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THE Orléans Star

July 6, 2023 • Volume 37, No. 4

Next edition July 20

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



A youngster is mesmerized by a bubble she made during a visit to the Kids' Zone at this year's O' Canada celebration on Petrie Island.
FRED SHERWIN PHOTO

High school scholars top Class of 2023

By Fred Sherwin
The Orléans Star

Katelyn Wills, Gavin Hickey, Julia Hanlon Xuan Pham, Joyce Chabaan and Alexander Tessier all have one thing in common – they are this year's recipients of the Governor General's Academic Medal for achieving the top overall average in the graduating class at their respective schools.

Julia Hanlon earned a 97.2 per cent average at St. Peter High School, while Gavin Hickey and Katelyn Wills tied for the top mark at Sir Wilfrid Laurier Secondary School with a 95.8 per cent average, the same average earned by Alexandre Tessier at St. Matthew High School.

Because of a condensed schedule, Cairine Wilson Secondary School was unable to

provide the final averages of Xuan Pham and Joyce Chabaan, before our printing deadline, although they are so close that too may end in a tie which means they will both receive the Governor-General's Academic Medal.

Besides achieving the top overall average at their respective schools, all six medal recipients also had one other thing in common – they all did their best to balance their academic studies with outside interests.

Besides studying, Katelyn Wills was a member of Sir Wil's varsity soccer, ultimate frisbee and senior girls volleyball teams. She also played in the school band and worked part time.

Before the school year started, Wills was

CONTINUED ON PAGE 2 ►



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COMMUNITY BRIEFS



Students from two Orléans high schools (École secondaire Gisèle-Lalonde and St. Peter High School) planted 1,000 trees at the Navandale Farm in Navan this spring as part of the Ottawa Rotary Youth Forest Initiative. PHOTO SUPPLIED

Local high school students reduce carbon footprints by planting a forest

ORLÉANS – For the past several weeks, students from St. Peter High School in Fallingbrook and École secondaire publique Gisèle-Lalonde have been watering 1,000 seedlings on property owned by the McWilliams family just south of Navan. The students planted the seedlings in May as part of the Ottawa Rotary Youth Forest initiative. This project, initiated by Phil McNeely and the Rotary Club of Orleans, ties in with the environmental goals of Rotary International, the Ontario's 50 million tree program and the federal government's project to plant two billion trees. Speakers celebrating this milestone included those from the Rotary Club of Orleans (Batool Siddiqui, Xavier Rankin, Ralph Beauvoir), the South Nation River Conservation Authority (Cheyenne Brunet), the Ontario MPP (Stephen Blais), Gisèle-Lalonde's student government minister of environment (Carl Cruz-Nantel), St Peter High School (Linda Cunningham) and the landowner Wyatt McWilliams.

The 2023 edition of the official Orléans Road Map is now available



ORLÉANS – The Orléans Star is now accepting orders for the 2023 edition of the Orléans Road Map featuring 25 new streets. This is the fourth edition of the popular road map which features a map of Orléans on one side and a map of St. Joseph Blvd. with over 40 local businesses. To order your copy of the 2023 Road Map today simply email info@orleansstar.ca and include your home address and phone number in case we need to get hold of you.

Orléans' top scholars have a bright future ahead of them

Continued from page 1

determined to balance her love of sports with studying.

"Since it was my last year, I really wanted to make sure I still had a social life with all the studying," says Wills, who has enrolled in the biological, biomedical and life science program at McGill University starting this fall.



Katelyn Wills

Asked if she had any advice for future aspiring Governor-General's Academic Medal recipients, Wills best piece of advice was to make sure that your schedule is as balanced as possible.

"If you only focus on academics, you will end up burning yourself out," opined Wills.

Sir Wil's co-Governor-General's medal recipient Gavin Hickey was also to maintain a balanced schedule this past year, combining academics with his duties as co-student council president, coaching the junior boys soccer team and mentoring Grade 9 students as a member of the school's LINK club.



Gavin Hickey

"My main goal was to make a difference in my school," says Hickey who accumulated over 600 volunteer hours in his four years at Sir Will.

Hickey plans to attend Nipissing University in the fall where he will be studying the physical education program and working towards a Bachelor of Education degree.

This year's graduating class is the first to have uninterrupted in-school learning for the whole school year since before the pandemic. It is also the first time they have been able to have a prom together.

That distinction has not been lost on any of this year's top students including St. Peter High School's Julia Hanlon, whose older brother was unable to get the same opportunity two years ago because of the COVID restrictions.

"I feel very lucky and very grateful. I'm sure all of us do," says Hanlon, who be going to Carleton University next year to study software engineering.



Julia Hanlon

Xuan Pham and Joyce Chaaban are not just co-top students at Cairine Wilson Secondary School, they are also close friends.

Like many of her fellow top students, Xuan made sure she got the most out of her last year of high school. She was a member of several of the school's clubs and she was the editor of the school paper.



Xuan Pham

"I went into Grade 12 with the goal of having as many friends as possible. I wanted life to mean more than just school and not get sucked into just studying all the time and having no social life," says Pham who has enrolled at the University of Ottawa to study software engineering.

Unlike many of her fellow top students, Joyce Chaaban's singular goal was to get the highest marks possible, so she could pursue a career in medicine. Her ultimate goal is to become a pediatrician.



Joyce Chaaban

"I really love children," says Chaaban who spends her summers as a camp counselor and a part-time birthday party host.

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Threat of rain fails to dampen Canada Day spirit on Petrie I.

By Fred Sherwin
The Orléans Star

While the threat of rain and a possible thunderstorm placed a damper on this year's crowd at the Canada Day celebration at Petrie Island this year, it failed to dampen the spirits of those people who did show up.

Despite the threat of rain and having to walk from the Trim Road park and ride to the shuttle bus at the Cité Collégiale campus on Jeanne d'Arc Blvd., Louise Deschamps brought her three children to Petrie Island where the reduced attendance meant shorter lineups for the inflatable rides and the food concessions.

"We went last year and there were a lot more people, but that's fine. We're having a great time anyway and so far the rain has held off," said Deschamps.

One place where the rain wasn't a factor was the beer tent, where everyone appeared to be having a great time.

Some of the highlights of the Petrie Island festivities were the traditional cake cutting and devouring of the giant Canada Day cake, the live entertainment which included several local musicians and the traditional fireworks display which concluded the big day.

O Canada lead organizer Zybina Richards is a veteran of all 15 Canada Day celebrations on Petrie Island. The event was moved to Navan in 2016 and two were canceled during the pandemic.

Prior to 2005, Richards was the lead organizer of the Canada Day celebration in Fallinbrook from 1986 to 2003.

After successfully undergoing triple bypass surgery in 2020 followed by a year-long battle with cancer, Richards was just happy to be able to bring the O Canada Celebration back to Petrie Island with the help of Kiwanis East Ottawa Est and Richcraft, who were this year's title sponsors.

And the while the adults were grateful the O Canada Celebration had returned to Petrie Island, the kids were over the moon at the chance to play games in the KidZone, get their faces painted, take a turn in the bouncy castle and enjoy a piece of the massive Canada Day birthday cake, which was brought out at the conclusion of the opening ceremonies.

As the temperature rose throughout the afternoon, a large number of people took advantage of Petrie Island's has two beaches, while others enjoyed a cold beer or refreshing cooler while listening to the live music.



Laura Dudas, Catherine Kitts, Mayor Mark Sutcliffe Zybina Richards, Marie-France Lalonde, Matt Luloff, and Adam Polka pose with the Canada Day birthday cake. Right, Canada Day revellers pose with a unicorn on Petrie Island. FRED SHERWIN PHOTOS



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FUBAR

FUBAR is an acronym that was invented during the Second World War to describe situations infantrymen found themselves in, usually as a result of a lack of command. It could also best describe the transportation industry since the end of the COVID pandemic.

It stands for Fudged Up Beyond All Recognition, only the first letter doesn't really stand for fudged, it stands for another word entirely, but I think you get the picture.

My most recent trip to Cuba is a perfect example of how screwed up things really are. In order to avoid previous situations in which my flight (or flights) from Ottawa to Toronto were either postponed for an extended period of time, or canceled entirely, I decided to take the train to Toronto where I would jump on the Sunwing flight to Santa Clara.

Everything was rolling along tickety-boo when the train came to a dead stop just east of Oshawa. Apparently a brush fire had compromised the track in front of us resulting in a 90-minute delay. For our inconvenience we were offered a complimentary cereal bar. Whoopie.

I was more worried about missing my flight, only I didn't have to worry because my flight had been delayed an hour for mechanical reasons. In fact, I received a second notification informing me of a further one-hour delay after the train started up and again, and yet another notification and one-hour delay on my way from Union Station to the airport. By this time, I wasn't feeling too positive.

My pessimism proved to be warranted after I arrived at Pearson and received a fourth notification informing me that my flight to Cuba would be delayed until the following morning resulting in an overnight stay at the airport.

So my flight which was originally scheduled to leave at 6:30 p.m. on Tuesday, didn't take off until 6:30 a.m. the following morning, which meant that I lost a day of my seven-day vacation.

Now you would think that Sunwing would be super apologetic and offer some sort of compensation in the form of a flight voucher. Instead we received a \$20 food voucher, which as I found out after boarding the plane the next day was only valid for 24 hours and couldn't be used on the plane – only at the airport. The only problem is, the Sunwing agent who handed out the vouchers never bothered to inform anybody, myself included, about how or where they could be redeemed.

I did eventually get to Cuba, and all was well. The flight from Santa Clara to Pearson was also on time. My return train trip from T.O. to Ottawa didn't go so well. Damage to a bridge along the way caused a two-hour delay. This time instead of two cereal bars we were given a bottle of water and some cookies. Some of the passengers on the train to Ottawa actually got off and hired a taxi to take them the rest of the way.

Unfortunately, these types of delays with little to no compensation is becoming more and more common and it doesn't seem like they are going to be fixed anytime soon. Which is unforgivable and definitely Fudge Up Beyond All Recognition. In the meantime, I plan to place my unused Sunwing food voucher in an envelope and send it off to their CEO with a little note to tell him that he can stick where the Sun(wing) doesn't shine.

– Fred Sherwin, editor

THE
Orléans Star

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Editor

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Province needs to improve wait times at area hospitals

I'd like to wish the residents of Orléans and Ottawa a very happy Canada Day! I am so proud to be a Canadian, and I hope you can spend time with family, friends, and loved ones to celebrate Canada's independence.

The Canadian flag is a common bond that connects us as all together as Canadians. It reminds us of what we have in common, what we have achieved together, and what we aspire to be as a country.

Recently the maple leaf has been misused and co-opted by some groups who have an extreme political agenda. These groups have displayed the flag alongside hateful and divisive symbols during protests.

I know many people who have had their image of the Maple Leaf negatively impacted as a result.

We need to take back our flag from these groups and reclaim its true meaning as a symbol of unity.

Canada has contributed to the world in many ways. Technological and scientific discoveries.

Excellence in sports. We have worked hard to build a just society here at home and abroad through international diplomacy and when necessary fighting to protect our freedoms, and the freedom of others, against tyranny.

Canadian patriotism is not about being anti-American or anti-British, but about being proud of our own history, culture, and

values. It is not about being exclusive or oppressive, but instead about being welcoming and supportive. Canadian patriotism is about working together to make our country a better place for everyone.

Celebrating Canada Day with our local community in Ottawa strengthens our sense of belonging, identity, and pride as a Canadian. It is a way of expressing our identity, our pride, and our gratitude as Canadians.

Whether it is through a barbecue, a parade, concert, going to the beach, or simply spending time at home with loved ones, I'm wishing you all a happy Canada Day...Vive le Canada!



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Things heading from bad to worse on one-time island paradise

Regular readers of this column know that I have a special affinity for Cuba and the Cuban people. I have been to the Caribbean island eight times since 2017 and I even adopted a Cuban cat in 2018 named – appropriately enough – Havana.

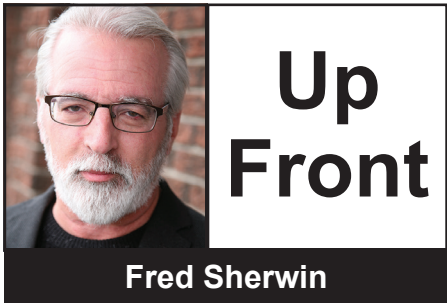
So when Sunwing offered an all-inclusive one week stay to my favourite resort in Cayo Santa Maria for just \$555 (fees and taxes included) it was impossible to say no.

In fact, I still don't understand how it could be so cheap. Airfare alone to Santa Clara is usually \$625-\$675 on either Sunwing or Air Transat. If you do the math, \$555 for a seven-day visit to Starfish Cayo Santa Maria, where I always stay, works out to roughly \$80 a day and that's without factoring in a flight. \$80 a day ALL-INCLUSIVE.

Now, admittedly Starfish Cayo Santa Maria is only a 3.5 star resort, and it is June, or at least it was when I stayed there last month, but still \$80 a day!

It was such a bargain, that I worked in a short visit to see my friend in Trinidad, Cuba, even before I went to Starfish.

Trinidad is a UNESCO World Heritage site located on the south of the island about midway between Havana and Santiago de Cuba. It's also about a two-hour bus trip from Santa Clara where any excursion to Santa



Maria lands.

It's one of the places I took my boys when we went to Cuba together as a high school graduation present in May 2017.

It's known for a number of things include an excellent beach at nearby Playa Ancon; the Casa de Musica, which is a stone terrace with an outdoor stage where they held concerts featuring Afro-Cuban bands; and the Disco Ayala, which is a nightclub located in the middle of a giant cave.

Before the COVID pandemic, Trinidad was a popular tourist destination, especially among the backpacking crowd. Since the pandemic ended and Cuba reopened last November it is a shell of its former self. I took a long walk around the town when I was there and saw just two groups of people, numbering fewer than 12, who were obvious tourists.

The Casa de Musica no longer hosts any concerts and the Disco Ayala is only open on Fridays and Saturdays and even then, it is usually half empty with local Cubans making up most of the patrons. It was sad, to tell you the truth.

Trinidad is also the place where the first case of COVID surfaced in Cuba. Two young Italian tourists had unwittingly brought the disease to the island in March 2020, and over the next two years, thousands of Cubans died from it.

The actual number of COVID-related deaths will never be known, because the Cuban government will never reveal it, or never kept track in the first place.

My friend in Trinidad has friends in high places and was able to move around the city during the lockdown. One of the places he visited was the municipal cemetery where he saw large graves being dug to contain multiple people. He personally knows at least 30 people who passed away.

All of which to say, COVID took an incredible toll on the Cuban people.

On top of that, as the country was still dealing with the disease, massive demonstrations were held in cities across the island on July 11 last year to protest ongoing food shortages, blackouts, the continuing COVID

restrictions, government repression and the general state of living conditions on the island.

The government responded with massive arrests and lengthy jail sentences of up to 25 for protesters some of whom were as young as 15 and 16.

My friend was lucky enough to avoid getting arrested, but he knows several people who weren't so fortunate.

Since COVID, the Cuban government has strengthened ties with both China and Russia and items that were plentiful in stores before the pandemic are no longer available. For instance, it's almost impossible to find a fresh lime on an island which produces many thousands of them. The reason is that Cuba exports all their limes to other countries such as Spain.

And despite the fact that Cuba is an island surrounded by water which contains an abundance of seafood, finding seafood in the local markets is near impossible, but yet tourists can find all the seafood they want in the local restaurants which will only take American dollars or Euros.

My friend in Trinidad is worried that the Chinese and Russia will use Cuba to antagonize the United States, much like

CONTINUED ON PAGE 11 ►

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Bill 18 will severely limit access to Canadian news on the Internet

Canada is a proud, diverse and beautiful country with immense potential, abundant natural resources and a thriving industry. Overcoming significant challenges these past few years, we have witnessed incredible acts of kindness and unity among neighbours and strangers. However, this period has also witnessed a rise in division, polarization and intolerance.

Recent federal legislation, such as Bill C-11 and Bill C-18, increases the financial burden on social media and streaming services featuring Canadian content. This risks marginalizing moderate Canadian content in favour of content from other countries or state-sponsored sources. Meta, the parent company of Facebook and Instagram, plans to ban the sharing of Canadian news on its platforms. Google has just announced it will stop carrying Canadian News content as well.

Freedom of expression, access to information, ideas, opinions, and quality journalism are crucial for a healthy democracy. Informed decision-making and the ability to

challenge government’s ideas and decisions are essential to safeguard the rights and freedoms we cherish as Canadians.

Fortunately, the City of Ottawa has a robust library system with a strong commitment to intellectual freedom. As the chair, I encourage everyone to become a library member, granting access to journals, news sources and in-depth journalism that would typically be behind paywalls.

Let us reaffirm our commitment to the principles that have made Canada an attractive home for newcomers worldwide. With each right and freedom outlined in the Charter comes an equally important responsibility. Neglecting these responsibilities erodes our rights and freedoms. Stay informed, fearlessly express your opinions and engage in our democracy.

Today, I am filled with optimism for a bright and prosperous future for our magnificent country. I extend my best wishes to all residents of Orléans East - Cumberland for a wonderful Canada Day celebration.



Matt Luloff

Orléans East-Cumberland

Work to begin soon on long awaited François Dupuis Park

The long-awaited district park next to the François Dupuis Recreation Centre is finally becoming a reality. Residents will remember that former Councillor Blais consulted on park designs years ago; however, funding was still outstanding. I’m thrilled to announce that we now have the dollars secured and this fall, I’ll be re-initiating the consultation process on the preferred design for the expansion.

This will be an opportunity to gather additional feedback from the community and ensure that we create a park that truly captures the amenities residents want. Your input will play a pivotal role in shaping the future of this exciting community space.

As this project moves along, I’m pleased to see the new district park in Cardinal Creek Village is nearing completion. Prior to the ward boundaries changing, I was able to work closely with the community, the developer, and staff on it, and it’s wonderful to see it come to fruition. Now located in Councillor Luloff’s Orléans East-Cumberland, this park

will serve as a vibrant hub, offering an array of amenities and recreational opportunities for all ages.

Speaking of district parks, I would like to extend my thanks to everyone for your patience and understanding during the emergency repairs that took place at the Millennium Park splash pad back in June. I know how beloved this facility

is to our community, especially during the hot summer months. Staff worked hard to get these repairs done as quickly as possible to ensure the splash pad operates as it intended to and can be used throughout the season. Please share my gratitude with your little ones!

Finally, save the date! My annual community BBQ will be taking place this year on Saturday, July 29 at Millennium Park. Stay tuned for more details shared through my e-newsletter and social media channels.

As always, thank you for your support, and stay cool/have a great summer with friends and family!



Catherine Kitts

Orléans South-Navan

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Months of preparation well worth the vanlife experience

(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 fourth installment in that series.)

So you want to know what it's like living in a Ford Transit van year round with your 6'3" boyfriend while traveling the Canadian Atlantic coastline? You came to the right place.

The first thing you should know is that my partner, Kevin, and I renovated the entire camper-van ourselves over the past two years. We had no experience with anything remotely close to this project so you can imagine it was a learning experience, to say the least.

We framed, built the cupboards, shower, plumbing, you name it, we made it, except for two things: insulation and propane lines. We chose to have the van professionally spray-foam insulated because we knew we would be living in our van when it's 30°C and -30°C.

Spray foam is the most effective insulation solution on the market for a van renovation such as ours. The second outsource was for our propane lines from our under-mounted tank to our air heater and tankless water heater. We recognized the risk and got a licensed professional to install it all properly and safely.

Unfortunately for us, our air heater was damaged over the winter months and has recently failed to start. We figured since it was spring we wouldn't need a heater anyways, so we will get it fixed later. Famous last words.

Fast forward to now and Kevin and I are on week three of rain and a high of 5°C in Newfoundland & Labrador while the rest of Canada is enjoying the hot summer sun. I can't tell you how relieved I was that we invested in proper insulation when it dropped to -4°C in Red Bay, Labrador and it was 18°C inside our van.

The winds were so strong our house was rocking back and forth so much I could hear our coffee mugs clinging around in our cupboards. Winds so loud the windows were whistling and I was worried we might tip over!

Having a fully working shower and toilet



The first leg of Tori and Kevin's vanlife adventure has been a little on the cool side especially in Newfoundland & Labrador where the temperatures have been brisk to say the least. TORI DARK PHOTO

is quite convenient while traveling for an extended amount of time in remote areas. Luckily for us, Canada has many free RV water hook-ups and rest-stop washrooms.

At times we do have to be more conscious

of our water intake, despite having a 43-gallon tank under our bed. I planned to swim as much as possible to avoid using our shower, however, the freezing ocean waters of

CONTINUED ON PAGE 11 ►

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Broadhead and Meatings Barbecue make a perfect pairing

By Fred Sherwin
The Orléans Star

It's been two and a half years since then Broadhead Brewery manager Ross Muir and Meatings owner Mat Flosse first discussed the possibility of the latter providing the former with a few menu items.

The idea at the time was to offer Broadhead's customers with something other than popcorn and beef jerky. At first, the menu was limited to nachos and tacos. Most of the food was prepared at the Meatings commercial kitchen in the Canotek Business Park and then assembled to order at the Broadhead Brewery taproom in the Taylor Creek Business Park.

It wasn't until 2021 that Flosse and Broadhead owner Jamie White decided to expand the menu during a break in the COVID pandemic restrictions on restaurants. At the same time they began to upgrade the kitchen at Broadhead to simplify matters and to make the operations more efficient so that by the time the COVID restrictions were fully lifted last spring, they could offer the full Meatings menu including beef brisket, wings and ribs.

Since then the pairing has really taken off.

At the heart of it all is the beer. Broadhead currently makes and sells eight different brews, both on tap and in cans so people can buy their own to take home, as well as two different beers from its 174 Taproom series.

Their taproom is large, spacious and bright and they offer a wide variety of entertainment every Friday and Saturday either at 2 p.m. or 6 p.m. as well as a number of special events. The most recent was a drag show put on as part of Pride Week. They also have a trivia night every Tuesday and bingo every Thursday.

All of which to say, there are plenty of reasons to visit the brewery, but first and foremost it's about the beer and the food being served up by Meatings.

The award-winning BBQ restaurant and catering business had its humble beginnings in 2012 when Mat decided to turn his passion for food and feeding his friends at occasional backyard BBQs into an actual business.

He sold his truck, bought his first pig roaster and the rest is history.

He now has three crews catering over 150 events a year, a successful restaurant in the Richcraft Sensplex on Shefford Road



Broadhead Brewery founder and owner Jamie White (left) and Meatings owner Mat Flosse have paired Broadhead beer with Meatings' delicious BBQ to form a match made in Heaven. FRED SHERWIN PHOTO

and his ongoing partnership with Broadhead Brewery.

Besides providing the menu at Broadhead, the two companies have also partnered up to create two Meatings Barbecue beers – a lager appropriately named “Ribs”, which pairs beautifully with ribs, and an American

Wheat Ale named “Brisket” which pairs well with beef brisket.

As the partnership between Broadhead and Meatings continues to grow, it is the patrons of the Taylor Creek micro-brewery who will benefit from what has become a beautiful and lucrative pairing.



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There is much to see and do for those who want to stay 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 staycation 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 area containing several small villages such as Navan, Sarsfield and Cumberland Village, all of which are within a 10-or 15-minute drive of each other. The area boasts two wineries, an antique store, a spa, a paintball action centre, an art studio and gallery and one of the best restaurants around.

Cumberland Village is located just 10 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 until Oct. 8 between 9 a.m. and 1 p.m.

Further down Dunning Road is **Blue Spruce Antiques** where you will find hundreds of antiques and vintage items housed in two different 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 even further down Colonial Road, you will come to the quaint little village of Sarsfield which is the new home of **Little Ray's Nature Centre**. Formerly known as Little Ray's Reptiles, the nature centre is home to a menagerie of reptiles, insects and other small critters, most of which are rescues.

If you do plan on visiting the nature centre, you will need to make a reservation first and book a time slot for a private tour in advance.

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 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 and grapes purchased from the Niagara Region.

Private tastings can be booked by e-mailing cloduvully@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 which utilizes small BB-like pellets, Bazooka Ball which uses Nerf-like paintless projectiles that are safe for children four and up, and – of course – regular paintball.

Further south still, past the village of Bearbrook, is **Bearbrook Game Meats** where you will find exotic meats of all kinds in the form of sausages, hamburger patties, 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 to the Domaine Perrault winery, the Country Moments Spa and Wellness Centre and Dottie's Food Truck.

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 buy them or you can book a private tour by visiting domaineperrault.ca.

Located at the intersection of Trim and Colonial Road is the **Country Memories Spa and Wellness Centre** where you can enjoy a massage, a pedi-manicure or a full body treatment. They also operate a small café on the site where you can enjoy a delicious hot drink and some baked treats.

Last but by no means least is **Dottie's Food Truck** located next to the Autopro garage and operated by local resident Amy Henderson which serves up some of the best gourmet hot dogs and other treats you will find anywhere.

There is so much to see and do in Cumberland, that you could probably spread out your staycation 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 backyard.

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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 child-ren 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 exciting and fun-filled options offered at the Commando Action Centre visit commando-paintball.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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Da Artisti offering 1-on-1 and group fused glass classes

By Jody Maffett
The Orléans Star

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, a soap dish and a pendant. 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 night light, a strip construction 2-plate set or an enamel pour platter.

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 sample of the items made in the beginner class. FILE PHOTO

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.

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2565 Old Montreal Rd. in the heart of Cumberland Village

Blue Spruce Antiques a hidden gem on Dunning Rd.

By Jody Maffett
The Orléans Star

Blue Spruce Antiques is one of those hidden gems in Cumberland that very few people know about unless they are an experienced antique hunter.

If you drive south along Dunning Road between French Hill and Colonial you will pass their sign on the right, or west side of the road.

Lorraine Seguin is the owner of Blue Spruce Antiques. She bought the business, which included a farm house and 49 acres of land, in 2006. Before that she was a regular at flea markets across the region including places like Stittsville, Masson and Lachute for years and had already built up a sizable collection of her own. In fact, it took her a year to move everything from her old house in Orléans to the new property on Dunning. Since then, she has only added to the collection.

In the early days, she was selling almost as much as she was purchasing. More lately, the tables have tipped in favour of new acquisitions, which Seguin admits is the best

part of being an antique dealer.

Seguin keeps most of her antiques in a large barn on the property. A nearby yurt contains the remainder of the vintage items which include antique dolls, fine china, silverware, jewelry, over 100 solid wood dining chairs, gas lamps and artwork of all kinds.

The business has managed to weather the pandemic, the derecho windstorm which ripped apart the canvas roof off one of her yurts last year, and several personal issues and setbacks.

The place is open for business once again this summer and Lorraine is eager to renew acquaintances with her regular customers and welcome some new ones.

Blue Spruce Antiques is located at 2870 Dunning Rd. They are open every Saturday and Sunday from 10 a.m. to 5 p.m. and on weekdays by appointment only. Call 613-286-2535 or 613-219-7702.



Lorraine Seguin

Local area has not one, but two wineries you can visit

By Fred Sherwin
The Orléans Star

Residents in the east end of Ottawa are blessed with not one, but two wineries which have been making and selling excellent wine for a number of years.

Domaine Perrault is located on Perrault Road, south of the Village of Navan.

In 1999, local dairy farmer Denis Perrault decided to augment his dairy production by starting a winery. The first step was to plant one acre of vines with 10 different varieties of hybrid grapes.

In 2005, he planted an additional five acres which today produces 20,000 bottles of wine a year – six types of red wine, seven types of white wine, a port, a dessert wine and a rosé – most of which can be purchased at the retail store located on the winery.

The winery also provides year-round wine tastings for interested parties. Each wine tasting is two hours long, or you can book a group wine tasting. You can also book special events at the winery such as a wedding, a bachelorette party or a birthday party.

To get to Domaine Perrault, follow Trim

Road through Navan. Near the end of Trim Road you will turn left on Perrault Road which will take you to the winery.

The store is open Friday, Saturday and Sunday from 9-5 p.m. You can also visit their website at www.domaineperrault.ca.

Vignoble Clos du Vully is located on Magladry Road just east of Dunning Road near the village of Leonard.

Raised on a dairy farm, the wineries founder and owner, Jan-Daniel Etter, visited a family winery in Switzerland from 2005 to 2011 to learn the ins and outs of wine-making. When he returned to Cumberland, he and his partner Anne Grenon planted five thousand cold climate vines which today produce 12 different wines including a sparkling white and two fortified wines – a white and a red.

You can also book a wine sampling at the winery or a wine and cheese experience, along with various special events.

To get to Vignoble Clos du Vully, take Dunning Road south to Magladry Road and turn right. The winery is located on the north side of Magladry. Their website can be found at www.vignobleclosduvully.com.

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Things heading from bad to worse on former island paradise

Continued from page 5

Russia did in the weeks and months leading up to the Cuban missile crisis in 1962 which brought the two countries to the brink of war.

He is also worried that unrest among the Cuban population will manifest into more mass protests which will make last year's protests look like a picnic and result in either hundreds of deaths, or a change in regime, or both.

Before the pandemic, I was filled with optimism for a country I consider my second home. After this most recent visit, I no longer feel that same level of optimism. In fact, just the opposite. I am frightfully pessimistic.

The problems in Cuba are more systemic today than ever. The food crisis facing many families, especially the poor, are a result of a government which wants to bring in as much hard currency as possible despite the impact it's having on the population.

The other major factor is the Cuban government's decision to switch currencies during the pandemic. Without getting into all the details, the decision basically wiped out huge amounts of wealth among the middle class, who are understandably resentful.

But what also resulted is a huge increase in prices. A lot of everyday items are no longer affordable, even for the middle class. Those people who own property and have jobs. Before the pandemic, if you were a teacher or a health care worker earning \$25 a month, you could purchase most of the things you needed to raise your family, assuming they were available.

Since the pandemic and since the change in currency, prices have tripled and even quadrupled. For instance, the price of gas went from \$1 CDN a litre to over \$3.



Streets in Trinidad, Cuba, once teeming with tourists are now empty. FRED SHERWIN PHOTO

This is something else that won't change any time soon, and sooner or later the Cuban people, who are arguably the most patient people in the world, will lose their patience and take to the streets, again with potentially catastrophic consequences.

But as grim as the situation is, most Cubans are still relatively upbeat, not because they refuse to accept reality, or choose to ignore what might be, but because by their very nature they accept the fact that if nothing is going to change anytime soon they are still going to make the most of the lives they have.

For my own part, I am going to continue to support my Cuban friends by visiting the country as much as I can and bringing them whatever they need to make their lives just a little better.

Months of preparation well worth the vanlife experience

Continued from page 7

Newfoundland may have changed things. Recently, we have been staying in the stunning Gros Morne National Park, where campsites just opened for the season. Many sites offer showers, laundry, water and even Wi-Fi.

Is it tight in the van? Yes. Is it stinky? Sometimes. How do you live so close together? Go outside! The entire reason we chose this lifestyle was to explore outside-

hike, swim, run, walk, ski... Rain or shine, we are outside getting some much-needed space and air. Kevin and I have been together for nine years this July and what better way to celebrate than to spend time with your best friend exploring the place we all call home?

(You can follow Tori and Kevin at www.instagram.com/vanxiety_life/. Tori and Kevin are both former students at Cairine Wilson Secondary School, Class of 2012.)

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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.

SATURDAY, JULY 8

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.

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blackburnhamlet.ca or call 613-799-9514. A tour map is available on Google Maps. Food Bank donations will be collected during the tour.

OBC STAMPEDE – Can't make it to the Calgary Stampede this year? OBC has a fun evening lined up for you and JED the Bull! Come early | Stay late! JED the Bull riding starts at 8pm. Tickets \$10 available through event late.

THURSDAY, JULY 13

ORLÉANS FARMER'S MARKET

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SATURDAY, JULY 1

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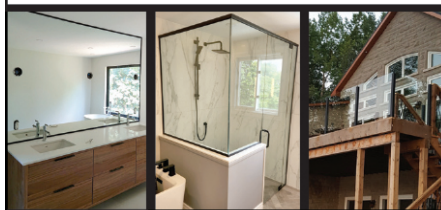
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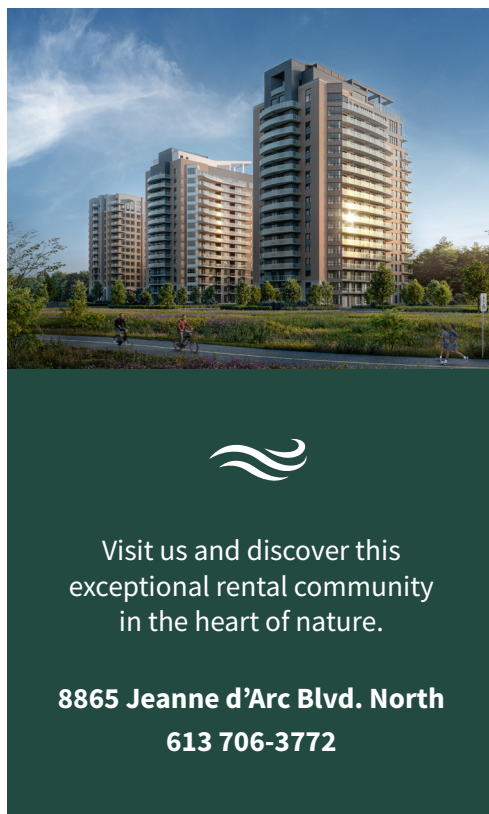
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