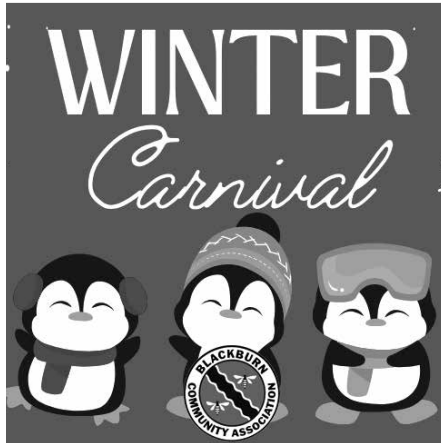


# Blackburn Area News And Reports **BANAR**

Vol. 58 No. 3

February 2025

## **BLACKBURN HAMLET WINTER CARNIVAL**



**Come one, come all,** to the first Blackburn Hamlet Winter Carnival on Sunday, February 16!

The event, spread over two locations, will feature fun and games for all ages - and encompass the Hockey Day in the Hamlet festivities from years prior. From skating and

snow sculptures to indoor games and colouring contests, there will be something for everyone. There will be gifts and prizes at all events. Food & refreshments will also be available at no cost.

*See more information on page 8.*

### **WHERE:**

Norman Johnston outdoor rink  
& the Community Hall

### **WHEN:**

Saturday, February 16, starting at 10 am

**Donations to the CHEO Coin Box and non-perishable items for the Food Bank are greatly appreciated.**



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# President's message

**What a busy time** the fall and start of winter have been for Blackburn Hamlet residents and the BCA! In December, we had another pancake breakfast hosted by none other than Santa Claus himself! A great time was had by all despite the changes to the serving schedules to help to control the amount of people in the Hall at any given time. We will be adding another seating next year to make sure we have space for everyone that wants to attend.

This year marks one of the best seasons in a long time for the outdoor rinks, with the cold weather coming early. Mark Lister, Brent Lawrie and the rink crews had the rinks in great shape for the school break. A big thanks to all the volunteers that put in a painful number of hours in the coldest weather to make this happen!

We're gearing up for the Blackburn Hamlet FunFair this June, and looking forward to seeing what Steve Vesely and the whole FunFair team has planned. If you want to

get involved, the FunFair is a great place to help out. Steve is always looking for volunteers to put all aspects of the Fair together.

What ever you like to do, please keep an eye on [blackburnhamlet.ca/](http://blackburnhamlet.ca/) where we post all of the events that the BCA is working on.

The Blackburn Community Association Annual General Meeting will be held on March 20 at 7:30 pm, in the Community Hall. All are welcome to attend. There will be updates given on projects around the Hamlet as well as the elections for the Board of Directors for 2025!

There is always room if you have ever considered getting involved in your community. Feel free to attend a BCA meeting or just connect with us through the website. We are always looking for new people to help with various projects and events.

**Jeff Miller**  
*President*  
*Blackburn Hamlet*  
*Community Association*



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### Websites

[www.BlackburnHamlet.ca](http://www.BlackburnHamlet.ca)  
[www.BlackburnFunFair.ca](http://www.BlackburnFunFair.ca)

### Facebook

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

### X (formerly Twitter)

@BlackburnOttawa

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# 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: Tammy Bedard 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  
Seniors: Barbara Whittaker seniors@blackburnhamlet.ca  
Social Media: Satinder Sahota satinder@blackburnhamlet.ca  
Transportation: Vacant transportation@blackburnhamlet.ca  
Web Content: Lynn Lefevre webadmin@blackburnhamlet.ca  
Youth: Mélanie Mathieu youth@blackburnhamlet.ca

## COMMITTEES

BANAR Editor: Jaclyn O'Shaughnessy banar@blackburnhamlet.ca  
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 virtually on February 20, 2025 at 7:30 p.m. Please contact secretary@blackburnhamlet.ca to receive an invite.

## 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, Santa's Breakfast, as well as numerous initiatives for youth, seniors and local groups. One membership covers two 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:

E-Transfer to treasurer@blackburnhamlet.ca. Please add a memo with your name and either your email address or phone number.

Cheque made out to Blackburn Community Association or Cash, mailed to BCA Membership, P.O. Box 47062, Ottawa, ON, K1B 5B0

*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**

**April BANAR Deadline: March 27, 2025**

**April BANAR Delivery: April 19, 2025**

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

## BCA Board Highlights Winter 2024/2025

Highlights from recent BCA Board activities include:

- The BCA held 65 community events in 2024 that ranged in number of participants from 8 to hundreds. Some activities were aimed at children, youth or seniors and many catered to families and residents of all ages. In addition, the BCA also provided grants to local organizations including the Food Bank, Ski Heritage East and the Blackburn Women's Softball League.
- The BCA invested in a new projector and screen to improve the BCA meetings and events held in the Hall. Additional investments will be made to replace broken tables and the BCA's barbeque in 2025.
- After a significant amount of effort from our Treasurer, Lisa Margeson, the CRA accepted all of our tax submissions for the past 20 years and has deposited the resulting tax rebates into our account.
- Tammy Bedard has taken over the role of our Community Hall Administrator.

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!](mailto:president@blackburnhamlet.ca)**

# Blackburn Community Association (BCA)

## Annual General Meeting

The upcoming **BCA Annual General Meeting (AGM)** will be held in person at the Community Hall (190 Glen Park Drive) on Thursday, March 20, 2025 at 7:30 pm. Participation is open to all residents of Blackburn Hamlet, however, only residents who have renewed their BCA membership at least seven

days prior to the meeting are eligible to vote ([blackburnhamlet.ca/about/bca-membership/](http://blackburnhamlet.ca/about/bca-membership/)).

The main areas of discussion at the AGM will be:

- 1) Vote to approve the 2024 AGM Minutes
- 2) Presentation of our 2024 financial statements and 2025 budget

- 3) Review of our 2024 activities
- 4) Election of the Board (President, Vice-President, Treasurer, Secretary, 11 Directors)

You will find all documents for this AGM on our website at [blackburnhamlet.ca/250320](http://blackburnhamlet.ca/250320).

We look forward to your active participation in this year's AGM!

## sARTurday Morning Art Session

*Barbara Whittaker*

Looking for something to do during the cold winter months? Why not try your hand at painting! We are pleased to announce that Heather Vos, who ran art sessions at the Blackburn Hamlet Community Church prior to the pandemic, will be back in the Hamlet to lead two art sessions over the next few months. Heather is a retired teacher specializing in the arts. She has facilitated several art activities for children and adults, and she creates all kinds of art in her spare time. Her favourite kind of people are those who think they have no artistic skills whatsoever.

The first session will be held on **Saturday, February 15, 2025 at 9:00 a.m.** at the Blackburn Community Hall, 190 Glen Park Drive. Heather will guide budding artists in painting a lovely winter scene.

The second session will be held on **Saturday, May 17, 2025 at 9:00 a.m.**, also at the Community Hall.

Sessions are open to people of all ages. **Fee is \$20 per person per session and can be paid directly to Heather on the day of the session.**

Refreshments will be served.

*To help ensure we have ample supplies for participants, please register your attendance by email at [barbara@blackburnhamlet.ca](mailto:barbara@blackburnhamlet.ca).*

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# BLACKBURN HAMLET WINTER CARNIVAL

*Don Kelly, Event Coordinator*

We are looking forward to our first winter carnival, right here in the Hamlet on Family Day weekend. Join us on February 16 at two locations in the Hamlet:

At the Norman Johnston outdoor rink, there will be our annual Hockey Day event. Find out how hard you can shoot the puck, participate in skating contest, and watch some hockey skills and drills by members of the Blackburn Stingers. Learn about how to play ringette and watch some skill sessions by our local clubs. There will be family skating programs, including the puddle rink for those



just starting to be comfortable with skates. These events will run from 10 am to 2 pm.

At the Community Hall, the BCA will host a number of winter activities, including snowshoe races, snow sculpting, and Reindeer Hat Ring Toss. We are also plan-

ning to have winter survival skills presented by our local Scout group. These events will start at 11 am and go until 3:30 pm.

Visit the BCA website to learn more specific details of the various activities.

*If you would like to volunteer and help with these events, please contact [safety@blackburnhamlet.ca](mailto:safety@blackburnhamlet.ca).*



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# 2025 FunFair: New community volunteers welcome

Steve Vesely, FunFair Chair

It's cold and wintry outside now, but planning for the annual Blackburn FunFair has begun, and there's always room for more volunteers to help coordinate the various activities and events!

The FunFair is blessed with a small group of dedicated volunteers who plan and organize the festivities, and it's no small task! But everyone's time and commitment competes with other personal priorities. This year we specifically need:

- help organizing the dog show
- help with sponsorship fundraising
- help organizing the silent auction
- help with food on fair weekend
- help with marshalling the parade on fair weekend
- SmartServe certified adults who can bartend on fair weekend
- help with stage set up and tear down on fair weekend



- adult help to take tickets for attractions on fair weekend

One of the popular attractions in recent years has been affordable, carnival-like kids games by the arena, organized by the 4e Cordée Kateri Blackburn Hamlet. We'd love to offer more of these games, so if you are a leader of a local youth or community group and would like to raise some funds for your group, reach out and let's talk!

*Anyone interested in any of the opportunities - or just wants to help out - please email me at [chair@blackburnfunfair.ca](mailto:chair@blackburnfunfair.ca).*

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# Be part of the 2025 FunFair!

Steve Vesely, FunFair Chair

While our volunteers are busy planning for the FunFair, we invite all local businesses to show their community pride and help support this great annual event, taking place June 6 to 8, 2025.

This local community event has been a tradition since 1971 and strives to provide an affordable family festival weekend full of fun activities for people of all ages.

## Sponsorships & Silent Auction

Businesses have numerous opportunities to make a contribution to its success:

- **Sponsorships** - many businesses help defray the costs of the Fair with general funding donations or specific event sponsorships
- **Silent Auction** - businesses donate products or services for our silent auction
- **Parade Participation** - other groups join in our Saturday morning parade
- **Business Showcase** - many



businesses purchase a booth at the arena to promote and sell their products and services

Organizers would love to see our local businesses take advantage of one of these opportunities to contribute to the success of this year's fair.

Funding donations of all amounts are always warmly received. In return, contributors receive a variety of advertising benefits that generate publicity in ways that conventional advertising won't.

Alternatively, our Silent Auction is a popular attraction located inside the arena on Saturday June 7 and also one of our major fundraising events. We are seeking donations for the auction.

Please contact Brittany and Elena at [sponsorship@blackburnfunfair.ca](mailto:sponsorship@blackburnfunfair.ca) for more information.

## Business Showcase

The Business Showcase will be held in the arena on Saturday June 7 from 10 am to 4 pm and Sunday June 8 from 10 am to 3 pm. The event provides an indoor escape with presentations from Rays Reptiles, a bouncy castle, our popular used book sale and the opportunity to get to know local businesses and groups. Local business, non-profit organizations and community awareness groups are invited to book a table to display their products/services available to our community.

Please contact Diane and Stephanie at [showcase@blackburnfunfair.ca](mailto:showcase@blackburnfunfair.ca) for more information.

## Parade

Our Saturday morning parade is always a popular draw and another great way to showcase your business, community pride and support the local food bank. The parade, open to local schools, groups and businesses, is held on the morning of Saturday June 7 and begins at 10 a.m. The route is from Louis Riel High School, down Bearbrook Road to the fairgrounds at the Lois Kemp Arena.

Please contact Ilona and Jennifer at [parade@blackburnfunfair.ca](mailto:parade@blackburnfunfair.ca) for more information.

The FunFair volunteer committee would love to hear from you and, on behalf of our team of volunteers, we thank you in advance for your generous and appreciated donations.

We look forward to another successful FunFair in June, and we hope to see you at this year's FunFair as either a volunteer or supporter.

An advertisement for Vie Esthetic Studio. It features a circular logo with the name "Vie" in a script font and "ESTHETIC STUDIO" in a sans-serif font below it. The background is a light-colored, minimalist interior with a white chair and a table. Below the logo, the services offered are listed: "FACIALS - HYDRAFACIALS - SKIN CARE - WAXING - LASH LIFTS - TINTING - PEDICURES - MANICURES". At the bottom, the address and contact information are provided: "2559 Innes Rd, unit #4", "613 514 0536", "hello@vieestheticstudio.com", and "vieestheticstudio.com".

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# COMMUNITY CHRISTMAS TREE

*Don Kelly, Event Coordinator*

Despite the brisk weather, residents enjoyed a beautiful light show while sipping on hot chocolate and treats.

The annual lighting of the Blackburn Hamlet Community Christmas Tree was held in the evening of Saturday, December 13, in front of the Blackburn Pharmacy at the intersection of Innes Road & Southpark Drive. The ceremonial lighting was done at 7 p.m. by Councillor Laura Dudas and the owner of the Blackburn Pharmacy, Lou Frangian. Over 60 Blackburn residents attended, including many families with their children. Everyone was treated to a dazzling Christmas scene created by the joint efforts of Karl Frangian of the Blackburn Pharmacy and the BCA.

Gifts, donated by the Blackburn Pharmacy and the BCA, were handled out to the many children attending the event. Children were invited to hang specially designed Christmas ornaments on the tree. The or-



A big thank you to all who came out to light our tree and enjoy some warm refreshments

naments were provided by the BCA and intended to reflect the strong bond between its residents and our caring community.

Note: in 2025, the lighting of the Community Christmas Tree will be earlier, at 6 p.m., to allow more families and their children to enjoy this event.

*40 years in Blackburn Hamlet!*

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Thanks to Mayor Mark Sutcliffe, Councillor Laura Dudas, and OPS Constable Leroux for joining our volunteer team!



It was a full crowd at all three sittings.

# BCA SANTA'S PANCAKE BREAKFAST

*Don Kelly, Event Coordinator*

A much-anticipated annual BCA event, Santa's Pancake Breakfast, was held on December 7 at our Community Hall, where hundreds of residents of all ages came to enjoy a tasty pancake breakfast, a visit with Santa and some holiday fun.

To comply with our fire regulations, attendance was limited to 100 people at any one time. The change from previous years resulted in a new format for the event: three separate sittings at 8:30, 9:45 and 11:00am, with all three sittings reaching capacity through pre-registrations.

The star of the event, the guy in the red suit, was a favourite among children at all three sittings. He also gave out some early gifts donated by the BCA, Blackburn Pharmacy and our local Metro. Although the postal strike didn't allow letters to be sent to the North Pole from the breakfast, Santa posed for many photos and made note of all their wishes.

Our exceptional kitchen team, led by chef Paul Vanbruinessen and his

support group of Auramarina and Aaron Sawyer, Jim Margeson and Javin Massey, served over 600 buttermilk pancakes and 500 sausages to 300 guests. Gallons of coffee, hot chocolate and Timbits, generously donated by Shelley Seward-White, owner of our local Tim Hortons, added to a delightful meal. Mayor Mark Sutcliffe, Councillor Laura Dudas, and Ottawa Police Officers Marc Leroux and Mike Gatti were part of the outstanding volunteer support team. Hall decorating team Angie Jodoin, Nina Ryan and Michelle Levac created an incred-

ible Christmas setting. This year, a special addition was Leora Nauta Haines and her choir, who sang Christmas carols in English and French. The BCA thanks Leora and her choir for providing delightful music that radiated throughout the hall.

It is thanks to the efforts of volunteers that these events are so successful, and the BCA is grateful to the contribution of all our volunteers. If you can, sign up as a BCA volunteer, see our website for details.

The BCA and Santa look forward to seeing everyone next December!



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# Councillor Update

*Laura Dudas*

**On several occasions** over the years, I have had the opportunity to join volunteers flooding the ice at outdoor rinks across our community. Let me tell you, every time, I marveled at the fortitude of the rink operators and how they withstood the coldest temperatures to deliver a well-loved, traditional winter pastime for our community.

Our outdoor rinks, like much of our infrastructure in the east end, are aging. In the case of Bearbrook Park Outdoor Rink, for example, rink operators have shared with me their frustration with flooding the concrete surface, only to have their efforts literally washed away due to the uneven pad. This results in extra time needed to properly flood

the space and an unnecessary waste of water. Suffice it to say, it is not a sustainable situation.

Here's where I get to share the good news! I have worked closely with City staff and the Mayor's office to acquire the funds to redo the rink pad at three of our local rinks: Bearbrook, St. Moritz, and Barrington, this year. The result will be that come next winter season, volunteers will not have to contend with leaky ice rinks. The skating surface will be easier to maintain, and we can extend the lifespan of these popular community features.

I am so happy to fulfill the rink volunteers' request, knowing how much they do for our community and how greatly we all benefit from their efforts.

Speaking of incredible volunteers and outdoor fun, the Blackburn Winter Carnival is fast approaching and will be an awesome opportunity to get out and have some fun with neighbours. This family-friendly event will offer a variety of winter activities on Sunday, February 16, (weather permitting) at the outdoor rink at Norman Johnston Secondary Alternate School, 2401 Cleroux Crescent, and the Community Hall.

Looking for other fun activities this winter? I will be holding my annual Family Skate at the Lois Kemp Arena on March 7, from 6 to 8 p.m. It promises to be a great activity for families who are looking to get out of the house and stay active. I hope to see you there!



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## BCA Events Word Scramble Answers

FunFair Parade  
 Spring Clean-Up  
 Cancer Chase  
 Santa Pancake Breakfast  
 Discovery Cafe  
 Seniors Breakfast  
 Christmas Market  
 Winter Carnival

Hôpital Vétérinaire  
du Hamlet



The Hamlet  
Veterinary Hospital

Dr Bernard Vincelette, DMV & Dr Annie Séguin, DMV

Dr Amber Covello, DVM & Dr Alexandra Phoenix, DVM & Dr Jonathan Harris, DVM

## How often should your pet get a physical exam?



Pets will age anywhere from five to seven years for every human year. Pets cannot tell you how they are feeling. To further complicate matters, most dogs and cats will hide signs of disease in early stage.

A thorough history and physical examination are recommended once yearly for pets that appear healthy, even if no vaccinations are required that year. Senior pets and pets with ongoing diseases may require more frequent examinations.

Prepare yourself with some basic information, such as the brand and type of food that your pet eats and any supplements/medications given. You have an important role to play in communicating with your veterinarian any concerns or changes in your pet's routine. The history and

physical examination are the veterinarian's tools to detect current and upcoming health problems.

Your veterinarian will assess your pet's body such as nose, eyes, ears, mouth, and dentition. The abdomen can be palpated, allowing evaluation of some internal organs. Your veterinarian will examine your pet's coat and may locate abnormal lumps or bumps, hair loss, itchiness, or discomfort. An evaluation of your pet's muscle mass and body condition will give additional information. Instruments such as a stethoscope will be used to auscultate the heart and lungs or otoscope to examine the ears.

Depending on the physical exam findings, your veterinarian will discuss how to improve the health of your pet. Further diagnostics or treatments may be recommended.

Regular annual checkups help catch problems early, begin treatment in early stages of disease, often prolonging the length and quality of life for pets. This keeps pets happy and healthy and can save a lot of money in vet bills in the long run.

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# BCA SAFETY CORNER

*Don Kelly - Director of Safety*

Winter has arrived in Ottawa, and with it comes a need for an extra level of safety. As recent events have shown, both the road and sidewalk conditions can change significantly compared to the warmer months. Icy conditions, hardened snow banks and concentrated slush can make both walking and driving treacherous. When walking in the winter, wear proper footwear and consider snow grips for the bottoms of your shoes or boots. Do not hurry while walking outside. Pay attention to your steps and walk slowly. Take small steps, almost from side to side, to maintain your centre of gravity.

On another note, residents should be aware that the National Capital Commission (NCC) is making security changes to their property near the Just Food Farm, along Tauvette Road. The NCC is erecting a fence that will provide additional security to their property while still allowing residents the use of the land for enjoyable walking and leisure. The project is expected to be completed by early spring.

For those who may be interested, the Durham Regional Police have created 3 excellent videos on the

Neighbourhood Watch Program. The videos depict the merits and benefits of the program and how it makes communities safer. Check them out on their YouTube channel, and contact [safety@blackburnhamlet.ca](mailto:safety@blackburnhamlet.ca) to learn more.



NCC pathway near Tauvette St

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# FIRST AID TRAINING IN THE HAMLET

On March 22, 2025, the BCA will be holding a First Aid Training Course. The course will be held at the Theatre Room at the Bearbrook Retirement Residence on Innes. The course is a **CPR Level C & AED (Adult, Child & Infant)**, 6 hour course. Graduates will receive a 3-year Red Cross certification. The cost is \$65.00 per person + HST. There will be a written exam with a passing grade of 75%. The subjects covered will include:

- Responding to emergencies
- Check, Call, Care
- Airway emergencies
- Breathing & circulation emergencies
- CPR, cardiac arrest & AED
- Written exam

*To sign up for the course, please contact [safety@blackburnhamlet.ca](mailto:safety@blackburnhamlet.ca).*

# Looking for Old BANAR Editions

Did you know that the BCA has worked hard to archive many past BANAR editions, dating back to the 1960s? If you're looking for archived news from the area, or just have a curiosity about what was happening in the Hamlet in the last half century, browse the archives at [blackburnhamlet.ca/BANAR](http://blackburnhamlet.ca/BANAR).

However, the archive is not complete. We are looking for a number of editions, mainly from the 1970s and 1980s, so if you're a long-time resident, please let us know if you have



any! We would simply like to scan them for uploading to the website. For a full list of which editions we're missing by year, please visit the link above and click Archives.



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# Benefits of Lymphatic Drainage Therapy

*Anna Crandlemire*

**As a practitioner**, I've been using lymphatic drainage therapy (LDT) with clients for two years. Here's a brief introduction to the what, how and why of LDT.

**WHAT:** Our lymphatic system is a system of delicate vessels which returns excess fluids and proteins (that have seeped out of the blood capillaries) to the circulatory system. As those fluids and solids are collected, cellular waste, debris and toxins are also being collected. On the long, circuitous route back to the heart, this fluid (the lymph) passes through many checkpoints (the lymph nodes) where our immune cells examine the contents of the lymph and are able to identify imposters (viruses, bacteria, parasites, mold, etc). The lymph system can become sluggish and inefficient, resulting in reduced immunity, increased inflammation and in some cases noticeable swelling.

**HOW:** Manual lymphatic drainage supports the functions of this lymphatic system by stimulating the flow of lymph with gentle rhythmic strokes. Manual stimulation can increase the volume of flow of lymph as much as twenty times. Sessions are usually from 30 to 60 minutes long, a week apart.

**WHY:** Benefits of Lymphatic Drainage

- Detoxification (reduces allergens, cellular waste and toxins)
- Improved circulation (helpful for venous insufficiency as well)
- Pain reduction
- Speeds healing (reduces swelling after injury or surgery)
- Relaxation
- Improved immune function

---

## Sewing Club – Youth and Teen Drop-in sessions

**No sewing experience?** No problem. Come try out this useful skill and see how fun it can be to learn how to make your own knot bag, zippered pouch, and clothes! You can also bring your own project and the instructor, Sophie, will be your guide to help you complete it. These sessions are free and no materials are required.

Sophie is a bilingual sewing instructor, mom of 4, volunteer Scouts animator and a PTA mom. For more information or to reach Sophie, email [sewsewsophie@gmail.com](mailto:sewsewsophie@gmail.com)

Please register for one or all of the upcoming sessions at [blackburnhamlet.ca/250223](http://blackburnhamlet.ca/250223).

\*Note: Registration is not required but encouraged. Drop-ins welcome.

**Ages:** 8 to 17

**Location:** Blackburn Community Hall,  
190 Glen Park Drive

**Date & Time:** Sessions will be held from 3 to 5 pm, on the following dates:

Sunday February 23

Sunday March 23

Sunday April 13

Sunday May 25



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# YOUTH CORNER: Upcoming events & activities for Blackburn Youth

*Melanie Mathieu, BCA Director*

## Winter Carnival Kickoff Party:

Saturday, February 15 from 7 to 10 pm at the Blackburn Community Hall.

Beat the winter blues and come get pumped up for the Winter Carnival happening the following day! The Hall will be a winter wonderland of lights and decorations, where a DJ will be playing music the whole family can get down to. Glow sticks and refreshments will be provided.

**Spring Fling:** Sunday, March 23 from 10:30 am to 1 pm at the Blackburn Community Hall.

Come celebrate the arrival of spring at the Hall! Kids ages 5 to 15



will have opportunities to engage in various spring-themed arts and crafts, activities and games. Light refreshments will be provided. Children under 10 must be accompanied by an adult guardian.

## Witty Wintry Writers, Rally!

*\*\*\*Please note the updated theme, increased prize, and extended deadline for submissions: 9 pm on March 9, 2025.*

**Ages 5-17 Creative Comic Contest:** Create a comic of 1 panel or

more, that has a theme of winter or spring. You can draw the comic yourself (Stick figures are OK!), or you can use images you find or create with the help of technology. Cartoonists who get published in the BANAR or on the BCA website will get a \$50 gift card of their choice.

Winners will be selected based on humour, creativity, theme, and effort.

Each entry must include a title and include the following information: First Name\_Last Name\_Name of School\_Age as of March 31, 2025\_Name of Home Street Address (e.g. Melanie\_Mathieu\_Glen Ogilvie\_12\_Northpark).

Send your submissions to [youth@blackburnhamlet.ca](mailto:youth@blackburnhamlet.ca)



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ORLÉANS WEST/OUEST-INNES

LauraDudas.ca  
613-580-2472  
[Laura.Dudas@Ottawa.ca](mailto:Laura.Dudas@Ottawa.ca)

# 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. Drop-in program. Wednesdays at 10:30 am. Session runs until Feb. 26, 2025. Next session runs from March 26 until May 14, 2025.

Histoires, comptines, chansons pour les enfants de 0 à 6 ans. Portes ouvertes. Les mercredis à 10 h 30. Jusqu'au 26 fév. 2025. Prochaine session aura lieu du 26 mars au 14 mai, 2025.

## **Stay and Play / Jouons à la biblio**

Join us following our Storytime to play and chat! There will be self-directed activities and toys for young children and their parents/caregivers. Drop-in program. Wednesdays at 11 am. Session runs until Feb. 26, 2025. Next session runs from March 26 until May 14, 2025.

Joignez-nous après les Contes en famille pour jouer et socialiser. Il y aura des activités pour les tout-petits et leurs parents/gardiens. Portes ouvertes. Les mercredis à 11 h. Jusqu'au 25 fév. 2025. Prochaine session aura lieu du 25 mars au 13 mai, 2025.

**Babytime / Bébés à la biblio**  
Stories, rhymes and songs for babies and a parent or caregiver. 0-18 months. Drop-in program. Tuesdays at 10:30 am. Session runs until Feb. 25, 2025. Next session runs from March 25 until May 13, 2025.

Contes, comptines et chansons pour les bébés et un parent ou gardien. 0 à 18 mois. Portes ouvertes. Les mardis à 10 h 30. Jusqu'au 25 fév. 2025. Prochaine session aura lieu du 25 mars au 13 mai, 2025.

## **Blackburn Hamlet Book Club (Adult):**

Drop in and discuss these titles! No registration required.

February 10, 2 pm, "The Lonely Hearts" Hotel by Heather O'Neil  
March 17, 2 pm, "Hench" by Natalie Zina

April 14, 2pm, "All the light we Cannot See" by Anthony Doerr

## **Groupe de conversation en anglais / Conversation group**

Vous avez déjà une base en anglais et vous cherchez un endroit avec une ambiance décontractée et amicale pour pratiquer vos habiletés de converser en anglais? Joignez-vous à notre groupe de conversation en anglais! Recevez des conseils, rencontrez de nouvelles personnes et gagnez de la confiance à converser en anglais.

Mondays, February 3, 10 and 24 – 6pm

Mondays, March 3, 10, 17, 24 and 31 – 6pm

## **BH Technology – Question & Answer Sessions**

Our BH Tech group will be available to assist you with basic tech questions, as well as point you in the right direction for topics we do not handle. Please bring your own device and library card.

Mondays, March 10 and 24 – 3-4pm

## **Watercolour Connect / Aquarelle**

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

- February 18, 2 - 3:15 pm
- March 18, 2 - 3:15 pm
- April 15, 2 - 3:15 pm
- 

## **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+.

## **Contact North**

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

- February 20 at 6 pm
- March 20 at 6 pm
- April 17 at 6 pm

## **Armchair Travel – Norway**

Experience Norway through photos and narration of two separate cruises.

*Continued on next page*

*Continued from page 20*

See scenery from north of the Arctic circle and enjoy misty fjords, mountain top vistas and wild reindeer! Presented by Lynda Buske from the Ottawa PC Users' Group and the Orleans Photo Club. Monday, February 24, 2025 at 2:00 pm

### Who Am I? (Make your own "I Spy Book")

Use your senses and your imagination to play guessing games and spot hidden objects.

Make your own "I Spy Book" - cut out pictures from discarded books and/or old magazines or use stickers and glue them on a page then write a list of items to look for. The more pictures of different sizes you paste, the harder it will be! Extend by making the cover for the book out of cardboard.

Registration required. For ages 4-6.



March 13, at 2pm (Registration opens Feb. 10 - 10am)

### Quick PC Tips: Enhancing capabilities and performance with free tools

Learn how to extend the battery life of your PC laptop, discover the handy Microsoft PowerToys, detect fake USB flash drives before you lose data, learn why you should avoid PC "fix-it" utilities, and embed music in PowerPoint presenta-

tions.

Chris Taylor, President of the Ottawa PC Users' Group, will help you with these quick and effective remedies.

March 31 at 2:00pm (Registration required)

And many more programs are available!

### Interesting information about your library!

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

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.

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## Step Up and Lead:

# Why We Need More Scouters Today

**Scouting has long been** a cornerstone of youth development, offering youth the chance to explore the outdoors, develop critical skills, and become engaged members of their communities. But behind every successful Scout Troop, Cub Pack, or Beaver Colony is a dedicated team of adult volunteers—Scouters—who make it all possible. Now more than ever, we need passionate and committed individuals to step up as Scouters and help shape the next generation of leaders. Becoming a Scouter is one of the most rewarding opportunities you'll ever embrace.

### 1. Make a Difference in Your Community

Scouting programs rely on local volunteers to keep their operations running smoothly. As a Scouter, you're not just helping individual Scouts, you're contributing to the betterment of your entire community. Scouts often take on service projects that address real-world issues, from environmental conservation to assisting those in need. By leading these efforts, you're playing a pivotal role in creating positive change.

### 2. Learn and Grow Alongside the Scouts

Scouting isn't just a learning experience for youth—it's a transformative journey for adult volunteers, too. Whether you're honing leadership skills, learning outdoor survival techniques, or tackling lo-

gistical challenges, being a Scouter provides countless opportunities for personal growth. You'll leave each meeting, outing, or project with a sense of accomplishment and new skills to carry into your daily life.

### 3. Strengthen Family and Community Bonds

Scouting is a family-friendly program that welcomes parents, guardians, and community members to get involved. By volunteering as a Scouter, you're not only spending meaningful time with your own family but also fostering connections with other families and individuals in your community. These bonds create a support network that lasts far beyond the Scouting years.

### 4. Help Keep Scouting Accessible for All

The demand for Scouting programs continues to grow, but without enough volunteers, many young people risk missing out on the benefits of Scouting. By stepping up as a Scouter, you're ensuring that more youth have the opportunity to join this life-changing program. Your time and effort make it possible for Scouting to remain vibrant, inclusive, and accessible to all.

### 5. Be Part of a Global Movement

Scouting is a worldwide movement with a mission to create a better

world. As a Scouter, you're joining millions of volunteers across the globe who share a commitment to developing responsible, active citizens. This global community offers endless opportunities to connect, share experiences, and collaborate on initiatives that have a lasting impact.

### 6. Create Memories That Last a Lifetime

The adventures you'll have as a Scouter are as rewarding as they are unforgettable. From weekend camping trips to large-scale jamborees, you'll share incredible experiences with Scouts and fellow volunteers. These moments not only strengthen bonds but also create cherished memories that you'll carry with you forever.

### 7. It's Easier Than You Think

You don't need to be an expert camper, a seasoned leader, or a lifelong Scout to become a Scouter. Scouts Canada provides comprehensive training and resources to ensure you feel confident and prepared for your role. What matters most is your willingness to contribute your time, energy, and enthusiasm.

### Answer the Call Today

Becoming a Scouter is your chance to make a meaningful impact on the lives of young people and your community. Whether you're leading a Troop, organizing activities,

*Continued on next page*

# The BCA Events Word Scramble

The BCA organizes dozens of events throughout the year for residents and community members of all ages. Unscramble the names of some of our popular events!

NAFIRFU ARAPDE \_\_\_\_\_

RNPISG UACPNEL \_\_\_\_\_

RNCAEC AHSEC \_\_\_\_\_

NSAAT EPCKANA ATRASKFEB \_\_\_\_\_

IDOYERCSV ECAF \_\_\_\_\_

SNSOEIR AREKFSATB \_\_\_\_\_

CSSTHRMIA KMAETR \_\_\_\_\_

RIENTW AIRNCLVA \_\_\_\_\_

*Answers on page 14*

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*Continued from page 22*

or offering behind-the-scenes support, your efforts will help shape the future.

Ready to make a difference? Visit [blackburnscouting.com](http://blackburnscouting.com) to learn more about becoming a Scouter, or contact our Group Commissioner at [gc@blackburnscouting.com](mailto:gc@blackburnscouting.com). Join the movement today and discover the joy of empowering the next generation while growing alongside them. Scouting needs you—and the adventure awaits!



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# Discovery Café

*Barbara Whittaker, BCA Director*

*Discovery Café lectures are held from 7:00 to 8:30 p.m. on the fourth Thursday of each month at the Blackburn Community Centre (190 Glen Park Drive).*

*Admission is free and refreshments are provided. No registration is required.*

**In November**, Elsa da Costa gave us a fascinating talk about the evolution of global and national climate change initiatives and explained some of the challenges that have arisen in implementing them. It was an eye-opening talk, to be sure.

Please join us for these upcoming sessions:

**February 27, 2025 – The Future of Wireless Communications Networks: A Foresight towards 2050 – Halim Yanikomeroglu, Chancellor’s Professor, Systems and Computer Engineering and Director of Carleton University’s Non-Terrestrial Networks Lab**

Mobile communications and the Internet are among the two revolutionary technological achievements of the 20th century, with transformative impacts on our lives and society. In 2025, the two have become tightly intertwined. Most people access the Internet through their mobile devices, and today, Internet access implicitly means mobile Internet, making connectivity essential everywhere.

Humanity will demonstrate its full potential in every dimension (economic prosperity, wellbeing, equal opportunity, environmental, and more), when the communities get access to ultra-high-speed connectivity in a sustainable, reliable, secure and affordable manner.

This session will explore how wireless networks are expected to evolve towards 2050 with terrestrial and non-terrestrial (space and near-space/stratosphere) segments.

For Halim Yanikomeroglu’s complete biography, please visit the Blackburn Hamlet website at [blackburnhamlet.ca/250227](https://blackburnhamlet.ca/250227).

**March 27, 2025 – Forever Chemicals: Chemicals that define environmental persistence – Amy Rand, Assistant Professor in the Chemistry Department and Institute of Biochemistry, Carleton University**

Per- and poly-fluorinated substances (PFAS), commonly known as forever chemicals, are useful in our everyday lives but don’t easily break down in our environment. This talk will focus on what they are, their applications, their presence in the environment, and possible solutions to breaking them down.

**April 24, 2025 – Electric Vehicles 101 – Raymond J. Leury, President of the Electric Vehicle Council of Ottawa**

Electric Vehicles (EV) are increasing in popularity and are a good choice for those who need personal transportation. This presentation will cover the basics of EV ownership including charging, long distance travel and performance in hot and cold weather. We will also dispel some common myths that are circulated in mainstream and social media.

Raymond Leury has always been interested in science and environmental issues. 11 years ago, he bought his first EV, which led him to become a member of the Electric Vehicle Council of Ottawa (EVCO) of which he is now president. His interest in environmental issues was rekindled when he attended Al Gore’s Climate Reality Corps in 2017. Now retired from a long IT career, Raymond pursues his passion by spending much of his time researching and advocating for EVs and climate change solutions.

**May 22, 2025 – The Making of a Podcast: The Interview Dudes – James Charron**

Mark your calendars and watch for more information on all of these sessions on the BCA website at <https://blackburnhamlet.ca> and 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](mailto:barbara@blackburnhamlet.ca)*

# My Solar Odyssey

Lynn Lefevre

In the February 2023 edition of the BANAR (blackburnhamlet.ca/green), I wrote about changes I have been making to reduce my overall energy consumption. My plan for 2024 was to add solar and battery backup.

Before asking for quotes, I took time to learn about solar and battery systems as well as recommended solar providers.

In March 2024, I sent out requests for quotes and received two responses by the end of the month. The winner was clear as there was a major difference in the quality and integration of products selected.

My home insurance broker was unable to locate a provider who would cover solar after searching for two months. My solar provider gave

me a lead with a bank and, in the span of two weeks, I had coverage for my home and the new solar system.

In early June, I signed the agreement for a 10kW DC solar system and 15kWh of backup batteries. This consisted of 28 Silfab 420W panels paired with micro inverters, batteries, system controller, combiner and an EV charger from Enphase. Within a week, Hydro Ottawa gave us approval to proceed.

The structural assessment of the roof was conducted in mid-June and identified some repairs that were needed, which my solar provider was able to make during installation for only a small surcharge.

The work began in the third week of June and, by the end of August, all of the work had been completed.

The electrical inspection was conducted in early September, but the file was sent to the office for further review. Approval was granted in mid-November. Again within a week, Hydro Ottawa changed out the meter and finally, on November 19, 2024, my system was fully operational.

A more detailed article is available at [blackburnhamlet.ca/solar](http://blackburnhamlet.ca/solar). If you have questions about my experiences with any of my upgrades, feel free to reach out to me at [secretary@blackburnhamlet.ca](mailto:secretary@blackburnhamlet.ca).

## Additional Resources

- [Electrification Toolkit building-decarbonization.ca/canadas-home-electrification-toolkit/](http://ElectrificationToolkitbuilding-decarbonization.ca/canadas-home-electrification-toolkit/)
- [electrify613.slack.com](http://electrify613.slack.com)
- [envirocentre.ca](http://envirocentre.ca)
- [evco.ca](http://evco.ca)

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# BLACKBURN SENIORS CORNER

*Barbara Whittaker – BCA Director*

## Any mummers in the house?

The Blackburn Hamlet Seniors Newfoundland and Labrador (NL) Holiday Kitchen Party on November 30 was a huge success! Over 60 people gathered to enjoy a delicious potluck dinner, a fun NL terminology quiz, a mummers' parade/costume contest and a draw for door prizes. Local duo Mason's Apron provided us with wonderful entertainment, and our very own Garth Hampson sang the Ode to Newfoundland and the Mummers' Song.

A big thank to the Halibut House and Portugalos restaurants, and to members of the Seniors Action Committee (SAC) for their donations of gift cards and various items for our draw. Many thanks as well to the Blackburn Community Association for supporting the event and to the SAC (Shirley Shepard, John Moores, Elena Leggiadro, Marion Hall and Connie Matthey) for all of their amazing work in organizing the event.

Our appreciation as well goes to the cooks, organizers and helpers (for set-up, decorating and take-down) who all contributed to making this a great event.

## Other Activities

Our walks around the neighbourhood also continued last fall, with people gathering on September 18, October 16 and November 20. It was a great chance to chat while exercising and getting some fresh air.

On December 4, over 30 Blackburn seniors met for our monthly breakfast at Halibut House. We enjoyed delicious food, laughed over a holiday puzzle game and sang a couple of Christmas songs. Thanks to the generosity of all who attended, we collected \$225 and several bags of non-perishable items for the LifeCentre

Food Bank.

On January 15, over 30 seniors gathered for a belated New Year's lunch at Blackburn's Portugalos restaurant, where we tried a wide variety of delectable dishes.

## Upcoming events

**Blackburn Seniors Breakfast Get-togethers – First Wednesday of each month, 9:00 a.m., Halibut House, 2672 Innes Road**

Join us for a great meal and some fun conversations as we gather for our monthly seniors breakfast.

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

- March 5 – RSVP by March 3
- April 2 – RSVP by March 31
- May 7 – RSVP by May 5
- June 4 – RSVP by June 2

**Blackburn Seniors Potluck and Games Lunch – Saturday, March 15, 2025, 11:30 a.m. to 3 p.m., Blackburn Community Hall, 190 Glen Park Drive**  
By popular demand, we are holding another potluck and games afternoon this March.

Bring a sharable dish, your own serving utensils and your favourite game and get ready for a few hours of fun and laughter.

Doors will open at 11:30 and we will begin eating at noon.

Hope to see you there!

*More photos on next page*



**Our Mummers on display!**

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Fax: 613-824-3109  
sharkeyrenovations@gmail.com



Garth Hampson and some Mummies.



Thanks to all who joined in the fun.



Mason's Apron provided great entertainment!

# BLACKBURN BUSINESS DIRECTORY



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