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THE Orléans Star

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Next edition August 31

L'Orléanais

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



For the second year in a row, the Ultimutts Stunt Dog Show was an extremely popular attraction at the Navan Fair which was held last weekend. FRED SHERWIN PHOTO

Orléans West-Innes celebrates its shining Gems

By Fred Sherwin
The Orléans Star

Orléans West-Innes city councillor Laura Dudas has been busy the last few weeks delivering Gem Awards to some of the shining businesses and organizations in her ward.

Dudas started the award program in 2021 to give residents the chance to nominate their favourite business or organization for making an effort to be an integral part of the community they serve.

"The nominations are not just chosen for excelling at a particular business or service," explains Dudas' special assistant Chelsey Wynne. "Those who are nominated, and win, shine because they have made themselves integral to the fabric of our community, through excellent customer service, outreach and a deep love for the community they serve."

This year's recipients include Rangoli as

Best Retail Business Food, Arteast as Best Arts or Cultural Organization and Studio Jade as Best Personal Service Business.

Other recipients include ACE ARTE Studio for Best New Business and Blanc & Turquoise for Best Retail Business - Merchandise. Other awards still to be announced are Best Restaurant, Best Community Service Organization, Best Professional Service Business and Best Community Social Organization.

This is the 4th year of Councillor Dudas' coveted Gem Awards.

Originally started during the pandemic as a way to recognize our local heroes, the Gem Awards have grown to recognize local organizations and businesses in the East End of Ottawa that truly make our community sparkle.

The Gems awards are an opportunity to
CONTINUED ON PAGE 2 ►



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Dapo Fun Day returns to Blackburn Hamlet this weekend



Dapo Agoro

ORLÉANS – Dapo Fun Day was made a virtual event due to the COVID pandemic, the charity event returns to Blackburn Community Park on Saturday, August 19. The first Dapo Fun Day was held in 2002 in honour of Dapo 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. “To be back in person for the first time in three years is truly a blessing,” says Shola Agoro. “Community building can happen in many ways, but one-on-one makes the most impact. Taking the time to share our experiences and what we’ve learned in person only adds to that spirit of togetherness.” Their 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 peacekeeper among his fellow students. For more information about the Dapo Fun Day or the Dapo Agoro Foundation For Peace, visit www.dapoagorofoundation.org/.

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2023 Gem Award recipients Charanjit Singh and Gurvinder Kaur from Rangoli (left) and Joanna Barakat from Studio Jade (right). PHOTO SUPPLIED



Orléans West-Innes ward celebrates its shining Gems

Continued from page 1

recognize and appreciate outstanding small businesses and service organizations that are unique to Orléans and make our community a more vibrant place to live, work and play.

The truly special element of the Gems Awards is that all nominations come directly from the community. Any member of the public can nominate their favourite

Orléans small business or community organization.

The nominations are not just chosen for excelling at a particular business or service. Those who are nominated, and win, shine because they have made themselves integral to the fabric of our community, through excellent customer service, outreach and a deep love for the community they serve.



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East end park named after Parade of Lights co-organizer

By Fred Sherwin
The Orléans Star

Ottawa firefighter Bob Rainboth has been volunteering for various projects and organizations for nearly 40 years.

He was just 16 when he volunteered to play for the Ottawa Firefighter Band at the suggestion of his father, Bob Rainboth Sr. who was also a firefighter.

“They needed an extra trumpet in the horn section and my dad told them I played trumpet so I guess you could say he volunteered me for the job,” recalls Rainboth.

In 1992, Rainboth followed in his father’s footsteps and joined the Gloucester Fire Department and continued to volunteer as a hockey official and coach.

1992 was also the year that he co-chaired the very first Santa Claus Parade with the late Jim Anderson.

“Back then the parade used to start at the Gloucester Arena and end at Place d’Orléans. It was 12.5 kilometres,” says Rainboth.

In 1996, after learning out night time Christmas parades in other cities, Rainboth suggested that the parade be shortened to its present route from Youville Drive and turned into its current format, Santa’s

Parade of Lights. “(Jim) thought it was a great idea. Unfortunately, he passed away a couple of months later and never got to see it,” explains Rainboth.

Some of the other projects and organizations he has been involved with include the Ottawa and National Fallen Firefighters Memorials, the Gloucester Minor Hockey Association and the Rideau Canoe Club.

For all the work his done, Rainboth was recently honoured by having a park named after him.

Bob Rainboth Park is located in Beacon Hill, immediately behind his house.

When he first found out about the honour he thought it might be an April Fool’s joke, only it wasn’t April.

“It’s a pretty cool experience,” says Rainboth. “Humbling beyond belief. I’ve played with my kids in that park almost every day. I was even the ice rink attendant there before the pandemic.”

During the dedication ceremony, Rainboth was joined by his wife and their two kids along with members of the Ottawa Fire Service Band who performed for the occasion.



Bob Rainboth, second from right, was recently honoured by having the park near his Beacon Hill home named in his honour. PHOTO SUPPLIED

Beacon Hill, Innes city councillor Tim Tierney made the suggestion to name the park in Rainboth’s honour in recognition of his lifelong commitment to serving the community

For his part Rainboth is extremely honoured at having been given the distinction

while he’s still alive.

“This is the type of honour they usually give you after your dead,” jokes Rainboth, who was relieved to find out that having a park named after you doesn’t mean you’re responsible for it’s upkeep. “I don’t have to cut the grass,” laughs Rainboth.

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Car culture

Canada and by extension the rest of North America is a car culture. We along with the United States of America depend on cars more than any other country in the world.

You don't truly realize how much we depend on cars until you visit Europe, for instance.

In Ottawa, we like to pride ourselves on our network of bicycle paths and often refer to ourselves as the most "bike-friendly" city in Canada. That may be so, but we still have a long way to go to catch up to many of the cities in Europe. If you want to see a true bike-friendly city try visiting to Copenhagen or Amsterdam where bikes are king.

In Amsterdam, nearly every street in the city is lined with independent bike lines on both sides of the road. According to a recent Dutch survey there are 2.2 bikes for every man, woman and child in the country.

But even more impressive than the bicycle infrastructure is the public transportation infrastructure. All of the main streets have trolley or tram service every 10 minutes, seven days a week. And underneath the streets is a subway system that runs every eight minutes that go to every major hub in the city. No wonder they don't need cars.

Ottawa by comparison, even without the current state of the LRT, is a joke.

While most European cities modernized their street car, or what they call "tram service", following the Second World War, most Canadian cities dug up their street car infrastructure and replaced it with buses – the lone exception being Toronto.

I haven't taken OC Transpo, or the O-Train, for years because it is both unreliable and far too infrequent. In Amsterdam if you miss a bus, or a tram, or the subway, all you have to do is wait a few minutes and the next one will come along.

The difference between Canada and most European countries is even more glaring when you consider intercity travel. The train between Amsterdam and Rotterdam runs every 30 minutes, 24 hours a day.

In Canada we have five trains a day to Montreal and eight trains a day to Toronto, the last being at 5:49 p.m.

The question is, will it ever change?

The answer is not very likely. It would require over a trillion dollars in infrastructure as well as operating budgets in the tens of millions of dollars every year.

Gas is also too cheap in Canada to force that type of seismic change in approach. We scream like hell when gas prices rise above \$1.70 a liter meanwhile in the Netherlands gas costs \$3 a litre and in Greece it's \$3.10 a litre. If gas prices in Canada ever came near those levels there would be rioting in the streets, especially if the only alternative to driving is the current public transit system.

So unfortunately I don't see things changing on this side of the pond anytime soon, if ever. In the meantime, if you can't beat them join them. We are all part of the North American car culture.

— Fred Sherwin, editor

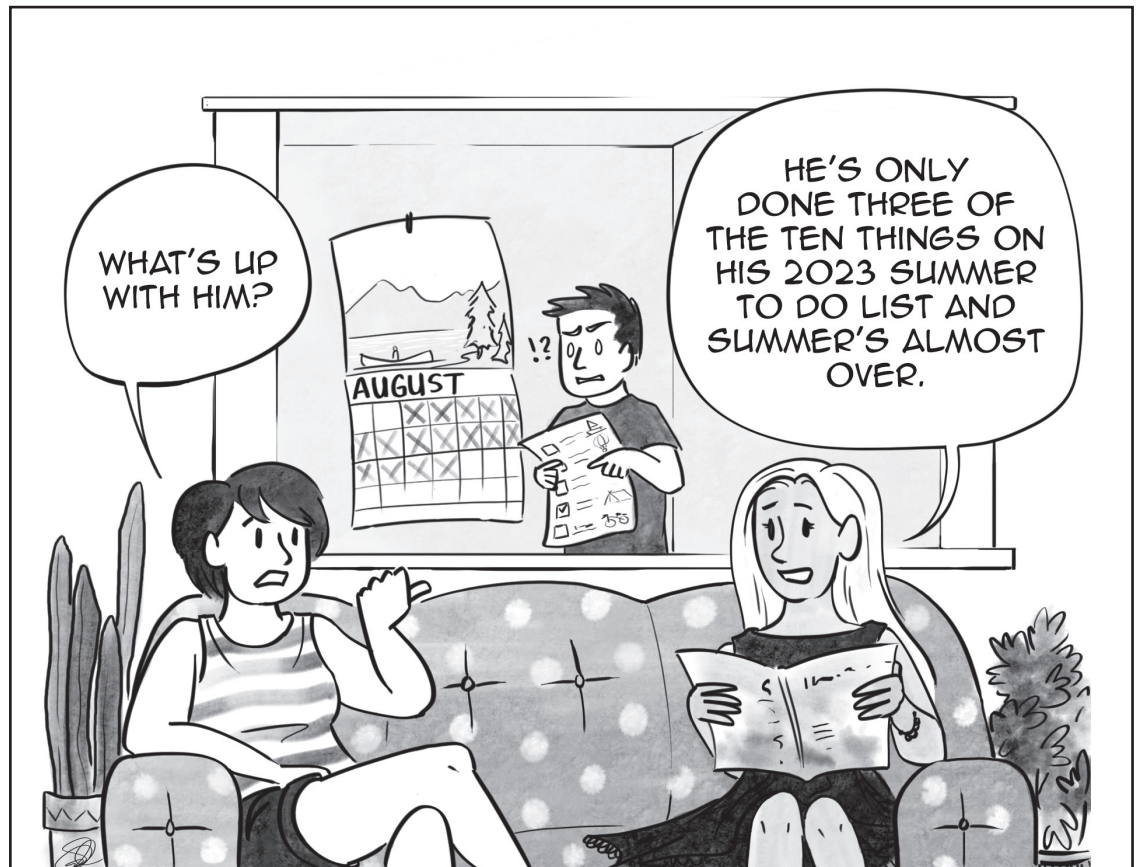
THE
Orléans Star



Fred Sherwin
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Editor

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Summer of 2023 is far from over

On July 25, the federal government announced its new ministerial cabinet, which will be addressing pressing issues such as affordable housing, infrastructure, public safety, and economic re-investments. I am pleased to congratulate all my colleagues in the Cabinet, and I look forward to collaborating with them on important files and projects for Orléans.

Additionally, the New Horizons for Seniors Program (NHSP) Community-Based Stream 2023-2024 will be launched on Aug. 1, 2023. Community-based projects can receive up to \$25,000 (for the year) to make a difference in the lives of seniors in Orléans. Online applications are due by Sept. 14 at 3 p.m.

I hope you all had the best time at the Carivibe festival at Petrie Island on July 22 enjoying the music, dancing, and delicious food. A special congratulations to the organizer Trevor Mason and his team of volunteers for planning and executing an amazing event fun for the whole family.

On July 15, I attended the 25th Annual Bourdeau Lobster Fest which was held for the fourth year at the Domaine Bourdeau/Beaudet located at 2683 Navan Rd. Great to see Samson Louis again for his second year on the team through the Federal Canada Summer Job Program (CSJ). Also, glad to have celebrated

the 50th anniversary of the marriage of our hosts Georges and Michelle Bourdeau.

Zack and Abby's 9th Annual Lemonade Stand for CHEO was held on Saturday, Aug. 20. I want to encourage everyone to stop by to support a good cause and enjoy a glass of refreshing homemade lemonade. Thank you Orléans for your continued generosity.

Summer is the time for many local community events. On Aug. 18, Chapel Hill South Community Association will help there Summer Sizzler from 5 p.m. to 11 p.m. Queenswood Heights Music Festival & Family Fun Day will be held on Aug. 19 from 11 a.m. to 7 p.m. at Queenswood Ridge Park, 346 Kennedy Lane Est. Greater Avalon Community Association's Annual BBQ will take place on Aug. 26 from 10 a.m. to 2 p.m. at Aquaview Park, 318 Aquaview Dr.

Remember to visit our wonderful local markets selling fruits and vegetables! Go support local vendors at their stands and enjoy some fresh produce.

Lastly, I would like to remind you that me and my colleague MPP Stephen Blais, will be hosting our annual Corn Roast & BBQ on August 24th at Petrie Island from 5:00 to 8:00 p.m. Lots of fun for the whole family! We hope to see you there!



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Marie-France Lalonde

www.orleansstar.ca

Bucket list trip to the Greek Islands exceeds all expectations

Before I begin, I want to once again thank former *Orléans Star* editor and current owner of the *Ottawa Business Journal*, who told me about the VISA Aeroplan card two years ago and the fact that I could probably pay for our printing and distribution costs using the card. In three words, it's been a complete game changer. It's allowed me to pursue my passion for traveling, while eliminating the cost of airplane tickets. And without it, I would not have been able to go to the Greek Islands at the end of last month.

After going to the Tomorrowland music festival in Belgium, I decided that I wanted to go to either Spain and Portugal, or Greece. It was a last minute decision, but I chose Greece and thank goodness I did.

I spent the first day on Santorini and then three days each on Paros and Milos, and during those seven days I didn't see a single cloud. Apparently it's never cloudy in the Greek Islands from the third week of June until the end of August, but it can sometimes go on like that for much longer.

Since accommodations in Santorini are usually so expensive, my plan was to camp under the stars at the only campground on the island for the one night and then head to the island of Paros the next day.

I also thought it would be a good idea to walk from the airport to the campground – a distance of about 5.5 km with a 30 lb backpack in 32 degree heat. I walked through what looked to be a drainage for about 30 minutes when I came upon the entrance to the Villa Manos Hotel pool area and bar.

About to suffer from heat stroke, I decided to go in and have a glass of very cold water and a Smirnoff Ice. The bartender who I will call "V", because, for the life of me, I can't remember his name. He was an older gentleman who was extremely sympathetic to my situation and even offered me a shot of ouzo.



He then suggested I should stay there the night and told me to talk to the woman at reception and tell her that he sent me to see her. Poppy is her name and she was absolutely fabulous. And, as it turns out, she was V's wife. The couple are the proud owners of Villa Manos, and I highly recommend the place.

I'm not sure what the standard rate is for a room with three beds, but Poppy had a vacancy and generously gave it to for a little more than what I would have paid for the campsite. Also better than walking another 2.5 kilometres.

After resting by the pool for awhile and drinking another Smirnoff Ice. I decided to walk to Oia, which is the town everyone sees in those images of Santorini.

I probably should have checked Google maps before I started my journey. It turned out to be a three-hour hike across two mountains along the caldera – a distance of about 15 kilometres – but it was worth every step of the way because the views were phenomenal and I ended up making it to Oia just in time for the sunset.

And in case you are wondering, I did take a bus back.

In the morning, I took a two-hour ferry ride to Paros, where I rented a scooter for three days and stayed at a budget lodging on the other side of the island from where the main towns are – including Noussa which is another amazing place.

Renting the scooter allowed me to visit

eight different beaches and view the sunset from St Antonio's Monastery atop the second highest hill in Paros. My favourite was a beach called Monastiri followed very closely by Faragas and Piso Livadi.

I spent every night in old quarter in Noussa by the water where the narrow, well lit cobblestone streets are filled with small shops and throngs of extremely well-dressed visitors.

Noussa also has an wonderful waterfront where you can eat literally with the water lapping at your feet. Mere words doesn't do it justice, nor the rest of Paros.

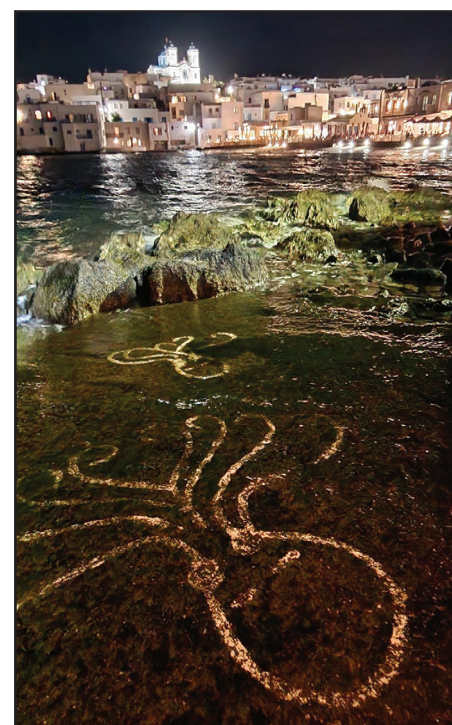
I ended my trip to Greece by spending my last three days in Milos, which is home to some of the most unique beaches in the world. Sarakiniko Beach is perhaps the most famous and looks like a lunar landscape. It's also where you can go cliff jumping into the crystal clear aquamarine water.

Other beaches of note are Tsigrado Beach, which you have to climb down a pair of wooden ladders using a rope to keep your balance; Agia Kiriaki Beach; and Agios Ioannis Beach which is one of the most serene beaches on the island – and for good reason.

In order to get there you have to take one of the most sketchiest roads I have ever been on through the mountains. I somehow made it on a 125cc Scooter which was bonkers. The road is a mixture of sand, lost dirt and rocks. By the time I got to the beach I could have used a really good chiropractor.

They don't even advise you to go there in a four-cylinder car, because it's too hard on the clutch and to replace a clutch in a rented car costs 800 euros.

Anyway, I made it, and I'm glad I did. More importantly, I made it back to the town of Plaka where I was staying at a place called Machi's House, which as it turns out, is steps away from the best sunset location on the island, the shopping centre of the town and



The drawing of an octopus appears iridescent outside the Linardo cocktail lounge in Noussa, Paros Island. FRED SHERWIN PHOTO

some really great restaurants where I met two other Greek friends, Kristos and Oddy.

All in all it was a magical seven days. In fact, I was brought to the edge of tearing up at least two or three times during my travels through Paros on my scooter just from the sheer beauty of what lay before. In all my years of traveling I have never felt like that before. I can hardly wait to go back.

You know, some bucket lists destinations never quite manage to live up to expectations while others vastly exceed them. The Greek Islands were just that place. Even looking at the pictures I took there, don't quite do it justice which is why I have to go back to relieve the memories. I hope you can visit there some day too.



Sarakiniko Beach on Milos Island is one of the most unique beaches in Greece, making it a popular location for Instagramers. STAFF PHOTO



Tourists gather outside the Church of Panagia Korfiatissa for the sunset in Plaka, Milos Island. FRED SHERWIN PHOTO

Community park naming both well-earned and well-deserved

On Aug. 2, members of the community came together in Beacon Hill, to celebrate the naming Bob Rainboth Park. Bob has led, and continues to lead, a life of service to his fellow citizens and community. He is a selfless, dedicated volunteer to countless groups and associations, and is constantly adding to this list.

Never one to say “No”, Bob is always willing to lend a helping hand to those in need. As a proud member of the Ottawa Fire Services, he goes far above and beyond to serve. From band member since the age of 16, to working with the Fallen Firefighters Ottawa and National Memorials and going the extra mile to arrange funerals for fallen members, Bob has always answered the call.

In his years volunteering with the Rideau Canoe Club, he designed and installed the custom racecourse we all see at Mooney’s Bay, which has allowed for national level sprint canoe/kayak and dragon boat regattas. He coached for years and referees minor hockey.



Tim Tierney

Beacon Hill-Cyrville Ward 11

His work over the years with the Eastern Ottawa Resource Centre has had many facets, from helping seniors do home renovations and chores, to serving dinners at their annual volunteer events, organizing annual fundraisers as part of their board, and so much more. Bob’s the guy everyone wants on their ‘team’.

One of Bob’s proudest accomplishments must be the Santa’s Parade of Lights, an annual event in Orléans, which attracts over 100,000 parade-goers every year while collecting toys and monetary donations for the less fortunate. It is definitely the season’s highlight and is the true meaning of spirit and giving. Bob, has been a ring-leader in organizing, coordinating since its inception in 1997, but especially in these pandemic years.

It comes together, every year without fail, and at the end of it all, there’s Bob, smiling ear to ear, just to see the smiles of jubilation on the faces of the kids, old and young alike.

There is no one more deserving of this honour than Bob Rainboth.

Local councillor committed to fixing aging infrastructure

I recently had the opportunity to bring Mayor Sutcliffe on a tour of our community. Needless to say, I was immensely proud to show off much of what Orléans West – Innes has to offer.

We have a vibrant and thriving local economy. Whether you are strolling down St. Joseph or venturing just down the street from your own home, there is no shortage of great shops and services practically at our doorsteps.

The Heart of Orléans Business Improvement Association (BIA) joined us while we stopped by some of these wonderful local gems, both new and old. These business owners have many wonderful stories to share about how they got started, why they chose to set up shop in Orléans and why they have remained here. We are fortunate to have the BIA which has a deep appreciation for our community an advocate for local business. I am proud to be able to partner with them to support of our local economy.

Our community also has a problem, and



Laura Dudas

Innes Ward 2

I wanted to make sure to show the Mayor the condition of our aging infrastructure. To anyone who regularly reads my column, you know that infrastructure maintenance is a

near-obsessive grievance of mine. I wanted to take this opportunity to stand on cracked and patched roadway surfaces, split pathways, and show the Mayor exactly what living with 30+ year-old

infrastructure is really like. In particular, exposing the condition of our older, residential roads, to highlight the urgency we have in the east for the City to make infrastructure investments.

As councillor, I’ve remained committed to renewing our community’s infrastructure. Fixing our roads, repairing sidewalks and pathways and updating our seriously aging park facilities. We have much to be proud of in our neighbourhood. But maintaining and improving our community requires continual effort, and I will never stop working to ensure our community receives the attention, and investment, it deserves.

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Vanlife adventure not the most glamorous lifestyle

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

These days there is a lot of pressure for us to document our “perfect” vanlife journey on social media. We get asked over and over if we have an Instagram page or TikTok account for family and friends to follow along with Kevin and me. Which I can understand; who else do you know that would buy a very large white van, renovate it and travel across the country at 28?

Most people our age are having babies or buying a house (or at least trying to). We did the complete opposite! If you follow our adventure online you will see nothing but beautiful sunsets, ocean views and mountain ranges. But what you don’t see are the real-life moments behind those photos. So here’s a list of everything that has gone wrong with our “perfect” journey so far.

The first leg of our journey took us to Tadoussac, QC to go hiking and look for Beluga whales.

It was a beautiful fjord with whale sightings every day. I was sharing videos and photos on my Instagram account of what it’s like to work as an artist on the shores of St Lawrence while basking in the summer sun. That was until I got a phone call from Kevin to pick him up from his solo hike in Saguenay Fjord National Park. Little did I know I was about to take our brand new mobile home off-roading because Google Maps led me down a condemned hydro service road equipped with large boulders, bears and cliffs.

I am not exaggerating when I say that every cupboard in the van opened and everything in them was thrown to the floor. It was so ridiculous we could only laugh and be amazed the van didn’t flip or get stuck. Unfortunately, we later found out that we did, in fact, damage our heater, which was a bit inconvenient once we made it to the -5°C weather in northern Labrador.

Our most recent adventure involved me getting our rear wheel stuck in a ditch while parking in Berry Hill, Gros Morne, Newfoundland. Luckily for us, a local tow truck



Sunset at Arches Provincial Park, Newfoundland. TORI DARK PHOTO

driver was able to help push us out.

The biggest problem there was his Newfy accent was so strong I honestly couldn’t understand anything he said. He got his point across and he saved the day! More about him to come later...

I guess the point here is don’t believe everything you see online. Yes, there are

beautiful sites, delicious restaurants and one-of-a-kind experiences. But there are equally messy and realistic aspects of life. Both make it worth it in the end.

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



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New guide dog gives Kevin Frost new lease on life

By Fred Sherwin
The Orléans Star

When blind deaf athlete Kevin Frost had to retire his guide dog last September, he had to start the rather length process of getting a new one, which can often take months.

Lewis was Kevin's faithful companion for nine years. He traveled with him and kept him out of harm's way wherever they went.

When Lewis had to be retired it was both the most difficult decision he has ever made in his life and the easiest.

"I was sad because I was losing a faithful companion, but at the same time his health was starting to fail and he needed his own time," says Kevin.

Lewis eventually succumbed to kidney cancer in January.

It has taken 11 long months to get a new dog. Woody is a four-year-old Labradoodle. Kevin was able to bring him home last week. The two will now go through a bonding process that could take up to sixth months.

"It's a learning process for both of us," explains Kevin. "He's going to test my boundaries and I'm going to test his you know. After awhile, once get to know each other really well, you come to an understanding built on mutual respect."

At the end of the day, Kevin will spend

more time with Woody than his wife or kids. That's because they are together virtually night and day.

Woody will also need to be trained to accompany Kevin on the golf course. For those who don't know, Kevin is a competitive golfer having competed at both the national and international levels.

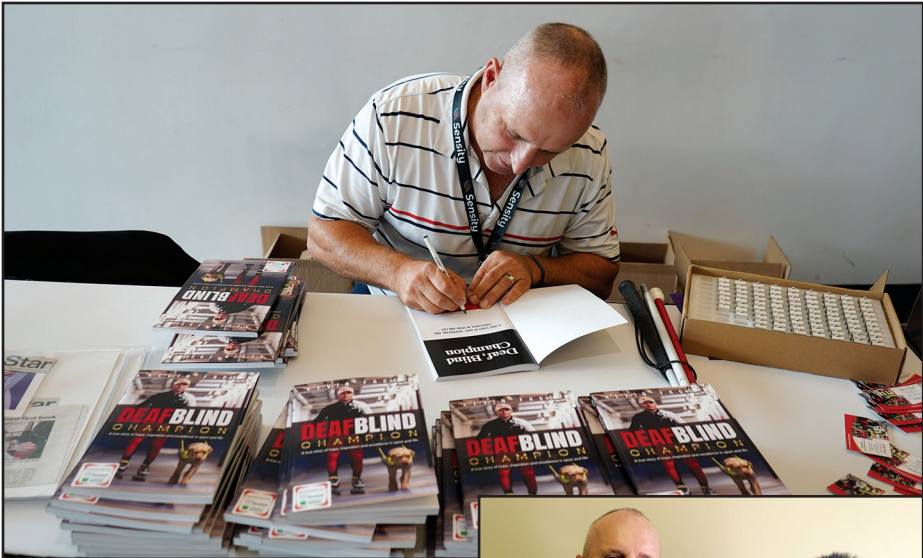
The last tournament he played in was the IBGA World Blind Golf Championships in Cape Town, South Africa in March where he finished seventh in his category.

In order to help Woody get used to being in a golf cart, Kevin has been taking him to the Pineview Golf Club and using their golf carts for practice.

Kevin is hoping Woody is a quick learner. His next tournament is a Canada vs U.S.A. team challenge event in Arizona at the end of the month being organized by the U.S. Blind Golf Association.

Away from competitive sports, Kevin received a Lifetime Achievement Award from Mayor Marc Sutcliffe in May for 25 years of service to the community both on his own and as a member of the Orléans Lions Club.

Frost also published an autobiography in March entitled "Death Blind Champion". It has sold over 1,000 copies on Amazon so



Above, Kevin Frost autographs copies of his book during a recent book signing event and, right, with his new guide dog Woody. FILE PHOTOS



far and the recently released audio book has sold over 100 copies.

Proceeds from the sale of the book are going to the Canadian Guide Dogs. He presented his first check to the organization last month in the amount of \$100.



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Fall registration

Orléans blessed with a wealth of 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.

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 ages 20 months and up and include both recreational and competitive levels. They even have a Toddler Creative Dance for children ages 20 months to 2.5 years.

Whether dancing just for the fun of it, or training on the competitive team, they 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.

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.

All of the teachers at Cumbrae are qualified instructors. The studio is also cognizant of the lingering impact of COVID, so enrollment in all the classes continues to be limited and the studios are well-ventilated and equipped with two Rabbit Air HEPA filtration units.

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.

CONTINUED ON PAGE 10 ►



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

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Ballet (Primary to Adv. 2 & Solo Seal, RAD& BATD), as well as jazz, tap, contemporary, theatre, Irish, & highland (BATD). All of our teachers are qualified instructors.

The benefits of dance for young people is far-reaching

Continued from page 9

Dance is a great way to build confidence, 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. Just as all societies create forms of visual representation or organize sounds into music, all cultures organize movement and rhythm into one or more forms of dance.

Dance is a powerful ally for developing many of the attributes of a growing child. Dance helps children mature physically, emotionally, socially, and cognitively. The physical benefits of dance are widely accepted, but the emotional, social and cognitive attributes have only recently begun to be appreciated.

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.

Dance fosters social encounters, interaction, and cooperation. Children learn to communicate ideas to others through the real and immediate body movement. Children quickly learn to work within a group dynamic. As the ongoing and sometimes challenging process of cooperation evolves, children learn to understand themselves in relation to 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 the Taproom260 restaurant and across from St. Martha's Brasserie. 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.

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Fall registration

Ottawa School of Theatre ready to embark on new season

By Jody Maffett
The Orléans Star

Ottawa School of Theatre is 33 years old! OST-ETO is the longest-running theatre school in Ottawa, offering acting and theatre classes for students of all ages in both English and French. It's also the first year under the guidance of their new artistic director Megan Piercey Monafu. The school's long-time artistic director, Kathi Langston, retired this past fall.

Every year the OST-ETO bases its programming on a theme. This year's theme is "Roots and Wings", which was the theme of the 30th anniversary season in 2019-2020 before the pandemic hit.

The theme covers the theatre school's past, present and future.

In 2022-2023, OST-ETO will be offering the most classes it has since the 2018-2019 season with the classics, musical theatre, sketch comedy and more for ages four to 104.

They also plan to do two all-ages productions this coming season starting with

"How Cindy Lou Saved Christmas and Maybe Even the World" in November, and Winnie-the-Pooh in the spring. Actors of any age can sign up and everyone is guaranteed a role.

Besides the youth programs, there are also classes for teens and adults. Youth age 13-17 can enroll in the NAC Theatre Season Class where they will get to read plays, find the characters, visit a rehearsal and see and evaluate the plays of the NAC's 2022-2023 season. All of the classes culminate with a live performance in the Richcraft Theatre at the Shenkman Arts Centre.

Other exciting choices include: a Radio Play class; a mixed media class; a Teen Classics Class; and a Teen Musical. Youth 15+ can also sign up for the Teen Acting Company to learn how to run their own theatre company. There are three classes for adults 18+ including Theatre Appreciation and Performance; Adult Theatre Mix-Up; and Adult Classics.

You can get a full run-down on all the classes, including dates and pricing, by

visiting www.ost-eto.ca.

The theatre is also holding an Open House on Sept. 18 at the Shenkman Arts Centre between 12 p.m. and 3 p.m., where you will get to meet some of the teachers and sign up for a class of your choice.

Theatre study skills such as character development, text analysis, spatial awareness, breath control etc. build skills for life. The basis for these techniques begins with taking ownership of your own actions within the group as a whole. The show is not deemed a success or failure because of what happens onstage, but rather what has happened in class and in rehearsals.

Theatre (as in life) is best when it is about the process, the journey. Theatre is very much a TEAM SPORT!

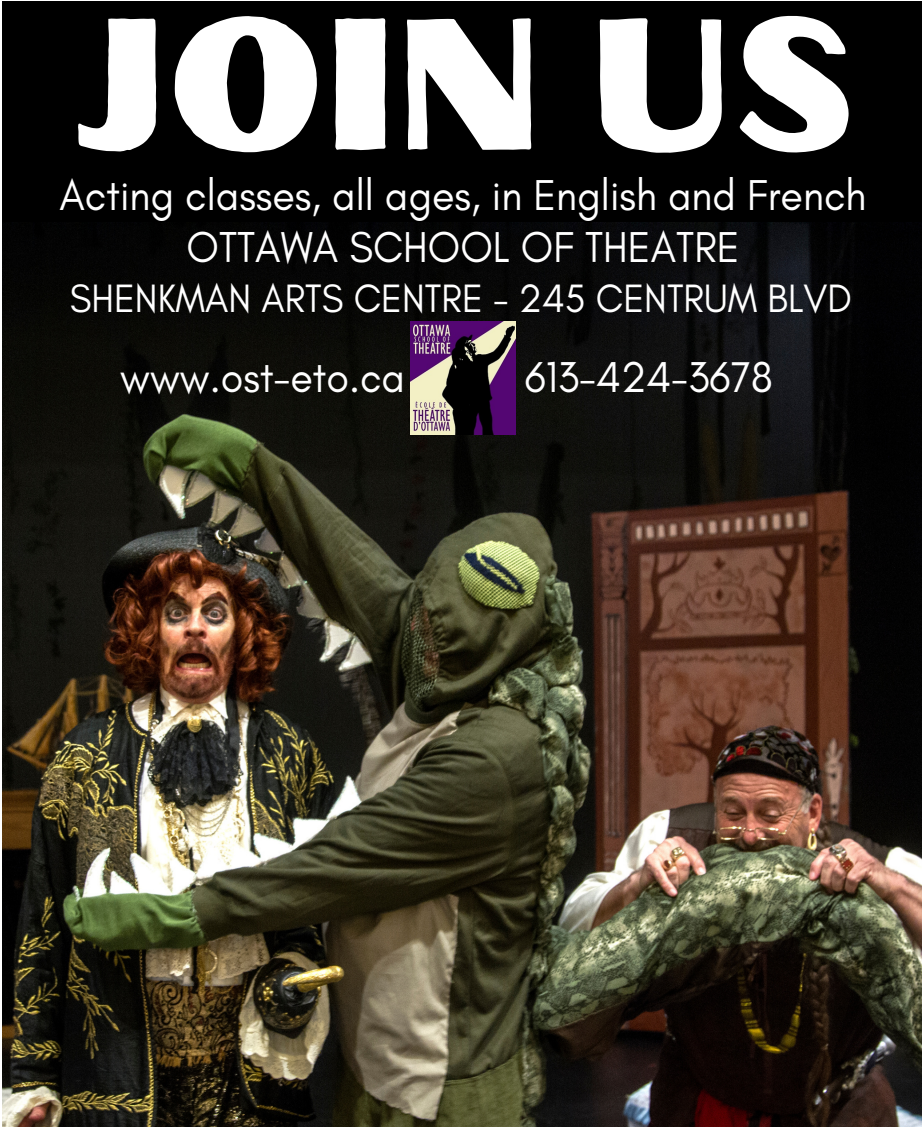


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Panther girls part of national tackle bronze medal team

By Fred Sherwin
The Orléans Star

When Team Ontario recently finished third and fifth at the U18 national women's tackle football championships in Ottawa they had a distinctive Cumberland Panther flavour. No fewer than 15 Panther players made the two teams which were designated as Team Red and Team Black. Eight were assigned to Team Red and seven played on Team Black.

The two teams played in two different pools which were pre-determined based on their seedings.

Team Red ended up going 3-1, winning the bronze medal in the A pool, while Team Black went undefeated in winning the B Pool. Since there were four teams in each pool, the winner of Pool B was actually fifth overall.

The success of both teams was sweet redemption for the Panther players who were fresh off a disappointing loss in the U19 final at the Ontario provincial championships.

Team Ontario Red was coached by Cumberland Panthers head coach Mark Ouellet who has been the driving force behind the formation of a the women's tackle football program in the National Capital.

The program was only started last year. In

fact, most of the Panther players only had one full season under their belts heading into the national championships.

That lack of experience didn't prevent them from helping Team Ontario Red reel off wins over Manitoba and New Brunswick to earn a spot in the semi-final against the defending champions from Alberta.

Despite losing 60-0, Team Red had a chance to redeem themselves against Saskatchewan in the consolation final. The result was an exciting 24-16 win.

Team Black first downed the National Indigenous team 70-0 to earn a spot in the Pool B semi-final. They then upended New Brunswick 39-14 to earn a spot in the final.

The Pool B championship game was a highly competitive affair with Team Black able to eek out a tough 8-0 win over Team Manitoba.

Ouellet started the Cumberland Panther girls tackle program last year as a way to give girls and young women like his daughter Emma, a chance to play tackle football.

After playing a series of exhibition games against other girls teams in southern Ontario last year, the Panthers were able to field two teams as part of the Ontario Women's Football League.

The U16 team finished the spring season



Liana Langiano, Francesca Fazzari, Taryn Coleman, Calli Dorey, Oceanne Lalonde, Ava Coleman, Maja Bonar, Kalista Andrews, Katie Woo, Jorjanna Maggio, Isabelle Berube, Jessica Knight, Shelby Norwood, Teagan Roy, Kaliae Sterling Godue, Julia Beumer, Maya Thompson, Olamide Fadahunsi, Mylanka Brassard, Chloe Winterton, Marie Sartorio, Mackenzie Lagace Carasco. FILE PHOTO

with a 5-7 record, while the U19 squad placed second in their division with a 6-2 record and went on to play for the provincial championship where they lost to the London Wolfpaac.

The Panthers are now gearing up for the fall season which gets underway on Sept. 16. Anyone interested in playing can e-mail Ouellet at ouellet.mark@gmail.com or visit the cumberlandpanther.com.



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COMMUNITY BILLBOARD

FRIDAY, AUG. 18

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.

SATURDAY, AUG. 19

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.

QUEENSWOOD HEIGHTS MUSIC FESTIVAL & FAMILY FUN DAY from 11 a.m. to 7 p.m. at Queenswood Ridge Park, 346 Kennedy Lane Est.

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, homemade treats and a variety of artisan goods.

THURSDAY, AUG. 24

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. 26

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.

FREE COMMUNITY BBQ hosted by the Greater Avalon

Community Association in Aquaview Park, 318 Aquaview Dr. Rain date is Aug. 27.

GENERAL NOTICE

OTTAWA'S MUSICA VIVA SINGERS (MVS) choir is in search of new voices for its Fall term. This community choir especially needs voices in the lower range of tenor and bass, but continues to welcome sopranos and altos. MVS is expertly led by Scott Richardson, the current music director at Orleans United Church. MVS meets every Monday evening at Centretown United Church, 507 Bank St. New singers are invited to try us for free on Sept. 11, and commit by the next rehearsal at a cost of \$110 for this term. For more information visit www.musica-viva.ca or email Marjorie at MusicaVivaMembership@gmail.com.

IN MEMORIAM



Cameron Taylor Kinsman, 18
Passed away on August 8, 2023

Jacqueline Taillefer, 87
Passed away on August 4, 2023

Gilbert Galipeau, 21
Passed away on August 2, 2023



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