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The Eastender

November 15, 2007

Your environmentally friendly community newspaper

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More than 2,000 people took advantage of Sunday's ideal weather to attend Remembrance Day ceremonies at the Orléans Legion. See story page 3. Fred Sherwin/Photo

City budget process off to rocky start

By Fred Sherwin
The Eastender

Ottawa city council began what will likely be the most difficult budget process since 2004 on Wednesday with the beginnings of a potential showdown between Mayor Larry O'Brien and city manager Kent Kirkpatrick.

The fireworks started with the release Wednesday night of a list of more than \$241 million in possible cuts and service effi-

ciencies compiled by Gordon J. Hunter, a business associate of Mayor O'Brien's who was retained by the Mayor's office at a cost of \$80,000 to examine the city's inner workings and come up a list of possible areas where savings can be realized.

According to the document, the proposed cuts would be spread out over the next three years with the potential for \$93 million in reductions in 2008.

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Public school board begins east end accommodation studies

By Fred Sherwin
The Eastender

It's been more than 12 years since the Ottawa-Carleton District School Board, or its predecessor the Carleton Board of Education, last conducted a review of high school boundaries in the east end.

During the intervening years the demographics in many east end communities has changed considerably. In the early 1990s Cairine Wilson Secondary School had over 1200 students, today they have less than 800.

Gloucester High School had more than 1700 students. Now they have less than 1200 and the number continues to dwindle as the community around it continues to age.

Not far away, Rideau High School on St. Laurent Blvd. is

sitting half empty with less than 600 students.

The board has made it clear that it cannot continue to operate with half-empty schools. In order to consolidate space in the east end, they've embarked on a school accommodation study taking in Rideau High School, Gloucester High School and Colonel By High School with an eye to closing one of the three institutions.

At the same time, they plan to examine measures designed to shore up enrollment at Cairine Wilson Secondary School.

The study, or studies, will be conducted in two phases. The first phase of the study will look at redirecting students living in Chapel Hill North to Cairine Wilson.

At present students living in

the Chapel Hill North have a choice of which high school they can attend depending on where they live. Some of the students go to Gloucester, some of the students can choose between Gloucester and Cairine Wilson and some of the students can choose between Colonel By and Cairine Wilson.

The staff recommendation would send all the students living in Chapel Hill North to Cairine Wilson beginning in Grade 9 next year.

Part B of Phase 1 will look at giving public board students living in Avalon and along the Trim Road corridor between St. Joseph Blvd. and Innes Rd. the option of attending either Sir Wilfrid Laurier Secondary or Cairine Wilson. Currently about 100 students apply for a

cross boundary transfer to attend Cairine Wilson every year which takes up a tremendous amount of time to process.

An open house aimed at addressing both aspects of the East End Secondary Schools Accommodation Study will be held at Cairine Wilson at 7 p.m. on Dec. 11.

A second open house dealing with the Orléans Elementary School Accommodation Study aimed at determining whether the board should close Dunning Foubert Elementary School or Queenswood Public School will be held at Cairine Wilson on Dec. 5 at 7 p.m.

The two schools are operating well under capacity and the board wants to close one of them by next September.

Community briefs

Public budget meeting set for next Tuesday

ORLEANS — Area residents will be able to get the lowdown on this year's proposed draft budget as well as the three options being considered containing a 1.4, 3.4 and zero per cent tax increase during a public budget consultation meeting next Tuesday at the Orleans Client Service Centre beginning at 7 p.m. All four east end councillors as well as members of city staff will be on hand to answer questions and hear submissions from the general public.

Santa is coming to town this Saturday

ORLEANS — Santa Claus will be making his eagerly anticipated return to Place d'Orléans this Saturday and he's bringing his friends Max and Ruby with him to help entertain the children. Everything will take place in Laura Court beginning at 4 p.m.

Santa's Parade of Lights just around the corner

ORLEANS — Santa Claus has his map and he's checked it twice just to make sure he doesn't get lost on his way to Orléans for next weekend's Parade of Lights. Organizers are hoping for another huge turnout this year as some 75 floats and vehicles of all shapes and sizes festooned with over a million lights will make their way down St. Joseph Blvd. from Youville Dr. to Prestone Dr.. The parade is one of the largest of its kind in North America and is a major fundraising event for the Ottawa Professional Firefighter's Association. Members will be collecting donations for their toy fund along the route. As in the past the parade starts at 6 p.m. For more information visit www.paradoflights.org.

Tickets now on sale for annual pantomime show

ORLEANS — Tickets are now on sale for the East End Theatre company's annual pantomime production. This year the theatre company is presenting the panto "Sleeping Beauty" on Dec. 14, 15 and 16 at the Orléans Theatre on Centrum Blvd. Tickets are \$15 for adults, \$5 for children. You can purchase your tickets by visiting Frameworks at the corner of Orléans Blvd. and St. Joseph Blvd. or order purchase them online at <http://eastendtheatre.com/>.

Budget options contain substantial cuts to services

> **CONT'D FROM PAGE 1**

More than half the savings, or \$50 million, would be generated by eliminating 500 jobs spread across a number of departments. The rest of the money would be saved through a combination of measures that tackle the city's procurement process and the rationalizing of city services.

The highly anticipated document was supposed to form the basis of the Mayor's budget solutions, but instead it raised the dander of the city manager who used several minutes of his budget presentation to discredit the figures.

Referring to the document as "significantly flawed" and based primarily on "conjecture" and "anecdotal" analysis with little or no basis in fact, Kirkpatrick suggested that it was "constructed to support a predetermined outcome".

He then did a line by line analysis of the "Hunter document", pointing out that \$141 million of the proposed efficiencies are already contained in the draft budget.

As for the remaining \$100 million which Hunter suggests can be realized through staff reductions over the next two years, Kirkpatrick told council that in his opinion the cuts cannot be made without severely impacting front line services.

"I don't believe the \$100 million is achievable without impacting service delivery. I don't believe it's possible. In fact, I'm certain of it," said Kirkpatrick.

After listening to part of what the city manager said, O'Brien could barely contain his consternation.

"Not having the will to go in this direction is a flaw in the mentality of the city," said O'Brien.

The possibility of cutting jobs to save money without impacting services will likely be central to the debate as the budget process unfolds, particularly considering the alternatives.

In laying out the preliminary draft budget, Kirkpatrick made it clear that a zero per cent tax increase

can not be achieved without making a lot of difficult decisions.

To get to zero per cent will require \$39 million in savings. To fund \$20 million in badly needed infrastructure renewal, will require an additional \$20 million in savings for a total of \$59 million.

The list of recommended cuts includes everything from suspending the Museum Sustainability Plan to closing 23 community centres, 10 library branches and nine wading pools.

Other proposed cuts would target snow removal (\$5.1M); transit improvements (\$2.2M); grass cutting and tree trimming (\$2M); road and sidewalk sweeping (\$600,000); community association funding (\$570,000); and arts, heritage and festival funding (\$130,000).

Staff are also proposing several revenue enhancements including raising parking rate to \$3 an hour and nearly doubling the cost of ice time for minor hockey from \$116 per hour to \$210.

Even if council were to agree to raise taxes 3.4 per cent, they would still have to find \$25 million in savings, while a 1.4 per cent tax hike would require \$45 million in savings – and that's on top of the need to impose a 1.44 per cent tax increase to pay for \$15 million in service level enhancements contained in the the Police Services budget.

Residents will have their chance to comment on the budget during a series of public consultation meetings which kick off Thursday, Nov. 15 at the St. Laurent Complex.

Residents in the far east end of Ottawa can attend the meeting at the Orléans Client Service Centre on Nov. 20 starting at 7 p.m. The session will be hosted by all four east end councillors.

For more information about the draft budget or the budget timelines visit www.ottawa.ca and click the budget tab on the right hand side of the screen.

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Remembrance Day ceremonies draw huge crowds

By Fred Sherwin
The Eastender

Perfect weather conditions and Canada's ongoing commitment in Afghanistan combined to bring out the largest crowds in recent memory as hundreds of people gathered at local Remembrance Day ceremonies in Cumberland Village, Navan and Orléans on Sunday to honour the many men and women who have served their country over the years.

The Remembrance Day ceremony at the Orléans Legion in the Taylor Creek Business Park has traditionally drawn the largest crowd. Close to 2,000 people stood 10 and 12 deep during this year's proceedings which were led off with the singing of "O Canada" by members of the Cross Town Youth Chorus.

Among the VIPs in attendance were Ottawa-Orléans MP Royal Galipeau, MPP Phil McNeely, and city councillors Rainer Bloess, Bob Monette.

A smattering of World War II veterans were also on hand including Walter Weslowski who laid a wreath at the foot of the cenotaph in honour of his brother William who was killed during the push through Sicily.

During the war, Walter worked as a wireless electrician with 6 RCAF Bomber Command. Although he never saw actual combat, he witnessed the effects of the fighting as bombers limped back to their air bases or never returned at all. But it was the loss of his older brother who effected him the most.

"Every Remembrance Day I think about my brother lying in a grave in Sicily. He was 33 when he was killed which was quite old for a serviceman," says Weslowski.

The Orléans ceremony was punctuated with a fly past by two CF-18s during the reading of "In Flanders Fields".

Among the many local residents who in attendance were Melonie Price and her 15-year-old daughter Kaitlan who brought a framed picture of her grandfather Sylvio André Corbeil with her.

Sgt. Corbeil served in World War II and the Korean War before eventually settling

down. He passed away in 1989.

"My daughter never met him but we've always kept his memory alive," said Mrs. Price holding her father's framed medals in her hand as well as his Korean War Service Medal which was awarded posthumously.

After standing in line to place their poppies at the base of the cenotaph among dozens of others, mother and daughter reflected on November 11 means to them.

"It's a symbol of our freedom," said Kaitlan. "It means a lot to me that my grandfather risked his life to save ours."

During the Orléans ceremony, Cindy Muir read out the names of the Legion members who have passed away during the past year. They include Thomas Morrice, Joseph Samson, William Lafleur, Stanley Marshall, Bill Peterson, Herb Deavy, Keith Voller, Charles Burke, Fernand Lamothe, Sylvio Lemay, Joseph Lusby, Larry Lepine and Raymond Bigelow.

While the number of surviving World War II veterans keeps dwindling with each passing year, the number of Canadians who come out to honour their sacrifices continued to grow.

Ottawa-Orléans MP Royal Galipeau says the resurgence in respect is largely due to a resurgence in the level of pride Canadians have in their military and more precisely the job they've done in Afghanistan.

"People are effected by it. It's what they see on the front pages and on the news. The Vietnam War gave the military a bad name and Canada wasn't even involved," explained Galipeau. "But in the years following that war, successive Canadian governments progressively reduced our involvement in NATO to the point where it was an embarrassment. It's only been in the last few years and especially since Canada got involved in Afghanistan that our military has gained a heightened level of respectability and pride."

That level of pride was evident at the three local Remembrance Day ceremonies which were attended by young and old alike.

In Navan, about 300 people observed the ceremony which was attended by WWII and Korean War veteran Eric Smith.



Sunday's Remembrance Day ceremony at the Orleans Legion was attended by close to 2,000 people of all ages. Fred Sherwin/Photo

This year's Honour Roll of deceased Boer War, World War I and World War II veterans included the name of Herbert Deavy who passed away in July. Deavy served as a spitfire grounds crew member in the south of England during the war.

The Cumberland Village Remembrance Day ceremony was attended by Second World War veteran Dr. "Bus" Kennedy who once again recited the list of fallen comrades from the east end community including his own brother Carleton Kennedy who died on a routine training flight in England in 1944.

Dr. Kennedy was a spitfire pilot and twice received the Distinguished Flying Cross.

Fellow WWII veterans Angus and Alice Wilson also laid wreaths at the Cumberland Village cenotaph. Angus Wilson served with the Westminster Regiment in Italy and Northern Europe during the 1944 and 1945, while Alice manned a radar installation in New Brunswick that kept watch over the eastern seaboard. The couple did not meet until after the war was over.

Award ceremony honours east end's 'Valiant Women'

By Fred Sherwin
The Eastender

Six "valiant" women were honoured at the inaugural Valiant Women of Orléans ceremony last weekend in the company of their family and friends other women whose actions have made a difference in their community over the years.

Women like Jill Vyse who has dedicated hundreds of hours of her life to teaching infant message over the years.

And Anita MacDonald, who in her role of executive director of the Heart of Orléans BIA, has worked diligently to promote businesses along St. Joseph Blvd. through the distribution of newsletters and business guides encouraging people to buy local.

Sixty-nine year old Jeannine Rochon was honoured for her strength as a single parent and for helping her daughter in caring for her grandchild who has Downs Syndrome.

Comfort Inn general manager and east end resident Lucy Andrede was singled out for going above and beyond the call of duty when looking after the needs of hotel guests, clients and staff and for her many hours of charity work.

Local author and avid walker and adventurer Hélène Viel was celebrated for walking across Canada with her husband Ole Olson seven years ago at the age of 66 and providing inspiration for hundreds of other seniors to keep fit by walking every day.

Last but not least, Margo Lancee was

honoured for devoting hundreds of hours to volunteerism while looking after the needs of her own children, grandchildren and great grandchildren.

The Valiant Women Awards were the brainchild of Kathy Grant, a local gospel singer and public relations specialist, who approached Team Ottawa-Orléans executive director Robert Paiement with the idea of honouring the exceptional and inspiring work done by women in Orléans.

With Team Ottawa-Orléans backing, Grant spread the word and organized the award ceremony which was sprinkled with performances by Cathy Goddard, the Cross Town Youth Chorus and even Grant herself who is already planning next year's awards.

Commentary: Tax freeze price tag way too costly

By Fred Sherwin
The Eastender

It's nice to see our local councillors have finally come to their senses and are starting to back away from their blind support of a tax freeze.

All three of them knew what they were in for when they supported having staff come up with a zero per cent tax option.

What did they expect? For that matter what did any of them expect. It took staff the better part of four months to come up with the original three options as well as a plan to find \$100 million in efficiencies over the next three years.

In an effort to make it look like they were doing everything possible to prevent a tax increase they asked staff to go back and find an additional \$59 million in savings in four weeks. Everyone knew giving the short time frame and the amount of work that went into developing the original two options that staff was going to come back with a laundry list of unpalatable service cuts that have no chance of ever being passed.

The city manager Kent Kirkpatrick even warned them that what they were asking for would generate a lot anxiety and acrimony and that they shouldn't even consider going doing that street unless they were serious about freezing taxes. Rather than heed his warning they did it anyway.

But while they will say publicly that they did so to protect the taxpayers and ensure that no stone was left unturned in trying to save taxpayer money, the truth is that they did it to protect their rear ends.

They needed ammunition to discredit the

tax freeze zealots and the Mayor most of all.

The problem is that by going along with the tax freeze option they only heightened the public's expectation that a tax freeze is actually achievable.

It is, but not unless you want to tick off an awful lot of people.

Here's just one example of the problems the city faces and why implementing a tax freeze is so difficult.

The city's fire fighters have been without a contract for the past four years and the negotiations are currently before an arbitrator who in all likelihood will award the fire-fighters with something in the vicinity of a 15 per cent wage increase spread out over five years and retroactive to January 2003. On top of that he will also likely award them a retention pay increase of three, six and nine per cent for 2004, 2005 and 2006 which almost every other police and fire department in the province has already been awarded.

Let's say for argument's sake that the arbitrator awards them a salary increase of three per cent a year. And let's also say for argument's sake that the city's 900 firefighters make an average of \$50,000 a year.

That would mean a three per cent increase in 2003, three plus three in 2004, three plus six in 2005, three plus nine in 2006 and another three per cent this year.

Working from a total base of \$45 million (900 firefighters x \$50,000) the contract settlement would cost the city \$16,777,459 in retroactive pay and would require a two per cent tax increase to address in 2008 – and that's just for 900 firefighters.

All of which brings up a fundamental question – if you're going to negotiate salary increases, or in this case have them forced on you by an arbitrator, how are you going to pay for them?

You can only do it two ways – you either raise taxes, or you cut services. But that brings up another question, is it right or even ethical to pay for salary increases by closing libraries or reducing snowplowing or grass cutting. Most people of a reasonable and sound mind would say no.

The only inherent problem in all this is that when you raise taxes to pay for salary increases for existing staff, there is no parallel increase in the level of service, you're simply paying the same people more money to do the same job.

As for the city's ability to freeze taxes. Yes, it can be done, but the only way to do it is by reducing the payroll which means getting rid of a whack of middle managers and outsourcing services wherever possible.

To get their, however, would require some drastic changes including replacing Kent Kirkpatrick with a CEO from the private sector who the Mayor can work with, and a level of upheaval among management and the rank and file that would make the amalgamation process look like a walk in the park.

If any councillors want to do that, including our four east end councillors, then good luck to them, but they should to say so now and get on with it. If not, they need to stop trying to have it both ways by sounding like they want to freeze taxes while knowing it's impossible to achieve.

Outstanding Youth Awards receives 30 nominations

Thirty youth from across the east end have been nominated for this year's Orléans Online Outstanding Youth Awards to take place at the Orléans Client Service Centre on Saturday, Nov. 24.

The list of nominees who range in age

from eight to 17, represents a cross section of the community and includes youth with an aptitude in sports, academics, the arts, and community service.

Members of the selection committee will each go over the list of nominees and select

those candidates who they feel should receive an award. Runners-up will receive a Certificate of Merit recognizing them as an Outstanding Youth Award honoree.

The following is a complete list of all 30 nominees:

Samantha Sproule, 13
Dunning Foubert Elementary School

Joshua Simpson, 12
Henry Larsen Elementary School

Edgardo Montes, 16
Colonel By Secondary School

Ivanie Blondin, 17
l'école secondaire catholique Garneau

Nolan Beanlands, 17
Colonel By Secondary School

Élyse, Marc and Paul Maisonneuve
l'école secondaire Gisèle-Lalonde

Cody Lombardo, 14
Colonel By Secondary School

Sherwin Habibi, 17
Sir Wilfrid Laurier Secondary School

Christie Corrigan, 8
Trillium Elementary School

Rebecca Kalinge, 14
Canterbury High School

Sean Decloux, 13
St. Peter High School

Amanda Bentley-Desousa 15
Colonel By Secondary School

Malcolm Jones, 13
St. Peter High School

Alex Lacasse, 15
Sir Wilfrid Laurier Secondary School

Kira Isabella, 14
St. Peter High School

Ambuj Dewan, 17
Gloucester High School

Tania Bariteau, 16
l'école secondaire catholique
Béatrice-Desloges

Emma Bohn, 9
St. Francis of Assisi Catholic School

Amanda Pinhey, 17
St. Francis Xavier High School
(Hammond)

Alex Bergeron, 13
Henry Munro Middle School

Segun Makinde, 16
Colonel By Secondary School

Charles Williams, 17
Sir Wilfrid Laurier Secondary School

Eric Stewart, 13
l'école secondaire Louis Riel

Léo Trudel, Eric Marcotte and
Alex Normand
l'école secondaire catholique
Béatrice-Desloges

Lindsay Anderson, 16
Colonel By Secondary School

Michele Laroque, 17
Lester B. Pearson High School



The Eastender

Fred Sherwin
Editor & Publisher

Letters should be limited to 250 words.

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

The Eastender reserves the right to edit correspondence for length with a commitment to maintaining the integrity and spirit of the content.

Flawed

In all my years covering local municipal politics I can't remember the last time the battlelines were so clearly drawn between the mayor and the CEO, or in this case the city manager.

On the one side you have Mayor Larry O'Brien, a self-made millionaire who was elected to freeze taxes and dramatically change the corporate culture at City Hall. On the other side you have Kent Kirkpatrick, a career bureaucrat who up until now has run the city as efficiently as possible.

O'Brien looks at the numbers and sees a 50 per cent increase in overall spending between 2000 and 2006 and a 30 per cent increase in staffing and believes there is room for drastic reductions without impacting services. Kirkpatrick's response is that the staffing cuts being proposed by the Mayor would have a dramatic impact on service delivery, leaving most people to wonder who is wrong and who is right.

The fact of the matter is that they are both wrong. Looking at the numbers and assuming that the city has been a victim of runaway spending is an over simplification of the facts. Spending has gone up 7.5 per cent a year because the cost of running the city has gone up 7.5 per cent a year. In fact, if you combine population growth with inflationary pressures it's a wonder the increase in spending hasn't been even more dramatic. The fact that it hasn't is a reflection on how well Kirkpatrick has been doing his job.

But although the Mayor's basic premise is fundamentally flawed, the idea that you can reduce the total number of full-time equivalent positions by 1,365 over the next two years is not.

Kirkpatrick made a number of good points during his presentation to council on Wednesday, not the least of which was his point that the city has already adopted \$141 million of the \$241 million in administrative savings contained in the "Hunter document".

Where he erred is in his unwavering defence of the 1,365 FTEs O'Brien believes can be cut. He totally dismissed the thought which should raise an immediate red flag.

You would be hard-pressed to find a single resident who doesn't think there is room for some cuts. The question is where and how many? In a perfect world the mayor and the city manager should be working together to find an answer. The problem is that the relationship between O'Brien and Kirkpatrick is about as far from perfect as you can get.

- Fred Sherwin, editor

Burgers, shakes and beer oh my!

This week I've decided to devote my column to my recent culinary exploits and in particular a recent visit I made to the new Works Gourmet Burger Bistro at the corner of Watters and Trim Roads with my daughter Maggie.

First, I have to admit that I had never been to a Works restaurant before. Number one, because I was scared off by the prices and number two because the burgers are way too big for my two boys.

On this occasion I had a few extra bucks and me and Maggie were on our own so I thought what the heck?

When I entered the restaurant I was immediately impressed by the contemporary industrial feel to the place.

After being seated we went over the menu and I must admit the prices were an eye opener especially for a single dad with three kids and not a lot of disposable income. The average price for one of the 62 different gourmet burgers and side dishes was about \$12. Add a shake for \$4.50 and before long you're looking at \$20 a person.

The first thing the waiter asked us is whether or not we wanted something called a "Tower of Rings". At first I tried to beg it off, but the waiter was persistent and my curiosity along with my ignorance of not knowing what was to come got the better of me.

I made my way about halfway down the tower of onion rings when our burgers arrived. Now if you've never been to a Works Gourmet Burger Bistro before you can't even begin to imagine how good a properly cooked and well garnished burger can be.

Most of us have been desensitized

by a steady diet of fast food burgers that taste more like cardboard than actual beef.

The burgers at The Works are about as close to Heaven as us mere mortals will get. I'm just disappointed that I couldn't finish mine thanks to those darn onion rings.

Amazingly the young guy beside

me ordered the Navan Burger which is made out of one pound of hamburger and ate in all in less time than it took me to eat my regular 1/2 pound burger.

Suffice it to say, I was thoroughly impressed with the place. The price may be a little steep, but you definitely get your money's worth.

My only recommendation would be that if you plan on going, make sure you bring a healthy appetite.

On another note I decided to try something called "The Big & Easy Bottle Brew" the other day on the advice of Orléans Wine Kitz owner Leslie Larkin.

"The Big & Easy Bottle Brew" comes in a two litre bottle and is as easy to make as pouring a glass of water. You simply take off the cap, drop in a yeast capsule, screw the special pressurized cap back on and let it stand for seven to 10 days.

When the beer becomes clear you put it in the fridge for 12 hours and voila, you have two litres of delicious beer for the equivalent of \$6 a six pack.

"The Big & Easy Bottle Brew" comes in three different varieties - Mexican Cervaza, Premium Pilsner and Red Lager.

If you like beer, I would highly recommend giving it a try.



View Point

Fred Sherwin



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Psst! Want to make your life more interesting?

I'm sure you always had every intention of doing it, but the timing wasn't right or you're just too busy or more than likely, you didn't know how to go about it. I'm referring of course to volunteering, the gift of giving back to your community and getting involved.



Generally speaking there are three types of people in the world – the users, the oblivious and the in-the-loop-people-who-care-about-their-world-and-what's-happening-in-it.

The users take advantage of everything usually without a thought as to where things come from. "Who cares how or why this happens? It's here for me to enjoy!" A perfect case in point could be the Canada Day Celebration at Petrie Island.

The user will show up and have a great time, leave a bit of garbage for someone else to clean up and never give a second thought about thanking any of the literally hundreds of volunteers who make that day happen.

As well, "users" are usually the first people to complain when something goes wrong and they are even slightly inconvenienced.

"Oblivious people", on the hand, just don't get it and don't care. Typically, even though their family would probably benefit from some provided service or event, they couldn't

be bothered to participate and so they go on their merry way, oblivious to what's happening around them, and are quite often simply ignored themselves.

The informed community volunteer understands that life is more than "me first". From helping create safe neighborhoods to keeping public land clean, the key is that volunteers understand that these things don't happen by accident. Someone has to take the lead and invite others to join in the cause.

Whether it's a community association, or a service club (the Kiwanis, Lions, Optimists, Rotary, Kinsmen, etc.), your chance of actually making an impact on your street, neighborhood or even the city is greatly enhanced if you take that important step and get involved. You will discover that the rewards are bountiful.

How do I know this? In 1990 I was invited to join the Kiwanis Club of Orléans. This group of seemingly insane fun-loving people enjoyed a common zest

for life and did great things in our community.

From a selfish perspective, my business was community based and it made good sense to get involved and demonstrate that my family was not just a recipient of community support but a contributor as well.

What began as an inclination to contribute, has now become a way of life.

And contribute my Kiwanis Club does! We are the founders of the World Trivia Night event that packs the Aberdeen Pavilion every November.

This is the largest trivia contest in the world, the largest indoor fundraising event in Ottawa and the largest single fundraising event for the Champions for Children (the fundraising branch of the Children's Aid Society).

We also founded the Staples Back-to-School Supplies program which gathers \$2.5 to \$3 million worth of pens, pencils, paper, etc. across Canada for local schools.

As far as our own backyard right here in Orléans we were responsible for the development and erection of the Kiwanis Adventure Playground across from the Millennium Sports Park, the largest such playground in the city and a favourite of every child in Orléans and beyond.

So I've been a member of

the Kiwanis Club of Orléans for over 15 years and I have had the privilege of working with members of our community, city officials, politicians, business owners, etc. I have learned how to negotiate contracts, talk with the media and how to work with people of all walks of life. I have met and befriended people from so many places. My life is very full.

It is important to understand that the volunteer and service clubs in your community are not secret societies bent on dominating the world, we are simply groups of community minded people who enjoy each other's company and want to make their communities better places to live. We are your neighbours.

If something here has struck a cord, I encourage you to seek out a group that appeals to your ideals.

If you're not quite sure, I'd like to invite you to see what Kiwanis, the largest service club in the world, is all about. We don't sing, chant, salute or wear funny clothes or hats. We help our community, we have fun and we share camaraderie.

If you want to see for yourself why not check out one of our meetings. Call Marilyn Dow at 613-834-0199 or myself at 613-851-3567 for more information about Kiwanis and when our next meeting is.

Healthy chocolate loaded with antioxidants

Fred Sherwin
The Eastender

Last spring, Orléans resident Anne-Marie Fontaine was thumbing through the *Globe and Mail* when she came across an ad looking for people interested in becoming independent distributors for a product called Xoçai.

Besides the strange name, Fontaine's curiosity was piqued by the ad's audacious claim that it was the world's first truly healthy chocolate.

Understandably skeptical but naturally curious, she decided to call the number in the ad to get more information.

"The last time I had chocolate was 20 years ago when I was pregnant with my daughter. For some reason I had an allergic reaction after eating a piece and I haven't had any ever since," says Fontaine.

While doing more research,

Fontaine found out that Xoçai chocolate is made by using an exclusive cold press process that retains the natural antioxidant qualities of unprocessed cocoa powder.

In order to maximize the healthy aspect of the product the unprocessed cocoa powder is mixed with blueberry extract and the Açai berry native to the Amazon which are both high in antioxidants.

A small wafer has the equivalent antioxidant qualities as 3/4 of a pound of spinach – and because the Xoçai chocolate doesn't contain any waxes, added sugar, preservatives or other fillers it doesn't produce cravings like normal confectionery chocolate does.

Suitably impressed by the product's claims, Fontaine decided to try it out for herself. At first she took a small nibble,

then another and another, until she had eaten the entire piece.

"Not only didn't I have an allergic reaction to it, but it was delicious. It has a real dark chocolate taste to it, but it's also fairly sweet from the blueberry and Açai extract," says Fontaine who decided to take the leap then and there to become a distributor.

Since introducing the product to her friends and associates she has received nothing but positive feedback.

"People absolutely love it. Like me they were a little skeptical at first, but once you read up about it and try it, you love it," says Fontaine.

According to independent clinical studies available on the Internet, dark chocolate can help decrease cardiovascular disease, prevent the formation of blood clots, lower blood



Anne-Marie Fontaine

pressure, help prevent certain types of cancer, improve liver function and help weight loss by decreasing cravings.

To find out more about the Xoçai chocolate you can call Anne-Marie Fontaine at 613-837-5279 and leave a message or visit her website at <http://www.chocolatebiz.ca>.

Local sports

Hot goalie helps Stingers win Orléans tournament

By Fred Sherwin
The Eastender

In the NHL a hot goaltender can often spell the difference between a lengthy playoff run and an early exit. The same is true at the minor hockey level, especially in tournaments.

Last weekend, the Blackburn Stingers Atom 'A' House League team learned the value of having a hot goaltender in a short tournament firsthand when Aaron Cathcart-McKinnon put together back-to-back shutouts in the playoffs to help his team win the Orléans Atom House League Tournament.

Cathcart-McKinnon showed signs of things to come when he only allowed one goal in a 1-1 tie against the Leitrim Hawks A2 team in the opening game of the tournament on Saturday.

A pair of wins against the Cumberland Icebreakers and the Metcalfe Jets, would assure the Stingers first place in the Fisher Pool and a date against the Leitrim Hawks A1 team in the semi-finals in which both goaltenders put on stellar performances.

After the first three periods the game was tied 0-0. When neither team could break the deadlock in overtime, the game went to a shootout.

Both teams scored on their first shot with Ryan Sabourin doing the honours for the Stingers. Dan Montpetit then scored for Blackburn to give them a one goal edge. Cathcart-McKinnon stopped the Hawks' remaining two shots to seal the win for the Stingers and secure a spot in the final against the Hawks A2 team.

Cathcart-McKinnon was nothing short of brilliant in the rematch, stopping everything Leitrim threw at him. With the game tied 0-0, Samuel Wilson scored on a pass from Sabourin early in the third period to give Blackburn a 1-0 lead.

From there it was just a matter of keeping the Hawks at bay for the remainder of the game. When the final buzzer sounded the Stingers stormed off the bench to congratulate their MVP goaltender.

"He had an awesome tournament," says Stingers coach



The Blackburn Stingers recently won the 'A' Division championship at the Orleans Atom House League Tournament. File photo

Michel Brunet when asked about his goalie's performance. "Everything came together. Our scoring was spread out and our defence was solid."

The Stingers are already three weeks into their regular season and they've managed to get out to an early 3-1 start.

Their next tournament is in Syracuse in two weeks and then they'll begin preparing for

the Bell Capital Cup which takes place over the Christmas holidays.

In other action at the Orleans Atom Tournament the West End Gladiators beat the Metcalfe Jets in a shootout to win the 'B' Division championship and the Gloucester Centre Cougars downed the St. Laurent Senators 5-1 to win the 'C' Division title.

First place Grads on a major league roll

By Fred Sherwin
The Eastender

The Cumberland Grads can do no wrong. With their head coach off in British Columbia helping Team Canada East win a silver medal at the World Junior Challenge, the team didn't skip a beat over the weekend in putting together back-to-back wins over the Kanata Stallions and the Smiths Falls Bears. In the two games, the Grads outscored their oppo-

nents 13-6.

To prove it was no fluke they scored another seven goals against the Kemptville 78s on Tuesday night with Mark Grady back behind the bench.

With the three wins the Grads are now five points clear of the Cornwall Colts in the Robinson Division standings and tied for third place overall with the Nepean Raiders.

During the three game span the Grads' top line of Jason

Akeson, Eric O'Dell and Jeff Clarke scored eight goals and added 16 assists for a total of 24 points.

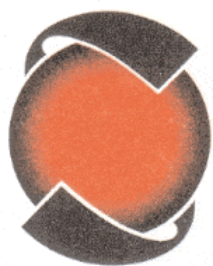
Clarke led the way with four goals and five assists. Akeson had two goals and seven assists, and O'Dell three goals and five assists.

All four of Clarke's goals came against the Kemptville 78s as the Grads peppered 78s goalie Alex Beaudry with 45 shots. They had 44 shots against

the Kanata, but were outgunned by Smiths Falls in a game in which Grads' netminder Matt Fiander picked up second star honours.

With his nine points Akeson has moved into first place among the CJHL's scoring leaders, one point ahead of Clarke who is in a four way tie for second.

The Grads next home game is against the Cornwall Colts this Sunday at 3 p.m.



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Local sports

Big plays sink Lancers in senior football final

By Fred Sherwin
The Eastender

For the past eight weeks, the Sir Wilfrid Laurier Lancers and the St. Mark's Lions have been on a collision course to determine the best Tier 1 senior boys football team in the city.

Along the way both teams managed to compile identical 8-0 records, but until last Saturday night the two teams could only debate among themselves who had the better team.

On the one side you had the defending champion Lions who have been to the 'ship for the past nine years in a row, while the Lancers were looking to add a senior championship banner to the junior championship they won two years ago.

In the end it would be the Lions who would lay claim to the Bob Wills and Ron Graham Cup, thanks to a solid defence and a trio of big plays that would prove to be the difference in the game.

The two teams played each other about as even as two teams can play each other through the first two quarters. Both teams had 126 yards in offence and they registered four and five first downs respectively. But it was the Lancers who had an 8-7 half-time lead thanks to a pair of interceptions by Josh Deloges and Tyler Feutlinski and the Lions propensity to take untimely penalties. St. Mark's was flagged six times for 68 yards compared to only one penalty against Sir Wil for 15 yards.

The Lancers scored first on a 50 yard, eight play drive that saw Brendan Gillanders carry the ball seven times including a one yard run up the middle for the touchdown.

On the ensuing series, the Lions struck for their first big play of the game when Jordan Hamilton found Tristan Bailey down the sideline for a 55 yard pass and run play to tie the game at 7-7.

The Lancers scored a rouge later in the second quarter after Feutlinski intercepted a pass that was tipped at the line and rumbled down to the Lions' 38 yard line.

After the team got called for unnecessary roughness, Lancers quarterback Aaron Colbon connected with Andrew Mullings on second and 25 for a 35 yard passing play to set up a 22 yard field goal attempt that unfortunately sailed wide for the single.

Things continued to go the Lancers way at the beginning of the second half when the Lions fumbled on the opening kick.

After working their way down to the Lions' 23 yard line, the Lancers sent their field goal unit on to the field. But instead of attempting a field goal they tried to pick up the first down and came up well short.

After the change of possession the Lions marched 90 yards on nine plays on a drive that was highlighted by a 45 yard pass from Hamilton to Sean Lajeunesse and a 28 yard run by Cassius Henry to take a 14-8 lead.

When the Lancers got the ball back they tried a hook and ladder play on second and 10, but fumbled the exchange to give St. Mark's possession of the ball on Sir Wil's 25 yard line. A 22-yard run by Henry and a three yard plunge by Lajeunesse would extend the Lions' lead to 21-8.

Down but not out, Sir Wil kept on battling, hoping a big play would get them right back into the game.

Their big break came early in the fourth quarter when Andrew Anson gathered in a punt on his 15 yard line and returned it 52 yards to the Lions 43.

On first down, Colbon hit Mullings for a 35 yard pass to set up first and goal on the eight yard line. Gillanders did well to pick up four yards but then the Lions briefly shot themselves in the foot by taking another 15 yard unnecessary roughness penalty.

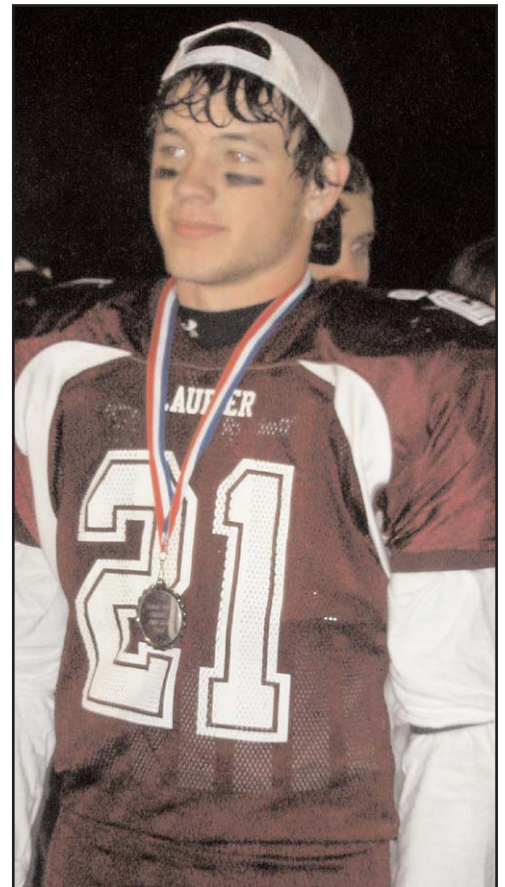
After Colbon's second down pass fell incomplete the Lancers were looking at third down and 19. Needing the extra points, Sir Wil decided to forego the field goal attempt and went for the end zone instead. The gamble paid off when Colbon through up a Hail Mary like pass to Gillanders who hauled it in near the far pylon and then fell backwards across the goal line for the major to narrow the deficit to 21-14.

With less than three minutes to go in the game, the Lancers defence came up with a big stop at midfield to give the team one last shot at driving the length of the field to score the go ahead touchdown.

Starting from their own 20, the Lancers methodically moved the ball downfield and into Lions territory when disaster struck. While scrambling for a first down, Colbon had the ball knocked from behind by Lajeunesse. When the referees sorted out the pile-up that ensued, the Lions had the ball and any chance of a late game comeback had been snuffed out.

St. Mark's would add an exclamation point on their victory when Henry ran 58 yards for a touchdown with 16.5 seconds on the clock to make the final score 28-14.

It was an impressive performance by the Lions who have been to the senior high school championship in each of the past nine years. They will now go on to try and defend the National Capital Bowl which they won last year. The Lancers, meanwhile, will be left to consider what might have been. Most of their top players includ-



Sir Wilfrid Laurier running back Brendan Gillanders ran for over 100 yards and scored two touchdowns against the St. Mark's Lions in the NCSAA senior football championship last Saturday night. Fred Sherwin/Photo

ing Colbon, Gillanders and Mullings will likely graduate this year.

As the Lions celebrated their victory with their fans, Lancers' head coach Eric Kukkonen tried to put the defeat in perspective.

"It didn't work out the way we wanted, but hey, we played hard the whole game, we didn't quit and we stuck with them. I'm extremely proud of our guys," said Kukkonen.

According to the stats the difference in the game was the second half. The Lions racked up 285 yards in total offence in the second half compared to only 47 yards for the Lancers.

Gillanders ended the game with 104 yards on 18 carries and he had one reception for 21 yards as well as two touchdowns. Colbon was seven of 18 for 112 yards with one touchdown and two interceptions and Mullings hauled in five catches for 91 yards.

The Lions top performer was Cassius Henry who ran for 153 yards on 11 carries and two touchdowns.

Local sports

Jr. Knights end five year drought

By Fred Sherwin
The Eastender

It's been five years since the St. Peter Knights last won the National Capital Secondary School Athletic Association junior football championship, doing so in back-to-back years in 2001 and 2002.

They've been to the big game in each of the past four years, but have never managed to regain the title until now.

On Tuesday, the Knights beat the St. Mark's Lions 24-19 to put an exclamation point on their first undefeated season since 1995 and they did so with their top defence player and spiritual leader barely able to walk.

Nick Lecour severely strained the ligaments on the top of his foot during the NCAFA bantam all-star game on Sunday. On Monday, he couldn't put any weight on the foot at all. Any chance of playing in the big game appeared to be totally out of the question.

This morning, before the team left for Minto Field, he hobbled into the team's pre-game practice in the school gym on crutches to let them know he'd be on the sidelines cheering for them. He was greeted by spontaneous applause.

It wasn't until he arrived at the field with the rest of the team, and the Advil he had taken to dull the pain was starting to kick in, that he thought about possibly suiting up.

A friend managed to grab his gear at the school and drive it to the field which is situated behind the Nepean Sportsplex.

After double and triple taping his foot and ankle, he was ready to give it a try and ended up making several big tackles, but more importantly he provided the team and especially his fellow defensive players with a huge lift.

"At first I wasn't going to play, but then I started talking to my teammates and thinking about it. So I got a friend to bring my equipment from school and I got dressed about two minutes before the game started," Lecour said after game in a state of obvious discomfort. "It hurt a lot at first, but then the pain kind of went away from all the adrenaline and Advil. Now it's just really sore."

Knights head coach Bruce Blomeley was suitably impressed by the selfless actions of his defensive captain.

"I can't say enough about the kid. It was unbelievable what he did," Blomeley said after the game. "(In fact) all of our big players came to play today. (Ryan) Begin had a huge game kicking the ball. (Nick) Wakim had Harrison (Lowe) both had really good games and (Alex) Skinner was amazing."

The game did not start out well for the Knights who fell behind early 7-0. Their first break came early in the second quarter when Begin unloaded a booming punt from his own 30 yard line that bounced past the Lions punt returner and rolled out of bound at the one foot line.

After St. Pete's stopped the Lions deep in



Members of the St. Peter Knights pose for a team photo after winning the National Capital Secondary School Athletic Association junior football championship on Tuesday. Fred Sherwin/Photo

their own territory, the Knights managed to get the ball back in excellent field position and promptly marched it down to the 21 yard line before Skinner got picked off on the one.

Once again the Knights defence came on to the field led by Lecour at middle linebacker and once again they stopped the Lions dead in their tracks.

This time Skinner marched the Knights inside the 15 yard line before connecting with Wakim who managed to make the catch in the corner of the end zone despite being molested by the Lions' defensive back on the play.

On the ensuing kick-off the Knights tried to catch the Lions off guard by attempting an onside kick. The plan backfired when the St. Mark's player scooped up the ball and ran 58 yards for the touchdown.

For any other team it would have been a huge blow to their psyche. Not so for the Knights. They simply brushed it off and put together another touchdown drive capped by a 10 yard pass to Demetri Dalekos who ran a simple hook pattern on the four yard line and then broke two or three tackles to get into the end zone.

Begin's second convert of the game would give the Knights a one point lead at 14-13 which is how the first half should have ended if not for a mini-meltdown on the part of St. Mark's.

With time winding down they fumbled the ball near midfield into the hands of Knights' DB Shane Dabros.

Assisted by a pair of objectionable conduct calls against the Lions, the Knights managed to march the ball down to the one yard line where Skinner scored on a quarterback keeper with seven seconds left on the clock. The Knights then added a field goal in the third quarter to go up 24-13.

Everything seemed to be going the Knights' way until the early stages of the fourth quarter when the Lions marched the ball 46 yards on six plays to narrow the deficit to 24-19 after failing to connect on the the two point conversion attempt.

Things would get even more interesting in the final two minutes as the Lions strung together a couple of first downs including one which came on a third down and four play which made it by inches.

Unfortunately for the Lions they had already used up their two timeouts and had no way of slowing down the clock.

Finally, as the clock ticked down to under 30 seconds, Mike Murray picked off a pass in front of the Lions' bench and the rest of the game was instantly turned into a mere formality. St. Pete's had finally won the junior championship after being bridesmaids the last four years.

As much as Lecour pumped up his teammates by his mere presence on the field, the remaining members of the Knights' line-backing corps came up huge in raising their game to the next level to make up for his lack of mobility.

On offence, Skinner was the runaway MVP, especially in the second quarter when he managed to bounce back from the interception on the one yard line and throw two touchdowns and run for another.

"We started off a little slow and then we started getting some momentum on our side," said Skinner after the game. "The guys ran good routes. They found the spots and I had lots of time to throw."

Many of the junior players including Skinner, Lecour, Begin and Dalekos will be graduating to the senior team next year ensuring the football program at St. Pete's will continue to shine bright for years to come.

Louis Riel Rebelles win 'AA' hoops crown

By Fred Sherwin
The Eastender

The Louis Riel Rebelles senior girls basketball team are the newly crowned National Capital secondary school 'AA' champions after knocking off the St. Paul Golden Bears 55-23 Monday night in a game that marked the demise of one dynasty and the likely dawn of another.

Prior to Monday night's final, the Golden Bears had won the last six senior girls AA championships in a row including last year's final in which they beat the Rebelles 47-35.

Due to their status as a sports school, Louis Riel has managed to attract a number of talented athletes. This year the basketball team benefitted from the addition of one player in particular.

Micaella Riché is a 6'2" post player from Kingston. She and fellow Rebelles Emilie Vachon were both members of the U15 provincial team that won the gold medal at the national championships in July, while fellow new addition Kellie Ring was among the final cuts. Together the trio were a big reason why the Rebelles were 8-2 this season.

Riché has been a huge addition to the Rebelles both in terms of sheer size at the centre position and her play on the court. In Monday's championship game, she accounted for 31 of the Rebelles' 58 points and hauled down at least a dozen boards.

The rest of the scoring was spread out between Vachon with five points, Ring with four points, Francesca Bellehumeur with six points, Ashley Clouthier with four points and Idil Hussein with seven points

coming off the bench.

The Rebelles went on a 10-0 run to start the game before the Golden Bears responded with a 7-2 run over their own to narrow the deficit to 12-7 at the end of the first quarter. It was as close as the defending champs would get for the rest of the game.

The Rebelles soon extended their lead to 19-9 and by the end of the second quarter they were up by 19 points.

A 14 point third quarter, including eight from Riché, would further improve the Rebelles lead to 46-23 heading into the fourth quarter.

They would take their biggest lead of the game at 52-27 before cruising to a 58-35 win.

The only thing more impressive than the ease with which they won is the fact that the Rebelles are essentially a junior team with two Grade 9s and four Grade 10s in their lineup.

Four of their starters are in either Grade 10 or Grade 9 including Riché and Vachon who are both in Grade 10. That fact has many people believing they will continue to dominate the AA ranks for the next two years and beyond.

Rebelles head coach André Desjardins says the key to the team's continued success will be in how well they do developing players on the Grade 7 and 8 team.

"We have to keep working at the grass-roots level," says Desjardins who must now prepare the team for the OFSAA 'AA' provincial championships which get underway Nov. 27 in St. Thomas.

For Riché, who transferred from Kingston to be on the team, winning a city



Members of the Louis Riel Rebelles pose for a team photo with the championship trophy after downing the St. Paul Golden Bears 57-35 in the NCSSAA 'AA' senior girls final on Monday. Fred Sherwin/Photo

championship in her first year and getting to play at OFSAA has definitely made the move worth it.

"At first I wasn't sure about playing senior, but most of the girls are in my classes so it made everything a lot easier," says Riché who believes the team has what it takes to add a few more championship banners to their collection. "We're definitely hoping so."

Knights, Tigers advance to senior girls Tier 1 final

By Fred Sherwin
The Eastender

The National Capital senior girls Tier 1 basketball championship will be an all east end affair after the St. Peter Knights and the St. Matt's Tigers won their respective semi-final games on Monday.

The heavily favoured Knights found themselves in a dog fight against the Bell Bruins who used their superior size and timely shot-making to give St. Pete's all they could handle.

After jumping out to a 12-6 first quarter lead, the Knights hit a cold streak and the Bruins took advantage, going on a 9-2 run to take a one point lead early in the second quarter. The Knights then went on mini-run of their own to regain the lead at 21-15.

After Bell narrowed the score to 21-19, Stephanie MacDonald hit a three point shot for the Knights to put St. Pete's up 24-19 with 40 seconds left in the half.

A last second basket by Bell would make the score 24-21 at the half.

The two teams exchanged baskets through the third quarter and into the fourth before the Knights started pressuring the ball in the backcourt which forced Bell to start coughing up the ball.

With four minutes left in the game the score was tied 37-37. A slew of quick steals by MacDonald and Dayna Dover off the half court press would spur a 7-0 run which the Knights rode to a 47-40 win.

MacDonald led all scorers with 26 points while Dover added nine for the Knights.

"We just went so hard. We really wanted to make it back to the finals and get to OFSAA," MacDonald said after the game.

Because the National Capital Secondary School Athletic Commission went with a blended AAA/AAAA schedule this year the top two teams in the city both get to go to OFSAA. So when St. Pete's and St. Matt's play for the city championship on Friday night, they will also be playing to see who gets to choose which OFSAA tournament they want to play in. The AAA tournament is in Brockville and the Quad-A tournament is in Windsor.

St. Pete's is heading back to the senior girls Tier 1 championship game for the fifth year in a row.

Last year, they lost to the St. Mark's Lions by just two points after winning it all in 2003, 2004 and 2005 in row.

The St. Matt's Tigers are heading back to the city championship for the first time since

they won it all in 2001.

The Tigers fell behind a game St. Patrick Fighting Irish team who managed to come steaming out of the blocks to take a 20-13 first quarter lead.

St. Matt's responded with a 12-4 run in the second quarter to take a 25-24 lead led by Sondre Bascoe and Jessica Resch. After the two teams exchanged baskets, the Irish went into half-time nursing a one point lead up 29-28.

The Tigers started asserting themselves in the third quarter led by Bascoe and Resch who controled the play under the glass. After three quarters the score was 39-37 in favour of St. Matt's.

A three point shot by Lauren Carey to start off the fourth quarter pretty much set the tone for the rest of the game as the Tigers slowly pulled away.

Bascoe paced St. Matt's with 16 points, while Resch and Dana Rae Somerville each added 12 and eight points respectively.

After the game Tigers head coach Rick Despatie said he was looking forward to playing St. Pete's in the final.

"I wanted them more than anything," said Despatie. "Hopefully we'll be up to the challenge."

Artscetera

Visual Arts Centre to celebrate the art of watercolour

By Fred Sherwin
The Eastender

If you enjoy watercolour either as an artist, or as someone who appreciates art, then you should definitely mark Nov. 23 down in your day timer and plan to drop by the Visual Arts Centre Orléans on the main floor of the Bob MacQuarrie Recreation Complex on Youville Dr.

Starting at 6:30 p.m. the staff at VACO will be marking World Watercolour Day with demonstrations by members of the Ottawa Watercolour Society and VACO instructor Rosy Somerville and product demonstrations by representatives from Wallach Arts Supplies.

The program will run until 9:30 p.m.

For art lovers the gallery has organized a private viewing of

the National Gallery's watercolour collection between 2 p.m. and 3:30 p.m. in the afternoon. Space is limited and anyone interested is asked to contact VACO at 613-830-5420.

Last but not least, the Visual Arts Centre is currently playing host to an exhibition of paintings by the fellows of the Ottawa Watercolour Society featuring best of the best.

The collection is nothing short of stunning with a number of superb pieces that could hang in watercolour collection in Canada and not look out of place.

The Watercolour Society was founded by well-known watercolour artist and instructor Morton Baslaw who developed a graduated membership process from junior membership to fellowship.



'Sweet and Mellow' by Lu Jonesecu

The OWS also has a strong mentoring program.

Remmer Thompson and Renate Hulley.

Among the fellowship artists with paintings in the VACO exhibit are Victor Pavlov, Ann

The Visual Arts Centre Orléans is open Monday to Friday from 9 a.m. to 4 p.m.

Community calendar

FRIDAY, NOV. 16

AL VISSER will be performing at the Orléans Legion from 7:30 p.m. to 11:30 p.m. The Legion is located at 800 Taylor Creek Rd. For more information visit www.rcl632.com.

DISCO NIGHT at Jacques Trap Roadhouse in Carlsbad Springs from 7:30 p.m. to 11:30 p.m. No cover charge. For more info visit www.jacquestrap.ca.

parking, although donations to the Orleans-Cumberland Community Resource Centre's food program will be accepted.

ANNUAL CRAFT SHOW at Belcourt Manor, 1344 Belcourt Blvd. from 10 a.m. to 5 p.m. Sewing, needle craft, various knitted items, baked goods etc.

CHRISTMAS CRAFT SALE from 9 a.m. to 4 p.m. at Cairine Wilson Secondary School, 975 Orléans Blvd. A special day of holiday shopping at over 100 tables brimming with handmade treasures.

FREE FLU SHOT CLINIC at the St. Matthew High School, 6550 Bilberry Dr. from 8:30 a.m. to 3:30 p.m.

OPEN MUSICAL JAM SESSION from 2 p.m. to 5 p.m. at the Orléans Legion, 800 Taylor Creek Rd. All entertainers welcome. For more information visit www.rcl632.com.

SANTA IS COMING TO TOWN - Come celebrate Santa's arrival at Place d'Orléans with his friends Max and Ruby in Laura Court. Entertaining stage show for children of all ages.

SILENT AUCTION AND DINNER with lots of great items at the Rideau Canal Junior Ranks Mess 4 Queen Elizabeth Drive beside Lisgar High School. Silent auction from 4 p.m. to 5 p.m. Optional dinner from 5 p.m. to 6 p.m. (\$15) followed by live auction from 6 p.m. to 8 p.m. This is a fundraising event for Jeun'Espoir Jamaïque, a student group that travels to Jamaica every March Break to do humanitarian work. To reserve a ticket for the dinner call 613-749-6027 or e-mail jeunespoir@sympatico.ca.

MARC DUBOIS AND THE TALEGATORS will be performing at Jacques' Trap Roadhouse in Carlsbad Springs from 7:30 p.m.

to 11:30 p.m. No cover. For more info visit www.jacquestrap.ca.

LIVE AND SILENT AUCTION from 8 p.m. to closing at the Tartan Pub, 4025 Innes Rd. (corner of Jeanne d'Arc) to support the Cumberland Barons Minor Pee wee 'A' hockey team. Bid on live and silent auction items, including restaurant dinners, golf packages, Sens tickets, overnight getaways and lots more. Tickets are \$10 at the door and includes a hot buffet of pub food favourites and a chance to win a great door prize. To view the complete list of auction items visit www.barons.league.server.net.

noon and 1 p.m. Cost is \$18.69 plus taxes for adults and \$9.35 plus taxes for children age 4 to 14. Children under 4 eat for free. By reservations only. Call 613-835-2227.

BUFFET BRUNCH at Jacques Trap Roadhouse in Carlsbad Springs from 10 a.m. to 2 p.m. \$13.95 for adults and \$6.95 for children. For more information visit www.jacquestrap.ca.

GLOUCESTER COMMUNITY CONCERT BAND CHRISTMAS CONCERT from 2 p.m. to 3:30 p.m. at the Orléans Client Service Centre, 255 Centrum Blvd. Tickets \$6 for adults, \$3 for children or \$10 for a family of four (2 adults and 2 children).

SUNDAY, NOV. 18

SUNDAY BRUNCH at the Bearbrook Resort on Russell Road. Menu includes game meat as well as regular breakfast items, special salads and deserts. Bring the family and enjoy your Sunday at the farm. Seatings at 11 a.m., 12

TUESDAY, NOV. 20

CITY OF OTTAWA PUBLIC BUDGET CONSULTATION from 7 p.m. to 9 p.m. at the Orleans Client Service Centre on Centrum Blvd.

NAVAN CRAFT FAIR from 10 a.m. to 4 p.m. in the Navan Community Hall on the second floor of the Navan Memorial Arena. Free admission and