

BANAR

Blackburn Area News And Reports

Vol. 36 No. 3

February 2003

Volunteers honoured at awards evening

by Rainer Bloess

The second annual Blackburn Hamlet volunteer recognition evening was held at the Blackburn Community Hall on January 11. Community Builder Awards were given to three very deserving recipients and plaques and certificates of recognition to volunteers whose dedication and generosity continue to support so many worthwhile programs and services in our local community.

The Community Builder Award recipients were:

Gord Hawley is the treasurer of the Blackburn Community Association, a member of the Recreation and Parks Board and is this year's Fun Fair chairman. He initiated and runs the youth dances that are a part of the very successful Blackburn Hamlet Youth Association which he started in the spring of 1998.

Over the many years that Bill Smith has lived in the Hamlet he has organized and has been the "behind the scenes guy" for many events. He served on the BCA Executive as the Civic Affairs rep and has worked with the Fun Fairs, Community Clean-up Days, Fun Run, NCC garden plots and Save the Greenbelt projects. Bill has also inspired groups of kids to pick up garbage along Innes Road on numerous occasions and is one of the gardeners who likes to tend the flowers in front of the Blackburn signs.

The late Virginia Valenzuela's award was accepted by her husband, Joe and children Maya, Kalisa and Sienna. Virginia is best known for her memorable candy floss that she and her family served up at the Blackburn Fun Fair. She was also a member of the Glen Ogilvie School Council and parent volunteer at school activities, a Cancer Society canvasser and organizer of Bank of Montreal and other local fundraisers.



Continued on page 5

Blackburn Community Association

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



www.blackburnhamlet.ca

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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 an e-mail or in Microsoft Word to 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.

Advertisements — Sizes & Prices (No GST/PST):

2.4 x 2.75 / 3.65 x 1.8 (1/10 page)	— \$35/issue, \$157.50/yr
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Contact: Evelyn Budd at ev@buddgraphics.com or 824-9707 to reserve your advertising space or for more information.

Distribution by Community Youth Groups

Earn \$200 by delivering the Banar. Call 824-9707 or e-mail ev@buddgraphics.com for more information.

KIDS Writing Contest

The Banar is sponsoring a contest is for all kids under 16, whose live in the area. Entries are divided into two categories, by age: "12 to 15" and "Under 12". A committee chaired by Bill Horne, President of the Ottawa Independent Writers, will judge the entries.

Details

Entries can be either in the form of a story or poem and are judged on originality/creativity and overall writing quality (i.e. grammar and spelling!!). It must not exceed 350 words. Stories can be either fiction or non-fiction.

The winning story/poem in each category will be published in the Banar, and all of the stories and poems will be put on the Blackburn website where they will remain online for approximately six months. The winner in each category will receive \$25.00. Winners will be notified by March 15th.

How do you send your story or poem to us?

Write your story or poem using your computer or a computer at the library or school. Help is available at the library to set up your e-mail account. 'Select' the text with your mouse. Then choose 'Copy' in the Edit menu. Open a new e-mail message. In the Edit menu, choose 'Paste'. All you have to do then is to make sure that you have told us your name, e-mail address, phone number and your age at the bottom of your story or poem. Type in the "To" address: info@buddgraphics.com. Finally, choose 'Send' and your letter will come to us.

Only one entry per person, please. Entries must be received by March 1st, 2003.

Looking forward to reading your stories and poems!

(The Banar reserves the right not to publish or post on-line a story or poem if the quality of the submission is judged to be unacceptable. Decisions by the judges are final. Copyright to the works remains with the authors. This contest is to encourage writing and computer skills so the story/poem must be sent in by e-mail.)

From The President

Youth Association, and Councillor Bloess, sponsored a Volunteer Recognition evening in our Community Hall. The purpose of the evening was to not only recognize Blackburn volunteer leaders who make our community a great place to live, but also to recognize those in Blackburn who work unselfishly for causes outside the hamlet. There were over a hundred people in attendance for the buffet dinner, music and dancing.

Community Builder awards were presented to Bill Smith, Gord Hawley, and the family of Virginia Valenzuela. BCA plaques were given to Marion Jones, Kate Palmer, Barbara Sweazy, Sandra Quaia and Jennifer Collins in appreciation of their work on the BCA Executive. In addition there were 21 Certificates of Recognition presented to Blackburn volunteers. See pictures and story on page 5.

Volunteers play a more important role in our society each year as governments become bigger and appear to be further away from communities. I've invented a little formula that helps one establish just how much effort a parent should put in to support activities for our youth. Generally speaking, the ratio of supervision to participant in most organizations is usually 4 to one, i.e., if you have a hockey team with sixteen or seventeen players, there are usually four supporting adults to split up the responsibilities to make the team function well. A parent should count up the activities in which his

or her kids are involved; divide by four, and this will be the minimum number of activities in which they should be volunteering. In addition to the specific team or group, there is the executive that sits on the sidelines and assists the volunteer staff by setting up leagues, schedules and generally making the whole thing flow together. As families mature, other needs spring up that also require dedicated volunteers. It is those volunteers who have served their community with their children, and continue to serve and dedicate their time to other interests, that really make society work. These are the people who too often are not recognized and to whom we want to say "thank you". We appreciate your special efforts in our community.

The Fun Fair committee has started to meet to plan the event for 2003. This is the major community activity in Blackburn, so if your group would like to help out, please call Gord Hawley or one of the directors and they will be pleased to discuss it with you.

Our membership drive is coming to a close, and for those whom our canvassers missed, we would appreciate it if you could mail in your membership to the BCA or Monica de Römer, our Membership Director. Once again, Monica and her canvassers have done a great job this year, but unfortunately not everyone has been visited a second time. Please help us out; we need the support of the whole community.

Al Ross

Upcoming BANARS

DEADLINE DATE: DELIVERY DATE:

March 12th

March 29th

May 14th

May 31st

August 6th

September 6th

Additional Banars available at Library, Arena & Loeb.

Profiles of Long-time Advertisers

Business profiles of long time Banar advertisers will now be a regular feature. It is a pleasure to have Jan's Workout who started advertising in 1985 as our first honoured business. Blackburn Hamlet wishes Jan and her company congratulations on their 20th anniversary and thanks for her support for the Banar.

Midget Stingers win gold in Gloucester tournament

by a proud parent

The Blackburn Stingers Midget B2 team played a close game and won the gold trophy at the Gloucester Center Tournament on January 12th.

Coach Joe Tomassini and his staff Carol Wilcox, Luc Chartrand and Cathy Parent are to be commended for successfully leading their team to victory.

Team players Eric Chartrand, Philippe Cyr, Blake Dumelie, Tim Filmore, Tyler Goodman, Matthew Guimond, Horus Heavens, Matti Lake, Pierre-Luc Lefebvre, Jimmy McAvoy, Tim Parent, Jesse Ringer, Greg Shonfield and Mike Tomassini were totally engaged in a riveting game culminating in a second overtime period.

In the second overtime, "3 on 3", with little over a minute

to go, players Jesse, Matthew and Philippe were successful in putting the puck into the net to win the tournament.

Recovering from the "nail-biting, cannot-sit-down experience", the parents managed to applaud their sons as they received their medals. The "Most Valuable Player" award went to Philippe Cy who credited the cooperative efforts by his teammates.

After all was said and done, watching the coach holding the trophy while walking down the corridor from the change room, and yes, showing some pride in the efforts of his team reminded us what team sports is all about. It was a day of success for the boys and a day of pride for the parents.

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New Year Notes From City Hall

by Rainer Bloess

A Happy New Year and sincere wishes for health, happiness and success in 2003 to all my Hamlet neighbours.

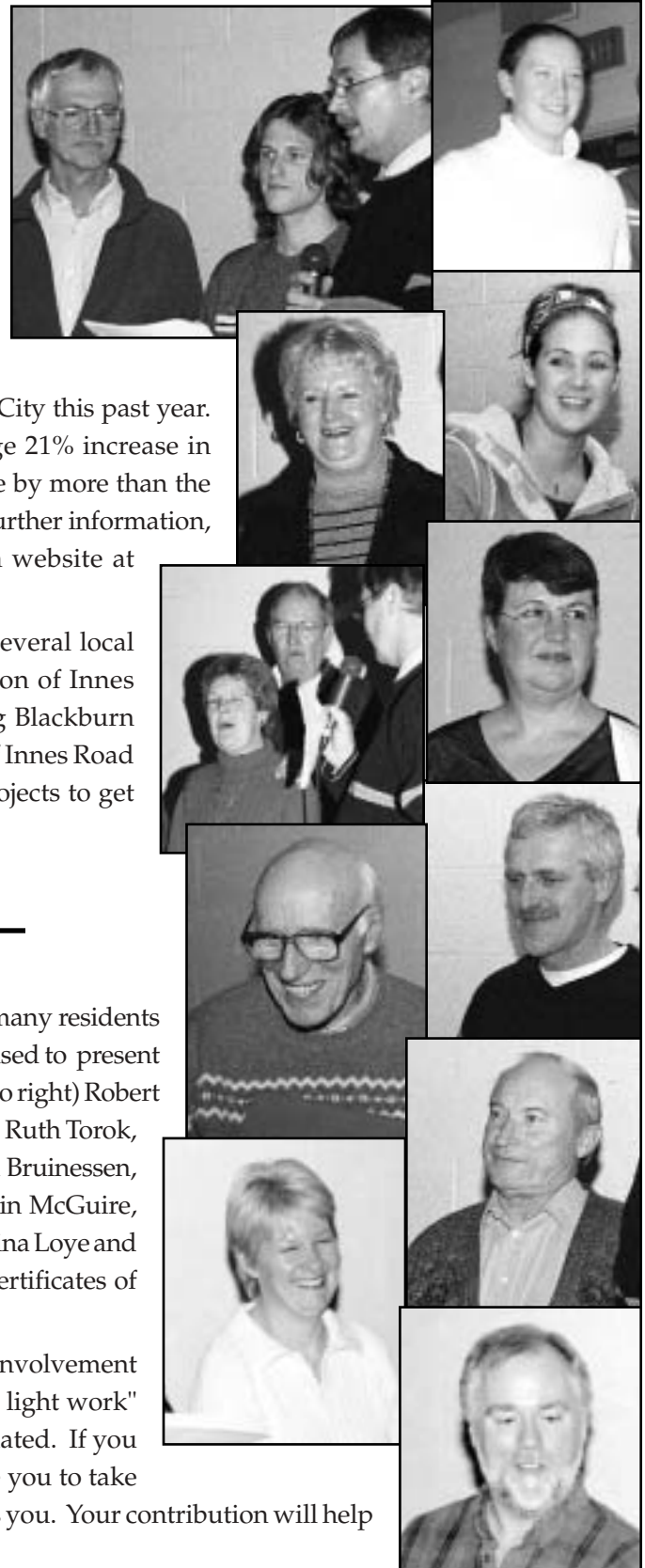
City Council rang in the New Year in early January by passing the 2003 Operating and Capital Budgets. Although it took some last minute tinkering, the good news is that we managed to achieve our goal of ensuring no tax rate increase for City residents. However, the amount of your tax bill is tied of course to your property assessment. As most of you have noted, property values have skyrocketed in most areas of the City this past year. The tax rate is therefore being adjusted to offset the average 21% increase in assessment. However, if your property has increased in value by more than the magic 21% figure, you could be looking at a tax increase. For further information, check out the Municipal Property Assessment Corporation website at www.mpac.ca or call 1-866-296-6722.

Confirmed as promised in the 2003 Budget were funds for several local improvements, including the final phase of the rehabilitation of Innes Road (including sidewalks), lighting on the pathway linking Blackburn Hamlet and Chapel Hill, and the long anticipated widening of Innes Road between Blair Road and the Queensway. Watch for these projects to get underway as soon as the weather cooperates.

Volunteer recognition (cont'd from page 1)

The BCA and I wish to express our sincere appreciation to the many residents who have helped to make this community special. We were pleased to present the Certificates of Recognition to the following people: (Top left to right) Robert Shepherd, Sr., Robert Shepherd, Jr., Anne Gray, Suzanne Leroux, Ruth Torok, Al and Shirley Haggerty, Bev Hobbs, Ray du Plessis, Paul van Bruinessen, Karen Gaudreau, Roy VanKoughnett and Mark McAvoy. Kevin McGuire, Firma French, Michel Haddad, Scott Shepherd, Denise Abbott, Tina Loye and Bill and Lucie Durning who were not present also received Certificates of Recognition.

Blackburn Hamlet continues to boast a high level of volunteer involvement in community programs and services but "many hands make light work" and the time and talents of new volunteers are always appreciated. If you haven't yet become involved as a local volunteer, I encourage you to take that first step and invest a few hours in an activity that interests you. Your contribution will help to keep our community vibrant, unified and prosperous.



The Blackburn Ball – New Year's Eve 2002

by Brett Maxwell

Imagine a spacious ballroom, elegant tables dressed with black and white linen, a dance floor decorated with garlands of Christmas lights and spectacular red poinsettias, and a sparkling cranberry punch to greet guests on entering.

A New Year's Eve at the Chateau Laurier, the Westin or a private club? No, New Year's Eve right here in Blackburn Hamlet at the Blackburn Ball held in the Agora at École secondaire publique Louis-Riel hosted by the Anglican Parish of St. Mary the Virgin.

The Blackburn Ball featured a gourmet meal prepared by Quality Time Catering (Michèle Hundertmark of Blackburn), pleasant listening and dance music provided by Virtronics



Philippe Hessel, Brett Maxwell, Jacqueline Hessel, Wilbrod Leclerc, Lynne Gagné, Viviane Côté-Maxwell and Annette Leclerc toasting the arrival of 2003!

Entertainment Services, a spacious and comfortable atmosphere and plenty of free parking

"We sensed the need for this type of event in the community, knew the Parish had the resources (creativity, organizational skills, the perfect location) and could see this becoming an annual event" said Jean Lockett,

Chairperson of the Organizing Committee. "When I suggested this to the Parish Council in the spring of 2002 the response was "yes, please organize it!" So I took a leap in faith, never having coordinated such an event, and started working on it. That will teach me to open my mouth!"

The evening started with punch and
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cocktails followed by Michèle's home cooked meal. The menu included Queen's Jubilee carrot and ginger soup, twin sesame seed pork tenderloin with lemon mustard and cranberry sauces, rice pilaf and holiday vegetables. Orange pecan meringue cake and a bountiful fresh fruit platter completed the banquet. Michèle's talent for good taste extends beyond her kitchen as was shown by the distinctive checkered vests worn by her servers.

"We had a wonderful time, it was great to be close to home with no worries about travel on the icy roads that night, the food was superb, the surroundings were so wonderful that it was hard to believe we were in a school. The evening was excellent value for the price." said Pat Hoisak. Her husband, Peter, added "It was a terrific night out

with good people – we had a ball!"

Dancing, pleasant relaxed conversation with friends and neighbours, door prize draws filled the rest of the evening leading up to the magic hour of midnight. The New Year was welcomed with champagne, streamers, noisemakers and a selection of delicious sweets prepared by several members of the congregation of St. Mary the Virgin.

"La soirée était très bien organisée, le repas excellent. C'était une belle fête de fin d'année" disait Annette Leclerc qui a assisté en compagnie de quelques amis de la Paroisse St Claude. "J'en ai discuté avec ma fille et elle veut venir avec son mari l'année prochaine."

Everyone was very pleased with the evening" said Brett Maxwell, a member of the organizing committee. "We are

hoping that our guests will spread the word about the success of the Blackburn Ball for next year." From the positive reaction received it appears that Committee members Jean Lockett, Brett Maxwell, Harry and Elizabeth Ivey, Terry Heaslip and the many other people within and outside of the Parish who helped have laid a solid foundation for a pleasant New Year's Eve in future years.

So, what to do next New Year's Eve? Avoid the problems of going downtown to a high priced mega-celebration at one of Ottawa's prestige locations or crowded commercial establishments. Avoid the hassles of where to park, driving in who knows what weather, and how to get home safely. Come to St. Mary the Virgin's 2003 New Year's Eve Blackburn Ball !!

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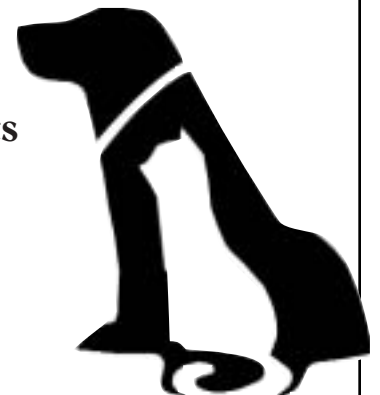
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Jan's Workout: The First Twenty Years!

by Lorna Lyttle

Twenty years ago, a fitness class was created in Blackburn Hamlet. It could not have been predicted at the time that it would precipitate a new way of life for many of its participants or that a fitness class would survive that long. Think of how many fitness facilities have come and gone in the east end of the city alone in those years. What is the secret of Jan's Workout?

Participants learn about how the body works and sometimes how it doesn't work. They are taught how to work out safely and how to improve the body's performance in day to day life and when being challenged with new activities. They learn about how to ward off some of the challenges of the aging process and to maintain a more youthful lifestyle. They are empowered to take control of their bodies and to strive to achieve their potential at any age. As well, from time to time, participants are offered informative seminars on topics of interest such as menopause and osteoporosis.

Inspired by Jan and others in the group, participants have discovered that they are able to do things that they never dreamed were possible. Over the years, members of the classes have participated in 5K and 10K walks and runs. With

improved fitness levels, participants have gone on to learn to play sports and do things they had only dreamed of. A few have even become certified fitness instructors themselves.

At Jan's Workout, there can be found an incredible and unfailing group of friends, who are there to cheer, encourage, support, and share in each other's ups and downs. Many have become close friends beyond the fitness class, while sharing an interest in and a commitment to a healthy, active lifestyle. In fact, the best part of all is that there is always fun to be had. The belief at Jan's Workout is that becoming and staying fit should be fun. There are annual Christmas and Year-end parties to bring everyone together for a dinner and celebration. And, on occasion, it is possible that you might have seen and heard the group at various coffee shops over the years (sorry for the noise!).

So it is that Jan Quinn is celebrating twenty years of fun and fitness in Blackburn Hamlet. There have been over 300 participants, from teens to seventy-year olds. Aerobics, strength training, and golf-fit classes have been offered and a free walking club has been available in the summer-time. Congratulations on a fabulous twenty years and best wishes for twenty more.



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Fifty Plus Club conducts survey

A survey by members of the Fifty Plus Club was held at Shoppers Drug Mart Senior's Day in November. A special thanks is to Shoppers Drug Mart employee, Beulah Mathieson. Beulah, who is always cheerful and helpful, organizes a monthly shopping day that benefits so many of the seniors of Blackburn Hamlet. Coffee, sandwiches (a variety made by Beulah herself) and cookies are always available and free to the seniors while they chat with their neighbours and do their discount shopping which is held on the third Thursday of every month.

A survey was prepared and conducted by Sarah Cloutier, Fifty Plus Club director with the Blackburn Community Association. Various members of the community helped to conduct the survey and a special thanks also goes out to them.

The survey results show that the Fifty Plus age group in our community is interested in a variety of pursuits. Following are some of the events that the Fifty Plus Club will be working to see get started and continue in the community:

1. A variety of day trips
2. Film evenings
3. Games day/evening
4. Potluck dinners
5. Guest speakers
6. A horseshoe pit

If you are interested in finding out more about what the Fifty Plus Club is doing for you, please call Sarah Cloutier at 841-4114.



Valerie and Les White helped conduct the Survey



Sarah Cloutier and Beulah Mathieson

Celebrating the Christmas Season

The Fifty Plus Club held their Christmas Potluck Dinner on December 7th at the Blackburn Community Hall. The very talented Ernie Mayer led the carolling on his guitar and while the voices may not have earned anyone a position with the opera it was great fun. Both English and French carols were sung along with a lot of reminiscing. Singing Christmas carols sure seems to bring back all those fond memories of Christmases past.

Check out the Fifty Plus Club upcoming events on page 19.

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January is National Alzheimer Awareness Month

Alzheimer Disease is the leading cause of dementia — a set of symptoms that includes loss of memory, judgment and reasoning, and changes in mood and behaviour. The Alzheimer Society strives to raise awareness of the disease, educate the public about Alzheimer issues and provide a forum for people dealing with the disease.

Sometimes, people fail to recognize that these symptoms indicate that something is wrong. They may mistakenly assume that such behaviour is a normal part of aging — it isn't. Or symptoms may develop gradually and go unnoticed for a long time.

It is important to see your doctor when you recognize these symptoms as they may be due to other treatable conditions. If the diagnosis is Alzheimer Disease, help is available.

To help you know what warning signs to look for, the Alzheimer Society has developed a checklist of common symptoms (some of them may apply to other forms of dementia). Review the list and if you notice several symptoms, the person with the symptoms should see a doctor for a complete examination.

Sources: *Alzheimer Society of Ottawa website and newsletter, Alzheimer Lifeline*

Groupe de soutien pour les familles francophones

le 2ième mercredi de chaque mois, 19h – 21 h, Centre d'accueil Champlain 275, rue Perrier, vanier (12 fév, 12 mars, 9 avr.)
Renseignements: 523-4004

Family Support Group

2nd Tuesday every month, Woodroffe United Church, 207 Woodroffe Avenue (February 11, March 11, April 8)
Information: 523-4004

Education Workshops

February 5, 1–3 p.m.

Depression & Dementia

March 5, 1–3 p.m.

Communication Strategies

April 2, 1–3 p.m.

Coping Strategies

For above workshops:

Location: 1750 Russell Road

Cost: \$10 each including parking

Information: 523-4004

Walk for Memories – Sun., Jan. 26

Inside Carlingwood Mall

Registration: 10 a.m.

Walk: 11 a.m. – 1 p.m. Proceeds to benefit the family support and education programs of the Ottawa chapter

For more information: visit the website at www.alzheimerottawa.org

Ten warning signs

Memory loss that affects day-to-day function ☼

It's normal to forget appointments, colleagues' names or a friend's phone number and remember them later. A person with Alzheimer Disease may forget things more often and not remember them later, especially things that have happened more recently.

Difficulty performing familiar tasks ☼

Busy people can be so distracted at times that they may leave the carrots on the stove. A person with Alzheimer Disease may be unable to prepare any part of a meal or forget they ate it.

Problems with language ☼

Everyone has trouble finding the right word sometimes, but a person with Alzheimer Disease may forget simple words or substitute inappropriate words, making his or her sentences difficult to understand.

Disorientation of time and place ☼

It's normal to forget the day of the week or your destination — for a moment. But a person with Alzheimer Disease can become lost on their own street, not knowing how they got there or how to get home.

Poor or decreased judgment ☼

People may sometimes put off going to a doctor if they have an infection but eventually seek medical attention. A person with Alzheimer Disease may not recognize the infection as a problem or go to the doctor at all. Or they may dress inappropriately, wearing heavy clothing on a hot day.

Problems with abstract thinking ☼

People may find balancing a cheque book difficult. Someone with Alzheimer Disease could forget completely what the numbers are and what needs to be done with them. Celebrating a birthday is something many people do, but a person with Alzheimer Disease may not understand what a birthday is.

Misplacing things ☼

Anyone can temporarily misplace a wallet or keys. A person with Alzheimer Disease may put things in inappropriate places: an iron in the freezer or a wristwatch in the sugar bowl.

Changes in mood or behaviour ☼

Everyone becomes sad or moody from time to time. Someone with Alzheimer Disease can exhibit rapid mood swings — from calm to tears to anger — for no apparent reason.

Changes in personality ☼

People's personalities can change somewhat with age. But a person with Alzheimer Disease can change dramatically, becoming extremely confused, suspicious or withdrawn. Changes may also include apathy, fearfulness or acting inappropriately.

Loss of initiative ☼

It's normal to tire of housework, business activities or social obligations, but most people regain their initiative. A person with Alzheimer Disease may become very passive, and require cues and prompting to become involved.

Article by Alzheimer's Association, U.S. available online www.alzheimerottawa.org under "About the disease"

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New!

Bronze world medal for Caitlin Renneson

Nineteen-year old Caitlin competed with the best cerebral palsy wheelchair racers in the world and was successful in winning the bronze medal at the World Track and Field Championships for the Disabled in the 400 metres race in Lille, France. Congratulations to Caitlin. We're looking forward to seeing her at the 2004 Paralympics in Athens.

Bank helps build Toy Mountain and raise funds for athlete's wheelchair

TD Canada Trust Blackburn Branch has been an active member of the Blackburn Hamlet community for many years.

Once again this past Christmas they were the proud supporters of the successful Ottawa Salvation Army's Toy Mountain campaign. They collected donations of cash and new and previously loved toys and made a difference for children in need this Christmas.

TD Canada Trust has also been involved with the Caitlin Renneson project which was spearheaded by *The Eastender* and *Orleans Online*. The bank was one of the drop-off locations for the collection of money for a racing wheelchair. While the initial goal of the campaign to buy Caitlin a new set of wheels for the world championships was achieved, money is still needed to buy Caitlin a new frame and hardware.

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Thanks Blackburn

by *Monica de Römer*

Many thanks to the canvassers of the BCA Membership Drive and to those who bought their \$10 family membership for 2003.

We still need a few more canvassers for some routes. Please call Monica at 834-8157 if you can help.

A friendly reminder to those who haven't returned their packages to #1 Woodhill Crescent — please do so as soon as possible .

EARLY BIRD DRAW

The winners of the early bird draw of families that had renewed their BCA membership received a \$20 gift certificate from Blackburn Loeb.

They were:

- Burns family on Alder Crescent
- Pilgrim family on Beddoe Lane
- Karpinski family on Gravelle Cresc.
- Freeman family on Rondel Drive
- Uppal family on Northpark Drive

Summer Fun for Kids

The City of Ottawa will be offering several day camps in the Blackburn area this summer. The following are a list of camps offered each week as well as the course code. For more information, call 580-2424, ext. 29296.

Summer Camps 2003

June 23–27	FrancoFun (87064)
June 30–July 4	FrancoFun (87065) Fun n' Friends (86615) Tennis (87050) Totally Teens (87217)
July 7–11	FrancoFun (87066) Fun n' Friends (86617) Soccer (87053) Golf (87215)
July 14–18	FrancoFun (87067) Fun n' Friends (86619) Funky Moves (87054) Totally Teens (87218)
July 21–25	FrancoFun (87068) Fun n' Friends (86620) Softball (87056) In-Line (87216)
July 28–Aug 1	FrancoFun (87069) Fun n' Friends (86621) Soccer (90867) Golf (90868)
August 5–8	FrancoFun (87070) Fun n' Friends (86622) Basketball (87062) Totally Teens (87219)
August 11–15	FrancoFun (87071) Fun n' Friends (86623) Tennis (87063) Totally Teens (87220)
August 18–22	Mix n' Match (89815)

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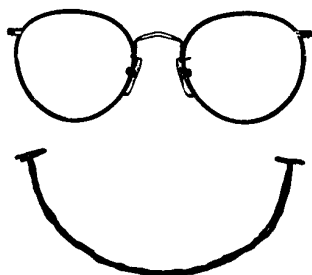
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Freedom of Choice

by R. Mitchell Rowe LL.B.

Two recent Supreme Court cases, concerning family law, have chewed on the knobby doggy bone of freedom, and how much we can manage away from government's long, sucking tentacles of control.

The first case – Walsh – decided that it was not discrimination if unmarried couples were treated differently from married couples when it came to dividing up their property at separation. Shotguns aside, people choose to marry or not to marry. The court said that the law governing marriage must respect that freedom of choice. Provincial law that creates the pooling of marriage assets, and their automatic and equal division at separation, does not govern the unmarried co-habitants.

The second case – Miglin (not yet decided) – deals with how people choose to settle their marriage separation – whether by an agreement or by court intervention. Spouses are always free to settle their affairs by a separation agreement. But if one party can later make a claim that things just didn't work out the way they thought they would when they signed the agreement and now it's unfair, and if they can get a court to step in, there was really no point in doing the agreement in the first place. Why go to the bother?

The politics of correctness has been thrust upon us over the past 15–20 years. Groups with specific interests, claiming some disadvantage, demand that all unfairness be remedied, even if it was our own fault. The Court in Miglin is asked to step in and fix what went wrong for one of the parties, and ignore the agreement. Responsibility for the initial decision to sign the agreement takes a back

The politics of correctness has been thrust upon us

seat to protecting us from our own decisions that turn bad. That's what government and the courts are supposed to do, so the mantra goes.

The Walsh case bucks this trend — the court refused to impose the marriage laws on those who chose not to marry, and the individual's freedom of choice won out. But I bet the Miglin case tows the politically correct line, even with the retirement of Madame Justice L'Heureux-Dube (known as the Great Dissenter but really just totally out of step with the majority of the Court, and the public). The freedom to make an agreement at separation that gives the two parties a sense of finality will be gone, and HiHo-HiHo, it's off to court we must go.

Cross-country Ski Maps

For local cross-country ski maps visit the Blackburn Hamlet website — www.blackburnhamlet.ca and look under NCC Greenbelt.

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■ Dates: Saturday, Feb. 8, 2003
10:00–11:30 a.m.

or

Tuesday, Feb. 18, 2003
7:00–8:30 p.m.

■ Place: Edward Jones
2644 Innes Road
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Seating is limited and will be on a first come first serve basis.

Call 841-9315 to reserve a seat.



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Ca marche au bout! C'est le thème du District d'Ottawa cette année. Notre camp d'automne « À babord toutes » s'est déroulé sur le bateau Vibrations entre les Lacs Newboro et Indian. La pluie et le soleil ont joué à cache-cache mais le grand jeu dans le village de Newboro nous a aidé à découvrir un petit coin des Lacs Rideaux. Dans les services à la communauté les guides aident à la garderie du dimanche de l'Église St-Claude ont participé au défilé du Père Noël le 30 novembre et chanté lors de la guignolée le 12 décembre. Merci aux résidents de Bearbrook, Valewood, Westpark et Parklane. Les 209\$ ont été remis à la banque d'alimentation communautaire et les conserves à des familles. Les 14 guides ont choisi de présenter un spectacle pour leurs familles le 19 décembre. C'était « au bout... » de la musique, des chants, des danses, des poèmes et même des



Les guides tracent le parcours sur les cartes nautiques le défilé du Père Noël la guignolée du 19 décembre

sketches avec parents et amis. Ensemble, nous essayons de vivre les défis de BP et de rendre le monde un peu meilleur qu'il ne l'était. Nous souhaitons à tous une Bonne Année 2003 en attendant de vivre et puis de vous parler de notre camp d'hiver et de chefs.

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Safe Walkways Can we get away with salt?

by Bill Smith, Environmental Committee


In winter, keeping walkways and driveways safe can be a problem. Not so much because of snow, but because of ice.

Salt can solve part of the problem if the temperature isn't too low and we keep applying it as the ice collects. Salt can be a double-edged sword as it will help in the short term but will have major detrimental effects on carpets, cars, lawns, trees, clothes and especially our river systems.

Here are a few suggestions that could help decrease or eliminate the use of salt as a safety product.

- Find a source of dry, large-grained sand. A couple of large buckets collected in the summer is an economical solution.
- If it is going to rain and there is some snow on the walkway, leave it there until the rain stops, then clear. You'll have better traction and less ice.
- If you must use salt, mix it with sand (1/4 salt) or make a warm water salt slurry in a watering can (1/4 salt). You will use less salt, it will work more quickly and will remove more ice.

Although it may be difficult to avoid using salt completely, the more you can cut back, the better it will be for our waterways, our plants and our animals — including us, the users.

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Back Pain?

Blackburn Hamlet, ON – According to a recently released back pain relief report, most back pain sufferers have no idea how to eliminate their pain. Some use heat, others ice. From sleeping on the floor, to pillows underneath the legs, back pain relief techniques vary. But thanks to a free report, local back pain sufferers finally know exactly what to do. To get a copy of the free "Back Pain Relief Report", call toll-free, 1-800-275-3304 (Toll-free, 24 hour recorded message).



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Fall Fun at the Preschool

by Barbara Sweazey

The late fall of 2002 brought some special additions to Blackburn Hamlet Preschool. First, we have a new school sign, proudly mounted on the front corner of the school. This was made possible with support from local Councillor Rainer Bloess. As well, a portion of the new fence surrounding the playground was erected in December, and we look forward to expanding it further this spring.

Future Fun!

It may seem a long way off right now, but before you know it September will roll around and the demand to make decisions about your toddler or preschooler's fall activities will land on your front door step. If your preschooler will be eligible to attend Junior Kindergarten this fall, remember that Blackburn Hamlet Preschool offers a wonderful alternative to JK. The teacher-child

ratio is much higher at the Preschool, while offering the same activities and centres that the JK programs do. As well, because the Preschool is a cooperative program, you can still be actively involved in your child's early learning experiences. Finally, with both morning and afternoon programs available 2 and 3 days a week, you can choose a schedule that works best for you and your family.

The Blackburn Hamlet Preschool staff invites you to check out our Preschool as an option for your child. An Open House is being held on Sunday, March 30 from 2 – 4 pm at the Preschool (202 Glenpark Dr., behind the arena) to give you the details you need to make your decision. Come meet the teachers, explore the facilities and learn about the programs offered at the school.

If you have questions about the Preschool please feel free to give Mary a call at the preschool at 824-3251, or plan to attend the Open House. You'll see what we are all about!

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Dinner & Silent Auction

On Saturday, February 22, St. Mary the Virgin parish in Blackburn Hamlet is holding their Dinner and Silent Auction to raise funds in support of on-going ministries and programs. The Agora at École secondaire publique Louis-Riel is the location and doors open at 6:00pm.

The dinner is being catered by Dave Smith of The Place Next Door, so a tasty meal is guaranteed! Dinner will be accompanied by live music and there will be a cash bar.

Items up for auction include cottage get-aways, cruises on the Rideau Lakes, golf packages, original works of art, theatre and sports tickets, restaurant certificates, collectibles, time and talent certificates and many other items.

For further information about the event, to offer items for the auction or to buy tickets (\$25 per person), call Brett at 837-1839, e-mail to: stmary@rogers.com, or talk to a friend or neighbour who goes to St. Mary's.

Blackburn Garden Tour

The Blackburn Hamlet Garden Tour organizers are looking for 10 gardens for the sixth annual Blackburn Hamlet Garden Tour to be held on Sunday, June 22, 2003 from noon to 4 p.m.

It's a great way to meet other gardening enthusiasts who share your passion as well as to raise money for a good cause. Participants get together for a planning meeting in April, then again on the Friday evening before the tour to visit each others' gardens and in September for the wrap-up meeting. The conversation is not always on gardening and the potluck appetizers are always a treat. Once you have been in one Blackburn Garden Tour you are always welcome to join in on the potluck evenings.

We would like to meet you and talk to you about your garden so we can write a description for the Tour Guide. All gardens, big, small and "works in progress" (whose garden is ever finished?) are welcome.

Please call Evelyn Budd at 824-9707 for more information.

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Halloween Thanks

A huge thank you to all the neighbours and especially the trick or treaters who took the time to share their evening and their Halloween excitement with a bus load of nursing home residents from Villa Marguerite, SCO Sisters of Charity. We parked our bus on a Blackburn Hamlet street with the hope that the neighbourhood would participate in our special activity. We are most grateful for a very enjoyable evening. Our residents handed out halloween treats and thoroughly enjoyed a rare opportunity to interact with excited ghosts and goblins, and their kind parents and neighbours who participated. Your participation exceeded our hopes. We hope that for a moment we also contributed to your lives.

*Joanne Atkinson, Therapeutic Recreation Services
Villa Marguerite, Elizabeth Bruyere Health Centre*

Community Churches

Abiding Word Evangelical Lutheran	1575 Belcourt Ave	824 - 2524
Ahmadiyya Movement in Islam	2247 Dunning Road	833-0968
Church of Jesus Christ of Latter Day Saints	6255 Cumorah	837-2472
Cornerstone Bible Church	112-1803 St. Joseph Blvd.	830-0579
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 at Louis Riel School	265-7838
Westend Church	2214 Innes Road	824-3481



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Blackburn Ladies Softball/Men's Fastball

Registration will be held from 7:00–9:00pm on the following dates:

March 4th, Wally's Restaurant

March 5th, Blackburn Arms

March 6th, Wally's Restaurant

Information for Blackburn Ladies Softball is available on the internet at www.blackburnladiessoftball.com or by calling Julie Laframboise at 834-1875.

Information for Blackburn Mens Fastball is available on the internet at www.bmfl.ca or by calling Steve Bovey at 824-1435.

SoftBall Registration

The Orleans Softball Association (Oafa) offers programs for girls and boys 5–23 years of age. We have three different levels: House League, Select, and Competitive. Registration is March 1 and 22 at the Orleans Recreation Centre and at the Ray Friel Centre, from 9:00am–2:00pm. For more information call 824-6787 or visit www.oafa.org.

Volunteers Needed

Do you need community service hours? Do you have time to share? Volunteers are needed in the Orleans softball association to be a coach, or a coach in training, to help run the "Learn to Play" program, or to be umpires. Why not put your love for the game to good use. Call 824-6787.

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Coming Events

Blackburn Fifty Plus Club Schedule

Monday, February 10th (storm date February 17th) — a day trip to Montebello for lunch is planned. There are also beautiful cross country ski trails and many other interesting things to see and do at Montebello so to allow for time to explore, ski, or just socialize. We will leave the Community Hall at 10:30 a.m. and return around 3:30 p.m. If you would like to go but need a ride or would like more information, call Sarah Cloutier at 841-4114.

Third Sunday in February & March — February 16th and March 16th – Dinner and Games or Just Socializing – 6:00 p.m. at the Blackburn Arms. Join an interesting and fun group of people for dinner, games or just socializing. Dinner is your choice from the menu. If you'd like to drop in later just to socialize, that's fine too.

EVERYONE OVER 50 IS WELCOME — PLEASE JOIN US.

Ladies Scrimmage Ringette

It's not too late to join the ladies playing scrimmage ringette at the Blackburn Arena on Mondays from 9 to 10am. Call Sue French for more information at 830-0684.

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Garden Plot Registration Meeting

Gardeners signing up for a plot with the Gloucester Allotment Garden Association at its spring registration meeting will receive five dollars off the regular fee. The Association will hold its spring registration meeting on Tuesday, March 18, at 8:00 p.m. in the cafeteria of Louis-Riel High School, 1655 Bearbrook Road (located at the northern end of Blackburn Hamlet). Plots are available at both the Orient and Anderson Road sites. Be an early bird gardener and make sure you get your discount and a garden plot. For more information call the Registrar at 841-7893 or the President at 824-6524.

Blackburn Chorus Concert

The Blackburn Chorus performs Vivaldi's Masterworks at St. Andrew's Church at Kent and Wellington Streets in Ottawa on Friday, February 21. "Gloria" and "Four Seasons" will be performed with the Virtuosi Orchestra. Violin soloist, Ioan Harea. Performance scheduled to begin at 8 p.m. Tickets \$15 available in advance from any Chorus member or by calling 261-5797. Tickets will be available at the door (space permitting). There is no reserved seating.

Gloucester Music Club Concert

A concert featuring a line-up of extremely talented young musicians will be held in the Cumberland Town Hall Theatre on Thursday, February 7. Concert gets underway at 7:30 p.m. followed by a reception in the second floor gallery. Tickets \$5 at the door. Call 824-4820 for more information.

Gloucester Horticultural Society

Gloucester Horticultural Society preserves and forced bulb show will be held on Monday, February 17, 7:30 p.m. at the Top Generation Club, 6th Line Road, Ramsayville. Call 741-4523 for more information.

Spoken Art Series

The Gloucester Spoken Art Series will be held on Sunday, February 16 at Cafe Margit from 2:30 p.m. to 5 p.m. The afternoon features storytelling and poetry by Evelyn Voigt and Cyril Dabedeen. Admission is free. For more information call 747-2272.

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Watercolour Artwork Exhibitions

Watercolour paintings on display at the Blackburn Library:

February/March	Janice Johnston
April/May	Blackburn Art Group's 2nd annual exhibition

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Ecology Friendly Lawn Care – March or April
Spring Clean-up – Saturday, April 26, 9:30-11:30 am
Community Garage Sale – Saturday, May 3
More info: www.blackburnhamlet.ca or call 837-3818.

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Telephone Directory

Blackburn Community Hall	841-7396
Bookings	Jan Whitehouse 830-8644
Blackburn Arena	824-5197
Blackburn Hamlet Youth Association	837-5987
Library - Blackburn Branch	824-6926
Blackburn Art Group	Marion Jones 830-8904
Blackburn Duplicate Bridge	Bill Durning 824-9593
Blackburn Hamlet Preschool	824-3251
Child Care Drop-In	Myrian Pepin 742-5500
"No School Days" Child Care	580-2400
Children's Welcome Centre	834-7075
Guides and Brownies	Brenda Sowden 523-4003
Scouts	Lee Coutu 837-0837
Registrar	Chris Johansen 841-7146
Jeannettes	Nicole Andrecheck 824-9972
Les Guides	Viviane Côté-Maxwell 837-1839
Conseil de Gestion	Lyse Goneau 837-3941
Blackburn Chorus	Bob Bowes 744-6807
Block Parents	Northeast-Doris Budd 824-1076
	South-Lynn Bissett 824-3938
Le Club Optimiste	Dominique Dufour-Jacques 837-4645
Les Chansonniers	Germain Asselin 837-3883
Neighbourhood Watch	Volunteer Chadala 236-1222 ext 3571
Newcomers' Club	Lynn Lazarus 841-3893
Quilting Groups	J. Maxwell 841-6084
	Paula Brown 837-4081
Badminton	Ray du Plessis 824-2671
Fastball (Men's)	Steve Bovey 824-1435
Football	Ray Hartley 769-0458
Hockey (Girl's)	Charles Chamberlain 745-9927
Hockey (Minor)	Tom Canham 837-1344
Hockey (Men's)	Roy Van Koughnett 824-3921
Junior Badminton	Caroline Harris McDonald 837-3818
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	
Cairine Wilson (9-13)	824-4411
École élémentaire publique Séraphin-Marion	837-2216
École Ste-Marie (K-6)	824-6558
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

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As a professional realtor, with over 20 years experience, I offer an intimate knowledge of the Ottawa housing market, especially my own neighbourhood of Blackburn Hamlet.



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My husband, René and I raised our children in this city. We chose Blackburn Hamlet as our home for its many benefits and local services which we've enjoyed over the years. My volunteer work and participation in the many events and activities in The Hamlet have given me a special perspective on the vitality and deep roots of our very special community.

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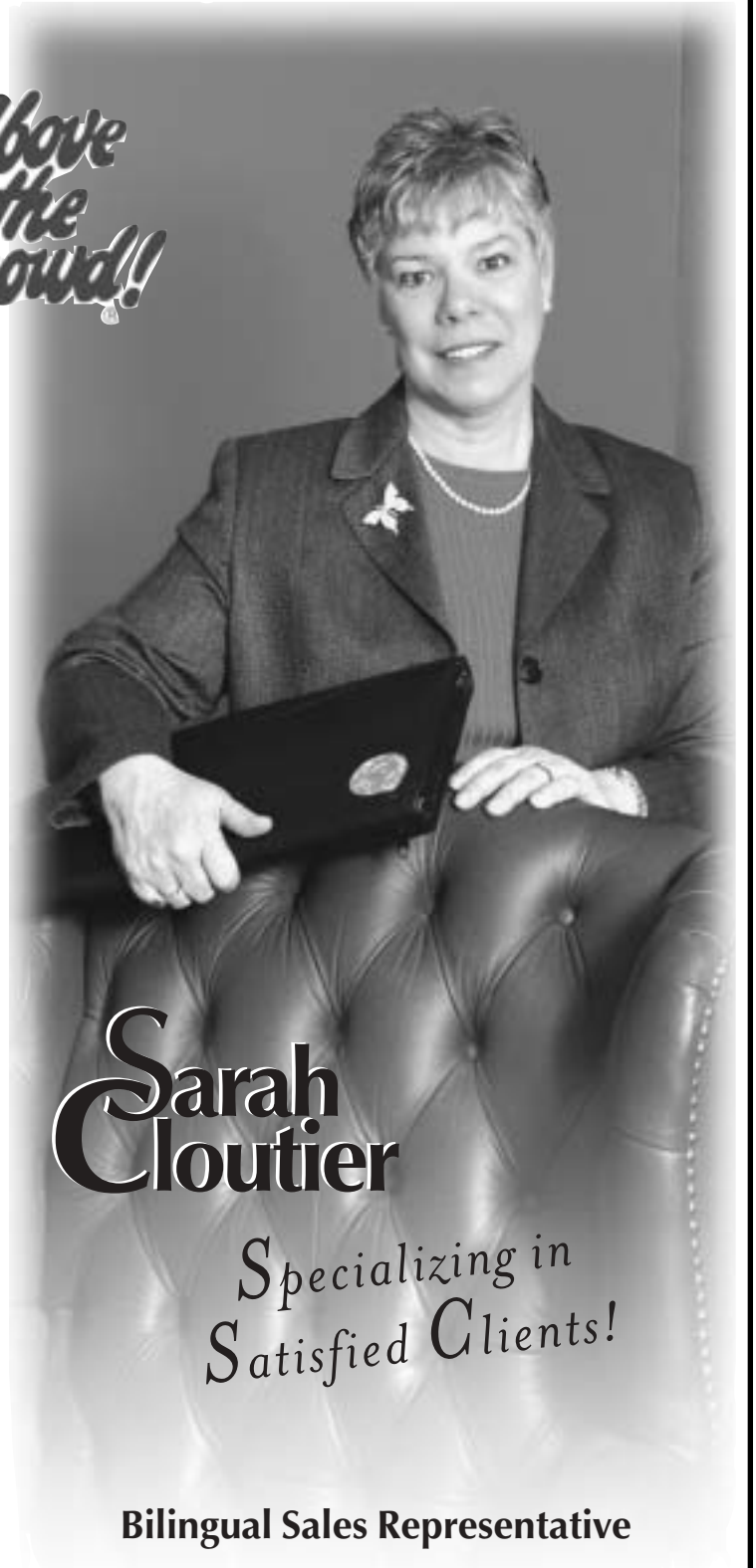
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