



Second Annual Cancer Chase—a great success!

by Bill Horne

On a glorious autumn day, October 20, some 214 eager runners and walkers did their part to chase cancer out of their lives and those of friends and family. The counting of proceeds is not quite complete as of writing, but it appears to be at least \$21,800 for cancer research at the Ottawa Hospital. We were pleased to host a large contingent of young runners from the Ottawa Lions Club, Carleton University and Gloucester High School.

While not technically a race, the Cancer Chase first place finisher was Gloucester High School Grade 12 student Farah Abdul Karim, who crossed the finish line in 16 minutes, 30 seconds. Farah has a great future in track. And probably anything else he chooses to do.

We were pleased to have M.P. Royal Galipeau and Ottawa Councillor Rainer Bloess start the event again this year as well as having amazing support from many area businesses and sponsors, which produced an almost endless supply of items for the raffle and silent auction. Donors are listed on page 4; many thanks to all for your generosity.

It's been 10 years since Lynn and Eric Sewell gave so generously of their time and resources in the creation and leadership of Cancer Chase (they also earlier gave eight years of cancer-fighting events with another organization). We are saddened to learn they will be leaving the Hamlet and heading to Belleville, where their family is, by the time the 2014 Cancer Chase rolls around. Their contribution to our community has been legendary. Fortunately, Jeff MacDonald, with HomeLife Capital Realty Inc., has agreed to chair the Cancer Chase team going forward, so Hamlet residents can look forward to more and

Continued on page 4



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President's Message

I always like to say that Blackburn Hamlet is not a neighbourhood; it's a community.

Part of how we as residents can maintain that sense of community is by identifying new or ongoing issues and working together to deal with them.

Back in September, I solicited community feedback through the Blackburn Community

Association's Facebook page about specific streets in the Hamlet that are experiencing reoccurring issues with speeding.

Within minutes of me posting that request for information, I received several responses with not only locations where speeding was occurring, but also potential solutions to address the problem either through short-term or long-term measures.

Based on that information (which is still available on Facebook for anyone who is interested), I spoke with our Ottawa Police Community Officer, Community Officer, Heather Cooper, about how we can work together to tackle speeding.

As a result of that conversation, it was determined that those particular areas of our community will receive extra attention from police in the coming weeks.

Additionally, in the spring of 2014 the BCA will team up with Ottawa Police and other community



leaders on an education campaign targeted at slowing down speeders. I'll provide more details when we get closer to the date of the campaign, but in the meantime, don't hesitate to let me know by e-mailing president@blackburnhamlet.ca or calling me at 613-282-4139 if you have more ideas for how we can keep our streets safe.

Another topic I brought up with our Community Officer was graffiti vandalism and ways that we can combat it.

Although incidents of this type of vandalism seem to taper off in the colder months, they still occur. I will be working with police and our Councillor to identify problem areas and strategize ways to deal with the issue so that come spring, we'll be ready to target it head on.

And, as always, stay tuned to blackburnhamlet.ca and our Facebook page for all the latest events and activities in our community.



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Facebook

Check out the Blackburn Facebook pages by going to www.Facebook.com and typing in the search boxes for various groups:

- Blackburn Hamlet Community
- BlackburnHamletBusiness
- BlackburnHamletRealEstate

www.BlackburnHamlet.ca • www.BlackburnFunFair.ca • www.Banar.ca

Blackburn Community Association

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

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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. Illustrations and pictures must be high resolution (300 dpi). The editor reserves the right to make changes.

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BANAR DEADLINE & DELIVERY DATES

DEADLINE January 15/ DELIVERY February 1-3

DEADLINE March 19/ DELIVERY April 5-8

DEADLINE May 14/ DELIVERY May 31-June 3

To verify dates or for more information go to www.banar.ca

Cancer Chase (cont'd from page 1)

more Cancer Chases. We are always eager to add more volunteers to our organizing committee; you do not have to run or know what a race "bib" is; you just have to believe that cancer can be beaten and want to help do it. Contact me if interested by email at wghorne@rogers.com

Check the www.blackburnhamlet.ca website for photos of the event, thanks to our intrepid webmaster Helen Rosseau.

Please show your appreciation to these civic minded businesses:

Amica at Bearbrook • Bank of Nova Scotia, Innes Road, Orleans • Blackburn Arms Pub • Blackburn Barber Shop • Blackburn Hamlet Metro • Blackburn Hamlet Public Library • Blackburn Pharmacy • Blackburn Shoppes Dental Centre • Budd Gardens • Bulk Barn, Innes Rd • D'Arcy McGee's Irish Pub, Orleans • Dollarama • Edward Jones (Robert Real) • Elmvalle Home Hardware • Food Basics, Innes Road • Hair Alive • Jan's Workout • Joe's Barber Shop • Jumbo Restaurant • Kardish Health Food Centre, Orleans • Lafarge Canada • LaPierre Law Office • Lynn Sewell of Far Horizons Travel • Mac's • Margaret Cape, artist • Orleans Fruit Farm • Orleans Veterinary Clinic • Oxygen Medi Spa • Pineview Municipal Golf Course • Queens Pharmacy • Ritchie Feed and Seed • Snow Doctor • Subway, Blackburn Hamlet • Tim Hortons, Blackburn Hamlet • Toronto Dominion Bank.

Blackburn Community Association Board Meeting
Thursday, November 21st, 7:30 pm at Blackburn Community Hall.

Blackburn Community Association (BCA) Check out what local businesses are offering to those that have a 2013 BCA Membership Card Visit www.blackburnhamlet.ca (Membership)

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.
- Please send me a BCA Membership. Included is a \$10 cheque made out to "BCA".

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

Contact jeff@jeffmillerrealestate.ca for more information.

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Funfair 2013 *Some things old, some things new, and some skies not always blue!*

by Mike Murphy, FUNFAIR Chair

The FUNFAIR was an absolute smash this year. The hard work of your dedicated FUNFAIR team paid off! I had the pleasure of working with fantastic volunteers—some new and others with a long history of commitment to this great community event.

My personal goal was to reduce expenses and increase income, while maintaining the quality of the FUNFAIR. I am proud to announce that, despite a dangerous storm which virtually shut down the fair on Saturday evening, we raised more than \$7,000 for the community.

Our new Friday Night Movie was a huge success which we hope to repeat in future years. Saturday started with beautiful weather for one of the best parades that Blackburn has ever seen! It was such a pleasure to see so many happy faces and hear laughter from young and old. While Little Ray's fascinated everyone with exotic reptiles, the midway was very busy delivering thrills for all.

The return of the dunk tank was amazing with many local school teachers participating. The stage was abuzz with an excellent variety of live music for everyone. Unfortunately, the excitement came to an abrupt end with a dangerous storm that hit Blackburn hard, shortly after 6 p.m. We did our best to keep things going, but when we saw our 40 x 40 foot tent lifting off the ground, we quickly got everyone off the stage.

International Blues sensation JW-Jones called me later to thank everyone for doing an excellent job



and putting public safety first. While many were disappointed, after seeing some of the electrical equipment under water, there was no way any of it was going to be plugged in that night! The midway was forced to close as well, and we understand some people felt short-changed with their ride bracelets. Unfortunately, we have absolutely no control over the weather. I understand that Classic Amusements offered a refund for ride bracelets purchased in advance and not redeemed; however, no refunds could be issued for those already being worn, as there was no way of knowing whether they had been worn for five minutes or the whole day. After the weather cleared and everything was ensured safe, we debated what to do. As many people had returned to the park, we made the decision with the fireworks provider to go ahead with the fireworks display.

Communication during FUNFAIR has always been a challenge, but the FUNFAIR team got the word out by calling everyone they knew on their cell phones! To facilitate

communication in future, we STRONGLY suggest residents sign up to the Blackburn Community Facebook page and we will run a Twitter blog next year.

About 200 people turned up for the Sunday morning FUNRUN, another successful inaugural event that we hope to repeat next year. The day bustled with activity as the midway reopened; there were children's games in the arena, Taekwondo demonstrations, and a magical chemistry show. Thanks to the hard work of volunteers, the afternoon saw another Pet Pride event.

On a less positive note, I must mention our disappointment that some people don't fully understand what the FUNFAIR means to the community. Kids will be kids, and it is not uncommon to lose a few rented chairs in the excitement.

Unfortunately, this year, some individuals decided to steal 28 chairs and nine tables from the Fair. Luckily, we were able to recover some and I

Continued on page 6

Funfair 2013 cont'd from page 5)

want to personally thank Lafarge for stepping up to the plate and paying


for the remaining lost rental items. I hope that whoever stole from the

Fair realize one day that what they did is the equivalent of pulling a helmet off a child's head during a hockey practice, denying a child from going to a weekend scout camp for the weekend or forcing a food bank recipient to go hungry. 100 per cent of the funds raised by the FUNFAIR are returned to the community to support such important programs as minor league sports, youth programs and the food banks. Stealing from the FUNFAIR is robbing the community.

No matter what happened I was honoured to work with some very special people organizing the FUNFAIR and with a community that never ceases to amaze me. We want to extend a huge thank-you to the local businesses that support our event financially and with donations to the Silent Auction.

I will be your Chairperson again next year and look forward to another highly successful event. I welcome suggestions, ideas and feedback, good or bad.

Once again, thank you for allowing me to be your Chairperson for the Blackburn FUNFAIR!



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Showdown with Emerald Ash Borer Menace

by Councillor Rainer Bloss

Most of us are well aware that, over the past several years, the “scourge” of the emerald ash borer (EAB), the nasty, invasive wood-boring beetle has swept into our region, attacking and destroying all species of ash trees.

As ash trees make up twenty to twenty-five per cent of Ottawa (as well as all of eastern Ontario’s urban and rural forests), the City has had to deal forcefully and hastily to deal with a problem that poses a real threat to our beloved green space.

Ottawa has had an EAB strategy in place since 2008 when the emerald ash borer was first confirmed in our area and we were, in fact, the first Ontario municipality to take action. Since 2009, a program to remove highly infested and/or structurally unstable trees has been in operation and new replacement trees have been planted on City property in areas of high ash density either after infested trees are removed or, in some cases, beforehand. As well, a number of tree planting initiatives are underway to have different species fill in the gaps left in our community.


In terms of treatment, the only biologically based remedy is an insecticide called TreeAzin which is injected under a tree’s bark. In early stages of controlling EAB infestations, injections are required every two years but treatment is not always effective. While its use forms a part of our strategy, it would be prohibitively expensive to use it on all of our ash trees. It is reserved primarily for large or particularly

significant trees or those that will receive the most benefit from its use.

In the Hamlet, a number of parks are infected with John Kemp Park and Bearbrook Park at more than fifty percent comprised of ash trees. Hundreds of individual trees are scattered throughout our neighbourhoods. Our forestry department has been busy dealing with the ash borer but if you suspect a problem with an ash tree on your own property please consult a professional or check out the website Ottawa.ca/eab.

It is important to note that the most common way the emerald ash borer is spread is through the movement of infested materials such as firewood, logs, branches, etc. Residents are therefore asked not to move firewood or other wood materials from place to place. Leaves and small branches from ash trees can still be included in curbside leaf and yard waste collection however.


On a more serious matter, it is with great sadness that I reflect on the tragic September bus/train collision in Ottawa’s west end. I extend my sympathies and condolences to the victims and all who were affected by this tragedy.



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Emerald Ash Borer: A new Blackburn resident

by Paula Rosenquist

Blackburn ash trees are being cut down because the Emerald Ash Borer has found them to be a delicious "all you can eat" buffet. If you want to save an ash tree on your property you will probably need to get a special pesticide treatment administered multiple times in successive years.

How did this invasion happen? The leaf borer is native to eastern Asia and came over in wood products. Unfortunately for us the climate here in parts of Ontario is perfect for the hitchhiker. You can find the borer larva just under the bark of the ash, eating its way in a curvy S-shaped pattern.

The city has a multiple strategy plan in place to deal with this devastating environmental problem. Some of these strategies include community plantings, trees-in-trust, pesticide use, safe tree removal and grinding of infested wood. If you would



Diceman Park as trees were cut down as a result of the Emerald Ash Borer.
Photo by Ian Stoddart.

like to get more info on these plans and to find out more about the emerald ash borer go to ottawa.ca/eab and also www.inspection.gc.ca

Christmas is coming

Once again the Ottawa Professional Firefighters Association will be hosting SANTA'S PARADE OF LIGHTS on Saturday, November 30th at 6 pm on St-Joseph Blvd. in Orleans. <http://www.paradeoflights.org>.



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The study measures overall client satisfaction with full-service investment firms based on a number of performance factors. Edward Jones scored highest in four of the six performance factors, leading to the highest ranked position for overall satisfaction: Investment Advisor, Investment Performance, Account Information and Account Offerings.

Robert Real added: "As a financial advisor my top priority is building strong relationships with my clients. Meeting face-to-face helps create an open dialogue so that I understand what the client is looking to achieve financially. From there we begin the process of evaluating their risk tolerance and building a financial strategy that's appropriate and comfortable."

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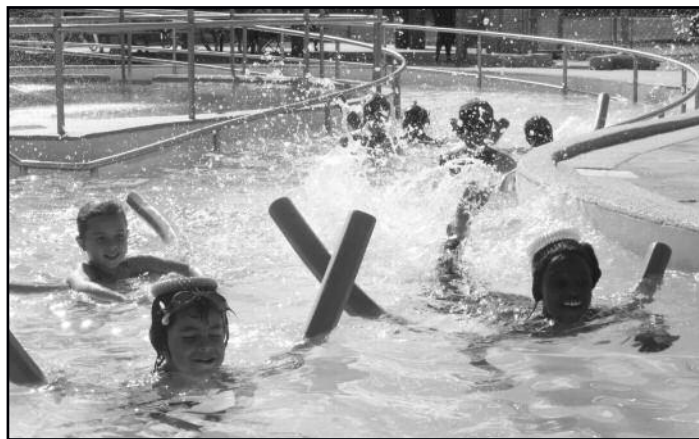
Helping Communities Move Forward Together

The Gloucester Recreation Development Organization (GRDO) has been bringing affordable recreation and leadership programs to lower-income communities within the city of Ottawa since 1996.

The GRDO is a non-profit organization that runs on a small group of co-ordinators and a team of over 100 volunteers. The organization intends to provide community recreation activities to children and youth, ages 4-14, who have not had the opportunity due to financial, cultural or social barriers. GRDO also creates inclusive programming for children with special needs or language barriers. Since its creation they have expanded to running programs in seven communities within Ottawa, including Blackburn Hamlet.

All the programs provided by GRDO are available at the low cost of ten dollars for a 7 week program. The programs include a variety of sports activities that range from indoor soccer to swimming. Ten programs run through the course of a year and are heavily focused on skill development and team building. The skills and traits that both the youth and volunteer staff gain at GRDO will build strong core values that will assist them for the rest of their lives.

As a small non-profit organization the GRDO relies heavily on community involvement to help run their programs. This community outreach creates a stronger bond in our neighbourhoods that instills life changing skills to both their volunteers and youth. They provide mentorship and



guidance in and outside of their programs to get children and youth on a safe, healthy, and productive path of personal success and community building.

The GRDO also offers a leadership-in-training program for 14-17 year olds twice annually. The program features a number of leadership building subjects including teamwork, goal setting, community activism, resume writing and more. Upon completion of 30 hours of classwork the youth provide 30 hours of volunteer work with GRDO and their youth programs.

GRDO's success has come from building a strong relationship with their communities and together as a team creating a safe and healthy environment for low-income children and youth in which to develop valuable leadership skills.

For more information on GRDO and their programs, or if you would like to know how to help, please visit www.grdo.ca.

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Les Guides: Nouvelles de la 4e Cie St-Claude

par Viviane Côté-Maxwell

Nous voici repartie avec 10 guides et 3 aspirantes cette année. Nous avons fait notre tableau de départ, joué dehors, appris nos noeuds et nous nous préparons pour la promesse le 12 décembre.

Samedi le 19 octobre c'est l'escalade où la guide apprend à se surpasser en grim pant sur les murs du Coyote Rock Gym, suivi de la sortie des aspirantes à La Mer Bleue avec des questions, des sketches et des graines d'oiseaux même sous la pluie.

Nous irons au Musée de la guerre le 14 novembre puis nous ferons de la tire pour la Sainte Catherine le 21. Venez nous voir au défilé du Père Noël le 30 novembre avec les scouts et guides de St Joseph.

Nous passerons la guignolée le 5 décembre dans le secteur Westpark. pour des aliments non-périssables ou de l'argent à remettre à la banque alimentaire

Cette année nous allons suivre des cours d'espagnol afin de se préparer pour notre bénévolat au Pérou en juin 2014...oui, nous allons commencer la construction d'une

maison pour une famille avec 4 enfants à Pucallpa. Merci de votre encouragement.



Elna, Sophie et Zoë à la sortie des aspirantes. Future guides at La Mer Bleue

On December 5th Les Guides will be collecting food items and/or money for the food bank around Westpark.

Thank you for your participation.

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St-Claude : 40 ième anniversaire

par Wilbrod LeClerc

La famille Gravelle déménagea d'Orléans à Blackburn en 1926. Ils louèrent d'abord une ferme d'un monsieur Plante sur le chemin Navan. Ensuite, ils louèrent et puis achetèrent une ferme qui couvrait un terrain de la rue Gravelle à la rue Tauvette et du chemin Innes au chemin Montréal. La maison et les bâtiments se trouvaient en haut de la côte où se trouve aujourd'hui la rue Valewood. En 1955, ils vendirent la ferme à Dolphin Construction qui devint ensuite Costain Estates Ltd.

De même, la famille Tauvette vint de Smooth Rock Falls. Le père, veuf avec seize enfants, maria une des filles Gravelle. C'est lui qui a bâti presque toutes les maisons le long de la rue Tauvette.

Les Rochefort s'établirent sur la rue Gravelle en 1960. C'est sur cette rue que l'on retrouvait nos premiers paroissiens : les familles Longtain, Éthier, Fontaine, Labelle, Morin, Thériault, Aubin, Durocher, Chénier, Souigny, Levesque, etc. La famille Gravelle s'était gardé six terrains sur le Chemin Innes pour les enfants.

À partir de 1966, la compagnie Costain a bâti des maisons par centaines à Blackburn, un projet de 35 millions de dollars. Les premiers arrivants de langue française et catholiques unirent leurs voix aux anciens des rues Gravelle et Tauvette pour demander une paroisse à Blackburn. On y créa d'abord une desserte relevant de Cyrville et on acheta un presbytère, une maison en rangée sur Southpark,



Bénédiction des élèves à la rentrée scolaire en septembre à la chapelle St-Claude.

juste en face de l'école. Le 16 novembre 1973, il y a quarante ans, la desserte St-Claude était érigée en paroisse. Ce nom de paroisse, assez rare au Canada, avait été choisi en 1969 à la suite d'un sondage.

Dès ses débuts, on y fonda une chorale qui, au fil des ans et de ses concerts annuels, se transforma en « Chansonniers de Blackburn Hamlet », puis « de Gloucester », et enfin « d'Ottawa ». La chorale de l'église a eu près d'une dizaine de directeurs et autant d'accompagnateurs pendant ces quarante ans.

Aussi, dès les années 70, les mouvements scout et guide ont pris leur essor dans la communauté de St-Claude. On y trouvait une meute de louveteaux, une troupe de scouts, et une compagnie de guides. Les guides y restent toujours bien vivantes.

En 1980, la paroisse se mobilisa autour d'un grand projet de

construction d'une église. Quatre ans plus tard, on lança une campagne de souscription et la cérémonie de la première pelletée de terre eut lieu l'année suivante. On y emménagea le 27 mars 1986 après seize ans d'assistance à la messe dans le gymnase de l'école Ste Marie. Attached to the school's gymn. Rattachée au gymnase de l'École catholique française Ste Marie, une idée originale dans le diocèse, l'église démontre bien l'attachement de la communauté française de Blackburn Hamlet à ces deux institutions.

Bien avant la paroisse, une première école Ste Marie, à une classe seulement, fut construite en 1955 à l'emplacement même où se trouve aujourd'hui la chapelle St-Claude. Celle-ci accueille, chaque dimanche, les fidèles du Hamlet et des alentours. En 1960, on y ajouta une école de trois classes. Enfin, en 1969,

on construisit la grande école. Seule la petite école originale d'une classe est disparue.

La communauté St-Claude a aussi été très active dans la création de l'École secondaire Louis Riel. Plusieurs de ses membres siégeaient sur le comité de parents de l'École Garneau. Ils firent des pressions pour la création de la deuxième école publique française à Ottawa auprès de la ville Gloucester et de la commission royale mise sur pied par la province pour répondre aux manifestations des élèves de Garneau.

La communauté St-Claude n'a jamais été une très grande communauté même si elle a connu de meilleurs jours. Elle s'est toujours vantée du taux élevé de participation de ses membres dans les différents comités,

Il y a quelques années, l'archevêque d'Ottawa a cru bon de redéfinir St-Claude comme une chapelle plutôt qu'une paroisse. Nous faisons maintenant partie de la paroisse Ste Marie plus loin sur le chemin Innes. Mais nous fêtons avec fierté nos quarantes ans rattachés à l'école Ste Marie, nos quarante ans de vie communautaire dans ce petit patelin qui nous tient tant à coeur.

Nous nous rappelons avec émotion nos nombreux curés et diacres, nos fêtes de Noël et Pâques, nos chorales, nos louvetaux, scouts et guides, nos soupers aux binnes, nos barbecues de juin, les premiers concerts des Chansonniers, les années du projet d'école.

communautaire, le café-concert de l'an 2000, les participations au Fun Fair, les cérémonies oecuméniques, les activités « Optimistes », et combien d'autres événements.

Nous sommes la communauté catholique française de Blackburn Hamlet et fiers de l'être.

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St-Claude
40^e anniversaire

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40th anniversary of St-Claude parish

by Wilbrod LeClerc

The Gravelle family moved from Orléans to Blackburn in 1926 and rented a farm from Mr. Plante on Navan Road. Subsequently they rented, then bought a farm that stretched from Gravelle Crescent to Tauvette Street, and from Innes Road to Montreal Road. Their house and buildings were located at the top of the hill—approximately where Valewood Crescent is found today. In 1955 they sold the farm to Dolphin Construction, which later became Costain Estates Ltd.

The Tauvette family moved in from Smooth Rock Falls. The father, a widower with sixteen children, married one of the Gravelle girls and built many of the houses on Tauvette Street.

The Rocheforts built their home on Gravelle Crescent in 1960. Many of the first parishioners such as the families of Longtain, Ethier, Fontaine, Labelle, Morin, Thériault, Aubin, Durocher, Chénier, Souigny and Levesque lived on Gravelle Crescent. The Gravelle family kept six large lots for their children on Innes Road.



In 1966, Costain started building houses in Blackburn. It was a 35 million dollar project. The newly arrived French-speaking Catholics joined forces with the early residents of Gravelle Crescent and Tauvette Street to ask for a parish in Blackburn. The community became a mission of Cyrville in the late 60's and bought a house on Southpark, across from the Ste. Marie School, to serve as a rectory. On November 16th, 1973, forty years ago, the St-Claude mission officially became a parish. The name "St-Claude", relatively rare in Canada, was chosen in 1969 following a survey of the community.

A church choir was organized at the very beginning. With the passing of the years and annual concerts, the choir transformed itself into "Les chansonniers de Blackburn Hamlet", then "de Gloucester", and, finally "d'Ottawa". The church choir has had about ten directors and as many accompanists in the forty years.

Also, in the seventies, Boy Scout and Girl Guide groups were started in the community. There were a pack of Cubs, a troop of Scouts, and a company of Girl Guides. The Girl Guides—Les Guides are still very active.

In 1980, the parish mobilised around the long awaited construction of a church. The financing campaign was launched four years later and a ground breaking ceremony was held the following year. The community moved into the new church on March 27th, 1986, after sixteen years of attending mass in the Ste Marie school gym. The church is attached to the school gym which is used as an overflow

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hall when needed. This was a new concept in the diocese. This church demonstrated clearly the close relationship of the French Catholic community in Blackburn Hamlet with these two institutions, church and school.

However, before the birth of the parish, the first "école Ste Marie", a one-room school was built in 1955 on the very spot where the St-Claude church stands today. It is nestled between the second three-classroom school and the larger third school. The second school was built in 1960 and the third nine years later. Only the original first school has disappeared.

The St-Claude people were very active in the creation of "École secondaire Louis Riel". Many of them were members of the Parent-Teacher Association of École Garneau in Orléans where their children attended school. They pressured the municipality and the province for a second French language public school in Ottawa. The province then set up a royal commission in response to marches in Orléans by the Garneau students.

St-Claude has never been a large community even if it has

known better days. Despite this, it has always been proud of the high participation rate in all its committees.

A few years ago, the archbishop of Ottawa thought it wise to redefine the church as a chapel rather than to have it remain a parish church. We are now a part of Ste Marie parish which is on the Innes Road close to Trim Road. Nevertheless, we want to celebrate our forty-year relationship with "École Ste Marie", our forty years of community life in this little hamlet that is so close to our hearts.

We fondly remember all of our parish priests and deacons, our festivities at Christmas and Easter, our choirs, our cubs, scouts, and girl guides, our bean suppers and barbecues in June, the first concerts of the "Chansonniers", the years of the community school project, the "café-concert" of 2000, the participation in the Fun Fair, the ecumenical services, the Optimist activities, and many other events.

We are still the French-speaking Catholic community of Blackburn Hamlet and proud of it.



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Fitness for People with Mobility Issues

Most residents of Blackburn are familiar with “Jan’s Workout”: they’ve either participated in one of her fitness classes, or they know someone who has. Or perhaps they’ve seen the ads in the BANAR over the years—for 30 years, to be precise!

Yes, for 30 years now Jan and her highly qualified instructors have been offering classes in aerobics, strength training and yoga. When Pilates became popular, Jan started to offer those classes as well. Seated fitness and “Zumba” classes followed soon after. You’re probably saying “wait, back up a little . . .” “seated” fitness? How is that possible? Don’t we always hear about how bad it is to sit in a chair?

That may be true, but if you’re sitting a lot because you have limited mobility issues, then seated fitness is for you! “Limited mobility” affects many people. If you have a disability, a weight problem, arthritis or any other health problem that makes it difficult for you to stand or walk, then you may think you can’t exercise. Or you’ve become a little frail with age and you’re concerned about your

balance or strength. Then again, maybe you haven’t exercised for a while.

Then seated fitness, or chair fitness, is just for you. You “sit” in a chair to get fit. And get fit, you do. The classes are offered twice a week, and they’re taught by two qualified instructors with over 30 years experience between them. Their classes are infused with energy, enthusiasm, and . . . great music!

I recently decided to watch a class to see what participants gained from it: the instructor started with a warm-up that included “marching” in place while seated. Arms were “warmed up” with arm circles and then small exercise balls were handed out. As the instructor got up to change the music, he reminded everyone to “KEEP MARCHING” while seated! With the ball in one hand, they began to do arm swings, then they worked on flexibility as they “REACHED” for their toes with the ball!. Finally, they stretched their quadriceps muscles while seated. All of this was repeated with the ball in the other hand. That was the warm-up!

But this class offers more than a good workout. It also offers a sense of camaraderie and support. Vi Baker, for one, had a hip replacement that became detached some years ago. Vi felt she wasn’t getting enough exercise until she joined the class. Now, the camaraderie that has built up has “kept her going.” Jill Hardy joined the class when she saw a TV program that featured chair fitness. Now starting her 4th year in the class, Jill says “you CAN break out in a sweat and get a good workout”.

If you think seated fitness is for you, contact Jan’s Workout by calling (613) 794-9858 or by e-mail at jan@jansworkout.ca. Visit her website at jansworkout.ca.

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New neighbours and a business in Blackburn

by Denis St-Amour

My wife and I just moved to Blackburn Hamlet in September, and we've already had the opportunity to meet some very kind and helpful folks, especially on our street and while walking our dog. We are really looking forward to becoming more involved in the community. I also own a company, DS Communications, that has been servicing the Ottawa/Gatineau region for the past 10 years.

Our clientele is mostly in Ottawa/Gatineau, but we also have some clients across Canada. It's never easy to establish your business in a

new neighborhood, but with the help of some key people, I was fortunate to learn the steps to promote myself in the area. The "Banar" being one of them thanks to Evelyn Budd who also makes a great cup of coffee!

We offer web design and graphic design services. I have a lot of experience helping small businesses establish a brand for themselves and I also offer redesign services for those businesses wanting a fresh web look to stay ahead of the competition.

Web design has changed substantially over the past few years and I'm always working to stay ahead of the game. I can deliver Content Management Systems (CMS) like WordPress and responsive designs that resize on all mobile devices. In addition to these services, I design event invitations, logos, business cards and many other print media a company or even planner would need.



Denis St-Amour, new resident and owner of DS Communications

If the services I offer can be of service to your existing company or your new start-up business, please feel free to call me at (613) 286-1587 or email me at denis@dscommunications.ca.

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Blackburn Library—the heart of the community!

The fall season is in full swing!

It may be getting chilly outside but our branch always provides a warm place to come in from the cold. Whether you choose to browse our shelves or simply relax on our sofas with a magazine or an electronic device, you will find our staff is happy to assist you.

Have you see the new touches to the picture book area? The staff is very pleased with the results and hope you will find it a warm and welcoming place for your little readers

We'd also like to take this opportunity to thank the Norman Johnston Alternative School for a collection of artwork they have created that is now displayed in our branch on the yellow wall in the Juvenile section. Please be on the lookout for this wonderful addition to our branch the next time you are in!

Speaking of art, we would like to remind our customers of the artwork on our walls courtesy of the local art organization, Arteast. New artworks are hung every two months. Currently, wood cut prints by printmaker Ted Johnston, feature urban landmarks in

Ottawa. Beginning in December a selection of oil portraits by local artist Maureen Rooney Mitchell will be on display.

We pride ourselves on providing interesting Children, Teen and Adult programming so please check out the list below or come in and ask us what's new and upcoming!

ADULT PROGRAMS

ROUND TABLE BOOKCHAT at 2pm (3rd Monday of the month, Drop in)

- *Fifteen Days* by Christie Blatchford Monday November 18th
- *The Tower, the Zoo and the Tortoise* by Julia Stuart Monday December 16

E-READER, COMPUTER AND INTERNET Tutorials Please call 824-6926 x 224 to book a one-on-one session.

MONEY AND YOUR QUALITY OF LIFE: A FRESH LOOK AT MONEY MANAGEMENT Wednesday Nov 13 (6:30 pm–8:00 pm)

BOOK YOUR VACATION ONLINE Please call Elle at 824-6926 x 224 to book a session

TEEN PROGRAMS

TEEN RÉSUMÉ TUTORIAL/INTERVIEW PREP Please call Elle at 824-6926 x 224 to book a session

CHILDREN'S PROGRAMS

BABYTIME (Ages 0-18 months)
Wednesdays, September 18 – October 23 at 10:30 AM (30 minutes) (Session 1)
Wednesdays November 6 – December 11 at 10:30 AM (30 minutes) (Session 2)
Stories, rhymes and songs for babies and a parent or caregiver.

TODDLERTIME (Ages 18-36 months)
Thursdays, September 19 – October 24 at 10:30 AM (30 minutes) (Session 1)
Thursdays, November 7 – December 12 at 10:30 AM (30 minutes) (Session 2)
Stories, rhymes and songs for toddlers and a parent or caregiver.

THE GREAT PUMPKIN CONTEST
October 21-26 Guess the weight and win the pumpkin! Ages 5 to 12.

JELLIES IN THE JAR CONTEST
December 16-21st Guess how many jelly beans are in the jar and you can win them all! Ages 5-12

Please register at the branch, online at www.biblioottawalibrary.ca/programs or by telephone 613-824-6926.

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Fashion show raises over \$1,800 for cancer research

by Sherry Woodburn

We had another wonderful show with nine amazing models and 125 wonderful women cheering our models on. There was a beautiful energy in the room and many from the audience came up to me after the show to relay this message. Many commented on the fact that they enjoyed hearing the stories Lynn, Karen and Caroline told, and would make these messages about being proactive with their health a priority for themselves. Along with all of the good feelings and cheer, we raised over \$1,800 for cancer research at the

Ottawa Hospital.

A huge thank you to all of our models, our volunteers and to Firken & Knight Pub; FDJ; Renuar; Budd Gardens; Bernadette Alcock, Garden Inspirations; Gail and Bill Bilocq, Sucre a la Crème; and Nuala Linton, Shamrock Productions. A heartfelt thanks also goes to Lise Butters for doing her magic in making all of the women in our show look and feel great. We all admire the amazing finishing touches Lise adds to the models outfits.

If you were unable to attend the show, please stop in when you are

passing and see the lovely sculpture Bernadette Alcock made exclusively for The Wholesale Outlet store. I just love it. Hopefully, Bernadette, creating this beauty brought you as much joy as this lovely lady brings to everyone who views her sculpture.

Hope to see you all soon and thank everyone who came out to support our models and to help us in our goal to create awareness in women's breast health and in other women's cancers. Your continued support is appreciated by everyone who participates in our shared goal—to try and make this disease history.

Blackburn Preschool offers early learning program

by David and Cindy Kaye

Another year of learning is underway at Blackburn Hamlet Preschool. September began with an apple theme and the classroom focus on learning the routines and getting to know each other. October kicked off with stories and songs about leaves and the changing seasons and ended with playing "Trick or Treat" – great practice for the real deal!

We want the best for our little ones as they approach school age. Research shows links between a child's participation in preschool and his or her readiness to begin kindergarten. In a recent US study, "66 percent of kindergarten teachers rated children who attended prekindergarten as "substantially better prepared" to start school" (National Institute for Education Research, 2005). Through songs,

games, and stories the children learn key pre-reading and numeracy skills, as well as how to get along with others and behave in a classroom setting.

If you have an active tot and would like to give Blackburn preschool a try, the school currently has space in the Toddler (18 to 30 months) program, as well as in the Monday/Wednesday/

Friday morning preschool (2.5 to 4 years) program. You are welcome to come and see our wonderful early learning program.

Please contact Humaira at 613-824-3251 to arrange for a visit, or find more information at blackburnhamletpreschool.ca.



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Santa's coming to Blackburn

The Santa Pancake Breakfast, hosted by the Blackburn Community Association, is coming to the community hall at 190 Glen Park Drive on December 14th from 9 a.m. until noon.



Everyone is welcome to come and enjoy pancakes, syrup and a visit from Santa. Tickets will be sold at the door for \$5 per child and \$8 per adult. BCA members can show their membership card at the door for a free breakfast for their entire family, or they can purchase a \$10 BCA membership at the door. All money raised will be used for programming in the community.

For more information contact Laura Dudas at president@blackburnhamlet.ca or call 613-282-4139.

When we recall Christmas past, we usually find that the simplest things—give off the greatest glow of happiness.

~Bob Hope

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Remembrance Day

The Canadian Veteran Freedom Riders will be presenting a Remembrance Day Service on Monday November 11th, 10:30 am for the public and the residents at Amica at Bearbrook Residence, corner of Innes and Bearbrook.

Please come out to meet our Vets and join us for lunch.

Contact Geraldine Dixon at Amica by calling 613-837-8720 ext. 225 or email g.dixon@amica.ca to reserve your seat.

BCA Family Skate

Tentatively November 17th
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FREE!!!!

See www.blackburnhamlet.ca and
the BCA Facebook (see pg 3) for details

Blackburn Art Group

It's time to spend Thursday afternoon together on doing our artwork. Please bring your project, a cover to protect the table, your mug for tea and if you have one, a lamp to help you see your work in the dimmer room. Still no news on a solution to the loss of light from the new window film.

The 2014 dates are as follows:

January 9 and 23; February 13 and 27;

March 13 and 27 (13th could be changed to the 6th if the hall is needed for the school spring break)

April 10 and 24; May 8 and 22

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Coming Events

Rothwell Christmas Bazaar & Luncheon Saturday, Nov. 9th, 9 am to 1:30 pm

Check out the famous Rothwell apple pies and Christmas puddings as well as a variety of baked goods and preserves. Tables will be filled with a variety of treasures that include books, one-of-a-kind handcrafted items that include knitting and crafts. A silent auction with some extraordinary items will be available that will be perfect for Christmas giving.

Rothwell United Church is located at 42 Sumac Street. Telephone 613-746-0820 or visit www.Rchurch.ca

Christmas Charity Auction

Friday November 8th at the Good Shepherd Church. Help out a worthy cause and also do some early Christmas shopping! Proceeds to go to the Christmas Hamper Program .

Blackburn Lodge Seniors Residence Christmas Bazaar: Sunday, Nov. 24th, 10 am-4 pm

Don't miss the great selection of baked goods, the handcrafted quilt that will be auctioned for charity, the silent auction as well as raffles, crafts, gifts, a white elephant sale and more. Donations will be accepted for the white elephant sale, auction, baked goods table and raffles. Businesses who donate items will be credited at the tables.

We will also be collecting non-perishable food items for the local food bank.

The Blackburn Lodge is located at 2412 Cleroux Crescent, across from the Norman Johnstone School.

Please contact Jude Sheppard 613-837-7467 for more information. Local vendors are also welcome to set up a table.

Job opportunity: Rink Attendants for Blackburn Outdoor Rinks

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

If you are interested, please contact Ali Yassine at aliyass789@gmail.com to obtain an application package. Deadline for application submissions is December 7th, 2013.

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

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

Veuillez contacter Ali Yassine au aliyass789@gmail.com pour obtenir plus d'information ainsi qu'une trousse d'application. La date de clôture pour soumettre votre application est le 7 décembre 2013.

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"I would have written a shorter letter, but I didn't have time." Variations and translations by Blaise Pascal, Voltaire, Mark Twain

Write That Book! Program at Amica

Last winter participants in the Write That Book program worked on some very compelling stories for their memoirs. This year we would also like to invite those in the community who would want to write stories that happened Blackburn. Each story should be under 1,500 words since short stories are more focused and fun to read. Might even evolve into a book.

Evelyn Budd, has been publishing memoirs, fiction and non-fiction books since 1991 and loves to see great stories and memories preserved.

Join us at Amica at Bearbrook Residence on Tuesday, November 12th from 2:30-3:30pm. It's free!

Contact Geraldine Dixon at Amica 613-837-8720 ext. 225 or email g.dixon@amica.ca to reserve your seat. More information is available at www.WriteThatBook.ca.

Blackburn Hamlet 50+ Group

Blackburn Hamlet citizens 50 plus years of age are invited to join us at our potluck dinners, day trips, discussion groups and seminars that are held from time to time.

PUB NIGHT is on the fourth Sunday of the month at the Royal Oak Pub at 2067 Meadowbrook Road (just off Blair).

The 50+ club's annual Christmas Pot Luck Dinner and dance will be held at the Community Centre at 6:00 p.m., Saturday, November 30th. Please bring an item to add to the buffet table. Tea/coffee will be provided. Musical entertainment will be on hand and SANTA is expected. A donation box will be available at the door to assist with expenses.

We will visit Papa Jacks popcorn factory at 2184B Thurston Drive on Thursday, November 14th. Car pooling will depart from the Community Centre at 10:00 a.m. Lunch will follow the tour at a local restaurant. The visit is free and the cost of lunch is your choice.

In all instances, RSVP PLEASE to Julie Kisch at 613- 824-3778 if you wish to attend or require further information.

Next meeting of the Working Group (everyone welcome) will be held on the third Wednesday of the month at 2 p.m. at the Blackburn Community Hall.

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**Contact Evelyn Budd at 613-824-9707 or
Email ev@buddpublishing.com
Visit www.PublishThatBook.ca**

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Community Contacts

See also at www.blackburnhamlet.ca

Badminton	Dale Bemben	blackburnbc@yahoo.com
Badminton (Junior)	Anne Switzer	613-837-4756
Baseball (Little League)	Gerry Ferguson	613-745-9303
Blackburn Art Group	Margarete Froelich	613-824-6503
Blackburn Community Hall	841-7396; Bookings Jan Whitehouse	613-830-8644
Blackburn Duplicate Bridge	Bill Durning	613-824-9593
Blackburn Hamlet Preschool		613-824-3251
Blackburn Scouting Group	Yola Tannous	613-841-3033
Blackburn Tennis Club	Barb Nolen	613-824-3524
Child Care Drop-In	Myrian Pepin	613-742-5500
Child Care No School Days		613-580-2400
Eastern Ottawa Resource Ctr		www.eorc-gloucester.ca
Food Bank (Lifecentre)	Michel Castilloux	613-834-0900
Gloucester Recreation Development Organization		613-746-6813
Hockey (Blackburn Minor)	www.blackburnstingers.com	613-227-1122
Hockey (Mens)	Roy Van Koughnett	613-824-3921
Hockey (Girls)	Gilles Lebrun	613-841-7540
Les Guides	Viviane Côté-Maxwell	613-837-1839
Girl Guides/Brownies/etc	Online Registration	https://guidesontario.org
Le Club Optimiste	Dominique Dufour-Jacques	613-837-4645
Les Chansonniers	Germain Asselin	613-837-3883
Quilting Groups	J. Maxwell/841-6084 & Joanne Bushel	824-6524
Ringette (Ladies Scrimmage)	Jane Ross -Tues-	613-837-1504
Ringette (Ladies Scrimmage)	Sue French Wed-	613-830-0684
Ringette (Girls)		613-830-9124
Scouting	Yola Tannous	613-841-3033
Time-off for Ladies	Janet Farrel	613-834-7683
Toastmasters	Chris Fraser	613-956-7361
Volleyball (Women-Competitive)	Marg Walters	613-830-8887
Welcome Wagon	Denise	613-824-6319
Writing Workshops (free)	Evelyn Budd (at Amica)	.WriteThatBook.ca
City Councillor—Rainer Bloess		613-580-2472
Member of Provincial Legislature—Phil McNeely		613-834-8679
Member of Parliament—Royal Galipeau		613-830-8800
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

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