

## Hockey Day in the Hamlet

*by Laura Dudas, President of BCA*

**Get ready to strap on** your skates, tape up your stick and grab a puck: its time for Hockey Day in the Hamlet.

The Blackburn Community Association is joining hundreds of neighbourhoods across the city, and thousands across Canada on February 12th to host a community hockey tournament as part of Hockey Day in Canada. The national celebration is an opportunity to honour the great Canadian sport, as well as all those community volunteers who make community rinks possible.

Councillor Rainer Bloess will be sponsoring the event and MPP Phil McNeely has also pledged



support. There will be plenty of hot chocolate to keep skaters toasty warm thanks to their contributions.

Whether you play hockey professionally, are a member of recreational team, or have never played the game in your life, everyone is invited to hit the ice at the community ice rink located at Norman Johnson Alternative School, at the intersection of Innes Road and Cleroux Crescent.

The bite-sized players on two Timbits hockey teams will be hitting the main ice rink between 10 a.m. and noon and the secondary rink will be open to everyone during that time. From noon until 2 p.m. both rinks will be open to anyone who wants to play.

Throughout the entire event, there will be kids games and activities for the whole family. A collection box for non-perishable food items for Joseph's Storehouse will also be on-site. More details are available at our website, [www.blackburnhamlet.ca](http://www.blackburnhamlet.ca).

**Don't miss your chance to vote for Navan for the Hockeyville of Canada contest.**

**See page 9 to read about the Blackburn-Navan hockey connection.**

# Jan's Workout



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**Or visit our Website at [www.jansworkout.ca](http://www.jansworkout.ca)**

# President's Message

The BCA will be holding its Annual General Meeting on February 17, starting at 7:30 p.m. at the Blackburn Hamlet Library.

At the meeting, reports summarizing the activities of the association over the past year will be presented by myself as President, the Treasurer and the Directors. All members of the community are invited to attend, as they are with all BCA meetings which are held on the third Thursday of every month.

We also have a few director's positions opening up, and I hope that you will consider filling those vacancies. Being a volunteer in our community is a rewarding experience that I would encourage everyone to give a try. No prior experience necessary!

The February meeting will also feature Const. Charles Beniot, our local community police officer, speaking to community concerns about the recent rash of residential break-in's in the Hamlet.

And finally, on February 23, 4:30-8:00 pm, the BCA is hosting a blood donor clinic run by Canadian Blood Services at Good Shepherd School on Bearbrook Road. See page 7 in the Banar or check our website for more information on how to schedule an appointment to roll up your sleeve to donate to such a worthy cause.

Until next Banar: have a fun, safe, snowy season and see you all at the hockey rink on February 17th.

*Laura Dudas*



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## BLACKBURN COMMUNITY ASSOCIATION

### ANNUAL GENERAL MEETING

February 17th, 7:30 p.m. at Blackburn Library

## BLACKBURN COMMUNITY ASSOCIATION WEBSITE

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

Links to local organizations, businesses and community updates

## 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: \_\_\_\_\_

## GROUPS CAN EARN \$250 BY DOING A BANAR DELIVERY

Opportunities for groups (ages 12+) to earn \$250 by delivering the Banar to homes and businesses in Blackburn. Maps with 16 routes are available to organize the delivery. Requires a one and a half to two hour commitment with a group of sixteen persons. See page 4 for delivery dates. Please email [ev@buddgraphics.com](mailto:ev@buddgraphics.com) for more information.

## Blackburn Community Association

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

### 2010 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
Recreation and Parks	Tom Scott	613-834-8661
Youth	Trisha Cloutier	613-841-9848
Website	Helen Rosseau	613-834-8661
Membership	VACANT	

#### Standing Committees/Representatives

Banar	Evelyn Budd	613-824-9707
Community Hall	Jan Whitehouse	613-830-8644
Fun Fair, Chair	Trisha Cloutier	613-424-3020
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.

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**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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#### BANAR DEADLINE / DELIVERY DATES FOR 2011

**DEADLINE** Mar 16 / **DELIVERY** Apr 2-8

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

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

**DEADLINE** Oct 26 / **DELIVERY** Nov 11-16

## FUNFAIR! Biggest event in Blackburn Hamlet coming June 3rd, 4th and 5th

This year's Funfair planning is well underway and looks to be shaping up to another exciting time. A number of volunteers have stepped forward but we want to encourage more people to get involved. The Funfair has always been a celebration of community spirit and this Funfair will be no different based on what we have planned so far.

The best of the games from past Funfairs will be returning. There will be **family activities, children's competitions and silly challenges for every age** including a whole field of free games and competitions for families to enjoy.

The Funfair stage team is focused on finding various kinds of talent for the **entertainment stage** including dancing, singing, playing a musical instrument or delivering some great comedy.

Once again the arena will have a local business showcase, silent auction, used book table, and tons of 'inflatable' fun for the children. **Businesses wanting to showcase** their products or services are invited book their table. The **silent auction** is also a great way to promote a business or product. The **books, board games and DVDs** tables are also a popular draw (and fundraiser) so we always look forward to donations here.

The **Funfair parade** is going to be absolutely amazing this year and will include a food drive for the St Joseph's Food Bank, a much-needed service located in the hamlet. There will be over a dozen empty shopping carts and wagons ready to be filled as the parade comes down Bearbrook Road.

The more the merrier, the bigger the team, the better the Funfair! The team is always open to volunteers so please contact **Trisha Cloutier, Funfair Chair**, at [trishandcharlie@rogers.com](mailto:trishandcharlie@rogers.com). Check out the Blackburn Hamlet Funfair website ([www.blackburnfunfair.ca](http://www.blackburnfunfair.ca)) for more information or to contact other members on the Funfair board.

#### Correction to Blackburn Art Group November Banar

**article:** All artists are welcome except *sculptors*. *Oil painters are welcome*. Meetings coming up: February 10, 24, March 10, 24, April 14, 28, and May 12, 26 from 1 pm to 4 pm (also welcome to come for part of the time). Please call Margaret Froelich at 613-824-6503 or Jean Levey at 613-742-0240 for more information.

# Greens Creek Farm: Future ecological food centre



Community meeting on Wednesday, February 16th

by Sarah Lévesque-Walker

**Just Food is a community based non-profit organization serving Ottawa and the surrounding area whose goal is to increase local and sustainable food and farming systems.** The group has experience in initiating programs including the Community Gardening Network, the Ottawa Buy Local Food Guide, Savour Ottawa, a Farmer-to-farmer Training Series, and many gardening and food-oriented workshops.

Just Food is currently developing a new project, the Greens Creek Farm, that will transform the derelict NCC property at 16 Tauvette into a dynamic local food centre. The project will demonstrate ecological and economically viable farm enterprises, offer farmer training programs and supports, and act as a small-scale distribution point for local food producers. There are also plans to offer food-related workshops for community members and create gardening demonstration plots as well as a children's garden and wheel-chair accessible plots.

Greens Creek Farm will demonstrate the best practices in sustainable, economically viable, locally adapted agriculture. The aim is to be a place where people can learn to grow food sustainably on many different scales; from household production to market gardening and farming. The focus will be on education and outreach to both local residents and visitors, and offer educational tours, as well as volunteer and summer employment opportunities.

**Just Food would like to hear your ideas, suggestions and questions. There is a community consultation meeting planned for Wednesday, February 16th from 7:30 to 9 p.m.** (location still to be determined). Details about the meeting location will be posted at the Blackburn Library



and on the Blackburn Community Association's website ([www.blackburnhamlet.ca](http://www.blackburnhamlet.ca)). If you can't attend but would like to know what came out of the meeting, you can contact Sarah Lévesque-Walker, the Greens Creek Farm community outreach coordinator at 613-355-9061, or email: [intern@justfood.ca](mailto:intern@justfood.ca).



The winner of the membership draw purchased her BCA membership during the FUNFAIR. Micheline Demers was very happy to receive the news and came with her grandchildren Benjamin and Emma McMahon to pick up the TV that was discounted by Audiotronics for the BCA draw.

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# City Budget 2011 tops Winter Agenda

by Rainer Bloss, City of Ottawa

As we advance into the new City Council term, I am pleased to report that there is a real **spirit of collaboration** around the Council table between the neophyte Councillors, who number almost fifty per cent of the total contingent, and the grizzled and battle-scarred veterans like myself. With the novices bringing a welcome, fresh approach to many issues, and a new, highly experienced Mayor on board who is eager to face the challenges before us, I believe the outlook is promising for our City and its residents.

Already there have been some significant changes made, including the establishment of a new **Transit Commission**, that will directly involve members of the public in the decision-making process, and the creation of a **Finance and Economic Development Committee** to promote and foster economic growth across our City. A discretionary

spending and major hiring freeze and a unanimous Council commitment to cap **tax increases** at no more than **2.5%** also bode well for taxpayers although we have yet to tackle the actual, often controversial, details of the term's first budget.

As always, protecting valued programs and services on behalf of my constituents will remain my **primary focus** during this year's deliberations. Easing the daily commute for eastenders also remains one of my top priorities as well as the proposed budget. In the months ahead, I will continue to champion the advancement of our City's light rail project, a huge undertaking that will have enormous impact on our City's future, as well as the Hunt Club Road extension to the 417. This project is dependant on the promised provincial government support for this much-needed transportation link. The Federal Economic Stimulus Fund program was extended to

October 2011, with possible improvements at the Hornets Nest.

Whatever the weather, the local forecast should heat up in February and March thanks to budget deliberations, including ward consultations, committee hearings and a **Town Hall meeting on March 1st**, all intended to solicit public input and direction on the budget before some tough decisions are made. I hope to see many of you at our **east-end public consultation meeting which is scheduled for February 28th** from 7:00 to 9:00 p.m. at the Shenkman Arts Centre. It offers an excellent opportunity voice opinions, vent frustrations and ask questions regarding municipal issues and your upcoming tax bill.

P.S. Our outdoor rinks are now open. Many thanks to the dedicated, hardy volunteers who make and keep the ice in great shape through the cold winter months.

Sponsored by BCA

## DONATE BLOOD

Wednesday, February 23, 2011  
4:30 pm – 8:00 pm

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# Navan: “Hockeyville of Canada” title within reach

Hockey in Blackburn thrives today because of dedicated volunteers who built hockey rinks and, in our case, our neighbour Navan who shared their arenas through the years with local communities.

The Blackburn Community Club was formed in 1954 to raise \$10 to plow an area for a rink in the Blackburn Public School schoolyard (now called Norman Johnson Alternative School). Alan B. Beddoe (1843-1975) designed a community logo that incorporated the team names, i.e. Blackburn Hornets. There were no shortage of guys that would show up after school with their sticks to play hockey, go home for supper and then return to play until it got too dark. We soon had a team that would play out of the Navan arena.

The Navan arena was the only indoor facility in the area. Until 1972, the arena only had natural ice. The hockey season would only be 12 to 15 games and play-off games had to be completed before the warmer weather arrived. Many times during the play-off period, both the spectators and players would get together and, due to the excessive amount of water on the ice, throw snow **onto** the ice surface and then scrape it off, so that the game could be played. Twice Navan lost their arena, once by fire in 1953 shortly after it was first built and



again in 1982 when the old wooden structure was condemned due to safety issues. Both times Navan dug in to ensure that their community (and other communities such as Blackburn) would have a place for fans to gather and players to play. *Source: Barry Irvine*

Help Navan win the “2011 Hockeyville of Canada” title. Visit [www.cbc.ca/sports/hockey/hockeyville/home/en/index.shtml](http://www.cbc.ca/sports/hockey/hockeyville/home/en/index.shtml) to read all the great stories and see old photos.

- March 8, 9 pm to March 13, midnight: **VOTE for top 5**
- March 19, 11 pm to March 21, midnight: **RE-VOTE for the Grand Prize Winning Community of Kraft Hockeyville**

## The Blackburn Community Logo and Badge

Alan B. Beddoe wrote concerning the meaning of the elements in the logo design as follows:  
The black wavy diagonal stripe edged with white is a symbol for a stream of running water, the word “burn” being an Old Country term for a brook or stream. Naturally, this “burn” is black in colour, for Blackburn.  
The hornets or wasps (bees) as well as the black wavy stripe are derived from the Arms of Blackburn, Lancashire, England.

The bees are an emblem of skill, perseverance and industriousness and may, in our badge, be regarded as an indication of the ambition of the members of the Blackburn Community Club to express these qualities not only as participants in sports but as spectator-supporters.

Colours are red, white and black.

The name “Hornets” seems appropriate for the senior team, while the junior or midget group might be called the Blackburn Wasps—a smaller but equally effective counterpart of the bigger “Hornets.”

*Source: Alan B. Beddoe (1893–1975), Blackburn resident, Canadian artist, war artist, consultant in heraldry and founder and first president of the Heraldry Society of Canada in 1965. The Alan Beddoe collection at Library and Archives Canada contains designs and studies for the Book of Remembrance, postage stamps, posters, crests, money, architecture and coats-of-arms.*



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# Thanks from Joseph's Storehouse Food Bank

by Bob and Pauline Giroux, Directors of Joseph's Storehouse Food Bank

In the first year of operation in 2006, we supplied food to 1,700 people and gave 90 Christmas hampers with new gifts to all children 16 years and under. This year we fed 4,800 people and gave 180 Christmas hampers with at least 300 new gifts to children 12 and under. Eighty percent of the gifts came from The Life Centre Church, and the other 20% from a private donor.

Our sole purpose is to supply food to the less fortunate and we are blessed with so many people, organizations, clubs and businesses in Blackburn Hamlet, Orleans, Ottawa and outside areas that have given us support through food drives and financial donations. Some of the groups include the Blackburn schools, Brownies, Sparks, Blackburn Preschool, Cloutier-Miller RE/MAX, two women's groups, a workout group, a hockey team and the Fun Fair. We also want to thank the Ottawa Food Bank for their faithful support that amounts to 65% of our food and supplies.



The Blackburn Stingers Hockey Team took 10% of the money they made from their raffle, bought food and then came to the Food Bank with the coaches and parents and helped put the food on the shelves.

We are overwhelmed with your generosity and it shows that when we work together we can really make it happen. Good work Blackburn and thank you so much.

The Food Bank is located at 11/2336 Orient Park Drive, Ottawa, ON K1B 4N5 and can be reached at 613-834-9945 or 613-290-5616 .

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## Our Travels to Damascus

by Ulrike and Ahmed Sati

2010 was a very busy summer filled with paperwork, but with the full-time help of our wonderful staff, Margaret and Christine, we completed the patient medical chart transfers by November. Unfortunately our much anticipated trip to Vermont in the fall had to be postponed because of the death of Ulrike’s mother. We’re looking forward to rescheduling our weekend trip this year.

We began our journey to Damascus in November and decided to take a few days to visit London en route. We had never been to London before and relished and enjoyed the experience of touring around this beautiful city and seeing so many magnificent buildings and historical monuments reflecting the greatness of the British Empire. Our favourite sight was seeing the grandeur of the Houses of Parliament in the evening glow of the setting sun as we

travelled along the River Thames.

The journey from London to Damascus (also known as the City of Jasmine) was about five hours. We were tired when we arrived at 1:00 am but were surprised and happy to see the large number of relatives who were at the airport to welcome us. During our first four days in the city we met over 200 relatives, many of whom we were meeting for the first time. The hospitality extended to us was overwhelming. Ahmed left the city 50 years ago and saw that it has changed dramatically in so many ways. Probably the biggest change is that the number of inhabitants has grown from half a million to 6 to 8 million—depending who you ask! The old city with its gates, its numerous souks (covered markets) and houses enclosing inner courtyards is where he grew up. It’s an area that is now maintained with the help of the government because of its tourist attraction.

As we mixed with family during our vacation we were reminded of the importance of the family structure in Damascus where women are held in very high regard and children treat their parents with the utmost respect.

This was the trip of a lifetime following which we have so many wonderful recollections. By far our most treasured memory is reuniting with Ahmed’s siblings and close family.

Our sincere thanks to you all for giving us this very special opportunity.

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## Blackburn Stingers give back to the Community



**Blackburn Stingers Novice B2 2010/2011:** Back Row (Left to right): Zacharie LeBrun-LeMay, Kyle Meagher, Hunter Holden, Félix Dubois, and Dwayne Stevenson (coach) Front Row (Left to right): Jack Hampson, Justin Lafontaine, Joshua Whyte, Duncan Campbell, Riley Croll-Stevenson, Owen Bisal, and Owen Sweazey

In late November, the Novice B2 Blackburn Stingers hockey team contributed more than \$120 of groceries to Blackburn Hamlet's local food bank. The team had decided that 10% of the money raised by selling tickets at Gloucester Loblaws would go toward the purchase of food and be donated to Joseph's Storehouse. Not only did

the team members participate in the grocery shopping and delivery of this food, they also helped Bob and Pauline Giroux, directors of the food bank, to stock up the shelves with the new groceries. This was a great team-building experience and a wonderful opportunity for our team to give back to the local community. Well done!

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## Les guides de la 4e Cie s'expriment

Sophie nous dit: je suis venue aux guides car j'ai adoré les Étincelles et les Jeannettes. Donc, je me suis dit que je voulais apprendre de nouvelles choses pour me divertir et pour m'amuser. J'ai choisi les guides de Blackburn car elles font plus de voyages et ma mere connaissait l'animatrice responsable.

Le 2 septembre nous avons fait l'évaluation sur mannequin pour avoir le badge de secourisme d'urgence de la Croix Rouge. Toutes les guides ont passé et on a eu le certificat. Nous avons eu un peu de difficulté à comprendre comment faire la RCR au début mais une animatrice nous a donné un truc avec un chant. **Chelsea**

Les 16 et 17 octobre nous avons eu notre camp d'automne, CSI. Toutes les 2e et 3e années étaient présentes. Nous sommes parties sur le bateau Vibrations II vers l'île MacDonald dans les 1000 Îles. Au cours de la fin de semaine nous avons jouée à beaucoup de jeux et avons mangé de la bonne nourriture. Personnellement, mon jeu préféré a été celui où nous avons eu besoin de suivre les signes de piste de l'autre équipe. Elle nous a laissé des pattes de crabe..yuck! Nous avons eu beaucoup de "fun" et de fou rires. **Katherine**

Pour Hallowe'en on a été chez Eliane. Elle nous a fait visiter sa cour hanté avec des fantômes qui s'allumaient et criaient. Après on a joué au Loup Garou. Après on a bu du chocolat chaud et on est allé dans la maison faire des sketches. **Charlotte**

*Continued on page 15*



*Les Guides*



*Dormir dans un tombeau*



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**Les Guides** (Cont'd from page 14)

À l'escalade chez Coyotes, j'ai monté pour la première fois de ma vie en haut d'un mur. Je me sentais fière d'avoir grimpé en haut du gros mur! Tout le monde s'amusait sur les murs. **Samantha**

La sortie des aspirantes s'est déroulée à la Mer Bleue. Nous sommes entrée et nous avons vu des sculptures en bois. Nous avons poursuivi notre chemin sur un pont en bois. Il y avait des petits poisons dans l'eau qui nageaient sous le pont. Il y avait aussi un barrage de castors. Nous avons répondu à des questions grace aux panneaux. Il y avait des oiseaux. Vers la fin de notre route un pont bougeait de côté quand on marchait dessus. À la fin nous nous sommes rendus chez notre cheftaine pour un chocolat chaud. **Alyssa**

Après la parade du Père Noël, les 2e et 3e années se sont données rendez-vous chez Viviane pour une soirée SPA. La cire chaude n'a pas été trop traumatisante, du moins pas assez pour nous empêcher de dormir. Le lendemain matin, le ventre rempli "d'Egg McMuffins" fait pas les guides, nous nous sommes mis à l'ouvrage avec des jeux, cours rapides et discussions sur le thème du camp, le Leadership. Nous sommes retournées chez nous en après midi la tête remplie et munie d'une nouvelle énergie pour une nouvelle année guide. **Gabrielle**

J'ai fait ma promesse guide le 2 décembre. Ma mere et ma voisine sont venues. J'étais un peu gênée. J'ai reçu la carte d'exploration, mon épinglette et un ruban de l'équipe. Il y avait des gateaux, des chips, des "dips" et autre chose à manger. Maintenant je suis une vraie guide. **Maria**

*Continued on page 16*



Carnaval Venise



Carnaval Québec



Photo by Jean-Marc Carisse

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**Les Guides** (Cont'd from page 14)

Le 9 décembre nous avons passé de porte à porte pour récolter de l'argent et des denrées non périssables afin d'en faire don aux plus démunis par les 2 banques alimentaires de Blackburn et Gloucester; 260 boîtes et 310\$. 90 minutes plus tard le nez froid nous sommes rentrées chez notre cheftaine pour un chocolat chaud réconfortant. Heureuse d'avoir fait une BA (bonne action) nous sommes retournées chez nous. Nous recommencerons l'an prochain!

**Valérie**

Thank you Un gros merci! Le 16 décembre on est allé au Musée de Cumberland. On a commence par écouter une histoire dans l'église après on est allée faire de la raquette. On est ensuite allé à l'école faire un bricolage et à la fin on est allé dans la grande salle pour faire un biscuit.

**Anabelle**

Avec des nouvelles resolutions à partager, de nouveaux défis à relever, les guides de Blackburn se rencontre pour une nouvelle année le 6 janvier à l'École Louis-Riel. Un échange de cadeaux fait maison à eu lieu d'une

façon originale sans oublier la galette des rois pour célébrer l'arrivée des rois mages. Pour finir des sketches sur des hauts et des bas de l'année 2010 ont été présentés. **Gabriela**

Le camp d'hiver 2011a lieu au camp SAJO. La première journée on a construit un tombeau (abri de neige pour la nuit) pour les 2e et 3e années. On a pris une marche, c'était long mais amusant. Quand on est revenue on a patiné et certaines ont fait le badge de patin. En fin de soirée on a fait un caraval de Rio, Nouvelle Orléans, Venise et Québec parceque c'était notre thème. Je me suis bien amusée. **Stéfanie**

Pourquoi suis-je venu aux guides? Prête à vivre de nouvelles aventures et de nouveaux défis, je me suis engagé aux guides de Blackburn pour une 3e année de suite. Un voyage en Suisse, des tombeaux d'hiver et des reunions divertissantes avec un groupe d'animation extraordinaire que peut-être plus amusant? Les années ont été merveilleuses et je me suis crée de superbes nouvelles amitiés. Chez les



Anabelle



en patin

guides il n'y a pas un moment ennuyant. Je vous remercie pour les techniques de survie apprise et les experiences inoubliables. **Hayley**



# Blackburn Barber Shop

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## Nouvelles de la Paroisse St-Claude

par Viviane Côté-Maxwell

Oui, la paroisse est toujours très vivante et ce mois-ci nous allons célébrer les baptisés de l'année 2010 le dimanche 23 janvier.

En février afin de mieux vivre notre Eucharistie, l'équipe de la parole fera une courte présentation des différentes parties de la liturgie à raison de une par dimanche.

Pour la préparation des enfants aux sacraments cette même équipe sera présente avec notre prêtre, Daniel Berniquez, lors de la rencontre des parents à l'École Ste-Marie.

Nous avons toujours notre liturgie le dimanche matin à 11h00 et tous sont bienvenue. La chorale anime aux 2 semaines et il y a du chant entre temps. Pour d'autres renseignements visiter notre site: [paroiss saintclaud ottawa.ca](http://paroiss saintclaud ottawa.ca).

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

# Older Adults – Take a Seat and Get Moving!

by Ann Nowak and Myriam Jamault, Public Health Nurses with Ottawa Public Health

**Physical activity is one** of the best things you can do to stay healthy and independent as you get older. The good news is that it is never too late to start!

The Get Moving: Active Sitting Program is a 30-minute chair exercise program that you can do in your own home. It on a DVD and is in eight languages – Arabic, Cantonese, English, French, Mandarin, Somali, Spanish and Vietnamese. It comes with a user's guide in English and French. This easy to follow program is for older adults who are not active or who do very little activity. You will be guided through exercises to improve your balance, strength and flexibility. If you have some physical limitations—that's OK—you can still do this program. Just follow the program at your own pace.

Good physical and mental health is the reward for being active. Being active will help you stay strong and keep moving. You need to be able to reach, bend, lift, carry, and move around, to do the things you do every day. Strong muscles and bones, good posture and balance, and the energy to do things can help you keep your independence.

The experts say older adults should try to be active for 30 to 60 minutes most days of the week. This might sound like a lot, but you don't have to do it all at once. Minutes count—add them up 10 minutes at a time. Start slowly and build up. All activities are good and every little bit adds up.

Being active is fun! You will tap your feet and clap your hands to the music in the Get Moving: Active Sitting Program. If you would like to buy a copy of the DVD, call the Good Companions at 613-236-0426. Copies are also available at your library.

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# Winter Play: Safe and Fun

by Helen Parker, Public Health Nurse,  
Ottawa Public Health

**Young children enjoy playing** in the snow and taking part in winter sports, such as ice skating and sledding. It is important for children to have fun and be active but it's just as important for them to be safe. Knowing why young children are more likely to be injured than adults helps keep them safe while having fun.

## Why are young children more at risk for injuries?

- Children's bones and muscles are still growing and they have poor balance.
- Children do not know how to assess danger.
- Children tend not to be aware of other people around them.
- Children do not know the rules of being safe when playing.
- Children do not have the skills to control their speed.
- Children are just beginning to learn the physical, mental and social skills of sports.

## How can parents help their children to play safe?


- Stay close and watch your child. Be ready to step in to stop injuries.
- Do not allow children under five years old to go sledding alone.
- Be a good role model—wear your safety gear and your child will be more willing to wear their own.
- Wear a helmet to prevent brain injuries. A CSA (Canadian Standards Association) approved

hockey helmet is recommended for ice skating and a ski or hockey helmet can be worn for sledding.

- Make sure your helmets fit correctly. Helmets should be worn without hats or toques.
- Take time to teach your child how to ice skate or sled. You can also sign up your child for ice skating lessons.
- Teach and remind your child how to be safe and use the correct equipment.

- Make sure your child drinks enough and keeps dry and warm. Children can get cold quickly, especially when their clothing is wet.

To find out more about winter safety check out [www.safekidscanada.ca](http://www.safekidscanada.ca), [www.caringforkids.cps.ca](http://www.caringforkids.cps.ca) or visit [ottawa.ca/health](http://ottawa.ca/health). You can also contact Ottawa Public Health at 613-580-6744.



## Blackburn Hamlet Community Church

*Inviting you into the  
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**Worship Times:** Sunday @ 9:30am (with Sunday School)  
Tues-Fri @ 9-9:30am: Morning Prayer  
Thursday @ 10am: Holy Communion

**Discovery Café** is a series of public lectures on a wide range of topics that will stimulate your mind. Come & support a new initiative in Blackburn Hamlet! (7:30-9pm)

**Feb 25:** Ken Lawless, President and CEO of Bio-Diesel Reactor (BDR) Technologies, *"The Future of Alternative Fuels (Biodiesel)."*

**Mar 25:** Dr. Rafik Goubran, Dean of Engineering, Carleton University, & designer of medical devices, *"Better Aging Through Engineering."*

Coffee/tea & desserts provided  
Cost: \$2

**Marriage Preparation Course**

5 Tuesday evenings, beginning March 1  
7-9pm  
Desserts provided  
For more info: [www.relationshipcentral.ca](http://www.relationshipcentral.ca)

**Healing of the Whole Person Seminar**

March 3,4,5

The Isaiah 40 Foundation is offering a *Healing of the Whole Person* seminar in the Hamlet, Thursday & Friday evening and all day Saturday. The team will explore our relationship to God, our understanding of ourselves and how we relate to others. The weekend includes worship, teaching and opportunities to receive prayer for healing.

*(See our website for registration & location)*

2598 Innes Road  
[bhccchurch@gmail.com](mailto:bhccchurch@gmail.com) (between the TD Bank & the Pub)  
[www.blackburnhamletcommunitychurch.ca](http://www.blackburnhamletcommunitychurch.ca) 613-837-BHCC (2422)

## Enhance your library experience

**Renew your interest...**at your local library! We encourage patrons to participate in our Seniors Circle and Teen Advisory Group as we are looking for ideas to enhance your library experience at our branch and to increase participation in upcoming programs and events.

### Childrens Drop-ins

**Babytime Drop-in:** February 9, 16, 23 at 10:30 am

**Toddler time Drop-in:** February. 10, 17, 24 at 10:30 am

**Storytime Drop-in:** February 8, 15, 22 at 10:30 am

Second session starts in April. Please ask Mandy for more information.

**Childrens/Teen Programs** (Call 613-824-6926 x224 or register at <http://bibliottawalibrary.ca>)

**Valentine's Day Fun:** Story, craft, activities. Ages 7-12, Saturday February 12th, 2 pm

**Spring Fun:** Story, craft, activities. Ages 7-12, Saturday April 9th, 2 pm

**TAG (Teen Advisory Group):** 2nd Tuesday of every month, 4:00 pm

**Game on for Kids:** Come play cards, board games or wii with us. 2nd Thursday of every month, 3:30 pm

**Game on For Teens:** Come play cards, board games or wii with us. 2nd Friday of every month, 3:30 pm

**Teen Resume Workshop:** by appointment

**March Break Activities:** Please see the Info Desk for the pamphlet of activities or visit <http://bibliottawalibrary.ca>

### Adult Programs


**Seniors Circle:** 2nd Wednesday, 1:30 pm

**PM Bookchat:** 2nd Tuesday, 7 pm

**Bookchat:** 3rd Monday, 2 pm (booklist at Info Desk)

**Ritchie Feed n' Seed Gardening:** May 3rd at 7pm (Register at <http://bibliottawalibrary.ca> or call 613-824-6926 x224)

Please note the Mille Feuilles Bookstore has moved towards the back of the library near the Reading Area, please ask Info Staff for further directions.




**Blackburn Library Hours:**  
Mon–Thurs 10:00 am–8:30 pm  
Fri: 1:00 pm–6:00 pm  
Sat: 10:00 am–5:00 pm  
Sun: closed  
[www.bibliottawalibrary.ca](http://www.bibliottawalibrary.ca)



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# Free programs with Health Link

**Blackburn Hamlet Health Link (BHHL)** welcomes Tammy Séguin as the new liaison worker for the Health Link program that works with community groups to promote health and well-being. The Health Link works in partnership with the Gloucester Housing Corporation and other community groups in order to identify and develop physical health, recreation, sports and healthy lifestyle programs that community members have identified. This program is funded by the Ontario Ministry of Health Promotion and Eastern Ottawa Resource Centre.

The BHHL is hosting a **free series on Healthy Eating** through the

Community Food Advisor Service and funded through Ottawa Public Health. The 4-week series will start in February on Monday afternoons. The series will focus on Canada's food guide, safe food handling, healthy snacks and healthy eating on a budget. The BHHL will also be hosting a **free Women on Wellness 8-week session** focusing on women's self-esteem, stress management, overall health, just to name a few topics. The sessions will be held Thursday evenings from 6 to 8 p.m. starting February 17 and ending April 7th.

**Yoga classes** continue to be offered free to women on Monday nights from 6:30-8 p.m. in the Good Shepherd School gym. Classes are taught by a yoga instructor from the Iyengar Yoga Centre. The style of yoga is called Iyengar yoga and is a beginner's class. Please feel free to continue to attend if you have already registered. Childcare is also available. To register for any of the programs or to find out more information, please contact Tammy Séguin at 613-741-6025 ext. 235 or via e-mail [tammy.seguin@eorc-gloucester.ca](mailto:tammy.seguin@eorc-gloucester.ca).

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## Dress For Success Ottawa serves first client

After more than eleven months of planning, and thanks to close to one hundred local volunteers, Dress for Success Ottawa National Capital Region opened its doors on November 29th in Wellington Village to serve disadvantaged women with appropriate business clothing for an upcoming job interview.

"Serving our first client is a major milestone for Dress for Success Ottawa." said co-founder Marlene Floyd. "The support of the Ottawa community has been simply amazing. People have donated clothing, money and time to help make this project real in a short period of time."

Working on a referral basis with local not-for-profit agencies providing employment services, Dress for Success Ottawa will provide three programs to disadvantaged women in the National Capital Region:

**Suiting Program:** This program provides each client with a business appropriate outfit, to be worn for job interviews. When a client obtains a job, she is eligible to return for a week's worth of business appropriate attire.

**Dress Rehearsal Program:** This program provides interested clients with the opportunity to participate in a mock interview with a volunteer HR professional.

**Professional Women's Group:** Once a client obtains employment, she becomes eligible to participate in the professional development programs and activities of Dress for Success Ottawa's Professional Women's Group.

Dress for Success Ottawa is a non-profit organization and part of an international not-for-profit organization located in more than 113 cities in North America, Mexico, Europe, the West Indies and New Zealand. Since 1997, Dress for Success has suited more than 500,000 women worldwide.

Visit [www.dressforsuccess.org/ottawa](http://www.dressforsuccess.org/ottawa) for more information.

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**Medical chart transfer extension from Dr. Sati**  
Until November 30, 2011 former patients of Dr. Sati may request their medical transfer charts by mailing a request in writing to Dr. A. Sati at 2575 Innes Road, Ottawa, ON K1B 3K1. The fee for chart preparation is \$75. Please include a cheque in the amount of \$75, made payable to Dr. A. Sati, with your request. Note that Dr. Sati's office at 2575 Innes Road is closed. Requests must be sent by mail.

# Benefits of Preschool Learning

There are many things to consider such as cost and personal factors when thinking about sending your children to preschool. Here are some of the many benefits you may wish to consider.

**Gross and fine motor skills:** Developed at preschool through a variety of age-appropriate activities such as role-playing, music and movement, arts and crafts and sensory play.

**Social benefit:** Preschool gives a child the opportunity to meet and interact with other children of the same age in a safe and structured environment. They learn to listen to teachers and peers, to take turns and to respect others. The friends made here may very well provide the familiar comforting faces required on that first day of junior kindergarten.

**Emotional benefit:** Preschool gives a child a chance to develop some independence. Emotionally, it helps them get used to being away from home and family for a few hours.

**Problem-solving:** Children get an opportunity to solve problems with guided assistance and improve their ability to concentrate on tasks. They also get an opportunity to watch how their peers problem-solve and take on different tasks. They start to develop the skills to solve issues in a non-physical manner, using their words.

**Preparation for kindergarten:** Preschool teachers plan fun activities that give Kindergarten-bound children a head-start with respect to number and letter recognition, counting, colours, shapes and other important

concepts, while developing an understanding of the structure and routine of school.

**Special needs:** Preschool teachers are trained to recognize when a child needs some extra help. They can recommend assistance such as the First Words Program or the Ottawa Child Treatment Centre.

**Parental benefits:** A co-operative preschool program gives parents the

wonderful opportunity to stay involved in their child's learning experience through duty days, field trips and other volunteer activities.

If you are interested in learning more about the programs offered at the Blackburn Hamlet Preschool, please call 613-824-3251.

Love looks through a telescope; envy, through a microscope. JOSH BILLINGS



The poster features a simple line drawing of a schoolhouse with a sun in the sky, a chimney with smoke, and a flower in front. The word 'SCHOOL' is written on the side of the building. To the right of the drawing, the text reads: 'Blackburn Hamlet Preschool', '202 GlenPark Drive (613) 824-3251 (behind the Blackburn Arena)'. Below this is a banner that says 'Open House'. Underneath the banner, it says 'Sunday March 6th 2011, 10 a.m. - 12 p.m.' and 'Registration for 2011-2012 programs'. At the bottom, it lists 'OUR LICENSED, CO-OPERATIVE PRESCHOOL OFFERS:' followed by a bulleted list of services: 'highly qualified, dedicated and experienced teachers', 'toddler program for children 18 - 30 months (Tues. & Thurs. a.m.)', 'preschool programs for children 2.5 - 4 yr. (2 or 3 mornings or afternoons/week)', 'JK/JSK program: 5 afternoons / week with bus service from local schools', and 'French language skills in p.m. program.' At the very bottom, it provides the email 'bhps@bellnet.ca' and the website 'www.bhps.ca'.

**Blackburn Hamlet Preschool**

202 GlenPark Drive  
(613) 824-3251  
(behind the Blackburn Arena)

**Open House**

Sunday March 6<sup>th</sup> 2011, 10 a.m. - 12 p.m.

Registration for 2011-2012 programs

**OUR LICENSED, CO-OPERATIVE PRESCHOOL OFFERS:**

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- ✓ toddler program for children 18 - 30 months (Tues. & Thurs. a.m.)
- ✓ preschool programs for children 2.5 - 4 yr. (2 or 3 mornings or afternoons/week)
- ✓ JK/JSK program: 5 afternoons / week with bus service from local schools
- ✓ French language skills in p.m. program.

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**Blackburn Ladies Softball Registrations**

Walk-in registrations will be held from 7 to 9 pm at the Blackburn Arms, on Wednesday, March 23, 2011 and at Tartan's Pub, 4025 Innes Road, on Monday, March 28.

For more information, call Nathalie Godard at 613-447-0601 or visit the league's website at: [www.blackburnladiessoftball.com](http://www.blackburnladiessoftball.com).

**Blackburn Fifty Plus Pub Night**

The Blackburn Hamlet Fifty Plus Group meets the fourth Sunday of every month at the Barley Mow Pub on Tenth Line Road. Time: 6:00 pm. RSVP to Valerie White at 613-837-1083 if you wish to attend or require further information.

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

**Gloucester Allotment Garden Annual Meeting Spring Registration**

The Association will hold its Spring Registration meeting on Tuesday, March 8th at 7:30pm in the cafeteria at Louis Riel High School, 1655 Bearbrook Road, Blackburn Hamlet.

Gardeners registering for a plot at the meeting will receive an Early Bird discount of \$5 on a full size plot and \$3 on a half size plot. Full-size plots are available at both the Orient Park and Anderson Road sites and measure 14m x 7m.

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

## Police officer speaking at AGM February 17th

Const. Charles Beniot, Blackburn's local community police officer, will be speaking to community concerns about the recent rash of residential break-in's in the Hamlet at the BCA Annual General Meeting on February 17th, 7:30 p.m.

A number of people have reported a rash of vandalism and break-ins in the Hamlet. On-line police statistics for the three months from September to November showed a total of 59 reports of property crime including 38 incidents of theft from vehicles, 13 assaults, 11 thefts, 2 robberies and 11 break and entries. Victims don't always report burglaries to the police so it is possible that the actual number is higher than this.

We need to plan now on how we can protect our our community as crime usually picks up during the warmer months. Vandalism and break-ins are not a random act. It requires the opportunity to take or damage something of value and someone motivated to commit the offence. What we do will have a direct influence on the frequency of crime in our community. Thieves don't want to get caught and have very definite preferences when deciding to attempt to burglarize or vandalize.

A well-lit home with a unobstructed view will fare better than one that allows a burglar to operate unseen. A home that appears occupied with a car in the driveway and interior

lighting is less vulnerable than one that looks vacant. Solid doors and locks, and precautions that avoid sliding doors being forced or popped out of their tracks discourage attacks. Doors on cars and homes should always be locked and notes should not be left for delivery persons when you leave your home. Installing a monitored security system is also a definite deterrent. Let your neighbour know when you will be away for an extended time. Be a good neighbour by being on the watch and call 911 if you see suspicious behaviour.

Let's prepare to make the Hamlet safer and not give an open invitation to anyone who will burglarize or vandalize our homes or community.



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## Classified Ads

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TRIVIA NIGHT AT THE BLACKBURN ARMS every Wednesday at 8 pm. Bring a team or join one of ours. Fun guaranteed. 1/1

REIKI SESSIONS for stress reduction, relaxation and to promote healing. Courses also available. \$75/hour. Janice (613) 834-6677. (1/2)

*Classified ads per issue: 20 words or less \$10; 50¢ for each additional word. Please make your cheque made out to "BCA" and deliver by the Banar deadline date (see page 4) to: Evelyn Budd, 5729 Kemplane Court, Ottawa, Ont. K1W 1B8.*

## 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
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
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
Mens Fastball	Derek Bergeron . . .bergeronderek@hotmail.com
Ringette Scrimmage (T)	Jane Ross . . . . .613-837-1504
Ringette Scrimmage (M&W)	Sue French . . . . .613-830-0684
St. John Ambulance	Louise Bertrand . . . . .613-841-5610
St. Joseph Food Bank	Bob and Pauline Giroux . . . . .11-2336 Orient Park
Softball (Ladies)	Leanne Hunter . . . . .613-830-3808
Tennis	Michel Haddad . . . . .613-834-1269
Volleyball (Women-Competitive)	Marg Walters . . . . .613-830-8887
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!

## Ottawa Fiddle Ensemble

Sunday February 13  
7:30 PM

St. Mary the Virgin  
Anglican Church  
2750 Navan Rd

East-end public consultation meeting February 28th from 7:00 to 9:00 p.m. at the Shenkman Arts Centre.

## World Day of Prayer

The Annunciation of the  
Lord Church  
2414 Ogilvie Rd.,  
Beacon Hill.

For more information contact  
Carmella Tel.: (613) 424-0025  
Service written by the

## 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

At the Church  
2750 Navan Rd.

Eucharist Sundays 9 a.m.  
Evening Prayer Wednesdays  
7:30 pm

### 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)

## February (See page 20 for Library events)

- |                       |  |
|-----------------------|--|
| Tues. 8, 7:00 pm      | Craft and Conversation – at Amica Bearbrook. All welcome                               |
| Sat. 12, 10am – 2 pm  | Hockey Day in the Hamlet - community rink - Innes Road & Claroux Crescent (See page 1) |
| Sat. 12, 10 am        | Les Chansonnières spectacles de la St-Valentin Montfort Residence no charge            |
| Sat. 12, 1:30 pm      | Les Chansonnières spectacles de la St-Valentin Belcourt Residence no charge            |
| Sat. 12, 3 pm         | Les Chansonnières spectacles de la St-Valentin Résidence St Louis no charge            |
| Sun. 13, 7:30 pm      | Ottawa Fiddle Ensemble – St. Mary the Virgin Anglican Church (see below for details)   |
| Thurs. 17, 7:30 pm pm | BCA Annual General Meeting - Blackburn Hamlet Library (See page 3)                     |
| Wed. 23 4:30 – 8 pm   | BCA Hostess Blood Donor Clinic - Good Shepherd School (See page 3 and 7)               |
| Tues. 22, 7:00 pm     | Craft and Conversation – at Amica Bearbrook. All welcome                               |
| Mon. 28, 7 to 9 pm    | East-end public consultation meeting - Shenkman Arts Centre (See page 7)               |

## March (See page 20 for Library events)

- |                    |   |
|--------------------|---|
| Tues. 1,           | Budget Town Hall meeting (See page 7)   |
| Sun. 6, 10 – 12 pm | Blackburn Hamlet Preschool Open House (See page 23)                                   |
| Tues. 8, 7:00 pm   | Craft and Conversation – at Amica Bearbrook. All welcome                              |
| Tues. 8, 7:30 pm   | Gloucester Allotment Garden Annual Meeting Louis Riel High School (See page 24)       |
| Tues. 8, 9:00 pm   | Start voting for "Kraft Hockeyville of Canada" competition (see page 9)               |
| Tues. 22, 7:00 pm  | Craft and Conversation – at Amica Bearbrook. All welcome                              |
| Wed. 23, 7 to 9 pm | Blackburn Ladies Softball Registrations - Blackburn Arms (See Page 24)                |
| Sun 27, 6 pm       | Blackburn Hamlet Fifty Plus Group at the Bailey Mow Pub (See Page 24)                 |
| Mon. 28, 7 to 9 pm | Blackburn Ladies Softball Registrations - Tartan's Pub, 4025 Innes Road (See Page 24) |

## April (See page 20 for Library events)

- |                |   |
|----------------|---|
| Sat. 9,        | Lasagna Supper and Silent Auction - Église St-Joseph (See page 17)    |
| Tues. 12, 7:00 | Craft and Conversation – at Amica Bearbrook. All welcome              |
| Sun. 24, 6 pm  | Blackburn Hamlet Fifty Plus Group at the Bailey Mow Pub (See Page 24) |
| Tues. 26, 7:00 | Craft and Conversation – at Amica Bearbrook. All welcome              |

### Presentation Series

#### The Ottawa Fiddle Ensemble for Valentine's Day

The Ottawa Fiddle Ensemble (OFE) will perform a selection of favourite love songs along with their signature, toe-tapping, repertoire of Ottawa Valley, Celtic, and East Coast tunes. Come and sing along with the OFE in concert at: St. Mary the Virgin Anglican Church, Sunday, February 13 at 7:30 pm No tickets necessary. Donations welcome. For information 613-590-0677 or stmarys@rogers.com The Ottawa Fiddle Ensemble is a dynamic group of 20 musicians who perform Canadian, Scottish, and Irish tunes. Started in 1993, the OFE performs throughout the Ottawa region for community and civic events. <http://ottawafiddleensemble.ca/>



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