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THE Orléans Star

February 16, 2023 • Volume 37, No. 20

Next edition March 2

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A pair of youngsters are surrounded by a soap bubble during a demonstration at this year's Fête Frissons celebration at the Shenkman Arts Centre. FRED SHERWIN PHOTO

Council to stick to 2.5% tax increase

By Fred Sherwin
The Orléans Star

The City of Ottawa is midway through its budget consultations, and although city councillors are getting plenty of advice from their constituents on where they should be spending their tax dollars, it's becoming clear that nothing will budge them off their commitment to stick to a 2.5 per cent tax increase.

A number of city councillors made a 2.5 per cent tax increase a cornerstone of their platform in the recent municipal election, including local city councillors Laura Dudas, Catherine Kitts and Matt Luloff. But more significantly, newly elected mayor Mark Sutcliffe made a 2.5 tax increase a line he wouldn't cross.

That ceiling formed the basis of the City's draft operating and capital budgets crafted by senior staff and tabled during a special council meeting on Feb. 1.

The draft budget also includes a freeze in transit fare fees, which the mayor promised during the campaign, but fails to deliver on another of his campaign promises – reducing youth recreational program fees by 10 per cent, although Sutcliffe insists the cut will be included in the final document. But just how or where the estimated \$500,000 in lost revenue will be made up has to be determined.

Assuming council will stick to a 2.5 per cent tax increase, a home with an average market value of

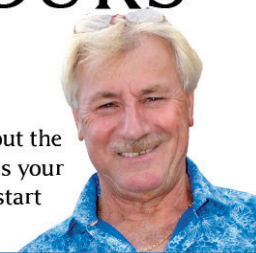
CONTINUED ON PAGE 2 ►



CARAVELA TOURS

Information night
Monday Feb. 20, 2023

Join Caravela Restaurante owner Fernando Diniz to learn more about the opportunity to visit his native island of Terceira where he will act as your tour guide and you will stay in his family home. The evening will start at 6 p.m. with a short presentation followed by a Q&A session.



To register please contact Fernando at fernando@accuratepoint.ca

Public budget consultation meetings begin in earnest

Continued from page 1

\$415,000 can expect to pay an additional \$104 in 2023, while rural ratepayers will pay an extra \$85.

In addition, water and sewer rates will be going up again in 2023, which will increase the average water and sewer and bill in Ottawa by \$34 on an annual basis.

Keep in mind the municipal portion makes up 85 per cent of your property tax bill. The remaining 15 per cent is the education portion of the bill which is set by the provincial government. For 2023, the tax rate for school purposes for residential property has been set at 0.153 per cent of the assessed value of the property. So for a home with an average assessed market value of \$415,000, the education portion of the property tax bill will be \$635.

The urban portion of your tax bill is made up of four different rates for police services, fire services, a transit levy and a conservation authority levy. In 2022, the combined tax rates totaled 0.991565 per cent. When you include the education rate, the total urban property tax rate in Ottawa in 2022 was 1.144565, which for a home with an average assessed market value of \$415,000 equated to \$4,750. Added to that is the fixed solid waste management levy of \$118,

bringing the total tax bill to \$4,868.

For 2023, the combined tax rate will go up to 1.144565, while the solid waste fee is being increased from \$118 per household to \$130, making for a total property tax bill of \$4,972.

In order to limit the property tax increase to 2.5 per cent, staff had to find \$55 million in cost-saving efficiencies.

For instance, they plan to reduce OC Transpo maintenance costs by \$2.2 million by getting rid of 117 aging buses.

The lion's share of the savings will come from something called a transit capital program alignment which will provide \$42.7 million in savings. Those savings could quickly disappear, however, if the city is unable to get \$53 million from the province to make up for lost revenues resulting from a loss of ridership stemming from the pandemic.

If the City doesn't get the full \$53 million from the province, staff is suggesting the money can be transferred from existing reserves.

Despite all the cost-saving measures, the budget still contains a bevy of capital projects as well as spending for 29 additional police officers and 14 new paramedics.

Specific to the east end, the budget will provide funding to design the widening of Mer Bleue Road between Decoeur Drive and



East end city councillors Tim Tierney, Catherine Kitts and Laura Dudas listen to constituents during the public budget consultation at Place d'Orléans on Saturday. Matt Luloff was also present but isn't in the picture
FRED SHERWIN PHOTO

Renaud Road (funding for the actual work is expected to be forthcoming in future budgets), \$1.3 million to expand the playground at Notre Dame des Champs Park, \$460,000 to modify the entrance ramp to the Navan

Memorial Centre, \$400,000 to upgrade pool change rooms for accessibility at the Ray Friel Recreation Complex and \$100,000 to upgrade Des Pionniers Park with an accessible play structure.

Celebrate 2023 International Women's Day with us!

Join us for a delicious networking lunch sponsored by Forest Valley Terrace and listen to an insightful presentation from Alyson Graham, Public Education Coordinator at The Dementia Society! Learn about how Alzheimer's disease can effect women and what you can do to help.

Wednesday, March 8th // 12:00-1:30 pm
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**FOREST VALLEY
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Murder victim will be deeply missed by family, friends and clients

By Fred Sherwin
The Orléans Star

Judging by the outpouring of condolences that have inundated his Facebook page, Kyle Andrades was a kind-hearted, hard-working entrepreneur who enjoyed life to the fullest and was much beloved by his friends and clients, many of whom ended up being his friend.

That much you can tell by the posts that have been left on his Facebook page since he was tragically killed in the early morning on Tuesday, Feb. 7, during an after hours gathering that went terribly wrong.

Andrades, 35, was successful physiotherapist who owned his own business, Get Physical Physiotherapy on Shefford Road, which he started in 2011 after graduating that same year with a Master's degree in physiotherapy.

He was a regular customer at the Royal Oak on St. Joseph Blvd., where a number of fellow regulars and staff held an impromptu celebration of his life.

Royal Oak managed Sally Quinn remembers Andrades as a gentle soul who loved to have fun with his friends.

"He was a such a great guy who made friends with everyone he met. He was a gentle man who would never hurt a soul and whose purpose in his work and passion was to help people," Quinn wrote on the Royal Oak's Facebook page.

Andrades also made regular stops at Connors Irish Pub where they too honoured his memory.

"Kyle, you were a great man and a better friend than most of us deserve. You'll forever be in my thoughts," wrote owner Connor Heffernan.

Charles Gauthier's post is typical of the sentiments left on the Get Physical Facebook page. "Kyle was first and farthest my friend. He helped me through much pain and gave me back quality of life. We have shared many laughs and perhaps a few drinks. I would laugh at his love of the Nordiques and he would laugh at my liking of John Denver songs. Kyle, I have great memories of our time shared and will carry those memories in my thoughts and in my heart.. You will be missed dearly my friend.. RIP Kyle."

Lemlem Luulay wrote, "What heart-

breaking news. My deepest condolences to his family and friends. He was (an) amazing person, very humble, always happy with good smiles and helped everyone."

But the most poignant epitaph was left by Andrades' mother Martine who wrote on his the Get Physical Facebook page immediately after his death was made public.

"It is with a heavy heart that I share with you the devastating news of Kyle Andrades' unexpected passing.

"Kyle's generosity and kindness has touched many in the community. He has healed, helped and supported number of people, through his work as physiotherapist and beyond. But most importantly, Kyle possessed the incredible gift of making everyone feel at home.

"Kyle's integrity and passion for his work were inspiring. He gave hope to those in pain, and his love for life and upbeat demeanor most definitely contributed to the quality of his care."

Andrades was single and had no children of his own. He leaves behind his mother Martine, two brothers and his father Oscar who asked the question everyone who knew



Kyle Andrades

him is hoping to find an answer to – "Why did they hurt him? He was always there to help people. He was such a nice person."

Antoine Richemond, 33, Nicolas Bergeret, 36, and George Dacosta, 46, are all facing murder charges in connection with Andrades' death.

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Same old, same old

There's an old saying that the more things change, the more they stay the same. Those words couldn't be more true in describing the way the city is run in general and the city budget process in particular.

Under the old regime led by former mayor Jim Watson, the budget process was a pretty simple affair. He established what the tax increase would be from year to year and staff went about the business of creating a budget to suit that increase without creating too many waves among city councillors. What that usually entailed was given each councillor just enough in terms of projects and spending to keep them quiet.

There was very little, if any, dissent and what little there was usually came out of the more socially progressive councillors who constantly wanted the city to spend more on social programs. It was neat and tidy and kept everyone happy, or at least satisfied with the eventual outcome, which for most residents was a tax increase they could live with.

Being as neat and tidy as the annual budget process was under Watson, it meant that there was very little wiggle room for other options, or even suggestions that money should be spent in other areas or for initiatives not contained in the already contrived document. One way Watson did this was by establishing a rule that if anybody wanted to fund a particular project or initiative that wasn't already in the budget, they had to find savings of an equal amount elsewhere. Needless to say, there weren't a lot of additions.

With the past in mind, there was an expectation – or if not an expectation, at least a hope – that things might change under a new mayor and reconfigured council with 11 new members. Alas, as much as things have changed, they have apparently remained the same.

The budget process began with a pre-established tax increase as promised by the mayor during the election campaign and agreed to by the new council. Staff then went about the business of creating a budget with very little input from the people who were elected to not only manage the city's purse strings, but provide the services their constituents desired.

And now we have a public consultation process for a budget that is already set in stone. If it sounds familiar, it is, because that has been the *modus operandi* of this city for the past 12 years. So much for change.

Wasn't the election a public consultation process? In fact, for the people who have been there, wasn't the past four years a public consultation process? It should have been if they were listening.

To say the city's budget process is ass backwards (pardon my English) is a massive understatement. For now, I'm willing to chalk it up to the fact that the newbies on council have barely had time to find out where the executive bathrooms are located.

We can only hope that with a year under their belts, this new city council will do things differently next year and then things will really take a turn for the better rather than remain the same.

– Fred Sherwin, editor

THE Orléans Star



Fred Sherwin
Owner and publisher

Jody Maffett
Editor

The Orléans Star is a bi-weekly publication distributed to over 40,000 residences in Blackburn Hamlet, Orléans and Navan. The newspaper is locally owned and operated by Sherwin Publishing Inc., 745 Farmbrook Cres., Orléans, ON. Inquiries and delivery issues should be sent to info@orleansstar.ca.

CHINESE SPY BALLOON REPORTEDLY IN CANADIAN AIRSPACE FOR THREE DAYS



FOR
SOME REASON
I THOUGHT THEY
HAD BETTER
TECHNOLOGY
THAN THAT.



It's time for the provincial legislature to get back to work

As the Family Day long weekend approaches, the Legislative Assembly of Ontario is set to resume its Spring session on Feb. 21. I would like to provide an overview of some of the pressing issues faced by our province since the legislative session ended in December 2022.

As you know, it has been a challenging time for our province's healthcare workers as they continue to navigate the ongoing crisis in our hospitals.

Instead of making the proper investments to fix Ontario's healthcare, Premier Ford continues to hurt our healthcare system by starving it of the necessary funding to provide the level of service and support we expect.

I have written numerous letters to the Minister of Health, including one on finding solutions to recruit more family doctors in Orléans.

The advocacy work does not stop here, as I will be pressing the government in the Legislature and working with my colleagues to call attention to the needs and gaps in the system.

Another major update since the Legislature rose in December is that the Financial Accountability Office of Ontario (FAO), an independent watchdog on the state of the province's finances, released their Budget Outlook for 2023. This report revealed that the Ford government is still under-spending on health and education, and are underestimating what they receive from corporate taxes. The government's deficit projection of \$12.9B for 2022-23 is off by a staggering \$10.4B.

The FAO's work shows, once again, that the government is not giving Ontarians a realistic picture of our financial situation, and we're seeing the devastating results of that every day in our hospitals and in our schools.

I look forward to going back to Queen's Park following the Family Day long weekend and continuing to advocate the voices of Orléans residents in the Legislature.

I would like to end by wishing each and every resident of Orléans a happy and relaxing Family Day long weekend spent with your loved ones.



**Queen's
Park
Corner**

Stephen Blais

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Auditor General's reports outlines egregious dereliction of duty

City of Ottawa Auditor General Nathalie Gougeon released her highly anticipated reports on the city's response to last winter's Freedom Convoy occupation of Ottawa and they paint a pretty ugly picture of how the situation was handled by both the Ottawa Police Service (OPS) and the Police Services Board.

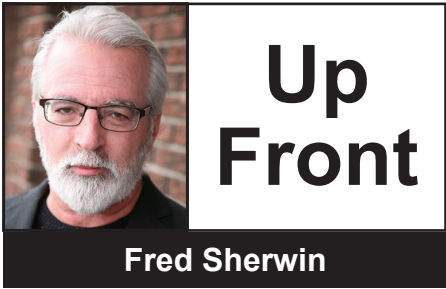
To begin with, former police chief Peter Sloly completely ignored proper procedures in failing to keep City officials informed of the risks the convoy posed in the days leading up to the occupation.

In particular, Sloly and the OPS failed to communicate with the City's Office of Emergency Management which is responsible for the city's Emergency Management Program that ensures that essential services aren't interrupted during a crisis.

The OPS also failed to consult with the city's traffic experts in preparing a traffic management plan which it also failed to share with city officials.

Both oversights run contrary to the Ontario Police Services Act, which governs how the police must operate in cooperation with the municipality.

In short, it was a complete dereliction of duty.



Sloly, who stepped down under a firestorm of criticism midway through the occupation, blamed his own failure on not being properly informed of the scope and potential risks associated with the convoy even though the intelligence reports existed within the OPS.

During the Public Order Emergency Commission hearings, which were conducted independently of the Auditor General's investigation, Sloly threw his deputies under the bus, saying that they went rogue during the earlier stages of the occupation and often made decisions without consulting him. He also blamed the RCMP for not providing adequate intelligence on the convoy as it traveled across the country before eventually arriving in Ottawa. He basically blamed everyone except himself for the failures in not dealing with the

Freedom Convoy's occupation of the city. In her report on how the OPS handled the protest, Gougeon lays a large portion of the blame squarely at Sloly's feet.

But the blame doesn't end with the former police chief or the OPS in general, Gougeon also singles out the Police Services Board and former board chair Diane Deans in particular for going rogue on city council and making decisions independently of elected officials whose jobs are to provide oversight to the board and its decisions.

In her report on how the Police Services Board handled the protest, Gougeon writes that Deans demonstrated a complete lack of understanding of the Ontario Police Services Act, which not only lays out how the police must work hand-in-hand with the municipality, but also how Police Services Boards must operate.

Gougeon takes exception with how Deans acted entirely on her own in hiring a replacement for Sloly, in direct contravention of the Police Services Act, which stipulates that at least two members undertake board responsibilities.

Even more baffling is the fact that the executive director of the board, Krista Ferraro, who is paid to oversee the board's

actions, turned a blind eye to what Deans' was doing either out of a lack of knowledge of the Act, or indifference. Both are equally as bad.

The whole thing was a total farce and Gougeon's reports make that perfectly clear. So now what? Most of the people who responsible are gone now, including Sloly, Deans, our illustrious former mayor and former city manager Steve Kanellakos.

Sloly and Kanellakos made off like bandits, receiving their full severance.

No one has been held accountable and they never will be. All we can hope for is that things will be done differently next time. And if you believe that, then you probably believe in the Tooth Fairy, the Easter Bunny and Santa Claus.

What's more likely to happen is that Gougeon's reports will result in a lot of promises to fix things and ensure it will never happen again.

That said, in the short term there will be some improvement, but we will ultimately be doomed to have the same mistakes happen again and again because if there is one truism in life, it's that public officials never learn anything. The names may change, but the results never do.

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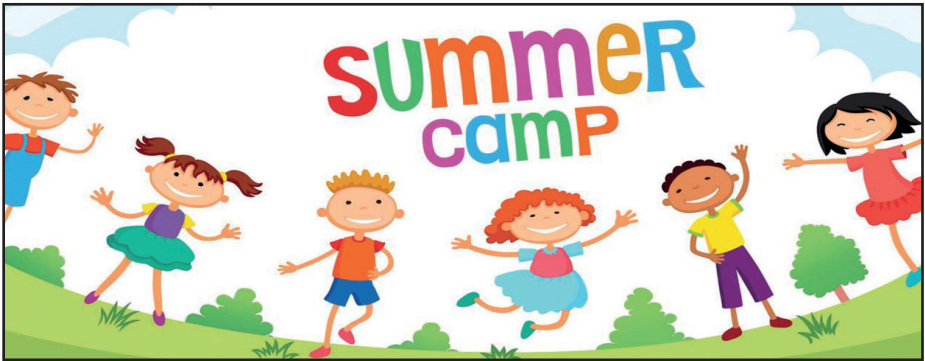


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There are many benefits to sending your child to camp

There are hundreds of reasons for kids 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).
4. Gain an appreciation of people's different abilities (we are all gifted in some way or another).
5. Experience the feelings of love, safety, and security.
6. Enjoy being a kid and clowning around.
7. Experience the freedom to make choices, decisions, and mistakes.
8. Do chores without being paid (kids help to clean up after lunch and to keep the camp area clean).
9. 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.
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 out.
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.

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The Summer Dance Camps are a day program for children ages 4 to 10 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 Under the Sea Camp from July 3-7; the Disney+ Camp from July 10-14; the Safari Camp from July 17-21; and Camp Encanto inspired by the popular Disney movie from July 24-28.

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 cost \$300 per week. There is a 5% discount for additional weeks and/or additional family members. Before and after care can also be provided at a nominal fee.

For more information visit <https://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.



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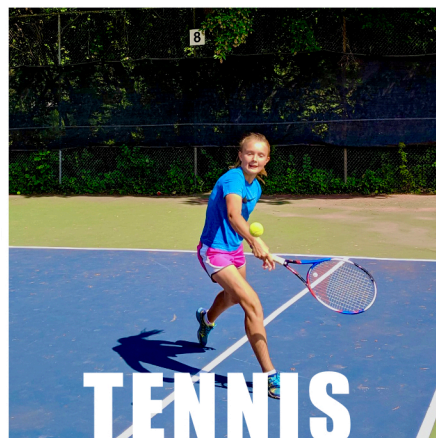


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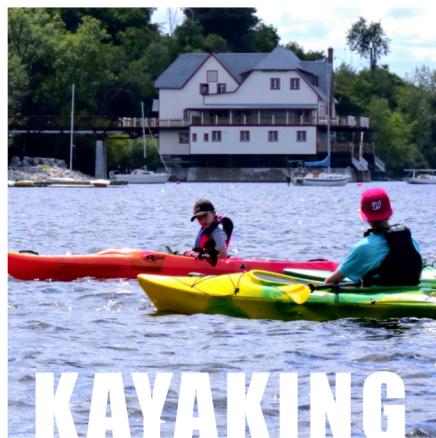
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Are you 12 to 18 years old and want to try something new this summer? Why not spend time on the water, travel, learn new skills and challenge yourself to reach new heights sailing a tall ship!

Aboard the 110-foot Fair Jeanne, youth 14-18 can choose between five different sailing adventures including the St. Lawrence River and the Gulf of St. Lawrence. Youth 12-14 can sail on board the Black Jack and explore the St. Lawrence River in a 5 day, 4 night adventure on the Ottawa River.

Once you step aboard, the ship's company is divided into smaller watch groups, a new set of friends with whom you will learn the ropes, sleep, cook and yes...even clean a bit. You might find yourself 30-feet in the air unfurling sails, learning how to navigate the ship at the helm with the Captain, or take a break reading on deck under the setting sun.

But don't worry, it's not all work; we take shore excursions, swim from the ship, play tall ships Olympics and make memorable experiences happen.

Bytown Brigantine Tall Ships Adventure inspires leadership, good citizenship and lifelong friendships sailing tall ships! So put the cell phone aside for a few days (don't worry, you can have it on shore leave) and step aboard for the adventure of a lifetime.



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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 camps in English and French for students ages 6 to 15 in the OST-ETO studio at the Shenkman Arts Centre, with the goal to provide summer theatre that is rewarding, enriching and challenging; that is focused on encouraging participation and that helps students try out new skills.

Each camp runs from 9 am to 4 pm Monday through Friday (except holidays), with



pre-care available 8-9 am and post-care 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.



The poster features a vibrant design with a purple and blue background, white daisies, and a photo of children. It includes the Ottawa School of Theatre logo and the website www.ost-eto.ca.

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Camps de théâtre en studio
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Ottawa School of Art

Creative Day Camps for Summer Break!

OSA has curated quality visual arts camps for this summer! These summer camps are opportunities for children and teens to explore their creativity. Our campers will embark on an exciting journey taught by local professional artists!

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 information.

Camps de jour créatifs pour la saison estivale !

L'ÉAO a organisé une série de camps de qualité en arts visuels pour cet été! Ces camps d'été sont une occasion en or pour les enfants et adolescents d'explorer leur créativité. Nos campeurs ce joindront à une aventure des plus stimulantes, guidés par des artistes professionnels de la région.

Préparez-vous à être inspirée !

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

Les adolescents de 13 à 15 ans développeront 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.

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

Orléans campus | Centre des arts Shenkman
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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.

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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 15 years of experience and our success rate is excellent.

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.

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 in 2015-2019; the Open/Recreation Program which is open to players from age nine to adult; the Competitive Program which is open to players from age nine to adult; 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, focusing on learning by building a larger repertoire of soccer movements and 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 to assess their skill level. The same is true for the Academy Program.

In order to register for any of the Ottawa TFC programs, including the evaluation sessions for the Competitive and Academy Programs you must visit their website at ottawatfc.com.

Finally, Ottawa TFC will once again be offering a series of summer camps for High Performance, Competitive and Academy players. The week-long camps provide additional skills development in a series of half-day sessions. Detailed information and registration will be provided on the website in the coming weeks.

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Superdome Sports Centre to hold multi-sport camps this summer

By Fred Sherwin
The Orléans Star

TMSI Sports Management, which operates the Superdome Sports Centre at the Hornets Nest in Blackburn Hamlet, is bringing their highly successful multi-sport camps from the west end to the east end this summer.

TMSI has held other summer camps in the past at the Thunderbird Sports Centre in the west end. The multi-sport camps at the Superdome Sports Centre will be set up much the same way. Each week-long multi-sport camp, which will be held between July 3 and August 11, will include a taste of everything – soccer, basketball, volleyball, dodgeball, golf, touch football and water games – so kids are guaranteed to stay active throughout the day and week.

The camps are designed for children aged 6 to 12 and run from 9 a.m. to 4 p.m., however, pre- and post-care is available from 8 a.m. to 5 p.m. at no extra cost – IT'S INCLUDED IN THE PRICE – as are the daily peanut-free lunches.

TMSI has been operating multi-sport summer camps for more than 10 years.

Each summer camp is staffed by counselors at a ratio of one counselor for every 10 campers. They are all properly trained and certified to provide the summer campers with activities that will help them learn new physical skills while at the same time developing their social skills in a fun, safe and inclusive environment.

TMSI summer camps are designed to help develop self-confidence, leadership, teamwork and a sense of accomplishment.

The activities are broken up into 30-minute blocks with a 45-minute mid-day break for lunch, which is made up of a sandwich or wrap, a juice box, fresh fruit and a snack.

There is also a special pizza lunch on the last day of each week-long camp.

The activities will take place both inside and outside the dome, which means that the activities are not weather-dependent. The climate-controlled dome maintains a comfortable environment for all the camp activities if the weather outside should ever turn for the worse.

To find out more about the TMSI multi-sport camps at the Superdome Sports Centre visit superdome.ca or call 613-590-6060.



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(The following advertorial is sponsored content provided by Riverstone Retirement Communities.)

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You'll awake in your elegant and vibrant private suite and make your way downstairs, where you can enjoy a morning beverage in the sunroom or head to the light-filled dining room, where you can have your choice of a healthy and delicious meal, served by our lovely staff.

The day is yours

After chatting with your neighbours, you may opt for some morning exercise like yoga, dance, or an aquafitness class in our saltwater fitness pool. You'll always find something you like because our activities are planned based on popularity and feedback from our residents.

What a beautiful day

Now you're all warmed up for an outing. Go for a brisk walk in a nearby park with

your walking group, or take a solo stroll around the gardens and see what's growing.

Mid-day

How about a little lunch? A gourmet panini and salad, or is it a hot soup kind of day? Always assorted options for you to choose from!

The afternoon awaits!

If you don't end up curled up with a good book for the afternoon in the peace of your private suite, why not see what mind-stimulating pursuits people are up to in the activities room? Painting, bingo, learning to knit — or something completely new and exciting. We even have day trips to join in and see all that the Ottawa Area has to offer.

Dine in style

As the afternoon turns into evening, join others for hors d'oeuvres and live entertainment, then sit down for a chef prepared dinner at the time that works best for you. Unable to travel? Our chefs will have you travelling the world through themed dinners. Tonight you're in France celebrating Springtime in Paris. Tomorrow you'll be back in Canada with maple smoked salmon and baby potatoes.

Sit back and enjoy

Evenings are for relaxing. You might be listening to a guest speaker's presentation



on their travels to Bolivia, watching a classic movie in the theatre, or singing your favourite songs around the piano. Or if it's been a full day, maybe you'll just enjoy a video call with family back in your warm comfortable suite.

Every day at Willowbend can be as simple or as exciting as you make it. Enjoy our engaging programming with the companionship of like-minded people in our vibrant community.

Choosing a retirement residence is a big decision. We're here to assist you and

your family think through your potential future needs, whether Independent Living, Assisted Living or Memory Care. We would love to show you everything Retirement Living at Willowbend has to offer.

Take advantage of our special 'Day in the Life at Willowbend' on March 2nd & 3rd and experience just how much you will enjoy retirement living with us. Contact Liette at 613-907-9200 or ljodouin@riverstoneretirement.ca today to RVSP or to book your personal tour for more information.

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Taking a moment to pay tribute to our community volunteers

This one is for the rink volunteers, the ski trail groomers, the community association board members, the neighbours who clear fire hydrants and shovel out the end of the laneway for busy or elderly families, the service group members, friends of Petrie Island or Mer Bleue or the Ottawa Public Library, and all those who give freely of themselves to benefit our community.

There is no greater asset to anyone than time, and those who donate their own to make a small corner of their community just a little bit better deserve our humblest thanks.

So many of us benefit from these benevolent neighbours, often without even having met them. While we may think that these community champions are simply helping in their free time, we all know that time is never free. This is time spent away from other duties and responsibilities - time that could be spent elsewhere.

But these special neighbours come out to

shovel and flood rinks in the freezing cold, complete tree inventories, pick up garbage in parks, sell used books, organize our Canada

Day festivities, and throw wildly successful events for us to enjoy every single year.

Thank you to all of you. You are so loved and appreciated.

No amount of City Builder or Community Builder Awards, or Jubilee Pins, or Keys to the City exist to adequately repay the cumulative debt of gratitude we owe you. You are the glue that holds us together, and the reason we are more than just a neighbourhood. You're the reason why Orléans and Cumberland are known as a great place to settle and raise a family.

So, the next time you feel discouraged because maybe your latest initiative didn't quite pan out the way you'd have liked, or maybe you're not getting the buy-in you need, don't give up. Persist. It is worth it. It is all worth it. And please know how much we care for and appreciate you.



Matt Luloff

Orléans East-Cumberland

The City needs to find solutions to our future transit challenges

Public transit in Ottawa is broken. Where at one time, the east end boasted the highest transit ridership in the city, we are currently dealing with an unreliable, inconvenient system.

But I didn't take on this role only to rant and be negative. I took it on to find solutions.

Ottawa is estimated to grow to at least 1.5 million people by 2046. There simply is no car-forward solution to a city of that size. We need a healthy transit system to support growth – not just the LRT, which has posed a litany of unacceptable challenges – but the bus system also.

You need assurance that if you're taking a bus, it's going to show up on time and get you where you need to go. Otherwise, if you have the option to drive, you will take it – even if you recognize the value of taking transit.

Orléans South-Navan is incredibly challenged when it comes transportation. Our roads are congested. We lack safe cycling infrastructure and walkable amenities. And

the availability of bus routes, paired with increasing unreliability of those we do have, means there is little incentive to take transit.

As a City, we need to make taking transit an attractive, or even feasible, option if we expect people to use it.

This year's transit budget includes a fare freeze for 2023, a five per cent increase in funding for operations, hiring 360 new operators, no cuts to current level of service and the flexibility to add additional service based on increased demand.

But I believe that OC Transpo needs to look beyond just current ridership levels when making decisions on adding service, they need to look at opportunity based on growth. Where can we strategically add efficient routes that will get commuters out of their cars and onto transit?

OC Transpo is undertaking a route review, and I'm pushing for better connectivity in our ward. Reinstating an express route from the unused Chapel Hill Park and Ride is a great place to start.



Catherine Kitts

Orléans South-Navan



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Les Sittelles gymnasts win bevy of medals at Envol 2023 meet

By Fred Sherwin
The Orléans Star

The Club de gymnastique Les Sittelles played host to more than 300 gymnasts from across Ottawa and as far away as Kingston and Northumberland earlier this month during the 33rd annual ENVOL meet.

The gymnasts, age 7-17, competed on floor, balance beam, vault and uneven bars at eight different levels based on their ability and skill.

Joanie Fortier and **Chelsea Jocelyn** led the way for the host club, with each girl winning three gold medals and a silver on the individual apparatus on their way to winning the overall gold medal at their respective levels and age groups.

Joanie won three gold medals on floor, vault and uneven bars, as well as a silver medal on beam, to win the overall gold medal in the Level 4, age 14 and over division, and Chelsea finished first on floor, beam and uneven bars to go along with a silver medal on vault to win the overall title in the Level 6, Age 12 group.

Fellow Les Sittelles gymnast **Maia Ford** won the competition for the overall gold medal in Level 7, Age 13 and 14 group with a pair of first place results on vault and the

uneven bars, a second place finish on beam and a fourth place result on floors.

Audrey Bégin-Dumont placed first in the Level 2 Age 12 division thanks in large part to her first place performances on the vault and uneven bars.

Another Les Sittelles gymnast, **Noémie Lalonde**, finished at the top of the podium in the Level 3, Age 10 division with first place performances on the uneven bars and beam contributing to her overall standing at the top of the podium.

Marie Lalonde placed first in the overall standings in the Level 3, Age 12 division with first place result on floor and uneven bars, a second place on vault and a fourth place performance on floor.

Klara Hrycaj managed to finish on top of the podium in the overall competition in the Level 3, 14 and over age group with a first place result on vault and uneven bars, a second place finish on floor and a third place result on beam.

Not to be outdone by her Les Sittelles teammates, **Olga Gorodnichy**, won the gold medal in Level 4, Age 10 division mainly due to a first place result on vault and podium finishes on floor and uneven bars.

Finally, **Rose MacDonald** won the all-around competition in the Level 4, Age 13 group with a pair of first place results on floor and uneven bars, a third place finish on vault and a fourth place on beam.

Five other Les Sittelles gymnasts placed second in the all-around competition at their respective levels and age groups:

- **Lili-Jade Côté** placed second overall in the Level 3, Age 11 group.
- **Maëlle Paquette** placed second overall in the Level 4, Age 11 group.
- **Stacey Wilu Wilu** placed second overall in the Level 4, Age 12 group.
- **Geneviève Bertrand-Nadon** placed second place overall in the Level 7, Age 15 and over group.
- **Aurelie Brisson** medaled on all four apparatus in the Level 8, 14 and over competition, including gold on both vault and beam, but it was not enough to win the overall gold medal as she finished less than half a point behind Leni Frasca from the Corona Gymnastics Centre in Nepean.

Overall, the Club de gymnastique Les Sittelles had a tremendously successful meet, winning nine gold, five silver and nine bronze overall medals – a testament



Olga Gorodnichy, 10, is one of nine Les Sittelles gymnasts who won an all-around gold medal at their level and age group at the club's Envol meet earlier this month.

to the level of coaching at the gym and the dedication and commitment of their young athletes.

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Wolverines win four medals at Mike O'Connor tournament

By Fred Sherwin
The Orléans Star

The Gloucester-Cumberland Basketball Association celebrated the 25th edition of the Mike O'Connor Memorial Girls Tournament earlier this month by winning one gold and three bronze medals.

The lone gold medal was won by the U17 Wolverines team, coached by Hans Schryburt. The bronze medals were taken home by the U15, U14 and U13 teams. The U10 and U12 teams made it to the bronze medal game, but ultimately lost.

What made the gold medal win by the U17 team so remarkable is that it came in the U19 Division.

The U17 Wolverines started out the tournament with a 61-42 win over the U17 West Island Lakers. They followed that up with a 66-48 win over a U19 team from Newmarket.

The Wolverines' third round robin win came against the U19 North Toronto Huskies which put them at the top of their pool.

Once in the semi-finals the Wolverines made short work of the U17 Kitchener-Waterloo Phoenix, easily winning the game by 16 points.

In the other semi-final, the U19 Ottawa

Next Level (ONL) team beat the Huskies 56-43 to set up the gold medal showdown.

In the final, ONL jumped out to a 17-6 lead by the end of the first quarter before the Wolverines started to claw their way back.

By the midway point of the second quarter, the Wolverines had narrowed the deficit to just two points thanks to the free throw shooting of centre Dayna Holbein and a pair of three-point baskets by Makella Desjardins.

By the end of the first half, the Wolverines had taken a three-point lead. After the halftime break, they continued to pour it on, outscoring ONL 19-8 in the third quarter to take a 49-35 lead into the final stanza. They managed to maintain a 14-point advantage the rest of the way before coasting to a 61-46 win and the gold medal.

In the U14 bronze medal game, the Wolverines jumped out to a 22-4 first quarter lead before their shooting inexplicably went ice cold, allowing the U14 Nobel Elite team from Laval to slowly come back.

The Wolverines scored just two points from the midway point of the first quarter to the end of the first half, while Nobel was able to respond with 12 points, narrowing the deficit to 24-16.



RD Furniture's expansive Innes Road showroom includes hundreds of products from leading manufacturers at liquidation prices. FILE PHOTO

Nobel continued to chip away at the Wolverines' lead in the third quarter and eventually moved in front 26-24 before the home team finally broke their scoring drought and regained the advantage 27-26.

The fourth quarter was a frenetic back and fourth affair. With neither team able to create any distance from the other, the first half ended with the two teams tied at 37

points each.
The four minute overtime period was equally frenetic, but it was the Wolverines who eventually emerged the winners, scoring all four of their points from the free throw line to eek out a 41-40.
The Wolverines top scorers were Leila Batista with 11 points an Grace Pongang with 10 points.





March Break Camps

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COMMUNITY BILLBOARD

FRIDAY, FEB. 17

THE STRAY DOG BREWING COMPANY presents Cory Ell performing live in the Stray Dog tap room from 5-8 p.m. No cover charge. Location: 501 Lacolle Way in the Taylor Creek Business Park.

LIVE MUSIC AT TAPROOM 260 featuring Johnny Franco performing from 8 p.m. Taproom 260 is located at 260 Centrum Blvd. in the Centrum Plaza. For more information visit Taproom260.com/events.

SATURDAY, FEB. 18

KARAOKE NIGHT at the Orléans Brewing Co., 4380 Innes Rd. next to McDonald's from 8:30 pm to midnight. Sing your heart out and enjoy craft beers and great food.

SUNDAY, FEB. 19

THE STRAY DOG BREWING COMPANY presents Downtrack performing live in the Stray Dog tap room from 2-5 p.m. Punk, grunge and alternative favourites. No cover charge. Location: 501 Lacolle Way in the Taylor Creek Business Park.

TUESDAY, FEB. 21

TRIVIA NIGHT from 7:30 p.m. to 9 p.m. at the Royal Oak Orléans, 1981 St. Joseph Blvd. (corner of Jeanne d'Arc). Call 613-834-9005 to reserve your spot.

SATURDAY, FEB. 25

THE STRAY DOG BREWING COMPANY presents The Allez Cats performing live in the Stray Dog tap room from 5-8 p.m. No cover charge. Location: 501

Lacolle Way in the Taylor Creek Business Park.

SATURDAY, FEB. 25

THE STRAY DOG BREWING COMPANY presents Just Sayin' performing live in the Stray Dog tap room from 5-8 p.m. No cover charge. Location: 501 Lacolle Way in the Taylor Creek Business Park.

THURSDAY, MARCH 2

A NIGHT OF PAINTING with Luna Mango Studio at the Stray Dog Brewing Company, 501 Lacolle Way in the Taylor Creek Business Park. Sign up on Jotform for \$50. You will have a canvas with your pet pre-drawn and assistance from the artist.

HEY YOU! YEAH, YOU!



If you're reading this, we want your feedback!

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| - Framing | - Floor/Wall Tiling | - Fences |
| - Drywall | - Concrete | - Windows |
| - Flooring | - Parging | - Doors |
| - Trim | - Decks | - Drywall repairs |
| - Plumbing | | - Deliveries |
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