

# BANAR

Blackburn Area News And Reports

Vol. 36 No. 5

June 2003

## Something's missing...mis

submitted by Sr/Cst. Raymond St. Pierre

AWay back when, Blackburn Hamlet led the concerned citizens league with its Neighbourhood Watch coverage. Virtually every street had its block captain, a person who looked after organizing residents to provide surveillance of the street. Why? Well, then as now, there are vandals, minor thugs, smash and grab artists, graffiti "artists" and similar twits who spend their days and evenings irritating residents.

Then, as now, the police cannot be everywhere at once. With police guidance, residents formed teams to keep an eye on things, to spot the dreaded perpetrators before they could perpetrate. And then they ran out with baseball bats . . . oops, this is Canada, they'd use hockey sticks . . . and clobbered them, right? Wrong! Vigilantism is no part of Neighbourhood Watch. The Neighbourhood Watch crowd phoned the police service and outlined the location and the problem. Soon after the police service arrived on site and likely avert a crime. And, as any constable will tell you, averting a crime is much cheaper than solving it.

Some Hamlet residents are taking the initiative to re-instate a Neighbourhood Watch program. The Orléans Community Police Centre is helping them with the initial steps.

On May 14, concerned residents including two members of the Blackburn Community Association met with Ottawa Police Sr/Cst. Raymond St. Pierre and the centre's Neighbourhood Watch coordinator, Vol. Ken Menzies, and Vol. Denise Chadala, the centre's Blackburn Hamlet coordinator, and discussed the best way to organize a Neighbourhood Watch team. They decided to concentrate initially on Burnview Crescent, as residents of that street were keen to take a leadership role.

*Continued on page 11*



Volunteer Denise Chadala, the Community Police Centre's volunteer Blackburn Hamlet coordinator stands with a Neighbour Watch sign at Innes Park.

*What's on at the Blackburn Fun Fair June 14th? See pages 4 to 6.*

## Blackburn Community Association

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



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

### 2002–2003 BOARD OF DIRECTORS

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BANAR, Editor	Evelyn Budd	.824-9707
City Councillor	Rainer Bloess	.837-5975
Community Hall	Jan Whitehouse	.830-8644
Fun Fair, Chair	Gord Hawley	.837-5987
Website	Helen Rosseau	.834-8661

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 to the editor, Evelyn Budd, in the body of an 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.

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# Membership in Blackburn Community Association does have it's privileges ...

and it's knowing that you are supporting an extensive volunteer community who are spending the time and energy to ensure Blackburn continues to be a safe, clean and caring neighbourhood for young and old.

The 2003 Blackburn Community Association Membership Drive is coming to an end. Your \$10 membership supports such things as the BANAR, website, information workshops and meetings, community events that involve young and old, park structures, environmental initiatives and a host of activities such as the Fun Fair, Garden Tour, Fun Runs and now a House Tour.

If a canvasser has not come to your door, please consider mailing your \$10 family membership (see page 22) or contact Monica de Romer at 834-8157.

The lucky winners of the early bird membership draw for a City of Ottawa T-shirt, courtesy of our councillor, Rainer Bloess, are: Evelyn Ross, Paula Rosenquist, Gloria Austin, Nancy Hebb, Russ Smith and Steve and Elaine McCormick.

**A BIG THANK YOU** goes out to these and all other canvassers who helped out this year. **\*\*\* Those who still haven't returned their canvassing info to #1 Woodhill Crescent, please do so ASAP.\*\*\***

In order to continue the yearly membership drive, a new Membership Coordinator is needed. If anyone would be interested in taking on this position, please contact Monica at 834-8157. She would be happy to help with the transition in September.

## Upcoming BANARS

**DEADLINE DATES**

**August 13th**

**DELIVERY DATES**

**September 6th**

**Community groups can earn \$200 by delivering the Banar. A group of 14 can cover the route in 1½–2 hours. Call 824-9707 or e-mail [ev@buddgraphics.com](mailto:ev@buddgraphics.com) for more information.**

**ADDITIONAL BANARS AVAILABLE AT LIBRARY, ARENA & LOEB.**

# From The President

## Lafarge Information Session

On May 5th we had a very successful information session at the Community Hall concerning the operation at the Lafarge quarry and potential causes of foundation damage in our community. There were 72 residents in attendance and virtually all agreed that the session went well. This public meeting was organized in response to inquiries made to the BCA.

## Fun Fair 2003

On June 14th, the 33rd annual Fun Fair will be held at the Community Hall and surrounding park area. Gord Hawley is this year's Chair, and has promised an excellent fair this year. The committee has made it a point to keep prices at last year's level, or lower. Please read all about it on pages 4 to 6 of the BANAR.

## Spring Fun-Run

The Annual Spring Fun-Run has been tentatively scheduled for Saturday, June 21st, 8:45 am at the Community Hall. This has always been a popular event for our community and both volunteers and runners will be needed. Please call Paul Graham at 830-2868 if you can help. More info on the BCA website — [www.blackburnhamlet.ca](http://www.blackburnhamlet.ca).

## Communications with the City

One of the things the "New City" is trying to do is increase communications with community associations. As such, we get invited to focus groups, presentations, planning sessions, etc. One of the things I am interested in is comparing communications and interactions with Ottawa, as compared to those with the former City of Gloucester. Please call 837-1504 or e-mail me at [aljaneross@sympatico.ca](mailto:aljaneross@sympatico.ca) if you're experiencing problems in this area.

## Neighbourhood Watch

The Ottawa Community Polices Services would like to establish a Neighbourhood Watch program in the Hamlet. This is primarily a program aimed at reducing crime in the neighbourhood through vigilant neighbours. Please read the article in this BANAR and get involved. If there is sufficient interest, we will hold a public meeting on this subject.

## Looking for Membership Co-ordinator

Monica de Romer has indicated that she would like to resign as our Membership Coordinator. We are therefore actively seeking a replacement for this very important responsibility. If you feel you could help us out with this task, please call 837-1504 or email me at [aljaneross@sympatico.ca](mailto:aljaneross@sympatico.ca).

## Proposed Condominium Development

At our last meeting, the BCA Board was presented with a proposal for the construction of 60 condominium units on Innes Road on land that is currently occupied by Wally's Restaurant. Prior to the application for a zoning change, there will be a public meeting at the Community Hall on June 2nd, 7:30 pm so residents can view the plans and provide input to the architect. Flyers will be distributed to residents within 500 metres of the site, but others outside that area are invited as well.

*Al Ross*

### **Blackburn Community Association Annual General Meeting**

June 19th at 7:30 pm

Blackburn Public Library

*2003-4 Board of Directors will be elected.*

*Nominations/Volunteers are welcome.*

# It's Fun Fair time again!

The Fun Fair volunteer Board of Directors has been very busy the past several months organizing this year's event. Many of the regular fair features are back and some exciting new events have been added.

The Province now heavily regulates events with fireworks. Although there was an exemption for last year's Fun Fair, it was not available for Fun Fair 2003. Not to despair! There are many exciting changes that will make up for the loss of the fifteen minutes of glory and bring several hours of color.

The BHYA Youth Dance for youth ages 10 to 17 will once again be held in the arena from 6:45 to 11:00 pm. The first 700 young persons will each receive a FREE glow necklace with

their entrance fee. The front of the arena will be open and will be the location this year for cotton candy, ice cream, frites, drinks and snow cones. Parents can stop by to watch the youth dance and laser light show from behind the glass.

Starting at 7:30 pm there will be a family street party outside. There will be music for the children until 8:30 pm, followed by "Dr. Danic and Friends" band until 10:30 pm and then Hawley DJ Services until midnight (or later). Lots of music, lots of lights, and lots of FUN.

During the day there will be a full range of events such as the regular pancake breakfast, parade, midways, adult beverage pavilion and silent auction.

New this year are the adult ball games on the ball field, karaoke on the entertainment stage for adults and children from 12 to 4 pm, organized games in the inline skating area, a Lynx baseball fast pitch machine and for fun for the older youth groups, a pie throwing contest.

Once again the prices for our events will not change as the aim of the Fun Fair is to make the day an affordable family event that everyone can enjoy.

Additional volunteers are always needed, and if you would like to be involved, please contact Gord Hawley, Chairman, at 612-1089 or by e-mail, gehawley@rogers.com.



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# Fun Fair Schedule of Events

## Grounds

Pancake Breakfast .....8:00am - 10:00am  
 Rogers Tim Horton's Community Cruiser  
 (Free coffee) .....8:00am - 10:00am  
 Bozo Dunk Tank .....11:00am - 4:00pm  
 Ottawa Lynx Pitching Radar .....11:00am - 4:00pm  
 Midway Games .....11:00am - 5:00pm  
 Bouncy Castle / Tippy Ladder .....11:00am - 5:00pm  
 Petting Zoo .....11:00am - 5:00pm  
 Pony/Wagon Rides .....11:00am - 5:00pm  
 Sens Street Tour .....11:00am - 5:00pm  
 Tattoo Mania .....11:00am - 5:00pm  
 Face Painting .....11:00am - 5:00pm  
 Lollypops on Wheels .....11:00am - 5:00pm  
 Pre-Schol Games .....11:15am - 12:15pm  
 Ray's Reptiles .....1:00pm - 2:00pm  
 Pet parade .....2:30pm - 3:15pm  
 Cow Plop (cow arrives at 3:00pm - make bets before)  
 Street Dance .....9:00pm

## Community Music Stage

Kareoke .....12:00pm - 4:00pm  
 Family Street Dance .....7:30pm - midnight  
 Dr Danic .....8:30 pm- 10:30pm  
 DJ .....10:30pm - midnight

## Blackburn Community Hall

Silent Auction .....2:00pm - 6:00pm

## Arena

General Store .....10:00am - 5:00pm  
 Children's Bingo .....12:00pm - 4:00pm  
 Kids Craft corner & Movie .....2:00pm - 3:30pm  
 Storytime (every half hour) .....1:00pm - 4:30pm  
 Youth Dance (ages 10-17 only) .....7:00pm - 11:00pm

## Board of Directors

Chairman	Gord Hawley	612-1089
Fundraising/Auction	Peter Holt	837-0491
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Publicity	Jason Dubue	830-7438
	Angie Hopkins	830-7438
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Midway Games	Rose Moore	824-7852
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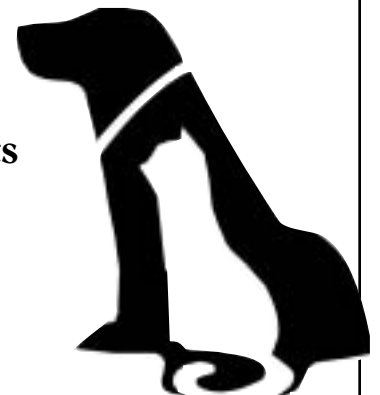
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Ray's Reptiles

BQ #2

Petting Zoo

Old-fashioned Games

Midway Games

Beer Garden

Community Hall

Bouncy Castle & Tippy Ladder

Wagon Rides

Face Painting & Tattoo Mania

Music Stage

- Adult Beverages

- Silent Auction

Main BBQ

- Sens Street Tour

- Street Dance

Fruit Stand

Pancake Breakfast

Lynx Pitching Radar

Glenmark Drive

ARENA

- General Store
- Blackburn Showcase
- Children's Bingo
- Kids Craft Corner & Movie
- Storytime
- Youth Dance

Dunk Bozo

Pie Throw

Pre-School Games

Cotton Candy, freezies, Ice cream, drinks, etc.

**Prices** Tickets are 50¢ each

Pancake Breakfast	Midway Games . . . . . (each) . . . . .	.1 ticket
Adult . . \$4.00	Pre-School Games . . . . .	1 ticket
Child . . \$3.00	Dunk Bozo . . . . .	3 tickets
Hamburger . . . . . 4 tickets	Basketball Throw . . . . .	1 ticket
Hotdog . . . . . 3 tickets	Cow Plop 50/50 . . . . .	2 tickets
Pop . . . . . 2 tickets	Petting Zoo . . . . .	2 tickets
Chips . . . . . 2 tickets	Wagon Ride . . . . .	4 tickets
Candy Floss . . . . . 4 tickets	Pony ride . . . . .	5 tickets
Fruit (Small) . . . . . 3 tickets	Balloon Castle / Tippy Ladder . . . . .	3 tickets
Fruit (Large) . . . . . 4 tickets	Sens Street Tour (per game) . . . . .	1 ticket
Popcorn . . . . . 1 ticket	Lynx Pitching Radar . . . . .	2 tickets
Freezies . . . . . 1 ticket	Face Painting (small) . . . . .	1 ticket
Ice Cream . . . . . 2 tickets	(full face) . . . . .	3 tickets
Alcoholic Bev. . . \$3.50	Ray's Reptiles . . . . .	2 tickets
	Youth Dance . . . . .	\$5.00

Blackburn Hamlet

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# Hot Issues Contribute To Spring Warm-Up

by Rainer Bloess

Once again in recent weeks we have seen how influential the general public can be when it speaks out loud and clear on an important issue. The Ottawa Public Library Board last month responded to public pressure and Board members voted to take some measures to protect children from the offensive pornographic material that is so readily available to Internet users. Unfortunately, the Mayor ruled out of order my motion at Council for filters on all library computers out of order. Despite some Board members' insistence on preserving "intellectual freedom," my own strongly held feeling was that what is true of our schools, arenas, pools and parks should be true as well of our libraries; any publicly funded facility that counts children as primary users must initiate regulations and provide supervision to protect them. Clearly, Library Board members have a moral obligation to their underage patrons.

There has also been some heat generated recently over the City's newly adopted Official Plan. The issue that has generated some controversy, particularly within the development industry, is the goal of maximizing the use of our public transit system and existing infrastructure and avoiding new servicing costs by limiting most development to areas within the existing urban boundary. This will be achieved in part by infill projects within already developed communities. The past few years have seen the biggest building boom in the history of our city but this unprecedented growth has resulted in a suburban infrastructure backlog. The

plan's focus over the next several years will be on completing and enhancing existing communities and slowing the sprawl of development in outlying areas. City planners are confident that the projected increase in our local population over the next two decades can be accommodated within our present boundaries. The Official Plan also places notable emphasis on maintaining all areas currently designated as parkland and ensuring that the green space, which characterizes our region, is not eroded.

What issue could be hotter than property taxes? Many are fuming over the prospect of a tax increase in spite of Council's tax neutral budget this past January. It is the province, however, that ultimately determines how tax rates are allocated among the various tax classes and the current provincial government has capped the amount that can be taken from some classes at the expense of others. As a result, the residential taxpayer will still bear a considerable

*Continued on page 20*



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# Take time to smell the flowers

The Blackburn Hamlet Garden Tour is entering its sixth year and once again there is something for everyone to learn and enjoy in our community gardens. The tour will be held on Sunday, June 22nd, rain or shine. All gardens, big and small, have something unique and our enthusiastic and knowledgeable gardeners will be on hand to answer questions, trade gardening secrets and meet fellow garden lovers from 12 noon until 4 pm.

A draw will be held for prizes that will delight any gardener. The prizes have been donated by Budd Gardens and Urban Dwelling Consignments.

The money earned from the tour continues to be used for various landscaping projects in Blackburn Hamlet. In the past the money has gone to landscaping around the community hall, the three Blackburn entrance signs and

last year's proceeds have been designated to help landscape around the gazebo that will be built near the community hall.



Plan to take the time, have some fun, learn more about gardening, meet some neighbours and support a good cause.

### Your "Tour Guide" is your ticket

The Tour Guides go on sale June 1st at Budd Gardens Perennials, 2832 Innes Road and at the plant table at the Blackburn Fun Fair (June 14th), for \$10.00 each. Just show your Tour

Guide at each garden on tour.

### Afternoon Tea

The Amica at Bearbrook Court located on the corner of Bearbrook and Innes graciously invites you for a refreshing glass of lemonade on their beautiful outdoor patio between 1:00 p.m. and 3:00 p.m.



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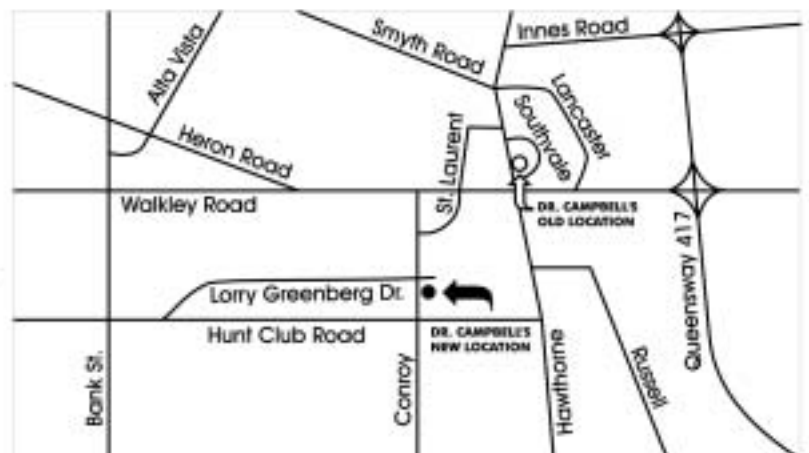
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## Lafarge answers community questions

**O**n May 5th the BCA hosted an information evening with experts from Lafarge, independent consultants, and the City of Ottawa Forrester. The purpose of the meeting was to present technical and non-technical information concerning the effect of the intensity of quarry blasting, soils, water table, and trees on foundation and house damages reported in the community. There were 72 residents in attendance and virtually all agreed that the session went well. This public meeting was organized in response to inquiries received by the BCA.

Rick Chevrier, Lafarge Resource Manager, opened the meeting with a presentation on the operation of the quarry and the intensity of blasts allowed by Provincial regulation. He explained that seismographs placed around the Hamlet indicate the intensity is always less than half the allowable limit.

***Lafarge Open House at the quarry on September 13th where residents are invited for a tour and to get some insight on the operations and restorations plans once the mining has been completed***

Rob Cyr and René of Explotech presented charts and answered questions concerning the extent of damage caused by varying degrees of blast intensity. Their data indicated that the levels legislated by the province have a safety factor of approximately 10 before damage will occur. Blasts at the quarry are set off in a series of small sequential charges 25 milli-seconds apart, which is normal practice for this type of operation.

Craig Huff, the City Forrester, explained that foundation problems were not unique to Blackburn. He mentioned that due to considerably less rain over the past three summers, trees in some areas of the city have sucked water from the clay causing its structure to collapse, resulting in differential settling and foundation damage. He mentioned ways of mitigating this problem by pruning and/or watering your trees. There were pamphlets distributed on this subject, and more information may be found on the CMHC website.

An interesting aspect of the meeting were the comments made by some attendees with experience in blasting that confirmed data presented by Lafarge and Explotech on the intensity of a blast that would result in damage to houses. There were also attendees with experiences on the effect of trees on their foundations, which confirmed information provided by Craig Huff.

The presentations lasted about an hour and there was a one-hour question period after which refreshments were served and the presenters discussed specific concerns with individual residents.

Lafarge announced that there will be an "Open House" at the quarry on September 13th, where residents are invited for a tour and a bit of insight on the operations on the site and restorations plans once the Lafarge mining operations have been completed. A Community Liaison Committee has been established to provide Lafarge with feedback on Community concerns. Anybody wishing to join is asked to contact Al Ross or Rick Chevrier.



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## Ottawa Police volunteers at Fun Fair June 14th

One good way to get further information about Neighbourhood Watch is to attend the Hamlet's Fun Fair on Saturday, June 14. Volunteers from the Orleans Police Community Center will be on hand to explain the many programs offered by the Centre, and show how you can be part of the programs, or benefit from them. Neighbourhood Watch is the foundation of community policing, acting as the extra eyes and ears needed by the police service to nip minor crime in the bud.

Home Security Inspections and

seminars show residents how to make their homes less vulnerable to break-ins. Trained volunteers inspect homes from a burglar's perspective, then suggest ways of making the home more secure. Seminars are also held in the Community Police Centre at 5929 Jeanne d'Arc Blvd. every Monday at 7.00 p.m. Admission is free (as are the inspections), but please call to reserve a seat, as seating is limited.

Business Watch helps small business avoid scams, counterfeit money and other unfortunate incidents that might tend to move the bottom line right off the page. Child Print provides parents with a sense of security that, should a child be

abducted, they will be able to give police the information they will need to find the child. At the other end of the spectrum, the centre operates a Senior's Awareness Program that helps protect seniors — and others — from the scams, hustles and hassles of today's innovative ways of turning a profit.

The centre is excited about rejuvenating Neighbourhood Watch and its other valuable programs. If you're interested, you can call 236-1222, Extension 3571 or 3572 to leave a message for the coordinators. Or you can attend the Fun Fair and meet the volunteers who are looking forward to meeting you.

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# The Greenbelt Report

by Michael van Aanhout

Spring is upon us and we are all witness to the explosion of green in and around our neighbourhood. Many of us are getting out and about a lot more now, enjoying the fields and trails, after a long snowy winter. E-mails I have received after previous articles in the Banar have confirmed my perception of the value we all place on being surrounded by the "Greenbelt". I have also learned there are some strong feelings about different uses of the green space, fields and trails around Blackburn Hamlet.

In order to facilitate a discussion of issues and concerns, the National

Capital Commission, the City of Ottawa, and the Orleans Nordic Ski Club have been invited to set up displays and to be available for questions at this year's Fun Fair.

Information will be available on plans for trail development, rules on trail use and dog walking, the city's pesticide use reduction strategy, and opportunities on how to become involved. Please drop by for a visit on June 14th. We hope to see you there!

If you have any questions or concerns regarding Greenbelt issues, drop in to a BCA meeting or contact Michael van Aanhout, the BCA Greenbelt Representative, at 824-5380 or mikedipk@magma.ca.

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*The National Capital Commission, the City of Ottawa, and the Orleans Nordic Ski Club have been invited to set up displays and to be available for questions at this year's Fun Fair.*


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Congratulations to Clare Funston, who won twenty five dollars in the Banar Kids Writing Contest. Clare is thirteen years old and attends Elmwood School. Her poem "The Sea" published in the April issue of the Banar was inspired by a rock found in a stream.

## Spring Clean-up Another Success!

Over 120 Blackburn residents braved the cool temperatures and threatening rain to clean-up the neighbourhood at our annual Blackburn Spring Clean-up on April 26. Following the collection of lots of litter, everyone joined together in a BBQ. Prizes, generously donated by Rainer Bloess, were a treat for many participants.

Thanks goes out to all those people who helped in so many ways —organizing the BBQ, flipping the burgers, driving the pick-up truck, and registering participants. A special thanks also goes to local businesses for their support in providing supplies for the event — Loeb and Shopper's Drugmart.

Most of all, a big thanks to the community citizens who took time out of their week-end to help make Blackburn an even better place to live!

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# Blackburn Fifty Plus Club

by Sarah Cloutier

The Fifty Plus Club has been busy planning and participating in various events.

The Dinner/Games Night at the Blackburn Arms on the third Sunday of each month (the fourth Sunday if the third is a long weekend) has become so popular that we are now going to have to ask anyone wishing to attend to please contact Val or Les White at 837-1083. There is lots of room for everyone but if we want to have efficient service for dinner, the Arms will have to know how many are attending so that they can make sure to have enough staff available to serve us well.

There have been many fun and interesting events recently. Several of



Top, left to right are: Shirley Haggarty, Julie Kisch, Trisha Spratt, Marilyn Levesque, Ruth Meyer. Centre: Sarah Cloutier, Sarah Zeigler

our group joined the Gloucester Seniors for a trip to the only operating Sugar Bush in Ottawa. A scrumptious lunch was served with as many

pancakes as we could manage to eat along with baked beans, bacon crisps, and more.

A special thanks goes out to Leslie-Anne Paveling at Amica at Bearbrook Court for inviting our group to participate in events at Amica. Several of our members enjoyed a free Greek lunch and a viewing of *My Big Fat Greek Wedding*. Fifteen members of our group also joined the Amica group on a tulip tour. It is reported that "the day was perfect — cool, no rain, and the entertainment in the tulip tent was lots of fun".

A plant exchange and sale held in Diceman Park on May 10th was also a resounding success. Substantial funds were raised to assist the Fifty Plus Club in sponsoring future events.

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## Upcoming Fifty Plus Club Events

**May 28th:** Day Trip to Perth — Visit historical sites and have lunch at renowned “Maximillians”. Leaving the Blackburn Hamlet Community Hall at 9:30 a.m., returning at 4:00 p.m. For more information contact Val White at 837-1083.

**June 14th:** The Fifty Plus Club will once again have a used book sale at the Fun Fair. If you have used books you'd like to donate contact Shirley Haggarty at 824-4664 or Iris Phillips at 824-3641.

**June 15th:** Dinner/Games Night — 6:00 p.m. at the Blackburn Arms. Please call 837-1083 no later than Friday, June 13th to reserve.

**June 22nd:** Pot Luck Dinner and Games Day — 3:00 p.m. for games, dinner at 6:00 p.m. We know that this is the same day as the Blackburn Garden Tour so please come later if you can't make it for 3 p.m. For more information contact Shirley Haggarty at 824-4664.

**August 12th:** 2nd Annual Trip to the Cottage — Potluck lunch, swimming, sailing, hiking, or just relaxing in the spectacular Upper Laurentians. For more information contact Val White at 837-1083.

**3rd Wednesday of each month:** (except July & August) — Regular planning meetings at the Community Hall at 1:00 p.m. For more information contact Sarah Cloutier at 841-4114.



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## Blackburn Stingers Atom Teams take over Rockland

On March 12th and 13th, two Blackburn Stingers Atom hockey teams participated in the Rockland Hockey tournament. Teams from Nepean, Rockland, Cumberland and area also participated in the tournament.

Little did they know how strong our Stingers teams are! The two Blackburn teams trounced all the competition and ended up playing for the championship following three games each against the competition.

They did not disappoint the parents and coaches and played to a 2-1 final with the 'A' team coming out on top. These kids play their hearts out for the love of the game and provide intense pleasure to all who watch them.

Thanks to coaches Ernie Potechin 'B' and Clare Richmond 'A' for your work with the teams. But mostly, thanks to the players of these two teams who have provided entertainment for all and have proven what talented kids we have in our community!

## "DISONS NON"

par Danièle Brûlé

Les statistiques nous démontrent que 85% des fumeurs adultes ont commencé avant l'âge de 18 ans. C'est pourquoi il est important de sensibiliser les jeunes aux effets néfastes de la cigarette. Le 21 février 2003, les élèves de 4e, 5e et 6e année sont officiellement devenus membres du club Disons Non. Ce programme existe grâce à un partenariat entre le Club Optimiste de Blackburn Hamlet et l'école Ste-Marie.

La cérémonie d'intronisation eu lieu à l'église St-Claude. Un gros merci à nos invités : Père Laflamme, M. Rainer Bloess (conseiller municipal de la ville d'Ottawa), Constable Jean-Paul Vincelette (agent scolaire), M. Michel Pelletier (Gendarmerie Royale) et Gendarme Caroline Dery (Police d'Ottawa) qui ont adressé un mot aux élèves leur rappelant l'importance de dire NON. Le but d'un tel programme est d'aider les jeunes à faire de bons choix : dire non au tabac, à l'alcool et aux drogues illégales.

Des activités éducatives et sociales sont prévues tout au long de l'année scolaire.

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# Getting Kids Hooked on Healthy Eating

*There are many ways to help kids develop a healthy relationship with food.*

## Putting the Pieces Together

Think of healthy eating like a fun jigsaw puzzle — each piece is an important part of the whole picture, and no piece can replace another. Likewise, no food is good or bad in itself; what makes a diet good or bad is whether the pieces all fit together.

For a good fit, every day choose different kinds of foods, and focus on grain products, vegetables and fruit, adding milk and meats + alternatives ("everyday" foods). Remember moderation — if you are full after one piece of pizza, it's all you need. Keep foods like candies, pop and chips as occasional treats ("sometime" foods).

In the healthy living equation, exercise is also important. Many kids, despite eating well, are becoming obese — a lack of exercise deserves at least part of the blame. Many 11- to 15-year-old Canadian girls said they were not active even half an hour a week outside of school hours!

Activities that children can stick with and enjoy beyond their school years — riding a bike, skating, walking, volleyball, swimming, hockey, soccer, tennis, badminton, skiing, dance — should be encouraged.

## Healthy Snacks to Grow On

Growing children often need to refuel between meals. When it comes to snacks, they tend to be in charge of their choices. Make available tasty, nutritious snacks that kids enjoy and can reach for easily.

### Use your imagination:

- ♥ crunchy snacks — an apple, celery sticks with peanut butter, dry cereal...
- ♥ light snacks — a yoghurt drink, a fruit juice popsicle, plain popcorn, an orange...
- ♥ hearty snacks — leftover pizza, fig and other fruit bars, cheese and crackers, dried fruit and nuts...
- ♥ snacks to chase away chills — hot cocoa, toast with honey, oatmeal, instant soup...

*National Institute of Nutrition, 408 Queen Street, 3rd Floor, Ottawa, Ontario K1R 5A7 Telephone: (613) 235-3355 Web address: [www.nin.ca](http://www.nin.ca)*

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**Fundraising for Canada World Youth**

Claudia Waddell will be participating in one of the international exchange programs sponsored by Canada World Youth (CWY) from August 2003 to March 2004. As a resident of Blackburn Hamlet who contributes to the musical life of the community by playing at the Gloucester Music Club and as a "Franco-Ontarienne", Claudia is proud to be one of the participants who has been selected to represent her community.

CWY is a national charitable organization that was founded in 1971. It delivers international educational programs for young people between the ages of 17 and 29. While CWY receives government funding from CIDA, participants are required to fundraise \$1,950. To support fundraising efforts, please contact Claudia by e-mail at [claudiawaddell2003@yahoo.ca](mailto:claudiawaddell2003@yahoo.ca) or by phone at 834-2199. Canada World Youth ([www.cwy-jcm.org](http://www.cwy-jcm.org)) is a registered charity and donations are tax deductible.


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# Blackburn Home Tour

by Louise Lee

**H**ave you completed a home renovation that you'd like to show off? The first Blackburn Hamlet Home Tour is looking for homeowners in the Hamlet who have renovated their homes and would like to invite others to have a look. The home improvements we are seeking can be small or large renovations or additions, be it a basement renovation, sunroom extension or bathroom rip out, to name but a few. The aim is to offer a selection of home improvements in a variety of models to inspire other homeowners. The tour will be limited to about 15 homes. Your entire home will not be on show, just the renovated space.



The home tour will be held on Saturday, September 20th. Interested homeowners can contact Louise Lee at 841-3822 for more information. Proceeds from the tour will go to the Blackburn Community Association. Tickets for the tour will be on sale in August — look for community

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All proceeds will be donated to the Stop Hunger Foundation and Helping Hands Community Program.

For reservations please contact Paul Harris at (613) 837-8720 ext. 24 or paul.harris@sodexhoca.com

Registration deadline is August 15th.

**Hot Issues**

*Continued from page 7*

burden of the recent surge in real estate values with an average 6.5% increase in property taxes this year, while commercial properties will see a reduction of 11.4% and large industrial properties a reduction of 13.9%. Ottawa City Council, for its part, has offset the more than 20% increase in property values with its tax rate reduction. But, the bottom line is that the province makes the property tax rules. Further to the above tax shift, the provincially administered school system takes an additional \$16 million from our taxpayers. In the end, the City makes the headlines and takes the blame.

Finally, with regards to this year's community clean up, I would like to thank the BCA and participants for the success of the event. Once again Blackburn showcases the model of a caring community.

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## BCA MEMBERSHIP FORM

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Send your cheque to: Blackburn Community Association, P.O. Box 47062, Gloucester, ON, K1B 5B0.

Web-site: [www.blackburnhamlet.ca](http://www.blackburnhamlet.ca)

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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
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Little League Baseball David Payne	834-4459
Ringette (Ladies') Jane Ross	837-1504
Softball (Ladies') Candis Emery	834-2983
Tennis Dan Duchesneau	824-7625
Volleyball (Ladies') Nancy Taylor	596-2550
3-Pitch Softball (Mixed) Keith Erskine	834-0278
<b>Schools</b>	
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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