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THE Orléans Star

August 15, 2024 • Volume 39, No. 7

Next edition August 29

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



Ultimutts co-star, Lollipop, performs at this year's Navan Fair. More photos on page 9. FRED SHERWIN PHOTO

Navan Fair a success despite wet weather

By Fred Sherwin
The Orléans Star

Two days prior to the start of this year's edition of the Navan Fair, the weather forecast did not look promising. Other than the opening day on Thursday Aug. 8, Friday, Saturday and Sunday all appeared to be a potential washout. Thankfully, the one thing people in Ottawa can depend on in August is undependable weather forecasts.

Other than Friday, when heavy showers throughout the day kept most people away except for the most intrepid fairgoers and late Sunday afternoon, the rest of the fair was held under mostly sunny skies.

In fact, the weather was perfect on Saturday, which is traditionally the busiest day. Several hundred people lined Colonial Road for the annual Navan Fair parade in the morning,

while long line ups for the midway rides were the order of the day for most of the afternoon and into the evening.

The highlights on Saturday included the Ultimutts agility dog and cat show, the Great Canadian Lumberjack Show, the Heavy Horse competition and the evening grandstand show featuring Big Sugar.

On Thursday, several hundred people packed the grandstands around the demolition derby arena to watch six competitors play adult bumper cars.

The following day, heavy rain turned the demolition derby arena into a sea of mud, leaving the patrons risking a mud shower in order to get a good view.

Inside the Navan Fair building, fairgoers were able to see the various entrants in the

CONTINUED ON PAGE 2 ►

CARAVELA



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.

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COMMUNITY BRIEFS

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.

Ottawa police investigating stabbing death in Orléans

ORLÉANS – The Ottawa Police Service homicide unit is investigating the death of a 34-year-old man who was stabbed at a home in Orléans on Wednesday, Aug. 7. First responders found Varney Marshall dead at around 6:35 p.m. at a home in the 300 block of Mockingbird Drive in Chatelaine Village. Police are asking anyone living in the area with home surveillance cameras to turn over the video recordings to them. Anyone else with information is asked to contact the Ottawa Police Service Homicide Unit at 613-236-1222 ext. 5493. The stabbing is the second homicide in Orléans in less than a month. A 26-year-old man identified as Husain Dahis was shot and killed in the 600 block of Trigoria Crescent in Avalon West on July 16. The investigation is ongoing and no arrests have been made as yet.

Navan Fair a success despite wacky weather

Continued from page 1

Homecraft, Horticulture and Floriculture competitions. While next door this year's entries in the Navan Fair baking contest were on display. Dominique Deschamps was once again crowned Baking Queen, while Kim Dupuis was named this year's Baking Princess as the runner up.

Sunday's events featured the always popular Baby Show for infants 10-18 months old, the Horse Pull, the Western Horse Show, three more Ultimutt performances, and the Tractor Pull.

This year's festivities were brought to a close by Ottawa's own Terry Marcotte who performed under the Domes.

This year's theme was "The Sweetest Things on Life" and this year's Fair lived up to that theme as one of the sweetest small town fair's in Eastern Ontario. It's also the first country fair of the season which will run through the rest of August and well into September.

For a complete list of area fairs visit <https://ontarioagsocieties.com/our-fairs>.



The brightly lit ferris wheel dominated the night sky above the Navan Fair last weekend. FRED SHERWIN PHOTO

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Dapo Fun Day returns to Blackburn Hamlet on Aug. 31

By Jody Maffett
The Orléans Star

The annual Dapo Fun Day returns to the Blackburn Community Park on Saturday, August 31.

The first Dapo Fun Day was held in 2002 in honour of Oladapo Agoro who was killed while trying to break up a fight in an all-ages bar on Rideau Street. He was 18 years old at the time and just two weeks away from attending his high school prom. In fact, he was laid to rest in the suit he had picked out for the big event.

His parents Abiola and Bashir Agoro started the Dapo Agoro Foundation for Peace within weeks of his tragic death with the help of his surviving sisters, Shola and Moji, and a few close friends.

The Dapo Agoro Foundation for Peace was launched the following year. The non-profit organization that promotes non-violent conflict resolution in schools, something Dapo himself promoted while a student at Lester B. Pearson High School.

The foundation was created to establish an annual Scholarship Award for Peace that

is given to a graduating student at Lester B. Pearson every year who best exemplifies graduate student expectations and exemplifies Christian behaviour, including the promotion of peace and non-violent conflict resolution during their time at Lester B.

“Community building can happen in many ways, but one-on-one makes the most impact,” says Shola Agoro in explaining why the event continues to be so successful after 21 years. “Taking the time to share our experiences and what we’ve learned in person only adds to that spirit of togetherness.”

There will be a number of activities live music, a BBQ and various sports including mini-soccer games.

Dapo was a popular student and accomplished soccer player. He was a peer counselor and effective mediator who gained a reputation as a peacemaker among his fellow students.

For more information about the Dapo Fun Day or the Dapo Agoro Foundation For Peace, visit dapoagoro.foundation.org.

DAPO FUN DAY!

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The first Dapo Fun Day was held in 2002, just two months after the 18-year-old Lester B. Pearson student was tragically killed. The young man will forever be remembered as a peacemaker in the same vein as his hero Martin Luther King. FILE PHOTO

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Madam President

Normally I try not to comment on issues south of the border, but the recent decision by President Joe Biden to withdraw from this fall's presidential election in order to make way for Kamala Harris is such a potential watershed moment in American and North American politics, I can't help myself.

Of course, Harris is not the first woman to run for president in the United States. That distinction will forever be held by Hilary Clinton, who I argue would have won the 2016 election against Donald Trump if not for the ill-timed decision of former FBI director James Comey to reopen the investigation into Clinton's emails less than two weeks before Election Day.

But Harris does have a serious chance of beating Trump and becoming the 47th president of the United States of America and the first female president in the country's history.

Of course, there have been a long list of female leaders in other countries over the years including Margaret Thatcher who served as Great Britain's prime minister from 1979-1990 and Angela Merkel who served as Germany's chancellor from 2005-2021. Even further back Golda Meir was prime minister of Israel from 1969-1974 and Indira Ghandi was prime minister of India from 1966-1977 and again from 1980-1984.

Today, 26 countries around the world are run by females including Greece, Italy, Denmark and Mexico where that country's first female head of state was elected last October.

Here in Canada, Kim Campbell served as prime minister in 1993 following the resignation of Brian Mulroney. Unfortunately, she only held the job for 132 days before she and the Conservatives were defeated in the General Election and the party was reduced to just two seats in the House of Commons.

I once read that the number one reason women in the United States or Canada haven't achieved the highest office in their respective countries is not because they lacked the support of men, but because women voters are often reluctant to support another women. Sounds like reverse sexism to me.

Should Kamala Harris win it would end that myth forever, just like John F. Kennedy's win ended the myth that Catholics could never be president and Barack Obama's win ended the myth that a black person could never become president. Harris is both black and a woman. Her victory would send a resounding message to women around the world.

And who knows, maybe one day a woman will become Prime Minister of Canada, only this time she will be elected by a majority of Canadians rather than appointed.

— Fred Sherwin, editor

THE Orléans Star

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Ontario Community Newspapers Association

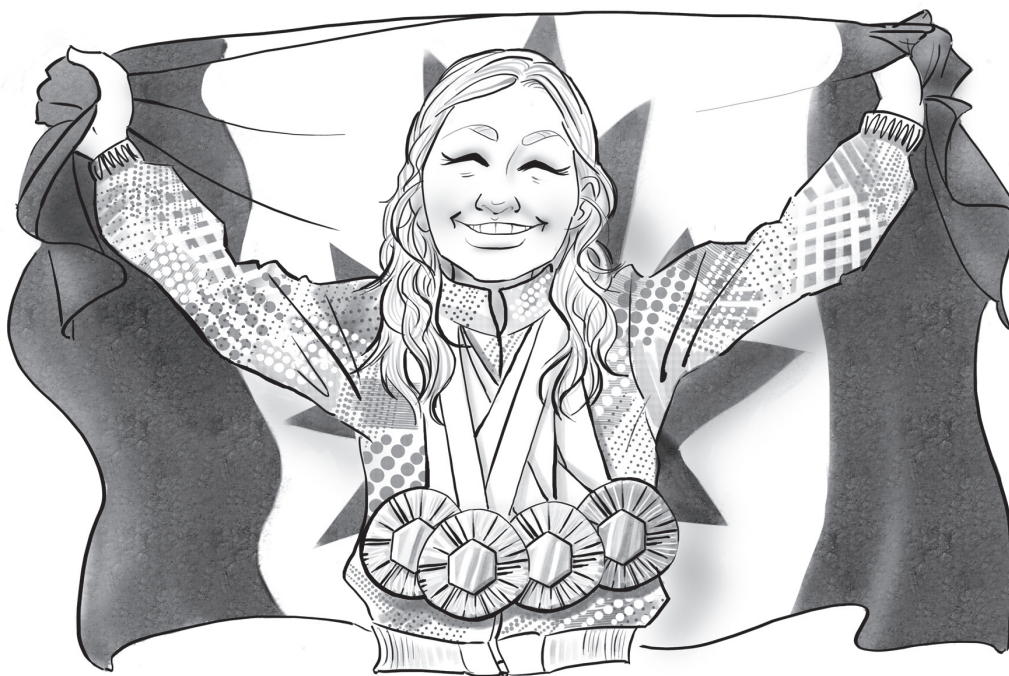
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SUMMER SHINES IN PARIS



3 GOLD, 1 SILVER

Find the time to support the many new businesses in Orléans

I hope you enjoyed a relaxing long weekend! As we dive back into our routines, I wanted to share some recent highlights from our Orléans community.

On July 28, I had the honour of joining Orléans Pride to celebrate the wonderful pride community of Orléans and raise the Pride Flag at the Ray Friel Centre. It was great to meet with many community leaders to celebrate diversity and inclusion and show our support for our 2SLGBTQIA+ friends and neighbours.

In early August, I hosted a productive roundtable with members of the Heart of Orléans BIA to discuss the recent changes to the capital gains inclusion rate. Hearing from local business owners and residents was very insightful and brought forward valuable input on the subject.

I was also happy to join the Moroccan community of Orléans to celebrate Glorious Throne Day. This event, hosted by the Embassy of Morocco in Ottawa, marked the 25th anniversary of His Majesty King Mohammed VI's accession to the throne. It was a wonderful occasion to celebrate the strong ties between Canada and Morocco and the cultural diversity that enriches our community.

I've had the pleasure of visiting several new businesses in Orléans recently, including Bushtukah, Celina Bakery, Tortilla Maker, Holey Confections, Hobby Hideaway, and Cookies by Kat. These businesses embody the entrepreneurial spirit that defines

our community. I encourage everyone to visit these new spots and support the hardworking entrepreneurs who make Orléans special.

As we cheered for Team Canada at the Paris Olympics, I want to extend my congratulations

to all our amazing Canadian athletes who did an amazing job and made us all proud. We now look forward to supporting our Canadian Paralympic athletes, who will begin their competition on Aug. 28!

Additionally, the Canadian Dental Care Plan (CDCP) is making

a significant impact across the country, with 2.3 million Canadians already approved for care. Applications are currently open for children under 18, seniors 65+, and adults with a valid disability tax credit certificate. Providers can now offer services on a claim-by-claim basis without formally joining.

Finally, I want to remind you about our upcoming community Corn Roast and BBQ which will take place on Thursday, Aug. 29, from 5 p.m. to 8 p.m. at Petrie Island.

Let us know if you can attend by sending me an e-mail to marie-france.lalonde@parl.gc.ca or registering at www.eventbrite.ca/e/annual-community-corn-roast-and-bbq-i-epluchette-de-ble-dinde-et-bbq-tickets-950983115097?aff=oddttdcreator. Hope to see you there!

****La version française est maintenant disponible sur ma page Facebook****



Commons Corner

Marie-France Lalonde

Traveling is about the journey and the people you meet along the way

I don't think I will ever get tired of traveling. Besides seeing some amazing sights, and living through some truly incredible experiences, it's the people I've met along the way that has made traveling so magical.

Take my most recent trip to Europe during which I ran with bulls in Pamplona, Spain; partied in the streets of Barcelona when Spain won the UEFA Euro Cup; raved at the largest electronic dance music festival in the world in Belgium; climbed the Acropolis in Athens; rode a motor scooter through the mountain gorges of Crete and lounged on some of the most beautiful beaches in all of Europe. All of which were once-in-a-lifetime, bucket list experiences, but what made them truly magical and unforgettable are the people I was able to share them with.

People like Jesse and Lewis from the UK who ran with the bulls with me. Lee from Australia who was doing the run at the tender age of 73, celebrating the 50th anniversary of first time he did it in 1974.

I also met Corinna from Toronto, who is the wonderful director of the campground I stayed at while in Pamplona and who also organizes the Kaleidoscope Gathering pagan festival every year near Eganville.

At the Tomorrowland EDM festival in Boom, Belgium, I was joined by my friend Kamil from Basel, Switzerland, who I first met at the Tomorrowland festival two years ago and again last year.

Every year at the festival I become part of a new Tomorrowland family. This year, I got to meet Kamil's girlfriend Regina and her friends Fiona, Christina and Maggi from Germany, along with Aneta, Agata, Damian and Bartek, who are all from Poland, and Amr who is from Poland by way of Egypt.

Mike and his wife Aileen, who are originally from Fort McMurray, Alberta, but now live in Hamburg, were also there as were Ryan and Alexia from Edmonton. It was a big group and we really did become one big



extended family.

After Tomorrowland, I went to Crete to visit my friend Anthony who I first met at the Bonita Escondida hostel in Puerto Escondido, Mexico last February.

But before I got to Crete, I had an overnight layover in Copenhagen where an airport customer service agent named Catarina helped me retrieve my fanny pack which I had mistakenly left on the flight from Amsterdam. Not only did she retrieve my fanny pack, but she personally delivered it to the gate the next morning as I was about to board the plane to Athens.

In Athens, I stayed at the Baloo Hostel where I met Leslie from Sonoma County, California. Leslie is 67 years young and was traveling solo through Europe for two months after attending her son's wedding in Italy. During her journey she was staying in hostels for the first time since her 20s and was enjoying every minute of it as she got to meet young people from around the world, myself included.

I also met Mahila from Sydney, Australia in Athens, who is an incredible singer, and Jakob, 26, from Sweden who purchased a 36-foot sailboat in the Azores and sailed solo to the Canary Islands and the Caribbean after learning how to sail by watching YouTube videos. Then I met Dan from New Zealand by way of Melbourne, Australia, and Max from Denmark who I would run into again a week later in a hostel in Heraklion on Crete.

After two days in Athens, I went to Crete to meet up with Anthony who's originally from South Africa, but now runs an ATV excursion business in Platanias, which is about 20 minutes west of Chania.

As fortune would have it, Anthony's mother Krystallo was visiting from South Africa at the same time along with his sister Stephanie and Stephanie's husband Lloyd.

I also got to meet Anthony's friend Jenni who is originally from Finland and is a total sweet heart. Jenni helps Anthony run the ATV excursion business, which is called Beach Bums, along with his friends Adrian, Nicholas and Jonathan.

While staying at the hostel in Chania, I also met Sly, who is another Aussie, and fellow EDM fan.

From Crete I was supposed to go back to Amsterdam, but fate once again intervened when I forgot my laptop on the bus from Chania to Heraklion. After a sleepless night and a great deal of panic, I managed to get it back thanks to Kosta, who is the station manager at the bus station in Heraklion.

And this is why I fully believe everything happens for a reason. As a result of losing my MacBook, I had to reschedule my flight to Amsterdam which gave me two days in Heraklion. Fortunately, I managed to find a bed at the last minute at the hostel which is where I met Valentin from Paris, who is a fellow admirer of sunsets, and the totally amazing and wonderful Anna from Hamburg. I can't say enough about Anna. We bonded immediately and over the course of the next 24 hours became like father and daughter.

I also met Philo at the hostel who is also from Germany, and William, who is originally from Oregon and is currently serving in the U.S. military near Nuremberg.

I ended my trip by spending a few days in Amsterdam to see my adopted Dutch daughter, Bente, and her childhood friend



Top, with Jesse and Lewis before running with the bulls. Below, with Valentin and Anna in Heraklion. FRED SHERWIN PHOTOS



and former roommate Saar, who I jokingly call "Scooter Girl" because I once let her take me around Rotterdam on the back of a motor scooter even though she didn't have a license.

Everyone of the acquaintances I have mentioned would not have been possible without my desire to travel and to stay in hostels. Not only is it cheaper than staying in a hotel, but you end up meeting mostly young people from all over the world which makes you feel young as well. As the saying goes – old souls, young hearts.

To have these interactions and to make these connections is an absolute blessing for which I am eternally grateful.



(Left to right) Amr, Christina, Regina, Maggi, Fiona, Kamil, Fred, Aneta and Damian. FRED SHERWIN PHOTO



(Left to right) Stephanie, Lloyd, Krystallo, Jenni, Anthony, Kostas, Adrian, Alice, Jonathan, Hilde, Sofia, Nicholas and Fred. FRED SHERWIN PHOTO

Residents invited to take part in Older Adult Plan survey

Hey Orleans! One thing is for certain, we are all getting older (even me). Ottawa is growing, evolving, and aging, so you may as well have your say on Ottawa's New Older Adult Plan.

According to the 2021 Census, a significant 37% of Ottawa's population is over 50, and this age group is rapidly increasing. With more older adults than children under 15 and projections showing that one in five adults will be 65 or older by 2030, it's clear that our community's needs are shifting.

In response to this demographic change, the City of Ottawa has been actively working on an Older Adult Plan (OAP) since 2012. This plan has aimed to better integrate the needs of older adults into city planning and services. However, with evolving demographics and needs, it's time for an update.

The latest evaluation of the OAP has highlighted successes and identified areas for improvement. From infrastructure and accessibility to communication and support services, we've gathered valuable feedback on how

we've been doing and how we can do better.

But, we still need your input. To create an updated Older Adult Plan that truly reflects the diverse and changing needs of our older

population, we're turning to residents who are and will be impacted. Your insights will help shape the new plan, which will be launched in 2025.

Whether you're an older adult, a caregiver, or simply passionate about this topic, your opinion matters!

The City has set up a survey to gather your thoughts and experiences. The questionnaire will take approx. 15 minutes to complete, and registered participants can save their progress and return later. Please take a moment to fill out the survey at engage.ottawa.ca/oap. The survey will be open until Sept. 30.

Your feedback will play a crucial role in shaping a plan that meets the needs of our community's older adults. Thank you for contributing to a better Ottawa for everyone.

Wishing you all well as we enjoy the rest of the summer. Bye for now!



Tim Tierney

Beacon Hill-Cyrville Ward 11

Health and safety important as summer turns to autumn

Summer is beginning to wind down, and as we shift gears into autumn, I want to wish everyone a safe and successful academic year, whether you are returning to school, or are a family heading into and navigating student life for the first time.

With the hustle and bustle of getting back to the routine, wellness is key to success. Ottawa Public Health has a terrific website, [ParentingInOttawa.ca](https://parentinginottawa.ca), that has many resources and reminders for families ranging from routine vaccinations, eating well, and mental health.

Getting active is a great way to stay well, and quality recreational activities do not have to be expensive. The City of Ottawa continues to offer the Play Free program throughout 2024, providing those under 17, and accompanying adults, access to a variety of free drop-in activities. Schedules and locations are available on the City's website at ottawa.ca/PlayFree.

As we return to routines in the fall, including school and work, it is an important

time to pause and remind ourselves to be safe and slow down on our roads. The Ottawa Safety Council (OSC) website, [OttawaSafetyCouncil.ca](https://ottawasafetycouncil.ca), is a wonderful

resource with free online courses to help youth learn key safety information for their journey to and from school.

As well, the OSC is looking to hire more crossing guards, an incredibly important job that keeps our kids safe. Details about these job opportunities are found on the OSC website. For those who are interested, I do carry a stock of "Slow Down for Us" lawn signs. If you would like one email Laura.Dudas@Ottawa.ca.

There are still a few weeks of summer left, and I look forward to continuing to see everyone while I am out and about in the neighbourhood. Please know that I am available, whether you have questions about a City program or would like to share your thoughts on municipal matters. Do not hesitate to reach out, my team and I are here for you.



Laura Dudas

Orléans West-Innes Ward 2



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Paying homage to an old friend and former city councillor

By Fred Sherwin
The Orléans Star

On July 15 an old buddy and former colleague of mine passed away peacefully at Maple View Lodge in Athens, Ontario, leaving behind his daughter, Jennifer Vowles Millenor (Kirk Millenor), his son Dennis (Jennifer Brown) and his three grandsons Connor, Jackson and Benjamin.

I first met Ken when we he first started writing a column for the *Orléans Star* in the early 1990s. I had already been at the paper for several years and Ken was the new kid on the block even though he was 30 years my senior.

Ken and I hit it off right away, but he was a guy who was hard not to love between his engaging smile, his quick wit and his British accent which he never lost during his 70+ years living in Canada.

We also shared a rather highly elevated opinion of ourselves and what we wrote.

Ken would regale me about his skills as an amateur boxer after the war, his life as an MP for the Royal Canadian Air Force from 1953 to 1973, and his prowess as a door-to-door salesman after he retired from the military. According to Ken, he was the top sales

person in Eastern Canada.
Ken was born in London, England, on Feb. 5, 1933.

In 1939, he and his younger brother were evacuated from London and separated from their parents along with more than 1.5 million other children under the threat of a possible German invasion and then the ensuing Blitz.

The two brothers were billeted with a family in rural England where they remained until the end of the war.

After being reunited with his parents and his other siblings, Ken started working as a bell hop at the Basil Street Hotel. He also took at boxing and was good enough to catch the eye of a recruiter for the British Air Force and enlisted.

In 1953, he was assigned to the coronation of Queen Elizabeth II. For reasons that I have since forgotten, he immigrated to Canada and joined the RCAF. His first posting was to 17 Wing Winnipeg where he began his career as a Military Policeman.

Ken ended up doing stints at nearly every air base in Canada. He eventually retired in 1973 and began a career as a door-to-door salesman for BelKraft cookware, silverware and china.

Ken was also a prolific writer who would often write letters to the editor to both the *Ottawa Citizen* and the *Orléans Star*. He was also a frequent caller to the Lowell Green Show on CFRA where he was known as “Common Sense Ken”.

In 1997, Ken came to me and said that he planned to run for Gloucester city council after Orléans South incumbent Frank Cauley decided to retire.

I believe my only words to him was “good luck”.

He was up against eight other candidates and emerged the winner with just over 20 per cent of the vote.

Ken served one term before the area municipalities within Ottawa-Carleton were amalgamated into one city when he decided to retire for good.

He still wrote the odd column for my website, orleansonline.ca and *The Eastender* electronic newsletter and he made a habit of visiting local elementary schools every Remembrance Day and talking about the importance of honouring Canada’s military veterans both past and present.

Long after he stopped writing for my website, he would often invite me over for a



Ken Vowles

sandwich and soup, usually minestrone, and we would talk for hours about the issues of the day.

Ken was a true public servant and just an all-round great guy. My heart goes out to his kids and grandchildren, but I know, as they do, that he has finally been reunited with his beloved wife Mary, who passed away in 2009.

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LOCAL SPORTS

Inaugural visually impaired golf camp a huge success

By Fred Sherwin
The Orléans Star

On July 17, 30 blind and visually impaired youth gathered at the Pine View Golf Course to take part in a summer camp hosted by local visually-impaired golfer Kevin Frost in collaboration with Ontario Blind Golf.

Besides getting some quality instruction from SwingFit Golf the participants also enjoyed a visit from Ottawa RedBlacks mascot Big Joe.

The idea for the camp was to introduce the game of golf to blind or visually impaired young people, especially girls.

"I've enjoyed the game for several years now and I want young people especially girls who are visually impaired to consider golf as a sport they can take up as well," says Frost who recently won the overall Stableford Championship at the Canadian and Western Blind Golf Championships in Cranbrook, British Columbia.



British Columbia.

The summer camp was so successful that Frost plans to organize a winter camp for blind and visually impaired youth later this year using golf simulators.



Visually impaired golfer Kevin Frost with some of the young people who took part in his summer camp last month. FRED SHERWIN PHOTO

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Find the hearing aid that is right for you. Kevin Frost and his guide dog and golf partner Woody. FILE PHOTO

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Scenes from the Navan Fair

PHOTOS BY FRED SHERWIN



European vacation packed with magical destinations and memorable experiences

By Fred Sherwin
The Orleans Star

If you read my column in the July 15 edition of the *Orléans Star* you will know that I somehow managed to survive the Running of the Bulls at the San Fermin Festival in Pamplona, Spain.

Pamplona was my first stop on my European vacation this summer. From there, I took a seven-hour bus ride to Barcelona just in time to catch the final of the UEFA Euro Cup soccer final between Spain and England which was broadcast in the Catalunya Plaza, but not before I rented a car to drive back to Pamplona to try and find my phone which I thought I had left in a bar. I used Samsung's SmartThings app to locate my phone in, or near the bar I had been in the night before.

The app had given me hope that my phone had not been stolen by pick-pocketers, as I had feared, but rather I had forgotten it in the bar. I had also left behind a white shipping tube in a café in Pamplona, which contained a flag pole meant to be used to raise the Canadian flag at the Tomorrowland festival in Belgium, and I had paid for some souvenir pictures which were taken in a photo shop in Pamplona, but I had not yet received in my email.

After a six-hour drive through Catalonia I arrived in Pamplona where I found the white shipping tube in the exact spot where I had left it two days before and I managed to get my pictures after I had a light bulb moment to check my spam folder. Unfortunately, I did not find my phone and another check of the SmartThings app showed that it was somewhere near Madrid, some five hours away. Thankfully, I had already disabled it.

On my way back to Barcelona, I drove through the Ebro Basin which makes up part of the foothills on the Spanish side of the Pyrenees. The views along the way were spectacular.

I ended up making it back to Barcelona in

time for the second half of the game. I was stuck in traffic for half an hour just outside the city and then I got stuck in the middle of some sort of protest in the narrow streets of downtown Barcelona thanks to my GPS.

I finally made it to the plaza just after Spain had taken a 1-0 lead. The place was in total mayhem until England tied the game with 17 minutes left in regulation, which is when things became a little more intense. When Mikel Oyarzabal scored for Spain with just four minutes left, the real celebrating began as the final minutes and seconds ticked away. The party would last until the wee hours of the morning, but I took my leave just after midnight to make sure I made my 8 a.m. flight to Amsterdam.

After spending a couple of days in the Dutch capital to visit with friends I took the train to Brussels where I met my friend Kamil and his girlfriend Regina who had driven all day from Switzerland.

The next day, we drove to Boom, Belgium where Tomorrowland is held on the third and fourth weekend of July every year.

This was my third time going to the festival which is the biggest electronic dance music festival in Europe. This year I was part of a group of 15 people from Switzerland, Germany, Poland, Canada and Egypt. The festival stretched over five days and four nights including The Gathering pre-party, which is open to the 20,000+ people from 40+ countries who stay in the massive campground.

After the festival, I decided to go to Crete to see my friend Anthony who I met last February while staying at a hostel in Puerto Escondido, Mexico.

On my way to Crete, I stopped in Athens for a couple of days to visit the National Archaeological Museum and the Acropolis.

The museum was a little underwhelming, but the Acropolis was everything I had expected and then some. It's incredible to think you are walking among structures that

are more than 2,500 years old and which Socrates and Plato also walked among.

One word of advice if you ever visit the Acropolis and the Parthenon – bring a good pair of walking shoes. It's a bit of a climb from the centre of the city and the site is quite spread out.

After two days in Athens, I boarded a flight to Heraklion, Crete and then took a three hour bus ride to Chania (pronounced han-ya) where I stayed at the Epavli Hostel.

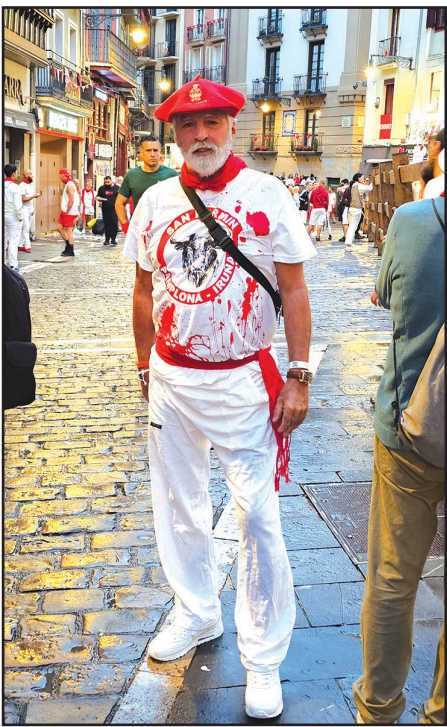
Crete turned out to be the highlight of my trip, along with the running of the bulls, not just because of the spectacular beaches and the picturesque mountain gorges, but because of the people I met there. As fate would have it, I happened to visit at the same time as Anthony's mother Krystollo, his sister Stephanie and his brother-in-law Lloyd. I also got to meet his girlfriend Jeni, and his friends Adrian, Nicholas and Jonathan. And I even spent a night on Adrian's couch with his adorable cat Luna.

One thing I love to do if I am in a place for any length of time is rent a scooter, if for nothing else than the freedom it provides. You can go anywhere at anytime. I ended up visiting Elafonisi Beach in Crete which is famous for its pink sand and Seitan Limani Beach which is famous for its blue water and its resident goats.

I also visited Kedrodasos Beach, which is five minutes east of Elafonisi, and Sougia Beach, both of which are popular among modern hippies who have been known to camp in both spots for weeks and months.

Of them all, Seitan Limani and Kedrodasos Beach were my favourites, while Falassarna Beach, located on the west coast of the island, had the best sunsets as well as the best beach parties every Sunday night.

My scooter excursions also took me through the spectacular Tapolia and Imbros Gorges and one of the most beautiful rides I've ever taken in my life between Souda Beach and Frangokastello on the south side



All dressed up and ready to run with the bulls in Pamplona. FRED SHERWIN PHOTO of the island.

After six days in Chania, I spent two days at the Intra Muros Hostel in Heraklion where I met Anna from Hamburg, Valentin from Paris and William from Oregon. All of whom are new lifelong friends.

From Heraklion, I flew back to Amsterdam for a couple more days visiting with friends and then back to Canada.

I managed to pack a lot in during my four weeks in Europe and my trip was truly unforgettable from the San Fermin Festival and the running of the bulls in Pamplona to my motor scooter rides across Crete and the sunset on Falassarna Beach. But what made it truly magical was the people I met along the way.

The only question left is where do I go to next?



Visiting the Parthenon in Athens. FRED SHERWIN PHOTO



Seitan Limani Beach near Chania Crete. FRED SHERWIN PHOTO



Ottawa School of Art invites public to open house

By Jody Maffett
The Orléans Star

The Ottawa School of Art is holding an Open House at their Orléans Campus in the Shenkman Arts Centre on Sunday, Sept. 8 from 11 a.m. to 3 p.m. for both the Shenkman Arts Centre location in Orléans and their downtown location at 35 George St. in the ByWard Market.

Visitors will be able to see live demonstrations and chat with some of the school's instructors. They will also be able to register for one of the many courses the school offers at the Orléans Campus.

There are three levels of instruction for adults based on their skill and experience. Each level includes courses covering a variety of media. However, a minimum number of registrants are required for each course to avoid cancellation.

With courses scheduled to start in early

September, the Ottawa School of Art is encouraging people to register as soon as possible.

CLASSES FOR CHILDREN AGED 4-12 YEARS

Multimedia classes are offered for children aged 4 to 12 years. Throughout the three terms, students produce a wide variety of work in all disciplines: drawing, painting, printmaking, collage and sculpture, including clay. These classes give students the opportunity to use materials and processes that are not available in the home or school setting. Individual lessons focus on different elements of art: colour, line, form, perspective, composition, etc.

Classes are two-to-three hours long and tuition fees include all materials. Courses this fall include Critter Creations for ages 4-5, 'Toon Town: Cartoon Drawing for ages

6-8, and Drawing and Painting: Artistic Adventures for ages 9-12. Spots are limited, so it is recommended that you register as soon as possible.

CLASSES FOR OLDER CHILDREN AND TEENS

The Ottawa School of Art also offers classes for older children as well as teens. These classes encourage students to focus their attention and develop patience using a narrower range of techniques while having fun. Courses this fall include Teen Portfolio Foundation Studies: Focus on Drawing and Painting for ages 12-15, and Comic Books and Cartooning for ages 13 – 15.

CLASSES FOR ADULTS

The Ottawa School of Art also offers a

number of classes for adults and seniors at three levels of instruction – introductory, intermediate and advanced.

Courses are available in drawing, painting, printmaking, photography, sculpture and ceramics, as well as a number of special interest and short courses.

You can get a full run-down on all the classes, including dates and pricing, by visiting registration.artottawa.ca

The Ottawa School of Art will be holding an Open House on Sunday, Sept. 8 with free art demonstrations from local art instructors between 11 a.m. to 3 p.m. All are welcome to attend.

Visit artottawa.ca for more information. These demonstrations share techniques you can learn in the OSA's adult general interest, children and teens, or online courses.



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Fall registration

GO Capital the home of synchronized swimming in Ottawa

STAR STAFF – The GO Capital Artistic Swimming Club welcomes swimmers of all ages, genders and abilities. The Club prides itself on providing a positive training environment, allowing each athlete to strive for their version of success while having fun.

The club’s coaches are highly skilled in artistic swimming technique and are talented choreographers, resulting in outstanding routines. GO Capital has been the fastest rising synchronized swimming club in Ontario over the last five years.

Much of the club’s success is due to the focus the coaches place on facilitating healthy team relationships while allowing for personal and individual growth and accomplishment.

Besides its highly successful competitive synchronized swimming program, GO Capital has a recreation program for swim-

mers of all ages and abilities.

GO Capital is the home of learning the love of swimming for life.

As with many amateur sports clubs across the country, the facility closures and capacity restrictions during the pandemic had an impact on the club’s ability to offer programming. Par-ticularly affected were entry-level recreational programs for ages six to 11, as well as regional league programs for ages 8 to 18, which introduce competitions.

A recent \$24,000 grant from the Ontario Trillium Foundation was used to augment coaching salaries and cover a portion of pool costs. The money will enable the club to rebuild its base and ensure the continued presence of the sport in the Ottawa area.

For more information visit facebook.com/gocapitalsynchro.



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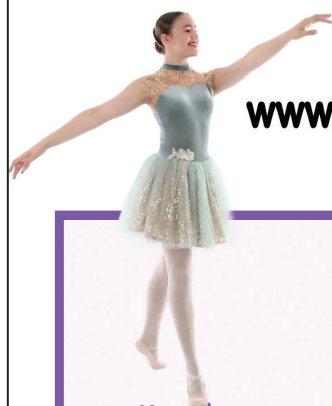
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Fall registration

Orléans blessed with several excellent dance schools

By Jody Maffett
The Orléans Star

Young people looking for an outlet to express their creativity through dance or simply want to learn different styles of dance in a nurturing inclusive environment have a number of excellent schools in Orléans to choose from.

The Cumbrae School of Dance is a non-competitive dance school located on St. Joseph Blvd. between Jeanne d'Arc Blvd. and Youville Drive. Classes are offered in ballet from Primary to Advance Level 2 and Solo Seal RAD; Jazz, Tap, Contemporary, Theatre and both Irish and Highland Dance with qualified dance instructors leading each class.

DanceRStudio on Centrum Blvd. in the Orléans Town Centre offers instruction in a wide variety of dance disciplines such as Ballet, Jazz, Tap, Hip Hop, Ballroom, Lyrical and Contemporary.

Classes are offered to students age two years and up and include both recreational and competitive levels. They even have a Parents and Tots class for children ages 20 months to 2.5 years.

Whether dancing just for the fun of it, or training on the competitive team, the staff at DanceRStudio strive to help all of their students reach their goals and fulfill their potential.

All of the teachers are professionally qualified to teach all different forms of dance and are carefully chosen by owner Miki White based on their positive attitude and their desire to pass on their love of dance to their students.

Both the DanceRStudio and the Cumbrae School of Dance place a strong focus on technique and instilling a knowledge of grace, co-ordination, flexibility, endurance, good social skills and increased worth. Students are encouraged to meet their fullest potential, to discover the power within and to know who they are and what they can become.

Other excellent dance schools in Orléans include Leeming Danceworks and École de Danse Louise on Youville Drive and the Academy of Dance Arts on Lanthier Drive.

Dance is a great way to build confidence,



Dance is a great way to build confidence, memory skills and agility. It's also a fun way to make friends that last a lifetime. FILE PHOTO

coordination, memory skills, musicality, athletic agility and it's a fun way to make friends that last a lifetime. Children learn movement patterns as readily as they learn language. It also a powerful ally for developing many of the attributes of a growing child. Dance helps children mature physically, emotionally, socially, and cognitively.

Dance also promotes psychological health and maturity. Children enjoy the opportunity to express their emotions and become aware of themselves and others through creative movement. Movement within a class offers a structured outlet for physical release while gaining awareness and appreciation of oneself and others.

If your child shows an aptitude for movement, especially when music is being played, then you should consider signing them up a class at any one of the local studios.

DanceRStudio is located at 260 Centrum Blvd., next to Taproom260. You can visit their website at www.dancerstudio.ca to get more information about the many programs they have to offer.

The Cumbrae School of Dance is located at 1803 St. Joseph Blvd. just east of Youville Drive. You can visit their website at www.cumbraedance.com.

Registration now open for City rec and arts programs

By Fred Sherwin
The Orléans Star

Registration for the City of Ottawa’s fall recreation and arts programs is now open for all recreation and cultural fall activities, including PA days and winter camps.

From cooking classes, to science and technology programs, to skating lessons and arts programs, there’s something for everyone.

Enjoy a wide range of recreational and cultural activities at the City’s art studios, museums, parks, play structures and indoor and outdoor features including rinks, sports fields, tennis and basketball courts, pools and gymnasiums.

The City has programs for all ages and skill levels, in English and French. For children who need a little extra help, the City’s Inclusive Recreation team provides integration support. Programs are offered in-person and virtually.

Dive into a swim class

Learn to swim or brush up on your aquatic skills by registering for one of the City’s many swimming programs. Classes for individuals looking to achieve or upgrade their lifesaving certifications to become a lifeguard and instructor are also available.

Embrace the arts

Discover your artistic side by signing up for an arts program at Shenkman Arts Centre and enrolling in a specialized program delivered by professional instructors.

Explore science and technology

Enrich your mind and explore your curiosity by registering for a STEM (Science, Technology, Engineering and Math) or STEAM (Science, Technology, Engineering, Arts and Math) program. Learn hands-on skills like Technic building, engineering principles, teamwork and organization.

Attend virtually

Want to stay active but can’t attend in person? Choose from a wide range of virtual fitness, arts, cooking classes and many more activities. The City also offers hybrid activities where you can choose to attend in-person or participate from the comfort of your home.

Before registering for a recreation, arts and culture program you must first create an account at register.ottawa.ca. To do so you will need to include your email address and create a password. Next, add your family members and be sure to save your credit card information. Adding these details in advance will make checking out much easier.



The City of Ottawa’s fall recreation, arts and culture programs literally has something for everyone, no matter how old you are, including cooking classes, aquafitness classes and pottery classes. FILE PHOTOS

Once your account is set up, you can register for your favourite program right away or bookmark your preferred activities in a wish list for quick retrieval and register at a later time. But don’t wait too long. The City’s recreation, arts and culture programs often fill out extremely quickly.

Explore activities on register.ottawa.ca using sort filters, like time and day, age group, and language. You can also use the map function to look at options beyond your local recreation centres. Be sure to bookmark a few activities just in case your first choice is full.





Register for City of Ottawa

Fall activities

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COMMUNITY BILLBOARD

SATURDAY, AUG. 17

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, specialty foods and homemade treats.

THURSDAY, AUG. 22

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

FRIDAY, AUG. 23

SUMMER SIZZLER presented by the Chapel Hill South Community Association in Blue Willow Park starting at 5 p.m. Outdoor games and activities, live music, beer garden, free BBQ and outdoor movie.

TAPROOM 260 presents Jamie Douglas live from 8-11 p.m. at 260 Centrum Blvd. For more information visit <https://taproom260.com/events/>.

THURSDAY, AUG. 29

CORN ROAST AND BBQ hosted by Orléans MP Marie-France Lalonde and MPP Stephen Blais near the nature centre and event tent close to the northwest corner of Petrie Island.

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.

SATURDAY, AUG. 30

TAPROOM 260 presents Fabien live from 8-11 p.m. at 260 Centrum Blvd. For

more information visit <https://taproom260.com/events/>.

SATURDAY, AUG. 31

DAPO FUN DAY from 12 noon at the Blackburn Community Park. Live music, DJs, BBQ, kids activities and much more. This is a fundraising event for the Dapo Agoro Foundation for Peace.

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, specialty foods and homemade treats.

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IN MEMORIAM



Craig Seguin, 54
Passed away on August 6, 2024

Ronald Riffault, 83
Passed away on July 31, 2024

Gwendolyn Louise (Tapscott) Bradley, 91
Passed away on July 28, 2024



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