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Your environmentally friendly community newspaper

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A worker wipes down one of the midway rides in preparation for Thursday's opening of the Navan Fair which runs until this Sunday. Fred Sherwin/Photo

Navan Fair set to go this weekend

By Fred Sherwin
The Eastender

The 62nd edition of the Navan Fair is set to go this weekend with many of the attractions people have come to expect over the years including the demolition derby, tractor pull, midway, horse shows, homecraft and culinary exhibits and a nightly grandstand show.

This year's fair will also include a bridal show, a baby show, and a junior pedal pull. Also back by popular demand is the Conservation Zone featuring displays and information present-

ed by local conservation groups.

Things get underway at 4 p.m. on Thursday, although the grand opening is scheduled to take place at 7 p.m. and will include the Navan Fair Ambassador competition.

Thursday night will also feature the mini car demolition derby which also gets underway at 7 p.m.

On Friday, fairgoers can purchase a Pay-One-Price midway bracelet for \$16 which entitles them to unlimited rides from 11 a.m. to 11 p.m.

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Hunt Club interchange announcement premature, says local MPP

By Fred Sherwin
The Eastender

Ottawa-Orléans MPP Phil McNeely says he's perplexed over what he calls premature statements made by Innes Ward Coun. Rainer Bloess regarding provincial funding for the proposed Hunt Club interchange.

Bloess is quoted in an article in Wednesday's Ottawa Sun saying that Ontario Minister of Transportation Donna Cansfield is coming to Ottawa on Friday to announce "millions of dollars" in provincial funding for the project.

But McNeely says Cansfield is coming to Ottawa to announce additional dollars to fix the split and improve the traffic flow between the split and Metcalfe

Street and that the Hunt Club Road/Hwy. 417 interchange is not on the agenda.

"The Hunt Club interchange is something I have been working very hard on and it is very much a priority of mine, but until the city deems it to be a priority as well, any funding announcement would be entirely premature," says McNeely after getting wind of the *Ottawa Sun* story.

"From what I understand, the extension that would be required from Hawthorne Road to the site of the interchange is still on the city's books for 2014. In fact, they moved it back from 2008 to 2014. I also understand that the councillor for Innes Ward is trying to

move it forward again to 2008 and hopefully he will be successful, but until the city does that there's no sense in any announcement – as much as I'd like to make one."

The project as it was originally proposed, also includes an extension from Innes Road to the interchange that would also link up with Walkley Road, but the Environmental Assessment has been held up by the NCC.

Although the Innes extension would not necessarily have to preclude an announcement on funding for the Hunt Club interchange it would speed things up, says McNeely.

The Ottawa-Orléans MPP says the interchange and the Innes extension are necessary

for two reasons. First, to alleviate congestion at the split by redirecting traffic heading to the south end of the city and second to vastly improve access to the south end, and in particular the airport, which in turn would improve the economic development climate in the far east end.

"There's all kinds of benefits to having an interchange at Hunt Club, but those are the big two. If we can get the NCC to move on the Innes extension and the city to move the Hunt Club extension up to 2008 it would give east end commuters another option to get to the south end instead of having to go through the split," says McNeely.

Community briefs

Place d'Orléans holding model call this Saturday

ORLEANS — The Place d'Orléans shopping centre is once again looking for a face in the crowd to be the centrepiece of their fall advertising campaign. The contest is open to everyone and anyone. All you have to do is show up at the registration table near the BMO entrance and put your name down. You will then be given a scheduled time to return for your test shoot the same day. Similar photo calls held last winter and this past spring drew over 250 people. A panel of judges whittles the prospective models down to 50 finalists who are then posted on the Place d'Orléans website where people have 24 hours to vote for their favourite candidate. The lucky winner will receive a \$2,500 shopping spree, and return for a professional makeover and a photo shoot which will be used in the shopping centre's upcoming fall ad campaign. Entrants can either pose by themselves, with a friend, or as a family.

Sexual predator maybe prowling Orléans streets

ORLEANS — The Ottawa Police Service is warning residents to be on the lookout for a possible sexual predator prowling local streets. The warning was issued on Monday after two teenage girls were approached by a middle aged man on Monday who tried to lure them into his minivan. According to police reports, the French speaking tried to entice the girls into his vehicle by offering them an amount of money. The suspect is describe as between 40 and 50 years old with thin grey hair and a "beer belly". He was driving a green minivan and towing a small trailer. Anyone with any information is asked to call the Ottawa Police Service's sexual assault child abuse unit at 613-236-1222 ext. 5944.

Innes Ward residents invited to corn roast

ORLEANS — Innes Ward Coun. Rainer Bloess is hosting a corn roast and BBQ for local residents in Heritage Park on Tuesday, Aug. 14 from 6 p.m. to 8 p.m. Residents are invited to come out and meet their neighbours while enjoy some locally grown corn and hot dogs. Heritage Park is located on Orléans Blvd. in Chapel Hill. The only thing you need to bring is your lawn chair and an appetite.

Navan Fair organizers hoping for sunny skies

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Friday's schedule also includes action in the senior division of the demolition derby, a bridal show from 7 p.m. to 7:30 p.m. in the Navan Community Hall above the Navan Arena, while Loverboy will be performing on stage under the domes starting at 9 p.m.

On Saturday, the demolition derby cars will make way for the tractor pull event which starts at 12:30 p.m. in which competitors will be going head to head in three different classes – steel wheel, antique and farm stock.

At 1 p.m. the behemoths will make way for the youngsters who will see how much weight they can pull using pedal power.

Of course the main event on Saturday will be the annual Navan Fair parade which gets underway at 11 p.m and lasts about 40 minutes.

Bridal fashions will once again be on display in the Navan Community Hall at 2 p.m. and the Colonial Vet Hospital Pet Parade will take place at 3 p.m. under the domes.

The feature band on Saturday will be April Wine.

While the competition outside is sure to be hot and heavy, the competition inside the Navan Memorial Arena where the livestock shows are being held and the Cumberland Agricultural Society Building where the floriculture, culinary arts and homecrafts exhibits are being judged will likely to be equally as intense.

Last year's Baking Queen Dominique Deschamps is back to defend her crown along with 2003 winner Eileen Corry.

The International Heavy Horse



Visitors to the Navan Fair this Friday will be able to pay \$16 for unlimited midway rides from 11 a.m. to 11 p.m. File photo

Show is also a must see event with competition taking place in the various categories over the course of the four day fair.

Things wind down on Sunday with the Western Horse and beef cattle show in the Navan Arena at 10:30 a.m. and a baby show upstairs in the community hall at 11 a.m.

Eleven o'clock is also when the heavy horse pull takes place

The fair will then be brought to a close with a grandstand show featuring the Doug & Pam Show, Pat Moore & Vinyl Frontier, the Bowes Brothers and Ambush.

Admission to this year's fair is \$10 per day for visitors 13 and over and \$3 for children 4-12. A limited number of 4-day passes are also at a cost of \$25 for adults and \$10 for children 4-12.

For a complete schedule of events visit www.navanfair.com.

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Culinary artists vye for baking bragging rights at Navan Fair

By Fred Sherwin
The Eastender

When the Navan Fair gets underway this Thursday, most people will end up flocking to the midway or the tremendously popular demolition derby and tractor pull. But the roots of the Navan Fair can be found in the outbuildings where the show horses and cattle are kept, or the blue Cumberland Agriculture Society building where the homecraft, floriculture and culinary arts exhibits are on display.

The midway and the demolition derby may provide the life blood of the fair in terms of revenue, but it is the exhibits which are the heart and soul of the 62-year-old fair.

Earning the title of Baking Queen at a county fair has always been a lofty accomplishment, especially at fairs gone by. Friendships were strained and sometimes lost as neighbours competed to bake the best apple pie or blueberry muffin.

As long as there have been baking contests there have been stories, mostly rumoured, of espionage and even sabotage.

Today the stakes aren't quiet so high beyond bragging rights. And although the title of Baking Queen doesn't quite have the lustre it once did, there are still a fair number of people out there who pull out their recipe books every year to see how they stack up against the competition.

While the culinary arts is primarily a woman's domain, there are a handful of men who take part as well. For instance, long time Navan resident Bob Burns is known far and wide for making bread from a bread machine.

But while there are men who have won the odd red ribbon at the Navan Fair, none have come close to being crowned the first Baking King.

Two women who know a thing or two about competitive baking are Eileen Corry and Rejeanne Horler. Corry was crowned Baking Queen in 2003 and Baking Princess in 2004 and 2005, while Horler is a two time titlist having won the coveted Baking Queen sash in 2002 and 2005.

Both women have been baking pretty much all their lives. Horler learned to bake by watching her mother and growing up in a large family.

"We were nine brothers and sisters so my mother used to bake quite a lot, especially bread," says Horler.

Corry learned to bake from her father who was an army cook during the Second World War.

"He made a lot of pies and jams. He was a great cook. I learned mostly by watching (him) and then trying it myself," says Corry.

Both women first started entering the Navan Fair baking competition between eight and 10 years ago.

Horler recalls walking through the culinary arts exhibit one year and thinking she could do just as well if not better than some of the items that were on display.

"The first couple of years I didn't do so well, but I kept trying and soon I won a couple of ribbons and that keeps you going," says Horler.

One year she decided to try her hand at baking a Queen Elizabeth cake and ended up not only winning the category, but claiming the rosette for Grand Champion cake.

Corry had a similar experience when she won the Baking Queen title in 2003. For the heck of it she decided to enter a raisin pie.

"To be honest I didn't think it was going to do that well. I just didn't like the look of it," says Corry who is now a qualified judge.

Two days later when she went to check out the results she was shocked to see her pie sitting in the corner with the other Grand Champions.

"I was totally shocked, but it just goes to show that you just never know," says the 70-year-old Corry.

After taking a year off from competitive baking to stick to judging, Corry is back for one final year. And although she says she's scaled back, she's still entering 19 different categories not to mention a dozen or so different vegetables in the horticulture competition and twice as many more entries in the floriculture division.



Eileen Corry was the Navan Fair Baking Queen in 2003 and Baking Princess in 2004 and 2005. Fred Sherwin/Photo

Needless to say the Corry household has been a beehive of activity these last few days.

"I'm getting too old for this to be honest with you," says Corry. "I just don't have the energy or the time."

Time management and planning is a must when you're entering so many recipes in a competition. Both Corry and Horler bake their loaves, cookies, muffins and squares two or three weeks before the fair and freeze them. The cakes and bread are baked two or three days beforehand and pies the day of.

As far as any advice they might have for any aspiring Baking Queens or Kings out there, the two women suggest starting with a couple of recipes at first and then build up from there.

Stick with what you do best and then experiment a little, and most importantly, don't get upset or frustrated if you don't win a bunch of ribbons right away. The ribbons will come with practice and patience.

Navan store accepting school supplies for new Canadians

By Fred Sherwin
The Eastender

An Ottawa-based non-profit agency is seeking donations of new school supplies for refugee and immigrant children living and going to school in the Nation's Capital.

Headed up by Dr. Daniel Gervais from Kanata, Acceso International is committed to improving the educational opportunities for economically disadvantaged children in Latin America, the Caribbean and Canada.

The current campaign is aimed at allowing immigrant and refugee children living in Ottawa the opportunity to go back to school with greater dignity.

The organization is accepting donations at three locations across Ottawa including Chilly Chiles in Navan.

Some of the items they are looking for include construction paper, glue sticks,

crayons, facial tissue, pencil cases, pencil sharpeners, erasers, coloured pencils, markers, exercise books, rulers, gym shoes and backpacks for elementary aged children and glue sticks, pencil cases, mechanical pencils, erasers, pens, binders, lined paper, geometry sets, duotangs, running shoes, backpacks and highlighters for high school aged children.

Through their local contacts, Acceso keeps a list of immigrant families in the area who are in need of assistance.

Although they supply the same types of supplies and materials to families that many of the local community resource centres do, they are not in direct competition, rather they compliment each other.

Many of the people Acceso assists are not aware of the resource centres' school supply programs.

By offering a program of its own, the organization is also taking pressure off the community resources centres which often have a tough time keeping up with existing demand.

Studies have shown that economically challenged students do better at school with new school supplies. It boosts their self esteem and provides them with a message that their newly adopted country care about their education.

School supply items can be dropped off at Chilly Chiles until August 15.

Chilly Chiles is located at 1226 Colonial Rd. in Navan beside J.T. Bradley's Country Convenience Store. Their hours are Tuesday to Thursday from 10 a.m. to 6 p.m., Fridays from 10 a.m. to 8 p.m., Saturdays from 9 a.m. to 6 p.m. and Sundays from 11 a.m. to 5 p.m.

Navan winery quickly gaining quality reputation

By Fred Sherwin
The Eastender

At Domaine Perrault making wine is very much a family affair. From harvesting the grapes to naming the wines and designing the wine labels, the entire Perrault family is involved.

The Navan winery is owned by Denis and Lyse Perrault and their two daughters Anne and Dominique – and while older daughter Lynn and son Pierre don't have a stake in the winery, they often can be found helping out especially at harvest time.

It all started 20 years ago when Denis and Lyse visited Le Cep d'Argent winery in the Eastern Townships as part of a tour organized by the Eastern Ontario Soil and Crop Improvement Association to investigate possible options for crop diversification.

"They had a few vines and a little shop and I remember thinking, 'This guy's going to starve,'" recalls Denis Perrault whose operated a dairy farm south of Navan for 48 years.

When they went back to visit Le Cep d'Argent winery 10 years later, the owners were hardly starving. On the contrary, they were producing 50,000 bottles of wine and more than 40,000 people had paid \$10 each to take a tour of the estate.

Within a couple of months the Perraults and seven other farmers in Eastern Ontario formed the Eastern Ontario Grape Growers Association. One of the prerequisites of membership was planting a minimum half acre of grapes.

The Perraults ended up planting 1,000 vines of winter hardy grapes they purchased from a nursery owned by Alain Breault in the Eastern Townships on a one acre parcel of land.

Three years later they produced their first 200 bottles of wine that Denis readily admits "wasn't very good". But his friend and vintner Paul Harwood made 20 bottles of white wine using only grapes from the St. Pepin vines.

"He absolutely loved it. He was so excited he would call me up and say, 'This wine

is amazing. You could sell this wine for \$20 a bottle,'" says Perrault.

During the next two years the family slowly increased production and experimented with different blends. In 2004 they decided to take the next step towards becoming a bona fide winery and started making and bottling their wine on the premises. It was also in 2004 that Paul Harwood introduced them Marcel Sarrazin who became their resident winemaker and who Denis credits with the winery's success.

That same fall they produced 5,000 bottles of wine. A Cuvée Special red; the Marilys rosé which is a variation of Lyse Perrault's given name Marie Lyse; and the Zanibel white which was named by combining Anne's given name Anne Isabelle.

In the fall of 2005 they added a light bodied red to the roster which they named after Dominique's newborn daughter Rosalie. Earlier that same year they planted another 5,000 vines on an additional five acres of land which will eventually increase the production capacity of the winery to 11,000 bottles a year.

In preparation for the increased production they applied for their manufacturing and retail licenses in 2006 and opened up a small store where people can come to sample and purchase the wines.

The store, which is actually located in the Perraults' basement, was modeled after similar shops on small family wineries that Lyse had seen during a trip to Provence.

The quaint shop which is open from 11 a.m. to 5 p.m. every Friday, Saturday and Sunday from June until late November, is always manned by one of the family members who love to talk about the winery's history.

At the time this article was written they had just finished bottling their first batch of Ice Wine which should be available for purchase in early August.

"It's an amazing wine. Marcel did a wonderful job," says Denis who doesn't believe it will stay on the shelves for long."



The Domaine Perrault winery is owned and operated by two-thirds of the Perrault family, Anne, Denis, Lyse and Dominique. Fred Sherwin/Photo

Looking back over the past eight years, Denis can hardly believe how far the little winery has come in such a short time.

"When we started this I hardly knew a thing about wines. Now I'm getting a little better. But to be honest we wouldn't have gotten to where we are without a lot of help along the way, not only from our friends and family but from our customers as well who've been spreading the word about our wines," says Denis.

To get to Domaine Perrault take Trim Road south through the Village of Navan. When you get to the end turn right on Perrault Road and look for the signs.

For an alternate route from Orleans, take Tenth Line Road south to Navan Road and turn left. Turn right on Milton Road and drive until you see a sign for Perrault Road on your left. Turn left and you'll see the entrance to the winery about a half kilometre down the road.

To find out more about Domaine Perrault visit www.domaineperrault.ca.

Navan eatery under new management

By Fred Sherwin
The Eastender

With the Navan Fair on this weekend, fairgoers might want to consider checking out the nearby Navan Feedmill and Draft Horse Brewery.

The restaurant recently came under new management with Cheryl Tingman taking over the reins.

Tingman, who has several years experience in the restaurant industry, is currently working on transforming the menu with head cook George Saade.

One of the first things they did was

come up with a new beer battered fish and chips entrée that is sure to satisfy even the heartiest of appetites. The hamburgers are also much improved.

Tingman was hoping to have the new menu in place by the start of the fair but there is still some tweaking that needs to be done.

Thankfully the restaurant will continue to serve up some of the best micro-brewed beer anywhere.

Located right next door to the restaurant, the Draft Horse Brewery has a selection of five quality beers including the

new Shire Brown Ale which is already receiving rave reviews.

Visitors to the Navan Fair can park at the Feedmill so long as they pay a \$5 deposit. If they drop into the restaurant for a meal either on the way to the fair or the way home, they will get their deposit back.

The restaurant will be open from 4 p.m. to 10 p.m. on Thursday and 3 p.m. to 2 a.m. on Friday and Saturday.

Owner Ted Gulliver will also be on hand to give tours of the micro-brewery and talk about their future plans.



Fred Sherwin
Editor & Publisher

To submit a letter to the editor to *The Eastender* e-mail the-eastender@orleansonline.ca.

Letters should be limited to 250 words.
The Eastender reserves the right to edit correspondence for length with a commitment to maintaining the integrity and spirit of the content.

Political will

The continued lack of any real progress in getting the Hunt Club interchange built is just another example of political will not matching the political rhetoric.

Virtually anyone you ask will tell you that building an interchange at Hunt Club and Hwy. 417 and providing access to Innes Road via an extension is a good including the politicians.

The interchange and Innes Road extension makes all the sense in the world. Not only would it alleviate traffic congestion at the split by providing commuters with an option to get to the south end of the city, but it would also provide better access to the airport which has long been an impediment for businesses thinking about locating in the east end.

So the interchange and extension make sense from both a transportation aspect and an economic development aspect.

So why then is it taking so long to get it built? The reason is as simple as the fact that although it makes all the sense in the world and would be a tremendous benefit to residents living in the far east end, neither the city nor the feds feel its priority.

I would through the province in there as well, but at least Phil McNeely is trying his best to convince the Minister of Transportation and the rest of his Liberal colleagues to get off the pot.

The only problem is that the city still has the Hunt Club extension from Hawthorne to the proposed interchange on the books for 2014. That's hardly an indication the city considers it a priority.

And then there's the NCC which has done everything possible to throw a wrench into the works by refusing to settle on a location for the Innes Road extension which would hook up to Walkley Road and eventually Hunt Club.

So how do we solve this problem? Well, first of all, the city needs to move up its schedule to build the Hunt Club extension to 2008 and make construction contingent on the province's commitment to build the interchange.

Secondly, Royal Galipeau needs to get involved by doing whatever he can to try and get the NCC to get its act together. The fact that they are jerking around for no good reason at all is totally unacceptable and they need to be called out for it.

Hopefully, then dates can be set and the funds earmarked so we can begin to have a glimpse of hope that the Hunt Club interchange will be built some day.

– Fred Sherwin, editor

Aspiring Baking King comes out of retirement for shot at the crown

Yes, folks you read right. After walking away from the competitive baking scene two years ago to go into early retirement I've decide to dust off my loaf pans and muffin tins to take one more shot at being the first male to ever win the Navan Fair baking competition.

As some of you may or may not remember I decided to hang up my measuring cups for good in 2005 after my pies were a total flop and my lemon loaf, which had been my specialty, placed sixth out of six entries.

I never felt such shame in my life. Further adding to my disgrace was the red ribbon I received for having the best "flop".

But after taking a year off I've decided to give it one more shot, inspired by my recent conversations with two former Navan Fair Baking Queens – Eileen Corry (2003) and Rejeanne Horler (2002 and 2005).

While fretting over my disastrous pies and the fact that the bottoms were undercooked and soggy, Eileen suggested that I put them on the bottom burner for about 15 minutes and then move them to the middle burner.

As for the problem I had with the my loaves sticking to the bottom of the pan she suggested I place a piece of wax paper on the bottom.

Armed with my newly acquired knowledge I raced to the grocery store and spent a small fortune on flour, sugar, shortening, butter, eggs, baking powder, vanilla, cocoa, blueberries, apples, peaches, chopped pecans, maraschino cherries and miniature marshmallows.

Filled with unbridled enthusiasm, I raced home clutching one of the last remaining editions of the Navan Fair book. I ran in the house, pulled out all

my baking utensils and then realized that I had no idea where my recipe books were.

After some digging around and a quick call to my mother who keeps better track of such things, I had all the recipes I needed.

During the past three days I've made three pies, blueberry muffins, three different types of loaves (two of them twice), a chocolate cake, peanut butter cookies, a batch of brownies and some date squares.

The Magster even made a few things to enter into the junior baker division.

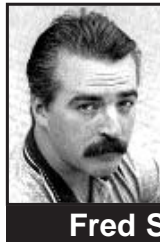
All that's left now is to wait for the results.

I've always said that my passion for baking comes from my mother. But the more I think about it goes even further back than that to when I played the lead role in "The Baker and the Princess" in Grade 4. Coincidentally, it was also the first time I ever kissed a girl. Thus the passion.

My mother, of course, is awesome at baking as most mothers are. As a young lad I used to sit and watch her bake a myriad of Christmas cookies, loaves and squares. After I left home, getting my annual Christmas care package was a highlight of the holiday season.

When I got married and had children I decided to try my hand at baking myself. Thankfully, my mother was only a phone call away. In fact I still call her and ask questions like how much should I beat the lemon loaf batter.

Should I become the first ever Navan Fair Baking King I will dedicate my victory to her. But should I come up short in my quest, I will dust myself off, figure out what went wrong and try again next year.



View Point

Fred Sherwin



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Trip to Wonderland kicks off busy couple of weeks

Hi everybody I'm back! I hope you're having a great summer! I know that mine has been great.

I went on my vacation to a wonderland a couple of weeks ago with my Dad and my two brothers. We stayed at Jellystone campground which is kind of near Wonderland. They had an arcade, a miniature golf course and a really nice pool. I didn't spend any time in the arcade or played mini golf, but I did get to swim in the pool a couple of times.

Wonderland was a lot of fun except it was really, really hot. The first ride we went on was Top Gun and we had to wait in line forever.

One of my favourite rides was the Italian Job, which is a really fast roller coaster that goes through a movie set. When it starts it zooms off and your head slams against the back of the seat.

Sledgehammer was also a lot of fun. We liked it so much we went on it about six times.

It looks like a giant machine with four big claws that pick you up and throw you around. Dad said it was like riding in a big blender. I liked it mostly



because the line was really short.

Speaking of Dad, he finally talked me into going on Drop Zone, which takes you up six stories and drops you straight down.

I've always been terrified of the ride, but Dad said it's important to tackle your fears so I decided to give it a try. I kind of liked it and kind of didn't like it at the same time.

Needless to say once was enough for me.

I also went on the Skyrider with my Dad which is the stand-up roller coaster at Wonderland. We went on the very front which is really neat especially when you go over the first big hill.

I also really liked Cliffhanger, which is cool because because you get sprayed as you go through the fountain.

You get wet but not as wet as you get if you stand in the

splash zone at the water log ride.

I've had a really fun week. One of my best friends Esme is staying with me at my Dad's house while my Mom takes the boys up to the cottage.

We spent most of our time staying out of Dad's way while he bakes for the Navan Fair. He gets pretty intense when he bakes and he loses stuff a lot and asks me where it is.

I baked a couple of things too. I made five minute fudge that turned out really well, a cola zucchini, some peanut butter cookies and some Smartie cookies. My Dad said my peanut butter cookies were better than his and he tried to steal some from me, but I wouldn't let him.

I'm also going to see Cirque de Soleil this week with my Aunt Pat. I can hardly wait. I really like Cirque de Soleil and saw them last year when they were at Lebreton Flats.

Their new show is called Saltimambo or something and our tickets are on the floor. It should be really cool. After the Cirque de Soleil, I'm going to the Navan Fair on

Saturday with my Dad and two brothers and then I get to go to the Ex with my brothers my Mom and my Aunt Pat we've gone every year for as long as I can remember.

The summer seems to be going by really fast. I can hardly believe school starts in less than a month.

I'm super excited because I'm going to St. Peter High School which is kind of scary and kind of exciting at the same time.

I'm also hoping my Mom or my Dad will take me to see the Spice Girls. They're having a reunion tour and I really want to go see them. Unfortunately they're not coming to Ottawa which really sucks, but perhaps we can see them when they come to Montreal. I'll just have to keep my fingers crossed and keep dropping hints with my Dad.

Well I hope the rest of your summer is a blast. It will probably be over before you know it and then it will be back to homework, tests and report cards. Yuck.

(Maggie Sherwin is 12-years-old and this fall she will be going to Grade 7 at St. Peter High School.)

If you have a patchy lawn you may have Cinch bug

This is the time of year when you must be vigilant when it comes to your lawn.

Did you know that when your lawn doesn't have enough water it will go dormant until it receives rain and then it will green up again?

If it rains and your lawn doesn't green up in certain sections then you could have a Cinch bug problem.

Cinch bug is a little tiny bug. The babies are red and the adults are brown with two white stripes on their back.

Cinch bugs kill off sections of your lawn by injecting a poison into the soil. This is not to be confused with grubs which eat the roots of your lawn. With grubs you can pull up pieces of your lawn quite easily. This is not the case with Cinch bugs.

One way to test for Cinch bugs is to take a soup can open at both ends and sink it about halfway into your lawn at the edge of where the lawn is turning brown. Fill the half of the can above ground with water and wait. Within a few minutes



you should see some of the bugs floating on the surface of the water.

Another method to test for Cinch bugs is by spreading the blades of the grass on a flat surface and searching for them as you would lice.

If all else fails and you're really not sure cut out a section of sod from the edge of where the green turns to brown about one foot square, put it in a white plastic bag and bring it to your local garden centre. If the bugs are there they will find them.

Fungus also results in the same appearance as Cinch bug so search carefully.

To control future Cinch bug problems apply a mild solution of soap and water to your lawn beginning just after the last frost

in the spring up until mid to late June.

If you already have Cinch bugs you can try applying soap and water but it may not be very effective depending on the severity of the problem.

Be careful that the soap you use is not too strong. Mild dish soap should do fine.

There are other ways to control Cinch bugs using chemicals which can be purchased at your local garden centre.

Unfortunately, if you have had a bad case of Cinch bugs you will have to reseed your lawn. If so, make sure the grass seed you use contains "endophyte".

Endophyte kills all surface feeding bugs such as Cinch bug.

Tip of the month #1

To get rid of wasps or yellow-jackets get a cheap can of tuna, add one tablespoon of Comet and a tablespoon of oil. Mix well and leave out.

The wasps will eat the mixture and take it back to their nest. The other wasps in the nest

will eat it also and will eventually die. Be careful not to use it if you have cats or dogs.

Tip of the month #2

Sprinkling perlite around hosta beds will help eliminate slug problems all summer long. Wind and rain simply spreads the "mulch" out. And it looks nice too.

Tip of the month #3

Spiders can be eliminated by using one capful of Ivory soap in one quart of water and spraying them with it.

Tip of the month #4

Recycle small soap pieces by putting them into a small mesh onion bag and attaching it to your outdoor tap. It serves as a good outdoor scrubber when washing your hands.

(Estelle Laporte is the owner of Laporte's Flowers and Nursery on Old Montreal Road.)

Local sports

O-C Panthers fall to Etobicoke in OVFL semifinal

By Fred Sherwin
The Eastender

The Ottawa Cumberland Panthers playoff run came to a premature end on Saturday thanks to a 16-13 loss at the hands of the hometown Etobicoke Eagles.

The defending Ontario Varsity Football League champions opened the scoring with a field goal early in the first quarter and then added a touchdown to take a 10-0 lead.

After failing to score on a fourth down and one play on the one yard line, the Panthers drove the ball 80 plus yards on their next possession for their first touchdown of the game on an eight yard pass from Aaron Colbon to James Beatty who caught six passes on the day for 132 yards and two touchdowns.

Trailing 10-7 the Panthers put themselves in excellent field position once again before the end of the first half when they drove the ball down to the Eagles' one yard line. But on third and one they were unable to get into the end zone and ended up turning the ball over.

The Eagles added to their lead with their second touchdown of the game in the third quarter using a strong running game.

Showing the resiliency they had demonstrated all season long, the Panthers once again came back with another touchdown from Colbon to Beatty early in the fourth quarter, but an errant snap on the extra point left the deficit at four points.

Needing a touchdown to win the game, the Panthers moved the ball into the red zone on their final drive before falling victim to the time clock.

After the game Panthers head coach Ron Karam was left wondering "what if".

"If we had of capitalized on one of those plays near the goal line, the score would have been a lot different. We should have never been down 10-7 at the half. And in the second half if we make that extra point we would have just needed a field goal to force overtime, but instead we needed to go for the touchdown. But hey, that's football," said Karam.

"We were in the football game the whole time. We had our chances, but a couple of execution errors proved to be the difference."

Despite the loss, the Panthers can still look back on a very successful season in which they managed to finish third in their division and fifth overall.

"A year ago this team was 1-7. If you count our playoff games this year we were 7-3. That's a tremendous accomplishment," said Karam. "But what I'm most proud of is our attendance record at practice. We had 25-30 guys out every practice, which is rare at this level. That means we had the kids attention and we were able to motivate them."

A majority of the Panthers players will be back next season along with several



Ottawa Cumberland Panthers defensive halfback Matt Quigley tracks down Etobicoke Eagles running back Jacob Appiah during their OVFL semi-final tilt on Saturday. Photo supplied

talented players from the club's JV team, which bodes well for team's playoff chances next year.

"There's no question we're going to have a talented group of guys next year. Hopefully we can build on the success we enjoyed this year and go even farther," said Karam.

Bédard named AL Pitcher of the Month for July

By Fred Sherwin
The Eastender

Navan native and former Orleans Red Sox minor leaguer Erik Bedard won his eighth consecutive start on Sunday as the Baltimore Orioles beat the Tampa Bay Devil Rays 11-3.

Bédard, who has not lost in nearly two months, was recently named the Pitcher of the Month in the American League for posting a 5-0 record and a 2.21 ERA in six starts during the month of July.

In Sunday's start against Tampa Bay, the big left-hander was touched up for a pair of home runs in the first and third innings before settling down through the middle part of the game.

Through the first three innings he allowed three runs on five hits including the two round trippers. In the fourth inning, he gave up back to back singles with one out and then allowed the runners to advance to second and third on a wild pitch.

With the count at 1-1 and runners in scoring position he struck out the man at the

plate on his next two pitches and then sat down Akinori Iwamura on four pitches to end the inning.

Bédard was perfect through the fifth and sixth inning before being pulled from the game with two men on in the seventh.

In six and two thirds innings of work he didn't give up a single walk while managing to fan 11 Tampa Bay hitters to extend his Major League leading strike out total to 182.

Bédard is 8-0 since June 10 and he's only two wins behind the league leaders for most wins. His ERA now stands at 3.05 which is fourth best among the 18 pitchers with 12 or more wins and he's 18 strikeouts ahead of Johann Santana for the lead in that category.

Simply put, Bédard is the hottest pitcher in baseball right now.

Following Sunday's win, Bédard credited his teammates for making it easier for him to challenge the Devil Ray hitters.

"It's easier when you have run support," Bédard said referring to the fact that the Orioles scored 10 runs in the first five innings. "You put 10 runs on the board, it



Navan native Erik Bédard extended his winning streak to eight games on Sunday with a win over the Tampa Bay Devil Rays. AP Photo

makes it a little easier to pitch. There's a big difference there between three and 10."

Bédard will go for win No. 13 against the Boston Red Sox next Saturday.

Accomplished local speed skater wins silver medal at Canadian Junior Cycling Championships

By Fred Sherwin
The Eastender

At 17, Ivanie Blondin is already one of the best up and coming young short track speed skaters in the country.

Last fall she made the national senior team for the first time and competed in two World Cups in Quebec including an event in the Saguenay in which she finished fourth in the 1500 metres as a 16-year-old.

She also competed for Canada at the World Junior Championships in the Czech Republic where she won a bronze medal as a member of the 2,000 metre relay team.

Prior to the start of last season she decided to try her hand at competitive bike racing. She went down to try out for the provincial team on a track in London and made the squad, setting a new track record in the two kilometre pursuit. She was so fast, in fact, that they moved her up from cadet to junior prior to the Canadian Junior Championships in Bromont, Quebec.

She ended up winning a bronze medal in the two kilometre pursuit and was third overall in the 20 km points race.

This summer, in only her second year of competitive racing and despite hardly training at all, she won the silver medal in the pursuit, the bronze medal in the 500 metre

time trial and she placed fourth in the sprint.

During an interview with *The Eastender* about her recent exploits on the track, Blondin was almost embarrassed about her success.

“I don’t really train at all, at least not on the track,” said Blondin. “I mean I ride my bike a lot and I train for speed skating, but I only train on the track in London for maybe a week and then I go to nationals.”

Blondin is actually the most recent in a long line of speed skaters who’ve managed to do well on the track. The most well known in Canada is Clara Hughes, who won two bronze medals in cycling at the 1996 Summer Olympics in Atlanta and a gold and silver medal in long track speed skating at the 2006 Winter Olympics in Turin, Italy.

Blondin only recently moved to Montreal to train full time with the national short track speed skating program. She lives with her aunt and has to bicycle seven or eight kilometres every morning to practice.

She’s currently training for the first National Team Selection Trials in September and hopes to once again make the senior team.

When she’s not training she’s taking correspondence courses to finish her Grade 12 at Garneau High School.



Better known for her speed skating ability, Orléans native Ivanie Blondin recently won a silver medal at the National Junior Cycling Championships. Robert Blondin/Photo

Long term her goal is to compete at the 2010 Olympics in Vancouver and perhaps make the world junior team in cycling.

Red Sox come up short in quest for Minor LL title

By Fred Sherwin
The Eastender

The Orleans Red Sox Minor Little League team fell a game short in their quest for the provincial championship last Friday thanks to an nine run fourth inning by the Toronto High Park Braves.

The group of nine and 10 year olds went into the final game on a high after beating the Braves 10-8 in the must win game on Friday to give both teams one loss in the tournament.

The championship game was shaping up to be a pitcher’s duel in the early going with the Braves managing to scratch out an early 2-1 lead before blowing the contest wide open in the bottom of the fourth inning to invoke the mercy rule which allows for a game to be called if a team is leading by 10

or more runs after four innings.

In the earlier game, the Red Sox jumped out to a 2-0 lead in the first inning. The Braves then tied the score in their half of the inning.

After a scoreless second inning, the Red Sox scored four runs in the top of the third to take a 6-2 lead. High Park would get a pair of runs back in their half of the inning before Orleans scored four more in the top of the fifth thanks to some questionable decision-making on the part of the Braves.

With two out and a runner on third, the Braves intentionally walked the next two batters to get to John Lobban. A wild pitch during the at bat would bring home the Red Sox’s second run of the inning and then a solid shot by Lobban into right field would bring home two more runs including the

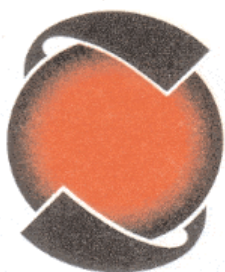
eventual game winner.

High Park managed to narrow the score to 10-8 in the bottom of the fifth and then loaded the bases in their last at bat before Graham McArthur came in and struck out the Braves last batter to end the game.

Offensively the Red Sox got three hits including a pair of doubles from Jacob Charron and a pair of hits each from Zach Harkin and Demi Orimiloye who pitched four strong innings before yielding the mound to Harkin.

Red Sox manager Robert Haché praised his players efforts against one the province’s perennial Little League powerhouses.

“The kids played hard the whole tournament. Unfortunately we just ran out of gas in the final game,” said Haché.



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Local sports

Local NHL prospect proves perseverance pays off

By Fred Sherwin
The Eastender

Simon Lacroix is nothing if not resilient. Three years ago the Orléans native was treated for a ruptured spleen after taking a hit behind the net during his first shift in his first pre-season game for the Cumberland Grads.

He was just 15-years-old at the time with his future still ahead of him. After spending a week in the hospital and another month recuperating he worked his tail off and made it back into the Grads line-up. He would play the rest of the season and the season after that when opportunity came knocking in the form of an offer to play for the Shawinigan Cataractes in the Quebec Major Junior Hockey League.

Cataractes coach Eric Veilleux had come to Hawkesbury to scout one of his former players when Lacroix caught his eye.

For Lacroix, who was passed over during the OHL selection draft the summer before, being courted by the Cataractes would end up providing the perfect consolation.

During his first season with Shawinigan last year he finished second in scoring among rookie defencemen with 38 points and made the all-rookie team. His success drew the interest of several NHL teams including the New York Islanders and the San Jose Sharks.

The year before his friend and former Grads teammate Claude Giroux, who was also passed over by the OHL, was drafted by the Philadelphia Flyers after having an outstanding rookie season with the Gatineau Olympiques.

Heading into this year's draft, Lacroix was expected to go in the fifth or sixth round. As the selection process began, a

small group of family and friends gathered around the television and the computer in anticipation of the big moment.

When Lacroix's name had not yet been called by the end of the sixth round, the only one still watching the television was his uncle Bob Washburn. Everyone else had retired to the kitchen or the dining room including Simon. Not long afterwards the uncle called everyone back into the living room. Lacroix had been selected by the Islanders in the seventh round.

"It's something you work for your whole life and then it just happens in one day. It was one of the proudest moments of my life," says Lacroix who played 'AA' hockey with the Cumberland Barons organization until his Major Bantam year when he went to a prep school in Saskatchewan where he played with Patrick Roy's son.

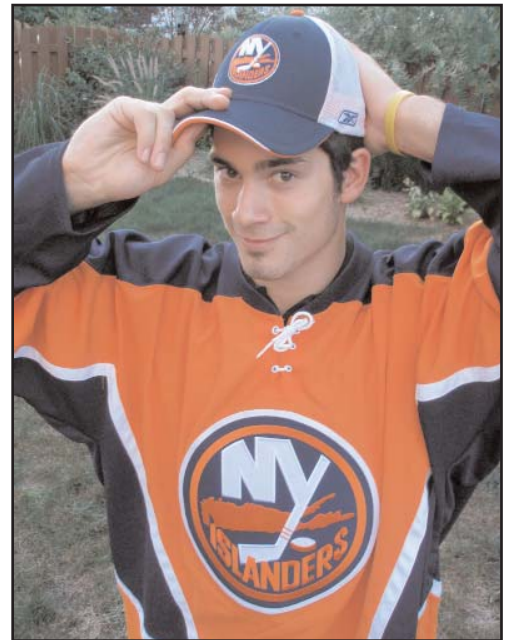
After the draft, Lacroix attended the Islanders rookie camp which only served to further motivate him to realize his ultimate goal.

"They bring you there to get a taste of what it's like. We had three practices and three intra-squad games. Everything was first class. They took us to a Yankees game and a Mets game. We had steak every dinner. It was amazing," says Lacroix.

If Lacroix hopes to one day become an everyday defenceman in the NHL he must first work on his foot speed and his toughness – two areas scouts have red flagged in the past.

His former coach, Cumberland Grads head man Mark Grady, believes Lacroix has what it takes to one day play in the NHL.

"He works hard and he wants to be a hockey player. He never let the fact that he didn't get drafted by the OHL or the injury



Orléans native Simon Lacroix moved one giant step closer to realizing his dream of one day playing in the NHL when he was picked by the New York Islanders in the seventh round of this year's draft. Fred Sherwin/Photo

effect him. He just kept working hard," says Grady.

Lacroix gives a lot of the credit for his success to his parents, especially his father Mario who drove the three and half hours to and from Shawinigan for every home game last year as well as a fair number of road games.

"Why not? It's a lot of fun. I love it," says the elder Lacroix who plans to go to all 70 of the Cataractes' games this year.

As for Simon, he plans to enjoy every minute of the roller coaster ride that goes along with being an NHL prospect.

Community calendar

THURSDAY, AUG. 9

NAVAN FAIR OPENING DAY – Gates open at 4 p.m. Opening ceremony and Navan Fair Ambassador contest at 7 p.m. Demolition derby (small cars) at 7 p.m.

FRIDAY, AUG. 10

NAVAN FAIR Pay-One-Price Day. Purchase a wrist band for \$16 and ride as much as you want from 11 a.m. to 11 p.m. Fair grounds open at 8 a.m. Demolition Derby at 7 p.m. Bridal Show at 7 p.m. Grandstand show featuring The Ryde and Loverboy starting at 9 p.m. under the domes.

RON PRESCOTT will be performing at the Orleans Legion, 800 Taylor Creek Road from 7 :30 p.m. to 11:30 p.m. Dining room open from 5 p.m. to 8 p.m.

THE STANDBY BROTHERS will be performing pop and classic rock favourites at Jacques' Trap Roadhouse in Carlsbad Springs from 7:30 p.m. to 11:30 p.m.

SATURDAY, AUG. 11

CUMBERLAND FARMERS MARKET from 8 a.m. to 1 p.m. Located next to the Cumberland Arena on Dunning Road. Fresh,

organic fruits and vegetables grown by local farmers.

NAVAN FAIR Grounds open at 8 a.m. Midway and concessions open at 11 a.m. Navan Fair parade along Colonial Road at 11 a.m. Tractor and truck pull starting at 12:30 p.m. Junior pedal pull at 1 p.m. Pet parade at 3 p.m. Grandstand show featuring Conspiracy and April Wine starting at 9 p.m. under the domes.

KARAOKE CONTEST at Jacques' Trap Roadhouse in Carlsbad Springs from 9 p.m. to 12 a.m.

SUNDAY, AUG. 12

NAVAN FAIR Grounds open at 8 a.m. Midway and concessions open at 11 a.m. Western horse show at 10:30 p.m. Baby show at 11 a.m. Bridal show at 2 p.m. Grandstand show featuring The Bowes Brothers and Ambush starting at 2 p.m. under the domes. Grounds close at 6 p.m.

CHICKEN EXTRAVAGANZA at the Cumberland Heritage Village Museum. Get cracking on discovering the diverse uses of chickens and their eggs. Visit with our chickens and

take part in a host of activities for children and adults. The Cumberland Heritage Village Museum is located on Old Montreal Rd. just east of Cumberland Village. Open from 10 a.m. to 4 p.m. Admission is \$6 for adults, \$4 for students and seniors and \$15 for a family of four.

TUESDAY, AUG. 14

BBQ AND CORN ROAST hosted by Innes Ward Coun. Rainer Bloess. Come out and celebrate the summer with corn and hotdogs from 6 p.m. to 8 p.m. in Heritage Park, 6160 Orléans Blvd.