

## Join in the Winter Fun — it's Hockey Day in the Hamlet on Saturday, February 18th

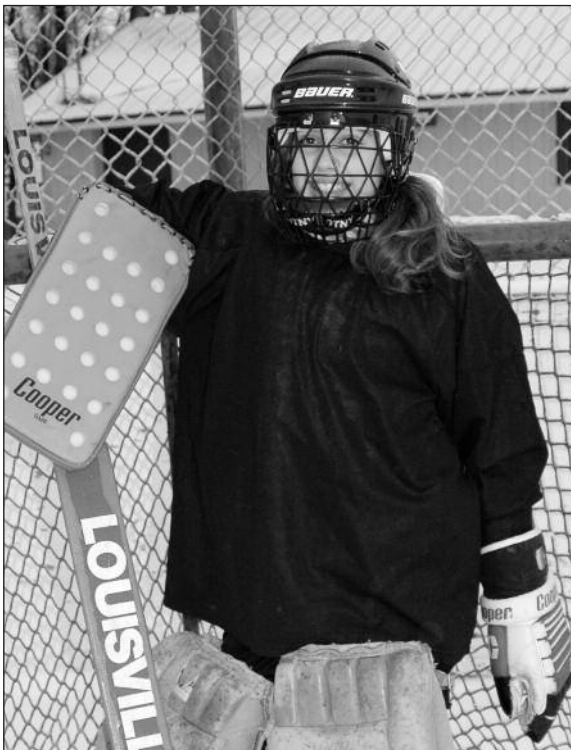


Photo by Jenn Budd

*by Laura Dudas, President of BCA*

**Hockey Day in the Hamlet** is back for its second year and this time it will be bigger and better than ever.

The Blackburn Community Association is helping celebrate the Family Day long weekend by throwing a community event on Saturday, February 18 from 10 a.m. until 3 p.m. celebrating both the great Canadian sport of hockey and local families.

Mayor Jim Watson, Innes Ward Councillor Rainer Bloess and Liberal MPP Phil McNeely will all be attending the annual event which will take place at the outdoor rink at the Norman Johnston Alternative School (corner of Innes Road and Cleroux Crescent in Blackburn Hamlet).

There will be organized games of hockey on the large rink and plenty of activities and games for players of all ages and skill levels on the puddle rink.

The event will also feature hot chocolate and snacks, prizes, and entertainment.

A collection box for donations of non-perishable food items for Joseph's Storehouse will also be on-site.

For a full list of all the day's events, check out our website at [www.blackburnhamlet.ca](http://www.blackburnhamlet.ca).

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# President's Message

Every winter, Blackburn Hamlet residents sharpen their skates, don their helmets and head out to a nearby outdoor ice rink.

There are many of these outdoor rinks operating across the City. But the ones in Blackburn are special in that every year, they are born and nurtured into being by volunteer members of our community.

These winter warriors do not get paid to wake up in the early morning hours (when most of us are still in bed) to flood the ice, making it as smooth as glass.

They do not ask for praise or recognition; what they want most is to give their neighbours, in particular the kids, an enjoyable place to skate.

Although the Blackburn Community Association administers the City funds that make the rinks possible each year and co-ordinates operations of the rinks through a designated director on our board, it is truly the dedication and passion of our volunteers that brings these rinks into being and keeps them running throughout the cold winter months.

There are three rinks with boards located in the Hamlet – Mike Budd Park on Orient Park Drive, Norman Johnston School on the corner of Cleroux and Innes Road and Bearbrook Park at Emily Carr Public

School in addition to the many puddle rinks, and I would encourage you to bundle up your families and take a spin on one, or more of them in the coming weeks.

A good opportunity to slap on the skates and hit the ice is fast approaching with the second annual Hockey Day in the Hamlet on February 18. Starting at 10 a.m. and ending at 3 p.m., the BCA is sponsoring this ode to hockey and skating with plenty of fun activities, prizes, and live entertainment, perfect for residents of all ages. For more information and updates, visit [www.blackburnhamlet.ca](http://www.blackburnhamlet.ca).

We will be selling BCA memberships at the event and at \$10 they are the best deal in town. We will also be collecting non-perishable food items for the local food bank.

Also, mark February 16 on your calendars as the date of the BCA Annual General Meeting. We will be holding elections and nominations for the various director positions and discussing important issues that impact everyone in our community. The meeting starts at 7:30 p.m. and will be held at the Blackburn Hamlet library. I look forward to seeing you there.

Laura Dudas  
llczekaj@yahoo.ca



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## BCA Membership — The community appreciates your support.

Blackburn Hamlet is known across the region for being a friendly, active and progressive community. Please show your support for the Blackburn Community Association by purchasing your \$10 family membership. The membership fee helps pay for the BANAR and many of the other exciting projects.

- Please contact me as I am interested in volunteering in the community.
- I would like to support the BCA by buying a membership. Included is a \$10 cheque made out to "BCA".

Mail to: Blackburn Community Association, P.O. Box 47062, Ottawa, ON, K1B 5B0

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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#### 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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**Distribution:** Circulation 4,000. Delivered to Blackburn homes and businesses by local community groups. Also available at the Blackburn Library, Shoppers Drug Mart and Metro while quantities last.

#### BANAR DEADLINE / DELIVERY DATES

DEADLINE March 14 / DELIVERY April 1-5

DEADLINE May 9 / DELIVERY May 26-29

DEADLINE August 15 / DELIVERY September 8-12

DEADLINE Oct 18 / DELIVERY Nov 6-10

Please verify dates on the BCA website for time sensitive ads.

## Mark your calendars

More information coming in the April issue of the Banar and at [www.blackburnhamlet.ca](http://www.blackburnhamlet.ca)

### Blackburn Garage Sale

May 5th

May 6th (Raindate)

### Spring Clean-up

Saturday April 21st

April 28th (Raindate)

## BCA Annual General Meeting

Will include nominations and elections for the various director positions and a discussion of important issues that impacts everyone in our community.

**Thursday, February 16th, 7:30 pm**

Blackburn Hamlet Library, Glen Park Drive

## 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. Go to: [www.blackburnhamlet.ca](http://www.blackburnhamlet.ca)



Check out the BCA Facebook page by going to [www.Facebook.com](http://www.Facebook.com) and typing "Blackburn Hamlet Community Association" in the search box.

## 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.

# Blackburn “Atom A” scores one for the community

The Blackburn Stingers Atom A team had the satisfaction of playing an extra period at the Blackburn food bank on Saturday, January 14th. The Stingers donated 10% of their LCBO raffle ticket fundraising effort, and the Metro store donated \$25 to the cause.

Coach Dan Meagher and Team Manager Isabelle Chartrand-Dubois supervised the team as they shelved groceries purchased with their fundraising profits as well as donations of non-perishable food.

This inspiring initiative was proposed by coach Dan Meagher and is the second consecutive year for the team’s involvement with the food bank. Michel Castilloux of the food bank shared with the team how it helped 146 families this



past Christmas with either a turkey or ham dinner. An average of 500 individual people benefit monthly from this service. It was a great learning experience for players and parents alike.

The entire team wishes to thank the St Joseph food bank for this opportunity to give back the community.

For donations, the food bank is located at 2336 Orient Park Drive, Unit 100.

## Planning for Fun Fair 2012 is underway

This year’s Fun Fair planning is well underway and it looks like the Fair is to shaping up to be another exciting time on June 1st, 2nd and 3rd. A number of volunteers have stepped forward but we wish to encourage more people to get involved. The Fun Fair has always been a celebration of community spirit and this Fun Fair will be no different based on what we have planned so far.

The best of the games from past Fun Fairs will be returning. There will be family activities, children’s competitions and fun challenges for every age including a whole range of free games and competitions for families to enjoy.

The Fun Fair stage team is focused on finding a variety 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 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.

The **Fun Fair 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 Fun Fair! The team is always open to volunteers so please contact **Trisha Cloutier, Fun Fair Chair**, at [trishandcharlie@rogers.com](mailto:trishandcharlie@rogers.com). Check out the Blackburn Hamlet Fun Fair website ([www.blackburnfunfair.ca](http://www.blackburnfunfair.ca)) for more information.

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# Winter conditions bring both the good and the bad

by Councillor Rainer Bloess

With the winter of 2011-12 finally upon us (albeit a little delayed this year), snow clearing and maintaining the safety of our local roadways has once again become the top priority of the City's Transportation Department. Winter weather brings hazardous conditions and the usual complaints and questions about street and sidewalk maintenance. Dealing with snowstorms in a sprawling City like ours requires a huge and highly coordinated effort.

The first question I get is why has my street not been plowed? When storms begin, snow is first cleared from high priority roads, i.e. Highway 174, the Transitway, main arterials and major collectors and bus routes. The goal is to complete these operations within 2 to 4 hours of the end of snow accumulation. Once accumulation meets or exceeds 2.5 centimetres, sidewalks in the downtown core will also be cleared and, after a snowfall of 5 centimetres or more, minor collector roads and residential sidewalks join the priority list. When there is an accumulation of seven centimetres or more, residential roads are also cleared as soon as possible within the end of snow accumulation although many residential streets will however remain snow-packed through the winter.

Within 24 hours, most intersections, pedestrian crossings and bus stops should also be cleaned up. In the case of severe winter storms, while a consistent level of service is always applied city-wide, main roads may be redone before local streets are touched. This tests the

patience of residents, particularly in suburban neighbourhoods where traffic is relatively light. The City also applies combinations of salt and sand mix, brine and abrasive materials on streets and sidewalks throughout the season to maintain safe winter driving and walking conditions and deal with frost, black ice and freezing rain.

The removal or reduction of snow banks is also carried out when and where warranted. *Please feel free to advise me or the City (311) of dangerous snow banks in your area as it can be difficult to determine exactly where all of the potential trouble spots are.* Once advised, City staff will attempt to deal with the problem within 24 hours of being notified of the conditions.

## And now the positive side...

There is of course a positive side to the winter conditions that can play havoc with our roadways. The onset of severe seasonal cold temperatures brings the opening of our world renowned Rideau Canal Skateway, opened this year by mid-January in plenty of time for our annual Winterlude festivities. Cold weather also

means that our community outdoor rinks are being flooded and groomed for another season of shinny and skating. Kudos and sincere thanks to the weather-bitten but dedicated team of volunteers who work so hard to maintain our three outdoor rinks. Our community ice crew, under the auspices of our Blackburn Community Association, is second to none. I encourage all of you to come out to enjoy these rinks and the uniquely Canadian winter experience they provide.

## Break-ins in Hamlet solved

On a final note, we are relieved that the spate of break-ins in the Hamlet has been solved. This brings to an end the crime wave committed by two individuals who escaped arrest for far too long. In the end, solid police work combined with the community vigilance led to the apprehension of two persons who had lived among us and had violated neighbourhood trust.

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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## Junior B1 Ringette team wins gold medal

Congratulations to the Gloucester- Cumberland Junior B1 ringette team on winning the gold medal at the Pickering Ringette Tournament on the December 2nd to 4th weekend. The team advanced to the final against Richmond Hill after an exciting 4-3 victory over Burlington in the semi-final. The team came out with a decisive 8-2 victory to capture the championship. According to coach Jody, "the girls played their hearts out and the team was successful because of it."

Thank you team for being excellent ambassadors for the GCRA and demonstrating superb sportsmanship.



GLoucester-CUMBERLAND JUNIOR B1 RINGETTE TEAM WEARING GOLD MEDALS  
Front Row (left to right): Liane Gravel, Dana Quinn, Ashley Lee, Kayley MacInnis, Kate Desmarais  
Middle Row (left to right): Emilie Brady, Katia Lefebvre, Elizabeth Wilson, Paige Britton, Makayla Poutanen, Sabrina Prem, Emily Martin, Erin Alexander, Nyssa MacKenzie  
Back Row: Tanya Martin (assistant coach), Jody MacInnis (head coach), Tony Prem (assistant coach), Sarah Lee (Trainer)

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## Magic of Christmas and tasty pancakes

The BCA's Santa Pancake Breakfast, held on December 17th, was a resounding success with a great turnout of families ready to have fun. All proceeds will be going to fund more BCA community programming.

Thanks go to all the volunteers, especially the team of young people, who helped organizer and BCA president Laura Dudas set up on Friday night and who then returned the next morning full of energy to help out again with clean-up.



Photo by Helen Kosseau

Check out the BCA website for the new Calendar of Events which will be updated regularly.  
[www.blackburnhamlet.ca](http://www.blackburnhamlet.ca)

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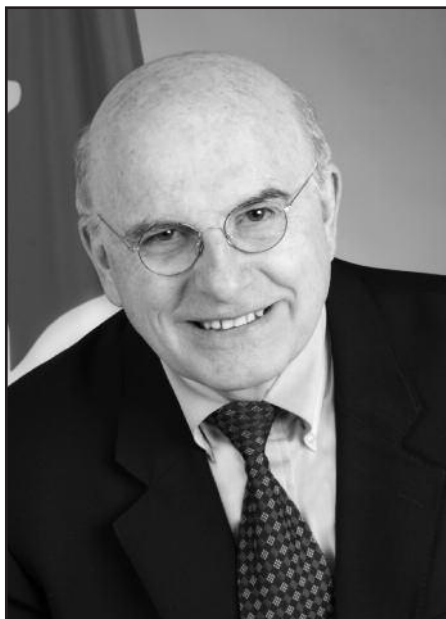


Photo by Jean-Marc Carisse

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# How to get pre-schoolers to eat more vegetables

**Strategies to help kids eat** more vegetables when they look like vegetables is the goal of most parents. Researchers at The Pennsylvania State University have found at least one way to do just that (Am J Clin Nutr 2012; 95:335-41).

They noted that when children are presented with an entree portion that is twice the size of their usual portion of that entree, they tend to eat as much as 40% more of it. On the other hand, increasing the amounts of vegetables served with a meal does mean that children eat more of the vegetables, but that increase isn't nearly as significant as with the entree. Would controlling the size of the entree encourage children to eat more of the side dishes presented with the entree?

Once per week for six weeks, 17 children between the ages of 3 and 6 were presented with the following lunch meal: macaroni and cheese served with unsweetened apple sauce, green beans with butter, a whole-wheat roll and milk. The only difference between the six occasions was the portion size of the macaroni and cheese, which ranged from 100 grams to 400 grams. The size of the side dishes remained the same, regardless of how much macaroni and cheese the children received.

The researchers were able to measure how much of the side dishes the children ate relative to how much macaroni and cheese the children were presented with and how much of that entree they ate. They found that not only did the children eat more of the macaroni and cheese when the portions were larger, as

they expected, but the children ate correspondingly less of the side dishes. When the entree was the smallest, the children ate far more of the vegetables and fruit presented with the meal.

## What this means for you

This seems to be a good way to make the fact that kids eat about the same amount by weight work for you. The two smallest portions of the macaroni and cheese entree, 100 and 160 grams,

represent age-appropriate serving sizes for children between 3 and 6. Limit your child's entree portion to reasonable amounts and serve more vegetables and fruit with the meal—you'll be increasing their vegetable and fruit intake while helping them maintain an appropriate body weight. Discuss your child's caloric needs with your pediatrician if you are concerned about the child's weight.

Source: *Science of Parenting*



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## Nouvelles de la Chapelle Saint-Claude

par Viviane Côté-Maxwell

**Avez-vous remarqué un** changement dans l'enseigne sur Innes? Le 18 décembre, nous avons célébré une messe d'action de grâces avec Mgrs Prendergast. Depuis 38 ans, la paroisse a évolué et elle est maintenant devenue une Chapelle relevant de La Paroisse Sainte-Marie. Nous conservons notre nom, Saint-Claude, ainsi que notre messe dominicale à 11h mais les autres services passeront par Sainte-Marie. Nous faisons déjà partie de l'unité Notre-Dame de la Mer Bleue, donc, c'est une suite logique. Nous étions plus de 120 personnes à partager un repas ensemble suite à la célébration.



*Photo: quelques paroissiens et Mgrs avec la nouvelles enseigne.*



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# Nouvelles de la 4e Cie St-Claude

*par les guides*

**Au camp d'automne les 15-16 octobre** nous avons fait de la bicyclette nous dit **Charlotte**. On a été des chutes Rideau jusque chez Viviane 18 km. Il faisait froid. Josée est venue nous montrer comment on fait de l'aquarelle. On a couché dans des tentes.

À Halloween les guides et les animatrices se sont déguisées. La salle était bien décorée et épeurante. Toutes les chefs avaient préparé des stations, donc 4. Une du bricolage avec du papier, un jeu d'art dramatique avec des cartes, on avait aussi touché à des choses dégoutantes et on devait deviner ce que c'était. Il y avait un jeu où on tournait en rond puis on marchait sur une ligne droite. À la fin chaque guide a reçu des bonbons c'était...FUN nous dit **Anny**.

Le 10 novembre nous sommes allées au Musée de la Guerre. Nous avons beaucoup appris sur la vie des soldats, leurs habillements...Il y avait beaucoup de gens! Nous sommes allé au musée pour le jour du souvenir.



C'était amusant, j'ai appris de nouvelles choses avec beaucoup de plaisir nous dit **Amélie**.

**Myriam** nous écrit: aujourd'hui, le 30 novembre, les aspirantes se sont réunies à l'Église St-Claude pour la veillée d'armes. Nous avons commencé la cérémonie en rentrant dans la salle en tenant des chandelles et en chantant. Ensuite nous avons chanté d'autres chansons en nous mettant dans un fer à cheval. Après nous avons parlé

*Poursuivi page 16*

Gloucester Centre Chiropractic & Massage Therapy is having a **free spinal scoliosis screening event on March 7, 12:00-2:00pm**



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**Nouvelles de la 4e Cie St-Claude** (continué de la page 15)

de nos exploits et pourquoi nous voulons devenir guide. En conclusion nous avons pratiqué notre promesse et Claude Jacques, un diacre, nous a lu une partie de la bible et nous la expliqué. Nous nous sommes beaucoup amusées.

**Caroline** nous dit; on a fait de la tire Sainte-Catherine. Elle était parfaite! Pas trop molle, pas trop dure. Je crois que j'ai aimé le plus faire la tire, à cause qu'on a brassé et on a vraiment vu la transformation. La couleur caramel et la tendre tire était la meilleure de tous.

**Sophie** nous dit; les 19 et 20 novembre c'était le camp des chefs et secondes à MacSkimming. Nous avons eu beaucoup de plaisir. Nous avons joué au jeu bleu, blanc, rouge dehors, un jeu amusant et dynamique. Nous avons fait un baton de parole où nous pouvions y mettre toute notre créativité. J'ai bien aimé l'atelier de leadership et un atelier avec des blocs légo. Nous étions avec la Cie de Rockland.

Dimanche le 6 novembre on est arrive à l'escalade Coyotes. Je voulais commencer à grimper nous dit **Samantha**. La roche que j'aimais grimper avait changé beaucoup. Moi et Alyssa avons essayé de grimper les roches collées au plafond ah comme c'était drôle. Les aspirantes sont allées à la Mer Bleue pour leur sortie

nous dit **Victoria**. J'ai bien aimé la sortie surtout la chasse aux trésors sur la Mer Bleue. Nous avons nourris les mésanges avec des graines dans nos mains.

**Myriam P** nous parle de la promesse. J'ai fait ma promesse le 1er décembre. J'ai bien aimé puis la partie des 2e et 3e années. On les regardait faire des sketches et on riait. La partie que je trouvais drôle c'est quand j'étais la seule à faire le signe Jeannette car j'étais la dernière à faire ma promesse. La meilleure partie était le goûté. Yum.

Le 8 décembre les guides sont allées passer la Guignolée. La guignolée c'est un temps où tu marches de porte en porte et chantes des chansons de Noël. Après on demandait pour de l'argent ou de la nourriture non-périssable pour les banques alimentaires. Les banques alimentaires c'est pour ceux qui n'ont pas assez d'argent pour acheter de la nourriture. En conclusion nous avons ramassé beaucoup d'argent 415\$ et 250 aliments nous dit **Jessica**.

Le 15 décembre **Anabelle** nous dit que nous avons joué au Père Noël qui chasse Rudolph puis il y avait sous le sapin des cadeaux fait par les guides. On a chanté puis on a fait l'échange. Moi, j'ai apporté une boîte peinte. C'était la dernière soirée dans la salle en 2011.

*Poursuivi page 17*

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## Nouvelles de la 4e Cie St-Claude *(continué de la page 16)*

**Juliana** nous raconte le camp d'hiver des 13-15 janvier. Vendredi soir, les guides ont joué dehors à un jeu qui s'appelle les lucioles. Avant de se coucher nous avons chanté et bu un chocolat chaud. Le lendemain nous sommes allées dans le sous sol et fait des étirements avec chanson. Ensuite, ce fut le déjeuner et puis nous sommes allées dehors faire des abris de neige, puis, du toboggan, de la tyrolienne puis diner et patiner. À la fin de la journée nous avons soupé tard en jouant au Meutre et Mystère.



Nous les Gazelles, nous avons fait le diner samedi. nous dit **Nadine** Nous avons fait de la soupe aux carottes et au riz, du pain avec du fromage et du bacon que nous avons fait griller. C'était SUPER bon nous l'avons servi à toutes les guides, nous avons tellement aimé ça que les animatrices en ont fait d'autres que nous avons toutes dégustés.



Les guides ont creusé un Quincy pendant 2 ½ heures. Nous étions 7 à dormir dehors dans la nuit du 14 au 15 janvier. Nous avons creusé 2 entrées, une à chaque bout. Les chefs d'un côté et les 2e années avec Corinne. Je suis sortie à 1h00 nous dit **Alyssa** et Corinne a eu froid ensuite. Vers 3h00 Charlotte est sortie à son tour. Anabelle est restée jusqu'au matin avec Katherine, Gabrielle et Maria.



**Maya** nous dit aujourd'hui nous avons fait un très beau bricolage, notre cahier de chant. Pour commencer nous avons pris des morceaux de bois et sabler de chaque côté pour ne pas se piquer sur les pointes. Ensuite nous avons percé des trous dans le bois. Après nous avons dessiné sur le bois et nous l'avons brûlé. Nous avons mis une corde de cuir à travers et l'avons attaché. Voilà comment nous avons fait notre cahier de chant.



Et nous continuons. Merci de nous encourager.

**On ne vit qu'une fois. Mais c'est bien suffisant si on vit bien la première fois. WOODY ALLEN**

# Blackburn Library Programs

**Did you receive an ebook reader** over the holiday season? If you did and you need some help downloading ebooks from our catalogue, please contact the branch or visit the Info Desk.

## Book & Bag Sale

We are excited to announce an upcoming Book & Bag Sale from February 14th until February 28th organized by the Friends of the Ottawa Public Library (FOPLA) at the Mille Feuilles Booksale in the Blackburn library. Each time you purchase a FOPLA book bag for \$8.00 you can fill it with 10 books (excluding rare, classic and coffee table books) for \$8.

We invite parents to take a look at our March Break programs. The theme for this year is Surviving March Break in commemoration of the 100th anniversary of the sinking of the Titanic. Registration for March Break programs begins Wednesday, February 8th.

**Teen Advisory Group (TAG):** This includes writing book reviews, planning activities in the branch and gaining volunteer hours by coming to monthly meetings. Contact Elle or Michel at the branch to register or to get more information.

**Seniors 55+** are invited to join us for an afternoon of board games and a chance to try out the new Nintendo Wii. Every last Wednesday of the month the group meets from 2 to 4pm.

## CHILDREN'S PROGRAMS WITH MANDY

### Every Child Ready to Read...

Bilingual (0-18 months).

### Babytime

Wednesdays, 10:30 am (30 min.)

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

January 18-February 22 (Session 1)

March 28-April 25 (Session 2)

Bilingual (18-35 months).

### Toddler time

Thursdays, 10:30 am. (30 min.)

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

January 19-February 23 (Session 1)

March 29-April 26 (Session 2)

Bilingual (3-6 years).

### Storytime

Tuesdays, 10:30 am (30 min.)

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

January 17-February 21 (Session 1)

March 27- April 24 (Session 2).

## MARCH BREAK PROGRAMS

### How Did They Build The Pyramids?

Monday, March 12, 10:30-11:45 am

Both parents and children will enjoy this fascinating demonstration of how Ancient Egyptians may have moved stones to build the pyramids. Ages 7-12.

### Adventure Beat!

Tuesday, March 13, 10:30 am ( 1/2 hr)

Musical Storytime. Ages 3-5.

### The Titanic Disaster

Tuesday, March 13, 2 pm (1.5 hr)

Facts and fiction to mark the 100th anniversary of the ill-fated voyage.

Ages 9-12.

### Babysitting Course

Wednesday, March 14, 10-4 pm

Learn basic first aid: burns, poisoning, choking, wounds, artificial respiration.

Registration. \$50 for test, information package and certificate payable morning of class. Ages 11-16.

*Continued on page 19*

## 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



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## Blackburn Library Programs *(cont'd from page 18)*

### Imagination Station!

Thursday, March 15, 10:30 am (1.5 hr)  
Refuel your creativity tanks with crafts and activities. Ages 6-8.

### Gaming Marathon!

Thursday, March 15, 2 pm-4:45 pm  
Can you survive this challenge?  
Ages 9-12.

### Survival Isle

Friday, March 16, 2 pm (1 hr)  
Stranded on a desert isle, we invented our own form of money, the Island dollar. It starts out as a nice tool for making buying and selling. But will everyone agree about its usefulness for a whole year? Or will someone become richer than all the others. Will that someone be you? Ages 6-12.

### OTHER PROGRAMS

#### Game On / Aux jeux!

Last Thursday of the month 3:30 p.m. (90 min.). Roll the dice, pick a suit or grab a nunchuk! Come play cards, board games or Wii with us! Ages 7-12.

### ADULT PROGRAMS

#### Round Table and Tea Bookchat

*The Alice behind Wonderland* by Simon Winchester. February 13, 2 pm

*Monsoon Bride* by Michelle Aung Thin (local area author). March 19, 2 pm

We are currently working on an author chat via Skype with Ms. Aung-Thin, ask staff for an exact date and time.

#### Computer Tutorials with Michel

Basic computer, Internet and Library catalogue tutorials. Please call the branch to book a one-on-one appointment.

#### Homeschooling Learning Circle

Join a relaxed, medium-structured group, open to Ottawa-area homeschoolers. The group includes circle sharing time, reading and discussion. Topic based sharing time and activities are planned by involved families. Social time for children and parents. Tuesdays every week from 1:30 pm to 3:30 pm.

### Spring Gardening with Neil Ritchie

Please register to join this discussion on Spring/Summer gardening. Neil Ritchie of "Ritchie Feed n' Seed" will be joining us Wednesday, April 18th at 7 pm to answer your gardening questions.

Please register by calling  
613-824-6926 x 224 or going on-line  
at [www.biblioottawalibrary.ca](http://www.biblioottawalibrary.ca)

### Blackburn Library Hours

Mondays-Thursdays • 10 am-8:30 pm  
Fridays • 1 pm-6 pm  
Saturdays • 10 am-5 pm




**Make 2012 THE year that you become a published author!**

The publishing industry has blown wide open for authors to successfully self-publish. Now is the time to get started by joining the "Get It Done!" 6 week coaching sessions starting February 16th.

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## Free services for small businesses available at library

By Jill Hawken, Business Librarian

**When you think of the library**, I am sure you think of going there as a child, or of taking your kids there to borrow books. Did you ever think of the library as a place where you can get free resources and services for your business?

The Ottawa Public Library (OPL) supports small business with many books and e-books on business topics. OPL also has many magazines, newspapers, and trade publications, and directories and reference material, much of which is electronic. This means that many of these resources are available to you 24/7 on your computer.

Say, for example you are looking how to word your business plan. Perform a simple keyword search to search all 22 volumes of digitized Business Plans Handbooks, to find and download a complete business plan from an actual company in your area of business.

Are you wanting to market your business to other businesses or check out your competitors? Filter a search on the Reference Canada business directory of 1.5 million businesses, to produce a customized list of contact

information for businesses. You can filter by business size, by community, by type or area of business, and then download the resulting list as an Excel file.

Would you like to read articles in Canadian media or international media and keep up to date on business trends? Do an online search in Canadian Business and Current Affairs or Business Source Complete and read or save the articles. Find out if the online collections include a trade journal in your field, and read it. Your library card is the key to accessing all this material.

If you have a non-profit business, visit an OPL branch to use Imagine Canada's electronic Canadian Directory to Foundations and Corporations for fundraising. Contact a Business librarian for help in using this directory.

The Business page on the website, [www.BiblioOttawaLibrary.ca/business](http://www.BiblioOttawaLibrary.ca/business), links to topic guides to resources on e-commerce, business planning, marketing, and much other useful business information. Choose a book from the online catalogue (from any of the 33 branches in the OPL system) and place it on hold for delivery to the branch nearest you. Also link to current and the archived issues of the bilingual Business e-newsletter that is published every two months.

There are two business librarians, Jill Hawken at the Main Library and Amy Hoffmann at the Nepean Centrepointe branch. Make an appointment with a business librarian for a research consultation by emailing [Business@BiblioOttawaLibrary.ca](mailto:Business@BiblioOttawaLibrary.ca). Get help with your market research and your business planning.

Business Services at OPL also invites experts to deliver information workshops and seminars. Upcoming programs include information sessions on taxes for small business, sessions on how to start a business, sessions on preparing financial statements, and sessions on how to do market research. Register for programs online.

Explore these many resources. Find out more about how these resources and services can help you in your business. Contact a business librarian at 613-580-2424 ext 32140 or ext 41467.

Far and away the best prize that life offers is the chance to work hard at work worth doing.



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# Discovery Café lectures held in the Hamlet

A series of public lectures will be held at the Blackburn Hamlet Community Church, 2598 Innes Road including:

**“Let’s Do Business!”** to be held on Friday, February 24, 7:30 pm and given by Dr. Jerry Tomberlin, Dean of the Sprott School of Business at Carleton University.

It is widely accepted that entrepreneur-

ship is one of the most important drivers of economic development. Take a look at what business schools are doing to promote entrepreneurship for sustainable economic development at home and abroad.

**“What Socrates & Stephen Harper have in Common”** to be held on Friday, March 30, 7:30 pm and given by Dr. Robert Slater, Adjunct Professor

of Public Administration at Carleton University and former Senior Associate Deputy Minister at Environment Canada.

We live in a finite world with a rapidly expanding human population. As competition for resources increases how should we manage disputes or, better still, avoid them? Is there an opportunity worth pursuing?


## Vehicle Donation Program

As part of the Ottawa Fire Services’ training program, fire fighters take part in ongoing practice sessions on scrap vehicles usually donated or obtained from a recycler. In order to offset the high costs of towing, Ottawa Fire Services have implemented a program that facilitates the donation of scrap vehicles directly to the Fire Service for training purposes in exchange for a \$500 tax receipt.

Anyone wishing to donate a vehicle can do so by calling 613-580-2424, ext. 29492. Please bring your signed transfer of ownership and photo ID (Driver’s Licence, Government ID or passport). For a multiple ownership, all persons named on the ownership transfer must sign it. If the vehicle is operable, and you live in an urban/suburban area, it can be driven directly to one of these designated fire stations:

- Station 36 - 900 Industrial Avenue (near St. Laurent Blvd and Innes Rd)
- Station 53 - 500 Charlemagne Blvd. (just off 10th Line Rd, Orleans)

A towing company will pick up vehicles that cannot be driven.



## Blackburn Hamlet Community Church

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

**DISCOVERY CAFÉ**  
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Fri, Feb 24, 7:30pm  
**“Let’s Do Business!”**  
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University

Fri, Mar 30, 7:30pm  
**“What Socrates & Stephen Harper  
have in Common”**  
given by Dr. Robert Slater, Adjunct  
Professor of Public Administration at  
Carleton University & former Senior  
Associate Deputy Minister at Environment  
Canada

**Ash Wednesday Service**  
February 22 at 7:30pm  
(Eucharist with imposition of ashes)

**Breakfast & Bible**  
Monthly at 10am on a Saturday  
morning, for parents with young  
children. Check our website for dates.

**Bible Study**  
Thursday evenings at 7:15pm

**Faith Fitness**  
Wed morning Bible study at 9:45am

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

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

# Grandmas AIDing Grandmas Card Party: April 17

Once again the grandmas AIDing grandmas will be holding their very popular card party on Tuesday April 17th with all proceeds going to the Stephen Lewis Foundation Grandmother Campaign. The party will be held at the Orleans Legion, 800 Taylor Creek Dr., from 1 to 4 pm, with a light lunch being served.

Tickets are \$25 and you will have a chance to win one of an amazing assortment of door prizes. As well, there will be a display of colourful Kazuri jewellery from Kenya.

Have an entertaining afternoon playing card games or board games, and at the same time helping to give hope and support to African grandmas raising their orphan grandchildren; they have so little and are often the sole support for many young orphans.



This year the grandmother campaign is supporting groundbreaking work to help children and their caregivers, affected by HIV, poverty, and loss, to heal through music, art, performance, and storytelling. This approach has been very successful.

Tickets are limited. Please call Sally Ryan 613-824-5219 or Barbara Nolen 613-824-3524.

Nobody can do everything, but everyone can do something. ~ Author Unknown

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## Blackburn Art Group

The Art Group will be meeting February 9, 23, March 8 and 22 from 1 pm to 4 pm at the Blackburn Community Hall on Glen Park Drive, Blackburn Hamlet.

This is an opportunity to draw, sketch or paint in the medium of your choice with fellow artists. Oil painters are requested to use odourless products. This is a relaxing afternoon for adults who want to improve their artistic skills. There is no instruction, just a fun group who learn from each other and share ideas. New participants are welcome.

## Support the Amica with the Helping Hands community program

For every tour conducted at any of the twenty-two Amica Mature Lifestyles Residences including the Amica at Bearbrook, throughout the month of February, \$20 will be donated by Amica to the HELPING HANDS community program, in support of less fortunate seniors.

Call or drop in and help Amica to help others. For more information, please call 613-837-8720 or visit [www.amica.ca/helpinghands](http://www.amica.ca/helpinghands). Help Amica reach their goal to donate \$1000 from each community.

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Thank you to the above for helping to get the news out to the community.

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## Coming Events

### Gloucester Allotment Garden Association Annual Meeting and Spring Registration

The meeting will take place on Tuesday, March 20th at 7:30 pm in the cafeteria of Louis Riel High School, 1655 Bearbrook Road in Blackburn Hamlet. Gardeners attending the meeting will receive a \$5 reduction off their full sized plot and \$3 off their half-size plot registration fees.

Plots are available at both Orient Park and Anderson Road locations and fees cover tilling, compost, and water source.

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

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## Blackburn Hamlet Fifty Plus Group

As of January 2012, the Blackburn Hamlet Fifty Plus Group meets for Pub Night on 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.

Don't miss the Spring Pot Luck Dinner at the Blackburn Community Hall on April 15th 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.

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

## Mark your calendars: the Blackburn Run is back

October 14th will see the 9th event in Blackburn. Much will be the same, but there are a few big changes. This year the proceeds from the event will go to the Ottawa Hospital Foundation and will be for cancer research and treatment with ALL dollars staying here in Ottawa. The Ottawa Hospital ranks first in the province for efficient use of fundraising dollars and third in Canada. The hospital has great research/teaching and treatment facilities and well deserves our support.

If you are interested in getting involved with the organization for the Run, please contact Lynn Sewell at 613-837-4792 or email [lynnstravel@rogers.com](mailto:lynnstravel@rogers.com).

More details coming in future BANARS.

## For ALL ages – BCA Free Skate on Sunday, March 4th

COME OUT FROM 3:00 to 3:50 pm to the Blackburn Arena for FUN ON ICE. Children under 12 years old are to be supervised by an adult. Helmets must be worn when on the ice. WEAR A CRAZY SCARF and WIN \$10 TO SPEND AT THE BLACKBURN CANTEEN — TREAT YOUR FAMILY AND FRIENDS! :-)

Judging of scarves at 3:33 pm.

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## Classified ads

THANKS: Owner gets their camera back and more importantly all the photos on it thanks to good samaritan and classified ad. Blackburn people are great!

*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.*

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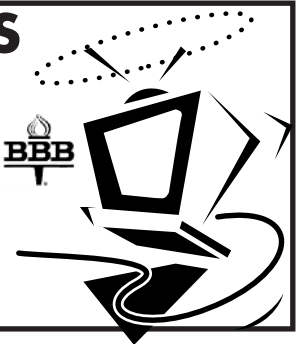
## Community Contacts

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 Chansonnières	Germain Asselin . . . . .	613-837-3883
Quilting Groups	J. Maxwell . . . . .	613-841-6084
	Joanne Bushel . . . . .	613-824-6524
Mens Fastball	Derek Bergeron . . . . .	bergeronderek@hotmail.com
Ringette Scrimmage (Tues.)	Jane Ross . . . . .	613-837-1504
Ringette Scrimmage (Wed.)	Sue French . . . . .	613-830-0684
St. Joseph Food Bank	Bob and Pauline Giroux . . . . .	11-2336 Orient Park
Softball (Ladies)	Nathalie Godard . . . . .	613-447-06018
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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Cell: 613-795-9707



# Blackburn and Area Community Event Calendar

Sponsored by the Anglican Parish of St. Mary the Virgin

Check out  
St. Mary's!

## OTTAWA FIDDLE ENSEMBLE FOR VALENTINE'S DAY

Sunday February 12 - 7:30 pm  
St. Mary the Virgin  
Anglican Church  
2750 Navan Road  
(Just off Innes Rd.)

The Ottawa Fiddle Ensemble 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.

No tickets necessary; donations to church outreach welcome

### 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

Eucharist Sundays 9 a.m.  
At the Church  
2750 Navan Rd.  
Tel.: 613-590-0677  
Email: stmarys@rogers.com  
Web: stmarysblackburn.ca

#### Midweek

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

## February (See pages 18 through 20 for Library events)

Thurs. 9, 1 - 4 pm  
Sun. 12, 7:30 pm  
Tues. 14, 7:00 pm  
Wed. 15, 2:00 pm  
Sat. 18, 10am - 3 pm  
Thurs. 23, 1-4 pm  
Thurs. 23, 7:00 pm  
Fri. 24, 7:30 pm  
Sun. 26, 6:00 pm  
Tues. 28, 7:00 pm

Blackburn Art Group - at Blackburn Community Hall (See page 23)  
Ottawa Fiddle Ensemble - at St. Mary the Virgin Anglican Church - 2750 Navan Rd.  
Craft and Conversation - at Amica Bearbrook. All welcome  
Working Group Meeting - Blackburn Fifty Plus Group - Blackburn Com. Hall (See Page 25)  
Hockey Day in the Hamlet - Outdoor ice rinks at the Norman Johnston School (See Cover)  
Blackburn Art Group - Blackburn Community Hall (Page 23)  
Book Club - at Amica Bearbrook, All welcome  
Discovery Café lectures - at Blackburn Hamlet Community Church (See page 21)  
Pub Night- Blackburn Fifty Plus Group - D'arcy McGee's-Centrum (See Page 25 for RSVP)  
Craft and Conversation - at Amica Bearbrook. All welcome

## March (See pages 18 through 20 for Library events)

Sat. 3, 5:30 pm  
Sun. 4, 3 - 3:50 pm  
Thurs. 8, 1 - 4 pm  
Tues. 13, 7:00 pm  
Tues. 20, 7:30 pm  
Wed. 21, 2:00 pm  
Thurs. 22, 1 - 4 pm  
Sun. 25, 6:00 pm  
Tues. 27, 7:00 pm  
Thurs. 29, 7:00 pm

Hollywood Glamour and Fun - at the Hampton Inn - FUNDRAISER (see page 12)  
Blackburn Community Association Free Skate - at the Blackburn Arena (see page 25)  
Blackburn Art Group - at Blackburn Community Hall (see page 23)  
Craft and Conversation - at Amica Bearbrook, All welcome,  
Gloucester Allotment Garden Assn. Annual Mtg and Registration - Louis Riel H.S. (page 24)  
Working Group Meeting - Blackburn Fifty Plus Group - Blackburn Com. Hall (See Page 25)  
Blackburn Art Group - at Blackburn Community Hall (see page 23)  
Pub Night- Blackburn Fifty Plus Group - D'arcy McGee's-Centrum (See Page 25 for RSVP)  
Craft and Conversation - at Amica Bearbrook. All welcome,  
Book Club - at Amica Bearbrook, All welcome

## April (See pages 18 through 20 for Library events)

Tues. 10, 7:00 pm  
Sun. 15, 6:00 pm  
Tues April 17 1 - 4 pm  
Wed. 18, 2:00 pm  
Sat. 21,  
Tues. 24, 7:00 pm  
Thurs. 26, 7:00 pm  
Sun. 29, 6:00 pm

Craft and Conversation - at Amica Bearbrook. All welcome  
Pot Luck Dinner - Blackburn Fifty Plus Group - Blackburn Com. Hall (See Page 25 for RSVP)  
Grandmas AIDing Grandmas Card Party - Orleans Legion, 800 Taylor Creek (See page 22)  
Working Group Meeting - Blackburn Fifty Plus Group - Blackburn Com. Hall (See Page 25)  
Spring Clean up  
Craft and Conversation - at Amica Bearbrook. All welcome  
Book Club - at Amica Bearbrook. All welcome  
Pub Night- Blackburn Fifty Plus Group - D'arcy McGee's-Centrum (See Page 25 for RSVP)

### Who are the Ottawa Fiddle Ensemble?

The Ottawa Fiddle Ensemble (OFE) 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/>

### UPCOMING EVENTS IN BLACKBURN HAMLET

May 6<sup>th</sup> - Blackburn Garage Sale    June 1, 2 and 3 - Blackburn Fun Fair  
June - Strawberry Tea    October 14 - Blackburn Run - FUNDRAISER



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