and other garden features. It's also a great way to engage young learners as we weather another wave of COVID-19 indoors.

Blackburn is nestled in the NCC Greenbelt, and has a healthy, diverse Boreal bird population. Over autumn and winter, bird feeders and seed attract migratory or elusive species we might not see when the trees and fields are lush. I've had several flocks of migrating song sparrows (Fig.1) visiting my garden since Northern Ontario nights have become increasingly frigid, joining the chickadees at my feeder with millet and other small seeds (Fig. 3). Through my binoculars I've spotted white-breasted nuthatches and thrushes competing with cardinals and blue jays at my sunflower and peanut feeder (Fig. 4). A spectrum of finches have begun to frequent my nyjer seed feeder (Fig. 2) as the finer seeds of autumn grow scarcer. I regularly scatter seed for juncos, who prefer to



Figure 1: Drawing of an eastern song sparrow (*Melospiza melodia*), by the author. Pencil on vellum paper, 8x6".

hop along the ground amid the squirrels and chipmunks. Once snow has covered the ground, I offer suet, which is higher-calorie and attracts other species like waxwings and woodpeckers (Fig 3, sides).

While you don't need to invest in multiple feeders, it's a good idea to research what kinds of birds you'd like to attract, and what feed and seed are most appropriate for those species. The most versatile feeders are tray (Fig. 4) or hopper feeders (Fig 3), which accommodate many different types of seeds, and even fruits and berries.

Also consider the comfort of the birds and your comfort viewing them. Ensure your feeder is close enough to natural shelter so birds feel comfortable enough to stay a while, or have a place nearby to de-stress or carry and eat seeds (some birds, like nuthatches, like to wedge seeds in tree branches to better crack them). Use fallen tree

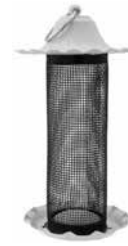


Figure 2: a nyjer seed feeder

Figure 3: a hopper-style feeder with suet cages



Figure 4: a versatile tray feeder.

branches to create a natural bird shelter near your feeder, in the form of a teepee or simulated stand of trees. Thinking ahead to next year, you can plant fruit-bearing trees and shrubs or seed-bearing plants to create a natural winter foraging habitat. Leave seed-bearing flower heads throughout winter, and they'll become natural feeders while adding structural interest to your winter garden.

Backyard bird feeding can bring hours of enjoyment and learning for the family throughout the winter. Consider basing science lessons around what the feeder attracts, or try your hand at some drawing or painting. Even the smallest sparrow is a beautiful thing to watch and try to capture on the page, or even on film with a telephoto camera lens.



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# Your fall home maintenance checklist

By Don Kelly

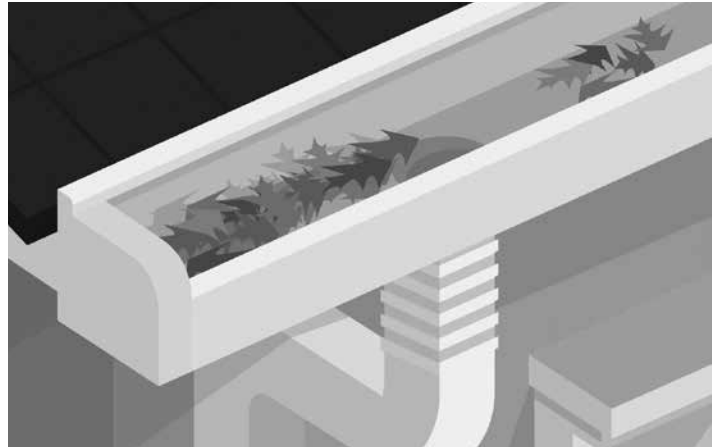
BCA Community Safety

The pumpkin season is upon us, although this year, for most of us, it is health and safety matters that are more on our minds than pumpkin pie. It is also at this time that our thoughts move to the approaching “other” season and the challenges it brings.

Preparing your home for this other season with some simple maintenance tips can save you money or headaches later when repairs are not so easy to do. Remember, it is always a good practice to get professional help with some tasks – taking risks should never be a part of your maintenance plan.

Following is a checklist of some of the things you can do now to make your winter more comfortable:

- Prepare your furnace for winter operations. Your filter should be changed or cleaned on a regular basis. Getting a professional service to look at your furnace is always good investment.
- Prevent water freezing in your piping system by shutting off and draining your outdoor faucets and irrigation hoses. Hoses should be drained and stored.
- Clean out leaves and debris from the gutters and down spouts. Remember to always use safety precautions when using ladders.
- Clean out the fireplace. Perhaps have a professional inspect the chimney – sometimes birds or critters do their nesting there during the warm months.
- Walk around your foundation. Look for cracks in the cement or spaces where critters can enter the home. You may not want these visitors during the winter months.
- Ensure your water drains are in good condition. Water should always flow away from your home.
- Check your doors and windows for drafts. New caulking or weather stripping can save money on your heat bill.
- Test your smoke and carbon monoxide detectors. Ensure that batteries are at full charge.
- REMINDER - In Ontario, you must have a working smoke alarm outside every sleeping area in your home. As of March 1, 2006, you must also have at least one working smoke alarm on every storey that does not contain a sleeping area. It's the law!
- Consider having a fire safety kit and an evacuation plan for your home. The Ottawa Fire Services website provides excellent info on this: <https://ottawa.ca/en/health-and-public-safety/ottawa-fire-services/fire-safety-information>
- Ensure lawn care. The roots of your grass are still growing during the fall season, so to keep your lawn healthy over the winter months, fertilize before the frost.



**Clean out leaves and debris from the gutters and down spouts. Remember to always use safety precautions when using ladders.**



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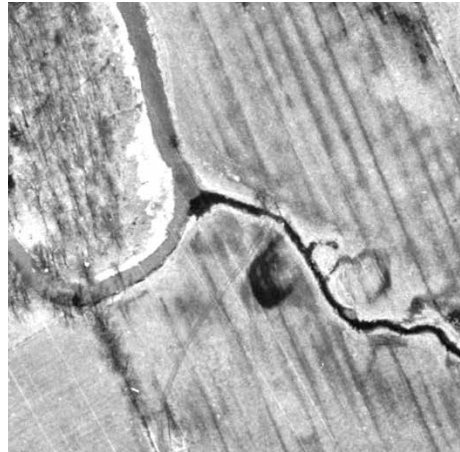
# A history of Green's Creek in four parts

by Shawn MacWha.

## **Part 1: The Creek and Its Early Inhabitants.**

Almost everyone in Blackburn Hamlet has some sort of relationship with Green's Creek. Many people cross over it on their way to and from downtown while others hike, run, sled and ski along its beautiful valley. While most of us realize how lucky we are to have such a lovely green space near our homes, few understand the rich history and geography of this little waterway.

The creek was formed approximately 10,000 years ago at the end of the Wisconsin Glacial Period and the retreat of the Champlain Sea from the Ottawa Valley. Currently, it starts at the confluence of Borthwick and Ramsey Creeks, just west of the Walkley Road off-ramp from Highway 417, and flows 13.4 kilometres to the Ottawa River. From the meeting of the two main tributaries, Borthwick Creek runs eastward for about four kilometres, while Ramsey Creek proceeds southward for approximately 10 kilometres. Together these three creeks, and a few smaller streams including Black, Mud and McEwan Creeks, drain approximately 53 square kilometres – an area larger than the four smallest countries in



**The start of Green's Creek, where Ramsey (left) and Borthwick (right) creeks meet, 1965.**

the world combined.

While there is no archeological evidence of the First Nations occupying the lands around Green's Creek there is evidence of human habitation along what was the southwestern shore of the Champlain Sea near present-day Perth as long as 11,000 years ago. It is likely that the area around Blackburn Hamlet was first used by humans around 10,500 years ago when bands from the late-

paleo period began to hunt the forests that were beginning to take root after the retreat of the sea. From that time onward the area fell within the traditional territory of the Anishinabe Algonquin people. Immediately prior to European contact the creek was almost certainly being used by the Weskarini band who traditionally occupied the South Nation River watershed.

However, by the 1620s the Weskarini were facing extreme pressure from the Iroquois Confederacy that was expanding northward from New York State. Armed with Dutch firearms, the Iroquois drove them out of the lower Ottawa Valley by the spring of 1642, and by 1650 even the Algonquin in the upper Ottawa Valley had been removed from their homelands.

*Next Issue:*

*Early European Settlers*

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# Cadence Ecological Farm at Just Food

By Brett Weddle, Cadence Ecological Farm, Just Food

## Greetings from Cadence Ecological Farm at Just Food!

The season had a bumpy start with a late frost and early heatwave that wrecked many of our plants. We cancelled our Community Shared Agriculture (CSA) program and focused on markets. Main Street Market was a big success this year, as was the Just Food Farm Stand in Blackburn Hamlet. Pure Kitchen remained a big supporter, buying lots of kale and cucumbers from our farm. We also partnered with Capital Greens, adding a few items to their CSA.


In July we started our youth program, hiring eight teenagers in partnership with the Youth Services Bureau. They did eight weeks of transplanting, weeding, harvesting and selling vegetables, and their help was critical to our success this season. This is just one facet of youth education at Just Food, collectively called The Ottawa Farm School, thanks to partnerships with the school board. In September, we started booking homeschool groups for farm education activities, including potato digging and egg collecting.

This year the community has stepped up and shown a lot of support to the Just Food Farm



**Brett Weddle, owner of Cadence Ecological Farm, at his farm harvesting lettuce.**

Stand, and we're very grateful! Our roadside market is finished for the year, but will continue with weekly orders for pickup, and a monthly winter market starting November 22nd. Big thanks to Chi Garden and Flat Earth Farm for partnering with us to keep the farm stand going every week of last winter!



**Autumn leaves are falling  
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# The Pandemic Didn't Stop Our Halloween Fun!

By *Nina Ryan*

The pandemic didn't stop Blackburn Hamlet from finding safe ways to enjoy Halloween! In place of trick-or-treating this year, the Blackburn Community Association (BCA) launched a virtual photo contest. Numerous residents enthusiastically submitted photos showcasing their Halloween spirit! Photos ranged from themed family costumes to spookily decorated homes, ghostly treats, and incredible Jack-o'-lanterns.

In support of local businesses, all of the main prizes were purchased directly from the

community as well. A big thank you to the following businesses for helping create special prize packages for our winners: Sofi's Silly Slime; Firehaus Coffee Roasters; Sally's Grooming; The Blackburn Arms; Furry Paws Grooming; Chi Garden; Heavenly Honey; and Genie Bakery.

Check out the BCA Facebook page or website for a link to see all the photos!



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## Santa's Pancake Breakfast cancelled for 2020

Due to the COVID-19 pandemic and the associated public health restrictions, the Blackburn Community Association (BCA) has cancelled the annual Santa's Pancake Breakfast that typically occurs in December. We hope you are able to enjoy some pancakes at home this year, and we look forward to seeing you to celebrate with Santa in 2021!

## Ice-making volunteers requested

The BCA is seeking volunteers for our ice-making team at the outdoor rinks for the upcoming 2021 season. If you are interested in volunteering to help maintain the outdoor rinks this year please email Zack at [parksanddrinks@blackburnhamlet.ca](mailto:parksanddrinks@blackburnhamlet.ca)



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# How are you getting through the pandemic?

By Kendra Brett

As we enter into the 9th month of the COVID-19 pandemic, I've been impressed with how resilient and imaginative the Blackburn community has been! Every season seems to have a new trend designed to raise spirits and safely engage with our neighbors (from 2 meters apart!). I loved seeing all the different window decorations, finding hidden painted rocks on my daily dog walks, and the birthday caravans.

With the winter months upon us, I can't help but wonder what ideas everyone has to stay connected with their friends, family, and community? The BANAR would love to hear how you're getting through the pandemic. If you've come up with any creative ways to stay connected this winter, please let us know! We will publish some of our favourite ideas in the February issue of the BANAR.

Please submit your ideas and photos to:  
[BANAR@blackburnhamlet.ca](mailto:BANAR@blackburnhamlet.ca)



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# The world's largest book-sharing movement has come to Blackburn Hamlet!

By Rebecca Murray

A Little Free Library, nicknamed Wedgewood Library (Charter #106929), has been in operation on Wedgewood Crescent since August, 2020.

The idea is that you can take a book from the library and there's no due date or expectation that you will return it. You're also welcome to bring books to the library that you think others will enjoy.

My husband David and I have been enjoying our role as keepers of the Wedgewood library. With the closure of the public library for several months this year, I keenly felt the loss of reading material and suspected that many others felt the same. Over the summer we collected building materials from neighbours and at local yard sales – keeping costs low and redirecting material that might otherwise have found its way to a landfill. I combed through our bookshelves to select some books to get started, and very quickly we received some donations from family, friends and neighbours. I try to keep a balance between a “full” library and leaving space so that visitors can leave books they may bring.

The Little Free Library is a non-profit organization and there are more than 100,000 registered Little Free Libraries worldwide, including several in Ottawa. If you're looking



to start your own Little Free Library, you can purchase an easy-to-assemble kit from the non-profit. <https://littlefreelibrary.org/>

Although we plan to close the Little Free Library during the winter months, we hope to spend that time giving it some TLC and be ready to re-launch in the spring of 2021.

You can stay up to date with the library via Instagram @wedgewoodlibrary or via the BCA group on Facebook.

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# The little church on Navan Road

By Jean Lockett

St. Mary the Virgin Anglican Church

September, 2020 marked the beginning of the 141st year that St. Mary the Virgin Anglican Church (SMTV) has served the community at its present location. In a previous article, you may have read that last September, at the annual Memorial service, Councilor Laura Dudas attended and presented a plaque commemorating the occasion of our 140th Anniversary. Unfortunately, COVID 19 did not allow for us to have the open-doors event we were considering for our 12th annual Strawberry Tea and Silent Auction, which has always been very well supported by the community.

In October, 2019 we welcomed Pastor Lam as our interim priest in charge, and as of August, 2020 we are pleased to have her leadership as

incumbent going forward. Pastor Lam comes to us from a Lutheran community of faith, as Anglicans and Lutherans have been in communion for some time.

Fondly known by the locals as “the little church on Navan Road” it is, more importantly, not just a building, but a community of faithful people demonstrating, in these challenging times, care for neighbours and friends. Without nearby family or friends to turn to, it has become, for many parishioners, a focal point to stay connected and keep informed of what’s happening within our church family and/or the community at large. Telephone trees were established early to let people know that they were not alone. Volunteers maintaining PPE protocols have been busy supporting our parishioners by delivering groceries, taking individuals to medical appointments, keeping the gardens beautified, keeping buildings inspected and maintained and, with the assistance of the cemetery board, keeping the cemetery tidy, as well as continuing with innovative ways to do fund raising to continue our outreach locally, nationally and internationally. To date we have two very industrious ladies making tourtières – contact Glenda Clark at 613-837-4587. Our 7th annual wreath and centerpiece drive is also underway, in collaboration with a local Navan

supplier – contact Jean Lockett at 613-824-0904.

We are part of a three-point parish – the other two points being St. Mary’s Navan and Trinity Bearbrook. Unfortunately, this summer Trinity was vandalized and Bible verses and scenes that had been painted on the basement walls by a parishioner were destroyed, so it is currently under repair.

*Continued on next page*



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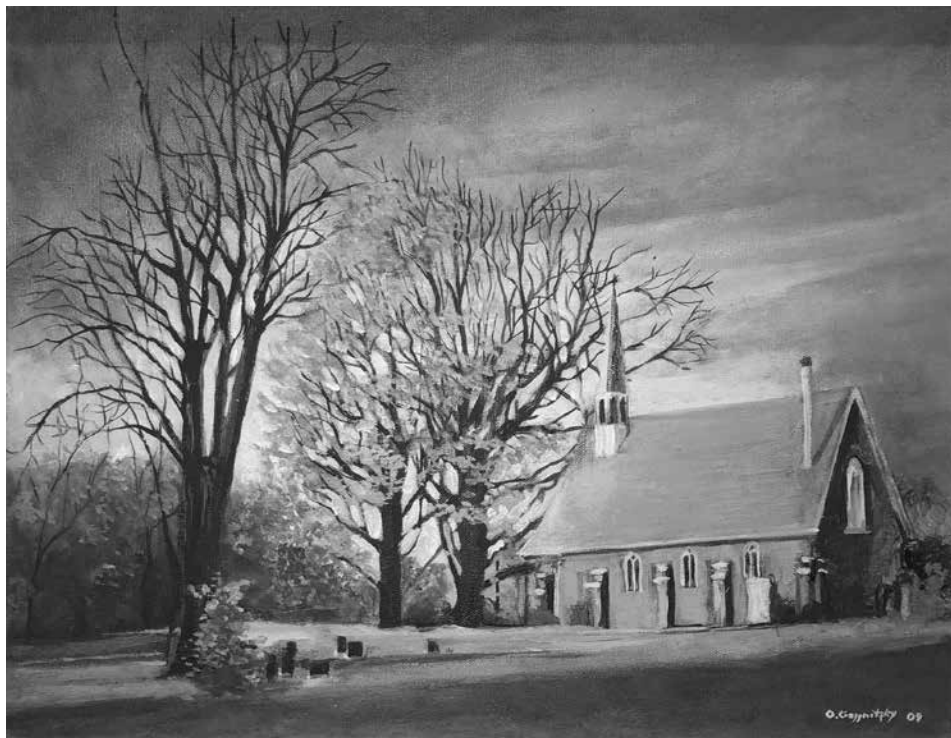
Both the church in Navan and SMTV, being older buildings, are in need of regular maintenance and repairs. A new furnace was installed December, 2019 and the stained glass window above the altar, which was donated by the Anglican Church Women in 1930, will see major repairs in the spring of 2021. Our bigger challenge at present is wood decay in the bell tower uprights. These times have made it challenging to find contractors to make quotes in order to get the much-needed repair done. As the church is one of the oldest buildings remaining in the Greens Creek-Blackburn area we, as its stewards, are working to maintain the integrity of the building for future generations of worshippers. Any support from the community with regards to this matter would be greatly appreciated.

Our Advent and Christmas worship schedules will be available on our website at [www.bvnanglican@gmail.com](mailto:www.bvnanglican@gmail.com)

As we continue forward, we worship through the efficiency of technology and reach out in support to the community at large. If we can be of any assistance to you to support you through these days of isolation and separation please contact Pastor Lam (priest in charge) through our parish office at PO Box 71, Navan, ON K4B 1J3 or phone 613-216-2200.

We continue to pray for our community.

November 2020



St Mary's Church, painted by Olaf Krassnitzky (OlafKrass.com)

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# Making Bearbrook Road Safer

This summer the BCA, received a community request to help improve road conditions on Bearbrook outside the quarry.

We held discussions with the quarry operator, Lafarge, and requested additional dusting and watering to improve roadway condition, visibility and access for bik-

ers and runners.

From these discussions, Lafarge agreed to increase the frequency of dusting and watering of the area beyond their normal levels. The BCA has also, through Laura Dudas' office requested that the lines on Bearbrook outside the quarry be repainted for safety purposes as

they have completely disappeared due to usage.

*If you have any comments or suggestions to help keep our community safe, please let the BCA know at president@blackburnhamlet.ca*

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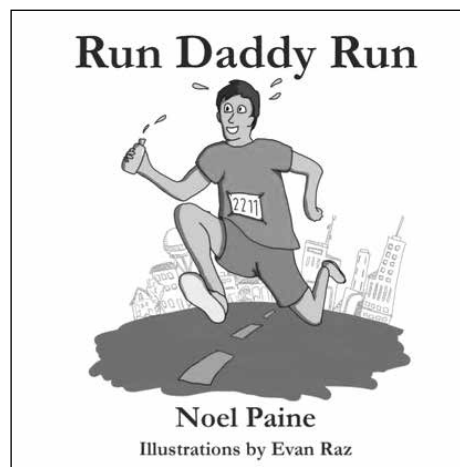
## A children's book from the Hamlet!

Writing is a way of expressing feelings, experiences and thoughts on paper.

One of the writers in our community snuggled into the woods east of Ottawa has written a children's book. Noel Paine, a runner, racewalker, writer and father has teamed up with a young runner and artist to publish a book for dads who run to read to their children.

The book has a few words for both dads and children and then launches into 20-pages of fun, colourful illustrations that match the playful rhyming text. Fellow running dads, ultramarathoner and Canadian record-holder Dave Proctor, local Adventure and runner Ray Zahab and US Olympian Jared Ward all contributed a few thoughts on what it means to be a dad who runs.

"Noel and Evan nailed it! I love running, but I love being a dad even more. The fact that both



my daughters have by their own choice, become avid trail runners themselves is so exciting. I can't wait to see what trails their

shoes take them!" – Ray Zahab, Chelsea runner, dad and founder of Impossible-to-Possible.

This is Noel's third book. He is a communications professional and writer and has written in the past for Canadian Running magazine and iRun magazine and is active on social media.

The book was written from the heart and not to make money. It is available on Amazon.ca and will hopefully be free to read at the Blackburn Hamlet library soon.



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### News from our Hospital



#### You might notice new faces:

Even with all the challenges that we are all facing this year our hospital continues to grow. We are meeting new furry friends every day. To be able to continue to serve our clients to the best of our abilities we have hired new team members to add to our family.

Exciting news! we are also having a new veterinarian joining our team in December 2020. Promise: we will get a new picture soon!

#### We are getting BIGGER:

With the unit next door becoming vacant, we are expanding into it, this will give us 40% more space. Our goal is to allow for more examinations rooms, a bigger lobby and more food/toys options in the hospital.

Having more examination rooms will help separate nervous animals and allow owners to have more time in the hospital if needed.

#### Still focusing on Fear Free techniques/protocols:

With the added space, we are hoping to have a designated cat waiting room area so nervous cats do not have to share with dogs. We will also allow one room exclusively for cats. Our canine patients will get an upgraded room that will be more quiet.

#### THANK YOU!

We wanted to take the time to thank the community and all our wonderful clients for their ongoing support. Stay safe.

*La version française de l'article est disponible sur [www.thehamletveterinaryhospital.ca](http://www.thehamletveterinaryhospital.ca)*

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