

The Eastender

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Your environmentally friendly community newspaper

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André Laflamme, 12, hasn't let the fact that he was born with one hand prevent him from enjoying a litany of sports including baseball, golf and, of course, hockey. Fred Sherwin/Photo

Stuemer saga heading to the small screen

By Fred Sherwin
The Eastender

It's been a little over 10 years since Herbert and Diane Stuemer sold their business, rented out their Fallingbrook home and set out for a four year voyage around the world aboard the Northern Magic with their three sons Michael, Christopher and Jonathan.

Along the way they had a number of adventures including a close call with pirates off the coast of Yemen and 30-foot

waves near Australia. They were also able to swim with sea lions in the Galapagos Islands; attend a traditional Tonga wedding where they were the guests of honour; and be inducted into a Fijian village. They wrestled with orangutans in Borneo; played hide-and-seek in the Sultan's palace in Zanzibar and stood under the ancient pyramids in Egypt. In a nut shell their story was a made-for-TV scriptwriter's dream.

CLICK HERE TO CONT p2>

Council backs residents against Valin rezoning

By Fred Sherwin
The Eastender

Ottawa city council has endorsed a planning committee recommendation to reject an application by Claridge Homes to rezone a piece of property on the southwest corner of Valin and Trim Road to multi-residential from commercial as per the wishes of the local residents many of whom signed a petition to keep the land zoned commercial.

Cumberland Ward Coun. Rob Jellett says it's the first time that he can remember that a group of residents wanted to keep a neighbouring property zoned for commercial use rather than residential, but Cardinal Creek Association president Sean Crossan says the reason

for the residents' objections was Claridge's intentions to build stacked condominiums on the site similar to the three storey buildings near Trim and Innes.

"They might have gone along if (Claridge) wanted to build single family homes or even townhomes, but that's not what they want to do. There's no money in family homes. When you look into it they can make \$16.8 million if they build the stacked condos and \$14.8 million if it was zoned commercial. The biggest profit is in the stacked condos," points out Crossan who put together a 14 page report for the planning committee which among other things pointed out that planning staff based their recommendation to support the Claridge

application on data that was at least five years out of date.

Phase II of the Site Specific Retail Analysis Report was commissioned by the former City of Cumberland in 1998 to examine which parcels of land should be earmarked for future commercial development along the Trim Road corridor.

Crossan found out from the two men who conducted the study that it was based on data compiled in 1998 and that it was reliable three years out. He also found out that the city has not conducted a proper study since.

"The real story here is that planning staff have been making decisions based on information that's at least eight years out of date. The data needs to

be updated so that decisions can be made not on what the planners think, but on solid information that is properly compiled and properly analyzed," says Crossan.

"As someone who has been involved in the white paper discussions on economic development in the the far east end, I can tell you that not only has it not been done, it's not even in the works."

As for council's decision to reject the Claridge rezoning application it could still end up before the Ontario Municipal Board which will have to decide between two competing philosophies in the city's official plan – the idea of supporting residential intensification or mixed use development.

Community briefs

Rural Summit II coming to Navan this week

OTTAWA – Residents living in the far east end of the city will be able to offer their two cents worth on the state of rural affairs in the City of Ottawa during a public consultation meeting at the Navan Arena on Thursday, Jan. 31. The meeting is the last of four held in the former rural municipalities of Osgoode, West Carleton, Rideau and Cumberland. The meetings are a lead-up to Rural Summit II to be held on April 5. Dubbed “Building on Success” the meeting will examine the impact of the 40 recommendations that came out of the first Rural Summit held in 2005.

Bid to drop transit charges for Orléans street rejected

ORLEANS — Residents living on Gerald Street in the far east end of Orléans will have to keep paying the urban transit rate on their taxes even though they get rural service. About 30 homeowners on the street petitioned the city's Transit Committee to give them a tax break arguing that they live too far away from off-peak service to be considered urban. The street is located just east of Trim Road running south from Old Montreal Road. The residents were hoping for temporary relief, at least until they get the same level of service other residents who pay the urban rate are getting. In the end the committee rejected their request.

Sarsfield Winter Festival on this weekend

SARFIELD — Fans of winter will be flocking to Cumberland village of Sarsfield this weekend for the Sarsfield Winter Festival being hosted by the Sarsfield Optimists Club with additional help provided by the Sarsfield Community Association and the Knights of Columbus. The feature attraction on Saturday is a Funspiel for anyone aged 12 and over followed by a chili supper in the Sarsfield Community Centre. On Sunday a festival mass will be held at St. Hugues Church at 10:15 a.m. followed by a brunch at the Sarsfield Multiservices Co-op Centre. The festival will then wrap up with an afternoon of bowling at the Orléans Bowling Centre from 2 p.m. to 4 p.m. The weather man appears to be co-operating with the festival organizers with sunny skies forecasted for both days. To find out more about the festival, scheduling and ticket prices visit www.sarsfield.org.

Movie will focus on four year voyage

> CONT'D FROM PAGE 1

Unfortunately, Diane Stuemmer died of cancer in 2003, shortly after penning a book of their adventures entitled “Voyage of the Northern Magic”.

Herbert Stuemmer says the book, which has sold over 25,000 copies, was to be his wife's legacy, but the idea of a movie which would be seen by thousands of people who may never have heard of their story before would be something else entirely.

“She always wanted to leave something behind. The book was her main accomplishment, but a movie would be just as great or better,” says Mr. Stuemmer.

According to a report in the *Ottawa Citizen*, Sandbay Pictures of Ottawa, Big Motion Pictures of Halifax and producer Bill Mustos are collaborating on the project in conjunction with CTV.

The script has already been written and the producers are now waiting for final approval from CTV before the can begin shooting the \$5 million project.

If all goes well, filming could begin as early as this summer in Ottawa and Halifax. It is not known how many of the 34 countries the Stuemers visited will be included in the movie, although they are likely to make good use of the Northern Magic, which Herbert still owns despite efforts to sell it after Diane passed away.

Ottawa producer Kate Mensour told *Ottawa Citizen* reporter Tony Lofaro that the Stuemers' story is a natural for television.

“This is such a touching story, what these people did with their lives and what everybody dreams of doing, they did,” said Mensour. “And they have helped so many people along the way. They really did become local heroes because they didn't expect it to affect their lives the way it did.”

The Stuemmer family set out from Petrie Island on September 11, 1997 in relative anonymity and returned to a hero's welcome four years later as over 2,500 people made their way down to Petrie Island to greet them. The family had earned a following thanks to a series of weekly dispatches written by Diane and published in the *Ottawa Citizen* every Saturday.

During the later stages of their voyage the Stuemmer's started receiving donations to support a family they had met in Kalifi Kenya. The first donations went to cover the cost of high school tuition for Boniface Thuva, who first greeted them as they landed on a beach near his village with his friend Hamisi.

After they returned to Canada they continued to receive donations for the Boniface and Hamisi Education Fund which eventually became the Northern Magic Fund for International Development which has raised thousands of dollars to improve schools in Kalifi and pay for high school tuition for young men like Boniface and Hamisi.

The movie will cover the period from making the decision to sell their business and pull their children out of school in order to sail around the world right up to Diane's death.

As for the casting, no decisions have been made yet. The boys are now 16, 19 and 21. When asked if he would ever consider playing himself, Herbert, who will act as a consultant on the movie, could barely contain his laughter.

“Oh no, I'm not an actor. That's definitely not my forte,” says Stuemmer who is planning a voyage to the Mediterranean either this summer or after the movie is done.

“It depends on whether or not the movie goes ahead. If it does I'm going to make the boat available of course. It's not so much that I miss the ocean as it is that I miss the warmer weather.”

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“Providing quality legal service to Orléans and area for the past 29 years.”

Orléans miss hosts gala to fight childhood cancer

By Fred Sherwin
The Eastender

The ballroom at the Crowne Plaza Hotel in downtown Ottawa was a beehive of activity Monday night as more than 120 people gathered to watch a very special fashion show and raise money to help fund childhood cancer research at the Children's Hospital of Eastern Ontario.

At the centre of it all was 12-year-old Taylor Hines from Fallingbrook who first hatched the idea for the gala last August when she found out that the young girl she babysits had been diagnosed with the disease when she was just two.

Although Katie Fuller, 8, has been in remission for the past six years, the mortality rate for neuroblastoma is extremely high.

As someone who loves clothes and fashion, Hines, who is the reigning Miss Pre-Teen Ottawa, thought organizing a fashion show would be a great way to raise money and support her young friend. So with the support of her parents and the Ottawa-based Neuroblastoma Research Fund, she went to work.

Tickets to the event were \$80 each, with the proceeds going to the CHEO Research Institute to help fund limited clinical trials for a new medication used to treat neuroblastoma and the development of a non-virulent strain of the polio virus which has been found to destroy neuroblastoma cells in lab rates.

Taylor's goal was to raise \$50,000. The money raised by the gala should go a long toward to achieving her target.

Besides the main fashion show, those in attendance at the gala were treated to a wonderful five course meal and invited to bid on a wide variety of items on the silent auction table.

But the highlight of the evening was the kids fashion show which featured 17 childhood cancer survivors including Katie, as well as two youngsters who are currently undergoing treatment. As each one of the miniature models took to the runway, they were greeted with a round of applause which grew into a standing ovation when all 17 youngsters came onto the stage at the same time for a curtain call.

One of the young models was Gabrielle Monette from Orléans who has been in remission for four years now.

The nine-year-old amateur model said she was a little nervous kicking off the cancer survivors fashion show, but you wouldn't have known it by the way she owned the catwalk.

Afterwards she said she had a great time and she even wanted to bring the outfit she wore home.

Her mother Carole Monette said seeing her daughter on the runway with the other young cancer survivors was inspirational.

"It was very touching to see so many survivors together and it's such a wonderful event for a great cause. CHEO was like a second home to us. They treat everyone like they're one big family," said Monette.

Unfortunately not every child diagnosed with childhood cancer survives. Young Elgin Fraser, who many people know as the Senators biggest little fan, passed away last spring at the age of three. His parents Hamish and Victoria Fraser were at the gala as guests of honour.

During her welcoming remarks, Taylor made reference to Elgin before given her reason for organizing the gala.

"For many kids diagnosed with cancer survival means waiting for a miracle. They shouldn't need a miracle, there should just be a cure," said Taylor.



Miss Pre-Teen Ottawa Taylor Hines (right) hosted a Fashion Show Gala at the Crowne Plaza Hotel on Monday night to raise money to fight childhood cancer in honour of her friend Katie Fuller (left) who is a cancer survivor. Fred Sherwin/Photo

Among the many people who helped Taylor organize the event were her mother Kelly, her cousin Michaela, Katie's mother Lisa Fuller and Katie's sister Jessica.

Besides organizing the Fashion Show Gala, Taylor has also been busy preparing for the Miss Pre-Teen Canada pageant which takes place in two weeks in Niagara Falls. After finishing as the second runner-up last year she's hoping to win the crown this year.

Ducks Unlimited chapter coming to Orléans

By Fred Sherwin
The Eastender

The international wetlands protection agency Ducks Unlimited is looking to establish a chapter in Orléans, but first they need to find about a dozen volunteers who want to be members.

The organization already has a chapter in Ottawa, but with the existence of a significant amount of wetlands along the Orleans side of the Ottawa River, including Petrie Island, the feeling is that there is a need for a local chapter.

Tim Binch is the agency's Southeast Ontario Regional fundraising manager.

"We have to first find out if there's enough interest in the community to start a chapter and then move forward from there," says Binch who has recruited Orléans resident Bruce Day to help get the ball rolling.

Day has already held two organizational meetings to which have drawn about 10 potential volunteers, but they are hoping for about a half dozen more which is why they are trying to get the word out through

the local media.

"We are progressing, but we still are definitely looking for more people to step forward," says Day. "What we need are more heads and ideas."

Chapter members would be expected to help organize fundraising events and solicit donations and corporate sponsorships.

The national organization has its offices in Ottawa which provide the local chapters with administrative support and develop and administer the conservation programs.

According the Ducks Unlimited website, as much as 70 per cent of the country's wetlands have disappeared over the years due to real estate development or other projects.

In order to stem the tide against the devastating effects of development on the wildlife that make their homes in Canada's wetlands, such as ducks, Ducks Unlimited has established more than 7,000 projects aimed at maintaining designated conservation areas, and long and permanent land use agreements.

The organization itself was started by a group of duck hunters who were concerned about the impact rapidly dwindling wetlands would have on the duck population.

The group Friends of Petrie Island have been the defacto guardians of Petrie Island's wetland area for the past 10 years.

The group's president Al Tweddle says Ducks Unlimited have yet to contact them to see if they are interested in working together at least in terms of the wetlands surrounding the islands.

For his part, Tweddle says he'd be willing to sit down with representatives from Ducks Unlimited so long as they "don't want to hunt there".

"We've been working specifically to protect the wetlands around the island so if they want to talk to us then fine, but so far they haven't approached us at all," says Tweddle.

If you are interested in joining a Ducks Unlimited chapter in Orléans you can call Tim Binch at 613-389-0418. For more information visit www.ducks.ca.

Program helps Alzheimer's residents stay fit

By Fred Sherwin
The Eastender

For the past two years, about a dozen residents with Alzheimer's disease have been gathering in the activity room at St. Joseph Manor every week to exercise their muscles and joints.

For the past two years, about a dozen residents with Alzheimer's disease have been gathering in the activity room at St. Joseph Manor every week to exercise their muscles and joints.

The sessions are administered by Don Ferguson who is a certified seniors fitness instructor and a former Colonel in the Canadian Armed Forces.

Ferguson takes them through paces starting with an extended 10 minute warm-up, followed by cardio exercises, muscle strengthening with weights and then a cool down period which includes plenty of stretching. Each weekly session lasts about an hour.

"The big thing with older people is to work on their flexibility, co-ordination, balance and strengthen, but especially their balance," says Ferguson. "A lot of older people when they get into their late 70s and 80s start having problems with their balance which makes them prone to falling and possibly breaking a hip which can lead to other things. The whole idea (behind the program) is to try and help older people and live longer."

By the reaction of the dozen or so residents who took part in a session at the Manor on Thursday, they have a lot of fun as well, even though they may not remember taking the class 10 or 15 minutes later.

Eighty-seven-year-old Anna Lemaire has been coming to the classes religiously ever since they began.

"It's wonderful. When you get old you

sit around too much and don't do anything, but you need to move and it's lot of fun too," said Anna.

Ferguson says the participants' abilities have improved dramatically over the past two years.

"Some of the stuff they're doing like standing on their toes and letting go of

the back of their chairs or even lifting both legs in the air while sitting is a big thing, but to get to that point took a while," says Ferguson. "The capability of older people to exercise just blows me away. They'd put a lot of younger people to shame."

A lot of exercises, Ferguson uses with the seniors are fairly simple and can be done by anyone sitting a desk like rapidly squeezing a wooden clothespin between your thumb and alternating fingers to improve dexterity.

In dealing with Alzheimer's patients, Ferguson uses music and humour to help keep their attention for the entire hour. During the session I attended, the residents were humming along to songs they recognized from the '30s and '40s.

"Those are the levelers. Music and humour. Music appeals to their long term cells and they appreciate humour, even though it may go over their heads sometimes," says Ferguson who has started a classes for members of the social club at the Orleans Villa in Convent Glen which is owned by the same company as St. Joseph Manor.

Activities coordinator Nancy Bernier says Kingsway Arms is committed to providing residents with the best care possible which includes access to proper fitness training.

"It's important for our residents to stay in shape and to keep mobile for as long as



Fitness instructor Don Ferguson puts about a dozen residents through the paces during a recent fitness class at St. Joseph Manor in Orléans. Fred Sherwin/Photo

possible. For instance, we have rails along all the walls so that even people who are recovering from a broken hip and have to get around in a wheelchair can get out of their chair and walk a bit," says Bernier.

The other important aspect of the fitness classes is socialization, which is equally as important as the physical aspect.

Rose Cloutier, 77, is a retired nurse who started out merely as an observer.

"I was a snoop at first and then I started coming a couple of times and now I love it, because you can act crazy and it's a lot of fun," says Cloutier who intends to keep coming as long as there's a class and a chair with her name on it.

Successful Navan Fair on solid financial footing

By Fred Sherwin
The Eastender

The Navan Fair is in the best shape ever after another record year in which 24,600 patrons passed through the gates. That's up from the year when near perfect weather and the Ontario Firefighters Combat Challenge helped attract over 24,400 people.

Better yet, the Navan Fair Board is \$90,000 in the black thanks to last fall's barn dance and raffle which raised over \$70,000.

Speaking after the Navan Fair Board's annual general meeting last week, administrative coordinator Margaret MacNeill said this year's fair was a success for a number of different reasons.

"The weather had a lot to do with it and we had two great bands Friday and Saturday night. The demolition derby brought in a huge crowd. The gate was up. The beer sales were up and each of the divisions kept their spending under control, so it was great all around," said MacNeill.

The Navan Fair has been around since 1946. For the last number of years it's kicked off the Ottawa Valley fair season which runs from the first weekend in August to late September.

The fair combines popular attractions like the demolition derby, midway and live bands with traditional fair attractions like farm animal shows, horticulture and home-craft competitions and a community supper.

Organizers are already planning for this year's fair which will take place from Aug. 7-10. This year's theme will be "A Family Affair" in keeping with the fair's family oriented attractions.

One of the biggest improvements to this year's edition of the fair, won't even be noticeable to most fairgoers.

For the first time ever the Navan Fair grounds will be put on the city's hydro grid which means they will no longer have to lease the two large generators which have been used to power the demolition derby and tractor pull rings, the Domes outdoor

stage area and the animal barns.

In dollar terms it represents a savings of almost \$7,000.

The fair board has planned two fundraising events leading up to this year's fair. The first is a Fun Bonspiel at the Navan Curling Club on April 5th. The second will be a concert under the Domes on June 6th featuring the band Ambush.

Several awards were handed out at the annual general meeting to recognize some of the hard working volunteers who make the fair run as smoothly as it does.

The Volunteer of the Year Award went to Helen Burns who helped organize the culinary arts and homecraft competitions. John and Eileen Corry from Leonard received the Sam and Janet Rathwell award for highest total points in the horticulture and homecraft competitions; Kim and Stephen Locas received the Youth of Distinction Award and past president Sam Dagg received The Ontario Association of Agriculture Societies Service Award.

The Eastender

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.

Park it

It's nice to see that our readers have more common sense than city council. In the most recent Orleans Online poll, a whopping 75 per cent of respondents said that council should rescind their decision made during last month's budget deliberations to extend parking metres until 9 p.m. downtown and install metres in commercial areas such as Preston Street and Westboro.

The response merely confirms or reaffirms the call by businessmen and especially restaurateurs in the specified areas who are justifiably worried the measures will kill their businesses – or if not kill them, at least drastically reduce their business to the point where they are forced to lay-off their staff.

In their wisdom, council deferred the measures until April when they will revisit their decision. The cynic in me sees their decision as an opportunity to buy time and hope the opposition dims. However, the realist in me knows that the opposition will only grow louder as the BIAs in the effected areas rally the troops.

What council should have done is admitted the error of their ways and amended the new parking measures so as not to adversely effect the specific commercial districts such as Preston Street and Hintonburg and Westboro.

As I've said before, the so called "parking improvements" were ill thought out, if they were thought out at all. I remember sitting in the media gallery at City Hall when the measures were passed and thinking to myself, "Is no one going to ask staff for a report or a study indicating the potential impact the new parking regulations will have on local businesses?"

So the parking metres will bring in another \$3 million, but how much of that will be offset by a decrease in tax revenue as businesses are forced to close?

Hello!

You can bet all eyes will be on council when they revisit the issue in April, especially the eyes of restaurant owners.

Hopefully they will make the right decision, the respondents to the Orleans Online poll have already made there's.

Fred Sherwin, editor

Navan restaurant makeover keeping yours truly busy

Hey everyone. As you no doubt have noticed, it's been awhile since I wrote my last column. Two weeks to be exact. I have been splitting my time between the website and newspaper and an exciting new project I was approached to take on involving a restaurant makeover in Navan.

The restaurant in question is the Navan Feed Mill in Navan.

The restaurant, which is located in a 120-year-old former grist mill, was opened in 2001 by Ted Gulliver. In the early years it did fairly well before falling victim to a combination of sub-par food and questionable service.

Things were vastly improved in September under the guidance of Cheryl Tingman and chef George Issa, but unfortunately, business did not improve enough to ensure the long term viability of the restaurant, which is where I come in.

Ted, approached me several weeks ago and asked if I would be interested in taking on the role of general manager. After giving it a great deal of thought and coming to an agreement whereby I would still have the time to publish *OrleansOnline.ca* and *The Eastender*, I said yes and began to work on putting a plan together that would ensure the greatest chance of success.

Our first job was to come up with a new name which would reflect the historical nature of the building and a connection to Navan's past. We settled on O'Meara's after Michael O'Meara who opened the village's first post office in 1865 and gave the town it's name after his home in County Meath, Ireland.

Next we hired a new head chef so that George could concentrate on catering the banquets. We were fortunate enough to find Kim Haertel who

was previously the head sous chef at Moxie's in Gloucester Centre.

Kim has a wealth of experience in the kitchen and in the banquet industry. Previous to his employment at Moxie's, he worked at several resorts out west.

The other key addition is Kevin Jelley, as the new dining room manager.

Kevin was the front of house manager at Vittoria Trattoria for the past four years.

The third member of the management team is Cheryl who will concentrate on the banquet and

special event side of things as the banquet manager.

Together, along with several members of the existing staff and a few additions we hope to turn O'Meara's into a premier eatery and meeting place.

We plan to use fresh ingredients from the local community as much as possible. For instance, all of our beef, pork and poultry will be bought from Lavergne's Western Beef and Pork on Navan Road and our produce will be bought from local farmers when in season. Our signature dish will be authentic apple-smoked ribs, purchased from Lavergne's and prepared on site with our own homemade sauces.

Besides the new menu and improved dining experience, the restaurant and bar will be outfitted with the latest in high definition technology including an Epson 1080p HD projector and a 52x96 inch screen for the big game.

As you can see there's been a lot going on. Our planned re-opening is next Saturday, Feb. 2 just in time for the Super Bowl.

For those of you who have never been to Navan before, the village is located roughly 10 minutes from Orléans down Trim Road.

Hope to see you soon.



View Point

Fred Sherwin



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Busy last few weeks for young scribe



Hey everybody it has been a long time since I've written a column. Actually it's been so long that I thought that I missed one in December, but I didn't.

Well since then a lot of things have happened, for instance Christmas and school.

For Christmas I got a lot of things including a Scuba. A scuba is a hooded sweatshirt from Lulu Lemon.

I have wanted one for soooo long. It's dark green with light green polka dots. My friend says it reminds her of fire flies.

I also got a tea maker from my favorite store in Place d'Orleans, Teapopia. It is so cool, you boil water and put it in with the tea leaves and sugar and leave it for like 3 minutes while it steeps and then you put it on top of your mug and it filters the tea from the maker into your tea mug without any tea leaves floating around.

I also got a lot of fuzzy socks a trip for two to Le Nordic spa, a pair of really nice PJs, a \$50 gift card to Jacob and \$50 which I'm going to spend at the big Lulu Lemon sale coming up.

Starting school was a little hard to get used to because I had to start going to bed at 9 p.m. again instead of 11 and getting up at 6 a.m. instead of 9 a.m. I also had to adjust to having homework and projects to do every night.

I've started drama again and I still don't know what my play is totally about. One thing that confuses me is the fact that we are going to be using puppets and mime. But now we are starting to get an idea of a base for our play.

I want to modernize it and change the goose sisters into sisters on a yacht and the evil raven to a stalker. The funny thing is that I can't understand a whole story with a basis and characters, but I am the only one who understood my friend's

play where they didn't talk and made it up in 10 minutes.

Best of all I started curling again at the Navan Curling Club. During last session I was a lot better, especially sweeping the rocks, because my shoes had a grip on them so I could run on the ice.

I've also started throwing the rock a lot straighter although still miss where I'm supposed to be aiming by a little bit and that bugs me because I am so close to doing it properly.

On a positive note our instructor has asked me to play lead in the next bonspiel which is like a big curling tournament thing. I've next been to one before, but my dad says they're a lot of fun.

Last week, my friends and I made a dare list where we have to wear a costume and walk down the busiest street in our neighbourhood.

In one of the dares we have to wear Saran Wrap our legs and hop to my house, eat five slices of hot chili peppers, wear a tinfoil hat and if people ask why we have to say, "So the aliens can't read my mind".

Another one of the dares involves asking our teacher a random question during class. If we don't do even one of these we have to eat two cups of Starbucks whipped cream and let me tell you the whipped cream at Starbucks is disgusting.

Finally I have to tell you all about my new baby cousin who was born on the Jan. 14. His name is Aidan and he's adorable. My Aunt Gill is so happy and excited. She and Uncle Al have wanted to trying to have a kid for a really long time and now they do.

Well I have pretty much told you all everything that happened this past month and I bet that even more will happen next month. Now I have to do some chores and stuff to make money for the Lulu Lemon sale.

Bye for now and we'll talk to you next month.

(Maggie Sherwin is 12 years old and is currently attending Grade 7 at St. Peter High School. Her e-mail address is maggie@orleansonline.ca.

Local Business

Amica at Bearbrook Court, where the vacation never ends

Special to The Eastender

Welcome to Amica at Bearbrook Court, a charming retirement residence set in the suburban community of Blackburn Hamlet.

Warm and inviting, Amica at Bearbrook Court offers easy access to nearby expressways and public transport. With shopping, medical services, churches, banks and the library close at hand, what could be more convenient!

But why venture out when there's so much to enjoy in your very own home? Offering a host of resort-inspired amenities, Amica at Bearbrook Court is the residence of choice for Ottawa's discerning mature adults.

Select the style of living that suits you best. Choose from spacious, private studios and one bedroom suites with bright living spaces, kitchenettes and private bathrooms. All this, plus the comfort of knowing that your all-inclusive monthly fee offers fine dining, weekly housekeeping, an emergency call system and a host of other

amenities, services and social activities.

It is obvious the minute you walk in the door and are greeted by our concierge, that Amica at Bearbrook Court is special. In addition to the lovely two-story atrium foyer with its vaulted ceilings and skylights, there is a tastefully decorated recreation lounge with piano and inviting fireplace, and a bright, spacious Florida sun-room.

Catch a movie in the Home Theatre or invite family and friends for a gathering or housewarming lunch in our bright and cheery dining room.

Pamper yourself in the beauty salon or just enjoy relaxing with a good book on the sunny outdoor patio. The choices are as many or as few as you wish.

Breakfast, lunch and dinner served in elegant surroundings with your choice of dining times, makes fine dining an event each and every day. Themed dining for holiday and special occasions are welcome events for residents and both their family and friends.



Amica at Bearbrook Court in Blackburn Hamlet offers a host of resort-inspired amenities and services, including fine dining, Wellness and Vitality™ programs and weekly housekeeping and concierge services. File photo

Amica's Principles of Wellness and Vitality™ break all the rules stereotypically held about fitness and retirement living. With equipment specifically designed for mature adults, strength training and fitness is a part of every day life in the Amica communities.

Community relations manager Lisa Leonard, will be pleased to take you for a tour of the building and invite you for lunch.

It's just like living in a resort hotel. Come in and experience what other discerning independent mature adults are enjoying every day. For more details or to make an appointment call 613-837-8720.

Local sports

Young Orléans resident blazes his own trail

By Fred Sherwin
The Eastender

At first blush André Laflamme is just like any other red-blooded 12-year-old Canadian kid. He loves to play sports, he loves to hang out with his friends and he doesn't always do what his parents ask him to do.

Delve a bit deeper, however, and you will soon find out that he's not just like any other 12-year-old kid, he's exactly like any other 12-year-old kid – or at least he's just like any other 12-year-old kid who happens to be lefthanded. For you see, André was born without a right hand.

While most people have eight bones in their wrist, André has four. Instead of a hand he has a small stump which he uses to steady a golf club or a baseball bat, both of which he can swing with significant prowess. In fact, he already has two holes-in-one to his credit – one of 83 yards and the other around 91 yards. He also hunts and fishes. Okay, maybe he's not so normal – at least when it comes to golf.

His mother Laurel, says he works hard at whatever he does.

“(Growing up) there was no such thing as can't. He would just practice, practice, practice until he got good at it,” says Mrs. Laflamme. “Maybe he didn't do it the same as the other kids, but the results were the same.”

When he's playing hockey he uses a specially prosthetic device designed by Dave Moe from Vancouver which can fit into a regular hockey glove with a hole in the palm.

The combination of the prosthesis with an aluminum stick makes for a wicked slap shot which can strike fear into the hearts of opposing goalies.

André plays right wing for the Cumberland Mustangs House League A

team, which is doing well after a slow start to the season. The modest young man isn't sure how many goals he has, only that the team is doing well.

“At the beginning we weren't doing too well and then we traded for two or three guys and now we're climbing up the standings,” says André.

When he went to tryout for the team he kept his prosthesis covered with a glove so that he wouldn't get any special treatment. It was only after he made the squad that the other players found out he only had one hand.

Surprisingly hockey is not his favourite sport. It ranks second to volleyball, which he plays whenever he gets a chance.

As for not having a right hand, it's little more than a curiosity for most kids.

Because of his father's work, the family has to move a lot. André currently goes to Maple Ridge Elementary School which is the fourth school he's been to since Kindergarten.

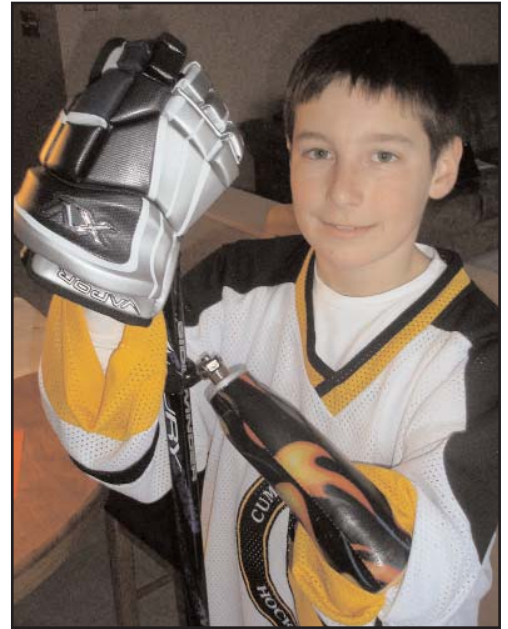
At the first couple of schools he went to he gave a presentation to the other students to help them feel more at ease.

At Maple Ridge his teacher told his classmates before his first day at the school to give them a heads up. In the end, they treated him the same as any other new kid. The novelty of only having one hand wore off within a couple of days and he eventually migrated to a group of friends, like Jaylen King, who shared his love of sports.

“It was no big deal. We just started to hang out together,” says King who's big sport is football.

Mrs. Laflamme credits her son's ability to get along with other kids and fit in so quickly on his resiliency.

“He's very open-minded and outgoing,” says Laurel who remembers taking André for walks in the small Alberta town where



André Laflamme, 12, hasn't let the fact that he was born with only one hand prevent him from enjoying a litany of sports including baseball, volleyball, golf and, of course, hockey. Fred Sherwin/Photo

he was born and having the neighbourhood kids come up to the baby carriage to see the baby with one hand. “They would look and asks questions, especially the younger ones like four and five.”

Laurel recalls one particular day when André was playing baseball.

“There's was a little girl who seemed really scared of him and he would give her a little wave with his right arm between innings. After awhile you could see she wasn't afraid anymore and by the end of the game they were running around and playing together.”

It's a story that tells you everything you need to know about André Laflamme.

Grads riding five game winning streak

By Fred Sherwin
The Eastender

The Cumberland Grads are continuing to pick up the wins following the departure of Jason Akeson and Eric O'Dell to the OHL earlier this month.

The Grads extended their current winning streak to five games after downing the Kemptville 89s 5-3 on Friday night.

Cumberland jumped out to a 2-0 lead on goals by Chris Murphy and Jeff Clarke before the game was even five minutes old.

After the 89s scored one to cut the deficit to a goal, Andrew Klassen scored 10 seconds later to reestablish the Grads two goal lead.

Kemptville would score once more

before the end of the period to make the score 3-2 in favour of the Grads after the first 20 minutes.

Clarke then scored the only goal of the second period to give the Grads a two goal cushion heading into the third.

Kemptville managed to get back to within one on a goal by Mark Nasca, but the Grads once again responded in quick fashion with a goal by Anthony Scarpino just 27 seconds later.

Matt Fiander picked up his 18th win of the season playing between the pipes for the Grads and was named the game's second star for his effort. Clarke, with two goals and an assist, was named the game's first

star while Scarpino with a goal and two assists deserves an honourable mention.

The Grads started the week with a well deserved 7-1 win over the Ottawa Jr. Senators.

Clarke once again led the way with a pair of goals while Andrew Newell had two goals and an assist and Brock Ouellet and David Pacan had two points each.

With the two wins the Grads improved their record to 27-14-1-1 and now enjoy a four point lead over the Cornwall Colts with three games in hand.

Their next game is against the very tough Brockville Braves at the Navan Arena this Sunday. Game time is 3 p.m.

Artscetera

Still time to register for VACO winter courses

By Fred Sherwin
The Eastender

Whether you are an experienced artist looking to expand your horizons or a youngster with a flair for drawing, you may want to consider dropping by the Visual Arts Centre Orléans to register for one of their many winter courses.

Although most of the courses started this past week you can still register if there is space available.

Programs are grouped according to age with courses available for youngsters aged 6 to 8, youth aged 8 to 10 and 9 to 12, teens aged 13 to 16 and adults over the age of 16.

Children aged 6 to 8 can take the 3D For Kids course which is held every Monday from 4:30 p.m. to 6 p.m.

The course makes use of a variety of materials to keep young minds and hands engaged. Small class sizes invite students to participate no matter their level of development or learning style. 3D projects are geared to appropriate age levels.

The cost for the 10 week course is \$130

for members and \$138 for non-members and includes all materials.

Other courses for youth include Print-making for children aged nine to 12-year-old; portfolio development for budding artists aged 12-16 who want to learn how to plan and develop a portfolio for applying to a post-secondary institution; and three multi-media courses for the three age groups.

Parents can get into the act with their youngsters in the Toddler and Me course held every day of the week from 10 a.m. to noon. The cost for the 10 week course, which includes materials, is \$160 for members and \$170 for non-members

For adults, VACO offers a wide variety of drawing, painting and sculpture courses.

The portrait class is held every Wednesday from 6 p.m. to 9 p.m. and runs for 10 weeks starting on Jan. 23. The registration fee is \$190 for VACO members and \$200 for non-members and includes model fees.

There's also classes in drawing (Thursdays from 6:30 p.m. to 9:30 p.m.); acrylic and oil painting (Mondays from 9:30 a.m.

to noon or Tuesdays from 7 p.m. to 9:30 p.m.); Painting for the Serious Beginner (Tuesdays 9:30 a.m. to noon); Intermediate acrylic and oil painting (Thursdays from 9:30 a.m. to noon or Wednesdays from 7 p.m. to 9:30 p.m.); recreational painting (Wednesdays 1 p.m. to 3:30 p.m.); and Go With the Flow watercolour course (beginner course Tuesdays from 1 p.m. to 4 p.m. and intermediate course Tuesdays from 6 p.m. to 9 p.m.)

There are also several sculpture and carving courses available including "Dare to Sculpt" and "Introduction to Sculpture" for beginners;

Finally starting Feb. 7, VACO will be offering a five week course in creative journal writing every Thursday from 9 a.m. to noon. The cost is \$95 for members and \$102 for non-members.

Residents interested in registering for any of the Visual Arts Centre courses can contact the centre at 613-830-5420 or drop by the VACO gallery on the main floor of the Orléans Recreation Complex during regular business hours.

Community calendar

SATURDAY, JAN. 26

COUNTRY STYLE BREAKFAST served from 8:30 a.m. to 11 p.m. at the Orléans Legion, 800 Taylor Creek Rd. Homestyle cooking served by friendly volunteers. This is a fundraising event for the Legion. For more information visit www.rcl632.com.

OPEN MUSICAL JAM SESSION from 2 p.m. to 5 p.m. at the Orléans Legion, 800 Taylor Creek Rd. All entertainers welcome to participate. Fast foods available.

SUNDAY, JAN. 27

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 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.

MONDAY, JAN. 28

OTTAWA POLICE SERVICES BOARD MEETING at 5 p.m. in the Champlain Room at Ottawa City Hall.

OTTAWA FORESTS AND GREENSPACE ADVISORY COMMITTEE MEETING at 6:30 p.m. in the Colonel By Room at Ottawa City Hall.

WEDNESDAY, JAN. 30

CITY COUNCIL MEETING at 10 a.m. in Andrew S. Haydon Hall at Ottawa City Hall.

WEDNESDAY, JAN. 30

RURAL SUMMIT II public consultation meeting starting at 7 p.m. on the second floor of the Navan Memorial Arena. Hosted by Cumberland Ward Coun. Rob Jellett.

WEDNESDAY, JAN. 30

TERRY MCCANN will be performing at

the Orléans Legion, 800 Taylor Creek Dr. from 7:30 p.m. to 11:30 p.m.

SATURDAY, FEB 2

COUNTRY STYLE BREAKFAST served from 8:30 a.m. to 11 p.m. at the Orléans Legion, 800 Taylor Creek Rd. Homestyle cooking served by friendly volunteers. This is a fundraising event for the Legion. For more information visit www.rcl632.com.

CUMBERLAND WINTERFEST

today and tomorrow at Wilfrid Murray Park beside the Cumberland Arena. Euchre tournament, winter fun activities, horse drawn wagon rides, dinner and dance, silent auction and more. For more info visit www.cvca-online.com.

OPEN MUSICAL JAM SESSION from 2 p.m. to 5 p.m. at the Orléans Legion, 800 Taylor Creek Rd. All entertainers welcome to participate. Fast foods available.

SUNDAY, FEB. 3

SUPER BOWL PARTY at Johnny V's Place (formerly the Ottawa Gloucester Sports Club on Youville Dr.) Tickets \$5. Chili, baked beans and wings. Door prizes. Doors open at 4 p.m.

SUPER BOWL PARTY at O'Meara's in Navan (formerly the Navan Feed Mill) starting at 4 p.m. Complimentary chili and hotdogs at half-time. Come watch the game on our 52x96 inch 1080p HD projection system.

SATURDAY, FEB. 9

SENIOR MOMENTS FORUM: TOOLS & STRATEGIES SEMINAR at Amica at Bearbrook Court in Blackburn Hamlet starting at 9 a.m. Registration from 8:45 a.m. to 9 a.m. Workshops include "Timely Investment and Tax Tips for Seniors"; "Preparing for the End and Beyond: Paperwork, Executor Responsibilities

& After Funeral Care"; "Aging Successfully: Social, Psychological and Spiritual Aspects"; and "Easing the Transition to a Smaller Home". Eight information sessions to choose from in all. Cost is \$10 per person for one session per timeslot (four timeslots in total). RSVP by calling Elaine Harkin at 613-841-9315 or e-mail Robert Carscadden at bob@carscaddencoaching.com.

SUNDAY, FEB. 10

LITTLE RED THEATRE COMPANY presents "Goldilocks and the Three Canadian Bears" presented by the Childrens Dreamweaver Series at the Orléans Theatre, 255 Centrum Blvd. A combination of witty kid satire, three really cute environmentally friendly bears, and a wild girl with a wicked sense of humour and fashion to boot. Showtime is 3:30 p.m. Tickets \$10 each available at the door.