

# BANAR

Blackburn Area News And Reports

Vol. 35 No. 2

November 2001

## Santa's Parade of Lights

**Saturday, November 24th, 6:30 pm**

The parade starts at 6:30 pm at Youville Drive and St. Joseph Blvd. and proceeds along St. Joseph Blvd to Prestone Drive.

The Ottawa Firefighters will be collecting new toys, snowsuits, non-perishable food and cash donations which will all be directly returned to the community.



[www.paradeoflights.org](http://www.paradeoflights.org)

## Blackburn Community Association

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



[www.blackburnhamlet.ca](http://www.blackburnhamlet.ca)

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Community Hall	Jan Whitehouse	.....	830- 8644
Fun Fair, Chair	Paul Graham	.....	830-2868
Website	Marion Jones	.....	830-8904

The BANAR is published and distributed by the Blackburn Community Association five times a year to all residents of Blackburn Hamlet. Submissions can be sent in the body of the e-mail or in Microsoft Word to [ev@buddgraphics.com](mailto:ev@buddgraphics.com) or delivered on disk with a hard copy to 5729 Kemplane Court (off Cleroux Crescent). Illustrations and pictures must be of good quality. The editor reserves the right to make changes.

### Display Ads (in boxes)

Please submit advertising as camera-ready artwork or by electronic file (Quarkxpress).

### Sizes & Prices (No GST/PST):

2.4 x 2.75 / 3.65 x 1.8	-- \$35/issue, \$157.50/yr
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4.9 x 3 / 3.65 x 4.5	-- \$67.50/issue, \$303.75/yr
3.65 x 6.25 / 4.9 x 4.75	-- \$94.25/issue, \$424.15/yr
7.5 x 4.5 / 4.9 x 6	-- \$120/issue, \$540.00/yr
7.5 x 9.5	-- \$224 issue, \$1008/yr (includes 1 back cover)

**Classified ads:** 20 words \$5.00; 25¢ for each additional word.

**Contact:** Evelyn Budd at [ev@buddgraphics.com](mailto:ev@buddgraphics.com) or 824-9707 to reserve your advertising space or for more information. Deliver ads with payment (cheque to made out to "BCA") to 5729 Kemplane Court, Ottawa, Ontario K1W 1B8.

### Distribution by Community Youth Groups

Earn \$200 by delivering the Banar. Call 824-9707 or e-mail [ev@buddgraphics.com](mailto:ev@buddgraphics.com) for more information.

## Planning for Fun Fair 2002

Mark your calendars — **Saturday, June 1st** will be the day dedicated volunteers will kick off the summer of 2002 with the **31st Fun Fair**.



Monthly meetings are taking place to prepare for this event that will put a smile on the faces of people of all ages. The event also raises money for volunteer groups in our Hamlet.

**Several positions on the organizing committee are available. If you would like to help as a director, or if you have a "fun" idea or if your company would like to support this event, please contact Paul Graham at 830-2868.**



### Upcoming BANARS

**Deadline date:**

**January 11th**

**March 15th**

**May 10th**

**Delivery date:**

**January 26th**

**March 30th**

**May 25th**

**Additional Banars are available at the Library and Arena.**

# From the President

We all appear to be back to our normal fall and winter routines, and Blackburn Hamlet continues to be the envy of many Ottawa communities. We have a great BCABoard of Directors with a good mixture of experience and enthusiasm. There is always room on our board for volunteers who would like to contribute their time and contribute to their community.

## “Plan for the Future” Visioning Sessions

We are always looking for projects that would benefit Blackburn, and in order to help us, Barb Sweazey has been directing the “Plan for the Future” visioning sessions to help us identify needs and set priorities. Although we have a good cross-section of our community on the Board, we are always looking for input from others. Please contact us if you want to help or if you have any ideas.

## 2002 Membership Drive

We are currently into our 2002 membership drive and I encourage you all to help your community by renewing your membership or joining for the first time. Your annual fee goes toward building a strong community association and with it an active and more vibrant community. By joining the BCA, you support the publication of the BANAR; the organization of the Fun Fair; the construction and management of our new Community Hall; its extension for storage; our enhanced outdoor pool; programming in the Community Hall, such as Tuesday afternoon bridge, Wednesday’s art group and the Blackburn seniors group; the Fun Run; our new Blackburn Hamlet signs at each entrance to the community; youth activities; and other projects and events. Most of these activities are a result of seed money from the BCA, and have now become self-sufficient. There is still more to do and we need your support. Please call Monica at 834-8157 if you can help with the canvassing, and please don’t say no to the canvasser when he or she calls.

## Thank You

Much of this would never have happened if we didn’t have the full co-operation and support of our Councillor and partner, Rainer Bloess. He continues to open doors to the new City of Ottawa, as he did in Gloucester. The Community Hall, with its extension, probably wouldn’t be there if it weren’t for his efforts. If you have an opinion or question concerning our community, check the list of directors in the BANAR and call the director that can best help you.

*Al Ross*

# BCA

## MEMBERSHIP DRIVE 2002

Blackburn Hamlet is known across the region for being a friendly, active and progressive community. Please show your support for the Blackburn Community Association which is volunteer-driven, by purchasing your \$10 family membership. The membership fee helps pay for the BANAR and for many of the other exciting projects that you read about in its pages.

## Early Bird Draws

The 2002 BCA MEMBERSHIP DRIVE is underway. If a canvasser does not knock at your door, you can still join by mailing in your \$10 membership fee. See page 22. All members who have bought their BCA membership before November 30, 2001 will be eligible to win the following EARLY BIRD PRIZES, compliments of your Blackburn Community Association:

## Prizes Include:

- ◆ 2 x \$25. gift certificates for LOEB
- ◆ \$30 gift certificate for Home Hardware
- ◆ \$25 gift certificate for Shoppers Drugmart
- ◆ Golf shirt, compliments of Rainer Bloess

## Volunteer to Canvas

Please call Monica de Römer at 834-8157 or by e-mail: [brisland@home.com](mailto:brisland@home.com). The BCA will be offering a **free BCA membership to all our canvassers** as a small gesture of appreciation.

## Dedicated Athletes beat the Weather

**W**ind and rain could not stop 84 athletes from participating in the BCA organized Fun Run on October 21st. All accepted the challenge of the 2k or 5k distance. The route travelled along pathways and secondary residential streets and ended up back at the Community Hall for refreshments. Along the way water and encouragement were available in abundance.

Prizes were provided by Rainer Bloess, Sara Clouthier, Bev Hobbs, LOEB and the BCA.

Watch for the next event in the spring, volunteers are always welcome to join in. Call Paul Graham at 830-2868 to get involved.

Photos by Paul Graham



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# News To Defuse Those November Blues

by Rainer Bloess, City of Ottawa Councillor

As the grey and chilly forerunner of the long winter season, the month of November is traditionally labelled dull and dreary. Happily, however, we have a few news items to brighten the local scene this November.

Good news first of all for harried mums. The Children's Welcome Centre, formerly housed in the Beacon Hill Shopping Centre, has relocated to 2514 Innes Road in the Hamlet. Since a successful September 30 open house, the Centre has been in full swing under the friendly guidance and supervision of Mary. Drop in to spend time with neighbours or pay a small fee to leave your young ones for an hour or so in Mary's competent hands.

We are extremely pleased to have this excellent community service now so conveniently and readily available to local residents.

Good news also for those of us concerned about safety on our community roads. You may have noticed increased police presence in the area during recent weeks, particularly along Innes. A number of locations were the focus of a blitz by Ottawa's finest to rein in speeding drivers. Though painful for those who are ticketed, these "spot" campaigns remind all of us to slow down and drive carefully. We will continue in the months ahead to call for periodic police assistance in enforcing speed limits on Innes and Bearbrook, as well as any other

streets in Blackburn that are plagued by speeders.

Finally, a good news story about a special group of local residents. Congratulations to Blackburn

assembled a group of local youngsters from Good Shepherd School to tidy up several Hamlet sore spots, such as Innes Road and around the Community Hall. "Bill's brigade" includes Kevin F., Josh B., Kevin F. (the second), and Chris K. Many thanks to Bill and his young buddies not only for doing a great clean-up job but also for demonstrating outstanding community spirit.

As usual, if you have any issues or questions, please do not hesitate to call me at 580-2472 or email me at [rainer.bloess@city.ottawa.on.ca](mailto:rainer.bloess@city.ottawa.on.ca)

## "Bill's Brigade", a group of local youngsters from Good Shepherd School and led by Bill Smith took up the challenge to tidy up several Hamlet sore spots, such as Innes Road and around the Community Hall.


resident Bill Smith for voluntarily undertaking a personal community clean-up campaign. Bill has

*We make a living by what we get, but we make a life by what we give.*

**Norman MacEwan**

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***New in the Hamlet***



Photo by Paul Graham

*The cold weather is upon us and our thoughts linger back to the hot days of summer and our community pool. The BCA made last summer extra special by paying for a new slide to provide more fun during those carefree days.*

**New Signage Coming**

At the October BC meeting Stuart Marshall, City of Ottawa, By-laws Administrator, Safety and Traffic Division, presented several signage options to be put up on the Blackburn By-Pass to replace the small green sign presently in place. He explained that the City of Ottawa is trying to maintain a consistent look and



design theme (see above for one of the proposed signs) and will have a blue background with white lettering. The projected signage will be installed in the spring of 2002.

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# Blackburn Youth Group Responds to Growth

by Gord Hawley

**A**sked recently at a recent BCA meeting why we had not been putting our dance dates in the Banar gave me the opportunity to give the "Good News — Bad News" response. The good news was that the dances have been an amazing success! Bad news was that we were having to refuse entry to 50 to 60 youth at each dance earlier this year and that it was creating quite a problem for the adult supervisors at the front doors.

## Additional Dance Dates

After several options were considered we are pleased to announce that an additional dance date will be held on the 2nd Friday evening of each month. This new series of dances is for the older members of our group — ages 13 to 18 only. As our Association is now almost four years old, our younger members have grown up and their taste in music has changed as well as their desire to not be with the younger members. By adding this additional dance date, we will be able to accommodate the overflow interest in the dances — for now...

Many of the older group still attend the BHYA dances for ages 10 to 18, which are held on the 4th Friday of each month (except December) so that they can be with their younger siblings or just continue their interest in dancing. In time we will need to add additional dates or find a larger facility!

In October, we started a new series of dances at the Cyrville Community

Centre on the 1st and 3rd Fridays of each month. We hope this will help generate additional revenues to help cover the operating costs at our Blackburn dances. The Cyrville Community Centre dances are open to young persons ages 13 to 17 only.

## Receipt Draw and Christmas Candy raffle

On November 17 and 18, (Saturday and Sunday) from 11 am until 4 pm we will be holding a "Receipt" Draw contest, and a Christmas Candy raffle at LOEB's. For just \$1 you can enter the Receipt Draw with your LOEB grocery receipt for either or both of those days. The winner of the Receipt Draw will win the value of their grocery receipt in gift certificates from LOEB's. The Christmas Candy raffle is just 50 cents per ticket and the winner will be the one who guesses closest to the total of candies in the container — try your luck!!

## BHYA 1st Annual Volunteer Appreciation Evening

On Friday December 21, the BHYA is hosting its first annual Volunteer Appreciation evening at the Community Hall. The BCA has

graciously agreed to run the cash bar and will receive all the proceeds from the bar for their participation. Volunteers are being invited by personal invitation, and there will be a limited number of additional tickets for sale for just \$10 per couple. This will be a **combination dance and silent auction**. *Items for the auction table would be greatly appreciated.* Please call Gord Hawley at 837-5987 for auction items or to reserve tickets.

Since the BHYA was formed in April of 1998, we have held over 40 youth dances serving hundreds of youth from our community and their friends. We have also been active in the BCA Fun Fair and in a variety of other events. This has been possible only because of the generous help and support provided by our large number of volunteers.

## Upcoming 2002 Fun Fair

For the upcoming 2002 Fun Fair we are forming a youth steering committee to look into developing more programs of interest for the older youth of our community at the Fun Fair. Remember, "Today's Youth are Tomorrows Leaders".



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# A Banner Season for Tennis

by Barbara Nolen

The summer of 2001 was a special one for Blackburn Hamlet tennis, with play commencing on four professionally rebuilt courts, and with the resurfacing of courts 5 and 6 in September. Special thanks go to the BCA executive, especially Al Ross and Iris Phillips (who accompanied us to the City Council meeting), and to Rainer Bloess for his support. Thanks also to President Michel Haddad, "maintenance man" John Benfield, and everyone who worked so hard to see these improvements carried out.

An early BBQ celebrated the opening of the new courts, with 40 people enjoying a round robin, hamburgers, as well as delicious homemade salads and desserts. The children's Tennis Camp saw 160 enthusiastic kids, coached by John and Monique, learn the fundamentals of the game and have fun at the same time. Also our club hosted the City of Ottawa Swim and Tennis Camp for two weeks during July.



Mrs. B, Blackburn Club pro, with Chantal Werner and Emily Thomas presenting the "Tennis Court Cake" at the summer program camp.

The Davis Cup "competition" was held on August 11, with five teams participating and then enjoying a feast of food native to the countries involved. Daytime round Robins were very well attended, with all courts occupied on most days.

The Club took part in NCTA competition in Division 4 Mixed League, finishing second, a mere four points behind winning RA Center. Captain Donieta Lister thanks all those who participated, including

regulars and spares. A closing family BBQ and Round Robin was held on Sept. 15, with 55 players attending. Thanks to Pauline Martin and Monique Benfield for all the great food and organization.

With the weather cooperating all the way, the courts then stayed open till November 1 and were well used, even as the leaves fell. With a membership of 375 people, our club is one of the most active in the region; many thanks to all those who help keep the tennis club running smoothly!



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**Libby Parsons**  
A Fresh Approach to Real Estate



Much needed storage space was added onto the Blackburn Community Hall in November. This was jointly funded by the City of Ottawa, Recreation and Parks Board (RPB) Reserves, RPB Minor Capital, Community Hall revenue from 1998 - 2000 and the Blackburn Community Association.

*“One of the most important parts of my approach is listening to you to fully understand your needs and objectives — from there we develop a Client Action Plan which combines your requirements with my Ottawa real estate expertise. Please call for an information package.”*

# Want More Get-up and Go? Try Taekwon-Do!

by Phil Benson

Our family went looking for a season-round activity that all of us could enjoy, and we found it right in our neighbourhood. The Blackburn Hamlet Taekwon-Do School opened at the Blackburn Shoppes in September with Steven LeGrow, 4th Dan Black Belt, as the instructor.

LeGrow's lifelong commitment to training resulted in a third-place showing in last year's International Taekwon-Do Federation World Championships. He certainly knows the techniques of the martial art, but more importantly he is fully qualified to pass those techniques on to others. Just last month, LeGrow attended a North American Instructor Training Course, one of several he has attended most often taught by General Choi, the founder of Taekwon-Do.

"It is important that students learn proper technique, but it is just important that students learn the tenants of Taekwon-Do," LeGrow told us. It's amazing to watch how kindly he instructs our five-year-old daughter Ki, and all his young charges, on the importance of respect. We have never been around a group of children who have maintained calm for more than five minutes. But for Legrow, the kids are virtually silent through the entire class, responding to his questions with a very polite: "Yes Sir." Legrow gently encourages the kids to work hard, and they respond with their best efforts. Like all the children in his classes, our daughter adores Mr. LeGrow. We find the training an incredible aerobic workout that also flexes and strengthens long-dormant muscles. Finding the motivation to get to classes is no problem, as our daughter greets us everyday after school with "Can we go to Taekwon-Do today?" And getting out for a workout is a certain cure for the couch-potato syndrome. Last month the school's student association kicked off its events with a "film night." Students and their friends enjoyed an afternoon of training, food and a film furthering LeGrow's goal of making his school part of the community. The Hamlet is a great place to live, and the Blackburn Hamlet Taekwon-Do School is helping to make our community even better.



Steven LeGrow, owner and 4th Dan Black Belt instructor at Blackburn Taekwon-Do helps Triston and Rashid Solomon with the proper technique of Taekwon-Do

*Note: Sharon and Phil Benson have lived in the Hamlet for 15 years and have no financial interest in the School. They appreciate the positive effect Taekwon-Do is having on their family. And they know the training works, because they have the aches to prove it.*



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## Guides 4e Cie St-Claude

par Viviane Côté-Maxwell, cheftaine

Cette année nous avons comme thème au district: l'Eau. Après nos 48 km sur la rivière des Outaouais en canot cet été, notre camp d'automne fut au Lac Philippe où nous avons exploré les cavernes Lusk. Dans les services à rendre, nous aidons à la garderie du dimanche de l'Église St-Claude, nous avons organisé une soirée de musique à Bearbrook Court et remis un cadeau remplie d'amour aux 20 personnes présentes. Nous serons au défilé du 11 novembre de la Légion, au défilé du Père Noël le 24 novembre prochain et passerons la guignolé le 13 décembre. Nous vous disons merci d'avance pour les dons qui irons à la banque d'alimentation communautaire. Nous sommes 18 guides et aspirantes ainsi que 5 animatrices qui vivons les défis de Baden Powell et essayons de rendre le monde un peu meilleur qu'il ne l'était.



Guides 4e Cie St-Claude — En sortant des cavernes

### Club Optimiste de Blackburn Hamlet

Le 2 février 2002 souper de fèves au lard et macaroni / Community Bean Supper on February 2nd.

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## Bourse d'Études de 5000 \$, 3000 \$ et 2000 \$ US

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Une présentation de l'appréciation de la jeunesse.

### Recrutement pour l'année "Attitude Positive"

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Appelez: Paul, Club Optimiste de Blackburn Hamlet au 830-5287

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# Blackburn Chorus prepares for Christmas Concert

**B**lackburn Chorus presents its annual Christmas Concert this year on Friday, December 14 and Saturday, December 15, 7.30 p.m. each evening, at Orleans United Church, 1111 Orleans Boulevard.

Every year the 70-voice choir presents a selection of Christmas music, some popular and familiar, including songs for the audience to "sing along", and others that are classical and perhaps less well known. Audiences always report an enjoyable evening with high



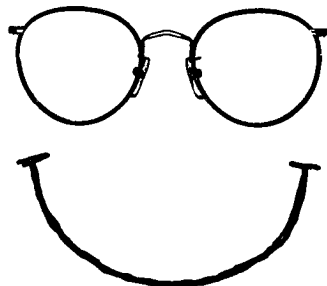
Music director David Chin and accompanist Louise L veill  prepare for the Christmas concerts.

quality musical presentations, mixed with light-hearted fun items, making a great start to the Christmas season. This year promises to be no exception.

Under the expert leadership of its director David Chin and accompanied by professional musicians including the choir's own piano accompanist Louise L veill , Blackburn Chorus will perform a major classical work, John Rutter's rich and lively "Magnificat". This will be followed by Christmas carols, old and new, all in a Christmas setting. Who knows, there may even be a visit by Santa Claus himself!

Tickets are \$12 (children under 12 free), available from Blackburn Chorus members or, numbers permitting, at the door. Free parking is available.

So come out with the family and hear this highly regarded, locally based choir, and let them infuse you with Christmas spirit. You will enjoy your evening. For more information, please phone 837-0938.



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# Blackburn Preschool celebrates 30th Anniversary

## Dad's appreciation of staff at the Blackburn Preschool

by Ron Zeitlin

Happy 30th birthday to Blackburn Hamlet Preschool! The Halloween sugar high is just ending and the next holiday is about to start. Does the staff at the preschool ever get a break? I think we should take a few moments to really appreciate them. They roll with the seasons like real pros, helping our kids appreciate every fallen leaf. We are now taking down all the painted pumpkins, spiders and ghosts, anticipating how our house will look for the upcoming winter season. Our children come home with pride, explaining to us the fascinating "star" in the middle of an apple, and many other wonderful stories about what they've learned at preschool. I see a great improvement in my child's artistic abilities, but more importantly, in his self esteem. He now has a sense of security which encourages his future quest for knowledge and growth. I'd like to be in line with the many other parents to say thank you to Blackburn Hamlet preschool for 30 years of helping to raise our children and our community.



Wishing Blackburn the  
Best of the Season!

**Budd Gardens Perennials**

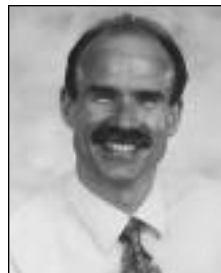
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## Let's Beat the Flu!

Flu season is nearly upon us. And with it comes the possibility of getting hit by the flu bug — influenza. You know the feeling — stuffy nose, sore throat, cough, fever, headache and muscle aches — lasting anywhere from a few days to over a week. It's a feeling we'd all rather do without.

Influenza is a respiratory infection caused by a variety of viruses. The best way to prevent viral illness is to keep health at its best by getting enough rest, limiting stress and eating a nutritious, whole-food diet.

The flu spreads easily from person to person through coughing and sneezing. It also spreads by unwashed hands or by handling contaminated objects such as clothes and eating utensils. Children are two to three times more likely than adults to get sick. It is important to keep children with the flu out of school and day care to prevent the spread of the virus. Sport teams should discourage the sharing of water bottles.

With thousands of people in Ontario getting the flu each year, the impact of this illness is big. And complications from the flu can be dangerous, especially for the elderly and people with heart or lung problems. That's why the government is offering everyone in the province flu shots at no charge. It's also an effort to ease pressures in hospital emergency rooms this winter. It is important to note that those with a severe allergy to eggs are advised against the flu shot because of its chicken egg content. Also some people may experience flu vaccine side-effects.

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# The Coming of Conformity?

by R. Mitchell Rowe L.L.B.

**B**eware the return of conformity. The tragic acts of September 11 may have kick-started a revolt against the individual.

The "happy days" of the 1950's — our last age of conformity — died in 1960 with the election of Kennedy. First came the beat generation, then civil rights marches, the Vietnam War, and finally the hippie ethic in the 70's. Each stage created so many society rejects that it finally became fashionable to sing "love the one you're with" while high on the fried skins of bananas. The tune was one of self-expression; the individual ran naked and free.

In law, the 1980's were Canada's golden age of self-expression. The proclaiming of the Charter in 1982 gave every person the legal muscle to challenge the rules of the community. Amid furor and criticism our courts struck down law after law that restricted the freedom of the individual.

Unfortunately, the freedoms of the 80's begat a dark side in the 90's — political correctness. Aware of the victories won by the individual in the 80's, and disheartened by their failure to convert the majority through preaching, special interest groups hijacked the civil rights agenda in the 90's.

In response to special interests, the "domestic" court was created for criminal trials between spouses. If you look into this courtroom on any given day you will see a room filled only with men — each one accused but segregated and apparently different from other accused.

In response to special interests, police are permitted to randomly stop vehicles whether or not there is a reason to suspect the driver is impaired.

In response to special interests, the "youth" court was created for teenagers to defend themselves against overreacting schools and police that must press charges in response to zero tolerance policies.

Gaining momentum, special interests imposed sanctions against barroom smokers and gardeners who use pesticides on their lawns.

As if to cap this decade of preaching, one anti-poverty

group now seeks a right to a guaranteed standard of living. Their own nobby doggy bone is that the individual has a right to a minimum income, paid by the community.

The extraordinary encounter with reality that was September 11 just may have arrested this special interest momentum. Too serious is the threat of terrorism. In conflict, we react to protect the community first. Civil rights become a luxury national security can no longer afford. We react by passing anti-terrorism legislation to give the police unfettered power.

Like children, we went too far in the 90's. What started out as an expression of free spirit for the individual became an angry rap song sung by a few telling the rest of us what to do.

Those terrorists had their own special interest, trying to tell the rest of us what to do. We should take care not to let them affect our tolerance for the individual.



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# Children's Welcome Centre now in Blackburn

The Children's Welcome Centre, a respected 25-year-old institution that has supplied recreation and childcare to two generations of kids, has just relocated from Beacon Hill to Blackburn Hamlet.

If you are caring for a toddler or preschooler and need reliable short-term, last-minute childcare or a playgroup, this non-profit organization will provide an opportunity for your child to socialize and develop in a comfortable, nurturing and relaxed environment. It also offers unique options to parents and caregivers — either a chance to make their own social contacts, or simply to enjoy a few child-free hours through its drop off program.

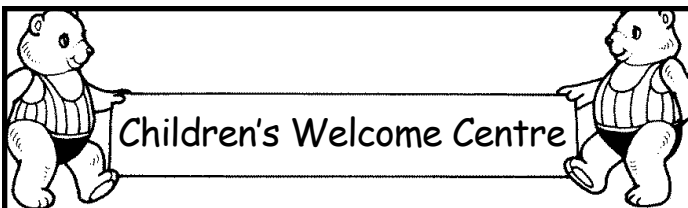
As well as an informal recreation program, the Children's Welcome Centre runs various popular children's courses



mornings and afternoons throughout the year. Programs such as Music for Young Children, creative movement and dance, arts and crafts, health and safety, language and speech development, science and French for beginners are offered at a subsidized rate, allowing families to participate, regardless of income.

The centre's hours are Monday to Friday from 9 am to noon and 2 pm to 5pm. Memberships are \$30 per year per family. Drop-in rates for members are \$2/hr and \$3/hr for non-members. Drop-off rates are \$3/hr for members and \$5 for non-members. Additional siblings are half price.

This unique children's recreation facility is located at 2514 Innes Road beside the Yong Chow Restaurant. Call 834-7075 or drop by and check it out. First visits are free.



## Caring for a Toddler or Preschooler ?

Come meet other parents and caregivers while your child enjoys social contact, play and exercise in a warm, creative atmosphere.

It's a playgroup at YOURconvenience!

We offer both **drop-in** and **drop-off** services for up to 3 hours per day for children ages 2-6.

*The Children's Welcome Centre is a non-profit recreational organization created by volunteers in support of children and their parents and caregivers.*

**Open Monday to Friday 9am to noon and 2 to 5 pm**  
**Located at 2514 Innes Road in Blackburn Hamlet**

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# Seniors Club offers many choices

by Sarah Cloutier

Many of Blackburn Hamlet's seniors are now enjoying a variety of activities. We hope if you're 50+ and you haven't joined us yet, you will add our activities to your calendar. If you have any questions, please contact Sarah Cloutier at 841-4114.

An example of the fun times we've been having is our day trip to Meech Lake on September 27th. Kuldip Jande planned this marvelous day and she couldn't have chosen a more ideal time. The fall colours were at their peak and the weather was just crisp enough to really enjoy walking in the leaves and going to the waterfalls. Various ideas have been discussed for future day trips so if walking doesn't suit you maybe something else will. Special thanks to Al Haggarty for driving. For more information or to pass on your ideas, call Kuldip Jande at 841-0466.



The Senior's day trip to Meech Lake was on the most perfect day of our fall to experience the splendour of the Gatineau Hills. Pictured in the photo, from left to right, are Julie Kisch, Kuldip Jande, Al Haggarty, Ruth Torok and Shirley Haggarty.

## Upcoming Events for Seniors

**Christmas Party/Pot Luck Dinner** - December 1st, 6 pm at the Community Hall. Please bring your contribution to dinner, wine (if you wish) and a recycled, unisex gift for a fun gift exchange. For more information call Shirley Haggarty at 824-4664.

**Jewellery Demonstration by Fifth Avenue Collection** - Bearbrook Court, 2645 Innes Road, Sunday, November 18th, 2-4 pm A fundraiser for senior's events. Guests of all ages welcome.

**Book Club** - 1st Wednesday of each month at the homes of members on a rotating basis. For more information call Audrey Lewis at 824-3197.

**Games Club** - 2nd Thursday of each month, 1:30 to 4 pm at the Community Hall. Bring along your favourite game if you wish or come on by to learn a new game and enjoy an afternoon of socializing. For more information call Val White at 837-1083.

**Planning Meetings** - 3rd Wednesday of each month, 1 pm at the Community Hall. All seniors are encouraged to join us. For more information call Sarah Cloutier 841-4114.

*Too much of a good thing is wonderful!*



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## A Stress-Free Christmas Holiday

The holidays can be a really stressful time for everyone. As kids, who knew how much work actually went into making those Christmases so perfect? Ah, to be young again! Here are a few ideas for a fun Christmas for all.

1. Start a master "To Do" list. Check it each morning; cross out each chore as you do it (feels great!). Add others as they come up. Delegate.

2. Discuss realistic gift expectations with your spouse and children. Talk openly about how much money can be spent and stick to your budget.

3. Have a sounding board — someone you can bounce ideas off of and be a voice of reason when you overextend yourself.

4. Let each family member choose an activity — as long as you can do it together.

5. Know when to say when — If something isn't working out, change it or drop it from your plans if you can, or get help. Don't beat a dead horse!

Do the best you can, then relax and have a good time, it is the best Christmas gift you can give your family!



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**Tinsel Tea and Bake Sale**

On Saturday, November 24th, 10:30 am to 2:00 pm, plan to visit Rothwell United Church at 42 Sumac Street and stock up on baking for the holidays. Rothwell's famous Christmas puddings and apple pies are ready and the tables will be laden with other goodies from the Rothwell bakers. Afterwards check out the plant and handwork tables and sit down for a pleasant "Tea Time" break (\$2.50) in a Christmas atmosphere.

**Ladies Ringette**

Ladies scrimmage ringette is held every Monday at 10:00 am and Wednesday at 9:00 am at the Blackburn Arena.

Beginners are welcome, and newcomers to the sport are given a friendly hand. Come out and visit the group to find out more about this fun and exciting game.

**Blood Donor Clinic**

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For information, contact Jan Quinn 749-0911

## Registrations

### Newcomers and Neighbours Club

Ladies! Here is an opportunity to renew old friendships and make new ones. Whether you are a new or long term resident of Blackburn Hamlet you are welcome to attend our monthly meetings. Every month we get together to listen to a speaker or participate in some hands-on fun or just enjoy a social evening.

We meet at the Bearbrook Court Retirement Home (corner of Bearbrook and Innes) at 7:30, the third Monday of each month (with a few exceptions).

#### Upcoming events include:

November 19 - Christmas Craft Night  
December 10 - Christmas Dinner

For further information you may contact: Monica at 834-8157 or Cynthia at 837-5861.

### Blackburn Art Group

The Blackburn Art Group which meets every second Thursday afternoon in the Blackburn Community Hall, will be exhibiting for the first time at the Blackburn Library during the month of February 2002. We invite you to take a look at the artwork of this community, some of which will be for sale.

For information on becoming a group member, call Marion Jones 830-8904 or email [jonesmarion@home.com](mailto:jonesmarion@home.com)

### Horticulture Society

The Gloucester Horticulture Society meets every 3rd Monday at the Top Generation Club located on the 6th Line Road, Ramsayville at 7:00 p.m. November 19th will be the Annual General Meeting and potluck supper. For more information call Fran Dennett at 741-4523.

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Cornerstone Bible Church,  
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Eglise Baptiste Evangelique de Bon  
Berger 830-7654

Good Shepherd Parish  
Innes Road 824-4394

Grace Presbyterian Church  
1220 Tenth Line Road 824-9260

Greenbelt Baptist Church  
839 Shefford Road 742-8500

Life Centre, The Pentecostal  
2214 Innes Road 834-6585

New Wine Covenant Church  
785 Taylor Creek Blvd 837-0507

Orleans United Church  
1111 Orleans Blvd 837-4321

Paroisse Saint-Claude de Blackburn  
Innes Road 824-5350

Pinegrove Bible Church  
2144 East Acres Road 745-4664

Redeemer Alliance Church  
1425 Innes Road 837-9953

Resurrection Lutheran Church  
1325 Gaultois Ave 830-2043

Rothwell United Church  
42 Sumac Street 746-0820

St. Mary the Virgin Anglican Church  
Service: Louis Riel School 265-7838

Westend Church, The  
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Friday (except Jan 18)	7:00 to 8:20 pm	(PS)
Sunday	1:00 to 2:20 pm	(PS)

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Visit our website at: [www.blackburnhamlet.ca](http://www.blackburnhamlet.ca)

Name	
Address	Postal Code
Phone	

## Telephone Directory

Blackburn Community Hall	837-1504
Bookings	830-8644
Blackburn Arena	824-5197
Blackburn Hamlet Youth Association	837-5987
Library - Blackburn Branch	824-6926
Blackburn Art Group	830-8904
Blackburn Duplicate Bridge	824-9593
Child Care Drop-In	742-5500
"No School Days" Child Care	580-2400
Guides and Brownies	824-6013
Scouts	837-0837
Registrar	841-7146
Jeannettes	824-9972
Les Guides	837-1839
Conseil de Gestion	837-3941
Blackburn Chorus	824-8219
Block Parents	824-1076
Le Club Optimiste	824-3938
Les Chansonniers	837-4645
Neighbourhood Watch	837-3883
Newcomers' Club	824-1522
Gloucester Horticulture	834-8157
Gloucester Seniors	746-9564
Gloucester Arts	749-1974
Quilting Groups	749-4978
J. Maxwell	841-6084
Paula Brown	837-4081

### Sports

Badminton	Ray du Plessis	824-2671
Fastball (Men's)	Steve Bovey	824-1435
Football	Ray Hartley	769-0458
Gloucester Skating Club	Office	830-1610
Hockey (Girl's)	Gilles Lebrun	841-7540
Hockey (Minor)	Tom Canham	837-1344
Hockey (Men's)	Roy Van Koughnett	824-3921
Little League Baseball	David Payne	834-4459
Ringette (Ladies')	Jane Ross	837-1504
Softball (Ladies')	Candis Emery	834-2983
Tennis	Michael Haddad	834-1269
Volleyball (Ladies')	Nancy Taylor	596-2550
3-Pitch Softball (Mixed)	Keith Erskine	834-0278

### Schools

Blackburn Hamlet Preschool	824-3251
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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
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- 7 nights a week from 9 pm to closing
- Kids Karaoke 1st Saturday of each month from 1 to 5 pm.

For the **BIG** Game

**Big TV Screen, Dart  
Board, Pool Tables**

- All in one room for your entertainment

**DAILY SPECIALS!**

**1/2 PRICE**

**Pizza**

Eat in or Take Out

ALL MAJOR CREDIT CARDS AND  
INTERAC ACCEPTED

**OPEN** for **BREAKFAST**

- Friday & Saturday 8:00 am
- Sunday at 9:00 am

**FAST FREE DELIVERY**

- Daily from 11 am

(Within the area on food orders \$8.00 and up)

Proudly Serving our Customers for 22 Years

**2532 Innes Road 824-8822**

**Good Food and a Great Place Where Friends Can Meet**