



Blackburn Area News And Reports BANAR

Vol. 60 No. 1

September 2026



Registration is open for the 2026 BCA CANCER CHASE!

5KM

SATURDAY, SEPTEMBER 12, 2026



Register online by visiting: tohf.crowdchange.co/59796

Join us September 12th for the annual 2026 BCA Cancer Chase and help fight cancer.

- Doors and registration tables open at the Blackburn Community Hall at 8:15am.
- The walk/run begins at 9:15am.
- Join us for a group stretch before getting started.
- Walk or run the 5km route that goes through the Hamlet.

Don't forget your loonies & toonies for taping to the **Loonie Toonie Line**. Let's see how long we can make it!

Bring any means of paying for what you bid for in the **Silent Auction** and have your camera ready for the **Selfie Stations** with costumes – smiles that could be shared in our social media or the November BANAR.

If you have more questions, send an email to:
cancerchase@blackburnhamlet.ca.



**SCAN FOR ALL
EVENT INFO**



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

The BANAR is proudly produced by the Blackburn Community Association.





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President's message

It certainly has been another busy summer here in Blackburn Hamlet, starting with the amazing FunFair! The weather was a bit of a challenge, but Steve Vesely and his crew of volunteers managed to pull off a great weekend of fun for all ages!

This summer, we held the first of what will be an annual "Shred It" day in the Hamlet! Don Kelly not only had a document shredding truck onsite, but also had a presentation on how to protect yourself from all kinds of frauds. Community Police were onsite for any questions that people had.

Miriam Hampson helped put together another Blackburn Hamlet Garden Tour, giving residents the opportunity to show off all their beautiful gardens and landscaping throughout the neighbourhood.

The community association has plenty planned for the fall, so keep your eyes on the website and I hope to see everyone at any of the events that you can make it out to.

Quick reminder: as the kids get back to school, there will be lots of them on bikes, skateboards and walking to and from school. Let's take a little extra time moving through the Hamlet and make sure that we are keeping an extra eye on the roads!

As always, we are always looking for new faces and new ideas. If you have ever thought of volunteering, we would love to see you! Feel free to attend any of our BCA meetings or reach out to us through the website and we would be happy to find you a place to help.

Jeff Miller, BCA President



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Did you know that the BCA publishes a monthly electronic newsletter highlighting coming events and community news? Blackburn Hamlet residents are encouraged to sign up at blackburnhamlet.ca/newsletter for the latest news and emergency updates.



Websites

www.BlackburnHamlet.ca
www.BlackburnFunFair.ca



Facebook

Blackburn Hamlet Community Association-BCA
Blackburn Hamlet Community Association



Instagram

@blackburn.hamlet

Blackburn Community Association (BCA)

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

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Vice-President: Brent Lawrie
Treasurer: Lisa Margeson
Secretary: Lynn Lefevre

president@blackburnhamlet.ca
vp@blackburnhamlet.ca
treasurer@blackburnhamlet.ca
secretary@blackburnhamlet.ca

BOARD

Accessibility & Transit: Kyle Humphrey
Beautification: Miriam Hampson
Communications: Nina Ryan
Community Relations: David Purchase
Community Safety: Don Kelly
Environment: Camille-Emmanuelle
E-Newsletter: Lynn Lefevre
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Parks: Brent Lawrie
Seniors: Shirley Sheppard
Social Media: Satinder Sahota
Transportation: Robert Long
Youth: Milanie Mathieu

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Committee Chairs

BANAR Editor: Jaclyn O'Shaughnessy
Community Hall: Tammy Bedard
Rinks: Mark Lister
Website Content: Lynn Lefevre

banar@blackburnhamlet.ca
hall@blackburnhamlet.ca
rinks@blackburnhamlet.ca
webadmin@blackburnhamlet.ca

Events

Bike Rodeo: Don Kelly
Cancer Chase: David Purchase
Christmas Market: Jenny Lawrence
Community Closet:

safety@blackburnhamlet.ca
cancerchase@blackburnhamlet.ca
market@blackburnhamlet.ca

Camille-Emmanuelle Purchase
Discovery Café: Barbara Whittaker
Fun Fair: Steve Vesely
Garage Sale: Lynn Lefevre
Garden Tour: Cynthia Hosiak
Hockey Day: Jeff Miller
Santa's Pancake Breakfast: Don Kelly
Spring Cleanup:

enviro@blackburnhamlet.ca
barbara@blackburnhamlet.ca
funfairchair@gmail.com
enviro@blackburnhamlet.ca
gardentour@blackburnhamlet.ca
president@blackburnhamlet.ca
safety@blackburnhamlet.ca

Camille-Emmanuelle Purchase
Volunteer Appreciation: Don Kelly

cleanup@blackburnhamlet.ca
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 virtually on **Thursday, September 17, 2026 at 7:30 p.m.**

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 banar@blackburnhamlet.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 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**

November BANAR Deadline: October 21, 2026

November BANAR Delivery: November 14, 2026

For BCA updates go to BlackburnHamlet.ca

BCA Board Highlights May & June 2026

Highlights from recent BCA Board activities include:

- BCA is now a member of Community Action For Environmental Sustainability (CAFES), which is a network of local environmental and climate leaders in the city of Ottawa.
- We are working with the City of Ottawa to fund the installation of a backup generator in the Community Hall as it is a key component of our Community Emergency Plan.
- While the new accessibility ramps that were used at the FunFair Showcase were an improvement over previous years, issues were identified. As a result of feedback provided by the BCA, City staff made significant adjustments that were successfully tested the following weekend.
- With the City funding the replacement of the Bearbrook Rink surface and boards, the BCA needed to reallocate the funds that were reserved for this project. The board completed a review of community improvement ideas and are now working with the City to determine which ones are feasible and within our budget.

More details:

blackburnhamlet.ca/about/meeting-minutes/

Community Hall Rental

Did you know you can book the Community Hall at 190 Glen Park Dr. for your events?

Scan the QR code below or visit

blackburnhamlet.ca/hall to learn more.

**WE NOW
HAVE WIFI in the
Community Hall
and at the Arena!**



FunFair by the Numbers

Steve Vesely, FunFair Chair

Thanks to everyone who helped make the 2026 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!!

This year's FunFair produced a number of fun facts & figures:

- Almost \$7,000 in fundraising was netted after expenses and distributed to local community charities and service groups. Thank you, Blackburn!
- Our lead sponsors, the BCA and the Optimist Club of Blackburn Hamlet, contributed over \$20,000 to this year's fair. Strong community business support provided another \$6,000.
- Congratulations to local resident Amy Zambonin who was the winner of the Blackburn FunFair 50/50 raffle! Amy won \$285 and splurged a little on family vacation extras with her winnings.
- The rain held off enough to allow team Home Safe to defeat newcomer Escape Fire Protection in extra



Congratulations to our 50/50 winner, Amy!

- innings. The victory helped them unseat 3-time champ Big Bats for the FunFair Softball trophy.
- The Silent Auction raised \$4,500 from over 50 businesses, and the online bidding platform saved countless volunteer admin hours.
- Reading is still popular! The Used Book Sale raised almost \$1,500 in contributions.



Thinking about retirement living?

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Congratulations team Home Safe, winners of the FunFair Softball trophy!

- Showcase popularity: our business showcase raised over \$6,000 for a second straight year from over 50 vendors, and spots were sold out one month ahead of the fair!
- 200 guests enjoyed our Saturday night main act, *SOS: The ABBA Experience* despite the rain!
- Unlimited ride bracelets were a huge hit and sold out mid-Sunday. We'll make sure to have more next year! The Funhouse Maze edged out the Big Red Baller as the most popular attraction for the second

straight year. The soccer darts were the least popular.

- Light Lager Ale from Broadview was the most popular beverage in the beer garden but Blueberry Blond and Amber were not far behind!
- 120 high school students reached out with interest to volunteer and 115 of them showed up, totalling over 1,000 volunteer hours for the weekend. Way to go students!
- Most favourable comment: *Affordable ride bracelets. Thank you!*
- Common complaints included poor ramp access in the arena, having the maze too close to the car smash, misplaced flying soccer balls and high ticket prices for the main music act. All noted! Thanks to all for the feedback.

My sincere thanks to everyone who pitched in to help. I'm very proud of the team that put in the work and put on a fantastic event. **Next year's fair will run June 4-6, 2027 and we hope to see you back!** Interested in getting involved? Reach out to chair@blackburnfunfair.ca for more information.

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FunFair Survey

A lot of work and planning goes into organizing the FunFair every year. As we start preparing for 2027, we'd like to hear from you – the community – about the good, the bad and everything in between on this year's FunFair! Your feedback will help us make it even better next year! Follow this link where we have three questions for you to answer, with as many or as few details as you'd like: www.blackburnfunfair.ca/2026-funfair-survey/ or scan the QR code below.

**SHARE YOUR
FUNFAIR
FEEDBACK!**



FunFair Thanks

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 2026 FunFair:

Platinum Sponsors \$5K+

The Blackburn Community Association and the Optimist Club of Blackburn Hamlet

Gold Sponsors \$1K+

Amrize, Blackburn Pharmacy, Christine Bussieres Broker, LaPierre Law Office, Blackburn Arms

Silver Sponsors \$500+

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Stephen Blais MPP Orléans
Mona Fortier MP Ottawa-Vanier

Honorarium Distribution Program

Your community spirit helped raise \$9,000, despite the rain, enabling our fair volunteers to give back to local non-profit Blackburn community groups, organizations and associations

through our Honorarium
Distribution Program (*see page 24*).



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A New Neighbour, Ready to Help

Rita Monteiro W.
Founder & Owner,
Alivio Downsizing GTA | NCR Inc.

When my family and I chose Blackburn Hamlet as our home, it didn't take long to understand why so many people love it here. It's a neighbourhood built on friendly faces, neighbours who look out for one another and a true sense of community. We're proud to now call it home.

I'm Rita Monteiro, Founder & Owner of **Alivio Downsizing | Compassionate Estate Relief.**

Like many Blackburn Hamlet residents, we chose this community to raise our young family, and we're excited to build both our home and our business here.

Downsizing and estate clearings aren't really about "stuff." They're about helping loved ones transition safely into a smaller home or retirement residence, supporting families after a loss, and guiding people through some of life's most emotional moments with compassion and care.

I founded Alivio to make those transitions easier. Today, we're proud to be an established, **Canadian-owned company—not a franchise**—that has helped hundreds of families across the Greater Toronto Area. While we continue serving our GTA clients, **we're thrilled to now call Blackburn Hamlet home and support families throughout Ottawa and Gatineau.**

If you're planning your next chapter—or helping someone you

love with theirs—we'd be happy to help. We offer **complimentary, no-obligation in-home consultations** and are always happy to answer questions.

If you happen to see me, my husband, our two young children

and our little white dog, Petit-Loup, out enjoying Blackburn Hamlet, please stop and say hello. We'd love to meet our neighbours.

We look forward to serving this wonderful community for many years to come.



Rita Monteiro

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A Look Back at the Blackburn Hamlet Garden Tour

Cynthia Hoisak

The 5th year of the Blackburn Hamlet Garden Tour took place under two wonderful sunny days in July and was a great success!

About 100 people per day attended the 17 gardens on the tour, where they encountered 5 musicians, 4 artists and 2 master gardeners. Word got out around town as many of our visitors came from all across the city.

A grand total of \$1,228 was raised through the clay donation pots at many of the gardens. The funds were donated to the food bank right here in the Hamlet.

A big **THANK YOU** goes out to all participants, helpers and visitors. You made it happen!

Mark your calendars for year 6 coming up on July 10 & 11, 2027. Let's add on to those participating numbers with new entries, in all categories, for the next one.



Donations were dropped off at the Life Centre Food Bank by Miriam Hampson and Lisa Margeson of the BCA.



Jenifir and David Thies-Thompson on viola and flute

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Our Philosophy

Jan's Workoul



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 2026 – Blackburn Community Centre – 190 Glenpark Drive

Wednesday September 9th, 2026

11:00 am to 1:00pm

Classes Start Monday, September 14th, 2026

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Teddy Bear Picnic for CHEO

Save the Date!

Sunday, November 8

10am to 1pm

Blackburn Community Hall

180 Glen Park Drive

Do you have a teddy bear or stuffed animal in need of a little love and care? Bring it to the community hall for free treatment of any 'injuries' they might have sustained.

There will be loads of activities: games, music, reading corner, coloring contest, prizes, raffle for CHEO and more! Light refreshments will be available.

Volunteers Needed

Are you handy with a needle and thread? Want to help make someone's day a bit brighter? If you are interested in helping at this event on November 8, please email enviro@blackburnhamlet.ca.



JOIN THE ADVENTURE: Register for Scouts Today!

Our first meeting begins at **6:30 p.m. on Monday, September 14, at Emily Carr.**

Since 1954, 1st Blackburn Scout Group has provided opportunities for local youth to learn more about themselves and their environment, while giving back to the community. From first aid and cooking, and camping and STEAM activities, to leadership and teamwork, Scouting allows youth to have fun discovering a world of adventure.

Registration for Beavers (5-7), Cubs (8-10), Scouts (11-14), and Venturers (15-18) opened on June 1st and spots are filling quickly! It's easy to register: Visit myscouts.ca and select Monday evenings to locate the 1st Blackburn Scouting Group. The journey of a lifetime is just a click away!

The new Scouting season begins September 14, and follows the school calendar year, with meetings on Monday evenings at Emily Carr Middle School. The cost for the entire year is \$315 (\$295 National Registration fee, plus \$20 Group Registration fee).

We are committed to providing the youth of this community with rich, unique, accessible Scouting opportunities in a safe, inclusive environment where they can build skills, create friendships, and make lifelong memories.



Check out just some of the activities we did last year: four-season camping, canoeing, hiking and community walks, moon gazing with telescopes, first aid, group camp fire, paint night, community tree planting, camp skills (such as safe use of knives, axes, saws, lanterns, and stoves), knots and lashing, Parliament Hill and Rink of Dreams,

map reading and compasses, festive singing at Aspira Bearbrook Residence, baking outside and making ice cream, Klondike Derby, Scout Trucks, Kub Kars and Beaver Buggies, Cleaning the Capital, geocaching, boat building challenge, and game nights. And we had fun doing it all!

The Group is always looking for youth and adult volunteers. If you are interested in helping the youth in our community, and joining a great team of Scouters, please contact Joanne at gc@blackburnscouting.com.

YOUTH CORNER

Melanie Mathieu, Director

Blackburn Hamlet Friendsgiving Potluck Lunch

- Saturday, October 10 from 11:15am to 1:15pm
- Blackburn Community Hall (190 Glen Park Drive)

For a third year, the BCA's Director of Youth is collaborating with the Seniors Action Committee to organize a "Friendsgiving Potluck" lunch on October 10. 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.

Kids Halloween Parties

- October 31, 2026
- Just Food Farm, 2391 Pepin Court

The Director of Youth is busy planning something extra special

at Blackburn's Just Food Farm this year. At this time, we do not have more information to share. Please be sure to visit <https://blackburnhamlet.ca/our-work/youth/> as well as the Blackburn Community Association social media pages for updates, or email youth@blackburnhamlet.ca to get more details as they become available.

REBOUND — Choices Program for Youth

- Ages 10 to 13; parents are welcome to join with their child
- Wednesday, October 28, November 4, and November 11 from 4:30 to 6:30pm
- Blackburn Community Hall outdoor Splash Pad (190 Glen Park Drive)
- A snack will be provided

The free REBOUND-Choices program helps youth build confidence, develop healthy habits, and make positive choices for life. Youth will gain tools to navigate life's challenges and strengthen their sense of self. Through fun,

interactive weekly sessions, youth will explore topics like:

- Communication, Goal Setting & Decision Making
- Coping Skills
- Consent and the Power of Language
- Healthy Relationships
- Substances

Registration: Space is limited.

Please send an email to youth@blackburnhamlet.ca to register. Please provide the name and age of your child.

Summer Colouring Contest Winners

Thank you to all the kids and youth who submitted their beautiful works of art to this contest. We received 23 entries from kids ranging in age from 2 to 12. The judges' deliberation was so difficult! Congratulations to our winners, who each won a \$20 cash prize, and to our two honorable mentions, who will receive a special gift!

Winners are:

- Luna Sofia (age 4)
- Sophia (age 6)
- Mia (age 7)
- Navikka (age 9)
- Sakina (age 12)

Honorable mentions:

- James (age 10)
- Shawn (age 2)

View their designs at:

<https://blackburnhamlet.ca/youth/summer-2026-kids-coloring-contest-winners/>.

Accounting & Income Tax Services

Sheena Constant, CPA, CGA

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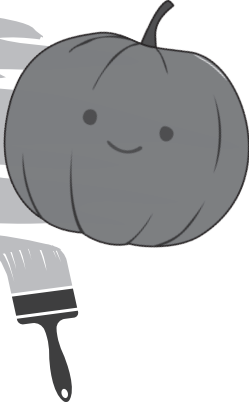
****Phone: 613-863-8281****

****sconstantcpa@outlook.com****





FALL & HALLOWEEN ART CONTEST



Calling All Young Artists!

As part of its youth engagement activities this fall, the BCA is inviting Blackburn youth aged 7 to 16 to get creative and participate in our **Fall & Halloween Art Contest!**

Grab your pencils, paints, markers, scissors—or whatever helps bring your imagination to life—and create an original work of art inspired by Fall or Halloween. Your artwork can be spooky, silly, colourful, cozy, mysterious or completely unexpected. Anything that makes you think of this magical time of year.

Entries can be drawings, paintings, collages, digital artwork, or mixed-media creations. **Let your imagination run wild!**

To give artists of different ages a chance to shine, entries will be judged in two age categories:

Ages 7–11

- Winner: \$50
- 2 Runners-up: \$30 each

Ages 12–16

- Winner: \$50
- 2 Runners-up: \$30 each

**\$200
in prizes!**

Contest Rules and Submission Details

- Participants must be 7 to 16 years old and must live in or attend school in Blackburn Hamlet. All artwork must be original and created by the participant. Each participant may submit one entry. Artwork can be created using any artistic medium, including pencil, crayons, markers, paint, pastels, collage, mixed media, or digital art.

- Entries should be submitted as a clear, high-quality photograph, scan, or digital image of the finished artwork. Please label your file as follows:
 - FirstName_LastName_School_Age_HomeStreet
 - For example: Melanie_Mathieu_GlenOgilvie_12_Northpark.jpg
- Entries must be received by 11:00 p.m. on Friday October 16th and should be emailed to youth@blackburnhamlet.ca.

Put on your creative cap, break out the art supplies, and show us what Fall and Halloween in Blackburn look like through your eyes. **We can't wait to see what you create!**

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Neighbourhood Watch Update

Don Kelly, BCA Director

The Blackburn Hamlet Neighbourhood Watch (BH NW) was established to create a network of neighbours helping neighbours. Our prime focus is on public safety and crime prevention. This, in turn, provides us with a safer community.

A cornerstone of this safer community approach is the reporting of criminal activity to the police, either

when in progress, or even after the event. With effective reporting the appropriate police resources can be provided to us; without reporting this criminal activity it allows the criminal element to flourish and continue their harmful ways.

In recent months, videos of vandalism have been posted on

Facebook. We have also been informed by residents of attempted vehicle theft or actual theft being caught on doorbell cameras. Too often, this criminal activity has not been reported to the Ottawa Police. Again, we stress that all residents should report any and all suspicious activity, persons, or incidents to Ottawa Police 613-236-1222 #7300 or 911. This is much more important than posting these items on Facebook.

The NW is the eyes and ears of the community. Every month the BH NW provides its members with an update (courtesy of NW Block Captain Brad Hampson) of reported crime activity in the Hamlet. For example, recently we had 2 assaults, 1 break & enter overnight on July 2-3 at Southpark & Innes, an arson (fire) near the Community Centre between 10-15 July, and damage to property between 16-20 July near Beddoe Lane & Roseanne Lane.

If you would like to join our Neighbourhood Watch and be informed on what is happening on your street or in your area, come join our NW network. Applications are available on the BCA website or contact me at safety@blackburnhamlet.ca.



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ABOUT OUR OFFICE!

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DISCOVERY CAFÉ NEWS

*Barbara Whittaker,
BCA Director/Discover Café Co-organizer*

Discovery Café lectures take place at 7 PM at the Blackburn Community Hall, 190 Glen Park Drive, on the fourth 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.

The 2026-2027 season of Discovery Café promises to be another informative and engaging one, covering a wide range of interesting topics. We invite you to mark your calendars and join us for these upcoming sessions:

September 24, 2026 – Chronic Pain – Oleg Bagrin, Active Healing Clinic

If you are one of the many people that lives with chronic pain? That nagging, tingling, throbbing, aching, ever-present thing that can limit your activity and enjoyment. Join us as Oleg Bagrin and some of his team members discuss:

- why chronic pain develops;
- simple, effective strategies to prevent chronic pain;
- what can be done to manage and improve conditions early; and
- how to stay active and mobile without waiting long periods for care.

Oleg Bagrin (MD (Europe), PhD, DOMP, DO (Spain), RT (Ortopaedi), and Certified Posture Expert) received his MD degree and specialized as an Orthopedic Surgeon in Moldova. He is a highly skilled Manual Osteopath who employs a wide range of osteopathic techniques.

He believes that the body has an amazing ability to heal itself and the role of the osteopathic practitioner is to perfect the art of listening to the body and to support it where it is trying hardest to correct itself. Combining this with a thorough knowledge of anatomy, physiology, biomechanics and disease processes the osteopathic practitioner is able to facilitate healing and support homeostatic mechanisms.

October 22, 2026 – Stroke Update 2026 – Dr. Christopher Skinner

We are thrilled that Dr. Skinner is joining us again! In his third Discovery Café session, Dr. Skinner will turn his focus to the impact and prevention of strokes. Specifically, he will review:

- the different types of strokes and how stroke can affect daily life;
- strategies to reduce stroke risk factors, both personal and societal;
- some of the online tools to allow the assessment of personal risk for stroke; and
- some medications used for prevention and treatment of stroke.

A handout with QR codes will also be provided so attendees can discuss their own risk assessment in an interactive fashion.

For Dr. Skinner's complete biography, please visit blackburnhamlet.ca/261022.

November 26, 2026 – The Game of Drones – Jeremy Laliberte, Professor and Associate Chair of Lab Operations, Mechanical and Aerospace Engineering, Carleton University

More information about the sessions can be found on the BCA website and Facebook page, in the BCA e-newsletter and on posters around the community.

If you have any suggestions for topics or speakers, please email barbara@blackburnhamlet.ca. We look forward to seeing you!

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Community Shred-It Day Recap

Don Kelly, BCA Director

On Saturday, July 25, the BCA held our first ever Community Shred-It Day Event. This community initiative was intended to help residents understand how to protect their personal information and reduce the risk of identity theft. The event was also designed to make residents aware of the various frauds & scams happening every day in our communities.

The event was highly successful with over 90 people bringing boxes and bags of personal documents for shredding. Just over 2 tons of paper was shredded. Supporting our event, alongside the Ottawa Police, was the Canadian Anti Fraud Centre. They were on-hand to talk to residents about how to recognize and prevent frauds & scams. Also in attendance were members of the Youth in Policing Initiative (YIPI). Many residents commented on the active engagement of the YIPI members and how this investment bodes well for future policing.

Constable Sarah Marcantonio and the YIPI Team were especially helpful with traffic control duties and assisting residents with the unloading of their boxes of paper. We are appreciative of their support.

The feedback from our residents at the event suggest this community awareness program can be a successful crime prevention strategy.

The BCA is looking to repeat this event next year and perhaps extend an invitation to nearby communities.

Once again, the incredible support from the Ottawa Police, Canadian Anti Fraud Centre and our volunteers made this a rewarding day.



Thank you to everyone who helped make this event a success!



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What's Happening at the Blackburn Hamlet Library?

Stop by and check out what your library has to offer, from new books, express items, museum passes, online databases, magazines and so much more. Feel free to register or drop in for one of our programs!

Little Roots: Creative Writing for Kids

We are pleased to offer Little Roots, a journal and creative writing program for children ages 4 to 8 and their parent or caregiver. Led by an Indigenous storyteller, this engaging program encourages creativity, self-expression, and storytelling through journaling, writing activities, and shared experiences.

Saturday, October 24,

from 2:00-3:00pm

Register on the OPL website.

Family Storytime / Contes en famille

Stories, rhymes, and songs for children ages 0-6, accompanied by a parent or caregiver.

Registration required.

**Wednesdays, September 16, 23
from 10:30 to 11:30am**

*Histoires, comptines et chansons
pour les enfants de 0 à 6 ans.*

Inscription requis.

**Les mercredis, le 16
et 23 septembre –
10 h 30 – 11 h 30**

Chess Club d'échecs

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+.

Joignez-vous à nous tous les mardis de 15 h 30 à 17 h 00. Venez pratiquer vos habiletés dans cet environnement relaxe. Tous les niveaux de participants sont bienvenus. 7 ans et +

Homework Club / Aide aux devoirs

Come and get help with reading, math, science, French, English, etc. Led by United for Literacy volunteers. For students in grades 1 through 10.

Tuesdays from 6:00 to 7:30pm

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Mardi de 18 h à 19 h 30

ADULT

Blackburn Hamlet Book Chat

Share the enjoyment of good books in an informal and relaxed atmosphere. Welcome to new members. September 14, 2026 – 2:00-3:00pm – **The Seven Husbands of Evelyn Hugo** by Taylor Jenkins Reid

A Morning of Fun and Games for Adults! Une matinée de jeux et de plaisir pour adultes!

Do you love playing cards like 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 Monday from 10:00am-12:00pm**

Aimez-vous jouer aux cartes Euchre ou aux échecs ? Vous choisissez le jeu ! Plusieurs options seront disponibles. Vous pouvez aussi apporter vos propres jeux.

Joignez-vous à nous tous les lundis de 10 h 00 à 12 h 00

Knit and Crochet Club / Club de Tricot et de crochet

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. **Every Thursday from 6:30 -8:00pm**

Apportez votre projet de tricot ou de crochet (ou de broderie, de



point de croix, etc.) et venez partager vos connaissances et vos créations avec d'autres passionnés des arts du fil. Pour adultes de tous les niveaux.

Les jeudis de 18:30 à 20:00

French Conversation Group / groupe de conversation français

Starting September / À partir du 16 septembre
60 minutes
Wednesdays 6:30 pm / les mercredis 18h 30 - 20h

Interesting information about your library!

Mille Feuilles Used Bookstore has gently used books for sale from \$0.50 - \$3.00. These sales fund our programs and services. Now accepting your gently used book donations!

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 "Active Ottawa annual membership" options. You can also recycle your batteries at the library.



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Seniors Action Committee Members

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Elena Leggiadro, John Moores, Marion Hall

Seniors Breakfast Get-togethers

Our monthly breakfast on June 3rd was attended by 39 people. \$134.35 as well as grocery items were collected for the Life Centre Food Bank. Once again, our wonderful virtuoso, Garth Hampson, sang Happy Birthday to all those with birthdays in June.

On Canada Day, July 1st, we had a record turnout of 50 people including a visit from Laura Dudas who said a few words mainly about the planned Canada Day activities that day (unfortunately thwarted by turbulent weather that afternoon). We collected a record cash amount of \$261 for the Life Centre Food Bank along with grocery items. Garth spoke about July 1st also being Memorial Day in Newfoundland. He sang along

with our seniors the Ode to Newfoundland followed by the national anthem for Canada Day and Happy Birthday to those with July birthdays.

At the August 5 breakfast, we had 39 people present and collected \$156 plus several grocery items for the Life Centre Food Bank. Garth once again sang "Happy Birthday" to anyone having a birthday in August. He also sang "Let Me Call You Sweetheart" to Bill and Cathy who were celebrating their 63rd wedding anniversary as well as another cute old song "The Honeysuckle and the Bee."

The breakfasts take place between 8:30 and 9 am on the first Wednesday of each month at Halibut House, 2672 Innes Road. Seniors (55 +) are welcome to join us on the following dates:

- September 2
- October 7
- November 4
- December 2

To help our friends at the restaurant prepare and as the breakfasts have become quite popular and as seating is limited, it is **very important** to call/text Shirley at 613-841-7691 or email seniors@blackburnhamlet.ca to register by the Monday preceding each breakfast.

Seniors Walk & Talk Outings

The June Walk & Talk event took place on June 17 starting from the Community Hall. There were 9 people on the walk as well as a baby and a dog.

Walk and Talks were suspended over the summer



We had a nice walk & talk in June!



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but will resume in September. Details for the fall Walk and Talks will be advertised on Facebook and on billboards within the community.

A LOOK BACK...

Lunch at Portugalos – June 26th

Thirty-four people came to the lunch and enjoyed delicious food, great company and excellent service.

Upcoming Events

September 13 (noon to 2:30)

Just Foods, 2391 Pepin Court

Open to Blackburn Seniors and families

Celebrate that special senior in your life!

- Sandwiches, drinks and more
- Games, music, prizes
- Limited parking available on site (entrance from Tauvette Street)
- RSVP required by September 5th (Call or text Shirley at 613-841-7691 to register)

September 30 (arrival at vineyard 11:00 am)

Guided visit and lunch at Vézeau Vineyard & Strawberry Patch, #365 Hwy 321, Ripon, Quebec

Learn about the vineyard, sample 8 of the exquisite wine creations, their own Roman-style pizza and taste their succulent strawberries.

- Cost per person = \$35.00 plus taxes
- Carpool recommended. Parking available.
- Details will be posted within the community, on the BCA website, Facebook, etc.
- RSVP required by September 15th (Call or text Shirley at 613-841-7691 to register)

October 30 (noon)

Lunch at Portugalos, 110 Bearbrook Road

- Menu includes a choice of soup or salad, a main course choice of piri piri chicken, salmon, bifana (pork sandwich) or a vegetarian dish and a Portuguese custard tart for dessert.
- Cost = \$26.50 plus taxes and gratuity.
- Please call/text Shirley at 613-841-7691 by October 26 to register and provide your choice of one of the four main courses.



Garth providing great entertainment as always!



Some of the group at our Portugalos lunch.

- Also since it will be the Eve of Halloween, we'd like to see some spooky costumes or maybe you could wear black, orange or white (or just arrive as non-scary self).

Please check the Blackburn Hamlet Facebook page, website and posters in the neighbourhood for details on future events.

Acknowledgments

Thank you to the Blackburn Community Association for supporting our events, the members of the Seniors Action Committee for pulling it all together and the seniors who gather to enjoy friendship, frivolity and food at our get-togethers. Thanks also to Tammy Bedard/Aspira Bearbrook Retirement Home for their ongoing support to many of our activities.

FunFair Honorarium Distributions

Activity	Shares	Volunteer	Qty	Honorarium Recipient	Amount	Amount
Chair	3	Steve Vesely	2	Emily Carr Middle School	\$150.00	\$300.00
			1	Good Shepherd Parish	\$150.00	\$150.00
Support - Finance	2	Darlene Lapointe	2	Gloucester High School	\$150.00	\$300.00
Support - Food	1	Bernard Charlebois	1	Le Club Optimiste de Blackburn Hamlet	\$150.00	\$1,500.00
Support - Food Logistics	1	Sarah Antoni/Metro	1	Life Centre Food Bank	\$150.00	\$1,500.00
Support - Food Vendors	1	Steve Vesely	1	Life Centre Food Bank	\$150.00	\$0.00
Support - Food Coordination	1	Marc Charlebois	1	Le Club Optimiste de Blackburn Hamlet	\$150.00	\$0.00
Support - Food BBQ/Fruit/Water	3	Marc Charlebois	3	Le Club Optimiste de Blackburn Hamlet	\$150.00	\$0.00
Support - External	1	Mark Lamoureux	1	Glen Ogilvie Public School	\$150.00	\$300.00
Support - Sponsorship	2	Brittany Burden	2	Sainte-Marie School	\$150.00	\$300.00
Fair - Silent Auction	2	Brittany Burden	2	Ottawa Public Library Board - memo - Blackburn Hamlet programming	\$150.00	\$300.00
Support - Tickets	3	Michael Chippa	3	Knights of Columbus No 9005	\$150.00	\$750.00
Pancake Breakfast	2	Cliff Seibel	2	Knights of Columbus No 9005	\$150.00	\$0.00
Support - Advertising	1	Brent Lawrie	1	Dapo Agoro Foundation for Peace	\$150.00	\$150.00
Support - Website	1	Steve Vesely	1	Gloucester Recreation Development Organization (GRDO)	\$150.00	\$300.00
Support - Social Media	1	Nina Ryan	1	Gloucester Recreation Development Organization (GRDO)	\$150.00	\$0.00
Support - Facilities	5	Brent Lawrie	1	Harvest House	\$150.00	\$150.00
		Ali Yassine	1	Life Centre Food Bank	\$150.00	\$0.00
		Bernard Charlebois	1	Le Club Optimiste de Blackburn Hamlet	\$150.00	\$0.00
		Norm Robillard	1	Medvent	\$150.00	\$150.00
		Mark Lamoureux	1	Glen Ogilvie Public School	\$150.00	\$0.00
Support - Volunteers: Students	1	Melanie Mathieu	1	Furry Tales Cat Rescue	\$150.00	\$150.00
Support - Volunteers: Adults	1	Joanne Smith	1	Norman Johnston Alternate Program	\$150.00	\$150.00
Fair - Beer Tent	2	Meagan Postlethwaite	2	Norman Johnston Secondary Alternate Program - Food Bank	\$150.00	
Fair - Softball Tournament	2	Pierre Guerard	2	Blackburn Community Association	\$150.00	\$300.00
Fair - Book Sale	2	Steve Rathwell	2	Norman Johnston Secondary Alternate Program - Food Bank	\$150.00	\$300.00
Fair - FunRun	2	Erika Coghill	2	Blackburn Minor Hockey Association	\$150.00	\$300.00
Fair - Movie Night	1	France Souliere	1	Life Centre Food Bank	\$150.00	\$0.00
Fair - Parade	2	Ilona Bartman	1	Ottawa Public Library Board	\$150.00	\$150.00
		Robert Long	1	Life Centre Food Bank	\$150.00	\$150.00
Fair - Music	4	Kevin Wright	2	Life Centre Food Bank	\$150.00	\$0.00
		Kevin Wright	2	Scouts Canada - 1st Blackburn Scouting Group	\$150.00	\$300.00
Fair - Attractions	1	Deborah Tang	1	Girl Guides of Canada Ontario Council	\$150.00	\$150.00
Fair - Attractions	1	Kyle Labelle	1	Life Centre Food Bank	\$150.00	\$0.00
Fair - Attractions (Casino)	1	Alicia Martinez	1	Emily Murphy Housing	\$150.00	\$150.00
Fair - Attractions (DND)	1	Marc Charlebois	1	Le Club Optimiste de Blackburn Hamlet	\$150.00	\$0.00
Fair - Attractions (Bingo)	1	Tammy Bedard	1		\$150.00	\$150.00
Fair - Attractions (Dog Show)	1	Kate Thompson/Alicia Martinez	1	Life Centre Food Bank	\$150.00	\$0.00
Fair - Face Painting	1	Viviane Cote Maxwell	1	4e Cordée Kateri Blackburn Hamlet	\$150.00	\$300.00
Fair - FunFair Games	1	Viviane Cote Maxwell	1	4e Cordée Kateri Blackburn Hamlet	\$150.00	\$0.00
Fair - Craft Beer Night	1	Ali Yassine	1	Life Centre Food Bank	\$150.00	\$0.00
Support - Arena Showcase	3	Diane Charlebois	3	Le Club Optimiste de Blackburn Hamlet	\$150.00	\$0.00
Support - Barricades/Popcorn	1	Joanne Laskoski	1	Scouts Canada - 1st Blackburn Scouting Group	\$150.00	\$150.00
Total Shares	60		60		\$150.00	\$9,000.00

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EMERGENCY PREPAREDNESS

Don Kelly, BCA Safety Director

The recent flooding events in Ottawa have highlighted the importance of emergency preparedness.

According to the Insurance Bureau of Canada, damage costs from flooding are higher than any other disaster. Yet, as was learned at the July 1 event, many home insurance policies did not cover the flood damage because most policies only cover water damage if the source is within the home (like a burst pipe, a leaking refrigerator or a ruptured water tank). Water from other sources requires additional coverage. For example, water that spills into people's homes through doors and window wells when the ground is saturated from exterior sources requires overland flood insurance, whereas backup insurance covers damage caused when the sew-

er overflows into a home's basement.

Most **backup insurance policies** require you to have a backwater valve (*see photo*). This is a one-way plumbing device with a hinged flapper and a clear access lid designed to protect your home from flooding. It allows rainwater or wastewater to flow freely out to the municipal storm sewer, but automatically shuts tight when it detects a reverse flow or backup. Check with a qualified plumber to establish the best fit for your home.

The City of Ottawa has a Residential Protective Plumbing program that provides financial assistance to qualified property owners for the installation of protective plumbing devices such as sump pumps and backwater valves. Check the City website for details.



Example of a backwater valve.

The City also has an interactive Flood Plain Map that identifies the areas that may experience flooding due to rising water levels. This knowledge is important because property owners can reference the flood plain maps to review the potential risks to their properties. You can find this map on the City website.

Every home owner should review their situation for the ever-changing extreme weather and adopt a proactive approach to emergency preparedness.

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Christmas Craft Fair

The CWL of Good Shepherd Parish (3092 Innes Road at the Blackburn Bypass) will be hosting their anticipated Christmas Craft Fair on **Saturday November 7, 2026**. Doors will be open from **9am until 2pm**.

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 home-made soup while you sit and take a break.

We look forward to seeing you there!



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Dr Bernard Vincelette, DMV & Dr Annie Séguin, DMV

Dr Amber Covello, DVM & Dr Jonathan Harris, DVM



How often should my pet see a doctor?

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

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.

You have an important role in the health of your pet. Prepare yourself with some basic information, such as the brand and type of food that your pet eats and any supplements/medications given. It is also vital to discuss

any concerns or changes in your pet's routine as these could be signs of an early disease process.

Your veterinarian will assess your pet's body such as nose, eyes, ears, teeth, coat, muscle mass and body condition. The abdomen can be palpated, allowing evaluation of some internal organs. Instruments such as a stethoscope or otoscope are used to evaluate your pet's heart, lungs and 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.

We are accepting new clients and new patients. Tell your friends!

2592 Innes Road in Blackburn Hamlet (Mall with the Public library & Blackburn Arms Pub)

Tel: 613 837-PETS (613 837-7387)

Mondays & Wednesdays 8am-6pm

Tuesdays & Thursdays 8am-7pm

Fridays 8am-5pm

Certains vétérinaires et membres du personnel sont bilingues

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