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September 8, 2007

Your environmentally friendly community newspaper

Volume 7, Issue 28



Orleans Bengals running back Graham McArthur tries to shed a tackle during long run in the mosquito team's 52-27 win over the Cornwall Wildcats. Photo supplied

Kettle Island preferred site for future bridge

By Fred Sherwin
The Eastender

The consulting firm hired to study possible sites for a future interprovincial crossing have settled on Kettle Island as the best possible option.

According to Roche-NCE executive Steve Taylor, the Kettle Island location, which would link into a widened Aviation Parkway, scored the highest in every category among the 10 sites city-wide and six in the east end that were examined.

"(Kettle Island) was definitely the best option and ranked

consistently higher than the other alternatives," said Taylor.

The choice of Kettle Island as the preferred option should bring a sigh of relief to residents further east who were worried Petrie Island or Tenth Line Road, two of the other potential sites, might get the nod.

"I think it's an excellent choice," said Cumberland Coun. Rob Jellett in reacting to the consultants' recommendation. "If you go through every category it scored first across the board."

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Min. of Environment decision speeds up split fix

By Fred Sherwin
The Eastender

East end commuters frustrated with having to navigate the Hwy. 417/174 split every rush hour will soon get some relief after the Ontario Ministry of Transportation recently announced that work on fixing the bottleneck will begin later this year.

A potential roadblock was recently cleared when the Ontario Ministry of Environment rejected several appeals, known as "bump ups", to the Environmental Assessment

process.

The move means the initial design and engineering work can begin on several traffic mitigation measures aimed at alleviating the bottle neck at the split. Phase I will include a new Cyrville Road overpass and an extra lane from the Hwy. 417 off ramp to St. Laurent Blvd.

Phase 2 will include several safety measures including a dedicated off-ramp at St. Laurent Blvd., as well as an additional westbound lane from St. Laurent to Metcalfe Street.

The announcement fulfills an election promise by Ottawa-Orléans MPP Phil McNeely who was thrilled to finally deliver on his commitment.

"This is good news for the east end. Those bump-ups could have delayed the project a couple of years, but now the work can begin right away. I'm extremely happy," said McNeely.

Phase 1 should be completed by 2010, while Phase 2 will take two to three years to finish. The exact cost of the work won't be known until after the engineer and design work is completed.

The recommended measures stem out of the Queensway Corridor Study which looked at improving traffic flow along the Queensway and Hwy. 417 from Anderson Road to Hwy. 416.

The appeals to the Environmental Assessment process were brought forward by a handful of community groups which were concerned that widening the Queensway might lead to an increase in downtown traffic. In rejecting the appeals the Ministry of Environment felt otherwise.

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Community briefs



A group called Mural Arts has repainted a section of fence facing Hwy. 174 between Orléans Blvd. and the Place d'Orléans exit combining modern graffiti art with a more traditional painting of a herd of cattle. Fred Sherwin/Photo

OC Transpo announces service improvements for Orléans

ORLEANS — On Aug. 31, OC Transpo initiated a number of service changes effecting commuters in the east end. Route 94 which runs along Innes Rd. will be expanded to provide new service on weekends. Buses will operate every 30 minutes between 8 a.m. and 7 p.m. on Saturdays, and 9 a.m. and 6 p.m. on Sundays. Service will also be extended to operate until 10 p.m. on weekday evenings, and the number of trips to Millennium Park will be increased. Route 135 will be renamed Avalon instead of Local South, and Place d'Orléans instead of Orléans. The last two trips on weekdays will be extended from Innes and Tenth Line to Place d'Orléans. Route 136 will be renamed Fallingbrook instead of Local South, and Place d'Orléans instead of Orléans. Route 137 will be renamed Queenswood Heights instead of Orléans. Route 130 will be renamed Convent Glen instead of Local North, and Fallingbrook instead of Local South and Route 131 will be renamed Convent Glen instead of Local North, and Chapel Hill instead of Local South.

Man left in critical condition after scooter struck by car

BLACKBURN — A 65-year-old man was left in critical condition after his electric scooter was struck by a car outside the Ottawa-Carleton Detention Centre on Innes Road on Aug. 31. The westbound lanes on Innes Road between the eastern end of the Blackburn Bypass and Anderson Road were closed for most of the day as police investigators tried to piece together what happened. No one was injured in the vehicle and no charges have been laid.

Manor Park residents pledge to fight Kettle Island choice

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The consultant group used over 100 different criteria in ranking the potential sites including transportation, natural environment, social environment and cost perspectives.

While Kettle Island was the top ranked option, the Lower Duck Island and McLaurin Bay options crossing near the Robert O. Pickard Water Treatment Plant, ranked second and third. Tenth Line Road ranked fourth and Petrie Island fifth.

The choice of Kettle Island as the preferred option did not sit well with the three individuals elected to represent the local residents best interests. Ottawa-Vanier MP Mauril Belanger, MPP Madeleine Meilleur and Rideau-Rockcliffe city councillor Jacques Legendre formed a common front in denouncing the recommendation.

"I'm very disappointed about the proposed recommendation," said Meilleur. "We plan to meet with the community and come up with a solution because this is not a solution."

Belanger was particularly upset with the consultants' reasoning for not selecting a site further east because the further east you put it, the less likely it would be used by truckers.

"Truckers shouldn't decide where you locate it, politicians should decide and then the truckers have no choice," said Belanger.

Meilleur wants the consultants to look at two or possibly three sites as the process moves forward through a two year environmental assessment process and she has an ally in Ottawa-Orleans MPP Phil McNeely whose preferred option is the McLaurin Bay route which is unique in that it would avoid any populated areas.

Beacon Hill, Cyrville Coun.

Michel Bellemare would like to put the bridge even further east at the Cumberland - Masson Angers ferry crossing.

"The federal and provincial governments should not shift problems relating to heavy transport truck traffic from Ottawa's downtown to suburban neighbourhoods. Instead, long haul heavy trucks should be directed to the periphery of our region, as the most sustainable way to develop a reasonable transportation network in the 21st century. Many successful cities around the world do this, and so should Canada's capital", says Bellemare.

The anti-Kettle Island group will have to convince the federal government, as well as both the Ontario and Quebec provincial governments, to subject a second or third site to the environmental assessment process over the next couple of months. If not, Kettle Island will move forward as the lone option for an interprovincial crossing.

A pair of public meetings will held on Sept. 23 and 24 to allow the local communities to wage into the debate. The first open house and public meeting will be held at Gatineau's Maison du Citoyen from 5:30 p.m. to 9:30 p.m. The following night they will do it all over again in Salon A at the Ottawa Civic Centre during the same hours.

Once a consensus is formed on which option or options will move forward among the various levels of government, the environmental assessment process will begin. At the same time, it's expected that all three levels of government will discuss a cost sharing arrangement.

If all goes well construction could begin as early as 2011 or 2012. The estimated cost of the bridge project is nearly \$500 million in 2008 dollars.

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Orléans boy talks to bone marrow donor for first time

By Fred Sherwin
The Eastender

It's been three years and four months since Donna and Wayne Gudbranson were told that their then eight-year-old son Dennis needed a bone marrow transplant in order to survive after being re-diagnosed with Acute Myeloid Leukemia.

For their next two months they waited and prayed for a matching donor to be found. While Donna and Wayne kept Dennis' spirits up, they knew that time was running out.

Then on June 30, they got the phone call they had been so desperately waiting for – a matching donor had been found and Dennis would be getting his transplant.

The procedure went amazingly well and soon Dennis was on his way to a full recovery. The Gudbransons had gotten their son back. But although they were grateful for their little miracle, one question nagged in the back of their minds, "Who was the anonymous donor responsible for saving their son's life and how in the world could they ever thank them?"

In Canada, you have to wait two years before you can apply to find out a donor's name, and only after the donor consents can you receive the information.

Donna Gudbranson learned who her son's bone marrow donor was last month. Her name is Agnes and she is a 50-year-old mother of two living in Newfoundland. For two weeks, Donna agonized over calling Agnes, not knowing exactly what to say, or whether or not she could get through the conversation without totally losing it.

"What do you say to a person who gave you your son back? 'Thank you' doesn't even come close to it. I knew I'd just be a blithering idiot. Then one day I said, 'The heck with it. Just pick up the phone and blither away'," says Gudbranson.

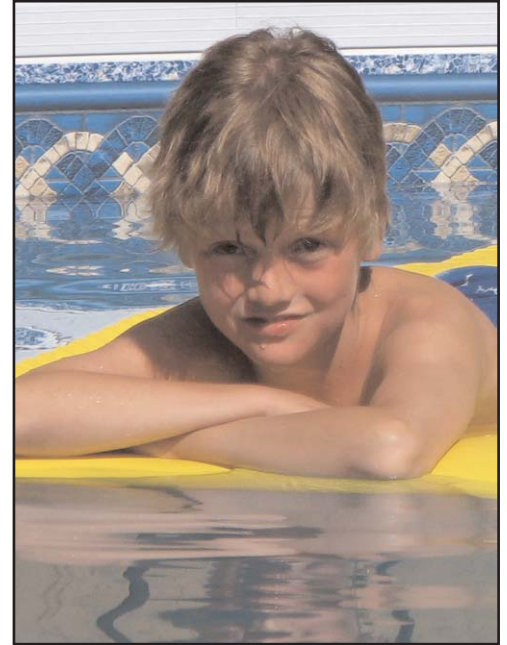
When she finally made the call, the two women said hello and then Donna tried to express in words how grateful she was for Agnes' selfless act.

"I don't think she fully got it at first and then I think she could tell by the sound of my voice what I was trying to say. She actually spent more time on the phone with Dennis. She wanted to know how he was? How he was doing in school? What he did during the summer? That type of stuff. When I got back on the phone with her she was a lot more emotional," says Gudbranson. "The amazing thing is that she was only on the Bone Marrow Registry for two weeks when they made the match with Dennis."

Although Agnes wishes to remain anonymous for now, there is little doubt that her and Dennis' story are the perfect example of why it is so important for people to sign up for the Bone Marrow Registry. It can literally mean the difference between life and death.

Donna shudders to think what might have happened if not for Agnes' selfless act. Would another donor have been found in time to save her son's life? Thankfully, she never had to find out and now three years later, the Gudbransons are celebrating Dennis' third Bone Marrow Birthday.

Dennis is also celebrating something else. An avid swimmer before his operation, he couldn't go in the water for several



Three years after undergoing a bone marrow transplant to combat leukemia, Dennis Gudbranson is now fully recovered and enjoying life in his new pool. Photo supplied

months afterwards and even then only for short periods.

His wish before going into surgery was to get an inground pool. This past spring the pool was finally installed and despite the less than perfect summer we've been having, Dennis has been making good use of it.

"You have to drag him out of the thing," says Donna, sounding every bit like a normal parent of a normal child whose made an extra-ordinary recovery thanks to another normal woman living half a country away.

Public school board shuffles east end principals

By Fred Sherwin
The Eastender

As students returned to school this week, many were be greeted by a new face in the principal's office after the Ottawa-Carleton District School Board went through a shuffling of the deck during the summer.

All four OCDSB high schools in the east end have a new face in the head office starting with Sir Wilfrid Laurier Secondary School where Ruggles Pritchard has been promoted from VP to Principal, replacing Patsy Algard.

Constance McLeese didn't have to move far. The former Glen Ogilvie Public School principal takes over from Geoff Botting at Cairine Wilson Secondary

School where he was acting principal following the departure of former principal Bruce Whitehead.

Kevin Gilmore returns as principal at Colonel By Secondary School this year after taking a one year hiatus to be with his wife in England. Alan Johnson who stepped in to replace Gilmore as acting principal last year will fill the same role as acting principal at Gloucester High School following the departure of Lynne Thompson.

Among the east end elementary schools, Steve Greenwood takes over at Convent Glen Elementary School from Christine Camus-Shepley, who has been transferred to Le Phare Elementary School in Beacon Hill to replace Jocelyne Beaulieu.

Greenwood was formally the principal at Queenswood Public School which was closed this summer.

Elsewhere, Cathie Whyte moves closer to her Chapel Hill home, taking over at Forest Valley Elementary School for Brenda Spearman who moves on to Terry Fox Elementary School to replace Pam Bain who has been transferred to Glen Ogilvie to take over for McLeese.

Last but not least, Peter Symmonds has been appointed as the new principal at Emily Carr Middle School, replacing Anne-Marie Currier who moves to Heritage Public School to replace Cathie Whyte. Symmonds was formerly principal at W.E. Gowlings Elementary School in Carlingwood.

Young man's tragic death inspires effort to combat youth violence

By Fred Sherwin
The Eastender

When Dapo Agoro was alive he was known among his friends and family members as a peacemaker who often mediated conflicts between his peers.

His devotion to non-violent conflict resolution would ultimately cost him his life when on June 8, 2002, he stepped in to break up a scuffle between one of his friends and another young man at a dance-club on Rideau Street and was stabbed to death. He was two weeks shy of his high school graduation.

In honour of their son, Bashir and Abiola Agoro, established the Dapo Agoro Peace Scholarship at Lester B. Pearson High School with the help of their daughters Moji and Shola who also went to Lester B.

There have been four recipients of the scholarship so far, but the Agoros refused to stop there. Their ultimate goal is to create scholarships in other schools and to combat the rising number of youth crimes involving knives.

Every Aug. 30 for the past six years, the Agoro family has hosted something called Dapo's Fun Day which brings together over 100 family and friends for a day of music, food and soccer. Proceeds from the event goes to the Dapo Agoro Foundation for Peace which was established two years ago.

Last Saturday, they celebrated the launch of the foundation website which they hope will spread the word about the foundation and the mission to promote non-violent conflict resolution among youth.

"You obviously can't solve the whole problem overnight, but if we can reach out to one person at a time it will spread," says

Shola Agoro. "And we have to get rid of knives. I carry money because, I'm going to spend it. I carry my car keys because I need them to start my car. Why carry a knife? What is the purpose if you don't plan to use it, why carry it?"

Bashir Agoro is hoping to convince Ontario legislators, including Ottawa-Orléans MPP Phil McNeely, to add certain types of knives to the restricted weapons list including switch blades and assault knives that can often be seen in mall displays.

"There are no need for these knives. We need to get them out of the hands of our kids," says Bashir.

For McNeely's part, he plans to speak with Community Safety and Correctional Services Minister Rick Bartolucci about the possibility of expanding the restricted weapons list. He also intends to speak with Alex Munter, who is currently executive director of Ottawa's Youth Services Bureau, about drafting a Private Member's Bill aimed at ban assault knives from being displayed in shopping malls.

"I think it's something we should look at. I certainly don't think they need to show these types of knives in the open where impressionable youth can see them," says McNeely.

Ottawa-Orléans MP Royal Galipeau also attended the launching of the website and said that Dapo died as he had lived, trying to broker peace.

"He stood up against youth violence and he did so because of the values and principles instilled in him by his loving family, his teachers, his friends and the community," said Galipeau.



RCMP Const. Christopher Worden was a former student and star football player at St. Matthew High School. He was killed in the line of duty while responding to a call in Hay River, NWT on Oct. 6. Fred Sherwin/Photo

Dapo was stabbed four times by a young man who smuggled a knife into the dance-club on the fateful night he died. His assailant, Michel Belance, has been in jail every since. Originally found guilty for second degree murder and sentenced to life in prison, he is now awaiting a retrial that was ordered by the Ontario Court of Appeal.

To learn more about the Dapo Agoro Foundation for Peace and how you can contribute visit www.dapogorofoundation.org.

Feds pledge additional \$13M to upgrade city's sewer system

By Fred Sherwin
The Eastender

Walking along the sandy shore of Petrie Island on Monday, Canada's Environment Minister John Baird pledged another \$13 million to help fix Ottawa's antiquated sewer system and prevent future sewage spills from contaminating the Ottawa River and, in turn, the island's public beach.

The much maligned beach has brought attention to the fact that Ottawa's sewer system is in dire need of an upgrade, especially as it relates to the three or four combination sewers located upstream which can overflow directly into the Ottawa River during heavy storms.

The city recently admitted that there have been nine large sewage spills into the river in the past few years, included a massive spill in August 2006 which dumped over a billion litres of raw sewage into the

river over a two week period when a slough gate was stuck open.

City officials have estimated it will cost approximately \$600 million to fix the problem. The provincial government recently pledged \$77 million to upgrade the sewers, which came on the heels of a \$20 million commitment from the feds. Yesterday's promise of a further \$13 million in federal money is in addition to the initial \$20 million. The money will come from the federal government's multi-billion-dollar Canada Build Fund.

"People across our city have said loud and clear that dumping raw sewage into a national treasure like the Ottawa River just isn't acceptable in this day and age," Baird said standing on the beach with local MP Royal Galipeau, who is one of Petrie Island's biggest supporters, at his side.

Baird wants the money to be used on

developing immediate solutions aimed at preventing accidental spills from happening in the future. In particular, about \$3 million will be used to help fund a \$19 million project aimed at replacing five antiquated mechanical regulators with real time controls.

The old regulators have been malfunctioning over the years, leading to the repeated spills. Long term, the city wants to replace the combination sewers with separate sanitation and storm water sewers.

Ottawa Mayor Larry O'Brien says he would like to see the city embark on a \$100 million project to fix Ottawa's sewer system. With two-thirds of the amount already pledged by the provincial and federal governments, the city will have to kick in the remaining \$33 million, \$19 million of which has already been pledged.

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.

Priorities

For the past six months I've tried to juggle managing a website, a restaurant and a family and I haven't been doing any of them any good.

When I first agreed to take over the restaurant in Navan as general manager, I did so with the determination of preventing it from closing. I thought that the village deserved to have a restaurant where the local residents could bring their friends and family members and feel proud.

Things definitely got off on the right foot and the restaurant was doing very well. But the success came at a heavy price. Having never managed a restaurant before, I underestimated the time and energy they can so often consume. Before long I was totally engrossed in its operation much to the detriment of OrleansOnline.ca and this electronic newspaper.

After Canada Day, I was determined to try and find a balance where I could do both effectively, and while I managed to devote more time to the website and started to put out *The Eastender* on a more regular basis, those successes came at the cost of not being able to build on the momentum we had created at the restaurant over the spring.

Last but not least, trying to juggle both jobs created an enormous strain on my relationship with my children.

In the end, I had to make a choice, or to be more accurate, the owner Ted Gulliver, who is someone I will always consider to be a dear friend, made the choice for me – one that I totally concurred with.

My heart and my passion is with the website I created seven years ago and this newspaper, both of which are a direct extension of this community. I have been covering the people and events that make the east end the amazing place it is for going on 19 years now. I've always said that the primary mission of both endeavours is to provide a positive reinforcement for the youth in our community by covering and writing about their amazing accomplishments whether they be in the sports arena, on the stage or in the classroom. I haven't been able to do that to the best of my ability for the past seven months now, but that is about to change drastically.

As for the restaurant, it is being left in good hands with the return of Chef Kim Haertel as the new general manager. Finally, I would be remiss if I did not thank Kevin Jelley who has been my right hand man at the restaurant as my assistant manager. His guidance and counsel have been immeasurable.

– Fred Sherwin, editor

Summer vacation a lesson in patience

Before I get into this week's column I would like to apologize for the Hell my siblings and I put our parents through during our families annual summer sojourns to P.E.I.

I don't have any specific memories of fighting with my older brother and two sisters, but while trying to break up the umpteenth fight between my 10-year-old twin boys Jamie and Dylan somewhere outside Baltimore on our recent driving vacation to Washington D.C. and the Outer Bank Islands, I was struck by a wave of guilt.

Before we left I took all the precautions: I packed their Nintendo DSs; I rented a stack of videos so they and their sister Maggie, who is now 13, could watch on our portable DVD player; and I loaded up on licorice and ju-jubes.

Things started out well enough with all three kids on their best behaviour during the drive down to D.C., which took nearly 12 hours, but things quickly deteriorated when we visited the National Art Gallery the next morning.

Before we went in, I warned the boys not to touch anything, which they took as code for, "Let's drive Daddy and Maggie insane".

We weren't in the 14th century Dutch and Flemish exhibit 30 seconds before the boys walked up to a Reubens masterpiece and pretended as if they were going to touch it. As I watched the security guard out of the corner of my eye, I snatched both kids in my arms and hustled them into the next room where the cat and mouse game continued. It's a wonder we didn't get kicked out or worse. Maggie was absolutely beside herself from embarrassment.

From there the trip boiled to the boys battling each other with Maggie occa-

sionally chipping in and their father blowing the odd gasket.

Don't get me wrong, it wasn't always WWII. There were moments of serenity, usually when one or both of the boys were asleep.

The only time when all three kids were on their best behaviour was when

we finally arrived in the Outer Banks and spent three days swimming in the ocean.

We also had a blast at Busch Gardens outside Williamsburg, Virginia where we spent the day

running from ride to ride including two hyper rollercoasters, one of which, the Griffon, reaches a top speed of 71 mph and has a 205-foot drop. The second, Apollo's Chariot, reaches a top speed of 73 mph and has a 210-foot drop.

Getting back to the Outer Bank Islands, the first night was insane. We didn't arrive at the campsite until sometime after 10 p.m. For the next eight hours we were eaten alive by tiny little insects called No-See-Ums which can fly through the mesh in the tent and bite like mosquitoes. We also developed a leak in our air mattress, leaving us having to sleep on the ground.

To add injury to insult the campsite was littered with tiny, little, ball-like burrs called sand spurs which made walking in your bare feet impossible. But there were some pleasant surprises along the way as well like Handel's Ice Cream Stand in Williamsburg which makes their own ice cream. The fresh peach sundae was to die for.

The other pleasant surprise was the Cherry Hill Park campground in D.C. which is one of the best campgrounds I've ever stayed at.

All in all it was a pretty good vacation, but next time I'm heading straight to the beach.



View
Point

Fred Sherwin



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Local group returns from mission to West Africa

By Fred Sherwin
The Eastender

François Theriault is an 18-year-old Garneau High School graduate with aspirations of one day doing international humanitarian work.

He got a taste of just what the job can entail during a recent trip to Benin in West Africa as part of Jeun'Espoire Afrique, a local group of students and educators who engage in humanitarian work in both Benin and Kingston, Jamaica.

Ten participants, all Garneau graduates ranging in age from 18 to 23, went to Benin where they did volunteer work in local prisons, helped in the construction of a medical clinic and ran a series of day camps for local kids.

"It was indescribable. Just amazing. The whole thing was a highlight," said Theriault who returned to Canada with the rest of the group on the weekend. "I went to Jamaica two years ago and it was one of the best experiences of my life. When I came back I knew what I wanted to do with my life and this just reinforced that."

When the group arrived in Benin they went on an excursion to the the northern part of the country to acclimatize themselves to the environment. After playing tourists they went to the fist of four prisons where they helped disinfect the cells and handed out medication to prisoners.

Theriault said he was struck by the fact that only a third of the men in the prisoners have ever been convicted, the rest are awaiting trial which can take years.

"The prisons were intense. It was very draining emotionally," said Theriault. "The conditions were horrible. I felt like I was experiencing real misery."

In contrast to the misery Theriault witnessed in the prisons, working with the villagers in the construction of a 10 room

medical centre in Cové and running a day camp for eager children was sheer joy.

"The day camp was the highlight for me," said Theriault. "I worked at a day camp in Orléans for three years so it was right up my alley. The neat thing is that the children in Benin were the same as the kids in Orléans. They liked the same games. They have the same types of personalities. I think that's the one thing I'll take with me from both experiences (Jamaica and Benin), that people are basically the same no matter where they live."

While the group was in Cové, which is a sprawling village of 30,000 people, Jeun'Espoir founder Andre Clermont ran a basic computer workshop for up to 50 teenagers.

"It was amazing. The class started at 9 a.m. and some of them would be waiting at 7:30. We had two class of about 25 kids each with four at a computer," said Clermont.

Probably the most satisfying part of the trip for the Garneau teacher was seeing the progress that had been made on the medical clinic which they're helping to finance and build.

"The last time we were there two years ago we helped build the foundation Now the first floor is almost done and we were working on the roof which will also be the floor for the second storey," said Clermont. "They said when we come back in 2010, we'll be able to sleep in it."

Besides the humanitarian work, the group also participated in a number of cultural events and official functions bestowed on them by the village's chief administrator and the local chief.

The trip was not without its mishaps, either. On their way to Cové their bus broke down. When a second bus sent to retrieve them also broke down, they were left having to use taxis, some of which didn't have



François Theriault leads a group of children through some simple warm up exercise during a day camp run by the group Jeun'Espoire Afrique during their recent trip to the West African country Benin. Photo supplied

any floors in them. A trip that would normally take five hours took 13 hours.

"It was crazy. The taxis were completely unsafe. And then there were rumours that there were bandits on the road," said Theriault. But rather than diminish his desire to get into the field of international humanitarianism, it's only strengthened it. "I don't know exactly in what aspect I'm going to get involved in, but I definitely want to do something in Third World countries."

As for Clermont and the rest of the Jeun'Espoir braintrust, they will take a couple of weeks off before starting to plan for the group's annual March Break mission to

Navan Arena to finally get much needed renovations

By Fred Sherwin
The Eastender

For years officials with the Cumberland Grads Junior A Tier II hockey team have been complaining to the city about their cramped quarters.

Their dressing room is so small that the goalies often times have to change in the equipment room. Referees have had to change in a converted broom closet right next door to the visiting team. Needless to say, it was not the most ideal of situations.

Former Grads owner Arnold Dashney started complaining to city officials almost

10 years ago, but his protests largely fell upon deaf ears. The cause was picked up by the team's new owner Steve Barban, who had an ally in Cumberland Coun. Rob Jellett.

The work had been expected last year, but delays pushed it back to 2008.

The \$780,000 retrofit will include improvements to the arena's sprinkler and septic systems which will bring them up to provincial standards. The dressing rooms will also be enlarged to allow the Grads to convert their laundry and equipment rooms into a workout area as well as a proper

meeting room for the coaches.

The new and improved facilities should be ready by mid-season.

Barban believes once it's done, the new dressing room will help the Grads recruit more out of town players who might otherwise have been turned off by the less than ideal quarters in the past.

Jellett says the project will not only benefit the Grads, but the community as a whole.

"It's good for everybody, especially the kids and everyone else who uses the arena," says Jellett.

Local sports

Bengals, Panthers kick off minor football season

By Fred Sherwin
The Eastender

The Mews Orleans Bengals and the Cumberland Panthers kicked off the 2008 National Capital amateur football season on the weekend with mixed results.

The Mews Bengals' mosquito and pee-wee squads both registered wins over their Cornwall Wildcat counterparts, while the tyke and bantam teams came up short in their quest for an opening season victory.

The tyke team lost 25-21 to the Wildcats, while the bantam squad let a fine defensive effort go to waste in losing 1-0 to the Cumberland Panthers.

The Panthers had a so-so opening weekend as well as both the club's mosquito and peewee teams were up-ended by the North Gloucester Giants. The peewee team failed to get on the scoreboard in losing 37-0 to the Giants, while the mosquito squad came out on the short end of a high scoring affair losing 53-42 to North Gloucester.

It was up to the Panther's tyke team to

salvage a weekend split for the east end club by downing the Giants 19-12.

The most impressive performance of the day was turned in by the Mews Bengals' mosquito team which rolled to a 52-27 win over their Cornwall opponents.

The Bengals rushed for seven touchdowns including four by Keenan Pierre, Graham McArthur scored twice, and Michael O'Connor scored on a quarterback keeper.

The Bengals' tyke, mosquito and pee-wee teams all have a bye this weekend as they prepare to host the Cumberland Panthers at all three levels. The bantam squad, meanwhile, must travel across town to take on the Bel-Air Lions.

The Panthers' peewee and mosquito teams will hope to rebound when they host the Canterbury Mustangs this Saturday, while the tyke team will be going for their second win in a row as will the bantam squad which travels to Cornwall on Sunday to take on the Wildcats.



Orleans Bengals running back Graham McArthur tries to shed a tackle against the Cornwall Wildcats. Photo supplied

Orléans sprinter sets national age group record

By Fred Sherwin
The Eastender

Orléans sprinter Segun Makinde's meteoric track career took another giant stride forward last month when the 17-year-old Colonel By Secondary School student set a new Canadian Youth record in the 200 metres at the Canadian Youth Championships held in Sherbrooke.

Makinde won the final in a time of 20.43 seconds, shaving one one-hundredth of a second off the old record set by Keynan Parker last year. Makinde's arch rival Philip Hayle from Mississauga, finished second in equaling Parker's mark.

Makinde finished second to Hayle in the 100 metre final and took the silver medal in the 110 metre hurdles to earn three medals during the two day meet.

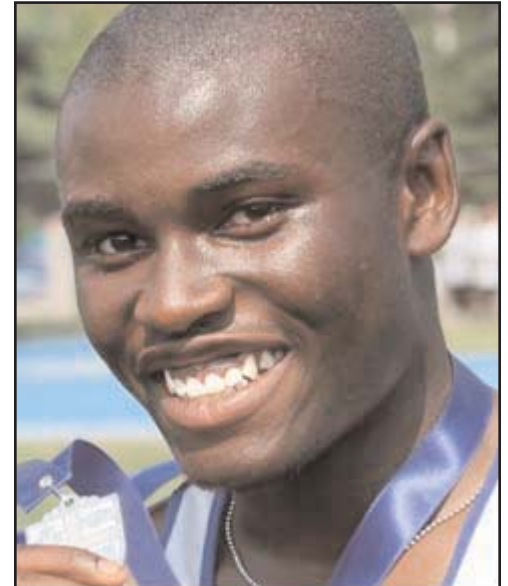
He followed up his performance in

Sherbrooke with a sixth place finish in the 200 metre final at the Ontario Summer Games in Ottawa, running against athletes two and three years his senior.

Makinde is a rising star on the Canadian track and field scene and a likely candidate to compete at the 2008 World Junior Championships to be held in Moncton, New Brunswick.

The Grade 12 student has already competed internationally, making it to the semi-finals at the World Youth Championships in the Czech Republic last summer and he has been named to the Canadian team heading to the Commonwealth Youth Games being held in India next month.

All in all it's been a pretty good summer for the young sprinter who moved to Fallingbrook from his native Nigeria with the rest of his family in 2003.



Segun Makinde

Young water polo star wins silver at Junior Pan Ams

By Fred Sherwin
The Eastender

Out of the pool, 17-year-old Edgardo Montes looks like any other young man walking down the hall at Colonel By High School, but in the pool the 5-foot-8 son of El Salvadoran parents is a water polo phenom.

Last month he helped lead the national junior team to a silver medal performance at the Pan American Junior Water Polo Championships in Sao Paulo, Brazil.

Despite being the shortest and one of the youngest players on the team, he scored 18 goals including four in Team Canada's 13-12 loss to the U.S. in the gold medal final.

Montes love of the sport and water in general comes naturally, his father was a member of El Salvador's national swim team. But Edgardo almost didn't get into the sport. As a youngster his father was going to sign him up for hockey, but when he couldn't find any sign up sheets he registered him for water polo instead.

Montes developed his water polo skills with Club Aqua-Polo in Gatineau and quickly developed a reputation as a skilled and tenacious player.

In 2006 he led the club to their first Cadet level Canadian championship in their 25 year history and was selected as the tournament MVP. Last year, he got his first taste

of international competition as a member of the Canadian National Youth Team which won a bronze at the Youth Pan-American Games in the Dominican Republic.

After watching Team Canada compete at the Olympics for the first time in Beijing, Montes ambition is to help the senior men's team return to the Olympic pool in 2012.

He'll likely get a scholarship offer south of the border, or if that doesn't pan out he'll head out west to the Team Canada training centre in Calgary.

"Getting to the Olympics doesn't seem like an unreasonable goal to reach," says Montes. "I just have to continue getting better and working hard."

Local sports

Cobras U13 Regional team clinches league crown

By Fred Sherwin
The Eastender

The Cumberland Cobras U13 regional girls team clinched the Eastern Regional Soccer League championship on Thursday with a 2-0 win over the Nepean Hotspurs Selects.

The Cobras were 10-2-1 heading into their final regular season game against the Hotspurs who had beaten Capital United on Wednesday to remain in contention for the league title.

A win or tie would have given the crown to the Cobras, while the Hotspurs had to win to get the three points they need to sneak past Cumberland into first place.

The game started out with the Cobras forcing the action, but after they failed to score on two breakaway opportunities, it appeared fate might have been on the Hotspurs' side.

Nepean's best scoring chance of the game came with 10 minutes left to go in the first half, but Cobras keeper Karleigh Bell made a terrific diving save to deflect the ball off the post.

The Cobras had a glorious chance in the dying minutes of the opening half, but missed when the ball sailed over a wide open net.

It wasn't until five minutes into the second half when the Cobras finally broke the 0-0 deadlock on a goal by the team's leading scorer Julia Davis.

Davis collided with the Hotspurs' goalie who came off her crease to challenge for the ball. The Nepean keeper fell to the ground on the play which allowed Davis, who kept her feet, to jump on the loose ball and tap it into the back of the net.

Davis would score an insurance goal 35 minutes later when she walked down the end line with the ball and then directed it past an unsuspecting Hotspurs goalie

inside the near post. It was Davis' 26th goal of the season in league and ERSL Cup play.

By finishing first in their division, the Cobras are eligible for promotion to the Ontario Youth Soccer League next year, but first they hope to continue their winning ways when they take on the Ottawa South United Force in the ERSL Cup final next Sunday.

Cumberland has outscored their opponents 11-3 in their two ERSL Cup qualifying games, including a 3-2 win over Capital United in their semi-final.

The Force, who finished fifth in the division, are on a four game winning streak. Cobras' captain Elizabeth Sangster says she and her fellow teammates can't afford to take the OSU team for granted already beating them twice this year 6-2 and 3-2.

"We beat them before and I think we can beat them again. We just have to work hard and not go into the game overconfident. We can't think, "We won the league therefore we'll automatically win the Cup'," said Sangster.

The Cobras are trying to repeat as league and ERSL Cup champions after pulling off the difficult double last year at the U12 level.

The Cobras U12 Regional girls team was attempting to pull off a double of their own Thursday night when they took on Kanata with the league championship hanging in the balance. Both teams had already qualified for the ERSL Cup final next weekend.

In what amounted to a preview of the final, Kanata came out on top 3-1, avenging their only loss of the season to the very same Cobras on June 5.

The Cumberland United Soccer Club had a relatively successful season with two girls teams capturing league crowns at the U13 Regional and U14 Div. 1 levels and



Cumberland Cobras leading scorer Julia Davis scored both goals in the team's 2-0 win over the Nepean Hotspurs to clinch the ERSL league championship on Thursday. Fred Sherwin/Photo

three teams coming a close second at the U12 Regional, U15 Div. 1 and U16 Premier levels.

For the first time in recent memory the Gloucester Hornets were limited to just one league championship, that being the U21 women's crown, although three Hornets teams finished second at the U12 Premier, U13 Div. 1 and U16 Div. 1 levels.

On a much more positive note, no fewer than 15 east end teams have qualified for the ERSL Shield and ERSL Cup finals which will be played out over the next two weekends. That's up considerably from last year when only four east end teams made it to either a Shield or Cup finals.

15 local soccer teams vie for ERSL hardware

By Fred Sherwin
The Eastender

After a rather lean year last year in which only four east end teams qualified for an ERSL Cup or Shield final, no fewer than 15 teams will be vying for some post season hardware over the next two weekends.

The ERSL Cup is open to teams at either the premier or regional level, while the ERSL Shield is open to Division 1 teams.

The Cumberland United Soccer Club has nine teams in the running for either a Shield or Cup starting with the boys U11 Division 1 team. The girls U11 Div.1 team

is also in the Shield finals, as are the girls U14 and U15 Division 1 teams.

The Gloucester Hornets has three teams in the ERSL Shield finals including the U11 boys Div. 1 team, the U14 boys Div. 1 team and the U13 girls Div. 1 team.

The Hornets U16 Regional boys team will take on West Carleton in the U16 ERSL Cup final, while the U10 Premier girls team must face the OSU Force in the U10 ERSL Cup final. The lone remaining Gloucester team playing for a Cup is the U14 girls Regional squad which will take on the Cumberland Cobras Regional team in the final on Sept. 13.

The Cobras have a chance to win five ERSL Cups including both the U14 boys and girls teams, as well as the U12, U13 and U16 girls teams.

The U10 and U11 Cup and Shield finals will take place in Russell on Sept. 7, while the boys ERSL Shield finals for boys teams from U12 to U15 will be hosted by the Glangarry Soccer Club on Sept. 14 along with the ERSL Shield finals for girls teams from U12 to U15 which will be hosted by the Ottawa Internationals.

The ERSL Cup finals for both boys and girls teams from U12 to U16 will be held at Millennium Park on Sept. 13.

Artscetera

Orléans pair to compete at Ms. Fitness World

By Fred Sherwin
The Eastender

Vanada Hadarean is the champion, Dana Wemyss is the prodigy. Together they hope to bring gold back to Canada from the Ms. Fitness World competition taking place in Las Vegas later this month.

Hadarean will be competing in the Ms. Fitness World event for the fourth time. After placing fourth in the event in 2005 she came second in 2006 and then won it all last year.

Wemyss we'll be competing in Las Vegas for the first time, but after placing second in her very first Ms. Fitness Canada event last month she is bouyed with confidence. She is a former provincial champion, while Hadarean was a former Olympic and World Championship team member in her native Romania.

Both women have a connection with the Tumblers Gymnastics Centre in Orléans. Hadarean used to coach there, while Wemyss still does. Another Tumblers product, Emily MacDougall, placed first in the Ms. Teen Fitness Canada competition.

Hadarean, 32, first became interested in competitive fitness four years ago when a friend suggested she try it out. Despite being out of competitive gymnastics for nearly 15 years her competitive juices were still flowing.

After winning her very first Ms. Fitness Canada event that same year, she traveled to Las Vegas and placed a respectable fourth. The rest as they say is history. She's mentored several pupils from Tumblers including MacDougall and Alexa Cherrett who both competed at the World Junior Fitness Championships in Malaysia last year.

Hadarean has been trying to coax Wemyss, who is seven years her junior, into competing for several years now, but it wasn't until two and half weeks before the Ms. Fitness Canada event in August that Wemyss decided to take part, making her second place result all the more remarkable.

Fitness competitions consist of three rounds. In the first round the woman model swim suits and are judged on muscle tone, poise and definition. During the second round they must give a short speech on their fitness philosophy while wearing an evening gone. The third round, which most people associate with competitive fitness, consists of a minute and a half routine done to music. Each competitor is judged on their strength, endurance, flexibility and ability to wow the audience.

To be successful in competitive fitness requires a great deal of discipline, dieting, nutrition and cardio-vascular aptitude which Hadarean and Wemyss both have in



Dana Wemyss and Vanda Hadarean will be competing at the Ms. Fitness World event in Las Vegas next week. Hadarean is the reigning Ms. Fitness World. Photo supplied

spades.

When they go to Las Vegas they will be competing as a team. Their goal is to both finish in the top five.

Community calendar

TUESDAY, SEPT. 9

14TH GLOUCESTER SCOUTS REGISTRATION NIGHT from 7 p.m. to 8:30 p.m. at Blessed Kateri Tekawitha School, 6400 Beausejour Dr. Registration for Beavers (ages 5-7), Cubs (ages 8-10), Scouts (ages 11-13) or Venturers (ages 14-17). For more information call Tim at 613-841-2193 or Joanne at 613-424-1207 or visit www.14thgloucesterscouting.ca.

CORO VIVO AUDITIONS -- Sing, laugh and share the love of music with Ottawa's friendliest and most well-organized community choir. Coro Vivo Ottawa, an ambitious, eclectic 70-voice choir, whose repertoire ranges from Brahms to be-bop, is accepting new members. The choir includes singers from across the

region and performs in venues throughout Ottawa. Contact Elaine at 613-744-5629 for more information.

WEDNESDAY, SEPT. 10

ORLEANS-GLOUCESTER CHRISTIAN WOMEN'S CLUB meeting from 9:30 a.m. to 11 a.m. at Orleans United Church, 1111 Orléans Blvd. Special musical guest Joanne Griffin will be exploring the uniqueness of the harp. Guest speaker Ann Sudduth "A wondering woman finds a home for the heart". Cost \$5 includes refreshments and free babysitting. For more information call Shirley at 613-841-5143 or Gail at 613-830-4527.

THE SMILE THEATRE will be performing at the Gloucester Senior

Adults' Centre (GSAC) from 10 a.m. to 2 p.m. Live theatre presentation of "Smile Theatre's Come by the Hills", a musical comedy with tunes from Scotland and the Maritimes. Tickets \$7. GSAC is located on the second floor of the Earl Armstrong Arena 2020 Ogilvie Road. Call to reserve your place 613-749-1974 or e-mail gsac@storm.ca.

632 PHOENIX AIR CADETS SQUADRON will be starting their new year tonight. Meetings run from 6:30 p.m. to 9:30 p.m. every Wednesday evening at Ecole St. Joseph d'Orléans on Carriere St. Youth between the ages of 12 and 19 are welcome. The Air Cadets offer training in leadership skills, physical fitness, community service, healthy living, introduc-

tion to aviation, music and summer camps. For more information visit www.632aircadets.ca.

THURSDAY, SEPT. 11

ORLEANS CHAMBER OF COMMERCE NETWORKING BREAKFAST from 7 a.m. at Med 2020 Healthcare Software on Lanthier Drive. Official launch of the 2008 TD Canada Trust People's Choice Business Awards.

LINE DANCING AT THE ORLEANS LEGION -- Classes start from 9:30 a.m. for beginners and 10:45 a.m. for advanced dancers. Call 613-824-1353 for more information.

FRIDAY, SEPT. 12

ORLEANS FIDDLE NIGHTS at the Roy C. Hobbs Community

Centre, 109 Larch Rd. (just off Champlain St.) in Orleans. Come join us for some old time fiddling from 7:30 p.m. to 9:30 p.m. For more information call Denise at 613-297-3273.

SATURDAY, SEPT. 13

KIDNEY FOUNDATION FUNDRAISER in memory of David Taylor being held at Liam Maguires, 1705 St. Laurent Blvd. from 7 p.m. onwards. Buffet \$15. Silent auction and raffle prizes.

SUNDAY, SEPT. 13

ORLEANS TERRY FOX RUN at Sir Wilfrid Laurier Secondary School on Tenth Line Rd. Bike, run, walk or rollerblade. Registration at 8 a.m. Official start at 9 a.m. To download a pledge sheet visit www.terryfoxrun.org.