

### IT'S BEEN NICE. BUT NOW I'M DEAD. (Or perhaps just really, really sick.)

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# Orléans Star

February 15, 2024 • Volume 39, No. 16





Orléans educator Patrice Hall-Johnson holds the citation she received for teaching excellence. FRED SHERWIN PHOTO

# Orléans educator receives Teaching Excellence Award

Next edition March 1

By Fred Sherwin The Orléans Star

Orléans kindergarten teacher Patrice Hall-Johnson was among 35 educators from across Canada who were recently bestowed with the Prime Minister's Award in Teaching Excellence Certificate of Achievement.

Hall-Johnson is currently teaching at Good Shepherd Catholic School in Blackburn Hamlet.

More than a kindergarten teacher, Hall-Johnson is a well-known leader in education both within the Ottawa Catholic School Board and beyond.

She is also a course developer and professor in the Faculty of Education at the University of Ottawa, and she teaches in the Early Childhood Education program at Algonquin College.

One of the keys to Hall-Johnson's success is elevating student voice by co-constructing play-based, kinesthetic and student-led learning.

"Kindergarten is the foundation and first school experience for many. Let's make it memorable and build positive attitudes around school and learning.," says Hall-Johnson, who has designed hands-on centres for kinesthetic learning while providing children the opportunity to express their learning in ways that suit their personality and preferences.

She also places a great deal of emphasis on diversity and inclusiveness.

Being a multi-racial educator, Hall-Johnson prides herself on creating safe and inclusive learning environments that are built on trust and respect. Students in her classroom are proud to be themselves, celebrate each other's differences and learn from each other's cultures

"Children learn best when they feel that they are in a comfortable and safe environment," says Hall-Johnson.

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### **COMMUNITY BRIEFS**

# February to end with pair of community winter festivals

ORLÉANS – Orléans residents will be able to close out the month of February with a pair of community winter festivals. The Queenswood Heights Community Association is holding their winter festival on Saturday, February 24. Originally scheduled for Jan. 27, the festival had to be postponed due to unseasonable weather. The festival will take place in Queenswood Ridge Park on Kennedy Lane East and feature sliding and snow-based games next to St. Helen's Anglican Church, face-painting with Lynne Art, snow carving and painting with Cara Vezina and a variety of activities on the outdoor rink including a precision shooting and faster skater contest as well as a hockey game against members of the Ottawa Police Service. The festivities will get underway at 1 p.m. Members of the public are encouraged to bring a non-perishable food item to be donated to the local food bank. Elsewhere, the Cardinal Creek Village Community Association is holding its Frost Fest on Sunday, Feb. 25 from 2 p.m. to 4 p.m. at Mantha Park on Famille-Laporte Avenue. There will be lots of fun winter activities as well as complimentary coffee and hot chocolate as long as supplies last.

### Orléans residents pack 1,128 shoeboxes for children in need

ORLÉANS – Orléans residents were able to pack 1,128 shoeboxes for children in need in Costa Rica as part of Operation Christmas Child, a project of Samaritan's Purse, a global Christian organization that takes its name from the Biblical story of the Good Samaritan. Nationwide, Canadians contributed 425,209 shoeboxes to the cause in 2023 – 154,229 of which came from Ontario. Each shoebox is filled with fun toys, school supplies, and personal care items. The shoeboxes filled by residents in Orléans were distributed to children in need in Costa Rica in December. Local residents can still pack shoeboxes for children in need by visiting www.PackaBox.ca.



Previous winners
Jan. 25 Georgette Leroux
Feb. 1 Lynne Bernard

### Orléans educator receives Teaching Excellence Award

Continued from page 1

"A part of building safe spaces includes building rapport with parents and families, and involving them in their child's learning journey."

Hall-Johnson is always developing new ways to strengthen ties with parents for the



greatest benefit of the children. She stays in constant contact and invites them to take part in the learning process either in class or online.

"I like to reinforce what the students are doing in the classroom with newsletters for the parents that gives them the resources to continue the education process at home."

And for those families who don't have a computer, the board provides them with a Chromebook so they are never left out or left behind

Outside of the classroom, Hall-Johnson is has written curriculum for both primary/junior and intermediate panels in the form of workshops, writing projects and professional development opportunities and she has created learning workshops and modules for educators, which support year round initiatives geared at celebrating black excellence and anti-black racism initiatives.

Probably the biggest ingredient to Hall-Johnson's continued success is the fact that she loves what she does and she is confident in the knowledge that she is making a difference with her students every single day.



### Meet-and-greet signals unofficial start to federal campaign

By Fred Sherwin The Orléans Star

While the official date of the next federal election is not until Oct. 20, 2025, the local campaign got off to it's unofficial start on Tuesday, Feb. 6, with a meet and greet hosted by the Orléans Conservative Riding Association for their candidate, Orléans East-Cumberland city councillor Matt Luloff.

About 150 people attended the event, where they were able to meet Luloff and listen to his first election speech. He began by dispelling any doubts anyone in the room might have had about his candidacy.

"Before we get into the meat and potatoes of what I'd like to say today, let's deal with the elephant in the room, shall we? And I hear this all the time: but Matt, aren't you a Liberal? You spent over a decade working for Liberals! You're just an opportunist just trying to become the MP and you are not a true blue Conservative like Pierre!

"Well, I am going to let you in on a little secret: the Liberal Party left me quite some time ago."

Luloff, who is a former member of the Armed Forces and a veteran of the Afghan War, went on to explain that although he

once supported the Liberal Party, he became disillusioned with them over their lack of support for the military.

"I left federal politics in 2018 to run municipally to serve my community at a more intimate level and to get away from the fact that a lot of what the Liberal government was doing did not sit right with me," Luloff explained.

"I realized that the Liberal Party did not represent my core values. I believe in the right to private property and the right to free speech and intellectual freedom. I believe in small, efficient government and the lowest level of taxation possible to ensure the core competencies of government are met.

"I am a Conservative. Without hyphens. Without qualification and without equivocation. And I am running to be your next Member of Parliament."

And Luloff is not the only former Liberal to run for the federal Conservatives. The late Royal Galipeau supported the Liberals all of his life before he was chosen to represent the Conservatives in the 2006 federal election and won. He was later reelected in 2008 and

for the Conservatives, Luloff listed his many accomplishments as a city councillor over the past five years.

Finally, he addressed the issue of his running to become a member of parliament while still fulfilling the duties of city councilllor.

There is nothing in the provincial Elections Act that prevents a city councillor from running for a higher office while still sitting on council. Orléans MPP Stephen Blais ran for the provincial legislature while sitting as a city councillor, and former Kanata North city councillor Jenna Sudds successfully ran for the Liberals in the 2021 federal election while serving on city council.

For the time being, Luloff plans to campaign in his spare time.

"Until the next election is called, my number one priority will be as the city councillor for Orléans East-Cumberland," says Luloff.

Whenever the next federal election is called, Luloff plans to go on unpaid leave while splitting his time between the campaign trail and his duties as a city councillor.

During his speech last Tuesday, he After explaining why he decided to run also pledged to focus his campaign on the



Matt Luloff holds up a campaign sign during his speech on Feb. 6. MICHAEL WILLEMS PHOTO

issues and not get involved in a clash of personalities.

"This is not going to be a dirty election. It should be about where we are now and where we are going as a country. It's not about attacking people," says Luloff



# A social scourge

Earlier this month, the United States Senate Judiciary Committee grilled the CEOs of social media giants Facebook, TikTok, Snapchat and X, formerly known as Twitter, about the impact their platforms are having on the health and safety of teenagers and children who use their apps.

In attendance at the hearing were kids and parents who said they or their children were exploited on social media. Some of the parents carried pictures of their children who had committed suicide after being bullied on the social media platforms.

When asked what they planned to do to make their apps more safe, the CEOs responded with empty statements about everything they have already done and are in the process of doing, which obviously is nowhere near enough. If they are going to do anything about it, they will have to be forced to do so through legislation or through the courts. Any legislation to pass south of the border requires both Republicans and Democrats to work together, which is highly improbable given the current political climate.

While the political divide is nowhere near as toxic here in Canada, the presence of any effective legislation to protect children and teens from harmful content on the various social media platforms is virtually non-existent. That said, they are at least studying the issue. The House of Commons ethics and privacy committee has been holding hearings on Parliament Hill aimed at formulating future legislation.

An online harms bill has been promised by the Liberal government for more than a year. Even so, Canada is lagging way behind the Europe Union, the United Kingdom and Australia, all of which have already passed legislation aimed at the big social media platforms.

The European Union Digital Services Act came into effect last summer. Among other things, it protects minors by prohibiting platforms from using targeted advertising based on the use of minors' personal data. Meanwhile, Australia has had an eSafety Commissioner to fight illegal online content and cyber-bullying since 2015.

There's nothing keeping the federal government from passing the same type of laws here in Canada. As the saying goes, if there's a will there's a way. All we need is the will, and not just the will to talk about it and ruminate, but the will to actually pass laws to protect children and teens.

The most effective way to force change is to allow the victims of the social media platforms to sue the social media companies themselves.

As hard as it is to believe, those companies are immune from lawsuits thanks to the existing legislation, which is the first thing Congress should appeal. In Canada, the social media giants are open to lawsuits. In fact, British Columbia is currently contemplating a class-action suit against social media companies for the social harms they cause. Here's hoping they go through with it and here's hoping the courts rule in their favour. Otherwise the scourge that is social media will continue to target and harm children and teens and more young lives will inevitably be lost.

- Fred Sherwin, editor

### Orléans Star



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### IF YOU CAN'T BEAT THEM, JOIN THEM

# Heart Seeker Dating

NAME: CUPID AGE: JUST A NUMBER;) MARITAL STATUS: SINGLE LIKES: ARCHERY, FLYING AROUND TOWN, CLOTHING OPTIONAL BEACHES PET PEEVES: JEALOUSY, CASUAL DATING, CANADIAN WINTERS

## Provincial Liberals push for sports tax credit for families

Queen's

Park

Corner

**Stephen Blais** 

Families in Orléans are continuing to face the challenges of the ongoing affordability crisis. The cost of groceries, the cost of housing, the cost to

heat our homes and other basic necessities has continued to spiral out of control, all while the Ford Government has sat on their hands.

As we approach Spring, many families are starting to plan for outdoor sports and summer programs. Whether it's on the soccer

pitch, baseball diamond or the gridiron, sports and recreation programming is an essential part of our community life and important for children's health and well-being.

Sadly, one of the consequences of the affordability crisis has been that many families in our community are struggling to afford the fees to sign their kids up for sports and extracurricular programs in our city.

Sports and recreation activities are not just important for the physical and mental wellbeing of our kids, but also for their social and academic development. Studies have shown that participation in sports and recreation can improve self-esteem, academic performance, and community engagement among youth.

In addition to the registration costs for the first instead of his buddies and friends.

programs, it's also the costs associated with purchasing new equipment and gear that adds further financial pressures on families.

This is why my colleagues and I in the Ontario Liberal caucus have been calling on the Ford government to create a new tax credit to help parents put their kids through sports and extracurricular activities.

As families are struggling to

keep up with the mortgage or rent, to put food on the table and pay the bills, we want to help avoid the need to cut expenses like kids sports simply to keep the family afloat.

As we know, the COVID-19 pandemic resulted in a major setback in youth's mental and physical health, and we should be doing everything possible to get them back on track, this includes the benefits of sport and extracurricular activities.

This is why I'll do everything I can to push the Ford government to implement this new tax credit to ensure families can continue to enroll their children in sports and recreation programs during these challenging times.

It's time for Doug Ford to put Ontario families

www.orleansstar.ca

### Labour shortage causing problems in retail and food sectors

Where have all the workers gone? That has become a common cry in both the retail and hospitality sectors of the economy since the end of the COVID pandemic. And the labour shortage is not just being felt in Canada. It's a problem in the United States, Australia and a number of other countries around the world.

And the labour shortage has extended to industries beyond the retail, food and hospitality sectors. There are reports of labour shortages in the manufacturing sector in many countries. I came across one story where a tomato processing plant had to discard of tons of tomatoes because they didn't have enough employees to process them before they became over-ripe. This in turn lead to a shortage in canned tomatoes and the cost went up.

Locally, I've heard a number of restaurant owners and small business people bemoan the fact that is has become increasingly difficult to find workers and even more difficult to find good ones. The problem is especially widespread among millennial.

Help wanted ads go unanswered and even when they do get a response the odds are 50-50 that the person is going to show up for their interview, or their first day of work.



I know of one retail store in Orléans who had four prospective employees lined up for interviews and none of them showed up. The owner got so desperate that they put up a portable roadside sign outside their business saying, "Job available for the first person who shows up." Which begs the question: where have all the workers gone?

And because there is a shortage in workers especially in the hospitality, food and retail sectors, the percentage of people quitting to seek greener pastures is also extremely high.

In fact, according to a paper published by the Organisation for Economic Co-operation and Development (OECD) the "quit rate" in the two years since the pandemic is significantly higher than it was in the years leading up to COVID, especially in the hospitality and food and retail sectors

The evidence shows that countries which have a high job vacancy rate also have a high quit rate as workers find jobs that pay more money and have better working conditions.

The situation is so bad that many business owners are reluctant to fire poor employees because they know it will take weeks to replace them, if at all, so they end up having to put up with a lot in order to keep even the worst employees on the job.

Most young people under the age of 25 treat their job as if it's a hobby. Finding a reliable employee who shows up to work on time and puts in a full shift has become nearly impossible. I've heard stories of employees calling in sick minutes before their shift, if they show up at all. They have a total lack of respect for the job or the people they are working for.

So I get back to the question: where has everyone gone? And where are all these young people getting the money to go out on the town or buy new clothes?

It can't just be because they are fewer young people to go around. The population of people under the age of 25 is just as high now as it was in 2019. And its too easy to blame

parents for spoiling their kids, although there is evidence that the shortage in rental units and the sharp increase in the cost of rent has meant that kids are choosing to live with their parents well into their 20s out of financial necessity. If that's the case, they should go out and get a job.

Unfortunately, that brings up another reality. Wage increases, especially the increase in the minimum wage has failed to keep up with the rate of inflation and rental rates in particular. The cost of living is such that it doesn't pay to take on a low-paying job in any of the sectors listed.

So what's the answer? Well that's a million dollar question. For now, there are no real answers and the situation is only going to get worse. As more seniors leave the workforce, the younger generation will move up the food chain, leaving even more vacancies in their wake as we continue to spiral downwards.

The only hope is that technology will fill the void. It's already happening in the retail sector where many companies are closing their storefronts and going online. But technology can't replace servers, or kitchen staff which means restaurants will continue to reduce their hours or close all together.









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### Orléans residents encouraged to join in solid waste consultations

**Orléans East-Cumberland** 

Matt

Luloff

I put a lot of importance on governments concentrating on and delivering results within their core competencies.

One of the most important services the City is responsible for is the administration of our solid waste system. There has been a great deal of debate on how to prolong the life of our landfills,

but simply burying our trash is neither a sustainable, nor a progressive idea.

During the infamous bag tag debate, I advocated for forward-looking, long-term solutions that leverage the best of technological advancements while respecting tax-payer dollars. Well, the time has come for public consultation and we really need your input. Please visit https://engage.ottawa.ca/solid-waste-master-plan to take a survey and register to participate in a virtual information session or an in-person open house. Here are a few dates to keep in mind:

- Thursday Feb. 29: Virtual information session: 7 pm to 9 pm
- Monday March 4: Ray Friel Rec Complex: 6:30 pm to 8:30 pm

• Wednesday March 6: Virtual information session: 7 pm to 9 pm

It is so important that we hear from you.

The worst-case scenario is that we collect feed-back from a limited group focused on a narrow list of solutions rather than a broad group focused on positive outcomes.

There exists incredible,

advanced technology that could make Ottawa a leader in waste management and sustainability without unnecessarily making life less affordable or convenient for everyone.

I believe we need to be open-minded to solutions that are working well around the world to reduce emissions, harness latent energy, and increase landfill diversion without increasing the burden on our everyday life.

It is incumbent on all levels of government to do what we can to reduce waste and environmental impact without driving up the cost of everything. Every effort should be made to ensure these solutions do not make life more difficult or expensive for those of us doing our best to leave behind a better place for our children.



# SUMMER SUMP GUIDE



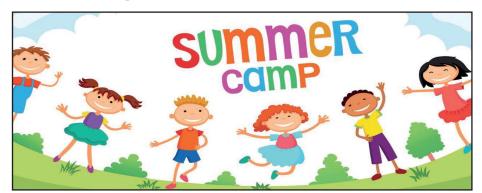
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### There are many benefits to sending your child to camp

to go to camp. Here is a partial list followed by expert advice:

- 1. Make new friends (the number one outcome cited by children who attend camp).
- 2. Learn new physical skills (arts and crafts, sports, swimming, waterskiing, archery).
- 3. Learn new social skills (communication, leadership, teamwork).
- Gain an appreciation of people's different abilities (we are all gifted in some way or another).
- Experience the feelings of love, safety, and security.
- Enjoy being a kid and clowning around.
- 7. Experience the freedom to make choices, decisions, and mistakes.
- Do chores without being paid (kids help to clean up after lunch and to keep the camp area clean).
- Have one outstanding teacher (we have lots of the non-academic kind here).
- 10. See positive adult role models in a fun environment.
- 11. Participate on teams.

- There are hundreds of reasons for kids 12. Experience a community where everyone is welcome regardless of race, creed or religion.
  - 13. Learn how to swim (many camps provide daily swimming opportunities).
  - 14. Receive praise for who they are and what they accomplish.
  - 15. Turn off the television for a week. (There are no TVs at most camps.)
  - 16. To gain leadership skills within a group of their peers.
  - 17. Experience things for the first time.
  - 18. Build confidence in all the things they can do.
  - 19. Feel comfortable being themselves. (All personalities are encouraged and celebrated at camp.)
  - 20. Learn to adjust to new environments, various social situations.
  - 21. Gain a greater sense of personal satisfaction, self-esteem, and leadership.
  - 22. Develop personal habits that lead to a healthy lifestyle.
  - 23. Discover and explore their interests, values and talents.
  - 24. Learn to adjust to new environments.
  - 25. Take responsibility for others and help
  - 26. Increase their problem-solving skills.



- 27. Meet a new circle of peers outside of their school friends.
- 28. Create life-long friendships.
- 29. Gain a greater sense of personal satisfaction and personal habits that lead to a healthy lifestyle.
- 30. Trust their own instincts and gain a sense of independence.
- 31. MOST IMPORTANTLY... to have fun.

A camp experience is without equal. Even those campers who have behavioural issues during the school year, difficulty concentrating, or who cannot relate well with their peers, are highly successful.

Camp is a place where strengths are reinforced and people recognize and accept

others who have varying abilities and talents. In so doing, each participant can applaud the efforts of their peers. Feeling that support, the young person is willing to attempt more complex and challenging activities without the fear of failure.

Camp is for every child regardless of talent and ability.

Each summer, it is evident by the smiles on their faces and the laughter we hear that campers are extremely happy in the camp environment. They learn to be self reliant, cooperative, understanding and sensitive. As part of a relatively small group they make friendships and establish bonds that will last a lifetime. And that, is what camp is all about.



### Leeming DanceWorks

Does your child love to dance and do crafts? Are you looking for a summer camp that will let your child's creativity soar? Then why not consider enrolling them in one of Leeming DanceWorks fun-filled summer camps?

The Summer Dance Camps are a day program for children ages 4 to 12 that incorporate Ballet, Jazz, Tap, and Hip Hop. No previous dance experience is required.

Each week-long camp is based on a different theme. There is the Disney Camp from July 8-12; Ken and Barbie Camp July 15-19; Under the Sea Camp from July 22-26; Broadway Bound Camp from July 29-Aug 2.

The camps will be a mix of dance lessons and activities including arts & crafts, and music appreciation that will be sure to ignite your child's inner creativity.

Every Friday at the end of each week-long camp, the kids will be treated to a pizza lunch. Afterwards, the campers will have an opportunity to put on a performance to show off their new skills and they will receive a certificate of completion.

The camps run Monday to Friday from 9 a.m. to 4 p.m. Before and after care is



also available at NO ADDITIONAL COST (8 a.m. to 9 a.m. and 4 p.m. to 5 p.m.)

The camps cost \$350 per week plus tax. Register before March 1st and save 10%!

For more information or to register online visit www.leemingdanceworks.com.

Leeming DanceWorks is located 1420 Youville Dr. Unit 9. You can contact them by phone at 613-830-5230 or by e-mailing info@leemingdanceworks.com.



### Club de gymnastique Les Sittelles



Après 41 ans, le Club de gymnastique Les Sittelles a plusieurs raisons de célébrer, notamment, nos racines dans la communauté francophone, ainsi que le dévouement et l'engagement de nos membres. Plus que tout, nous célébrons la réussite de nos athlètes, soit les centaines, voire milliers de personnes qui sont passées par le Club de gymnastique Les Sittelles et ont relevé des défis personnels.

En 1980, alors que les activités récréatives pour les familles de l'Est de l'Ontario étaient majoritairement en anglais, Marguerite Landriault, mère de 5 enfants, fonde le Club de gymnastique Les Sittelles. Tant de choses ont changé depuis les

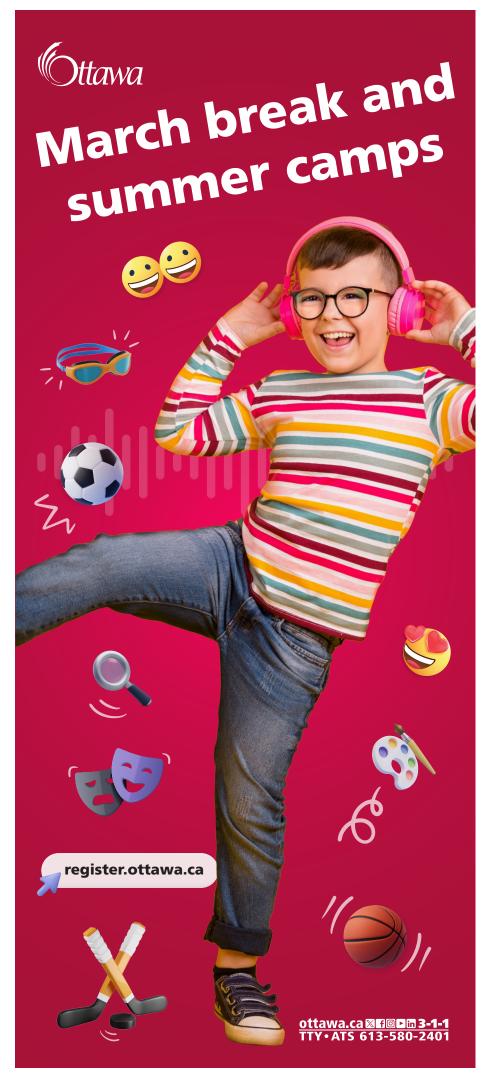
débuts des Sittelles, pourtant notre vision et nos objectifs demeurent solidement tissés au sein du développement des habiletés physiques et mentales des jeunes, notamment en promouvant la participation, l'esprit d'équipe, la discipline personnelle, ainsi que l'atteinte d'objectifs personnels, le tout dans un environnement complètement francophone.

Visitez notre site Web pour en apprendre davantage sur l'historique du seul club de gymnastique francophone de tout l'Ontario et sur nos différents programmes récréatifs et compétitifs de gymnastique artistique et de trampoline.









### Your child maybe eligible for Disability Tax Credit

If your child has learning or behavioural difficulties that affect them daily, you may be eligible for the Disability Tax Credit Government Refund. Many children meet the criteria, but parents are unaware that this credit is available to them. This credit is also available for adults that have difficulty completing everyday tasks.

Refunds can be generated in the thousands depending on individual circumstances.

Why choose Count Smart Inc. to advocate for you?

It's what we do! We assess each file in a confidential and respectful manner and have the experience to successfully navigate the application from start to finish. We have generated thousands of dollars in refunds for people who have not known this credit was available to them or their family members. Many people think the

eligibility is based on their annual income, however this is not the case.

There are no applicable fees unless you get a refund. We have more than 20 years of experience and our success rate is excellent. We are also a member of the Better Business Bureau in good standing.

For those that have the Disability Tax Credit already approved It is definitely worth having us review your previously approved application as we often find additional refunds that were never paid out.

Have you been denied for the Disability Tax Credit?

This is not uncommon. This is why we do what we do. Contact us at 613-832-1777 so that we can advocate for you! While we are based in Orléans, Ontario, we provide services across Canada.

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### Petrie Island Canoe Club

If your children love being outdoors, playing in the water, or are curious about paddling, you may want to consider enrolling them in one the of the Summer Camp programs being offered by the Petrie Island Canoe Club.

Petrie Island Canoe Club was established in 2016, and they now offer four paddling programs for children. No prior knowledge or experience is needed for any of Petrie's children's programs.

The Kiddie Canoe-Kayak summer camp is an eight-week long learn-to-paddle program geared toward girls and boys ages 4 to 8. The camp runs from July 2 to Aug. 23 and there are two different sessions to choose from. The first takes place on Mondays and Wednesdays from 10 am to noon, and the second is held on Tuesdays and Thursdays during the same hours. The registration fee is \$438.

The Canoe Kids Camp is a one-week

recreational camp geared for kids aged full-day camps.

Regatta Ready is a two-week long sprint canoe/kayak beginner camp for kids/youth ages 8 to 14. The cost is \$540 for a 9-day session, and \$600 for a 10-day session.

For children who could spend their whole summer at the beach and on the water, consider registering for Petrie's eight-week Sprint (Youth Racing) program, for ages eight and up, at only \$209/week.

### 7-12 who simply want to have supervised fun on the water. The camp is run by qualified coaches who prioritize safety and fun, while the children learn stand-up paddling, kayaking, dragon boating, and recreational canoeing. There are nine one-week sessions held between June 24 and Aug. 23. The cost is \$395 for the five-day weeks and \$315 for those weeks punctuated by Canada Day and the August long weekend. All participants MUST pass the "Swim to Survive" test in order to take part in the

### Ottawa School of Theatre

The Ottawa School of Theatre is thrilled to announce that their Summer Camp program will return in-studio this summer, where students and OST-ETO's professional instructors will build and present live performances.

The extra benefits of theatre study are countless! Self-confidence, public speaking, physical and spatial awareness, empathy, self-awareness, team building skills... and on and on! Theatre skills are a Super Vitamin for healthy humans! All camps will develop skills while working towards the presentation of a play in the beautiful Richcraft Theatre.





#### **SUMMER 2023 THEATRE CAMPS!**

We offer summer camps and teen intensives in English and French for students age 6 to 17 in the OST-ETO studio at the Shenkman Arts Centre, with the goal to provide summer theatre that is rewarding, enriching and challenging; and is focused on encouraging participation to help students try out new skills.

Each camp runs from 9 am to 4 pm Monday through Friday (except holidays), with pre-care available from 8-9 am and post-care from 4-5 pm. Camp plays are presented to families at 3 pm on Fridays.

For more information visit www.ost-eto.ca or call 613 580-2764 to leave a message.



### **HAVE A GREAT SUMMER** PADDLE WITH US!

With paddling programs for children 4 years and up, there's truly something for everyone- find out more at petriecanoe.ca, or join us on IG and FB @petriecanoe!





### **National Kids Camps**

For 39 years, National Kids Camps has been providing unique March Break and Summer Day Camps for kids across the Ottawa/Gatineau region.

This year, they will be providing bus transportation from Orléans to their amazing CAMP FORTUNE location nestled in beautiful Gatineau Park.

Prospective campers have the choice of six different camps: the Amazing Race Camp, Survivor Camp, Wilderness Adventure Camp and the Mountain Bike Camp along with a new camp – the Outbound Summer Camp.

Amazing Race Camp campers age eight to 14 will take part in a series of unique challenges. The campers will form teams and hike through Camp Fortune "traveling" through five countries in five days participating in different challenges and playing travel-themed games. The kids will also have time to swim in Meech Lake, go paddleboarding and play beach games.

Survivor Camp is limited to kids 6-12 years old who will be divided into four tribes and participate in building a shelter; hunt for hidden idols and take part in challenges to earn survivor badges. The camp will also include swimming and snorkeling at Meech Lake.

The Mountain Bike Camp is a fun-filled and exciting way of exploring the great outdoors while riding along a winding mountain trail through forests, up and over hills and across streams.

The new Outbound Summer Camp is designed to provide non-stop thrills and excitement for every camper through a combination of exhilarating activities such as ziplining through the tree tops, conquering the challenging aerial park and riding the Camp Fortune Mountain Coaster.

For more information, including pricing and scheduling, visit www.nationalkidscamps.com

### Ottawa School of Art **Creative Day Camps for March Break** and Summer!

OSA offers creative visual arts camps for March Break and summer!

### Let's get inspired!

Children ages 6-12 years, will work with a variety of materials and processes. Campers will find new ways of thinking and how to take their imagination into action.

Teens ages 13-15 years, focus on developing skills in classes that are specialized in their chosen media.

Lessons focus on different elements of art. Campers will learn how to apply these elements to best express themselves.

Visit artottawa.ca for more details and to register.

Downtown Campus | Byward Market 35 George Street Ottawa, ON K1N8W5 t: 613.241.7471 | info@artottawa.ca

### Camps de jour créatifs pour le congé de mars et l'été!

L'ÉAO propose des camps d'arts visuels créatifs pour le congé de mars et l'été!

### Préparez-vous à être inspirée!

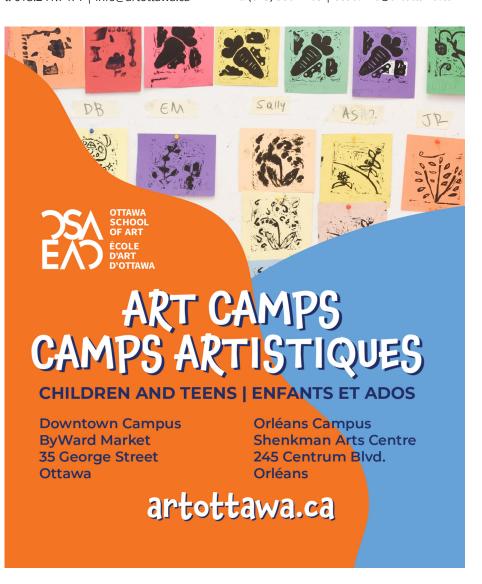
Les enfants de 6 à 12 ans travailleront avec une variété de matériaux et de procédés. Les campeurs découviront de nouvelles façons de penser et comment donner vie à leur imagination.

Les adolescents de 13 à 15 ans développement leurs habiletés dans des classes spécialisées selon le médium de leur choix. Les leçons porteront sur différents éléments fondamentaux en arts. Les campeurs apprendront à intégrer ces éléments de façons à mieux s'exprimer!

Visitez artottawa.ca pour plus de détails et pour vous inscrire!

Orléans campus | Centre des arts Shenkman 245 Centrum Blvd. Orléans, ON K1E 0A1 t: (613) 580-2765 | osao.info@artottawa.ca





### Sing House Studios

Sing House Studios is an Orléans-based performance arts studio that offers a variety of programs to provide their students with an amazing experience aimed at improving both their singing technique and at the ability to perform in front of others.

The Sing House Studios' team of trained professionals and local partners allows them to offer exceptional services and opportunities for all those who love music.

This summer Sing House Studios is offering a unique day camp experience with its bilingual Build-a-Star Camp. The series of week-long camps are for kids age 6-12 and each camp is limited to just eight participants to ensure personalized attention and fostering lasting connections.

The camp will feature vocal warm ups, singing techniques, group songs, choreography, karaoke, games and outdoor play.

Each camper will get to explore their creativity with songwriting tips, and

vibrant musical exercises that will spark their inspiration and unleash their artistic potential. They will also get to record a group song in the studio and shoot a music video.

Each camp will end with the campers showcasing what they have learned in a camper-organized mini show that will provide them with the ultimate karaoke experience.

The Song House Studio Build-a-Star summer camp is designed to allow each camper the chance to explore their love of music and singing in a non-judgemental, nurturing environment that will help build their confidence while having a ton of fun.

Each camp runs from 8:30 am to 4:30 pm, although early drop off and late pick up is available. The cost of the 5-day camp is \$499 and the 4-day camp is \$399. HST not included.

For more information visit their website at singhousestudios.ca/camp.



## A program to suit every skill level

Registration for Ottawa TFC's summer season is now open. Whether you're young or old, experienced or beginner, newby or veteran, the Ottawa TFC soccer club has a program for you.

Ottawa TFC is the premier soccer club in the Nation's capital and it's based right here in Orléans at the Millennium Sports Park on Trim Road.

Programs are offered in four streams: the Grassroots stream, which is their introductory program for kids born between 2016-2020; the Open/Recreation Program which is open to players from age nine to adult; the Competitive Program which is open to players from age 9 to 18; and the Academy Program which is Ottawa TFC's elite program for players age 9 to 17.

The Grassroots program is an introductory program for kids as young as four years old. It's designed to provide your child with the opportunity to learn the basic soccer skills and develop a love of the beautiful game and a sense of enjoyment.

The U9-U18 Open/Recreation program provides the opportunity for youth and

teens to play in a safe, fun and social environment. Ottawa TFC's coaches bring a fun approach to each session while teaching the basic principles of play in a challenging House League environment.

The Competitive Program is for players who want to take their game to the next level. To participate in the Competitive Program, players must first go through an evaluation process. The same is true for the Academy Program.

In order to register for any of the Ottawa TFC programs you must visit their website at ottawatfc.com.

Finally, Ottawa TFC is once again offering a series of Skills and Finishing Summer Camps open to all players age 9-14. The four and five day camps will run from 9:30 am to 12:30 pm at Millennium Park during the weeks of July 2-5; July 15-19 and August 12-16. Players will be grouped with others of similar ability and will include competitive and academy level players.

Detailed information included the ability to register for any of their programs can be found on the Ottawa TFC website.



### Long-time KofC member honoured at special ceremony

STAR STAFF –On Friday, Feb. 26, long-time Knights of Columbus member Paul Duford was honoured by the 7873 Divine Infant Knights of Columbus for meritorious service.

Duford has volunteered countless hours over the years in helping the organization in its fundraising efforts.

Of particular note, Duford has been a key volunteer in helping to put on the Knights of Columbus weekly bean supper. He also helps out at the church picnic, BBQs, breakfasts and in the lead up to Santa's Parade of Lights when he helps decorate the Knights of Columbus float.

His zeal for volunteering goes back to his earliest days living in Orléans and through the years he has been active

and through the years he has been active in coaching minor hockey.

Eighty-six years young, Duford can often be found shovelling the laneways of neighbours who are unable toi physically do it themselves, or cutting their lawn in the summer.

A die hard Ottawa Senators fans, Duford was presented with an Ottawa Senators jersey at the Feb. 26 ceremony with his name on the back.



Paul Duford proudly wears his Ottawa Senators Jersey as he is surrounded by fellow members of the 7873 Divine Infant Knights of Columbus on Feb. 26. PHOTO SUPPLIED

### 2023 Outstanding Youth Award recipient Justine Perrault

(Editor's note: Over the next several weeks the Orléans Star will be publishing the names and profiles of the 2023 Orléans Outstanding Youth Awards which were held on Jan. 4, 2024.)

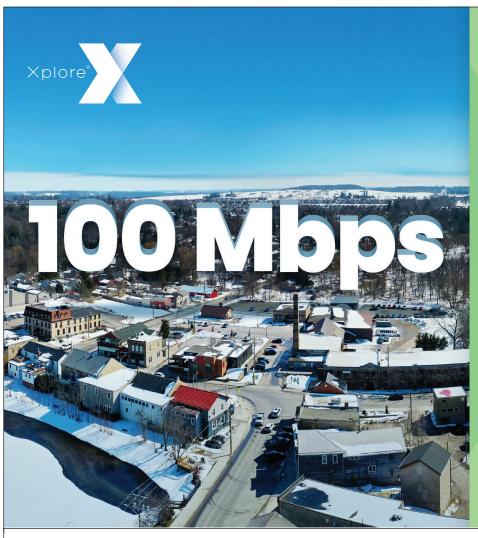
Justine Perrault is a Grade 12 student at École secondaire catholique Garneau where she

was elected student council president for 2023-2024. Last year, she brilliantly orchestrated events such as the Halloween haunted house, the Crush for Your Crush sale on Valentine's Day, and the Bunny Hunt at Easter. Justine's outstanding organizational skills and creative prowess shone through these endeavours. Her relentless efforts in creating and publishing mental health capsules during the summer of 2023 was meant to amplify student voices and empower them to address critical mental health issues. The project came to fruition with the capsule's release in October 2023. With an impressive 223 volunteer hours logged between October 2022 and September 2023, Justine's commitment to her community transcends her school involvement. Her academic achievements are equally commendable, maintaining a stellar 85% average in Grade 11 even with her many



**Justine Perrault** 

pursuits outside of school. For her achievements both inside the classroom and out, Justine Perrault has been selected as a recipient of this year's Orléans Outstanding Youth Awards.



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### Michael Willems Photo can provide all your photo-related needs

By Fred Sherwin The Orléans Star

There is a place in Orléans where photography and photographs are treated with a reverence that is a throwback to the pre-digital days when people used to take pictures with actual film, and prints were made in darkrooms.

Michael Willems Photo is located in the Place d'Orléans Shopping Centre next to The Bay. Its owners, Michael Willems and John Heitshu and the rest of the team are committed to providing a personalized service to their customers, which includes passport photos, portraits, customized printing, framing and photo restoration – and their prices are incredibly reasonable.

Willems is a photographer who used to work in the Greater Toronto Area. He moved to Orléans in 2019 and opened his studio in August that same year. He was still in the process of getting the business established when the COVID pandemic began in March and the province ordered all non-essential businesses to close their doors indefinitely.

Over the next two years, Willems rode a wave of closures and partial re-openings, during which he managed to keep up with the rent and other expenses. When he was finally able to reopen permanently, he counted on his existing customers to not only come back, but to spread the word to their friends and associates.

The secret to the studio's success is the sheer quality of their work. Customers who want prints made from existing photos on their smartphone often sit side-by-side with Willems as he crops and enhances their photo to end up with the best pictures possible.

The same applies to customers who have photos they need restored. Willems and the team can work miracles and make the impossible possible when it comes to photo restoration. No matter the damage, they can fix it so that the end product is close to perfection.

Another area of expertise is their passport photos. They take the best passport photos in town, hands down. No appointment is necessary and it takes just five minutes.

Last but by no means least, they print all photos up to 16x20 on site, often the same day, and your satisfaction is guaranteed. Larger size prints are made at a print shop that Willems has been using for years.



Michael Willems and John Heitshu are the co-owners of Michael Willems Photo in the Place D'Orléans Shopping Centre. FRED SHERWIN PHOTO

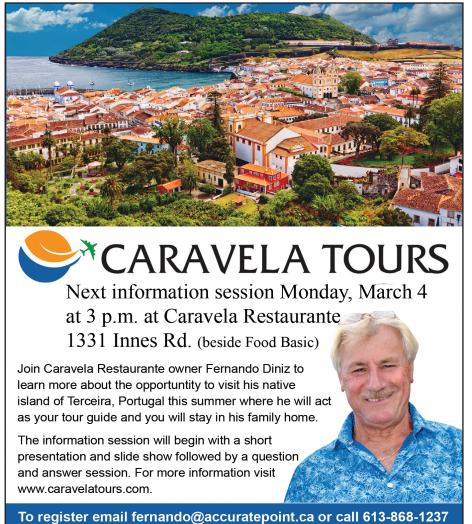
Willems also offers photography lessons with many years of experience teaching at Algonquin College, Sheridan College, Henrys and Vistek. Whether you are just a beginner or have been taking your own photos for years, Willems can help take

your picture-taking skills to the next level.

To find out everything Michael Willems Photo has to offer visit their website at michaelwillemsphoto.com, or simply drop by the studio in the Place d'Orléans Shopping Centre.



(beside the Bay on the first floor)





# CATHERINE Community S' Community Update



Happy New Year, Orléans South—Navan! As we find already find ourselves well into February, it's remarkable how much time flies when you're having fun. It feels like yesterday that the new term started, and it's already almost halfway over.

2024 is already off to a strong start. I've been actively engaging in discussions with various stakeholders, including the mayor's office, City managers, fellow councillors including my east-end and rural area colleagues, and City staff. Our conversations have centered on the exciting opportunities and challenges that lie ahead for our community (more on that below). One pressing issue that remains at the forefront is the rapid pace of development and the increasing transportation challenges we face. I remain committed to advocating for our community's needs and working towards viable solutions that consider your lived experience.

I'm pleased to share there are some positive updates regarding infrastructure and community development in ward 19 that were approved through the 2024 Budget that was passed in December. Thanks to continued advocacy, our community is set to receive significant investments in roads, parks, and pathways. With over \$17 million earmarked for road rehabilitation in our ward, including crucial sections of Frank Kenny and Innes, we're making strides in improving the condition

of our roads. Additionally, investments in new multi-use pathway links and bridge renewals will enhance connectivity and safety for pedestrians and cyclists.



I'm particularly thrilled to announce that the long-standing concerns regarding the Brian Coburn and Tenth Line intersection is being addressed in the city's 2024 Network Modification program. Residents can anticipate improvements aimed at enhancing safety and efficiency at this intersection. I've also secured the signalization of Innes and Lamarche years earlier than planned. Construction is anticipated to start on that much-needed intersection in late spring.

Accessible and efficient transit continues to be a priority of mine as we continue to see development outpace infrastructure throughout our community. I remain steadfast in my efforts to advocate for shuttle service from the underutilized Chapel Hill Park and Ride to Blair Station, as we await larger system changes with the arrival of Stage 2 LRT to Orléans.

Our local parks are also poised for a big year. Coming into the new term, one of my main focuses was seeing through the creation of the district park slated for the vacant land beside the François Dupuis Recreation Centre. There are substantial funds set aside for this year and next to advance construction. This project presents an exciting opportunity for community input and engagement, which I encourage you to participate in the upcoming consultations to help shape the future of this park. Details on engagement opportunities will be shared through my typical channels.

On public safety, I continue to engage with Ottawa Police Service (OPS) regarding the transition to a new District model. This shift aims to better resource suburban and rural areas like ours, addressing local issues such as speeding, dangerous driving, and auto theft. I'm encouraged by the conversations I'm having with OPS as they continue their work, which once implemented, will be a major change in policing not just in Orléans South—Navan, but across the city.

As the unpredictable winter weather continues, I want to recognize the remarkable dedication of our volunteers who brave the cold to maintain our outdoor rinks and trails. Their efforts provide invaluable spaces for our community to come together and enjoy the winter season. If you encounter these volunteers when you're out and about, please take a moment to thank them for their commitment and hard work. A special shoutout to Ski Heritage East, and all of our Ward 19 community associations (Navan, Sarsfield, Bradley Estates, Chapel Hill South and Greater Avalon).

Looking ahead, one event to anticipate this year is the Rural Summit—the first of its kind in 16 years. This community-led initiative will provide a platform to discuss a wide range of topics pertinent to our rural community's needs. I extend my gratitude to Ward 19 residents Glen Edwards and Caroline Etter for their invaluable contributions to the summit's planning.

Summit events will run throughout the year across the city, with a finale scheduled this fall. I look forward to seeing you there!



Finally, as Chair of Ottawa Public Health, I've been working hard both here and in Toronto, with my provincial counterparts, on advocating for increased mental health supports to address the growing homelessness and opioid crises. Collaboration with provincial decision-makers is crucial in addressing these complex challenges, and I've had productive discussions with other local public health units on what more can be done to tackle these issues.

While it's been a busy time at City Hall and in Ward 19, my office and I continue to meet with residents in person and virtually, going to community meetings, holding office hours, and attending local events. I'm forever grateful for your ongoing support and look forward to continuing to work together to make our already amazing community an even better place!



Ward 19 Orléans South-Navan | Quartier 19 Orléans-Sud-Navan | 613-580-2489 | Catherine.Kitts@ottawa.ca

### Local VanLife couple hits the road again

(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.)

I'm back! Did you miss me? I missed you too. Last time we chatted, Kevin and I were back in Ottawa for a bit enjoying our beautiful city.

We had a wonderful time traveling around the area, but it was time for us to move on. We started on this journey to explore Western Canada, so that is exactly what we are doing. Only it didn't go as planned and we had what I lovingly refer to as a "false start".

Let's go back to mid-January when Kevin and I were just about to set sail for Part 2 of our Canadian tour. I had finished my last day working as a veterinary assistant at the wonderful Orléans Veterinary Hospital, Kevin had finished his last day on set and we were people who knew we were back in packed and ready to go.

Ottawa were our moms, because there's

We had a lovely goodbye dinner with each of our respected families. It was bittersweet with a bit of sadness and a lot of excitement. That is until Kevin got an email from FedEx saying the brand new camera he purchased weeks ago was delayed (again) for delivery. It was set to arrive on Friday morning, the day after we were scheduled to leave.

Because our first stop was Kingston, Kevin's mom graciously offered to meet up halfway with the camera in Brockville, so we agreed. Little did we know that we would be right back in Ottawa on the Friday afternoon because we woke up to a broken water pipe under the bed!

We drove straight to a marine supply store to purchase the replacement filter piece and found out that it was the last one in stock. Lucky us! We patched up the pipe and reluctantly drove back to Ottawa in secret.

We were embarrassed to be returning so quickly after such dramatic goodbyes with friends and family. The only two people who knew we were back in Ottawa were our moms, because there's no one else you could trust more (am I right?).

In the end, we parked the van in my mother-in-law's driveway from Friday to Monday night because FedEx continued to delay the delivery of the camera.

It was infuriating to have to wait so long, but it was also nice to have a bonus weekend with family.

Tuesday morning we hit the road again and this time for real. We skipped Kingston and went to Owen Sound to visit Kevin's cousin Lee, who sold us the van from Ford in 2021.

It was so exciting to show him the project he helped us begin three years ago. He was incredibly supportive then and he was just as excited for us now. It was a full-circle moment and a great way to begin again. Next stop – Lake Superior Provincial Park!

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



Kevin and Tori wave from their converted camper van before setting off on Part 2 of their journey across Canada. PHOTO SUPPLIED



### Serving up quality, taste and freshness for more than 32 years

By Fred Sherwin The Orléans Star

It's been 32 years since River Pizza owner Georges AbouAssali first got into the pizza business. His sister had been running the original location in Cumberland Village for 10 years before she suddenly passed away in 1992. He then bought the business from his brother-in-law and continued to run it on his own.

In 2002, Georges opened his flagship location beside the Mr. Gas station at the corner of Innes Road and Mer Bleu Blvd.

"I had so many customers in Orléans who were ordering my pizza, it only made sense to open a place there so I could cover the whole community," explains Georges.

Sticking to the tried-and-true combination of quality, taste and freshness that made his Cumberland Village location so popular, Georges soon built up a loyal clientele that valued the homemade quality product that this family-owned business had to offer.

Being a small business owner trying to juggle your time between two locations can take a toll on a person over time. So after 22 years, Georges has decided to downsize by selling his original location in favour of balancing his time between the Orléans location and his family.

It's been a bittersweet couple of months for the family. After all, the dream started in Cumberland Village and if it wasn't for the support of the local residents, he never would have been able to branch out to Orléans. Even when he did open the second location, Georges made sure that Cumberland Village location continued to have the same high quality pizza they had been accustomed to.

After the challenges that River Pizza faced during the pandemic – like so many other small businesses experienced – it became increasingly difficult to hire and retain quality staff. It wasn't until this past fall when the new owners approached Georges and asked about buying the Cumberland Village location that he even considered selling.

"You know it was very difficult, but my girls are grown now and they have their own careers even though they are always ready and willing to help out. It's getting more and more difficult to find young dependable people who want to work so having the two locations has become too much. It just made sense to sell and focus on Orléans," says



Georges AbouAssali stands outside Orléans location at the corner of Innes and Mer Bleue. FRED SHERWIN PHOTO

Georges, who has received assurances from the new owners of the new Cumberland Village pizzeria to maintain the same high quality pizza that local residents have come to expect.

"The people in Cumberland have been so good to me and I'm sure they will continue to support the new guys." Moving forward,

Georges plans to continue to focus on serving up the best pizza in Orléans.

To make it even easier for customers to enjoy their favourite pizza, they can now order it online at **riverpizza.ca** along with other homemade specialties including appetizers subs, poutine, chicken wings, donairs, burgers and pasta dishes.



### **COMMUNITY BILLBOARD**

TAPROOM 260 presents Keener and their eclectic mix of high energy classic and alternative rock favourites live and in concert at 260 Centrum Blvd. in the Centrum Plaza starting at 8 p.m. For more information visit facebook.com/ Taproom260/events/.

### MONDAY, FEB. 19

FREE FAMILY SKATE - The Orléans PC Riding Association will be hosting its 2nd Annual Free Family Day Skate on from 2-4pm at the Ron Racette Arena at the Ray Friel Recreation Complex on Tenth Line Road, Free hot beverages served and prize giveaways too!

### WEDNESDAY, FEB. 21

THE ORLÉANS BREWING CO. presents Oyster Wednesdays

every Wednesday from 6-9 pm. The Orléans Brewing Co. is located at 4380 Innes Rd. near the Innes Road McDonalds.

### FRIDAY, FEB. 23

STRAY DOG BREWING CO. presents The Whiskey Ghost live in their taproom located at 501 Lacolle Way in the Taylor Creek Business Park. For more information visit facebook.com/ StrayDogBrewingCompany.

### SATURDAY, FEB. 24

THE QUEENSWOOD **HEIGHTS COMMUNITY ASSOCIATION** presents its annual Winter Festival from 1-4pm in Queenswood Ridge Park on Kennedy Lane East. Enjoy sliding, snow-based games, face-painting and a variety of activities on the outdoor rink.

### THE STRAY DOG **BREWING COMPANY** AND PANDAMONIUM

**PRODUCTIONS** present Nature Pleads Revenge, The Cosmic Crypt, Don't Tell Sarah and Under The Influence live in their taproom located at 501 Lacolle Way in the Taylor Creek Business Park. Tickets \$20 in advance through Eventbrite. For more information visit facebook.com/ StrayDogBrewingCompany.

### SUNDAY, FEB. 25

THE CARDINAL CREEK

VILLAGE COMMUNITY **ASSOCIATION** presents Frost Fest from 2 p.m. to 4 p.m. at Mantha Park on Famille-Laporte Avenue. There will be lots of fun winter activities as well as complimentary coffee and hot chocolate as long as supplies last.

### **IN MEMORIAM**



Terrence David LeBlanc, 71 Passed away on February 6, 2024

Françcois Cousineau, 90 Passed away on February 6, 2024

Pierre Aubin, 94 Passed away on February 2, 2024



www.heritagefh.ca/obituaries

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### All Seniors residents take part in Senior Games

By Fred Sherwin The Orléans Star

Residents at the Chapel Hill Retirement Community on Innes Road took part in the 15th annual All Seniors Care Senior Games last week in which gold medals were handed out in seven different events, Connect 4, Petanque, bean bag toss, Jeopardy, ladder golf, Bocce ball, and Cornhole.

The Senior Games were simultaneously held at 28 All Seniors Care residences across Canada between Feb. 5 and Feb. 9, including the Chapel Hill Retirement Community.

The action was hot and heavy during the five days of competition as most of the events were highly competitive.

You could cut the tension with a knife during the Connect 4 gold medal match between Denyse Kelly and Edith Everett as both women took turns strategically placing their rings in the upright game board to try and gain an advantage over the other.

In the end, it was Everett who emerged victorious and Kelly was the first person to congratulate her.

Ms. Everett actually holds the distinction of being the only Chapel Hill resident to win a national gold medal.

In 2020, she achieved the highest score in petanque among the competitors at all 28 All Seniors Care residences in Canada.

Everett, also placed third in both Bocce ball and ladder golf at Chapel Hill. The latter event was won by her husband David.

Interesting enough the eight of the seven events contested were win by different people. The only double event winner as Norma S. who win the assisted living ladder golf and petanque.

This year's Senior Games participants were divided into two groups – those in the Independent Living suites and those in Assisted Living. The Assisted Living residents participated in just three of the seven events.

The top three participants in each event are as follows:

2nd - Ena H. 3rd - Edith E.

Connect 4 1st - Edith E. 2nd - Denyse K. 3rd - Nashila M.

**Assisted Living** 

Ladder Golf 1st - Norma S. 2nd - Barbara H. 3rd - Gabby C.

Petanque 1st - Norma S. 2nd - Isabella B. 3rd - Gabby C.

Bean Bag Toss 1st - Elizabeth C. 2nd - Gabby C. 3rd - Norma S.

Chapel Hill Retirement Community resident Denyse Kelly looks on intently as her opponent in the Connect 4 gold medal match, Edith Everett, places a ring in the board. FRED SHERWIN PHOTO

### **Independent Living**

Bean Bag Toss 1st - Michael H. 2nd - Ermes M.

3rd - Helene R.

Petanque 1st - Doris M. 2nd - Blanche L. 3rd - David E.

Ladder Golf 1st - David E. 2nd - Ermes M. 3rd - Edith E.

Cornhole 1st - Ermes M. 2nd - Blanche L. 3rd - David E.

Bocce Ball 1st - Michael C.



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