



Blackburn Area News And Reports BANAR

Vol. 58 No. 1

September 2024



COME JOIN US AT CANCER CHASE 2024!

For the past 16 years, Blackburn Hamlet has held a charity event called Cancer Chase, featuring a 1K and 5K Walk/Run. This year's theme is "Chase the Cure" and all funds raised from Cancer Chase go directly to cancer research at the Ottawa Hospital via the Ottawa Hospital Foundation.

**Sunday, September 8, 2024,
Blackburn Hamlet Community Centre,
190 Glen Park Drive**

For registration info and more, see page 13.

8:30 AM Doors Open: Registration & refreshments
8:45 AM Silent Auction opens
9:00 AM Welcome Remarks & Speeches
9:15 AM Warm Up & Group Photo
9:30 AM Walk / Run Starts
10:45 AM Yoga session with Michelle
11:15 AM Last Call for Silent Auction
11:30 AM Silent Auction closes
12:30 PM Event Closes

Registration costs

Adults: \$25
Seniors (65+) and Youth (13-17): \$20
Children (12 and under): \$10

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WELCOMING NEW PATIENTS WITH A SMILE!



President's message

By Jeff Miller, BCA President

Well I guess it is about that time!

As summer winds down, it's a great opportunity to enjoy a beautiful fall in the Hamlet, and reflect on a busy summer for our BCA members.

We had another successful Fun-Fair, with Steve Vesely and his crew putting on a fantastic weekend! There was plenty to do for all ages. Everyone was having a great time!

I also would like to send out a big thanks to Robert Bellizzi for putting together the bike rodeo which focused on safe riding practices, proper helmet fitting, teaching hand signals and even had Dr. Cycle there to safety-check the kids' bikes, making sure that they were safe for the summer.

Youth director Melanie Mathieu had a remarkably busy summer

with game nights, art in the park, glow-in-the-dark capture the flag and more. Melanie kept the kids busy all summer!

Don't forget that the senior's breakfasts have found a new home at the Halibut House right here in Blackburn Hamlet, and stay turned to the website for the dates and times.

So many of these and other events would not be possible without the dedication and support of our many volunteers, and we are so grateful to them. Earlier this summer at our volunteer appreciation event, the **BCA recognized Angie Jodoin with this year's Community Service Award**. Many of you may recognize Angie from the countless events she helps organize or coordinate - and I invite you to join me in congratulating her on this achievement!



BCA President Jeff Miller and Director Don Kelly present Angie Jodoin with award)

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Websites

www.BlackburnHamlet.ca
www.BlackburnFunFair.ca

Facebook

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

X (formerly Twitter)

@BlackburnOttawa

Blackburn Community Association (BCA)

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

President: Jeff Miller president@blackburnhamlet.ca
Vice-President: Brent Lawrie vp@blackburnhamlet.ca
Treasurer: Lisa Margeson treasurer@blackburnhamlet.ca
Secretary: Lynn Lefevre secretary@blackburnhamlet.ca

BOARD

Beautification: Miriam Hampson beautification@blackburnhamlet.ca
Communications: Nina Ryan communications@blackburnhamlet.ca
Community Liaison: Jenny Lawrence jenny@blackburnhamlet.ca
Environment: David Purchase enviro@blackburnhamlet.ca
Hall Coordinator: William Pfitzer hall@blackburnhamlet.ca
Membership: Shashank Iyer membership@blackburnhamlet.ca
Newsletter: Lynn Lefevre newsletter@blackburnhamlet.ca
Parks: Brent Lawrie vp@blackburnhamlet.ca
Safety: Don Kelly safety@blackburnhamlet.ca
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Youth: Mélanie Mathieu youth@blackburnhamlet.ca

COMMITTEES

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Rinks: Mark Lister rinks@blackburnhamlet.ca

EVENTS

Bike Rodeo: Robert Bellizzi transportation@blackburnhamlet.ca
Cancer Chase: Don Kelly cancerchase@blackburnhamlet.ca
Christmas Market: Jenny Lawrence jenny@blackburnhamlet.ca
Community Closet: Jenny Lawrence jenny@blackburnhamlet.ca
Discovery Café: Barbara Whittaker barbara@blackburnhamlet.ca
FunFair Chair: Steve Vesely funfairchair@gmail.com
Garden Tour: Cynthia Hoisak gardentour@blackburnhamlet.ca
Santa's Breakfast: Don Kelly santasbreakfast@blackburnhamlet.ca
Spring Cleanup: Lisa Margeson cleanup@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 of Directors meets 9 times a year on the third Thursday of the month from 7:30 to 10pm. The January to March meetings are held virtually. From April to June and September to November, meetings are held in person. All meetings are open to Blackburn Hamlet residents. Check the BCA website or contact secretary@blackburnhamlet.ca for more details.

Board meetings follow an agenda, so if you have any questions or topics that you wish to raise, please advise the secretary at least five (5) days prior to the meeting.

The next BCA meeting will be held in person at the Just Food Farm red barn (upstairs), at 7:30 pm on Thursday, September 19.

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 – joanneesmith@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: Jaclyn O'Shaughnessy
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

Nov. BANAR Deadline: Oct. 17, 2024

Nov. BANAR Delivery: Nov. 9, 2024

For BCA updates go to BlackburnHamlet.ca

BCA Board highlights May & June 2024

Highlights from recent BCA Board activities include:

- The September 19, 2024 board meeting will be held upstairs in the big red barn at Just Food starting at 7:30 pm. Blackburn Hamlet residents are welcome to attend.
- The NCC is planning to install a multi-use path parallel to Tauvette that will connect the Hornets Nest path to Innes Road. This will include a fence that will have openings at the end of Tauvette and at Southpark for access to Just Food.
- The BCA is continuing to work on our Emergency Preparedness Plan in conjunction with the City of Ottawa and many other stakeholders.
- The BCA has been working with the Arena Manager on improvements to our Community Hall. Initial improvements included an outdoor trash can and a recycling bin inside the hall. Our next priority will be improving the electrical supply for FunFair and smoke and CO2 detectors. Future goals include an emergency generator, public Wi-Fi and an outdoor water fountain.

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

VOLUNTEERS WANTED

The success of the many great BCA events throughout the year rely on the dedication and support of our volunteers.

We are always looking for some helping hands, so if you would like to get involved, if you have high school volunteer hours to finish up, or want to meet new people, please reach out to a BCA member or president@blackburnhamlet.ca

Another successful Garden Tour!

Cynthia Hoisak

We did it for the third year in a row – another successful garden tour, here in the Hamlet. There were 14 gardens open for viewing, each one unique in style, design and plantings. Who knew there was so much creativity going on in those backyards, and behind the fences and hedges!

To enhance the garden settings on both days were several musicians. On Sunday, Garth Hampson was singing with Pat Messier on the keyboard, in John and Gloria Peddie's back garden. They were not alone, as about 60 seated guests listened to his beautiful voice and watched Pat's dancing fingers.

Annette and Wilbrod Leclerc took on double duty hosting on both days. On Saturday it was Tim McFarland and his band, the Hunks and Punks, who filled the air for several hours with lovely cocktail music of days gone by. Sunday, it was Jenifir and David Thies-Thompson whose magical flute and viola performances wowed the visitors.

Three Master Gardeners kept busy on Sunday for four hours at Cynthia Hoisak's back-



Continued on next page

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Continued from page 6

yard patio table. Answers were found to the many questions put to them by Belinda Boekhoven, Pauline Yelle, and Candace Dressler.

There were also five plein air artists who set up their easels, either in their own gardens, or others. Resident artists Pierre Cloutier and Supattana Bolger, displayed their works for all to see. In Jean Clark and Guy Moreau's garden was Dulce Juvet, and in Isobel Hubble's garden was Marion Jean Hall, both engrossed in drawing whatever inspired them. And in my own garden, my granddaughter Zoe Michel Hoisak managed to capture in miniature the large hypertufa filled with succulents and a tiny pine tree.

The clay pots for donations to the Lifecentre Food Bank overflowed with coins and bills. \$1,732.90 was raised, and the BCA contributed another \$500, for a grand total of \$2,232.90. A big thank you goes out to the BCA, for their assistance and contributions in helping to make this event happen.

And not least, to all the gardeners: without your time, hard work, and generosity in opening your gardens for all to see, it would have been just a normal weekend here in the Hamlet.

Kudos to Miriam Hampson whose invaluable knowledge and help made it all come together.



Blackburn Christmas Market 2024:
Applications for vendors are now open!

The Blackburn Christmas Market will be returning this year on November 23, 2024. The vendor application period has been extended until August 20. Vendors can find the application form at blackburnhamlet.ca/events/christmas-market/. For inquiries please contact jenny@blackburnhamlet.ca.

Blackburn Classical Piano Studio

New to Blackburn Hamlet, an accomplished professional pianist with extensive international performance experience.

- ▶ Concert grand piano with Steinway DNA
- ▶ All ages welcome to apply
- ▶ Instruction bilingue disponible

When: Beginning September 2024

Where: Southpark Drive

Time: Weekday evenings
Saturday mornings



Accepting interviews in August. 613. 816. 8629

Community Closet Pop-Up: kids and costumes event!

Our next Community Closet event will provide FREE access to donations of children's clothing and Halloween costumes.

Date: October 19, 2024

10 to 11 am: BCA members

11 am to 3 pm: everyone

Early admission will be given to those with active BCA memberships.

Do you have clothing or costumes to donate? Starting October 1, we will be accepting donation drop-offs at the locations below. We will be accepting children's costumes, gently used clothing, winter hats and mittens, jackets and snow suits. We will NOT be accepting bags or shoes at this time. Please do not donate soiled or tarnished items.

- 121 Westpark Dr. • 2188 Orient Park Dr.

Want to volunteer? We need help setting up the evening of October 18, as well as help on the day of the event. Please contact Jenny at jenny@blackburnhamlet.ca for more information.

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Thank you, cherished friends, families, colleagues of Blackburn Hamlet community!

Cathie Bergeron – retired librarian

I wish that I could mention the names of each of you who extended retirement wishes through announcements, cards and gifts, notes and drawings, hugs and words of retirement advice to me, but my allotment for this message is only 300 words! Please know that I have read and re-read each and every message, and thought about each of you many, many times. I miss you!

I was and continue to be deeply touched and even a little overwhelmed by your thoughtfulness, generosity, and loving kindness! Such wonderful, wonderful blessings each of you are. Thank you for being you! Thank you for bringing your smiles, friendly chats, and happy moments that brightened every day that I worked at the library. Thank you for the joy, and for the memories, and for such lovely retirement wishes. These are gifts that I will treasure always. Be well, dear friends, and I hope our paths will cross again when visiting our friendly neighbourhood library branch.

*Love always,
Cathie*

Blackburn Hamlet Friendsgiving potluck lunch

This year, the BCA's Director of Youth is collaborating with the Director of Seniors to organize a "Friendsgiving Potluck" lunch on October 12. Youth, seniors, families and members of the community are invited to come together over a Thanksgiving-themed luncheon, where there will be activities and opportunities to get to know each other. Please bring an item to share at the Blackburn Community Hall starting at 11:30 am to join in! The event will end around 3 pm. If you would like to volunteer at this event, please email youth@blackburnhamlet.ca.



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What's happening at the Blackburn Hamlet Library?

Stop by and check out what your library has to offer, from new books, express items, museum passes, online databases, magazines and so much more.

Feel free to register or drop in for one of our programs!

Family Storytime / Contes en famille

Stories, rhymes, and songs for children ages 0-6, accompanied by a parent or caregiver. Wednesdays at 10:30 am. Registration required.

Session 1 – Registration starts August 26, 2024, and runs from September 11th to October 23rd, 2024.

Session 2 – Registration starts October 21st, 2024, and runs from November 6th to December 11th, 2024.

Blackburn Hamlet Book Club (Adult):

Drop in and discuss these titles! No registration required.

September 16th “Son of a Trickster” by Eden Robinson, October 21st “Braiding Sweetgrass” by Robin Wall



Kimmerer and November 18th, “Radicalized” by Cory Doctorow. Starts at 2 pm.

Watercolour Connect / Aquarelle

Join us for a watercolour painting session, no experience necessary and supplies are provided.

- August 20, 2024
- September 24, 2024

Chess club

Join us for open games of chess every Tuesday from 3:30 to 5 pm. Whether you are a beginner or more advanced, this is a relaxed environment where everyone is welcome. Bring your own board or borrow one of ours.

Drop-in program. Ages 7+. Sessions start Tuesday September 10th, 2024.

Master Gardener

September, 14 at 11 am

Fall, final garden fling! What to plant, store, move or divide, the importance of top-dressing, garden clean-up while leaving some seed heads for overwintering birds and winter interest.

Contact North

Skills Training – Drop in and meet with a training advisor from Contact North.

- September 19 at 6 pm
- October 17 at 6 pm

Interesting information about your library!

Did you know that with your City of Ottawa Library card, you can enjoy a 20% discount on City of Ottawa sports and fitness memberships? This applies to the one-year “All-inclusive” or “One-option (Class A)” membership options.

You can recycle your batteries at the library.

Milles Feuilles Used Bookstore has gently used books for sale from \$0.25 - \$3.00. These sales fund our programs and services.

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Protect yourself from scams!

Don Kelly, BCA Safety Director

Scams seem to be everywhere.

Scenario 1: You get an email from your bank that says there has been an adjustment to your account and the bank owes you money. The email requests that you confirm your bank account number and the password, and the money owed to you will be deposited into your account immediately.

ALERT! No bank in Canada would do this.

Scenario 2: You get a phone call from someone who identifies himself as a police officer. He says your grandson has been involved in a vehicle accident and has been charged. You immediately ask if Johnny (your grandson) is okay. The caller, now knowing the name of your grandson, says Johnny is fine, but needs \$800 for bail or he will be sent to jail.

ALERT! No police agency in

Canada would do this.

These are just two of the many tactics that fraudsters use to get your money. In 2023, credit card fraud was the leading issue among bank customers, with 951 fraud-related complaints, an almost 350-per-cent increase from 2022. The Government of Canada reports that there were 41,988 victims of all types of fraud in 2023. There have already been 15,941 cases reported so far this year.

So, what can you do to avoid these scams?

On September 26, don't miss Stephanie Senecal from the Canadian Anti-Fraud Centre (CAFC) as she will explain the role of the CAFC, how you can recognize scams, and how you can defend yourself against fraudsters as part of the Discovery Café series (more info on page 26).

*Questions? Please email
safety@blackburnhamlet.ca*



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<https://www.psychologytoday.com/ca>

The Just Food Community Farm's farm stand

Yves Saint-Pierre

Nestled in Blackburn Hamlet, the bountiful Just Food Community Farm is a hub of creative agriculture and community. Independent producers share experiences, tackling new challenges daily and devising quick solutions. Organic farming is embraced here, reflecting a commitment to sustainable practices and a love for regenerating the land.

The most public face of the Just Food Community Farm is its farm stand, where producers sell what they grow and make, every Sunday from 11 am to 2 pm (except long weekends). The stand can be found within the grounds of Just Food (enter at 2391 Pepin Ct), under the pavilion behind the barn.

Here are the producers selling at the farm stand this season:

- **Bountiful Beaver** is a new farm this year in the “start;up farm” program, offering seedlings, vegetables, and a farm-sourced beverage of the week!
- **Capital Bees** sells Certified Naturally Grown honey and hive products from the bees that pollinate the farm.
- **7 Hues Eco-Farm:** CBC’s Ottawa Morning referred to Li as “the tomato lady”! Li and her husband Yves grow around 20 types of tomatoes along with peppers, squash, beans and many exotic Asian vegetables.
- **Chi Garden** is a small ecological farm, believing in “food is medicine.” Using regenerative soil practices, they grow vegetables and herbs, and forage wild edibles from East and West traditions. They specialize in fermented foods and offer teachings and tours.
- **EHO Farm** produces organic veggies with a passion and brings a taste of Haiti.
- **WWHG** provides trauma-informed programs for Women and 2SLGBTQIA+ people who have served in the Canadian Armed Forces. They sell eggs, pickles, jam, balms, and soaps.
- **Nanabush Food Forests** sells innovative low-sugar preserves from sun-ripened fruits, vegetables, herbs, and mushrooms growing in its restorative forest gardens and donates proceeds to the registered charity, Forêt Capitale Forest.

Learn more at <https://justfood-farmstand.com>. Hope to see you at the stand!

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CANCER CHASE 2024

Don Kelly

The Cancer Chase fundraiser is back in 2024, and will take place on Saturday, September 8 at the Blackburn Community Hall (190 Glen Park Drive). Over the years, Blackburn has donated over \$350,000 to the Ottawa Hospital. The Cancer Chase event has become a vibrant community event that can be enjoyed by the entire family, so come join us while supporting this worthy cause. This year's event will have a variety of activities, ranging from the Silent Auction where many incredible products will be made available at significantly reduced prices, to the family-friendly Walk/Run of



5K and 1K. Registrants will receive a Swag Bag with trinkets and snacks for all ages, valued over \$15, along with a bracelet that reads "Chase the Cure". Refreshments

and veggie snacks will be available. After the Walk/Run, join us for a Yoga session at 10:45 am. And, as a special feature, courtesy of the Ottawa Fire Services (Fire Prevention Division), there will be a Fire Truck on-site to allow everyone (especially the kids) to climb aboard Big Red.

We are asking donors to support this cause with donations of cash, products or services for the Silent Auction. 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. Donors will receive maximum visibility and publicity at the event, leading up to it, and even after the event.

To register for the event or make a cash donation, visit the Ottawa Hospital Foundation at <https://tohf.crowdchange.co/41660>. If making a donation by cheque, make the cheque payable to the Ottawa Hospital Foundation with "Blackburn Hamlet Cancer Chase" in the memo section.

Thank you so much for your support, and we would be delighted to have you join us on September 8. Together we can "Chase the Cure!"



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- Balance becoming an issue?

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Mondays and Fridays at 11:30 to 12:30

Sept 09/24 - Dec 13/24

held at the

Blackburn Community Centre

Registration 2024 – Blackburn Community Centre – 190 Glenpark Drive

Wednesday September 4th, 2024

11:00 am to 1:00pm

Classes Start Monday, September 9th, 2024

call 613 794 9858

or visit our website www.jansworkout.ca

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 (9:30-10:30 am)***

Light Workout: a 'light' choreographed cardio class with controlled impact, followed by a muscle strength and stretch segment: ***Mondays and Wednesdays (10:30-11:30 am)***

Strength & Flexibility for Balance: a fun-filled class - strengthen muscles and bones, improve balance and flexibility: ***Mondays & Fridays (11:30-12:30 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 (11:30-12:30 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 (10:30-11:30 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 every Wednesday at 6:30 pm.

Registration 2024 – Blackburn Community Centre – 190 Glenpark Drive

Wednesday September 4th, 2024

11:00 am to 1:00pm

Classes Start Monday, September 9th, 2024

call 613 794 9858

or visit our website www.jansworkout.ca

YOUTH CORNER

Melanie Mathieu - BCA Director

Ready, Set, Write!

As part of its youth engagement activities this fall, the BCA is inviting Blackburn youth aged 9 to 17 to participate in its Wonderful Writers 2024 Short Story Competition. Youth who attend school or live in Blackburn Hamlet are invited to submit an original, unpublished short story (225-300 words) on one of the following Fall and Halloween topics: a family discovers a mysterious door in the middle of a wooded path while out for walk; or tell us a story about an alien or monster visiting your school/neighborhood for the first time. What does the creature look like? Where did they come from? Do they have any special powers or weaknesses? You can include an image that you drew/created (optional) to go with your story.

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 9 to 17. Partic-

ipants must live or attend school in Blackburn Hamlet. Stories must be between 225 and 300 words. Each story must include a title that reflects the chosen topic. Stories must be submitted as a Word or PDF file labelled as follows: First Name_Last Name_Name of School_Age as of December 31, 2024_Name of Home Street Address (e.g. Melanie_Mathieu_Glen Ogilvie_12_Northpark). Deadline for submissions is 8 pm on October 14, 2024. Submissions should be sent to youth@blackburnhamlet.ca.

Youth events and activities

Teddy Bear Picnic for CHEO: Saturday September 7 from 10 am to 1 pm at the Blackburn Community Hall and exterior Park (weather permitting).

CHEO Bear Hospital: Do you have a teddy bear or stuffed animal in need of a little love and care? Bring it to the Community Hall for free treatment of any 'injuries' they might have sustained.

Loads of Activities: Games, music, reading corner, colouring contest, prizes, raffle for CHEO and

more! Light refreshments will be available.

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 on September 7, please email enviro@blackburnhamlet.ca.

Halloween Party for kids:

Sunday, October 27 at the Blackburn Community Hall

Kids ages 4 to 10 (must be accompanied by an adult).

11:30 am – 2 pm: Halloween Karaoke, dancing, sing-alongs and activities. Every person who comes up to sing will get a treat in their bag! Sing a song related to Halloween or your costume and you can pick from our special prize cauldron! (ex: Princess sings a Disney Princess song, Super Mario sings Peaches). Prizes for best individual and best group costume.

Halloween party for youth

2:30 pm – 4:30 pm: (ages 11-17).

Youth can come on their own or with friends for some frightful fun and ghoulish Halloween games! Karaoke and dance challenges will be optional if there is interest. Prizes for best individual and best group costume, and there will be plenty of goodies to be won!

Coming soon...

Keep your eyes peeled for a holiday card and ornament-making activity for kids and youth coming up before the winter holidays! Email youth@blackburnhamlet.ca if you would like to be informed about this event as details are confirmed. Information will be in the next edition of the BANAR.

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Councillor update from Laura Dudas

This has been an excellent summer; huge kudos to the FunFair Committee who pulled off yet another amazing FunFair this past June! It has always been my favourite way to kick off the season and start a summer of commu-



nity get-togethers and events like Movies in the Park, the Community Garden Tour and many community BBQs. While my recent eye surgery slowed me down, I have appreciated the opportunity to connect with everyone at many of these activities, as well as during my park pop-ups and at the door.

As the summer begins to wind down, and as we shift gears into the autumn and back-to-school, I want to wish everyone a safe and successful academic year, whether you are returning to school, or are a family heading into and navigating student life for the first time. Ottawa Public

Health has a terrific website that includes superb resources and reminders on topics ranging from routine vaccinations, eating well, and mental health at ParentingInOttawa.ca. Being active is a great way to stay well, and accessing quality

recreational activities doesn't have to be expensive. The City of Ottawa will continue to offer the Play Free program for the remainder of 2024, providing children and youth under 17, as well as accompanying adults, access to a variety of FREE drop-in activities. Schedules and locations are available on the City's website at Ottawa.ca/PlayFree.

Speaking of activities, I want to take a moment to acknowledge the hustle and bustle that comes along with managing school calendars, extracurriculars, and student jobs – for parents, caregivers, and students alike. As many of us often end

up playing chauffeur to the kids, running them to one commitment after another, this is an important time of year to pause and remind ourselves to be safe, and to slow down when out on the roads and be mindful of children and other road users. The Ottawa Safety Council (OSC) website, OttawaSafety-Council.ca, is another wonderful resource. Anyone looking to learn more about being safe on our roads, sidewalks and pathways can find a number of tips and information, and they even have free online courses geared toward students from kindergarten and grade 6 to help them learn key safety information as they become more independent. As well, the OSC is always looking to hire more crossing guards in addition to those who are already working so hard to help us safely cross the road during the morning and afternoon commutes, and information about that program is available on their website as well. For those who are interested, I do carry a stock of "Slow Down for Us" lawn signs, and if you would like one, please feel free to reach out to me at Laura.Dudas@Ottawa.ca.

There are still a few weeks of summer left, and I look forward to seeing everyone out and about in the neighbourhood. Please know that I am available, whether you have questions about a City program or would like to share your thoughts on municipal matters. Do not hesitate to reach out to me by email or phone, my team and I are here for you.

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FunFair thanks and numbers!

Thanks to everyone who helped make the 2024 Blackburn FunFair a successful event: our hard working volunteers, our financial sponsors, our attraction and event partners and our community members who came out to enjoy the festivities.

This year's event produced a number of interesting facts and figures:

Congratulations to local resident Daphne Chiu-Zelany who was the winner of the inaugural Blackburn FunFair 50/50 raffle! Daphne won \$520 and will be treating her son to The Lion King at the NAC with her prize money. Next year – don't get caught lion around and maybe you'll be our lucky winner!

Our sponsors, including lead contributors BCA and Club Optimiste de Blackburn Hamlet, contributed over \$30K to this year's fair. One third of that included first-time sponsors Halibut House, Bee-Clean Building Maintenance, Joe's Auto, Long & McQuade, Bushtukah and Broadhead Brewing.

The winner of the revived Blackburn Softball tournament was Big Bats.

The Silent Auction raised a record \$6,800 from almost 100 businesses.



Softball tournament winning team: Big Bats

Reading is still popular! The Used Book Sale raised almost \$1,700 in contributions.

Showcase popularity – our business showcase raised over \$4,300 from over 50 vendors and spots were sold out one month ahead of the fair!

The Saturday Parade contributed over 400 pounds of food donation to the LifeCentre Food Bank.

Over 400 tickets were sold to our Saturday night main act – Mothership: The Led Zeppelin Experience –

Continued on next page



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Continued from page 20

and 265 of them were online presale tickets.

Broadhead Light Lager was the most popular beer at the fair this year with 297.2 litres sold, followed closely by Broadhead's Blueberry Blonde with 238.6 litres sold.



Daphne Chiu-Zelany won the FunFair 50/50 raffle!

Over 6,000 rides were enjoyed on our increased slate of inflatable rides. The obstacle course in the parking lot was the most popular.

Our first aid response team dealt with 32 patients, the majority of which were seen on Saturday and were minor scrapes and bruises.

Close to 100 high school student volunteers reached out with interest. In the end, 83 students volunteered a total of 744 hours altogether. Way to go students!

My sincere thanks to everyone who pitched in to help. I'm very proud of the team that put in the work and put on a fantastic event.

FunFair survey

A lot of work and planning goes into organizing the FunFair every year. As we start preparing for 2025, we'd like to hear from you – the community – about the good, the bad, and everything in between. Let us know your thoughts on 2024's event. 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.blackburnfblunfair.ca/2024-funfair-survey/



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Blackburn Seniors Corner – events and activities

Barbara Whittaker,
BCA Seniors Director

On June 22, over 40 seniors gathered for a potluck feast, a trivia game, and a trip Around the World in 80 Minutes. Thanks to our well-travelled community members, attendees were able to visit Hawaii, Lebanon, Newfoundland and Labrador, the Northwest Territories, Haiti, Ecuador and Italy... all without leaving the community hall!

Our great thanks to Marion Hall, Elena Leggiadro, John Moores, and Shirley Sheppard, for all of their dedication and work in helping organize the event and to them, and Max Alvarado, Garth Hampson, Don Kelly, Lucienne Malfoux, and Jean-Jules Renaud and for setting up the wonderful displays and serving as our world experts.

UPCOMING EVENTS

Blackburn Seniors Breakfast

Get-togethers – First Wednesday of each month, 9 am, Halibut

House, 2672 Innes Road

Come and join us for good food, great company and a chance to hear about all the great activities coming up in the Hamlet. At the July breakfast, there was even a rousing rendition of The Maple Leaf Forever, led by vocalist Garth Hampson!

To help our friends at Halibut House plan for the breakfast, please RSVP Shirley at 613-841-7691 or note your attendance in the Comments section of the Facebook posts for the upcoming breakfasts:

- September 4 – RSVP by Sept. 2
- October 2 – RVSP by Sept. 30
- November 6 – RSVP by Nov. 4
- December 4 – RSVP by Dec. 2

Blackburn Seniors Walk-and-Talk outings – Fall 2024

After a hot and rainy summer, we are pleased to announce that the Blackburn Seniors Walk-and-Talk outings will resume in September.

This series of monthly walks will depart at 1 pm from the front of the Aspira Bearbrook Retirement Residence at 2645 Innes Road and will take place on the following dates:

- Wednesday, September 18
- Wednesday, October 16
- Wednesday, November 20

Routes will vary for each walk and participants have the option to do a shorter or a longer route. Water bottles are recommended. Walks will proceed rain or shine.

Free heart-valve disease screening clinic for people aged 65+:

Wednesday, September 18 – Aspira Bearbrook Retirement Residence, 2645 Innes Road

Friendsgiving Potluck Lunch –

Saturday, October 12 – 11:30 am to 3 pm – Blackburn Community Hall, 190 Glen Park Drive

Seniors, youth and all community residents are invited to join for a Friendsgiving potluck lunch.

For more information, see the article on page 8.

Seniors Holiday Kitchen Party! –

Saturday, November 30 – 5 to 9 pm – Blackburn Community Hall, 190 Glen Park Drive

Join us for a fun Newfoundland and Labrador Holiday Kitchen Party! There will be food, music, and a few surprises. Ticket information will be available soon.

For more information on these and other BCA activities, please visit the BCA Website and Facebook page and watch for posters around the community.

If you have questions about any of these events, please email seniors@blackburnhamlet.ca.



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Local wiggle walker brings home PanAm gold

Racewalking has been in every Olympic Games, it predates baseball and involves more hip movement than running, creating a bit of a wiggle.

Local wiggle walker (race-walker) and Ontario record-holder Noel Paine recently returned home from the Pan American Masters Games in Cleveland, Ohio with two gold medals in the 1500m and 3000m racewalk events.

He can often be found walking or racewalking around the Hamlet. In June alone he logged over 600km of walking! He has written a book on racewalking, has a podcast and Youtube channel, and says he would love to teach anyone who is interested to racewalk, powerwalk or just help them walk for fitness. Noel and his partner Nina are even thinking of trying to walk every street in the Hamlet in one day sometime this year, life and kids permitting!

Noel is set to race at the Canadian Masters National



Noel with his gold medal from the 1500m racewalk, where he averaged 4:52 per km pace.



Noel Paine (left) racing the 3000m racewalk at the PanAm Masters Games. Photo: Nina Ryan.

Track and Field Championships in August and finish off the year going after a 5k title in the fall in Ottawa.

A real estate advertisement featuring a portrait of David Purchase, a REALTOR® with EXP REALTY BROKERAGE. The background is a map of Blackburn Hamlet. The text reads: "Ask me about the Blackburn Discount & Referral Program!" and "Proud Resident of Blackburn Hamlet".

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First aid training courses update

By Don Kelly

In the past year, the BCA has been working with the City of Ottawa to develop an Emergency Preparedness Plan (EPP) for the Hamlet. A principal focus our EPP has been to create an awareness of what residents can do to help themselves in an emergency. One of the cornerstones of this endeavor has been providing an opportunity to residents to get First Aid Training. This spring, two courses were completed with over 30 persons becoming certified. Our courses had participants of all ages. It was especially gratifying to see many youths actively engaging in the various First Aid techniques. Both courses, under the approval of the Canadian Red Cross, were delivered by Paul Needham of PMSK First Aid Training Inc. Paul has many years of experience as a first responder and his professional delivery of the



courses was evidence of a vast knowledge and understanding of these life-saving skills. We are very grateful to PMSK and Paul for their support to our community.

Both courses were held at the Bearbrook Retirement Residence. The BCA appreciates the exceptional courtesy extended to us by the Residence, especially Erin Savard, who made every effort to ensure the participants were provided the needed resources. Some may not know that the Bearbrook Retirement Residence offers a variety of services to their members, including Independent Living, Assisted Living as well as two respite suites available for short-term stays. In addition, the

residence offers daily events and activities in their large games room.

The BCA is planning another first aid course in the Fall. If you are interested, please contact Don Kelly at safety@blackburnhamlet.ca.



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Discovery Café news

Barbara Whittaker, BCA Director

On Thursday, May 23, 2024, Dr. Paul Villeneuve, Professor in the Department of Health Sciences at Carleton University and a renowned epidemiologist in the area of environmental and occupational health, joined us to discuss Health Benefits of Green Spaces in Urban Areas – A Canadian Perspective. In this fascinating session, we learned about the importance of green spaces to our physical and mental well-being. It made us all realize just how fortunate Blackburn residents are to have so many parks, pathways and green spaces close by.

Discovery Café sessions take place on the fourth Thursday of the month, from September to November and January to May. All sessions begin at 7 pm and are held at the Blackburn Community Hall, 190 Glen Park Drive.

Please join us for these upcoming Discovery Café sessions:

September 26, 2024 – **Fraud Prevention and Awareness** – Stepha-

nie Senecal

In this important session, we will learn about the Canadian Anti-Fraud Centre (CAFC), the tools fraudsters use, top payment and communication methods, the top scams, what to do if you are a

All sessions begin at 7 pm and are held at the Blackburn Community Hall

victim, and how to report fraud.

Stephanie Senecal is an OPP civilian member and the Senior Support Coordinator at the CAFC. She manages a team of senior volunteers who do call backs to senior victims of fraud, who input fraud data and who also do fraud prevention presentations to the public. Stephanie also presents on a regular basis and assists law enforcement with their senior victims of fraud.

For more information, please see the article on page 11.

October 24, 2024 – **First Crossing: Alexander Mackenzie's fascinating crossing of North America** – Richard Van Loon

Alex Mackenzie from Canada by land 22d July 1793 – Those simple words painted on a rock at the head of the North Bentinck Arm near Bella Coola BC mark the culmination of the first complete crossing of North America, a voyage by one of Canada's most famous trader/explorers, Alexander Mackenzie. Mackenzie's odyssey was indeed amazing, but it would not have been possible without the support of several First Nations and a hardy group of traders who preceded his travels to the northwest. We will meet many of them, and his dog, as Mackenzie makes a perilous way west. Hang on. It's a tough trip.

Richard Van Loon was President and Professor Emeritus of Carleton University which he led from 1995 to 2005. He then returned to teaching there in the School of Public Policy and Administration until 2015.

He was a professor of political science and public administration at Queen's, the University of Ottawa and Carleton, intermingled with a career in the public service, ending as Associate Deputy Minister of both Health Canada and Indian and Northern Affairs.

This talk and others on early Canadian history result from an ongoing interest rekindled after he left the presidency of Carleton in 2005.

November 28, 2024 – **Let's Talk Climate Change** – Elsa DaCosta

Continued on next page



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Continued from page 26

Have you ever wondered why we are hearing so much about climate change these days? Join Elsa Da Costa as she explains the impacts of climate change, why it is such an important issue today, why governments have been meeting annually about the issue for 30 years, why the private sector is now getting involved (like your banks and pension managers), and what are some

of the main things happening in Canada to transition to low-carbon.

Elsa Da Costa has over 15 years of experience in the field of reporting on environment and sustainable development matters. She has worked for the federal government on a number of reports relating to the environment and sustainable development on sustainable development and climate change topics. For Elsa's complete bio, please visit

the Blackburn Hamlet website at blackburnhamlet.ca/241128.

Mark your calendars and watch for more information about these upcoming sessions on the BCA website at <https://blackburnhamlet.ca> or the BCA Facebook page, and on posters around the community.

If you have any topics you'd like to hear about, please send your suggestions to barbara@blackburnhamlet.ca.

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The truth about anesthesia-free dental cleaning



Anesthesia-free dental cleanings for pets are popular outside veterinary clinics due to their lower cost and avoidance of anesthesia risks. Pets remain awake, making it convenient for owners and much cheaper. However, these cleanings only address visible tartar ABOVE the gumline, focusing primarily on **cosmetic** improvement. They do not effectively clean below the gumline where bacteria thrive, leading to potential dental health issues like periodontal disease and bad breath.

In contrast, veterinary dental cleanings under anesthesia offer several advantages. A thorough examination of the entire oral cavity is performed, including x-rays to detect hidden dental problems such as tooth root abscesses or bone loss. Specialized equipment allows for comprehensive cleaning both above and below the gumline, removing

plaque and tartar effectively. This approach identifies and addresses the root causes of dental/oral disease, promoting long-term oral health and overall well-being for pets.

Key Takeaway: Anesthesia-free dental cleanings provide cosmetic benefits like whiter teeth, but they don't address underlying dental and periodontal disease. Though cheaper initially, they may allow dental problems to worsen unnoticed, leading to higher costs later. They're not a substitute for regular home dental care or professional veterinary cleaning and COHAT (Comprehensive oral health assessment and treatment), which focus on early detection and treatment to prevent irreversible damage to your pet's oral health.

For more information visit our website blog: <https://www.thehamletveterinaryhospital.ca/en/uncategorized-en/the-truth-about-anesthesia-free-dentals/>

or the AVDC website (American Veterinary Dental College): <https://afd.avdc.org/category/for-pet-owners/>

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