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Orléans Star

January 19, 2022 • Volume 37, No. 18

Next edition February 2





A resident on Merkley Drive tackles the more than 30 centimetres of snow that fell on Orléans last Friday. FRED SHERWIN PHOTO

Estimated 2,000+ residents to lose family doctor

By Fred Sherwin The Orléans Star

An estimated 2,000 to 3,000 residents in Orléans have been left in need of a family doctor after three physicians at the Orléans Family Health Clinic informed their patients they will be leaving the clinic in the coming weeks and months.

The patients received the news in the form of an e-mail.

Although the departure of the three doctors will still leave the clinic with 10 family physicians, each one of them already have a full roster and can't take on any more patients.

One of those patients is Renée Beauchamp-Ladouceur says she was left "shocked" and "angry" when she received an email from the clinic notifying her that her doctor, Catherine Montpetit would be closing her practice in April along with Drs. Mariem Malak and Nasim Bahramifarid.

"I feel abandoned," says Beauchamp-Ladouceur, who has chronic medical conditions that require monthly prescriptions and check ups.

In the e-mail sent out to their patients, the doctors do not explain why they're ending their practices. The e-mail also informed the patients the remaining 10 doctors at the clinic would not be able to absorb them come April.

When contacted by the *Orléans Star*, the clinic would not comment on the matter citing privacy concerns. They also could not say if there was a plan to replace the three departing physicians.

The average roster for a doctor in Ottawa is between 700 and 1,000 patients, depending on the practice.

CONTINUED ON PAGE 2





Join Caravela restaurant owner Fernando Diniz for a week on his beautiful native island of Teceira. Stay in his family home and enjoy everything this Portuguese island has to offer.

Teceira, also known as the Lilac Island, is a World Heritage Site in the Azores achipelago with sandy beaches, stunning views and a burgeoning wine industry.

Please contact Fernando at fernando@accuratepoint.ca for more details.

COMMUNITY BRIEFS



Food Aid founder and Navandale Farms owner Wyatt McWilliams and company hitched up a pair of his horses on Dec. 11 to collect food and monetary donations in the village of Navan for the Ottawa Food Bank. PHOTO COURTESY OF TOM DEVECSERI

Navan Christmas food drive another huge success

NAVAN – The tiny village of Navan has come through once again by providing over 2,700 lbs of food and \$3,400 in cash for the Ottawa Food Bank during the village's annual holiday food drive organized by Food Aid founder and Navandale Farms owner Wyatt McWilliams and sponsored by Sure Print Graphics and area Metro stores. McWilliams was joined by a small army of volunteers as they went from street to street collecting non-perishable food items using the familiar Navandale wagon and a team of the farm's heavy horses. The monetary donations will be used to purchase local beef and turn it into ground chuck which will also be distributed by the food bank.

Ottawa Vacant Unit Tax comes into affect this year

NAVAN - Owners of residences that have been vacant for 184 days or more can now be subject to a one per cent Vacant Unit Tax (VUT) if it does not meet a number of exempted reasons such as legal restrictions, illness and hospitalization, and renovation work. Under the new regulations, all residential property owners in Ottawa must file a VUT declaration whereby they are required to provide the status of their residential properties in a brief online form now available online at ottawa.ca/vut. Ottawa's housing supply has grown tighter, and the rental and sale prices have risen dramatically during the pandemic. It has been further impacted by rising cost of living and higher bank and mortgage rates. This has created a struggle for residents and their families to find a place to live within a price range they can afford. Ottawa city council declared an Affordable Housing and Homelessness Emergency in 2020 - even before the higher inflation rates. The Vacant Unit Tax is an incentive in the City's toolbox to get these properties on the market to rent or sell - increasing Ottawa's housing stock. All revenues collected will go directly into the City's funding for more affordable housing. The City has reached out to residential property owners by mail and email. A second notice will be sent to residential property owners in early January - which will include their tax roll number, access code and more information on how to declare.

Loss of family doctors a growing problem in Ontario

Continued from page 1

The average single person in Ottawa doesn't have a family doctor. When they have a health concern, they usually go to the nearest clinic. For people with ongoing health concerns, or families, it's a different matter. But trying to find a family doctor when you don't already have one is getting more and more difficult, especially in Ottawa where an estimated 150,000 people are considered as "unattached", meaning they are individuals, or families, who don't currently have a family doctor, but are in need of one.

There are basically three ways to find a family doctor – through a referral, if the family doctor you are being referred to has space; by calling around and hoping you get lucky; or by registering with Health care Connect, a Ministry of Health registry which refers Ontarians who don't have a physician to a family health care provider in their area who may be accepting new patients.

Unattached patients can call or go online to ontario.ca/healthcareconnect to register with the program and join the ever-growing waitlist in the province.

According to a Toronto City News report in October, some people have been on the list for as long as seven years and counting. The wait time depends on where you live and whether or not you have extenuating health issues.

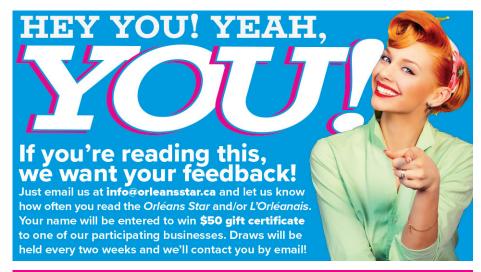


And the situation will likely gets worse before it gets any better.

Like teachers, there are currently more doctors retiring than are entering the work force.

According to a report written by Ontario's COVID-19 Science Advisory Table on the family care crisis in the province, approximately 1.7 million Ontarians were attached to a family physician 65 or older. That means that these individuals could lose their doctors by 2025, and according to the science table's findings, since 2020, 1.8 million people in the province have already lost their family doctor.

The situation with the doctors leaving the Orléans Family Health Clinic has nothing to do with age. All three doctors leaving are well under the age of retirement, but their departure only exacerbates a trend whereby their are fewer and fewer family doctors and more and more people in need of one.



Avid reader winners

Nov. 10 – Robert Clarke Nov. 25 – Betty Ringrose Dec. 8 – Joanne Maika-White Dec. 22 – Sylvie Groulx Jan. 5 – Gisèle Ouellette-Gigault

Saltwater Santas raise another \$15K for local charities

By Fred Sherwin The Orléans Star

Tony Sullivan and Bob Preslund, aka the Saltwater Santas, have done it again. The pair, along with Tony's wife Jocelyne, have managed to raise another \$15,000 for local charities through Sullivan's Sugar Creek Way Christmas display.

Sullivan began collecting donations from motorists and passersby during the first weekend in December and was outside every night until Jan. 1. He was often joined by Presland, while Jocelyne put together loot bags for seniors who visited by the bus load. On weekends, when the traffic was the heaviest, they were joined by student volunteers.

As was the case last year, Sullivan and Presland gave each person who made a donation a Swiss Delice chocolate from Costco.

By the time the last person had made a contribution on Jan. 1, they had given away more than 15,000 chocolates, or one chocolate for every dollar they received.

Sullivan says they would have raised even more money if not for a pair of back-to-back snowstorms on Dec. 17 and Dec. 22 as well as heavy rain on Christmas Eve.

"Those were our three best nights last year," explains Sullivan.

Still, \$15,000 is quite a haul. The money raised has already been distributed to a number of local charities – \$6,000 went to the Ottawa Food Bank, \$3,000 went to the Orléans-Cumberland Community Resource Centre, \$2,000 went to the Ottawa Mission and \$1,000 each went to the Ottawa Heart Institute, the Children's Hospital of Eastern Ontario, the Shepherds of Good Hope and a food bank in Gatineau where Sullivan's mother is from.

All told, the Saltwater Santas have raised over \$33,000 for local charities in the past two years – a number that even Sullivan finds hard to believe.

"I just can't get over how generous people can be. It's been overwhelming" says Sullivan citing one situation in which a total stranger opened up his wallet and gave him \$100 after Sullivan brought a loot bag to a woman working at a nearby gas station who he knew was going through some financial hardship.

"When I told the guy about what we were doing, he just opened up his wallet and

Program men & Services

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Tony Sullivan, middle with red jacket, and Bob Presland (far right) present a cheque for \$2,000 to the Orléans-Cumberland Community Resource Centre. PHOTO SUPPLIED

handed me \$100," says Sullivan.

The name "Saltwater Santas" comes from the fact that Sullivan and Preslund are both originally from Newfoundland. They met during a Canada Post hockey tournament and they've been fast friends ever since. (They're also both former "Posties".)

As for whether they plan to do it all next, Sullivan says he has to build a skating rink for his granddaughter first.

"We'll take it one year at a time," says Sullivan.







Off the rails

It's hard to believe that less than a month after Justice William Hourigan released his scathing report on Ottawa's LRT system, the very same system was forced to shut down for nearly a week when freezing rain damaged the overhead power system leaving two trains stranded in the middle of the Confederation Line.

Hourigan's 664-page report detailed the multiple mechanical, maintenance and testing issues that plagued both the rail line and the trains themselves during their development, construction and initial rollout.

With this latest shutdown, it seems that the City has learned nothing from Hourigan's report and the errors/shutdowns of the past.

In short, the LRT system has become an unmitigated embarrassment and a running joke – no pun intended.

This month's shutdown is just another in a long list of disruptions to light rail transit in Ottawa. A quick search on Google turns up no fewer than nine shutdowns in the last year alone.

The LRT was shut down for three days last January when a prolonged cold snap affected the overhead power lines. It was shut down again a week later due to ice forming on the tracks. A broken wire on an LRT car shut down the O-Train for several hours last February. Five days later, the service was shut down for three days during the forced removal of the Freedom Convoy from downtown.

On May 21, a severe windstorm caused power outages that resulted in the service being suspended for the better part of 12 hours.

In July, the service was disrupted during the Bluesfest due a power failure. Two weeks later, the LRT was shut down for several days when lightning struck the overheard lines damaging the power system. And an IT system issue temporarily shut down the system in August.

Five of the nine shutdowns were a result of issues with the overhead wires and power system. Four occurred during the winter.

One of the issues that Hourigan raised in his report is the fact the LRT utilizes technology that hitherto had been unproven in a northern climate. That despite the fact that cities like Calgary, Edmonton and Denver have been using light rail transit with proven technology for years and decades even. Edmonton's LRT has been in operation since 1978. Calgary's C-Train was first launched in 1981 and Denver's light rail system began operating in 1994.

So why did Ottawa feel like it had to reinvent the wheel? Was it ego, or ignorance, or a combination of both? Or was it financial? Did the powers that be cut corners to deliver an LRT system that would be on time and on budget at the expense of reliability? Whatever the reason, the current council has a responsibility to get Ottawa's LRT back on the rails and put an end to the running joke it has become.

- Fred Sherwin, editor

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.



Province needs to protect and improve health care system

Queen's

Park

Corner

Stephen Blais

As residents of Ottawa encounter unacceptable the government, and one long-term solution that they emergency room wait times, and difficulties accessing critical services like ambulances, primary care, and

surgeries, the Premier has chosen to send an open invitation for corporations to profit off of our publicly funded healthcare system.

I understand just how difficult it has been to access even the basics, like having access to a family doctor in Orléans. Most

residents who are fortunate to even have a family doctor in our community must travel outside of Orléans. This is unacceptable.

I had to opportunity to meet with the President of the Ontario Medical Association, Dr. Rose Zacharias, to discuss the healthcare crisis and how we can address the family doctor shortages in Orléans.

Dr. Zacharias informed me that lack of access to family doctors is not just an Orléans problem, but a crisis across the province. She stated that one million residents in Ontario do not have access to a family doctor, which needs to be addressed immediately.

The OMA has developed their recommendations to

have already implemented is to increase the enrollment size for medical schools in Ontario.

> Burnout and administrative shortages are also key issues that Dr. Zacharias mentioned.

Instead of making the proper investments to fix Ontario's healthcare, the Conservatives are spending more time attacking frontline workers and their right to bargain

while pushing them out of the public system.

Instead of relying on a faulty for-profit model that puts stock values first, the Ontario government must:

- halt all efforts to appeal the court decision that struck down Bill 124;
- stop profiteering in healthcare and support not-forprofit independent health facilities;
- regulate temporary for-profit nursing agencies.

The Premier must commit to protecting our publicly funded healthcare system, so everyone is treated fairly and can get the care they need, when they need it.

We must ensure that our health card always has more value than our gold card.

www.orleansstar.com

The art of baking creates memories that last a lifetime

I recently read with amusement that my 12-year-old nephew, Aidan, has decided to try his hand at baking.

Apparently, he was watching the Kids Baking Championship on TV when he started making fun of some of the cakes that were being made.

When my sister commented that baking a cake was more difficult than he apparently thought, he accepted a challenge to bake a cake for their joint birthday last weekend.

He even decided to bake the cake from scratch even though my sister told him he could use a mix.

Although not especially pretty – the icing turned out to be a bigger challenge than the cake – it turned out to be pretty good, all things considered.

The whole incident reminded me of when I first started baking with my mother who was an all-star when it came to the fine art of baking.

Now, I know what you're thinking, everyone's mother is an all-star baker, but my mother was a next level baker, especially at Christmastime.

While most kids looked forward to getting toys and presents at Christmas, my siblings and I looked forward to eating everything from shortbread cookies to gum drop cake.



My brother Mike and I were so bad that mom started hiding her baking when were teenagers. At various times, she would hide stuff in the attic, in her closet and even in the trunk of the car. Each time, my brother and I would eventually find them.

Finally, she came up with the great idea to freeze everything, as if that would keep us from eating it. Take it from me, there is nothing better than a frozen Nanaimo bar, and shortbread thaws out quicker than you think

When we were growing up, my siblings and I would often fight over the mixing bowl after mom baked a cake or made icing.

Scraping the leftover batter and icing out of the bowl with our fingers was a real treat. I was always the first one in the kitchen, which meant I could get the large wooden spoon which was always covered in

ooev-gooev batter.

Even though I learned how to bake watching my mother, I didn't start baking myself until I started a family and then it was on.

Never one to do things halfway, I usual go all out, especially at Christmas. What can I say? Like mother, like son.

This past Christmas I made five types of cookies, a lemon loaf, a cherry loaf, a gum drop cake and butter tarts. And like my mother, I've often had to resort to hiding the Christmas baking from my two sons who have a voracious appetite when it comes to cookies, cakes and squares, not unlike my brother and I.

This year I decided to do most of my baking on Christmas Eve, leaving my kids with no choice but to wait. Unfortunately, it did little to curb their enthusiasm, however, as the most of the cookies were gone by December 28.

Fortunately for me, I kept my own private stash under my bathroom sink.

I still use a lot of the same pans and utensils my mother used when she baked. I have her measuring spoons and a loaf pan that once belonged to my Aunt Nora.

Although my boys love to eat my baking, they have little interest in learning how to bake themselves. My daughter, Maggie, on the other hand, has been baking with me for years and every time we do, it brings back memories of when my mother and I used to bake together.

In fact, I can still remember the last time we baked together. I wanted to bake a bunch of things for the Navan Fair baking competition and my oven was on the fritz, so over to my parents' place I went.

We baked everything from a chocolate cake to blueberry muffins and two lemon loaves – one for the competition and one for myself.

I ended up winning three red ribbons and a couple of second place ribbons that year. I called my mother as soon as I found out. To this day I'm not sure who was more proud, my mother or myself.

But that's what baking is all about. Baking is not the same as cooking. We cook for ourselves all the time, but very few people bake for themselves. If you ask most bakers, they will tell you the reason they bake is so that others can enjoy the fruit of their labour.

The art of baking is often handed down from generation to generation creating memories that will last a lifetime.

I feel blessed indeed for the memories I have and now my daughter and my nephew will have memories of their own.



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Freedom of speech does not free | City of Ottawa's budget review one from certain responsibilities

Orléans West-Cumberland

Matt

Luloff

I often express ideas in this column that some find objectionable, and when this happens, I receive e-mails or comments

expressing the distaste of detractors. When expressed thoughtfully, I happily engage those who disagree with me.

This is one of the beautiful things about living in a society that

protects the right of freedom of speech. We can express ourselves without the threat of harm or cruel and unusual punishment. But as with any right we enjoy, they come with certain responsibilities.

Free speech is no different - we must bear the consequences of what we express. Sometimes, that means losing favour with those who may have otherwise thought very highly of you, and sometimes it means far greater consequences.

This right is not conditional on whatever the prevailing political thought of the day determines to be acceptable or not. The right to free speech in Canada is limited only by what the Supreme Court of Canada has determined to be reasonable within a free and democratic society, for example libel, hate speech, defamation of character or extreme

indecency.

This is a high bar, and necessarily so. It is fundamental to the proper functioning of a free and democratic society. It is something worth fighting for, and I have, throughout

my entire adult life, fought for the right of others to express themselves, without regard for my personal feelings. As a member of the Canadian Armed Forces, I was prepared to defend this right with my life.

So rather than demanding a book be banned from the library or a public talk by a controversial public figure be canceled simply because you find its contents objectionable, exercise your own right to free speech and mount a thoughtful defence of your own values. Show the courage of conviction it takes to persuade others of your position, instead of making an attempt to suppress the thoughts of another. Society, and your position, will be stronger for it.

process begins in this month

Catherine

Kitts

Orléans South-Navan

Happy New Year, everyone! As 2023 begins, council is turning its attention to the City budget.

When I was speaking to residents from across the ward this summer and fall, I repeatedly heard that with inflation and the cost of living being what it is - paying more for groceries, for gas, for

hydro - that the City has a responsibility to keep property taxes as low as functionable.

I was transparent during the election that I would continue to advocate for this, and when council approved the proposed 2023 Budget directions last month, I voted in favour of keeping the overall tax increase under 2.5 per cent, so that as a City we can keep the lights on and not risk a significant cut to the core services residents rely on.

In the past, when the City has completely frozen property tax rates, it has resulted in a steep hike in taxes in subsequent years to catch up.

While some colleagues around the table wanted to increase the tax rate beyond what has been proposed, as other municipalities like Toronto have done (a proposed 5.5% increase), it's not something I can support

while we weather this period of inflation.

Council will also be launching a full program review to look for efficiencies within the City and a line by line budget review; which is critical

as we focus on the foundational services that a municipality should provide.

Public consultation on the budget will take place in January and February. The budget will be tabled at a special meeting of city council on Wednesday, Feb. 1. Each standing committee will meet in February to consider their portions of Draft Budget 2023, and residents, businesses and community groups will be able to take part as public delegations.

Orléans South-Navan residents will also have an opportunity to participate in an in-person budget consultation hosted in partnership with my east end colleagues, and a separate, ward-specific virtual consultation. Details can be found on my website



Mumbai Masala Grill opens new location in Centretown

STAR STAFF – The best Indian restaurant in Orléans is about to become the best Indian restaurant in downtown Ottawa.

It's been just over four years since the Mumbai Masala Grill first opened its doors on St. Joseph Blvd. in Orléans. Since then, they have built a well-established reputation as one of the best Indian restaurants in the city, thanks in large part to their commitment to using the very best ingredients possible.

In 2021, they opened a second location in Casselman and in the middle of the pandemic, no less. Despite the obvious challenges, the restaurant has found the same success as the original location.

After opening the Casselman location, Mumbai Masala Grill owner Satpal Singh and his partner Vishal Chand began looking for a third location in downtown Ottawa.

He settled on the old Cathay restaurant location near the corner of Albert and Bank streets. After completing extensive renovations, the newest Mumbai Masala Grill opened its doors on June 1.

Besides catering to local residents, Satpal is hoping to draw in the many federal government employees who are returning

to work in the area following the COVID pandemic, especially those who must commute from Orléans every day, which he will have to do himself, being a resident of the

To that end, the restaurant is offering one of the biggest lunch buffets around with over 30 items including three soups, a salad bar, and a large assortment of desserts and sweets. The buffet is available every day from 11 a.m. to 3 p.m.

Restaurant patrons can also order off the Mumbai Masala Grill's extensive à la carte menu which includes a number of items that you can't get in either Orléans or Casselman including Lamb Chops, Tumeric Chicken Tikka, Salmon Tikka and Galouti Kebabs which originate from Lucknow, Indian.

They've also added several new curries which can be ordered with chicken, lamb, beef, fish, prawns or vegetables.

The new curries include Kadhai curry made with tomatoes, onions, bell peppers and blended Indian spices; Lababdar curry, a tomato and onion based gravy made with evaporated milk, cilantro and other spices; and Mughlai curry, originating from



Mumbai Masala Grill owner Satpal Singh and his staff are eager to welcome diners to their newest location on Albert Street in downtown Ottawa.

northern India it is a lightly spiced and creamy nut-based sauce, garnished with cashews.

Finally, their dessert menu includes an incredible mango cheesecake.

The downtown location is open from 11 a.m. to 10 p.m. seven days a week.

You can preview their new menu at mumbaimasalagrillottawa.com. Once again, they are located at 228 Albert Street, just east of Bank.

As always, Satpal would like to thank all of his customers and the community for their continued support.





Presenting the 2022 Outstanding Youth Award recipients

Fadila Hijazi, 17

Fadila has been a highly engaged student in many activities at Cairine Wilson Secondary School, most notably as a member of the IDEA Club (I.D.E.A. stands for Inclusion Equity Diversity Allies) which promote racial equity and harmony within the school. Fadila has also been highly involved in school activities through several leadership courses and the Athletic Council. In December 2021, Fadila took on a leadership role during the IDEA Club's Purses of Hope Campaign. The goal of the project was to support victims of human trafficking as well as newly-arrived Afghan immigrants. Having come to Canada as a refugee from Syria in 2016, Fadila had experienced first-hand what the transition process was like.



She dedicated many hours of her time distributing flyers, collecting goods and sorting and packing carloads of items such as toiletries, warm hats, scarves, mitts, snacks and gift cards into purses which she then helped deliver to refugee families staying in area hotels. As part of this project, Fadila also did research on the plight of Afghan women under the Taliban regime and created Instagram posts to be shared with the school to educate others. Fadila also took on a leadership role in organizing the school's Black History Month celebrations last year. For taken on a leadership role in helping newly arrived refugees and for promoting multiculturalism at her school, Fadila Hijazi has been selected as a recipient of this year's Orléans Outstanding Youth Awards.

George Huang, 17

George Huang is a Grade 12 student at Colonel By Secondary School where he is currently enrolled in the International Baccalaureate program. Last year, he was able to achieve a 95 per cent average in his Grade 11 courses and so far this year his average stands at 96 per cent. Away from his studies, George is a highly successful waterpolo player, having represented the province as a member of the Ontario waterpolo team which last year won a silver medal at the national championships. He was also selected by Water Polo Canada as one of the top 24 youth athletes to a training camp for Team Canada to compete at the 2022 Youth World Championships. George also has a passion for music. He has so far achieved the RCM Level 10 Piano certificate with First Class Honours



and he recently took up the flute to play in the school band. Within a short period of time he developed a proficiency on the instrument and was given a soloist role in the band's spring concert last year. George is also an executive of Colonel By's chess club, organizing weekly chess practices and competitions for over 20 players. For taking on a leadership role among his peers and for successfully balancing academics with music and sports at such a high level, George Huang has been selected as a recipient of this year's Orléans Outstanding Youth Awards.

Robyn Eustace, 17

Robyn is presently a Grade 12 student in the French immersion program at Sir Wilfred Laurier Secondary School. Not only is she an honours student having earned a 93 per cent average in Grade 11, she is also a competitive hockey player who is dedicated in many aspects of her school and community life. In May of this year, Robyn successfully tried out for the U22 Ottawa East Stars which plays in the Ontario Women's Hockey Association U22 Elite League. Throughout the past year, she also helped coach younger girls teams. Recently, she helped coach women's adult and girls U15 teams. As a student at Sir Wilfrid Laurier, Robyn participated in the Link Crew Class which is a high-level leadership program. As part of her responsibilities she planned and executed projects such as creating and implementing an outdoor education camp, hosting interviews, and developing and delivering classroom lessons throughout the semester for Grade 9 students. On top of all that she also found time to tutor other students and work as a hostess part-time at a local restaurant. For achieving success both in the classroom and on the ice at such a high level and for passing on her knowledge to others, Robyn was selected as a recipient of this year's Outstanding Youth Awards.



CORRECTION



In the Jan. 5 edition of the Orléans Star, the telephone number for the Stray Dog Brewing Company was incorrectly given as 613-581-7364. The correct phone number is 613-830-7364. We sincerely apologize for any inconvenience this may have caused. The Stray Dog Brewing Co. is a valued local business partner of the Orléans Star.

CORRECTION



In the Jan. 5 edition of the Orléans Star, the telephone number for the Ottawa School of Theatre was incorrectly given as 613-580-2764. The correct phone number is 613-424-3678. We sincerely apologize for any inconvenience this may have caused. The Ottawa School of Theatre is a valued local business partner of the Orléans Star.



Find out what all the excitement is about at Caravela Restaurante

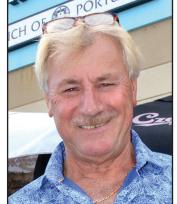
Since it first opening on Boxing Day 2016, Caravela Restaurante and its owner Fernando Diniz, have earned a reputation for delivering healthy, hearty Portuguese cuisine that has earned the establishment a long list of repeat customers for which they are truly grateful.

"We have made a lot of good friends since we first opened," says Diniz. "Many of our customers come back two or three times a month."

The long list of regular clients is a tribute to the food and family-friendly service delivered by Diniz and his staff starting with Chef Tom Moore, formerly of El Meson who creates the magic in the kitchen and manager Henrique "Rico" Sousa who also worked at El Meson for many years.

Diniz hails from Teceira located in the Azores, which is known for their reliance on the sea and

Among the many specialties on Caravela's menu are Shrimp and Scallops, Grilled Octopus, Sea Bass,



Seafood Cataplana and Fernando's Platter which includes lobster, Tiger shrimp, baby clams and 20 mussels. They also have a number of seafood appetizers including Grilled Squid, Cod Cakes and Garlic Shrimp. Caravela has also become famous for its Seafood Chowder which is arguably among the best in Ottawa.

Caravela is currently ranked as the sixth best seafood restaurant in Ottawa even though it is not primarily a seafood establishment. For non-seafood lovers, Caravela serves up an outstanding Lamb Shank, Braised Rabbit, sumptuous Chicken Piri-Piri, and Alcatra, which is a Portuguese pot roast. They even serve Rack of Lamb and Paella, but they have to be ordered ahead of time. Most of the items on the menu can either be ordered with no spice, medium spice, or hot and spicy.

Enjoying a meal from Restaurante Caravela is like dining at any quality restaurant in Porto, Lisbon, Algarve or the Azores.

"We often get compliments from people who have been to Portugal and they tell us that when they eat our food they are immediately transported back in time. It's like reliving their memories all over again," says Diniz.

You can check out Caravela's latest menu at caravelarestaurante.ca. Because of the restaurant's popularity, reservations for Thursday, Friday and Saturday night are a must. Caravela Restaurante is located at 3712 Innes Rd. next to Food Basics.



Expertise + quality = customer satisfaction

With more than 55 years of combined experience in selling and installing fireplaces of every type and model, the father and son team of Mike and Jason Pilon have a well-established reputation for meeting and often exceeding their clients' expectations. It's one of the reasons why they have a 4.8 star rating on Google with 150 reviews. It's also the reason why so many of their new clients are referred to them by existing customers.

"It's probably the most rewarding part of the job," says Mike Pilon, who sold

fireplaces in Cornwall for 31 years before moving to Orléans in 2009. "When someone says, 'Oh, so-and-so told me I should come here,' you know you're doing things right, especially when you think a fireplace should last a lifetime. We don't get a lot of repeat customers, unless they move to another house and want another fireplace."



The biggest advantage to buying your next fireplace at Romantic, besides their selection of quality natural gas, propane, pellet, wood fireplaces, and wood stoves is the fact that they do their own installation, including mantles and hearths. There are no sub-contractors involved. Their after-sale service is also second to none. In fact, Mike and Jason make it a point to check in with their customers from time to time to make sure everything is working to their standards... and the customer's satisfaction.

The first step to buying a new fireplace at Romantic is to visit their showroom located in the Canotek Business Park. You can drop in anytime between 10 a.m. and 4 p.m. Monday to Friday and 10 a.m. to 3 p.m. on Saturday. Since the owners are the salespeople, you will be greeted by either Mike or Jason, who will be happy to explain the pros and cons of the different types of fireplaces in meeting your needs and your budget. In most cases they will give you three options - good, better and best. The decision is then up to you. Mike can also help you design an enclosure for your new fireplace to fit into your existing decor or your new home.

After the initial consultation, either Mike or Jason will visit your home to see the room the fireplace is going in for themselves to further ensure that you are making the right purchase and to give you an accurate final quote. Once the fireplace is installed, you can enjoy it for as long as you remain in your home.

Romantic Fireplaces is located at 5380 Canotek Rd. Unit 8. To get to the Canotek Business Park exit Hwy. 174 at Montreal Road. You can also visit their website at omanticfireplaces.com.

Whatever your style, whatever your dream... we can make it happen.





SHOWROOM HOURS:

Monday-Friday 10am-4pm Saturday 10am-3pm **Closed Sunday** NO APPOINTMENT NEEDED

5380 Canotek Rd., #7 • 613.748.1777 • romanticfireplaces.com

Take the first step toward pain-free feet

Orléans residents are truly fortunate to have the premier foot care clinic in the entire Ottawa region right here in their own back yard. The Orléans Dynamic Foot Clinic can diagnose and treat virtually any type of foot ailment including corns and calluses, bunions, Morton's Neuroma, plantar fasciitis, Athlete's Foot, heel spurs, ingrown toenails and planter warts.

Led by Mélissa Clouthier-Chatel, who has a Doctorate in Podiatric Medicine, the team of foot care specialists at the clinic can help you find the relief you are looking for to enjoy the quality of life you deserve. Chiropodists Anna Grynechko and Katie Kroupskaia round out the team, which also includes office manager Lucie Quinn.

With foot and back pain, many people make an incorrect self-diagnosis which often leads to the situation getting worse. The foot care specialists at the Orléans Dynamic Foot Clinic will perform a thorough examination using the latest technology to provide a diagnosis and recommend the appropriate treatment which is often covered by your health insurance.

In most cases, orthotics, custom made to your feet, will solve the problem and provide the relief you are so desperately looking for. A properly made orthotic allows for the foot's natural range of motion but limits bad tendencies in movement, returning the foot to its optimal position and functioning. The Orléans Dynamic Foot Clinic uses CryoVizion technology to perform a non-invasive examination of your lower body and feet. Through 3D imaging they can then create an optimized fit for your orthotics which can make all the difference in the world.

You shouldn't have to spend the rest of your life walking in pain. Healthier feet means happier days. Be kind to yourself and book an appointment at the Orléans Foot Clinic today.



- · Hip, knee, back and heel pain
- Flat feet
- · Corns/calluses/warts
- Ingrown nail surgery
- treatment
- · Diabetic foot care
- Xrays

*Our services are covered by most private insurance plans



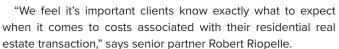
appointment! 613.424.9339

www.orleansfootclinic.com | 3012 St. Joseph Blvd., Suite 201

Building on a foundation of excellence, professionalism

Providing excellence in legal services to Orléans and the surrounding community has always been a priority for Riopelle Group Professional Corporation.

Riopelle Group has a well-earned reputation for providing outstanding services and no-surprise, all-inclusive pricing for all residential real estate transactions.



"For many of our clients, this is the biggest financial investment they will make in their lifetime, and it's easy to get overwhelmed by finances. We take the guesswork out of the equation and provide a clear breakdown of cost so there are no surprises."

Riopelle Group lawyers also practise family law, corporate and commercial law, and wills and estates. In 2021, Riopelle Group moved to 500 Lacolle Way in the Taylor Creek Business Park which has plenty of parking spaces for their ever-expanding list

"We wanted to better serve our clients and grow our business," says Riopelle. "Our future is here and our plans to grow are based on our commitment to Orleans, the surrounding areas, and the people who live here."

Whether buying or selling a business or dealing with difficult disputes or emotional matters such as divorce, custody or death, Riopelle Group can help. Call Riopelle Group at 613-834-4800 or visit their website at www.rglaw.







Will and Powers of **Attorney for Single** Attorney for Couple*

Wills and Powers of

A formal, professionally drafted **Last Will and Testament and Powers for Attorney ensure your** wishes are honoured in life and in death. Prices include legal fees, disbursements and HST.

*married or common-law couple

Powers of Attorney

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Multiple Wills for family business corporations starting at \$1250.



500 Lacolle Way, Suite 100, Orléans (in the Taylor Creek Business Park)

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613.834.4828

www.rglaw.ca

Providing all your printing and promotional needs

In the age of big box stores and mega Internet suppliers, it's nice to know there are still locally owned businesses in the community where you're on a first-name basis with the owner and customer satisfaction is their number one priority.

SURE Print & Graphics is a full-service print shop that can meet all your printing needs including business cards, flyers and posters, business stationery, (including envelopes and labels), promotional items, signage and branded apparel.

SURE Print and Graphics has onsite printing equipment for large format jobs like banners, storefront window graphics, and vehicle graphics for your fleet. Monica and her team will be happy to provide their expert advice to ensure your complete customer satisfaction.



Monica Alongi

When she was 17, Monica moved to Orléans from the west coast with her family. Her father wanted to open a Sure Copy franchise and picked Orléans as the ideal location. The year was 1992. In the years since, the business has grown from just 300 sq. ft., occupying the same St. Joseph Blvd. location it currently occupies, to eventually taking over the entire building. Today, SURE Print and Graphics is the premier independently owned print and graphic design shop in Orléans.

Monica also hasn't forgotten her roots. Since taking over as the principal owner, she has maintained the same commitment to the community that her parents instilled in her by supporting a number of different initiatives and organizations.

SURE Print & Graphics is located at 2507 St-Joseph Blvd., just east of Orléans Blvd. You can reach them by email at info@sureprint.ca, or by calling 613-830-8678.



Your neighbourhood pet store for every member of your family

At Critter Jungle Orléans, they care about your four-legged family members almost as much as you do. They are all pet owners themselves so they know

a thing or two about what makes your animal healthy and happy, whether it's the very best in dog and cat food, or the latest in activity tovs and outerwear to keep them warm and safe during those winter walks.



They also carry food and supplies for small animals

such as hamsters, rats, guinea pigs, and rabbits, birds, tropical fish and reptiles.

Critter Jungle is owned and operated by the Stanke family who have been offering their knowledge and advice to Ottawa pet owners for over 37 years.

With locations in the Orléans Garden Shopping Centre in the east end and the Hampton Park Plaza in the west end, Critter Jungle is well known for offering many brands of both canned and dry food, raw pet food, dehydrated and freeze-dried food as well a variety of unique all-natural options and the expert staff can provide information and advice on everything from puppy training and dietary needs to advanced small animal, bird, reptile and aquarium care.

The Stankes' philosophy is simple, if they won't feed it to their own pets then they won't carry it for their customer's pets. And while they love animals of all types at Critter Jungle, you won't find cats and dogs for sale at their stores. They believe in pet rescue and adoption supporting them through fundraising events and by encouraging food and supplies donations which are distributed to various rescues and organizations.

Your neighbourhood pet experts **LOCALLY OWNED & FAMILY RUN**



4-1605 Orléans Blvd., Orléans Gardens Shopping Centre 613-824-7354 1405 Carling Ave., Hampton Park Plaza, Ottawa 613-729-7354

WE'RE SOCIAL! (**f**) (**y**) (⊙)





www.critterjungle.com

Keeping Orléans motorists on the road for over 28 years

When it comes to providing honest service for honest value, no one delivers more on that promise than the folks at Precision Automotive where customer service is there number one priorities.

With 10 bays, five licensed technicians and two apprentice technicians, Precision Automotive is the largest service centre in Orléans. It's also the perfect place to give your car a mid-winter check up.

The trained technicians at Precision can check all your fluid conditions and levels, the condition of your tires and tire pressure, as well as all of your drive belts and hoses. They can also inspect your brakes, suspension, exhaust and even your heating system. All these things can potentially cause major problems, especially during the winter. As the saying goes "an ounce of prevention is worth a pound of cure", or in this case potentially an expensive towing bill and hundeds of dollars in repairs that could have easily been avoided with a trip to Precision.

Providing peace of mind for you and your family is what Precision Automotive is all about. Owner Rob Brouwer and his staff have been providing peace of mind, along with honest service for honest value for over 28 years. They offer an industry-leading 2-year/40,000km warranty on most newly installed parts and labour.

Why not take advantage of their expertise and have your vehicle checked out today to avoid the chance of a possible headache tomorrow?

You can either drop your car off personally, or you can take advantage of their contact-free pick up and drop off service.

Precision Automotive is located at 385 Vantage Dr. behind the McDonald's restaurant at Innes and Tenth Line. You can also check out their web site at precisionautomotive.ca or call them at 613-841-5550. Happy motoring!





385 Vantage Dr., Orléans near Innes and Tenth Line Rd. behind the McDonald's www.precisionautomotive.ca Phone: 613-841-5550



Building a practice one relationship at a time

The roots of the Orléans-based law firm Grandmaitre Virgo Evans Lawyers/ Avocats go back a long way – more than four decades in fact. Founder Gerry Dust began the practice in 1979 with former partner Les McDonald. In the early 1990s, he teamed up with Brad Evans and together the firm became Dust Evans.

Over the next 20 years, the two men turned the firm into one of the most pre-eminent law practices in Orléans, specializing, at the time, in Real Estate Law, Will and Estate Law and Corporate Law.

In 2011, Phil Grandmaitre's name was added to the shingle. He began working at the firm as a student in 2003 and was called to the Bar in 2006.



Josée Virgo was made a partner in 2011. She began her career at the firm in 2002 and after spending several years in the Ottawa office of a national law firm, she re-joined the Dust Evans Grandmaitre family in 2011.

Today, the firm specializes in Real Estate Law, Will and Estate Law, Corporate Law and Family Law.

As business leaders in the community, Brad, Phil and Josée are committed to supporting the community in any way they can, following a tradition first started by Gerry Dust who was one of the founding directors of the Orléans Chamber of Commerce.

Brad Evans is a past-chair of the Ottawa Mission and the Heart of Orléans BIA, and a former Board Member of Arts Ottawa East. Josée Virgo is a past director of the Ottawa Sport Council, the Orléans Chamber of Commerce for which she also served as secretary and the board of directors of the Ottawa TFC soccer club. Phil Grandmaitre is a past president of the Navan Community Association and Le Business Club d'Orléans. He currently sits on the board of directors of the Montfort Hospital Foundation and continues to be a member of the Navan Community Association and Business Club d'Orléans.

The firm is proud of its past and on-going contributions to Orléans and its surrounding areas. It is committed to continuing the tradition of supporting the community that has supported it for over 40 years.

Whether you are buying or selling a property, getting started in business, need estate planning or need advice regarding family law matters, Grandmaitre Virgo Evans Lawyers/Avocats has the expertise to make the process as stress-free as possible. You can reach them by calling 613-837-1010 or you can visit their website at gyelaw.ca.



Real Estate Law • Wills • Power of Attorney • Estates Estate Planning • Business Law • Family Law



Fier de vous servir en français!

2628 St. Joseph Blvd., Orléans, ON 613-837-1010 gvelaw.ca

Providing a positive dental experience

At the Blackburn Shoppes Dental Centre, Dr. Chantal Plant and her team have a wellearned reputation for providing the very best dental care with the utmost sensitivity to their patients' needs no matter their age.

Dr. Plant is also sensitive to the anxiety many people fear when visiting the dentist. Getting to know her patients and their dental fears helps her decide what techniques to use to help them relax as much as possible. One of the most effective ways Dr. Plant does this is to allow her patients to communicate with her during their procedure using various techniques such as raising their hand to signal her to stop and give them a short break.

Informing her patients step by step as to what she is doing also goes a long way in reducing their level of anxiety. Offering nitrous oxide (also known as laughing gas) is another method used to relax a nervous patient.

When it comes to young patients, Dr. Plant pays special attention to a child's behaviours and feelings so that they feel unique and respected. To do this, she uses a variety of approaches such as the adaptation of dental jargon into kid-friendly words and the "show-and-tell" technique explaining each procedure in language they understand

The Blackburn Shoppes Dental Centre also provides cosmetic services including veneers, crowns, braces and orthodontics, utilizing the latest technology including the use of a digital scanner that takes a digital impression of your teeth and provides a more comfortable experience for the patient.

Another benefit of digital impressions is the accuracy of the scan. Since the dentist can see the completed scan immediately on the monitor, they know if there are any inaccuracies in the image and can re-do it while the patient is still in the chair.

So no matter what your age, you can count on having a positive, stress-free experience when visiting the Blackburn Shoppes Dental Centre.

Don't put off going to the dentist any longer – it's an important part of your overall health. You can contact the centre at 613-834-5959 or online at ottawafamilydentist. com. It's the first step in what will be a ful "filling" experience!



Ottawa law firm has deep roots in Orléans

Established in January 2021, Richardson Hall LLP prides itself on being a modern litigation law firm that focuses on families and their rights. The firm's partners, associates, law clerks and students are a tight-knit family that work collaboratively so

that their clients can focus on their own families and what matters most to them.

Partners Jonathan Richardson and Amanda Hall both went to high school in Orléans, where they currently live and raise their children with their respective spouses.

Having worked together since 2012, Jon and Amanda partnered to launch their own firm in January of 2021.

A native of Orléans, Jon has been practicing law for the past 16 years. His specialty is in the areas of family law and civil litigation with a particular focus on construction law.

Hailing from Newfoundland, Amanda moved to Orléans with her family in 1982. With over 20 years' experience in the area of family law, she is highly proficient in representing clients in parenting matters, as well as property division, spousal support and child support claims.

Jon and Amanda, along with their associates Angela Livingstone, Victoria Boddy, Kayleigh Pink and Camille Ligier pride themselves on working to meet their clients' needs as efficiently as possible.

The Richardson Hall team has embraced technological efficiencies and is entirely cloud-based with team members able to work remotely as necessary to assist their clients.



Jonathan Richardson



Amanda Hal

A team of litigators, Richardson Hall is willing to go to court but embraces alternative dispute resolution when it is appropriate. The team is dedicated to helping clients protect their rights and will negotiate agreements or proceed to mediation when it will benefit their clients. Should litigation be necessary, Richardson Hall has experienced staff to work with clients to keep costs down and matters progressing in a timely manner.

"Being a small litigation firm with deep connections to the community gives us a great deal of flexibility," Jon says. "We can work individually with every client to meet their needs, but also to bring a flexible and cost-effective team approach."

To learn more about Richardson Hall LLP, the firm's legal team and the services they provides visit richardsonhall.com.



99 Metcalfe St. Suite #1204 (Corner of Metcalfe and Slater)
613-366-7511

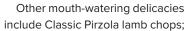
richardsonhall.com

Turkish Village, a culinary jewel in the Heart of Orléans

After more than 32 years, the Little Turkish Village restaurant on St. Joseph Blvd. is still serving up delicious food including some of the best beef, chicken and lamb kebabs in the city and the very best lamb burger anywhere, according to *Orléans Star* publisher Fred Sherwin.

If it is traditional Turkish food you are looking for, then you need to look no

further than Little Turkish Village. Besides the kebabs and lamb burger, the dinner menu includes such Turkish delights as Yougourtlu Shish Kofte which is charcoalbroiled ground beef marinated in Turkish spices and hand-rolled. It is then sliced and served on top of yogurt made in-house and garnished with a small skewer of lamb kebab.





Sunil and Anjum Kurichh

the File of Sole; the Turkish Balik which is a Rainbow Trout fillet seasoned with Turkish spices and charcoaled grilled; and chicken wings made Turkish Village style.

And no meal at Little Turkish Village would be complete without dessert which includes homemade Baklava, Katif, Mango Fruit Pudding, and Chessecake.

Owner Sunil Kurichh and his staff are dedicated to providing their customers with friendly and attentive service in their newly renovated and air conditioned dining room.

The restaurant is located at the corner of St. Joseph Blvd. and Grey Nuns Avenue. They are open for both lunch and dinner from 11 a.m. to 9 p.m. Tuesday to Thursday; 11 a.m. to 10 p.m. on Friday; 4 p.m. to 10 p.m. on Saturday; and 4 p.m. to 9 p.m. on Sunday.

You can also enjoy your favourite Turkish Village dish at home by ordering directly through their website at turkishvillage.ca or call 613-824-5557. Pick up only.



TURKISH VILLAGE RESTAURANT

2095 St. Joseph Blvd. Tel: 613-824-5557 www.turkishvillage.ca



Your total home entertainment and Smart Home store

If you're an audio-visual buff, or just someone who wants to upgrade their home entertainment system with the latest in audio and visual technology then you need to visit the Sound & Sight showroom on St. Joseph Blvd.

Sound & Sight is the premier home entertainment and Smart Home technology

store in the east end, bar none. The store is locally owned and operated by Jason Miller, who has over 30 years experience in the audio-visual and home entertainment industry.

Jason can help turn your audio-visual dreams into reality by working with you in developing a concept, coming up with the design elements and putting all the pieces in place. It all starts with Jalila Elleuch, Sound & Sight's resident interior designer. Jalila has the vision and creativity



Jason Miller

to turn any space into an audio-visual dream space by balancing the visual with the functional.

Jason's main area of expertise is on the product side of things – from multi-room sound systems to state-of-the-art home theatre set ups – he can turn your home into a Sound & Sight oasis.

They carry all the leading brands of audio visual equipment including Samsung, Sony, Harmon Kardon, Mission and Sonos, along with some leading brands you may not be familiar with such as JL Audio; Totem speakers, which are made in Montréal; and Lexicon amplifiers.

Beyond the audiovisual, Sound & Sight also equips your home with all the latest Smart Home technology including motorized blinds, security and surveillance systems, Smart Home HVAC controls, lighting controls and home networking systems. And they are also a licensed dealer for Panasonic and Human Touch massage chairs.

As you can see, Sound & Sight is more than just an audio visual store.

To get a taste of all they have to offer visit their website at soundsight.ca which has several links to videos that are bound to spark your imagination. You can also visit their Facebook page @soundsight.ca.

But if you want to take advantage of their ongoing special deals and pricing on everything from flat screen TVs to sound bars and speakers, you need to visit their showroom at 2688 St. Joseph Blvd. at the corner of Orléans Blvd. across from the TD bank





NEIGHBOURHOOD UPDATE



Hello and happy new year, neighbours!

I am so excited to get to work for you as your councillor in this new, incredible ward. We have the beautiful farm fields and picturesque village of Cumberland in the East, the peaceful trails along Bilberry Creek in the West, the river and Petrie Island to our North, and our incredible and involved communities of Fallingbrook, Queenswood Heights, Cardinal Creek, Cardinal Creek Village, Notting Gate and the Villages bordering the Ottawa River Pathway and the Ski Heritage East trail in the Winter. This is truly an incredible place to live, work and play.

I am so thankful for your overwhelming support in the election. It is humbling to have tripled your confidence in me at the polls, and I do not take this opportunity for granted.



Our commitment to you

My strong team and I are dedicated to excellent and timely service, and we are already hard at work solving outstanding issues and giving you information.

I am going to work very hard to ensure we are delivering the basic services that are the core competencies of the municipality in a responsible and efficient manner.

We are committed to continuing and enhancing our communications during the term. We will use our Facebook page and e-newsletter to keep you up to date on lane closures, important city news and upcoming community events.

Budget 2023

It's your city and your budget, so we want to hear from you! Your feedback helps inform the City's budget priorities and contributes to decisions about investments in services that you want and need.

To connect with you, in person, I've set up a budget consultation in Orléans with my east end council colleagues Catherine Kitts, Laura Dudas and Tim Tierney. Our special guest will be Isabelle Jasmin, deputy city treasurer. Come join us, ask your questions and share your priorities.



DATE: Saturday, February 11th **LOCATION:** Place d'Orléans Shopping Mall, 110 Place d'Orléans Drive 9:30 – 11 a.m. (between Purdy's & American Eagle, next to Entrance 1 – Rexall)

Sign up for our Newsletter

I publish an e-newsletter every two weeks with information about what is happening in our community. It's a great way for us to stay connected.



Councillor, Ward 1 Orléans East-Cumberland (613) 580-2471 // Matt.Luloff@ottawa.ca // www.MatthewLuloff.ca

Beat the mid-winter blues at the Shenkman Arts Centre

By Jody Maffett The Orléans Star

Is Ottawa's long winter starting to get you down? Are you tired of binge-watching shows on Netflix and getting lost in the bottomless rabbit hole of watching old music videos on YouTube? Then why not consider a night out at the Shenkman Arts Centre which is hosting a series of live performances over the next few weeks, starting with Sophie Lukacs on Jan. 26?



Lukacs is a Kora player, singer and composer. Hailing from Montreal by way of Budapest, Lukacs discovered the 21-string kora during a trip to Burkina Faso while she was in her 20s.

Lukacs uses the harp-like lute to perform compositions that are rooted in love, empathy, and vulnerability. Tickets are \$30 for adults and \$20 for students.

On Jan. 28, children's performer Jeremy Fisher will be in town to bring his new animated CBC show "Jeremy Fisher sings the songs of Jeremy and Jazzy" to life.

Taking families through his catalogue of catchy children's music with a message, Jeremy brings the characters and songs to life with his trademark earnest stager banter and sing-along anthem. Tickets are \$20 for adults and \$15 for children.

On Feb. 10, Jersey Nights will take over the Shenkman Arts Centre for a special Valentine's presentation featuring the songs of Frankie Valli and the Four Seasons.

The Jersey Nights performers will take you for a walk down memory lane singing such hits as *Sherry*, *Walk Like A Man*, *Working My Way Back to You*, *Oh What a Night*, and *Big Girls Don't Cry* (to mention just a few). Jersey Nights includes a mix of nostalgic vocal hits by other artists that shaped a magical era of music.

Audience participation is a must as the audience gets to sing along with some of the legendary songs from a legendary era in



music. Tickets are \$62.50 per person.

On Saturday, Feb. 11, Féte Frissons will return to the Shenkman Arts Centre in conjunction with Ottawa's Winterlude festival.

This is a free event which includes live performances, art-making, workshops, story-telling, dancing and, of course, outdoor fun in the snow. There will be facepainting provided by LynneArt, pottery demonstrations by the Gloucester Pottery School, printmaking with the Ottawa School of Art, storytelling by the Ottawa Storytellers and the Ottawa School of Theatre and activities organized by the Cumberland Heritage Village Museum and MIFO.

For more information, visit shenkmanarts. ca/en/fete-frissons-2023.

Last, but by no means least, Abbamania will be coming to the Shenkman Arts Centre on Feb. 18 and 19 along with Bee Gees tribute artists Night Fever. The evening will also include special guests performing Adele and Shania Twain's biggest hits.



The first performance will be held on Saturday, Feb. 18 at 7 p.m., while a special matinée show will take place at 3 p.m. on Sunday, Feb. 19. Tickets for the Saturday night show are limited to single seats only, while there are still multiple seats available for the Sunday afternoon perfromance. The cost is \$59 per ticket.

You can check out the schedule and purchase tickets for all of the performances by visiting www.shenkmanarts.ca.







Register for City of Ottawa

Winter activities



111/A13 013-360-2401

Weight loss journey results in total transformation

By Fred Sherwin The Orléans Star

When Lisa Rozon and Marco Gentile joined 180 Fitness in the Canotek Business Park, little did they realize the extent of the transformation they would go through.

Rozon has lost 50 lbs since joining the fitness centre last February, Gentile has lost a whopping 93 lbs during his journey over the past several years.

And while they both have lost a ton of weight, what they have gained in self confidence and gaining control of their lives has been priceless.

A year ago, Rozon was drinking several cans of pop a day. The high caffeine and sugar intake resulted in her being overweight and sleep deprived. It was a vicious cycle of a sugar high followed by a crash followed by another sugar fix every few hours.

It was so bad that Rozon would often cry herself to sleep on those nights when she could sleep.

"I called Adrian because I wanted to break the cycle I was caught in and start living my life again," says Rozon.

Adrian is 180 Fitness owner Adrian Delorey, who has helped members regain control of their lives and their health by taking them on

a journey of total transformation.

The journey begins with the six-week Transformation Challenge which includes unlimited training access with enhanced accountability, nutritional coaching and easy to follow meal plans.

Within the first month of starting her own Transformation Challenge, Rozon weaned herself off of her cola dependency and lost 10 lbs. Best of all she was finally getting a normal night's sleep again.

Fast forward to today and Rozon feels like a completely different person.

"I handle my stress much better. I enjoy eating and have a healthy relationship with food. I smile constantly... but my biggest accomplishment is all the activities that I get to do with my kids now," says Rozon.

"Choosing 180 Fitness was the best decision of my life. What makes 180 Fitness different from other gyms is the fact that they get invested in your life. There cheer on all your victories and talk you through the harder days."

Another advantage to joining the Transformation Challenge is that you are part of group of like-minded people who have the same goals as you do – namely to lose weight and become a better, fitter and healthier ver-

sion of themselves.

"All of the members are there to support each other and to celebrate each other's victories," says Rozon. "It's a positive environment with everyone cheering on each other."

Gentile's transformation journey started in June 2019 when he first joined 180 Fitness. He weighed 348 lbs and was having a number of health issues. By February 2020, Gentile had lost 53 lbs, and then the pandemic happened forcing 180 Fitness and other gyms to close their doors.

When gyms and fitness centres were finally allowed to reopen in December 2020, Gentile had gained back 40 lbs.

Through hard work and effective coaching by the trainers at 180 Fitness, Gentile is now down 255 lbs.

"The change has been night and day," says Gentile. "Overall I have way more energy, no more headaches, better sleep, balanced mood and a positive attitude."

Rozon and Gentile are just two of the success stories at 180 Fitness. There are dozens more like them.

To start your own transformation journey call 180 Fitness at 613-749-2267.

The next Transformation Challenge pro-



Lisa Rozon and Marco Gentile with 180 Fitness owner Adrian Delorey. PHOTO SUPPLIED

gram, called the "Resolution Revolution" begins on Jan. 30 with several cash prizes up for grabs.

For more details, visit their website at 180fitness.ca.

A new year. A new start.

Just imagine living fully as one of our cherished residents, enjoying comfortable living quarters and life-enhancing amenities!

Nestled in a quiet, park-like setting, Symphony Orléans brings the peace of mind one needs. Our Ottawa adult apartments are uniquely rewarding!

Sign before January 31 and move in before April 1 to save \$200 off your rent per month. Prices start at only \$1,590 (1bdrm) and \$1,800 (2bdrm) per month, water included.











Contact Collin at 613-697-8640 or crcorleans@symphonyseniorliving.com Symphony Orléans is located at 6410, 6415 & 6420 Lumberman Way





COMMUNITY BILLBOARD

HIP HOP SHUFFLE PARTY at

the Stray Dog Brewing Company featuring DJ Kam and DJ Mace. Wanna go to the club but don't want to leave the 'burbs? It's a limited, exclusive night. Tickets go fast, so don't hesitate. Visit straydogbrewing.ca to purchase your tickets today.

KAROAKE 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.

LIVE MUSIC AT TAPROOM

260 – The Underground performs live and in concert from 8 pm to midnight at Taproom260 located at 260 Centrum Blvd. in the Centrum Plaza. For more information visit Taproom260.com/events.

WEDNESDAY, JAN. 18 THURSDAY, JAN. 19 FRIDAY, JAN. 20

THE SHENKMAN ARTS **CENTRE PRESENTS** Contact Ontarois 2023. Discover francophone artists from all over the country with these showcases (20-minute performances followed by an interview to learn more about the artist) including Céleste Lévis, De Flore, Ferline Regis, JOLY, Léona, Les Bilinguish Boys, Les Rats d'Swompe, Mclean, Mehdi Cayenne, Mitch Jean and Stéphanie Morin-Robert will be performing. For more information visit shenkmanarts.ca.

THURSDAY, JAN. 26

THE SHENKMAN ARTS **CENTRE PRESENTS** Sophia Lukacs live an in person for a performance rooted in love, empathy, and vulnerability,

creating an intimate connection with listeners. A recent performer at the Nuits d'Afrique festival '22, her debut album was released in the fall, featuring two tracks with the legendary Habib Koité. Hailing from Montreal by way of Budapest, Hungary, Sophie Lukacs is a kora player, singer and composer. The kora is a 21-stringed harp-lute from the Mandingue empire. Tickets are 430 for adults and \$20 for seniors and can be purchased at the Shenkman Arts Centre box office or online

THURSDAY, JAN. 26

TAPROOM 260 - Bird King performs live and in concert from 8 pm to midnight at Taproom260 located at 260 Centrum Blvd. in the Centrum Plaza. For more information visit Taproom260.com/

IN MEMORIAM



Claire Lacroix, 91 Passed away on December 31, 2022

Noah Kai Shiva Pangalia, 19 Passed away on December 30, 2022

Marcel Brouzes, 76 Passed away on December 28, 2022



www.heritagefh.ca/obituaries

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