

BANAR

Vol. 51 No. 1

September 2017

2017 OTTAWA

LAFARGE CANADA INC.

SATURDAY SEPTEMBER 9, 3PM - 10PM
SAMEDI LE 9 SEPTEMBRE, 15h - 22h
10 SEPT - RAIN/PLUIE

PARC BARRINGTON PARK | 1705 BOUL ORLEANS BLYD

HARVEST MOON
LUNE DES MOISSONS

FREE/GRATUIT!

Seven Orléans community associations will be joining forces with Blackburn Hamlet to present a unique celebration called “Harvest Moon”. This exciting collaboration will see Barrington Park transformed into a rich community celebration on September 9th from 3 p.m. to 10 p.m. and feature a host of fun-filled activities for all ages and agricultural showcases.

Organized by the BCA in partnership with the community associations of Bradley Estates, Chateauneuf, Chapel Hill North, Chapel Hill South, Pineview and Convent Glen-Orléans Woods, this free event will highlight the harvest season and local food production, and will provide an opportunity to learn about our local farming partners, while enjoying one last summer ‘hurrah’.

MORE on page 7



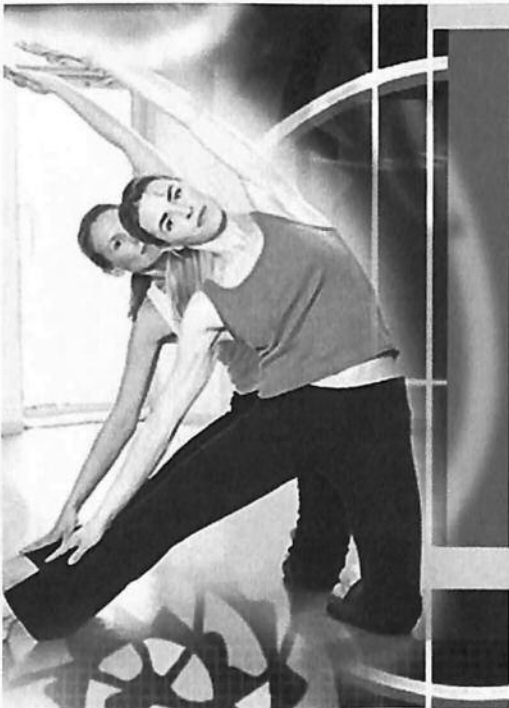
Jan's Workout



Our Philosophy

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

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



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

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

Strength: a fun-filled class, strengthen muscles and bones as well as improve balance for greater mobility:
Wednesdays and Fridays (11:35-12:35 pm)

Chair Yoga: a Yoga class for those whose mobility is limited:
Mondays (11:35-12:35 pm)

Yoga Stretch: reduce stress, develop inner awareness, build flexibility, strength and balance through a focus on breathing and slow physical movements: ***Note: No Yoga experience is required***
Tuesday Evenings (7:30-8:30 pm)

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

Registration 2017 – Blackburn Community Centre – 190 Glenpark Drive

Wednesday September 6th, 2017

11:00 am to 1:00pm and 6:30 pm to 7:30 pm

For Information and Continuing Registration

call 613 794 9858

or visit our website www.jansworkout.ca

President's message

Blackburn Hamlet is about to party like it's 2017!

For the past two years, I've been working with other area community associations to organize a largescale Canada 150th celebration for you and your families funded by Ottawa2017 and the Blackburn Community Association, with support from Lafarge and Orléans Kia.

Check out the article on the front cover and on page 7 of the BANAR or visit the BCA website to get all the details about Harvest Moon 2017. If you are interested in volunteering for this event, send me an email at president@blackburnhamlet.ca.

Community beautification update

Another project that's near and dear to my heart is the Four Corners, Community Beautification Project. We have been working with a talented Ottawa artist to come up with a weather-proof, community-focused design that will be installed in 2018 on the corner in front of Amica at Bearbrook.

The design will be shared with you all very soon on the BCA's website, social media and here, in the BANAR. Until then, the volunteer team working on the project will be planting plants generously donated by Budd Gardens on the morning of September 17 to beautify the space. Everyone is welcome to attend.

Also, a bench paid for by the BCA and with the help of a City grant will be placed in front of École élémentaire catholique Sainte-Marie in the coming weeks as part of the ongoing work to improve walkability and accessibility in our community. This will bring the total of new benches advocated for by the BCA to three. You should try one out sometime!

Clean parks, courtesy of the Blackburn Community Association

The BCA hires a student every year to clean up our parks. Their efforts are in addition to the regular maintenance by City of Ottawa staff and helps us keep our greenspaces and playgrounds in tip top shape. Now that the summer is over, we'll be looking for rink monitors for our outdoor rink season. Visit our website for details in the coming months.

A few more things...

I've had the pleasure of meeting several newcomers to our community over the summer. In addition to welcoming you to "The Hamlet", I would also encourage you to visit the community association's website, join our Facebook page, follow us on Twitter, for all the latest information about the area. Whether you have lived here for a short time or have been here for generations, never hesitate to contact anyone on the board if you have questions, input or want to get involved. That's what we are here for!



Laura Dudas



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Websites

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

Facebook

www.Facebook.com

Type one of the following in search box:

- Blackburn Hamlet Community
- BlackburnHamletBusiness
- BlackburnHamletRealEstate

Twitter

@BlackburnOttawa

Blackburn Community Association

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

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* Position is appointed, not elected. † Texting preferred
Directors' Roles and Responsibilities are available on the BCA website

THE BANAR is published and distributed by the Blackburn Community Association five times a year to all residents and businesses in Blackburn Hamlet.

ARTICLES AND ADS—send in the body of an e-mail or in MS Word to *Evelyn Budd* at *ev@buddpublishing.com*. The editor reserves the right to make changes. Please put "Banar" and the subject information in the email subject line.

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BANAR DEADLINE & DELIVERY DATES

DEADLINE October 25 / DELIVERY BY November 13

DEADLINE January 17 / DELIVERY BY February 5

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

Mosquito control information session and open discussion on October 5

Residents are invited to an information session on Thursday, October 5th at 6:30 p.m. at the Blackburn Community Hall to learn about what other Ottawa communities are doing to address mosquitoes and to discuss possible options for Blackburn Hamlet.

This meeting is being organized by the Blackburn Community Association at the request of several local residents and will feature representatives from:

- GDG Environnement Inc, a company that specializes in biological applications to control biting insects (visit <http://www.gdg.ca/en/> for more information)
- Councillor Jody Mitic
- National Capital Commission
- Communities who have actively addressed mosquito populations
- Environmental groups
- Community association representatives

Public BCA Meetings

September 21st @ 7:30 pm - 9:30 pm

Every second meeting will be open to the public and held at the Community Hall. Please confirm the dates at www.blackburnhamlet.ca for each meeting to be sure a meeting is public and to confirm the date.

Time to Renew your BCA Membership!

Blackburn Hamlet is known across the region for being a friendly, active and a progressive community. Your \$10 BCA contribution helps pay for the BANAR, a multitude of various events and projects that benefits Blackburn residents.

Please make your \$10 cheque to "BCA" and mail to : BCA Memberships, P .O. Box 47062, Ottawa, ON, K1B 5B0.

Name: _____

Address: _____

Email address: _____

For more information on memberships, please contact François Trépanier, the BCA Membership Director at memberships@blackburnhamlet.ca



Don't miss the Cancer Chase—in just a few weeks!

by Bill Horne

We are happy to have the Ottawa Jr. 67s PeeWee and Bantam AAA teams serve this year as course volunteers and guide you on the turns as well as cheer you on.

The Cancer Chase team, a committee of the Blackburn Community Association, is hard at work to make the Sixth Annual September 24 5km walk/run Cancer Chase a huge success. You can register online at the Running Room (RR) from our cancerchase.com website at www.CancerChase.org

The Running Room is one of our stalwart partners, and has set up a sponsorship page in conjunction with the registration, so you can easily recruit friends and family to sponsor you. Advance registration costs just \$25, plus a small admin fee, and includes a T-shirt. There's a deal for families. Each year this event makes a significant contribution to the Ottawa Hospital Foundation. Over the years we have raised over \$215,000 for cancer research.

If you cannot make it to the event, you can still support the cause by going to the Ottawa Hospital Foundation,



This photo shows part of the delightful course on the NCC trails. Participants will be coming on the left trail from the start, looping the toboggan hill, and then heading back on the trail to the right. Join us on September 24th. Doors open at 8:15 a.m. and the start is at 9 a.m.

through a link located on the cancerchase.com website. All donations over \$15 will receive a tax receipt.

You do not have to register in advance. You can just show up after 8:15 a.m. on the 24th at the Eric Danis Clubhouse, 1660 Bearbrook, in front of the SuperDome. Contribute what you can. T-shirts may be available for sale, depending on supply, with priority to Running Room registrants.

And remember, you do not have to run or walk at all. Spend your time cheering, placing bids on the amazing silent auction and buying raffle tickets, and enjoying the food. Chat with your neighbours.

If you have a business in Blackburn or vicinity, you can email our Sponsorship Chair Belinda Yeung by going to the sponsor page on the website to let her know you want to make a donation to the silent auction or raffle prizes. Your business will receive plenty of recognition. Belinda or a team member will ensure you get involved. Visit our table at Metro on the September weekends before the event.

You can keep up with developments on our www.cancerchase.com website and Facebook page. You can always email the Event Director, Bill Horne, info@cancerchase.com, or call 613-837-2166.

See you September 24th!

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- Minimize Probate fees

Stay tuned for dates and times of our upcoming Information Sessions. *You won't want to miss it!*

DON'T MAKE REVENUE CANADA YOUR BENEFICIARY!!

Guest Speaker:
Heather Decloux GDCR, Estate Mediator

Legacy Lady
leave your legacy... not a family fight



Laura Thomson
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Harvest Moon Celebration (cont'd from page 1)

“This event has been two years in the making after local community associations recognized that we could work together to organize a truly community-based Canada 150th celebration for our residents,” said BCA president and event lead Laura Dudas. “This is an extraordinary opportunity for us to celebrate our country, our city, and our communities and I encourage everyone to join us for this spectacular event.”

While the program for Harvest Moon includes a special focus on gardening, food and farming, that will be woven throughout the day's events, participants will also enjoy an afternoon tea, outdoor live music, a kid's zone, a Harvest Village featuring interactive demonstrations, a sunset dance



and impressive fireworks display. Food will be available on site for purchase.

This event is funded by Ottawa 2017 and the Blackburn Community Association with support from Lafarge Canada, and Orleans Kia.

The event runs from Saturday, September 9th, 3 p.m. to 10 p.m. (rain date Sunday, September 10th) at Barrington Park, 1705 Orléans Blvd.

Check the Harvest Moon webpage on www.blackburnhamlet.ca for event updates and the day's schedule.

For more information or to volunteer, email ottawaeastvolunteers@gmail.com or call Laura Dudas at 613-282-4139.

Saturday, September 9th, 3 - 10 p.m.
Barrington Park, 1705 Orléans Blvd

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We hope you had a great summer!
The BGM Team will see you at this year's
Cancer Chase Run on Sunday September 24th



Better Strength, Better Balance!

Better Strength, Better Balance! is a fall prevention exercise and education program for people aged 65+ that will be held at the Blackburn Community Hall.

The program is offered in the winter, spring and fall with the next session being held September 18 to December 8.

This is a beginner level class held twice a week for 12 weeks for those wishing to improve their strength and balance.

Strong muscles, strong bones and better balance will make you more mobile and less likely to fall.

You are strong enough to participate safely if you can do *all* of the following:

- stand on one foot for 2 seconds
- stand for 20 minutes (e.g. in a grocery line)
- walk one block (100 metres or 325 feet) without becoming out of breath and needing to sit down
- walk up 10 stairs

Better Strength, Better Balance! classes are unsuitable for people who are very active.

Participants attend class twice a week for 12 weeks.

Classes are progressive, becoming increasingly difficult over the 12 weeks.

Participants practice exercises at home and review the provided health information related to preventing falls.

A variety of simple equipment is used, including bean bags, cones, stretch bands, and balls.

First time participants can register for the next available session at any time. Call Ottawa Public Health at 613-580-6744 (TTY: 613-580-9656).

Returning participants can also now register.

To register or for more information please call Ottawa Public Health at 613-580-6744 (TTY: 613-580-9656).

Learn more about staying active as you age.



Better Strength, Better Balance!

A free beginner level 12-week exercise and education program for adults aged 65+

- Stay active
- Improve your strength and balance
- Learn tips to prevent falls

To register or for more information, call Ottawa Public Health at 613-580-6744 (TTY: 613-580-9656).

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NEW!—on Rogers TV 22

The Better Strength, Better Balance! fall prevention exercise and education program is now on Rogers TV 22. Monday to Friday at 2:30 p.m. and Saturday at 8:30 a.m.

Dates and times are subject to change. Check the Rogers 22 program schedule for airing dates and times.

This program is funded by the Champlain Local Health Integration Network through Pinecrest-Queensway Community Health Centre, and is a collaborative effort between Ottawa Public Health and Recreation, Cultural and Facility Services.



www.lapierrelaw.ca





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Check out the many groups and activities that are happening in the hamlet. Get involved!

Visit <http://blackburnhamlet.ca>

S.I.N in the Hamlet: 3rd Annual Seniors 50+ Information Night

In celebration of International Seniors Month

the 3rd Annual Seniors 50+ Information Night (S.I.N.) will be held on Friday, October 13th from 6:00 p.m. to 8:30 p.m. at the Blackburn Community Hall on 190 Glen Park Drive, next to the arena.

The fun-filled event will include tables with lots of great information from local companies, services and clubs catering to adults 50 years and plus. Of course, delicious refreshments will be served as well!

Come see how SINfully young at heart seniors are!



The event is sponsored by the BCA and organized by the Senior Action Committee.

The goals are to:

- 1) facilitate senior's awareness through information sessions;
- 2) constantly inquire from our senior community what their needs are;
- 3) be the voice of the seniors in our community in order to make Blackburn Hamlet a desirable and safe community for seniors and
- 4) to facilitate community, seniors involvement and encourage seniors participation in activities.

For more information or to get more involved as a volunteer please call Gillian at 613-824-3810, email seniors@blackburnhamlet.ca or visit us on the BCA website at www.blackburnhamlet.ca/events.





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Councillor's Corner

by Councillor Jody Mitic

It was great to see so many families lined up on Bearbrook Road for the Blackburn Fun Fair parade on June 3rd. The annual fun fair is always a weekend filled with lots of fun. Thank you to the Fun Fair committee and all the volunteers that helped in making this year's event such a success.

Construction Work in Blackburn Hamlet this summer

- Resurfacing of Bearbrook Road from St. Joseph to Centrepark South
- Resurfacing of Westpark Drive
- Resurfacing of Innes Road from the Blackburn Fire Station to the eastern Blackburn Bypass intersection
- Resurfacing of Innes Road from Bearbrook Road to Southpark Drive
- Streetlighting replacement on Bearbrook Road.

Free BBQ in Blackburn

Please join me at my **BACK TO SCHOOL FREE BBQ** on Saturday, August 26th from 12:00-3:00 p.m. at my ward office at the Blackburn Arena. There will be a bbq, bouncy castles, balloon animals, music and more!



As always, feel free to get in touch anytime.

Councillor Jody Mitic

Innes Ward 2 | Ottawa's Sports Commissioner

City Hall Office:

110 Laurier Avenue West, 2nd Floor

Tel: 613-580-2472

Innes Ward Office (Friday's):

Blackburn Arena, 200 Glen Park Drive

Tel: 613-834-1047; Email: Jody.Mitic@ottawa.ca

Website: JodyMitic.ca | Facebook: InnesWard | Twitter: @InnesWard

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**Questions or concerns?
Contact us**
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613-580-2472
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Dr Bernard Vincelette, DMV & Dr Annie Séguin, DMV



The PETS Tip: Allergies

Yes, just like humans, cats and dogs can suffer from allergies. Two main causes for allergies: seasonal and food. To make things more complicated, some pets suffer from both!

Seasonal allergies usually appear at a specific time of the year which helps differentiate them from food allergies. With seasonal allergies, some pets have symptoms for a few weeks and some not so lucky ones can have symptoms as soon as the ground thaw until the first snow. The most common time for seasonal allergies are the spring and the fall.

Signs of allergies can be: licking of the paws, scratching,

scooting, ear infections, and excessive grooming. Other symptoms include redness of the skin, a greasy coat, hair loss, and discharge from the eyes and/or nose.

Common environmental allergens include pollens (grasses, weeds, trees, etc.), mold spores, dust mite, and fleas.

While there is no complete cure for allergies, there are many treatments that can reduce symptoms. There are medications like antihistamines, corticosteroids and other allergy medications that reduce itching. There are also medicated shampoos and sprays formulated to reduce itching, remove dander, and reduce the skin's reaction to these allergens.

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

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Norman Johnston School Garden Flourishing

by *Laura Cardiff*

Anyone who has walked by the Norman Johnston Alternate School on Cleroux Crescent has probably seen the beautiful gardens, most of which are in raised boxes between the school and the John Kemp Park.

The students are absolutely loving the fact that they grow their own food and create amazing meals with the produce from the gardens. They have also been learning about food security and substantiality. The experience has been very engaging.

The building of the garden boxes were a great learning experience!

The students have been blogging all that they have learned about growing vegetables, herbs, fruit and



about substantiality initiatives at the school. You can find their blog at: <http://normanjohnstongarden.blogspot.ca/>

Initiatives like this is why the students at Norman Johnson are doing so well upon graduating from this excellent program.

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FunFair Report, Photos

by Brent Lawrie, Blackburn FUNFAIR Chair

This year's FUNFAIR started off a little cool on Friday night but the rain held off until Sunday afternoon. All in all it was another great FUNFAIR as we celebrated our community and Canada's 150th with a mix of extra events and entertainment throughout the weekend.

Friday night we kicked off with a great turnout for movie night and the mixed softball tournament. The free entertainment at the beer gardens and a craft beer night was well attended. The midway was hopping as the youth Glow Dance in the arena was cranking out the latest tunes.

Saturday started with a delicious pancake breakfast followed by a Canadian-themed parade. The day progressed with an assortment of events, activities and free entertainment which was then capped off with a grand fireworks display and fantastic music at the Beer Gardens.

On Sunday we had the 5 and 1 km FunRuns and despite some mild rain there were excellent outdoor activities that included the midway, dog show, yoga in the park and a performance from a local indigenous group as well as Glow Wars inside the arena.

As *always*, it is the people within our community that continue to make FUNFAIR a success. Our dedicated sponsors see this and continue to give us amazing support. Together we are able to support local organizations, school programs and associations within Blackburn Hamlet with the distribution of profits. Final amounts and distribution of shares will be reported in the next BANAR.

I would like again to express my gratitude to the FUNFAIR team, all the volunteers, and community for their continued support. Next year's FUNFAIR will be Friday, June 1st to Sunday, June 3rd so mark your calendars now!

I am looking forward to another great year.



And More Photos (More photos at <http://bit.do/BCA7>—Free downloads)



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Ray du Plessis, proofreader extraordinaire, retires from BANAR

by Evelyn Budd

When Ray called me September 2000 to volunteer his services for proofreading the BANAR I was thrilled. The articles he sent in were always well written. His dedication and attention to detail with the Banar over the last seventeen years has been extraordinary—especially with grammar and sentence structure. He never missed correcting an errant “which” when it should have been a “that”! He often came up with some great headlines and quotes!

In the spring of 1967 Raymond du Plessis was one of the first to move into Costain’s new Blackburn Hamlet housing development.

In 1968 and 1969, he led a group of 100 Catholic families in urging church authorities to establish regular Sunday services in the Hamlet.

From 1986–1991, Ray was President of the Blackburn Tennis Club and from 1987 to 2000 the coordinator of the Blackburn Badminton Club. In 1994 he was added to the Ontario Badminton Association Honour Roll for “outstanding contribution to the development of badminton in Ontario”.

In 1990 to 1997 he was president of the Canadian Psoriasis Foundation as well as the editor of the Foundation’s magazine.

Ray was involved in transportation issues from when he first moved in and made sure that Blackburn Hamlet had bus schedules that made sense.

Thank you Ray. We sincerely appreciate all you have done for our community.



Ray du Plessis being presented the City of Gloucester Volunteer Recognition in the year 2000 by former city councillor Rainer Bloess.



L’Avenir se Prépare au Présent.

Si vous vous arrêtez pour réfléchir aux changements qui surviennent pendant une année, vous constaterez que c’est le moment idéal pour prendre rendez-vous pour votre revue de portefeuille. Nous examinerons ensemble les changements qui sont survenus dans votre vie. Ensuite, nous verrons où vous en êtes par rapport à vos objectifs et vous aiderons à déterminer si vous devriez rajuster vos placements en fonction de ces changements. Même si vos placements correspondent à vos attentes, il est quand même important d’en suivre l’évolution pour mieux préparer votre avenir.

Prenez rendez-vous dès aujourd’hui pour votre revue de portefeuille.



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LE SENS DE L’INVESTISSEMENT

The Blackburn Inferno

National Capital Junior C Hockey League newest franchise

The National Capital Junior C Hockey League's newest franchise, the Blackburn Inferno, is excited to announce their inaugural season for 2017-2018.

The 12-team league showcases a high pace, quality brand of hockey that will be greatly entertaining.

The Inferno will play all their home games at the Blackburn Arena on Friday nights. Game time will be 8:30 p.m.

The opening game is scheduled for September 29th against the Papineau Vikings. Blackburn Inferno fans of all ages will surely enjoy this brand of quality hockey.

Pierre Thibaudeau is the owner and head coach of the Inferno. It is with the guidance of the Cumberland Bandits, another team in the league that he coached the past two seasons, that Thibaudeau decided to establish the new franchise in the community of Blackburn Hamlet. "I was looking to bring a franchise to a community where I believe the residents would really get behind the team, and at the same time create some excitement for local hockey fans", said Thibaudeau.

The Blackburn Inferno thanks the City of Ottawa for their cooperation with the Inferno center ice logo, as well as allowing for various displays

at the arena. Showcases at the arena lobby will display team jerseys and the roster for fans to see. The Inferno is also a proud supporter of the Blackburn Minor Hockey Association, and many events are planned as a collaboration between the two organisations.

Businesses are invited to advertise with the Blackburn Inferno—please contact Pierre Thibaudeau at pierre@houlesports.ca or Emile Lajoie, the team General Manager at manager@blackburninferno.ca.

Visit the team website at blackburninferno.ca for more information regarding schedules, players, staff and much more.

Blackburn Hamlet Community Hall Fitness Programs

Tai Chi Level 1

Sept 20th – Dec 6th 1:00pm – 2:00pm Barcode: 1114765

Jan 17th – Mar 7th 1:00pm – 2:00pm Barcode: 1117178

Yoga Level 1

Sept 18th – Dec 11th 1:00pm – 2:00pm Barcode: 1123283

Sept 19th – Dec 5th 5:15pm – 6:15pm Barcode: 1114821

Jan 8th – Mar 5th 1:00pm – 2:00pm Barcode: 1113285

Jan 16th – Mar 6th 5:15pm – 6:15pm Barcode: 1117249

Yoga Level 2

Sept 20th – Dec 6th 7:45pm – 8:45pm Barcode: 1114826

Jan 17th – Mar 7th 7:45pm – 8:45pm Barcode: 1117253

Pilates Level 1

Sept 19th – Dec 5th 6:25pm – 7:25pm Barcode: 1114834

Jan 16th – Mar 6th 6:25pm – 7:25pm Barcode: 1117245

For more information, please call: Samantha Head at 613-580-9600 ext.32776

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Mothers of the Adult Ringette Program recognized

by Evelyn Budd

Ontario Ringette honoured the late Eleanor MacQuarrie and the late Lois Kemp this past June in Toronto. Amy (Eleanor's granddaughter) as well as Diane and I (Lois' daughters) were honoured to accept on their behalf.

If not for Eleanor MacQuarrie (1928–2015) and Lois Kemp (1930–2015) adult ringette would not be the fastest growing age division in the sport today. They are truly the mothers of the adult ringette program and are being recognized for their valuable contribution.

Ringette Ontario, June 10, 2017

Lois and Eleanor were the leaders of a group of women who, in 1970, brought the sport to Blackburn. The sport quickly took root and spread throughout Gloucester and soon thereafter through much of Eastern Ontario. Both ladies were involved in coaching and managing the early teams of youngsters and young adults for many years thereafter.

As active women and avid skaters, it wasn't enough to watch the youngsters play, Eleanor and Lois were quick to insist that ladies ringette should have a place in area arenas. In 1975, they were part of the group that sowed the seeds of what would eventually become the Gloucester & Area Ladies Ringette Association in 1980. Today this league, now known as GAARA- Gloucester & Area Adult Ringette Association) is not only the largest adult ringette league but also the largest ringette association in Ontario with well over 700 players on 48+ teams.

A few years after getting the ladies out onto the ice, it was agreed that a tournament would be a great addition. Again, Lois and Eleanor and a small group of their determined friends collaborated to organize the inaugural Silverspoon Tournament. The tournament took on the name of its unique approach—awards offered to teams were collectible souvenir spoons rather than medals. The 40th edition of the tournament was held in March of 2017.

Marjorie Derickx, Banar February 2016.

Ringette is still going strong in Blackburn Hamlet. If you should be near the Blackburn Arena at 9 a.m. on a Tuesday or Wednesday morning mid-October you will see an energetic and talented group of ringette players



Diane Kemp, Amy Derickx and Evelyn Kemp Budd received the awards on behalf of the late Lois Kemp and the late Eleanor MacQuarrie on June 10th.

passing, shooting and skating hard to the net to score. Some of the women still play competitively in the GAARA ringette league. Jane Ross and Sue French have been organizing the weekly scrimmage games for a few decades now. If interested in playing you may call either Jane (for Tuesdays, 613-837-1504) or Sue (for Wednesdays, 613-830-0684) for more info! Or you can meet up with us at Tim Hortons after the game to find out more. We are the very talkative group at the back!

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Fall season is a great time to visit the Library

The Blackburn Hamlet Library

not only have books, but also magazines, DVDs, eBooks, museum passes, programs and more for adults, teens and children of all ages!

Playstation 4

The Branch has recently acquired a new Playstation 4 gaming unit. It is available in the Teen Zone (same spot as the Wii U). We invite you to come and try it out and let us know what you think. We also invite you to let us know if you have suggestions for new games for us to purchase.

Round Table Book Chat

For adults, the Round Table Book Chat will resume meeting in September on the 3rd Monday of the month at 2:00 p.m. Please join us as we discuss exciting titles as chosen by our members.

New members are always welcome!
No registration necessary!

Monday, September 19th – *The road to Little Dribbling: more notes from*

a small island by Bill Bryson

Monday, October 17th – *Everything I Never Told You* by Celeste Ng

Monday, November 21st – *The Girl on the Train* by Paula Hawkins

Monday, December 19th – *Fire in the Stars* by Barbara Fradkin

Computer and Tablet Tutorials

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

Fraud Protection for Seniors

Learn the various reasons why seniors are particularly vulnerable to fraud, and how to protect yourself. We will discuss how different types of fraud work, what fraud looks like, how to recognize signs of being victimized, what to do if you've fallen victim. Understand from real-life examples what criminals want,

how you can be prepared, and what steps to take to be in control.

Presented in partnership with CPA Canada.

Tuesday, October 3rd at 6:30 p.m.
90 minutes. Please register.

Protecting your computer

The average time it takes for an unprotected computer to be compromised after connecting to the Internet is under 15 minutes. Don't let it be yours. Chris Taylor, President of the Ottawa PC Users' Group will show you the simple steps you need to take to keep your computer from being hacked.


Thursday, October 26th at 6:15 p.m.
120 minutes. Please register.

Continued on page 23

ARTEAST EXHIBIT

We would like to remind our customers of the artwork on our walls courtesy of the local art organization, Arteast. New artwork is hung every two months.

Until September 30th, Arteast is proud to present an exhibition of illustrations for children's literature by **Sally Tibbits**. This solo showing is entitled *Badger Tales* and is based on a series of children's stories that Sally and her daughter Meghan are currently working to get published. The artwork, with its emphasis on colour and whimsical characters, hearkens to an earlier time in children's literature.



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2374 Rondel St at the corner of Innes

Blackburn Hamlet Library (Continued from page 22)

CHILDREN'S PROGRAMS

Jennifer and Cathie, will be giving programs throughout the school year for children 6 and under. We will be hosting *Babytime* on Wednesday mornings, and *Toddler time* as well as *Family Storytime* on Thursday mornings. (Please check below for exact dates and times). For the school age children, as always, we encourage parents and their kids to speak with our knowledgeable staff and ask about our wonderful databases and resources for homework, projects, book reports and more!

Babytime (bilingual)

Session 1 - Wednesdays, September 13, 20, 27; October 4, 11, 18, 25.

Session 2 - Wednesdays, Nov. 8, 15, 22, 29; Dec. 6.

10:30 a.m. Please register. 30 minutes. Ages 0 to 18 months.

Toddler time (bilingual)

Session 1 - Thursdays, Sept. 14, 21, 28; Oct. 5, 12, 19, 26.

Session 2 - Thursdays, Nov. 9, 16, 23, 30; Dec. 7.

10:15 a.m. Please register. 30 minutes. Ages 18 to 35 months.

Family Storytime (bilingual)

Session 1 - Thursdays, Sept. 14, 21, 28; Oct. 5, 12, 19, 26.

Session 2 - Thursdays, Nov. 9, 16, 23, 30; Dec. 7.

11:00 a.m. Please register. 30 minutes. Family program.

Lego® Block Party (bilingual)

Friday, Oct. 6 at 1:30 p.m.
Drop-In. No Registration Required.
60 minutes. Family program.

Registration for the children's programs begin on Wednesday, September 6th at 10 a.m

All Adult programs with the exception of the Round Table Book Chat are by registration.

Please register online with your library card at www.bibliottawalibrary.ca or by telephone at 613-580-2940 or visit the Branch to register in-person. A valid library card is required for program registration.

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Monday to Thursday: 10 am to 8:30 pm

Friday: 1 pm to 6 pm

Saturday: 10 am to 5 pm

Sunday: Closed

Thanksgiving Day: Monday, October 9th Closed

Remembrance Day: Nov. 11th & 12th Closed

Monday, Nov. 13th: 10 am to 8:30 pm Open

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Information Session

Tuesday, September 12, 2017

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For more information please visit:
www.justfood.ca/start-up-farm-program
for venue information contact phil@justfood.ca

Please join us at the Just Food Farm on the afternoon of September 23 for our annual community picnic!

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For more info see Jan's Workout ad on the inside front cover

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Registration is ongoing

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For information, contact Jan Quinn 613-794-9858

www.jansworkout.ca

Para Alpine Ski Team Fundraiser

Alex Marta is a member of the Ontario Para Alpine Ski Team. Her goal is to make the Paralympic team for the 2022 Paralympic Games and in order to make this happen she is moving in November to one of the largest outdoor therapeutic recreation and adaptive sports agencies in the world based out of Winter Park Resort in Colorado and training with the National Center for the Disabled. The NSCD began in 1970 providing ski lessons for children with amputations for the Children's Hospital of Denver. Each year more than 3,000 children and adults with disabilities participate in their programs.

You can help Alex by participating in the "Race the Capital" fundraiser on September 30th. The event starts at the Blackburn Community Hall and finishes at the Vorlage Ski Hill in Wakefield, Quebec. With three other friends you can compete in a 398 km challenge that will have you explore the Capital and the monuments created over the past 150 years. The event includes dinner, a DJ, as well as a silent auction.

Cost is \$40 per person. Please email Alex at Alexmarta0@hotmail.com for more information.

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Thank you for community support

The 9th Annual Strawberry Tea and Silent Auction sponsored by St. Mary the Virgin Anglican Church Blackburn, held at the Blackburn Community Centre in June, was another huge success.

A fund raising event such as this cannot be successful without the hard work of organizers and volunteers, prior to and on the day of the event, or without many contributions to the auction.

We are thankful for and grateful to; businesses - Robert Munroe, Small Engine Repair, Indoor/Outdoor Storage, Milton St. Navan; The Metcalfe Golf Club (Rob Howell, manager); Heavenly Honey (Catherine & Bill Thurlow); friends of the church – Barbara & David Jones, Laurel Leslie, Marilyn Lowe, Barbara & Robert Martin, & Rachel Verner ;and to many parishioners for their contributions to the Silent Auction.

We observed friends enjoying an afternoon outing, families celebrating Father's day, and everyone in general having a great time. We would like to recognize and give thanks for the enthusiastic support we received from the community at large to make this event such a success.

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Tues-Fri@ 9am: Morning Prayer
Thursday@ 10am: Holy Communion



DISCOVERY CAFÉ

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

Fri, Sep 29, 7:30pm

Genetically Modified Foods & You

given by **Dr. Irena Knezevic**
Ass't Prof, School of Journalism & Communication, Carleton University

Fri, Oct 27, 7:30pm

No More Secrets:

How Big Data Affects Us All

given by **Dr. Tracey Lauriault**
Ass't Prof, School of Journalism & Communication, Carleton University

Jesus said, "The time is fulfilled, and the kingdom of God is at hand; repent and believe in the gospel." (Mark 1:14).



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Beginning Wednesday, September 13

MORNING BIBLE STUDY, 9:45am

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

2598 Innes Road

bhcchurch@gmail.com
www.blackburnhamletcommunitychurch.ca

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

Water pollution and runoff

by Sarah R. Morgan-White

Presentations by the BCA Environment Committee on water pollution and runoff using a model lent to us by the Ottawa River Keepers were popular at the Funfair. Youth and children learned about the negative impacts of removing vegetation, using fertilizers and pesticides on our waterways and some potential solutions they can implement at home to help conserve our stream and rivers. Tips included: be conscious of the amount of water and products you use when washing your car (look for biodegradable products), lead your roof runoff to pervious areas of your lawn rather than to the sewers, avoid using pesticides/ fertilizers, and support our organic growers.

We also took the opportunity to promote the iNaturalist Project (a project supported by UNEP, and the Canadian government). By use of an app downloadable on iPhone and Android, participants could share photos and information of animals, plants and other organisms that from which information is being compiled as part of the "largest nature database" for use by the scientific community for further biodiversity science.

Les Chansonniers d'Ottawa

Par Claudette Dalpé

Avec son spectacle des 9 et 10 juin 2017, la Troupe a encore séduit son public et les amateurs de chant choral de la région. Les spectateurs n'ont pas tari d'éloges pour exprimer leur appréciation. Et la Troupe a terminé sa saison 2016-2017 avec brio en accueillant le CHCEUR EN SUPPLÉMENTAIRE de Québec en tournée jusqu'au Manitoba avec leur spectacle « Portée par le vent ». Le concert tenu le 3 juillet dernier à La Chapelle Saint-Claude a permis de recueillir une vingtaine de sacs de denrées et un don de 1 060 \$ qui ont été remis à la banque alimentaire. En plus des 140 choristes, au moins 230 spectateurs ont pu apprécier la performance musicale des deux groupes. Merci à M&M Orléans et Métro Blackburn Hamlet pour leurs dons.

Les vacances ne sont pas terminées que déjà la Troupe planifie sa saison 2017-2018 et invite les personnes qui aiment chanter à se joindre à ses soixante joyeux et dynamiques choristes. Les auditions se tiendront les 28 et 29 août 2017. Si cela vous intéresse, veuillez communiquer avec Nancy au 613-619-9153 ou à Contact@LesChansonniersOttawa.com. Les exigences pour les auditions sont disponibles au www.leschansonniersottawa.com/wp/auditions

La Troupe se produira le 9 septembre au Centre communautaire de Hunt Club-Riverside Park dans le cadre d'une initiative pour célébrer le 150e anniversaire de la Confédération. Ce concert remplace celui prévu le 13 mai dernier qui avait été annulé en raison du mauvais temps. Finalement, Les Chansonniers clôtureront l'année par un concert de Noël les samedi et dimanche 16 et 17 décembre au Centre des arts Shenkman où nous partagerons la scène avec la troupe Les Jeunes de chœur et deux chorales d'enfants. Entre temps, nous vous invitons à nous suivre sur notre site web au www.leschansonniersottawa.com.

Le Choeur Pleinchant d'Ottawa

Le Choeur Pleinchant d'Ottawa entame sa 11e saison et nous sommes à la recherche de nouveaux choristes. Pour infos et auditions, visitez www.pleinchant.ca ou écrivez à pleinchant10@gmail.com. Concert de Noël le 10 décembre 2017 et concert Les Mis le 5 mai, 2018.

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Blackburn Junior Badminton

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

Sessions will be held on Saturdays again this year at Glen Ogilvie Public School from September 16, 2017 to April 28, 2018 (except school holidays).

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

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

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

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Blackburn Adult Badminton

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

Register now! **Only \$150 for more than eight months of fun and fitness.

Spaces are limited but there are still a few available.

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

It operates from 8:00 pm to 10:00 pm on Monday, Wednesday and Friday from September 18, 2017 to June 1, 2018 (except school holidays). Level of play is mostly intermediate and there is a refresher skills clinic early in the season. Membership is limited to forty to ensure adequate playing time on our three courts. A waiting list will be established if necessary.

If there are still spaces available, public registration for adult and junior badminton will be held on Saturday, September 16 at Glen Ogilvie Public School, 46 Centrepark Drive, from 1:00 p.m. to 4:00 p.m.

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

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

Beaver, Cubs, Scouts, Venturers Registration

www.blackburnscouting.com for more information

www.myscouts.ca to register

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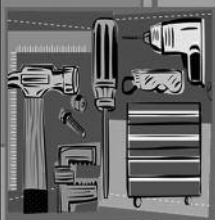
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