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# THE Orléans Star

April 13 • Volume 37, No. 23

Next edition April 27



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East end commuters will have to put up with long delays during the morning rush hour for the next two months as westbound Hwy. 174 will be reduced to one lane between Champlain and Jeanne d'Arc Blvd.

## Extended lane closure to impact commuters

By Fred Sherwin  
The Orléans Star

The job of getting to all points west—including centretown—has just become a lot more difficult for east end commuters with the decision to reduce the westbound 174 to one lane between Place d'Orléans and Jeanne d'Arc Blvd.

News of the lane reduction came in the form of a press release issued on March 30.

"As part of the Stage 2 O-Train Light Rail Transit project, a lane reduction extension will commence on the Hwy. 174 westbound from Champlain Street to Jeanne d'Arc Boulevard," the press release announced.

It went on to state that westbound 174 would be reduced to one lane "as soon as April 2 to late May 2023".

Further exacerbating the problem is the need for westbound commuters to exit the 174 at Champlain Street and then reenter the highway using the westbound onramp during most

weekdays. What might normally be a 20- or 25-minute drive during the morning rush hour has more than doubled, with some commuters experiencing delays of close to 45 minutes.

The need to exit at Champlain Street and reenter using the onramp won't be in place during the weekend and holidays.

In an effort to try and avoid the congestion, some commuters have opted to bypass the 174 by taking Jeanne d'Arc Blvd., St. Joseph Blvd. and even Innes Road, but that has only exacerbated the situation by significantly increasing the traffic along those routes creating additional delays.

It has also increased the number of calls and complaints to the offices of the local city councillors.

Orléans East-Cumberland city councillor Matt Luloff says he gets complaints from frustrated commuters on an almost daily basis,

CONTINUED ON PAGE 2 ►

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## COMMUNITY BRIEFS

### Ottawa School of Theatre presents Winnie the Pooh on April 14, 15 and 16



ORLÉANS – If you're looking for something fun to do this weekend with the kids, consider taking them to the Ottawa School of Theatre production of Winnie the Pooh in the Richcraft Theatre at the Shenkman Arts Centre. The OST's all-ages class will bring A.A. Milne's classic tale of Winnie the Pooh to life with this adaptation of the book by Kathryn Schultz Miller. Join Christopher Robin and his fuzzy friends in the Hundred Acre Wood as they search for hunny, get into some sticky situations and hunt for Heffalumps. Showtimes are 6:30 pm on Friday, April 14 and 1:30 pm on Saturday, April 15 and Sunday, April 16. Tickets are \$20 for adults and \$10 for children. A special family pass is also available for two adults and two kids for \$50. Available at [tickettailor.com/events/ottawaschooloftheatre/873058?](http://tickettailor.com/events/ottawaschooloftheatre/873058?).

### Coro Vivo sings Broadway at the Shenkman Arts Centre on April 28



ORLÉANS – The Coro Vivo choir will return to the Harold Shenkman Hall stage on Friday, April 28 to perform a selection of Broadway hits. Led by artistic director Antonio Llaca and accompanied by pianist Louise Léveillé, the choir has been rehearsing for months to deliver a truly spectacular performance. Prepare to be moved by the power and beauty of the

human voice as you are taken on a musical journey through the best of Broadway. Whether you're a diehard Broadway fan or simply enjoy beautiful choral music, this concert is not to be missed. Tickets are \$40 for adults, \$30 for seniors and \$20 for students. Available at [shenkmanarts.ca](http://shenkmanarts.ca).

### Spring Cleaning the Capital campaign begins this week

OTTAWA – Ottawa's Spring Cleaning the Capital campaign begins this week with initiatives planned for across the city including Orléans. As the snow starts to melt, it uncovers a winter's worth of litter. Twice a year, thousands of residents help keep community spaces clean and green through Cleaning the Capital. This year marks the 30th anniversary of the Cleaning the Capital campaign. It is estimated that over one million kilograms of waste has been removed by more than 1.4 million volunteers since the campaign began in 1994. Any resident or organization can join this year's campaign by registering at [ottawa.ca](http://ottawa.ca) and typing in the words Cleaning the Capital in the search bar. Registration is open until Monday, May 1, and you can choose from a variety of places to clean up, including community parks and greenspaces, shorelines, roadsides, or even areas around bus stops. The clean up projects will continue until May 30. Starter cleanup kits are available upon request. To learn more about the campaign or to register your project, visit [ottawa.ca/clean](http://ottawa.ca/clean).



Work on the Jeanne d'Arc LRT station is coming along nicely as is the work on the other stations along Hwy. 174. PHOTO SUPPLIED

### Extended lane closure on Hwy. 174 to impact commuters

Continued from page 1

many of whom are more than happy to offer their unsolicited advice.

The most popular suggestion is to keep two lanes open during the morning rush hour and then reduce it to one lane afterwards.

Unfortunately, that would only further delay construction which is already more than a month behind schedule.

On a more positive note, work on the five LRT stations at Montreal Road, Jeanne d'Arc Blvd., Orléans Blvd., Place d'Orléans and Trim Road are proceeding nicely as is work on the LRT line itself, allowing for testing to begin.

The delay has been in the widening of Hwy. 174 and the installation of infrastruc-

ture, including sound barriers on both sides of the highway.

In the meantime, some residents living near the construction will continue to have to put up with work being done late into the night.

According to the City, the night work is necessary to accommodate construction that can't be done during the day, or for work that is "required" to meet the construction schedule. During this time, noise and vibrations can be expected, however, directional lighting needed to undertake the work will be provided in such a way as to "mitigate the impact on nearby residences".

East end residents can receive regular updates on the LRT construction by visiting [Ottawa.ca/Stage2](http://Ottawa.ca/Stage2) and signing up.

**HEY YOU! YEAH, YOU!**

**If you're reading this, we want your feedback!**

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**This week's winner**  
**April 13 – Shaliza Ramcharan**



# Flood warning has Ottawa River residents worried

By Fred Sherwin  
The Orléans Star

Every spring, Cumberland residents living along the Ottawa River brace themselves for possible flooding which varies from year to year.

For instance, 2022 was an average year for water levels along the Ottawa River, sparing residents the risk that their properties would experience any major flooding.

That wasn't the case in either 2019 or 2017, when residents living along the river near Cumberland Village experienced devastating floods and tens of thousands of dollars in damages.

So when the Rideau Valley Conservation Authority (RVCA) recently issued a Flood Outlook Statement for the Lower Ottawa River Valley forecasting that minor flooding may occur in low-lying areas along the Lower Ottawa River generally susceptible to flooding, you can understand why they might raise the level of concern. It all depends on how gradual the current snow pack melts, especially upstream around Deep River and Pembroke, and how much rain we get.

"Based on forecasted higher temperatures and anticipated snow melt, levels and flows along the Ottawa River are expected to increase over the next few days in the Ottawa River basin," the RCVA announced in an advisory released on the weekend.

But the RCVA stopped short of attempting to quantify any potential flooding.

"While there are currently no flooding indicators of concern, it is still too early to forecast peak river conditions which remain dependent on snowmelt and rainfall amounts," they further stated.

Snow pack levels are especially high at this time of year as compared to previous years. A sudden increase in temperature expected this week will hasten the melting process and lead to a sudden increase in water levels on the tributaries that feed into the Ottawa River and the Ottawa River itself.

But that alone may not cause any flooding. The other issue is that the average daily temperatures up until this week have not been high enough to thaw the ground in any significant manner. If the ground doesn't thaw fast enough it won't be able to absorb



Residents living along the Ottawa River near Cumberland Village have started their annual flood watch hoping that they won't experience a repeat of the major flooding they experienced in 2017 and 2019. STAFF PHOTO

the snowmelt or any precipitation should the area get a significant amount of rainfall in the coming days and weeks.

Those are the circumstances that lead to the "flood of the century" in 2019.

If you believe the latest statement from the Rideau Valley Conservation Authority the

threat, at least for now, is still relatively low. But the same statements were issued in both 2017 and 2019 before a significant amount of rain added to the snowmelt and raised the level of the Ottawa River past what would be considered normal for this time of year, flooding their properties.

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# Congestion indigestion

It's a good thing federal government workers only have to travel to their downtown offices a few times a week. With the current state of construction along the eastern LRT line and the reduction of traffic in the westbound lanes of Hwy. 174 to one lane between Place d'Orléans and Jeanne d'Arc, the commute would be absolutely insane otherwise.

LRT construction has been a nightmare for people living along the 174 for months now with many residents who live in close proximity to the highway complaining about the noise, which is present day and night. They are now going to have to put up with a substantial increase in traffic as commuters try to avoid the 174 lane closure by taking an alternate routes either along Jeanne d'Arc or St. Joseph Blvd.

The lane closure between Place d'Orléans and Jeanne d'Arc Blvd. is expected to remain in place until late May. *Yippe Ki Yay.*

What will happen after May is anybody's guess, but you can bet it's not the end of the lane closures, especially given the fact that construction is at least a month behind schedule.

The hope had been for the east end LRT to be operational by late September. The new target date is now "sometime before the end of 2023".

Part of the delay has been due unforeseen weather events. Another reason for the delay is due to the fact that the city would prefer to err on the side of caution.

The opening of Stage 1 of the LRT was fraught with problems as commuters struggled with the transition from buses to trains along with unreliable service issues exacerbated by the intent on the part of some city officials to get the trains up and running as soon as possible, damn the torpedoes.

No one wants a repeat of that debacle.

The price of caution is a reduction in expectations. But as the saying goes, all good things in life are worth waiting for. The only problem is that while we wait, we are going to have to put up with more noise, more traffic, longer commuter times and more headaches.

But we are getting close enough to the finish line to imagine what life will be like once we get there. People will be able to get on a train at Trim Road, or Place d'Orléans, or Orléans Blvd. and be downtown in a matter of minutes.

Businesses along St. Joseph Blvd. should see an uptick in foot traffic and properties on either side of the 174 should see an increase in value, especially near the LRT stations.

So it's not all bad news. It's just a matter of short-term pain for long-term gain, or as I like to call it, congestion indigestion. And like all things, it too shall one day pass.

— Fred Sherwin, editor

**THE Orléans Star**



**Fred Sherwin**  
Owner and publisher

**Jody Maffett**  
Editor

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## WIARTON WILLIE PREDICTS EARLY SPRING



## Local MPP calls for the province to keep violent offenders behind bars

There is no doubt that the increase in violent crime the past number of years is disturbing.

Families have been torn apart by vicious acts of violence, women have been killed at the hands of their partners, police officers ambushed while on duty, and children randomly killed trying to get home on transit.

I know that the residents of Orléans are growing more and more concerned with the types and volumes of crime and violence we once thought was limited to our neighbours to the south.

Too often, those arrested for violent crime are released very quickly and statistics show have a high rate of reoffending before their trial.

I recently had the privilege of participating in committee hearings on bail reform. We heard loud and clear from both police authorities and from criminal defence advocates that changes are needed.

The Committee took their feedback and presented a report to the Legislature with 12 recommendations. I am in support of all the recommendations, including asking the Federal Government to make the necessary legislative changes to make it harder for violent offenders to receive automatic bail.

But it is also important to point out that there are five recommendations for immediate action by the Province. Actions that are fully within the purview of the Ford Government.

One important recommendation is that bail hearings for those accused of firearms offences, and I would suggest all violent offences, should be heard by a Judge and not by Justices of the Peace.

In late 2016, courthouses in two locations started using judges to sit

in bail courts instead of justices of the peace, who are not required to be trained in the law. The pilot project ended in August 2019. Nearly four years after the pilot program ended, this government has yet to publish a report on its effectiveness.

Anecdotal evidence presented at committee suggests that the pilot worked very well and both police authorities and criminal defence advocates agree that judges would be better positioned to handle bail for violent offences.

It is easy to ask the Federal government to take action, but there are changes the province can make today, to ensure violent offenders aren't automatically released back into the community. It's time to get these changes done.



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# Rating some of the best burgers and pizza in Orléans

In my last column, I listed 10 of my favourite things to eat in Orléans. One item I forgot to put on the list is the pulled pork sandwich at Meatings.

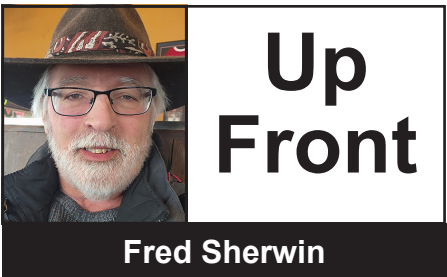
Now, lots of restaurants have a pulled pork sandwich on their menus, but at Meatings, the BBQ specialists, the pulled pork sandwich is next level, especially when you top it with their coleslaw and extra BBQ sauce. It may be a little messy, but it is absolutely delicious.

For those of you who don't know, Meatings aka The Puck Stop is now located on the second floor at the Richcraft Sensplex Arena on Sheffield Road near Canotek Park.

I also mentioned in my last column that I would talk about Orléans' best burgers and pizza joints this week. So without any further ado, let's get to it.

First, my traditional go-to burger has always been the Juicy Lucy at Bite Burger in the Fallingbrook Plaza. My backup used to be the Louisiana Burger at World Burger in the Sobey's Plaza on Tenth Line Road, but unfortunately they closed last year and the location was taken over by the new kids on the block, Law and Orders.

I've also always thought that trying to discuss who makes the best burger in Orléans, or the best pizza, was akin to



discussing religion and politics in Ireland. Some subjects you just should never bring up unless you are willing to engage in a heated argument in which you end up agreeing to disagree.

With that said, I thought it would be a good idea to invite a panel of experts help out in trying six different burgers from six different restaurants in Orléans. In this case the panel of experts were my three kids, at least two of whom – James and Dylan – are self-acclaimed burger aficionados.

The six burgers were the Hamre Burger from OCCO Kitchen, the Classic Burger from Meatings, the Juicy Lucy from Bite Burger, the Hickory Crunch Burger from Law & Orders, the Tom Green Burger from The Works and the Classic Cheeseburger from Five Guys.

If your burger isn't listed here, please

accept my apologies, but six burgers was my limit. We're just a small community newspaper after all.

In general, all six burgers were pretty good, but a couple stood out from the rest and they were the Hickory Crunch Burger from Law & Orders and the Classic Burger from Meatings.

The Hickory Crunch Burger was pretty darned tasty even though by the time I got it home, there wasn't a whole lot of crunch left in the hickory sticks. It did still maintain it's temperature and the burger itself was still juicy and warm. The bold flavour of the BBQ sauce also came through.

The Meatings Classic Burger was really tasty and super juicy, but it was their house BBQ sauce that really stood out. It's only drawback was the \$22 price tag, even though it came with fries.

Law & Orders gives you the option of ordering fries on the side. The burger was \$10.45 including the tax. If you wanted fries, it was another \$6.25.

Maggie and I also really liked the Tom Green Burger from The Works which is topped by their house made Beechhouse sauce, bacon and avocado. The only downside was the price tag, which was also \$22 including the tax.

As for the Hamre Burger from OCCO Kitchen, it was a little dry and didn't quite live up to the \$22 price tag. Ditto for the Juicy Lucy Burger from Bite Burger. Now I have had more than my fair share of Juicy Lucies which are burgers stuffed with cheese curds and they were always very good, but unfortunately on this occasion I was left a little disappointed. There were only three cheese curds in the burger and the meat itself was packed really tight with out much fat in it which meant that it was fairly dry.

That said I plan to go back to Bite Burger soon and give it another try.

But the surprise of the bunch was the Classic Burger from Five Guys. I should first confess that I had never had a Five Guys Burger until now so this was my first and it definitely won't be my last.

It was juicy and delicious and at \$15.68 with fries it was the least expensive pick of the six.

So there you have it. For both flavour and price, Five Guys was the winner with the Meatings Burger and Law & Orders coming a close second and third.

Oh look, I don't have space to write about the pizzas. Oh well, maybe next time.



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# When providing your opinion on social media, think before you post

We certainly seem to be living in a time of ideological entrenchment. More and more, I see incredibly vitriolic and intense exchanges in cybersphere between participants on seemingly opposing sides of one issue or another.

As someone who spends a considerable amount of time working to get to the root of issues, I find it difficult sometimes to express the most important historical and contextual information required to hold a nuanced understanding of a complex problem. Because, for the most part, we often don't have the time or tools required to dive into complexity, we often rely on abstractions or distillations to pass judgement, and we are seeing the results of this in our daily discourse.

Increasingly, people rely on these abstractions to form their worldview or ideology. The challenge this poses is that it reduces complex thought to its simplest, most easily digestible components. This results in a serious stunting of our ability to solve complex problems.

There are often no simple solutions, but when we rely on these abstractions to simplify complexity, we do ourselves a serious injustice.

Complex problems often do not arise from one single issue or challenge, they arise from the convergence of several, and often unrelated others.

Think of this as a big fat granny knot. Simply pulling on both sides of an issue is going to make the knot tighter, and harder to take apart.

The trick is to follow one of the ends and to slowly pull it apart, carefully and mindfully.

Ideology blinds us to nuance. It forces us to rely on others to develop our thinking and limits our ability to see things clearly. It forces us to dig in our heels and pull on the knot. It adds complication to complexity.

So, Dear Reader, when you see something posted on social media that immediately elicits strong feelings, dig a little deeper – you may be surprised that the issue isn't so simple after all.



**Matt Luloff**

Orléans East-Cumberland

# Explaining the ins and outs of Community Improvement Plans

There's been a lot of discussion recently at council and in the media about Community Improvement Plans (CIPs), so I wanted to take a moment to explain what they are and why they're so important.

CIPs are currently the only tool that municipalities in Ontario have to drive economic development in cities, and yet they still seem to be widely misunderstood.

These plans are designed to help improve economic conditions in a specific area, which is why we have one for Orléans – an area of the city that has long struggled to attract significant economic development.

One of the main reasons that CIPs are misjudged is that they are often associated with giving a private business a tax break.

While it's true that there is an element of tax forgiveness, that tax incentive only applies if the applicant is proposing significantly increasing their property tax contribution—so the City still nets millions of dollars, in revenue even with the rebate. This is in addition to the revenue collected from permits and fees, construction mater-

ials, job creation, etc.

The rebate is only given to the business once they've paid their property taxes in full, so none of your dollars goes into it. By investing in infrastructure, CIPs can create long-lasting benefits for the community that in turn drive economic development in that area and to the city.

CIPs are also often misunderstood because they are seen as favouring one business over another, but there are certain areas of the city where we need to put an incentive in place. For example, the Kanata Tech Park would never have a CIP – but St. Joseph Blvd., where the community has asked for revitalization for decades, is a good spot for one.

The goal of these plans is always to improve the community as a whole and collect additional revenue for the City.

Cities have two ways to increase their revenue: raise taxes or increase the amount of property tax collected through development. If what I heard on the campaign trail rings true, the latter is preferred by many.



**Catherine Kitts**

Orléans South-Navan

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# Old Man Winter delivers devastating last hoorah

By Fred Sherwin  
The Orléans Star

Somebody should fire Wiarton Willie and get a new groundhog to foretell the arrival of spring, because the furry varmint was way off in his prediction of an early spring. In fact, he was way, way off by at least three weeks.

According to conventional wisdom, if Willie emerges from his burrow and doesn't see his shadow, then spring is supposed to arrive early. Well, he didn't and it hasn't.

In fact, to add injury to insult, Old Man Winter decided to put an exclamation point Willie's woeful prognostication by delivering an ice storm last Thursday that was both beautiful and devastating.

Beautiful in that the ice-covered trees and shrubs made for a magical sight for anyone willing to brave the icy sidewalks and slush covered roads to have a look.

However, a wise man once said that beauty is in the eye of the beholder and for the dozens of residents in the former municipality of Cumberland who lost their power for nearly 24 hours and the many others in Orléans, Navan and Cumberland Village

who suffered extensive tree damage to their properties, there was nothing beautiful about the storm.

Orléans got off relatively lightly with only the odd downed tree and branches. Navan got hit far worse with dozens of trees suffering major damage and in a number of cases being toppled entirely.

It was cruel blow to the small village located 10 minutes south of Orléans along Trim Road. It was less than a year ago that a derecho with winds in excess of 120 km/h destroyed more than 1,000 trees along a wide swath that included Navan and Sarsfield.

It's hard to say how many of the trees that were toppled last week were already left damaged by the derecho, but it's safe to say at least some were.

In Cumberland Village, which was spared from the derecho last year, the ice storm left a number of old growth trees significantly damaged.

The only saving grace is that spring seems to have finally arrived – knock on wood – and folks can clean up the mess left behind by Old Man Winter in sunshine and relative comfort.



This picture of a tree covered in ice along Trim Road is an example of the beauty an ice storm can create. FRED SHERWIN PHOTO



This tree on Farmbrook Crescent in Fallingbrook had to be taken down after suffering severe damage. FRED SHERWIN PHOTO



A pair of bikes sit outside the McDonald's restaurant on Innes Road covered in ice. FRED SHERWIN PHOTO



This large pine tree, toppled by the ice storm, blocked Canary Street near Navan for over an hour until a city crew was able to remove it. FRED SHERWIN PHOTO



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**Hugette Guay, 90**  
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**Jean Pottier, 56**  
**Passed away on April 1, 2023**

**Monique Poitras, 68**  
**Passed away on March 30, 2023**

**Todd Keller, 81**  
**Passed away on March 30, 2023**

**Allen Francis Bowes, 79**  
**Passed away on March 27, 2023**



[www.heritagefh.ca/obituaries](http://www.heritagefh.ca/obituaries)

## Poppy Campaign funds given to Rideau-Perley Veterans Centre and Veterans House Canada



Veterans' House Canada was presented with cheques totaling \$22,000 in support of its programming and food card program on Tuesday 14 March, 2023. The money was collected during the Poppy Campaign and represents the generosity of the residents of Orléans. (L to r) Suzanne Le, executive director of Veterans' House Canada; Richard Guitar Branch 632 Poppy Chair; Lucie Goderre Poppy Treasurer and Alan Mulawyshyn, deputy executive director Veterans' House Canada. PHOTO SUPPLIED



Perley Foundation board member Daniel Charron (second from right) and Perley Health director of development Courtney Rock present a painting by WWII veteran Roland Lalonde to Orléans Legion Poppy Chair Richard Guitar and Poppy Treasurer Lucie Goderre. In another presentation, Guitar and Goderre presented the Perley-Rideau Veterans' Health Care Centre representatives with a cheque for \$20,000. PHOTO SUPPLIED



# Local golfer finishes top 10 at visually impaired world championships

By Fred Sherwin  
The Orléans Star

Local visually impaired golfer Kevin Frost recently returned from South Africa where he finished seventh in both the South African Blind Open and the IBGA World Blind Golf Championships which were both held in Cape Town.

Frost, who has severe tunnel vision equivalent to looking through a straw, managed to brave winds in excess of 50 km/h to finish seventh in the B2 division which is for golfers whose vision is five degrees of less.

Fellow Canadian Kiefer Jones, who has a field of vision of 10 degrees, won the B3 championship in both events which is for golfers with a field of vision between five and 20 degrees.

It was the first time the World Championship has been held since 2018. The 2021 event was canceled due to the COVID-19 pandemic.

For Kevin, who took up golfing only four years ago, it's been a long wait.

"It's something I've been working toward and dreaming about for a while," says Frost, who recently returned home after two days of travel and two long flights.

In between playing two rounds of golf in the South African Blind Open and three rounds at the World Championships, Frost found time to go on a safari with his fiancée Loretta, who made the trip with him.

"It was amazing," says Kevin, who was able to see the animals, including an elephant and a tiger, when they got close up to their vehicle. "It's something everyone should do at least once in their lives."

As for the golf, Kevin says the conditions were the windiest he has ever played in. "It was so windy that I couldn't even use my driver or my ball would be blown 40 yards off the course, and when you were putting you only had to tap it to go 20 yards."

The wind was so bad that Kevin had to keep his baseball cap in his bag because it kept blowing off his head.

Despite the wind, Kevin said it was the experience of a lifetime and something he definitely wants to try again. As for now, he is concentrating on his next tournament, the Ontario Adaptive Championships in July with an eye on a potential trip to the paralympics should golf be added to the program when the paralympics are held in Los Angeles in 2028.



Kevin Frost's trip to South Africa for the World Blind Golf Championship included a safari through a local game reserve (inset). PHOTO SUPPLIED

"That is the dream," says Kevin who was unable to compete in the paralympics in either speed skating or cycling, two other sports he has excelled in, largely because of his age. But golf is much kinder on its participants when it comes to age than other, more physical sports are.

Kevin is also looking forward to seeing his book, *Deaf Blind Champion*, come out in audio format on Amazon as early as next week. From the beginning, Kevin's goal was to release an audiobook so that other visually impaired people can benefit from its message.



## Summer camps and activities

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# Author, inventor reunited at Chapel Hill Retirement Residence

By Fred Sherwin  
The Orléans Star

When Orléans author and inventor Roy Mayer first penned a book on Canada’s most influential innovators in the late 90s, little did he know that he would one day end up living in the same retirement residence as one of his subjects.

Mayer’s book, entitled “Inventing Canada: One Hundred Years of Innovation”, tells the stories of 32 of the country’s leading inventors and innovators including the father of basketball, James Naismith; Cognos founder Michael Potter; the inventor of the snowmobile Joseph-Armand Bombardier; and Reginald Fessenden who first transmitted voice over radio, or wireless telephony, in 1990, more than a year before Guglielmo Marconi transmitted a wireless telegraph message across the Atlantic.

In a chapter called “Medical Wonders”, Mayer tells the story of Dr. Tofy Mussivand who invented the first implantable artificial heart that took the place of both ventricles in a single device. The Jarvik artificial heart could only replace the function of one or the other ventricle, but not both.

Dr. Mussivand also invented something

called the HeartSaver, an artificial cardiac pump that takes over the function of the heart during surgery. To say that the two devices combined saved the lives of thousands of people is no understatement.

Dr. Mussivand immigrated to Canada from Iran in 1965 at the age of 21. After arriving in Canada, he pursued an education in biomedical engineering.

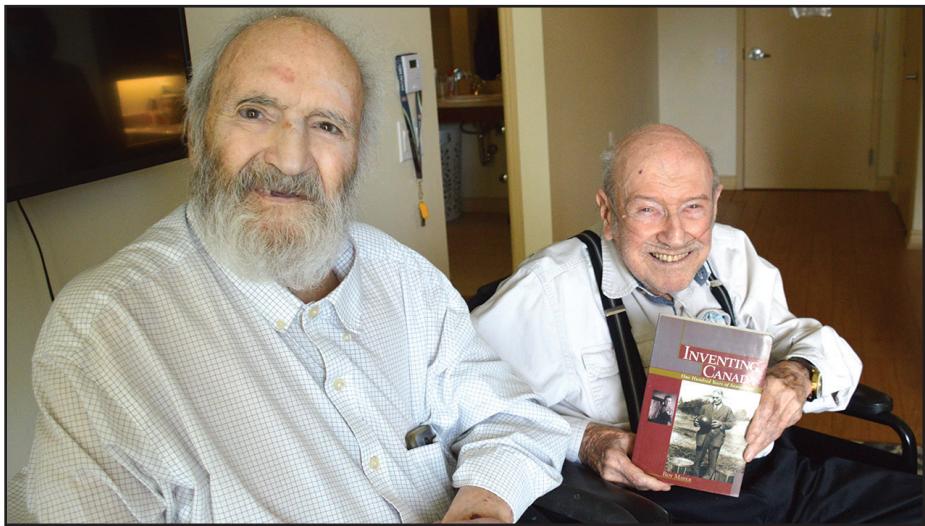
After receiving his PhD, Dr. Mussivand began his exhaustive research in the development of an artificial heart with prolonged operational capability that was small enough to be implanted into a patient’s chest, allowing for their mobility and enhanced quality of life.

He would go on to become chair and director of the Cardiovascular Devices Division at the University of Ottawa Heart Institute and head up the Medical Devices Program of both the University of Ottawa and Carleton University.

Dr. Mussivand moved into the Chapel Hill Retirement Residence last fall.

Three months before, Roy Mayer moved into the retirement residence with his wife Lise.

For months, Mayer and Dr. Mussivand



Author Roy Mayer (right) with Dr. Tofy Mussivand at the Chapel Hill Retirement Residence in Orléans. FRED SHERWIN PHOTO

were completely unaware that they were living in the same building.

They eventually met when a mutual friend, Doug Hayes, put two and two together after reading a copy of the book that Mayer had given him.

“He said, ‘Hey, one of the people in your book just moved in here,’ and then we met face to face. It’s the power of destiny,” says

Mayer, who was a successful inventor in his own right. In 1993, he was named International Inventor of the Year south of the border for inventing a product that enabled anglers to colour live bait, making them more attractive to other fish.

You can purchase a copy of *Inventing Canada: One Hundred Years of Innovation* on Amazon.



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# Symphony's Sorority provides next level memory care for women

By Jody Maffett  
The Orleans Star

The management and staff at the Forest Valley Terrace memory care residence on St. Joseph Boulevard are celebrating the recent re-opening of their women-only Sorority community.

Symphony Senior Living first opened the Symphony Sorority floor in January 2020. Unfortunately, due to the pandemic, they had to close the neighbourhood. The floor was converted into a space where if a covid outbreak happened, residents who tested positive could recover from the virus without risk of infecting other residents. However, thanks to the covid vaccine and the risk of serious illness associated with covid lowering significantly, the Sorority floor has reopened.

Located on the third floor of Forest Valley Terrace, the Sorority community is fully secured with programming that is not just focused on the women's health but also on their overall well-being.

All aspects of daily living are tailored to the specific needs of the women living on the floor, from the menu to visits with Polly, the resident cat at Forest Valley Terrace.

Activities on the Sorority are based on maintaining the resident's independence. For example, staff will help residents bake their favourite recipes from home or cook their favourite meals. They can also knit if they want to and assist with their own laundry under the supervision of one of the Forest Valley team members, known as the Sorority Sister.

The job of the Forest Valley Sorority Sister is to get to know each resident on a personal level and learn their needs and abilities. It will be their job to figure out what the Sorority residents want to do and organize activities and outings with a sensitivity to the resident's level of memory loss and their need for quiet time.

The Symphony Sorority floor, with its single rooms and open-concept kitchen, dining and living space, has the feel of a university residence with a few special touches. The colour scheme is a relaxing lavender and light blue and the scent of lavender is used as a form of aromatherapy.

Patterned china and silver flatware is used in each place setting on the floor's dining tables and there are interactive life skill stations set at each end of the floor.



Symphony's Sorority 'sisters' can enjoy many activities together including cooking and baking. FILE PHOTO

One of the most important aspects of memory care, not only on the Symphony Sorority floor but the entire Forest Valley Terrace residence, is food. Food, like music, can often trigger happy memories for those who are suffering from various degrees of memory loss. At Forest Valley Terrace, the

kitchen staff are able to look after all types of dietary needs while keeping things new and fresh.

To find out more about Symphony Sorority and how it may provide the right memory care for your loved one, call Glenese Francis-Wright at 613-706-2699.

## SYMPHONY SORORITY AT FOREST VALLEY TERRACE

# A women's-only approach to memory care!

Symphony Sorority is located on the third floor of our memory care community, Forest Valley Terrace. Our Sorority neighbourhood offers not only peace of mind to our families, but an all-inclusive care model and unique programming to our the residents who live with us.

The Sorority is a women's-only neighbourhood, this means that our residents, staff, and even our house doctor for that neighbourhood is female!



Contact us today to book your tour and feel the Symphony difference!  
Call (613)-366-4969 or visit our website at [symphonyseniorliving.com](https://www.symphonyseniorliving.com)





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*(The following advertorial is sponsored content provided by Riverstone Retirement Communities.)*

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### The day is yours

After chatting with your neighbours, you may opt for some morning exercise like yoga, dance, or an aquafitness class in our saltwater fitness pool. You'll always find something you like because our activities are planned based on popularity and feedback from our residents.

### What a beautiful day

Now you're all warmed up for an outing. Go for a brisk walk in a nearby park with

your walking group, or take a solo stroll around the gardens and see what's growing.

### Mid-day

How about a little lunch? A gourmet panini and salad, or is it a hot soup kind of day? Always assorted options for you to choose from!

### The afternoon awaits!

If you don't end up curled up with a good book for the afternoon in the peace of your private suite, why not see what mind-stimulating pursuits people are up to in the activities room? Painting, bingo, learning to knit – or something completely new and exciting. We even have day trips to join in and see all that the Ottawa Area has to offer.

### Dine in style

As the afternoon turns into evening, join others for hors d'oeuvres and live entertainment, then sit down for a chef prepared dinner at the time that works best for you. Unable to travel? Our chefs will have you travelling the world through themed dinners. Tonight you're in France celebrating Springtime in Paris. Tomorrow you'll be back in Canada with maple smoked salmon and baby potatoes.

### Sit back and enjoy

Evenings are for relaxing. You might be listening to a guest speaker's presentation



on their travels to Bolivia, watching a classic movie in the theatre, or singing your favourite songs around the piano. Or if it's been a full day, maybe you'll just enjoy a video call with family back in your warm comfortable suite.

Every day at Willowbend can be as simple or as exciting as you make it. Enjoy our engaging programming with the companionship of like-minded people in our vibrant community.

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family think through your potential future needs, whether Independent Living, Assisted Living or Memory Care. We would love to show you everything Retirement Living at Willowbend has to offer.

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Contact Liette at 613-907-9200, or email [ljodouin@riverstoneretirement.ca](mailto:ljodouin@riverstoneretirement.ca), today to RVSP, or to book your personal tour, or for more information about Willowbend

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## NEIGHBOURHOOD UPDATE

### Gems Awards



It is time for the 4th Annual Gems Awards! Once again, residents of the East End will have the opportunity to highlight local organizations and businesses that make our community sparkle. If you know of a local gem that makes our community a better place to live, work and play, let me know! Submit your nominations to [LauraDudas.ca/Gems](http://LauraDudas.ca/Gems).

### Eggstravaganza

I have once again partnered with the Orléans Fruit Farm for my annual Eggstravaganza. I look forward to this annual event, and want to take this opportunity to thank all the wonderful groups who have partnered with me this year to make it possible:

- Kiwanis Club of Eastern Ottawa
- Rendez-vous des aînés francophones d'Ottawa (RAFO)
- Orléans Fruit Farm

### Vacant Unit Tax – Final Deadline

The City of Ottawa rolled out the Vacant Unit Tax (VUT) earlier this year, and while the deadline to declare vacancy status has already passed, residents still can submit a late declaration until April 30, 2023. In a typical year, failure to submit a declaration by the due date will result in a \$250 fee added to the tax roll. This fee has been waived for 2023.

Anyone who has followed me on this issue knows my position. While the overall intentions of this tax are admirable, I cannot support this mandatory annual declaration. To require 330,000+ homeowners in Ottawa to actively declare the status of their property – with the aims of catching, at most, a few hundred or thousand vacant units, seems heavy handed to me. However, it is important that every resident file their declaration before April 30, 2023. If no declaration is submitted by the late declaration due date, the property will be deemed vacant, and the tax will be applied to the property. The VUT would then show on your final tax bill which is due in June.

For more information, visit: <https://ottawa.ca/en/living-ottawa/taxes/property-taxes/vacant-unit-tax>.

*One my favourite parts about being a City Councillor is getting to connect with you, the residents of Orléans West – Innes. Whether during open office hours, a community event, at the grocery store, or when knocking on your door, I truly enjoy hearing from you on what matters most. If you see me out and about, don't hesitate to stop and say "hello"!*



### Utility Work in the Right-of-Way

Occasionally, you may receive a flyer in the mail, notifying you of utility work happening on your street. Utility projects can include the installation, or maintenance of, utility services such as telecommunications, energy, or electrical systems.

I often receive questions about these projects, such as why the City permits this work to take place. Although the City of Ottawa does not have the authority to deny utility work from taking place, it does have a role in the approval, permitting, and restoration process.

City of Ottawa By-laws oversee aspects such as requiring the contractor to provide proper notification to residents and businesses within close proximity to the project. Notifications must include a general description of the work, the location, anticipated start date, duration, the name of the permit holder and contractor, as well as a name and contact number for further information about the project.

For questions regarding how the project area will be restored, it is best to reach out to the contact included on the public notification letter from the utility so that they can direct their teams to investigate the issue as quickly as possible. Please, always feel free to include me in any emails, to keep any larger issues that may be happening with the project on my radar.

For more information about utility work in the right-of-way, as well as some frequently asked questions, visit [LauraDudas.ca/utility-work-in-the-right-of-way](http://LauraDudas.ca/utility-work-in-the-right-of-way).



### Road Resurfacing

With warmer weather ahead, we will see several major road resurfacing and renewal projects this year. As many will remember, a major construction strike delayed all private and public road projects city-wide in 2022, including Jeanne d'Arc Boulevard. Following these delays, I am happy to confirm that the full milling and paving of Jeanne d'Arc will begin this spring. There will be additional sections resurfaced this year, and the project will now include:

- The section between Innes and Champneuf
- The section Voyageur to Orléans Boulevard North
- The section between Boyer and St. Joseph

As well, we will see the resurfacing of Innes between the Blackburn Hamlet ByPass and Orléans, as well as sections of Innes between Frank Bender and Mer Bleue.



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# COMMUNITY BILLBOARD

## THURSDAY, APRIL 13

**SINGLES PAW-TY** from 7 p.m. at the Stray Dog Brewing Company, 501 Lacolle Way in the Taylor Creek Business Park. Get ready to wag your tails and raise your glasses because Stray Dog Brewery and Easy Breezy Dog Training are teaming up for the ultimate Singles Pawty. Limited tickets \$30 includes one drink. When you arrive, you can write down your favourite animal charity and at the end of the night all of the proceeds will be given to one of the charities chosen at random.

## FRIDAY, APRIL 14

**THE STRAY DOG BREWING COMPANY** presents Hemlock Hotel live in the Stray Dog tap room from 8-10 p.m. No cover. Location: 501 Lacolle Way in the Taylor Creek Business Park.

## SATURDAY, APRIL 15

**CARGO CULT** will be performing live at the Orléans Brewing Co., 4380 Innes Rd. (behind the McDonalds) from 8 p.m. to midnight.

## FRIDAY, APRIL 14

### SATURDAY, APRIL 15 SUNDAY, APRIL 16

**ORLEANS SCHOOL OF THEATRE ALL AGES CLASS** presents Winnie the Pooh in the Richcraft Theatre at the Shenkman Arts Centre. Showtimes 6:30 pm on Friday, April 14 and 1:30 pm on Saturday, April 15 and Sunday, April 16. Tickets \$20 for adults and \$10 for children. Special family pack for two adults and two children \$50. Available at [tickettailor.com/events/ottawaschooloftheatre](http://tickettailor.com/events/ottawaschooloftheatre).

## SUNDAY, APRIL 16

**THE STRAY DOG BREWING COMPANY** presents Pat Patenaude weekly fundraiser for the Orléans-Cumberland Community Resource Centre live in the Stray Dog tap room from 1 p.m. to 2:30 p.m. Location: 501 Lacolle Way in the Taylor Creek Business Park.

**MUSIC FOR A SUNDAY AFTERNOON** featuring Jasmine at Taproom260 from 3-5pm. Located in the Centrum Blvd. Plaza, across from the Shenkman Arts Centre.

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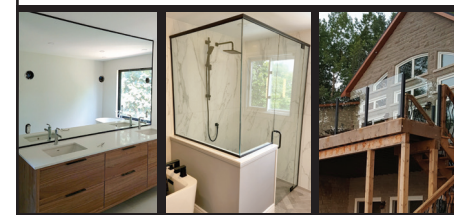
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