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January 23, 2025 • Volume 39, No. 18

Next edition February 6



A lone skater braves the frigid temperatures last week to practice his shooting skills on the outdoor rink in Bradley Estates. FRED SHERWIN PHOTO

Saltwater Santas raise more than \$24K for charity

By Fred Sherwin
The Orléans Star

Tony Sullivan and Bob Presland, aka the Saltwater Santas, have done it again. The pair, along with Tony’s wife Jocelyne, have managed to raise another \$24,316 for local charities through Sullivan’s Sugar Creek Way Christmas display bringing the grand total of funds raised over the past four years to over \$85,000.

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 and on the busier nights by a long list of helpers all of whom are in their 60s.

Although the amount didn’t quite match the \$28,000 they raised last year, it is still a whole lot of money that will be handed out to charitable organizations in Ottawa-Gatineau,

including right here in Orléans where the Orléans-Cumberland Community Resource Centre received \$2,500.

“It just unbelievable how generous people are,” says Sullivan. “It really warms your heart.”

As in past years, the Saltwater Santas handed out candy canes and small chocolates to anyone who made a donation. When all was said and done, they had gone through 70 bags of Costco chocolates that contain 300 pieces each. That’s a lot of chocolate.

The vast majority of the donations were individual \$5 bills. In fact, they collected over \$9,000 in \$5 bills alone, along with \$10s and \$20s and even the odd \$100 bill.

They also took in a pile of loonies and toonies which Jocelyne’s brother volunteered

CONTINUED ON PAGE 2 ►



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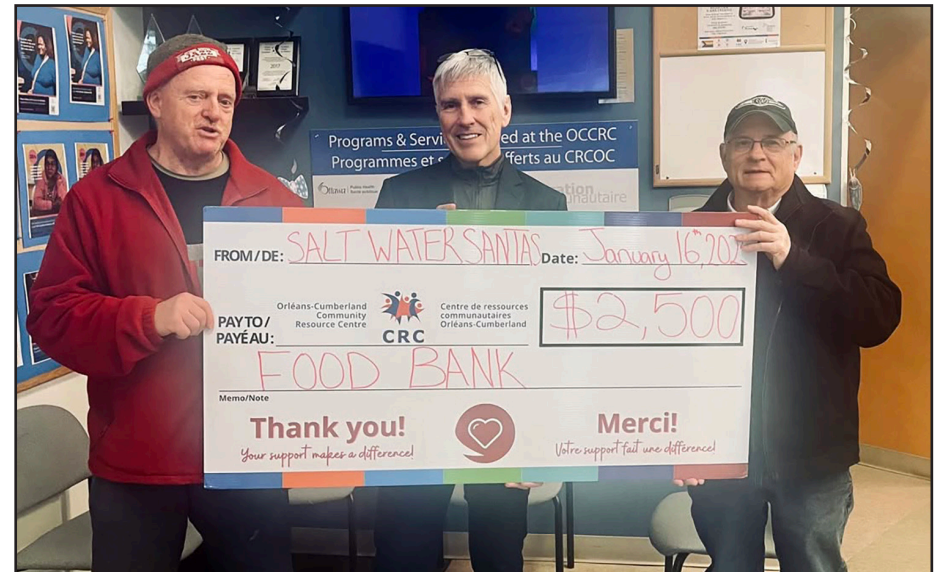


COMMUNITY BRIEFS

Fête Frissons coming to the Shenkman Arts Centre on Feb. 9



ORLÉANS – The Shenkman Arts Centre will once again be hosting its annual Fête Frissons celebration on Saturday, Feb. 10 as part of Ottawa’s Winterlude festival. This free event is open to all with performances, art-making, workshops and storytelling. The event gets underway at 10 a.m and runs until 2 p.m., featuring performances by Brazilian children’s entertainer Luciano Porto and L’habitant Voyageur Louis Mercier who is an ambassador of traditional French-Canadian folk music from Maniwaki, Quebec. Other highlights include storytelling by members of the Ottawa School of Theatre, demonstrations by the Gloucester Pottery School and activities organized by the Cumberland Heritage Village Museum and the Ottawa Public Library. There will also be several food vendors on site. The event is being sponsored by the Heart of Orléans BIA.



Tony Sullivan, left, and Bob Presland, right, hand a cheque to Orléans-Cumberland Community Resource Centre executive director Luc Ouellette. PHOTO SUPPLIED

Saltwater Santas raise \$24K for local charities

Continued from page 1

to roll almost every day before taking them to the bank.

But the best part about the Saltwater Santas’ fundraising effort is being able to distribute the money to the various charitable organizations afterwards.

They’ve already handed out 11 different cheques ranging in amounts from \$9,000, which went to the Ottawa Food Bank, to \$500 for a variety of different recipients. The complete list is as follows:

- Ottawa Food Bank – \$9,000
- Ottawa Mission – \$4,000
- Cornerstone Women’s Shelter – \$2,000
- Orleães-Cumberland Community Resource Centre – \$2,500
- Shepherds of Good Hope – \$1,950
- Eastern Ontario Resource Centre – \$1,000
- The Salvation Army – \$1,000
- Roger Neilson House – \$500
- Ottawa Heart and Stroke Foundation – \$500
- Children’s Hospital of Eastern Ontario – \$500

Other cheques will be made out to the Ottawa Boys and Girls Club, the Ottawa Cancer Centre and the Gatineau Food Bank in honour of Jocelyne’s mother who lives in Gatineau.

All told, the Saltwater Santas have raised over \$85,000 for local charities in the past four 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.

Some people came from as far away as Cornwall.

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” having worked for Canada Post.)

The Saltwater Santas were helped out this year by Linda, Louise, Geneviève, Marc, Andrew, James, Nancy, Robin, Carol, Guy, Edwina, Roch, Ashley, Glen, Raquel, Luca, Margie, Jessica, Andy and Bob.

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L'Association communautaire de
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Busy Fingers produces another 3,000 items in 2024

By Fred Sherwin
The Orléans Star

The Busy Fingers knitting group lived up to its moniker in 2024, producing more than 3,000 items for veterans and other seniors, local women’s shelters, victims of fire who have been left out in the cold and anyone else in need of warmth during Ottawa’s long winters.

Started in 2010 by Orléans resident Eileen McCaughey, the group now consists of more than 300 women including a group of nuns near Québec City.

The core group of about 20-30 women, meets once a week in McCaughey’s South Fallingbrook home where they share their love of knitting and produce everything from small dolls and scarves to colourful afghans.

McCaughey, who is 90 years young, was in the middle of knitting an afghan in 2010 when her husband passed away just four days before Christmas. At the time, her son-in-law, who is a policeman, noticed what she was knitting the afghan and suggested she donate it to the Elder Abuse Section which could use it as a way to build trust with victims. Soon afterwards, McCaughey made other afghans for seniors who had suffered from elder abuse.

When word spread about her pet project, other knitters offered their services to help create the afghans.

Over the years, the group has grown to more than 300 members and includes chapters in the Breauc in Québec, London and Waterloo.

Many of the knitters are either widows, or empty-nesters who have plenty of free time on their hands. The youngest members are a group of students at Le Prélude school in Chapel Hill.

The reaction of the veterans and other seniors who receive the group’s items is truly heart-warming.

“Some of them cry because they’ve never received anything like that in their lives and they are just so thankful,” says McCaughey. “It makes me so happy to be doing that. It keeps me busy and it makes me feel great. I like to help people. It’s what keeps me going.”

With so many knitters working on so many items, the group has been able to expand their scope beyond veterans to victims of crimes and fires, women’s shelters, long-term care centres and hospices. All of the items are given out by Christmas.

More recently, Eileen gave over dozen Afghans to an organization up north,



Members of the Busy Fingers knitting club gather for a group photo in Eileen McCaughey’s South Fallingbrook home. STAR PHOTO

“By Christmas whatever I have has to go out because it is not warming anyone in my basement,” says McCaughey, who only has one rule, everything must be given away. “We don’t take any money for anything.”

The only thing the group does accept is yarn. In fact, if it wasn’t for donated yarn the group wouldn’t exist. Unfortunately, due to the fact that the group has been so

busy, they are very quickly running low on a variety of different colours.

McCaughey is hoping that by getting the word out, the balls of yarn will start rolling in again.

Anyone who wants to make a donation can call her at 613-841-3641 to arrange for the yarn to be dropped off, or picked up by a volunteer.

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Let's vote on it

I couldn't help but chuckle when I heard Donald Trump suggest that Canada should become the 51st state. And at first, that was my only reaction to what was just another completely absurd statement from the richest dotard in the world who has a history of making totally absurd statements.

I'm pretty sure he does it just to watch the media scramble in reaction and to sow chaos. The opposite is just too scary to contemplate – that he actually thinks it could one day happen. Surely the man isn't that crazy.

But what I was not anticipating was the level and the scale of the reaction to his suggestion and his subsequent reasons as to why it was such a tremendous idea.

No one on this side of the border should have spent even a nanosecond responding to it, but of course whenever Trump says something, the rest of the world can't help but respond...which is what he was hoping for all along. Let's face it, the man's a narcissist to beat all narcissists.

As for his claims that Canada essentially doesn't have a military or that we are constantly surrounded by Chinese and Russian ships – both statements are equally as ridiculous and demonstrate how clueless the man is.

But my favourite is his penchant for equating the United States trade deficit with Canada as some kind of subsidy as if they are supporting us financial in some kind of altruistic manner.

The fact of the matter is that a large chunk of the trade deficit can be accounted for by the fact that the United States imports nearly four million barrels of heavy crude oil a day, which is cheaper than U.S. light crude and protects jobs at refineries in the American midwest that depend on heavy crude to operate.

The truth, as our outgoing Prime Minister put it, is that there isn't a snowball's chance in Kenora that Canada would ever become part of the United States.

Most Canadians identify themselves as "non-American", especially when we travel. Who doesn't cringe when someone asks if you're an American? Our immediate response is "Hell, no", followed by "I'm Canadian."

The only people I know who aspire to be American live in Toronto. The rest of us would rather commit *hara-kiri* than be forced to give up our Canadian passports in exchange for a U.S. passport.

And if the idea ever was taken seriously, be my guest and let's put it to a vote. The result would be overwhelming and not in Mr. Trump's favour.

So thanks, but no thanks, Mr. Trump. Keep your female genitalia grabbing hands to yourself. We're quite fine as we are.

– Fred Sherwin

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POLAR VORTEX PUTS CANADA IN A DEEP FREEZE



Ontario Liberals proposing multi-party response to threat of tariffs

Donald Trump's threat of 25 per cent tariffs would level a significant economic blow to our province.

The Canadian Chamber of Commerce forecasts that these tariffs would shrink our economy by 2.6 per cent. This will raise costs for every single Ontarian and cut incomes by almost \$2,000 a year.

Rather than getting Ontario ready to fight back against these tariffs, the Legislature has been closed and Doug Ford's staff and advisors are spending their time preparing for an unnecessary early election.

In fact, in the past seven months Doug Ford has only had the Legislature sit for a grand total of seven weeks.

Despite the fact that 2.5 million Ontarians are without a family doctor, including 14,000 here in Orléans...

Despite the highest unemployment in a decade (before the threat of tariffs)...

Despite Ontario losing tens of thousands of construction and manufacturing jobs (before the threat of tariffs)...

Despite housing starts in Ottawa and across Ontario falling far below targets to help get affordability under control...

Despite skyrocketing grocery prices, hydro prices and record use of food banks across the province...

And despite overcrowded schools and underfunded classrooms, Doug Ford has had the legislature sit for

seven weeks to debate and propose solutions to these and other important issues facing Ontario.

Now is exactly the time for the Legislature to be sitting. For our leaders to be working together to shape a response to Donald Trump. A response that will protect Canadian jobs, families and businesses.

That is why Ontario Liberals have proposed a "multi-party task force" to "transparently discuss Ontario's approach and response to the tariff threat and present a united front to the people of Ontario.

We can't afford to lose a few months battling an election, swearing in a new government and forming a new parliament before we respond to the economic hardships Donald Trump's tariffs will impose.

Our response to the Americans must be immediate. It must be hard. And it must hit them where it hurts.

This can't be done if the largest economy in the country is paralysed from action because the Ford Government called an election a year early.

Mr. Ford has a majority government. The opposition has said we would support a response to the Americans including the funds necessary to support Ontario businesses and families through the hardship.

It's time for Mr. Ford and his government to recall the legislature, roll up their sleeves and work together with the other parties so that we can protect Ontario families, Ontario jobs and Ontario businesses.



**Queen's
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Stephen Blais

How to travel to Southeast Asia on a budget and survive

It's always been a dream of mine to visit Southeast Asia and Thailand in particular. Actually, it was more of pipe dream because before I got an Aeroplan card and was able to use it to pay for the newspaper's expenses, the cost of such a trip was just too prohibitive.

Fortunately, thanks to Aeroplan, a ticket that would normally costs \$2,000, costs only \$197 for fees and taxes. And, of course, there are the the points. My return ticket to Bangkok cost me 130,000 Aeroplan points, which took six months to accumulate.

Fortunately, Thailand is one of cheapest countries in the world to visit when it comes to lodgings and food – that's doubly so if you stay in hostels and eat street food instead of expensive restaurants.

One of the people who inspired me to go to Thailand was Anthony Bourdain, another aficionado of street food.

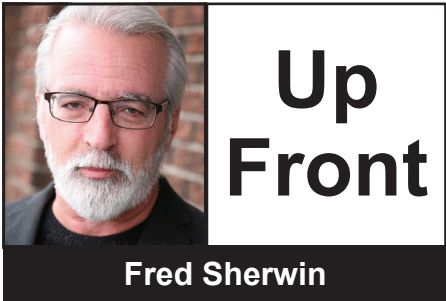
As I write this column, I'm on an island called Koh Tao which is famous for its snorkeling and inexpensive scuba diving schools.

But before I arrived here, I spent two days in Bangkok where I visited some temples and enjoyed some incredible street food include Pad Thai, Green Curry Chicken and Morning Glory which is a stir-fried vegetable dish with water spinach, red chilies, oyster sauce, soy sauce and garlic. It's even better if you add crispy chicken.

One of the places I visited was the Chatuchak weekend market, which is one of the largest markets in the world covering 35 acres with over 1,000 stalls.

It was there that had the most incredible Tom Yum soup in the world.

From Bangkok, I went to Koh Phangan which is in the Gulf of Thailand. To get there I had to take a 90-minute flight from



Bangkok to Surat Thani and then a one-hour bus ride to the Donsak Pier where I caught a ferry to the island.

Unfortunately, when it comes to ferries, you never know the seas you're going to get and on this particular day the seas were rough as hell. Fortunately, I'm not prone to seasickness, but some of my fellow travelers weren't as fortunate. The open air upper deck of the ferry was filled with people with very weak stomachs, resulting in a not so pleasant scene.

When I arrived at Koh Phangan, I stayed at the Tiki Beach Resort hostel which was right on the beach with a clear view of some of the most stunning sunsets I have ever seen.

I had a bed in a six-bed dorm room for \$25 a night. Now before you get all judgemental, one of the advantages to staying in a dorm room, besides the price, is the chance to meet fellow travelers from around the world. In Koh Phangan, I shared a room with a guy from the Netherlands and three guys from Germany. It was marvelous. Of course, if you want to get all bougie, you can get a deluxe private oceanview bungalow for \$100 a night.

Besides being famous for it's monthly full moon parties, Koh Phangan also has some amazing beaches, like Secret Beach, Koh Ma Beach, and Malibu Beach on the



Sunset at the Tiki Beach Hostel on Koh Phangan. STAFF PHOTO

north side of the island, and Haad Sadet Beach and Bottle Beach on the east side. The later has a stunning viewpoint, which can be reached by one of two routes – a goat path up the side of the mountain from the beach that took me 40 minutes to complete and nearly killed me, and a much shorter and much less challenging route from the road that took only 12 minutes.

You can literally stay on Koh Phangan and go to a different beach on every day of the week. But my favourite spot on Koh Phangan was the Pantip Night Market where you could get an order of Chicken Pad Thai for \$3.90, or the freshest Vietnamese shrimp spring roll you've ever had for \$2. They also had sushi, samosas, beef noodle soup, Satay skewers, fried chicken, chicken fingers, dumplings and every type of curry dish imaginable. I ate there every night and never spent more than \$10.

I also met Keagan and Jess there – two wonderful people from the U.K. – as well

as Michael from Germany.

From Koh Phangan, I took another ferry to Koh Tao where I stayed at the Nomads hostel in the centre of it all in a six-bed dorm room for just \$40 a night.

It was there that I met a wonderful group of young people including Tom from Las Vegas, Tom from New Zealand, Chloe, Bella, Minnie, Wilder, Jamie, Hollie, Georgia and Sam from the U.K., Jane from San Diego and Abvhi from India who saved my life after I lost my ATM card.

Outside of the hostel, I met even more incredible people at the various events on the island like Sam and Hollie from the U.K., and Isla and her brother Otis from New South Wales.

These and a ton of other young people I met on Koh Tao accepted me with open arms and made my visit extra special.

Koh Tao also gave me the opportunity to scuba dive for the first time, but more about that in my next column.



Mango Bay on Koh Tao Island in the Gulf of Thailand. FRED SHERWIN PHOTO



The Reclining Buddha in the Wat Pho temple in Bangkok, Thailand. FRED SHERWIN PHOTO

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Inquiry confirms Orléans deserves its fair share of road investment

I recently tabled an inquiry regarding the allocation of development charges (DCs) — fees applied to new home construction — to help fund infrastructure like roads. The results confirmed what I have been raising continually at city hall — while Orléans South has grown rapidly, our infrastructure has not kept up. At all.

From 2015 to 2024, the east end received just \$20 million in development charges for the construction of new arterial/collector roads — while Barrhaven/Findlay Creek received \$174 million and Kanata/Stittsville \$131 million.

I also pulled building permits issued during the same period. The numbers confirmed that the east has been growing just as fast as the other suburbs.

Infrastructure projects (roads for cars and transit, but also complete streets that include

walking and cycling facilities) are identified in the City's Transportation Master Plan. The last update happened in 2013, and it's evident that at that time, the growth of Orléans South was underestimated as large-scale east end projects were not prioritized.

This year, the Master Plan will finally be updated, and council will once again have an opportunity to identify and prioritize projects. My reason for this inquiry was to make clear: it's the east end's era for investment.

In what I know will be a fight for dollars during that update, I'm coming to the table with data. Armed with these numbers, it's indisputable that capacity building in our network has not been equitable.

There should be no debate that it's our turn.



Catherine Kitts

Orléans South-Navan

Province needs to do more to fix Ottawa's roads

My colleague Catherine Kitts, earlier this month, drew light on the massive inequities regarding transportation infrastructure investment in our city.

This is something that my East End leagues and I have been harping on for some time, however, to see the numbers in black and white was both illuminating and jarring at the same time.

This isn't just theoretical, this is something that we experience every single day here in Orléans. Innes Road is at capacity, the 174 is at capacity and there exists no other viable routes in or out of our community. Yet, development continues and the pressure builds.

Municipalities to our east are growing at a massive rate, which will only add even more pressure on our transportation network. We desperately need a southern link to the 417.

The time for half-measures is over, but it seems the NCC is more interested in vanity projects than freeing up the corridor required to relieve these pressures with a

full extension of Brian Coburn that would unlock the Chapel Hill Park and Ride and unlock the full potential of our transit system to our south.

We do not have enough housing to meet demand, and we understand that the East End needs to play a role through continued development and intensification near transit.

However, as we've been saying for years, we need to see the investment required to support this growth. This will be the entire focus of my colleagues, and I as we discuss the transportation master plan later this year. Consideration of links and bridges to other communities and provinces cannot even be fathomed until we get our own house in order.

And while it is wonderful that the four of us here in the east are on the same page, we cannot do this alone. He was hoping that 2025 brings us more collaboration and common sense when tackling the bread-and-butter issues that affect us every day.



Matt Luloff

Orléans East-Cumberland

Several local businesses celebrating milestones in 2025

By Fred Sherwin
The Orléans Star

A number of local businesses will be celebrating significant milestones in 2025, starting with M.L. Bradley Inc. which will celebrate its 60th anniversary this year.

The Navan-based school bus company can trace its roots back to 1965 when founder Lorne Bradley won a tender to transport students to and from school in Ottawa. The only problem was that he had neither buses or drivers.



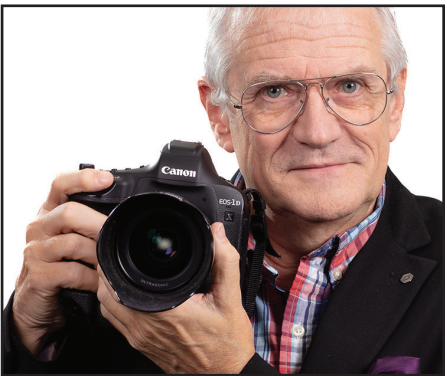
M.L. Bradley Inc.

After purchasing two buses from friend and mentor Ed Inglis, he hired his friend Ted Dashney and his father Morris Bradley to serve as the company’s first two drivers.

By 1975, he expanded into Orléans which by then was already growing by leaps and

bounds and he purchased an additional four buses.

Today, M.L. Bradley is one of the largest and most trusted student transportation companies in Eastern Ontario.



Michael Willems

Distinctive Bathrooms & Kitchens will be celebrating its 35th anniversary this year.

Founded in 1990 by owner Serge Robert as a kitchen and bathroom renovation business, Distinctive Bathrooms & Kitchens has become one of the premier bathroom and kitchen design and installation companies in Ottawa with a massive showroom in Orléans on Lanthier Drive.

Prior to launching Distinctive, Robert



Distinctive Bathrooms & Kitchens is located at 2035 Lanthier Dr.

was already serving area residents as the founding president of S&R Mechanical, an industry leader in design-build projects in the commercial, multi-residential and institutional sectors.

Michael Willems will be celebrating his 25th anniversary in photography this year. After starting out as professional engineer, Willems turned his love of photography into a full-time career in 2000.

Over time he would share his passion as a teacher and educator.

In 2019 he decided to move to Ottawa

and open a studio and photography services store in Place d’Orléans in august of that same year with business partner John Heitshu.

The studio was barely open for six months before the COVID-19 pandemic forced them to close the business for the better part of the next two years. Fortunately, the business managed to weather the storm and today it sits as the only photography service provider in Orléans, offering everything from formal portraits to photo restoration and photography courses.

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Hello Orléans & Cumberland!

Winter is in full swing, and it's the perfect time to embrace the season by getting outside and staying active with your family. Our city offers a variety of fantastic options to enjoy, from the freshly opened canal to the many local community rinks now welcoming skaters of all ages. For those who enjoy cross-country skiing, the Winter Trail is being meticulously groomed by Ski Heritage East.

This season, I'm also excited to participate in a number of upcoming community events, including Frost Fest hosted by the Cardinal Creek Village Community Association and the Queenswood Heights Winter Festival.

Already this year, I had the pleasure of visiting with St. Matthew's students to discuss Civics and Careers – an experience I always find inspiring. If you're hosting an event, have a new business you'd like me to visit, or a class that would benefit from a guest speaker, I'd love to hear from you.

Let's continue working together to make our community even stronger this winter!



2025 Look Ahead

As we look ahead to the rest of the year, there are several important deadlines and engagement opportunities you'll want to keep on your radar:

- **Registration for March Break camps:** opens Tuesday, January 21 at 9:00 PM
- **Registration for spring swimming and aquatics:** opens Tuesday, February 11 at 9:00 PM
- **Registration for spring recreation, arts, and virtual activities:** opens Thursday, February 13 at 9:00 PM
- **Registration for summer camps:** opens Thursday, February 27 at 9:00 PM
- **Public engagement on the draft Capital Infrastructure Plan** (part of the new Transportation Master Plan): Winter 2025
- **Public engagement on the second draft of the New Zoning By-Law: Q2 2025**
- **Vacant Unit Tax declaration deadline:** March 20, 2025
- **Interim Tax Bill due:** March 2025 (date TBD)
- **Final Tax Bill due:** June 2025 (date TBD)
- **Public engagement on the 2026 Draft Budget:** Q3 & Q4 2025

Make sure to mark these dates and opportunities in your calendar to stay informed and involved throughout the year!

Winter Operations

With a couple of winter storms in the books and more surely to come, it's very important to stay up to date on all things winter operations!

KEY TIPS TO REMEMBER:

- Make sure that during a Winter Parking Ban you are not parking on the street, even if only while you shovel your driveway.
- Please shovel out any fire hydrants or catch basins near your property. This can make all the difference in the world during an emergency.
- Place garbage bins in your driveway and not on the road on collection day.
- If you are going out in a storm, please drive safely and based on the conditions of the road.
- Please stay three car lengths behind City vehicles with flashing blue lights and never pass them.
- Where possible, please step off the sidewalk into a driveway if a sidewalk plow approaches.

Our crews are committed to bringing you a top tier service and our East Roads team is dedicated to being the best in the City! During a snow event, as a standard operating practice, our Roads team aims to clear all roads within 24 hours after the snow has stopped falling. If you experience any wait times longer than that, then it is appropriate to create a service request through 3-1-1 or reach out to my office.



Here to serve

My team and I are always ready to serve you. Whether you have a question about city services or policies, would like me to attend an event you're hosting, or require a Commissioner of Oath stamp, we're ready to help! The easiest way to reach us is by email at matt.luloff@ottawa.ca or by calling **613-580-2471**. Don't hesitate to get in touch – we're here for you!



Sign up for our newsletter!

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

Please sign up for our newsletter at www.matthewluloff.ca.

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

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Providing all your print and graphic needs

What started out as a small print shop catering to the needs of local residents has now become one the busiest independently owned printing and graphic businesses in Ottawa with clients across Canada.

SURE Print & Graphics, located on St. Joseph Blvd., has been around for over 30 years. During that time, it has built up a loyal clientele and specializes in providing business-to-business services.

The professional staff and graphic designers at Sure Print can provide on-site production to handle all of your business needs such as strategic mail campaigns, product labels, display signage, vehicle and store front graphics, promotional items, branded apparel, business forms, manuals, brochures and more.

Owner Monica Alongi and her team are always happy to provide their expert advice to ensure your complete customer satisfaction and best of all they provide a human voice and are quick to respond to any issues you may have during the process.

Monica moved to Orléans with her family in 1992. Her father wanted to open a Sure Copy franchise and picked Orléans as the ideal location. Since then the business has grown into the position it now occupies as the go to print and graphics shop for businesses in Orléans and Eastern Ontario.

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



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& GRAPHICS

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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 charcoal-broiled 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.

Other mouth-watering delicacies include Classic Pirzola lamb chops; the Fillet 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 home-made cheesecake.

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 by calling 613-824-5557. You can pick it up yourself or use any of the popular delivery services.



Sunil and Anjum Kurichh



TURKISH VILLAGE
RESTAURANT

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



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.



Orléans Dynamic Foot Clinic

- Custom orthotics
- Hip, knee, back and heel pain
- Flat feet
- Corns/calluses/warts
- Ingrown nail surgery
- Fungal nail & laser treatment
- Diabetic foot care
- Xrays

**Our services are covered by most private insurance plans*



Melissa Clouthier-Chatel, DPM

Anna Grynechko, Chiropodist

Ekaterina Kroupskaia, Chiropodist

Natalie Leroux DCH

Call us now to book your appointment! **613.424.9339**

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

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.

Founding 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 joined forces to launch their own firm in January of 2021. A native of Orléans, Jon has been practicing law for the past 17 years. His specialty is in the areas of family law and civil litigation with a particular focus on construction law.

Originally 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 co-partners Erin Lepine and Marta Siemiarczuk, and associates Angela Livingstone, Elsie Daooust, Camille Ligier, Alice Weatherstone and Tory Fishman, 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.

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 provide visit richardsonhall.com..



Jonathan Richardson



Amanda Hall



RICHARDSON HALL LLP

LITIGATION LAWYERS

99 Metcalfe St. Suite #1204

(Corner of Metcalfe and Slater)

613-366-7511

richardsonhall.com

Find out what all the excitement is about at Caravela Restaurante

Since its 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 everything in it.

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, shrimp, baby clams and 20 mussels. They also have a number of seafood appetizers including Grilled Octopus, Cod Cakes, Shrimp 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 8th best seafood restaurant in Ottawa by Tripadvisor, 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 can even make a delicious Paella for two or four, but it has to be ordered ahead of time. Most of the items on the menu can 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.



Fernando Diniz

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 182 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 9 a.m. and 4 p.m. Monday to Friday and 10 a.m. to 2 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 7. To get to the Canotek Business Park exit Hwy. 174 at Montreal Road. You can also visit their website at romanticfireplaces.com.



Jason and Mike Pilon

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



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KITCHENS ~ BBQs

SHOWROOM HOURS:
Monday-Friday 9am-4pm
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NO APPOINTMENT NEEDED

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Open Tuesday to Sunday
from 11 am to close
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at 5:30 pm and 7:30 pm
For reservations call 613-424-9200

Special lunch menu available
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CARAVELA
RESTAURANTE

www.caravelarestaurante.ca

Providing a positive dental experience

At the Blackburn Shoppes Dental Centre, Dr. Chantal Plant and her team have a well-earned 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 have when visiting the dentist. She has been successfully treating anxious patients for over 25 years to the point where they are no longer afraid of coming to the dentist and actually look forward to it.

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 using kid-friendly words and the "show-and-tell" technique explaining each procedure in language they understand. Dr. Plant's goal is to raise a new generation of children who have no fear of the dentist.

The Blackburn Shoppes Dental Centre also provides cosmetic services including veneers, crowns, braces and implant, utilizing the latest technology including the use of a digital scanner that takes a digital impression and 3D printing of your teeth and provides a more comfortable experience for the patient.

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 dental office at 613-834-5959 or online at ottawafamilydentist.com. It's the first step in what will be a fulfilling experience!



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PATIENTS
WELCOME!**



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www.ottawafamilydentist.com

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, when founder Gerry Dust opened the practice in 1979. In the early 1990s, he teamed up with Brad Evans and 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, in Real Estate Law, Will and Estate Law and Corporate/Commercial Law.

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

Josée Cameron-Virgo began her career with Dust Evans in 2002 and, after spending several years with the Ottawa office of a national law firm, re-joined the Dust Evans Grandmaitre family as a partner in the fall of 2011.

Today, the firm continues to specialize in Real Estate Law, Will and Estate Law and Corporate/Commercial Law.

As leaders in the community, Brad, Phil and Josée are committed to supporting the community that supports them 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 and was in too many endeavours to list.

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 Cameron-Virgo is a past director of the Ottawa Sport Council, the Orléans Chamber of Commerce and past secretary and director of the Ottawa TFC soccer club. Phil Grandmaitre is a past president and current member of the Navan Community Association, a past member of the now defunct Business Club d'Orléans and past board member of the board of directors of the Montfort Hospital Foundation. Phil coaches multiple sports teams with which his kids are involved and is the President of the Pioneer League and well as the Navan Minor Ball Association. As a firm, GVE continues to support several local clubs and organizations through sponsorships of all kinds.

The firm is proud of its past and ongoing 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 or need estate planning or administration advice, 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 gvelaw.ca.



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Keeping Orléans motorists on the road for over 30 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, six licensed technicians and three 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 hundreds 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 30 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!



"We are committed to providing honest service for an honest price." – Rob Brouwer, Owner



PRECISION AUTOMOTIVE

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



AUTOPRO

Providing all your photo-related needs

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

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

Willems is a photographer who used to work in the Greater Toronto Area. He moved to Orléans in 2019 and opened his studio in August that same year.

The secret to the studio's success is the sheer quality of their work. Customers who want prints made from existing photos on their smartphone often sit side-by-side with Willems as he crops and enhances their photo to end up with the best pictures possible. The same applies to customers who have photos they need restored. Willems and the team can work miracles and make the impossible possible when it comes to photo restoration. No matter the damage, they can fix it so that the end product is close to perfection.

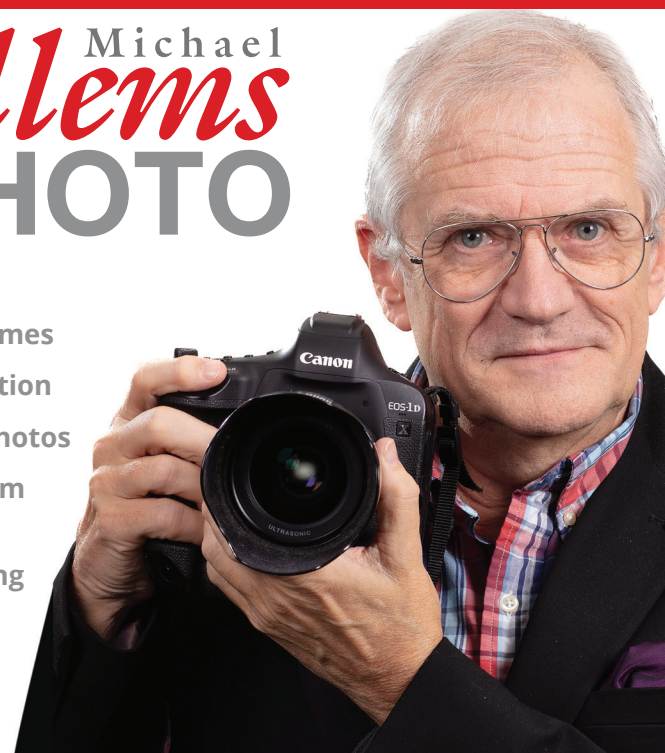
Another area of expertise is their passport photos. They take the best passport photos in town, hands down. No appointment is necessary and it takes just five minutes.

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

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

Michael Willems PHOTO

- Portraits
- Printing & Frames
- Photo restoration
- Passport/ID photos
- Slide/video/film conversion
- Film developing
- Lessons
- Wall art
- Buy & Sell



www.michaelwillemsphoto.com

613-702-1874

LOCATED IN PLACE D'ORLÉANS
(beside the Bay on the first floor)

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. From putting together multi-room sound systems to state-of-the-art home theatre set ups, Jason can turn your home into a Sound & Sight oasis.

They carry all the leading brands of audio-visual equipment, including Canadian-made Totem speakers and the complete line of Arcam integrated amplifiers, AV receivers and CD players. They also carry all well-known brands like Samsung, Sony, Harmon Kardon, Mission and Sonos.

Beyond the audio-visual, Sound & Sight also equips your home with all the latest Smart Home technology, including remote-controlled, motorized blinds by Hunter Douglas, security and surveillance systems, Smart Home HVAC controls, lighting controls and home networking systems.

And they're a licensed dealer for Panasonic and Human Touch massage chairs as well as Jaymar recliners and theatre seating.

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.



Jason Miller



613.601.6787

www.soundsight.ca

Bring us your dreams and we'll do the rest
2288 St. Joseph Blvd. (across from the TD bank)

Pizza lovers flocking to Convent Glen pizzeria

Sam Sourabh knows a thing or two about pizza. Prior to moving to Ottawa in July 2019, he managed a Pizza Pizza franchise in Winnipeg.

He was in Ottawa less than a year when the COVID-19 pandemic started. As the Ontario government began to lift the COVID restrictions in the spring of 2022, Sam decided to open a pizzeria in the south end of Ottawa on Riverside Drive.

Despite the obvious challenges of starting a new business in the shadow of the pandemic, the pizzeria slowly gained in popularity and business soon took off. The pizzeria has a 4.7 rating on Uber Eats based on 3,290 reviews.

In November 2023, Sourabh heard that the former owners of the House of Pizza in the Convent Glen Shopping Plaza were looking to sell the business. After taking things over with his partner Viraj Patel, the pair decided to buy it. The first thing they did was to change the name to Cosenza Pizza N' Calzones.

The second and most important thing they did was to improve the ingredients and bring them up to the same standards that are the reason behind the success of the Riverside location.

The third thing they did was to expand the menu. Besides the old standards like Pepperoni, Meat Lovers, Margherita, and Hawaiian pizzas, they also make a Butter Chicken Pizza, along with a Steak Supreme Pizza, a Donair Meat Pizza and a BBQ Chicken Ranch Pizza. The Cosenza Special Pizza is also very popular. The toppings include thinly sliced prosciutto, black olives and artichokes on a thin crust pizza with an olive oil drizzle and a dusting of grated Parmesan cheese.

The pizzas can all be ordered with your choice of sauce, including pizza sauce, meat sauce, BBQ sauce, garlic sauce and butter chicken sauce.

Besides the different pizzas, Sourabh also put calzones on the menu. A calzone is basically a small sized pizza folded on itself, to make an inside-out version.

Two other menu items of note are their garlic dipping sauce, which is also made in-house and quite frankly delicious, and their pizza dough balls which are liberally brushed with garlic butter both before and after baking.

There are lots of reasons to give Cosenza Pizza N' Calzones a try. You can order home delivery through either Uber Eats, or Skip the Dishes, or you can pick it up yourself and save 10 per cent on your bill.

Cosenza Pizza N' Calzone is located at 6505 Jeanne D'Arc Blvd. North on the east side of the Convent Glen Shopping Plaza nearest to Orléans Blvd



Viraj Patel and Sam Sourabh

Cosenza PIZZA N' CALZONES



6505 JEANNE D'ARC BLVD N.
(in the Convent Glen Plaza)
cosenzapizzancalzones.ca

613 837 8000

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Cannot be combined with other offers

20% OFF YOUR 1ST ONLINE ORDER

Use promo code **PROMO20** Cannot be combined with other offers

Local author pens thought-provoking children’s novel

By Jody Maffett
The Orléans Star

My favourite childhood book is *Beautiful Joe* by Marshall Saunders. It opened my young eyes to a world I knew nothing about without hitting me over the head with it.

The same can be said about *Amanda and Her Colourful Nanny* by local author Cathy Nolan, who writes under the pen name Nola Cat.

Cathy says the main character – Amanda – is based on her own inner child, while Amanda’s colourful nanny is based on her own maternal grandmother.

Nanny has many words of wisdom in the book. And she is also as “old as dirt”.

Based on friends and family, the characters in *Amanda and Her Colourful Nanny* are living the normal life of a family getting ready for the new school year.

As they go through the day, Amanda – as any curious seven-year-old child does – asks questions, questions and yes, even more questions.

While Sara, her social media-obsessed



Cathy Nolan
aka Nola Cat

influencer older sister dismisses Amanda’s questions, Nanny provides thoughtful answers in a loving and encouraging way. Sara is written in memory to Cathy’s eldest sister who would definitely be a social media-obsessed influencer if she was a teenager today.

“...what does underestimate mean?” Amanda asks Nanny.

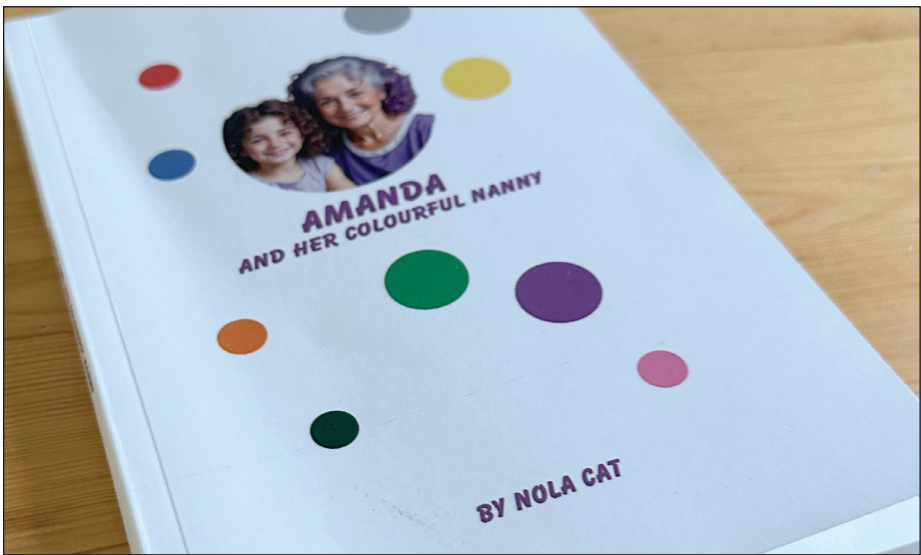
“...that people will not expect great things from you. But you will do great things. You will surprise everyone,” replies Nanny.

There are colourful conflicts and rainbows of surprises throughout the book, all provided through Nanny’s pearls of wisdom. The book also reveals something quite surprising about young Amanda.

In addition to the story itself, Nola Cat contains a series of fun quizzes throughout the book, adding to its value.

Although the publisher of the book suggests that it is written for children aged 8 to 13, children of all ages would enjoy it, including many adults who are either raising children or remember what it was like.

Reviews of the book have been genuinely



enthusiastic: “Amanda and her Colourful Nanny is a beautiful, funny, well-written, educational and emotional story that children (and adults) will love. A joyful and uplifting reminder of the ways that every child is unique and special,” writes one reviewer.

“Explaining new words and expressions (like “tickled pink” and “beet red”) is not just educational, but it’s done in such a fun way here,” writes another.

Cathy and her husband Jim have been

married for 33 years and make their home in Orléans. Following the success of her first book, Cathy is working on a second Amanda book and has plans for a series.

Amanda and Her Colourful Nanny can be found on Amazon (search for Nola Cat) and in select stores in Ottawa, including OttawaLovesLocal in Place d’Orléans and Books on Beechwood. Get yours today – I have no doubt it will become a favourite childhood book.



March break camps



register.ottawa.ca



ottawa.ca     3-1-1
TTY • ATS 613-580-2401

Presenting the 2024 Outstanding Youth Award recipients

Sami Mufti, 14

Sami Mufti is a Grade 9 Honour Roll student at St. Matthew High School who enjoys writing poetry in his spare time. Last year, his poem “Future of AI” won the Hapara 2024 Student Voice Poetry Contest in the middle school division.

The Hapara 2024 Student Voice Poetry Contest is an international competition that brings together student voices from around the world. Coincidentally, one of our other recipients today, Lona Kandil, won the high school division in the same competition.

Sami also won the St. Matthew High School PAWS Award last year which stands for Personal Achievement of a Worthy Student Award. When he’s not studying or writing poetry, Sami can be found playing badminton twice a week, or improving his chess game as a member of the St. Matthew High School chess club. During the summer, he volunteered for several hours a week at the Perley Health Long Term Care facility. More recently, he participated in the Beaver Computing Challenge (BCC) and the Canada National Mathematics League (CNML) in which he earned the top mark last month.

For his achievements in the fields of academics and poetry, Sami Mufti has been selected as one of the recipients of this year’s Orléans Outstanding Youth Awards..

Mekhi Simpson Falcao, 17


Mekhi Simpson Falcao is a Grade 12 student at Cairine Wilson Secondary School where last year she was able to maintain a 94.4 per cent average while taking on a leadership role in a myriad of ways including: tutoring other students, being a member of the student council, the Tech Crew, the Improv team and various school clubs. He also helped organize a series of coffee houses.


Mekhi has won the Drama Award for top student three years in a row (including last year), and he received a 99% in Grade 11 Applied Chemistry. This past fall, he began tutoring students in the Grade 11 chemistry class and dedicates his spare period each day to support students in their learning. To be clear, that’s over six hours per week volunteering.


Mekhi also tutors others in math outside of school. He is a leading member of the Cairine Wilson’s math and science clubs as well. To top it all off, Mekhi practises acts of kindness everyday. He is beloved in drama class as he constantly praises his peers and looks out for their well-being. Last June, he wrote, directed and performed in scenes as part of a Drama Collective with residents from the Bruyère Home, showcasing their stories and building deep connections with our elderly neighbours. Overall, Mekhi defines the best of what it means to be a leader with his myriad of talents and huge heart. For taking on a leadership role at his school in mentoring others and for balancing his activities in drama and the arts with his academics at such a high level, Mekhi Simpson Falcao has been selected as a recipient of this year’s Orléans Outstanding Youth Awards.

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January 23, 2025 • Volume 39, No. 18 • 17

Orléans woman loses 50 lbs using 180-Fitness program from home



By Fred Sherwin
The Orléans Star

After years of battling her weight and losing, Orléans resident Kim Purcell is looking forward to a healthy and happy retirement thanks to 180-Fitness and its founder Adrian Delorey who has helped transform literally hundreds of lives since first opening his fitness and wellness centre in 2018.

After turning 55 last year, Purcell was faced with the very real possibility of a sedentary retirement and a potentially limited lifespan.

“I was obese, there’s no other way to put it,” says Purcell. “I knew I needed to make a lifestyle change if I wanted to enjoy a long and happy retirement.”

She first found out about 180-Fitness when an ad for a previous program called Ottawa’s

Biggest Loser showed up on her Facebook timeline. She didn’t follow up on the ad for fear the program was similar to the popular Biggest Loser television show and she might end up as part of a public forum.

A few months later she saw an ad pop up on her timeline for 180-Fitness’s Bold & Beautiful program and she decided to dig a little deeper and do some research. It was at time when she had reached a crossroads and she knew she had to do something, anything, to make a change.

“The ad was directed at women 55 and older who wanted to make a change in their lives, and it was perfect timing,” says Purcell, who decided to call 180-Fitness and left a message.

Not long afterwards, Delorey called Purcell back and explained the program to her.

“He explained the program to me and the commitment that was expected of each participant, and asked if I was prepared to put the effort in. I said ‘yes’ and we met a couple of days later and got me started,” recalls Purcell about that first conversation.

“Knowing I wasn’t one to physically go to a gym on a regular basis, Adrian showed me how to work out in my basement and still see results.”

Delorey checked in with Purcell on a regular basis and provided her with alternatives to any challenge she was having. He would send her articles, books, videos and research to help her stay focused and motivated.

He also taught her about proper nutrition and what she should and shouldn’t be eating to remain healthy and happy for the long term.

“He showed me how to read labels and track my food. I discovered how much I like avocado, cauliflower, spinach and other foods I had previously discarded as things I ‘knew’ I didn’t like,” says Purcell.

The further she got into the program, the better she started to feel and when she started stepping on the scales every Wednesday, she could see the number go down. Her clothes started to feel looser and her friends started to notice the change.

Before long, she was feeling better and each day the exercising got a little easier along with having to adhere to the menus she put together with Delorey’s help.

Six months after starting the program, Purcell has lost 50 pounds and counting.

“The program works! There’s no other way to say it,” says Purcell. “It’s the perfect pairing of healthy eating, support from Adrian and exercise. There’s no way I can properly thank Adrian for all he has done. He has given me a much better lifestyle and a way better-looking retirement.”



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THURSDAY, JAN. 23

PAINT NIGHT starting at 6 p.m. at the Orléans Legion, 800 Taylor Creek Dr. Reserve your spot by emailing Melanie at rcl632orleansentertainment@gmail.com.

OYSTER NIGHT at the Orléans Brewing Co., 4380 Innes Rd. from 6 to 10 p.m. Indulge in the finest oysters and unwind with a drink in hand. We also offer wine and ciders for the non beer lovers!

FRIDAY, JAN. 24

TAPROOM 260 presents Nate Silva live and in concert at 260 Centrum Blvd. in the Centrum Plaza starting at 8 p.m. For more information visit facebook.com/Taproom260/events/.

DISCO FEVER : A NIGHT TO BOOGIE starting at 7 p.m. at the

Orléans Legion, 800 Taylor Creek Dr. Get ready to hit the dance floor and groove to the hits of the '70s!

SATURDAY, JAN. 25

CORNHOLE TOURNAMENT hosted by the Orléans Legion, 800 Taylor Creek Dr. from noon to 5 p.m. Show off your skills at this friendly tournament. Prizes to be won. To register, email Melanie at rcl632orleansentertainment@gmail.com.

ROBBIE BURNS

CELEBRATION at the Royal Oak Pub, 1981 St. Joseph Blvd. in Orléans. Join us in celebrating Scotland's favourite poet Robert Burns! Live music with the Shabraque Celtic band starts at 6pm! Dine on some authentic Scottish cuisine, enjoy a pint of

popular Scottish beer Innis & Gunn or try a single malt scotch!

TAPROOM 260 presents Not Broken live and in concert at 260 Centrum Blvd. in the Centrum Plaza starting at 8 p.m. For more information visit facebook.com/Taproom260/events/.

THURSDAY, JAN. 30

OYSTER NIGHT at the Orléans Brewing Co., 4380 Innes Rd. from 6 to 10 p.m. Indulge in the finest oysters and unwind with a drink in hand. We also offer wine and ciders for the non beer lovers!

SUNDAY, FEB. 9

QUEENSWOOD HEIGHTS WINTER FESTIVAL from 1-4 pm at Queenswood Ridge Park, 346 Kennedy Lane East. Facepainting, snow carving, on- ice activities and sliding.

IN MEMORIAM



Georgette Séguin, 91
Passed away on January 10, 2025

Mohan Singh, 84
Passed away on January 9, 2025

Glen Doddridge, 62
Passed away on January 5, 2025



www.heritagefh.ca/obituaries

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