

BANAR

Blackburn Area News And Reports

Vol. 59 No. 1

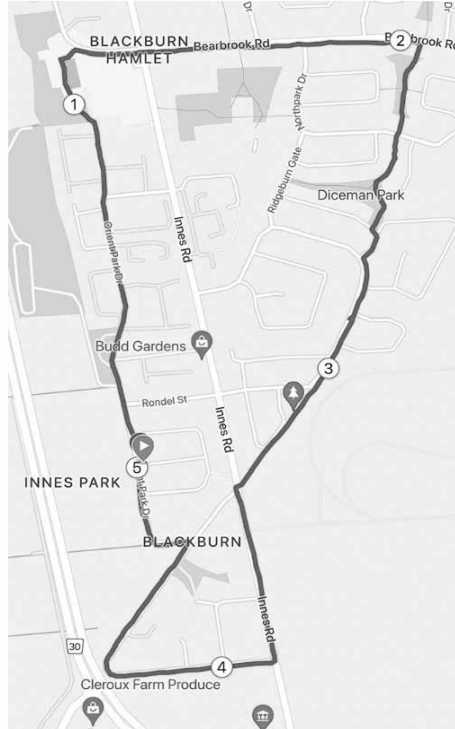
September 2025

Registration is open for the 2025 BCA Cancer Chase!

The 2025 BCA Cancer Chase is fast approaching, and we want you to be part of this meaningful community tradition!

Join us on **Saturday, September 27** at the **Blackburn Community Hall (190 Glen Park Rd)** for a **fun walk/run in support of cancer research** at The Ottawa Hospital.

Doors open at 8:15 am, and the **walk/run begins at 9:15 am**. All ages and fitness levels are welcome: bring your friends, family and neighbours for a morning filled with movement, connection and community spirit.



Ready to register?

You can sign up by:

- Emailing cancerchase@blackburnhamlet.ca
- Visiting tohf.crowdfunder.com/co/50267
- Scanning the QR code below.

Let's come together and take steps toward a cure — one stride, one smile, and one generous act at a time.



You'll also enjoy:

- The fan-favourite Silent Auction with unbeatable deals
- Our Loonie Line and Selfie Stations, where fun costumes and photo ops await
- A lively, family-friendly atmosphere for a great cause

Want to contribute to the Silent Auction? We are currently accepting donated items **valued at \$50 or more**. To inquire or get involved, please reach out to cancerchase@blackburnhamlet.ca.

The BANAR is proudly produced by the Blackburn Community Association.



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President's message

Here we are again as summer winds down and we are getting the kids ready for another year of school. It's a great opportunity to enjoy fall in the Hamlet with changing of the leaves and maybe a little relief from the heat!

This summer has brought us another successful FunFair, with Steve Vesely and his crew putting on a fantastic weekend! There was plenty to do for all ages. Each year seems to be better than the last, so I can't wait to see what the team puts together for next year.

A huge shout out has to go to our own Don Kelly who we have always known as a dedicated volunteer in our community. This summer, Don was recognized by Move 100 and La-Z-Boy Furni-

ture with the Community Hero Award and I couldn't think of a more deserving candidate!

Youth director Melanie Mathieu had a remarkably busy summer with a full schedule of something for all ages. Melanie kept the kids busy all summer!

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. If you have ever considered joining us at the BCA, please don't hesitate to give us a call. We have all kinds of roles large and small and could always use a hand.

Thanks again and enjoy the rest of the summer!

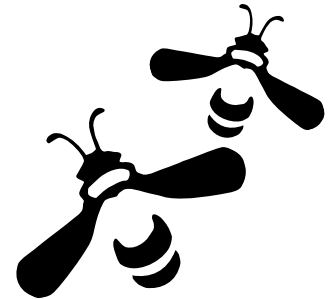
Jeff Miller, BCA President



A well-deserved recognition for our very own Don Kelly (second from right)!

Contents

- 6 2025 FunFair by the numbers
- 7 FunFair Survey
- 8 FunFair final notes
- 9 FunFair honorarium distribution
- 10 Youth Corner
- 12 Good Shepherd School International Showcase
- 14 BCA Christmas Craft Market
- 14 Christmas Craft Fair
- 16 Bike Safety
- 18 Blackburn Hamlet Duplicate Bridger
- 20 Discovery Café News
- 21 Councillor's Message
- 22 Interactive Blackburn Map
- 22 Friendsgiving Potluck Lunch
- 24 Seniors Corner
- 26 What's happening at Blackburn Hamlet Library?



Websites

www.BlackburnHamlet.ca
www.BlackburnFunFair.ca

Facebook

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

Instagram

@blackburn/hamlet

Blackburn Community Association (BCA)

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Rinks: Mark Lister rinks@blackburnhamlet.ca
Website: Steve Vesely webm

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Discovery Café: Barbara Whittaker barbara@blackburnhamlet.ca
Fun Fair: Steve Vesely funfairchair@gmail.com
Garage Sale: Lynn Lefevre enviro@blackburnhamlet.ca
Garden Tour: Cynthia gardentour@blackburnhamlet.ca
Hockey Day: Don Kelly safety@blackburnhamlet.ca
Santa's Pancake Breakfast: Don Kelly safety@blackburnhamlet.ca
Spring Cleanup: Camille-Emmanuelle Purchase cleanup@blackburnhamlet.ca
Volunteer Appreciation: Don Kelly president@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 on **Thursday, September 18** at the Blackburn Community Hall (190 Glen Park Drive), at 7:30 p.m.

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
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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. 16, 2025

Nov. BANAR Delivery: Nov. 8, 2025

For BCA updates go to BlackburnHamlet.ca

BCA Board Highlights June 2025

Highlights from recent BCA Board activities include:

- The BCA has awarded a \$500 grant to the Quilting Queens.
- The BCA has agreed to support the proposal to rename the ball diamond by the Arena to the Greg Kasmierski Memorial Field.
- The BCA is working with the City to improve the visibility of the Community Hall with a larger sign.
- The BCA congratulates Don Kelly, our Director of Safety and organizer of many BCA events, on his recent Lay-Z-Boy and Redblacks community builder awards.

More details

blackburnhamlet.ca/about/meeting-minutes/

BCA Event Highlights

First Aid Course, June 21

- 11 people completed a CPR-C & AED First Aid training course.
- Thanks to Aspira Bearbrook Retirement Living for use of their space since 2023 and for providing refreshments. Thanks also to instructor Paul Needham of PMSK FirstAid and the Canadian Red Cross.
- Next course: March 2026.

4th Annual Garden Stroll, July 5-6

- Participants strolled through 17 local gardens around the Hamlet raised over \$1,700 for the Lifecentre Food Bank. Donations from garden visitors totaled \$1,213 and the BCA donated another \$500.
- Our appreciation to everyone who made it happen: gardeners, artists, musicians, volunteers, and everyone who came to stroll. Thanks to Just Food farm for joining in our event.
- See the gardens on YouTube, search "Blankburn Hamlet 2025 Garden Stroll"
- Mark down July 11-12, 2026 for the **5th anniversary** of this community event.

2025 FunFair by the numbers

This year's FunFair was a great kick-off to our summer! Over 3 days, the community came together to put on a great event. Here's some fun facts and figures about the Fair:

- Congratulations to local resident Erika Fehr who was the winner of the 50/50 raffle! Erika won \$432.50 and splurged on a vacation shopping spree.
- The winner of the weekend softball tournament was Big Bats.
- The Friday night casino winner of the big screen TV was Jasyon Bursill.
- The Silent Auction raised \$6,200 from over 100 businesses and its new online bidding format saved countless volunteer admin hours.
- Reading is still popular! The Used Book Sale raised almost \$1,300!
- Showcase popularity: our business showcase raised a record \$6K from over 50 vendors and spots were sold out a month ahead of the event
- Over 300 guests enjoyed our Saturday night main act, Barrelhouse: a Beatles Tribute.



Congratulations to our 50/50 winner, Erika!

- Over 7,000 inflatable rides were enjoyed across the weekend. The Funhouse Maze edged out the Big Red Baller as the most popular attraction. The hockey net was the least popular.
- Our volunteer team continued its effort at encouraging online sales this year and we were super pleased to see it proved popular with our communi-



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Enjoy the new TV, Jayson!

- ty accounting for 45% of all sales.
- 76 high school students volunteered a total of 1,040 hours altogether. Way to go students!
- Many favorable comments were received on the tighter fair footprint with less sprawl and the electric vehicle trucks, which powered the majority of the rides reducing both noise and gas pollution. We were very pleased with both these initiatives.

FunFair Survey

A lot of work and planning goes into organizing the FunFair every year. As we start preparing for 2026, we'd like to hear from you – the community – about the good, the bad, and everything in between! Your feedback will help us make it even better next year! Follow this link where we have three questions for you to answer, with as many or as few details as you'd like: www.blackburnfunfair.ca/2025-funfair-survey/, or by scanning the QR code below.



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FunFair 2025 final notes

Steve Vesely, FunFair Chair

Thanks to everyone who helped make the 2025 Blackburn Funfair a successful event! Our hard working volunteers, our financial sponsors, our attraction and event partners and our community who came out to enjoy the festivities - we could not have done it without every one of you!

Your community spirit helped raise a record amount of money, which meant that our fair organizers were able to give back \$21,600 to local non profit Blackburn community groups, organizations and associations through our Honorarium Distribution Program.

Next year's fair will run June 5-7 and we hope to see you back!

Interested in getting involved? Reach out to chair@blackburnfunfair.ca for more information.

Steve Vesely, FunFair Chair

Shout out to our sponsors!

The FunFair would not happen without the generous contribution of time and labour of our committee members and volunteers. It would also not happen without the generous financial support of many of our local businesses. A big THANK YOU to all for your generous support toward the 2025 FunFair. See full list on next page

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Stephen Blais MPP Orléans
Mona Fortier MP Ottawa-Vanier



Big Bats came out on top of the softball tournament.

2025 Funfair honorarium distribution

Activity	Shares	Volunteer	Qty	Honorarium Recipient	Amount
Chair	3	Steve Vesely	2	Emily Carr Middle School	\$720.00
			1	Good Shepherd Parish	\$360.00
Support - Finance	2	Darlene Lapointe	1	Gloucester High School	\$360.00
		Aline Vesely	1	Gloucester High School	\$360.00
Support - Food Logistics	1	Sarah Antoni	1	Life Centre Food Bank	\$360.00
Support - Food Vendors	1	Steve Vesely	1	Life Centre Food Bank	\$360.00
Support - Food Coordination	1	Marc Charlebois	1	Le Club Optimiste de Blackburn Hamlet	\$360.00
Support - Food	1	Ben Charlebois	1	Le Club Optimiste de Blackburn Hamlet	\$360.00
Support - Food	1	Cassandra Fauna Minott	1	Ottawa Public Library Board	\$360.00
Support - Food BBQ/Fruit	3	Marc Charlebois	3	Le Club Optimiste de Blackburn Hamlet	\$1,080.00
Support - External	1	Mark Lamoureux	1	Glen Ogilvie Public School	\$360.00
Support - Sponsorship	2	Brittany Burden	1	Sainte-Marie School	\$360.00
		Elena Leggiadro	1	Le Club Optimiste de Blackburn Hamlet	\$360.00
Fair - Silent Auction	2	Brittany Burden	1	Life Centre Food Bank	\$360.00
		Elena Leggiadro	1	Just Food	\$360.00
Support - Tickets	3	Michael Chippa	3	Knights of Columbus No 9005	\$1,080.00
Pancake Breakfast	2	Cliff Seibel	2	Knights of Columbus No 9005	\$720.00
Support - Advertising	1	Brent Lawrie	1	Dapo Agoro Foundation for Peace	\$360.00
Support - Website	1	Steve Vesely	1	Gloucester Recreation Development Organization	\$360.00
Support - Social Media	1	Nina Ryan	1	Gloucester Recreation Development Organization	\$360.00
Support - Facilities	4	Brent Lawrie	1	Harvest House	\$360.00
		Ali Yassine	1	Life Centre Food Bank	\$360.00
		Bernard Charlebois	1	Le Club Optimiste de Blackburn Hamlet	\$360.00
		Mark Lamoureux	1	Glen Ogilvie Public School	\$360.00
Support - Volunteers: Students	2	Melanie Mathieu	1	Life Centre Food Bank	\$360.00
		Joanne Smith	1	Norman Johnson Secondary School	\$360.00
Fair - Beer Tent	1	Meagan Postlethwaite	1	Norman Johnson Secondary School	\$360.00
Fair - Softball Tournament	2	Pierre Guerard	2	Blackburn Hamlet Cornhole League	\$720.00
Fair - Book Sale	3	Steve Rathwell	2	Norman Johnston Secondary Alternate Program - Food Bank	\$720.00
		Sonia Marcotte	1	Norman Johnston Secondary Alternate Program - Food Bank	\$360.00
Fair - FunRun	2	Erika Coghill	2	Good Shepherd Parent Council	\$720.00
Fair - Movie Night	1	France Souliere	1	Life Centre Food Bank	\$360.00
Fair - Parade	2	Ilona Bartman	1	Ottawa Public Library - Blackburn Hamlet branch (children's programming)	\$360.00
		Jennifer Walker	1	Life Centre Food Bank	\$360.00
Fair - Music	4	Kevin Wright	1	YSB Foundation	\$360.00
		Kevin Wright	2	Life Centre Food Bank	\$720.00
		Kevin Wright	1	Scouts Canada - 1st Blackburn Scouting Group	\$360.00
Fair - Attractions	1	Deborah Tang	1	Girl Guides of Canada Ontario Council	\$360.00
		Kyle Labelle	1	Life Centre Food Bank	\$360.00
		Adele Landriault	1	Life Centre Food Bank	\$360.00
		Alicia Martinez	1	Emily Murphy Housing	\$360.00
Fair - Dog Show	1	Brooke & Jordan Laviolette	1	Sit with me Rescue	\$360.00
Fair - Face Painting	1	Viviane Cote Maxwell	1	4e Cordée Kateri Blackburn Hamlet	\$360.00
Fair - Funfair Games	1	Viviane Cote Maxwell	1	4e Cordée Kateri Blackburn Hamlet	\$360.00
Fair - Craft beer night	2	Ali Yassine	2	Life Centre Food Bank	\$720.00
Support - Arena Showcase	3	Diane Charlebois	3	Le Club Optimiste de Blackburn Hamlet	\$1,080.00
Support - Barricades/Popcorn	1	Joanne Laskoski	1	Scouts Canada - 1st Blackburn Scouting Group	\$360.00
Total Shares	60		60		\$21,600.00

YOUTH CORNER

Melanie Mathieu, BCA Director

After a busy summer, we're planning a handful of events and activities for the kids of Blackburn Hamlet in the coming months:

Teddy Bear Picnic for CHEO: Saturday October 18, 10 am to 1 pm, Blackburn Community Hall and exterior Park (weather permitting)

- CHEO Bear Hospital: Bring your teddy in for a little love and care for free treatment of any 'injuries'.
- Games, music, reading corner, colouring contest, prizes, raffle for CHEO and more! Light refreshments.

Volunteers needed: Are you handy with a needle and thread? If you are interested in helping at this event on

October 18, please email enviro@blackburnhamlet.ca.

Kids and Youth Halloween Parties

Saturday, November 1, Blackburn Community Hall
11:30am – 1:30pm: Kids ages 2-7 (*must be accompanied by an adult). Just Dance on the projector, sing-alongs, scavenger hunt and activities in the Hall. Prizes for best individual and best group costume.

2:30pm – 4:30pm: Kids ages 8-12: Kids can come on their own or with some friends for a scavenger hunt for goodies, pumpkin carving contest, activities and Magic Show with Popcorn. Prizes for best individual and best group costume.

6:00pm – 8:45pm: TEENS 13+: Pizza, popcorn and a scary movie! Come dressed in your favourite onesie or cozy outfit and bring a pillow, blankets or cozy chairs. Featuring *Five Nights at Freddy's* (PG13-Parental discretion is advised) on the projector. *Registration is encouraged. Send an email to youth@blackburnhamlet.ca

Ready, Set, Write!

The BCA is inviting Blackburn youth to participate in its Wonderful Writers 2025 Short Story Competition. Submit an original, unpublished short story (225-300 words) on one of the following topics: a character or characters who get something other than candy while trick or treating; OR A family buys a new pet at a strange store and start to realize that this is not the house pet they thought it was!

First place will receive a cash prize of \$100 and three runners-up will each receive \$50.

Terms and conditions: Must be aged 9 to 17. Must live or attend school in Blackburn Hamlet. Stories must be between 225 and 300 words and unpublished. 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_Name of Home Street (e.g. Melanie_Mathieu_Glen Ogilvie_12_Northpark). Deadline for submissions is 8pm, October 10, 2025. Submissions should be sent to youth@blackburnhamlet.ca.

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Good Shepherd School's International Showcase Celebrates Community Diversity

On May 21, Good Shepherd School hosted its third annual International Showcase, an uplifting celebration of community, culture and connection that brought the school's multicultural spirit to life.

Now a cherished tradition, the International Showcase is an opportunity for students and their families to share and explore the cultures and heritages that make up the school population. With over 300 students, including many newcomers to Canada, first and second-generation Canadians, Indigenous students and children of international diplomats, Good Shepherd School is a microcosm of global diversity.

The event, run by the Good Shepherd School Council, drew



Members of the Kyobe family share traditional Ugandan song and dance.

more than 200 visitors, including MPP Stephen Blais and city Councillor Laura Dudas.

"The students and their families put their entire hearts into sharing their culture and heritage with the Good Shepherd community. Students went home knowing a little bit more about each other's backgrounds and appreciating the strength in our diversity."



The Mansfield family showcasing their Irish heritage.

Students kicked off their journey by receiving special "passports," to receive stamps for every "country" they visited. Volunteers from Lester B. Pearson High School, along with Good Shepherd School staff, Council members, and other parent volunteers, ran stations, including a World Cup-style soccer tournament, henna art, cookie decorating, friendship bracelet making and

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temporary tattoos of world flags.

Standout moments came when entertainment from the local arts organization MASC wowed the crowd. Bollywood artist Kuljit Sodhi led students and parents through Bollywood moves in an interactive workshop. In the Learning Common, families enjoyed the soothing and eclectic sounds of Latin-Andean fusion band Colores Andidos.

Families hosted 13 cultural tables in the gymnasium, featuring a dazzling array of displays. Students and families sampled traditional foods, were introduced to arts, crafts, sports, and clothing, and learned interesting facts about the countries of their classmates' heritage. One family, with origins from Uganda, electrified the crowd with traditional drumming and dance.

"I loved the opportunity to meet people from home in this commu-

nity," said a Good Shepherd parent.

At its heart, the International Showcase is more than a cultural event. It's a community-building celebration. It fosters inclusion, teaches students about the world, and instills pride in cultural identity.

"We are so privileged to enjoy this unique event that we've not seen at other schools," said another attendee. "The contributions of the community are amazing, and we are so thankful to be a part of it."

Funding for the International Showcase was made possible through the OCSB's Parents Reaching Out (PRO) and Parent Involvement Committee (PIC) grants as well as School Council fundraising.

The Good Shepherd International Showcase has become a vibrant cornerstone of community pride and inclusion, showing that diversity is truly our strength.



A Bollywood-style workshop led by Kuljit Sodhi.



Latin-infusion band Colores Andinos performing in the Learning Common

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Reach out to book your free consultation today

Blackburn Hamlet Christmas Market

Don Kelly, BCA Director

The BCA's annual Christmas Market will be held on November 8 at both the Blackburn Community Centre and the Blackburn Arena. The doors will be open at 10 am and close at 3:30 pm.

This event is designed to support and showcase the many local craft merchants in our area. Everyone is welcome to attend the event, browse the many colorful and artistic displays, find that special Christmas gift or simply enjoy the many

presentations of the local artisans. We are expecting 29 vendors to display a wide variety of wares from Christmas ornaments and books, jewelry and cosmetics, to treats like delicious fudge and ornamental cookies.

Applications for vendors are still open, and the selection of vendors will be made up to and including September 9. If you are interested in hosting a table at the Christmas Market, visit our page for vendors at: <https://blackburnhamletca/christmasmarket>. All registration

fees collected from vendors will be donated to the Ottawa Hospital in support of Mental Health programs. There is a minimum donation of \$60 per table. Tables are approximately 6x3. Ample free parking is available to vendors nearby.

We hope to see you there. For all inquiries contact Don Kelly at safety@blackburnhamlet.ca.



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CHRISTMAS CRAFT FAIR

The **Catholic Women's League of Good Shepherd Parish** (3092 Innes Road at the Blackburn bypass) will be hosting their famous Christmas Craft Fair on **Saturday November 1. Doors open at 9 am** and the event runs until 2 pm. Grab a coffee and muffin! Shop an array of items made by our crafters, visit our bake table full of delicious goodies and stop by our Lunch Room for a bowl of some delicious homemade soup while you sit and take a break. We look forward to seeing you there.

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BIKE SAFETY

Don Kelly, BCA Director

The summer months are a wonderful time to get outside and enjoy a bicycle ride along the many paths and roadways in Blackburn. Riding a bike allows you to remain active and has many health benefits. But safety is paramount.

Bike riders must obey all traffic laws, including traffic signals and signs, just like other users of the paths and roadways. Bicyclists should ride on the right-hand side of the road, in the same direction as traffic, and are encouraged to use bike lanes and designated bike routes whenever possible. Remember, bicycle riding also comes with risks. In 2024, there were 123 collisions involving cyclists in Ottawa.

One of the most important means to be safe while riding a bike is to always wear a helmet. Helmets can protect you from a serious head injury. The effects of a head injury can last a lifetime, changing the way you walk, talk, play and think. It is also important to remember that in Ontario, all cyclists under the age of 18 are legally required to wear an approved bicycle



helmet. **For cyclists 16 and under, a parent or guardian must ensure they are wearing a helmet.** This law applies to all public roads and bike paths.

Another important note about bicycles is that bike thefts are a persistent problem in our community, especially during the warmer months. In 2024, 1,413 bicycles were reported stolen in Ottawa.

Did you know? The Ottawa Police Service recover hundreds of bikes a year but often have very little information to discover whom they belong to. By registering your bike with 529 Garage, this information may help you get back your bike back. It's easy to register. Simply download the app from Apple or Google, input your information, and even upload an image of your bike. This service is free.

Enjoy the ride, but always with safety in mind.

An advertisement for Richard Clancy, a bathroom renovation specialist. The background is a grayscale image of a modern bathroom with white tiles and a shower area. The text is overlaid on the image.

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An advertisement for Jan's Workout, a fitness studio. The background is a solid black color with white text. At the top, it says "40 years in Blackburn Hamlet!". Below that, the name "Jan's Workout" is written in a large, stylized font. The services offered are listed: Cardio • Strength Training, Energy Stretch, and Core (Pilates). The location is "Blackburn Community Hall" and registration is ongoing. A small circular logo with a lightning bolt is on the right. The classes are designed to embrace all levels of ability and style. For information, contact Jan Quinn at 613-794-9858. The website is www.jansworkout.ca.

40 years in Blackburn Hamlet!

Jan's Workout

**Cardio • Strength Training
Energy Stretch
Core (Pilates)**

*All classes held at the
Blackburn Community Hall*

Registration is ongoing

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

For information, contact Jan Quinn 613-794-9858

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Blackburn Hamlet Duplicate Bridge

There are two separate sessions of duplicate bridge that take place in the Blackburn Community Hall, 190 Glen Park Dr.

- **Tuesday afternoons at 1 pm.**
Director: Bill Durning (613-824-9593). Email: billdurning4@gmail.com

- **Friday afternoon at 1 pm.**
Director Ken Pearson (613-830-1659) Email: 887kmp@gmail.com.

Each group meets regularly in the Community Hall for friendly duplicate bridge. All are welcome. Players should have a basic knowledge of the game but need not have

any experience in duplicate bridge. The sessions are played from early September to late June with a break for the holiday season.

Sessions typically run for about 3 hours. Games are usually 24 to 30 boards. If you have a partner, all you need to do is show up a few minutes before start of play. Anyone looking for a partner can contact one of the directors listed above to see if a suitable partner can be found. There is a nominal fee to cover the cost of renting the facility, the bridge supplies and any refreshments. Feel free to contact either Bill Durning or Ken Pearson for more details.

Lessons can be arranged to either introduce people to the game or to improve their skills. Contact Ken Pearson for more information.



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DISCOVERY CAFÉ NEWS

Barbara Whittaker, BCA Director

Season 3 of Discovery Café returns this fall, with some great sessions aimed to inform and assist all those who attend. Discovery Café lectures take place at 7 pm at the Blackburn Community Hall (190 Glen Park Dr.) on the 4th Thursday of the month (September to November and January to May). Admission is free, people of all ages are invited and refreshments will be served.

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September 25, 2025 – Dementia Update 2025 – Dr. Christopher Skinner

Join Dr. Skinner for this informative session during which he will:

- review the different types of dementia and how dementia affects daily life
- review strategies to delay the progression of the different types of dementia; and
- review some the medications available and their side effects.

Currently a member of the Aviation Medical Review Board at Transport Canada, he has taught clinical neurology, aviation medicine and sleep medicine at all levels. He continues to teach neurology, psychiatry and neuropathology to medical students and residents at the University of Ottawa, Faculty of Medicine. For Dr. Skinner's complete biography, please check the BCA website at: blackburnhamlet.ca/250925

October 23, 2025 – Children, Seniors and Dentistry – Dr. Chantal Plant

Join Dr. Plant as she explains the importance of dental health and why dental hygiene and regular dental checkups should be considered a key part of the health regime for people of all ages.

Dr. Chantal Plant is a warm, caring dentist with over 20 years of experience. Passionate about preventative care, she enjoys treating patients of all ages— whether it is a child coming in for their first dental visit at age one or a longtime patient celebrating their 102nd birthday.

Originally from Abitibi-Témiscamingue, Québec, she graduated at the top of her class from Laval University in 1998. Her career has taken her across Canada and around the world, For Dr. Plant's complete biography, please check the BCA website at: blackburnhamlet.ca/251023

November 27 session is TBC.

Mark your calendars and watch for more info about these upcoming sessions.



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COUNCILLOR'S MESSAGE

Laura Dudas

As many are already aware, Ottawa is in the process of updating its City-wide Zoning By-laws, the first major overhaul in nearly two decades. The second draft recently completed public consultation, and the third and final draft is expected this fall.

City staff had proposed density targets for Blackburn that were in line with what you would find in Ottawa's denser, urban communities, such as Beacon Hill and Alta Vista, and even parts of downtown. What did this proposal mean? It meant that new developments in Blackburn would start at allowing as a right up to six units, each of which could also have its own accessory unit. Under this proposal, a current single-family home could be replaced by a building with 12 units. All without requiring any special permission, community input or committee vote. On certain streets south of Innes, what was proposed allowed far greater density and building heights, and was identical to what is proposed for parts of Centretown.

The heart of the concern is not new development, it's about Blackburn Hamlet's limited ability to expand its infrastructure (primarily its transportation network) knowing that the NCC Greenbelt and Lafarge form a physical barrier prohibiting Blackburn's ability to increase its infrastructure (watermains, roads, sidewalks, new parks, etc.) to accommodate an intense increase in density.

Ottawa needs more housing and under the new changes all parts of Ottawa will see an increase in density allowed. However, growth must be done thoughtfully. A need for more homes does not justify ignoring the capacity of our transportation and infrastructure networks that support these new homes. All other communities with similar zoning classifications are connected by large arterial roads. Beacon Hill has Montréal Road and Ogilvie Road. Alta Vista has Heron Road and Bank Street. These are wider roads with multiple lanes in each direction and separated medians. Bearbrook and Innes Road are not comparable and cannot be expanded to support the level of future development proposed by City staff.

I, along with many residents from Blackburn and

the Blackburn Community Association (BCA), raised serious concerns about what these changes would mean for Blackburn Hamlet.

In June, I secured a major victory by ensuring our voices were heard. A few weeks ago, a rare opportunity arose, and I acted decisively. The City was making technical amendments to the Official Plan as required by the Province, and I introduced a motion to redefine the Suburban Transect to include Blackburn Hamlet. The motion passed unanimously. Blackburn Hamlet is a suburban community and should be treated as such. The zoning being used in Ottawa's other suburban communities, such those immediately nearby in Chapel Hill or Convent Glen, include a baseline of four units for development, rather than the six proposed for Blackburn.

This change officially recognizes Blackburn Hamlet as a suburban community in the Official Plan. It also directs staff to reflect this change in the next draft of the Zoning By-laws, ensuring that future planning decisions apply suburban, not urban, policies by default. This means any future planning and zoning in Blackburn will have suburban policies applied as the standard.

It is crucial that City planners understand this is not about NIMBYism or opposition to new housing in the community. It is about ensuring that future zoning reflects the realities of the community and its infrastructure, history, and current makeup.

This has been a long road, and I sincerely appreciate everyone who has taken the time to reach out to me directly to share their concerns, as well as the BCA for their ongoing support and advocacy.



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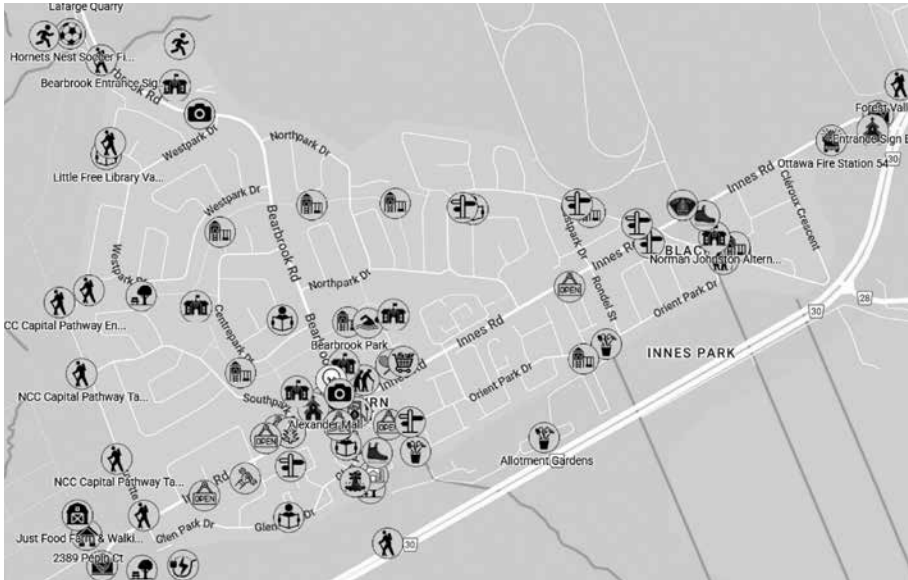
Interactive Blackburn Hamlet Map

Lynn Lefevre, BCA Secretary

Over the past year, the BCA has been working on an interactive map showing areas of interest in the Hamlet. The resulting Google map is now available and includes

descriptions, photos and other relevant details for each location.

Visit <https://blackburnhamlet.ca/map> to explore the map. If you have suggestions for additional map content, feel free to email secretary@blackburnhamlet.ca.



Blackburn Hamlet Friendsgiving Potluck Lunch

October 12th 11:30am – 2pm
Blackburn Community Hall

For a second year, the BCA's Director of Youth is collaborating with the Senior's Director 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 opportunities to get to know each other as well as a team trivia game for prizes! Please bring an item to share to the Blackburn Community Hall to join in.



COUNCILLOR / CONSEILLÈRE

LAURA DUDAS

ORLÉANS WEST/OUEST-INNES

LauraDudas.ca
613-580-2472
Laura.Dudas@Ottawa.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 Fridays (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. *Wednesdays (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 2025 – Blackburn Community Centre – 190 Glenpark Drive

Wednesday September 3rd, 2025

11:00 am to 1:00pm

Classes Start Monday, September 8th, 2025

call 613 794 9858

or visit our website www.jansworkout.ca

SENIORS CORNER

Shirley Sheppard, BCA Director

Seniors Breakfast Get-togethers

Our monthly breakfasts continued with 30-40 people participating in both June and July including our favourite maestro, Garth Hampson, who entertained us with an appropriate song of the month and led the singing Happy Birthday to those present who were celebrating that month.

Several bags of non-perishable food donations were collected, along with cash donations totalling \$285.00 from both breakfasts.

Pastor Gabe at the Lifecentre Food Bank expressed his appreciation for our ongoing donations and invited seniors to tour their premises. Some seniors visited the premises in June and another tour is being considered for later in the fall (date to be determined).

The breakfasts take place at 9 am on the first Wednesday of each month at Halibut House, 2672 Innes Road.

Please join us on the following dates:

- September 3
- October 1
- November 5

To help our friends at the restaurant prepare, please RSVP to Shirley at 613-841-7691.

Seniors Walk & Talk Outings

The first fall Walk & Talk will take place on Wednesday, September 17.



Mark your calendars and come and join us in front of the Community Hall at 190 Glen Park Drive, for 1 pm. The walk will be 5 km in and around our beautiful Hamlet and will finish back where we started. Your four-legged paw friends are also welcome to join us.

Our 2nd Walk & Talk will be outside of the Hamlet, in the Mer Bleue area, on Wednesday, October 15. We are hoping to take in the beautiful fall colours in Mer Bleue. The meeting point will be at Parking lot P20 (3018 Anderson Road) at 1 pm. We will take NCC trail # 51 for an approximate 5 km walk. The path is wide and flat and graded as an easy trail. Leashed dogs are also welcome. BCA can not be responsible for rides but is willing to help link anyone who should want a ride with someone who has availability. Should you have any

questions regarding this walk please feel free to email seniors@blackburnhamlet.ca.

Watch for our posters in the neighborhood and Facebook announcing the walks as we get closer to the dates.

Lunch at the Portugalos Restaurant

On June 20,C we enjoyed a delicious lunch and great company with approx. 25 seniors in attendance.

Heart Valve Screening Session, September 24

See poster for information.

BCA Seniors Action Committee Members:

Elena Leggiadro, Connie Matthey, Marion Hall, Barbara Whittaker, John Moores

Have you heard about **valvular heart diseases**?

Valvular heart diseases are dysfunctions of the doors that direct blood flow within the heart. These diseases affect hundreds of thousands of people in Canada.

Heart valve problems are often undetected, and late detection may have severe consequences. Our mobile screening program offers early detection, diagnosis and treatment.

A free screening for people 65+ with no known heart issues is available near you.

Your 30- to 60-minute appointment involves:

- a mini ultrasound of your heart
- questioning, measurements, and rapid finger poke blood tests to evaluate your cardiovascular risk factors

A cardiologist will review the results and recommendations will be provided at the end of your visit.

To participate in upcoming clinic Sept 24 2025 at the Aspira Bearbrook (2645 Innes Rd, Gloucester, ON K1B 4Z5), please complete this intake form with this link: <https://survey.ottawaheart.ca/index.php?r=survey/index&sid=436999&lang=en> or by scanning this QR code with your phone and our staff will contact you with an appointment.



Or Call 613 696-7412 or email at cvhd-msp@ottawaheart.ca with your name, phone number, and location of screening desired.

*Please note there are limited spots on Sept 24 2025– screening will be prioritized for those who do NOT have a family doctor and first come first serve. If you are not contacted with an appointment time, you will be automatically on the waiting list for future clinics.



FREE SCREENING FOR PEOPLE 65+

What's happening at the Blackburn Hamlet Library?

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. Histoires, comptines, chansons pour les enfants de 0 à 6 ans. Les mercredis à 10 h 30. Inscription requise.

Session 1 – Registration starts September 8 and runs from September 17 - October 22

Session 2 – Registration starts October 27 and runs from November 5 - December 3

(NEW) Sensory Storytime

Sensory Storytime features open play, a short story time, and the chance to connect with other families. A family member must be present for the program. This program provides a welcoming environment and respects the sensory needs of children 18 months to 6 years who live with developmental disabilities and/or autism, or who show signs of a developmental delay. Bilingual program. Coming this fall!

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. Age 7+.**

Homework Help

Get help with reading, math, science, French, English, etc. Led by United for Literacy volunteers. For students in grades 1 through 10. Please note: A parent or caregiver for children participating in Homework Help must remain in the library while their child is being assisted. Dates and times to be confirmed.

Blackburn Hamlet Book Club (Adult)

Share the enjoyment of good books in an informal and relaxed atmosphere. Third Monday of every month. New members welcome.

Sept. 15, 2025 - 2-3pm - Knife: Meditation After an Attempted Murder by Salmon Rushdie

Oct. 20, 2025 - 2-3pm - Determined: A Science of Life by Robert M. Sapolsky

(Nouveau) Club de lecture Français pour adultes
Joignez-vous à nous pour des discussions conviviales à propos de livres en français.

Le **18 septembre 2025** – 15 h 00 – 16 h 00 - Qimmik par Michel Jean

Le **16 octobre 2025** – 15 h 00 – 16 h 00 - La librairie des livres interdits par Marc Levy

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.

Lundis, débute le 15 septembre – 18 h 00 – 19 h 30

Group de conversation en français pour adultes / Adult French Conversation Group

Participez à notre groupe de conversation, dans une ambiance amicale et décontractée, afin d'améliorer vos habiletés à converser en français.

Mercredis débute le 17 septembre de 18 h 30 – 19 h 30

Participate in our conversation group so that you can improve your French language conversation skills in a relaxed and friendly environment.

Wednesdays, starting September 17 - 6:30 – 7:30 pm

(New) Spanish Conversation Group

Fun and friendly environment to practice your Spanish skills. Various levels are welcome, meet our volunteer and let us know what you're learning goals are! Adult drop-in program.

Fridays, starting October 10 - 3:00-4:00 pm

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.

Continued on next page

Continued from page 26

Monday, September 8 – 3-4 pm

Monday, October 6 – 3-4 pm

Monday, November 3 – 3-4 pm

Knit and Crochet Club

Bring your knitting or crochet project (or needlepoint, cross-stitch, etc.) and share tips and tricks, ideas, and conversations with fellow enthusiasts. For adults of all abilities. Drop-in.

Every Thursday from 6:30 - 8 pm.

A Morning of Fun and Games for Adults!

Do you love playing cards (Euchre)? Chess? Any game goes! We will provide an assortment of games, but you're welcome to bring your own board games, too. Join us every Tuesday from 10 am to 12 pm

Watercolour Connect

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

Wednesday, September 24 - 2:00-3:15 pm

Wednesday, October 22 - 2:00-3:15 pm

Wednesday, November 19 - 2:00-3:15 pm

(NEW) Coloring For the Mind – Adult Coloring Club

Coloring can have a calming effect on the mind and promote wellness! Join us for a fun and relaxing adult coloring session. All supplies are provided. No registration required. This is not a course.

Wednesday, September 10 - 2:00-3:15 pm

Wednesday, October 8 - 2:00-3:15 pm

Wednesday, November 5 - 2:00-3:15 pm

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Is my pet allergic to something?



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

With seasonal allergies, some pets have symptoms for a few weeks and others can have symptoms as soon as the ground thaws until the first snow. The most common time for seasonal allergies is the spring and the fall, fall being the worse time for most pets.

Common environmental allergens include pollens (grasses, weeds, trees, etc.), mold spores, dust mites, and fleas. While there is no complete cure for allergies, there are many treatments that can help. Medications like antihistamines, corticosteroids, monthly injections or other allergy medications that reduce itching offer relief. Topical medicated shampoos and sprays formulated to reduce itching, remove dander, and reduce the skin's reaction are helpful as well.

Contact your veterinarian to find ways to manage your pet's allergies and prevent infections.

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