

BANAR

Blackburn Area News And Reports

Vol. 43 No. 1

September 2009

Good times at Fun Fair



Once again the Blackburn Fun Fair was well attended and enjoyed by all. The fireworks and music bands were incredible. I especially enjoyed the opportunity to meet new people and watch the children and see their eyes sparkle with delight. A multitude of photos were taken by Helen Rosseau and are available for viewing on the BCA Fun Fair website, www.blackburnfunfair.ca.



I want to thank the volunteers, businesses and fun-loving souls who come out and join in the signature celebration of our community.

The time has now come for me to pass the Fun Fair chair position onto others so they too can have a chance to give to the community. The memories will last forever. I look forward to seeing you at future Fun Fairs!

Jennifer Cloutier



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President's Message

Welcome back to all after a most peculiar summer, weatherwise. We were fortunate that the sun shone for the Fun Fair. Jennifer Cloutier, once again, did a spectacular job of organizing the Fun Fair. Thanks go to all the people, businesses and organizations that came out to support her.

The BCA will be back in full operation come the end of September with work going forward on finalizing the planning for additions to the Community Hall, preparing for the 2010 Fun Fair as well as keeping tabs on ongoing NCC and City issues (especially transportation).

Very nice to see the City has addressed many concerns around the path system in the parks. These issues do take time to resolve and, with the weather delays, even more time to actually fix. Early identification of impending problems with infrastructure is therefore important and we are all responsible for keeping an eye on our community and its needs.

Once again a reminder that keeping our community safe requires our presence on the streets and pathways so those daily walks not only burn off summer BBQ calories but also keep the bad guys away.

Roger Smiley



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Visit the BCA website at www.blackburnhamlet.ca for community updates and links to local organizations and businesses.

BCA Membership (plus chance to win a TV) for \$10—The BCA appreciates your support.

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.

- 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.

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

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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 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.

2009-10 DEADLINE / DELIVERY DATES

Oct 14 / Nov 1-7 • Jan 13 / Jan 29-Feb 7 • March 17 / April 4-11
May 12 / May 30-June 4 • Aug14/Sept 5-12 (Tentative)



7th Annual Run (and Walk) for the Cure on October 4

by Bill Horne

More than seven hundred people have taken part in the past six annual versions of the Blackburn Hamlet *CIBC Run for the Cure* since October 2003, and we have raised over \$92,000 for breast cancer research. This year you can help us break the \$100,000 mark.

"We created the local event as an alternative for people who don't want to go downtown for the big Run and we are thrilled with the response we've had," said Team Captain Lynn Sewell. Again we welcome back for the 4th year the very supportive and enthusiastic Freedom 55 Financial Team.

Run for the Cure is a bit of a misnomer, since most local participants walk the 5 km course, following the same pleasant route as the yearly BCA Fun Run (well marked). Of course, crazy runners like me are welcome. There is also a 1 km section, for those who need something easier. Both start from the Blackburn Community Centre at 9 am on Sunday, October 4 (doors open at 8:15 am). Councilor Rainer Bloess will start the event and other local officials are expected. There will be refreshments before and after the Run, compliments of Blackburn Arms Pub and other civic-minded supporters. You will also have a chance to win some great prizes from our local merchants.

Here's how you can get involved:

To officially join the Blackburn Team and receive your Blackburn Hamlet T-shirt, you **must register by SEPTEMBER 16th** at the latest. There are two ways to do that:

Go to www.bcbf.org and then enter the Run for the Cure section of the site. Go to Ottawa-Gatineau

Cont'd on page 20

Celebrating Summer on Northpark Drive

By Laura Dudas

Three times was a charm for residents of Northpark Drive when they held their third annual street party on August 23rd.

The event has become a tradition for those living between Burndale Road and Ridgeway Road after it was decided three years ago that a neighbourhood gathering was the best way to celebrate the warm weather and end the summer season with a bang.

Each year the event has grown, with participants bringing their own food and drinks to the party and barbeque.

Youngsters on the street enjoy games run by the adults. For the second year in a row, a children's talent show was held featuring a vast array of talents, ranging from dancing, magic tricks, and feats of courage.

The volunteer-run party always ends with a draw for prizes donated by local businesses.

This year, prizes for children and adults were generously donated by Boston Pizza, The Works Burgers, and Moe's Southwest Grill on Innes Road.

Street party organizers offered their appreciation to the participating businesses that supported the community event.



Fun and games for all ages at the Third Annual Northpark Drive Street Party.

Councilor Rainer Bloess also pitched in several prizes, as he has for the two previous Northpark Drive street parties. In past years, members of the local fire station and the Ottawa Paramedic Service were also in attendance to

educate and enlighten local kids on safety and emergency services.

Now that the street party is over, organizers are already looking ahead to next year's event hoping to make it bigger and better than ever.

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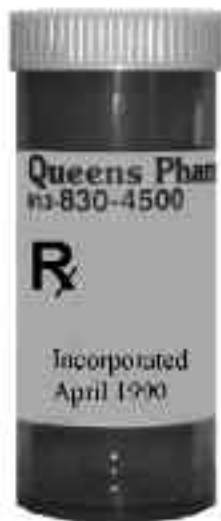
 

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Challenges and Changes in the Air for Fall '09

by Rainer Bloess

Another Ottawa summer has come and gone, and certainly it has seemed to be a shorter one than usual this year. First, kudos and thanks to all of those volunteers whose efforts made Fun Fair 2009 such a success. Once again, Hamlet residents came through with flying colours to support community programs and services.

As we move into the fall there are some imminent initiatives worth noting and watching for from our east end vantage point.

Phase 1 of the much anticipated **Hunt Club Road extension and link to the 417 is shovel ready**. This first phase of the project consists of construction of a new four-lane road between Hawthorne Road and Russell Road. Both the provincial and federal governments have approved the project which was designated as high priority in the City's Transportation Master Plan. The Province has already committed to spend \$1.44 million to cover half of the design and property acquisition and is cost sharing with the city and the federal government the \$20 million in construction costs. This will lead to a new interchange on the 417 that would ultimately provide a better link to the airport.

This project is critical to our ongoing efforts to ease traffic congestion in the City's east end. In the meantime, efforts continue to adopt operational improvements on highway 174 although dramatic results won't

likely be seen until the split is redone by the Province and flow is improved on highway 417.

On the OC Transpo side, effective September 6th, transit adjustments are being made to respond to ridership and to improve service. The good news is that route 94 will operate with increased frequency. In peak periods, the route is planned to operate every 5 to 8 minutes, up from

Transit adjustments are being made to respond to ridership and to improve service.

the present every five to 10 minutes. Service is planned to operate every 15 minutes in the midday, seven days a week, and every 30 minutes in the evening and on weekend mornings and will run later into the evenings from downtown.

However, there is mixed news with regard to routes 25 and 128. These routes are being combined into a conventional two-way service for Blackburn and will operate via Bearbrook and Road 174. Service from Blackburn Hamlet in the morning on the new Route 128 will run every 15 minutes, compared to the current 20-minute service on Route 25 and 30 to 60 minute service on Route 128. Service to Blackburn Hamlet in the afternoon on the new Route 128 would operate every 15 minutes, compared to the current 30-minute service on Route 25 and 30-60

minute service on Route 128.

The service provided in the Southpark, and Tauvette sector in the Hamlet by Route 128 would continue to be provided in peak periods heading west by the new Route 133, which will connect with the Transitway at Blair Station. Route 133 will operate every 30 minutes. The travel time for a typical trip from Blackburn Hamlet to downtown would remain unchanged, at 30 to 35 minutes. The inconvenience of the additional transfer at Hurdman Station would be offset by the shorter waiting time for the combined more-frequent service and by the shorter travel time along Road 174 between Blair Station and Montreal Road.

In riding the buses to get feedback from residents, the main concerns seemed to be (in)convenience and fear that there would not be sufficient room on buses. I have been assured there is currently adequate capacity available on the frequent Transitway service between Hurdman Station and downtown to accommodate the expected ridership. In particular, space is available on westbound trips of Routes 85 and 96, which originate at Hurdman Station. I will be on the 128 bus monitoring this aspect throughout September to ensure that the adjustments are working as expected.

If you have any comments or feedback, please do not hesitate to contact me either by phone (613-580-2472) or email me at rainer.bloess@ottawa.ca.



Jan's Workout

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2. **The Light Workout:** 'lighter' on the intensity and the choreography with strength training and stretching components offered Mondays, Wednesdays and Fridays 10:30 - 11:30 a.m.
3. **The Seated Fitness Class:** a total body workout for those who are not 'faint of heart' and not 'fleet of foot'. Classes are held on Wednesdays and Fridays 11:30a.m.
4. **The Pilates Class:** classical Pilates exercises on Wednesday evenings 6:30 to 7:30 p.m. (Limited Registration)
5. **Private Pilates:** personal Pilates training either as your own individual program or to compliment the Pilates Class. Arranged individually. Call Lorna 613-824-3564.
6. **Yoga:** challenge the mind and body; build flexibility, strength and balance in Peter's Vinyasa Flow Yoga offered Tuesday evenings 7:30pm
7. **Circuit Workout:** A circuit of stations designed to deliver a cardiovascular workout and strength training offered Monday evening at 5:45p.m.

Registration Wednesday, September 9, 2009
11:00 am - 1:00 pm and 6:30 - 7:30 pm
at the Blackburn Community Centre
190 Glenpark Drive

All Classes begin the week of Sept. 14, 2009

For information call Jan Quinn 613-590-9995
or visit our website: www.jansworkout.ca



Blackburn Service Groups donate \$2000 to Food Bank

The Knights of Columbus and the Catholic Women's League chose this year to organize a number of fundraisers that would assist the Joseph Storehouse Food Bank. On May 21st they were pleased to be able to offer the Food Bank, an organization that has provided a much needed service to families in need since March 2005, a cheque in the amount of \$2000.

The Blackburn Hamlet Knights of Columbus participate in many local initiatives. Most recently you would find them selling tickets at the Blackburn Fun Fair and on May 23rd they took part in the semi-annual "Clean up the Blackburn Hamlet Bypass". It is their desire and mandate as a church community to serve the wider community of Blackburn Hamlet.

For more info on the Blackburn Hamlet Knights of Columbus or the Catholic Women's League, please call the Good Shepherd Parish at 613-824-4394.



From Left to Right: Fr. Vernon P. Boyd, SJ, Administrator of Good Shepherd Parish, Mrs. Dyann MacDonald, President of the Catholic Women's League, Bob Giroux & Pauline Giroux from Joseph Storehouse Food bank, and Mr. Shane Silva, Grand Knight of the Blackburn Hamlet Knights of Columbus.



Photo by Jean-Marc Carisse

Royal Galipeau, MP/député Ottawa-Orléans

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Celebrating the Life of Dapo Agoro

Seven years ago on June 8, 2002 our community was shaken by the death of 19-year-old Oladapo (Dapo) Agoro. Born in Ottawa on September 11, 1982, Dapo started school at St. Luke's Catholic School before moving to Good Shepherd for grades 3 to 6. He then attended grades 7 to 12 at Lester B. Person High School.

Dapo was a natural athlete. He excelled in basketball, volleyball, soccer and track and field. But most importantly he was the much loved son of Bashir and Abiola, the cherished brother of Shoal and Moji, and the respected friend of hundreds of young people in Blackburn Hamlet and Gloucester.

Sadly, Dapo was murdered at a downtown bar after he tried to

intervene and stop a fight. Every year at the end of August, hundreds of Dapo's family and friends celebrate Dapo's life with a community BBQ at the Blackburn Community Centre. This event is organized by the Dapo Agoro Foundation for Peace which is a nonprofit organization that seeks to

Seeking to create a forum to address the problem of youth violence in our communities.

create a forum to address the problem of youth violence in our communities. The Foundation is currently focussed on: supporting and disseminating programs that teach about youth violence; building a national and international network of

organizations that support families who are victimized as a result of youth violence; presenting an annual Peace Award to a student attending Lester B Person High School; keeping the memory of Dapo Agoro alive and spreading his message of non-violence; and providing a forum and support for youths who are facing violence in their communities. Former recipients of the Dapo Agoro Peace Award are Nigel Grant, Adelin Mutembanema, Virgil Vong, Jebbeh Haslet, Lynn Moreau, Zachary Leroux, Chamila Fernando, and Lauren Whalen.

For more information on the Dapo Agoro Foundation for Peace or to view pictures of the celebration held on August 29, 2009, please visit the website at dapoagorofoundation.org.

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19th Annual AIDS Walk for Life on September 19th

by Michael Burtch

I wish I could say my original motive for getting involved in the annual AIDS Walk for Life over four years ago was purely altruistic. At the time I was working at a small downtown pub and because we had little money available for promotion, I pitched walking in the candlelight vigil under the bars moniker to increase the pub's community profile. Then, two weeks before the Walk was to take place, I learned I had tested positive for the human immunodeficiency virus, or HIV, and what was supposed to be a tedious work obligation suddenly became a call to arms.

Today, few people die from AIDS and complications of HIV in North America. With successful developments in treatment, HIV has become a manageable, chronic illness. This being the case, the urgency once felt by sympathetic supporters has waned and governmental funding has decreased despite growing infection rates and mounting HIV stigma. Now more than ever, local

AIDS service organizations are dependent upon community support to fund safer sex initiatives, to keep programming free and dynamic, and to be able to afford to distribute their messages to all of Ottawa.

Over 3000 people in Ottawa are infected with HIV; even more are impacted by their loved ones struggling with this highly stigmatized and misunderstood

disease. On Saturday, September 19th, the 19th annual AIDS Walk for Life will take place, starting at Ottawa City Hall. Please show your support by participating, donating, or volunteering. To make an online, secure donation, or to learn more about this event, please visit www.aidswalkottawa.ca. Don't wait until this disease impacts you personally before you get involved!

Tae Kwan Do Champion

Steven LeGrow, owner of the Blackburn Tae Kwan Do won the Canadian Tae Kwan Do championship in May and as a result will be representing Canada at the world championships in Argentina in November. A fundraiser is being organized to help defray the costs. Please visit the BCA website or www.blackburntkd.org for more info.



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Coro Vivo Ottawa welcomes new conductor

Coro Vivo Ottawa (formerly Blackburn Chorus) is pleased to welcome Antonio Llaca as the choir's new Music Director. Antonio obtained his Bachelor of Music in Musicology at the University of Ottawa where he studied choral conducting and classical guitar. Prior to this, Antonio first undertook his musical studies at the Instituto Universitario de Estudios Musicales in Caracas, Venezuela..

In addition to his position with Coro Vivo, Antonio holds the position of Choral Assistant to the Ottawa Festival Chorus at the National Arts Centre. In this capacity he works closely with Maestro Laurence Ewashko, as well as internationally

acclaimed choral conductor Duain Wolfe. In addition, Antonio's talent as a choral conductor has led him to work artistically with the Ottawa choral Society, the Choeur Classique de l'Outaouais, and the University of

**The next general auditions
for all sections will be held
Saturday September 5
at 10:00am.**

Ottawa Ensembles. Antonio is fluent in Spanish, English, French, and Italian.

An accomplished classical guitarist, Antonio has performed in venues such as the Ottawa Jazz Festival, the

Ottawa Bluesfest and the Ottawa Folk Festival. More recently, he performed with the National Arts Centre Orchestra for its spring 2009 presentation of Romeo and Juliet.

The members of Coro Vivo eagerly anticipate the opportunity to work with Antonio Llaca. He is known to be a director who is enthusiastic in his pursuit of choral excellence.

If members of the community are interested in joining Coro Vivo this season, the next general auditions for all sections will be held Saturday September 5 at 10:00am. Please contact Linda Brydon at 613-744-5830 or e-mail intlaccess@sympatico.ca for more information or to request an audition.



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Group receives grant from Ontario Trillium Foundation

The 1st Blackburn Scout Group celebrated this summer after receiving a \$7,300 grant from the Ontario Trillium Foundation (OTF).

The funds will help the 1st Blackburn Scout Group purchase much needed new equipment including canoes and camping equipment.

"You are our future, and we have to do everything we can for you," said Frank Dyson, a representative of the OTF talking to the members of the Scout group. "I am sure this group will make very good use of the money."

The grant was announced to the local group that serves Blackburn Hamlet, Navan and Chapel Hill South during Phil McNeely's (MPP-Ottawa-Orléans) annual community corn roast at Petrie Island in July.



The 1st Blackburn Scout Group has been a huge part of the community since the mid 1950s.

Scouting now includes girls and boys

from the ages of 5 to 17. Registration is about to start and the group is confident of now getting off to a great start for the 2009-2010 Scout season.



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Great educational resource: teaching children how to learn

I'm a Blackburn Hamlet mother with an eleven year old son, Dirk (not his real name) who was a good student from kindergarten to Grade 4. He generally scored B's in most classes and A's in classes that he enjoyed. His interest in school waned towards the end of Grade 4 and took a nose dive in Grade 5. We could see the change in his interest and his performance. We met with his teacher on a couple of occasions but because Dirk's grades were still average, or slightly below average, the school had no concerns. His father and I had significant growing concerns because we knew we had a bright boy who was not only not performing to his potential but was starting to fall below grade. He finished Grade 5 with many "Cs" across his report card. We decided to register our son for the mornings in the month of June 2008 at the Oxford Learning Centre and

have him attend his Grade 5 class at school for the afternoon. Oxford will work with a school to focus on certain topics; especially if the child is identified as having a learning challenge. We were so impressed with Oxford over the month of June that we registered our son full-time starting in September 2008 at Oxford. They offer a "full-day" program that runs from 8:30 to 2:30 five days a week and a maximum one teacher to eight student ratio. Our experience was that Dirk usually had a one teacher to five children ratio and on a few days during flu season had a one teacher to two student ratio. I can't say that our son thought this was a good thing but we certainly thought it was great.

Oxford's focus is on teaching students *how* to learn rather than *what* to learn. They determine what type of learner a child is and then teach them how to maximize their learning. One thing I noticed our son starting to do was using a pencil to highlight facts in long text. Apparently, if he handed in material that he was suppose to have read; he would have to read it again if he didn't have the text highlighted. The area where we noticed the most significant improvement was in his writing. In Grade 5, Dirk still wrote with very short sentences, say 3 to 5 words long. He found writing an essay on any topic very difficult. As parents we were concerned with his poor writing ability because writing an essay is critical to succeeding in high school and university. The centre had our son work daily on writing activities that help him structure his ideas. His confidence and ability to write grew during his months at Oxford.

There are many benefits to Oxford and I can't list them all in this short article so I suggest that you contact Jacqueline at the Oxford Learning Centre to inquire. I also wanted to give my sincere thanks to Dirk's teachers at Oxford; in particular, Helen, who is a retired school teacher with 36 years of experience but continues to teach because she loves it ... and it shows. The cost was also very reasonable compared to private schools. I'm not the only parent who'll provide a great reference for the Orleans Oxford Centre, so give them a call if your child is struggling at school.

Chantal (aka Dirk's mother)

School Made Simple

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Grand Opening for new Community Church

The Blackburn Hamlet Community Church (BHCC) is celebrating its grand opening on Sunday, September 27 in its new location at 2598-2580 Innes Road (between the TD Bank and the Blackburn Arms). They have been worshipping as a "house church" since last September, but wanted a permanent and a welcoming place for worship and ministry that would better serve the community.

The church's mission is to invite people into the fellowship of God's love made known in Jesus. The pastors, Rev. Pat Coulombe and Rev. Karen Bergenstein are ordained priests in the Anglican Network in Canada who live in the area and have a strong desire to reach out with the good news of Jesus Christ in word and deed. Aided by members of BHCC,

they will be offering free tutoring in math to middle school students, opportunities to learn about the Christian faith through Alpha courses, discussion groups, and "hands-on" activities such as a knitting café and volunteering in the community.

Sunday worship as well as Sunday School starts at 9:30 am. Music is provided by John Alac, a talented

classical guitarist, who leads traditional and contemporary singing. While services follow an Anglican liturgy, the hope is to provide a relaxed place for anyone who is looking for faith. More information is available at www.blackburnhamletcommunitychurch.ca, by emailing the BHCC at bhcchurch@gmail.com, or by dropping in for a visit.



**The Alpha Course is coming to
Blackburn Hamlet!**

*Begins Wednesday, September 30
6:30pm (supper included)*

non-denominational

For more information, or to register:
613-590-7907(Karen),
bhcchurch@gmail.com
www.BlackburnHamletCommunityChurch.ca

**If God did exist,
what would you
ask?** alpha.org

Grand Opening! Sunday, Sept 27

Serving our Community

- *Lively Sunday Worship* open to all. 9:30am with Sunday School
- *Homework help/Tutoring:* Gr 6-8: 3:30-5pm, Thurs
- *Alpha:* begins Sept 30
- *Exploring Faith:* 9:30-10:30am, Wed
- *Morning Prayer:* 9-9:15am, Tues-Fri
- *"Knitting Café":* 1:30-3pm, Wed. For experts or beginners.
- *Prayer offered anytime*



**BLACKBURN HAMLET
COMMUNITY CHURCH**

9:30am

**Come
&
See!**

2598 - 2580 Innes Rd (between the TD Bank & the Pub)
www.blackburnhamletcommunitychurch.ca

(Reception to follow)

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

Prevent Type 2 Diabetes and keep your family healthy

by Penny Burton, Public Health Nurse

In Ottawa, there are 4,500 new cases of diabetes diagnosed each year.

Diabetes is a chronic disease where the body either does not produce enough of a hormone called insulin or cannot use the insulin it produces. Insulin allows sugar in the blood stream to enter the cells for use as energy. Without insulin, the sugar stays in our blood stream, and high sugar levels can lead to complications, such as heart disease, stroke, kidney disease, blindness and loss of limbs.

Type 1 diabetes is usually diagnosed in children or young adults, and is not preventable. People with type 1 diabetes need insulin injections. There are key things you can do that will help you stay healthy and avoid other health problems that can result from this disease.

Type 2 diabetes can be prevented or delayed. It usually occurs in adults. However, rates are rising in younger people and in children, as young as 12. This increase is attributed to increasing rates of obesity and inactivity.

Childhood obesity rates are increasing, and many obese children are developing adult health problems as a result. As parents, you can play an important role in protecting your child's health.

Tips for the entire family include:

- Make healthy eating a part of your day everyday
- Always eat breakfast, never skip meals
- Limit the intake of fast food to less than once a week
- Balance your meals by choosing foods from each of the four food groups; the Canada's Food Guide can help you with food choices.
- Eat more fruits and vegetables and whole grain products.
- Limit consumption of sugar-containing drinks; choose water instead
- Watch your food portion sizes
- Maintain a healthy weight, reduce excess weight around your middle
- Enjoy being active everyday, aim for at least 30 minutes every day,
- Sit less, move more
- Limit TV and computer time; it helps to take them out of the bedroom
- Exercise as a family

The good news is that by encouraging your child to be physically active for at least 20 minutes a day, you can decrease the chances of your child developing diabetes by at least 50%. Taking small steps can make a difference. The whole family benefits by adopting lifestyle changes that include being physically active everyday, making healthy food choices, maintaining a healthy weight, living smoke free and managing stress.

For more information, visit the City of Ottawa Nutrition Website, Physical Activity Website and Diabetes Website at ottawa.ca/health or ottawa.ca/sante. Or call, Ottawa Public Health Information Line at: 613-580-6744 or TTY: 613-580-6744

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The only way to have a friend is to be one.

RALPH WALDO EMERSON:

Giant Tiger Family Walk for Heart Institute

Sunday, September 27, 8:00am in Orleans at 900 Watters Road

The Giant Tiger Family Walk for the Heart Institute is a fun, family friendly event occurring at 10 Giant Tiger store locations across Eastern Ontario and Western Quebec. Be part of an event that will help shape health care in your community—you will unite with hundreds of individuals to walk 2.5 or 5 km, in the quest to cure heart disease and build awareness that walking is good for your heart.

All participants will be encouraged to solicit donations. To make fundraising easy, each participant who registers on-line is able to set up a personal athlete web-page with access to an on-line fund raising tool. You will also have access to pledge sheets to help you fundraise. Race entry is free. However, upon registration you commit to raise \$100 for the Heart Institute. A family who registers commits to raise \$250 for the Heart Institute. Proceeds from the event will fund new equipment for patient care and for our acclaimed regional Telehealth program.

All groups will be guided along the routes and we encourage everyone to return for a free post-walk BBQ at their Giant Tiger store location.

Walk with a group of friends, family or colleagues and you will have more fun. You will also be helping to spread the message about heart disease and raising the awareness of why walking is so important for your heart health.

Proceeds of this event go to the University of Ottawa Heart Institute Foundation. They are Canada's largest and foremost cardiovascular health centre dedicated to understanding, treating and preventing heart disease. They build knowledge through research and translate discoveries into advanced care.

For more information or to sign up, visit the website at www.events.runningroom.com/site/?raceId=4842 or by contacting Christina Bova by phone at 613-761-4022 or by e-mailing cbova@ottawaheart.ca.

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Run for the Cure (Cont'd from page 4)

site, create your personal account and then "Join an Existing Team". The team name is Blackburn Hamlet, team captain surname is Sewell. You will then make a choice of either a \$40 registration fee, (no tax receipt) or pledge to raise at least \$150 and the registration fee is waived. You will get a t-shirt and your supporters will get a tax receipt for donations over \$10.00. Shirts will be given out at the Run.

If the on-line process does not work for you, call Lynn Sewell at 613-837-4792 or email lynnstravel@rogers.com. We can get paper registration forms to you.

You must register in one of these two ways by September 16, no later than 9 pm, in order to obtain a team t-shirt. However, please don't let that stop you from participating if you miss the t-shirt cut off. Who needs another t-shirt anyway?

Here is what you can do, regardless of the September 16 cut-off date for shirts. You are still a highly valued part of the team, with or without a shirt. Come out to the Run with

friends and family and bring a cash or cheque donation, (any amount) and take part. In all these cases, please try to let Dannie Horne know, by calling 613-837-2166 or emailing djhome@rogers.com if you are coming so we have enough refreshments.

Go to www.cbef.org then *Run for the Cure* section, click on Donate to a Participant. Enter "eric" and "sewell" in the names section and select Ottawa for the run location. If friends or family cannot participate in the Run, encourage them to support Eric's Freedom 55 Team as well.

This event is open to everyone. Strollers, baby joggers, bikes, inline skaters and dogs on leashes are all welcome. You can also visit www.blackburnhamlet.ca for pictures from earlier Runs, updates on the Run, view the route map, etc. (no registrations are accepted on the website). See you on the 4th of October, rain or shine.

We know the on-line registration process can be confusing. If you have ANY QUESTIONS, please call Lynn. **If all else fails, just come out on October 4th. We want you to participate and help us break the \$100,000 mark.**

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Bring this flyer to our 8th Anniversary Open House & save 10% on any of our NEW MEMBER SPECIALS

We are located at:
2652 Innes Road
(In some places as the "METHOD" in Blackburn Hamlet)

TEL: 613-837-6948
Web: blackburntkd.org

Traditional Celtic Music coming October 10th

The Corkery Road band will be presenting traditional Irish, Scottish, Newfoundland Music at the Rothwell United Church on Saturday, October 10th at 7 pm.

Corkery Road is a four-piece Celtic band that specializes in high-energy, infectious, traditional music. With a repertoire ranging from familiar pub songs to wild and dramatic historic tales, Corkery Road offers music that is sure to please, even the most diverse audience.

Slip back in time through melodies that shaped our heritage. Hear the voices of the far-flung Celtic peoples who shaped this land, from Newfoundland to the Ottawa Valley. Listen to stories of whaling, logging, emigration, pining for home, and having a good time in the midst of hardships.

An evening with the band is certain to leave you changed. You'll feel up-lifted by the rhythms and melodies, energized by the beat, and roused and haunted by the voices of the singers.

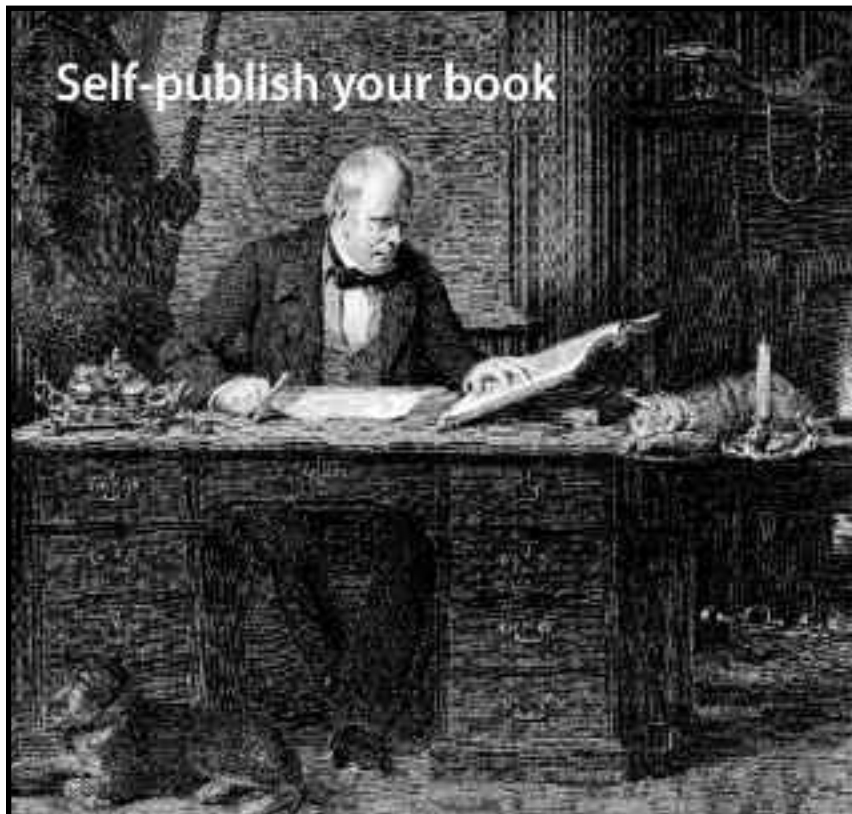
One of the coordinators of the CelticFest in Russell, Ontario told the group "You'll be interested to know that you were



certainly one of the favourites with the audience, and we would love to have you again next year."

There will be refreshments, door prizes and of course, free parking. Advance tickets are \$15 and available by calling Bob at 613-833-2685 or Bill at 613-824-3666.

Check out their website at www.corkeryroad.ca for more information on this delightful band.



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Everything you need is just a Library away

The fall season is just around the corner and what better way to get back to basics than with a visit to your community library? With your library card (free to all Ottawa residents), you have access to materials from all 33 Ottawa Public Library branches including books, tapes, magazines, books-on-CD, and DVDs including new releases in our Express DVD collection. All collections are bilingual and material is available for adults, children and teens. Want to learn a new language? We have that too. On the website, you can request all these items and more and they can be delivered to your branch of choice. Feel free to stop by the Info Desk to ask about the many services we provide and what they can do for you?

Do you have difficulty finding the materials that you want, navigating the website or need some information on topics of interest? Our friendly Info desk can help you find what you're looking for and answer any questions you may have about

library services or can simply help you find that book that you've been wanting to read. If we don't have it here, we will request it for you.

Friends of the Library (FOPLA)

FOPLA welcomes you to the "Mille Feuilles Booksale", taking place in the meeting room of the Blackburn Hamlet Branch on Saturday September 19th from 10:30 AM to 2:30 PM. Donations are accepted at anytime during library hours. We accept most donations except textbooks, and material older than five years old. Please ensure donations are clean and in good condition. The external drop box is for the return of library material; please bring your donations to the library staff members. If you are interested in volunteering, a meeting will take place on Saturday, September 15th at 2:45 PM following the booksale.

Library hours

Monday-Thursday: 10 am – 8:30 pm
Friday : 1 to 6 pm
Saturday: 10 am to 5 pm
Sundays/Thanksgiving: Closed

Children's Programming

We are still in the midst of replacing our storyteller. For this reason we are offering fewer children's programs for now only. Please call (613) 824-6926 to register.

Family Storytime (all ages)

- Tuesdays October 6th, 13th, 20th, 27th, November 3rd, 10th, 17th at 10:30 am

Babytime (0-18 months)

- Thursdays October 29th and November 26th at 1:30 am

Storytime (3-6 years)

- Wednesdays October 28th, November 25th and December 9th at 10:30 am.

Contes (tous les ages)

- Les jeudis 29 octobre et 26 novembre à 10h30 am

Adult Programming

- New drop-in Romance bookchat on Saturday afternoons,
- Monthly drop-in bookchat on the 3rd Monday of the month,
- Workshop on genealogy research by the Library's genealogy expert, Diana Hall on Saturday, October 17th at 1 pm.
- Ovarian Cancer Awareness—Talk with Carol Sprott on October 20th at 7:00 pm
- Computer tutorials are on-going if you need help with computers, email, internet or the library catalogue. Please call to make an appointment.

Please register in September or call for more details.



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Plastering, Painting, Partying

Lately, everyone has been encouraged to provide work and stimulate the economy by doing some home renovations. This summer marks the 130th anniversary of the St. Mary the Virgin Anglican Church building on Navan Road, and the Parish of St Mary the Virgin has been doing "home" renovations. In July, scaffolding went up and small repairs to the plaster were made. Then the interior walls and ceiling were given a fresh, cheerful coat of paint. Even the pews were taken out and repainted. All of this was done to freshen up for the party on Sunday, September 13th.

The party will start with a barbeque lunch at 12:15 pm complete with activities for the children, followed by the annual cemetery memorial service at 2 pm. We are hoping for sunshine, of course, but will have a big tent to provide shelter in case of rain.

Members of the Parish, as well as families and friends of people buried in the churchyard, will be coming. Other friends and neighbours from the area are welcome to join in the celebration of 130 years of history. If you are interested, call the Parish House at 613-590-0677 for more information (or just drop in).

Friends and neighbours from the area are welcome to join in the celebration of 130 years of history of the St. Mary the Virgin Anglican church on September 13th, 12:15 pm.



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Scout Registration Night

Registration for the 1st Blackburn Scout Group will continue through the month of September. Please contact 1stblackburnscoutgroup@live.com for more information.



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*Source: Health Canada (2004-2005)

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Ladies Ringette Scrimmage in Blackburn

Join in the fun at 9 am on Mondays and Wednesdays starting the end of September and going until the end of March at the Blackburn Arena. Coffee at Tim Hortons afterwards is optional. Full ringette or hockey equipment, ringette stick and basic skating skills are required. Call Sue French at 613-830-0684 for more information.

Square Dance Open House

The 36th season of the Village Squares Modern Square Dance club will begin with two free open house evenings of instruction for beginner couples on September 9th and 16th at 7:30 pm in the Roy G. Hobbs Community Centre, 109 Larch Ave., Orleans. The music is great and the caller of thirty-four years, Paul Adams, is phenomenal. A great time is guaranteed. After dancing a few squares, complimentary refreshments will be provided. Fun, Fitness, and Friendship await you. For more information call 613-521-5292 or visit www.villagesquares.wordpress.com.

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Blackburn Hamlet 50+ Group — Mark your Calendars!

CARDS/GAMES NIGHT: Thursday, September 17th, Thursday, October 15th and Thursday, November 12th at the Blackburn Hamlet Community Centre at 7:30 p.m. Bring your own munchies and soft drinks. We will 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. For more information or if you require a ride, please call Sarah Cloutier at 613-841-4114.

FALL COLOURS AT MACKENZIE KING ESTATES: A walking tour through the gardens, majestic pines, maples and "ruins". Wednesday, September 30th meet at the Blackburn Hamlet Community Hall at 11 a.m. (rain or shine) for car pooling. Bring a picnic lunch or eat at the Moorside Tea Room (reservations recommended at 819-827-3405). *PLEASE RSVP* to Valerie Goodwin at 613 746-9714 if you are planning to attend.

POT LUCK DINNER: Sunday, October 18th, Blackburn Hamlet Community Centre. Bring one of your favourite

dishes to share and your own beverage (other than tea and coffee which are provided). For further information, please call Valerie White at 613-837-1083.

PUB NIGHT: The Blackburn Hamlet Fifty Plus Group meets the fourth Sunday of every month except for July, August and December, at the Barley Mow Pub on Tenth Line Road (on the west side of Tenth Line, Just south of Innes Road). Time: 6:00 p.m.. *PLEASE RSVP* to Valerie White at 613-837-1083 if you wish to attend or require further information.

Next Meeting of the Working Group (*everyone welcome*) We meet at 2:00 p.m. on the third Wednesday of each month except for July, August and December at the Community Centre.

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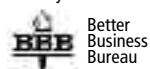
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Community Contacts

| | |
|---|--|
| Badminton | Dale Bembenblackburnbc@yahoo.com |
| Baseball (Little League) | Gerry Ferguson613-745-9303 |
| Blackburn Arena |613-824-5197 |
| Blackburn Library |613-824-6926 |
| Blackburn Art Group | Dwain Sykes613-745-6193 |
| Blackburn Chorus | Bob Bowes613-744-6807 |
| Blackburn Community Hall |613-841-7396 |
| Bookings | Jan Whitehouse613-830-8644 |
| Blackburn Duplicate Bridge | Bill Durning613-824-9593 |
| Blackburn Hamlet Preschool |613-824-3251 |
| Blackburn Guides/Brownies | Brenda Sowden613-523-4003 |
| Blackburn Scouting Group | Yola Tannous613-841-3033 |
| Child Care Drop-In | Myrian Pepin613-742-5500 |
| Child Care No School Days |613-580-2400 |
| Conseil de Gestion | Lyse Goneau613-837-3941 |
| Fastball (Mens) | Steve Bovey613-824-1435 |
| Fifty Plus Group | Sarah Cloutier613-841-4114 |
| Football | Ray Hartley613-769-0458 |
| Hockey (Girls) | Charles Chamberlain613-745-9927 |
| Hockey (Blackburn Minor) | Wally Montpetit613-227-1122 |
| Hockey (Mens) | Roy Van Koughnett613-824-3921 |
| Jeannettes | Nicole Andrecheck613-824-9972 |
| Les Guides | Viviane Côté-Maxwell613-837-1839 |
| Le Club Optimiste | Dominique Dufour-Jacques613-837-4645 |
| Les Chansonniers | Germain Asselin613-837-3883 |
| Neighbourhood Watch |613-236-1222 ext 5054 |
| Quilting Groups | J. Maxwell841-6084 |
| | Joanne Bushel613-824-6524 |
| Ringette Rockers (Ladies) | Jane Ross613-837-1504 |
| Ringette Scrimmage-Mon/Wed | Sue French613-830-0684 |
| St. John Ambulance | Louise Bertrand613-841-5610 |
| St. Joseph Food Bank | Bob & Pauline Giroux, 11-2336 Orient Park |
| Softball (Ladies) | Leanne Hunter613-830-3808 |
| Tennis | Nabil Oudeh613-590-7922 |
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Blackburn and Area Community Event Calendar

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St. Mary the Virgin Anglican Church, 2750 Navan Rd, celebrates 130 years this September. Join us throughout the year as we celebrate this community landmark.

September

130th Anniversary Party!
September 13

12:15 pm BBQ lunch
Activities for kids, including
egg race, parachute game

2 pm Annual Cemetery
Memorial Service

Rain or Shine, BYO lawnchair

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

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- Bible Study, 10 am Thursdays
- Knitting and Craft Club, 7 pm, 2nd & 4th Tuesdays
- Outreach—local and global

Worship Services

Sunday

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

Sat. 5, 10 am
Tues. 8, 7 pm
Sun. 13, 12:15
Sun. 13, 2 pm
Wed. 16
Thurs. 17, 7:30 pm
Wed. 18, 2 pm
Sat. 19
Tues. 22, 7 pm
Sun. 27, 8 am
Sun. 27
Sun. 27, 9:30 am
Wed. 30, 11 am

Carol Wyo holds general auditions for all sections (See page 14)
Knit & Craft Night at St. Mary's Parish House. All welcome
St. Mary's celebrates 130 years. BBQ lunch and games (See page 23)
Annual Cemetery Memorial Service, Navan Road Church (See page 23)
Last day to register for Blackburn Hamlet's CIBC Run for the Cure (See page 4)
Blackburn 50+ Group Cards/Games Night, Community Centre (See page 25)
Blackburn 50+ Group Working Group meeting, all welcome (See page 25)
19th Annual AIDS Walk for Life, www.aidswalkforlife.ca for info. (See page 13)
Knit & Craft Night at St. Mary's Parish House. All welcome
Giant Tiger Family Walk for Heart Institute, 900 Waters Road, Orleans (Page 19)
Blackburn 50+ Group meets at the Barley Mow Pub (See page 25)
New Community Church opens (See page 17)
Blackburn 50+ Group Fall Colours at Mackenzie King Estates (See page 25)

October

Sun. 4, 9 am
Sat. 10, 7 pm
Tues. 13 / 27, 7 pm
Thurs. 15, 7:30 pm
Sun. 18
Tues. 20, 7 pm
Wed. 21, 2 pm
Sun. 24

Blackburn's CIBC Run for the Cure, Blackburn Community Centre (See page 4)
Corkery Road Celtic band, Rothwell United Church (See page 21)
Knit & Craft Night at St. Mary's Parish House. All welcome
Blackburn 50+ Group Cards/Games Night, Community Centre (See page 25)
Blackburn 50+ Group Pot Luck Dinner, Blackburn Community Centre (Page 25)
Ovarian Cancer Awareness Talk, Blackburn Library
Blackburn 50+ Group Working Group meeting, all welcome (See page 25)
Blackburn 50+ Group meets at the Barley Mow Pub (See page 25)

Upcoming

2nd & 4th 7 pm
Nov. 8
Nov. 12, 7:30 pm
Knit & Craft Night at St. Mary's Parish House. All welcome
Remembrance Day Concert with Blackburn's, Navan Road Church
Blackburn 50+ Group Cards/Games Night, Community Centre (See page 25)

Blackburn Hamlet Branch of the Ottawa Public Library offers something for the whole family. Including : Children's Programming, Family Storytime (all ages), Babytime (0-18 months), Storytime (3-6 years), Contes (tous les ages), and Adult Programming. (See page 22)



Remember last Winter?

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