

BANAR

Blackburn Area News And Reports

Vol. 41 No. 3

February 2008

New TIM HORTONS— more than just coffee



Councillor Rainer Bloess, Owners Shelley Seward-White and Howy White (a former Louis Riel student), BCA President Roger Smiley with Tim Horton mascot.

Blackburn residents are smiling from ear to ear as they sip their coffee from Tim Hortons, not only because of the beverage but because of the new venue where friends and neighbours can now gather.

With the opening of the new Tim Hortons, residents may be interested to know what this Canadian icon brings to the community in addition to its popular coffee and 24-hour in-store and drive-thru service.

“Tim Hortons is committed to giving back to the community”, says store owner Shelley Seward-White, “and will continue to support community

based programs, such as the Camp Day, Smile Cookie, Timbits Minor Sports and Community Clean-ups.”

A focus for the Blackburn community is preserving and protecting the environment and, as an active member in the community, Tim Hortons will be looking at how they too will share the responsibility to help keep the community clean.

Last year, Tim Hortons in the Ottawa area partnered with the City of Ottawa to present ‘Spring Cleaning the Capital’ now in its seventh year. Shelley was impressed that over 260 people in Blackburn joined in and she mentioned that Tim Hortons is looking forward to being a part of Blackburn’s Clean Sweep of 2008. Litter awareness, recycling

Continued on page 4

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President's Message

As all know by now, city support for libraries and parks has been continued for the foreseeable future. Many thanks to our Laura Czekaj for spearheading the Blackburn response and to those others in the community who quickly jumped in to support our efforts.

Our learnings from this most recent challenge have led to some **restructuring of the Blackburn Community Association** to allow us to more quickly and efficiently respond to potential unpleasant surprises.

In our recent Annual General Meeting we have found people to handle most of the responsibilities but are **still looking for someone to fill the Membership and Social director positions**. Please contact any of the directors on the BCA if you can see your way free to volunteer some time to your community.

In early January we saw the **opening of the new Tim Hortons**. While we welcome this new addition to our community, there

have been some complaints concerning the increase in litter on our streets. There are several waste containers on site and some at the three bus stops used in the area (as well as waste baskets on the buses). We are looking into an increase in waste capacity at the stop on the North West corner.

There comes a point, however, that it is the responsibility of the customers to be responsible for their own waste. Please discuss this with family members who might need reminding.

I have been asked once again to remind all that, although everybody's generosity at Christmas was appreciated, tough times do not disappear with the tinsel. Remember the local food-banks (*see* the community contact list). Caregiving associations find this to be the most difficult time of year and your assistance in time or money is needed.

Happy New Year to all from the BCA board. **Be proud of your community.**

Roger Smiley

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BANAR DATES

DEADLINE / DELIVERY

March 19 / 1st week of April
May 14 / 1st week of June
August 13 / 2nd week of September
October 15 / 1st week of November

www.blackburnhamlet.ca

The Banar is posted on the website during the week before delivery.

Your group can earn \$200 by delivering the BANAR
See page 25 for more info.



Blackburn Community Association

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

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Vice -President	Charles Kennedy	613-837-6338
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Community Relations	Laura Czekaj	613-282-4139
Education	Paula Rosenquist	613-824-5062
Environment	Caroline Harris-McDonald	613-837-3818
Seniors	Sarah Cloutier	613-841-4114
Parks & Recreation	Tom Scott	613-834-8661
Youth	Norm Robillard	613-824-2781
Website	Helen Rosseau	613-834-8661

Standing Committees/Representatives

Banar	Evelyn Budd	613-824-9707
Community Hall	Jan Whitehouse	613-830-8644
Fun Fair, Chair	Jenn Cloutier	613-841-9848
City Liaison	Suzanne Sanford	613-580-2424x29316

The BANAR is published and distributed by the Blackburn Community Association five times a year to all residents and businesses in Blackburn Hamlet.

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DISTRIBUTION: Circulation 4,000. Also available at the Blackburn Library, Arena and Loeb while quantities last.

Banar delivered through local groups and with *The Citizen*

This issue of the BANAR is being delivered by *Les Guides* and with the local advertising flyers due to the difficulty of delivering in the winter. Some will be delivered with the Monday edition of *The Citizen* and homes that do not subscribe to *The Citizen* will receive their copy on the Wednesday. As the Girl Guides who successfully delivered the November Banar discovered, the delivery of the *Banar* with the cold weather and heavy snowfall was not easy!

Les Guides have booked to deliver the April Banar to the entire Blackburn area and we hope by then that all the snow will have melted. If you have a "No flyers please" sign on your door you may need to pick your Banar up at the Library or LOEB if you do not receive *The Citizen*.

The opportunity still exists for groups to earn \$200 by delivering the approximately 3,000 Banars to homes and businesses in the Blackburn area is still available. The delivery of the Banar consists of 14 routes in Blackburn, each route taking approximately one and a half to two hours. Please e-mail me at ev@buddgraphics.com or call 613-824-9707 for more information or to book your month. See page 4 for the dates that the Banar will need to be delivered. Thanks.

Evelyn Budd, Editor of *BANAR*

Tim Hortons *(continued from page 1)*

and waste reduction will be an on-going focus for Tim Hortons in its commitment to supporting environmental leadership. Through LCD screens, drive-thru signage and a "please do not litter" message on all take-out packaging, Tim Hortons will be encouraging customers to "pitch in" and help keep the community clean.

Tim Hortons is currently working to expand its recycling program by exploring ways to further divert waste to landfills. A review on all current packaging to ensure it is acceptable to recycling and composting programs is now underway.

Tim Hortons continues to offer china mugs, dishes and cutlery to customers dining in-store and a 10-cent discount to customers using a travel mug.

"We are happy to be a part of the Blackburn Hamlet community" says Seward-White. "We look forward to serving the residents of this community."

Local youth and youth leader recognized

Twenty-five amazing young people including **Amanda Bentley-Desousa** from Blackburn were honoured at this year's Orléans Online Outstanding Youth Awards on Saturday, November 23rd. The Orléans Online Outstanding Youth Awards founded by Fred Sherwin were first organized in 2003 as a way to celebrate the accomplishments of area youth ranging in age from eight to 18.

Among the award recipients was **Lois Kemp** who received The Miza Davie Award which is given out annually to a person who has dedicated their life to the youth of their community.

Amanda Bentley-Desousa

Although diminutive in stature, 15-year old Amanda Bentley-Desousa has the heart of a lion as evident by the two gold medals she won at this year's WKA* Canadian Sport Karate Championships despite competing with a severe knee injury she suffered while playing varsity rugby with the Colonel By Cougars. The fact that she made the team is a testament to her competitive spirit. In June she started feeling some pain in her right foot, which is the main foot she uses to balance on when she does her data or forms routine. After seeing a doctor she learned that the tendon running along the side and top of her foot was strained. The injury was still bothering her a great deal when she went to Germany in September to represent Canada at the WKA World championships.



Amanda Bentley-Desousa

Despite the pain, she managed to win a silver medal in karate and a bronze medal in points fighting. When not competing, Amanda can be found passing on her knowledge and enthusiasm for the sport to others as a Sensei, or coach, at the Elite Karate and Martial Arts Centre in Orleans. She is a remarkable young girl who doesn't let her size prevent her from competing at the highest level. She is also an excellent student and extremely kind and considerate to her friends and peers.

Lois Kemp

As a community builder, Lois Kemp helped launch the 1st Blackburn Girl Guide Company in the early '50s and in 1956 joined with several other residents in getting neighbours to pay \$1 per family to form the Blackburn Community Club so they could build an outdoor rink. Her



Lois Kemp and Syd Davie

dedicated involvement with the community association continued for fifty decades. In 1967 Lois initiated the publishing of the *BANAR* and in 1968 the Blackburn Fun Fair. She also published the Gloucester *Leader* from 1983 to 1996. Both papers as well as the Fun Fair focused on building community for youth.

But the accomplishment she is best recognized for is in helping to bring ringette to Eastern Ontario in the early 1970s. Kemp, along with Eleanor MacQuarrie and Marilyn Bradley, started the first Blackburn ringette team so that girls in the community could have their own team sport during the winter. From its humble beginnings, the Blackburn team grew into the Gloucester Ringette Association, which became one of the most successful ringette associations in the province.

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Winter Doldrums and Budget Blues eased by new arrival

by Councillor Rainer Bloess

By now most of you will be aware that the first stage of this year's two-phase budget process wound up this past December with the approval of a projected 4.9% property tax increase for 2008.

This increase was a direct result of the overwhelming public response to well-publicized service and program cuts (including our own local library), which would have been necessary were we to achieve the 0% target originally set by Mayor O'Brien at the beginning of the term.

The **second stage of the budget process**, now underway, involves a comprehensive review of the City's administrative branches and programs by the Long Range Financial Plan Committee with the goal of lowering administration costs over the next three years.

Savings arising out of this review could potentially lower the actual property-tax increase to less than 4.9% by the time the final budget deliberations take place in April. **My own objective of course will be to lower the proposed tax increase if at all possible.**

On January 8, Mayor O'Brien presented his State of the City address. I was pleased to hear the Mayor assert clearly that the time has come for both the provincial and federal governments to loosen their purse strings with Canada's municipalities. As part of the budget process this year, City Council approved a City Renewal Fund, a two

per cent tax levy for each of the next three years, which will yield \$120 million for repairs to the City's aging infrastructure. More assistance is urgently needed however not just here in Ottawa but across Ontario and indeed the country. The City will be lobbying both the provincial and

...increase was a direct result of the overwhelming public response to well-publicized service and program cuts.

federal governments in the months ahead. Our cities generate 80% of the country's total domestic wealth creating huge surpluses made up of income tax, GST and PST payments, yet only 8% of these funds currently make it back to municipalities through grants and transfer payments. It is time for a much more equitable distribution of tax dollars and more responsibility for infrastructure and service provision.

We have received a number of calls regarding **snow removal operations** after having been snowed under (literally) since December. This year's accumulation (by early January), totalled 200 cm, compared to last year's total of 150.2 cm. Some quick facts: The City has 45 work units (26 day and 19 night), 15 snow disposal facilities, 479 snow equipment units and a \$62 million budget (2007). While we had several snow removal issues, I want to thank the crews for their efforts in getting us through the worst of the winter (hopefully).

Congratulations and welcome to Howy White and Shelley Seward-White, whose Tim Horton's franchise opened recently in the Hamlet to rave reviews. For Howy, a grad of Louis-Riel, it's a welcome back to the community! Surely now there can be no doubt that the Hamlet is a complete, self-sufficient all-Canadian community, eh?

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La Guignolée de Noël

par Sara-Émilie McIntee

Vous avez peut-être déjà entendu parler des Guides franco-canadiennes de la 4e Compagnie St-Claude. Tous les jeudis soirs nous avons une réunion à l'École secondaire publique Louis-Riel. Le jeudi 13 décembre, c'était une réunion spéciale. Nous avons passé la guignolée comme nous le faisons à chaque année.

Le but de notre guignolée est d'amasser le plus de fonds et de denrées non-périssables pour le banque alimentaire de Gloucester. Nous avons fait du porte-à-porte sur les rues Bearbrook, Westpark, Parklane, Parkwood et Valewood. Nous avons commencé notre guignolée à 19h et l'avons terminé vers 20h40. En tout, la 4e Cie St-Claude a amassé 216 boîtes de conserves et 320 \$ pour la banque alimentaire de Gloucester. Nous sommes heureuse de pouvoir rendre service et embellir le Noël de ceux et celles qui ont besoin d'aide.

Merci à tous encore une fois. Bonne et Heureuse Année.

* * *



Yvette Allain, Emy Lafortune et Sara-Émilie McIntee chantent lors de la Guignolée

Many thanks to the Blackburn Residents who gave generously and listened to our singing on December 13th. We were able to collect 216 non-perishable food items and give \$320 to the Gloucester Food Bank. Happy New Year to all.

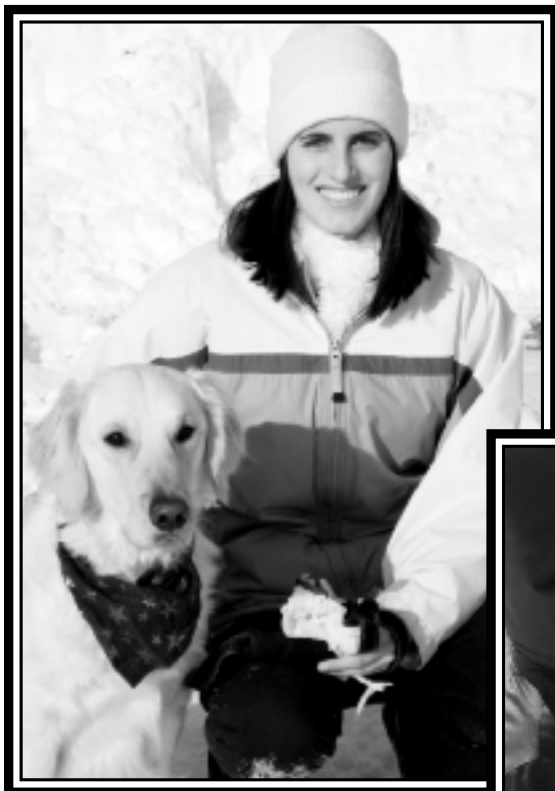


Photo by Jean-Marc Carisse

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Photos by Jennifer Budd

Left to right:
Jenna walking her dog, Tanner
Claudia feeding chickadees
Ashbury students cross-country skiing



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Blackburn Hamlet

BCA Annual Report For 2007

Blackburn Community Association President Roger Smiley read the annual report for 2007 at the Annual General Meeting held January 17th. The report forms part of our application for City funding for much of our programs and activities. The full report can be seen at www.blackburnhamlet.ca.

- Aluminum wiring continues to be an issue and despite many inquiries, we are still without straight answers. We will continue these inquiries in 2008.
- We distributed the BANAR to the residents of Chapel Hill South in 2007 and since it now appears as though they have formed their own association we will discontinue the distribution starting in February 2008. We will continue to assist them in any way we can and work on projects of mutual interest in 2008.
- We have worked on and agreed to a new contract for management of the Community Hall. This project has taken some time as the City needed to ensure all of their concerns were met and that the agreement would line up with those of other associations. The efforts of Jan Whitehouse have been exceptional once again and the BCA is most appreciative of her work. Although delayed for various reasons, a letter will be going to the city in February requesting work start on a proposal to expand the center for extra meeting rooms.
- Evelyn Budd and Helen Rosseau are to be congratulated once again for their outstanding efforts in keeping


our two main communication vehicles (the BANAR and the website) vibrant and relevant. Both are well received and, I believe, essential to maintaining our sense of community.

- Tom Scott has taken over managing our outdoor rinks and parks this year and has done an excellent job interfacing with the city and dealing with park-related issues that arise. The rinks are, once again, being administered by Paul Van Bruinessen and—when the weather behaves—are in great shape and being well used.
- Thanks go to Jenn Cloutier and her volunteers for running a very successful Fun Fair in 2007. Despite serious concerns that this event had

come to the end of it's run, Jenn was able to produce a popular and even profitable event that will guarantee its existence for at least the near future.

- The winter fun day was a limited success and we will not hold the event in 2008 due to a lack of volunteers and trouble booking the horse and wagon.
- Another event to which we were able to contribute to was the successful fundraiser for Kidsport. I understand this will be held again in 2008.
- After some discussion, it was proposed that some of the titles and tasks of the Board and executive be changed in order to better reflect the evolving nature of community needs.

(AGM Report cont'd on page 15)






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2008 Blackburn Community Association Board

The following people were nominated and elected at the AGM held on January 21st, 2008. Thanks go to all of the efforts of the board and community this year. The BCA continues to function as a solid organization that supports all the other volunteer organizations in the community. With your work in the areas mentioned in the Annual Report as well as those of environment, schools, seniors and youth, we are able to provide our fellow citizens with representation on all areas that affect the citizens of Blackburn Hamlet. The board realizes the importance of working collectively towards common goals and is looking forward to another year of meeting the needs of the people in the community.

If you are interested in getting involved, you are welcome to call any of the directors and offer your help or join any of their committees. Fun Fair chair, Jenn Cloutier would be very interested in hearing from you. See page 4 for their phone numbers or visit the BCA website at www.blackburnhamlet.caa.

AGM Report (cont'd from page 13)

TREASURER'S REPORT

Al Ross reported that our total assets of \$132,000 with liabilities of \$10,000. As of Dec 31st we have \$22,600 in our bank account. We have money in our budget to increase our community programming activities.

Board of Directors

President — Roger Smiley
Vice-President — Charles Kennedy
Secretary — Annick Laporte
Treasurer — Al Ross
Community Relations — Laura Czekaj
Education — Paula Rosenquist
Environment — Caroline Harris-McDonald
Seniors — Sarah Cloutier
Parks and Recreation — Tom Scott
Youth — Norm Robillard
Website — Helen Rosseau

Standing Committees/Reps

Banar — Evelyn Budd
Community Hall — Jan Whitehouse
Fun Fair, Chair — Jenn Cloutier
City Liaison — Suzanne Sanford

The BCA is still looking for a Membership and Social Director. For more information please call BCA President Roger Smiley at 613-837-4293 or come to a BCA Board meeting held on the 3rd Thursday of each month at the Blackburn library at 7:30 pm.



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Redefining Age through Fitness

by Adrian Delorey

In generations past, exercise was believed to be mostly for the younger set. It was even believed that older people couldn't increase muscle mass or strength if they wanted to. Studies at Harvard and elsewhere have now firmly put that myth to rest. Exercise for the over-50 crowd is decidedly healthy.

The American College of Sports Medicine suggests 15-60 minutes of aerobic (oxygen-enhancing) exercise a few days per week. One goal among others is to raise the heart rate to 60-90% of the safe maximum (220 beats per minute, minus your present age). As people age, several changes occur that exercise can help slow or reverse.

- A Good cardiovascular workout helps keep the heart and blood vessels healthy.

- Strength-building exercises help keep the muscles toned and keep weight and blood sugar levels at appropriate levels.

- Balance exercises can help build good leg muscles, leading to better support for joints and less likelihood of a fall.

- Gentle static and dynamic stretching exercises help keep muscles flexible and joints lubricated.

- Endurance exercises help keep the heart and lungs healthy as well as keeping muscles toned, joints moving freely and other body systems functioning well.

All these activities help raise the onset age of osteoporosis and minimize its effects after it begins. Non-insulin dependent diabetes mellitus is less likely for the physically active. Certain forms of heart disease are less

likely for those who exercise moderately later in life. There is ample evidence that moderate, regular exercise helps the psychology as well. It can decrease the severity of depression and heighten mood. The social aspects can help with the isolation that older people sometimes feel, especially as friends and loved ones are no longer part of their lives.

Older people should consult a physician or trainer (preferably both) before starting any new exercise program. Begin slowly, especially if exercise has not been part of your lifestyle. Build up flexibility, strength and endurance gradually.

Live a long and healthy life, not just a long one.

Adrian Delorey is a Certified Kinesiologist & Owner of the Orleans Adventure Boot Camp for Women.

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Welcome Wagon

New to the community or just had a baby? Call for your free gifts. Information is available at www.welcomewagon.ca or call Barbara Pigeon at 613-590-1958 for the Community Welcome Program/ Business Welcome Program or Denise Skellington at 613-824-6319 for the Baby Welcome Program.

The kind of humor I like is the thing that makes me laugh for five seconds and think for ten minutes.

WILLIAM DAVIS

Back in the swing of things for children and parents

by Kristin Hoddinot

I never realized how important routine was to children until my first year teaching elementary school. After taking a couple of sick days, I returned to find half of my students peeking around the classroom door anxiously anticipating my arrival.

Suddenly, I was bombarded by a chorus of little voices, complaining

that the supply teacher did everything wrong. According to the children, the daily activities did not unfold in the usual way. Apparently I had ingrained a routine into their little heads after all!

Most parents recognize the importance of routine in their children's lives—especially after the holiday chaos. Although it is tempting to slack off at times, remember that routines are just

as important to your child as they are to you. Routines give your child a sense of stability because they are familiar. Routines also teach children responsibility, independence, and decision-making skills. We are all creatures of habit. Therefore it is important to establish well thought-out routines for your children—for everyone's sanity!

Blackburn Preschool holds berry fundraiser

Now is the time to stock-up on frozen blueberries, raspberries, and cranberries available through the Blackburn Hamlet Preschool.

Remember, frozen berries pack a nutritional punch and are delicious in baked goods, on their own, or with ice cream. Yum! **Deadline is February 6th.** Call the Preschool at 613-824-3251 to place your order. We very much appreciate your support.

Thanks from Stingers

The Blackburn Stingers Pee wee B1 team thanks all those who supported their hockey fundraising raffle.

Major prize winners were George Oliveira for the Chris Phillips autographed jersey and R. Lamb for the Guy Lafleur autographed jersey. Aidan Lee won the 100 level Sens tickets. The Stingers would also like to thank the Blackburn LOEB for supporting the team and their ticket sales.



Blackburn Hamlet Preschool
202 Glenpark Drive
www.blackburnhamletpreschool.ca



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For more information call 824-3251

Separation, Divorce Resource Center in Blackburn

The Separation, Divorce Resource Center (S.D.R.C.) in co-operation with the Rebuilding Relationships Foundation offers a free one-on-one consultation by appointment.

Seminars such as *Rebuilding When Your Relationship Ends* are also available.

Help is available at *The Center* for couples who are thinking of divorce or need coaching in lieu of separation or divorce. *The Center* has helped individuals who are divorced and wondering what happened and offer

coaching for families that have step-parenting issues or need creative solutions between couples and within families.

To learn viable solutions for healthier relationships call the S.D.R.C. at 613-837-9025 and leave your name, number and the best time to call. You may also e-mail inquiries to info@thesdrc.com. The Center is located at 110 Bearbrook Road, Suite 206. More information is available on the website at www.thesdrc.com.

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Growing up in Blackburn Corners

by Don Budd

Blackburn Corners, circa 1939~This is a story from Joyce (Kemp) Whyte who lived next to the Budd family in Blackburn Corners. Mrs. Budd (Theresa) had 5 boys and no girls so it was always a treat when Joyce visited. "Mother would dress me up like a little girl and I would cut across the fields to visit Mrs. Budd who would drop everything she was doing to entertain me. Mrs. Budd was originally from the Ukraine and came to Blackburn in 1913. She would show me her flower garden, vegetable garden, root cellar, sauerkraut and

pickle barrels and animals. One of my favourite things was a visit to the fence where the blue grapes grew. She would say "stick out your hands" and would fill them with grapes and I would run home with my treat. Back then before supermarkets, etc. you only got grapes like this when homegrown and only at one time of year. My mother said 'you can't be going over there all the time and bothering Mrs. Budd', but she didn't seem to mind".

Joyce (21/1/2007)

(Joyce's eldest son, Wayne, would one day marry Mrs. Budd's granddaughter June.



Photos of Joyce (Kemp) Whyte as a child of seven and Theresa Budd playing with the dogs. Her son Paul and the cat are watching from inside the house. Both photos taken in the mid 1930's.



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All the statistics in the world can't measure the warmth of a smile. CHRIS HART

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Educate yourself about the factors that increase your risk for developing high blood pressure or losing control of it. It's a very vital first step to reducing your risk.

Active Living

Living an active life is one of the best things you can do for your health. And it may be easier than you think. Start by making it a habit to be active either at a fitness center or by consciously making choices to move more.

Healthy Eating

It's never been easier to plan menus and eat foods that are good for you and taste great. Information is available at the library or internet to get started today.

Smoke-free Living

You can reduce your risk of heart attacks and stroke if you live smoke-free.

Stress Management

Learning how to cope well with stress is one way you can help keep your blood pressure in a normal range.



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Blackburn Library offers programs and information

The staff at the Blackburn Hamlet Library are excited about the new displays, great books and some new magazines for 2008. Stop by and pick up a copy of the library's monthly info pamphlet "Flash" or personalized bookmarks for details on upcoming programs!

Winter Programs include:

- Feng Shui—February 28th, 7pm
- Home Décor—March 18th, 7pm
- St John's Babysitting Course—March 10th, 10 am-5pm
- Teen Resume Individual Tutorials during March break
- Individual Computer and Internet Tutorials
- Toddlertime—For toddlers and their parent or caregiver with stories, rhymes, songs and games. 18-35 months

Register by calling 613.824.6926 x 224.

- Homework Help / Share the Words—Tutoring and homework help for students ages 7-18. For info contact Scott at 613-741-6025
- Round Table and Tea: Adult Book Chat—Friday, March 17, 2-3 p.m. Share your thoughts on our monthly reads. The booklist is available at the branch.

March Break Programs

- In the Rainforest—Wednesday, March 12, 10:30 a.m. (45 min.) Stories, games, crafts and fun for ages 6-12.
- It's Not Easy Being Green—(bilingual) Wednesday, March 12, 3 p.m. (1 hr.) Stories, games, crafts and fun for ages 3-6.



Library staff from left to right: Kelly, Sharon, Marg and Mahaa. Eleonora is missing.

- Little Ray's Reptiles—Wednesday, March 12, 3 p.m. (45 min.) Snakes, lizards, turtles and lots more for ages 5-12.
- Music, Dance and Juggling—Thursday, March 13, 10:15 a.m. (45 min.) A music demo (children age 4 and their parents or caregivers. Call Marg at 613.824.6926 x 223.



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New location for Seniors Pub Night

The Blackburn Hamlet Fifty Plus Group will now meet at 6 p.m. on the fourth Sunday of the month except July, August or December at the Barley Mow Pub on Tenth Line Road. Drive east on Innes Road, turn right onto the Tenth Line and then turn right at the next corner—you will see the pub on your right. RSVP to Val White at 837-1083 if you wish to attend or require further information.

More info on the Blackburn Hamlet Fifty Plus Group

The Blackburn Fifty Plus Group is a loosely organized group working to promote activities for Blackburn Hamlet citizens 50+ years of age. Planning meetings are held the 3rd Wednesday of every month (except July & August) at 2:00 p.m. at the Community Hall.

- Pot Luck dinners are held from time to time at the Community Hall. For details of the next planned potluck please contact Shirley Haggarty at 824-4664.
- Audrey's Book Club is running smoothly and the numbers are growing quickly. This group meets the first

Wednesday of each month. Contact Val White at 837-1083 or Gladys Kilpatrick at 824-5096 for more information.

- Day Trips to various points of interest. Contact Val White 837-1083.
- Issues or Concerns, you would like to have addressed at a future discussion group or seminar? Contact Iris Phillips 824-3641.

All Seniors are welcome, no membership fees required. Direct questions to Shirley or Ray Mack, 824-5636 or Sarah Cloutier at 841-4114 with your ideas or requests.

NEEDED: Handy men or women to help the seniors of Blackburn Hamlet

Many of the seniors of our community need help maintaining their homes and gardens. If anyone is interested in helping out OR needs a helping hand, please call Helen Cooper at 824-7768. Helen will be compiling a list of workers to draw from.

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Brahms Requiem Concert to be held March 29

Coro Vivo Ottawa will join forces with Toronto's Jubilate Singers this spring to perform Johannes Brahms's choral masterwork, Ein deutsches Requiem. Presented by Ashley Furniture Homestore as a benefit for the Children's Hospital of Ontario (CHEO), the concert will be performed on Saturday, March 29th at 8 p.m. at Église St-François d'Assise, 20 Fairmont Avenue. Such spring benefit concerts for CHEO have become tradition for Coro Vivo Ottawa (CVO), the 75-voice community choir that has enjoyed a long history under the name Blackburn Chorus. While still based in the city's east end, the choir changed its name several years ago to reflect the city-wide reach of its membership. Coro Vivo Ottawa performs under the direction of David Chin with accompanist Louise Leveille.

This year, CVO has entered into a musical collaboration with the Jubilate Singers of Toronto, a 30-voice choir under the direction of Catalan-born Isabel Bernaus. The choirs have spent months separately preparing for three performances of the Brahms Requiem, two in Toronto and

one here. The German Requiem, powerful and moving, is a challenge for any choir, but is a particularly rewarding experience when shared between two choirs from separate cities.

One of the highlights of the concert will be the appearance of two luminous young soloists. The evening's soprano soloist is the acclaimed Polish-Canadian singer Maria Knapik, who won bravos from the New York Times for her performances with the New York Grand Opera at Carnegie Hall.

Performing with Ms Knapik is Ottawa's own Jonathan Estabrooks, a baritone who received some of his earliest music training at Canterbury High School. Mr. Estabrooks is now studying at the prestigious Juilliard School in New York City and was recently invited by maestro Pinchas Zukerman to join the National Arts Centre's Young Artists Program as one of two guest soloists.

Advance tickets for the performance will be available at CD Warehouse, Leading Note, or by calling 613-841-3902. Adults \$20 and students \$15. All profits from the performance will be donated to CHEO.

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Gloucester Allotment Garden Association

Register at the Gloucester Allotment Garden Association 2008 spring registration meeting and receive a \$5.00 reduction off your full size plot and \$3.00 off a half plot fee. The meeting will be held on Tuesday, March 4th at 7:30 pm in the cafeteria of the Louis Riel High School, 1655 Bearbrook Road in Blackburn Hamlet. Full size plots measuring 7m x 4m are available at both Orient Park and Anderson Road sites and range in price from \$45 for a full plot and \$33 for a half size perennial plot. The fee includes tilling, water, and a bucket of compost deposited at the front of your plot. In recent years garden the plots have all been allocated, so be an early bird and ensure you get your discount and a garden plot.

For more information call the Registrar at 824-8479 or visit our web site at <http://gaga.ncf.ca>.

Blackburn Art Group

The Blackburn Art Group meets every second Thursday from 1:30 to 4:30 pm in the Blackburn Community Centre at 190 Glen Park Drive. The format is casual and everyone works in the medium of their choice. Please feel free to join us. Upcoming dates: Feb 7th, 21, March 6, 20. For further information please call Dwain Sykes at 613-745-6193.

Coming up

- Spring Cleanup—April 19th (Raindate April 26)
- Blackburn Hamlet Community Garage Sale—May 3rd
- Blackburn Hamlet Funfair—June 6–8th. Planning is now underway. Get involved in the Blackburn event of the year. Contact Jenn Cloutier (613-841-9848 or e-mail jacc@rogers.com. Website: www.blackburnfunfair.ca.

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Senior Moments Forum: Tools & Strategies

A forum for seniors will be held Saturday February 9th, 8:45am-3:30pm at AMICA at Bearbrook, 2645 Innes Road.

The event is planned and presented with baby boomers and seniors in mind by local area professionals. Speakers include Robert Real CFP, Patricia Cocker B.A., CFP, Catherine Thurlow MPTh, Natalie Beauchamp BSc, DC, Sarah Cloutier/Jeff Miller, Robert Carscadden, Michelle LaPierre (lawyer) and Lisa Leonard SSW.G.

Topics include finance and legal tips, housing issues, wellness and social issues. Cost is \$10.00 which includes the cost of the workshops, lunch and refreshments. Proceeds will be donated to the Amica Helping Hands Community Program.

Space is limited. Please RSVP to Robert Real (Tel: 613-841-9315, Fax: 613-841-9321) or e-mail Robert Carscadden (bob@carscaddencoaching.com). For further information please contact Patricia Cocker at 613-834-4527.

Toastmasters

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CMHC, 700 Montreal Road (Vanier Parkway), Room C1-103, every 2nd Tuesday, noon-1:15pm. Call Alex Mirhady at 613-748-4650. Website: <http://cmhcschl.freetoasthost.org>.

Orleans Raconteurs (English club), Orleans Police Station, 2nd floor boardroom, 1st and 3rd Tuesday of each month from 6:30-8:30 pm. Call 613-830-3560 or visit the website: <http://club808.freetoasthost.com>

Rothwell United Church celebrating 50 years

Originally formed as a Sunday School in 1956, Rothwell became the first United Church in the area on February 8th, 1958. On Saturday, February 9th the church is hosting a 50th Anniversary Dinner at the Pineview Golf Course, and to which former members from across Canada are coming. A special anniversary service is also being held on Sunday, February 10th at 10:30am. Former members are invited to come and join us. More information on other anniversary events being held this year are available at the Rothwell website: www.Rchurch.ca.

GLAVINA DRYWALL

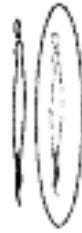
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Blackburn Community Hall 613-841-7396
Bookings 613-830-8644
Blackburn Duplicate Bridge 613-824-9593
Blackburn Hamlet Preschool 613-824-3251
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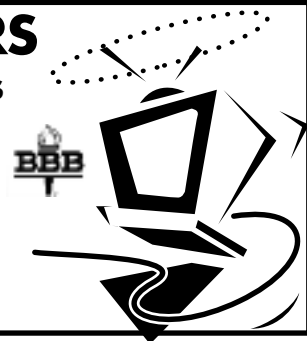
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I would be available to help canvas my street.

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Mail to: Blackburn Community Association, P.O. Box 47062, Ottawa, ON, K1B 5B0.

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Blackburn and Area Community Event Calendar

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Programs

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Worship Services

Sunday

8:30 am.....Navan Road Church
2750 Navan Rd.

10 am.....Louis Riel High School
1655 Dearbrook Rd.

Mid-Week

1st Tues. at 2pm.....Blackburn Lodge
2412 Claroux Cres.

2nd Tues. at 2pm.....Bearbrook Court
2645 Innes Rd.

February

Wed. 6, 7:30 pm	Ash Wednesday Service, Church 2750 Navan Rd.
Wed. 6	Fifty Plus Group (see page 22)
Wed. 6	Blackburn Preschool Berry Fundraiser Deadline (see page 17)
Thurs. 7 & 21, 1:30	Blackburn Art Group, Blackburn Community Hall (see page 24)
Sat. 9, 8:45 am-3:30	Senior Moments Forum: Tools & Strategies, AMICA at Bearbrook, 2645 Innes (see page 25)
Sun. 10, 2 pm	St. Mary's Concert Series continues. Valentine concert of music and poetry featuring Rob Clipperton as MC. He will be joined by musicians Drew Clipperton and Michael Saray. Church 2750 Navan Rd. Free will offering.
Tues. 12, 7:30 pm	Knit & Craft Night at St Mary's Parish House
Sat. 15	Blackburn Winter Fun Day at Hornets Nest
Thurs. 21	BCA Board meeting
Tues. 26, 7:30 pm	Knit & Craft Night at St Mary's Parish House
Thurs. 28, 7 pm	Feng Shui, Library (see page 21)

March

Tues. 4, 7:30 pm	Gloucester Allotment Garden Association spring registration meeting. (see page 24)
Wed. 5	Fifty Plus Group (see page 22)
Thurs. 6 & 20	Blackburn Art Group, Blackburn Community Hall (see page 24)
Month Break, 10 – 14	Teen Resumes Individual Tutorials, Library (see page 21)
Mon. 10, 10 am-5 pm	St. John's Babysitting Course, Library (see page 21)
Tues. 11, 2 pm	In the Rainforest (bilingual), Library (see page 21)
Wed. 12, 10:30 am	It's Not Easy Being Green, Library (see page 21)
Wed. 12, 3 pm	Little Ray's Reptiles (bilingual), Library (see page 21)
Thurs. 13, 10:15 am	Music, Dance and Juggling, Library (see page 21)
Sun. 18, 2 pm	St. Mary's Concert Series continues. St. Patrick's Day Concert featuring well-known Irish singer Robin Averill. Free will offering.
Mon. 17, 2 pm	Round Table and Tea: Adult Book Chat, Library (see page 21)
Tues. 18, 7 pm	Home Décor, Library (see page 21)
Wed. 19	Banar deadline (see page 4)
Thurs. 20	BCA Board meeting
Thurs. 20, 7:30 pm	Maundy Thursday service, Church 2750 Navan Rd.
Fri. 21, 10 am	Good Friday service, Church 2750 Navan Rd.
Sat. 22, 7:30 pm	Easter Vigil, Louis Riel High School. Reception to follow.
Sun. 23, 10 am	Easter Sunday service, Louis Riel High School
Sun. 29, 8 pm	Brahms Requiem Concert (see page 23)

Upcoming

1 st Wed. of month	Fifty Plus Group (see page 22)
2 nd & 4 th Tuesdays	Knit & Craft Night at St Mary's Parish House
April 5, 8:30 pm	St. Mary's Silent Auction. Watch for details: www.stmarysblackburn.com
April 19	Spring Cleanup (Rain date April 25)
May 3	Blackburn Hamlet Community Garage Sale
May 14	Banar deadline (see page 4)
June 6-8	Blackburn Hamlet Fun Fair (see page 24)

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