

BANAR

Blackburn Area News And Reports

Vol. 43 No. 2

November 2009

Seventh annual CIBC Blackburn Hamlet Walk/Run for the Cure a huge success



By Bill Horne

On a cool but glorious October 4, almost 200 adults, kids, dogs, strollers and whatever ran and walked the scenic 5k course, bringing in over \$25,400 for the *Run for the Cure* for breast cancer. The community spirit was infectious and the number of participants and money raised set a new record. We easily broke the \$100,000 cumulative mark for all our Walk/Runs.

Organizing committee chair Lynn Sewell said, "Thanks to the great community spirit in the Hamlet, the

generosity of our business people, and a hard-working committee, the local *Run for the Cure* keeps getting bigger and better every year. Even in these cautious financial times, our community knows that breast cancer does not take a break. Again this year, thanks to the generosity of Freedom 55 Financial, \$6,000 will be added to the over \$9,000 raised by their regional team and its family and friends. We appreciate the significant corporate donations from Sherry Woodburn at the Wholesale Outlet and Lafarge Canada Inc.

It was especially inspiring to see several pink t-shirts among the crowd, signifying breast cancer survivors.

We were very pleased to see a large contingent of the University of Ottawa section of the Ottawa Lions, the largest track club in Canada, who train at the Louis Riel Dome. Another new addition was the great massage therapy service donated by Craig Faller RMT.

Continued on page 4

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09-1359

President's Message

Organizations such as the Blackburn Community Association are able to function largely as a result of people and organizations donating their assistance when needed. Although we try our best to acknowledge this help whenever possible, special mention is sometimes needed.

A special thanks is due to the local Metro for all their support for local events and, in particular, for their support of the Fun Fair. As Metro was experiencing a name change in the midst of this year's event, proper credit for their efforts was not given. As stated in earlier comments, the importance of Metro's support to the local community and therefore the need for our support for this local business cannot be understated.

I also want to thank Fence-All for their assistance in

organizing the rearrangement of the Community Hall fence which will greatly ease our efforts for future events.

In this issue we will start our final push to get expansion of the Community Hall planning underway. This has been on hold as we awaited news around access to local schools (either by closure or open use agreements). Your input on this will be important.

Finally, issues of safety and security are an ongoing concern. We are continuously being advised by the police that reporting all suspicious activity (or threats to safety) is the key to attracting the resources necessary to address problems. The squeaky wheel does get the grease in this case as issues are prioritized by the number of calls. It is all our responsibility to look after our Hamlet.

Roger Smiley



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BCA Membership — The community 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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Address: _____

Phone number: _____

BLACKBURN COMMUNITY
ASSOCIATION
ANNUAL GENERAL MEETING
February 18, 2010, 7:30 pm
Blackburn Hamlet Library

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

Blackburn Community Association

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

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

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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.

2010 DEADLINE / DELIVERY DATES

- Jan 13 / Jan 29–Feb 7
- March 17 / April 4–11
- May 12 / May 30–June 4
- Aug 14 / Sept 5-12 (Tentative)

Run for the Cure (cont'd from page 1)

Participants were treated to refreshments compliments of Tim Hortons Blackburn Hamlet and Metro Blackburn Hamlet before the Run, and to a great spread of pastries and fruit afterwards, supplied by the Blackburn Arms Pub Restaurant. Runners and walkers also enjoyed bottles of water from Shoppers Drug Mart.

The raffle produced about four dozen great prizes, thanks to the generosity of the following local merchants and professionals: Blackburn Barber Shop, Edward Jones Investments, Mac's Milk, Jumbo Restaurant, Dr. Chantal Plant Dental Centre, J and S Auto, Joe's Barbershop, Blackburn Pharmacy, Think Travel (Lynn Sewell), Imilio's Pizzeria, Spic and Span Cleaners, Joe's Auto, Hair Alive, Blackburn Physiotherapy and Sports Injury Clinic, Queens Pharmacy, The Wholesale Outlet, Claudette's Alterations, Blackburn Public Library, Children's Welcome Centre, Young Chow Restaurant, Wally's Bistro and Bar, Innes Mart, Jan's Workout, Ritchie Feed and Seed, Subway Restaurant, Ole and Helene Viel, Royal Galipeau M.P., Phil McNeely M.P.P. and Innes Ward Councillor Rainer Bloess.

Again this year we put several of the higher value prizes in a silent auction, and this produced additional contributions, thanks to: Hop 'n' Vine, Elmvale Home Hardware, Virtuo.ca, Little Turkish Village gift certificate, donated by Cloutier and Miller Real Estate Services, snow clearing by MacDonald Equipment.

We are most grateful to the Blackburn Hamlet website webmaster, Helen Rosseau, for her untiring work in keeping our event coverage up to date, and the vast number of pictures she took. See them at www.blackburnhamlet.ca in Events Past. Thanks to Banar editor Evelyn Budd for its coverage. The East Ottawa Star also carried several articles, both online and in print.

Blackburn residents and others can look forward to another *Run for the Cure* next October 3rd, 2010, as we fight to overcome this terrible disease that affects one in eight Canadian women. For further information you may contact Lynn Sewell at 613-837-4792 or by email at lynnstravel@rogers.com.

Opportunity for community groups to earn \$250 by delivering the Banar to homes and businesses on sixteen routes in Blackburn, each route takes one person approximately 1.5 to 2 hours to complete.

Help define what we need

Blackburn Community Hall Expansion

By Charles Kennedy

We are ready to begin consulting as a community on what we would like to see included in an expanded community hall. The first step is to determine who are the interested stakeholders? What community groups or clubs would like to make use of the hall and in what way does the community see how it could be used.

We need your help to better define the use that can be made of the hall.

Here are just some of the suggestions that have been received through individuals, clubs and groups *so far*:

- New home for the Blackburn branch of the Ottawa Public Library
- More space for youth activities
- Community kitchen space
- New home for the Blackburn Hamlet Pre-School
- New home for the Children's Welcome Centre
- Drop-in space for community parents and children

- More "meeting room" (medium size) space for local club and group meetings

We also need to establish a team of community folks who would be involved as stakeholders from the community and various groups.

If you have ideas or would like to **get involved** we would like for you to send an e-mail to: hall_expansion@blackburnhamlet.ca and let us know your views on the expansion of the Community Hall.



Newcomers win TV in BCA Membership Draw

Diane and Mike Bourne moved into Blackburn last October and quickly became involved in community activities such as the Spring Clean-up and the use of local businesses such as Dr. Plante, Blackburn Animal Hospital, Imilio's Pizzeria as well as many others. They also responded to the call to purchase a BCA membership, not even realizing that it meant they were in the draw for a HD TV. On October 19th they had reluctantly returned from their summer cottage to a house still in the process of restorations from a flooding in mid-August. One of the messages on the phone was the news they had won a TV. It definitely brightened their day.

Volunteer for Blackburn Outdoor Rinks

Winter is on its way and the three Blackburn outdoor rinks will be opening late December or early January. The community boasts three outdoor rink facilities, two rinks (Norman Johnson and Bearbrook) have lights, boards, a puddle rink and heated skate shack that are monitored evenings and weekends, while the third rink (Orient Park) is a large ice surface with end boards

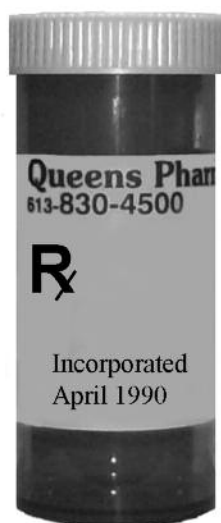
We are looking for volunteers to assist our existing ice makers in the late evenings and early mornings with cleaning and flooding the rinks. It takes many volunteers to flood the rinks nightly. Our experienced icemakers will welcome you and show you the ropes ... that is the hoses and nozzles to make the ice that your kids and family will enjoy skating on this winter.

Check out some photos at:

-www.blackburnhamlet.ca/pictures/banfeb09/pg1.pdf

-www.ottawa.ca/residents/parks_recreation/seasonal/fw/outdoor_rinks/locations_en.html

To volunteer contact Tom Scott at: tscott56@rogers.com or 613-834-8661.



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Blackburn Hamlet

Lively Lansdowne Live debate lingers on

by Rainer Bloess, City of Ottawa

The Lansdowne Live partnership proposal continues to dominate local news. The much-discussed project would see the City enter into an agreement with four successful, local businessmen (the Ottawa Sports and Entertainment Group) to redevelop the Lansdowne site, a location that could and should be an exciting and financially viable multi-purpose venue for all Ottawa residents to enjoy. Proposed improvements include increased green space and parkland, pedestrian and cycling paths, an outdoor concert hall, improvements to Frank Clair stadium and the Civic Centre arena, the preservation of the historic Aberdeen Pavilion, space for shops, restaurants and services, and 1100 underground parking spots. Optional features are a hotel and residential development. While the project itself is ambitious, complex and costly, the financial outlay for the City and its taxpayers would be approximately \$130 million that would be recovered from revenue from the site.

After years of indecision and squabbling, the cold hard facts are that the site is woefully rundown and has been neglected far too long, all the while draining City coffers just for basic maintenance. The City cannot afford to finance significant redevelopment on its own, and needs a sound business plan. We require investment of hundreds of millions of dollars to make this project successful. The proposal being

considered is balanced and affordable, offering features and opportunities that the City could never provide at its own expense.

Public reaction to the proposal at the six consultation sessions has been mixed and a number of adjustments to the proposal are currently under discussion. I personally have some concerns regarding the financial arrangements and am working to ensure both that the City receives its fair share of earnings generated and that our financial risk is minimized. The comments and feedback that have been received are being incorporated within the report to City Council at a Committee of the Whole meeting on November 12 and 13 and public delegations will also be heard at these meetings. Council's intention is to provide every opportunity for input from taxpayers across the City before a final decision is made.

OC Transpo transit modifications

On the OC Transpo front, fall transit modifications are now in full force. I know there have been some headaches as some of you adjust to route changes. A number of you have informed me of recurrent problems or service deficiencies and I am dealing with OC Transpo to correct the scheduling to ensure changes are made to address the deficiencies.

Fall Cleaning the Capital

Finally, congratulations and thanks to all those who helped to clean up public property as participants in the City's fourth annual "Fall Cleaning the Capital Campaign". Once again, Hamlet community involvement was high as hundreds of Blackburn residents joined in cleaning up litter and graffiti in our neighbourhoods.

As usual, if you have any issues or questions/comments, please do not hesitate to contact me at 613-580-2472 or rainer.bloess@ottawa.ca

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- Legal advice clinic;
- Home Management services;
- Health Promotion Initiatives;
- Camps for children, youth and leadership.

www.eorc-gloucester.ca



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Grandmas help, Little by Little

By Barbara Nolen

Blackburn Hamlet grandmas AIDing grandmas wrapped up another successful year of fundraising and advocacy by holding their third annual Iced Tea Social on August 28th, raising \$1170 to help African grandmothers raising their orphaned grandchildren (through the Stephen Lewis Foundation). Thanks go to all who came out to socialize and generously support the cause.



"Grandma" Janise Johnson chats with MPP Phil McNeely at our Iced Tea Social.

On March 9th five members from Blackburn attended Question Period to present a petition of over 32,000 names (one of the most successful in Canada's history) urging the government to live up to its international aid commitments, and provide access to cheaper generic drugs where they are needed most. The group also put up an interesting advocacy/awareness display at the Blackburn Fun Fair.

A very successful Kazuri Jewellery Party was held in May with sales of this distinctive and unusual handmade ceramic jewellery reaching \$2800. This has a double benefit—safe, healthy employment for the mothers and grandmothers in Kenya who craft the jewellery, as well as

profit from sales going back to the Foundation's grassroots "grandmother" initiatives.

Please note the group is selling unique African-themed blank cards, proudly designed by a member grandma (5 cards \$6.50/10 for \$12.). Visit www.grandmotherscampaign.org/showcase and purchase by emailing grandmas59@gmail.com, or phoning 613-824-3524.

All proceeds go to African grandmothers, those same grandmas who are "holding together a continent" by caring for millions of children who otherwise would have nobody.

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Local women making a difference

THANK YOU to everyone who attended the fashion show at the *Wholesale Outlet* in support of breast cancer awareness. \$1,600 was raised and donated to the Blackburn Hamlet Run for the Cure on October 4th. This donation was matched by *Freedom 55*.

Lise Butters, who works by appointment from the *Wholesale Outlet*, did a wonderful job of co-ordinating the fashions and accessories for the show. Models, who donated their time for this event are customers (some are also cancer survivors). Well done Ladies!



From left to right: Jackie Carnegie, Caroline Kellerman, Denise Bond, Karen Frenette, Anne Leger and Linda Henderson.

Thank you, Katharine

The ladies from *Changes for Women* would like to extend a sincere and heartfelt thanks to Katherine Fairfield. For many women *Changes* was more than a place to work out. Katherine created a warm and welcoming place where women could meet and get to meet other women in the community and at the same time get fit and feel better. Katherine had also embraced the Blackburn Community, getting involved and donating to various local events such

as the Fun Fair. Elaborate and creative plans were also put in place that pulled together a very energetic group to participate in the Run for the Cure. Unfortunately, after three years, the gym had to close since it was economically unfeasible. Again, Katherine went beyond the expected and co-ordinated transfers to other gyms including Jan's Workout so the women could keep with their fitness routines. Customer service extraordinaire!

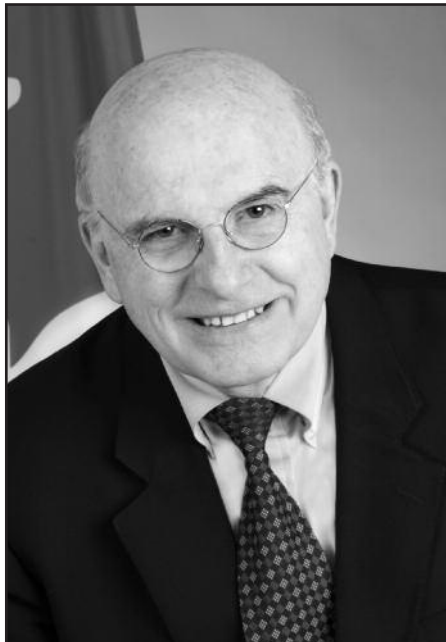


Photo by Jean-Marc Carisse

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Sexually Transmitted Infections on the Rise in Young People

by Chloé Healy, Supervisor Sexual Health Unit, City of Ottawa

Chlamydia and gonorrhea are the most frequently reported sexually transmitted infections (STIs) in Canada and affect more young people aged 15 to 24 than any other age group. From 1997 to 2007, women in this age group showed an increase of 84 per cent in chlamydia infections and an 88 per cent increase in gonorrhea. Rates among men the same age more than doubled for chlamydia and more than tripled for gonorrhea in the same time. Both of these infections are easily detected and can be effectively treated with antibiotics. The rise in the testing for these STIs with new and simpler tests may account for some, but not all, of the increase in the rates. These trends are similar to those in other major cities in North America.

What can I do about it?

Get tested! Anyone who is sexually active is at risk of acquiring these infections. Early detection and treatment are essential in preventing complications. 70 per cent of infected women and 50 per cent of infected men have no symptoms, so testing is important even if you feel well. Testing and treatment are effective in preventing the spread of chlamydia and gonorrhea. Sexually active men and women can also find out how to reduce the risk of STIs by talking with a health care professional.

Testing is recommended on a routine basis during annual medical checkups, or more frequently if

symptoms are present. Speak to your health care provider and request testing if you think you may be at risk for these infections.

What is Ottawa Public Health doing about it?

Ottawa Public Health (OPH) actively promotes STI prevention. OPH runs the Sexual Health Centre, which offers STI counselling, testing and treatment, as well as clinical services in a number

of satellite clinics that target priority populations, including youth. Working in partnership, OPH has launched several public awareness and STI prevention campaigns, and performs ongoing surveillance and case management for all reportable STIs.

For more information call the AIDS & Sexual Health Info Line at 613-563-2437 or 1-800-267-7432 or visit www.ottawa.ca/sexuality.



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A place for children, parents and caregivers

By Trish Cloutier

I have been living in Blackburn Hamlet for over two years now and have only recently discovered the benefits to being a member of The Children's Welcome Centre. I have three young children and also have four children I provide daycare for. When we moved here my son was three years old and my twin girls were just babies. Needless to say it was a difficult first year in a new community when I had few social connections. I wish that I would have known about The Children's Welcome Centre from the first day that we moved here. It would have helped to make our first year and a half in Blackburn more enjoyable, and a lot less stressful. This is the reason

for writing this article. I have decided to tell the community all about this wonderful place so that anyone who may be interested can check it out and see the benefits for themselves.

The Children's Welcome Centre is a

My hope for this article is to spread awareness of this great resource.

valuable asset to childcare providers, and parents of young children in and around Blackburn Hamlet. It is a community-oriented resource centre that offers many benefits such as playgroups and drop-in or drop-off services. Through the centre I have met many childcare providers, and

parents who are now friends.

Now that the weather is getting cold I have been taking my group of children to play at the centre about two or three days a week. It is really nice to get out of the house and be with other adults and the children enjoy being with other children. Monday and Wednesday mornings are especially fun for the children because on these playgroup days there is an additional story time and circle time. Parents and childcare providers bring their own snacks and the children sit together at the tables and have a community snack followed by craft time. There are daily gatherings of members from 9 am until 12 noon every weekday. The

(Continued on page 15)

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A Place (Cont'd from page 14)

centre is also open from 1-4 pm on Tuesday, Wednesday and Thursday afternoons for drop-in or drop-off activities.

Membership is very affordable at \$85 a year. There is also a cooperative membership available with a half-price discount if you are able to spare a few hours a month and volunteer. Drop-in services are free to members. The drop-off services are available to children over two years old and they are able to spend up to three hours playing while you get chores or Christmas shopping done. Hourly drop-off rates are \$3 an hour for one child and \$1.50 for each additional child. Families do not have to be members in order to take advantage of the drop-off service. The cost for

non-members is \$5 an hour and \$3 for each additional child per hour. This rate is very affordable and the children have a wonderful time playing with other children.

Now that winter is approaching the Children's Welcome Centre becomes a great place to keep in touch with friends who normally we would see at the playgrounds.

The first time a parent or childcare provider brings their children to play at the centre is free. My hope for this article is to spread awareness of this great resource for young families in and around Blackburn Hamlet. Come and check out the wonderful Children's Welcome Centre and see some of its benefits for yourself.



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Second Book about Canada's Military History

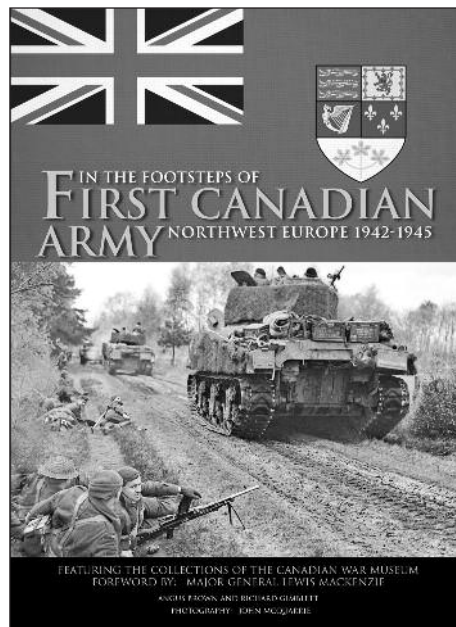
Two Blackburn authors have embarked on their second book about Canada's military history.

Rich Gimblett and Angus Brown launched *In The Footsteps of First Canadian Army: Northwest Europe 1942-1945*, an overview of Canadian land operations in the Second World War, at the Canadian War Museum in June.

The book follows the same format as their first book that traced the actions of the Canadian Corps in the First World War, *In the Footsteps of the Canadian Corps*. Lavish illustrations incorporate war art from some of the leading Canadian artists of the twentieth century, all from the CWM collection of war art.

Full-colour, high quality maps allow the reader to make sense of the way the Canadian part of the European campaign unfolded. Quotations from those who were there, taken from the War Museum's oral history collection, give intimacy to the text.

Photographs, however, are the most striking feature of the book. Many archival pictures were used. During a photo shoot last autumn, the authors and photographer John McQuarrie



duplicated a number of locations 60 years onward. Some of the scenes are striking in that six decades later the same architectural and geographic features are easily recognizable. John McQuarrie is an award-winning photographer who specializes in photo books with almost three dozen of them on the market.

The text of the book centres on the high level of command, First Canadian Army. As such, it examines the larger picture of the war from a Canadian perspective. First Canadian Army was

the largest operational command exercised by a Canadian officer, General H.D.G. Crerar, before or since. It was also one of the first truly coalition armies, often at times with the bulk of its troops coming from the US, UK, Poland, France, Belgium, Holland, Czechoslovakia and other nations. First Canadian Army numbered almost half a million at its peak and controlled vast areas of liberated, and often contested, ground in northwest Europe in 1944 and 1945.

"We were very encouraged by the reception of our earlier Canadian Corps book," said Rich. "It sold about 5,000 copies and we still get requests for it." That book is now out of print and the authors and publisher are considering whether or not to do a reprint. That book was used by many of the students who went to the Vimy Memorial re-dedication tour in 2007.

"We hope that this new book will be useful for students going to the celebrations marking the Liberation of Europe in Holland in early 2010," Brown noted. At least two major student tour companies are organizing what they hope to be over 7,000 students to be present at the liberation commemoration ceremonies in The Netherlands in May.

In The Footsteps of First Canadian Army is available in either a hard cover or soft cover edition in bookstores and at the Canadian War Museum. Dealer and bulk buy enquiries can be directed to Magic Light Publishing at (613) 241-1833.



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Society of Saint Vincent de Paul now in Hamlet

By *Clermont Fortin, VP, SSCV*

Thank you to the Blackburn Community Association for allowing me to introduce the Society to the readers of the Banar.

The National Council of Canada of the Society of Saint Vincent de Paul bought a property located at 2463 Innes Road and moved in on July 1st. Previously it was renting office space at the Catholic Archdiocese of Ottawa. The National Council administers the affairs of the Society in Canada. An administrative secretary works part-time at the office, all other tasks are done by volunteers.


The Society of Saint Vincent de Paul is an international lay Catholic charitable organization whose mission is to serve the poor in all possible ways. It was founded in Paris, France, in 1833, by a group of young university students. It is currently the largest Catholic charity in the world with a presence in more than 140 countries and a membership of about 700,000 members, most of them volunteers. The Society is also involved in advocacy for the poor, seeking to defend their rights and dignity.

In Canada, the Society has about 10,000 members volunteering in all provinces, the North West Territories and Nunavut. Our main national programs include Twinning (with other less privileged countries), Emergency Relief (disasters within and outside Canada), youth, development/formation, Special

Works, (stores, camps, shelters, drop-in centres, prisoners' Ministry, etc.). Locally, Vincentians are serving the less privileged in different ways, mostly by home visits, the operation of a store at 1273 Wellington Street West and partnerships with other social organizations.

For more information about the Society, please visit our web site at

www.ssvp.ca. The National Office can be reached at 613-837-4363 during business hours or by dropping in. The Society is always seeking new members and donations to help us better serve those suffering in our community. We would be pleased to meet and chat with anyone interested in the Society.



Blackburn Hamlet Community Church

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made known in Jesus*

Worship Times: Sunday @ 9:30am (with Sunday School)
Tuesday-Friday @ 9-9:30am, Morning Prayer
Thursday @ 12-12:30pm, Holy Communion

Christmas Eve: Family Service @ 5pm
Candlelight service of Holy Communion @ 8pm

There is a Free Lunch!
First Thursday of each month
@ 12:30pm, come for soup 'n
sandwich—all ages welcome

Knit Café
Wed: 1:30-3pm
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drink tea & chat

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January 12
Call or email
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course, Wed
@ 9:30am,
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Nov 18

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school students,
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Christmas is Coming!
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ing of prayer & reflections
Sat, Dec 12, 9am-noon

2598 Innes Road
(between the TD Bank & the Pub)
www.blackburnhamletcommunitychurch.ca 613-837-BHCC (2422)

Age Well: Take Charge Of Your Health!

Provided by the Seniors Health & Caregiver Support Program, Ottawa Public Health

You play an important role in managing your health. Preparing for your health appointments and keeping track of your health information are two simple ways to take charge of your health and ensure you get the best care.

Prepare for your health appointments

- Take time to think about your appointment before you get there. It's easy to get sidetracked during the actual appointment and forget to ask or mention something that you feel is important. Try the following tips to get the most out of your visit:
- Make a list of questions you would like to ask and items you would like to discuss. This will help you make the most of your time.
- Bring your current medications, information on appointments you had with other healthcare professionals, and any tests or procedures done since

your last visit.

- Repeat what you heard the doctor say before you leave the appointment in order to avoid any confusion or misunderstanding. Take notes or ask for written instructions if you need it.
- Take someone with you. They can remind you of anything you may forget later.

Organize your health information

It's impossible to remember everything about your medical history. However it is extremely important to keep track of and organize your health information. Record the following basic health information:

- Personal information (name, address, health card number, emergency contact and their phone number)
- Health care professionals (names and phone numbers)
- Allergies
- Blood type
- Health conditions
- Medications, including over-the-counter and vitamins (include dose, why taking, start and stop dates)
- Immunization record
- Health appointments
- Check-ups and tests (dates and results).

Recording your basic health information will help you keep track of your current health needs, communicate accurate information to different health professionals and specialists, and create a history of your health. You may already have a system for managing your health information — a piece of paper, a calendar, or a small notebook or diary. Use whatever system works best for you. Or consider using the Ottawa Public Health Age Well Health Organizer. It includes a section on "Communication Tips for Seniors: Just for the health of it!" (adapted with permission from the Council on Aging of Ottawa). For a free copy contact Ottawa Public Health at 613-580-6744.

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You don't have to be good to start, but you have to start to be good. - MARY MARSHALL

Help your Preschooler through Cold/Flu Season

By Julie Babcock, Blackburn Preschool

The leaves are falling and the school year is well underway. Soon, if not already, the cold/flu season will be upon us. This fall, more than ever, we have been well informed about how to avoid getting colds and the flu. But what do you do when you have a toddler or pre-schooler that isn't particularly interested in personal hygiene? Hopefully some of the following ideas will help.

- Washing a small child's hands can be a chore but there are great smelling foam soaps and animal shaped nail brushes available to help get them interested in scrubbing away. You can slowly sing the alphabet song or another favourite (about 22-24 seconds) while you help them wash their hands. Put a step stool by the sink so they don't have as far to reach.
- If you search the internet, you'll find lots of studies on the effectiveness of hand sanitizers. Some say that you need at least 60% alcohol content to be effective. Others say more... and that if your hands are dry after 10 to 15 seconds you haven't used enough. Consider keeping some in your car, your purse or coat pocket. Be generous with the sanitizer, making sure that hands are wet and rub hands thoroughly until dry. Sanitizers can help if soap and water aren't readily available. You should still wash your hands with warm soapy water as soon as you can. Don't forget to keep the bottle out of the

reach of children as the sanitizer can be harmful if ingested.

- We all know that toddlers like to put things in their mouths, so set aside any toys that may have been "tasted" and wash them thoroughly before they are played with again, especially by other children. To save time, pop them in the dishwasher if dishwasher-safe. Dollar store lingerie bags with the

zipper closures are handy to pop lots of small parts in and can be put in the top rack of the dishwasher.

- Sneezes and coughs are hard to contain and most kids don't like to get their noses wiped. Teaching your toddler to sneeze and cough into their arm or sleeve is easier said than done. Try turning it into a game. For example, when you

Continued on page 20

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Help your Preschooler (Continued from page 19)

sneeze/cough say peekaboo and hide behind your arm, hopefully they will follow suit. Extra thick tissues and tissues with lotion will help ease the pain of a really sore nose.

- When a cold or flu does hit your home you can often feel overwhelmed. Weather and health permitting, consider bundling everyone up and going for a family walk, little ones might enjoy the wagon-ride. If that doesn't work, perhaps you and your spouse can take turns getting out even just for a half-hour. Fresh air can do wonders for your mindset.

Finally, don't forget that many schools and child care facilities have clear policies regarding whether a sick child should or should not attend, so be sure to check that out before your child gets sick. You know your child best, so if you think there is something wrong don't hesitate to get medical help.

News from Blackburn Preschool

Come and check out the new look at the Blackburn Hamlet Preschool. Fresh paint and fresh faces eagerly await your visit. The Preschool is dedicated to offering a warm, stimulating environment where children can explore and experiment, while developing independence and a feeling of self-worth with a positive attitude towards school and learning.

We also wish to welcome our new director, Nancy Carisse, and new teachers, Beatrice deVries, and Jo Grimshaw. A huge welcome back to Margaret Engelberts and Kim Conlan.

Our warmest thanks and best wishes go out to Mary Hoskins and Lynn Bissett who have left us to embark on exciting new adventures.

Spots are available in the Monday/Wednesday JK/SK program and in the Friday P.M. drop-in program for 3-year olds and JK/SK aged children. If you are interested please contact Nancy at 613-834-5281.

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The **Blackburn Hamlet Chiropractic Office**

wishes to welcome

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

Christmas Shoeboxes for giving hope

What is a Christmas Shoebox? It is the collection and distribution of shoeboxes full of miscellaneous items for those in need. More importantly, it is the giving of a little bit of hope to so many who have so little.

Every year Churches of various denominations in Ottawa, across Canada and around the world collect shoe boxes filled with anything from children's toys to toiletries, to hats and socks. These boxes go to men, women, children or families in need across the world or across the street.

What can go in a shoebox? Socks, mittens, hat, scarf, toothbrush, toothpaste soap, shampoo, deodorant, feminine hygiene products, shower gel, disposable razors, hair comb or brush, washcloth, mending kit, individual band-aids, shampoo, conditioner, notebook/pen, book . . . (Please do not include sharp objects, items containing alcohol or bus tickets.)

Label the outside of the box as male, female, child, or either. The box can be wrapped but needs to be able to be opened easily, as the staff open them to be sure everyone gets a similar amount. A card may be included as well.

In Christmas 2006 Blackburn Hamlet and area contributed 117 bags and boxes of gifts. The challenge will be to beat that number this year.

The parish of Saint Mary the Virgin collects shoeboxes for the Centre 454 and the Well. These are both right here in Ottawa. The pickup and drop off location is the St. Mary the Virgin Parish House (2672B Innes Rd) until November 27th. Feel free to contact

613-590-0677 or smvblackburn@magma.ca for more information and other potential times. Donations of cash or individual items to fill a box are also gratefully accepted.

When people are moved to reach into the lives of others the world becomes a better place. The Christmas Shoebox is a great way for each and every one of us to help those less fortunate in our city.

ROTHWELL ANNUAL BAKE SALE AND LUNCH

NOVEMBER 14, 10 AM TO 1:30 PM

Come and stock up for the holidays with baking that includes apple pies and plum puddings, buy a houseplant or two, look over the handiwork, buy a few pocket novels, games, puzzles or books for gifts and pick up your United Church calendar.

Also plan to take a break for a pleasant lunch, served by the Men's Club. This is a Freewill Offering.

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Come visit the Lions at the Louis Riel Dome

Canada's top-ranked track and field club, the Ottawa Lions Track and Field Club, makes its home right here in Blackburn Hamlet! Since 2005, the Dome, behind École secondaire publique Louis-Riel, is the winter training location of the Ottawa Lions. From October to April, you will find Lions of all ages training on weekday evenings and Saturdays. Drop in to the Dome – the only indoor 400m track in North America. You are likely to see some of Canada's Olympians, current and future national team members, as well as some of the best high school and university athletes in Ontario.

The Ottawa Lions Club was founded in 1973. Since then, it has evolved into the most comprehensive track and field program in Canada. The strength of the Club resides in its exceptional coaches. They are recognized for their many achievements of international success, and for their ability to recognize the needs and abilities of all athletes. The Lions is an

“inclusive” club that offers a variety of program opportunities suitable for all ages and abilities.

Perhaps the most famous Lion is 1996 Olympic Gold medalist Glenroy Gilbert, who now coaches some of the top young sprinters in Canada. Glenroy is also in charge of Athletics Canada's National Relay Centre that functions out of the Lions Club, and brings together the members of the Canadian men's 4x100m and women's 4x400m relay teams in preparation for the 2012 Olympics.

The Ottawa Lions provide excellent training and competitive opportunities in all track and field events. All programs aim to develop core fitness in young athletes and provide a sound athletic background that is transferable to all other sports.

Beginners, aged 6 and up, are exposed to a variety of activities to develop basic, well-rounded athletic abilities. The Kids Program for ages 6-8, works on forming in each young athlete a “sports tool box” of basic movements common to all sports.

Athletes aged 8-12 focus on the basics of running, jumping and throwing. The Junior program helps athletes aged 12-18 develop the basic techniques of the individual events in track and field.

The Ottawa Lions Club also offers a full range of programming for older beginners – for those who want to develop fitness without competition, and for master's level athletes. The club also has an extensive Paralympic program for athletes with disabilities.

Over time, coaches guide athletes to the events that best suit their natural abilities. Competition is introduced gradually through informal events that help coaches to measure progress, and the athletes to gain confidence and experience. Over the winter months, athletes can test out their skills in all events, in a series of exciting Saturday competitions at the Dome. Admission is free for spectators.

All Lions Club programs begin during October. Registration is ongoing. There is a program for everyone, regardless of age, experience or ability.

Come visit the Lions at the Dome! Get acquainted with the great sport of track and field! See some of Canada's future national team members and enjoy the excitement of a competition – all in your own backyard!

For more information on the Ottawa Lions Club and its programs, or to register, visit the club website at www.ottawalions.com.



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Thank you to patrons who have contributed to the Friends of the Public Library Association (FOPLA) Booksale, we continue to sell and receive donations.

Drop in to either of our bookchats!

The Round Table and Tea Bookchat is held every 3rd Monday at 2 pm. Some of the titles included are *Secret Life of Bees*, *Coma*, *American Taj*. There is also a Steamy Romance Bookchat List. Titles, dates and times for the Chats are available at the Info Desk

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One library card gives you access to the entire Ottawa Public Library (OPL) collection including books, magazines, digital media, CDs, CD-ROMs, audiocassettes, videocassettes, DVDs, pedometers and watt meters.

- Borrow and return items from any of the City of Ottawa libraries
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the OPL website from home or work 24 hours a day.

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Monday: Thursdays 10-8:30 pm

Fridays: 1-6 pm

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December 24th and 31st: 10-3 pm

Branch is closed December 25th, 26th and January 1st.

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Coming Events

Fall Pottery Sale

The Ottawa Guild of Potters Annual Fall Sale with over 70 potters displaying their decorative and functional pieces at the Hellenic Banquet Centre, 1315 Prince of Wales Drive. November 12-15; Thurs. 4pm – 10pm, Fri. 10am – 10pm, Sat. 10am – 6 pm, and Sun. 10 am – 5 pm. Admission and parking are free. For more information, please visit www.ottawaguildofpotters.ca

The Beat goes on

Bytown Beat's very FIRST show will be held Saturday November 7th at the École secondaire catholique Béatrice-Desloges, 1999 Provence Ave. Orleans, ON, K4A 3Y6. The barbershop chorus features Aileen Carney and Brendan Ryan, Here & Now!, and the Polaris comedy quartet

Tickets are \$ 20.00 each. For more information call 613-833-2877 or visit www.bytownbeat.com.

Shenkman Promenade Arteast Exhibitions

You are invited to a special exhibition at the Shenkman Centre, 245 Centrum Blvd in Orleans to honour the key volunteers that have worked so hard for Arteast.

Arteast Presidents, Vice-presidents and Past Presidents: Works by the inspiring and dedicated individuals who have led Arteast so ably over the past 15 years. On display: October 29, 2009 – January 12, 2010

Long-serving Arteast Volunteers: An exhibit of works by the many hard-working people whose years of volunteer effort have helped Arteast to flourish and grow. On display: January 14 – March 23, 2010. Vernissage will be held on Sunday, January 17, 2010, 1-3 pm.

More information on other events, exhibits and meetings visit the website at www.arteastottawa.com.



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CHRISTMAS POT LUCK DINNER

– Sunday, December 6th – Blackburn Hamlet Community Hall. Live entertainment, turkey, tea, coffee and doors prizes will be provided as usual. Bring one of your favorite dishes to share. *Reservations are a must for this event.* RSVP to Gladys Kilpatrick at 613-824-5096 no later than November 30.

PUB NIGHT—meets at 6 pm on the fourth Sunday of every month (except December) at the Barley Mow Pub on the Tenth Line Road (located on the west side of Tenth Line, just south of Innes Road). RSVP PLEASE to Valerie White at 613-837-1083 if you wish to attend or require further information.

CARDS/GAMES NIGHT HAS BEEN CANCELLED—If anyone cares to volunteer to open and close the community hall for this monthly event, we will be able to restart this popular activity.

NEXT MEETING OF THE WORKING GROUP—Everyone welcome. Held on the third Wednesday of each month (except December) at 2:00 p.m. in the Community Hall.

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The day was glorious and the company most enjoyable!

At the height of the changing colours, the 50+ Group ventured up to the Gatineau Hills and MacKenzie King Estates for a few hours. A walk through the gardens, the Abbey ruins, and the quiet woodland trails down to the lake whetted the appetites for lunch in the cozy atmosphere of the Moorside Tea Room.

Car pooling is always available so the cost of these events is kept to a minimum. The only cost for this event was whatever one chose for lunch.

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WELLNESS INFO NIGHT: Practical information to help you improve and maintain health. Presented by Ruth Lewis Tratch, a wellness coach with Shaklee. Shaklee, with 50 years of environmental leadership and scientific innovation, is one of the top natural nutrition companies in North America. It also offers non-toxic cleaning products. Health, energy, vitality, and well-being: you know when you feel it. November 12th, 7pm. Call 613-824-9707.

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



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Baseball (Little League)	Gerry Ferguson613-745-9303
Blackburn Arena613-824-5197
Blackburn Library613-824-6926
Blackburn Art Group	Dwain Sykes613-745-6193
Blackburn Chorus	Bob Bowes613-744-6807
Blackburn Community Hall613-841-7396
Bookings	Jan Whitehouse613-830-8644
Blackburn Duplicate Bridge	Bill Durning613-824-9593
Blackburn Hamlet Preschool613-824-3251
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 Days613-580-2400
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 Watch613-236-1222 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
Volleyball (Women-Competitive)	Marg Walters613-830-8887
Life threatening emergency or crime in progress911
Police emergencies but not life threatening613-230-6211
Crimestoppers613-233-8477
City of Ottawa311

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St. Mary the Virgin



Blackburn and Area Community Event Calendar

Sponsored by the Anglican Parish of St. Mary the Virgin



Check out
St. Mary's!

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

November

Christmas Schedule St. Mary the Virgin Anglican Church - 2750 Navan Rd

*Christmas Eve –
Thursday Dec. 24
Carols at 7:00 pm
Eucharist at 7:30 pm*

*Christmas Day –
Friday Dec. 25
Eucharist at 10:00 am*

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

- Bible Study, 9:45 am Thursdays
- Knitting and Craft Club, 7 pm, 2nd & 4th Tuesdays
- Outreach—local and global

Worship Services

Sunday

Navan Road Church
2750 Navan Rd.
8:30 am.... Worship using the BCP
10 am..... Worship using the BAS

Sat. 7, 9:30 am to 2 pm Bazaar and Bake Sale at St. Mary's Parish House

Sat. 7,

Bytown Beat concert (Page 24)

Tues. 10, 7 pm

Knit & Craft Night at St. Mary's Parish House. All welcome

Thu. 12 to Sun. 15

Ottawa Guild of Potters Annual Fall Sale (Times vary, schedule on Page 24)

Sat 14, 10 am

Rothwell Annual Bake Sale and Lunch (Page 21)

Mon. 16, 2 pm

Round Table and Bookchat – Library (Page 23)

Wed. 18, 2 pm

Blackburn 50+ Group – working group meeting (Page 25)

Sun. 22, 6 pm

Blackburn 50+ Group Barley Mow (Tenth Line) - RSVP (See page 25)

Tues. 24, 7 pm

Knit & Craft Night at St. Mary's Parish House. All welcome

Fri. 27, 12 pm

Deadline for dropping off Shoeboxes at St. Mary's Parish House (Page 21)

Mon. 30

Deadline to reserve for Blackburn 50+ Group event (See page 25)

December

Sat. 6, 7 pm

Blackburn 50+ Group Christmas Potluck Dinner RSVP a must (Page 25)

Tues. 8 / 22, 7 pm

Knit & Craft Night at St. Mary's Parish House. All welcome

Mon. 21, 2 pm

Round Table and Bookchat – Library (Page 23)

Thu. 24, 7:00 & 7:30 pm

Carols followed by Eucharist (7:30) at St. Mary the Virgin Anglican Church (2750 Navan Road) All welcome

Fri. 25, 10 am

Eucharist at St. Mary the Virgin Anglican Church

Upcoming

January 3, 4 p.m.

Epiphany Carol Service – confirm location with St. Mary's Parish House – All Welcome

January 17, 1 to 3 pm

Vernissage for new Arteast exhibit at the Shenkman Centre (Page 24)

BAZAAR and BAKE SALE

At the Parish House 2673B Innes Road (Besdie Mac 's)

Stock up on Delicious baked goods and other items for Christmas entertaining.

Change of venue!

The 10 a.m. service has moved to the Navan Road Church (2750 Navan Road).

The church has been spruced up – plastered and painted – there has even been a composting toilet installed. You now have two options for worship at the

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