



## Blackburn Hamlet Preschool celebrates 40 fantastic years



*Lina Allawi, who currently attends the Preschool, is having her hand painted by a former preschool student, Elyse Gaudreau during the 40th anniversary celebration.*

*by Sarah Macdonald-Mclean*

On Sunday October 23rd, past and present students of the Blackburn Hamlet Preschool and their families joined together to celebrate the school's 40th anniversary. Past and present teachers were also in attendance, as were several special guests including Innes Ward Councillor Rainer Bloess, MPP Phil McNeely and Ottawa-Orleans MP Royal Galipeau.

Tammy Bedard, president of the school's Board of Directors, opened the celebration by welcoming everyone present. Rainer Bloess then honoured Mrs. Phyllis Frost, a teacher/director at the school from 1973 to 2001, with a community service certificate. Royal Galipeau then presented

certificates to honour the school's 40th year of early childhood education from both his office and from Prime Minister Stephen Harper.

After the presentations, children's entertainer Russell Levia took the stage. His enthusiastic performance got attendees of all ages singing and dancing. Face-painting was a huge hit, as were the cupcakes generously donated by Christine Brazeau Armstong of Sweet Cakery. The Tim Hortons Community Cruiser was also on hand with delicious coffee and hot chocolate.

This Blackburn Hamlet institution opened in November 1971 with an enrollment of 70 students. Named Blackburn Hamlet Co-operative Nursery School at the time, the school was originally located

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# Santa Claus coming!!!

It may seem like it's too early to talk about Christmas, but I simply can't wait. I have to let you in on a little secret: **Santa Claus is coming to Blackburn Hamlet.**

Yes, its true. The jolly old elf has been invited by the BCA to attend the annual Santa's Pancake Breakfast on December 17 from 7 a.m. till 11 a.m. at the Community Centre, 190 Glen Park Drive.

The cost for breakfast is \$5 for children 12 years old and younger, and \$10 for adults. Tickets can be purchased before the event by e-mailing me at llczekaj@yahoo.ca or from any member of the BCA board of directors. A limited number of tickets will be available at the door the day of the event, but be warned; they sell like hot cakes!



The proceeds from this Blackburn Community Association hosted event will go to two worthy causes: the expansion of our community hall and funding for our Friday night youth drop-in. Food donations will also be accepted at the event for our local food bank.

As for Santa, he can't wait to meet the little boys and girls in the Hamlet and get his picture taken with them.

*Laura Dudas  
President of BCA*



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## Blackburn Community Association On-line

Your resource for what, who and where things are happening in and around Blackburn Hamlet are available on-line at the BCA website. Organizations and Blackburn businesses are invited to list their website/email link.  
[www.blackburnhamlet.ca](http://www.blackburnhamlet.ca)



Go on-line to Facebook.com and search for "Blackburn Hamlet Community Association". More information on page 21.

## 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

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

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

# Blackburn Community Association

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

## 2011 BCA BOARD OF DIRECTORS

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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.

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### BANAR DEADLINE / DELIVERY DATES

DEADLINE Jan 18 / DELIVERY Feb 4- 8

DEADLINE March 14 / DELIVERY April 1-5

Please verify on the BCA website if your ad is time sensitive.

## Blackburn Preschool (continued from page 1)

in a portable behind École Ste-Marie. The school took its present name, the Blackburn Hamlet Preschool in 1974, and in the following year moved to its current location east of the Blackburn Arena. Over 3,000 children and their families have attended the school and been part of this thriving community during the past four decades. The school continues to operate as a co-operative, where parents participate though in-class assistance as well as by fulfilling various administrative duties such as sitting on its Board of Directors or on one of the many committees.

Currently, the school offers three programs: one for toddlers, one for pre-schoolers and an afternoon program for children in junior or senior kindergarten. Throughout its programs, the school encourages independence and the development of self-worth, fosters development of positive attitudes towards school and learning, and promotes physical, social, emotional, and intellectual development in all of its students.

Thanks to everyone who attended the celebration, and to everyone in the community for your continued support of the school.



Ottawa-Orleans MP Royal Galipeau and Tammy Bedard



Innes Ward Councillor Rainer Bloess and Phyllis Frost



Delicious cupcakes donated by Sweet Cakery - [www.sweetcakery.org](http://www.sweetcakery.org)

## GROUPS EARN \$250-\$350 BY DOING A BANAR DELIVERY

**Opportunities for groups (ages 12+) to earn \$250 (April, June, Sept, Nov) or \$350 (Feb) by delivering the Banar to homes and businesses in Blackburn.** The June issue is delivered to additional stores and outlets outside of Blackburn. Maps with 16 routes are available to organize the delivery and is a one-and-a-half to two-hour commitment with sixteen persons. Please email [ev@buddgraphics.com](mailto:ev@buddgraphics.com) for more information.

## Deserving community volunteers

by Laura Dudas, President of BCA

The BCA hosted its annual Volunteer Appreciation Dinner on September 21 as a way of giving back to those in our community who selflessly give to others.

Honoured at the ceremony was Roger Smiley, past president of the BCA, and a longtime volunteer with a laundry list of volunteer endeavours to his name. Joining him at the podium to accept a similar award was Fun Fair volunteer Mike Murphy. Mike also accepted a volunteer award for Amie Duquette,



Pictured l to r: Yola Jarawan-Tannous, Roger Smiley and Mike Murphy. Missing: Amie Duquette

who was not able to attend.

This year, I thought it was important

that the BCA branch out with our awards and recognize those who don't currently sit as directors on the BCA board, but who make a difference with the work that they do.

The first annual Community Outreach Award was selected from a list of nominees and exemplifies the generosity of spirit that was demonstrated regularly in our community.

Congratulations goes out to Yola Jarawan-Tannous who was nominated by Trisha Cloutier for her involvement in the community.

## Special thanks to the Banar Advertisers of 2011

The Blackburn Community Association (BCA) would like to thank the following businesses for helping to make the Blackburn Banar a viable and affordable communication tool for the community.

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# Transit and taxes top city's "Fall 2011 Hit Parade"

by Rainer Bloess, City of Ottawa

**The fall-out from this** September's transit "network optimization" process has slowly abated as many users have adjusted to changes in route patterns, but there is clearly still work to be done beefing up routes such as route 94. Some routes have seen significant increases in usage as a result of some of the service changes and for those who used route 125, it has become a slower and/or more complicated commute.

With the 2012 budget, additional service is being provided on the 94 that will alleviate the pressure on these runs and will provide longer service to and from the Hamlet.

On the good news front, we recently ratified a contract with the union representing bus drivers and mechanics avoiding any transit disruption in the short-term. I am optimistic that this sets the tone for a longer term contract to provide assurance to bus riders that they will continue to have bus service without the threat of a strike.

There are a number of new rider-friendly initiatives that can also be helpful to regular users, including a mobile website, [www.octranspo1.com/mobi/](http://www.octranspo1.com/mobi/), which can provide real time updates of bus cancellations and delays, and a new text-based service (text the stop number and route number to 560560) that provides real time bus stop information.

The 2012 draft budget has been tabled with a proposed tax increase of 2.4%. The consultation phase started on October 26. Four community meetings will be held to present the draft budget

to the public and to address specific questions or concerns. In addition to a central meeting to be held at City Hall, east-end residents have been invited to provide their input on November 1st at the Shenkman Arts Centre between 7 and 9 p.m.

Following the public consultations, a special Council meeting starting on November 30th will lead to the approval of the 2012 budget.

Once again congratulations are in order

for the hundreds of Hamlet residents who participated in the 2011 Fall Cleaning the Capital Campaign. I was able to participate in a number of projects in our area and can vouch for the community spirit, enthusiasm and efficiency of our share to keep our City clean, green and litter free.

If you have any comments or issues, please do not hesitate to contact me at [rainer.bloess@ottawa.ca](mailto:rainer.bloess@ottawa.ca) or telephone me at 613-580-2472.



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## Blackburn Dental Centre: Introducing Dr. Stéphanie Malette, D.M.D

I am pleased to have met many of our patients since I joined Blackburn Dental Centre as the new owner in February 2011. I am also delighted to welcome many of my former patients to our new clinic. Dr. Bruce Harfield now works on a part-time basis and is enjoying his well deserved spare time travelling with his family and excelling in his love of photography.

I am privileged to be working with Dr. Harfield and a dedicated team of health care professionals who are passionate about the care and well-being of our patients.

I grew up in Orleans and attended the University of Ottawa and the *l'université Laval* where I graduated in 2002 and since then have been practicing dentistry in the Ottawa area. In 2006,

my passion for dentistry led me to work as a volunteer dentist for several weeks in the Himalayas where I provided much needed dental care to children and their parents. In 2009, I completed a specialization in implant dentistry at the renowned Canadian Implant Institute. I continue to attend courses regularly as it is important to keep abreast of the ongoing technological advancements, treatments and techniques in dentistry in order to provide my patients with specialized services such as composite restorations, extractions, periodontics, root canal therapy, implants and cosmetics – just to name a few. The Team at Blackburn Dental Centre is committed to providing patients with the care needed to maintain the best possible dental health.

New patients are always welcome, so come meet us at 2575 Innes Road and let us take care of you. Our phone number is (613) 824-3478.

Au Centre Dentaire Blackburn, nos services dentaires peuvent vous être prodigués en français. Je tiens à remercier les patients du Dr Harfield pour leur accueil chaleureux et la confiance qu'ils m'ont démontrée.

Venez rencontrer une équipe expérimentée, passionnée et vouée à la santé dentaire de ses patients à notre clinique située au 2575 chemin Innes. Nous acceptons les nouveaux patients. Notre téléphone est le (613) 824-3478.

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# Still fundraising with cookies and apples in 2011

In 1927, a **Girl Guide leader** in Regina baked and boxed up cookies for her girls as a simple way to raise money for uniforms and camping equipment. Little did she know that she was starting one of Canada's longest traditions—Girl Guide cookies!

Apple Day is the traditional Scout fundraising event that also started right here in Canada! Through Apple Day youth receive donations from the public and present an apple in appreciation.

Money raised all goes to improving various programs through registration fee subsidies, outings, camping equipment, training and

many other endeavours. Thanks goes to all who continue to support these groups, including the Blackburn Metro where these photos were taken.



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# How to Prepare Your Hockey or Ringette Player

By Mark Sweazey D.C.

Many Blackburn Hamlet and area parents are probably already in the swing of running their children to and from the arena and wondering where has the summer gone. I hope your kids were able to make an easy transition to the fitness required for hockey or ringette. It is important that children and adults alike stay physically active year-round for good cardio, respiratory and muscle function. The benefits of being active keeps a person prepared for an athletic event that requires higher levels of effort and also helps in keeping a better mental state and a sharper mind.

During the school year children get recess and gym at school and if they are active during these times it is easy for them to get the ideal amount of exercise. During the summer if there is no involvement in a sport with multiple practices and/or games per week there is a need of active exercise time. Doing something like playing catch, while being enjoyable, is not a high enough activity level. Without regular exercise to challenge the muscles of the body including the heart and lungs, the transition is longer to achieve "game shape" for winter sports.

We live in a region with multiple possibilities to get some enjoyable exercise. Some activities can be done as a family so have the added benefit of creating stronger family bonds. Families can cycle, run or rollerblade on "car-free" parkways since the National Capital Region has closed regional roads on Sundays to cars since 1970. Rollerblading, biking and cross country skiing are great family activities and there are lots of paths and trails around Blackburn. The Gatineau Park provides a great place for exercising with hiking, biking, paddling or skiing all being great ways to maintain fitness.

Gradually build up the fitness level if there has not been little exercise. This can be done through bike riding or slow runs of 30 to 50 minutes and longer when fitness improves. Depending on the activity, caloric intake for proper nourishment is about 10-30% protein, 40-65% carbohydrates and 20-30% fats. Plenty of sleep is needed pre and post exercise to improve performance and muscle recovery.

There many possibilities to exercise and many reasons why it is important to maintain fitness. I encourage you to make sure your family gets regular exercise throughout all the seasons.

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# A Tribute to James Woodburn and his crew

A new family memoir of a young WWII pilot, who grew up on a farm in the community of Glen Ogilvie, is timely with Remembrance Day approaching. His home can still be seen on the north side of Innes Road, just west of Blair Road and his ancestors are long-time residents of Blackburn.

The memoirs were written by Homer Dean, David Mowat and Garry Turvey and edited by Loral Dean. The following is an excerpt where James Douglas Woodburn is quoted in a Canadian Press report in the Ottawa Journal, August 1941:

A weary pilot told tonight how he dived his Blenheim bomber below ground—into a stone quarry—to escape anti-aircraft fire in the hedge-hopping raids on power plants near Cologne today. Coming out of the quarry he bent a propeller on a telegraph post, caught the tip of the wing in a tree, grazed a church steeple and finally reached home to make a belly landing with a disabled undercarriage.

Going over the Low Countries he flew his bomber so low he could see what people on the ground were doing. "I could tell exactly when I crossed into Germany from Holland," he related. "In Holland everybody in the fields and streets of the towns waved and seemed to be cheering but in Germany some ran like mad and some fell on their faces in ditches."...

James Woodburn received the Distinguished Flying Medal for this daring daylight attack on August 12, 1941, one of the first graduates of the British Commonwealth Air Training Plan to be so honoured.

In September 1941 James wrote to his parents, Henry and Mary Woodburn: "I wish you could be with me when I go to Buckingham Palace to meet the King [George VI]. I'll send you the medal when I get it, and wear the ribbon."

James never got to Buckingham Palace. On 22 October, six Blenheims mounted a raid on military barracks at Al-Khums, Libya. The unit logbook reports Flight Sergeant Woodburn failed to return.

The full truth about the death of James was not discovered until nearly 60 years later.

This 120-page memoir covers the early life of James Douglas Woodburn before enlisting as well as his anxious, eventful and brief period overseas in 1941 with RAF 18 Squadron. Among the many photos are the old 1925 Oldsmobile Touring Car that James drove to Lisgar Collegiate and his Blair grandparents' homestead in 1888.

This book illustrates the incredible price of war on families.

## THE EVENT

Remembrance Day weekend 2011 is the 70th anniversary of the death of a native son of Gloucester in the skies over Libya. Loral Dean will tell the poignant story of James Douglas Woodburn, who grew up on a local dairy farm and served in World War II as a Blenheim bomber pilot.

Loral is the daughter of Jean Blair Woodburn, James's older sister, and Homer Dean, an RCAF chaplain with a keen interest in military history. Homer began researching James's fascinating story more than 20 years ago. Homer died in 2010 and his nephew David Mowat, son of James's eldest sister Marjorie Woodburn, has completed the manuscript.

Sunday, November 13, 2-4 p.m.  
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## Nouvelles de la paroisse Saint-Claude

par Viviane Côté-Maxwell

**Merci Claude.** Dimanche le 25 septembre plus de 80 paroissiens ont célébré les 8 années de service (2008-2010) de notre diacre. Son dynamisme, sa générosité, son humour et les changements apportés à la paroisse furent soulignés par quelques personnes.

Geneviève a mentionné l'acceptation de ses enfants au diaconat et Dominique fut remerciée pour son dévouement et toute sa créativité avec les amis de Jésus. Merci encore Claude, et bon cheminement à la paroisse Saint-Joseph. Heureusement que tu reviens nous voir comme paroissien!



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Photo by Jean-Marc Carisse

## Royal Galipeau, MP/député Ottawa-Orléans

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## Nouvelles de la 4e Cie St-Claude

par Viviane Côté-Maxwell

**Bonne action...en action!** voici le thème de cette année de guidisme au District d'Ottawa. Notre unité compte maintenant 19 jeunes avec 10 aspirantes qui sont dynamiques et intéressées. Notre tableau de départ indique ceci avec des suggestions de marche, cyclisme, chasse aux trésors, patin, glissades, nettoyage de terrain, aide à la banque alimentaire et plus.

Le camp d'automne des 2e et 3e années 'Sports et Art' fut les 15 et 16 octobre. Nous nous sommes rencontrées aux Chutes Rideau et fait un trajet de 17 km en longeant la rivière avec ses couleurs vives et son vent! Après un arrêt pour la crème glacée, arrivée à Blackburn ce fut le temps de monter les tentes (oui, sur mon terrain) car les 9 guides allaient coucher dehors.

En après midi, une artiste-peintre, Josée Déméo, nous a guidé dans l'art de faire de l'aquarelle. Quelles beaux résultats. Une gros merci, Josée. Dimanche ce fut le temps pour le point en croix avec Colette D'Avignon, notre animatrice après 1 km en vélo à l'Église St-Claude où nous avons présenté nos diapositives du voyage en Suisse. Quel beau camp coloré et en action.



Nous passerons la guignolée dans le secteur Westpark le 8 décembre. Merci de votre soutien.

*We will be collecting goods for the food banks around Westpark on December 8th. Thanks.*



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# Facials for breast cancer patients and survivors

The launch of a new business is always exciting, especially when it's for a good cause. Navan resident, Patricia Southwell is a licenced holistic facialist offering pampering and transforming facials in her home spa. The business was launched October 1st with a fundraiser for Breast Cancer Action. The charity is close to Southwell's heart and on an ongoing basis she is offering

facials to breast cancer patients and survivors at a "donation-only" cost.

Holistic facialists are a breed of esthetics popping up more and more. Generally, this type of facial uses only organic products, limited machinery, aromatherapy, facial massage, extraction, lymphatic drain of the head and incorporates other holistic practices, like Reiki in Southwell's case. In

countries like France, women get facials regularly and facial massage is their answer to injectables and plastic surgery. It increases collagen, relaxes muscles, oxygenates the skin, and most importantly gives the recipient an hour of bliss that leaves them with fresh faces and relaxed. Results without side effects.

Where machinery has taken the place of most everything, it can't replace the human touch. Holistic facialists are a rare breed of esthetics concerned with wellness. There is no needle that can replace that. Southwell's facials use only organic skin care products and appeals to people who want to look and feel their best naturally.

Patricia Southwell's holistic facials cost \$50 for 75 minutes or a teen facial for 16 to 19 year olds at a cost \$30 for 30 minutes. Call Patricia to book an appointment at 613-859-2117 or visit her online at [www.patriciasouthwell.blogspot.com](http://www.patriciasouthwell.blogspot.com).

*be irresistible!*

<p><b>Organic facial</b> <i>60 minute facial includes: traditional facial using organic products &amp; extractions, lymphatic massage of the face and neck, head, neck, and shoulder massage, eyebrow clean-up, and Reiki.</i></p>	<p><b>\$50</b></p>
<p><b>Teen facial</b> <i>30 minute facial for teens 16-19 years old, includes organic products &amp; extractions. An express version of the traditional facial.</i></p>	<p><b>\$30</b></p>

Patricia Southwell, Holistic Facialist  
1145 Smith Road, Navan, tel: 613-859-2117, email: [cpsouthwell@sympatico.ca](mailto:cpsouthwell@sympatico.ca)  
[www.patriciasouthwell.blogspot.com](http://www.patriciasouthwell.blogspot.com)

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## Fashion show raises \$1,600 for charity

Thanks to everyone who attended, the fashion show held on September 24th was the best ever. Over 125 women were in attendance and \$1,600 was raised for the Ottawa Hospital, cancer research and the "Look Good, Feel Better" program thanks to everyone who attended. The models looked fantastic and many commented on the energy that was in the store during the show.

Joanne Realffe, the area manager for the Arbonne cosmetic line was very generous with her donations and those who won the prizes said they were delighted. Joanne can be contacted for more information on the products at 819-213-1111 or by email at joannerealf@gmail.com. Thanks also go to Bill and Gail for their "sweet" donation of homemade fudge. The fudge was all dressed up with a pink bow and the samples didn't last long. If you want to contact them for more information about their fudge line, they can be reached at gbilocq@videotron.ca. Of course there were also many items donated by The Wholesale Outlet and they also were very well received.

An event like this doesn't happen without the efforts of many before, during and after the event—from modeling, to parking the cars, to helping with the coffee, helping the models get in and out of their outfits, taking photos and helping serve the customers. The people involved are committed to helping to raise an awareness for breast cancer research and are working to make this disease history.

The fashion show wouldn't happen without Lise Butters who helped to co-ordinate the show and who spends many volunteer hours find just the right piece of clothing for each of our models. Lise has a tremendous talent for colour and style, and the girls just love working with her.

Whether you are in the market for jeans now, or in the near future, drop in at the Outlet, have a coffee and let staff advise you on the style and fit that suits your body shape.



Volunteer models Linda Henderson, Carolyn Kellerman, Karen Frenette, Sue Urie, Lynne Bezanson, Dee Crawford, Denise Bond, Manja Macklay, Jackie Hunter and Christine Valois.

The clinic is free...and so is the coffee.

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As I grow older I pay less attention to what others say.  
I just watch what they do. ANDREW CARNEGIE

# Blackburn Library Programs

We'd like to wish everyone a wonderful festive season and remind people to check our Holiday Hours!

## ADULT

### Round Table Bookchat 2 pm

(3rd Monday of the month)

*The Whole Truth* by David Baldacci  
Monday November 21st

*Mistress of Nothing* by Kate Pullinger  
Monday December 19th

### Seniors Wii and Board Games

Wednesdays September 28, October 26,  
November 30 and December 28, 2-4 pm  
Come meet new people, enjoy some refreshments and socialize with friends at the branch.

### Book Your Vacation Online with Elle

Please call 824-6926 x 224 to book a session

### Computer and Internet Tutorials with Michel

Please call 824-6926 x 224 to book a session

### What you will find at the Library in person or on-line

- Books, Movies, Music and more—from bestsellers and classics to museum passes... Kill A Watt meters... and even pedometers!
- Reviews and Recommendations— from experts and enthusiasts
- Digital Media—E-books, audiobooks and music
- Articles and Research—Get the facts for your homework or personal projects.
- An eclectic variety of programs for adults, teens and children

## TEEN

### Teen Résumé Tutorial/Interview

**Prep with Elle** Please call 824-6926 x 224 to book a session

### Skincare and Beauty Tips

Saturday November 19, 2 pm

Basic Skincare and Makeup Tips for Girls 13-17. Homemade beauty recipes, treats and a door prize.

Please register 824.6926 x 224 or [www.biblioottawalibrary.ca](http://www.biblioottawalibrary.ca)

### Jellies in the Jar Contest

December 16-21

Guess how many jelly beans are in the jar and you can win them all! Ages 13-17

### Teen Advisory Group

Tuesdays November 8 & December 13, 4:30 pm

Join the Teen Advisory Group (TAG) to earn community involvement hours and help plan fun programs such as Wii tournaments and book clubs for teens at the branch. Ages 14-18.

## CHILDREN

### Babytime (Ages 0-18 months)

Wednesdays, September 21 - October 26 at 10:30 am (30 minutes) (Session 1)

Wednesdays November 9 - December 14 at 10:30 am (30 minutes) (Session 2)

Stories, rhymes and songs for babies and a parent or caregiver.

### Toddler time (Ages 18-36 months)

Thursdays, September 22-October 27 at 10:30 am (30 minutes) (Session 1)

Thursdays, November 10-December 15 at 10:30 am (30 minutes) (Session 2)

Stories, rhymes and songs for toddlers and a parent or caregiver.

### Storytime (Ages 3-6 years)

Tuesdays, September 20-October 25 at 10:30 am (30 minutes) (Session 1)

Tuesdays November 8-December 13 at 10:30 am (30 minutes) (Session 2)

Stories, rhymes and songs for preschoolers and a parent or caregiver.

### Game On!

Thursdays September 29, October 27 and November 24th 3:30 pm-4:45 pm  
Come play cards, Nintendo Wii or board games with us!

### Great Pumpkin Contest

October 20-28. Ages 5 to 12

Guess the weight and win the pumpkin!

### Bibbitty Bobbity BOO!

Saturday October 29th, 2pm

Spooky stories, games, music, crafts and treats! Wear a costume and you could win a prize! Ages 7-12

Please register 824.6926 x224 or [www.biblioottawalibrary.ca](http://www.biblioottawalibrary.ca)

### Gifts of the Season

Saturday, December 10, 2pm Ages 7-12

Make a holiday gift for someone special.

Please register 824-6926 x224 or [www.biblioottawalibrary.ca](http://www.biblioottawalibrary.ca)

### Jellies in the Jar Contest

December 16-21

Guess how many jelly beans are in the jar and you can win them all! Ages 5-12

## Blackburn Library Hours

Mondays-Thursdays • 10 am-8:30 pm

Fridays • 1 pm-6 pm

Saturdays • 10 am-5 pm

### HOLIDAY HOURS

December 24 & 31st • 10 am-3 pm

December 25, 26 & January 1st • CLOSED

# Information and help is a call away

## When should I call 3-1-1?

The City of Ottawa launched the 3-1-1 service, connecting residents with its "one-stop" Contact Centre. This number provides answers on everything from recreation to recycling, parking, burned out street light bulbs, problems in parks and many other topics. You can also reach the city's By-Law department by calling 3-1-1, to report issues that are not criminal but that concern the rules we live by as neighbours in our community—things like excessive noise and property standards. You can learn more about by-laws in the section Understanding By-Law.

If you report a by-law violation, a warning may be issued the first time, but continued violations may result in fines or court proceedings. Your name, address and telephone number will be kept confidential unless the matter goes to court. If that is the case, it may be necessary for you, as the person who made the complaint and witnessed the problem, to appear as a witness. You can find out more about different types of by-laws and by-law violations on the City of Ottawa website at: [http://www.city.ottawa.on.ca/residents/bylaw/index\\_en.html](http://www.city.ottawa.on.ca/residents/bylaw/index_en.html)

## When should I call 2-1-1?

If you are looking for information and contacts in the area of social, health, community or governmental services you should call the Community Information Centre of Ottawa at 2-1-1. You can also visit their website at: <http://www.cominfo-ottawa.org/index.html>

## When should I call 9-1-1?

If an emergency is taking place—a crime in progress, a fire or if you need an ambulance—you should call 9-1-1. The Ottawa Police Service (OPS) is there to help the community in non-emergency situations as well, and you can reach them for non-emergency situations by calling one of these numbers.

### Making the Right Call for Police Assistance

- For a life-threatening emergency or crime in progress: 9-1-1
- For other emergencies: 613-230-6211
- To report a theft, property damage, missing person or stolen vehicle call the Ottawa Police Service Call Centre at 613-236-1222 ext 7300
- For all other enquiries and Community Police Centres: 613-236-1222



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*Trisha Lilly, D.C.*

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Saturday | Samedi 10 am - 10 pm | 10 h - 22 h  
Sunday | Dimanche 10 am - 5 pm | 10 h - 17 h

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[www.ottawaguildofpotters.ca](http://www.ottawaguildofpotters.ca)  
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# Blackburn Health Link program comes to an end

by Tammy Seguin

The Blackburn Health Link (BHHL) program is coming to an end on November the 1st. The BHHL program, a special

project funded by the Ontario Ministry of Health Promotion and the Eastern Ottawa Resource Centre (EORC), has worked with community groups to promote health and wellbeing.

The EORC would like to thank all the community groups that collaborated with the centre on various projects such as the Walking club, Yoga classes, Community Garden, Girls Camp, Seniors Outings, Women on Wellness and Seniors Wellness 101. A huge thanks to some special ladies who helped out with the Community Garden.

Although the project has officially come to an end, the EORC will continue to be present in Blackburn through various programs. The Eastern Ottawa Resource Centre is committed to improving the quality of life for all individuals and to building a safe and healthy community.

Their vision is to ensure the Eastern Ottawa Resource Centre is an accessible, visible, expanding centre that recognizes diversity and strives for excellence in service delivery.

Since 1979, the Centre has been offering a wide range of social and community services that includes:

- counseling for individuals, families, children and youth;
- crisis intervention; individual and group support to women facing abuse and to children who witness violence;
- services for older adults, caregivers and persons with disabilities; information, resources and referral, workshops and self-help groups;
- community development initiatives;
- and other services that are outlined on their website.

Should you have any questions about future programs, you can call the centre and ask to speak with our community developer, Michelle Lemieux at 613 741-6025 or visit the website at [www.eorc-gloucester.ca](http://www.eorc-gloucester.ca).

Thank you for supporting us so that we can offer this much needed service.

## Just Food

**Just Food is a small** non-profit organization committed to working towards a sustainable and just food system in Ottawa. Work has started on the Blackburn site on the corner of Innes and Tavette, formerly the NCC Tree Nursery site.

To learn more about this group visit [www.justfood.ca](http://www.justfood.ca).

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**www.firehauscoffee.com**

Source: Sureprint

# More info on the Discover Café public lectures

Check out these free Discovery Café public lectures at the Blackburn Hamlet Community Church at 2598 Innes Road.

**November 25th, 7:30pm: The Black Box of Government: Life inside a Minister's Office.** The role of political staff has become a topic of interest in recent years in many Westminster style democracies, including Canada. Here, political staff are often in the

news—the Gomery Commission of Inquiry comes to mind, as well as several examples in the last parliament and during the spring 2011 federal general election. However, the role and nature of political staff is not widely understood, even within government circles. Paul Wilson, a political staffer for seven years in Opposition and four five years with Government Ministers, will share his

perspective on the realities and challenges of political staff life.

**January 27, 7:30pm: Canada: World Financial Leader.** Canada, while far from immune, has weathered the global financial crisis better than many other countries. Paul Jenkins will discuss the causes and consequences of the crisis, and why the Canadian economy has been less affected."



Since Facebook's inception in 2004, this popular social network service has quickly become both a tool for and a mirror of social interaction, personal identity, and network building among communities young and old.

Facebook allows people to stay in touch with friends, relatives and communities wherever they are in the world, as long as there is access to the Internet. Go on-line to Facebook.com and search for "Blackburn Hamlet Community Association". Sign up and get announcements, see photos, comments and updates as they are announced. You can also post photos, comments and recommendations of events and businesses that you like to visit or are thinking of using. Feel free to ask for information or help from community-minded neighbours on local issues.


Users must register before using the site, after which they may create a personal profile, connect and share with friends by sending and exchanging messages.



## Blackburn Hamlet Community Church

*Inviting our neighbours  
into the fellowship of  
God's love made known in  
Jesus*

**Worship Times:** Sunday @ 10am: Holy Communion  
Tues-Fri@ 9am: Morning Prayer  
Thursday@ 10am: Holy Communion



**DISCOVERY CAFÉ**  
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Fri, Nov 25, 7:30pm  
**"The Black Box of Government:  
Life Inside a Minister's Office"**  
given by Blackburn Hamlet's Dr. Paul  
Wilson, Associate Prof of Political  
Management at Carleton University &  
former Senior policy Advisor in the PM's  
office.

Fri, Jan 27, 7:30pm  
**"Canada: World Financial Leader"**  
given by Mr. Paul Jenkins, former Senior  
Deputy Governor of the Bank of Canada,  
Distinguished Visiting Fellow at Carleton  
University

**BE OUR GUEST!**

Sunday, November 13 at 10am  
(with Bishop Charlie Masters)

BHCC has been in the Hamlet for 3 years. Come & see what we're all about. There will be a light lunch after the service.

---

Faith Fitness

Wed morning Bible study open to all,  
9:45am

Knit Café

Meets around the kitchen table every  
Wed 1:30-3pm. No experience  
necessary!

2598 Innes Road

bhchurch@gmail.com (between the TD Bank & the Pub)  
www.blackburnhamletcommunitychurch.ca 613-837-BHCC [2422]

## Blackburn Outdoor Rinks

### Job opportunity: Rink Attendants for Blackburn Outdoor Rinks

The Blackburn Hamlet Community Association is looking to hire rink attendants who are interested in supervising a neighbourhood outdoor rink in Blackburn during evenings and weekends starting Boxing Day until the end of February. The main duties include: some snow removal and scraping; monitoring public behaviour and proper use of facilities. Having first aid training is an asset.

If you are interested, please contact Ali Yassine at (613) 866-3126 or aliyass@rogers.com to obtain an application package. Deadline for application submissions is December 10th, 2011

### Possibilité d'emploi: Moniteurs de patinoires extérieures à Blackburn Hamlet

L'association communautaire de Blackburn Hamlet est à la recherche de moniteurs pour les patinoires extérieures à Blackburn Hamlet durant les soirées et fins de semaine à partir du 26 décembre jusqu'à la fin février. Les tâches principales pour cet emploi sont de: pelleter et gratter la surface de la glace et surveiller les utilisateurs des installations pour assurer la sécurité de tous. Avoir une formation en premiers soins serait un atout.

Veillez contacter Ali Yassine au (613)866-3126 ou aliyass@rogers.com pour obtenir plus d'information ainsi qu'une trousse d'application. La date de clôture pour soumettre votre application est le 10 décembre 2011.

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## Greetings to all Parade Enthusiasts

Once again the Ottawa Professional Firefighters Association will be hosting Santa's Parade of Lights on Saturday, November 26th at 6 pm on St. Joseph Blvd. (Youville Drive to Prestone Drive) in Orleans.

Come out and join in on Parade Day or, if you wish, consider being a part of the fun of participating in the parade! The website will list confirmed entries and allow groups, associations and businesses an opportunity to lend a hand with confirmed entries.

Entries are limited and please remember this—the more help an entry has, either in labour, creativity, or funding, the more impressive the event will be.

Parade rules and information is available at the website at [www.paradeoflights.org](http://www.paradeoflights.org). Further information on entering a float is available by calling 613-526-2625.

Let this year's parade shine brighter than ever!



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## Launch of *Moon Time Prayer* book /CD

Come buy your holiday gifts on Saturday, December 10th from 12 to 3 pm. at the Great Canadian Theatre Company located at 1233 Wellington Street West. The *Moon Time Prayer* children's book, by Cindy Gaudet and illustrated by Leah Dorion, is for girls and women of all ages to reconnect with the sacredness of woman and to learn about the first right of passage into womanhood.

The event will feature readings, songs by Grandmother Isabelle Meawasige and drumming. Aboriginal Women Artisans will be selling traditional and contemporary authentic products—ie. jewelry, medicines, dolls, artist cards, textiles, art, paintings, and other fine sacred items to celebrate the beauty of local women's creativity.

Cost of the book is \$18 and the CD \$12 at the launch. The CD includes an audio of the book, Grandmother teachings, three songs, and a guided meditation. Cash only please.

Ten percent of all book/CD sales plus money raised through a raffle will be donated to the Grandmothers Lodge for the replacement of a water well at the Wharncliffe Indigenous Retreat Center.

Visit [www.moonlodge.ca](http://www.moonlodge.ca) for more information.



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## Fifty Plus Group

### Blackburn Hamlet Fifty Plus Group

Don't miss the annual Christmas Pot Luck dinner at the Blackburn Community Hall on December 4th at 6:00 p.m. Please call Julie Kisch at 613-824-3778 if you plan to attend. Seating space is limited so an early call would be appreciated.

Effective January, 2012, the Blackburn Fifty Plus Group will meet the fourth Sunday of every month at D'Arcy McGee's, 260 Centrum Blvd., Orleans at 6:00 pm. RSVP to Julie Kisch at 613-824-3778 if you wish to attend or require further information.

Check the website ([www.blackburnhamlet.ca](http://www.blackburnhamlet.ca)) for future information regarding events/activities.

Visitors are also welcome at the monthly Working Group Meeting on the third Wednesday of each month at 2:00 p.m. at the Blackburn Community Centre.

#### A TIME TO THINK

Volunteers don't get paid, not because they're worthless, but because they're priceless. SHERRY ANDERSON



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**2666 B Innes Road, Blackburn Hamlet (beside Bank of Montreal)**

**Alzheimer Society Walk for Memories: January 29, 2012**

Join us for fun, exercise, and a great opportunity to support individuals with Alzheimer's disease, as well as their family members at Ottawa's premier indoor fundraising walk on Sunday, January 29 2012 at the Carleton University Fieldhouse. Our goal is \$225,000. Here are the highlights:

- Free T-shirt for everyone raising a minimum \$50
- Walking challenges: 1 km, 3 km, 5 km, 8 km, 10 km
- Enter a team or try an individual challenge
- Get sponsors for your Walk and help us reach our goal
- Prizes for going the distance, and for top fund raisers
- Memory Wall to honour your loved one
- Music, entertainment and fun for the whole family
- Refreshments available.
- Free parking.

See you at a fun and very rewarding event. Contact Susan Paul for more information at 613-523-4004 x126 or spaul@asorc.org.

**Coro Vivo Ottawa: December 2-3**

**Coro Vivo Ottawa** under the direction of Antonio Llaca, presents Northern Lights, a memorable evening of Canadian music. Choral selections include religious music, traditional French, Acadian, Aboriginal and Appalachian songs and spirituals. Celebrate the festive season with us, Friday December 2 and Saturday December 3 at 7:30 p.m. Orleans United Church, 1111 Orleans Blvd. Tickets \$ 20, children 14 and under free, available at Leading Note, CD Warehouse, Compact Music, at the door or by calling 613-841-3902. www.corovivoottawa.ca

**Christmas Bazaar November 19th**

**Rothwell United Church** invites you to their annual bazaar on November 19th from 10 a.m. to 1:30 p.m. New this year will be decorated cupcakes by the Children's Sunday Club, a silent auction and vendor tables of goodies. Favourites include fabulous apple pies, Christmas puddings, other baking delights as well as crafts, plants, books, jewelry, treasure. Stop for refreshments at the men's lunch canteen. Don't miss this great opportunity to get an early start on your Christmas shopping. To donate items call the church office at 613-746-0820.

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## Community Contacts

Badminton	Dale Bemben . . . . .blackburnbc@yahoo.com
Baseball (Little League)	Gerry Ferguson . . . . .613-745-9303
Blackburn Art Group	Margarete Froelich . . . . .613-824-6503
Blackburn Arena	. . . . .613-824-5197
Blackburn Library	. . . . .613-824-6926
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	Shiela Millar . . . . .613-590-7103
Blackburn Sparks	Janet Berube . . . . .613-834-9145
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
Fifty Plus Group	Sarah Cloutier . . . . .613-841-4114
Hockey (Blackburn Minor)	Wally Montpetit . . . . .613-227-1122
Hockey (Mens)	Roy Van Koughnett . . . . .613-824-3921
Les Guides	Viviane Côté-Maxwell . . . . .613-837-1839
Le Club Optimiste	Dominique Dufour-Jacques . . . . .613-837-4645
Les Chansonniers	Germain Asselin . . . . .613-837-3883
Quilting Groups	J. Maxwell . . . . .613-841-6084
	Joanne Bushel . . . . .613-824-6524
	Derek Bergeron . . . . .bergeronderek@hotmail.com
Mens Fastball	Jane Ross . . . . .613-837-1504
Ringette Scrimmage (Tues.)	Sue French . . . . .613-830-0684
Ringette Scrimmage (Wed.)	Bob and Pauline Giroux . . . . .11-2336 Orient Park
St. Joseph Food Bank	Nathalie Godard . . . . .613-447-06018
Softball (Ladies)	Michel Haddad . . . . .613-834-1269
Tennis	Marg Walters . . . . .613-830-8887
Volleyball (Women-Competitive)	
Life threatening emergency or crime in progress	. . . . .911
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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!



**December 18th**  
Lessons and Carols  
Service – 9 am

**December 24th**  
Christmas Eve Service – 7 pm

**December 25th**  
Christmas Day Service –

### Programs

at Amica Bearbrook  
(2645 Innes Road)

Craft and Conversation,  
7:00 pm 2<sup>nd</sup> & 4<sup>th</sup> Tuesday

Book Club  
7:00 pm last Thursday of  
each month

### Worship Services

#### Sunday

At the Church  
2750 Navan Rd.  
Eucharist Sundays 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)

## November (See page 20 for Library events)

- Tues. 8, 7:00 pm Craft and Conversation – at Amica Bearbrook. All welcome. (See below)
- Friday Nov. 11 REMEMBRANCE DAY
- Sun. 13, 2 - 4 pm Tribute to James Woodburn and his crew, Earl Armstrong Arena (see page 13)
- Nov. 19, 10 to 1:30 Christmas Bazaar, Rothwell Unbed Church (See page 25)
- Tues. 22, 7:00 pm Craft and Conversation – at Amica Bearbrook. All welcome. (See below)
- Thurs. 24, 7:30 pm Book Club – at Amica Bearbrook, All welcome (see below)
- Fri. 25, 7:00 pm Life Inside a Minister's Office, Blackburn Community Church (See page 21)
- Sat. 26, 6 pm Santa's Parade of Lights, Joseph Blvd (Youville Drive to Preston Drive) (See page 23)

## December (See page 18 for Library events)

- Fri. 2 and Sat 3 at 7:30 pm Core Vivo Ottawa, Northern Lights, a memorable evening of Canadian Music, Orleans United Church (See page 25)
- Sun. 4, 6 pm Fifty Plus Group Christmas Pot Luck dinner, Blackburn Community Hall (See page 24)
- Thurs. 9, Les Guides will collect goods around Westpark to donate to the Food Bank (See page 15)
- Tues. 13, 7:00 pm Craft and Conversation – at Amica Bearbrook. All welcome. (See below)
- Sat. 10, 12 - 3 pm Book launch: *Moon Tine Prayer*, Great Canadian Theatre Company (See page 23)
- Sat. 17, 7 to 11 am Santa's Pancake Breakfast, Blackburn Community Centre (See page 3)
- Sun. 18, 8:00 am Lessons and Carols Service, St. Mary the Virgin Anglican Church
- Sat 24, 7:00 pm Christmas Eve Service, St. Mary the Virgin Anglican Church
- Sun. 25, 10:00 am Christmas Day Service, St. Mary the Virgin Anglican Church
- Tues. 27, 7:00 pm Craft and Conversation – at Amica Bearbrook. All welcome. (See below)
- Thurs. 29, 7:00 pm Book Club – at Amica Bearbrook, All welcome (see below)

## January (See page 18 for Library events)

- Tues. 10, 7:00 pm Craft and Conversation – at Amica Bearbrook. All welcome (see below)
- Tues. 24, 7:00 pm Craft and Conversation – at Amica Bearbrook. All welcome (see below)
- Thurs. 26, 7:00 pm Book Club – at Amica Bearbrook, All welcome (see below)
- Fri. 27 7:30 pm Canada: World Financial Leader, Blackburn Community Church (See page 21)

See page 24 for new meeting information for the Blackburn Fifty Plus Group.

Have you read a good book lately? Would you like to share your love of that book with others and hear about their favourite books? It can be any book; cookbook, mystery, autobiography? Come out to the St. Mary the Virgin Anglican Church's **Book Club** and find new authors to explore for your winter reading list.

We meet at 7:00 pm in the 2<sup>nd</sup> floor library at the Amica Retirement Centre in Blackburn Hamlet at the corner of Bearbrook Rd. on the last Thursday of each month.

Ever wonder what **Craft and Conversation – at Amica Bearbrook** means? It has appeared in this calendar for a long time. This is when a group of Residents from Amica at Bearbrook and members of St. Mary the Virgin Anglican Church and other people from Blackburn Hamlet and the area come together and do whatever portable crafts they have and share conversation. We talk as much about crafts as we do about life in general. Not all of us do crafts either, some of us just visit. All are welcome to join the conversation!

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