



THE Orléans Star

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The Jax inclusive rugby program has brought joy to over 100 mentally and physically challenged youth, and it was started right here in Orléans. PHOTO SUPPLIED

Inclusive rugby program started in Orléans

By Fred Sherwin
The Orléans Star

In a true demonstration that rugby is for everyone, 12 members of the Jax inclusive rugby program took to the field at TD Place during half time at the Canada vs Scotland men's match on July 6 to demonstrate their skills in front of 11,400 fans.

The program, which now includes over 180 intellectually and physically challenged youth and their able-bodied "enablers", was borne out of a program started by Orléans teacher LeeAnn Napiorkowski at St. Peter High School in 2017 for intellectually and physically challenged students at the school.

That same year, she organized a jamboree for intellectually and physically challenged youth not knowing how many kids would show up.

She was pleasantly surprised when 85 kids showed up with the support of their parents.

There is no tackling in the program. Instead, play is similar to that of touch football. They do have line-outs and scrums, however.

A key aspect of the program, is the inclusion of able-bodied players who act as mentors to the youngsters.

After an extended period of inactivity during the COVID pandemic, the program was restarted in 2022 with another jamboree which was equally successful as the first. From there was formed the Canadian Jax United Rugby Football Club which operates during the winter and summer seasons.

During winter up to 12 youth practice and play every week with 15 able-bodied players/mentors.

The club's goal is to provide rugby programming to anyone in Eastern Ontario regardless of experience or abilities.

CONTINUED ON PAGE 12 ►



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See our story on page 12 ►

COMMUNITY BRIEFS

Orléans East-Cumberland city councillor Matt Luloff faces impaired driving charge

ORLÉANS – Orléans East-Cumberland city councillor Matt Luloff is facing an impaired driving charge for an incident that happened earlier this month. The news came out late Monday night and the story was broken by CTV News, although where and how they got the tip from is unknown, along with exactly when or where the incident took place. What is known is that Luloff has been charged with impaired driving and will make his first court appearance on Aug. 8, as was confirmed by his lawyer Lawrence Greenspon to CTV News. The event in question likely took place on or near July 10, which is when the Conservative Party of Canada accepted Luloff's withdrawal as the party's candidate in Orléans for the next federal election.

Community resource centres launch school supply programs

ORLÉANS – The Orléans Cumberland Community Resource Centre and the Eastern Ottawa Resource Centre have launched their respective annual school supply drives. Anyone wishing to donate to the programs is being asked to make a financial contribution in lieu of actual school materials. To make a donation, simply visit the visiting the resource centres' respective websites. The OCCRC website is www.crcoc.ca and the EORC website is at www.eorc-creo.ca. Residents in need of school supplies can register on one or the other website depending on their home address.



Inclusive rugby program has its genesis in Orléans

Continued from page 1

The result is proof positive that physical and intellectual disabilities are not a barrier to playing rugby.

The program helps develop the players social skills, builds self-esteem and provides a means for kids and parents to build lasting friendships.

For Napiorkowski, a former rugby player and long-time coach at St. Peter High

School, the program has given her nothing but pure joy.

"It ignores the politics and shenanigans the sometimes gets in the way of the game and brings you back to why we get into the sport in the first place," says Napiorkowski.

For more information about programming and registration interested individuals can contact canadianjaxrfc@gmail.com, or visit their website at jaxrugby.ca.

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The Provincial Service Officer from the Legion's Ontario Command Service Bureau, Patricia Royle, will be visiting Orléans Branch 632 at 800 Taylor Creek Drive during the week of Aug. 12, 2024. The purpose of this visit is to assist veterans/families who have had problems or delays with current disability claims, to resurrect or appeal current or past claims, to start new ones, to start or get information on VIP Service and to get general advice concerning benefits, etc. If you would like a meeting with Patricia, please contact Branch Service Officer Kevin Piccott at 613-408-4660 or rcle632orleansservice02@gmail.com.

You will be advised of a time for your interview on or before 11 August. Plan for approximately 15 minutes.



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Navan Fair returns Aug. 8-11 with ‘Fun for the Whole Family’ theme

By Fred Sherwin
The Orléans Star

The 77th edition of the Navan Fair gets underway next Thursday, Aug. 10, with action on the midway and in the Navan Memorial Arena. Later on in the evening, the demolition derby will be the scene of massive “car”-nage as six-cylinder vehicles go bumper-to-bumper for the honour of being this year’s champion.

The fair will continue over the course of the weekend and will wrap up on Sunday with a performance by Terry Marcotte. In between, there will be plenty to see and do for the entire family.

Highlights include the tractor, truck and heavy horse pulls on Saturday and Sunday; the Ultimutts Stunt Dog Show with three performances a day at 11:30 a.m., 1:30 p.m. and 3 p.m. on Friday and Saturday only. You will be able to meet some of the staff from the Keepers Wildlife Rescue Centre during “Meet the Keepers” sessions on Friday and Saturday at 10 a.m. in the dairy tent.

Other special attractions include the Great Canadian Lumberjack Show at 3 and 6 p.m. the Capital Cowgirls Drill Team who will be

performing the Navan Arena on Saturday, Aug. 10, and the only international alpaca fleece and composite halter show in Eastern Ontario.

The highlight on Saturday will once again be the annual Navan Fair Parade which starts in front of St. Mary’s Hall on Smith Road at 10:45 a.m. and winds its way down Colonial Road to the fair grounds. A tradition that has grown over the years is the pre-parade breakfast which is served inside the church hall from 8 to 11 a.m.

Inside the fair grounds, Robertson Amusements will once again be operating all of the midway rides and games of chance. Opening day has been designated as Toonie Thursday when you can go on any ride for just a toonie. Friday is Bracelet Day when you can purchase a bracelet for \$40 which entitles you to unlimited rides for the day.

Of course, no Navan Fair would be complete without live entertainment performed under the domes from 9 p.m. on Thursday, Friday and Saturday night and 1 p.m. on Sunday afternoon. This year’s headliners include New Vintage on Thursday night, The Timber Line & Tebey on Friday night,



FILE PHOTO

Sussex & Big Sugar on Saturday night and The Barrow Gang Baskets, Terry Marcotte and Keith Glass on Sunday afternoon.

Arguably the most popular attraction at the Navan Fair is the demolition derby which takes place on Thursday and Friday night. The first night features the small six-cylinder cars, while the second night features the senior drivers on the demolition

derby circuit. Admission to the Fair is \$15 for adults, \$10 for seniors 65 and \$5 for children age 6-12. Child five and under get in for free. Admission to the concerts Under the Domes on Friday and Saturday night starting at 7 p.m. is an extra \$12. For a full schedule of this year’s fair visit www.navanfair.com.

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Ignorance

There's an old saying that ignorance is bliss. It's not. That is a complete falsehood. Ignorance is one of the most dangerous forces in the universe. It may still rip the United States apart if they don't come to their senses,

Ignorance is dangerous, because it can allow fear to fester and grow into a movement as we've witnessed during the Donald Trump phenomenon.

Trump has preyed on his supporters lack of education, their inability to use reason, and their distrust of the unknown to become a former president and at one point the most powerful man in the world.

News that President Joe Biden has stepped aside to let VP Kamala Harris to run for the office may well prevent another Trump presidency, but that's another story for another day.

So how do we combat ignorance? The most effective way to combat ignorance is to provide kids with a proper education and to make education is universally available to all children.

Another way to combat ignorance is to tackle it head on. If someone is misinformed due to a lack of knowledge or the facts, try to help educate them. Most will simply laugh and tell you that it's "fake news", when in fact they are the ones whose opinions have been formed by fake news usually by organizations or individuals who have a motive.

Ignorance can also be easily feed by disinformation, because people who lack education and the ability to properly reason will believe whatever they are fed, especially if they are made to think that it is in their best interest and in the best interest of the people around them. Again, we get back to the Trump phenomenon and the rise of most any populist political movement including the most loathsome leaders in our planet's history like Adolph Hitler. The biggest example of how ignorance can fuel fear and hate is the rise of the Third Reich and the extermination of six million Jews.

Hitler was particularly adept at taking advantage ignorance and fear and turning it into blind submission by the use of a well-oiled propaganda machine.

The quickest way to power is to use ignorance as a tool to achieve your goal. It's a lot easier trying to win over someone who lacks knowledge of the issues and the ability to reason than it is to win over an educated, intelligent person who has the power to reason.

The truly dangerous part is that ignorance will continue to exist as a force of evil as long as humanity exists because you will always have a significant portion of the population who are willfully ignorant and don't wish to be knowledgeable of the issues of the day, or who simply don't have the tools to educated. That's why it is up to the rest of to stand guard and keep vigil and be a barricade against ignorance.

Fred Sherwin, editor

There are all kinds of things to see and in Orléans this month

It is hard to believe we are already in August! I hope you were able to visit our wonderful local markets to enjoy some delicious, fresh produce!

I am pleased to see the Federal Government announce that Canada expects to spend two percent of its Gross Domestic product (GDP) on defence by 2032. This represents a credible, responsible, and achievable target date, which will allow Canada to ramp up its spending and procurement capacity on a realistic timeline, in line with commitments by several allies who have made comparable pledges.

I hope you all had the best time at the Carivibe festival on Petrie Island on July 20th, enjoying the music, dancing, and delicious food. A special congratulations to the organizer, Trevor Mason, and his team for planning and executing an amazing event for the whole family.

On July 25th, I had the privilege to host a meet-and-greet with some of Orléans 2024 Canada Summer Jobs (CSJ) employers and their employees. It was great to hear how this program played an instrumental role in the delivery of their

summer programming, camps, and activities. The Canada Summer Jobs program 2024 helped over 115 organizations in our community of Orléans by providing job opportunities to 288 young individuals aged between 15 and 30, thanks to an investment of \$1.288 million by the Federal Government.

Summer is the time for many local community events. On Aug. 17, it's the Bradley Estates Family Fun Day from 3-7 p.m. at Bradley Ridge Park; on Aug. 23, the Chapel Hill South Summer Sizzler will take place at 4 p.m. at the Blue Willow Park; on Aug. 24, Queenswood Heights Music Festival & Family Fun Day will be held from 11 a.m. to 7 p.m. at Queenswood Ridge Park; and the Greater Avalon Community Association's Annual BBQ from 10 a.m. to 2 p.m. at Aquaview Park.

Lastly, I would like to remind you that I will be hosting my annual Corn Roast and BBQ on Aug. 29 at Petrie Island from 5-8 p.m. Lots of fun for the whole family! I hope to see you there

La version française est maintenant disponible sur ma page Facebook



Commons Corner

Marie-France Lalonde

Civil discourse is a victim of unruly behaviour and personal attacks

As a public figure, but more significantly as a parent and spouse, I am deeply concerned about the decay that has infiltrated today's society. There is a lack of respectful conversation in our political process and in society overall. The valued tradition of civil discourse, characterized by politeness in the face of disagreement, respect rather than disrespect, and finding common ground on issues instead of taking an extreme stance, is no longer present.

In Canada, we are no different than what is currently happening in the United States. Whether you are a Republican or Democrat voter or not a voter at all, should a Vice Presidential pick of his party refer to the Presidential pick of another party as a childless, cat lady?

This is not only about the far right because the far left uses similar tactics. Here in Canada, our Liberal prime minister accused the Conservative Opposition leader of standing on the sidelines out of political convenience because he was absent at a Pride flag raising on Parliament Hill.

This unruly behaviour is not only from our politicians. The media have joined the fray as well. A few days ago, a far-right news station in the U.S. referred to the Democrat presidential nominee as

the original "hawk Tua" girl. Not to be outdone, a headline in a far-left newspaper in Canada stated "Pierre Poilievre's vision for Canada: Heaven for the very rich and squat for everyone else."

If you have ever been to your child's sports game, the profanity aimed at the other team, referees, and fans is disturbing. The prevalence of personal attacks based on factors such as skin color, gender, weight, and age is concerning.

At Queen's Park, I commend Premier Ford. He and I will disagree on policy matters by exuberantly opposing one another's views, but it never gets personal. We often kid one another and even offer up compliments. This used to be the norm.

I recall watching snippets of a Ronald Reagan debate where, when asked about his age, he humorously remarked that he wouldn't take advantage of his opponent's youthfulness, eliciting laughter from Walter Mondale. Ultimately, to uphold free speech and promote civil discourse, we must first embrace the core principle of acknowledging opposing viewpoints, even if they may evoke strong emotions.

Failure to do so is to continue to usher in an era laced with hatred, contempt, and polarization.



Queen's Park Corner

Stephen Blais

THE Orléans Star



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When it comes to public transit, Canada is a third world country

Canada may be ranked as the third best place to the world, but when it comes to public transit we are one of the worst, especially when compared to many countries in Europe.

So far on my trip across the pond I have been to Amsterdam, Copenhagen, Brussels and Madrid, and everywhere I've gone both the municipal public transportation system and the intercity systems have been top shelf, especially in Amsterdam where everyone already has a bike, or two or three.

When I first arrived in Amsterdam, I just missed my tram (they're like our light rail trains) trying to get from the train station to my hostel. I was huffing and puffing and felt like I was about to have a coronary when a nice gentleman asked me if I was okay.

When I explained to him that I was running to try and catch the tram, he chuckled and told me not to worry because that particular tram runs every 10 minutes. In fact, most of the trams in Amsterdam run every 12 minutes. The subway runs every eight minutes. It was the same in Madrid, and Copenhagen.

The intercity transit system in the Netherlands is even more efficient with direct high-speed trains running between Amsterdam and Rotterdam, which is



roughly the distance between Ottawa and Morrisburg, every 20 minutes. You can also take the slower Sprinter trains which run every 30 minutes with stops in between.

There's a train between Amsterdam and Brussels, which is roughly the distance between Ottawa and Montréal, which runs every half hour during the peak periods and every hour the rest of the time. VIA Rail train isn't too bad with five trains a day to Montreal and 10 trains a day to Toronto.

And while Europe has had high-speed rail service since the 1970s, here in Canada we have been talking about implementing high speed rail between Montréal and Windsor almost as long. In fact, Canada is the only country in the G7 that doesn't have high speed rail service. Considering the size of Canada and how spread out we are, that's a joke.

Our municipal transportation issues go back to post World War II when cities like Halifax, Ottawa and Montreal started ripping out trolley tracks and replacing the street cars with buses. Meanwhile, in post-war Europe, they were rebuilding their municipal trolley track networks. The only Canadian city that kept at least some semblance of street car service was Toronto.

I know we will never reach the standards they have in Europe. We won't even come close, but as Ottawa moves toward it's New Ways to Bus program that will focus on providing busing to community hubs with greater distances needed to walk to your bus stop and on-demand service in certain communities, it's worth thinking about.

The following is being provided as a public service.

While in Pamplona, Spain, I was pick-pocketed and had my phone stolen. What ensued was both frustrating and extremely time consuming, but I am going to treat it as one of those learning moments which I will pass on to you now.

Before you go on a vacation, especially to Europe where you might be going to cities like Paris, Rome or Barcelona, familiarize yourself with your provider's protocol for

locking your phone. Step one if your phone is stolen is to find a computer – the most likely places are an Internet café or the nearest hotel – and block your phone. Apple and Samsung also have protocols by which you can lock your phone.

Second, you can easily buy a replacement phone at any electronics store that sells refurbished phones. I bought a Samsung A15 for only \$250.

Third, you need to buy a SIM card which will give you a phone number for whatever country you're in and also provide you with data which you can use throughout Europe.

I bought a SIM card with unlimited data and long distance calling for \$120. You can buy cards with not as much data for much less. But it will give you the ability to phone home or make local calls.

The biggest downside to having your phone stolen, aside from the fact that you don't have your phone anymore, is the inability to access your Google account because in their infinite wisdom they created a verification system that requires you to enter a security code that can only be sent to the phone that's been stolen, at least until you get home and get a new SIM card with your old phone number on it.

Bottom line is, try not to let a stolen phone ruin your vacation. It didn't ruin mine.

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Humanics Sanctuary and Sculpture Park is a true gem

The Humanics Institute Sanctuary and Sculpture Park is nestled in the forest just east of Cumberland Village. This contemplative and beautiful space is run by visionary Dr. Acharya Ranjit Perera and his team of staff and volunteers. And despite being a 5-star rated destination on Trip Advisor, it seems to remain a bit of a hidden gem here in the east end.

Constantly under improvement, this vast property offers beautiful walking paths lined with incredible sculptures by artists from all over the world, and installations celebrating the connectedness of humanity while celebrating our diversities. You can-not help but feel at ease and at peace on these grounds, as the Institute's values of openness, equality and inter-connectedness permeates everything happening on site.

I am totally impressed with Dr. Perera's work, his selflessness and kindness, and his clear vision for what this space is meant to represent and to accomplish. In a time of divisiveness, the principles the Institute

represents are more important than ever.

Children under 10 are always free to enjoy the grounds, and adult admission is only \$10, along with senior and student discounts.

At certain points in our lives, having a place that so naturally allows for peace, reflection and meditation is invaluable, and I would encourage

everyone to visit and discover this truly spiritual place. If you get the opportunity to speak with Dr. Perera, you will be as enchanted as I have been by his story, his vision and his drive. He truly embodies every virtue this beautiful sanctuary has to offer

For more information on the Institute, the hours of operation or how to get involved, visit humanicsinstitute.org or take the short trip to 3468 Old Montreal Rd. to experience this wonderful place with friends and family. Discovering hidden gems in our community is certainly an adventure. Who knows what else you might happen upon along the way? Until next time, I wish you and your family a wonderful rest of the summer.



Matt Luloff

Orléans East-Cumberland

Community deserves support ahead of Navan Road closure

Many of you may be aware that Ashcroft Homes launched litigation against the City regarding a front-ending agreement that was required to proceed with construction of its Eastboro subdivision. As this dispute prolonged, what hung in the balance was hundreds of families who purchased homes in 2019 and have not had any clarity as to when they could occupy them.

Earlier this month, a settlement came forward to council, ending the lawsuit.

But, while finding a resolution was needed, the settlement has huge implications for our community. Navigating the complexities of this project and its impact has been one of the most challenging files I've dealt with.

After the previous one-directional closure of Navan Road in 2022, I maintained that another closure is not tenable. Let me be clear, the reason work stalled on the subdivision was because of the dispute over payment, but as those conversations persisted, I spent countless hours in meetings with staff and consultants, advocating for

alternatives, and exploring every possible option to avoid a closure. Unfortunately, geographic constraints and operational space limitations make a full closure necessary.

Ashcroft has indicated that the work is likely to take six months, but the City included incentives to stick to that timeline as the last closure extended past its original end date.

While the exact construction timelines are not yet clear, at my request staff also negotiated several obligations before a permit to close the road can be issued.

With alternate routes already over capacity and return-to-office in September, I have been sick over the impact this will have on our community. This is the last thing we need in an area with horribly inadequate transportation infrastructure, and it pains me that we have already endured several extended closures for work by this developer.

Over the coming weeks, please stay tuned to my social channels for more information and clarity on timelines for this work.



Catherine Kitts

Orléans South-Navan



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By Jody Maffett
The Orléans Star

The community of Orléans is made up of a collection of neighbourhoods in Ottawa's far east end.

Neighbourhoods such as Convent Glen, Orléans Wood, Chapel Hill, Queenswood Heights, Fallingbrook and Chatelaine Village were formally part of the municipalities of Gloucester and Cumberland. In fact, the border between the two former cities once ran through the centre of Place d'Orléans.

The name Orléans was given to the community by Jean-Théodore Besserer who was the first postmaster of Orléans in 1860. Besserer was born on Île d'Orléans in Québec and so he gave the fledgling community the name of his native island.

The community started out as the Parish of St. Joseph de Gloucester in 1860. The first known settlers to the area were François Dupuis, a veteran of the War of 1812, and Joseph Vézina, also known as Viseneau, who arrived in the area about 30 years before it became a parish. Other early settlers include the Major, Besserer and Duford families. The first anglophone families to settle in the area were the McNeelys and the Kennys.

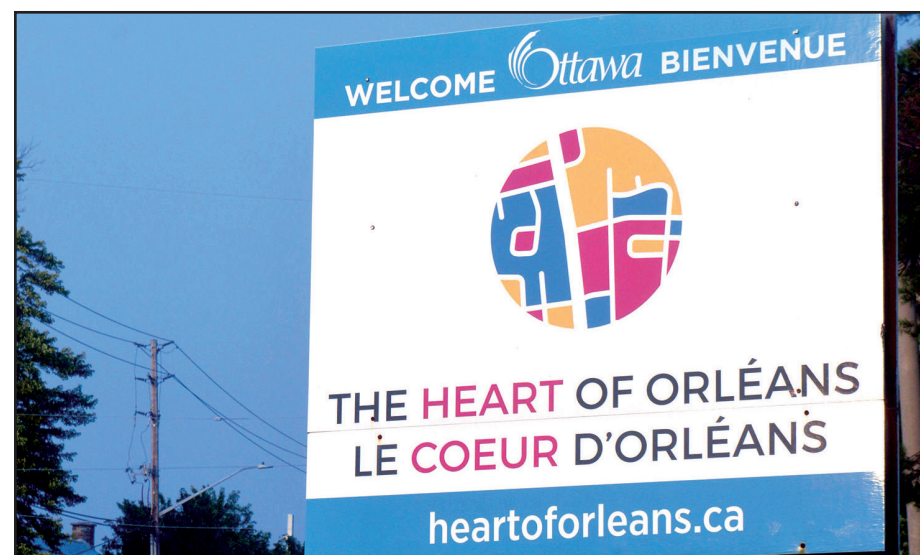
In 1860, Father Alphonse-Marius Chaîne was appointed resident priest of the new Saint-Joseph d'Orléans parish. Construction of the first church was completed in 1885. It had to be demolished in 1920 for structural reasons and a new church was erected on the same site over the next two years.

In 1922, the Police Village of Orléans was formed with a council consisting of three volunteers elected to preserve peace, health and public safety. At that time, the village was part of Gloucester Township.

In 1930, the Police Village borrowed \$3,800 to build a sidewalk along Ottawa Street (known as St. Joseph Blvd. today) from Champlain Street to Cousineau Street. It wasn't until 1957 that the Village Council successfully petitioned to change the name of Ottawa Street to St. Joseph Blvd.

The Police Village was eventually abolished in 1974 and Orléans was left divided – one half in the municipality of Gloucester and the other half in the municipality of Cumberland.

In its earliest days – and right up until the mid-20th century – Orléans was a predominantly French-speaking community. In 1849, the population of the area was



approximately 50 people. Within 50 years, the area would see the construction of its first hotel, its first post office and its first school. But it wasn't until the 1980s that the community really boomed. During the early to mid-80s, Orléans was the fastest-growing community in Canada. Over that period, the population almost doubled. Today, Orléans is home to more than 115,000 inhabitants.

The community has a number of state-of-

the-art recreation facilities such as the Ray Friel Centre and Millennium Park, modern library services, a wonderful arts facility in the Shenkman Arts Centre, top-notch schools, a network of strong minor sports organizations, a thriving arts and culture community and dozens of parks.

The residents of Orléans have a lot be proud of, but there is a lot to look forward to as well.

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By Fred Sherwin
The Orléans Star

The east end encompasses the federal district of Orléans as well as four municipal wards – Orléans Ward 1, Innes Ward 2, Beacon Hill-Cyrville Ward 11 and Cumberland Ward 19.

The current federal member of parliament is Marie-France Lalonde, while the member of provincial parliament (MPP) is Stephen Blais. Lalonde has been representing Orléans in the House of Commons since 2019. Prior to that she served five years at Queen's Park as MPP. Blais first won his seat in a by-election in February, 2019 that was held to determine Lalonde's replacement. He was re-elected during the provincial election this past spring.

Lalonde's constituency office is located in the Peter D. Clark Building at 255 Centrum Blvd. while Blais' constituency office can be found at 4473 Innes Rd., just east of Tenth Line Road.

At the municipal level, the east end is

divided into four wards: Beacon Hill-Cyrville Ward includes the neighbourhoods of Beacon Hill, Cyrville and Pineview.

Orléans West-Innes Ward is comprised of Blackburn Hamlet, Chapel Hill, Chateaufort, Convent Glen and Orléans Wood.

Orléans East-Cumberland Ward consists of Fallingbrook, Springridge, Châtelaine Village, Queenswood Village, Queenswood Heights and Cumberland Village.

Orléans South-Navan Ward is made up of Bradley Estates, Eastboro Chapel Hill South, Avalon, Notting Hill and the rural portion of the former municipality of Cumberland south of Wilhaven Road including Navan, Sarsfield and Vars.

Tim Tierney has represented Beacon Hill-Cyrville Ward on city council since 2010. He was re-elected in 2014, 2018 and again in 2022. Among his many duties on council, he is chair of the city's transportation committee and a member of the environment and climate change committee, the planning and housing committee and the transit commission.

In 2012, Coun. Tierney was elected to the Federation of Canadian Municipalities board of directors and is currently that organization's third vice-president.

Laura Dudas (Orléans West-Innes) and Matt Luloff (Orléans East-Cumberland) were first elected to city council in 2018 and were both re-elected in 2022.

Before she was elected, Coun. Dudas was the long-time chair of the Blackburn Community Association. Besides her duties on city council, Coun. Dudas serves as chair of the community services committee and is a member of the emergency preparedness and protective services committee, the planning and housing committee and the transportation committee.

Coun. Luloff is a former member of the Canadian Armed Forces and a veteran of the war in Afghanistan. Besides his duties on city council, Coun. Luloff is the chairperson on the Public Library Board. He is also a member of the emergency preparedness and protective services committee, the

environment and climate change committee, the transportation committee and the agriculture and rural affairs committee.

Coun. Kitts was first elected to city council in a by-election to replace Stephen Blais in November 2021. She was subsequently re-elected to represent Orléans South-Navan in the 2022 municipal election.

At 34, Coun. Kitts is the youngest member of city council (Matt Luloff is next at 38). As a member of council, Kitts is vice-chair of both the transportation committee and the finance and corporate services committee. She is also a member of the planning and housing committee and the agriculture and rural affairs committee.

All four east end councillors make a concerted effort to be as approachable and helpful to their constituents as possible. They also have a dedicated staff whose job it is to make sure that issues raised by their constituents are addressed in a timely manner.



MATTHEW LULOFF
Orléans East-Cumberland
613-580-2471
Matt.Luloff@ottawa.ca
www.matthewluloff.ca



LAURA DUDAS
Orléans West-Innes
613-580-2472
laura.dudas@ottawa.ca
www.LauraDudas.ca



TIM TIERNEY
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By Jody Maffett
The Orléans Star

If you appreciate the arts, either as a patron or a practitioner, Orléans has much to offer for residents of all ages starting with the Shenkman Arts Centre.

Opened in 2009, the Shenkman Arts Centre is the cultural hub of Orléans offering programming in both French and English.

The Mouvement Implication de Francophones d'Orléans (MIFO) brings some of the best-known francophone acts in Canada to the Arts Centre every year with a variety of musical genres, comedy and dramatic performances.

The Shenkman Arts Centre is also home to the Ottawa School of Theatre, the Ottawa School of Art, the Gloucester Pottery School and four different galleries.

For more information about the Shenkman Arts Centre, including scheduling and ticket information, visit shenkmanarts.ca.

The Ottawa School of Theatre (formerly the Orléans Young Players) offers programming for all ages in both English and French. In fact, registration is now available for their

fall and winter classes.

The OST also has several classes for adults including an adult comedy workshop and a theatre appreciation course that involves going to productions across Ottawa.

The OST will be holding a homecoming and open house at the Shenkman Arts Centre on Sept. 16. For more information about the OST and their programming for 2023-2024, visit ost-eto.ca.

If singing is your thing, there are several talented choruses that hold regular auditions in search of new voices.

Coro Vivo Ottawa and Les Chansonniers d'Ottawa both have their roots in the east end and enjoy a well-earned reputation. Additional information about Coro Vivo Ottawa can be found at corovivoottawa.ca, while information about Les Chansonniers can be found at leschansonniersottawa.com.

If you appreciate barbershop harmony you should consider joining the Bytown Beat chorus. Auditions are held on a regular basis and can be scheduled by e-mailing info@bytownbeat.com.

Orléans is also home to a thriving amateur



Opened in 2009, the Shenkman Arts Centre is the cultural hub of Orléans offering programming in both French and English. FILE PHOTOS

theatre scene. Vintage Stock Theatre stages two historical plays a year, including a murder mystery production which this year will be held on Oct. 23.

"Murder at the Manor" is being co-pre-

sented by the Cumberland Lions Club at the Lions Maple Hall in Cumberland Village.

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By Jody Maffett
The Orléans Star

Like many other bedroom communities in Canada, Orléans has its share of residents who, for various reasons, need help in times of crisis.

Whether they are experiencing financial hardship, are new arrivals to Canada or victims of domestic abuse, residents in need have not one, but two agencies they can turn to in times of need.

The Orléans Cumberland Community Resource Centre (OCCRC), located on Centrum Boulevard in Orléans Town Centre, serves residents living in the former municipality of Cumberland which includes Queenswood Heights, Fallingbrook, Orléans Wood, Cardinal Creek, Chatelaine Village and Avalon, while the Eastern Ottawa Resource Centre (EORC), located in the Gloucester Centre on Blair Road, serves residents living in the former municipality of Gloucester, which includes the communities of Beacon Hill, Blackburn Hamlet, Chateaufort, Chapel Hill and Convent Glen.

Both resource centres provide services and programs for youth, teenagers and

families and both agencies operate an Early Years drop-in centre.

In addition, the EORC provides services and programs for seniors and adults with physical disabilities in both jurisdictions including Meals on Wheels.

The OCCRC also operates a food bank which provides emergency food supplies for individuals and families.

The EORC refers those in need of emergency food supplies to the Gloucester Emergency Food Cupboard located at 2040 Arrow-smith Dr. which operates under the same rules.

Both resources centres are able to provide services to residents in need thanks in large part to the generosity and dedication of dozens of donors, and community groups which hold fundraising events throughout the year.

The OCCRC has several programs in which local businesses and individuals can contribute directly to the agency, the biggest being the Community Caring Connection program in which donors can either make a lump sum donation, or a monthly contribution through a direct payment plan.

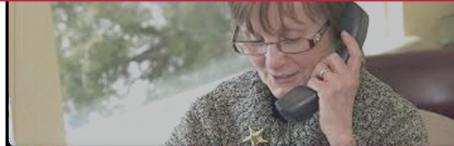


The Orléans Cumberland Community Resource Centre is located at 240 Centrum Blvd. across from the Shenkman Arts Centre. FILE PHOTO

Like the OCCRC, the Eastern Ottawa Resource Centre is largely dependent on third party fund-raising efforts. They also organize their own fundraising events, the biggest of which is their charity auction and dinner held every spring.

You can learn more about the Eastern Ottawa Resource Centre and the programs the agency provides at www.eorc-creo.ca.

The Orléans Cumberland Community Resource Centre's website can be found at www.crcoc.ca.



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École secondaire Garneau, 6588, rue Carrière
Collège catholique Mer Bleue, 6401, ch. Renaud
École catholique Alain-Fortin, 676, prom. Lakeridge
École catholique Arc-en-ciel, 1830, boul. Portobello
École catholique de la Découverte, 866, av. Scala
École catholique Notre-Place, 665, prom. des Aubépines
École catholique Notre-Dame-des-Champs, 6280, ch. Renaud
École catholique des Pionniers, 720, prom. Merkley
École catholique des Voyageurs, 6030, prom. Voyageur
École catholique L'Étoile de l'Est, 6220, prom. Beausejour
École catholique Reine-des-Bois, 1450, rue Duford
École catholique Sainte-Marie, 2599, ch. Innes
École catholique Saint-Joseph d'Orléans, 6664, rue Carrière

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École élémentaire Des Sentières, 2159, rue Nantes
École élémentaire Le Prélude, 6025, prom. Longleaf
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613-742-2483

Arts et culture

Les Chansonniers d'Ottawa www.leschansonniersottawa.ca

Mouvement d'implication francophone d'Orléans (MIFO) www.mifo.ca 613-830-6436

Club d'affaires

Business Club d'Orléans www.businesscluborleans.com

Centres de ressource communautaire

Centre des ressources de l'Est d'Ottawa, 1980 ch Ogilvie

www.eorc-creo.ca

613-741-6025

Centre de ressources communautaires Orléans Cumberland, 240 boul Centrum

www.crcoc.ca

613-830-4357

Patrimoine et l'histoire

Société franco-ontarienne de patrimoine et de l'histoire d'Orléans www.sfopho.com

Club des aînés

Rendez-vous des aînés francophones d'Ottawa, 3349 chemin Navan

613-834-6808

<https://rafo.ca/>

Centre Séraphin-Marion d'Orléans

613-830-6436

mifo.ca/activites-recreatives/csmo-50-ans-et/

www.issuu.com/orleanais

By Jean-Marc Pacelli
The Orléans Star

Depuis ses débuts, Orléans a toujours été fière de ses racines francophones.

Lors du recensement de 2016, plus de 30 pour cent des résidents d'Orléans ont indiqué le français comme langue maternelle et beaucoup plus s'identifiaient comme francophiles, ou possédant la capacité de parler et de comprendre le français.

La communauté francophone d'Orléans a travaillé fort pour établir et maintenir des institutions clés comme le Mouvement d'implication francophone d'Orléans (MIFO) et le Rendez-vous des aînés francophones d'Ottawa (RAFO).

Fondé en 1979, le MIFO est la source culturelle de la population francophone locale d'Orléans. L'organisme offre une multitude de programmes et de services communautaires. Le centre culturel MIFO de la rue Carrière abrite le Centre Séraphin-Marion d'Orléans qui offre des activités aux aînés francophones.

Le MIFO est également chargé d'amener des artistes, des comédiens et des représentations théâtrales de langue française au Centre des Arts Shenkman, bien que la

pandémie de COVID-19 les ait contraints à une interruption indéfinie.

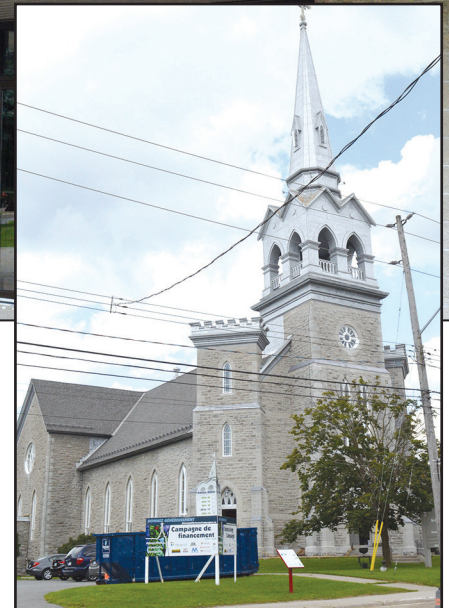
Il en va de même pour le Rendez-vous des aînés francophones d'Ottawa (RAFO) qui offre normalement une grande variété d'activités pour les aînés francophones de la région. Le RAFO est le plus grand club francophone d'aînés à Orléans. Il est situé au 3499, chemin Navan.

Un autre organisme francophone important à Orléans est la Société franco-ontarienne du patrimoine et de l'histoire d'Orléans (SFOPHO). Le groupe est chargé de convaincre la ville de nommer plusieurs des rues et des parcs locaux en l'honneur de personnalités francophones importantes qui ont joué un rôle clé dans la communauté.

Alors que le MIFO est la source de la culture francophone à Orléans et que la SFOPHO est la gardienne de son patrimoine, l'église St-Joseph d'Orléans en est le cœur et l'âme. L'église située au 2757, boulevard St-Joseph a été achevée en 1922 pour remplacer le bâtiment d'origine qui se trouvait sur le site de 1885 à 1920, date à laquelle il a dû être démoli pour des raisons structurelles. Le bâtiment a récemment subi d'importantes rénovations.



Le Mouvement d'implication francophone d'Orléans possède un centre culturel situé au 6600, rue Carrière. (À droite) L'église de la Paroisse St-Joseph d'Orléans est située au 2757, boul. St-Joseph. PHOTOS FICHIER



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All other police inquiries ottawapolice.ca 613-236-1222
Orléans-Cumberland Community Police Centre, 3343 St. Joseph Blvd. 613-236-1222 ext. 3571
The Children's Aid Society casott.on.ca 613-747-7800

Local politicians

Orléans MP Marie-France Lalonde (federal) 613-834-1800
<https://mariefrancelalonde.libparl.ca/>
Orléans MPP Stephen Blais (provincial) 613-834-8679
www.stephenblais.ca
Orléans East-Cumberland Ward City Councillor Matt Luloff 613-580-2471
www.matthewluloff.ca
Orléans West-Innes Ward City Councillor Laura Dudas 613-580-2472
www.lauradudas.ca
Orléans South-Navan Ward City Councillor Catherine Kitts 613-580-2489
www.catherinekitts.com
Beacon Hill-Cyrville City Councillor Tim Tierney 613-580-2481
www.timtierneyottawa.ca

Municipal Services

City of Ottawa information line 3-1-1
<http://ottawa.ca/en/city-hall/your-city-government/contact-city-ottawa>
Ottawa Library Cumberland Branch (Ray Friel Centre) 613-580-2940
Ottawa Library Orléans Branch, 1705 Orléans Blvd. 613-580-2940
OC Transpo www.octranspo.com; Schedule information 613-741-4390

Community Associations

Beacon Hill www.bhca.ca
Blackburn Hamlet www.blackburnhamlet.ca
Bradley Estates www.bradleyestates.ca
Cardinal Creek www.cardinalcreek.org
Carlsbad Springs www.carlsbadsprings.ca
Chapel Hill South www.chapelhillsouth.ca
Chapel Hill North <http://chapelhillnorth.blogspot.com/>
Convent Glen-Orleans Wood www.conventglenorleanswood.com
Cumberland Village www.cumberlandvillage.ca
Fallingbrook www.fallingbrook.com
Greater Avalon www.gaca-acga.com
Navan www.navan.on.ca
Queenswood Heights www.queenswoodheights.com
Sarsfield <https://www.facebook.com/Sarsfieldacs>
Vars <http://vars.ca>

Community Centres

Aquaview Community Centre, 318 Aquaview Dr. 613-824-0633 ext 221
Beacon Hill North Community Centre, 2130 Radford Ct. 613-748-1771
Bearbrook Community Centre, 8720 Russell Rd. 613-824-0633 ext 221
Blackburn Community Centre, 190 Glen Park Dr. hall@blackburnhamlet.ca
Carlsbad Springs Community Centre, 6020 Piperville Rd. 613-822-1435
François Dupuis Recreation Centre, 2263 Portobello Blvd. 613-580-8080
Navan Memorial Arena, 1295 Colonial Rd. 613-824-0633 ext 221
Notre-Dame-des-Champs C.C., 3659 Navan Rd. 613-580-2424 ext 32060
Peter D. Clarke Place, 255 Centrum Blvd., 613-580-2424 ext 15930
Pierre Rocque Community Centre, 1257 Joseph Drouin St. 613-580-2424 ext 32060
Roy G. Hobbs Community Centre, 109 Larch Cres. 613-580-2424 ext 32060
Queenswood Heights Community Centre, 1485 Duford Dr. 613-580-2424 ext 32060
R.J. Kennedy Arena, 1115 Dunning Rd. 613-824-0633 ext. 221
South Fallingbrook Community Centre, 998 Valin St. 613-824-0633

Your community Orléans contacts

Arts Community

Arteast Ottawa arteastottawa.com
 Bytown Beat Chorus bytownbeat.groupanizer.com
 Coro Vivo Ottawa corovivoottawa.ca
 Cross Town Youth Chorus ctyc.ca
 Cumberland Community Singers cumberlandcommunitysingers.ca
 Common Thread Quilt Guild commonthreadquiltguild.ca
 Gloucester Pottery School gloucesterpotteryschool.com 613-580-2787
 Les Chansonniers d'Ottawa facebook.com/LesChansonniersdOttawa
 Mouvement d'implication francophone d'Orléans (MIFO) mifo.ca 613-830-6436
 Ottawa School of Art – Orléans Campus artottawa.ca/orleans-campus 613-580-2765
 Ottawa School of Theatre www.ost-eto.ca 613-580-2764
 Ottawa Artisans' Guild nationalcapitalartisans.ca

Community Resource Centres

Eastern Ottawa Resource Centre, 1980 Ogilvie Rd. www.eorc-creo.ca 613-741-6025
 Orléans Cumberland Community Resource Centre, 240 Centrum Blvd.
www.crcoc.ca 613-830-4357

History and Heritage

Cumberland Heritage Village Museum, 2940 Old Montreal Rd.
www.facebook.com/cumberlandmuseum/ 613-580-2988
 Cumberland Township Historical Society www.cths.ca
 Gloucester Historical Society www.gloucesterhistory.com
 Société franco-ontarienne de patrimoine et de l'histoire d'Orléans www.sfopho.com

Service clubs

Cumberland Lions Club https://e-clubhouse.org/sites/cumberland_on/
 Gloucester North Lions Club <https://e-clubhouse.org/sites/gloucesternorth/>
 Kiwanis Eastern Ottawa Est www.keoe.ca
 Navan Lions Club www.navanlions.ca
 Navan Women's Institute www.navanwomen.com
 Orléans Lions Club e-clubhouse.org/sites/orleans_on/
 Rotary Club of Orléans <https://portal.clubrunner.ca/4921>
 Royal Canadian Legion Branch 632, 800 Taylor Creek Dr. 613-830-9984
 Website : www.rcl632.com

Seniors clubs

Gloucester 50+ Centre, 4355 Halmont Dr. 613-749-1974
 Website: www.gloucester50pluscentre.ca
 Hobbs Seniors Club, 109 Larch Cres. 613-462-4082
 Website: hobbsseniorsclub.weebly.com
 Rendez-vous des aînés francophones d'Ottawa, 3349 Navan Rd. 613-834-6808
 Website: rafo.ca

Sports and Recreation Arenas

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 Earl Armstrong Arena, 2020 Ogilvie Rd. 613-746-7109
 Richcraft Sensplex, 813 Shefford Rd. 613-599-0363
 Bob MacQuarrie Recreation Complex, 1490 Youville Dr. 613-824-0819
 Navan Memorial Arena, 1295 Colonial Rd. 613-824-0633 ext 221
 Ray Friel Recreation Complex, 1585 Tenth Line Rd. 613-580-4765
 R.J. Kennedy Arena, 1115 Dunning Rd. 613-824-0633 ext 221

Swimming pools

Bob MacQuarrie Recreation Complex, 1490 Youville Dr. 613-824-0819
 François Dupuis Recreation Centre, 2263 Portobello Blvd. 613-580-8080
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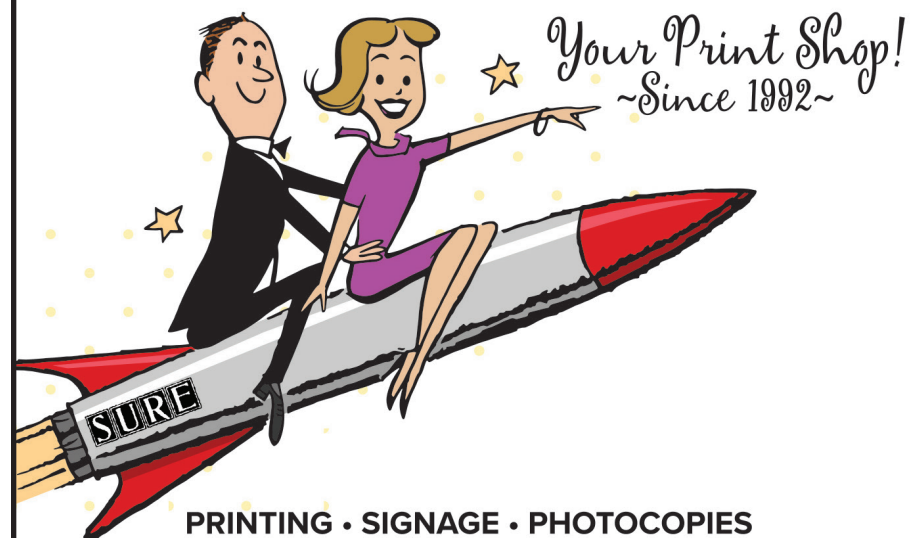


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Your community Orléans contacts

Health Care Services

East Ottawa Community Family Health Team, 1811 St. Joseph Blvd.

www.esfestottawa.ca

613-590-0533

Family First Health Centre. 4270 Innes Rd. inside the Great Canadian Superstore

www.ffhc.ca

613-841-7009

School Boards

Ottawa District School Board www.ocdsb.ca

613-721-1820

Ottawa Catholic School Board www.ocsb.ca

613-224-2222

Conseil des écoles publiques de l'Est de l'Ontario cepeo.on.ca

613-742-8960

Conseil des écoles catholique de Centre-Est ecolecatholique.ca

613-742-8960

Minor Sports Associations

Basketball

Gloucester-Cumberland Basketball gcba.ca

Baseball / Softball

Orléans Amateur Fastball Association orleanssoftball.com

Orléans Little League orleanslittleleague.ca

Curling

Navan Curling Club, 1305 Fair Green Ave. navancurling.ca

613-835-2736

Football

Orléans Bengals Football Club orleansminorfootball.ca

Cumberland Panthers Football Club cumberlandpanthers.com

Gymnastics

Tumblers Gymnastics Centre tumblers.ca

613-834-4334

Club de gymnastique Les Sittelles sittelles.ca

613-830-5098

TRYumph Gymnastics Academy tryumphgymnastics.ca

613-742-5066

Hockey

Blackburn Minor Hockey Association blackburnstingers.com

Cumberland Minor Hockey Association cumberlandminorhockey.ca

Gloucester Cumberland Girls Hockey gcgha.ca

Orléans Minor Hockey Association orleansminorhockey.ca

Ringette

Gloucester Cumberland Ringette Association gcra-ringette.ca/

Soccer

Ottawa Gloucester Hornets ogschornets.ca

Ottawa TFC ottawatfc.com

Speed Skating

Gloucester Concordes Speed Skating Club gloucesterconcordes.ca

www.orleansstar.ca
issuu.com/orleansstar



*Caravela Restaurante
will be closed from Aug. 11
to Sept. 11 to give our staff
a well-deserved break.*

*We look forward to
welcoming our customers
back in September.*



www.caravelaottawa.com

By Fred Sherwin
The Orléans Star

One of the best things about living in Orléans is the many fairs, festivals and community fun days that are held every year, chief among which is the Navan Fair.

Held during the second weekend in August, the Navan Fair attracts people from across the region who crowd the fair grounds to watch the demolition derby, take in the livestock shows and enjoy the midway rides.

This year's fair is being held from Aug. 8-11. Among the highlights are the demolition derby on Thursday and Friday night, the Navan Fair parade on Saturday morning, and the grandstand show with headliners Tebey on Friday night, Big Sugar on Saturday night, and Keith Glass on Sunday afternoon. You can find out more about the Navan Fair at navanfair.com.

In September, some of the top grill-

masters in North America will return to Orléans for the annual Orléans Ribfest.

Last year's event attracted several thousand people who thoroughly enjoyed the combination of BBQ ribs, and live music. This year's event will once again be held in the Orléans Festival Plaza on Centrum Blvd., which will be closed to traffic for the weekend event on Sept. 15 and 17.

Craft beer lovers will have to wait until next June for the next Orléans Craft Beer Festival which is also held in the Orléans Festival Plaza. In just three years, the festival has grown into one of the largest events in Orléans.

Other highlights during the year include the Canada Day Children's Festival at Millennium Park and the Blackburn Fun Fair which is held during the first weekend in June. The annual fair comes complete with a midway, live entertainment and fireworks.

The Fun Fair parade, which takes place on the Saturday morning, includes

participants from every organization, school and youth group in the Hamlet.

Sticking to the month of June, Beacon Hill-Cyrville Coun. Tim Tierney hosts his annual Celebrate Summer event usually during the first or second weekend of the month.

The far east end is also home to several farmer's markets including the Cumberland Farmer's Market which is held every Saturday from June 1 to Oct. 12 at the R.J. Kennedy Arena in Cumberland Village; the Orléans Farmers Market which is held every Thursday from May 23 to Oct. 31 at the Ray Friel Centre; and the Original Navan Market, which is held on the last Sunday of each month during the summer.

Last, but by no means least, the Cumberland Heritage Village Museum in Cumberland Village holds special events throughout the spring and summer including the Heritage Power Show, Firefighter Day and the Vintage Car Show.



The Orléans Craft Beer Festival, held every June in the Centrum Plaza, is one of the top social events of the year in Orléans. FILE PHOTO



The Sweetest Things in Life!

August 8-11, 2024 TICKETS & INFO: www.navanfair.com

Fun for the whole family!

- Demolition Derbies (Thursday & Friday)
- Midway by Robertson Amusements
- Horse Shows (Heavy Horse, Light Horse & Western) with Special Guests The Capital CowGirls
- Truck, Tractor & Horse Pulls
- The Only International Alpaca Show in Eastern Ontario
- Parade featuring marching bands & floats
- Agricultural, Floriculture, Homecraft & Culinary Arts displays & exhibits
- Dairy & Beef cattle competitions
- Antique machinery & tractor display
- Baby Show
- Wine Tasting
- Countryside Petting Farm
- Pony Rides
- Agricultural Education Barn featuring Grain Farmers of Ontario, Dairy Farmers of Ontario, Alpaca Exhibit, Workplace Safety and Prevention Services farm safety display, 50 Horse Hitch display

...and so much more!

MIDWAY SPECIALS

Toonie Thursday, Aug 8th – Ride any ride for just a Toonie

FRIDAY Bracelet Day – ONLY Friday, Aug 9th: \$40

Midway Accessibility Time Slot ((Pre-Registration required) – Thursday, Aug 8th from 2-3pm

Advance Ride tickets – 35 coupons for \$50.00 (Available at the office until 9pm Wed., Aug 7th)

SPECIAL EVENTS!

Ultimutts Stunt Dog Show • Meet the Keepers
Great Canadian Lumberjack Show



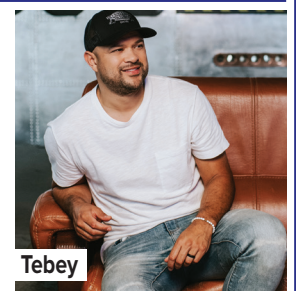
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WORRY FREE
STAGE!



Thursday: New Vintage
Friday: The Timber Line & Tebey
Saturday: Sussex & Big Sugar
Sunday: The Barrow Gang Buskers, Terry Marcotte & Keith Glass



Big Sugar



Tebey



Keith Glass

A summer tradition since 1946, this rural celebration is a showcase of agricultural excellence and is one of the premier events in the Ottawa Valley!

Keeping motorists on the road for 30 years

By Fred Sherwin
The Orléans Star

Precision Automotive on Vantage Drive has been providing honest professional service for an honest price for the past 30 years. With 10 bays, five licensed technicians and three apprentice technicians, Precision is the largest independently owned service centre in the Ottawa region. They also have the expertise to service any make and model of vehicle.

It's a common myth that if you have your new or leased vehicle serviced at a place other than the dealer, the warranty will be voided or the lease somehow impacted, even if it's for an oil change.

The fact is that you have the right to get your vehicle serviced wherever you wish. At Precision Automotive, they keep a thorough record of your service history to comply with your warranty.

Technicians at Precision will check all your fluid conditions and levels, tire condition and pressures as well as all your drive belts, hoses and air conditioning system using the latest diagnostic computer equipment.

There is nothing more annoying than having an unforeseen breakdown. Not only

is it inconvenient, but it can cost you valuable time, not to mention a potentially expensive towing bill.

Providing peace of mind for you and your family is what Precision Automotive is all about. Owner Rob Brouwer and his staff have a well-earned reputation for doing things right the first time, every-time and they back up their work with an industry leading 2-year/40,000km warranty on most new installed parts and labour.

Why not take advantage of their expertise and have your vehicle checked out today to avoid the chance of a potential headache tomorrow? As the saying goes, "An ounce of prevention is worth a pound of cure."

The licensed technicians at Precision can take of any type of repair from your brake and exhaust systems to your car's heating and cooling system and anything else under the hood.

Precision also specializes in tires. They carry all the main brands including Toyo, Michelin, Goodyear and Pirelli.

Deciding on a set of tires isn't difficult, but it pays to invest some time in the process. At Precision Automotive, they strive to provide their customers with the tire that



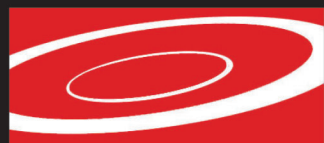
With 10 bays, five licensed technicians and three apprentice technicians, Precision Automotive in Orléans is the largest independent service centre in Ottawa. STAFF PHOTO

best suits their vehicle, driving habits and budget. Their goal is to provide their clients with a tire that provides the best value for their dollar. The professionals at Precision will gladly take the time to discuss your tire options.

Precision Automotive is located at

385 Vantage Dr, behind the McDonald's restaurant at Innes and Tenth Line Road. You can also check out their web site for their latests special offers at precisionautomotive.ca, or call them at 613-841-5550.

Happy Motoring!



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385 Vantage Dr., Orléans (near Innes & Tenth Line)

COMMUNITY BILLBOARD

SATURDAY, AUG. 3

CUMBERLAND FARMERS' MARKET from 9 a.m. to 1 p.m. at the R.J. Kennedy Arena, 1115 Dunning Rd. in Cumberland Village. The Cumberland Farmers' Market features fresh vegetables, seasonal fruits, specialty foods, homemade treats and a variety of artisan goods.

THURSDAY, AUG. 8

ORLÉANS FARMER'S MARKET from 11 am to 4 pm in the parking lot at the Ray Friel Recreation Complex on Tenth Line Road featuring local food vendors and producers.

THURSDAY, AUG. 8 TO SUNDAY, AUG. 11

THE NAVAN FAIR returns to the Navan Fair Grounds after a three year hiatus. Plenty to see and do including a demolition

derby, midway, livestock shows, the Ultimutts Dog and Cat Stunt Show, the Rock the Arts Puppet Show, tractor and truck pulls, musket demonstrations and live entertainment under the domes on Thursday, Friday and Saturday night as well as Sunday afternoon. For a complete schedule visit navanfair.com.

SATURDAY, AUG. 10

CUMBERLAND FARMERS' MARKET from 9 a.m. to 1 p.m. at the R.J. Kennedy Arena, 1115 Dunning Rd. in Cumberland Village. The Cumberland Farmers' Market features fresh vegetables, seasonal fruits, specialty foods, homemade treats and a variety of artisan goods. For more information visit <https://www.cumberlandfarmersmarket.ca>.

FRIDAY, AUG. 16

MOVIE IN THE PARK presented by the Gagnier-Miller Real Estate Team, Blackburn Community Association and Laura Dudas. The movie will begin at 8:30 p.m. in the park next to the Blackburn Arena. In the event of rain, the movie will be shown in the Hall. For the name of the movie visit blackburnhamlet.ca.

SUNDAY, AUG. 25

THE ORIGINAL NAVAN MARKET NIGHT MARKET from 4-9 pm at the Navan Fairgrounds, 1279 Colonial Road in Navan. Over 100 vendors in attendance. For more information facebook.com/OriginalNavanMarket.

IN MEMORIAM



Aline Lavergne, 87
Passed away on July 17, 2024

Lucien Lamarre, 88
Passed away on July 17, 2024

Kenneth Sidney Vowles
Passed away on July 15, 2024



www.heritagefh.ca/obituaries

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