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THE Orléans Star

July 20, 2023 • Volume 37, No. 5

Next edition August 3

**Local
Business
Champions**
SEE PAGES 7 to 12



Petrie Island will be alive with the sound of the Caribbean this Saturday as Carivibe makes its return to the east end after a four year hiatus. FILE PHOTO

Carivibe event returns to Petrie Island

By Fred Sherwin
The Orléans Star

The Carivibe festival returns to Petrie Island this weekend for the first time in five years.

That's a long time to wait for anything, but it's been especially long for fans of Caribbean music, tropical food and summer vibes. The Reach the Beach event features all three.

The last time the Carivibe "Reach the Beach" event was held on Petrie Island was in July 2018. In 2019, severe flooding on Petrie Island forced the organizers to move the event to the Orléans Festival Plaza on Centrum Blvd.

The COVID-19 pandemic forced the cancellation of the festival in 2020 and 2021, and last year it had to be scaled down

Organizer Trevor Mason says fans of the festival can expect to find the same high-energy music and fun-filled activities they've enjoyed

in years past.

The festivities will get underway at noon with the opening of the children's area, the food concessions and the adult beverage tent.

The music and dancing will also start at noon with a mix of Soca, Dance Hall, Reggae and Afro beats.

Among the DJs who will be providing the music to jump and wind on the beach are former Canadian Soca DJ of the Year, Soca Sweetness; "Voice of the Vibe" Kid Kut from Toronto; Carnival Bae and Dj Tytus.

Tickets are \$25 for individuals 12 and over, while children under 12 will be admitted for free. You can also purchase an all-event weekend pass for \$55, which will get you into the other Carivibe events such as the J'Ouvert on York party at The 27 Club at 27 York St. on Friday night and the Bam Bam Block Party which gets underway at Mexicali

CONTINUED ON PAGE 2 ►



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The Provincial Service Officer from the Legion's Ontario Command Service Bureau, Patricia Royle, is proposing to visit Orleans Branch 632, 800 Taylor Creek Drive, on 14 Aug 2023. The purpose of this visit is to assist veterans/families who have had problems or delays with current disability claims, to resurrect or appeal current or past claims, to start new ones, to start or get information on VIP service, to get general advice concerning benefits, etc. If you would like a meeting with Patricia, please contact our Branch Service Officer, Kevin Piccott, 613-408-4660, rcl632orleansservice02@gmail.com.

You will be advised of a time for your interview on or before 11 August. Plan for approximately 15 minutes.



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Carivibe event returns to Petrie Island this weekend

Continued from page 1

Rosa's on Centrum Blvd. immediately after the Reach the Beach event.

The Bam Bam Block Party will run from 10 p.m. to 2 a.m. Tickets cost \$25 if purchased separately.

For those people who still have energy left on Sunday, the MAN-GO Caribbean Food & Music Festival is being held on the Byward Market from noon to 8 p.m. and admission is free.

One of the biggest challenges faced by the organizers of the festival is in trying to keep the ticket prices as low as possible – a challenge especially since the price of everything from security to fencing has gone up since the pandemic.

"It's definitely been a lot tougher this year compared to 2017 and 2018," says Mason. "But we think we've done a pretty job to bring the people the best festival possible at a pretty reasonable ticket price."

For more information, please visit www.carivibe.com.



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Resilient Afghan family embraces new beginnings in Orléans

By Norma Pike
Special to the Orléans Star

Since his arrival in Toronto on May 31, 2022, and subsequent move to Ottawa the following day, Ejaz Ahmad Malikzada and his family have been navigating the challenges of building a new life in Orléans and Canada.

Facing escalating risks after the fall of Afghanistan on August 15, 2021, Ejaz and his family were forced to leave, despite initial reluctance.

“I was very exposed with the work I did with the previous government,” explains Ejaz. “I also had a lot of engagement with NATO. I was conducting anti-corruption investigations on high-profile cases as the Director of Anti-Corruption.”

Alarming calls from colleagues revealed the imminent danger he faced. With the assistance of the National Endowment for Democracy (NED) and the Yalda Hakim Foundation (YHF), the family left for Pakistan in October and later found refuge in Albania before eventually resettling in Orléans.

While in Albania, Ejaz and his family were referred to Immigration, Refugees and Citizenship Canada (IRCC) by the US

Department of State. Canada processed their application, and they were accepted as government-assisted refugees, obtaining permanent resident status within two months of their arrival.

Ejaz graduated with a degree in Political Science and Public Administration from the American University of Afghanistan. His family includes his wife, who is currently studying English, his parents, an accomplished writer and editor sister, a younger sister enrolled at Gloucester High School, and a younger brother engaged in supporting newcomers through the Ottawa Community Immigrant Services Organization (OCISO).

While the family adjusts to their new surroundings, they also grapple with the longing for loved ones left behind: a brother in Pakistan and a sister in Afghanistan, both with families. Ejaz has applied for their reunification in Canada under the One Year Window (OYW) opportunity. He adds, “We’re not whole here”.

Ejaz’s network and determination led him to secure a position as a Service Coordinator at Minto just five months after arriving in Canada, where he continues to make valuable contributions to his new community.

When asked why the family chose to come to Canada, Ajaz explains, “Canada was a better option. It’s more open, diverse and welcoming. Canada has a big heart. We embrace Canada as our new home. I wake up now and feel at home. The people I work with, my neighbours and friends in Canada make me feel like I belong. I don’t sit here and feel like a stranger.”

Ejaz shared the family’s positive experiences and remarkable adjustment to the community of Orléans. According to him, they engage in friendly chats with their neighbours, share coffee and often visit each other in their homes. Ejaz’s mother even baked and brought pastries to a neighbour who had recently welcomed a new baby.

This family’s inspiring journey serves as a testament to their remarkable ability to adapt and contribute to their new country, as well as to the welcoming spirit of the people of Orléans. By embracing their neighbours and forming deep connections, they have not only integrated seamlessly into the community but have also enriched it with their cultural heritage and values.

Their open-mindedness, generosity and willingness to forge strong bonds have fostered a sense of unity and inclusiveness



Ejaz Ahmad Malikzada

in Orléans. Their story stands as a shining example of the positive impact that individuals and families can have when given the opportunity to thrive and contribute to their adopted homeland.

(Norma Pike is a member of University Women Helping Afghan Women – Canadian Federation of University Women – and is one of a number of team members who is meeting Afghan newcomers throughout Ottawa to tell their stories.)

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Smart phone generation

Young people spend far too much time on their smart phones. According to recent study, people in the 20s spend an average of 4.5 hours a day on their smart phones, either using various social media apps or gaming.

That's 4.5 hours every day during which they are missing out on what's going on in the world around them.

A CDC study conducted south of the border found that teenagers aged 13 to 18 spend an average of 7.5 hours a day on their smart phones. How is that even possible?

Of course, there are those who would say that today's smart phone generation is yesterday's TV generation, and I will admit that I probably spent at least four hours a day watching the boob tube in my formative years and well into my 20s. But spending four hours watching television is not the same as spending four hours fixated on your smart phone.

For one thing, television happens in one spot, either in your living room or in the rec room. If you went really crazy, you might watch television while eating dinner. In fact, the TV dinner was invented for just that purpose. But watching a sitcom for 30 minutes or a variety show for an hour is not the same as watching 200 10-second TikTok posts or 100 30-second Instagram reels.

Kids use cell phones wherever they go – on the bus, at school, in a restaurant while hanging out with their friends. Even when walking down the street.

One of my favourite sayings involves taking the time to stop and smell the roses. In our busy lives, we often forget to take the time to enjoy the smaller things in life. Smart phone addicts never take the time to enjoy the smaller things in life unless they come via a notification on their smart phone.

The source of my concern are my own kids, ages 25, 25 and 28, all of whom spend at least four hours a day on their smart phones if not longer.

During a camping trip, one of my boys was staring at his smart phone for the entire three-hour drive. During that time, he missed a deer on the side of the road, a snapping turtle and field of grazing sheep. Each time I told him to check it out, he looked up a fraction of a second after we had already passed and then went right back to his smart phone.

And I shouldn't just criticize young people, because I'm sure there are a number of adults who spend far too much time with their face hovering six inches away from their smart phone screen.

In an upcoming column I plan to write about all the things I would do if I were suddenly named Dictator for Life. Among the many things I would do is make Sunday family day, during which every business in Canada would be closed (except for the hospitality industry) and smart phone use would be banned. Of course, that's just wishful thinking, but it would allow the smart phone addicts to take notice – at least for a day – of all the things they've been missing while glued to their smart phone screens and perhaps take the time to stop and smell a flower or two.

Fred Sherwin, editor

THE Orléans Star

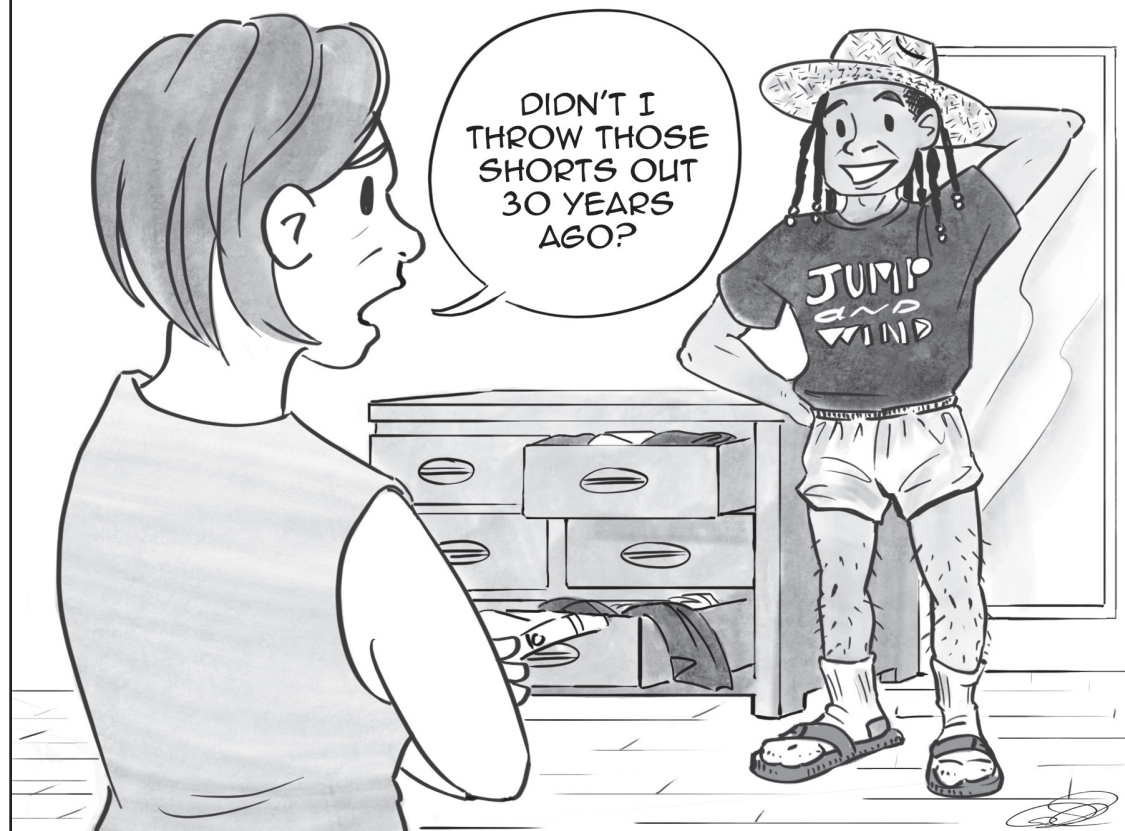


Fred Sherwin
Owner and publisher

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Editor

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CARIVIBE "REACH THE BEACH" JULY 22



Relief on the way for individuals and families

In the lead up to Canada Day, I hosted the Annual "Strawberry Social and Canada Day Bingo" alongside MPP Stephen Blais on June 30, as we celebrate senior's month in Ontario in June. We welcomed over 165 seniors at the Collège catholique Mer Bleue.

A huge thank you and appreciation go out to the Lions Club of Orléans for helping with the bingo. I would also like to express my gratitude to many local businesses for the door prizes and treats, and to the following retirement residences: Belcourt Chartwell, Chapel Hill Retirement Residence, Jardin Royal Garden, Willowbend Retirement Community, and Aspira Bearbrook Retirement Living, who donated an amazing array of delicious strawberry dishes. Thank you to the Orléans Fruit Farm and Proulx Farm, where we can always find delicious strawberries.

It was great to start July 1 by serving breakfast to seniors at Mayor Sutcliffe's First Annual Canada Day Celebration. It's always nice to meet and chat with residents of Orléans. It was an honour to join the Baitun Naseer Mosque in Cumberland and the Orléans Legion Branch 632, who respectively hosted our community to celebrate our country.

It was also a pleasure to join my team at our booth at Petrie Island to partake in the "O Canada Orléans" celebrations, organized by the Kiwanis Club of East-

ern Ottawa. Thank you for your leadership again this year.

I am glad to see some government initiatives bringing relief to eligible families in our community.

On July 5, in targeted inflation relief, the new one-time Grocery Rebate was delivered to certain low- and moderate-income residents.

On July 14, as per our government's Climate Action Incentive Rebate, the second yearly payment was delivered to you. For example, a family of four in

Ontario will receive a total of \$976 in four payments of \$244 through the quarterly payments. The next payments will be in October 2023 and January 2024.

Over the past week, I visited some local businesses along St-Joseph. We are very excited to welcome two new established businesses in our community: Beyond Café, a family-owned, cozy café, and Fruit Mango, for fresh smoothie lovers.

Lastly, I would like to let you know that I will be hosting, in partnership with my colleague MPP Stephen Blais, our annual Corn Roast & BBQ on August 24 at Petrie Island from 5 p.m. to 8 p.m. Save the date for lots of fun for the whole family and, of course, some good local corn and BBQ!

****La version française est maintenant disponible sur ma page Facebook****



Commons Corner

Marie-France Lalonde

Weekend camping provides the perfect cure for the soul

I've been a camper from a way back. And when I say "camping", I mean real camping in a tent with a sleeping bag and an air mattress, not the type of camping that requires a trailer with all the comforts of home, which I will henceforth refer to as glamping.

I was introduced to camping by my parents who used to haul my brother and sisters and I off to Prince Edward Island every summer where we would camp in one of those tent trailers that's literally just a step up from sleeping on the ground.

After I left home, I continued to camp as often as I could.

There is something about living and sleeping in the great outdoors that is truly invigorating.

I tried to pass on my passion for camping to a series of girlfriends throughout my 20s, which wasn't always successful. Apparently some women don't fully appreciate sleeping on the ground with nothing to protect you from the local wildlife than a thin wall of nylon.

My ex tried her hand at camping and actually enjoyed it. It was camping with me that she didn't enjoy and early on in our relationship we agreed that we would be



better off taking separate vacations.

My kids weren't so lucky. I took them camping as soon as they could walk and I have photo albums – yes, I still have albums with photos in them – to prove it.

Those photo albums are filled with memories of camping in P.E.I, Nova Scotia, North Carolina and New Hampshire.

Back then I would often take Maggie on a father/daughter vacation and the boys on a separate father/sons trip.

Maggie was especially adept at traveling long distances in the minivan and holding up to the rigors of camping. In fact, you couldn't ask for a better traveling companion.

Skip ahead to a couple of weeks ago when Maggie and I decided to return to Presqu'ile Provincial Park where we went camping a year ago.

I've been to Presqu'ile four or five times now and absolutely love it there. I call it the poor man's Sandbanks which is the provincial park most people know about in Prince Edward County.

Presqu'ile Provincial Park is located near Brighton, which is about a half hour's drive from Sandbanks.

I like it because it's not as crowded as Sandbanks and it's still within a 30- or 40-minute drive from Prince Edward County and a self-guided wine tasting tour.

The only downside to camping at Presqu'ile Provincial Park is the fact that you have to reserve your site five months in advance. It's the same for nearly every provincial park in Ontario.

The popularity of camping has been off the charts ever since the pandemic, to the extent where you need to book your spot well in advance. In Ontario, that means booking your spot as soon as the reservations open, which is currently five months in advance. And even then the site you end up with might not necessarily be the site you were trying to get. Reserving a campsite at a provincial park in Ontario is a lot like trying to win a lottery.

Fortunately, when I reserved our site back

in February, I won the lottery by landing one of the biggest sites in my favourite campground in the park. The High Bluff campground is located on the banks of Lake Ontario, and site 57 is one of the nicest sites in High Bluff. It's big. It's flat. And it's located just steps from the water and one of the most peaceful spots in the park which is my little peace of heaven.

You can usually find me there, sitting in my camp chair with a glass of single malt scotch or red wine, listening to the waves lap against the shore late in the day, or late at night as the moon shines on the water.

This time around was especially meaningful due to a series of unfortunate events that lead up to the trip, which I won't get into here, but let's just say it was perfect timing and sharing it with my daughter was the perfect cure.

Camping is a marvelous pastime which comes with a different set of challenges every time out. The joy and satisfaction comes in overcoming those challenges and being able to enjoy the moments that camping often provides. Sharing those moments with my daughter was extra special this time, especially considering that she'll be heading off to teacher's college in just a few weeks.

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Enjoy spending time with your family and stay safe

I hope everyone is having a great summer so far. It's hard to believe we are already halfway through.

For those of you who don't know, council and committee meetings take a bit of a break this time of year, and though I'm never off the job as a councillor, I do look forward to shorter days and more time with family and friends



Tim Tierney

Beacon Hill-Cyrville Ward 11

There's lots of fun to be had across our city this summer. Festival attendance is breaking records, beaches and patios are full, and many residents I speak with seem to be in good spirits.

Unfortunately, not everything is sunshine and rainbows this summer. The poor air quality in Ottawa broke records due to the smoke caused by forest fires in northern Ontario and Quebec. At one point we experienced some of the worst air quality on Earth! If that isn't a wakeup call, I don't know what is.

Sadly, this is likely not the last time we will see smoky skies like that. While I

may not have any solutions to offer, I can suggest that everyone become familiar with steps to take to protect themselves when the air quality is poor. Please visit Ottawa

Public Health online for more info, www.ottawapublichealth.ca.

In Ottawa, the month of July sees the highest number of fatal and major injury collisions related to driving impaired by drugs

or alcohol, and data shows that July, August, and September see an increase in fatal and major injury collision on rural roads.

July 16 to 22 is Drowning Prevention Week, and I would like to share a quick reminder to take extra precaution when enjoying the water this summer. You can decrease the risk of drowning by keep children within arm's reach, wearing a life jacket, staying sober, and learning to swim.

Not the lighthearted column I would have liked to share this month, but I felt that these were some necessary reminders for our community. Please stay safe and have a great rest of your summer!

Motion seeks to rescind, or at least overhaul, vacant unit tax

Ottawa has an affordable housing crisis, one that requires serious attention from all levels of government.

Last year, the City of Ottawa introduced a Vacant Unit Tax (VUT), taxing empty properties, such as those being held by speculators trying to drive up prices, or foreign buyers buying up empty condos and houses.

While the intentions behind this tax are laudable; last month City staff released the numbers, and it is clear that something has gone wrong.

In the City report that created the VUT, staff predicted a vacancy rate of somewhere between 0.5-0.7% or 1,650 units. However, we now know that out of 336,865 units, a whopping 3,268 units were declared vacant. This equates to a vacancy rate of 0.97%.

On top of that, an additional 2,836 properties are also being deemed vacant, bringing the rate to 1.8%. This is nearly double the vacancy rate in Vancouver's first year, is over triple staff's original predictions, and over 1,000 more declared units than the

City of Toronto. Ottawa is either Canada's most vacant city by orders of magnitude, or more realistically, the VUT in our City is being improperly applied to thousands of Ottawa residents.

It is no secret that I always had my reservations about the VUT. However, the sheer number of residents who are being "legitimately" charged this tax is

staggering. We need to address Ottawa's housing crisis, but is this really the approach the City wants to take? Doing so at the direct expense of innocent residents, nearly doubling their yearly property tax bill?

I have tabled a motion at Council to be debated at the end of the summer to end the VUT. There is no doubt, we need to address Ottawa's housing crisis, and it would be great if staff could come up with less onerous options, ones that pointedly focus on property speculators. But in the meantime, Ottawa residents need to know that the VUT status quo will not be allowed to continue.



Laura Dudas

Innes Ward 2

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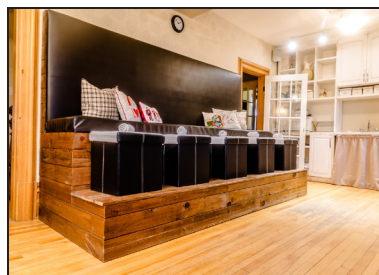
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When she was 17, Monica moved to Orléans from the west coast with her family. Her father wanted to open a Sure Copy franchise and picked Orléans as the ideal location. The year was 1992. In the years since, the business has grown from just 300 sq. 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 shop in Orleans.

Monica also hasn't forgotten her roots. Since taking over as the principle 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 Orleans Blvd. You can reach them by email at info@sureprint.ca, or by calling 613-830-8678SURE 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 call 613-830-8678.



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If you are looking for a unique artistic experience, then you should consider taking a fused glass class at the Da Artisti Studio and Gallery in Cumberland Village.

Fusing is the heating of two or more pieces of glass in a kiln so that they melt together to form one piece. The result is an object that has a stained glass quality with colour and texture, but without the leading that is required in making stained glass. You can also do a lot more with fused glass. You can make dishes and decorative panels, or jewelry, or use it as an embellishment for other objects like night lights.

The 1-on-1 and group classes at Da Artisti are taught by owner Wendy Canci who is an accomplished fused glass artist in her own right. Each class is three hours long, during which you will make your own fused glass creation.

In the introductory class, you will make a 5" x 10" platter, and a soap dish. In the intermediate class, you will learn to cut circles and make a 12" bowl using glass enamels, or glass powders. If you don't have three hours to spare, you have the option of taking one of Da Artisti's workshops which range from 90 minutes to two hours. Depending on the workshop you have the option of making a 5x10 inch suncatcher for \$65, or four Christmas ornaments because it's never too early.

All of the classes are ongoing, but take place on demand. To reserve a spot, simply call the studio at 613-833-2565. Better yet, you can drop by the Cumberland Village gallery at 2565 Old Montreal Rd., chat with Wendy and browse through some of the many unique pieces produced by local artists and artisans.

In establishing the studio and gallery five years ago, Wendy's goal was to create a judgement-free environment where creativity is embraced and experiments are celebrated. It's that environment that makes Da Artisti so welcoming to aspiring artists, even if those aspiring artists are looking to express their inner creativity for the first time.

Da Artisti

A Studio to Learn In

Da Artisti offers 1-on-1 and group fused glass workshops and classes. We provide all the knowledge, tools and materials needed to succeed. Learn the basics and you'll be able to come in and play in our studio!

A Gallery to Admire.

We also have a breathtaking gallery for accomplished and up-and-coming artists to display their completed works of art. Stop in and admire the work of our local artists.



613-833-2565 | www.daartisti.com
2565 Old Montreal Rd. in the heart of Cumberland Village

Providing professional dental care for 20+ years

Blackburn Shoppes Dental Centre owner and principal practitioner Dr. Chantal Plant is celebrating not one, but two milestones this year. First off, 2023 marks her 25th year as a dentist, and in August, the dental centre will celebrate 20 years in business in the Hamlet. Over that time, she has brought a smile to thousands of patients of all ages.

At Blackburn Shoppes Dental Centre, Dr. Chantal Plant and her team of 12 hard-working ladies have earned a reputation for providing the very best dental care with the utmost sensitivity to their patients' needs, no matter their age.

After graduating from the school of dentistry at University Laval in Quebec City, Dr. Plant took a position with a dentist in Bonnevillie, Alberta, a small town of just under 6,000 people about 250km northeast of Edmonton where she had the amazing opportunity to work two days a week on a native reserved called Kehewan.

In 2000, Dr. Plant moved to Ottawa where her husband A.J. is originally from. It was also a lot closer to her parents who lived near Montréal. After working in Kanata for a couple of years, Dr. Plant made the decision to open her own practice in Blackburn Hamlet. She started with just one receptionist, one assistant and one operator. She even did dental cleanings for the first few months.

A few years would go by and key team members were added such as Stephanie, Seble and Robin. Participating annually at the Blackburn Fun Fair Parade became a tradition. Many 67's tickets were donated to local elementary schools and multiple Brush-a-Mania dental presentations were performed by Dr. Plant and her team.

The office now has over 13 team members and has expanded to 3,000 sq. ft. to accommodate all of their patients.

Reflecting on her 25-year journey, Dr. Plant expressed her gratitude to her patients and the community, stating, "it has been an incredible privilege to serve this community for the past 20 years. I am immensely grateful for the trust my patients have placed in me and the opportunity to make a positive impact on their lives. I look forward to many more years of providing exceptional dental care and fostering healthier smiles."



"It's been an absolute joy to bring quality services to our patients for the past 2 decades!"

— DR. CHANTAL PLANT



BLACKBURN SHOPPES DENTAL CENTRE



MAKE AN APPOINTMENT TODAY! (613) 834-5959 ottawafamilydentist.com
2668 Innes Road (located in the Blackburn Shoppes Plaza) [f](#) [t](#) [i](#)

Keeping Orléans motorists on the road for over 28 years

Whether you are planning a summer vacation that will include a good deal of driving, or you plan on making frequent trips to the cottage, you should consider taking your car in to Precision Automotive on Vantage Drive for a check-up.

With 10 bays, five licensed technicians and one apprentice technician, Precision is the largest service centre in Orléans. They also have the expertise to service any make and model of vehicle.

While many people will opt for an oil change at one of a myriad of places that specialize in quick oil changes, the people who normally work at those establishments do not have the type of mechanical expertise that Precision's technicians have, to give your car a thorough inspection.

Technicians at Precision will check all your fluid levels, tire condition and pressure as well as all your drive belts and hoses. There is nothing more annoying than losing a drive belt or blowing a hose in the middle of nowhere. Not only is it inconvenient, but it can cost you valuable vacation time, not to mention a potentially expensive towing bill.

Besides belts, hoses and tires, a Precision technician can also inspect your brakes, suspension, exhaust and even your air conditioning. So why not take advantage of their expertise and have your vehicle checked out today to avoid the chance of a potential headaches tomorrow? Nothing has the potential to ruin your vacation plans worse than an unexpected mechanical failure that could have been easily prevented by a trip to Precision Automotive. As the saying goes, "An ounce of prevention is worth a pound of cure."

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

Precision Automotive is located at 385 Vantage Dr. behind the McDonald's at Innes and Tenth Line Road. You can also visit 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

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behind the McDonald's

Phone : 613-841-5550

Website : precisionautomotive.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 of experience in the audio-visual and home entertainment industry.



Jason Miller

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 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.



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)

Take the first step toward pain-free feet

If you suffer from corns and calluses, bunions, Morton's Neuroma, plantar fasciitis and flat feet, Athlete's Foot, heel spurs, ingrown toenails or planter warts, then you should book an appointment at the Orléans Foot Clinic today.

Orléans residents are truly fortunate to have the premier foot care clinic in the entire Ottawa region right here in their midst. Led by Mélissa Clouthier-Chatel, who has a Doctorate in Podiatric Medicine, and chiropodist Anna Grynechko, 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.

With foot and back pain, many people make an incorrect self-diagnosis which often leads to the situation worsening. Be kind to yourself and see a specialist for an evaluation. It is best to address an issue before it worsens or becomes chronic.

The foot care specialists at the Orléans Foot Care Clinic will perform a thorough examination using the latest technology available 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 often 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 Foot Care 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. Put a hop back in your step and call the Orléans Foot Care Clinic today.



- 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*



Mélissa Clouthier-Chatel, DPM

Anna Grynechko, Chiropodist

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

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

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.

Also in 2011, Josée Virgo was named as a partner. 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 and retired in 2015.

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 gvelaw.ca.



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Find out what all the excitement is about at Caravela Restaurante

Since it first opened on Boxing Day in 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.

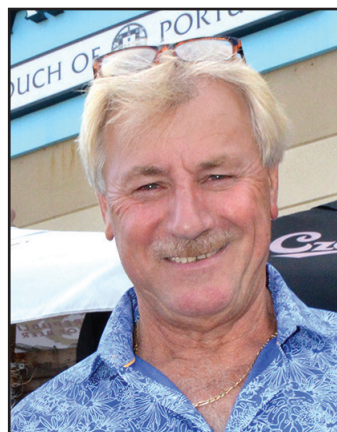
Among the many specialties on Caravela's menu are Shrimp and Scallops, Grilled Octopus, Sea Bass, Seafood Cataplana and Fernando's Platter which includes lobster, Tiger shrimp, baby clams and 20 mussels. They also have a number of seafood appetizers including Grilled Squid, Cod Cakes and Garlic Shrimp. 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.



Fernando Diniz

Making dreams come true one pool at a time

Jean-Michel Deschamps has been in the pool business for most of his life. He started cleaning pools while a high school student at École secondaire Garneau. In fact, he sold his first pool to his high school principal while still in Grade 13.

After enrolling at the University of Ottawa to study economics, Deschamps continued to sell and maintain pools. Then, in the early mid-80s he was approached by a large pool company in the United States who wanted him to train dealers on how to install their pools. On those days when he didn't have classes, Deschamps was flown by private jet all over the United States to meet and train dealers.

After he graduated from the University of Ottawa, Deschamps continued to train dealers despite his parents' wishes that he pursue a career in the public service.

"I was living the life that I wanted to live, always on the go, and I was making good money," recalls Deschamps.

After nine years of traveling, Deschamps was offered a chance to become the co-owner of the Citadelle Pools franchise in Ottawa-Gatineau. Tired of life on the road, he accepted the offer and for the next eight years he sold inground and above ground pools.

In 1995, Deschamps decided to go into business for himself in Orléans. He sold his shares in Citadelle to concentrate all his energy on inground and semi-inground pools and get away from the big box store mentality.

The secret to his enormous success is customer service and the fact that he does everything in-house, from the design to the installation to even the landscaping. As his own sales person he's also not afraid to give his best advice to his clients even if it means they end up with a less expensive pool than what he could have sold them.

Deschamps' focus on customer service has resulted in over 80 per cent of his business coming through referrals.

"Pools create memories. When you have a pool you want to invite your aunts and uncles and cousins over. It's about bringing families together," says Deschamps. "We build pools people can be proud of. That's why I'm still doing this after 40 years."



Jean-Michel Deschamps

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www.caravelarestaurante.ca

Newfoundland & Labrador a highlight for Navan vanlifers

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

I grew up with my fair share of road trips as both my parents were from southern Ontario and most of our extended family lived between 6-8 hours away.

Making those regular highway road trips prepared me for the inevitable long hours of driving when living in a van, however traveling through the Canadian Boreal Forest was an experience like no other. So far, this has been the remote adventure of our dreams and we have loved every second of it. Ever since we decided to set on this adventure I have been looking forward to seeing Newfoundland and Labrador the most.

I know you all have seen the tourism commercials for Newfoundland and Labrador, with the colourful seaside homes, fishing boats and rocky cliffs. In my experience, most of the quaint fishing homes

were white rather than colourful, but there were lots of fishing boats and cliffs. What they don’t show you are the kind, generous and friendly people of Newfoundland and Labrador. After being alone for over a week in Labrador it was a breath of fresh air to see small communities with local art galleries, small diners, libraries and heritage sites.

I am not exaggerating when I say my breath was taken away when we arrived in Gros Morne National Park. I had no idea Newfoundland had so many mountains!

The spectacular site of large boggy fields leading up to Gros Morne Mountain was as equally beautiful as it was a surprise to us. Our awe was quickly suppressed by the roaring sound of our van revving as we climbed our first mountain. Fun fact, Labrador is flat as can be! Gros Morne on the other hand is not. Having installed a full kitchen, bathroom and bedroom in the back of our 2020 Ford Transit has made it a wee bit heavy. Luckily for us, the highways have an extra lane going up the mountains so we could safely crawl our way up at a speedy 50 km/h. Four ways light up the foggy mist surrounding us as enormous transport trucks pass us on the left. Need-



Camping in the great outdoors at Gros Morne National Park in Newfoundland and Labrador. TORI DARK PHOTO

less to say, we need new brake pads after that visit!

We treated ourselves to three nights in Gros Morne campgrounds, two in Berry Hill and one in Lomond. In between the rain, we managed to have a couple of bonfires, roasted a few marshmallows and

soaked in the incredible mountainside views that were our home for the night..

Newfoundland did not disappoint, in fact, the opposite, we were blown away! The smell of the salty air, the warmth of the people and the grandeur of the landscape captured my heart.



Explore daily life in a 1920s and 30s rural village

Cumberland Heritage Village Museum

Wednesday - Sunday from 10 am to 5 pm

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A piece of heaven nestled in the village of Navan

By Jody Maffett
The Orléans Star

Everyone deserves to feel special. At Country Moments Spa and Country Perks Café making their clients feel special is, well, their specialty.

Country Moments Spa offers a full line of spa treatments, although facials are their passion.

Located in the century old Irwin house at the corner of Trim and Colonial Roads, they are a destination spa like no other.

Focusing on skincare and providing their clients with the knowledge and care to achieve the very best skin, the skilled Aestheticians at Country Moments guide their clients through every step, including proper homecare.

They also offer waxing, body treatments, manicures, pedicures, lash lifting and much more.

Besides the various individual treatments, package treatments can also be purchased, such as the full day Country Escape package which includes a back treatment, followed by one of their amazing facials. Afterwards, head downstairs and enjoy their custom luxury pedicure followed by their shellac manicure with illuminating hand masque and hot towels. Then finish your spa day off with a lunch, a treat and hand-crafted drink in Country Perks Café, which is located inside the spa and is open to the general public.

Country Moments also offers a one-of-a-kind treatment that was created during the pandemic when facials were not allowed to be performed and has become so popular amongst clients, that they were begging them to leave it on the regular menu. This 45-minute treatment called the Stress Buster sweeps you away with a foot treatment (dry exfoliation, lower leg/foot massage, foot mask with hot towels), followed by a full upper body massage that includes the neck, shoulders, arms and scalp.

For people who are looking to improve their health beyond their treatment, resident nutritionist Anne Thibodeau can provide advice and help create a plan that works for each individual client and their lifestyle, so that they can increase their confidence when it comes to their food choices, gain energy and feel fabulous in their clothes.

Country Moments Spa and Country Perks Café is owned and operated by local resident Amanda Watson who opened the spa in 2012 in Orleans and then moved it to Navan in 2014.



"The Navan community has always been a big part of my life. My husband and I began dating when we were 14, when he was living on his family's farm in Sarsfield. I was introduced to the country life and fell immediately in love. I worked in the office of the Navan Fair for a couple of years and knew my heart belonged in Navan," says Watson,

"The house the spa resides in was always a favourite of mine. I was tossing around the idea of moving the spa out of Orléans (it was in a strip mall and it wasn't me), and a quick search on Kijiji for commercial spaces available for rent, brought up this gorgeous farmhouse that I knew all too well. The ad had been posted 15 minutes prior to me seeing it. Like it was meant to be. I immediately contacted them to let them know that I was moving my spa there

"After three visits to make sure it was all going to work, I signed the first lease and the rest is history! And, as long as they'll have me, I don't plan on going anywhere, anytime soon! I knew I was home."

Amanda number one mission is to provide her clients with the ultimate in personal care.

"Being an aesthetician myself, I always knew I wanted something extra special. I never really fit into the aesthetics world. I'm a jeans and t-shirt kinda gal. I like to keep it real, have fun and be happy. I wanted our clients to feel the same. I wanted a space where clients didn't feel like they had to get dolled up to come to the spa. Come as you are...because there is no one better than that! Wanna wear PJs? Come on over! Slippers? Come take a seat! Just be you because that's what matters most. We're all about the love."

You can book an appointment at the spa Tuesday to Thursday from 9 a.m. to 7 p.m., Friday from 10 a.m. to 5 p.m. and Saturday from 9 a.m. to 3 p.m.

Come on out for a handcrafted drink and treat at the cafe from Tuesday to Thursday from 10 a.m. to 6 p.m., Friday from 10 a.m. to 5 p.m. and Saturday from 9 a.m. to 3 p.m.

You can call the spa to book an appointment at 613-590-9999 or book online at www.countrymomentsspa.ca

COMMUNITY BILLBOARD

SATURDAY, JULY 22

CARIVIBE REACH THE BEACH event on Petrie Island. Soca, Dancehall, Reggae and Afro Beats music, food concessions, a Kids Zone and much more. The festivities get underway at 12 noon. Admission \$25. Children under 12 are FREE. A limited number of advance tickets are available for \$15 + \$2.71 admin fee at eventbrite.ca.

BOOM BOOM BLOCK PARTY

The Carivibes continues at Mexicala Rosa's on Centrum Blvd. where a number of DJs will provide music from 10 p.m. until 2 a.m.

CUMBERLAND FARMERS MARKET from 9 a.m. to 1 p.m. at the R.J. Kennedy Arena, 1115 Dunning Rd. in Cumberland

Village. The Cumberland Farmers' Market features fresh vegetables, seasonal fruits, specialty foods and a variety of artisan goods.

TUESDAY, JULY 25

SAVED BY THE BELL TRIVIA NIGHT at the Orléans Brewing Co. 4380 Innes Road near Tenth Line. Come test your knowledge of your favourite high school squares from the 90's! Winner gets bragging rights and a prize!!!

THURSDAY, JULY 27

ORLÉANS FARMER'S MARKET from 11 am to 4 pm in the parking lot at the Ray Friel Recreation Complex on Tenth Line Road featuring local food vendors and producers.

FRIDAY, JULY 28

BURLESQUE GAME SHOW

& EROTIC BAKE SALE at the Stray Dog Brewing Company 501 Lacolle Way in the Taylor Creek Business Park. Candy floggers, naughty lollipops and bags of sugary temptation. All layered in comedy, burlesque and an erotic version of the "Name-That-Tune" game show where your knowledge of lyrics will be put to the test. Will YOU win the grand prize, sexy burlesque cake?

SUNDAY, JULY 30

ORIGINAL NAVAN FARMERS MARKET from 10 a.m. to 3 p.m. at the Navan Fairgrounds featuring over 190 vendors including artists and artisans, local craft breweries, food vendors and a whole lot more. For a full run down visit facebook.com/OriginalNavanMarket/.

IN MEMORIAM



Anne-Marie Marcil, 49
Passed away on July 10, 2023

Marc Tessier, 68
Passed away on July 5, 2023

Claude Gendron, 86
Passed away on July 4, 2023



www.heritagefh.ca/obituaries

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Church of God International Canada

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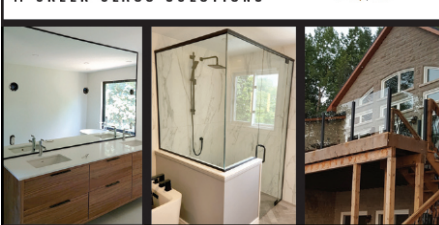
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