



BANAR



Association communautaire BLACKBURN Community Association

April/avril 1997

COME "TOUR" THE HAMLET

by Christine McKinty

Come on out and show your community pride, Blackburn Hamlet Residents!

Blackburn Hamlet plays host to *The Sunoco Tour Of The Hamlet*, organized by TBM Sport & Fitness Events, on Sunday April 20, 1997.... and it's taking place right in our own back yard.

The Sunoco Tour Of The Hamlet is a 6 kilometre "tour" of Blackburn Hamlet - running, jogging, in line skating & tricycling (for youngsters) or just strolling through the streets and paved recreational pathways of Blackburn Hamlet.

TBM Sport & Fitness Events is an event management company based in Blackburn Hamlet since last spring. Terry, Christine, and Austin McKinty moved to Blackburn Hamlet last May and brought with them their event management company which plays host to over 100 sporting events a year throughout the province.

"We host a variety of events throughout the season - everything from running, walking, and in line skating to mountain biking and triathlons. We wanted to kick off our event season right here at home", explained Terry McKinty. "We spend our spring, summer, and fall traveling the province, hosting events in many Ontario communities, so we wanted to start things off right in our own back yard."

The Sunoco Tour of the Hamlet is a new concept in community event organization. TBM Sport & Fitness Events developed the idea, organizes, finances, and hosts the event. Community organizations, clubs, and schools, are invited to 'use' the event as a fundraiser for their own projects - at no financial risk to the group.

"We really want to involve Blackburn Hamlet and Gloucester youth or non-

profit organizations in helping make the event work for them as a fundraiser." McKinty explained. TBM provides the event, venue, and all of the "bells and whistles" of a community event, while the youth groups or non profit groups bring participants, energy, and their pledges to the event. "One hundred per cent of all of the pledges and donations raised are retained by Blackburn Hamlet or Gloucester charities.

"We're hoping to get to know our neighbours and fellow business associates through their involvement in The Tour" says McKinty. "Blackburn Hamlet residents and businesses can feel a sense of ownership in the event, while those visiting the community for the day will catch a glimpse of Blackburn Hamlet by traveling its streets and business section."

The day's festivities begin at 9:00 a.m. with *The Duathlon Of Blackburn Hamlet*, a run-bike-run event.

The Sunoco Tour Of The Hamlet, sponsored by Peter Hamilton (Sunoco - Innes Road), begins at 11:00 a.m. Entry form brochures are available at Sunoco, A Taste of the Rock, Edward Jones Investments, Subway, and other select Blackburn Hamlet locations, as well as Running Room stores

and Fresh Air Experience in Ottawa. Other Tour sponsors include Tom Mountain (Royal LePage) and Photo Sport Plus. These sponsors will appear on *The Sunoco Tour Of The Hamlet* souvenir t-shirts.

Interested youth groups, schools, charities, or businesses can contact TBM directly for more information at 837-0915. Those interested to volunteer at *The Tour* can leave a message at 837-9538.

All participants and volunteers receive a great souvenir map t-shirt of *The Sunoco Tour Of The Hamlet*, a great Subway meal, and a guaranteed great time.

The Sunoco Tour begins at Peter's Sunoco on Innes Road and heads north on Bearbrook to Northpark to Ridgeburn, left onto Wedgewood through one of the paved paths to Eastpark and a quick left onto Beechmont onto one of the paths to Northpark, north onto Bearbrook again and cross to Westpark. Continue along Westpark to the path that joins to Woodhill, to Southpark to Woodburn and back onto Southpark to Innes and onto Beddoc Lane to Glen Park and finishes at the Blackburn Arena.

Here's how you can get involved.

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Blackburn Community Association

Mailing address: PO Box 47062 Info Line: 786-1405
Blackburn Hamlet
Gloucester, ON
K1B 5B0

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Fun Fair	Sherry Woodburn	824-5013
Preserve the Greenbelt	Sue Sheridan	824-8936

The *BANAR* is published and distributed by the Blackburn Community Association six times a year to all residents of Blackburn Hamlet.

Residents or affiliated non-residents may submit articles pertaining to activities within this community. Illustrations must be of good quality. The editor reserves the right to make changes, when necessary.

Advertising Policy

The *BANAR* encourages all advertising to be submitted on diskette, including logos and artwork. Consult the editor on the format needed for compatibility. Please make cheques payable to: **Blackburn Community Association.**

Payment must accompany all advertising and classified ads when submitted. Please deliver to John Stevens, 28 Westpark Drive, Gloucester, ON, K1B 3E5. Questions about buying advertising should be directed to John Stevens at 824-8736.

Full page - \$225.00	$\frac{2}{3}$ page - \$172.50
$\frac{1}{2}$ page - \$120	$\frac{1}{3}$ page - \$94.25
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17% off rate for display ads if paid in advance for the full year (6 issues)

Classified ads: 20 words or less, \$3.00; 25¢ for each additional word.

From the editor's desk

It's 6:30 in the morning. I have to be at the printer's at 7:30 to hand over the *BANAR*. I have been working on the publication since 7:00 p.m. last night to meet my deadline. Perhaps you can understand why, after two years as editor, I am packing it in. Well, not right now. I promised two years and I also promised the Fun Fair people that I would stay around until it's over, so I have one more issue to produce. Anyway, the summer is the perfect time for a new person to start.

Just in case I don't have the time or space in the next issue (just my luck to have LOTS of space this issue when I'm trying to meet a deadline), I'd like to thank those that helped me put this together.

To all of you who contributed articles, I owe my greatest thanks. You have entertained me and the readers alike.

To all of the community organizations, thank you for all of the laughs. Being a volunteer myself, I chuckle when you come to me with your information two weeks past the deadline. I think you may have caught on that my deadlines are artificial and I put a factor of safety into the production of this publication.

To Sandy McCoy for organizing the delivery. Previous *BANAR* editors were responsible for this. What a headache she took off me!

To Mike Martin, who helped me work through the advertising during my first year.

To the two presidents I worked under, Neil Papineau and Mike Martin. Thank you for the support when I needed it.

To the advertisers, who believe in this publication and this community.

And to the best (and cutest) proofreader in the world, Marie.

Finally, to the woman who complained that she didn't get her *BANAR* a few months ago. My wife, Marie, told her that it hadn't been delivered. Of course it had, she said, she had seen a woman on the bus reading it. Well, as you may have guessed, that woman was my wife proofreading the *BANAR* on the way to work. While there have been moments I could have screamed (and did), it's moments like these that have made it all worthwhile.

In my next letter I will be sharing a few more thoughts, providing I get the space and time. Looks like my space is running out. My time certainly is. Oh, by the way, if I forgot to thank anyone, sorry. I'm really tired and I'm not thinking too well right now.

Made it! Whew!

Deadline for copy and advertising for next issue:

May 1

Target delivery date:

May 24

BCA Executive Reports

President's Message by Michael Martin

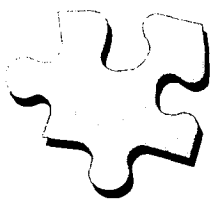
I would like to begin this month with a reminder to all residents to purchase a BCA membership. Unfortunately, some areas of the Hamlet still have to be canvassed. In other areas, we have no one to canvass for the Association. Don't wait! To obtain your membership, please call the BCA Info-line at 786-1405 and leave a message or send in a membership request form (you will find it elsewhere in the BANAR). We still need canvassers. Please give me a call at 830-5530 if you would like to help out.

There have been some recent changes among BCA directors. Luc Dauray, our youth director has accepted a job in Woodstock, Ontario and is no longer able to serve on the Board. I would like to take this opportunity to thank Luc for his work, in particular the Quiet Riot youth program he coordinated last summer. Luc, best of luck in Woodstock and in your new job.

It is clear that right now we need to develop a solid youth program in this community (as illustrated in Rainer Bloess' message in this issue); therefore, the BCA urgently needs a volunteer to replace Luc as Youth Director.

The lack of an appropriate facility has prevented us from operating a year-round youth program; however, the anticipated community centre should correct this problem.

On a more positive note, Dianne Woollard has joined the executive as Membership Director and Marion Jones is our new Secretary, lightening the load of an overworked Iris Phillips. Welcome, Marion and Dianne.



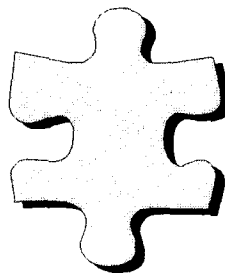
As most residents probably know, our municipal governments have been considering how to reorganize local government in the region before the provincial government imposes a reorganization.

Embedded in all of this, as well, is the proposed amalgamation of Cumberland and Gloucester. Unfortunately, significant public apathy is quite evident in all of the talk and ruminating about restructuring. Meetings and consultations have had very low public turnouts. This is unfortunate, because what appears to be guiding much

of the debate and many of the proposed solutions is political self-interest.

Mayor Cain has used the language issue to drive fear into the Francophone community of Gloucester and Cumberland and secure their vote for her perspective on municipal reform.

Pejorative terms like "mega-city" and red-herring issues like the municipal debt of



Ottawa have further clouded the debate.

What has been noticeably absent is a clear-headed, objective discussion of what municipal model will best serve all of the residents of the Ottawa-Carleton region for now and the future.

I encourage everyone to become informed and involved in order to ensure that the restructuring which will inevitably take place is the best for the citizens and not just the politicians.



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East Side, West Side, All Around The Town

by Iris Phillips

It's that time of year again! Get rid of everything you have no use for anymore, but might be valuable to others, at the third annual Blackburn Garage Sale on May 3 and 4.

This year we'll be doing it a bit different. We'll be splitting the Hamlet in two. On Saturday, May 3, residents on the east side of Bearbrook Road and all streets east of Bearbrook, including Orient Park Drive will be selling their articles. On Sunday, May 4, it's the turn of the west side of Bearbrook and all points west, encompassing all of Glen Park Drive and the surrounding area. On both days, the sale will run from 9 a.m. until 4 p.m. Any items you wish to give away should be put out on Sunday after 4 p.m. at the curb.

Join in what is becoming one of the most important garage sales in the region and make some cash at the same time.

A BARTER SYSTEM

I would like your views and somebody to coordinate a barter system for the Hamlet.

The idea is that people could earn hours baby-sitting, snow shoveling, painting, plumbing, etc., which could be accumulated and traded in for a



GARAGE SALE

SAT
May 3
East side of Bearbrook and east of Bearbrook, including Orient Park area.

SUN
May 4
West side of Bearbrook and west of Bearbrook, including Glen Park area.

project they wish to have done in their homes.

Somebody providing a service won't necessarily be providing it for those who will help them out, but for somebody else. A log would have to be kept of the hours earned and used up.

Give me some input on this idea and maybe we can get it rolling.

THE COMMUNITY CENTRE

As you are aware, a community centre is really in the works. I was talking to the city and the architect about having our many-talented residents helping with the finishing touches. This would enable the hall to be built at the full capacity of 4000 square feet. They are receptive to the idea, so give me a call if you are interested in getting involved. You don't have to be a professional.

SPRING IS IN THE AIR

It will soon be spring and thoughts of gardening will be on our minds. It's time to use the composting material you have hopefully saved during the winter.

Rain barrels have become quite a favourite. They hold approximately 45 gallons and have never contained any toxic materials. You can get one at Arbour at 800 Bank Street, between Third and Fourth Avenue in the Glebe. They are still \$59.95 each. If enough of you are interested, I may be able to get Arbour to deliver them or arrange a drop-off centre in the Hamlet for you to pick them up.

For this and all other matters, you can reach me, Iris, at 824-3641.

SOME TECHNICAL TLC

Don't know what to do with your old computer? There are people who can use it. Contact the Technology Learning Community and they will make sure it goes to a needy community, school or person. Volunteers for picking up, delivering and repairing the units are also needed. Call 769-1749 or Iris at 824-3641.




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Goodbye Tommy's. Hello Michael's!

Unfortunately, Tommy's, a long-standing landmark on the corner of Bearbrook and Innes, has gone out of business, but Michael Corbeil has opened a similar shop at that location.

Michael's offers fresh donuts, bagels and good coffee.

Drop in and check out the new look. Pat Ferry will provide you efficient, friendly service.

1997

BCA MEMBERSHIP

The Blackburn Community Association raises its operating funds through a yearly \$10 family membership. These operating funds pay for the cost of publishing the BANAR (Blackburn Area News And Reports). If you haven't purchased your 1997 membership, please support the BCA and the BANAR by mailing this membership application to:

Blackburn Community Association
PO Box 47062, Blackburn Hamlet
Gloucester, ON K1B 5B0

Name: _____

Address: _____

Postal Code: _____

Telephone: _____

Yes, I'd like to help the BCA as a volunteer. Give me a call!

Blackburn Business Association Directory

As promised in the last edition, the Blackburn Business Association has completed its directory of businesses in the Hamlet, and has distributed approximately 3000 copies to all residents with this issue of the BANAR. The directory contains the names and addresses of over 125 businesses, many of which operate out of private homes and are not clearly visible to the public.

The purpose of the BBA Directory is to encourage Blackburn residents to support their community by shopping in the Hamlet as often as they can.

The Blackburn Business Association is always interested in feedback from the community with regard to the businesses and storefronts in the Hamlet.

If you have any comments, or suggestions for improvements, please drop a line or two, to:

The Blackburn Business Association
PO Box 47060
Gloucester, ON K1B 5B0.

If we don't support our local enterprises, they will be forced to move. It's a simple case of "Use it or lose it."

If you did not receive a directory with the BANAR, please call John Stevens at 824-8736, and he will see to it that you get one.



Eugène Bellemare

MP/Député



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Open House regarding Bearbrook Outdoor Pool

The Blackburn Hamlet Recreation and Parks Board and the City of Gloucester Recreation and Culture Division are inviting you to an open house to gather comments from the residents of Blackburn Hamlet regarding proposed improvements (in particular sun protection and accessibility) to the Bearbrook Pool.

The pool is part of Bearbrook Park which is situated at the intersection of Innes Road and Bearbrook Road, between Good Shepherd Catholic School and Emily Carr Intermediate School. The pool requires renovations that will allow the facility to continue to serve the community and enhance the recreational value of the park for the next twenty years.

The open house will be held on Thursday, April 17, 1997 from 6:00 p.m. to 9:00 p.m. at the Blackburn Public Library, 199 Glen Park Drive (The Commons Shopping Centre). If you require further information, please contact Jennifer Dalrymple, Recreation Planner, at 748-4238.

Une soirée portes ouvertes concernant la piscine extérieure Bearbrook

Le Conseil des parcs et loisirs de Blackburn Hamlet et la Division des loisirs et de la culture de la Ville de Gloucester vous invitent à une soirée portes ouvertes organisée pour obtenir les réactions de la population de Blackburn Hamlet concernant les améliorations proposées à la piscine Bearbrook (qui visent particulièrement la protection contre le soleil et l'accessibilité). La piscine fait partie du parc Bearbrook, situé à l'angle des chemins Innes et Bearbrook, entre l'école catholique Good Shepherd et l'école intermédiaire Emily Carr. Pour que la piscine puisse continuer à servir la communauté et pour améliorer la valeur récréative du parc au cours des vingt prochaines années, nous devons effectuer des travaux de rénovation.

La soirée portes ouvertes aura lieu de 18 à 21 heures le jeudi 17 avril 1997, à la bibliothèque publique de Blackburn, située au 199 de la promenade Glen Park (Centre commercial Commons). Si vous désirez de plus amples renseignements, veuillez communiquer avec Jennifer Dalrymple, urbaniste en loisirs, au 748-4238.



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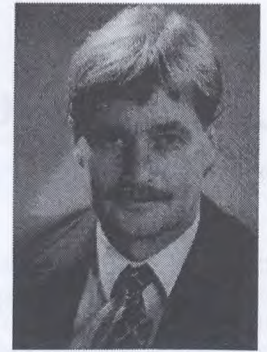
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Gloucester, Ontario K1G 3V5
(613) 748-4119/837-5975
FAX: (613) 748-0235

COUNCILLOR'S REPORT

by Rainer Bloess

Highs & Lows of Working with Youth



Nothing is more rewarding or more frustrating than working with youth. In the past I've commented on some of the problems we have had with some of the young people while acknowledging the youth who have been a valuable asset to our community.

Once again the stark contrast in good and bad has hit home in a number of incidents over the winter. Case in point has been the activity of some young people who have viewed our "change shacks" at the outdoor rinks as targets for vandalism. No bench, no light fixture, no door and no heater was safe from the destructive tendencies of these thrill-seeking adolescents.

Having spent a considerable amount of money and energy to restore the shacks to an acceptable condition, it was most exasperating to find the Bearbrook Park hut in a semi-demolished state after a night of partying consisting of demolished benches and light fixtures and smashed bottles, both in the shack and on the ice surfaces, which culminated in arson (total destruction was averted by an alert resident walking his dog at 5:15 a.m.).

On the positive side, within twelve hours, a number of young people had commenced repairing and cleaning the shack. Led by Lee V. and Jason A., these youth restored my faith in the future of our community by spending the subsequent week fixing up and painting the shack (the paint was donated by our local Home Hardware). Unfortunately, by the following weekend new destruction took place at both shacks. Once again, the conscientious youth kicked into action and undertook repairs.

The east-end rink (at the former Blackburn Public School) fared only slightly better with extensive damage early in the hockey season. However, since a number of young people, namely Rick, Chris, Ryan, and David took personal responsibility for the shack, a marked improvement was noted (with an exception when a few youth obtained booze by breaking into homes and proceeded to party (aka demolish) at the shack.

Of particular concern is the late hour when some of these younger residents seem to have the liberty of prowling and operating. On a number of occasions, I

had to eject youth of about 14 or 15 years of age after 11 p.m. On one occasion I awoke a couple of young girls and sent them home.

All this discourse is to make the point that last year, our community experienced considerable youth vandalism at the preschool (behind the arena), at our pool, and at the allotment gardens. We need a combination of constructive programs like last summer's *QUIET RIOT* which reached out to the youth. At the same time, it is my intention not to tolerate any more delinquent destructive behaviour; in other words, we will practice *Zero Tolerance* in dealing with those youth who are not receptive to positive overtures. To do so, however, I need your help as concerned parents and residents to ensure that the proper message is delivered loud and clear. We need to assert ourselves in the areas where our young people like to hang out to let them know there are limits to what we will accept.

If you have any ideas, solutions or wish to contribute in some way, please give me a call.



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MUSIC FOR YOUNG CHILDREN

by Frances Balodis M.Ed., A.R.C.T., R.M.T.

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Blackburn Hamlet Kristine Swaren

824-8024

Gloucester Public Library Blackburn Hamlet Branch

📖 **Book Sale:** Gloucester Public Library will be holding a book sale at the Orleans Branch on Orleans Boulevard on May 3 and 4.

📖 April 19 from 10:30 a.m. to 5:00 p.m.: St. John Ambulance baby sitting course. Age 12 and up. Cheque for \$25 payable to St. John Ambulance upon registration. Please bring a baby-sized doll or teddy bear.

📖 April 26 from 10:30 to 11:30 a.m.: Double Digit Book Club. Ages 10 and up. The topic is magic. Pick up a book list at the library. Please register by April 23.

📖 NFB videos are now available at the Gloucester Public Library. They are housed at the Orleans Branch, but can be requested at any branch.

For more information, please call 824-6926.

M&B

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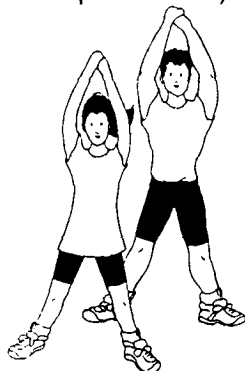
Registration is ongoing at either of our two Blackburn locations.

The Studio
2580 Innes Road

The Innes Park Facility
2765 Innes Road
(at the Apartments)

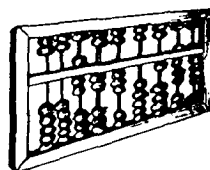
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841-0211

Dementia Care Residence Project

by Rollie Sanders

At a joint news conference held on November 19, 1996, the Alzheimer Society of Ottawa-Carleton (ASOC) and the Queensway-Carleton Hospital announced their plan to join forces in a partnership. The Alzheimer Society will build its innovative dementia care residence on property currently leased by the Queensway-Carleton Hospital. The facility will consist of four residential bungalows.

Marc Terreau, President of ASOC, said, "This partnership will help bring the Alzheimer Society of Ottawa-Carleton's goal in demonstrating how high-quality care can be provided to people with dementia in a home-like setting one step closer to reality. With this demonstration project, our chapter is striving to influence the way care is delivered to people with dementia in this region and across Canada."

INNOVATIVE DESIGN

This facility will incorporate the best features of three innovative residential dementia care facilities: the ADARDS Nursing Home in Tasmania, Australia; McConnell Place North in Edmonton; and Woodside Place in Oakmont, Pennsylvania. These facilities have achieved impressive results in terms of improved quality of life for residents and family satisfaction with care.

STRUCTURE

During the day, four residential-style bungalows, each housing twelve people, will operate independently. At night, the facility's innovative design will allow all bungalows to convert to a single unit, similar to a traditional nursing home layout. Space for Society staff and volunteers, a meeting room for family support groups, a training room and a resource centre will be incorporated onto the site.

SPECIAL FEATURES

Each bungalow will have a secure outdoor area with a circular wandering path, a garden, a car (for residents to "drive" and polish), camouflaged exits, no dead ends, special signs and cues to assist orientation, meals prepared on-site, rummaging cupboards, fecal drains, and dressing gowns or robes outside rooms to help residents find their rooms more easily.

FOCUS OF CARE

The focus will be on quality of life and finding purpose in activities of daily living. Generic staff will be assigned to residents on a consistent basis to help them with personal care, housekeeping, and meal preparation.

DEMOGRAPHIC RESEARCH

In Ottawa-Carleton, it is estimated there are 7,000 people with Alzheimer Disease. Demographic research suggests that by 2021, there will be over 11,000 with dementia in our region, and over 17,000 by 2031. Currently, there are about 700 people with dementia on the waiting list for placement into a long-term care facility in Ottawa.

FUNDING AND COMPLETION DATE

Possible funding sources are mortgage financing and fundraising. The ASOC already has a reserve of \$600,000 for this project. Anticipated project completion is by late 1997.

The Alzheimer Society's goal in undertaking this project goes beyond providing an exemplary level of care for 48 residents, a very small proportion of the overall number of people with dementia in need. Rather, the Society's aim is to build a model facility that can be copied in whole or in part by other long-term care providers across Canada.

For more information, you can contact: Debbie Seto, Public Relations, ASOC, at 722-1424 or Deborah Toy, Executive Assistant of the Queensway-Carleton Hospital, at 721-4700, extension 5601.

RETIREMENT RESIDENCES GIVEN FUNDS

As a result of the participation of seniors and retirees during the 1996 Fun Fair, a sum in excess of \$300 was raised for use in seniors' activities. It was decided that this money would be donated to both the Bearbrook Court and Blackburn Villa residences for use by their respective Activities Directors on a number of small projects.

GLEN OGILVIE CRAFT FAIR

Thanks are extended to those seniors and retirees who assisted in staffing the food and drink tables in addition to selling 1997 BCA memberships. Both ventures were successful.



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Gloucester Allotment Garden Association

Don't forget to reserve your plot

by John Genet

Longer daylight hours work magically on nature and gardeners alike. Tomato and pepper plants growing in a southern window are a sure sign that spring is just around the corner.

Preparing flats is a good start, but the layout of your vegetable garden is just as important. A scale map locating your

vegetables can be very useful, especially in jogging your memory after the seeds are in the ground.

If space is getting scarce around your house, there's an alternative. The Gloucester Allotment Garden Association still has plots available at its locations at Orient Park and Anderson Road. Plots

measure 7 x 14 meters and the Association performs tillage and provides water and compost fertilizer at all sites.

For more information, call the Registrar at 841-7893 or the President at 824-6524. Now is the time to get started.

L'Association Des Jardins Parcellaires De Gloucester

Réservez une parcelle de jardin

par John Genet

Les jours qui allongent annoncent le réveil de la nature et celui des jardiniers. Les jeunes pousses de tomates et de poivrons qui s'étalent dans une fenêtre ensoleillée sont un signe certain que le printemps est tout proche.

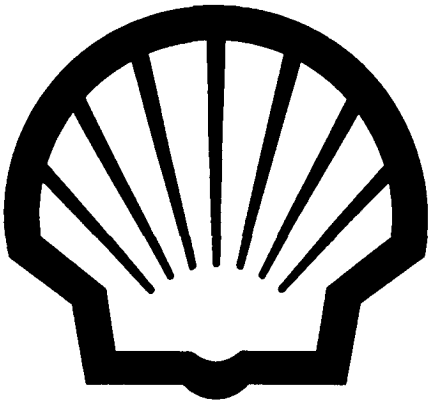
La préparation des semis est un bon début, mais il y a lieu également de bien planifier son potager. Un plan à l'échelle

qui localise tous les légumes vous sera très utile, surtout lorsque vous aurez enfoncé les semences.

Si l'espace se fait rare autour de la maison, il vous reste une alternative. L'Association des jardins parcellaires de Gloucester dispose encore de quelques parcelles de jardin à Orient Park ou au chemin Anderson. Les parcelles mesur-

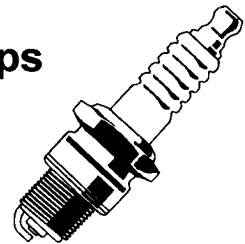
ent 7 X 14 metres et l'Association se charge du labour et fournit l'eau d'arrosage ainsi qu'un engrais sous forme de compost.

Pour plus de renseignements, veuillez communiquer avec le préposé aux inscriptions, au téléphone 841-7893, ou le président au 824-6524.



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Blackburn Community Hall - Update – GO!!

by Al Ross

Things are progressing on schedule for the planned Community Hall since City Council approved the project at their March 23rd meeting. This means contracts can be awarded to the budget level without further approvals from Council.

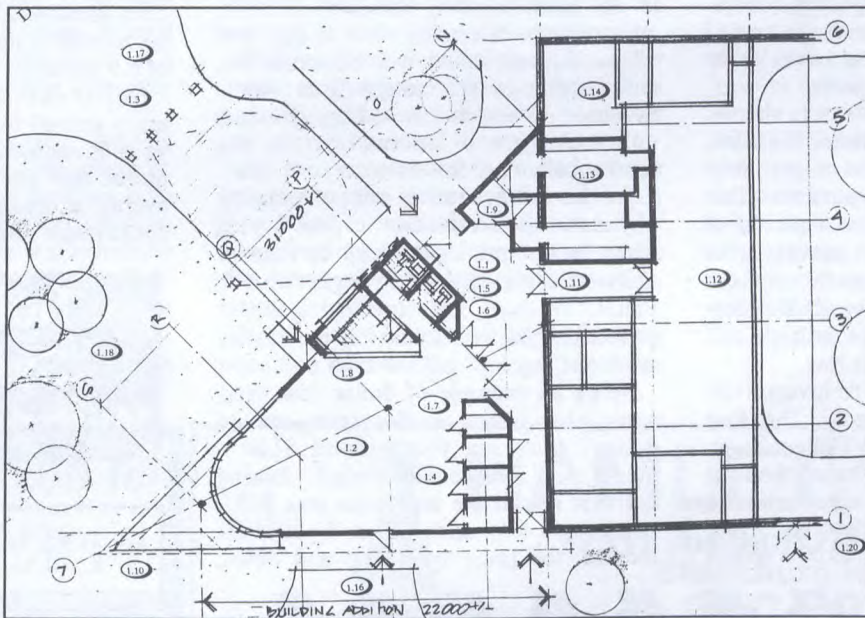
A second Focus Group meeting was held on March 6th, where the architect presented two options. The one that appears to be closest to the budget of \$300,000 includes a ground floor extension at the front of the arena. This concept received the approval of the focus group and has been developed further for more accurate costing for the presentation to council.

The architect's sketch is preliminary and indicates the general layout. There will likely be minor changes in such things as the storage, washrooms and coat rack areas. The main hall will be approximately 1600 square feet., which should accommodate roughly 120 people, depending upon the function. There will be a kitchenette with a sink with perhaps a fridge and a microwave oven. There will be either single or double washrooms included, but the arena washrooms (accessed from the hall) will be the primary facilities for the centre. As in all community halls, storage area will be somewhat restricted, but there will be space available to store equipment used for programs held in the hall itself.

At this time, the ceiling will be cathedral type revealing the open web steel joists and deck of the roof, but efforts will be made to add a suspended ceiling over

the main hall if the budget, or subsequent funding becomes available to provide for this addition. There is also provision to create two smaller rooms by utilizing a folding dividing partition, which is currently in city storage.

The main problem being encountered by the planners is the budget of \$300,000. This budget includes design, taxes, and permit costs, which leaves roughly \$240,000 for the actual building itself. This is not very much for the construction and finishing of a facility large enough to accommodate the community's needs, but other ways and means are being pursued to increase the



available resources. The objective is to construct over as large a footprint as possible, in order to maximize the available area within the confines of the underground city facilities serving the arena, while staying within budget. The detail costs will not be finalized until tenders are in for its construction.

At this time, the preliminary costs indicate an overrun of the budget of approximately \$40,000, but as mentioned earlier, we will not really have a feeling for the final costs until final drawings are prepared and tenders have been received. To address this possibility, the tender documents will be structured in such a way that some aspects of the project may be removed from the main contract and completed through other funding or community workers. To partially overcome a budget shortfall, the BCA is prepared to sponsor fund raising activities to provide extra resources for the completion of some aspects of the project. At no time will the quality of workmanship or materials be compromised in order to meet budget targets.

At a public meeting held March 17th in the Innes Road Fire Hall, the approval to spend \$30,000 was passed unanimously by the community, together with a commitment from the executive to support fund raising if required. This indicates to the city that our community is solidly behind this project which will assist in its passage through council.

Now that the project has received Council approval, the specific plans and tender documentation will be generated, and construction will start in July for occupancy in early November. If there are subcontractors in the Hamlet that would like an opportunity to bid on aspects of this project, please contact Al Ross.

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The value of investing regularly

by Don Mc Gregor

Playing the financial markets as if they're a crapshoot in a Las Vegas casino or trying to "beat the markets" to make a financial killing are both unwise and unlikely. A more sensible approach to investing, recommended by many financial advisers as a means of protecting investors from a capricious economic world, is called "dollar cost averaging".

Dollar cost averaging is the investing of a fixed amount of money in an investment, a mutual fund for example, at regular intervals - such as \$100 per month. By following this strategy, investors can actually lower the average cost of their investments. If you have lower costs, then you have more profit.

The principle of this strategy is simple. Since financial market prices fluctuate, individuals that invest once a year may find the value of their investments either rises, falls or stagnates over a period of time. But, with dollar cost averaging an investor purchases consistently, without having to guess when to invest. You buy fewer units when the price is high and more units when the price is low.

For example, you decide to invest \$100 a month in a mutual fund. The first month the fund's units cost \$10 each - so your \$100 buys 10 units. During the next four months, the fund's price per unit rises to \$11; drops to \$9; and then \$8. Over the four-month period your \$100 a month

is invested at these different prices so you purchase 42.7 units - or 2.7 units more than if you had invested a lump sum of \$400 at \$10 per unit, which would have given you only 40 units. Because the investor who used dollar cost averaging has more units, they have more profit.

The advantage of dollar cost averaging is that investors don't have to invest a large amount of money all at once or worry about timing the market. There is no need to study trends - attempting to determine when to buy, and where the unit value will be tomorrow, next month, or six months from now - because investors are buying units consistently and fluctuations in the market balance themselves out over time.

Furthermore, dollar cost averaging eliminates the temptation to stop buying when the unit price goes down in value or to invest wildly when units begin rising in value. In short, investors using dollar cost averaging are following the classic advice of buy low and sell high.

Here's an example of dollar cost averaging when prices are fluctuating up and down. Let's say you invested \$100 a month over a six month period. During the first month the unit price was \$15 - you bought 6.66 units. Over the next six months, the price swung up and down,

reaching as high as \$16 and falling as low as \$12, and finally returning to \$15. The following table illustrates the investment:

Unit Month	Units Price	Amount Bought	Total Invested	Value
1	\$15	6.667	\$100	\$100.00
2	\$13	7.692	\$100	\$186.67
3	\$14	7.143	\$100	\$301.03
4	\$12	8.333	\$100	\$358.02
5	\$16	6.250	\$100	\$577.36
6	\$15	6.667	\$100	\$641.28

As illustrated, your \$600 invested over six months is now worth \$641.28 - a gain of 6.9 percent.

Dollar cost averaging is offered by many mutual fund companies. Talk with your investment advisor to learn more about the advantages of dollar-cost-averaging investments. In the long run, it could make you a winner.

**Next Issue:
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SNORING AND DENTISTRY

by Dr. Bruce Harfield

Now what does snoring have to do with dentistry? Well, aside from the fact that this dentist snores, there are some new and exciting ways a dentist can reduce or eliminate your or YOUR SPOUSE'S snoring. Does it involve any surgery? No. Does it involve any use of local anaesthetics or freezing? No. Does it have anything to do with fillings or root canals? No again. What it actually involves is the construction of a simple appliance that you wear over your teeth while you sleep.

First, a little bit about snoring. Snoring sounds funny and people joke about it, but snoring isn't funny. It deprives both the snorer and their partner of the sleep we all require. It can sour a relationship by forcing people apart. It can be embarrassing if we snore on planes or trains or when vacationing with friends.

We snore for a number of reasons. One

of them has to do with what happens to our tongue muscles when we fall asleep. They relax, and in doing so the tongue tends to collapse against the back of the throat, obstructing the easy movement of air in and out of our lungs. This obstruction causes turbulence in the air flow which in turn vibrates the various structures in the mouth and throat and we are snoring.

This is where dentistry comes in. The dentist can fabricate in his (or her) office a dental appliance that holds your lower jaw slightly open and forward.

As the muscles of your tongue are attached to your lower jaw, this appliance then helps to keep that 'relaxed' tongue away from the back of your throat while you sleep. Less turbulence, less noise, happy sleepers.

Your dentist should assess your snoring condition to see which type of appliance

suits you. They will also, by using a simple questionnaire, see if your snoring affects your daytime activities.

Snoring can be a symptom of a condition known as sleep apnea. Sleep apnea can be a serious health problem and your dentist will refer you to your physician for further investigation if he suspects that you may have this condition.

Not all dentists may be familiar with these anti-snoring appliances, so you may have to call around a bit to find one who is.

This is a simple, pain-free, and inexpensive way to solve your snoring problem. I know the appliance I made for myself works well, ask Penny!

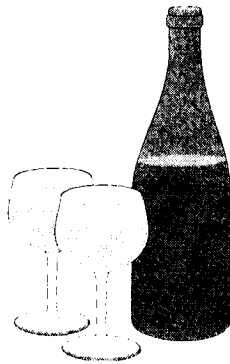
Next time, I'll be writing about why toothpastes may be creating a problem for your toddlers.

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Taking The MYSTERY Out Of Counselling

by Lee Wallace B.A., M. Ed. and Judi Paterson R.N., M.A.

What is "counselling" all about? This is a question that many people ask, especially when someone suggests that they might benefit from some counselling. Often the picture that they have is of someone doing something to them or playing "mind games" with them. This perception can cause them to be fearful ("Is there something wrong with me?"), angry ("There's nothing wrong with me! I don't need help! What right do they have to suggest it!") or, at least, anxious and reluctant to seek assistance. This is unfortunate, since all of us, including counsellors, can benefit from counselling at various times in our lives.

Sometimes people wait until they are in a crisis before they seek counselling. It is wiser to have periodic visits to a counsellor in the same way that you get your teeth checked by the dentist or take your car in for preventive maintenance. Often our best learning opportunities occur when we are not in a crisis. Many happy and well-adjusted people stay that way with the assistance of their counsellors.

Counselling today can be positive and health-oriented, rather than the old image of it as negative and that there must be something wrong with you if you need counselling. All too often in life, we are expected to know how to solve all problems that come our way. Sometimes we do not have the necessary knowledge and skills to solve a problem as well as we'd like to. An objective, non-judgmental and skilled counsellor can help with this process.

What is counselling?

Counselling provides you with help when you want to sort out what is going on in your life and to do some things differently. It is particularly useful when you have a decision to make, action to take, a behaviour to change, a relationship to improve or just the need to talk things over with someone who is caring, objective and outside your circle of family and friends. You are the one who does the work (it's your life, after

ally). The counsellor is there to assist you in going through the process.

Why see a counsellor?

When something is bothering you or you have a problem to solve, you can do a number of things to help yourself: read one or more self-help books, talk with friends and/or family, have a good talk with yourself or some combination of these things. If these work and your life gets on the track that you want, you don't need a counsellor. Counselling can be of real benefit, however, if one or more of the following fit you:

- you want to talk with someone who is a trained and experienced professional, who has skills that even your best friend doesn't have;
- you need to talk with a real person (you can't talk to a book) who is able to hear clearly what you are saying and help you look honestly at your situation and what you want to do about it;
- you want to "let off steam" about something that is upsetting you, so you can then think more clearly about what to do;
- you need to work through a long-standing problem that is affecting your life and relationships;
- you need to talk with someone whom you know will keep the matter confidential;

What can you expect to gain from counselling?

The counselling process, simplified, has three key components: helping you to look honestly at your current situation that is causing you some difficulty, to describe the situation as you would like it to be, and to develop a plan of action that will move you from where you are towards where you would like to be. Counselling helps you make changes in your life that you want to make. As part of the process, you will examine yourself: your current situation, your priorities, your hopes, your strengths, your concerns and the related emotions. You will set yourself reasonable goals, keeping in mind your own priorities, the various possible consequences of change

for you and others who are important to you, and the barriers that could make it difficult for you to get where you want to be. Your action plan could be something that is created all at one time or gradually as you take the steps one at a time. It depends on the complexity of the task and, of course, your own preferences.

How long will it take?

This is difficult to answer as each person and his or her situation is different. Some things can be handled in one or a few sessions. Examples of this would be someone wanting assistance with an important career or other decision or with handling a specific problem at home or at work. Complex concerns such as more general family problems, relationship difficulties, and making major personal changes will take more time, sometimes a lot more time. Much of this depends on the client's motivation and determination to do what needs to be done. Counselling is not magic, it takes work by the client, supported by the counsellor. Do keep in mind, though, that dealing with what seems like a simple, straightforward topic could open up other issues with which you want to deal.

How do I choose a counsellor?

The ideal person to recommend a counsellor to you is someone who has received counselling from this counsellor and is positive with the experience. Sometimes other professionals (e.g. school counsellors, health professionals) can refer you to a counsellor. Many counsellors advertise locally. No matter how you get a counsellor's name, it is important that you talk with him or her, at least by phone. The most important thing for you is to feel comfortable with the counsellor and confident in his or her abilities. You may have to try at least one session before you know, but don't stay with a counsellor if you continue to be uncomfortable. You are the customer, after all.

Counselling is definitely not a mystery. It is there for you if you think it would be useful to you, whether you need a brief "tune-up" or a more extensive overhaul. Give it a try. It can be a very positive and enriching experience!





Leprechauns Invade Bearbrook Court!



by Jean Martin

'Firma and Friends' performed an Irish Sing-out and Sing-a-long for the residents of Bearbrook Court on Tuesday March 12th, 1997. This newly formed group, decked out in green hats and shamrocks, brought a lilt

of Irish laughter, a bit of Irish blarney and some sweet Irish music to the ears of their receptive audience. Many residents joined in the singing and several knew the words to almost every song. The 14 singers were accompanied by Audrey

Johnson on the piano and Joe Walcot on the guitar. This is the second performance for 'Firma and Friends', in February they were invited to perform at Queenswood Villa where their repertoire had a Valentine theme.

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A QUESTION OF BALANCE



by Mitchell Rowe LL.B.

Law is most often an attempt at striking a balance between competing interests. In no legal area is this balancing more prevalent than in criminal law - the public interest in peace and order vs. the rights of the individual to be free and protected from unwarranted state interference.

Each player in the legal game - the politician who authors the law, the court that interprets it, and the police officer who enforces it - confronts these competing interests. As the pendulum of society swings back and forth from right (emphasizing the individual) to left (society) the law attempts to moderate the extremes. Great men and women, politicians or jurists, are great often because they bend counter to these societal winds.

The legal vehicle used most often to moderate these societal extremes is the Charter of Rights, which mandates a debate on this question of balance.

Section one both guarantees the specific individual and group rights set out in the Charter and as well sets out the criteria against which those rights may be limited by society.

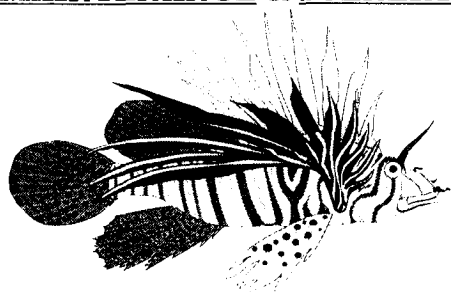
For a right to be limited, the objective of the law must be to address a concern that is pressing and substantial, and the means chosen by the law must be reasonable and "demonstrably justifiable", a proportionality test or question of balance.

Thus, the prevention of impaired driving has been deemed of such pressing and substantial concern that the rights of the individual, to be free from arbitrary detention (the R.I.D.E. program) and self-incrimination (mandatory breath samples) have been deemed to be reasonable and demonstrably justifiable. Certain laws against hate literature and pornography have been upheld as justifiable restrictions on the freedom of expression.

Not all restrictions on the individual have been justified. The right that an accused has to a trial within a reasonable time was upheld over the right of society to prosecute the alleged criminal. The right of the individual to their privacy has taken precedence over the right of society to search and seize without prior judicial authorization (ie. search warrant). In certain circumstances, the right of the press to maintain the secrecy of their sources has won out over the societal right to this information. The accused has the right to be informed of, and to be given a reasonable opportunity to exercise, his right to consult counsel, or his statements made to the police will not be admissible evidence at trial.

The purpose of the Charter is to place in the hands of the unelected judiciary a reflective power to moderate these questions of balance, a luxury not afforded to the politicians who often succumb to the forces of the societal pendulum.

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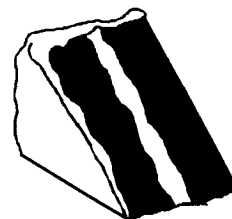
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Building our Community / Construire Notre Communauté

by the Fun Fair Committee

Mark



on your calendar, because it's Fun Fair weekend! It promises to be an exciting time for the whole family.

Building on last year's successes, we will be featuring activities for all ages. The Children's Playground and the Balloon Castle will be back, as will several of the new activities that were introduced last year.

New ideas and input from the community are welcome. If you have any suggestions for activities or would like to volunteer some of your time, we would be happy to hear from you.

On the right is a list of the coordinators who are currently on board. Some coordinator positions remain open and we would urge you to put your name forward. Don't worry - you will not be working alone! We have a list of others who are ready to help the coordinators.

Take an active part in building your community, (and your community centre). Everyone has something to offer. Become involved so that our community can benefit from your ideas and input.

Coordinators	Sherry Woodburn	824-5013/ 748-6605
	Chantal Goyette	830-4254
Fund-Raising/ Auction	Sherry Woodburn	824-5013
	Heather Mason	830-8271
	Sue Sheridan	824-8936
	Sandy Richmond	834-1070
	Sheila Couch	830-3069
General Store	Lee Faller	837-3636
	Daphne Poulin	841-0880
Midway Parade Publicity	Evaneé Kenward	834-1070
	OUTSTANDING	
	Chantal Goyette	830-4254
	Renata Boudreau	824-8917
Youth Activities	Jackie Ruano	830-5800
Senior Activities	Rollie Saunders	824-6237
Entertainment Facilities	OUTSTANDING	
	Iris Phillips	824-3641
	Rainer Bloess	837-5975
Fair Features	OUTSTANDING	
Finance	Mike Lee	830-1235
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	Edelgard LeLacheur	824-3014

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Signs, sealed, delivered?

by John Stevens

Is it a sign of the times or an omen of things to come? A lot will depend on what, if anything, the NCC will decide on allowing Blackburn Hamlet to use some of its land to erect proper identification. However, over thirty residents and businesses attended a meeting on Monday, March 17 to determine the direction to take on this issue.

know that life actually exists beyond the Blackburn by-pass. The money for the construction would come from BCA reserves raised in past Fun Fairs.

Joël also showed three versions of business signs, two of which appear as Figures 3 and 4. The BCA was proposing to contribute \$5,000 towards the cost. Joël suggested the balance, along with the erection and maintenance of the sign,

of the by-pass by the correctional centre, something that Joël felt was acceptable to the merchants as long as it is not too far away from the entrance to the Hamlet.

THE MOTIONS AND RESULTS

While discussion of the issues is one thing, most important are the motions and the vote. Following are the motions that were put forward and the results.

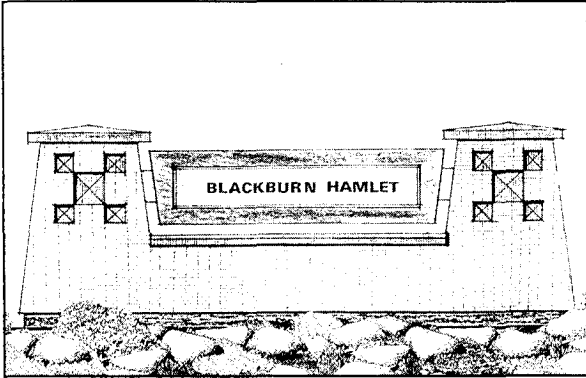


Figure 1 -
Designed by Rick McGovern

BCA President Michael Martin mentioned that the objectives in building a sign were: a) community recognition, b) advertise the existence of businesses, and c) provide space for community announcements. He then added that it was difficult to accommodate all three objectives into one construction, thus, there were two proposals on the floor: one for a community identification sign, one for a business sign. He also mentioned that there was as of yet no specific location for the signs. The purpose of voting on the various signs was therefore to get a community consensus first before going to the NCC/Region to ask for suitable locations. Should the NCC/Region return with a site or sites, the community would then vote on a specific design and/or location.

Several drawings of community signs were presented (shown in figures 1 and 2), with a price range from \$7-21,000, depending on the sign. Lois Kemp and Joël LaPalme presented these signs. Lois stressed the need for Hamlet residents to have something that reflected the nature of the community and that everyone could be proud of. The idea is to have one at each end of the Innes Road entrances to Blackburn. This way local residents will feel that their community is properly represented and that passing motorists will

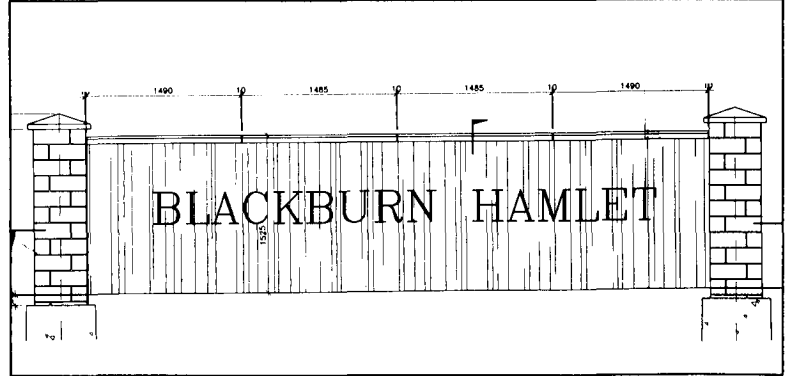


Figure 2 - Designed by Central Precast Inc.

could be undertaken by Blackburn businesses. The cost could be underwritten by selling and renting space to various enterprises. All local establishments would have access to the board. Also, there would be a portion of the sign that would be available to advertise community events at no charge.

There was considerable debate over the relative merits of the signs - in particular with respect to the need for a business sign versus a community sign. Nevertheless, by the end of the meeting a consensus emerged that the erection of both business and community identification signs should be supported. Discussion included these points:

- The community recognition sign only fulfilled one of the sign objectives. Some felt that the addition of an announcement board would better justify the expenditure.
- It was mentioned that perhaps the money would be better used on the new community centre or for a part-time youth counsellor.
- Almost everyone favoured the idea of a sign at each of the three entrances to Blackburn Hamlet instead of just the two Innes Road ones, as long as the budget was maintained.
- An indication was made that a business sign should go on the south side

CONCERNING THE COMMUNITY CENTRE
Are you in favour of the Blackburn Community Association spending up to \$30,000 towards the construction of a

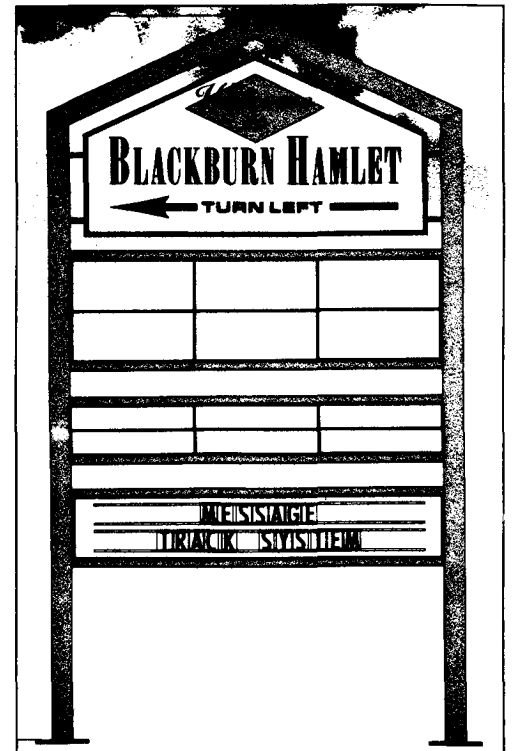


Figure 3 - Copyright Fournier Signs Plus Inc. 1997

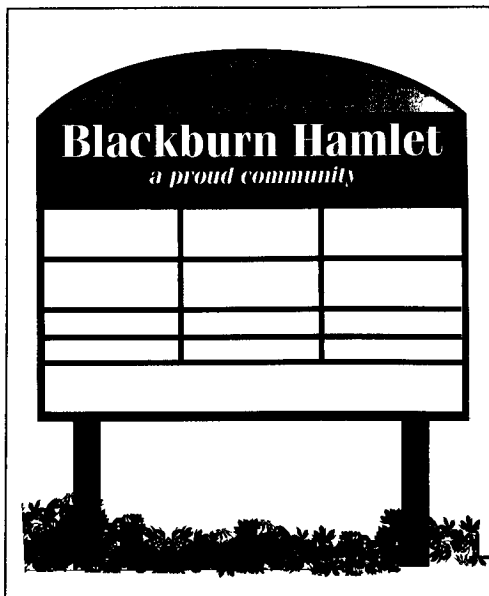


Figure 4 - Sign design rights owned by Quadraplex Designs

community centre in Blackburn Hamlet? The motion was carried unanimously.

CONCERNING THE BUSINESS SIGN

Are you in favour of the Blackburn Community Association spending up to \$5,000 towards a business sign?

The motion was carried unanimously.

CONCERNING THE COMMUNITY IDENTIFICATION SIGN

Original Motion: Are you in favour of the Blackburn Community Association spending up to \$24,000 for up to two community signs?

Amendment 1: That a community notice board be a requirement of the community sign.

Amendment 2: Are you in favour of the Blackburn Community Association spending up to \$24,000 for community signs?

Amendment 2 was carried.

Amendment 1 was defeated.

The motion as amended was carried.

While what the community of Blackburn feels has been made clear to the BCA, reflected by residents attending the

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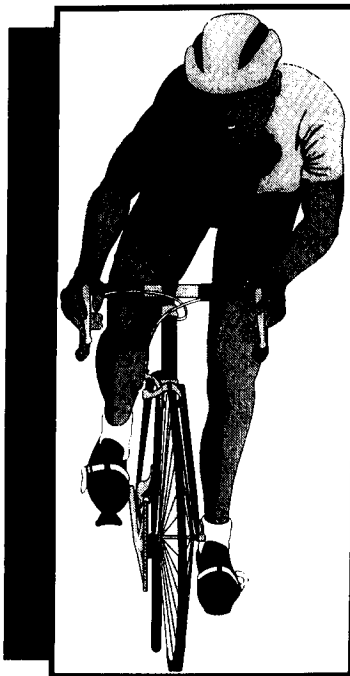
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special annual meeting, the outcome could be moot, depending on the reaction of the NCC. A total acceptance or rejection of the four spaces will accommodate or render useless all the objectives for signage. However, if only one site is approved, the community will have a difficult decision to make about which approach to signage will be best.

"If people are trying to make you eat your words, serve them something you will enjoy eating."
John Stevens



CYCLISTS

Would you like to join a group of cyclists for weekend rides?

Come along on our Sunday rides which hopefully will begin in early April. We plan to increase the riding distance each week with the intention of building strength and stamina in preparation for the Rideau Lakes Tour.

The Rideau Lakes Tour is organized by the Ottawa Bicycle Club and takes place in early June. It is a two day cycling tour from Ottawa to Kingston and return.

Doing the Rideau Lakes Tour is **not** compulsory to join our weekend rides.

Call Neil Morris at 824-1029 for more information.

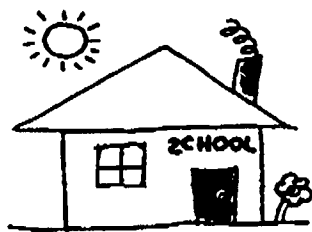
THE WORD IS OUT!!

BLACKBURN HAMLET PRESCHOOL

Is now accepting registrations for the September 1997 school year.

We are your community cooperative Preschool offering:

- *Experienced E.C.E. Staff
- *2 Large, well equipped playrooms
- *Competitive rates
- *Large fenced outdoor playground



To schedule your visit or for more information call Louise 841-5568

Continued from front page

AS A VOLUNTEER

Call TBM and leave your name and phone number at 837-9538 and we will call you the week before *The Sunoco Tour*. We need registration personnel, course marshals, food and refreshment help, and 'crew' assistants. All volunteers get a souvenir t-shirt.

AS A BUSINESS

Call TBM at 837-0915 and speak to Terry or Christine about how you can get involved as a *Supporter, Small Business Sponsor, or Title Sponsor* of the event. You get lots of visibility on the day (banners, sponsor board, coupons in participant kits, but most importantly - your business depicted on *The Sunoco Tour Of The Hamlet* souvenir t-shirt that is received by each participant).

AS A BLACKBURN HAMLET GROUP OR CHARITY

Call Terry at 837-0915 for details. As a registered charity of *The Tour*, your group retains 100% of all pledges and donations collected through *The Tour*. Groups or charities can call for information on discounted rates.

AS A BLACKBURN HAMLET RESIDENT

Sign up and meet and greet your neighbours and play host to National Capital Region runners, walkers, and joggers. You can also volunteer or cheer on the crowds as they "tour" through your neighbourhood. Drop by SUNOCO, SUBWAY, A TASTE OF THE ROCK, or EDWARD JONES INVESTMENTS for an entry form brochure. Blackburn Community Association Members receive a discounted entry fee.

AS AN INTERESTED PARTICIPANT

You don't have to be a resident of Blackburn Hamlet to participate - *The Duathlon of Blackburn Hamlet* and *The Sunoco Tour Of The Hamlet* is open to all. Entry forms are available in Blackburn Hamlet, as well as Running Room Stores and Fresh Air Experience. The duathlon is the first event in the Corel Duathlon Series, and *The Tour of the Hamlet* (run) is the first event in the adidas Run Series.

Come out and join TBM, your friends, neighbours and the businesses of Blackburn Hamlet at the first annual *Sunoco Tour Of The Hamlet* on Sunday, April 20, 1997.



Junior Kindergarten Registration at the Gloucester Junior Academy
Register now for the Fall '97
Call 834-9789 for details.

OPEN HOUSE - Sunday, April 27, 3:00-4:00 p.m.
2336 Orient Park Drive, Unit 100
Blackburn Hamlet

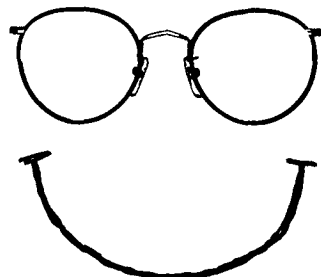
Blackburn & Area Lawn Aeration



- ✓ 2 years of experience
- ✓ resident of Blackburn Hamlet
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Call Chris Scott at
824-3494.

If you call now and book your appointment, receive \$5 off your job.



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BLACKBURN CHORUS **Double Bill**

by John Sharpe

The Blackburn Chorus is preparing an exciting program of music for two quite different concerts this spring.

On Sunday 20 April at 4:00 p.m. they will share the stage at St. Andrews United Church with the Johannes Brahms' Choir in a presentation of Schubert's *Mass in G* and Raminsh's *Magnificat*, performed with orchestra.

The soloists include Blackburn's own Garth Hampson, Bass.

The Schubert mass is a beautiful classic, while Raminsh is a contemporary Canadian composer and cellist whose music is challenging and stimulating.

The two major works will be sung in Latin. German-Austrian and Canadian folk songs will round out the program.

The Chorus will present its annual spring concert, "A Little Light Music" on May 23 and 24 at Orléans United Church at 8:00 p.m..

The program will appeal to families since it comprises popular and folk music. For example, a medley from *Beauty and the Beast* is a hit with everyone who hears it. The immortal music of

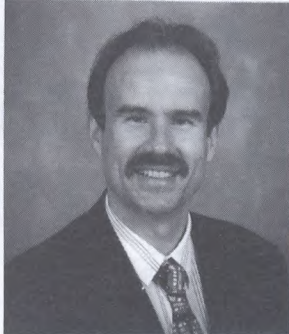
Canadian Oscar Peterson is represented by his *Hymn to Freedom*, which was first performed by massed youth choirs at a festival in Helsinki. Work by Allister MacGillivray, Rita McNeil, Irving Berlin and Billy Joel are also sure to entertain the entire family.

Tickets are \$10, but children under 12 accompanied by an adult will be admitted free.

Mark your calendars and plan to come out for these two events by our talented Blackburn Chorus. For tickets call John Sharpe at 837-6937.



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Jane Cummings
B.A., B.P.H.E.
Associate Broker

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PARLEZ-VOUS TOURIST?



Rollie Sanders handed me a sheet with these anecdotes. I thought you'd enjoy them.

Around the world, local merchants, struggling gamely to communicate with English-speaking tourists, sometimes end up putting a unique twist on our complex, confusing language.

A harassed tailor in Rhodes posted this admonition to push clients: *"Because is big rush, we will execute customers in strict rotation."*

If you're expecting more than a drink in this Norwegian lounge, forget it: *"Ladies are requested not to have children in the bar."*

A Tokyo hotel gives new meaning to customer-friendly service with this sign: *"You are invited to take advantage of the chambermaid."*

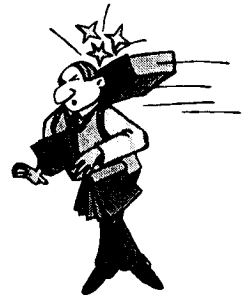


A carrier in Copenhagen warns hapless travellers that: *"We will take your bags and send them in all directions."*

Thanks Rollie for the quotes. If you have any stories of your own, drop the BANAR a line.

Here's a true story from my adventures.

More years ago than I want to admit, I was at the beach on a Greek island. I really don't like swimming, but out of the blue came an offer that I couldn't resist. One of the women in our party was from France. She loved the water and seeing I wasn't too keen on it said, *"Come into the water and get fresh!"* My reply was, *"The phrase is 'Come in the water and freshen up.'"* Immediately she shot back, *"Freshen UP - cool DOWN - You English people really don't know what direction you're going, do you?"*

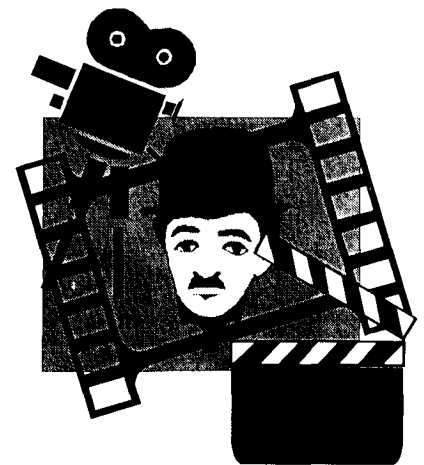
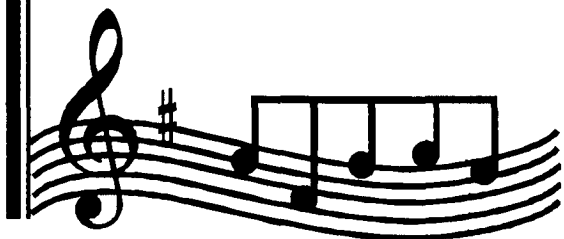


The Gloucester Community Concert Band Inc. presents That's Entertainment!

Highlighting music from
the movies and Broadway

Thursday, May 8 at 7:30 p.m. at M.I.F.O., 6600 Carrière, Orleans
Tickets: \$8.00/adult, \$20.00/family, \$5.00/student or senior

Tickets available at
the door or call
Marion at 830-5425.



Auction at Life Christian Academy



Sold to the lady in the front row

by John Stevens

Everybody loves an auction. It's a chance to get something of real value for a great price.

On Monday, May 5, you will have this opportunity when Life Christian Academy stages its annual *Time and Talent Auction* in the gymnasium of The Life Centre at 2214 Innes Road.

The evening starts at 6:30 p.m. when you will be allowed to view the items open for bidding.

At 7:30 p.m. the tactical battle begins as the items are auctioned off.

There's still about a month until the event, but take a look at what there is already up for grabs:

- 15,000 Air Canada Air Mile points,
- a weekend of free babysitting,
- a homemade dinner for 8,
- 8 hours of professional painting (you must supply the paint or wallpaper),
- 1 case of salsa made to the degree of spiciness you desire and delivered in August or early September,
- a weekend at a cottage, including 3 meals per day for a family of 4,
- 3 free dental cleanings,
- 3 sessions of math tutoring at any level,
- a tennis lesson by a qualified instructor,
- free labour on a fax, photocopier or laser printer repair,
- a house cleaning.

By the time the auction action starts, there will be even more valuable services and items that will attract your attention.

The proceeds from this event will go to help ease the operating expenses of Life Christian Academy, a privately-funded K4 to grade 8 school. Donations and tuition fees comprise the main sources of income for the school.

Life Christian Academy, as its name implies, strives to achieve high academic and moral standards in its students.

For more information about the *Time and Talent Auction* or Life Christian Academy, contact Karen Middleton at 834-6588.

Going to the dogs

by John Stevens

Now that the snow is melting, some doggie treasures are starting to surface. If you're out walking your dog, remember to pick up after it, and if you really want to be a good neighbour, why not grab a nugget or two from somebody else's pooch while you're at it.

Tired of playing tug-of-war with your best friend. It's funny, but dogs never seem to tire of this game. Unfortunately, it can turn a leisurely stroll into a very unpleasant experience. I've noticed a few of you strengthening your arm muscles in this manner. Fortunately for most of you, there is something you can do.

The reason your dog is taking some of you for a walk instead of you taking it for a walk is that you are putting the lead directly on its leather collar.

If you buy a choke collar, your problem will be solved. The more the dog pulls, the tighter the collar gets. Thus, there is no fun in pulling. I have used this method with my dog and it works.

However, having said that, if I had to do it all over again, I would never use the choke collar. I would use what is called a promise lead. It slips over the dog's nose and around its neck. When the dog pulls, it gently turns its head back and upward so it looks at you for instructions - exactly what you want it to do.

A friend of mine in Orleans had endured years of tugging with her black lab. I suggested the promise lead and offered to show her how it worked. Within a half an hour, this very strong dog was walking gently by my side. Yes, I had to be a bit firm with it (with the emphasis on a bit), but she has replaced the dread of walking the dog with hours of enjoyment.

And you can get this promise lead right here in the Hamlet at Berry's. If walking the dog is like going dog-sledding without the sled, I'd get to Berry's today.



ATTENTION
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Available now! A mineral treatment called C-Pool, an environmentally-friendly and cost-efficient solution that saves 50-70% on pool chemicals and hydro costs (pump runs only 2-6 hours per day), and reduces maintenance time.

C-Pool mineral treats pool and spa water with a PH-balanced formula of naturally-occurring minerals that creates a habitat unsuitable for algae growth. Minerals do not weaken or dissipate, so treated water stays resistant to algae.

A significant benefit to using C-Pool is its environmental compatibility. C-Pool is a non-toxic, non-flammable solution that won't irritate eyes or skin.

You can help save the environment and reduce costs when you begin this program at any time.

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Authorized distributors of C-Pool mineral treatment

Yvonne Brisbois Wendy Streib

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Community Notebook

Some brief notes about events happening in or near Blackburn Hamlet

Saturday, April 12

ART AUCTION at the Framing and Art Centre, 5929 Jeanne d'Arc Boulevard (corner of Jeanne d'Arc and St. Joseph).

Artwork on display and with pre-bidding - April 5-12.

Reception, preview and silent auction begins April 12 at 6:30 p.m.

Auction begins on April 12 at 8:00 p.m.

Guest auctioneer is Kevin Nelson from Magic 100. Proceeds will go to Arteast and the Visual Arts Centre to provide programmes for people with special needs. Tickets available during working hours at the Framing and Art Centre (830-2485) or the Visual Arts Centre at the Orleans Recreation Complex from 9-5 (830-5420) and from Susan Pitt (745-8882). Tickets are \$10. There are door prizes, paintings, fun art and special treats.

Friday, April 25 at 7:30 p.m. at Lester B. Pearson High School on Ogilvie Road

THE GLOUCESTER COMMUNITY CONCERT BAND AND FRIENDS - A benefit show to help finance the building of the Good Shepherd Church. Come on out and let the good times roll with the band and enthusiastic parish members.

Tickets cost \$8 for adults and \$25 for families. They are available at the door and from Marion (830-5425).

Sunday, April 20 at 4 p.m. at St. Andrews Presbyterian Church (Kent and Wellington)

THE BLACKBURN CHORUS AND THE JOHANNES BRAHMS CHOIR

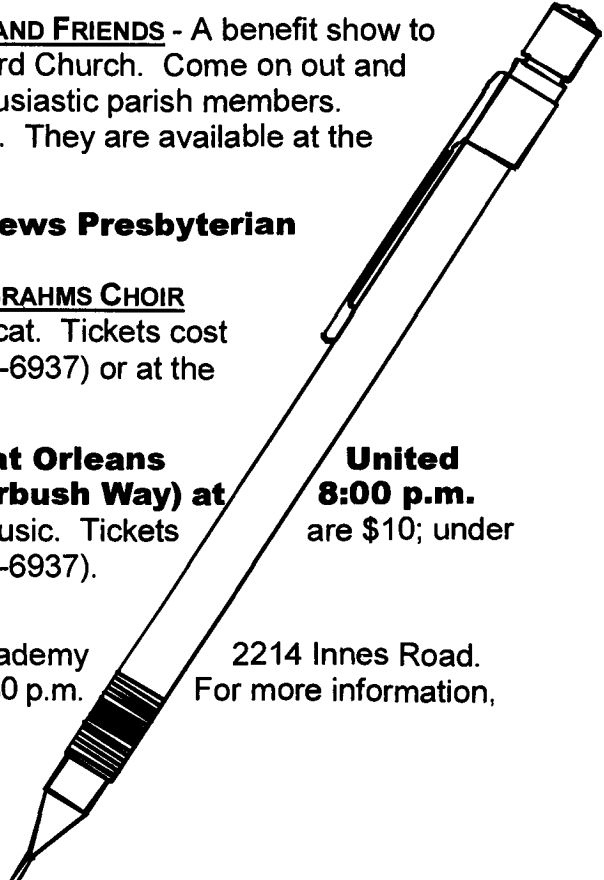
Schubert's Mass in G and Raminsh's Magnificat. Tickets cost \$10 and are available from John Sharpe (837-6937) or at the door.

Friday and Saturday, May 23 and 24 at Orleans Church (Orleans Boulevard and Sugarbush Way) at

THE BLACKBURN CHORUS - Popular and folk music. Tickets 12 with adult are free. Call John Sharpe (837-6937).

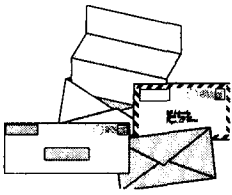
Monday, May 5

TIME AND TALENT AUCTION at Life Christian Academy
Viewing starts at 6:30 p.m. Bidding starts at 7:30 p.m.
contact Karen Middleton at 834-6588.



**United
8:00 p.m.
are \$10; under**

2214 Innes Road.
For more information,



Letters to the Editor

GET THE PICTURE?

Dear Editor,

I have been a resident of Blackburn Hamlet since 1982. In those years, my kids and I have had the opportunity to have our pictures taken with the sports teams we have been associated with.

To my knowledge, there are two fine gentlemen locally who do team and individual photos. One is Larry Grover (Photo Sport Plus), who I personally have used for at least 9-10 years; the other is Ross MacEwan (Ross MacEwan Photography). Larry is a resident of Blackburn

Hamlet and Ross lives in Orleans.

Any time these people have been approached for advertising space in the program for our local tournaments, they are there with open arms and wallets.

Yet some teams insist on using people from Bell's Corners, Nepean, Kanata and as far away as Rockland. These people may be very good, but in general, they do not support our local economy and associations.

My daughter plays girls' house league midget hockey in Gloucester. I arranged to have Larry Grover come and do the pictures at Uplands

Arena. Shortly after the pictures were done, one girl on the intermediate team decided to drop down to the midget level. Unfortunately, she missed having her picture taken by two weeks. I spoke to Larry about this and he said, "No problem. Tell me when your next ice is and I'll be there." He showed up at the appointed hour and did his work. Four days later the pictures were ready and delivered at no charge to our player.

As a salesperson of many years, I know what this is called - customer service!

In closing, I would urge our associations to use local

businesses, as these are the people who are supporting us.

If you have used either of these two companies and liked the service you received, please pass on the word to others.

If you had any problems, please contact either Larry or Ross. They will both be pleased to help solve the problem.

I apologize if I left any other local photo company out, but these are the two I know.

Sincerely,
Rick Sheasgreen

P.S. I do not work for either of these photographers.



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BLACKBURN
Pharmacy

Lou Frangian
Owner/Pharmacist

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Saturday: 9:00 a.m. - 3:00 p.m. Sunday: Closed

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CLASSIFIED ADVERTISING

Textile Decor: Full decorating service, custom bed and window coverings. Blinds and upholstery. Hourly consultations. Call Cynthia Hoisak in Blackburn Hamlet at 830-5706 or 837-7798. ^{4/5}

Handyman Available: If something needs repairing, installing, refinishing or painting, call Bob at 830-1343 (a Hamlet home owner). ^{4/5}

Qualified Technician: will repair your TV, VCR, microwave, also audio equipment. Home service available. Licenced Dept. of Labour. Reasonable rates (a Hamlet resident). Call Guy at 837-3843. ^{1/6}

Gatekeeper Property Management: Residential Real Estate Management. Military & External Affairs specialty. Personal care and reasonable rates. Call 830-4225. ^{4/5}

Electrolux Centrals, canisters, uprights, shampoos. Repairs and supplies. Free pick-up and delivery. Call James in Blackburn Hamlet at 841-6960 anytime. ^{2/6}

Indisposables™ cotton diapers, Flushabyes, training pants, change pads, bibs, and more. Great gift ideas for new mom! Call Sophie at 834-4953. ^{2/6}

SUZUKI PIANO LESSONS available in Blackburn through the National Capital Suzuki School of Music. Ages 3 to adult. Anne Tanod at 830-3082.

EXCELLENT CHILDCARE PROVIDER AVAILABLE. Flexible hours/days. Crafts, storytime, healthy snacks, rare television, outings, structured environment. Really wonderful references. Security cleared. ☎ 834-0712

FOUND: A set of keys, one which is a safety-deposit key, on the NCC property bordering the Hornet's Nest in late February. Please call 830-0316 if you think these keys belong to you.

COTTAGE IN NEW BRUNSWICK: For rent weekly in summer. Private beach, warm salt water, in quiet area near Shediac and Parlee Beach. One hour or less to P.E.I. (via bridge), national parks, Hopewell Rocks, waterslide parks, seafood restaurants, golf courses. Call 837-6524.

LOOKING TO BUY 5 bedrooms (on same level), single family home in Blackburn Hamlet. Please call 834-7677.

**If you don't stand
for something,
you'll fall for
anything.**

Telephone Directory

Schools

Blackburn Pre-School	824-3251
Cairine Wilson (9-13)	824-4411
Carleton Board Office	721-1820
Carleton Catholic Office	224-2222
École élémentaire publique Séraphin-Marion	837-2216
École Ste-Marie (K-6)	824-3600
École intermédiaire Pauline-Vanier (7-8)	744-1922
École secondaire Louis Riel (9-13)	837-2216
Emily Carr Middle School (6-8)	824-5455
Glen Ogilvie School (K-5)	824-4014
Gloucester High School (9-13)	745-7176
Good Shepherd School (K-6)	824-4531
Lester B. Pearson High School (7-13)	741-4525
Norman Johnston Alternative High School	824-1581

Guides, Scouts, Brownies, Beavers, Ventures, Cubs

Guides and Brownies	Kathie Villeneuve	837-3713
	Sue Balint	824-6940
Registrar (Scouts)	Mike Gossen	824-6324
Chairman Scouts	Doug Pritchard	830-2086

Mouvements Scout-Guides de St-Claude

Castors	Lucie Arcand	830-9209
Louveteaux	Jean St-Louis	824-9856
Éclaireurs	Jean St-Louis	824-9856
Jeannettes	Nicole Andrecheck	824-9972
Guides	Viviane Côté-Maxwell	837-1839
Conseil de Gestion	Lyse Goneau	837-3941

Sports

BMX	Hedy Burton	824-1057
Badminton (Adult)	Ray du Plessis	824-2671
Badminton (Junior)	Vacant	
Bearbrook Pool	Christa Bennett	824-8300
Cycling	Graham Burton	824-1057
Football	John Rowe	824-6665
Hockey (Boys')	Roger Smiley	837-4293
Hockey (Men's)	Roy Van Koughnett	824-3921
Little League Baseball	Ron Grossman	830-2349
Ringette (Girls')	Al West	830-1401
Ringette (Ladies')	Jane Ross	837-1504
Skating	Terry Heaslip	824-3542
Soccer	Vacant	
Softball (Girls')	Gary Polomark	824-7010
Softball (Men's)	Stewart Shonfield	830-2445
Softball (Ladies')	Cheryl Toomey	830-3607
Tennis	Michael Haddad	834-1269
Volleyball (Ladies')	Erna Burns	824-9147

General Interest

Blackburn Arena		824-5197
Blackburn Chorus	Joan Hill	746-3973
Blackburn Recreation and Parks Board	Jim Canning	824-1104
Block Parents: Northeast	Doris Budd	824-1076
Southwest	Susan Sheridan	824-8936
South	Lynn Bissett	824-3938
City of Gloucester Administration		748-4100
Information Gloucester		741-0770
Le Club Optimiste de Blackburn	Dominique Dufour-Jacques	837-4645
Les Chansonniers	Germain Asselin	837-3883
Library - Blackburn Branch		824-6926
Neighbourhood Watch	Donna Bond	824-1522
Newcomers' Club	Lynn Ragan	841-7402
St. Claude String Orchestra	Laura Backstrom	834-2027

Support local Blackburn Hamlet businesses.



Blackburn Tennis

Registration

Date: Saturday, April 19 and Saturday, May 3

Time: 9:00 a.m. to 12:00 noon

Place: Tennis Clubhouse, 2669 Innes Road

FEES

Early Bird Special

(available on April 19 & May 3 only)

Regular

FAMILY

COUPLE

SINGLE

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(18 & under)

SENIOR

(65 & over)

\$95.00

\$80.00

\$55.00

\$35.00

\$35.00

\$100.00

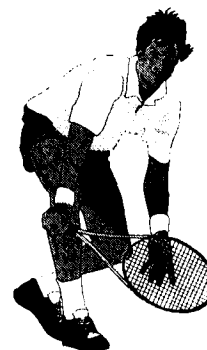
\$85.00

\$60.00

\$40.00

\$40.00

- ❖ The above fees are for BCA members; non-BCA members, add \$10.00.
- ❖ Families with more than two adults (over 18), add \$10.00.
- ❖ Again this year, **private** and adult evening **group** lessons will be offered. For complete information, ask at registration.
- ❖ Ask about our week-day and Thursday evening social round robins, women's city league and N.C.T.A. leagues.
- ❖ **Again this year:** Friday evening round robin for youth ages 11-15.
- ❖ The annual general meeting of the Club will be held on Wednesday, May 14, 1997 at the Blackburn Tennis Clubhouse at 7:30 p.m. Please attend!



REGISTER EARLY -- FIRST COME, FIRST SERVED

Junior Tennis Program

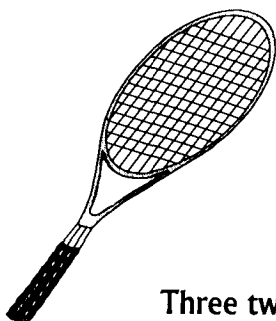


- ◆ The Blackburn Tennis Club has designed a Junior Tennis Program with qualified instructors using Tennis Canada's latest teaching methods.
- ◆ The program promises to be FUN, FUN, FUN for all ages and ALL ABILITIES!
- ◆ The program will consist of three two-week sessions. New themes and skills will be developed in each session.

Three two-week sessions: July 7-18, July 21-August 1, and August 4-15

	Ages	Hours	BTC Members	Non-members
Group 1	Under 10 years	12 - 12:30 p.m.	\$25.00	\$35.00
Group 2	10-11 years	12:30 - 1:30 p.m.	\$50.00	\$60.00
Group 3	12-13 years	1:30 - 2:30 p.m.	\$50.00	\$60.00
Group 4	13 and over	2:30 - 3:30 p.m.	\$50.00	\$60.00

Inquire about sessional discounts for three or more children in one family.



Your Business Centre

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- ◆ 500 custom letterheads, and
- ◆ 500 return address envelopes.

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for details!

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- | | | | |
|--------------------------------|------------------------------------|--------------------------|----------------------------------|
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| ✓ Advertising Flyers | ✓ Database Development | ✓ Laminating | ✓ Résumés |
| ✓ Bookkeeping | ✓ Desk-Top Publishing | ✓ Letterhead / Envelopes | ✓ Scanning |
| ✓ Binding | ✓ Direct Marketing | ✓ Marketing Plans | ✓ Secretarial Support |
| ✓ Brochures | ✓ Disk Printing | ✓ Membership / Services | ✓ Seminars |
| ✓ Bumper Stickers | ✓ Fax Service | ✓ Menus | ✓ Shelf Cards |
| ✓ Business Cards | ✓ Filing | ✓ Mouse Pads | ✓ Signs |
| ✓ Business Set-up | ✓ Financial Planning | ✓ Name Tags | ✓ Specialty Paper |
| ✓ Business Letter Writing | ✓ Folding | ✓ Newsletters | ✓ Stapling |
| ✓ Calendars | ✓ Home-Based Business Tax Advice | ✓ Note Pads | ✓ Tickets |
| ✓ Career Transition Planning | ✓ "How To" Books | ✓ Office Space | ✓ Telemarketing |
| ✓ Cellulars & Accessories | ✓ Internet Access and Training | ✓ Pagery | ✓ Telephone Answering |
| ✓ Certificates | ✓ Invitations | ✓ Photocopies | ✓ Transparencies |
| ✓ Computer Rental | ✓ Impartial Needs Evaluation Setup | ✓ Presentations | ✓ Trimming |
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