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THE Orléans Star

April 25, 2024 • Volume 38, No. 25

Next edition May 9

L'Orléanais
L'édition de
cette semaine
à l'intérieur...



The Ottawa School of Theatre recently staged its all-ages production of *Treasure Island* at the Shenkman Arts Centre from April 18-21. Visit orleansstar.ca for a review of the play. FRED SHERWIN/PHOTO

Public gets first look at 'New Ways to Bus' plan

By Fred Sherwin
The Orléans Star

OC Transpo has unveiled its plan to revamp local bus service and has invited the riding public to review the proposed changes to the routes and the frequency of the service. They then want the public to submit their comments to the transit commission.

The 'New Ways to Bus' plan will impact more than 100 local routes across the city starting in the fall when O-Train Routes 2 and 4 are expected to begin operation in the south end of the city. But changes are also being planned in the east end in anticipation of the completion of the O-Train Route 1 extension from Blair Station to Trim Road in 2025.

Among the routes that will be impacted are 27 frequent routes that run seven days a week including every 15 minutes or less during the week, including both the 25 and the 39. Another 58 local routes designed to take riders

to neighbourhood destinations and transit hubs where they can connect with frequent routes and the extended O-Train network. In Orléans that includes the 24, 30, 31, 33, 34, 35, 36, 38, 138, 221, 228, 234 and 237.

Once implemented, the plan will see a shift from downtown-focused bus routes to routes that improve connections to community hubs such as the LRT stations along Hwy. 174 in the east end and other key destinations. As a result of the changes, some customers may have to go further to the bus stop, and/or have additional transfers to buses or trains.

OC Transpo's current bus network was designed to carry 100 million passengers each year. However, with recent ridership trends, the network is on track to carry 70 to 75 million passengers in 2024.

According to OC Transpo, the 'New Ways to Bus' plan should help increase service

CONTINUED ON PAGE 2 ►

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COMMUNITY BRIEFS



VIP SERVICE – Volunteers with the Eastern Ottawa Resource Centre received VIP service at the Chartwell Belcourt Residence on April 18 as Orléans MP Marie-France Lalonde, MPP Stephen Blais and area city councillors Matt Luloff, Laura Dudas, Catherine Kitts and Tim Tierney were pressed into service to pour the wine. The EORC Volunteer Appreciation Dinner was hosted by Chartwell Belcourt general manager: Marise Bellavance, retirement living consultant: Angèle Labranche, and food service manager Darryl Collins. FRED SHERWIN PHOTO

Navan Grads in CCHL finals for first time

NAVAN – The Navan Grads are playing for a Central Canada Hockey League championship for the first time in 33 years. The Grads advanced to the CCHL finals after getting past the Rockland Nationals in the semi-finals. The Grads are playing the Smith Falls Bears in the finals. The Bears finished in first place in the Robinson Division with 56 points, while the Grads placed first in the Yzerman Division with a league-leading 87 points. The Grads won the opening game of the series 3-2 in overtime last Friday with Devon Savignac scoring the winning goal. Because of the difference between when the paper goes to press and is delivered we are unable to report on the scores from Game 2 and Game 3. Game 4 is scheduled for this Friday, April 26 in Smiths Falls, while Game 5 will be played Sunday at 3:30 p.m. in Navan.

Public asked to comment on 'New Ways to Bus' plan

Continued from page 1

reliability to 99.5 per cent.

In addition to fewer 200-series Connexion routes, some routes will be retired due to low ridership and to improve connections to new routes and the O-Train. For now, OC Transpo says the retired routes will be replaced with alternative service nearby, although what form the alternative service will take remains to be seen.

Up until now, OC Transpo has conducted multiple surveys, generating more than 8,200 responses and held numerous open houses, both virtually and in person to gauge public opinion. Major employers and post-secondary institutions were also consulted.

One thing for certain is that public transit service in the east is going change considerably once the east end extension of the O-Train becomes operational in 2025.

It is up to the public to find out what those changes are going to be and how they are going to effect them.

To review the proposed route-by-route



changes and explore the new system map for yourself, visit www.octranspo.com/en/plan-your-trip/service-changes/new-ways-to-bus.

Orléans Star.ca

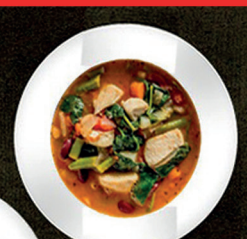
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April 11 Winner – Lynne Bernard

Concerns raised about proposed Convent Glen roundabout

By Fred Sherwin
The Orléans Star

A group of Convent Glen residents living near Jeanne d'Arc Blvd. and Vineyard/Fortune Drive are upset that OC Transpo wants to create a roundabout at the intersection in order to accommodate buses dropping off riders at the future Jeanne d'Arc LRT station.

As part of the LRT system running along the 174, stations are being built at Montreal Road, Jeanne d'Arc Blvd., Orléans Blvd. and Place d'Orléans. These stations will act as hubs for local bus routes. In the case of the Jeanne d'Arc Blvd. station, buses coming from south of the 174 will drop off passengers at the station and then turn around using the proposed roundabout to head back south and start another run.

Residents are upset for a number of reasons. Perhaps the biggest reason is that the proposed roundabout would be built in front of the Convent Glen Catholic Elementary School. Children cross the intersection at Jeanne d'Arc and Vineyard/Fortune, which currently has traffic lights, going to and from the school every day with the help of a cross-

ing guard.
Heather Brown is one of the local residents who is adamantly opposed to a roundabout at the intersection.

She believes that it will put the children in serious danger of being hit by a car as they try to cross the roundabout going to and from the school. And she's not alone.

During an impromptu meeting held at the intersection on April 18, 25 area residents braved the pouring rain to voice their concerns with Orléans West-Innes ward city councillor Laura Dudas.

Dudas found out about the proposed roundabout from city staff in late January and immediately posted the news on her Facebook page, even though the it was still very much in the conceptual stage. At the time, she insisted that staff organize a public information session as soon as the detailed designs of the roundabout are complete.

Although a date had yet to be announced at press time, Dudas told those gathered last Thursday that the meeting would be held very soon, most likely at the Bob MacQuarrie Recreation Centre.



About 25 area residents braved the pouring rain on April 18 to voice their concerns about the proposed roundabout. FRED SHERWIN PHOTO

Brown and others are worried that the roundabout is already a *fait accompli* and that staff are going to come to the meeting and just dictate what they plan to do. But Dudas says she fully expects staff to listen to the residents' concerns and address them

accordingly, especially the concerns of area parents whose children use the intersection to walk to Convent Glen Catholic.

One thing is for sure, whenever the meeting is held, the planning staff responsible for the project can expect to hear an earful.

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Halal mortgages

Every once in a while I like to use this space to explore a controversial topic that upon closer examination has a fairly simple explanation.

When news that the federal government was going to get Canada's big banks to offer halal mortgages as part of the new budget, the proverbial poop hit the fan on social media. I won't get into specifics, but the comments were mostly derogatory, none of which were based on facts.

First of all the word "halal" is not a synonym for Muslim or Islam. It is an Arabic word that means "permissible". And in the context of Canada's Muslims it means permissible according to their faith.

The opposite of halal is haram, which means it is not permissible according to the Islamic faith.

One example of haram is the charging or paying of interest, or *riba*. According to the Islamic faith, Muslims are not permitted to either pay or charge interest, which means they cannot issue or take out loans or mortgages as non-Muslims do. This prevents them from using traditional western financial institutions. It is also why an estimated 50 per cent of Muslims rent as opposed to own a home.

Those who wish to own a home have three options. There is a rent-to-own model in which the lender buys the asset and leases it back to the customer over a set period. The payments go toward the capital and provide a profit for the financial institution.

There is a form of partnership with the lender which involves both parties owning the property until the equity is gradually transferred and the partnership dissolves.

And there is a credit system in which the ownership is immediately sold to the customer, with profits included in the final offer.

In all three arrangements, the lender factors in an additional charge over and above the actual cost of the home, which usually ends up being more than the interest would be. All three arrangements are risky and often make it prohibitive for many Muslims to own their own home.

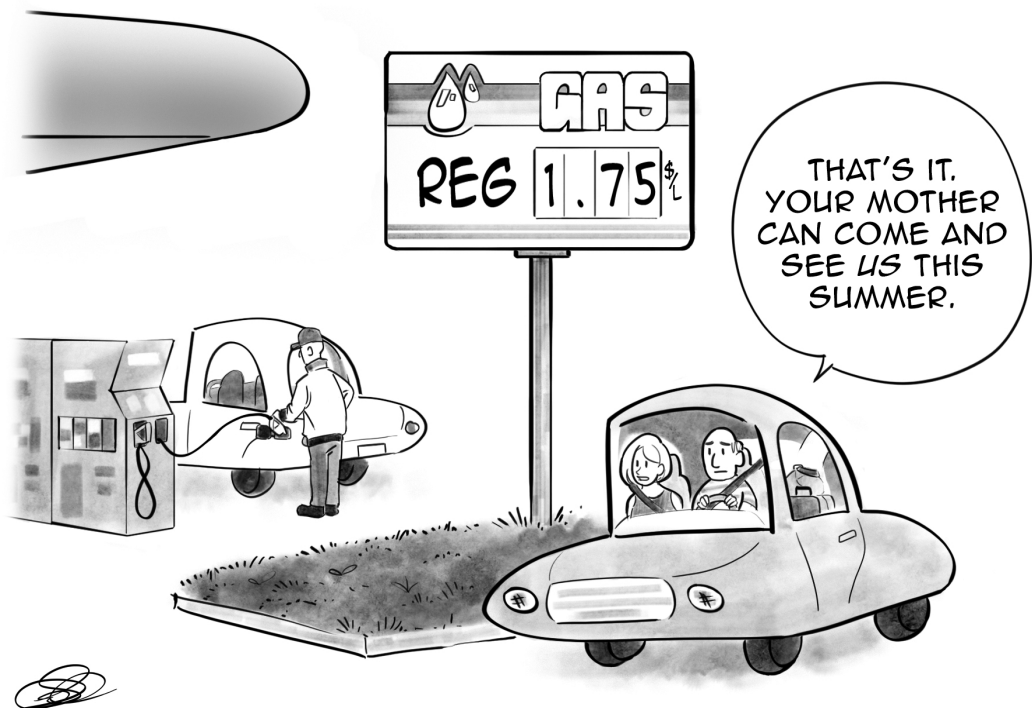
By expanding the availability of halal mortgages, the federal government is hoping to make them more accessible to the average Muslim.

It does not mean that Muslims are going to start getting "free" mortgages. They won't have to pay interest in the common sense of the word, but they will still have to pay a price associated with getting a mortgage should they be approved in the first place.

The aim of the federal government is to get Canada's big banks to establish mortgage products that are halal and therefore permissible according to Islam. It won't cost you or I anything. It will, however, cost the person getting the mortgage, not in interest maybe, but in other charges. After all, banks are in the business of making money one way or another. Whether it's halal or interest shouldn't matter to them.

— Fred Sherwin, editor

HIGHER GAS PRICES BLAMED ON SWITCH TO SUMMER BLENDED GASOLINE



Budget 2024 to benefit families and individuals in Orléans

On April 16, 2024, Finance Minister Chrystia Freeland presented Budget 2024, which focuses on "Fairness for Every Generation". This budget plans to build more homes faster, support young Canadians and students, invest in healthcare and dental initiatives, and support seniors' retirement, security program and long-term care, to name a few.

Moreover, I want to highlight the Canada Carbon Rebate equivalent of up to \$280 for a family of four in Ontario, with the first one on April 15 if your income tax return was processed before March 15. If not, you will be receiving your reimbursement within 6 to 8 weeks after your tax return is assessed.

Businesses are a vital part of the Orléans community. Budget 2024 brings some great news for small business with the New Canada Carbon Rebate for Small Businesses to urgently return proceeds from the price on pollution to businesses of 499 or fewer employees through a new refundable tax credit. This would deliver over \$2.5 billion directly to these small- and medium-sized businesses across Canada and Orléans.

I am also pleased to see that Budget 2024 proposes to provide \$15 million over two years, starting in 2024-25, to the Department of Canadian Heritage to help support community sport programming and reduce barriers to sport participation. Furthermore,

Budget 2024 proposes funding of \$6.1 billion over six years, beginning in 2024-25, and \$1.4 billion per year ongoing, for a new Canada Disability Benefit, including costs to deliver the benefit. For more information on Budget 2024, please visit budget.canada.ca.

On April 18, I joined the Minister of Defence to announce the release of "North, Strong, and Free: A Renewed Vision for Canada's Defense". This Defence Policy Update provides a clear plan to build

a Canadian Armed Forces that will protect our country and protect our interests globally with an overall investment of \$8.1 billion over five years and \$73 billion over 20 years.

I attended the Orléans Legion AGM on April 16 to share some good news! The legion received 25K through the New Horizons for Seniors Program for the Cenotaph grounds improvement and the parking lot repairs for the safety of the veterans and members.

Finally, this year, a total of 115 organizations in Orléans received funding through the Canada Summer Jobs program, supporting 288 job positions and bringing the total amount of funds allocated to our community to \$1.23 million. Looking forward to seeing the impact these youth will have within our local organizations this summer!

La version française est maintenant disponible sur ma page Facebook



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Saying goodbye to an old friend and community theatre icon

A love of theatre. A passion for history. A mastery of writing. A generous, unassuming soul. These were the ties that bound Susan Flemming to so many for so long.

The journalist, playwright, director and actor died on April 6 after a brief illness, surrounded by her sisters Linda and Jane, and other close family members. She was 71.

After Flemming and her partner John Powell bought a small farm in Sarsfield in the early 1980s, she became involved in many aspects of community life, including the Navan Fair. In their early days on the farm, the couple raised and sold various farm animals – from beef cattle to pheasants. They moved into Queenswood Villa in 2021. John died in February 2023.

Born in Orillia, Susan studied journalism at Brock and Carleton universities and worked for the federal government, followed by a decade as editor of *The Communicé*, a publication of Cumberland Township. She became involved with the local theatre community, which began the most enduring and fulfilling chapter of her life.

If there is truth to the premise that we should strive to find “our tribe”, Susan found hers. She coupled her writing skill and love of history and research with other like-minded people such as Marni Hunt-Stephens,



**Heather
Jamieson**

Guest Column

who says they both knew they had found a “kindred spirit”. Flemming helped strengthen the theatre community by being one of the founding members of Vintage Stock Theatre (VST), which grew from the rebranding of The Friends of the Cumberland Museum.

Following Susan’s death, VST posted: “Not only did she write, she also directed, taught, and produced many shows. Her renowned attention to historical accuracy and extensive research is what provided VST with the highest standards in educating the public about our shared heritage and historical theatre. She instilled the same values and professionalism in many of us she taught along the way.”

One of the most enduring collaborations was with her Sarsfield neighbour Kathi Langston, who went on to spend 20 years as artistic director of Orleans Young Players (now Ottawa School of Theatre). It was at the

theatre school that Flemming began teaching and writing plays for its recreational adult theatre class. As one regular participant, Tina Chan, put it, “She pushed me to new heights, instilling in me a sense of confidence I never knew I had.”

Other collaborations between Flemming and Langston included *All the Way to Russia With Love*, which won The People’s Choice Award at the 2002 Ottawa Fringe Festival, and for many years producing Historical Tours of Beechwood Cemetery.

“Susan and I were a team. She wrote, I directed,” says Langston.

Flemming brought history to life through her plays, murder mysteries and storytelling. She was shy, but if required she would overcome her reluctance to act and get into costume, doing a superb job every time.

One of her most successful plays tells the story of the 1890 murder of two young Cumberland Village sisters. *The McGonigle Murders* was originally performed in 1995 and remounted as *Outrage: The McGonigle Murders* at the Cumberland Heritage Village Museum in 2007 and 2017 as part of VST’s ‘Shades of the Evening’ series.

Over two weekends in September, VST will present the play again at the L’Orignal jail, the site of the June 1891 hanging of



Susan Flemming

Narcisse Larocque, the man convicted of the girls’ murder.

In a letter to a friend written three weeks before her death, Flemming spoke of her devastation when John died, “I was blessed to have my family and friends who were, and continue to be, a lifeline for me.”

At her request, there will be no funeral, but her family and friends will gather in early summer to reminisce about Susan’s eclectic interests, her skill at Scrabble, turtles and sunsets at Margaret Lake and, just maybe, raise a martini in her memory.

(Heather Jamieson was a longtime friend of Susan’s and is privileged to share these memories on behalf of all those who loved her.)

Spring

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Nominations now open for 5th annual Gems Awards

I invite you to join me on Thursday, May 2, from 6 p.m. to 8 p.m., for my Spring Information Fair at the Bob MacQuarrie Recreation Complex at 1490 Youville Dr.

This will be a great opportunity to get all the information you need during the spring and warmer months ahead.

There will be experts on site to answer your questions, whether it be living with wildlife, questions about construction in the right-of-way, sustainable gardening, by-laws, cycling safety, keeping your pets protected from ticks, and much more. A small sample of the groups who will be onsite include: several City of Ottawa departments, the Wildflower Seed Library, EnviroCentre, Ottawa Public Health, Ottawa Carleton Wildlife Centre, and Safer Roads Ottawa.

This event is great for kids too, with activities like beaver dam-making kits, wildlife trivia and the opportunity to get an up-close look at antlers and porcupine quills.

I hope to see you there!

One of my favourite events of the year – the annual Gems Awards are now underway!

This is the 5th anniversary of the awards in which residents in Orléans West-Innes Ward can nominate their favourite local business or organization.

Aside from getting to highlight some of the east

end's best, I absolutely love hearing all the wonderful stories that nominators take the time to share. We have come a long way since the first awards, which I created to recognize some of the people and businesses that were going above and beyond during the pandemic.

The Gems have evolved to highlight those outstanding businesses and community organizations in Orléans that sparkle and make our community a more vibrant place live, work, and play. Don't wait, nominate your favourite local business or organization at LauraDudas.ca/Gems or by e-mailing Laura.Dudas@ottawa.ca before Friday, May 31, 2024.



**Laura
Dudas**

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SPRING 2024 HOME STYLE



Sound & Sight is celebrating their second anniversary

By Fred Sherwin
The Orléans Star

The Sound & Sight audiovisual store on St. Joseph Blvd. is celebrating their second anniversary this month and they're inviting Orléans residents to celebrate with them.

Over the past two years Sound & Sight has helped a number of customers upgrade their home audiovisual experience with state-of-the-art TVs from Samsung and Sony and impeccable sound systems that bring the visual experience to the next level.

They carry all the leading brands of audio equipment you've heard of, including Totem Acoustic, Denon and Sonos, along with some leading brands you may not be familiar with such as JL Audio, Lexicon amplifiers, and Martin Logan.

Beyond the audiovisual, Sound & Sight is a licensed dealer for Panasonic and Human Touch massage chairs.

They also specialize in Smart Home systems and components. They sell and install motorized blinds, security and surveillance systems, Smart Home HVAC

controls, lighting controls, home networking systems which can be operated from your Smart phone.

It's been six years since Sound & Sight owner Jason Miller left StereoPlus where had been working since he was just 16 years old. The Innes Road audio/visual store went out of business shortly after Jason left. It didn't take long before many of his former clients at StereoPlus started calling him for advice in designing and equipping their home theatres. As a result, Jason decided to start his own consulting business.

That was four years ago. The dream was always to open his own brick and mortar store, which Jason did in 2022 after purchasing the property at the corner of St. Joseph and Orléans Blvd..

To get a taste of all Sound & Sight has to offer and to take advantage of their anniversary deals, you should visit their showroom. They are open from 10 a.m. to 6 p.m. Monday to Saturday and closed Sundays.

If you can't make it to their showroom,



Visit the Sound & Sight showroom on St. Joseph Boulevard and experience the difference quality makes for yourself. FILE PHOTO

you can check out their website at soundsight.ca which has several links to videos on their Blog page which are bound to spark your imagination, or you can visit

their Facebook page @soundsight.ca. The website also has a page where they post all of their price-reduced, clearance sale items.

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Let Louise Cardinal Concept turn your interior design dreams into reality

By Jody Maffett
The Orléans Star

Spring has sprung and life begins anew once again, so why not breathe new life into your home? You have the desire. You have the motivation. You even have a few ideas on what you would like to do. The only thing you're lacking is a plan. That's where Louise Cardinal can help.

With over 35 years of experience, Louise has built lasting professional relationships in the Ottawa and Gatineau area and is universally well-regarded by her trade partners and clients. Leveraging her experience, Louise is an expert at facilitating change across project phases, be they small styling consultations, or turnkey ground-up projects.

She is passionate about creating designs that reflect a client's personality, as well as serve them in their day-to-day life through ergonomic designs that create a calming and clean atmosphere.

Finding her passion for design early in life and hoping to employ her keen eye for detail, Louise attended Outaouais College and has been creating beautiful and functional spaces ever since.

Having built Louise Cardinal Concept from the ground up, her philosophy has not changed: a home should be a reflection of the individuals living within it. This sentiment

can be viewed across her numerous successful projects, as well as satisfied clients whose spaces she has transformed.

More recently, Louise has teamed up with her daughter Claudel, who studied interior design at the CEGEP de l'Outaouais. Claudel worked at several local design firms before joining LC Concept to help build upon her mother's dream when she first created the company.

Bringing to the team a technology and usability-rich mindset and approach, Claudel is ushering in the next generation of interior design perspectives and mentalities. Specializing in space planning and detailed technical drawings, she is inspired by a minimalist style mixed with elegant natural earthy tones.

Claudel feels the magic of interior design is walking into an existing space, transformed and brought to life in an entirely new way.

Working with her daughter, Louise is proud to share her knowledge and expertise with someone who shares her passion for design and creating truly beautiful and functional spaces.

Together, Louise and Claudel have an uncanny ability to envision the final product. Their primary objective is to create the ideal interior living space that has the style and atmosphere that reflects your personality.



Claudel and Louise Cardinal

So whether updating your kitchen or bathroom, transforming your living room, or undertaking a total home makeover, Louise and Claudel are more than happy to lend their expertise and creative genius to help make your dreams a reality. For more information visit www.louisecardinal.ca.

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(The preceding article is provided as paid content to the Orléans Star by the folks at Randall's.)

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Hello Orléans & Cumberland!

Spring has arrived and I couldn't be happier about the warmer weather and the start of event season!

I've had the pleasure of attending numerous community meetings recently, and it has been heartening to see the energy and enthusiasm of our residents and to hear the innovative ideas they bring forth for the betterment of our community. As the weather continues to improve, I look forward to connecting with even more of you at upcoming events and gatherings.

Not only is Spring a time of renewal in nature but also an opportunity for growth and progress in our neighbourhoods. I am committed to attracting investments that will enhance our community's infrastructure, making it more resilient and reliable for all of us.

Whether it's the enhancement of our local roads, pathways, and parks or the pursuit of having the Highway 174 re-uploaded to the Province, rest assured that my dedication to advocating for our community's fair share has never been stronger.



Market season is around the corner!

Here are the opening dates of our local markets:

- The Original Navan Market – May 5th from 10am to 3pm at the Navan Fairgrounds
- Orléans Farmers' Market – May 23rd from 11am to 4pm at the Ray Friel Recreation Complex
- Cumberland Spring Market – June 1st from 9am to 3pm at RJ Kennedy Arena

Upcoming Infrastructure Projects in Orléans East-Cumberland

Here are some of the upcoming infrastructure projects in our community:

- Resurfacing is scheduled this Spring and Summer on Tompkins, Innes, Old Montreal, Canaan and McTeer! I have a long list of roads that need the same love and I will continue to work with staff to ensure they are prioritized.
- Roundabout construction is nearing completion at Portobello and Valin. Crews will return this Spring to place the final lift of asphalt, activate the PXOs and finish landscaping.
- Renewal of several multi-use pathways is scheduled this year, including in Queenswood Ridge Park and on Kennedy Lane.
- Renewal work at Ray Friel Recreation Complex is scheduled this Summer, including the replacement of the pool's wave system.
- Geotechnical assessment in preparation for future resurfacing will take place on several roads this year, including: Centrum, Taylor Creek, Mathieu, Cameron, Lough, Lookout, Overdale, Fieldown and Moffatt.



Rural Summit Workshop

I'm looking forward to hosting a Rural Summit ward workshop in Cumberland Village on Monday May 27th at 7:00pm. Join me at R.J. Kennedy Arena to discuss priorities for our rural communities. These ward workshops lead to a city-wide rural summit, taking place this Fall. For more info on the Rural Summit, visit engage.ottawa.ca/rural-summit-2024a

Sign up for our newsletter!

I publish an e-newsletter regularly with information about what is happening in our community. It's a great way for us to stay connected.

Please sign up for our newsletter at www.matthewluloff.ca.

...AND HOW CAN WE HELP?

My team and I are always ready to serve you. Best way to reach us? Simply send an email to matt.luloff@ottawa.ca or call 613-580-2471.



Councillor, Ward 1 Orléans East-Cumberland
(613) 580-2471 // Matt.Luloff@ottawa.ca // www.MatthewLuloff.ca

VanLife couple arrive at Rocky Mountain foothills

(Tori Dark and Kevin Nault have embarked on a trip across Canada aboard their converted camper van. In doing so, they are joining hundreds of other people who have taken up what is referred to in the culture as “VanLife”. During their trip, the Orléans Star will publish a series of diary pieces from Tori allowing readers to follow their journey.)

As we’ve all come to know, this past winter has been anything but traditional. We had barely any snow until Christmas, warm sunny days in January and February, and now a snowstorm in April. The same can be said for the Rocky Mountains and the west coast.

When Kevin and I arrived in Calgary in late February, there was barely any snow on the ground and the sun was missing in action. This is quite literally the opposite of what we expected from Western Alberta.

Ski resorts were having trouble with their lower runs on the mountains from the lack of snow and regular season pass holders were opting out of their annual purchases. Ski tourism as a whole was struggling.

What is one woman’s disappointment is another’s rejoicing. Let me tell you this was the perfect year to live in a van! Mild

weather and dry roads meant I didn’t have to climb my wobbly retractable ladder up the side of my 13-foot van to scrape ice off my rooftop solar panels. But don’t tell anyone in Canmore I said that, because there is nothing but disappointment in this winter.

Once we arrived in Calgary, Kevin and I met up with some other Navanites to ski at Revelstoke Mountain.

Chris Richmond, Keith Burns and Colleen Flemming were a wonderful reminder of home with their generosity and kindness. We spent the weekend with them as they introduced us to skiing the mountain alpine, searching for fresh powder, and the very important après-ski hot tub and beers.

Although the snow conditions were less than desirable, it was still a great day skiing on such a huge mountain with beautiful views of the Canadian Rockies. I don’t know how everyone else could ski more than one day because by 4 p.m. my legs felt like Jell-O!

It was made very clear that Kevin and I didn’t train enough before this. On the final run, we decided to take “The Last Spike”, which is a 15-km run from the top of Revelstoke down to the bottom. It’s safe to say we didn’t make it and took the lower



PHOTO SUPPLIED

gondola down. Nothing a cold beverage and a hot tub couldn’t fix.

As nice as it was to climb to the tippity-top of a mountain and ski all day in the snow, it’s not affordable at \$180+ per ticket. Locals either win the lottery or buy season passes to be able to afford such luxuries. We saved our money to ski another day at Kicking Horse Resort in Golden, BC.

Overall, our first day out was still breath-

taking despite the terrible conditions this winter has brought. But this valley girl couldn’t tell the difference and had the time of her life.

Next stop: Vancouver and the Pacific Ocean.

(You can follow Tori and Kevin at [instagram.com/vanxiety_life/](https://www.instagram.com/vanxiety_life/). Tori and Kevin are both former students at Cairine Wilson Secondary School, Class of 2012.)

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Resource Centre set to expand tiptap campaign

By Jody Maffett
The Orléans Star

This past fall, the Orléans-Cumberland Community Resource Centre (OCCRC) introduced a new cashless system by which area residents could make a donation to the Resource Centre's Christmas program.

Tiptap is a touchless payment system that integrates old school coin boxes and portable debit/credit terminals that are used by most restaurants.

During the Christmas program, the system was used to allow donors to simply walk into the OCCRC offices on Centrum Blvd. and make a donation with their micro-chip enabled debit or credit card, or their Smart phone.

The system proved popular enough that the OCCRC has decided to proceed with a pilot project putting the tiptap coin box terminals in four local business: Café Latte Cino at Trim and Innes; Maverick's Donuts at Innes and Portobello Blvd.; and the Stray Dog Brewing Company and Broadhead Brewery, both located in the Taylor Creek Business Park.

According to OCCRC spokesperson Chad Chartrand, the tiptap terminals will likely become an integral part of the Resource Centre's fundraising efforts.

"People are still able to donate online and that's where the lion's share of the personal donations will come from, but a lot of people don't carry cash or coins with them anymore, so we needed to find a way to replace the coin boxes and the tiptap terminals are it," says Chartrand.

As demand at the OCCRC food bank, child and youth programs and counseling services continue to go up, the Resource Centre can't afford to leave a single stone unturned. The tiptap program is one of those stones.

Demand on the food bank is up nearly five per cent during the first three months of the year compared to the first quarter of 2023. This past January, the food bank provided emergency food supplies to 836 individuals including children. That's up from



Tiptap terminals like this one can be found at the Stray Dog Brewing Company, Broadhead Brewery, Café Latte Cino and Maverick's Donuts. FILE PHOTO

821 individuals in January 2023.

In February, the food bank served 884 individuals compared to 830 in February 2023.

So far, donations have managed to keep pace with the increase in demand and Chartrand expects that will continue to be the case. But the Resource Centre wants to expand its child and youth programs which includes the Kids Space program which encourages kids in Grades 1-6 to socialize and interact with each other through play. The program alternates between English and French every other week.

They also provide counseling and workshops for children and youth up to Grade 12 where various topics can be discussed such as mental health, self-esteem, diversity and positive body image, either privately or in a group setting.

To learn more about the Orléans Cumberland Community Resource Centre, visit croc.ca.

**An electronic version of the
Orleans Star can now be found
at issuu.com/orleansstar**

A unique retirement community specializing in dementia care

By Jody Maffett
The Orléans Star

Symphony Senior Living's Forest Valley Terrace is a retirement community unlike any other in Ottawa.

Sitting atop a hill overlooking St. Joseph Blvd. with a marvelous view of the Gatineaus, Forest Valley Terrace can provide assisted living and memory care for those living with Alzheimer's and dementia in a compassionate, warm, and fully supportive environment.

Forest Valley Terrace offers assisted living in a gracious and home-like surrounding. The Wellness Team will complete a full assessment to establish how to optimally meet each individual's needs. Their first priority is to assist each resident in maintaining their maximum level of wellness and independence. Then, as the individual's needs change, the staff may increase the amount of support needed to maintain their independence.

Residents also enjoy a full schedule of events and outings. The activities program, which includes visits to Tim Hortons, shopping trips, as well as in-house activities, has been created to provide a balanced approach to well-being, keeping body, soul,

and spirit active and healthy. Forest Valley Terrace takes great pride in its food services, with delicious meals prepared fresh every day by the dedicated kitchen staff. They are able to take care of any dietary needs a resident may have associated with diabetes, Celiac disease, or food-specific allergies.

Forest Valley Terrace also provides the highest level of security for its residents, which in turn provides peace of mind for their families. A medical professional is available 24 hours a day who can immediately respond to any emergency needs that may arise.

For families struggling with memory loss, Forest Valley Terrace offers a proprietary program called Moments Memory Care, developed by Symphony Senior Living, that provides memory support services for individuals living with Alzheimer's and dementia.

The Symphony Sorority is the latest innovation in Alzheimer's and dementia care offered by Symphony Senior Living. This one-of-a-kind sorority is offered exclusively for women to encourage shared experiences and strong bonds within the community. Forest Valley Terrace provides



FILE PHOTO

personalized assisted living and senior care services in a safe, secure, and loving memory care environment, located on the top floor.

Forest Valley Terrace team members are specially trained and partner with organizations that study and support the care of people with dementia. Their approach is to minimize disruptions, confrontations, and agitation.

It's also important to help families understand the condition and how they can continue to make meaningful connections

with their loved ones, without frustration. They assist families in understanding and accepting their grief while joining their loved one on their journey.

Forest Valley Terrace has rooms available for respite care, as well as day programs for seniors dealing with Alzheimer's and dementia.

For more information about Forest Valley Terrace, visit forestvalleyterrace.com, call 613-830-4000 or email the CEO, Eduardo Martinez at ceoforestvalley@symphony-seniorliving.com.

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April 27, 2023 • Volume 37, No. 25 • 13

M'appelle Mohamed Ali is a great play in either official language

Written by Ben Peterson
Orléans School of Theatre
Theatre Appreciation and
Criticism Class

The play *M'appelle Mohamed Ali*, “My Name is Mohamed Ali” in English, was first written by Congolese author Dieudonné Niangouna more than 10 years ago, but was given new life in Montréal in 2022 with Théâtre la Sentinelle and Théâtre Quat’sous’ adaptation of the text.

The touring show, co-directed by Philippe Racine and Tatiana Zinga Botao was brought to La Nouvelle Scène Gilles Desjardins by the Théâtre de la Vieille 17 on April 5 and 6.

I attended this French-language performance with English subtitles projected on a screen above the performers. The play, being quite heavily worded, presented a challenge for audience members who are not fluent in French in trying to catch all of the nuances in the dialogue.

The show does tackle some harder topics, like racism and the mistreatment of Black people in the 1960s, that may be difficult for certain audience members to receive.

Although *M'appelle Mohamed Ali* is aimed at an adult audience, it is suitable for

informed teen spectators and needed to be seen with the knowledge that it is not a light-hearted show.

The performance certainly defied my expectations. I went in to see it without much preparation to let the show speak for itself.

It was not simply an action-focused show about Mohamed Ali’s boxing career and athleticism, rather it was a nuanced exploration of the struggles of Black people and a retelling of Ali’s experiences as a person in the spotlight heavily affected by racism.

For example, the play addresses how the U.S. government treated Ali as a pawn they could use, but if he made one wrong step, he would get everything taken away from him.

The play was performed by several actors who take turns playing the role of Mohamed Ali. I think this gave the actors a chance to shine individually. While each actor took on the main role, the other performers filled the stage with movement directed by choreographer Claudia Chan Tak.

The group choreography was not always directly representative of what was being said by the actor, but never took away from the message or disrupted the show.

The sound effects made by the chorus of



The play, *M'appelle Mohamed Ali*, was presented with English subtitles at La Nouvelle Scène on April 5 and 6. PHOTO COURTESY OF YANICK MACDONALD

performers were always complimentary to the text. The way the actors used their voices was amazing even without any microphones, and it was incredible to see how they kept this up through pure vocal projection.

I would recommend this fantastic play to anyone who is not afraid to be challenged by art and whose level of French will allow them to capture all the nuance of this powerful text.

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SATURDAY, APRIL 27

MATT LULOFF W/ EDISON RUPERT performing at the Stray Dog Brewing Company, 501 Lacolle Way in the Taylor Creek Business Park. To register your team visit facebook.com/StrayDogBrewingCompany.

THE ORLEANS BREWING CO. presents Cooper Strings live from 7 p.m. The Orléans Brewing Co. is located at 4380 Innes Rd. near the Innes Road McDonalds.

SUNDAY, APRIL 28

OTTAWA CARLETON MALE CHOIR in concert at the Navan-

Vars United Church 1129 Smith Rd. in Navan at 2:30 p.m. Tickets \$20 at the door.

WEDNESDAY, MAY 1

THE ORLÉANS BREWING CO. presents Oyster Wednesdays every Wednesday. The Orléans Brewing Co. is located at 4380 Innes Rd. near McDonalds.

SATURDAY, MAY 4

THE ORLÉANS BREWING CO. presents Alan Tambay performing live from 8 p.m. The Orléans Brewing Co. is located at 4380 Innes Rd. near the Innes Road McDonalds.

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SUNDAY, MAY 5

THE ORIGINAL NAVAN MARKET from 10 am. to 3 p.m. at the Navan Fairgrounds. Traditional "farmers market" with local artisans, who have handmade, homegrown goods. Find something for yourself or possibly a gift for someone else! For more information visit facebook.com/OriginalNavanMarket.

IN MEMORIAM



Edmond (Eddie) Côté, 81
Passed away on April 13, 2024

Maurice Viau, 88
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Vilie Pierre, 70
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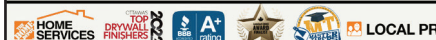
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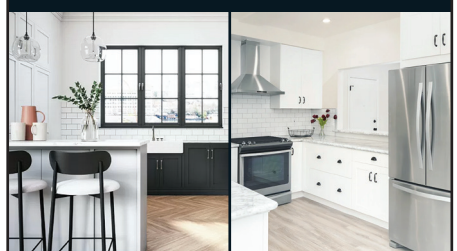
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Mer Bleue, Louis Riel win provincial francophone high school hockey titles

By Fred Sherwin
The Orléans Star

Collège Mer Bleue and École secondaire Louis-Riel are the new top dogs among the province's French-language high schools when it comes to boys' hockey.

The two schools recently competed in the 45th annual Franco-Ontarian Hockey Tournament held in Whitby from April 2-4.

Les Loups du Mer-Bleue, which has several players who compete in AAA minor hockey, but at the U16 level, played in the AAA division, while the Louis-Riel Rebelles which has individuals who play U17 and U18 AAA hockey, played in the AAAA division.

The Franco-Ontarian tournament has a unique way of scoring. Instead of each team getting two points for a win and one point for a tie, teams can get additional points for winning a period and for having three or fewer penalties in a game.

Each team can get a maximum number of 15 points per game. Six points if they win each period (3x2pts), three points if they win the game and six additional points if they have three penalties or less. If a period ends in a tie, each team is awarded one point. If the game ends in a tie, each team is given 1.5 points and for every additional penalty they take past the first three they lose a point.

In the AAA round robin portion of the tournament, Mer Bleue earned 47 points. After earning just seven points in an opening 4-0 loss to Cité des Jeunes, they picked up 13, 13 and 14 points respectively in three straight wins to finish in fourth place and that's when things got interesting.

In Mer Bleue's quarterfinal game against Ste-Trinité, play ended with the two teams tied 1-1. The opposing teams started celebrating prematurely because they were under the impression that Mer-Bleue had taken four penalties so they would have lost a point for the fourth penalty. In actual fact, the official scorer had made an error by marking the fourth penalty against Mer-Bleue when in actual fact it was assessed against Ste-Trinité, which meant it was they who lost the point giving Mer-Bleue the win.

Mer-Bleue would go on to win their semifinal game 4-0 over Cité des Jeunes to avenge their opening round loss and then they beat Hawkesbury 2-0 in the final on a late goal by Grade 10 student Chase Bailey-Reid.

Mer Bleue's first goal was scored by Justine Ouellette, who lead the team in scoring with eight goals. The team managed to win the title despite not having their top player, Dylan Turcotte, in the line up.

Turcotte, who was recently drafted by



Les Loups du Mer Bleue recently won the AAA title at the Franco-Ontarien provincial hockey championships in Whitby. PHOTO SUPPLIED

the Peterborough Petes after winning the Hockey Eastern Ontario (HEO) U18 scoring title this year, was busy playing for the Ottawa Jr. 67's in the HEO playoffs.

Second year head coach Nicolas Bédard was especially proud of the fact that his team was able to bounce back from their opening 4-0 loss to win it all.

"We're a very new school that has been

mostly known for our basketball program. Now we can be proud of our hockey program as well," says Bédard.

In the AAAA division, Louis-Riel finished the round robin portion of the tournament with 44 points, good enough to be seeded in third place heading into the play-offs. They then reeled off three straight wins to capture the gold medal.

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