

# BAVAR

Blackburn Area News And Reports

Vol. 42 No. 3

February 2009

## Outdoor rinks get lots of action

by Tom Scott, Parks & Recreation director on BCA



Photo by Tom Scott

Hats off to the Blackburn outdoor rink volunteers. The Blackburn Hamlet community owes a huge thanks to the people who donate hundreds of hours to give our community three outdoor rinks and two puddle ice surfaces for free shinny hockey and open skating.

Paul Van Bruissen and the band of Blackburn Ice-Men — Bill Logan, Paul Graham, Roger Wright and Jason Smith have rolled, and packed a snow/ice base and flooded the rinks nightly to give us the

fabulous ice that our children and families enjoy from December till March.

The ice facilities at Norman Johnson and Bearbrook have rinks with lights and boards, a puddle rink and heated skate shacks. They are monitored evenings and weekends. The Orient Park rink is a large ice surface with end boards.

This year the Blackburn Community Association have taken on more responsibility for the pre-season ice preparation and snow clearing operations and costs because of a change in City support and funding. We are grateful to our experienced volunteers and to the professional snow clearing and ice maintenance we are receiving from MacDonald Equipment. Jeff MacDonald has generously offered community rates for snow clearing and is using local landscaping workers to help with major snow clearing and ice maintenance.

The next time we have a light snow, bring a snow shovel with your skates and help clear off the ice. The outdoor rinks are a city sponsored program that can only be accomplished with volunteers. We also hope that as you and your children outgrow your backyard rink that you will bring your children, ice-making skills and enthusiasm to volunteer at the Blackburn outdoor rinks.

# 30 *minute* Inch-Loss *centres*

## *changes* for *women*

Lose weight... slim down... or just get fit!

- Do you want to look and feel better?
- Do you prefer a woman's only environment?
- Do you appreciate a motivating and supportive atmosphere?

**If so, call us now to book your FREE, no obligation, 1 week trial.**

---

The 30 minute circuit training on professional equipment that is great for beginners as well as the more experienced.

---



Monday-Friday, 7 am to 8 pm  
Saturday, 9 am to 1 pm

---

2602 Innes Road  
Blackburn Hamlet  
(Next to the TD Bank)

*Gift Certificates available*

Senior, student, mother/half-price for daughter rates

**No Registration Fee!**

Offers valid at this location only.

**Call 613-590-0867**

# Contents

## President's Message

The new year is upon us and it begins to look that — at least on the economic side — it will be a challenging year with cold temperatures, transit and possible school labour unrest and uncertain job markets.

This is a period when the benefits of living in a small and tight community such as ours should most be appreciated. The more contact we have with each other the more it makes it easier to find help when it is most needed. Using and visiting local businesses will ensure their survival and strengthen our community overall.

So a special thanks is in order to all those who have pitched in with ride sharing, volunteer driving, donations to the food bank, etc. It is the many small and quiet acts of help and cooperation that often go unnoticed and unappreciated.

On a more visible level, thanks are due to the tireless efforts of our

outside rink volunteers as described on page 1. Our community is changing and with more younger families, the use of our rinks seems to be increasing. Assistance from local contractor Macdonald Equipment is particularly appreciated.

Your BCA executive has been working on an eastern Ottawa initiative to push the **possible interprovincial bridge solution** west of the split due to concerns it will tie up our commuting time otherwise. More on this to come as well as issues that arise for the upcoming Greenbelt Review.

Plans are underway for the **40th anniversary edition of the Fun Fair** this summer. As usual, volunteers are always needed. Please contact Jenn Cloutier at 613-841-9848 if available.

All the best in 2009!

*Roger Smiley*



- 4 Banar Delivery
- 5 Fun Fair Planning Gears Up
- 5 February is Heart Month
- 7 Councillor's Report
- 8 Winter Photos
- 11 Hidden Costs
- 12 Chocolate Easter Eggs
- 13 Fashion Show for Charity
- 16 Toastmasters
- 17 Blackburn Artists
- 18 A Smoke-free Environment
- 19 Changes for local schools
- 20 Silent Angels Home
- 20 Preschool Registration
- 21 Preschool Page
- 22 Blackburn Library
- 23 Friends of the Library
- 24 Coming Events
- 25 Blackburn 50+ Group

## BCA Membership Form

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. For more information email [Belinda.leung@rogers.com](mailto:Belinda.leung@rogers.com).

- Please contact me as I am interested in volunteering in the community.
- I would like to support the BCA by buying a membership. Included is a \$10 cheque made out to "BCA".

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

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone number: \_\_\_\_\_

## Blackburn Community Association Annual General Meeting Thursday, February 19, 7:30 p.m.

The Blackburn Community Association (BCA) Annual General Meeting will be held February 19th, 7:30 pm in the Blackburn Library. Get involved! Come with your ideas and help build community.

## Blackburn Community Association

Mailing address: P.O. Box 47062, Ottawa K1B 5B0  
BCA website: [www.blackburnhamlet.ca](http://www.blackburnhamlet.ca)

### 2008 BCA BOARD OF DIRECTORS

President	Roger Smiley	613-837-4293
Vice President	Charles Kennedy	613-837-6338
Secretary	Annick Laporte	613-834-4030
Treasurer	Al Ross	613-837-1504
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	Jenn Cloutier	613-841-9848
Membership	Belinda Leung	613-590-7559
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.

Articles can be sent in the body of an e-mail or in Microsoft Word to [ev@buddgraphics.com](mailto: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)

- BC • 2.4 w x 2.75 h / 3.65 w x 1.75 h: \$40/issue, \$180/yr
- A • 3.65 w x 2.75 h / 4.95 w x 2 h: \$60/issue, \$270/yr
- B • 4.95 w x 2.75 h / 3.65 w x 4.25 h: \$80/issue, \$360/yr
- C • 3.65 w x 6 h / 4.95 w x 4.5 h: \$100/issue, \$450/yr
- D • 7.5 w x 4.25 h / 4.95 w x 6.25 h: \$140/issue, \$630/yr
- E • 4.95 w x 9.272 h: \$200/issue, \$900/yr
- Full page • 7.5 x 10 h \$300/issue, \$1350/yr

Ads are to be the correct size, camera ready or in Photoshop (300 dpi), Illustrator, Quarkxpress or a PDF file. There is an additional cost for changes or if the ad needs to be designed or files created.

**Business Profile:** Write-up \$175. Please send in a rough draft written in the 3rd person. The edited article will be 200 - 350 words (depends if there is a photo - high res or 300 dpi needed).

**Classified ads:** Per issue-20 words or less \$10; additional words are 25¢ each.

**Payment:** By cheque or cash **Payment must be made by the deadline date (see dates below).** Cheques are payable to "BCA". Mail/hand delivery address: Banar, 5729 Kemplane Court, Ottawa K1W 1B8. Please call 824-9707 or e-mail [ev@buddgraphics.com](mailto:ev@buddgraphics.com) for more information.

The Blackburn Community Association/Budd Graphics Inc. does not endorse or guarantee products or services advertised in the Banar or take responsibility for the print or web quality or legalities of photos and artwork provided by advertisers or outside sources in the Banar or on the BCA website.

**Distribution:** Circulation 4,200. Delivered by local community groups or with The Citizen and local advertising flyers. Available at the Blackburn Library, Arena and Loeb while quantities last. Phone or email [ev@buddgraphics.com](mailto:ev@buddgraphics.com) your name and full address if you do not receive the Banar within a week of the delivery date. Please put "Banar delivery" in subject line.

**Opportunity for community groups to earn \$200 by delivering the Banar** to homes on 14 routes in Blackburn, each route takes 1.5 to 2 hours to complete.

### BANAR DATES DEADLINE / DELIVERY

March 18 / April 4-11  
May 13 / May 30-June 4  
August 13 / September 6-12

## The challenge of delivering the *Banar* to your door

Blackburn is fortunate in having two groups, Les Guides and the Blackburn Taekwondo both of whom have proven to be reliable over several years in delivering the Blackburn *Banar*.

Unfortunately, the fact is that not enough groups capable to do the delivery have come forward. Recently, we have started using *The Citizen* and FlyerForce (a company that delivers flyers door-to-door). This has been a challenge, not only because Flyer-Force might not get to your door but also because not everyone checks for their copy of the *Banar* among the multitude of flyers.

If you do not receive the *Banar* on the 1st weekend of the delivery dates posted on page 4, please watch for the *Banar* among the flyers in the Tuesday or Wednesday *Citizen* or in your mailbox on Wednesday or Thursday.

The good news is that we do have community groups ready to deliver the April, June and September *Banars* and we are hopeful in finding groups that will do November and February.

Community groups have the opportunity to earn \$200 by delivering approximately 3,000 *Banars* to homes and businesses in Blackburn. The February delivery group receives an additional \$30. Two groups can partner and do the February delivery at \$15/route. 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](mailto:ev@buddgraphics.com) or call 613-824-9707 for more information or to book your month. The dates that the Banar will need to be delivered are posted in each edition of the *Banar* on page 4. Thanks.

Evelyn Budd, Editor of *BANAR*

*P.S.* The *Banar* is available for pick-up at the Blackburn Library and at Loeb's and can be downloaded from the BCA website at [www.blackburnhamlet.ca](http://www.blackburnhamlet.ca).

**Advertising:** The June back cover is now available to the advertiser who would like five full page ads (\$1,350/year). This is on a first-come basis.

## 40th year of Fun Fair coming June 6, 7 & 8th

The planning for the 40th edition of the Blackburn Fun Fair is now underway! Once again it's going to a wonderful time to meet up with old and new neighbours and friends. There will be the old favourites such as the parade, tasty food, live auction, games, showcase for local organizations and businesses as well as a fabulous mid-way that families are enjoying very much. A large tent will be the perfect place for people who love to listen to music or just kick back and catch up with friends over some food and drinks. Come ready to party — dancing and fireworks will be part of the Saturday night celebration of the 40th Blackburn Fun Fair.

And now for the call for a little help.

- Do you know where we might find the "pocket lady" aprons? They were a favourite of the little ones and we would love to bring them back.
- Know of any good bands that would be interested in playing in the afternoon or evening?
- Interested in setting up a display in the Showcase? It will be located in the arena and people always enjoy coming in to check it out.
- How about participating in the parade. It's a great way to get publicity for your business or organization.
- Do you like getting together with others to do something special? Volunteers are needed and

have always been the magic ingredient of this community event. Teens can get their school volunteer hours and have fun at the same time. Parents can help plan the kind of activity that their children will remember for years.

If you would like to join in as a volunteer, sponsor, or in any other capacity, please contact the Fun Fair chairperson Jennifer Cloutier at 613-841-9848 or email her at [jacc@rogers.com](mailto:jacc@rogers.com). If you need information on the Showcase contact Jeff Miller at [jeff.miller@remaxottawa.com](mailto:jeff.miller@remaxottawa.com).

Visit [www.blackburnfunfair.com](http://www.blackburnfunfair.com) and keep informed on the latest Fun Fair plans.



## February is Heart Month

Heart disease and strokes are responsible for 1 in 3 Canadian deaths every year. Small choices we can make every day can make a difference.

### Know Your Risk Factors

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.

### 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.

### 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.

### 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.

FEBRUARY IS HEART MONTH

Visit [PutYourHeartInToIt.ca](http://PutYourHeartInToIt.ca)

HEART & STROKE FOUNDATION  
Finding Answers. For Life.

The graphic features a black and white ECG line. The word 'help' is written in a cursive font across the middle of the line. Below the line, the text 'FEBRUARY IS HEART MONTH' is centered. At the bottom, there is a dark grey banner with the website 'PutYourHeartInToIt.ca' and the Heart & Stroke Foundation logo on the right.

*laser dentistry, bilingual services, 1 hour whitening, nitrous oxide sedation, cosmetic dentistry*

# Welcoming New Patients

Whether you're young, or just young at heart.

# Bienvenue aux nouveaux patients

Que vous soyez jeune ou jeune de coeur, il nous fait plaisir de vous accueillir.

*Dr. Chantal Plant, D.D.S.*



**Blackburn Shoppes**  
**Dental Centre Family Dentistry**  
2668 A Innes Rd., Blackburn Hamlet

Call to make an appointment  
**613-834-5959**

# East-End Interprovincial Bridge Issue drags on

by Councillor Rainer Bloess

The final report of the consulting firm ROCHE-NCE, hired by the National Capital Commission to recommend the optimum location for a new interprovincial bridge, has been submitted to City Council. The report states clearly and unequivocally that, of the ten possible locations considered, Kettle Island represents "overall, the best-balanced solution." This evaluation of potential bridge sites was a two-year project, which included extremely rigorous analysis of each option and provided numerous opportunities for community input. In the end, taking into consideration all of the pros and cons of each location, and mindful of all of the public feedback received, the consultants concluded that Kettle Island remains the best choice.

This determination should have been good news for Council members and Ottawa residents, confirming as it does the decision made by Council last year to endorse Kettle Island as its preferred option. Predictably however, the extremely vocal opponents of the Kettle Island choice have risen up once again to attempt to stall the process and, unfortunately, a few members of City Council have been cowed into backtracking on their own previous positions. As a result, the City's Transportation Committee and Council voted to request that Lower Duck Island be evaluated in detail once more as a possible choice before a final decision is made. And so the issue drags on.

All of this prolongs the next stage of the study and will cost an additional six million dollars. (This phase would, ironically, address the concerns of affected communities.) A solid reinforcement of City Council's previous support for the Kettle Island location would have had significant impact on the willingness of the Ontario and Quebec governments to get behind the project and finally move it forward. It's time to take the politics out of this debate and move ahead once and for all to get this much-needed bridge built.

## Civic Appreciation Award

On a brighter note, we all know someone in our community who goes above and beyond to make our neighbourhood a better place in which to live. If you want to recognize someone, nominate him or her for a Civic Appreciation Award. See below for categories. Details at [www.ottawa.ca/residents/volunteerservices/civic\\_appreciation/index\\_en.html](http://www.ottawa.ca/residents/volunteerservices/civic_appreciation/index_en.html) or available at the library. Should you have questions or concerns, please do not hesitate to contact me at 613-580-2472 or [Rainer.Bloess@ottawa.ca](mailto:Rainer.Bloess@ottawa.ca).

### Citizen of the Year Award (3 awards)

Outstanding individuals with a minimum of five years of volunteer service who have made a significant contribution.

- Citizen of the Year, Youth (25 years & younger)
- Citizen of the Year, Adult (26 to 55 years)
- Citizen of the Year, Senior (56 years & older)

### Brian Kilrea Award (1 award)

An Amateur Coach who has made an outstanding contribution to amateur sport in Ottawa and exemplifies leadership, commitment and excellence in coaching.

### Distinguished Civic Award (12 awards)

Awarded to one volunteer in each of the following categories:

- Arts and Culture — For volunteer efforts in culture, visual, performing or literary arts.
- Recreation and Sports — For volunteer efforts in the promotion, organization, sponsorship or motivation of sports, recreation, and leisure pursuits for healthy and active living.
- Education / Training — For volunteer efforts in areas such as

literacy, language, multiculturalism and community issues.

- Environment — For volunteer efforts in the protection, preservation, beautification, awareness and/or promotion of our local environment.
- Health — For volunteer efforts in promoting healthy lifestyles, personal well being, wellness and health.
- Heritage — For volunteer efforts in heritage preservation, architectural conservation, research, or interpretation of local heritage.
- Humanitarianism — For a Good Samaritan and/or a philanthropist whose humane actions assist those in need or despair.
- Rural/Agriculture — For volunteer efforts in agricultural improvements, promotion of rural lifestyles, or assistance in agricultural events and activities.
- Community Activism (4 Awards: Youth, Adult, Senior, Group) — A volunteer or group of volunteers whose actions, commitment, volunteer leadership, service and community spirit has made a difference in the lives of those in the community.

Deadline for nominations is Friday, March 27, 2009

**Kemp Construction**  
A Division of KGK Construction

- ◆ Additions and Renovations
- ◆ Custom Homes
- ◆ 28 Years Experience
- ◆ Fully Licensed and Insured
- ◆ Excellent References

**KEMP** Visit our website at [www.kkemp.ca](http://www.kkemp.ca)  
Call now! 837-3578

OTTAWA HOME WARRANTY PROGRAM  
Ottawa-Carleton Home B. Assoc. Association

## Nothing like a Canadian winter

Took a drive around Blackburn Hamlet and it is obvious that there are plenty of people in Blackburn who are enjoying the snow, rinks and winter sports. I want to apologize to the people that I photographed that day and are not in the photo gallery. Unfortunately, one of the settings on my camera got moved and the pictures did not turn out. eb



Photos by Evelyn Budd



Photo by Jean-Marc Carisse

### Royal Galipeau, MP /député Ottawa–Orléans

**Thanks!**

*Please contact me  
with any of your  
federal concerns.*

**Merci!**

*Prière de m'appeler  
pour toute question  
d'affaires fédérales*

---

**Royal Galipeau, MP / député  
OTTAWA–ORLÉANS**

255 Centrum, Orléans K1E 3W3  
613-834-1800 • galipr1@parl.gc.ca



## Heating & Air Conditioning Ltd.

Tel: 613-841-5290 Cell: 613-294-3272

*Owned and operated by Craig Dawson*

### Installations and Repairs

Gas and Oil Furnaces  
Radiant Floor Heating  
Heat Pumps  
Air Cleaners

Air conditioners  
Gas Fireplaces  
Hot Water Heaters

Gas Piping and Lines ( for appliances and BBQ's)

Boilers  
Humidifiers  
Air Quality

**FINANCING AND DEFERRED PAYMENTS AVAILABLE**

**We now accept: VISA, MASTERCARD, CASH and CHEQUES.**

*A member of the Better Business Bureau*

**BELOW ZERO HEATING & AIR CONDITIONING LTD. 613-841-5290**

54 Westpark Drive



**Shane Silva**  
BROKER



*"Anything I touch...  
...turns to **SOLD!**"*

Office: **613-837-0011**  
Direct: **613-795-1021**

**Sell your home with Shane Silva  
and get maximum exposure**

**SOLD!**

- A**dvertise to Buyers on [MLS.ca](http://MLS.ca)
- A**dvertise in Effective Print Media
- B**roadcast 24hrs/day on [RETV](http://RETV) and at [RETV.ca](http://RETV.ca)
- V**irtual Home Tours at: [www.shanesilva.com](http://www.shanesilva.com)
- R**elocation Services for Military & RCMP
- E**ffective Signage and Promotion in Mailings
- N**ational Affiliate Network of Professional Resources
- P**rofessional Photographers & Home Staging Experts

**To get a FREE, no-obligation  
Market Evaluation of your home, visit  
[shanesilva.com](http://shanesilva.com) and click on Free Evaluation!**



*Please visit my website [www.shanesilva.com](http://www.shanesilva.com)  
& Rogers Cable 260 for current listings.*

[shane@exitoreals.com](mailto:shane@exitoreals.com) • [www.shanesilva.com](http://www.shanesilva.com) • 5945 Jeanne d'Arc Blvd., Ottawa, ON K1C 2N1

Not intended to solicit properties currently listed for sale.

## Hidden Costs...

by Judith Cousins, Public Health Nurse

**Do you know** the hidden costs of that morning coffee and tasty treat from your favourite coffee shop? Those long line-ups may cost you more than just money. Have you considered the hidden fat and sugar in many of these products? Small changes in your daily routine can make a huge difference to your health!

If you typically enjoy one large double cream (30mL 18% cream), double sugar (10mL) coffee each day, you are consuming 159 calories and 6 grams of saturated fat. If you switch from double cream to double 2% milk in your coffee, within one year you would save yourself almost 17,000 calories which is equivalent to five pounds of body fat.

### Did you know?

- A standard commercial muffin is 410 calories, which is almost 20% of your daily caloric needs, and it does not provide any servings from Canada's Food Guide (based on a 2000 calories a day diet).
- An apple fritter has over 300 calories and depending upon its size, 11-23 grams of fat.
- One single donut "hole" contains between 60- 90 calories with 2 to 4.5 grams of fat.

### Changes for a healthier coffee break!

- Ask for lower fat milk. A skim milk version of the vanilla latte can save you 220 calories.
- Avoid whipped cream.
- Ask for small. Enjoy your treat in a smaller portion size.
- Eat half and save the rest for later (store the leftovers out of sight).

- Share with a friend and save 205 calories.
- Choose a low fat muffin and save 120 calories.
- Be an informed consumer. Most coffee shops have their nutrition information online.
- Limit beverages high in calories, fat and sugar. Choose water.
- Eat a fruit or vegetable with each meal and snack.
- Control portion sizes.
- Reduce television/computer time.
- Be more active.
- Accept your natural size and shape.

### Healthy living tips

- Get enough rest.
- Eat breakfast everyday; it will reduce your morning carvings.

For tips on healthy eating contact Ottawa Public Health Information at 613-580-6744 or visit [ottawa.ca/health](http://ottawa.ca/health).



Pharmacie  
**BLACKBURN**  
Pharmacy

**Lou Frangian, B.Sc. (Pharm.)**

*Serving the Blackburn Community since 1992*

### *Your Well-being is Our Priority*



**WE OFFER:**

- Personal Medication Reviews (Meds Check)
- FREE Blood Pressure Monitoring
- FREE Blood Glucose Tests
- FREE Prescription Pick-up/Delivery
- All Drug Plans Honoured
- Canes, Walkers, Etc. (Rent and Sell)
- Bilingual Service

**Hours:**  
Monday–Thursday 9 a.m.–7 p.m.  
Friday 9 a.m.–6 p.m.  
Saturday 9 a.m.–3 p.m.

**Tel: 613-830-1212**

**2559 Innes Road, Ottawa, Ontario**  
(Located between Gravelle & Southpark)  
**Fax: 613-830-3932 • [www.blackburnpharmacy.com](http://www.blackburnpharmacy.com)**

# Chocolate Easter Eggs

by Debbie Burch

AHHHH!! Christmas is over and we start a new year. It is always exciting to look at the possibilities of a new year. It is also good to anticipate recurring annual activities. As I pass New Years, my mind goes ahead to the next holiday season of Easter. Each year I anticipate the fun of

making chocolate coated peanut butter, mint or vanilla Easter Eggs sponsored by the Parish of St Mary the Virgin and, of course, eating them. Well do I remember the first time I showed up to help make them. I walked into a hubbub of activity in the kitchen of Orleans United Church. Aproned and hair netted, men,

women and children were bustling around ...measuring and mixing, kneading and shaping, dipping and cooling, and finally packaging and labelling. However could I help? As soon as I was noticed I was swept into the activity and at the end of the day some 99 dozen eggs were made and ready for sale.

Delectable, tasty, full of peanutty flavour, one person said they were "like biting into a cloud"

This year we plan to have them available for sale mid-March from members of the Community and at the Parish House (next to Mac's Milk (613-590-0677) I would also like to note that we make vanilla and mint eggs as well on a separate occasion for those who can't eat peanut butter.


If any students are looking for volunteer hours we spend 4-6 hours on three separate Saturdays making the eggs. It would be a fun way to get your hours. (and wear a hair net!!) You might even get to sample the goods!



WEEDING / LANDSCAPING  
**TREE CARE & LANDSCAPING**  
*Blackburn business since 1985*  
Tel: 613.837.4879 Fax: 613.686.1249  
Denis Courville and Gisèle Gossé

- SNOW REMOVAL (STEPS / DRIVEWAY / ROOFS)
- TREE TRIMMING / CUTTING / STUMP REMOVAL
- HEDGE TRIMMING / PLANTING / REMOVAL
- INTERLOCKING / PATIO STONES / ASPHALT
- PERENIAL GARDENS / PONDS / FOUNTAINS
- SODDING / GRADING / SEEDING
- PAVEMENTS / CLEANING

www.treecareandlandscaping.com



**General Dentistry & Orthodontics**

- Sport Guards ■ Orthodontics for Children & Adults
- Whitening & Cosmetic Dentistry ■ Crown & Bridges
- Smile Makeovers ■ Child Friendly ■ Mercury Free Fillings

Keeping your smile in style since 1990

New Patients Welcome  
Bienvenue aux nouveaux patients


Service available in Persian

**DR. DAVID DANIC DR. NOSHIN VALADI**

**2559 Innes Road, Suite 5, Blackburn Hamlet**

Free Parking  
Evening Hours

**824-6048**



**WELCOME WAGON**  
**New Neighbour,  
Business or Baby???**

Call for your free gifts  
or visit [www.welcomewagon.ca](http://www.welcomewagon.ca)  
to find out more.

Community & Business Welcome  
Programs  
Barbara Pigeon: 613-590-1958

Baby Welcome Program  
Denise Skellington: 613-824-6319

## Fashion show for the *Look Good Feel Good* program

The November fashion show in aid of the *Look Good Feel Good* program for women who have undergone treatment for cancer not only raised funds but awareness for this very worthy program. The Wholesale Outlet supplied the clothing and the models who are all survivors included many Blackburnites. Lise Butters, Linda Henderson and Denise Bond volunteered their time to help with the show. Lise co-ordinated the models and their clothing and Linda and Denise volunteered their day to help the models in and out of their outfits. Everyone had a great time and are on-board for next time.



November fashion show at Spahara in Bells Corners in aid of the *Look Good Feel Good* program for women who have undergone treatment for cancer. From l to r: Jackie Holzman, Jackie Carnegie, Janet Conn, Lise Butters, Karen Frenette and Alice McClelland

The Wholesale Outlet  
Designer Fashions  
QUALITY CLOTHING AT  
WHOLESALE PRICES.  
IT JUST MAKES SENSE!

**FRENCH DRESSING JEANS**  
NEW STOCK  
ARRIVING WEEKLY

MONDAY-SATURDAY 10-5 PM CLOSED SUNDAYS  
1877 INNES ROAD BETWEEN BLAIR & CYRILLE  
613.748.6605

"Overcoming Cancer—Music to the Ears" held on January 25th was the kick-off event of a 5-year Fundraising Campaign for the establishment of the Ottawa International Women's Health Research Centre. Moreover, the event honoured Jacquelin Holzman, a champion for cancer research and women's health. The major challenges encountered in gynaecologic cancer therapy, such as those in ovarian cancer, are often associated with late diagnosis or development of drug resistance. Fundraising provides the much needed funding for building state-of-the-art research laboratories dedicated to the development of early diagnostic techniques for these cancers as well as novel approaches in the treatment of chemo-resistant cancer.

## 88 Unisex Hair & Nails

2666A Innes Rd. (beside Bank of Montreal)

Specializing in:

- \* Hair Cuts & Styles
- \* Coloring
- \* Perming
- \* Foil Highlight
- \* Wedding Up Do's
- \* Manicure & Pedicure Spa
- \* Airbrush Designs
- \* Gel Nail
- \* Porcelain
- \* Acrylic

FRIENDLY STAFF – REASONABLE PRICES – CUSTOMER SATISFACTION

**Tel. 834-8916** By appointment and walk-in



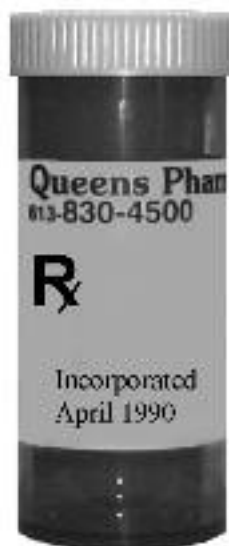
# The

*Are you*

We encourage you to speak to one of our pharmacy team members or to your pharmacist about ways to save on your prescriptions.

- Savings to your drug plan (insurance)
- Savings to you

You owe it to your drug plan and to yourself. For example, consider maintenance days' supply, generic alternatives when applicable, and other ways to save. We promise to take the time to explain everything you need to know, so that you can start saving now.



# Queens

**Open 7 days a week**

**Mon. to Fri. 9 AM - 8 PM**

**Sat. & Sun. 9 AM - 5 PM**

**Most Holidays 9 AM - 5 PM**

# Economy



*concerned?*

Each of our Pharmacists has more than 20 years' Canadian pharmacy experience, to help you with your health care needs.

- Isobel Walker, B.Sc. (Pharm.) University of Manitoba
- Martha Budgell, B.Sc. (Pharm.) University of Toronto
- Med Hanna, B.Sc. (Pharm.) University of British Columbia
- Iman, Pharmacy Technician, CDI College, Ottawa, ON
- Joanne, Pharmacy Technician, CDI College, Ottawa, ON

**We promise You *Care* and Savings\$**

# Pharmacy Ltd.

**(613) 830-4500**

110 Bearbrook Rd.  
Ottawa, Ontario K1B 5R2  
(Innes at Bearbrook)  
Blackburn Hamlet

## Toastmasters — becoming better communicators

**Who?** In October 1924, a group of men assembled by Dr. Ralph C. Smedley met in the basement of the YMCA in Santa Ana, California forming a club “to afford practice and training in the art of public speaking and in presiding over meetings, and to promote sociability and good fellowship among its members.” The group took the name “Toastmasters.”

**What?** Today, Toastmasters International is a non-profit organization that gives its members the opportunity to develop and improve their public speaking abilities through local club meetings, training seminars and speech contests. Toastmasters International includes more than 199,000 members in more than 9,300 clubs in more than 70 countries.

**Why?** Experienced professionals and beginning speakers alike can benefit from a practical, face-to-face learning program. Whether you’re speaking to the board of directors, your customers, your co-workers or your kids, Toastmasters can help you do it better. You’ll learn and practice in a friendly, comfortable environment with people who are there for the same reason you are—to become better communicators.

**How?** At Toastmasters, members learn by speaking to groups and working with others in a supportive environment. Each meeting gives everyone an opportunity to practice conducting meetings, giving impromptu speeches, presenting prepared speeches, and offering constructive evaluation.

**Where?** CMHC Toastmasters SCHL is the closest daytime meeting to Blackburn Hamlet and is made up of about 20 people who meet every second week for about an hour at noon on Tuesdays. There are no meetings in July or August. Meetings are held at CMHC-SCHL, 700 Montreal Road, Building C, Room C1-101. The CMHC club contact is Barbara-Ann Touzel at 613-748-4813.

The Orleans Raconteurs, the closest evening group meets Tuesdays at the Ottawa Police Station in Orleans, 3343 St. Joseph Blvd. (at Tenth Line), Room 201. The contact for this club is Nana Acquaaah at 613-841-6461

**more?** Visit the District website at [www.toastmastersdistrict61.org](http://www.toastmastersdistrict61.org) for more about Toastmasters in the area.

“Downsizing? Call me today to find out how I can help make your transition a positive experience.”



service bilingue

www.lbhometeam.com

Lysanne Brault, BROKER  
Direct: 613.794.8890

107-250 Centrum Blvd,  
Ottawa, ON K1E 3J1  
613.830.3350

Call for Market Evaluation of your home -  
“Power of Experience & Trusted Service!”

PERFORMANCE REALTY  
BROKERAGE INDEPENDENTLY OWNED AND OPERATED



## Art Shows and Sales that include Blackburn Artists

The name, *Kamouraska*, evokes desperate beauty, romance and history. The Kamouraska Show is the result of a *plein-air* painting trip where six area artists captured on canvas their enchantment with this small, ancestral town on the south shore of the St. Laurence, east of Quebec City. The show opens on January 30th and runs until February 17 with the *vernissage* (meet the artists) from 1-4 pm on Sunday, February 1st at the Gallery Old Chelsea, 10 Chemin Scott, QC, 819-827-4945 from 11am-5pm. Closed Mondays. Participating artists are Linda Bordage, Leslie Dorofi, Bill Hulme, Maria Mask, Helene Martin, and Sharon McKenna, a Blackburn resident.

Gallery de la Rive Art Show will include Sharon McKenna. Located at Jardins Belle Rive, 2950 Laurier St., Rockland. Daily 10am-8pm; 613-488-2002; [www.galeriedelarive.ca](http://www.galeriedelarive.ca).

An annual event in the local art community is the **Orleans Studio Tour** that will be held June 20-21st from 10am-4pm. Six Blackburn residents will be featured in four locations in Blackburn. ([www.orleansstudiotour.org](http://www.orleansstudiotour.org))

Sharon McKenna, oil, 613-830-7800, [pres@ottawaartassoc.ca](mailto:pres@ottawaartassoc.ca) and William D. Hulme, acrylic, oil, 9 Diceman Cr. [www.ottawaartassoc.ca](http://www.ottawaartassoc.ca)

Beata Jakubek, watercolor, acrylic mixed media, 613-837-8060; [beata.jakubek@yahoo.ca](mailto:beata.jakubek@yahoo.ca); [beata.jakubek.net](http://beata.jakubek.net) and Zygmunt Jakubek, photography, [zygmunt@jakubek.net](mailto:zygmunt@jakubek.net), <http://photo.jakubek.net>, 2428 Cleroux Crescent.

Edna Lemyre, sculpture, papier maché, 613-824-4579, [clemednalemyre@rogers.com](mailto:clemednalemyre@rogers.com), 28 Bearbrook Road.

Joyce Buckley, oil, 613-824-3425, [buckleyj@sympatico.ca](mailto:buckleyj@sympatico.ca), 12 Silver Aspen.

### Arts Ottawa East – [www.artsoe.ca](http://www.artsoe.ca)

Arts Ottawa East is a dynamic not-for-profit organization that works with the community to develop partnerships, audiences, information, and visibility for the arts. It supports Ottawa artists and arts organizations through programs, resources and services. Arts Ottawa East believes that the arts are an essential element of community life.

**T**he most common words heard in a chiropractic clinic:

“I thought it would go away.”

**613-837-6690**

**Blackburn Hamlet Chiropractic Office**  
Suite 201, 110 Bearbrook Road  
Chiropractor: *Denis Cyr M.Sc., D.C.*

In a recent study by Publishers Weekly Magazine, "...75% of the 300 booksellers surveyed (half from independents and half from chains) said that, of all the elements of the book itself, the look and design of the cover was the most important."



Evelyn Budd R.G.D.  
Book Cover Lady

R.G.D. PROFESSIONAL

R.G.D. ONTARIO

**buddpublishing**  
Division of Budd Graphics Inc  
T: 613-824-9707 | E: [ev@buddpublishing.com](mailto:ev@buddpublishing.com)  
[www.buddpublishing.com](http://www.buddpublishing.com)

## Looking out for your children's health

### Keep your cars and homes smoke-free

by Krista Oswald, Project Officer, Tobacco Control Program

Effective January 21st, 2009 an amendment to the Smoke-Free Ontario Act that bans smoking in motor vehicles where children are present, will come into force. This legislation will protect children under the age of 16 from second-hand smoke in motor vehicles. The law will apply to both moving and stationary vehicles and will apply to all motor vehicles, regardless of whether any window, sunroof, rooftop or door is open.

Smoking and exposure to second-hand smoke is dangerous to one's health and to the health those around you. Second-hand smoke, can be side stream smoke (from a smouldering cigarette, cigar or pipe) and mainstream smoke (exhaled by the smoker). It contains over 4,000 chemicals, 50 of which are known as cancer-causing agents. Second-hand smoke such as that within motor vehicles can be up to 27 times more concentrated than in a smoker's home.

Children are especially vulnerable to second-hand smoke because their lungs are still growing and developing.

Children breathe more quickly and take in more harmful chemicals for their size than adults do. They have less developed immune systems to protect themselves from tobacco smoke and are less able to remove themselves from smoky environments. Second-hand smoke is known to cause sudden infant death syndrome, bronchitis, pneumonia and other lower respiratory tract infections, exacerbation of asthma and middle ear infections.

For those who smoke but want to quit, information about smoking cessation programs is available from Ottawa Public Health at 613-580-6744/[www.ottawa.ca/health](http://www.ottawa.ca/health) or contact the Canadian Cancer Society's Smokers' Helpline at 1-877-513-5333/ [www.smokershelpline.ca](http://www.smokershelpline.ca).

For more information about The Smoke-Free Ontario Amendment Act 2008, the health effects of second-hand smoke, and tips on how to make your home and car smoke free, please visit these sites:

- [www.ottawa.ca/health](http://www.ottawa.ca/health)
- [www.Smoke-free.ca](http://www.Smoke-free.ca)
- [www.ontario.ca/smokefree](http://www.ontario.ca/smokefree)

# Chocolate Making Demonstration



Saturday, February 28 1:00-3:30pm  
Blackburn Hamlet Community Centre

Learn how to make delicious chocolates, then sample them!

Tea, sandwiches and chocolates provided

(No charge)

Find out what the Bible has to say about chocolate...



"Inviting others into the fellowship of God's love made known in Jesus"

Worship with us Sundays at 9:30 am

2472 Autumn Hill Crescent

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

# Ottawa-Carleton School Board sets up Review

by Kathryn McFarland, ARC member for Emily Carr

The Ottawa-Carleton School Board has set up the Accommodation Review Committee (ARC) composed of parents and community members to study and make a recommendation to them by June 2009 with respect to possible closure or restructuring of the following schools:

- Emily Carr Middle School •Henry Munro Middle School
- York Street Public School •Queen Elizabeth Public School
- Gloucester High School •Colonel By High School
- Rideau High School

Each school has two representatives on the ARC with voting privileges and there are members from surrounding community associations. The Blackburn Hamlet Community Association has representation on the ARC as well as the Community Associations from Overbrook, Rothwell Heights and Beacon Hill.

The Board has prepared a mandate of scheduled meetings and obligations to evaluate these schools with respect to the following frameworks: the value to the student, the value to the community, the value to the local economy and to the school board. The committee will then make a proposal which may not include closure, but possible restructuring, e.g., moving Emily Carr students to Henry Munro or creating a grade 7 to 12 Gloucester High School. Potentially students may also be re-zoned to Cairine Wilson if Gloucester High School is closed.

There will be a public forum meeting in Spring 2009, time and venue to be announced later. The ARC will then make a recommendation to the board by the summer of 2009. The Board meets with its own staff and makes its final decision in December 2009 for implementation in the school year of September 2010.

Meetings began in October 2008 and they will rotate venues to involve all schools. The next meeting is at York St Public School January 27th from 6:30 to 9pm, followed by February 3rd 6:30 to 9pm at Colonel By High School where the Board will make their suggestions as to possible restructuring/closures.

The Public is invited to all meetings to observe and participation will involve a 10-minute opportunity to

address the ARC at the end of the meeting. However interested speakers need to email their request to the Board in order to be put on the list for each meeting. Minutes will be made available on the Board website and parents are encouraged to email their comments, which will be shared with the ARC members in print at each meeting.

To find out more, go to the Board website: [www.ocdsb.ca](http://www.ocdsb.ca) click on "Parents corner", then "Student accommodation studies", and finally "Beacon Hill – Ottawa East Secondary Accommodation Study". Emily Carr's Trustee is David Moen and his email can be found on the board website as well. Please stay informed and involved in this very important school issue for Blackburn Hamlet.

**Share an experience  
with great wine and great times**

*Special Offer!*  
For limited time **10% OFF**

*Selection* ESTATE SERIES & *Selection* SPÉCIALE SERIES

Our 100% satisfaction guarantee ensures you enjoy a great winemaking experience every time

**HOP 'N VINE**  
BRINGING HOME THE ART OF MAKING WINE SINCE 1988

5360 Canotek Rd. (Montreal Rd & Shefford)  
613.748.1374

wineDirect

## Angels need help too

The Silent Angels Home Awareness Campaign has just been formed to address a need that can be found in our community.

The mission of the Silent Angels Home is to provide lifetime care to over eighteen medically fragile adults requiring 24/7 attendant care in a safe, stimulating, loving and respectful community or family environment.

The home's directors, families and friends believe that all life holds value and that each individual is entitled to respect and dignity and the provision of necessities for life. It will ensure to the best of its ability the optimal mental, physical and spiritual functioning of the clients by providing care in a cooperative atmosphere by striving to involve all families of clients in setting guidelines, care plans and striving for open communication.

You can help by simply visiting the website at [www.SilentAngelsHome.ca](http://www.SilentAngelsHome.ca) and signing up as a supporter or pledging a contribution now or in the future. For telephone information you may call Kathy at 613-837-9269.....and thanks!

## Preschool Registration

It may seem a long way off right now, but before you know it September will be here and in the meantime you will likely be considering various programs available for the young child in your family. For those interested in a local preschool program, you may wish to consider the options available at Blackburn Hamlet Preschool. This cooperative facility offers three different programs, including the Toddler program (playing and socializing), the Preschool program (learning and playing), and a new Four-Year-Old program (enhanced learning and development either on its own or as a complement to public school junior kindergarten).

The benefits of a cooperative preschool are many including the opportunity to be involved directly in your child's learning experience; to meet other parents; excellent teacher-child ratio; and schedule flexibility with both morning and afternoon programs available 2 and 3 days a week. Registration for Blackburn Hamlet Preschool will take place in mid-March. An Open House will also be offered for interested families. For more information call 824-3251.

**25 YEARS IN BLACKBURN HAMLET!**

### JAN'S WORKOUT

Quality Aerobics

Strength Training • Yoga Programs

Pilates • Seated Fitness

All classes held at the  
Blackburn Community Hall

Registration is ongoing

*Bring your friends and neighbours  
for a fun workout.*



For information, contact Jan Quinn 613-590-9995  
[www.jansworkout.ca](http://www.jansworkout.ca)



## Kemp Roofing

*A Division of KGK Construction*

**Working on  
Blackburn roofs  
since 1983**

**CALL  
837-3578**

- Quality Workmanship
- Free Estimates
- Competitive prices
- Written Guarantee
- Fully Insured

# Things that go “bump” in the night...

Sometimes at the end of a long day, bedtime for the little ones seems like a refreshing break for tired parents, but do your toddlers or preschoolers ever have night-waking incidents that are startling or unexpected? Deborah Lin-Dyken, a pediatric sleep disorders expert, comments that common causes of night-waking in previously good sleepers can include illness, separation anxiety or a looming developmental leap.

But, sometimes young children awaken in the night because they may be having bad dreams. As children’s imaginations develop their sleep may be affected. If a child has woken from a nightmare, experts generally recommend going into the room to reassure the child. A few quiet moments together seem to help the children return to sleep. It should be noted that sometimes nightmares aren’t about anything really definitive, just scary feelings, and so may be hard for a child to discuss.

Another possible sleep disruption is night terrors, which are similar to sleepwalking but are much more dramatic. Children from age two to six are most prone to night terrors, where the child is only partially awake, and can’t respond to speech, touch or reassurance. Kids who have night terrors won’t remember them in the morning — but their parents certainly will. Dr. Mickey Lester, a pediatrician from Mississauga, Ontario says: “Some children [around this age] will have night terrors — episodes of partial waking that are characterized by extreme

panic, agitation and screaming. For parents, a night terror is about four steps above a nightmare.” As hard as it is, experts tend to recommend that the best way to get through a night terror is to ensure your child’s safety, but avoid touching and talking as these tactics can prolong the event.

Here are some other quick tips on how to help your preschooler get a good night’s sleep:

- Adopt a simple, regular bedtime

ritual. This may include a bath, light snack, music and/or stories. Stick to the same order of activities each night.


- Make sure your kids have interesting and varied activities during the day, including physical activity and fresh air.
- Keep to a regular daily routine, including a standard bedtime.
- Make the bedroom a sleep-only zone, with most toys and games removed.

Sweet dreams!

# Bootcamp

## in Blackburn Hamlet at Jan's Workout

*Enjoy variety, speed and drills  
with segments of cardiovascular  
and strength training.  
YOU decide the intensity of  
your workout.  
Equipment will be used.  
A mat is essential!*




**Where?** At the Community Center  
190 Glen Park Drive

**When?** Mondays at 5:45 p.m.  
starting February 2nd, 2009

**How Much?** \$74.25 for 11 weeks  
*(Registration is ongoing)*

For more information, call  
Jan Quinn at 613-590-9995  
or email [jan@jansworkout.ca](mailto:jan@jansworkout.ca)



# Blackburn Library Programs

Let us begin by wishing everyone a Happy and Healthy, New Year!

We remain thankful to all our patrons who have been bringing in some wonderful donations! We encourage patrons to bring in donations during regular hours and **not** to put them in our dropbox when we are closed. Our dropbox should be used solely for the return of Ottawa Public Library material. We continue to accept books, so long as they are in great condition, typically not older than 5 years (no textbooks please) and not in huge quantities (2-3 boxes max). All eligible donations go on our sale shelf and funds go to buying new books.

Please note, we've moved our photocopier around the corner of the Info Desk, near our tables and chairs. We hope patrons will be pleased with the closer access to our newspapers and magazines. If you require any help please ask Info Desk staff.

We continue to receive bestsellers in "Express Reads" form. The loan period is 1 week, with 1 renewal, and \$2.00 overdue fee. We've got some great titles so we encourage you to take a look!

A new year brings new Book Chat titles... among January to April's selections are "Memoirs of a Geisha" and "Drowning Ruth" Come into the branch for a complete list!

We apologize for Homework Club's absence. Due to the OC Transpo Bus strike our volunteer has been unable to get to the branch. We hope for a quick resolution shortly!

Please note that we now offer French language homework help

## CHILDREN'S PROGRAMS

### Storytime

Stories and rhymes for young children – parents and caregivers are welcome to join. Ages 3-6. Tuesdays, January 13 - February 24th 10:30 a.m.\* (30 min.)

### Babytime

Stories, rhymes and songs for babies 0-18 months and their parent or caregiver. Thursday, January 15<sup>th</sup> - February 26<sup>th</sup>, 10:15 a.m. (30 min.) \*

### Toddler time

Stories, rhymes and songs for toddlers and a parent or caregiver. Ages 18-35 months. Thursday, January 15<sup>th</sup>-February 26<sup>th</sup> 10:15 a.m. (30 min.) \*

### Contes en famille

Vendredis les 16 janvier, 13 février et le 6 mars, 10 :15am (40 mins)\*

*\*please register/veuillez vous inscrire\**

SOLO BALLROOM DANCE CLASSES	
Have you always wanted to ballroom dance but don't have a partner? Then this is the class for you!	Date: Saturday March 7-April 4, 2009
Learn the basics of: Cha Cha/Jive/Salsa/Swing/Rumba	Cost: \$40.00 for 5 weeks
Each week a new dance style will be incorporated into an exciting solo dance routine.	Time: 2:30-3:30 p.m.
It's great fun and great exercise!	Where: Blackburn Community Hall (BCH)
	Trial Class and registration February 21 <sup>st</sup> 2:30-3:30 at BCH (Cost: \$5.00 at the door)
	For information, contact Cathy Coven at: <a href="mailto:c.c.coven@rogers.com">c.c.coven@rogers.com</a>
Ballroom dancing for couples may be offered upon request.	

		
Cecilia Perdigao B.A., LL.B. <a href="mailto:cperdigao@lapierrelaw.ca">cperdigao@lapierrelaw.ca</a>	Real Estate • Wills & Estates Corporate Law • Family Law	Michelle La Pierre B.A., LL.B. <a href="mailto:michelle@lapierrelaw.ca">michelle@lapierrelaw.ca</a>
<a href="http://www.lapierrelaw.ca">www.lapierrelaw.ca</a>		
T (613) 830-1112    2663 Innes Road, Ottawa, ON K1B 3J7    F (613) 830-7998		

La meilleure façon de se faire un ami, c'est d'en être un.

# A Few Good Friends for the Library

by Lori Nash

The Friends of the Ottawa Public Library Association (FOPLA) is looking for a few good friends in the Blackburn Hamlet area – are you?

Join us as we prepare to open a new self-serve book shelf in the Blackburn Hamlet branch of the Ottawa Public Library and meet other book lovers who live in your very own community.

The work is not difficult, just a few hours a week spent sorting and preparing books for sale, and the rewards are grand.

As an FOPLA volunteer not only will you be meeting friends but you will also be supporting your library system by working to raise funds for the direct support of the Ottawa Public Library and the Blackburn branch.

You will also enjoy the additional benefits of volunteering with FOPLA, such as:

- The ability to give back to your own community
- The knowledge that you are affecting and contributing to the success of both FOPLA and, more importantly, the library
- Workplace experience

- Copy of the FOPLA quarterly newsletter
- Copy of FOPLA's Annual Report
- Qualifying to receive awards and certificates from FOPLA
- Qualifying for volunteer recognition by FOPLA and outside organizations
- Volunteering hours leads to free FOPLA Membership

As a member of FOPLA your benefits include :

- Voting rights at the FOPLA Annual General Meeting
- Voting rights at the Cumberland-Orleans Local Committee meetings
- Entitlement to sit on the FOPLA Board of Directors
- Access to Friends of USA Libraries membership benefits
- Access to Friends of Canadian Libraries Association membership benefits

- Access to Volunteer Ottawa membership benefits
- Being part of Canada's largest and most successful library Friends group

We're ready to get started – are you?

Join the winning circle. The Friends of the Library have won three prestigious awards last year for community service and voluntarism: *The June Callwood Award for Outstanding Achievement in Voluntarism in Ontario.*, *The Friends of Canadian Libraries Award for Advocacy*, and *The Friends of USA Award for Community Service and Advocacy.*

If you are ready to help please call Ruth Torok at 613-824-2986 or Lori Nash at 613-824-5385. You can also e-mail Lori at [lori.nash@rogers.com](mailto:lori.nash@rogers.com) for an application.

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

The best way to make a friend, is to be one.

A leading exercise camp  
Perfect for the busy lifestyle  
Refreshing atmosphere  
Lose inches, pounds & get stronger  
State of the art indoor facility

**ORLEANS ADVENTURE BOOT CAMP FOR WOMEN**

Go beyond ordinary fitness routines!  
Register Now!

A People's Choice Award-Winning Camp!  
Call today:

(613) 749-CAMP (2267)  
[www.OrleansBootCamp.com](http://www.OrleansBootCamp.com)

As seen on:  
A-Channel & Rogers Television

## Coming Events

### Chapel Hill Winter Fun Day

The Chapel Hill South Community Association is planning the second annual "Winter Classic" outdoor fun day at Blue Willow Park on February 14.

Enbridge will be providing BBQ services and Wyatt McWilliams will be coming with his horses and wagon. We are putting out the call for volunteers and contributors who will make the event a success. This includes teenagers who need to build up volunteer hours as part of their school responsibilities. We are also looking for those who are interested in contributing a pot of chili for our chili contest.

### Gloucester Allotment Gardens Association

GARDENERS—The Gloucester Allotment Gardens Association will hold its Annual General meeting and registration on Tuesday, March 10 in the cafeteria of the Louis Riel High School at 1655 Bearbrook Road. The meeting will begin at 7:30pm.

Attend the early bird registration and receive a \$5:00 reduction off a full size plot and \$3.00 off a half plot.

For more information please call the Registrar at 613-824-8479 or visit the website at <http://gaga.ncf.ca>

### Pre-registration for Scout Group

The 1st Blackburn Scout Group Pre-registration night will be held on Monday, May 11 at Emily Carr Middle School. All welcome. E-mail [1stblackburnscoutgroup@live.com](mailto:1stblackburnscoutgroup@live.com) for more info.

### High School Volunteer Hours

Every high school student has heard the dreaded, "Have you done your volunteer hours yet?" Some kids seem to get them done easily while others struggle to find the time and enthusiasm.

St Mary the Virgin Anglican Church needs someone (or two) to help out in the nursery. Each Sunday from 10-12 a.m. volunteers are needed to look after the 2-4 year olds (1-3 kids a week). Also looking for three or four people to help wait on tables at the Annual Dinner Auction on April 18th at Louis Riel High School and would involve about four hours. It would look good on a resumé. Please leave a message for Debbie at the Parish House (next to Mac's Milk), 613-590-3677 or e-mailing [stmarys@rogers.com](mailto:stmarys@rogers.com).

Also check out opportunities at the Blackburn Fun Fair. Information on volunteering is available by contacting Jenn Cloutier at 613-841-9848 or by emailing [jacc@rogers.com](mailto:jacc@rogers.com).

## Pure Brew



Complete range of  
wine and beer making  
products

MAKE IT ON SITE

FAITES LE CHEZ NOUS

Gamme complète de produits de  
vinification et de brassage

Owned and Operated by Residents of Blackburn Hamlet

2208 St. Joseph Blvd, Orléans

E-mail: [purebrew@marketbridge.ca](mailto:purebrew@marketbridge.ca) Call 841-8370

## BLACKBURN LODGE

*Where quality retirement living is still affordable!*



**Full Service  
Private Suites  
from \$1427**

- ✓ Full retirement home service package and still surprisingly well priced
- ✓ Permanent and temporary stays in apartments, large and small suites
- ✓ Owner on-site
- ✓ Terrific staff!

**2412 Cleroux Crescent (near Innes)**

**Call 837-7467**

# Blackburn Hamlet 50+ Group — Mark your Calendars!

## PUB NIGHT

The Blackburn Hamlet Fifty Plus Group meets the fourth Sunday of every month, 6 p.m. at the Barley Mow Pub on Tenth Line Road (on the west side of Tenth Line, just south of Innes Road). **RSVP** to Valerie Goodwin at 613-746-9714 if you wish to attend or require further information.

## CARDS/GAMES NIGHT

Held on the following Thursdays, 7:30 p.m. at the Blackburn Community Centre. Bring your own munchies and soft drinks. We have helpers available for those who are interested in learning new card games or other table games. Please feel free to bring a game you think the group might enjoy. **Join us on the following dates:** January 29; February 26; March 26; April 23; May 21

## Next Meeting of the Working Group

Everyone is welcome on February 11th at noon at the Barley Mow Pub on Tenth Line. **Note:** This is a change of time and place for February only. March time and place to be decided at the February meeting. In April, May and June, we will be back to our regular time of 2 p.m. at the Community Hall on the Third Wednesday of the month.

For more information or if you require a ride, please call Sarah Cloutier at 613-841-4114.

"No sense being pessimistic. Wouldn't work anyway."

Bumper sticker

## Bunning & Farnand

*Barristers and Solicitors*

**Located in Blackburn Hamlet since 1982**

- ▲ Real Estate
- ▲ Wills and Estates
- ▲ Separation and Divorce
- ▲ Personal Injury
- ▲ Business Law

**824-0000**

Alexander Mall, 110 Bearbrook Road # 204 (at Innes)

## Dr. Bruce Harfield

FAMILY DENTISTRY

IN

BLACKBURN HAMLET

SINCE 1983

**824-3478**

## INSTANT \$\$\$\$\$\$ REFUND

Personal & Small Business

Tax Return Preparation

### Speedy Tax Services

207 Glen Park Drive, Blackburn Hamlet

Next to TD Canada Trust

Individual Personal Tax Return

and EFILE **\$39.00** per return

Small Business Tax Return

From **\$59.00** per return

If eligible you can have your refund on the spot

Taxi-cab operators are also welcome

For more information please call

**(613) 841-1683**

## Blackburn Barber Shop



**Open 6 days a week**

**Mon-Fri. 9 am to 7 pm**

**Saturday 8 am to 6pm**

**By appointment**

**Accept walk-in**



**George Abboud**

**2642 INNES ROAD (BESIDE SHOPPERS DRUG MART)  
BLACKBURN SHOPPES ☎ CALL 830-9584**

TEXTILE DECOR: Full decorating service, custom bed and window covering. Blinds and upholstery. Assist with your renovations. Call Cynthia Hoisak in Blackburn Hamlet at 613-830-5706 or 613-837-7798. 3/5

Classified ad/per issue: 20 words or less \$10; 25¢ for each additional word. Cheque made out to BCA and delivered by Banar deadline date (pg 4) to: Banar, 5729 Kemplene Court, Ottawa K1W 1B8.

Classified Ads



**Paul's Painting**  
Interior & Exterior  
Quality Work  
Honest Reliable Service

**Paul Patenaude**  
10-2996 Orient Park

**Phone: 841-7087**  
Serving Blackburn since 1994



**MacDONALD**  
Equipment

**INTERLOCK ♦ HEDGE CARE**  
**EXCAVATION ♦ SNOW REMOVAL ♦ TOP SOIL**

**Jeff MacDonald**  
www.macdonaldequipment.ca

Tel: 613-841-1037  
Cell: 613-795-9207



**Security Systems and Monitoring**

*Ken Nelson – serving Blackburn since 1993*

**For more information call 841-7265**



*Serving Your Community Since 1994*

Grass Cutting | Aeration | Lawn Care  
Dethatching | Grub Control | Pruning  
Fall Eavestrough Cleaning | Snowblowing

Licensed by the Ministry of Environment

**Call Scott Yates for your free estimate**  
**Tel: 613-835-3581**  
**www.GreenAcresOttawa.com**

Better Business Bureau



## Community Contacts

Blackburn Arena ..... 613-824-5197  
Blackburn Library ..... 613-824-6926  
Blackburn Art Group ..... 613-745-6193  
Blackburn Chorus ..... 613-744-6807  
Blackburn Community Hall ..... 613-841-7396  
Bookings ..... 613-830-8644  
Blackburn Duplicate Bridge ..... 613-824-9593  
Blackburn Hamlet Preschool ..... 613-824-3251  
Blackburn Guides/Brownies ..... 613-523-4003  
Blackburn Scouting Group ..... 613-841-3033  
Child Care Drop-In ..... 613-742-5500  
Child Care No School Days ..... 613-580-2400  
Conseil de Gestion ..... 613-837-3941  
Fifty Plus Group ..... 613-841-4114  
Jeannettes ..... 613-824-9972  
Les Guides ..... 613-837-1839  
Le Club Optimiste ..... 613-837-4645  
Les Chansonniers ..... 613-837-3883  
Neighbourhood Watch ..... 613-236-1222 ext 5054  
Quilting Groups ..... 841-6084  
J. Maxwell ..... 613-824-6524  
Joanne Bushel ..... 613-841-5610  
Louise Bertrand ..... 613-841-5610  
Bob & Pauline Giroux, 11-2336 Orient Park

Sports

Badminton ..... Dale Bembem ..... blackburnbc@yahoo.com  
Fastball (Mens) ..... Steve Bovey ..... 613-824-1435  
Football ..... Ray Hartley ..... 613-769-0458  
Hockey (Girls) ..... Charles Chamberlain ..... 613-745-9927  
Hockey (Mens) ..... Roy Van Koughnett ..... 613-824-3921  
Little League Baseball ..... Gerry Ferguson ..... 613-745-9303  
Ringette (Ladies) ..... Jane Ross ..... 613-837-1504  
Softball (Ladies) ..... Leanne Hunter ..... 613-830-3808  
Tennis ..... Nabil Oudeh ..... 613-590-7922

Life threatening emergency or crime in progress ..... 911  
Police emergencies but not life threatening ..... 613-230-6211  
Crimestoppers ..... 613-233-8477  
City of Ottawa ..... 311

**GUY TV REPAIRS**

**TV - VCR - MICROWAVE OVENS**

*Home Service Available*

**2384 Page Road**

**Guy Doré CALL: 837-3843**




(613) 841-6715  
Prop.: Jeff Bussière  
Stéphane Crête

**J & S SERVICE STATION**  
Licensed Mechanic, Tune-Up & Repairs  
Tires, Batteries & Accessories

**2506 Innes Road • 613-841-6715**



# Blackburn and Area Community Event Calendar

Sponsored by the Anglican Parish of St. Mary the Virgin

Check out  
St. Mary's!

*Easter is Coming!*

*St. Mary's Chocolate  
Peanut Butter Eggs and  
Mint or Vanilla Cream Drops  
will be available mid-March  
at St. Mary's Parish House.  
Order them now so you don't  
miss out!*

613-745-0289

Parish House Drop-In

2672 Innes Road, beside Mac's  
Tuesday – Friday 9:30 am – noon

Contact

613.590.0677  
stmarys@rogers.com  
www.stmarysblackburn.ca

Programs

- Sunday School Program
- Computer, Cell Phone and Ink Cartridge Recycling
- Bible Study, 10 am Thursdays
- Knitting and Craft Club, 7:30 pm, 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays
- Drop-in Christian Resources and Discussion

Worship Services

Sunday

8:30 am... Navan Road Church  
2750 Navan Rd  
10 am.....Louis Riel High School  
1655 Bearbrook Rd.

Mid-Week

1<sup>st</sup> Tues. at 2 pm, Blackburn Lodge  
2<sup>nd</sup> Tues. at 2 pm, AMICA

## February

Thursdays, 10 am	Morning Bible Study, St. Mary's Parish House. All welcome
Jan. 30–Feb. 17	Kamouraska Art Show (See page 17)
Sun. 1, 2–3 pm	Burns Bash—Come celebrate the 255 <sup>th</sup> birthday of Robbie Burns (see ad below)
Tues. 3, 6, 30–9 pm	Schools Accommodation Review Committee, Colonel By High School (See page 18)
Tues. 10 & 24, 7:30	Knit & Craft Night at St. Mary's Parish House. All welcome
Wed. 11, 12 noon	Blackburn Hamlet 50+ Group, Working Group meeting, the Barley Mow Pub (See page 25)
Sat. 14	Chapel Hill Winter Fun Day, Blue Willow Park (See page 24)
Thurs. 19	Blackburn Community Association Annual General Meeting (See page 3)
Sun. 22, 6 pm	Blackburn Hamlet 50+ Group Pub Night, the Barley Mow Pub (See page 25)
Wed. 25	Ash Wednesday, the beginning of Lent for Christians. See <a href="http://www.stmarysblackburn.ca">www.stmarysblackburn.ca</a>
Thurs. 26	Blackburn Hamlet 50+ Group Cards and Games Night (See page 25)

## March

Thursdays, 10 am	Morning Bible Study, St. Mary's Parish House. All welcome
Sun. 1	Galerie de la Rive Art Show opens (See page 17)
Fri. 6	World Day of Prayer
Sun. 8, 2 pm	Robin Averill's Irish Concert (See ad below)
Tues. 10 & 24, 7:30	Knit & Craft Night at St. Mary's Parish House. All welcome
Tues. 10, 7:30 pm	Gloucester Allotment Gardens Association AGM & registration, Louis Riel H.S. (See page 24)
Mid-March	Blackburn Hamlet Preschool Registration (see page 20)
Thurs. 12, 7 pm	Seniors at Risk: Presentation by Ottawa Public Health, St. Mary's Parish House
Thurs. 26	Blackburn Hamlet 50+ Group Cards and Games Night (See page 25)
Sun. 29, 6 pm	Blackburn Hamlet 50+ Group Pub Night, the Barley Mow Pub (See page 25)

## Upcoming

2 <sup>nd</sup> & 4 <sup>th</sup> Tuesdays	Knit & Craft Night at St. Mary's Parish House, 7:30 pm
4 <sup>th</sup> Sundays	Blackburn Hamlet 50+ Group Pub Night at the Barley Mow, 10 <sup>th</sup> Line & Innes Rd, 6 pm
April 10	Good Friday observance for Christians. See <a href="http://www.stmarysblackburn.ca">www.stmarysblackburn.ca</a> for details
April 11	The Great Vigil of Easter
April 12	Easter Sunday
April 18	St. Mary's Annual Silent Auction and Dinner. Watch the website for details.



### St. Mary's Concert Series Continues

St. Mary the Virgin Anglican Church (2750 Navan Rd)



February 1, 2–3 pm: Blackburn Hamlet's **Garth Hampson** celebrates the 250<sup>th</sup> birthday of Robbie Burns. Accompanied by **Sandra Vandenberg**, Garth will present familiar songs by Burns. We will also see Scottish Dance demonstrated by **Chelsea Hampson**.

March 8, 2 pm: Saint Patrick's Day and **Robin Averill** are synonymous. Before coming to Canada from Ireland, Robin Averill established himself as a top class entertainer and vocalist with Ireland's popular show bands. CDs will be available for sale at the concert. A free will offering will be gratefully accepted.

# Cloutier & Miller

## Real Estate Services

Our committed involvement in Blackburn Hamlet affairs gives us the knowledge to help YOU in the sale of your home.

**Sarah Cloutier  
& Jeff Miller**

Sales Representatives

Specializing in Satisfied Clients!

**Cloutier & Miller sold more homes in Blackburn Hamlet since 2005 than any other Real Estate Professional or Team.\***

**Thanks for making us #1.**

**Bilingual** real estate services for more than 25 years

**Expert** negotiating skills

**Effective** promotional tools

**Dedicated, knowledgeable** support team

**National & Global** network of industry contacts

\* According to MLS statistics for ALL sales

[www.blackburnhamlethomes.ca](http://www.blackburnhamlethomes.ca) [www.blackburnhamletliving.com](http://www.blackburnhamletliving.com)

**RE/MAX®**

Metro City Realty Ltd Brokerage

**(613) 748-1223**

Email: [realestate@cloutierandmiller.com](mailto:realestate@cloutierandmiller.com)