

BANAR

Blackburn Area News And Reports

Vol. 39 No. 4

April 2006

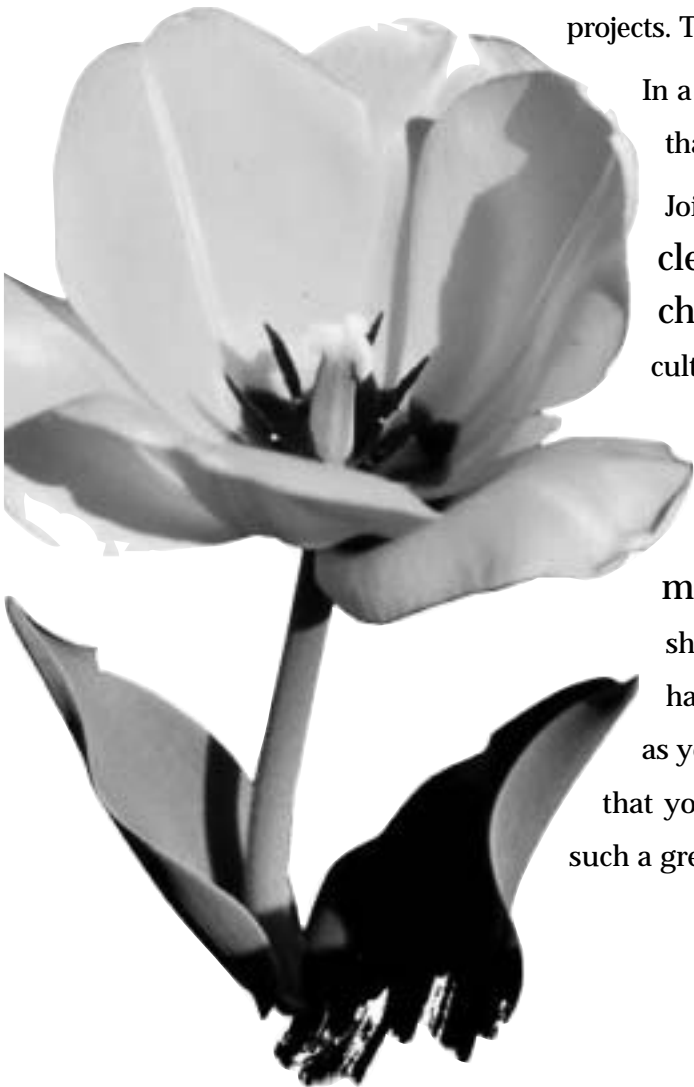
Spring has sprung!

As the days get warmer we find ourselves spending more time outside in the fresh air. We open windows to let out the stale air and begin to sweep out the cobwebs from winter. The yard is slowly unveiled and we begin planning all our garden projects. The energy of new life is in the air and it permeates us.

In a community such as Blackburn it is so easy to engage in activities that will enhance you mentally, physically, and emotionally.

Join in with like-minded friends and neighbours for the **spring clean-up, community yard sale, Fun Fair (June 2-3), charity walks, sports, such as ball, walking and tennis and cultural events, such as the benefit concert (CHEO) by the Blackburn Chorus.**

You may want to give Tom Scott a call (834-8661) and volunteer to canvas for the **Blackburn Community Association membership drive.** Plan some extra time so you can enjoy a short chat with your neighbours and get caught up on what's been happening in their lives. You can canvas as few or as many houses as you wish. Or if you prefer, there is a membership form on page 26 that you may mail in with a \$10 cheque. What a bargain for living in such a great community!





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president's message

The signs are up in the Loeb parking lot announcing plans for the **construction of a Tim Horton's in Blackburn**. This is primarily due to the community's reaction to their planned purchase of J & S's service station from Petrocan last summer. Tim Horton's applied to purchase this site but were convinced by the community to look elsewhere in Blackburn. If anybody is interested in getting more information on this, please contact us through the website or through Charles Kennedy who is looking after this for the BCA.

The **J&S Service Station** will be closed for "environmental cleaning" from May 1st to sometime in September. Their office will be temporarily located at 110 Bearbrook, beside Phil McNeely's office, and they will pick up cars there and return them once repaired.

A concern has been raised by some of our businesses and residents about the proliferation of unsightly temporary **portable signs** in our community. The BCA has requested that the City place a moratorium on the use of these signs in Blackburn through an amendment to the current by-law. The current by-law allows for communities to request such a moratorium if it has public support. We are in the process of obtaining this support by canvassing businesses and asking for feedback. If anyone has an opinion on this, please let us know through our website. If a public meeting

would help, we would be pleased to organize one.

We wish to thank and welcome our **new chair of the Fun Fair, Sonia Brereton**. She will appreciate your assistance, experience and expertise to make this year's event a success. Please contact Sonia at 841-1092 or by email: sonmaj@sympatico.ca if you are interested.

The **outdoor rinks** had a good, but relatively short season this year due to the weather. Our thanks go out to **Paul Van Bruinssen, Paul Hayes**, and their team of rink monitors for looking after it again this year on behalf of the community.

We held our AGM in January and the Board has remained the same as last year. We are **looking for new board members** and have received the names of some that are willing to help.

On a parting note: in the last issue I mentioned that the **Blackburn Branch of the Ottawa Public Library** is always a candidate for closure, which stimulated a response from the librarian, Claire Renaud-Frigon. The latest statistics indicate that library use has increased 6.7% cumulative in January/February over last year. Please read the regular library column in the BANAR for more information on their "Express Read", and other programs offered at our branch. Keep up the good work. The more we use it, the stronger it becomes.

Al Ross

Contents



Photo by H. Rousseau

- 4 Spring Clean-up - April 22
- 4 Blackburn Yard Sale - May 6
- 5 Councillor's Corner
- 6 Congrats Lyn Novak Flowers
- 9 Blackburn Winter Fun Day
- 10 BCA Financial Reports
- 12 Charity Walks for Cancer
- 13 Charity Walk for Diabetes
- 14 Blackburn Youth Drop-in
- 15 Guiding in Blackburn
- 16 Local Business
- 18 Library Corner
- 19 Dental Care for Preschoolers
- 20 Art Exhibit
- 21 Blackburn Chorus
- 22 Rainbarrels Available
- 23 Fitness Programs—*Try it!*
- 24 Tennis Registration
- 24 Saturday Morning Fitness

BCA WEBSITE

www.blackburnhamlet.ca

Blackburn Community Association

Mailing address: P.O. Box 47062, Ottawa K1B 5B0
BCA website: www.blackburnhamlet.ca

2005–2006 BCA DIRECTORS/CONTACTS

President	<i>Al Ross</i>	837-1504
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The BANAR is published and distributed by the Blackburn Community Association five times a year to all residents and businesses in Blackburn Hamlet.

Submissions for articles can be sent in the body of an e-mail or in Microsoft Word to ev@buddgraphics.com. Illustrations and pictures must be high resolution (300dpi). The editor reserves the right to make changes.

Advertisements: Sizes(wide x high) & Prices (No taxes)

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7.5" w x 9.85" h (full page): \$250 /issue, \$1,125/yr

Ads are to be camera ready or in Photoshop, Illustrator, Quarkxpress, PDF or eps. Cheques are payable to the "BCA" and must accompany the ad by the deadline date. Contact Evelyn Budd at 824-9707 if you require your ad to be created and for which additional charges will apply.

The Blackburn Community Association does not endorse or guarantee products or services advertised in the Banar. The Banar is subsidized by the BCA to support community groups and businesses.

DISTRIBUTION: 3,400 residences and businesses. The BANAR is also available at the library, arena & Loeb's.

NOTE FROM EDITOR: Please put "BANAR - title" in the e-mail subject line.

DEADLINE/DELIVERY DATES FOR BANARS:

May 10 / May 26

Aug 10 / Sept 9

Mark your Calendar!

Spring Clean-up April 22

As we have for the past several years, Blackburn Hamlet residents are invited to participate in a cleaning up our neighbourhood. This year, the event falls on Earth Day—Saturday, April 22 (rain date is Sunday, April 23). Meet us at the Community Centre at 9:30 am. We will provide garbage bags, latex gloves and a suggested area for litter pick-up. If you want, bring your own gloves to help keep you fingers warm and dry!

Following the neighbourhood clean-up, join us back at the Community Centre at 11:30 am for a BBQ, compliments of the Blackburn Community Association. There will be participation prizes!

Each year this event grows—last year we had more than 140 people, despite the weather, and we collected over 100 bags of litter. Let's make this year another success. If you have any questions, call Barb Sweazey at 482-0950. Looking forward to seeing you (and hopefully your neighbours) there!

Yard Sale May 6th

You may be familiar with the expression "Not In My Back Yard", represented by the acronym NIMBY.

It is often heard in relation to landfill sites located too close to suburban communities. This is definitely a rising problem and something we have to deal with in the consumer society we live in. Maybe here in Blackburn we can do our part to keep household items out of our landfills by participating in the annual Blackburn Hamlet Yard Sale

Saturday, May 6th, 9 am to 3 pm

Rain date: Sunday, May 7th

Any items to giveaway should be placed at the curb after 4 pm.

Everyone get out there and put a "For Sale" sign on your Front Yard, so your sales items don't end up in Somebody's Back Yard!

Taking a stand for a clean and uncluttered community

by Rainer Bloess, City Councillor

If there is one prevailing consensus in our city it is that residents from every part of the city—rural, suburban and urban—have told us they want Ottawa to remain one of the cleanest and greenest cities in North America.

In our public consultations we have been repeatedly told that our streets need to be cleaner and that urban clutter needs to be reduced or eliminated. In fact, our residents prove by their actions when they show up in great numbers, especially in the Hamlet during our spring clean-ups, that they are committed keeping our communities presentable. In response, city council has committed an additional \$3 million for litter pick up, boulevard maintenance and grass cutting in the 2006 budget. Much of that money will be available to community organizations and service clubs that want to take on a beautification project in a particular neighbourhood.

One of the obvious causes of urban blight is the proliferation of temporary signs in our communities that line streets such as Innes Road (and virtually every other commercial thoroughfare across our City). To me, and many local residents, these tacky, ugly temporary signs can best be characterized as an "urban disease." They clutter our streetscapes, distract motorists, annoy pedestrians, and cheapen the appearance of our neighbourhoods.

At the present time, the City allows each business to display temporary signs four times a year for 30 days at a

time (for four continuous months) at the relatively low cost of \$85 a permit. I do acknowledge that these signs are an inexpensive form of advertising and that they have proven to be increasingly popular especially among small business owners. But while the first such sign

These tacky, ugly temporary signs can best be characterized as an "urban disease."

to go up on any given strip of road may well be an attention getter, the usefulness of signs is diminished once everyone gets into the act and the signs line the entire roadway one after another like giant multi-coloured dominos. On one small commercial property, I noted three signs in close proximity with no possibility of reading all the messages from any angle or at any speed.

During my tenure on Ottawa City Council and formerly with Gloucester, I have received numerous complaints about this constantly sprouting technology of advertising. In the former Gloucester, council imposed a moratorium on these signs on specified roads such as St. Joseph Blvd. and stretches of Innes Road.

The City of Ottawa's Signs Bylaw, which was harmonized last year, was amended by my motion to allow individual neighbourhoods to prohibit (or place a moratorium on) portable, temporary signs if there is strong public support and after consultation with residents and businesses. The first community to initiate the necessary request for this sign prohibition is Blackburn Hamlet. The Blackburn Hamlet Community Association in a unanimous resolution has already expressed its support of the proposed ban and, to

Continued on page 6

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Congratulations to Lyn Novak Flowers

Blackburn Hamlet's own Lyn Novak Flowers was honoured by the A-Channel this fall as part of its "Ottawa's Best" promotion. The A-Channel solicits input on various types of business in the Ottawa region via e-mail to its website (ottawasbest@Achannel.ca) and then broadcasts the results on the Thursday of each week.

Lyn Novak Flowers was voted 1st in the category of "Ottawa's Best" Flower Shop; runners-up included Langdon's Flowers and Flower Mania.

"Ottawa's Best" has covered numerous categories. For more information go to the A-Channel website at www.achannel.ca and look for "Ottawa's Best" Flower Shop right here in Blackburn!

Established for over 25 years, Lyn Novak Flowers and Gifts carries a large selection of fresh flowers, roses, green and flowering plants, dish gardens, silk and dry arrangements, fruits and gourmet baskets, balloons, stuffed animals and gift items.

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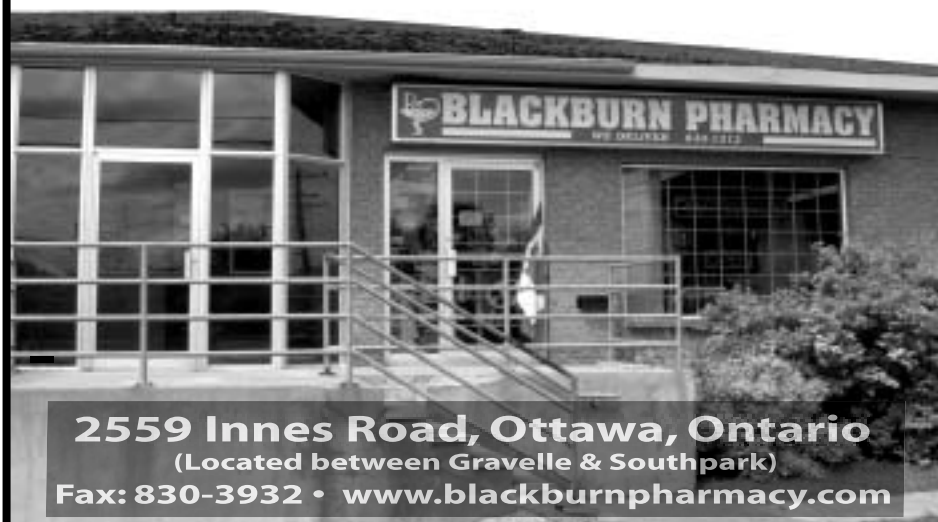
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Taking a stand... (cont'd from page 5)

date, only two business owners have expressed opposition to the proposal. I strongly suspect that, for many business owners, the ban would provide relief from the "peer pressure" of having to use these signs simply because "everyone else is doing it" and to keep individual storefronts from being completely obscured by the sign pollution.

I have always supported our local small business owners to the absolute best of my ability, working in many cases as an advocate on their behalf in their dealings with the City bureaucracy. I believe, however, that the residents as well as businesses of a community should have the right to insist that certain property standards be maintained both by individual homeowners and by business owners.

In demonstrating concern for and pride in the appearance of the neighbourhood by seeking to prohibit temporary signs on Innes Road, Blackburn Hamlet residents will inspire other Ottawa communities to follow suit. Time will tell if city council has the courage to enforce its own by-laws to eliminate this obvious source of clutter.

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Blackburn Hamlet: Renovated

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Orleans: No back neighbours!

Bright south facing backyard & loads of upgrades including new carpeting, gorgeous laminate floors, brand new furnace & roof, interlock, central air and more. Ensuite eat-in kitchen, fireplace & large a family room!



Blackburn Hamlet: In-ground pool

This model features 4 large bedrooms and large entertainment sized rooms. Oak hardwood floors, 3 piece ensuite bathroom, eat-in kitchen, large yard with inground pool backing and siding on a park.



Blackburn Hamlet: Large rooms.

It is hard to find affordable housing in Blackburn but this home has lots of "bang for your buck". Hardwood on main floor, large kitchen, floor to ceiling windows in living room, private yard, large garage.



Blackburn Hamlet: Why Rent?

No parking lot in front for a quiet and more private lifestyle. Eat-in kit., fenced yard, master bed has walk-in closet w/ rough-in for 2 piece ensuite. Newer gas furnace. Central air., 4 appliances included. Great location.



Cumberland: Country charm.

On an enormous lot in a quiet subdivision, this renovated home has a huge eat-in country kitchen with built-in hutch, hardwood floors, finished basement, gas fireplace, large bedrooms, and tons of storage.



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Blackburn Winter Fun Day was for young and old

Despite the weather, the 2006 Blackburn Winter Fun Day celebrated the season with some great winter activities as well as food, drinks and cookies.

Special thanks to Michael van Aanhout, Sarah Cloutier and the students of Norman Johnson School whose support and participation contributed to the success of the event.

Sponsors included Sarah Cloutier (RE/MAX), Bank of Montreal, Blackburn Arms, Blackburn Barber Shop, Blackburn Loeb, Blackburn Physiotherapy Clinic, Budd Gardens, Budd Graphics, Edward Jones, Garb, Iris Phillips, Lafarge Construction, Lapierre Law Office, Mexicali Rosa, Queen's Pharmacy, Rainer Bloess, Royal Galipeau and TD Canada Trust.



Celebrated Blackburn chef, Joanne Laskoski, who had help from Nolan, Keira and Jarrett receives the coveted 2006 "Best Blackburn Hamlet Chili" trophy from Scott Philip of the Blackburn Arms and Royal Galipeau MP at the Blackburn Winter Fun Day. Joanne's recipe is printed on page 20. The second place winner was Eileen Emmonds and the third place winner was Laurie Archibald. The People's Choice Award went to Neil Poutanen. Honoured judges included: Dr. David Danic, Blackburn Hamlet family dentist and musician; Rick Moffina, local award-winning crime novelist and Eric Sorensen, CBC reporter and correspondent for "The National". Photo by Helen Rousseau.

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BCA Balance Sheet — Dec 31 2005

Assets:			
Current Assets			
Chequing Account		25,253.96	
Community Hall Improvement Fund TD M.Market		25,500.00	
Community Hall Improvement Fund (GIC's)		10,000.00	
Community Improvement Fund (GIC's)		30,000.00	
General TD GIC		10,000.00	
	Total Assets		\$ 100,753.96
Liabilities & Equities			
Current Liabilities			
Sports Clubs		1,944.69	
Badminton Club		4,617.73	
Landscaping Fund		3,897.47	
Rainbarrels		119.97	
	Total Current Liabilities		\$ 10,579.86
Equity			
Opening Balance		77,327.55	
Retained Earnings (2004)		12,166.49	
Net Income (2005)		680.06	
	Total Equity		\$ 90,174.10
	Total Liabilities & Equity		\$ 100,753.96



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Blackburn "walks the talk" for Breast Cancer Research

Fourth Annual *Run for the Cure* in Blackburn Hamlet

While it might seem like a long time to October 1st and the *Run for the Cure*, it'll be here before we know it. Building on a very successful third annual Run last October, which raised some \$10,000 for breast cancer research, the organizing committee is out to make the 2006 version even better.

"We created the local run as an alternative for people who don't want to go downtown for the big event, and were thrilled with the response we have had in the past three years," said Team Captain Lynn Sewell, "and it just keeps getting better and better.

But we are determined to maintain the Blackburn Hamlet neighbourhood spirit. "

If you'd like to help with the organizing, contact Lynn at 837-4792 or email her at lynnstravel@rogers.com, or Bill Horne at atwghorne@rogers.com or by calling 837-2166. All you need is a belief that breast cancer can be beaten and that *Run for the Cure* is helping in that fight; we'll find a job for you that matches your skills and available time.

Mark your calendars now for Sunday October 1, at 9 am, and plan to be at the Community Centre for the fourth annual Blackburn Hamlet CIBC Run for the Cure. The 1k and 5k run/walk

supports the Canadian Breast Cancer Foundation. Learn more about the Foundation at www.cbcf.org. You can see all the pictures from the 2005 Run at www.blackburnhamlet.ca, and go to "Events Past". We'll be in the upcoming Fun Fair parade; why not join us?

Once again, Blackburn Arms will provide the delicacies for the post-run celebration, and other local businesses will also be part of this great event.

Full details on how to join our Team Blackburn Hamlet will appear in the September Banar and on the Blackburn Hamlet website.



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First Annual *Weekend to End Breast Cancer Walk* starts July 22

This is the first annual *Weekend to End Breast Cancer Walk* in Ottawa, a multi-day event for those who are looking to do something bold in the fight against breast cancer. The *Weekend to End Breast Cancer* in Ottawa launches with opening ceremonies on the morning of Saturday, July 22, and finishes with hope-filled, afternoon closing ceremonies, Sunday, July 23. Thousands of walkers will cover approximately 30 kilometres a day, traveling at their own pace. Walkers will be supported by some 500 volunteers and crew members who will provide meals, water and snack stops, gear transport, portable restrooms, safety on the streets, comprehensive medical services, and an

(cont'd on page 13)



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Join "Team Gary" in *The Walk to Cure Diabetes*

The Sheasgreen family has just come through a very difficult two years. Rick Sheasgreen, father of Trina, Alanna and Gary and well-known and loved coach and volunteer on numerous teams in Blackburn passed away in August 2004 from cancer. Not too long after Trina lost one of her twin babies at birth. The family was hit again with tragedy when Gary unexpectedly died this past October due to complications with diabetes.

Alanna says that throughout this time they were always comforted by the many caring, life-time friends in Blackburn and was very thankful for these roots. This spring Alanna, Trina, and many of their Blackburn friends will be forming a team called "Team Gary" for the *Walk to Cure Diabetes* being held Sunday, June 11th at 10 am. It is a 5 and 10k walk that will start from Queen Julianna Park.

The *Walk to Cure Diabetes* is the Juvenile Diabetes Research Foundation's premier fundraising event. The program strives to raise awareness about juvenile (Type 1) diabetes, raise much needed funds to continue essential JDRF fund-

ed research programs and also provide a great way for businesses, neighbours, teams and families to get out for a day of fun and fitness.

To register as a member for Team Gary or to pledge a walker please go to www.jdrf.ca/walk. For more information contact team captain Alanna Sheasgreen: froggette22@hotmail.com, cell 282-9665 or Trina: tjimmo@hotmail.com, call 824-9781.

The Live Smart Diabetes Expo hosted by the Canadian Diabetes Association: If you are affected by type 1, type 2 or gestational diabetes you will benefit from this full-day of expert-driven education to improve your diabetes management; see the latest new products available for people with diabetes; and speak to health professionals including dietitians, nurses, physicians, pharmacists, podiatrists, cardiologists and more. To be held at the Hampton Inn Conference Center, 100 Coventry Road on Saturday, May 6, 8 am to 3:45pm. Register at www.diabetes.ca or call Stacey Estabrooks at 521-1902 ext 20 for more information.

First Annual (cont'd from page 12)

overnight campsite complete with tents and hot showers.

One hundred percent of proceeds from the Weekend to End Breast Cancer will benefit the Ottawa Regional Cancer Foundation and go directly into research initiatives at the Centre for Cancer Therapeutics at the Ottawa Health Research Institute. Researchers are investigating better ways to treat breast cancer, including targeted treatments that minimize the negative side effects while still effectively combating a patient's cancer as well as learning more about how to predict and prevent breast cancer.

More information: www.endcancer.ca or contact/pledge Jennifer Linton, a Blackburn resident, 835-9799.

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Blackburn Youth Drop-in on Friday nights

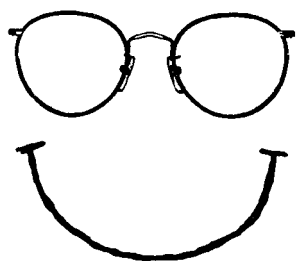
ATTENTION ALL YOUTH. There is a place in your own community that you might not know of and is just walking distance from you. It is called the Blackburn Youth Drop-in. It is located at the Blackburn Community Hall.

What is the Blackburn Drop-in? It is a safe place where youth can hang out on Friday nights. We offer many types of services and activities. The many types of services we offer are counseling, referral, job opportunities, and volunteer hours for youth who are trying to achieve their high school volun-

ter hours. Other types of activities each week include movies, Playstation on the big screen, and special theme of the night. Many different types of themes have been offered, such as Blackburn Idol, Olympic Games, cooking, movie night, etc... We also have a girls group every first Friday of each month and talk about girl stuff.

How old do you have to be? If you are 10-18 years of age, you are welcome. From 6 pm-8 pm youth of the ages from 10-12 can come and participate. Older youth from the ages of 13-18 can stay longer from 8 pm-10 pm.

Guess what? It is all FREE. Hope to see you Friday nights. This program is made possible by the Eastern Ottawa Resource Centre in partnership with the United Way Ottawa and the City of Ottawa.



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202 Guides fundraise for International Camp

by Cassie Smallman, Karen Richardson and Kerrin Shepherd

Four girls from the 202 Girl Guides in Blackburn Hamlet are packing their tents and are heading to the Guiding Mosaic 2006 International Camp in July. Canada is hosting the Guiding International Camp this year to be held in Guelph Ontario.

"This camp will be a blast" stated Cassie Smallman and Kathryn Richardson. "We are going to meet a lot of other girls from different countries at this camp" stated Kerrin Shepherd. "I can't wait to try out some of the program selections I registered for" replied April. These girls are all going to the camp.

Guiding MOSAIC 2006 is going to be a lot of fun, with girls from 144 different countries from all over the world joining us. We have been doing a lot of fundraising since last summer to help pay for our trip. We have delivered the Banar several times, we had a bottle drive last winter and we just hosted a Pampered Chef show in the community centre. So far we've raised about \$900! We need about \$2000 more to go and we're working hard to raise more money. So please look out for us at the Blackburn Annual Garage Sale in May as we will be selling hot dogs and refreshments. So please make a donation to help us in this great venture. We can't wait to go!

If you have any cash refundable bottles to get rid of, or if you have items to donate for the garage sale, or would like to make a cash donation please contact Guiders: Rose Moore at Rosemoore@rogers.com or Diane Smallman at Dsmallman@rogers.com.

Joy is a flower that blooms when you do.
Author Unknown

Sparks—for Fun and Friendship

Members of the 202nd Sparks Unit of Blackburn Hamlet have been having a great time making friends and having fun. Since September, the group of seventeen girls has made a memory book with pictures of each Spark, planted tulip bulbs around the building they meet in, enjoyed a Halloween party, a Hawaiian party, a Valentine's party, a Christmas party and a Princess party! Sparks can now earn nine different badges, just like Brownies and Girl Guides and this year earned their "Being Healthy" badge, "Being Me" badge and "Our Community" badge. We enjoyed neighbourhood walks, stopping at the library and reading a book.

They especially liked to make crafts, sing songs, read stories, play games and dance. This year, as their service project, they decorated fabric squares and sewed them into a quilt. It was then donated Interval House, a shelter for women and children.

The Sparks are very much looking forward to going to Camp Woolsey in May with the other Brownies, Guides and Pathfinders in Blackburn District.

Watch for them on April 11 as they will be selling cookies in the neighbourhood. Just \$4 for a box of vanilla and chocolate sandwich cookies.

One joy scatters a hundred griefs.
Chinese Proverb

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Business Network Int'l. 212° Chapter scores again

by Bill Horne

When the 19 members of the local Business Network International (BNI) chapter walked into Wally's Restaurant recently for their regular Friday meeting, they had no idea who would shortly also walk through the door. During the business networking session before the meeting, they were enthusing about the dynamic speaker most of them had heard the night before: Dr. Ivan Misner from California, the founder of BNI.

To step back a few paces, BNI is an organized group of business people who meet regularly for the primary purpose of generating business referrals. Their philosophy is summed up in two words: "Givers Gain". Last year, BNI members worldwide passed 3.3 million referrals generating over \$1.5 billion US in business for its members. Weekly chapter meetings follow a structured and organized agenda that has evolved since its founding in 1985 by Dr. Misner. Presently, there are over 4,100

BNI chapters operating in 26 countries with over 81,000 members worldwide.

The local chapter, known as 212°, named for the transformational power of water when it reaches the boiling point, has about half of its members who live or work in Blackburn Hamlet or nearby. A key principle of BNI is that only one person from each profession or type of business is allowed in each chapter.

But back to Friday's meeting. No sooner had Chapter President Shane Silva called the meeting to order than in walked Dr. Misner himself, accompanied by the BNI Eastern Ontario and Western Quebec Executive Directors Jocelyne D'Aoust and Denis Brisson. Misner had just completed a TV interview and expressed a desire to attend a BNI chapter meeting. There are four chapters in the Ottawa area that meet on Fridays, but it was obvious to the Directors which one they should visit, based on the spirit and success of the 212° Chapter.

Chapter members were delighted to hear Dr. Misner again during the speaker portion of the meeting, as the scheduled speaker, Caroline Midgley, a Nikken Wellness Consultant, graciously gave up her allocated time. All agreed it was a meeting to remember for a long time.

For more information about BNI and the 212° Chapter call Shane Silva at 837-0011 or visit www.bnies.com.

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Blackburn business owner opens new shop

When the Urban Dwelling Consignments Etc shop closed Lori Gilbert took some time to catch up at home and visited family in Nova Scotia. Then an opportunity presented itself to her. The building next door to their little fixer upper house in Portland came up for sale. It was a late 19th century brick building, and zoned commercial, with terrific potential for a little store, and more... "So here I go again, and I couldn't be more excited" says Gilbert. "Urban Dwelling, a furniture and home decor store in Blackburn never seemed like work, my customers were great; many became my friends; the whole experience made closing the store last September very difficult."

Her new store, Fusion, will be a gift and decor shop selling new and old items and will be opening in May. Lori is looking forward to taking the atmosphere that was created at Urban Dwelling and kicking it up a notch. The store space will be smaller, in an older character building, with lots of great bright colours. There will be

books, jewelry, some furniture, linens, dishes, pictures, candles, soap, packaged gourmet food, and so much more. There will also be lots of new merchandise, as well as retro, collectables, vintage, antiques, and just quirky and unique stuff.

Nearwater, the other half of the enterprise, will offer apartment-style short term guest suits in the same building, fully furnished and equipped, decorated in an eclectic style.

Portland is well worth the 90-minute drive from Blackburn Hamlet, offering restaurants, shops, marinas a pub-

lic swimming beach and play ground, just steps from the Fusion @ Nearwater location. "The village itself consists of about five streets with a grocery store, bank, post office, LCBO, churches, etc. It's a hidden treasure. "Well, maybe it will not be hidden for long!" says Lori.

Fusion and Nearwater are both located at 24 Perth Street in the village of Portland, off highway #15, 20 minutes south of Smith Falls.

For more information you may call Lori at 841-4892 or 859-1086 or email Lorigilbert10@hotmail.com



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Blackburn Library Statistics Rising

by Carrie Rathwell

Good news—with your continued support, our circulation statistics are on the rise! We are ever appreciative of the long-standing loyalty that the Blackburn Hamlet community shows to us. Our hours remain constant, open six days a week, as we seek to offer you more reasons to celebrate and circulate.

Have you noticed the “Express Reads” books at the front of the library? Identified by bright green stickers, Express Reads is a selection of frequently requested titles that have a one-week loan period and cannot be reserved or renewed. First

come, first serve. Instead of waiting for the newest bestseller, drop by to see if it is already waiting for you!

To receive the library's monthly e-newsletter with program and service details, please ask at the branch or sign up on our website at www.library.ottawa.on.ca.

Once you are in the branch, make sure to check out our new adult graphic novel and *bandes dessinées* section, located at the end of adult non-fiction.

The Ottawa Public Library turns 100 years old this year, so keep your eyes peeled for birthday plans.

Other programs:

Is your PC safe?—Bill Taylor of Gray Matters Malware Solutions will provide information about malicious software concepts, strategies and your defences on Tuesday, April 11 at 7 pm.

“Capital Lives”—Ottawa author Valerie Knowles shares stories from her most recent book “Capital Lives: Profiles of 32 Leading Ottawa Personalities”. Calling all local history buffs! Valerie will be available for questions and book signings following the presentation on Thursday, May 4 at 7 pm.

Boating Safety—This 3-week course, offered by the Ottawa Power and Sail Squadron, will be held on Tuesdays, June 6, 13 & 20 at 6:30 pm.

Drop your name off at the Information Desk if you are interested in basic computer training. Coming soon, we will be showing you the world of our catalogue as well as the Internet.

Blackburn Library Book Club

“The Secret Life of Bees” by Sue Monk Kidd on Monday, April 24, 2 pm.

“The Jane Austen Book Club” by Karen Joy Fowler on Monday, May 15, 2 pm.

Pre-register at the branch or by phone at 824-6926 for all programs with the exception of our drop-in book club.



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Tips for Dental Care in Young Children

The Blackburn Hamlet Preschool toddlers are talking about ‘teeth’ this month. Here are some suggestions for the moms and dads, from the Canadian Dental Association.

- Limit the number of times a day your child eats or drinks sugars. If your child sips juice or pop while playing, he or she will have sugars in the mouth over and over again. Water is the best drink to have between meals.
- Keep good snacks handy where your child can get them. Have carrot sticks or cheese cubes on the bottom shelf of the fridge. Children prefer small things like small boxes of cereal, small fruits and vegetables, and small packs of nuts or seeds (provided

they are safe for your child). Avoid sugar-rich foods that stay in the mouth for a long time like gum with sugar in it, suckers (or lollipops) and other hard candy. Stay away from soft, sticky sweets that get stuck in the mouth, such as toffee, raisins and rolled-up fruit snacks or fruit leather.

- Young children are not able to clean their own teeth. As a parent, you must do it for them when they are very young and do it with them, as they get older. When your child can write (not print) his or her name, your child is ready to do a good job of brushing. You should check to make sure your child does a good job.
- The best kind of brush is soft, with rounded bristles. It should be the right size for your child's mouth. You

will need to buy a new toothbrush at least every 3 or 4 months.

- Make sure your child's toothpaste has fluoride. Check the box or tube for the symbol of the Canadian Dental Association. This symbol means the toothpaste has fluoride. To avoid dental fluorosis, use only a bit of toothpaste, about the size of a pea, and make sure your child spits it out.

Ottawa Public Health Immunization

Remember that boosters are due between 4 to 6 years and 14 to 16 years of age!

Check with your children's doctor to make sure that they have received all the immunization recommended for their age and call the Ottawa Public Health Immunization program to update their record at 580-6744 ext. 24108 or e-mail immunization@ottawa.ca.

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Artists invited to enter juried art exhibit

Arts Ottawa East is pleased to announce a call for art works for the 5th annual "Selections" juried art exhibit to be held at both the Gloucester Gallery (Main floor) and the Cumberland Gallery (2nd floor), at 255 Centrum Boulevard (The Orleans Client Service Centre) from May 31 through July 5.

The exhibition will feature the finest contributions from artists who are members of Arts Ottawa East. A panel of local professional artists will judge the entries.

The opening reception for the exhibition will take place Thursday, June 1, from 7 pm. to 9 pm., and the public is invited to meet the artists. The selected art will be on display until the July 5th, giving local artists a rare opportunity

to have their work on view in a high-traffic public location.

Arts Ottawa East is now accepting entries for the exhibit. Artists must be members of Arts Ottawa East (\$25), and members are encouraged to submit digital photos by e-mail or slides of up to five works of two or three dimensional art for consideration. The deadline for entry is April 28 at 4 pm.

For information and entry forms, artists are asked to call 613-749-4978.

For more information contact Marlene Hoff, Marketing/Communications Coordinator, Arts Ottawa East at 613-749-4978. Fax: 613-749-9973. E-mail: marlene@artsoe.ca; www.artsoe.ca

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First Place Blackburn Winter Fun Day SIRLOIN STEAK-LOVER'S CHILI

Submitted by: Joanne Laskoski with the help of Nolan, Keira and Jarrett

This chili gets extra texture from the fact that it combines both sliced and ground sirloin. While you can certainly buy the two kinds of meat separately, if you have a food processor it's even better to just buy the combined weight in whole sirloin steak; then, at home, slice off a quarter of the total, cut it into rough cubes and chop it coarsely using the processor's metal blade.

- | | |
|--|--|
| <ul style="list-style-type: none"> 10 dried Anaheim chilies, toasted, stemmed and seeded 2 1/4 cups beef broth 1/4 cup vegetable oil 1 1/2 pounds beef sirloin, trimmed, cut diagonally crosswise into 1/2-inch slices sea salt freshly ground black pepper 5 med.-size garlic cloves, finely chopped 1 med.-size red onion, finely chopped 1 red pepper, chopped into 1/2-inch squares 1 yellow pepper, chopped into 1/2-inch squares | <ul style="list-style-type: none"> 1/2 pound ground beef sirloin steak 1 1/2 tablespoons mild paprika 3 tablespoons medium-hot pure chille powder 2 teaspoons ground cumin 1 (28-oz) can crushed tomatoes 1 (5.5-oz) can tomato paste (with added garlic) 2 (19-oz) can red kidney beans 2 tablespoons brown sugar 1 1/2 tablespoons Worcestershire sauce 2 teaspoons dried leaf oregano 2 teaspoons dried leaf basil 2 teaspoons dried leaf thyme 1 bay leaf |
|--|--|

In a blender or food processor fitted with the metal blade, process dried chilies with 1/2 cup beef broth. Set aside. In a large saucepan, heat oil over high heat. Lightly season steak slices with salt and pepper and sear evenly, in batches if necessary, 1 to 2 minutes per side. Set aside.

Reduce heat to medium, add garlic and onion, and sauté 1 minute. Add red and yellow pepper and sauté 1 minute. And ground sirloin and sauté until it loses all pink colour. Add remaining ingredients and simmer until beef is tender and sauce is thick, about 1 hour. Discard bay leaf. Season to taste. Garnish each serving with sour cream and cilantro. Makes 6 to 8 servings.

Blackburn Chorus presents Mozart Concert

The year 2006 marks the 250th anniversary of the birth of Wolfgang Amadeus Mozart. Come, celebrate his genius as the **Blackburn Chorus** presents the beautiful and rarely performed *Vesperae de Dominica*, and his ultimate masterpiece — the *Requiem*.

The Chorus will be accompanied by the superb Virtuosi Orchestra of Ottawa with soloists Joyce El-Khoury (soprano) and James O'Farrell (tenor) of Ottawa; Claudine Ledoux (mezzo-soprano) of Montreal; and Keith Miller (bass-baritone) of Philadelphia.

The choir will present two concerts, both **fundraisers for CHEO**, on Friday, April 21 and Saturday, April 22 at 8 pm at the Dominion-Chalmers United Church, 355 Cooper at O'Connor Street in Ottawa.

Ticket prices are \$20.00 for adults, \$10.00 for students, and are available from the CHEO Foundation at 737-2780, from choir members, or at the door. For more details, please call 746-8983, 222-4978, or 841-3902.

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Rainbarrels, Rainbarrels

by Caroline Harris-McDonald, Environment Committee

The Blackburn Community Association is once again considering selling rainbarrels at the low price of approximately \$50. This low price has been the result of a City grant, which, in the last two years has allowed the BCA to purchase the rainbarrels at a wholesale price. The BCA is considering applying for this grant once again this year.

The BCA applied for the City grant two years ago to encourage the use of rainbarrels. It was hoped that the use of rainbarrels would reduce residents' water consumption. In 2004 and 2005, the sale of rainbarrels was a great success with 57 rainbarrels being sold to local residents in 2004 and another 57 in 2005. Feedback from purchasers indicated that local residents were pleased with the quality of the rainbarrels and that their use did significantly reduce water consumption.

The rainbarrels being sold are made from a heavy-duty industrial plastic and were previously used for the shipping and storage of food products. The capacity of the

rainbarrel is just over 200 litres and it comes with a leaf and debris screen, a childproof lid, an overflow elbow and a brass tap.

With the purchase of a rainbarrel, you will be able to collect natural soft rainwater for healthier plants, lawns and gardens, protect the environment by conserving water, and save money on your water bill.

If you are interested in ordering a rainbarrel through the BCA, please contact me at 837-3818. If we get enough interest we will continue with the program this summer.

FUN FAIR BOOK SALE

Once again this year the Fifty Plus members of our community will be working hard to bring you a great book sale at the Fun Fair.

If you have books you'd like to donate, please call Shirley Haggarty at 824-4664 as early as possible but not later than May 29th.

Effective May 1st

J&S Service Station will be re-locating temporarily while an environmental clean-up is performed at our facilities. This is the last stage in finalizing our permanent location at 2506 Innes Road.

For a period of 4-6 months, we will be using a temporary location at 110 Bearbrook Road (corner of Innes) for customer vehicle drop-off and shuttling vehicles to a pair of bays we have secured in Orleans. Unfortunately the temporary shop location has no parking.

The owners and staff of the J&S Service Station would like to thank the Blackburn community for your patience and continued support.



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Free programs for residents who just want to *Try it!*

Warm weather is right around the corner. As the snow melts away, recreational cycling and walking paths are inviting residents to get on their bikes and lace up their walking shoes. Sports fields are attracting local children to gather their friends and their frisbees. Soon enough, the beaches will open up to volleyball enthusiasts. This is the time of year when residents take that extra step to get active and Ottawa transforms into a City with many opportunities to help them make that move.

May is Physical Activity Month and to celebrate it, Active Ottawa Actif and its partners are offering over 200 free indoor and outdoor programs and classes. The *Try it!* campaign allows residents to get active and try something new.

Have you ever wondered what tai chi is all about? Have you heard about the Yoga craze and always wanted to check it out? Have you wanted to get a kick out of kick-boxing? This campaign invites you to entertain that thought of something new and...try it! There is something for everyone.

The Adult *Try it!* program runs from May 8 to 14 and Youth *Try it!* has activities running throughout the month. Programs and classes are being offered at locations across Ottawa, including many City recreation centres, all YMCA-YWCA's and the RA Centre.

For a complete list of programs, schedules, dates and times or to sign up go to ottawa.ca/health beginning April 10 or check the 2006 Spring/Summer Recreation Guide available at all community centres, libraries, City of Ottawa Client Service centres and Canadian Tire stores.

Active Ottawa Actif is a movement, aimed at encouraging all residents to become more physically active. This community-led initiative is supported by Ottawa Public Health, the Parks and Recreation Branch, the Ministry of Health Promotion, Ottawa Heartbeat and corporate sponsorships including Sun Life Assurance and GoodLife Fitness Centres. Community Partners include YMCA YWCA, Ottawa Boys and Girls Club and Community Health Resource Centres.

Arts Ottawa East's 15th Annual Luncheon for the Arts

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Tennis Registration April 29 and May 13

Come and sign up for an exciting tennis season on our Blackburn courts on Saturday, April 29 or Saturday, May 13, from 10 am to 2 pm, at the tennis clubhouse, 2669 Innes Road. It will also be possible to register at the Fun Fair on June 3.

Once again, we will have four 2-week sessions of the popular **Tennis Camp**, the first session starting July 3. Every year attendance in this program increases, so register early to avoid disappointment. We also offer private and group instruction for adults, a full slate of **Round Robins**, both daytime and evening, for all skill levels, and a very active **Social Program**. For more details, including fee structure and a printable registration form, go to www.blackburn-tennis.ca

The **Annual General Meeting** will be held on June 22 at 7:30 p.m. at the clubhouse. Come and share your ideas about how to improve your tennis club. For more information please contact John or Monique Benfield after April 29, at 824-5083, or Barbara Nolen at 824-3524. We are very lucky in Blackburn to have some of the best maintained courts in the city; let's put them to good use!

Saturday Morning Fitness

by Jacqueline Madill

A new outdoor fitness activity is now meeting at 9 am on Saturdays (rain or shine). These are free group outings that start and finish at the entrance to Loeb.

The picturesque trail (a quiet bicycle path with a marked 5 km route) winds through Blackburn Hamlet and the garden plots and is ideal for walkers, joggers and cyclists. There is more incentive and support getting out in a group for some exercise, and participants will be teamed up with others who are at similar levels of fitness. People with no or little experience and of all ages are all encouraged to come out. This is a social and participation event with no one getting left behind. For those who are training for a particular event, there is the possibility you will meet others with similar goals.

Please call 824-9440 if you have questions or comments.

The **Relay for Life team "Julie"** is delivering the April Banar and donating the proceeds to the Canadian Cancer Society.

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Wine and Food Matching Acid and Sweetness

Acid has a negative connotation in daily life, as does 'sour'. This is too bad. While there's nothing wrong with sweet, sour is really under-rated. It heightens flavours, and 'lengthens' their effect on the palate (this isn't just a perception – the ions that the acid unleashes on the palate open up the taste buds and zap the flavour intensity). Apple pie needs a bit of lemon juice, and fish and chicken are even more delicious when made or served with zesty lemon.

Acid in wine helps a couple of things. It can either highlight or cut through sweetness, and it can help cleanse the palate of strongly flavoured dishes, readying you for another sip. It also helps the wine stand up to acidic flavours. A really flinty-dry Sauvignon Blanc will taste wonderful with a seafood dish laced with fresh limejuice, where a soft off-dry Riesling would taste flabby, and weak.

This also works backwards. If you are serving a fresh juicy peach with a flinty-dry Sauvignon Blanc, the wine will probably taste about the same as licking a battery terminal (*though this is not recommended!*). On the other hand, the soft off-dry Riesling (like a Piesporter style) will highlight the sweetness of the fruit, and seem perfectly balanced.

Two of HOP 'N VINE featured wines this month are premium Sauvignon Blanc, and premium Piesporter.



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Community Contacts

Blackburn Arena	824-5197
Blackburn Library	824-6926
Blackburn Art Group	Joseph Fletcher	834 4772
Blackburn Chorus	Bob Bowes	744-6807
Blackburn Community Hall	841-7396
Bookings	Jan Whitehouse	830-8644
Blackburn Duplicate Bridge	Bill Durning	824-9593
Blackburn Guides/Brownies	Brenda Sowden	523-4003
Blackburn Scouting Group	Michel Binda	260-3343
	Registrar – Fiona Daigle	834-7119
Child Care Drop-In	Myrian Pepin	742-5500
Child Care "No School Days"	580-2400
Conseil de Gestion	Lyse Goneau	837-3941
Fifty Plus Group	Sarah Cloutier	841-4114
Jeannettes	Nicole Andrecheck	824-9972
St. John Ambulance	Louise Bertrand	841-5610
Les Guides	Viviane Côté-Maxwell	837-1839
Le Club Optimiste	Dominique Dufour-Jacques	837-4645
Les Chansonniers	Germain Asselin	837-3883
Neighbourhood Watch	Volunteer Chadala	236-1222 ext 3571
Quilting Groups	J. Maxwell	841-6084
	Joanne Bushel	824-6524
Badminton	Dale Bemben	734-7291
Fastball (Mens)	Steve Bovey	824-1435
Football	Ray Hartley	769-0458
Hockey (Girls)	Charles Chamberlain	745-9927
Hockey (Minor)	Tom Canham	837-1344
Hockey (Mens)	Roy Van Koughnett	824-3921
Junior Badminton	Anne Switzer	837-4756
Little League Baseball	Gerry Ferguson	745-9303
Ringette (Ladies)	Jane Ross	837-1504
Softball (Ladies)	Candis Emery	834-2983
Tennis	Nabil Oudeh	590-7922
Provincial MPP	Phil McNeely	834-8679

BCA MEMBERSHIP

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

Support the BCA by mailing a \$10. cheque with your name and address for your BCA membership card to: Blackburn Community Association, P.O. Box 47062, Gloucester, ON, K1B 5B0.

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