

# BANAR

Blackburn Area News And Reports

Vol. 44 No. 1

September 2010

## Honouring Dr. Sati and Mrs. Sati



*by Rike Weizenbach and Eileen Emmonds*

Celebration Reception—Saturday, June 19. We arranged it. You attended. You made it a resounding success. Thank you!

Organizing the June afternoon event for Dr. Sati and Mrs. Sati began way back in January and over the course of the next few months over 850 patients and community members contacted us to confirm their attendance. On the day of the celebration we were joined by many more well wishers—rumour has it that nearly 1,000 people dropped by Louis Riel School that afternoon.

The energy, enthusiasm and happiness in the room was palpable. Everyone was there for one reason only—to express their appreciation to our guests of honour for their exceptional commitment and

dedication to the community over the last 39 years. We were very pleased that Dr. and Mrs. Sati's children and their families were able to attend and enjoy being part of this wonderful community tribute to their parents, and to witness their receiving awards from various levels of government, including a letter of congratulations from the Prime Minister, and community groups including the Canadian Alliance for Visible Minorities, and the United Way, who presented Dr. Sati and Mrs. Sati each with a Community Builder Award in recognition of their long-time loyalty and devotion to the community and the difference they have made in the lives of others.

A huge thank you goes out to all the volunteers and included the group who helped set up the room the night before, our Saturday "Meeters and Greeters", our presenters, our photographer, our "chauffeur" who ensured that patients without transportation could attend, the folk who helped with the signage, and our volunteer bakers.

But the biggest *Thank You* goes to *You*—patients (from across the city and the country) and members of the community for your amazing support, encouragement, enthusiasm and appreciation for our efforts, from the very first day that we began organizing the party. Individually and collectively, you have been phenomenal.

As a result of the incredible and generous outpouring of support, the community was able to present Dr. Sati and Mrs. Sati with two gifts, a weekend wine tasting package at the beautiful Trapp Family Lodge in Stowe, Vermont, and also a travel certificate for over \$11,000 which will enable Dr. and Mrs. Sati to travel wherever

*Continued on page 4*



# Jan's Workout

**27<sup>TH</sup> YEAR IN BLACKBURN HAMLET!**

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1. **The Aerostrength Class:** an aerobic, core and strength training combination offered on Mondays, Wednesdays and Fridays 9:30 - 10:30 a.m.
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.

Fall Registration

Wednesday, September 8, 2010

11:00a.m. - 1:00 p.m. and 6:30- 7:30 p.m.

At the Blackburn Community Centre

190 Glenpark Drive

For information call Jan Quinn 613-590-9995

or visit our website: [www.jansworkout.ca](http://www.jansworkout.ca)



# President's Message

I know it's a cliché, but time really does fly when you are having fun.

This summer has passed by in a blur, along with all the community events that normally take place in the Hamlet during the hazy, humid months.

The perfect kick-off to the summer is always the annual Blackburn Hamlet Fun Fair, and this year's event held on June 4, 5 and 6 was no exception.

Chair Trisha Cloutier and her eager team of volunteers threw a three-day party that had a little something for everyone. There were midway rides for the young at heart, pancake breakfasts for those with growling stomachs, silent auctions, a book sale, field games, live entertainment, a beer tent, and a wide range of other activities.

Many thanks to all those who donated their time and boundless energy to make the Fun Fair such a spectacular event.

The summer months always draw a steady stream of Hamlet residents into our neighbourhood parks. Each year, the BCA hires

some young people to keep our parks clean and tidy. I would like to commend their efforts by noting the wonderful job they have done during the past few months.

I would like to also encourage Hamlet residents to get involved in our plans to expand the community hall. A link has been established on the BCA website, at [www.blackburnhamlet.ca](http://www.blackburnhamlet.ca), providing more information on how to get your ideas into the running for inclusion in the project. This will be a large-scale undertaking by the community and we want to make sure the end result is a true reflection of what the community needs and wants.

Also, the Blackburn Hamlet Community Association is now on Facebook and we are looking for "friends." Check in regularly for updates and community-event information.

And don't forget, the Association holds monthly meetings every third Thursday. These meetings are open to the public and guests are always welcome.

*Laura Dudas*



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## ALL CANDIDATES MEETING

**Municipal elections are coming  
— Get informed!**

Date to be posted at Library and  
[www.blackburnhamlet.ca](http://www.blackburnhamlet.ca)

## VOTING DAY

October 25 (10 a.m. to 8 p.m.)

## ADVANCE VOTE DAYS

October 2 (10 a.m. to 5 p.m.)  
October 14 (10 a.m. to 8 p.m.)

## BCA Membership — The community appreciates your support.

**Purchase your membership card and be in the October draw for a HD television!**

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

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

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

## DEADLINE OCTOBER 25TH!

Purchase your 2010 BCA Membership card for \$10 and get in the **DRAW FOR A HIGH DEFINITION TELEVISION**. The BCA appreciates your support of the Banar and the many community events and projects.

# Blackburn Community Association

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

www.blackburnhamlet.ca

## 2009 BCA BOARD OF DIRECTORS

President	Laura Czekaj Dudas	613-282-4139
Vice President	Annick Laporte	613-834-4030
Secretary	Sheryl Tracy	613-858-4124
Treasurer	Al Ross	613-837-1504
Community Relations	Charles Kennedy	613-837-6338
Communications	Patrick Kahtouni	613-263-1313
Environment	Paula Rosenquist	613-824-5062
Seniors	Sarah Cloutier	613-841-4114
Parks & Recreation	Tom Scott	613-834-8661
Youth	Trisha Cloutier	613-841-9848
Website	Helen Rosseau	613-834-8661

### Standing Committees/Representatives

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

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

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

### Advertisements: Sizes (wide x high) / Prices (No taxes)

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

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

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

**Payment:** By cheque, credit card or cash **Payment must be made by the deadline date (see dates below)**. Cheques are payable to "BCA". Mail/hand delivery address: Banar, 5729 Kemplane Court, Ottawa K1W 1B8. Please call 613-824-9707 or e-mail [ev@buddgraphics.com](mailto:ev@buddgraphics.com) for more information.

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**Distribution:** Circulation 4,000. Delivered by local community groups. Available at the Blackburn Library, Arena and Metro while quantities last. Phone or email [ev@buddgraphics.com](mailto:ev@buddgraphics.com) your name and full address if you do not receive the Banar within a week of the delivery date. Please put "Banar delivery" in subject line.

### DEADLINE / DELIVERY DATES FOR FUTURE BANARS

**DEADLINE** Oct 27 / **DELIVERY** Nov 12-16

**DEADLINE** Jan 19 / **DELIVERY** Feb 4-8

**DEADLINE** Mar 16 / **DELIVERY** Apr 1-5

**DEADLINE** May 11 / **DELIVERY** May 27- 30

**DEADLINE** Aug 17 / **DELIVERY** Sept 10-14

## Dr. Sati (continued from page 1)

they wish in the world when they finally have time to relax and enjoy life at a more leisurely pace.

The patients and community of Blackburn Hamlet and Orleans have been fortunate that the Satis have been a part of our lives for the last 39 years. We do, indeed, wish them a wonderful retirement.

The celebration was supported by: Present and former patients; residents of the community; Blackburn Pharmacy; Rainer Bloess; Royal Galipeau; Embassy of the Federal Republic of Germany; Lafarge Canada Inc.; Sprint Graphics; RONA Home & Garden Gloucester; [www.purebrew.ca](http://www.purebrew.ca); Shoppers Drug Mart; Bank of Montreal, Wally's Bistro & Bar; Blackburn Barber Shop, Hair Alive; Spic and Span Cleaners; Edward Jones; [burnsortho.net](http://burnsortho.net); Queens Pharmacy Ltd.; METRO; Louis Riel High School; Travac Inc.; The Ottawa Hospital Catering Service.

## A Very Special Afternoon

*We would like to express a most heartfelt Thank You to our patients and the community for the wonderful retirement party you gave us on Saturday, June 19, 2010.*

*It was truly heartwarming to see patients we haven't seen for a long time and to look around the room and see neighbours reconnecting and exchanging memories and stories, and to see friends from school greeting each other again as adults and parents. In so many ways, that afternoon was a true homecoming for many people.*

*Our thanks go to everyone who took part in the program that day and who honoured us with an award. We would like to especially thank Eileen Emmonds and Friederike Weizenbach for turning an idea last year into such an amazing event this year and for all their organizational efforts to ensure that we, and everyone who attended, enjoyed the afternoon. Their efforts on our behalf will always be remembered.*

*Our patients' love, as expressed in many letters and thoughtful gifts, has carried us through the last stressful and traumatic months. Now on this very special day, our patients' love lifted us up high on a cloud, on a cloud with a silver lining—and the silver lining was the totally surprising and most wonderful gift. This gift will take us on a trip, on the vacation we never had; we will sail on this cloud to Damascus and to Europe to visit family. We cannot thank you enough. But first, this fall, "the hills will come alive with the sound of music" when we visit the Trapp Family Lodge in Vermont for a relaxing weekend.*

*We are so blessed that you have been part of our lives for so many years. We will always treasure the memory of the wonderful and very special reception you gave us in June.*

*Dr. Ahmed Sati and Ulrike Sati*

# Fun Fair a Signature Event for the Hamlet

by Trisha Cloutier

Good times and new traditions were enjoyed by all who attended this year's Blackburn Fun Fair. Blackburn residents demonstrated an abundance of community spirit. Even though there was some disappointing weather over the weekend, we had a very successful turn-out from the community.

The food drive parade worked out especially well and I am sure will become a tradition. The Saint Joseph Store House located within Blackburn received a truckload of goods that they were able to give to those in need. The community games and tug-of-war matches are also traditions that will continue to be a part of the fun fair. Everyone especially liked the tug-of-war competition between the police and fire department. Great fun was had by everyone who participated and all who watched as well.

There were a few special events that had to be cancelled due to poor weather. The fireworks had to be cancelled on Saturday night because it was too windy. The rain on Sunday was also a disappointment, the carnival had to close down and the Pet Pride Parade that was scheduled was rained out. However, on the bright side, we now have ten months to teach our pets some new and exciting tricks for next year's parade!

It was especially rewarding and extremely fun for me to plan such a signature event for our community. I enjoyed working with all of the fun fair volunteers who worked hard to help make this event happen. I had the benefit of working with an incredible team of people who were devoted to making the fun fair a huge success. I would not have even attempted to take on the fun fair without their help and support. I am very thankful for all of their help.

I would also like to mention my thanks to all of the local businesses and organizations that helped to sponsor this year's fun fair, and also those who made personal contributions to help us with our efforts. Without such a supportive community we would not be able to have a fun fair. I am excited to get started on next year's event, and my hope is that it gets better and better every year!



More photos at [www.blackburnfunfair.ca](http://www.blackburnfunfair.ca) and on page 13

## These are the people who made it happen.

Fun Fair Chair	Trisha Cloutier	613-424-3020
Operations/Facilities	Roger Smiley	613-837-4293
Treasurer	Bernard Charlebois	613-837-4819
Community BBQ	Sarah Dawson	613-834-0978
Stage Co-ordinator	Mike Murphy	613-824-2136
Tickets, electrical & Facilities	Cliff Seibel/ Knights of Columbus	613-837-2869
Electrical	Greg Campbell	
Beer Tent	Joanne O'Neil/ Blackburn Ladies Softball	
Volunteer Co-ordinator	Jennifer Cloutier	613-841-9848
Communications	Patrick Kahtouni	
Silent Auction	Amie Duquette	613-824-4556
Parade	Rachel Whyte	613-834-7829
Parade Assistant	Sherri Piercy	
Showcase in Arena Co-ordinator	Jeff Miller	613-720-7653
Showcase in Arena Assistant	Christopher McMullen	613-231-3408
Field Activities Co-ordinator	Laura Czekaj Dudas	613-282-4139
Fish pond	Beavers	
Duck Pond	Sparks	
Bouncy Castles	Team TD Bank	
Books, Movies & Games Sale Table	Rachelle Belair	613-424-0726
Blackburn Banar	Evelyn Budd	613-824-9707
Photographer & Webmistress	Helen Rosseau	613-834-8661
Sponsorship	Amie Duquette	613-762-8878
Sponsorship Assistant	Iain Macpherson	
Pancake Breakfast/Fruit Stand	Le Club de Optimiste of Blackburn Hamlet	
Barricades & Signs	Jeff MacDonald	
Popcorn/Snow Cone Family	Katty Mora & Family	
Pet Pride Event	Valerie Cavers & Dominion Lending Centres, Mortgage Excellence	



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# Fall Update features Promise and Progress

by Rainer Bloess, City of Ottawa

**There is good news** on many fronts as we head into another beautiful fall season in the Greenbelt. Many of you will have already noted the welcome news that the City of Ottawa has received a Federal Approval-in-Principle letter from the Minister of Transport, Infrastructure and Communities for the Light Rail Transit plan. Project costs will now be eligible for federal reimbursement up to the \$600 million pledged by the Minister this past June. Preliminary engineering is underway and about to move forward with this vitally important and long overdue project which will update and revitalize our transit system.

With the end of the relatively quiet summer season, watch this fall for increased frequency and expanded hours of service on many OC Transpo routes to reflect higher demand. Route 94 in particular will have earlier runs and more frequency. Schedules and maps are available at [octranspo.com](http://octranspo.com). Beginning September 1, full-time students at our local universities will benefit from a pilot project providing them with universal transit passes. These U-Passes will provide significant savings to students who regularly use public transit but will also encourage others to adopt public transit as a preferred mode of transportation.

Hamlet residents of all ages are encouraged to join the City's fifth annual Cleaning the Capital Fall Campaign which will run from

September 15 to October 15, 2010. This highly successful campaign relies on volunteers, working as individuals or in groups of any size, who take on a community cleanup project, be it small or large, on any public property in need of attention and sprucing up. As an added incentive, thanks to generous sponsors across our community, those who register a project on or before September 14th will be eligible to win early bird prizes and volunteers who submit online Cleanup Reports by October 31 will also be eligible for additional prizes. We have an excellent track record here in the hamlet for both the spring and fall cleanup campaigns. Let's keep up the good work for the 2010 campaign.

After a rocky start, the green bin diversion program continues to grow, with 26,000 tonnes of organic material (the equivalent of nearly 3,000 garbage trucks) already diverted from

area landfills. Residential waste diversion rates for the first half of 2010 rose to an impressive 42 per cent. The program will soon be expanded to medium density housing allowing more residents to participate. Like so many other worthwhile environmentally-friendly habits, with a little practice it becomes second nature and the payoff benefits our entire community.

As we enter a busy fall season, as usual, please do not hesitate to contact me at 613-580-2472 or at [rainer.bloess@ottawa.ca](mailto:rainer.bloess@ottawa.ca).

## BCA WEBSITE

Visit the Blackburn Community Association (BCA) website at [www.blackburnhamlet.ca](http://www.blackburnhamlet.ca) for community updates and links to local organizations and businesses.

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Blackburn Hamlet

## 8th Annual Walk (and Run) for the Cure: October 3

by Bill Horne

**More than 850 people** have taken part in the first seven versions of Team Blackburn Hamlet CIBC Run for the Cure since October 2003, and have raised over \$122,000 for breast cancer research.

"We created the local event as an alternative for people who don't want to go downtown for the big Run, and we've been thrilled with the response we've had," said Team Captain Lynn Sewell, "this year we are expecting it to be even bigger and better. Again we welcome back for the 5th year, the very supportive and enthusiastic Freedom 55 Financial Team".

"Run" for the Cure is a bit of a misnomer, as most local participants walk the 5 km course, following the same pleasant route as the yearly BCA Fun Run. Of course, runners and

the team from the Ottawa Lions Track Club are welcome. There's also a 1 km section for those who need something easier. Both start from the Blackburn Community Centre at 9 am on Sunday, October 3. (Doors open at 8:15 am) Once again, Councillor Rainer Bloess will start the event, and other local officials are expected. There will be great refreshments before and after the Run, compliments of Blackburn Arms Pub, and other civic-minded supporters. You'll also have a chance to win some great prizes from local merchants.

### Here's how you can get involved:

To officially join Team Blackburn Hamlet, and receive your Team Blackburn Hamlet t-shirt, you must register by SEPTEMBER 15 at the latest. There are two ways to do that:

1. [www.cbcf.org](http://www.cbcf.org)

2. click on run banner on left
3. click register
4. find site.....Ottawa Gatineau
5. Join team
6. search team.....Blackburn Hamlet,

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'll get a t-shirt and your supporters get a tax receipt for donations over \$10. Shirts will be given out at the Run, or pick them up from Lynn.

If you can't get through, you can download a paper registration/donation form.

If the online process does not work for you, call Lynn Sewell at 613.837.4792 or email at [lynnstravel@rogers.com](mailto:lynnstravel@rogers.com).

You must register in one of these two

*Cont'd on page 11*



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## **Eighth Annual Walk (and Run) for the Cure (continued from page 9)**

ways, by September 15, not later than 9 p.m., in order to obtain a Team Blackburn Hamlet 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's what else you can do, regardless of the cut-off dates for shirts. You're still a highly valued part of the Team, with or without a customized t-shirt.

- Come out to the Run for the Cure on October 3, 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, 613-837-2166, or djhorne@rogers.com, if you are coming, so we have enough refreshments.

- Go to [www.cbcf.org](http://www.cbcf.org), then the Run for the Cure section, and then 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, to generate the matching gift from Freedom 55.

This event is open to everyone. Strollers, baby joggers, bikes, dogs, inline skaters; all are welcome. Even husbands, and other assorted males, with or without leashes. You can also visit [www.blackburnhamlet.ca](http://www.blackburnhamlet.ca), for pictures from earlier events, updates on the Run, view the route map, etc. (no registrations accepted on this website). See you on the 3rd of October, rain or shine.

We know the online registration process can be confusing; if you have

ANY QUESTIONS, please call Lynn. If all else fails, just come out on October 3, regardless of letting anyone know, signing up online, or anything else bureaucratic. We want you to participate and help us beat breast cancer.

**Speaking of participating**, we are looking for a few good men and women who are interested in getting involved. Try it this year and maybe take more of a role in future Runs.

As the organizing group has been going strong for 8 Runs, we would like to find interested citizens who want to see it continue into the future. This community has warmly adopted this event as an important one....one worth continuing for many years, until the goal is reached. Please consider becoming really involved. Call Lynn at 613-837-4792.



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# New playground in Blackburn built by volunteers

On August 26th children on Innes Road across from the Emily Carr School were thrilled to have dream playground structures replace their old wooden structure. As well, they now have picnic tables, a shade bench, bulletin board, recycling bins and had a mural installed. KaBOOM!, the Home Depot build team, the Gloucester Housing and Emily Murphy Housing Corporations, an Ottawa Timeraiser's volunteer and a large group of volunteer workers were instrumental in creating a wonderful oasis for to play in. The project was funded by a \$65,000 grant from the Home Depot Canada Foundation and a \$7,500 contribution from Emily Murphy and Gloucester Housing. KaBOOM! is non-profit organization that creates play spaces for children.



**Democracies rely on participation. It's your future — VOTE.**  
 On Monday, October 25, you will have the chance to elect a Mayor, a City Councillor and a School Board Trustee.  
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# High-tech Practice Board at Blackburn Tennis Club

by Barbara Nolen

**BTC players can now practise** their strokes against a unique one-of-a-kind high-tech backboard!

This cutting edge backboard is made of recycled plastic from Syracuse, New York, which is shipped to Germany and made into a composite called "Monopan". It is then returned by container to Montreal. Our Monopan panel was assembled in a shop in Morrisburg, using an enlarged photograph of the court, taken from the baseline, producing a continuation of the view as if you are hitting on a real court. A big improvement over a painted board!

This panel is guaranteed not to break down or deteriorate for ten years. Drop in, have a look, and give it a try, you'll be amazed!

Thanks go to Ted Keyes who first saw this product last summer at an antique boat show.



## BANAR DELIVERY

Opportunity for a community group to earn \$250 with a bonus of \$100 for delivering the February Banar (Feb 4–8th) to homes and businesses in Blackburn. There are maps and descriptions for the 16 routes to help the organizing group. Email Evelyn at [ev@buddgraphics.com](mailto:ev@buddgraphics.com) for more information.



Photo by Jean-Marc Carisse

## Royal Galipeau, MP /député Ottawa–Orléans

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# Sleeping Mats for Children in Third World Countries

**Good Shepherd's Milky Way Club** was started to help underprivileged children in other countries by crocheting sleeping mats out of milk bags. This environmentally conscious program promotes the recycling of milk bags, attracting many of the senior students of Good Shepherd Catholic School to participate in a good cause. After being cleaned, flattened, cut into strips, and then linked to form "plarn", the milk bags are crocheted into a comfortable bug-repellent mat. The mats are then sent to a person at the Ottawa-Carleton School Board who forwards them to third world countries. Eager students gather weekly to enthusiastically work towards helping others, reporting that this activity gives them a feeling of accomplishment and pride.



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## Blackburn Library: Hub of Activities this Fall

As the kids return to school and adults come home from summer holidays or weekends at the cottage, a perfect place to rediscover is the Blackburn Hamlet Library. We know this upcoming year will be a great one with our community's support and participation!

We are pleased to welcome our new permanent children's programmer, Mandy. She will be giving programs throughout the school year for children 6 and under, as well as special programs (Christmas, Halloween, March Break etc.) for older children. For the school age children, we are happy to welcome back Darlynn from the Eastern Ottawa Resource Centre as our Bilingual Homework Club tutor. We also want to encourage parents and kids to visit the Info desk and ask about

our wonderful databases for homework, projects, book reports and more.

For adults, we continue our bookchat and encourage new members to join.

**The book club** meets on the third Monday of the month at 2 pm. Please visit the Info Desk for a list of this fall's titles. **Neil Ritchie** of Ritchie Feed and Seed will be discussing Fall gardening and the closing of your garden on Wednesday, September 28th at 7 pm. **Jacques Bourdeau**, author of *Listen to the Songs of the Angels* and *Everywhere a Sign* will be speaking on how to bridge the gap between the physical and the spiritual world on October 26th at 7 pm. Please register in the branch or online.

We are also trying something new by introducing a **drop-in knitting group for people of all skill levels** wishing

to discuss or give ideas on anything "knit-related" (please bring your own materials). The group will meet every second Tuesday at 7 pm beginning September 21st.

Also, don't forget to join us for our **first ever DVD Swap** on Saturday, November 27th at 2 pm. This is where you get to bring in your previously viewed DVDs and swap them for other patrons' DVDs. All genres are welcome including Children's DVDs. Please make sure that DVDs are playable and in good condition. Registrations are encouraged but drop-ins are welcome.

For information on any of the adult programs, please visit the Info Desk.

**Basic Internet/Email and Library Catalogue tutorials** continue as well

*Cont'd on page 19*



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### Hub of Activities (Cont'd from page 18)

as tutorials on **Booking Your Vacation Online**. Please make an appointment by calling 613-824-6926 x 224 or by stopping at the Info Desk.

We'd like to thank you for your patience during our computer upgrades. The new website is up and running so if you have any questions or concerns, please speak to Staff.

### Children's Programs

**Storytime** (bilingual): Tuesdays, September 21, 28; October 5, 12, 19, 26; November 9, 16, 23, 30; December 7, 14 at 10:30 am.

**Drop-In:** 30 minutes. Ages 3 to 6 years.

**Toddler time** (bilingual): Thursdays, September 23, 30; October 7, 14, 21, 28, November 18, 25, December 2, 9, 16.

**Drop-In:** 30 minutes. Ages 19 to 35 months.

**Babytime** (bilingual): Thursdays, September 22, 29; October 6, 13, 20, 27; November 10, 17, 24; December 1, 8, 15.

**Drop-In:** 30 minutes. Ages up to 18 months.

### The Great Pumpkin Contest

Guess the weight of the pumpkin and win. October 23–30. Ages 5 to 12.

### Halloween Hoot N Howl

Spooky stories, games, music, crafts, and treats. Wear a costume you could win a prize! Saturday, October 30th at 2 pm. 90 minutes. Registration required.

### Gifts of the Season

Make a holiday gift for somebody special. Saturday, December 4th at 2 pm. 90 minutes. Registration required.

For more information or to register for a program call the Library information desk at 613-824-6926 x 224.

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*Everywhere a Sign: Short stories about connecting with spirits. Does death need to be the end? No! Not if you are open to the idea that spirits are able to send messages from the higher life. Author Jacques Bourdeau will be speaking at the Metcalfe Street Library on October 16 and the Blackburn Library on October 26. To register to hear Jacques speak contact the Library. For more information email [info@www.spiritguidesproductions.com](mailto:info@www.spiritguidesproductions.com).*



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## Northpark parties on despite rain

By Laura Dudas

Four years running and the street party on Northpark Drive is still going strong. Because of a downpour of rain this year, the hardy residents strung up tarps, then headed indoors to continue the party.

Residents on the winding street gathered together on August 21st between 4 pm and 8 pm to munch on a potluck dinner. The children put on a show for the grownups with a talent performance, prize bags filled with treats were handed out to all the kids, games were set up to keep the little ones busy and everyone threw their names into a hat for a chance at door prizes.

The grassroots organized party has been a staple event and continues to draw a large turnout as residents invite their extended families to partake in the festivities. Prizes were donated this year by The Works, Boston Pizza, and Councillor Rainer Bloess. Police and fire services were invited to attend, as they have been in past years.

As the organizer, I would like to thank all the volunteers who ensure that this event gets better, every year.


## Ottawa Valley's author Mary Cook shares Stories

by Linda Brunet

Mary Cook will be dropping in to share some of her stories of the Ottawa Valley. St. Mary the Virgin Anglican church is hosting Mary at the Blackburn Community Center on Sunday, October 3rd at 2 pm. It would seem, for those of us who have lived in the area going on 50 years, that Mary has been here with us sharing our experiences and gathering material to weave into wonderful stories. A free-will offering will be accepted on behalf of the Anglican Bishop Ordinary Fund which funds the ministry of the Bishop Ordinary who provides services to Armed Forces personnel and their families. Refreshments will be served by the Anglican Church Women (ACW) following the presentation. All are invited to experience Mary Cook's story telling talents. For more information call 613-590-0677.

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# Crazy School Day Mornings

by Julie Babcock

**Getting your family** out the door on time for school can be nerve wracking! Don't be discouraged... with a little time and a few tricks, things can run much smoother.

Try to keep your children involved in household routines whether it's morning or night. This gives a sense of structure and predictability to the day. Children especially need this when there are new things going on such as starting preschool or a new class.

Consider making up a large-sized weekly schedule for family members to see. Choose stickers or pictures that represent the activities so that all ages understand. Let the kids add the stickers to the schedule so they can share in its preparation.

Routines should be simple, predictable and as consistent as possible for 2, 3, and 4 year olds. Encourage participation in routine when your child is not tired, hungry or sick. Here are a few quick tips for young children.

Have boots/shoes, coats and backpacks within easy reach of your child. Encourage your child to go to their things to go get ready to leave and reinforce where they should put them when they come home.

In order to help your child remember which shoe goes on each foot, place matching stickers on the inside big toe of each shoe. When the stickers touch the shoes are on the correct side and ready to put on the corresponding feet.

THE MAGIC FLIP is an easy way for preschoolers to eventually manage putting on their own coats all by

themselves. The parent lays the coat on the floor upside down, in front of the child with the opening facing up. The child will be standing at the neck/hood of the coat. Help, bend and then slide his/her arms into the coat sleeves while flipping coat over their head. The parent can help fasten buttons or zippers. Parents may need to assist for the first few times.

Also, toddlers and young children can help pack their snack or lunch bag and put a snack or cup in their backpack.

Incorporate your kids into making

breakfasts with you instead of trying to make meals "around" them. Sometimes this is difficult but with some direction young children can help set the table, while much older children can help prepare the meal. Try this with other meals as well and see what works for your family.

Don't forget—a good night's sleep can do wonders for your morning routine.

The Blackburn Hamlet Preschool still has spaces available in their Toddler and Kindergarten Programs. Please contact the Preschool at 613-824-3251.



## Blackburn Hamlet Preschool

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# Discovery Café Series begins September 24

This coming fall, Dr. John ApSimon, professor emeritus at Carleton University, and his wife, Karen Bergenstein, a pastor at Blackburn Hamlet Community Church, are launching Discovery Café, a series of public lectures for the residents in the Hamlet.

John says, "Karen and I moved to Blackburn Hamlet a couple of years ago, and thought about borrowing the successful format that's been tried in the Glebe recently called Science Café, which brings the topical scientific study of Carleton University researchers to a level that can be easily understood by the general public. Karen (not a scientist!) suggested broadening the mandate, so we've invited local professors, entrepreneurs and others who are well-versed in a particular area to give a half-hour talk followed by a question-and-answer period. It should be stimulating and entertaining."

The fall lineup begins Friday, September 24 at 7:30 pm with a lecture from Dr. Ted Jackson, professor of Policy and Public Administration at Carleton University, whose expertise is the impact of community and partnerships on society at all levels, both nationally and internationally. He will speak on "Ghana, an ongoing journey in nation building."


On October 29, Dr. Randall Germain, a resident of the Hamlet and Chair of the Political Science Dept at Carleton, whose interests are centred how

international politics intersect with Canada's foreign policy, will lecture on, "Canada's involvement in international affairs: Is it at a crossroads?"

In preparation for Christmas, on November 26, the Rev. David Robinson, Assistant Pastor at St. Alban's Church, proposes to enlighten us about the life and thought of W. H. Auden in a lecture

called, "For the Time Being: W. H. Auden's Christmas Oratorio."

Lectures begin at 7:30 pm at Blackburn Hamlet Community Church, 2598 Innes Rd (between the TD Bank and the Blackburn Arms). Seating is limited. Desserts, coffee and tea will be served. A donation of \$2 would be appreciated to cover costs.



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Tues-Fri@ 9-9:30am: Morning Prayer  
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Sep 22 Introductory evening  
7:30pm (dessert)

Sep 29 10-wk course begins  
6:30-9pm (supper)

See our website for more info  
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this Fall!

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A 4-wk course  
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10:30-11:30am. Email  
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*Knit Café continues to meet around  
the kitchen table every Wednesday,  
1:30-3pm. No experience necessary!*

**Discovery Café**

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(See article on this page)

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## Coming Events and Registrations

### Blackburn Scout Group

Registration for the 1st Blackburn Scout Group will continue throughout the month of September. Beaver volunteers also needed. Please contact 1stblackburnscoutgroup@live.com.

### Square Dance Open House.

Try something new! The Village Squares Modern Square dance club's, 2010-2011 season's free Open House evenings for beginner couples will take place on Wednesday September 8th and Wednesday September 15th starting at 7:30 pm. at the Roy Hobbs Community Centre, corner of Champlain and Larch Crescent. Orleans, Fun, Fitness and Friendship await you. We hope to see you there. For more information see our website at [www.villagesquares.wordpress.com](http://www.villagesquares.wordpress.com) or call 613-521-5292.

### Fall Fashion Show supports Run for the Cure

The Wholesale Outlet will once again host a fall fashion show in support of the Run for the Cure. It will be held at 10 am on Saturday, October 2nd. Admission is free. Then join us in the Blackburn Run on October 3rd (see page 9), again this year. Hopefully we will be able to match or beat the contributions we made last year.

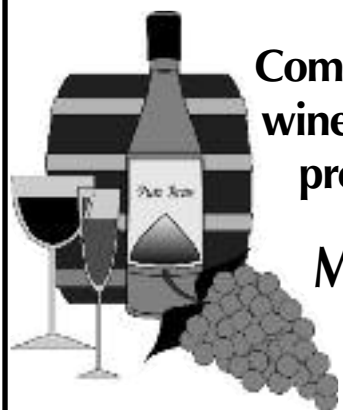
### Blackburn Art Group

The Blackburn Art Group meets approximately every second Thursday afternoon at the Blackburn Community Hall, 190 Glen Park Drive from 1 pm to 4 pm. This is an opportunity to draw, sketch or paint in the medium of your choice with fellow artists. Learn from each other, and meet new people in a relaxed and fun atmosphere. No instruction is given and a very minimal cost involved. Please call Margaret Froelich at 613- 824-6503 or Jean Levey at 613-742-0240 for more information. The following dates have been scheduled: September 9 & 23; October 28; November 11 & 25; December 9 & 16; January 13 & 27; February 10 & 24; March 10 & 24; April 14 & 28; May 12 & 26.

On May 26th an open house for the viewing of the group's artwork will be held.

The Fumblin' Fingers are coming November 26th! Traditional music from the East Coast and beyond. Jigs and reels, polkas and strathspeys. You'll be tapping your toes when the Fumblin' Fingers start playing! More info in the November Banar.

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**THANK YOU**

Canadian Blood Services collected 24 units of blood from 32 donors who attended the Blood Donor Clinic held July 5th at the Good Shepherd Catholic School. The need for blood of all types is constant, and we are continuing our efforts to ensure Canadians receive the life-saving blood and blood products they require, those 24 units donated have a tremendous impact on meeting patient needs now and into the future. Since one blood donation can save as many as three people, 72 patients will be touched by your donation. And for someone in need, your blood donation is the difference between life and death. We can't thank you enough!!

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It's never too early to book an appointment, to help secure the blood supply and make the upcoming clinic a success.

Although we fell short of our target, we have a strong foundation of donors to build on now.

Thanks to the Blackburn Tennis Club for their promotion of the clinic, and for providing volunteers, and treats!

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*Classified ad/per issue: 20 words or less \$10; 50¢ for each additional word. Cheque made out to "BCA" and delivered by Banar deadline date (see page 4) to: Banar, 5729 Kemplane Crt, Ottawa K1W 1B8.*



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## Community Contacts

Badminton	Dale Bemben . . . .blackburnbc@yahoo.com
Baseball (Little League)	Gerry Ferguson . . . . .613-745-9303
Blackburn Arena	. . . . .613-824-5197
Blackburn Library	. . . . .613-824-6926
Blackburn Art Group	Margarete Froelich . . . . .613-824-6503
Blackburn Chorus	Bob Bowes . . . . .613-744-6807
Blackburn Community Hall	. . . . .613-841-7396
Bookings	Jan Whitehouse . . . . .613-830-8644
Blackburn Duplicate Bridge	Bill Durning . . . . .613-824-9593
Blackburn Hamlet Preschool	. . . . .613-824-3251
Blackburn Guides/Brownies	Brenda Sowden . . . . .613-523-4003
Blackburn Scouting Group	Yola Tannous . . . . .613-841-3033
Child Care Drop-In	Myrian Pepin . . . . .613-742-5500
Child Care No School Days	. . . . .613-580-2400
Conseil de Gestion	Lyse Goneau . . . . .613-837-3941
Fastball (Mens)	Steve Bovey . . . . .613-824-1435
Fifty Plus Group	Sarah Cloutier . . . . .613-841-4114
Hockey (Girls)	Charles Chamberlain . . . . .613-745-9927
Hockey (Blackburn Minor)	Wally Montpetit . . . . .613-227-1122
Hockey (Mens)	Roy Van Koughnett . . . . .613-824-3921
Jeannettes	Nicole Andrecheck . . . . .613-824-9972
Les Guides	Viviane Côté-Maxwell . . . . .613-837-1839
Le Club Optimiste	Dominique Dufour-Jacques . . . . .613-837-4645
Les Chansonniers	Germain Asselin . . . . .613-837-3883
Neighbourhood Watch	. . . . .613-236-1222 ext 5054
Quilting Groups	J. Maxwell . . . . .841-6084
	Joanne Bushel . . . . .613-824-6524
	Jane Ross . . . . .613-837-1504
Ringette Rockers (Ladies)	Sue French . . . . .613-830-0684
Ringette Scrimmage-Mon/Wed	Louise Bertrand . . . . .613-841-5610
St. John Ambulance	Bob & Pauline Giroux, 11-2336 Orient Park
St. Joseph Food Bank	Leanne Hunter . . . . .613-830-3808
Softball (Ladies)	Michel Haddad . . . . .613-834-1269
Tennis	Marg Walters . . . . .613-830-8887
Volleyball (Women-Competitive)	
Life threatening emergency or crime in progress	. . . . .911
Police emergencies but not life threatening	. . . . .613-230-6211
Crimestoppers	. . . . .613-233-8477
City of Ottawa	. . . . .311
Rainer Bloess, Councillor, City of Ottawa	. . . . .613-580-2472

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# Blackburn and Area Community Event Calendar

Sponsored by the Anglican Parish of St. Mary the Virgin

Check out  
St. Mary's!

**Sunday School  
Registration for  
2010-2011 will  
commence on  
September 12<sup>th</sup> and  
continue  
throughout  
September after  
Sunday Services.  
Classes will begin  
Sunday, October 3<sup>rd</sup>.**

## Programs

Craft and Conversation,  
7:00 pm 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays  
at Amica Bearbrook  
(2645 Innes Road)

## Worship Services

### Sunday

Navan Road Church  
2750 Navan Rd.

Until further notice  
**SERVICES ARE at 9 a.m.**

### Midweek

1<sup>st</sup> Tuesday 2 pm Blackburn Lodge

Every Tuesday 2 pm Amica  
Bearbrook - (every 3<sup>rd</sup> Tuesday is an  
Anglican service)

## Sunday September 26 is Back to Church Sunday

Stuck in a rut? Do something completely different - go to church! Whether it is for the first time or the first time in a long-time, any Christian church will do - if you choose to come to St. Mary's you will find us at 2750 Navan Road (near the corner of Innes Rd Bypass) any given Sunday at 9 a.m.

## September (See page 18 for Library events)

Wed. 8, 7:30 pm	Square Dance Open House - Roy Hobbs Community Centre (See page 24)
Thurs. 9, 1-4 pm	Blackburn Art Group - Blackburn Community Hall (See page 24)
Tues. 14, 7:00 pm	Craft and Conversation - at Amica Bearbrook. All welcome
Wed. 15, 7:30 pm	Square Dance Open House - Roy Hobbs Community Centre (See page 24)
Wed. 15	Deadline for registration with Team Blackburn for Run for the Cure (See page 8)
Thurs. 23, 1-4 pm	Blackburn Art Group - Blackburn Community Hall (See page 24)
Fri. 24, 7:30 pm	Public Lecture Series - Blackburn Hamlet Community Church (See page 23)
Tues. 28, 7:00 pm	Craft and Conversation - at Amica Bearbrook. All welcome

## October (See page 18 for Library events)

Sat. 2, 10 am	Fall Fashion Show in Support of Run for the Cure (See page 24)
Sun 3, 2 pm	Mary Cook - Blackburn Community Centre (See Page 20)
Mon. 4, 4:30 to 8pm	Blood Drive - Good Shepherd Catholic School (See page 25)
Tues. 12, 7:00	Craft and Conversation - at Amica Bearbrook. All welcome
Tues. 26, 7:00	Craft and Conversation - at Amica Bearbrook. All welcome
Thurs. 28, 1-4 pm	Blackburn Art Group - Blackburn Community Hall (See page 24)

## November (See page 18 for Library events)

Tues. 9, 7:00	Craft and Conversation - at Amica Bearbrook. All welcome
Thurs. 11, 1-4 pm	Blackburn Art Group - Blackburn Community Hall (See page 24)
Tues. 23, 7:00	Craft and Conversation - at Amica Bearbrook. All welcome
Thurs. 25, 1-4 pm	Blackburn Art Group - Blackburn Community Hall (See page 24)

### Presentation Series

**October 3 -** Mary Cook, Ottawa's foremost story teller, in a program at the Blackburn Community Centre at 2 pm. Free-will offerings will be accepted on behalf of the Anglican Bishop Ordinary Fund which funds the ministry of the Bishop Ordinary who provides services to Armed Forces personnel and their families. (See Page 20)

**December 19 -** We will have a pre-Christmas feast of harp music in the little church at 2 pm with Lucile Hildesheim.

**February 13 -** Lovers of fiddle music will want to be at the little church at 2 pm when the Ottawa Fiddle Ensemble will set our toes tapping.

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