

Blackburn Area News And Reports BANAR

Vol. 56 No. 1

September 2022

CALLING ALL CANCER CHASERS!

**Sunday, September 25, 2022
Hornets Nest Park,
1660 Bearbrook Road**

8:15 a.m. Doors Open/Welcome Activities, Registration, Selfie Station, Loonie Line, Signature Banner, Resource Display, Refreshments

8:30 a.m. Silent Auction Opens

8:45 a.m. Welcome Remarks and Speeches

9:00 a.m. Warm Up

9:05 a.m. Group Photo

9:15 a.m. Walk / Run Starts

10:45 a.m. Last Call for Silent Auction, Raffle Winners Announced

11:00 a.m. Silent Auction closes

12:30 p.m. Event Closes

Cancer Chase co-chairs Don Kelly and Barbara Whittaker, with committee member Robert Bellizzi, at the Cancer Chase booth at FunFair

CANCER CHASE
5K Walk / Run
SEPT. 25 • 9:00 AM
Doors open at 8:15 AM
blackburnhamlet.ca/cancer-chase

Barbara Whittaker,
Co-Chair, Blackburn Hamlet Cancer Chase 2022
The Blackburn Hamlet Cancer Chase 5K Walk/Run is less than a month away! Join us on the morning of Sunday, September 25 for a walk/run around the lovely Hornets Nest Park and Green's Creek areas, and a chance to participate in other FUNdraising activities.

All money raised from the event goes to support cancer research here in Ottawa, via the Ottawa Hospital Foundation (OHF). To date, the Blackburn Hamlet Cancer Chase and related community fund-

raising events have collected over \$250,000 to help researchers fight the disease that has touched so many of our lives. Let's keep the momentum going with this year's event!

Registration for the 5K Walk/Run can be done online in advance, or on the day of the event, starting at 8:15 a.m. This year's registration fees are as follows:

Adults: \$25
Seniors (65+) and Youth (13-17): \$15
Children (12 and under): \$10

CONTINUED ON PAGE 27



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President's message

This has been the return to summer many of us have been waiting for! As we all dealt with ongoing effects of a global pandemic, the longing to reconnect with others and our community was growing and our BCA volunteers were eager to get back into the community and hold many of the yearly events we look forward to. This summer the BCA was incredibly happy to have the return of the FunFair (page 24) with a revamped format. The event was a great success, and our volunteers did an amazing job organizing – thanks to all involved!

Our volunteers also organized a community garden tour this year, that gave all our green thumbs in the community the chance to show off their amazing gardens (page 17), this was a great new event to add to our community calendar, and we look forward to bringing it back next year!

Last year our youth director organized a mural painting at the new splash pad and community hall, and she continued the trend this summer, organizing a new mural on the arena (page 16). It's great to see the added color and design bring our community to life – great job to all involved!

As we move into the end of summer, we are looking forward to the return of the Cancer Chase (page 1). If you have not yet registered for this event, please do so soon – it's a great chance for our community to get out, be active, and support a great cause.

With the end of summer, we are also nearing the return to school, and with the change in seasons it is always good to refresh safety tips as the little ones head back to school. Check out page 8 with some good tips and advice.

And for those looking to connect this fall with others in the community, check out Let's connect outdoors, organized by our environment team. Those looking to get out for a walk and meet others in the community can check out the upcoming schedule online.

Mark Lister
BCA President



Softball and euchre – Page 6

Contents

- 4** Blackburn Community Association
- 5** ADVERTISING in the BANAR
- 6** Blackburn Ladies Softball League
- 8** Back-to-school safety
- 10** Training to help others
- 11** Bird feeders in Blackburn
- 11** Youth essay contest (French)
- 12** Monarch waystation
- 14** Adopt a Tree update
- 15** Tree Talk – Neighbourwoods
- 16** Rainbow mural
- 17** Blackburn Hamlet garden tour
- 18** Youth essay contest (English)
- 20** Blackburn Swap-Till-You-Drop
- 21** Learn about mushrooms
- 22** Les Chansonnières d'Ottawa
- 24** FunFair's 50th anniversary
- 26** Guid'amies franco-canadiennes

Websites

www.BlackburnHamlet.ca
www.BlackburnFunFair.ca

Facebook

- Blackburn Hamlet Community Association–BCA
- Blackburn Hamlet Community Association

Twitter

@BlackburnOttawa

Blackburn Community Association (BCA)

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

2022 BCA Board of Directors & Committee Chairs

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Grad Walk: Nina Ryan &
Satinder Sahota
nina@blackburnhamlet.ca
Hockey Day: Mark Lister
rinks@blackburnhamlet.ca
Spring Cleanup: Lisa Margeson
cleanup@blackburnhamlet.ca

BCA board meetings

The BCA has been holding their monthly board meetings virtually since the beginning of the pandemic. BCA meetings are usually held on the third Thursday of each month from 7:30 p.m. to 10 p.m. If you are a resident of Blackburn Hamlet and wish to attend, email secretary@blackburnhamlet.ca to receive an invitation and the Zoom access code. Board meetings follow an agenda, so if you have any questions or topics that you wish to raise, please advise the secretary at least two (2) days prior to the meeting.

Next BCA meeting: Thursday September 15, 2022

Let's learn about beekeeping

The BCA is excited to announce a beekeeping workshop with Capital Bees on Saturday September 17th from 11am to 12pm at the Just Food Farm. The event will be in English and costs \$5 per person. Space is limited. Registration is required. Minimum age to participate is 6 years old. Children must be accompanied by an adult. Rain date: September 19th 6pm-7pm. Please visit www.blackburnhamlet.ca for complete registration details.

BCA Membership!

NEW RENEWAL DATE _____

Your \$10 annual membership helps support BCA activities such as the BANAR, representation to various levels of government, Fun Fair, Hockey Day, Canada Day, Santa's Breakfast, as well as numerous initiatives for youth, seniors and local groups. One membership covers 2 adults and their dependents living at the same address. Please either fill out and mail this form or provide the same information in an email to membership@blackburnhamlet.ca.

ADULT NAME(S): _____

HOME ADDRESS including postal code: _____

PHONE(S): _____

EMAIL(S): _____

Add to BCA e-newsletter distribution: Yes No

Add to BCA critical/emergency issue texting distribution:
Yes No

Add to BCA volunteer list: Yes No

PAYMENT METHOD:

Cash or Cheque mailed to BCA Membership,
P.O. Box 47062, Ottawa, ON. K1B 5B0

E-Transfer to treasurer@blackburnhamlet.ca. Remember to include your name and email or phone in the memo field.

All memberships expire on June 30 each year.



BANAR

ADVERTISING in the BANAR

Prices range from \$40 to \$300 per issue depending on the size of the ad. Annual subscribers get 10% off). Tax will be added to the invoice.

First time advertisers who purchase a subscription of ads marked with a star (*) receive a free half-page profile (225 words plus photo).

The BCA does not endorse or guarantee products or services sent in for the BANAR or take responsibility for the print or web quality, copyright infringements of photos, artwork or text provided by advertisers for the BANAR or BCA website.

**To advertise, contact Kendra Brett
banar@blackburnhamlet.ca or 613-265-7661**

Size	Cost per issue	Cost per year
7.5 W x 9.5 H (full page)*	\$300	\$1,350
7.5 W x 4.25 H*	\$140	\$630
4.95 W X 2.75 H*	\$80	\$360
3.65 W X 5.25 H*	\$100	\$450
3.65 W X 4.25 H*	\$80	\$360
3.65 W x 2.75 H	\$60	\$270
3.65 W x 2 H (business card)	\$50	\$225
3.65 W x 1.75 H (smallest ad)	\$40	\$180

Circulation: 3,500

PAYMENT, ADVERTISING, ARTWORK, AND ARTICLES ARE DUE BY THE DEADLINE DATE

Please put 'BANAR' in the subject line of all emails.

**November BANAR Deadline:
October 27, 2022**

**BANAR Delivery:
November 20, 2022**

**For BCA updates go to
BlackburnHamlet.ca**

Blackburn Badminton Club is back!

After a 2½ year pandemic hiatus, the Blackburn Badminton Club is back in action at Glen Ogilvie Public School.

Our adult members play three evenings a week, from September 2022 to May 2023. Most players are intermediate level and membership is limited to forty. New members welcome!

We offer two sessions for junior members (9-12 years or 13-18 years) on Saturdays from September 2022 to April 2023. Each session is limited to twenty. Players must provide their own racquets and protective eyewear.

Registration forms and payment information are available on our website at blackburn-badminton.wordpress.com/

For info, email blackburn.bc.ottawa@gmail.com

THE BANAR is published five times a year

The BANAR is published and delivered five times a year to Blackburn homes and businesses to celebrate community and provide information on local programs and events. BANARs are then refilled at the Blackburn Library, Metro, and Shoppers Drugmart while quantities last as well as online at blackburnhamlet.ca.

BANAR Submissions

Articles can be emailed in the body of an email or attached as a Word document. High resolution photos (i.e, 300 DPI) to accompany articles can be submitted as email attachments.

BANAR Contact Information:

Please email Kendra Brett at

banar@blackburnhamlet.ca

Call 613-265-7661 if you do not get a confirmation that your email has been received.



Blackburn Ladies Softball League

Miracle League game and euchre tournament

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This July, members of the Blackburn Ladies Softball League (BLSL) had the pleasure of joining some volunteers and players from the Miracle League of Ottawa for a game of wheelchair softball at their field on Navan Road in Orleans. The Miracle League offers Ottawa's only fully accessible and inclusive recreational facility that features a custom-designed field with a cushioned rubberized surface, wheelchair accessible dugouts, and a completely flat surface that helps eliminate barriers to players who are wheelchair-bound or visually impaired. And as the ladies from the BLSL found out – the Miracle League also provides a lot of fun!

The BLSL is also planning a fundraising event that is open to the community on September 22 from 5pm to 9pm. This community event will include a **euchre tournament**, a market and raffles. The euchre tournament costs \$2 a game, with no minimum or maximum games played. Players must be 18 or older (lottery license SG1270652). The prize is half of the registration fees that are collected. For more information visit: <https://www.blackburnladiessoftball.ca>

Jan's Workout



Our Philosophy

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Our classes are designed to embrace all levels of ability and style!

Aerostrength: a choreographed cardio class followed by a muscle strength and stretch segment: *Mondays, Wednesdays and Fridays (9:35-10:35 am)*

Light Workout: a 'light' choreographed cardio class with controlled impact, followed by a muscle strength and stretch segment: *Mondays and Wednesdays (10:35-11:35 am)*

Strength & Flexibility for Balance: a fun-filled class - strengthen muscles and bones, improve balance and flexibility: *Mondays & Fridays (11:35-12:35 pm)*

Strength for Mobility: a class designed to accommodate those who prefer a workout on or with a chair. **Note**: small equipment may be incorporated: *Wednesdays (11:35-12:35 pm)*

Energy Stretch: Move, stretch, and ease your way to better health through Qigong (energy work). With a series of simple, easy to learn movements that work on breath, balance (physical and emotional) and coordination, one can decrease stress, improve sleep and increase energy and health. These movements improve one's life force energy and can be done by everyone, at any age and fitness level. Connect with your effortless power through Qigong: *Fridays (10:35-11:35 am)*

Core Strength: (formerly Pilates) Building on the principles of Pilates, the class will develop core strength , promote good posture and improve balance. *This class will be offered virtually*

Registration 2022 – Blackburn Community Centre – 190 Glenpark Drive
Wednesday September 7th, 2022
11:00 am to 2:00pm

Classes Start Monday, September 12th, 2022
call 613 794 9858
or visit our website www.jansworkout.ca

Back-to-school road safety

Don Kelly, BCA Safety Director

As summer comes to a close, we will once again have the hustle and bustle of children returning to school and, once again, road safety must be given paramount attention by drivers. Remember, school activity is not just about school buses, there will be many children walking, cycling or being driven to school. Many, but not all, will be accompanied by their parents. Drivers need to practice heightened vigilance, more so at this time of the year because both drivers and pedestrians are getting reacquainted.

Here are some tips for drivers to help ensure our roadways remain safe:

RESPECT THE CROSSING GUARDS

Many of our streets have crossing guards. The crossing guards are there to provide the children a safe passage across the street. Motorists should always follow their instructions and use extra patience in these areas. Motorists should only



be turning when the person has completely crossed the crosswalk.

CROSSWALKS WITHOUT CROSSING GUARDS

Some streets in our community have defined Pedestrian Crosswalks with flashing lights to signal motorists that someone is crossing or preparing to cross the street. Here again motorists should be using extra caution. Children may dart across the crosswalk at the last moment of the flashing light. They

may step onto the roadway before their light has turned green. Motorists should not be going through the crosswalk area until the flashing light has stopped.

SPECIAL ATTENTION TO SCHOOL ZONE SPEED AREAS

All schools have clearly marked speed zones. Some streets, such as Bearbrook, have a well-defined school zone speed, including cameras to capture violators. Ottawa Police Service will be focusing its efforts on ensuring drivers respect the rules of the roads and the listed speeds in these school zone areas. The speeds in these zones are designed to ensure safer roads for all users, pedestrians and motorists. They also allow our children to feel safe when using these roads.

RESPECT LAWS FOR SCHOOL BUSES

Many children are transported to school by school buses. Use extra caution when driving in areas of school bus activity. Whenever a school bus has its lights flashing you should never pass or attempt to pass the bus. A child could suddenly appear in front of the bus. Severe penalties can apply for violation of this law. Another area of special note is when the bus is loading or off-loading children at the school. Often parents are using their vehicles to deliver their children to school at the same time. Conflicts between the drivers can occur. Know the rules at your school for this situation.

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Blackburn residents are training to help others

Sarah Morgan-White,
Co-Director Seniors
Portfolio

Director of Environment
Tree Team Lead

On July 24 we held our first CPR C & AED training at the Blackburn Community Hall, offered by the Ottawa Paramedic Service. Our instructor Pierre Pierre led a very engaging course where we learned how to perform CPR, help someone who is choking and use an AED (automated external defibrillator) machine. Thanks to everyone who attended! If anyone is interested in any future first aid or CPR training, please let me know by emailing: seniors@blackburnhamlet.ca.



Instructor Pierre Pierre demonstrating CPR



BCA board member Miriam Hampson

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Bird feeders in Blackburn!

*Sarah Morgan-White,
BCA Director of Environment,
Tree Team Lead*

Thanks to the financial contributions from the Friends of Mer Bleue, the Blackburn Community Association's Enviro Committee was able to get more birds fed in Blackburn Hamlet!

In the spring, we gave a seed bird feeder and hummingbird feeder to each retirement home to be installed outside for the benefit of their residents (and of course... the birds!) Then in June, we held a bilingual bird feeder building event where residents were invited to attend and build their own bird feeders!

I hope that everyone in the community had an opportunity this year to enjoy the diversity of birds we

have in Blackburn. We are spoiled!

A very special thanks to Devon for her help, as well as Kevin for his invaluable expertise and help in pre-cutting, pre-drilling etc the wood required for the bird feeder building event (without Kevin the bird feeder building event would have not been possible).



Valerie and Maggie



Kevin and Theo

Merveilleux écrivains 2022 Concours d'Essai Jeunesse ACB

Les jeunes âgés de 9 à 17 ans qui habitent à Blackburn Hamlet sont invités à rédiger un essai de 450 à 500 mots en anglais sur un des trois sujets suivants:

- 1. Le passage à l'âge adulte :** est-ce que les rituels ou rites de passage qui existent dans notre société marquent bien la fin de l'enfance et de l'adolescence ?
- 2. Potentiel et limites:** comment concilier l'idée d'un potentiel illimité et la réalité des limites personnelles?
- 3. Compétence et autonomie:** quelles pourraient être certaines des conséquences de l'importance accordée par notre société à la compétence et à l'autonomie individuelles ?

Prix 1ère place : 125\$

Deux gagnants de suivi: 75\$

Date Limite: Le 14 octobre 2022

Pour plus d'informations, notamment sur la manière de soumettre l'essai et sur la façon dont elle sera évaluée, veuillez envoyer un courriel à youth@blackburnhamlet.ca.



Monarch Waystation established at Norman Johnston Alternate School

Sarah Morgan-White,
BCA Director of Environment, Tree Team Lead
“Where flowers bloom, so does hope”
– **Lady Bird Johnson**

Earlier this year, (thanks to the efforts of Miriam Hampson) the BCA's Environment Committee was allocated funds from the Friends of Mer Bleue Community Fund to establish a Monarch Waystation in Blackburn Hamlet. A Monarch Waystation is a place that provides resources necessary for monarch butterflies to produce successive generations and sustain their migrations. Among other things, it contains milkweed plants, nectar plants and shelter, and not only benefits Monarch butterflies but other pollinators as well!

Kara Kaufman, secondary teacher of science, math and gardening at Norman Johnston Alternate School, and her spring gardening class led the project from start to finish. Identifying a suitable location, preparing it for planting, selecting and planting the plants and

flowers, and making a beautiful sign for the garden. As I visited the school to meet with Kara and go over the plan, I was absolutely blown away. Kara and her students have the greenest thumbs I have ever seen! Of course, words and photos will not do their work justice. If you have a chance this summer, swing by their gardens and visit the new NJ Monarch Waystation. You can also take a seat on a new bench placed next to the Monarch Waystation, admire their work and hopefully see monarch butterflies and caterpillars!

To show our support of monarch conservation, in June we had the NJ Monarch Waystation certified as an official Monarch Waystation by Monarch Watch.

Thanks to Kara and her students, Jesse Stoppard, Rain Saintonage, Priya Ali, Eli Abbott, R-J Roth Jones, Geoffrey Michaud, Anna Rafael, Oceanna Charron, Oasis Frazier-Spooner and Cam Wallace for their beautiful work in making Blackburn's first Monarch Waystation. Thanks also to the Blackburn Community Association, Friends of Mer Bleue and Waste Connections for allocating the funding that made this project possible.

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Students and Kara (left to right) from the Norman Johnston Spring Gardening Class: Kara Kaufman, Jesse Stoppard, Rain Saintonage, Priya Ali, Eli Abbott, R-J Roth Jones, Geoffrey Michaud, Anna Rafael. Missing: Oceanna Charron, Oasis Frazier-Spooner, Cam Wallace



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Adopt a Tree update

Sarah Morgan-White,
BCA Director of Environment,
Tree Team Lead

In June, we invited the community to apply to adopt four edible fruit trees/shrubs through our “Adopt a Tree” event. Thank you to everyone who applied!

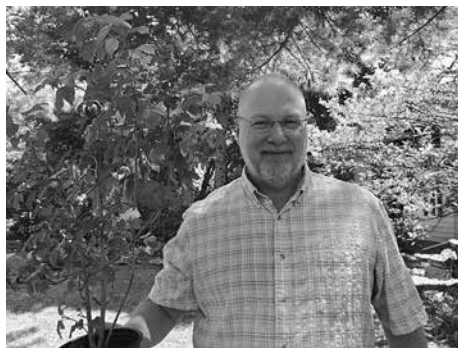
Please join us in congratulating: Sophie & Eric who adopted Rose, the Canada Plum; Alexander and Janelle who adopted Penny the Pin Cherry; Stephen and Dawn who adopted Vibury the Highbush Cranberry; and Mary who adopted Sam the Black Elderberry! Congratulations to all of you and enjoy your leaf-babies!

A special thanks to Chris, for his help with this event!

This was the first time we held this event. Do you think we should hold it next year? Any types of trees or shrubs you would be interested in? Send us your feedback at treeteam@blackburnhamlet.ca.



Mary with Sam



Stephen with Vibury



Sophie and Eric with Rose

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Alex with Penny

Tree Talk

Neighbourwoods

Stephen Fanjoy

Many of the greatest and most treasured trees in the Hamlet are owned by residents, not just the city and the NCC. These private trees are loved by their owners and appreciated by all. Beyond beauty, our trees make the air in Blackburn more fresh, healthier to breathe, more fragrant in flower, and cooler in the summer's heat.

We all care about the health of our local trees but the city and NCC are not able to help with private trees. This is where a volunteer program called Neighbourwoods.org helps fill an important gap. With the support of tree owners, Neighbourwoods' mission is to inventory and track the health of the private trees in our neighbourhood. This can help to identify risks early, see trends, and inform what species of new trees might best help our diversity. It also connects tree owners to our local community's tree volunteers.

Blackburn's Neighbourwoods leader is long-time resident Clifton Charie. A professional physiotherapist by day, Clifton has been passionate about nature and trees since childhood and first studying ecology in university. Delayed for two years because of the pandemic, our Neighbourwoods program had a dramatic start on May 21. Just as the training day came to an end the sky turned dark and the derecho tore through with devastating force! Everyone was safe but the damage



was staggering.

Our core Neighbourwoods team is currently four volunteers and we are looking for many more. Do you love trees, want to learn more about them, and to help your community? If you think you might be interested please reach out via treeteam@blackburnhamlet.ca or message @BHTreeTeam on Facebook. We'd love to hear from you.

This spring we had a fantastic collection of donated native tree seeds and owe deep thanks to Karen and Al, Doreen, Andrea and Connor, Miriam, Susan and Henry, Lucy and Roberto, Gary, Carolann and David,

Luisa, Kathy, Lee, Ann, and John!

We are getting organised to do the same again this fall for native species whose seeds will be ready to collect over the coming weeks and months. If you are interested in donating tree seed, please let us know. We are looking to collect balsam, white pine, spruce, hemlock, cedar, oak, sugar maple, beech, birch, dogwood, ironwood, basswood/linden, tamarack/larch, butternut/walnut, and cherry. All donated seed will go to the foretcapitaleforest.ca volunteer seedling nursery and afforestation projects across eastern Ottawa.

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Rainbow mural lights up the Lois Kemp Arena

By Maureen Forsythe, BCA Youth Director

As you turn off of Innes Road onto Glen Park Drive near the Metro, it will be hard to miss the colourful new rainbow mural on the side of the Lois Kemp Arena.

As part of its youth engagement activities, the BCA invited local youth to participate in the design and installation of a mural that captures some of the unique aspects of the Blackburn community.

On July 11 twelve Blackburn youth participated in an outdoor brainstorming session with mural artist Ryan Smeeton to come up with ideas and themes for the mural. It was agreed that the mural should reflect the welcoming nature of our community and the various sports that play an important part in the lives of local youth. The artist's final design also managed to capture the ability of our residents to enjoy the abundant local green spaces and trails that make Blackburn one of the most livable communities in Ottawa.

On August 10, after a couple of rainy days that delayed the planned installation, twenty local youth gathered outside the arena for a full day of outdoor fun and painting that included a pizza lunch. Ryan Smeeton and fellow artist Dan Martelock guided all of the painting activities with experienced and steady hands. The participation of the young people is captured in their colourful handprints along the bottom of the mural. Congratulations to all of the young people who made this mural a reality in our community!



Let's connect outdoors

Sarah Morgan-White,
BCA Environment Director

Let's Connect
Outdoors

Did you know that the BCA's Environment Committee organizes a series of outdoor free, informal and inclusive events led by community members? No registration or commitment needed. Just show up! If you are interested in connecting with the environment and others outdoors, join us! The schedule is posted on the BCA website (under events) and the BCA's Facebook page.



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Blackburn Hamlet Garden Tour success plants the seed for future yearly garden tours!

Cynthia Hoisak

We couldn't have planned a better weekend for the sun to shine on the two glorious days of July 9 and 10 for the Blackburn Hamlet Garden Tour. It was a great success.

There were 16 gardens in all, with four of them, front only. So we did get to see what's going on behind those hedges and the back yards of many. Visitors came from all over the City of Ottawa, Gatineau, Russell and beyond, including the majority, from here in the Hamlet. Streaming through, were 40 to 140 people, per day, per garden. There was something of interest for everyone, many going home with fresh takes and ideas on how to tweak that earthy bed of potential.

This was a pilot tour with a positive result, and so we will be having a yearly garden tour here in the Hamlet. It will remain a two-day tour in July, and the 10am - 4pm time frame remains the same, along with the cash

donations to the Food Bank. This year, cash donations to the Food Bank totaled \$1,164.55.

It wouldn't have been possible without the preparations, work and generosity of the 16 participants and their helpers. Thanks go out to BCA, Miriam Hampson, Lino Demasi, and the 16 participating gardeners.

Needless to say, we are looking forward to adding more gardens for next year's tour on July 8 and 9 2023.



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Wonderful Writers 2022



BCA Youth Essay Contest

Youth aged 9-17 who live in Blackburn Hamlet are invited to write a 450 to 500 word essay in English on **one** of the following topics

1. **Coming of age:** do existing rituals or rites of passage in our society successfully mark the end of childhood and adolescence?
2. **Potential and limits:** how does one reconcile the idea of limitless potential and the reality of personal limits?
3. **Competence and autonomy:** what could be some of the consequences of our society's strong focus on individual competence and autonomy?



Prizes

1st place: \$125

Two follow-up winners: \$75

Deadline:

October 14th 2022



For more information, including how to submit the essay and how the essay will be evaluated, please send an email to youth@blackburnhamlet.ca

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Swap-till-you-drop Blackburn!

Jenny Lawrence

When: October 15, 2022, 9am to 5pm

Where: Blackburn Community Hall, 190 Glen Park Dr.

Drop off clothing donations: September 23 to October 1 at 9 Catalpa Ct.

Do you have enough *joy* in your closet? Do you want to refresh your wardrobe *and* support sustainable fashion?

Then you absolutely cannot miss Blackburn's first ever Swap-Till-You-Drop event organized by the Blackburn Community Association's Environment Committee!

Bring your friends, family and loved ones to the Community Hall on October 15. We will have a variety of new-to-you clothing that is freshly laundered, *free*, and ready to be rocked by you!

To ensure we are creating an inclusive space at our swap, we will be inviting participants to come according to the following schedule:

9am to 11 am Seniors and adults who benefit from a quiet environment
11am to 1 pm Families
1pm to 5pm Everyone

Donations for the swap will be accepted from September 23 to October 1. *Please provide gently used clothing donations only* (we will not accept accessories, shoes, or undergarments). Drop off at 9 Catalpa Court.

We are looking for volunteers to help on October 15. Email enviro@blackburnhamlet.ca to sign-up!



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Learn about mushrooms on September 7!

The Blackburn Community Association's Environment Committee is excited to announce a virtual education event on mushrooms! Join us on September 7, from 7-8pm for "The Fungi Connection: A Meander Through the Art and Science of Mushroom Growing." Deb Kelly, longtime vegetable and fungi grower, will share her passion and process for the art of mushroom growing. She and her partner Darin Kelly, owners of The Fungi Connection (formerly Kelly's Gourmet Mushrooms) in Yarker, Ontario, produce about 600 pounds of fresh oyster, shiitake, and lion's mane mushrooms weekly for area restaurants and farmer's markets, while also training new growers throughout Canada and beyond, and charming young and old with at-home mushroom grow kits. From their humble beginnings on a small plot of land in Indiana to their 3,000 sq. ft., state-of-the-art mushroom growing facility in Ontario, the Kelly family is committed to sharing their love of the fungi kingdom with friends near and far.

Email enviro@blackburnhamlet.ca to register. This is a free event, open to everyone, held on Zoom.



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La Troupe « Les Chansonniers d'Ottawa » lance sa campagne de recrutement 2022

Claudette Dalpé

Vous aimez chanter? Alors rentrez dans les rangs de notre Troupe. Les Chansonniers d'Ottawa invitent les amoureux de la chanson à se joindre à nos joyeux choristes et danseurs en s'inscrivant pour les auditions qui auront lieu les 29 et 30 août ainsi que les 6 et 8 septembre 2022 à la Chapelle St-Claude, 2599, chemin Innes à Blackburn Hamlet. Les personnes intéressées peuvent communiquer avec Claire au 613-830-5012 ou envoyer un message à Contact@LesChansonniersOttawa.com Une courte vidéo vous permettant de mieux apprécier notre style à partir d'extraits de notre dernier spectacle en 2019 et d'images de la troupe en répétition est disponible à <https://youtu.be/cO-7VUzOd54> C'est donc à l'automne 2022 que nos membres reprendront les répétitions pour préparer leur prochain spectacle.

Spanish language and food

Sarah Morgan-White, BCA Senior Co-Director

The Blackburn Community Association invites you to join professor Auramarina on Saturday October 22 from 11:30am to 1pm at the Blackburn Community Hall (190 Glen Park Drive) for a short Spanish-for-travellers course and food tasting!

Space is limited (max 20 individuals). Registration is required. Cost \$5 per person. This event is only open to individuals 50 and over. To register please email seniors@blackburnhamlet.ca with your name and phone number. Payment can be made either by cheque or e-transfer to treasurer@blackburnhamlet.ca.

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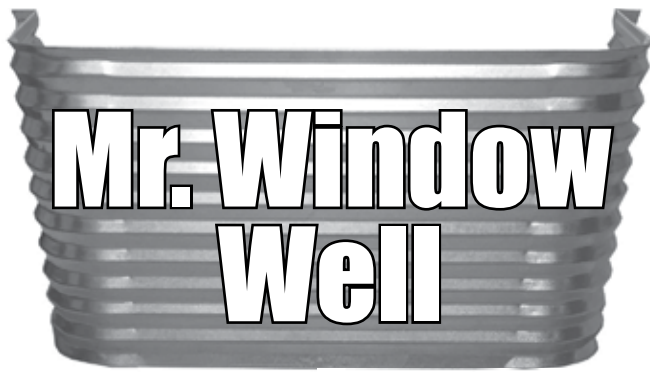


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What an exceptional weekend for FunFair's 50th anniversary

Brent Lawrie, FunFair Co-Chair

The FunFair committee would like to express its gratitude to the whole Blackburn Community for coming out and supporting this annual event. It was great to see everyone back enjoying a fantastic fun-filled weekend after a two-year hiatus. There was a plethora of positive feedback about this year's FunFair and the organizing committee appreciates this immensely. As you know, this year we were not able to get any carnival rides, which had a huge effect on the planning and organizing of the FunFair. The committee brainstormed and came up with new and unique attractions, activities and food offerings, as we returned to our FunFair roots to provide another very memorable FunFair to kick-start your summer.

The beautiful weather all weekend sure helped contribute to the great turnout this year. Friday night started off with a fantastic movie night in the arena; the mixed softball tournament was another hit again this year; the Friday and Saturday entertainment, in the bigger tent, was remarkable and enjoyed by all; the parade ranks at the top, and was enthusiastically attended; we had an excellent turnout for the kids games, climbing walls, dunk tank and volleyball; the arena was bustling with a great showcase, ever-popular used book sale, activities and displays; the BBQ was well served and enjoyed along with the newer food offerings; the inflatable activities, Northern Screammers, car smashing and Vengeance Van were big hits, and the extended 50th anniversary fireworks on Saturday night were a blast. On Sunday we had great participation for the 1k and 5k FunRuns; and one of the best and most entertaining dog shows to date.

Much gratitude to our sponsors and fantastic community as \$15,000 will be distributed back to our community organizations, school programs, and associations within Blackburn. Check out our web page www.blackburnfunfair.ca/supporters/ for the list of our major sponsors. Distribution of honourariums and a full list of sponsors and contributors to our Silent Auction, will be reported in the next BANAR after our



'wrap up' meeting in September.

As always, my appreciation and admiration to all the great volunteers on the organizing committee and those who helped during the FunFair weekend. An event of this magnitude could not happen without your time and dedication.

Don't forget to mark your calendars for next year's FunFair, which will be Friday June 2 to Sunday June 4, 2023.

The Blackburn Community Association FunFair gratefully acknowledges the financial support of the City of Ottawa / Association Communautaire de Blackburn FunFair remercie sincerement la Ville d'Ottawa de son soutien financier.



Nathalie and Andrew Cameron with their dog Winston at the dog show. Winston won the prize for best trick!



Above: Field Games for the kids



Climbing to new heights at the FunFair!



Left: Family and friends enjoying the Arena Showcase



It wouldn't be FunFair without face painting and frozen treats!



Below: BCA and Cancer Chase volunteers in the parade

Guid'amies franco-canadiennes, une organisation qui persévère grâce à ses valeurs fondamentales

Monique (Suisse) et Sylvie (Cassiopée)

Tout comme l'ensemble des sphères de nos vies, l'impact de la pandémie s'est avéré difficile pour l'association des Guid'amies franco-canadiennes. Le mouvement a connu une baisse dans sa membricité. La continuité du mouvement est précaire. Toutefois, ses membres continuent à mettre en valeur les leçons apprises et les expériences vécues au travers le Guidisme parce que le Guidisme est plus qu'une activité hebdomadaire pour les filles, c'est une expérience durable pour la vie. Quoique le Guidisme est en constante évolution pour répondre aux besoins et pour refléter les intérêts

des filles et des femmes d'aujourd'hui, il continue à se faire valoir par ses principes directeurs, de rendre service, d'expérimenter par l'action, de travailler en équipe et de vivre dans la nature. Le Guidisme d'hier n'est pas celui d'aujourd'hui et ne sera pas celui de demain. D'ailleurs, l'association des Guid'amies franco-canadiennes, anciennement connues comme les Guides franco-canadiennes et avant cela les Guides catholiques du Canada, a remplacé les traditionnelles prières par des réflexions d'actualités.

Le Guidisme est amusant, audacieux et énergique. Il responsabilise les filles et les femmes et les outille à faire face aux défis avec assurance. Les programmes d'activités du Guidisme permettent à chaque fille de rejoindre son plein potentiel en l'initiant à des compétences pratiques et en lui apprenant à prendre des décisions avec autonomie et confiance.

Le Guidisme offre des occasions de s'amuser, se faire des amies, apprendre de nouvelles compétences dans un environnement sain, sécuritaire et inclusif, où elles seront encouragées à découvrir leurs passions et essayer de nouvelles choses et tout cela en français.

Il y a plusieurs façons de vivre le Guidisme, il suffit de nous contacter. Courriel : guidesottawa.gfc@gmail.com
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CANCER CHASE CONTINUED FROM PAGE 1

able silent auction items, win prizes, take fun photos for your social media feeds, and catch up with people you have not seen in a while. Got a couple of loonies or toonies weighing you down? Tape them to our loonie line. Let's see how long we can make it!

This year's event will also feature a resource display that highlights some of the invaluable services available for those fighting cancer and those who support them.

Interested in increasing your steps to prepare for the Cancer Chase? Look for "Let's Connect Outdoors" events in Blackburn. Free and open to all, these are informal drop-in events where individuals walk, learn, meet new friends, and connect outdoors. The full schedule is available at blackburnhamlet.ca/events/ and on the BCA Facebook page.

If you cannot join us on September 25, please consider donating an item for the raffle/silent auction, or making a financial donation to the OHF. (Financial donations over \$15 will receive a tax receipt.) All contributions are greatly appreciated!

Visit the Cancer Chase page of the BCA website (blackburnhamlet.ca/cancer-chase), or follow the "Blackburn Hamlet Cancer Chase" Facebook page for information about how to register, donate to the OHF, or contribute an item for the raffle/silent auction.

If you have any questions, please contact us by email at cancerchase@blackburnhamlet.ca.

Looking forward to seeing you on September 25!

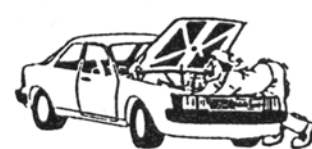


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Yes, just like humans, cats and dogs can suffer from allergies. Two main causes for allergies: environmental (indoor or outdoor allergens) and food. To make things worse, some pets are allergic to multiple things!

With seasonal allergies, some pets have symptoms for a few weeks and others can have symptoms as soon as the ground thaw until the first snow. The

most common time for seasonal allergies is the spring and the fall, fall being the worse time for most dogs.

Common environmental allergens include pollens (grasses, weeds, trees, etc.), mold spores, dust mites, and fleas. While there is no complete cure for allergies but there are many treatments that can help.

Medications like antihistamines, corticosteroids and other allergy medications that reduce itching offer relief. There is also a monthly injection to stop the itch now available. Topical medicated shampoos and sprays formulated to reduce itching, remove dander, and reduce the skin's reaction are recommended by most dermatologists. If you think your pet is suffering from allergies, contact your veterinarian to see what can be done to help him be more comfortable.

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