

Blackburn Area News And Reports BANAR

Vol. 57 No. 1

August 2023

CANCER CHASE 2023

SCHEDULE OF EVENTS

- 08:15 Registration
Refreshments
- 08:30 Silent auction opens
- 08:45 Opening remarks
- 09:00 Warm up for 5K walk/run
- 09:10 Group photo
- 09:15 Start walk/run
- 10:45 Last call silent auction
Announce raffle winner
- 11:00 Silent auction closes
- 12:30 Event ends



**Sunday September
24, 2023**

Cairine Wilson High School,
975 Orleans Boulevard, Orleans

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

"CHASING THE CURE"
See more details inside
on Page 12



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President's message

As the sun sets on another eventful summer in Blackburn Hamlet, the community buzzes with excitement over the numerous successful events that have brought neighbors closer and created lasting memories.

This summer has been nothing short of remarkable, with numerous events that brought joy to residents of all ages. The Garden Tour allowed green thumbs and gardening enthusiasts to showcase their carefully nurtured landscapes, fostering a sense of pride and connection within the community. The Movies in the Park series under the stars created enchanting evenings filled with cinematic wonder, reminding us all of the simple pleasures of life.

The community's creative spirit came alive through the mural painting project. Local children came together to transform blank walls into vibrant tapestries of culture and creativity. The murals not only add charm to the neighborhood but also serve as a testament to the unity and shared vision that Blackburn Hamlet holds dear.

The Youth Bike Rodeo, where young cyclists learned essential biking skills and safety rules in a fun and interactive environment, was a resounding success, fostering

a sense of responsibility and adventure among the youth. For the adults, an exhilarating Biking Event brought cycling enthusiasts together for a scenic ride through the Hamlet's picturesque trails and streets. It was a testament to the neighborhood's commitment to promoting healthy lifestyles and eco-friendly transportation options.

As the seasons change, one thing remains constant: Blackburn Hamlet's commitment to forging strong connections and making a positive impact, both within its borders and beyond. One of the highlights of the upcoming season is the Cancer Chase on September 24. This event, which combines a spirit of camaraderie with a commitment to raising awareness for a noble cause, promises to be a day of inspiration and unity. Participants will lace up their sneakers to walk, run or jog through the scenic routes, while contributing to cancer research and support services. It's a chance for Blackburn Hamlet to show its compassion and determination in making a positive impact. So mark your calendars for September 24 and be prepared to join hands, hearts, and footsteps for a brighter future.

Mark Lister
BCA President



A winner from the FunFair Dog Show

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Websites

www.BlackburnHamlet.ca
www.BlackburnFunFair.ca

Facebook

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

Twitter

@BlackburnOttawa

Blackburn Community Association (BCA)

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Cancer Chase: Don Kelly cancerchase@blackburnhamlet.ca
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Garden Tour: Cynthia Hoisak gardentour@blackburnhamlet.ca
Spring Cleanup: Lisa Margeson cleanup@blackburnhamlet.ca
Santa's Breakfast: Don Kelly and Angie Jodoin santasbreakfast@blackburnhamlet.ca

Board meetings

The BCA is a grassroots volunteer-run organization that supports and advocates on behalf of residents, businesses and groups in Blackburn Hamlet, Ottawa, Canada.

The BCA Board meets 9 times a year on the 3rd Thursday of the month (January-June & September-November) from 7:30pm to 10pm. Board meetings have been held virtually since March 2020. Meetings are open to Blackburn Hamlet residents. Contact secretary@blackburnhamlet.ca for the Zoom credentials.

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 21, 2023

BANAR delivery routes

A carrier is currently needed to deliver BANARs to our local businesses. Availability during business hours, and access to a vehicle or wagon is preferred. Individuals interested in this route or to be on the waitlist for other routes can contact **Joanne Smith – joannesmith@yahoo.ca**

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.



The BANAR is published and delivered 5 times a year to Blackburn homes and businesses to celebrate community and provide information on local programs and events (circulation 3,500).

Article Submissions

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

Advertising

Ads can be purchased by individual issue or for the year (i.e., 5 consecutive issues).

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

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 (~half page)*	\$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 1.75 H (smallest ad)	\$40	\$180

Note: Tax will be added to the invoice. A 10% discount is applied to yearly subscriptions.

Contact: Kendra Brett at banar@blackburnhamlet.ca

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.

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

November BANAR Deadline: October 26

November BANAR Delivery: November 18

For BCA updates go to BlackburnHamlet.ca

BCA board meeting highlights

Highlights from recent BCA board activities include:

- There are no board meetings during the months of July and August. Regular board meetings will resume on September 21, 2023.
- The BCA will be working with “Mayor” Greg Kazmierski’s family and the City on a commemorative plaque to honour his memory.
- 16 volunteers have signed up to help us water the flower gardens at the entrances to the Hamlet and at the four corners.
- We received city funding for the new mural on the Lois Kemp Arena wall facing Glen Park Drive. Youth from Blackburn Hamlet will be painting it in early August.
- The Seniors program document has been circulated for comments and the resource listings on the BCA website have been updated. The next step will be to re-establish the Seniors Action Committee and to encourage more people to attend the monthly breakfasts.
- Planning is underway for the Cancer Chase in the Fall.
- The BCA is organizing a holiday market to be held on November 18 this year.

More details can be found in the BCA Meeting Minutes on our website at <https://blackburnhamlet.ca/about/meeting-minutes/>

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.

BANAR Contact Information:

Please email Kendra Brett at banar@blackburnhamlet.ca

Fun with nature at the FunFair

Sarah Morgan-White, BCA Environment

Several BCA Environment and Tree Team volunteers spent their Sunday morning at the Blackburn Hamlet FunFair inviting attendees to learn about tree seeds and to make beautiful mandalas with items from our natural environment. I want to express my deepest gratitude to Stephen, Devon, Sun Shan and Supattana for organizing and dedicating their time and talents to this event. Thank you!



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Local youth create a brand new mural at Lois Kemp Arena

By *Maureen Forsythe, BCA Youth Director*

As you drive down Glen Park Drive toward Innes and the Metro, it will be hard to miss the colourful new mural on the Lois Kemp arena, which features a scattering of leaves blowing across the wall, a large black-capped chickadee perched on a branch and a beautiful butterfly hovering above a flower.

As part of its youth engagement activities, the Blackburn Community Association (BCA) invited local youth to participate in the design and installation of a brand new outdoor mural for our community.

On July 10th thirteen Blackburn youth participated in an outdoor brainstorming session with mural artist Dan Martelock to help generate ideas for the design of the mural. The starting point for the discussion was how we might include birds, bees, flowers and natural grasses in the design. There was a lively discussion about different bird species and different flowers that

may be spotted in the Hamlet. There were also suggestions to include animals such as squirrels, foxes (given recent sightings of a fox in our neighbourhood) and even panda bears (there have been no confirmed sightings (yet) of panda bears).

On Friday August 11th, which also happened to be participant Sophie Moreau's birthday, eighteen local youth gathered outside the arena for a full day of outdoor fun and painting. Participants worked in pairs and small teams, using a variety of Dan's hand drawn stencils for the leaves. Dan, with fellow artist Ryan Smeeton, guided all of the painting activities throughout the day. A pizza lunch was provided to participants (special thanks to Imilio's Pizzeria for opening up early for us that day). Congratulations to all of the young people who made this mural a reality in our community!

Special thanks to Crime Prevention Ottawa (City of Ottawa) for their financial support through the Paint It Up! mural project.



Rain barrel sales in Blackburn a success!

Miriam Hampson

This year, the BCA partnered with RainBarrel.ca to sell rain barrels to our community. RainBarrel.ca reclaims food grade barrels and repurposes them as rain barrels. Once used to transport fruits and vegetables, they now offer years of reliable service as rain barrels. Partnering with various non-profit organizations, RainBarrel.ca helps stage truckload fundraisers in communities like ours across Canada. The BCA sold over 80 rain barrels and 40 miscellaneous parts!

Rain barrels provide a free source of water that is ideal for vegetables, trees, and plants because it does not contain fluoride and chlorine, which are added to many municipal water systems. They enable res-

idents to collect water through the rainy season for use during dry summer months. When outdoor water restrictions are in place, water from a rain barrel can be used to wash vehicles and water lawns. Having a source of stored water can be beneficial if an emergency ever arises. Rainwater also has the benefit of being a similar temperature as the air, and does not shock plants' roots like tap water does.

The BCA will receive \$10 from every rain barrel sold; and \$2 from each downspout diverter, stand or flower pot sold. Proceeds will support BCA initiatives. Thank you to the BCA team for helping distribute the many barrels to community members and to the new rain barrel owners for their purchase. Truly a win-win for everyone – while helping protect and preserve our water resources for a better planet!

Thank you Blackburn Hamlet garden watering team

Miriam Hampson

If you have noticed some flowery blooms when entering our Hamlet, then you can thank the 16 volunteers that diligently water these plants weekly to welcome and beautify our community!

This volunteer job is not for the weary! You have to be able to tolerate the heat, the mosquitoes, the resident snake (that sometimes slithers your way), and the mole that suddenly scurries down a garden hole. You can't be afraid to get your hands dirty. And most importantly, you need muscles to carry the many jugs of water to the four garden sites!

From May to October you might see a Blackburn Hamlet volunteer pulling weeds, or deadheading a plant, or watering gently in one of these gardens. Please thank them! And if you are so inclined, feel free to join our team of young and old gardeners by contacting beautification@blackburnhamlet.ca

Special thank you to the other members of the Watering Team of 2023: Bree Campbell, Christina McNiven, Christine Varley, Debbie Jolley, Don Kelly, Erik Leicht, Garth Hampson, Heather McCuaig-Edge, Karen Barrington, Os Hoch, Laura Smith, Lisa Margeson, Monica De Romer, Susie Wilson, and Tammy Bedard! It couldn't be done without you!



FunFair survey

A lot of work and planning goes into organizing the FunFair every year. As we start preparing for 2024, we'd like to hear from you – the community – about the good, the bad, and everything in between regarding your thoughts on this year's FunFair! Your feedback will

help us make it even better next year!

Follow this link where we have three questions for you to answer, with as many or as few details as you'd like:

www.blackburnfunfair.ca/2023-funfair-survey/



Adopt a tree

Looking for some company in your yard? Stay tuned to the BCA website and Facebook page this fall for a chance to apply to adopt a tree/shrub! Last year, we found forever homes for four of our leafy friends. Open only to Blackburn Hamlet residents.

40 years in Blackburn Hamlet!

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Blackburn Hamlet National Tree Day colouring contest open to residents of Blackburn Hamlet only. Colour in the space provided below an image answering the question. One (1) random draw of one (1) back-to-school-themed gift basket by Metro with approximate retail value of \$50. Chances of winning the prize depend on the total number of entries received. Potential winner must answer a skill testing question. Proof of residency may be required. All ages can participate. Minors must have parent or guardian's consent.

Concours de coloriage Blackburn Hamlet pour la Journée nationale de l'arbre est ouvert seulement aux résidents de Blackburn Hamlet. Colorier dans l'espace ici-bas une image qui répond à la question posée. Un (1) tirage au sort d'un panier-cadeau de Métro sur le thème de la rentrée scolaire d'une valeur au détail approximative de 50\$. Les chances de gagner dépendra du nombre total de soumissions reçus. Le gagnant potentiel doit répondre à une question d'habileté. Preuve de résidence peut être nécessaire. Tout les âges peuvent participer. Les personnes mineures doivent obtenir le consentement d'un parent ou d'une tuteur.

My favorite tree is...

Mon arbre préféré est...

Your drawing must be received by September 10th 5pm. Drop off at Ottawa Public Library - Blackburn Branch or Metro (Blackburn Hamlet) in designated boxes. Open only to residents of Blackburn Hamlet. One entry per person. *Votre dessin doit être reçu par le 10 septembre à 17hre. Déposer à la bibliothèque publique - succursale Blackburn Hamlet ou au Métro Blackburn Hamlet dans les boîtes désignées. Ouvert seulement aux résidents de Blackburn Hamlet. Limite d'une participation par personne.*

Information—> www.blackburnhamlet.ca

Questions: enviro@blackburnhamlet.ca

2023 Cancer Chase

Be there on Sunday, September 24, 2023!

*Don Kelly and Karl Frangian,
Cancer Chase Co-Chairs*

This year's Cancer Chase event will be a collaboration between the BCA and the Convent Glen Orleans Woods Community Association (CGWCA). **The event will be held on September 24 at 975 Orleans Boulevard, near the Cairine Wilson High School in Convent Glen.** This year's theme is "Chase the Cure".

All funds from the Cancer Chase go directly to cancer research at the Ottawa Hospital via the Ottawa Hospital Foundation. Last year more than 170 people attended our event and over \$15,000 was raised. The Cancer Chase has become a vibrant community event that can be enjoyed by the entire family while supporting a worthwhile cause.

The event will have a 5K walk/run along the Ottawa River, a silent auction, raffle draw and an amusement area, with activities such as a selfie station and a costume dress-up site. Registrants will receive a



swag bag and wrist bracelet that reads "Chase the Cure". There will also be a resource display that highlights some of the invaluable services available for those fighting cancer and those who support them. It is also anticipated that this year, courtesy of the Ottawa Fire Services, there will be a fire truck onsite to allow everyone (especially the kids) to climb aboard 'Big Red'.

We are asking donors to sup-

port this worthwhile cause with donations of cash and/or services and products for the silent auction, swag bag, and/or raffle draw. Donors will receive maximum visibility and publicity at the event, leading up to it, and afterwards through signs at the event with the company logo, notation in the local newspaper, the community websites of both BCA & CGWCA, and their social media networks. This year there are three sponsorship levels: Emerald (Over \$500), Diamond (\$101 - \$499) and Sapphire \$20 - \$100). Cash donations (over \$15) will receive an official tax receipt from the Ottawa Hospital Foundation. While in-kind donations cannot be issued a tax receipt the retail value of your donation can be a business expense. Those who wish to donate in-kind products or services please contact Don Kelly at safety@blackburnhamlet.ca to arrange the details.

To register for the event or make a cash donation please go to the Ottawa Hospital Foundation at <https://tohf.crowdchange.co/33667>.

If making a cash donation by cheque please make the cheque payable to the Ottawa Hospital Foundation with "Blackburn Hamlet Cancer Chase" in the memo section of the cheque.

Thank you so much for your consideration in supporting Cancer Chase. We would be delighted to have you join us on September 24 and together we can "Chase the Cure".

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Another Successful BCA Garden Tour

Cynthia Hoisak

How do you push the boundaries from last year's successful garden tour, to a more wonderful one this year? You add two wonderful musicians, a vocalist with a keyboard, and two master gardeners to answer questions, to the program.

To set off the weekend on Friday night, participating gardeners met at Miriam Hampson's for a meet and greet. From there, we set off in a convoy to visit as many gardens as time and daylight would permit. There were 15 gardens on the tour, with seven of them being new ones. All added to the varieties, achievements, and sharing of all the people who make the gardens such a pleasure to visit. There is always something to admire, consider, or plan on trying one day.

On Saturday we were fortunate to have the husband and wife team of Jenifir and David Thies-Thompson beautifully playing the flute and violin in the garden of Jean Clark and Guy Moreau.

On Sunday in the garden of John and Gloria Peddie, we had Garth Hampson singing, with Pat Messier on the

keyboard. His voice, well known to many, was still going strong for his 90 years, with a medley of memorable tunes. The Peddie's family and neighbours came up with 60 chairs for visitors to sit and relax and enjoy his singing.

Also on Sunday were two master gardeners, Candace Dressler and Ginette Sharpwell, sitting at Cynthia Hoisak's with gardening encyclopedias and their knowledge – ready to answer any of your questions.

Generosity was also extended with visitors donating \$1,706.60 for the Lifecentre Food Bank. The BCA contributed another \$500, for a total of \$2,206.60.

If any of you saw a drone hovering over your garden, it belonged to Dylan Warrick. He was filming a few of the gardens and you can see his great maneuvering on YouTube – search for "Blackburn Garden Tour 2023". Austin Comberton was out with his camera again this year, using a GoPro. The results of his editing, composition, and music are a pleasure to watch.

This was all made possible because so many of you contributed to the enjoyment of many in the community and beyond. Special thanks to Miriam Hampson. See you at next year's Garden Tour, July 6-7, 2024.



Discovery Café returns to Blackburn Hamlet

*Dr. John Apsimon
and Barbara Whittaker*

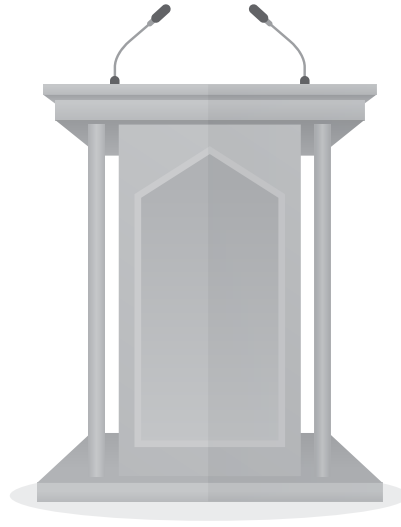
We are pleased to announce that Discovery Café is back! Before the pandemic, this popular series of public lectures, held at the former Blackburn Hamlet Community Church, featured experts in their fields sharing their knowledge and answering questions about a variety of fascinating topics.

In previous sessions, we learned about things such as the history of the Hamlet, the management of traffic to help animal migration, the story of the Ottawa River, the impact of Elvis, and the cause and effect of dreams. These thought-provoking sessions gave all who attended new perspectives on our ever-changing world.

The new Discovery Café monthly sessions will be held from 7 p.m. to 8:30 p.m. on the fourth Thursday of each month (see specific dates below), in the Blackburn Community Hall (190 Glen Park Drive). Admission is free and refreshments will be provided.

Mark your calendars for these upcoming sessions:

- **September 28, 2023** – Chemicals: The Good, the Bad and the Ugly
— **Speaker:** Dr. Robert (Bob) Burk, Professor of Chemistry, Carleton University
The word “chemicals” may have a negative connota-



tion, but chemicals actually affect all aspects of our lives. Professor Burk will help demystify some of the common misconceptions about their use and application in our world.

- **October 26, 2023** – To be confirmed
- **November 23, 2023: Detecting Fraud:** A behind-the-scenes look — **Speaker:** Robin Grosset, Chief Technology Officer, Mindbridge
Technology is advancing at a staggering pace. Fraudsters view each new advancement as an opportunity to

exploit weaknesses in systems and are using increasingly sophisticated approaches to wreak havoc on organizations and individuals. In this session, Mr. Grosset will discuss how Ottawa-based Mindbridge, a well-respected and fast-growing financial fraud detection company, is helping companies find fraudulent activity and mitigate risk.

Sessions for 2024 will be announced at a later date. For more information, please visit the BCA Website and Facebook page and look for posters around the community.

If you have any topics that you would like to hear about in future sessions, please send your suggestions to barbara@blackburnhamlet.ca.

We look forward to seeing you.

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Blackburn Hamlet Tick Talk

On July 9, several community leaders and residents attended a focus group on ticks and Lyme Disease, the purpose of which was to: learn more about ticks and Lyme Disease, share experiences, learn ways to help mitigate risks in Blackburn Hamlet, and start developing a plan. A big thank you to all those who participated!

Why is it important for us?

Lyme disease is a tick-borne disease caused by a bacteria transmitted to humans by the blacklegged tick during a tick bite (if the tick is infected with the bacteria). Lyme disease can have debilitating effects on humans and pets. Blacklegged ticks and instances of Lyme disease are increasing in the Ottawa area. We love our green-space and want to continue being able to use it safely with our pets. We hope that this focus group and the outcome of our discussions will help put us in the best position possible to mitigate our risks for tick bites and contracting Lyme Disease.



Key learnings:

- 1) DEER ARE UBERS FOR TICKS.** Have you ever been offered a beverage or snack in an Uber? Have you ever taken an Uber with your kids? Deer are Ubers for ticks! They not only feed ticks but they also transport them and their hatchlings to new destinations! For those property owners abutting parks, maybe reconsider feeding or attracting deer to your yard!
- 2) CHECK FOR TICKS.** We improved and increased our handwashing since COVID, now

let's do the same for tick checks! After being outdoors, check yourself, your pets and your loved ones for ticks.

- 3) USE "BUG SPRAY".** Whether it is chemical or plant-based repellents, consider applying bug spray before going outdoors!

What is next?

- Expect to start seeing more discussions, posts, articles and information about ticks and a proposed plan for Blackburn Hamlet this fall/winter
- Creation of a proactive group of residents and stakeholders dedicated to tackling this issue in Blackburn
- Don't be surprised to see people in white jumpsuits on our trails, they are University of Ottawa Uptick researchers catching ticks and mice to test for Lyme disease (while ticks bite, don't worry the researchers don't, and come say hi!)

Thank you to Dr. Manisha Kulkarni and Dr. Roman McKay (University of Ottawa Uptick Project) for connecting us with the University of Montreal, which is conducting this study – and of course, thank you to Camille Guillot (University of Montreal) for leading the focus group.

If you are interested in getting involved, email enviro@blackburnhamlet.ca. For more information visit our Blackburn Tick Talk page on the BCA website.



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Our Philosophy

Jan's Workout



Fun, Friends, and Fitness – We believe personal fitness goals are more easily and sustainably achieved when integrated as part of an active, socially engaged lifestyle. Our classes are offered in a warm and caring environment that fosters an atmosphere of community and lasting friendships

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)***

Pilates & more for your Core 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 2023 – Blackburn Community Centre – 190 Glenpark Drive

Wednesday September 6th, 2023

11:00 am to 1:00pm

Classes Start Monday, September 11th, 2023.

call 613 794 9858

or visit our website www.jansworkout.ca



The Bike Corner

Youth and adult bike events a success

Robert Bellizzi, BCA Transportation

The Youth Bike Rodeo was held on Saturday, May 13, at the Good Shepherd School. Over 40 children from across Blackburn Hamlet participated in the youth bike event, which was organized by the BCA. Children and parents learned how helmets are to be put on safely, the importance of checking their ABCs (Air in tires; Brakes; and Crank/Chain/Cogs), and safe riding skills like hand signaling, braking, and maneuvering through obstacles. Thanks to Trish and Rob Cochrane for their guidance and leadership in youth bike safety, and to all the volunteers who helped make this event such a resounding success. Thanks also to Constable Marc Leroux of the Ottawa Police, who actively engaged with the participants in the demonstrations of the safe bike riding techniques.

The Adult Bike Event was held on Saturday, June 10, at the Blackburn Community Hall. Approximately 15 people attended. A special thanks to the Ottawa Police

Service (OPS) for their presentation on riding safely in traffic and on their 529 Garage (<https://project529.com/garage>) bike registration program to prevent bike thefts. A big thanks also to Bike Safety Ottawa, the Ottawa Safety Council and Safer Roads Ottawa who provided informative bike safety handouts and accessories to participants. After the presentations by the OPS, participants rolled through the Blackburn neighbourhood towards Lafarge Canada, where everyone was provided a hands-on bike safety simulation with a Lafarge truck that has been updated with new bike safety features. This presentation highlighted why everyone must learn to share our roadways. Finally, a big thank you to Patti Linn for volunteering her time and expertise in developing the posters for the two events.



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WE'RE BACK: School safety tips

Don Kelly, BCA Safety

The summer is coming to a close, and everyone is anxious to get back to school and continue learning. Returning to school is more than just learning in school – it is about using safe walking, riding, and driving habits to and from school. It is also about remembering that back to school means increased traffic on the roadways, especially in the school zones. The area 10 feet around a school bus is the most dangerous for children. Motorists should stop far enough back to allow them to safely enter and exit the bus

And don't forget the presence of crossing guards and the role they play in protecting our children. The Ottawa Safety Council, which administers the crossing guard program in Ottawa, states that motor-



ists should make eye contact with the crossing guard and to always obey the stop sign they are holding. Motorists should remain stopped until all the kids have completely cleared the cross walk — not just their lane — and the crossing guard is off the road. Be alert for stragglers, especially at the beginning of the school year when the children are adapting to the changes. Motorists should avoid unexpected actions such as passing another car or making a U-turn, as children can be unpredictable.

Remember: The law says that “Failing to stop or to remain stopped

while a crossing guard is in the crosswalk can cost you a fine of up to \$1,000 and four demerit points”.

Remember it is not just the motorists who have to increase their safety rules and practices. Before school starts, parents should go over some basic safe practices with their children, such as always walking on the sidewalk, not the roadway. Remind them to look in both directions before they cross the street and to stay alert at all times; above all avoid distracted walking. When crossing the street and there are vehicles in the intersection try to establish eye contact with the driver.

For cyclists, always ride on the right side of the road, and in a single file. When crossing the street come to a full stop, and walk your bike across the roadway. And be sure to wear a properly fitted helmet.

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Laurie and Jeff invite you to the last
MOVIES in the PARK
on Friday, September 15th, 2023 at 8:30pm at 190 Glenpark Drive.
(Movie to be determined)

Laura Dudas
Orleans West/Ouest - Innes

Ready, Set, Write!

by *Maureen Forsythe*
BCA Youth Director



As part of its youth engagement activities this fall, the BCA is inviting Blackburn youth aged nine to 17 to participate in its Wonderful Writers 2023 Short Story Competition.

Youth who attend school or live in Blackburn Hamlet are invited to submit an original, unpublished short story (225-250 words) on one of the following topics: a brother and sister discover an old journal in the attic, *or* a family's cat and dog discover they have magical powers.

The first place winner will receive a cash prize of \$100 and three follow-up winners will each receive \$50.

The terms and conditions for the contest are as follows: Participants must be aged nine to 17. Participants must live or attend school in Blackburn Hamlet. Stories must be between 225 and 250 words. Each story must include a title that reflects the chosen topic. Stories must be submitted as a PDF file labelled as follows: First Name_Last Name_Name of School_Age as of December 31, 2023_Name of Home Street Address (e.g. Marlene_Smith_Glen Ogilvie_12_Northpark). Deadline for submissions is 8pm on October 18, 2023. Submissions should be sent to youth@blackburnhamlet.ca

EMERGENCY PREPAREDNESS PLANNING

Don Kelly, BCA Safety

In June, Brad Hampson and Don Kelly (on behalf of the BCA) met with the City of Ottawa's Office of Emergency Management (OEM) regarding the development of an emergency preparedness plan for Blackburn Hamlet. In consideration of recent weather events the OEM has recognized that the city

emergency services cannot be everywhere for everyone. Therefore, the OEM is engaging with community associations and asking them to provide additional assistance during an emergency in their area. The BCA has agreed to participate in this initiative.

The BCA is looking towards these three immediate actions:

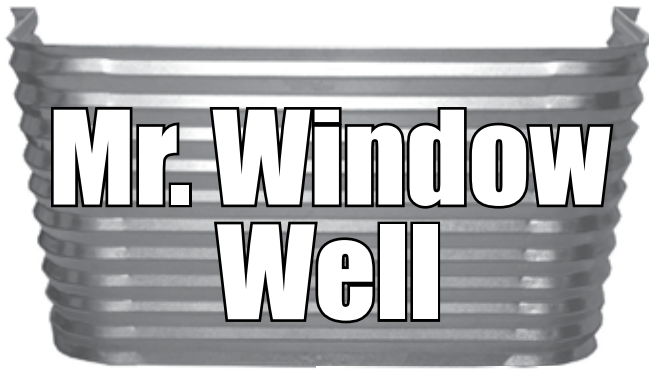
1. Development of an Education/

Awareness in Emergency Planning program at the individual household level.

2. Development of strategies that address our most vulnerable sectors in the community, both pre-emergency and during an emergency.
3. Development of a registered volunteer base that can be utilized in an emergency.

BCA will be holding community meetings and discussion groups over the coming months to address these items. The BCA would welcome comments and suggestions from their residents on how these goals can be attained. We would also welcome residents who would like to be on the committee. For those interested please contact Don Kelly or Brad Hampson at safety@blackburnhamlet.ca

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Our community benefits from the dedication of amazing volunteers

Councillor Laura Dudas

When talking with folks in the city about Blackburn Hamlet, one of the most common comments I get is how engaged and giving our community is. The Hamlet has a rich history of volunteerism and for those who have lived here their whole lives, or have moved into the community, it's something that is especially attractive about the neighbourhood.

I was particularly struck by how much our community benefits from volunteerism when I saw the latest edition of the BANAR and the community association's newsletter. There were events and activities for



all ages, and a wide variety of interests, all of which are planned and organized by community members. On top of that are the parent councils at our local schools, our area's service clubs, and so many other groups who have made it their mission to give back.

These folks share their time and passion for the community with all of us. They do it in many ways, large and small, but each of their actions help improve Blackburn Hamlet for everyone. I could list off so many volunteer-run events, from FunFair to seniors' breakfasts, to youth murals, free community BBQs, holiday food drives, group runs and bike rides, safety nights, and so much more.

These are just a few of the many things that are going on in our community, and I wanted to say "Thank you" to all the incredible volunteers who share their expertise, dedication, and passion with all of us through their actions.



Resources and activities for seniors

Barbara Whittaker, BCA Seniors Director

Are you a senior looking for activities, programs or resources? Many organizations across Ottawa offer information and activities for seniors. Please visit the updated “Seniors” page of the BCA Website at <https://blackburnhamlet.ca/our-work/seniors/> for an enhanced list of websites that may be of interest to you.

If there is a particular activity you would like to see offered in Blackburn Hamlet, or if you would like to help organize an activity, you may wish to consider joining the Seniors Action Committee.

The Seniors’ Action Committee is committed to representing seniors in our community with outreach, advocacy, and social events. These initiatives include:

- facilitating seniors’ awareness through information sessions,
- making seniors feel welcome by holding regular social functions,
- constantly inquiring from our senior community what are their needs,

- being the voice of the seniors in our community in order to make Blackburn Hamlet a desirable and safe community for seniors,
- facilitating community seniors’ involvement and encouraging seniors’ participation in activities.

The committee will generally meet monthly, but members may meet more frequently, as necessary, to organize activities.

If you would like to volunteer to be a member of the Seniors Action Committee, or have suggestions for activities to be offered in Blackburn Hamlet, please send an email to seniors@blackburnhamlet.ca.

Reminder: The Blackburn Seniors Breakfast Get-together is held on the first Wednesday of each month at Broadway Bar & Grill, 1615 Orleans Boulevard, at 9 a.m. The next breakfast will be held September 6, 2023. For more information, watch the BCA website and Facebook page and look for posters around the community. Come and join us for good food, great company and a chance to meet new friends.

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Teddy bear care

When: Sunday September 10,
9 a.m. to noon

Where: Blackburn Community Hall,
190 Glen Park Drive

Do you have a teddy or other stuffed animal in need of a little tender love and care? Bring it by the community hall to have it mended by one of our helpers for free! You may also leave with a new outfit for your stuffie too!

Are you handy with a needle and thread? Want to help make someone's day a bit brighter? If you are interested in helping at this event, please email enviro@blackburnhamlet.ca with the time you are available to help on September 10.

Come join us at the Christmas Market

On **Saturday, November 18**, the BCA is hosting their annual Christmas Market at the Blackburn Community Hall (190 Glen Park Drive). There will be a wide selection of services and wares offered by our local vendors. The event will be open from 10 a.m. to 3:30 p.m.

This will be a great opportunity for shoppers to get that special Christmas item while supporting our local business community. If you're a local small business with services or products to offer, this might be the perfect opportunity to expand your market or clientele!

As we did last year, we will be donating funds to mental health and patient support programs at the Ottawa hospital again this year. The Christmas Market will also feature a raffle draw for some exciting gifts, and a kid's craft table where the children can display their talents and skills with a variety of craft making.

If you are a vendor interested in hosting a table at the Christmas Market, visit our page for vendors at: <https://blackburnhamlet.ca/Christmasmarket>. Fees for vendors and other details are available at the website. Space for vendors is limited so don't wait to register. Register now!

We look forward to seeing you on November 18!

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Scratching, licking/chewing of the feet and legs, ear/skin infections, sneezing, runny eyes: is my pet allergic to something?

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/her be more comfortable.

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