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THE Orléans Star

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Next edition July 18

L'Orléanais
L'édition de
cette semaine
à l'intérieur...



Brigitte Fletcher holds up the Governor General's Academic Medal she received for achieving the highest combined average at St. Matthew High School. FRED SHERWIN PHOTO

High school scholars top Class of 2024

By Fred Sherwin
The Orléans Star

Orléans-area high schools held their graduation ceremonies last week, celebrating the many accomplishments of the Class of 2024, including their respective Governor General's Academic Medal recipients.

The Governor General's Medal is given to students across the country who finish their high school academic career with the top overall combined average in their school for Grades 11 and 12.

Brigitte Fletcher was the Governor General's Academic Medal recipient at St. Matthew High School, where she achieved a combined average of 95.8 per cent.

Although she excelled in both science and

math during the four years she has spent at St. Matthew, she wasn't always a fan.

"I hated science when I was in Grade 7, but then I entered the STEM program in Grade 9 and it changed my philosophy," says Brigitte.

STEM stands for science, technology, engineering and mathematics. She enrolled in the program at the suggestion of her Grade 7 science teacher Michael Flynn and credits him for setting out on a path towards a possible career in environmental science or other bio-related scientific field.

But first, Brigitte plans to go to Rome to study philosophy at the Pontifical University of Saint Thomas Aquinas, also known as the Angelicum.

CONTINUED ON PAGE 2 ►

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Orléans top students have a bright future ahead of them

Continued from page 1

By doing so, Brigitte will fulfill a dream to return to the country where she was born. Her parents, who are both from Alberta, went to Italy to study in the early 2000s and had Brigitte while they were there.

Several years ago, Brigitte began thinking about going to Italy to study and learn more about the country of her birth.

"I'm a Roman baby. I've always wanted to go back," says Brigitte, who plans to return to Canada after her studies in Italy to continue her education here.

To that end, one of the reasons she strove to earn the highest marks possible was to qualify for admission scholarships whenever she does return.

When asked if she had any advice for others who want to get the highest marks possible in their final year of high school, Brigitte suggests they should be well organized and set their priorities accordingly.

Asif Rahman achieved the highest overall combined average at Sir Wilfrid Laurier Secondary School with a 95.19 per cent.

Like Brigitte, the Asif excelled in both math and sciences with a particular interest and passion for computers and computer programming. In fact, he spent last summer volunteering at a programming summer camp at Carleton University, where he helped kids develop their own computer programs.

According to Asif, one of the keys to his academic success was in maintaining a proper

balance between school work and extracurricular activities. This past year, he was a member of the school's Ultimate Frisbee and e-Sports teams, as well as the chess club.

"It really helped me ease my stress level," says Asif. But when the time came to focus on his studies, he was committed to putting in whatever time he needed to do his assignments to the best of his ability and properly prepare for his tests and exams.

With his high school studies behind him, Asif plans to go to the University of Ottawa in the fall to study computer engineering.

The east end's other Governor General's Academic Medal recipients include Adwita Kashyap who achieved a 95.88 average at Cairine Wilson Secondary School, and Anthony Nguyen who earned a combined average of 98.5 at St. Peter High school.

The Governor General's Academic Medal recipient at École secondaire publique



Asif Rahman

Gisèle-Lalonde is Corina Carballo Maduro who achieved a combined overall average of 97 per cent while in the school's International Baccalaureate program.

Maduro plans to attend the University of Ottawa in the fall to study bio-chemistry.

Her long-term plan is to pursue a career in either psychiatry or neurology.

In an interesting twist, the race for the Governor General's Academic Medal at École secondaire catholique Garneau came down to twins Lara and Cedric Prud'homme.

While Lara admits to studying 30 to 50 hours a week, Cedric says he never kept track of his grades.

In the end, Cedric achieved an overall combined average of 96.17 per cent while Lara's combined overall average for Grades 11 and 12 was 95.83 per cent.

The twins will be attending the University of Ottawa in the fall. Cédric plans to study communications and French letters with the potential of pursuing a teaching career, while Lara will pursue an accelerated double degree, consisting of a bachelor's degree in physical activity sciences and a master's degree in science and physiotherapy. Her ultimate goal is to one day become a physiotherapist.

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Friends and family celebrate the life of Cumberland historian

By Fred Sherwin
The Orléans Star

Susan Flemming was a lot of things – a writer, a newspaper editor, a historian, a playwright, a sister and a devoted friend. She was also a devoted wife to John Powell, who passed away in February 2023.

As the editor of the *Cumberland Communiqué* newspaper for nearly a decade, Flemming reported on the business of Cumberland Town Council and the events and happenings of the former township. She was also a founding member and later president of Vintage Stock Theatre (VST), where she combined her passion for writing with her love of history.

Most of VST's productions were based on historic township events and Flemming was a tireless researcher. As well as researching and writing the scripts, she often took on minor roles in the VST production.

More recently, Susan battled a number of illnesses and fell into poor health. This past spring she passed away at the age of 71.

As per her wishes, there was no funeral service. Instead, more than 75 family members and friends gathered on June 22 at a friend's home along the Ottawa River near Cumberland Village to celebrate her remarkable life.

Susan grew up in Orillia, the middle

child between sisters Jane and Linda. After studying journalism at Brock and Carleton universities, she moved to Winnipeg and worked for the federal government. Eventually, she moved back to Ontario and coupled her passion and skill as a writer with her love of story-telling and took on the role of editor at the *Cumberland Communiqué*.

She and Powell bought a small farm in Sarsfield where they lived for decades until declining health forced them to move into a retirement home in 2021. Powell's passing was a tremendous blow to Susan. Many of the family and friends who supported her through his death gathered recently to share memories and stories about Susan, and how much they valued her friendship. And, many added, how many times she had supported them.

Former *Orléans Star* editor and long-time friend, Heather Jamieson, recalled the first time the two women met.

"She was editor of the *Communiqué* and I worked for the *Star* and Michael Curran, who was the editor at the time, told me I should go interview her. It was very intimidating, but Susan and I ended up becoming close friends," says Jamieson, adding, "Susan had a innate ability to make lifelong friends, keep friends and nurture friendships."



(Above) Susan Flemming mugs for the camera with two of her fellow actors in a Vintage Stock Theatre murder mystery production. (Inset) Susan with close friend Marni Hunt-Stephens. FACEBOOK PHOTOS

Retired artistic director of the Ottawa School of Theatre, Kathi Langston, was Susan's partner in crime. Kathi would come up with an idea; Susan would do the research and writing, with Kathi directing the final production.

Over the years, the two developed a tremendous bond.

"Susan Flemming was my best friend.

More than a friend, she was my sister because we were so close," says Langston. The two women had discussed working on another play together before Susan's health deteriorated.

Those are just two of the stories shared by Susan's family and friends during Susan's Celebration of Life, and there are countless fond memories to go along with them all.

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Horrible wrong

Not so long ago, I wrote a column about the ongoing labour shortage here in Canada and in many parts of the developed world including the United States and Europe. This editorial will address the exact opposite situation – the lack of jobs and hiring opportunities for mature workers.

By mature workers, I'm referring to anyone over the age of 55. While there are a great number of people living in the nation's capital who are blessed with a pension plan and are able to retire at 55, there are an even greater number of folks who don't have that luxury.

Anyone who finds themselves out of work over the age of 55, or in need of getting back into the workforce after going through a divorce or their spouse has passed away, will find it almost impossible to get hired, especially if they are looking for a job in their area of expertise.

Part of the problem is that employers are reluctant to hire mature candidates and having it not work out. Severance liability becomes higher the older the individual is.

The other problem is that for most jobs you have to submit your resumé to the potential employer which is then vetted by a computer program set up by their HR department.

Good luck on that one. The programs can be set up to reject candidates of a certain age, or for a lack of post-secondary education.

If you are over the age of 55, you could try getting a job through an employment agency or Employment Ontario which have their own HR programs designed to find you something in your field. Unfortunately, the science behind these programs is not entirely perfect.

I know someone who is in their early 60s and has an extensive background in management and event planning who kept getting sent postings for jobs in the service industry or training. When she looked into it, she found out she was getting the postings because her CV included past experience in those industries dating back 30 years ago. She has since submitted a new resume.

And I have my own frustrating experience in trying to find a job after turning 55. After working as a team leader during the 2016 Census, I applied for a job with StatsCanada. I had impeccable references from my superiors and I scored in the 99th percentile in the test they give you. Still I didn't even make the job pool. In fact, it's the reason why I bought this paper.

Mature workers have a lot to offer potential employers. They are reliable. They have experience both on the job and in real life. And they need the work, unlike younger workers who don't necessarily need the work and can move on from job to job.

So if you're reading this and you own your own company or run a department and are looking to hire someone, tell HR that you want to consider any mature candidates first and you can thank me later.

– Fred Sherwin



The level of the Ford government's hypocrisy seemingly has no bounds

The Ford government should heed the adage that "honesty in politics is the result of strength; hypocrisy is the result of weakness."

When the Ford government ran against the Wynne government, they promised to be fiscally responsible. The last Ford budget announced that the deficit would triple to \$9.8 billion, the highest non-COVID budget deficit since 2014. Under this government, Ontario's debt has climbed by more than \$100 billion, which is the largest debt of any subnational jurisdiction in the world.

The Conservative's trained seals obediently applaud Bonnie Crombie as the "Queen of the Carbon Tax", despite knowing full well that she has never voted for one and has publicly declared her opposition to it. Nevertheless, the Ford government has projected to generate over \$2 billion from a carbon tax on industrial emitters in the next eight years. When federal Conservative leader Pierre Poilievre organized a rally in Premier Ford's riding to "axe the carbon tax", why was the Premier conspicuously absent?

Municipal governments throughout the nation, regardless of political affiliation, raise property taxes to match the rate of inflation. During Doug Ford's tenure on Toronto's city council, taxes were increased, a situation no different from when Bonnie Crombie served as the mayor of Mississauga. Therefore, why did the Ford political campaign display duplicity in their political advertisements about Bonnie Crombie, but not about Ford himself? Surely, the people have the right to know the entire truth.

Doug Ford inherited a multimillion dollar family business, owns multimillion dollar homes in Toronto, the Muskokas and an elite neighbourhood outside of Miami.

The Ford government's penchant for accusing teachers of being overpaid and underworked is something I do not agree with, especially when considering their the important role they play.

Additionally, I find it concerning that the Ford government adjourned

the Legislature before the end of the school year with no plans to reconvene until well after Thanksgiving.

The Government killed my Private Member's Bill which took aim at predatory municipal politicians who prey on their staff. When the Ford government killed my bill they promised to introduce legislation before June 2024. Lo and behold, there is no government bill. The government said it was too complex to draft before June. So why did they adjourn the Legislature rather than sit and pass this much-needed legislation?

To make matters even more disheartening, when asked about it, the Premier told the *Ottawa Citizen* "Ultimately, if they want to remove someone, it's the people. That's why we have elections every four years."

Someone might ask what do all of these things have in common? It is Hypocrisy and a government that is bereft of ideas and clinging to power simply to continue to help their friends, family, donors and political insiders. Consistency is the last refuge of the unimaginative and tired governments.



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Running with the bulls presents a moral dilemma

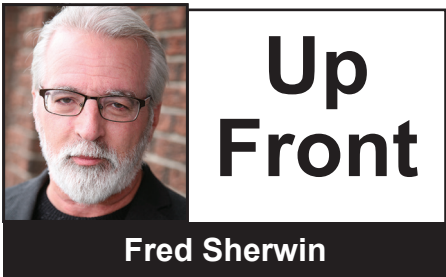
Let me first just say that I am a big fan of Earnest Hemingway, which is how I first heard about the San Fermin festival and the running of the bulls in Pamplona, Spain.

I've always been fascinated by the idea of running down a crowded street while being chased by a small herd of rather agitated bulls. In a little over a week, I plan to celebrate my 63rd birthday by doing just that.

Now some of you may think that's crazy – my kids definitely do, and so do a lot of my friends. And some of you may think it's cruel and inhumane. I have other friends who feel the same. But the only cruelty being perpetrated during the actual run is the cruelty being inflicted on the 40 to 50 participants who get gored every year, although I guess you can say they have it coming. Certainly if I get gored during the run, I won't blame it on the bull, rather on my own stupidity.

The real cruelty happens in the bullring afterwards. And let me state unequivocally that I am absolutely against bullfighting and I have no intention of watching a bullfight while I am there.

So how do I justify taking part in the running of the bulls while at the same time being dead against bull fighting? That's



a very good question and one I have been debating with myself for weeks.

I could argue that they are two totally separate events taking place during the same festival. You could quite easily have the running of the bulls without the bullfighting. They have the same type of event on Teiceira in the Azores where a bull is tethered to four or five handlers by a long rope and allowed to charge at anyone crazy enough to participate. As the bull gets close to the person, it's reined in at the last second by the handlers. The bulls never get hurt, but the participants sometimes do.

The San Fermin Festival and the running of the bulls is over 700 years old. I guess I could always wait until August and go to the town of Bunol, Spain where they celebrate La Tomatina during which thousands of people pelt each other with tomatoes. I guess that's fine if you like tomatoes – not

so much if you don't.

Should I survive the running of the bulls, or in my case the walking with the bulls, I plan to go to Barcelona, which I hear is very beautiful city.

I had hoped to go to Barcelona in 1992 for the Olympic Games, but my financial situation at the time ruled it out. More recently, I wanted to go to the city to visit my old friend Jango Edwards who was one of the most influential clowns of his time, but unfortunately he passed away last August.

From Barcelona, I will head to Amsterdam to visit some friends before going to Boom, Belgium for Tomorrowland, which is the largest electronic dance music festival in the world.

This will be my third Tomorrowland Festival and something I've been looking forward to for the past 12 months. I'm part of a group of 12 EDM enthusiasts who hail from Germany, Switzerland and Calgary.

We all camp together and have an amazing time over five days and four nights. The group's ringleaders are Kamil and William who live in Basel and Geneva respectively. I'm the old guy and head bartender.

If I survive the running of the bulls and five days at Tomorrowland, I plan to go back to Amsterdam to rest a few days and

figure out where to go from there.

I've narrowed the list down to Italy, Portugal, Germany or Greece. I might have to rule Italy out just because it's so expensive. Portugal is a contender because it's relatively inexpensive and I've never been.

Germany is on the list because I have friends in Hamburg, Berlin, Freiburg and Munich, but I'm not sure it's the best place to go in mid-July and there are no beaches.

I went to the Greek islands of Milos and Paros last summer and it was one of the most amazing experiences of my life.

In February, I met a guy named Anthony in Puerto Escondido. He runs an ATV safari company with his father on the island of Crete and apparently his father and I would get along famously.

If I go to Crete, I could stop in Istanbul first, if my Aeroplan covers it. I've always had a keen interest about the city on the Bosphorus and it's sort of on the way to Crete.

I likely won't make my final decision until I'm over there and even then it will probably be a last-minute thing. That's another advantage to traveling alone. You never have to make plans. You can just go wherever the wind – or your Aeroplan points – take you.

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Ottawa a truly excellent example of the moniker ‘Canada in one City’

This Canada Day, I found myself reflecting on our City, and how we truly are a microcosm of this beautiful country.

We are urban, suburban and rural. We have dense, cosmopolitan neighbourhoods. We have suburban areas full of parks and children and trails. We have sprawling farmland with hardworking families providing the food we eat every single day. We have unique, picturesque villages with tight-knit communities. We truly do live up to our motto, “Canada in one City.”

This diversity doesn’t come without its challenges, and we certainly face the same challenges felt all over Canada. But it isn’t the challenges that define us as Canadians. It is how we rise to meet them. And it is how, when we fail to meet those challenges, we continue to act with humility and grace, brush ourselves off, and face those challenges again.

Rising to meet challenges does not come without conflict. In fact, it necessitates it. Conflict can be uncomfortable, but it is

how we grow. It is that friction that leads to progress and understanding.

Respectful disagreement and persuasive argument are the hallmarks of a healthy, growing democracy. We must not give into the urge to surround ourselves only with like-minded thinkers. We should seek out that which makes us uncomfortable and work to reconcile with it.

Democracy is work – and it is hard work. Failing to do this work leads to democratic erosion and retreating into enclaves of familiarity and comfort.

Canada became the great country that it is today through struggle and conflict. From Flanders and Vimy, to universal suffrage, to intellectual freedom and beyond, we have been shaped by conflict and those who have risen to meet these challenges.

And we have a lot of challenges facing us today. Let us resolve to have courage, to speak our true minds, to face these challenges head on, and continue to build this country we are all so proud of.



Matt Luloff

Orléans East-Cumberland

Frustrated by traffic congestion in South Orléans? Read this...

Are you tired of congested roads and inadequate transit in Orléans South? are you concerned about the rapid pace of growth and its impact on mobility in our community? I share your frustrations and now, more than ever, I need your voice to be heard.

The City has just launched Phase 4 of the Transportation Master Plan (TMP) consultations. This is your opportunity to inform city staff about the transportation issues you encounter daily, whether by car or transit. Your input will influence the funding and prioritization of critical projects such as the expansion of Brian Coburn Blvd. and the Cumberland bus-rapid transitway. The Master Plan will prioritize projects for investment over the next 20 years.

Orléans South has experienced remarkable growth, and it’s clear that we must invest in infrastructure projects to meet our community’s needs. I’ve been advocating relentlessly for increased connectivity in our ward because our current network is stretched beyond its limits with daily traffic congestion,

inadequate public transportation options, and limited, unsafe active transportation infrastructure.

Over the past several months, I have been engaging with senior staff and the mayor’s office to ensure our concerns are reflected in the updated TMP. Now, I need your help.

I urge you to complete both surveys on the Engage Ottawa website at engage.ottawa.ca to bolster our case for immediate investment.

The strong response from residents following my special newsletter was encouraging, with hundreds participating online and over 75 people attending the recent pop-up event at the François Dupuis Recreation Centre. I am pushing for another pop-up, and I will share details on my regular channels once confirmed. This is our chance to advocate for much-needed infrastructure in Ward 19. We can’t let this opportunity slip away!

The most effective way to have your voice heard is to complete both surveys. I thank you in advance!



Catherine Kitts

Orléans South-Navan



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Cumberland has a lot to offer those who wish to stick close to home

By Fred Sherwin
The Orléans Star

Is the price of gas getting you down? Are you looking to stay close to home this summer? Then why not consider spending a day visiting some of the business in the former township of Cumberland?

Cumberland has a lot to see and do and best of all, it's right next door to Orléans.

Cumberland is a largely rural community containing several small villages such as Navan, Sarsfield and Cumberland Village, all of which are within a 10- to 15-minute drive from Orléans. The area boasts two wineries, an antique store, a paintball action centre, a bakery, a heritage village museum, an art studio and gallery and one of the best restaurants around.

Cumberland Village is located just a few minutes from Orléans along Hwy. 174. Besides being the home of the **Cumberland Heritage Village Museum**, it is also where you will find the **Black Walnut Bakery**, the **Da Artisti Art Gallery and Studio** and the **Maker Feed Co.** restaurant. And if you visit the community on a Saturday, you can stroll through the **Cumberland Farmer's Market** at the R.J. Kennedy Arena on Dunning Road.

The market is held every Saturday between 9 a.m. and 1 p.m. until October

The **Black Walnut Bakery** is located on Cameron Street near the corner of Hwy. 174. The bakery has become extremely popular thanks to their freshly made breads, pies and assorted pastries which can be enjoyed on their porch with coffee or tea.

The **Da Artisti Art Gallery and Studio** is located in a heritage building on Old Montreal Road just as you enter the village. Besides holding fused glass workshops, the gallery and studio displays and sells works made by artists and artisans from the area and beyond, including jewelry, paintings, stained glass, wood work, wearable fabric art and accessories and other items. The gallery is owned and operated by fused glass artist Wendy Canci. You can find their website at daartisti.com.

Maker Feed Co. is owned and operated by Chef Michel Gaumond. It is located in the Ferguson House at 2607 Old Montreal Rd. The restaurant is a farm-to-table establishment with most of the ingredients consisting of whatever is available at local farms. As such, the menu can often change and each dish is made to order.

Further down Dunning Road is **Blue Spruce Antiques** where you will find hundreds of antiques and vintage items housed in two buildings. Owner Lorraine Seguin has been buying and selling antiques for most of her adult life, but it

wasn't until 2016 that she decided to open up her own store.

Continuing south on Dunning Road, you will come to the village of Leonard where the original Cumberland Town Hall used to be located. Now it is home to the **Vignoble Clos du Vully** vineyard and winery, which is one of two wineries in Cumberland. The other is the **Domaine Perrault** winery in Navan.

Vignoble Clos Du Vully was established in 2008 by Jan-Daniel Etter and his partner Anne Grenon. The winery now produces a wide variety of wines using their own grapes blended with grapes from the Niagara Region. Private tastings can be booked by e-mailing clousduvully@gmail.com. You can also purchase wines at the store on Saturdays and Sundays from 11 a.m. to 5 p.m.

Just south of Leonard is the **Commando Action Centre** where you can play a variety of projectile games including low-impact Airsoft that utilizes small BB-like pellets, Bazoooka Ball which uses Nerf-like paintless projectiles that are safe for children four and up, and – of course – regular paintball.

If you travel further south past the village of Bearbrook, you will find **Bearbrook Game Meats**, which sells exotic meats of all kinds in the form of sausages, hamburger patties, and steaks made from

bison, wild boar, venison, emu and ostrich. They also sell various game birds, free range eggs and many European products.

To the southeast of Orléans is the village of Navan, home of **J.T. Bradleys Country Convenience Store**, the **New Oak Tree** furniture store and the **Domaine Perrault** winery.

Domaine Perrault has been around since 1999. Owned and operated by Denis Perrault, his wife Lyse and their two daughters, the winery produces over 15 different wines which they sell on site. The store is open every Friday, Saturday and Sunday from 11 a.m. to 5 p.m. You can sample some of the wines before you purchase them or you can book a private tour and tasting by visiting domaineperrault.ca.

There is so much to see and do in Cumberland, that you could probably spread out your tour over two or three days.

However long you spend in the area or the number of places you visit, you will be supporting a community that is still recovering from a severe wind storm that destroyed thousands of trees and damaged dozens of homes and farms on May 24, and they will be grateful for it. So stay close to home, plan your mini-road trip ahead of time and enjoy a vacation in your own back yard.

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Area wine lovers have two local vineyards they can visit

By Fred Sherwin
The Orléans Star

If you enjoy a glass of wine every now and then, you will love the fact that Cumberland has two local wineries which you can visit to indulge your palate and your taste buds.

The Domaine Perrault vineyard and winery is located on Perrault Road, just south of the village of Navan.

The winery was started on the Perrault family farm in 1999 by Denis Perrault. Today it is owned and operated Denis, his wife Lise and their two daughters.

The Domaine Perrault vineyard and winery produces five red wines, a fortified red, six white wines, a dessert wine and their signature rosé.

You can purchase most of the wines in the winery's retail store, subject to availability, or you can book an organized wine tasting starting with a two-hour tasting that includes two ounces each of five different wines.

To check out the wine tastings and other events visit their website at www.domaineperrault.ca/patio-packages.

The store is open Fridays and Saturdays from 11 a.m. to 5:30 p.m. and Sundays from 11a.m. to 5 p.m.

Cumberland's second winery is Vignoble Clos Du Vully, located at 2501 Magladry Road near Dunning just outside the village of Leonard. It is 15 minutes southeast of Orléans

The winery is owned by Jan-Daniel Etter who planted 5,000 cold climate vines on the property between 2008 and 2011. In 2013, they transformed an old dairy barn into a winery, and in May 2016 they opened a retail store on the site.

Today, they grow five varieties of grapes which they blend with grapes from two producers in Niagara-on-the-Lake.

They currently have four red wines, two bubbly sparkling wines and two fortified wines.

You can find out more about the Vignoble Clos Du Vully and the wines they make by visiting www.vignobleclosduvully.com. The store is open on Saturdays and Sundays from 11 a.m. to 5 p.m. or by appointment.



Jan-Daniel Etter, above, is the owner of Vignoble Clos Du Vully near Leonard, while Denis and Lise Perrault, right, are the owners of the Domaine Perrault winery near Navan. FILE PHOTOS

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Commando Action Centre offers low-impact options

By Fred Sherwin
The Orléans Star

When one thinks of paintball, one thinks of high-velocity projectiles which can often leave a bruise. Highly popular among the younger male population, paintball omitted younger children and women largely by default. But all that has changed with the addition of low-impact options offered by Commando Action Centre.

Celebrating over 30 years in business, Commando Action Centre (AKA Commando Paintball) wants the whole family to be able to enjoy the full paintball experience! Low-impact paintball takes the pain out of paintball and is offered to anyone over the age of seven.

The paintballs are smaller, softer and break more easily on contact and the markers are set at a low pressure. This makes it a less intense experience for those that may be nervous about participating in regular paintball.

Commando's low-impact option is quite popular among families with younger children and for birthday parties or corporate

functions. It can also be a great team-building event for sports teams.

Another option for younger children and families is Bazooka Ball.

Bazooka Ball is a high-intensity game that provides good, clean fun for the entire family. It is completely safe and quite entertaining. Bazooka Ball uses a traditional paintball marker with a modified barrel and low-impact Nerf-like balls instead of paint, so there's no need to be worried about your clothing getting covered in paint, or ugly bruises and welts showing up.

Bazooka Ball is perfect for kids as young as four years old that can participate without the fear of getting hurt. Adults can also join in the fun without getting covered in paint.

Commando Action Centre also offers a unique airsoft-only field that covers 20 acres. Airsoft is a popular sport in which players imitate firefights. It's similar to paintball in concept, except instead of paintballs, it uses high-powered replica airsoft guns that fire tiny plastic BB pellets.

Airsoft is a fun and safe activity since it follows stringent rules that ensure players



The Commando Action Centre is a great place to have your son or daughter's next birthday party. PHOTO SUPPLIED

are aware of and capable of avoiding possible dangers.

To find out more about the many excit-ing and fun-filled options offered at the Commando Action Centre, visit commandopaintball.ca, where you will find the various pricing options as well as tons of pictures. You can also reserve your next outing on the website.

The Commando Action Centre is located at 4565 Dunning Rd. between Colonial and Russell Roads.



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A busy summer is in store at the Cumberland museum

By Jody Maffett
The Orléans Star

Activities at the Cumberland Heritage Village Museum in Cumberland Village are already in high gear as the museum continues to welcome visitors from far and wide.

On June 30, the museum will be holding the first of three Discovery Days, each of which will feature:

- Interactive demonstrations from the Ottawa Valley Live Steamers and Model Engineers of their large-scale model locomotives
- Community picnic activities and demonstrations on the front green, music and dancing; sports, games, and more.
- A different heritage-inspired theme to discover each month with special guest demonstrators and activities to bring the theme to life.

The activities will run from from 11 a.m. to 3 p.m. Admission is \$8.88 for adults, and \$6.28 for children, students and seniors. Children five and under are admitted for free.

There is also a special family rate of \$22.49 which is good for two adults and their accompanying children.

The other Discovery Days will take place

on Sunday, July 28 and Thursday, Aug. 29.

On Sunday, July 14 the museum will be holding its Vintage Vehicle Experience from 10 a.m. to 2 p.m., during which visitors can explore the rapid design and mechanical advancements made during the earliest years of the automobile.

You'll be able to chat with car owners and see partially restored, restored, and unrestored vehicles from before 1940.

There will be a display showing how Ford Model T and Model A cars transformed over the 20s and 30s and visitors will also be invited to become a Tin Can Tourist and learn about vehicle camping trends during the years between the First and Second World Wars.

Last but by no means least, you'll be able to take a ride around the village in a vintage vehicle, weather permitting.

Regular admission rates apply.

The museum has also expanded its daily activities for visitors from Wednesday to Sunday, excluding special event days.

In addition to exploring the buildings and exhibitions, taking in heritage trade and skill demonstrations (e.g., blacksmith, carpenter, leatherworking, quilting, etc.), and visiting with the heritage-breed farm



The Cumberland Village Heritage Museum is located at 2940 Old Montreal Road in Cumberland Village. FILE PHOTO

animals, visitors can take part in the School Day Experience (daily from 11 a.m. to 1:30 p.m.), where they can place themselves in the shoes of a student in a rural, one-room schoolhouse and engage in activities inspired by early 20th century arithmetic, composition, geography, or nature study lessons.

Visitors can also choose to take part in the Farm Animal Tour at 3 p.m. from

Wednesday to Sunday, where they will meet the many farm animals at the museum.

Beginning Wednesday, July 3 daily tractor-pulled wagon rides around the museum grounds will also be available as part of the regular admission.

You can find out everything you need to know about the Cumberland Heritage Village Museum by visiting ottawa.ca and typing the name of the museum in the search bar.



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Forest Valley residents enjoy National Gallery visit

By Fred Sherwin
The Orléans Star

Residents at the Forest Valley Terrace memory care residence in Orléans recently visited the National Gallery of Canada where they were taken on a personalized tour of the building and several exhibits.

The tour was part of the gallery's SPARK! program, which is designed to provide accessible visits for individuals with dementia.

Many of the residents were accompanied by family members, as they were able to share the unique experience together.

SPARK! is a friendly, conversation-based program designed for people with dementia and their care partners. Together with their tour guide they look at and talk about works of art in a manner that sparks connections in a welcoming and inspiring environment.

A highlight of the National Gallery tour was a visit to the Rideau Street convent chapel where the accompanying music was a memorable and enjoyable experience for the Forest Valley residents.

Forest Valley Terrace specializes in memory care, providing a range of activities to support residents with dementia, including

daily programs, life skills activity stations, and outings like the National Gallery visit.

One of the unique services offered at Forest Valley Terrace is their Symphony Sorority program.

Symphony Sorority is a women-only memory care program where all aspects of daily living are tailored to the specific needs of the women in the program, from the menu to visits with Polly, the resident cat at Forest Valley Terrace.

Activities among the Symphony Sorority women are based on maintaining a sense of independence. For example, staff will help residents bake their favourite recipes from home, or cook their favourite meals under the supervision of one of the Forest Valley team members, known as the Sorority Sisters.

To find out more about Symphony Sorority and how it may provide the right memory care for your loved one call 613-706-2699.

Residents from Forest Valley Terrace recently visited the National Gallery of Canada where they were given a private guided tour of the gallery. PHOTOS SUPPLIED ▶



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Launching the inaugural CEPEO Indigenous Multi-Sport and Cultural Summer Camp

OTTAWA — The Conseil des écoles publiques de l'Est de l'Ontario (CEPEO) is thrilled to announce the launch of its inaugural Indigenous Multi-Sport and Cultural Summer Camp. The camp, which will run the week of July 8th, and operated by TMSI Sports Management, is set to offer an enriching blend

of sports and cultural activities for Indigenous youth.

The CEPEO multi-sport and cultural camp is a pilot project camp that is designed for Indigenous students that are looking to further connect with their heritage. With their 25+ years of camp experience, TMSI Sports Management

and their long-standing commitment to working with Indigenous communities, this camp promises a unique and engaging experience for the campers.

Participants will have the opportunity to partake in various sports activities being run by the dedicated TMSI staff, while also immersing themselves in Indigenous cultural programming facilitated by the Wabano Centre and Madahoki Farm. "We are really excited for this project, and we are extremely passionate about the program" states Executive Camp Director Abby McCorriston, further emphasizing the team's dedication to making this camp a success.

For more information about the CEPEO Indigenous Multi-Sport and Cultural Summer

Camp, please contact Abby McCorriston at abby@tmsiottawa.com.

The Conseil des écoles publiques de l'Est de l'Ontario (CEPEO) is dedicated to providing high-quality education while promoting the rich diversity of its community. CEPEO schools offer a welcoming and inclusive environment where students can thrive academically and personally.

TMSI Sports Management specializes in operating sports facilities and programs, with a strong focus on community engagement and development. Their collaboration with Indigenous communities underscores their commitment to fostering inclusive and accessible sports opportunities.



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Almighty Cheese truck hoping move to the west end is only temporary

By Fred Sherwin
The Orléans Star

For the better part of nine years, Kim McDermid worked in an office job with Ottawa Public Health. She was satisfied with the situation, but as time marched on, she started thinking about doing something else, something that would make her truly happy.

"I never really knew what I wanted to do when I grew up," McDermid recalls. "And as you get older, time passes by – so I thought that if I wanted to do something I really want to do, I better do it now."

When she thought about what job made her the happiest, her thoughts went back to when she worked as a cook in a school cafeteria in her 20s.

"It wasn't the most spectacular job in the world, but I loved working in a kitchen and cooking," says Kim.

Last spring, on a whim, she decided to Google search "food trucks for sale" and a post came up for the Almighty Cheese truck on

Trim Road near St. Joseph Blvd. The previous owners, Steve and Julie Carle, had decided to move on to do something else and they had put the food truck up for sale.

Ironically, McDermid, who lives in Fallingbrook, had driven past the food truck almost every day.

"It was close to home, it was up for sale and the timing was right," says McDermid.

After a short conversation with her husband, who was totally supportive of the idea, McDermid bought the truck, which is actually a trailer, with her 20-year-old son Kurtis as her business partner.

The first summer was a challenge, to say the least. McDermid had never run her own business before, let alone a food truck. Fortunately, the previous owners helped her make the difficult transition. Julie's son Clifford MacDougall worked in the truck with Kim throughout most of the summer.

They also had a number of regulars who continued to support the food truck after it changed

hands.

Another key factor in making a smooth transition was Kim's decision to stick with the existing menu rather than make changes which new owners are often tempted to do.

Almighty Cheese specializes in all things cheesy – mac & cheese, grilled cheese, cheeseburgers, poutine, etc. They make three different types of grilled cheese sandwiches, three different types of mac & cheese and a number of different types of poutine, along with hot dogs and hamburgers.

There was only one problem though, McDermid bought the trailer knowing that she might have to find a new location after one or two years. The owner of the property was planning to build on the site. Although he wasn't sure of the exact date, he told McDermid that it would likely be sometime this summer.

Early this year, it was official, McDermid would have to move the trailer by Aug. 1.

After an exhaustive search of



Kim McDermid is the owner of the Almighty Cheese food truck on Trim Road near St. Joseph Blvd. STAFF PHOTO

possible locations in Orléans came up empty, McDermid had to make the extremely difficult decision to move the trailer to Bells Corners, at least between on Aug. 1. Her last day on Trim Road will be July 31.

McDermid plans to operate in Bells Corners until the end of October. She's hoping to return to Orléans next spring, but she needs

to find a location first – one that's highly visible and has a decent amount of traffic driving by.

In the meantime, she plans to keep serving up Almighty's cheesy favourites to hungry customers right up until the final day. And if anyone knows of a possible location in Orléans, they are more than welcome to contact Kim at cheesealmightycheese@gmail.com.

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Young Orléans golfer continues to build on previous success

By Fred Sherwin
The Orléans Star

Isaiah Ibit is a young man on a mission. While completing Grade 12 at St. Peter High School and earning his high school diploma this spring, he showed why he's been given a full ride golfing scholarship at Kent State University in Ohio by piling up a number of impressive results on the golf course.

Hot off a successful 2023 season during which he won the NextGen Ontario Championship and placed second at the Team Canada NextGen selection camp, Ibit placed eighth in the Dustin Johnson World Junior Tournament in Myrtle Beach playing against a stacked field that included some of the best junior golfers in North America.

In April, Ibit helped the Canadian junior team place second at the Toyota Junior World Cup North America Qualifier in Guatemala which earned the team a berth in the Toyota Junior World Cup which recently took place in Japan.

Ibit was the top Canadian in the field at the event, finishing in a tie for 11th place overall and helping Canada to a 7th place finish in the team competition.

After returning to Ottawa to complete his exams and attend his graduation ceremony, Ibit has been preparing for the North and South Junior Championship which is taking place at the Pinehurst Resort in North Carolina this week on the same course where the U.S. Open took place just three weeks ago.

This is Ibit's last season competing as a junior. His goal is to win either the Ontario Junior Championship where he finished tied for fourth place last year and/or the Canadian Junior Championship where he placed tied for 22nd.

At some point this summer he'll make the move to Kent State to start his career as a Division 1 university golfer and hopefully follow in the footsteps of Corey Connors and Mackenzie Hughes, who both went to Kent State before having successful careers on the PGA tour.



Isaiah Ibit had a very successful season in 2023, winning both the Ontario NextGen Championship, left, and the Ontario Junior Boys Spring Classic, right. ONTARIO GOLF PHOTOS



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FRIDAY, JULY 5

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SATURDAY, JULY 6

CUMBERLAND FARMERS MARKET from 9 a.m. to 1 p.m. at the Cumberland Arena, 1115 Dunning Rd. in Cumberland Village. Farmers, bakers, artists, crafters, gardeners, chefs and friends. For more information, visit facebook.com/cumberland.f.market.

THE ORLEANS BREWING CO. presents James Leclair live from 8-11 p.m. \$5 cover. The Orléans Brewing Co. is located at 4380 Innes Rd. near the McDonalds. For

more information, visit orleansbrewing.com.

TAPROOM 260 presents the Allez Cats live from 8-11 p.m. Located on Centrum Blvd. in the Orléans Town Centre. For more information visit <https://taproom260.com/events/>.

THURSDAY, JULY 11

ORLEANS FARMERS MARKET from 11 a.m. to 4 p.m. in the parking lot at the Ray Friel Recreation Centre on Tenth Line Road. Shop the freshest seasonal produce, meat and dairy, baked goods, prepared foods, crafts and more while getting to know the folks who grew and made it.

SUNDAY, JULY 14

DISCOVERY DAY from 11 a.m. to 3 p.m. at the Cumberland Heritage Village Museum

featuring community picnic activities and demonstrations on the front green, music and dancing, sports and games, and more. Admission \$8.88 for adults and \$6.28 for children, students and seniors. Children 5 and under are admitted for free. Special family pass \$22.49 for two adults and accompanying children.

SATURDAY, JULY 20

STARLIGHT DRAG CABARET AND PRIDE FESTIVAL at Orléans United Church featuring eight drag entertainers and hosted by Edin Starlight. This is a family friendly all ages event. Tickets are \$20 for adults and \$12.50 for children and youth under 18. Tickets can be purchased at eventbrite.ca. Orléans United Church is located at 1111 Orléans Blvd.

IN MEMORIAM



Roch Thibodeau, 80
Passed away on June 25, 2024

Georgette Labelle (née Larivière), 91
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Thérèse Labrèche (née Lortie), 91
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