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# THE Orléans Star

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QB Grayson Rouleau avoids a would-be tackler in the NCAFA U12 A-Cup championship game against the West Carleton Wolverines on day in which three different Panther teams won their respective city titles. See story page 17. STAR PHOTO

## Proposed city budget includes 3.9% tax increase

By Fred Sherwin  
The Orléans Star

The City of Ottawa unveiled it's proposed budget for 2025 which among other things contains a 3.9 per cent tax increase and a five per cent increase in transit fares for OC Transpo and O-Train users.

More than one quarter of the proposed tax increase, or one per cent, is accounted for as a direct result of an eight per cent hike in the transit levy.

For the owner of an average home with a market value assessment of \$415,000, a 3.9 per cent tax increase will equate to an additional \$168 on the municipal portion of property tax bill. The amount could be higher or lower depending on the market value assessment of your home. Keep in mind that your tax bill also includes a school board levy which is set by

the province.

In practical terms, the five per cent increase in transit fares will see an adult monthly pass jump from \$128.75 to \$135.

Seniors 65 and over who use the transit system will be especially hard hit as the cost of a senior monthly pass will more than double in 2025 from \$49 to \$108.

Meanwhile, passes for youth age 13-17 are being scrapped altogether. They will have to pay the same \$135 for a monthly pass as adult riders.

Just what type of impact the higher fares will have on ridership that has yet to return to pre-pandemic levels is anybody's guess. In the meantime, homeowners are being asked to make up the difference through the eight per cent hike on the transit portion of their tax bill.

CONTINUED ON PAGE 2 ►



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## COMMUNITY BRIEFS

### Vintage Village of Lights to open next weekend

ORLÉANS – The Vintage Village of Lights is returning to the Cumberland Heritage Village Museum starting Nov. 29 and running every weekend until Dec. 22 during which the museum grounds will be turned into a magical light display with thousands of lights festooning the buildings and trees. Visitors will be able to step back in time to the 1920s and 30s and stroll through the postcard-perfect scenery while taking in the 30,000-plus lights illuminating the various heritage buildings. Visitors will be to decorate gingerbread cookies, create a holiday craft and visit with Santa. Registration for this event is required in advance by visiting [register.ottawa.ca](https://register.ottawa.ca) and entering Vintage Village of Lights in the search bar. Each registration (\$26.14) includes admission to the Vintage Village of Lights for a maximum of six participants.

### Santa Claus is coming to town Nov. 30

ORLÉANS – Santa's Parade of Lights is taking place on Saturday, Nov. 30 this year and will follow the traditional route down St. Joseph Blvd. from Youville Drive to Prestone Street. Ottawa Fire Fighters will be on hand along the parade route to collect toys and cash donations for families facing financial hardship in the Ottawa area. As in past years, Santa's Parade of Lights will start at 6 p.m. and will take approximately 45 minutes to an hour to reach the Place d'Orléans Shopping Centre.

## Proposed city budget includes 3.9% tax increase

Continued from page 1

While a significant portion of the proposed tax increase that isn't related to transit will go to support increases in compensation for the city's workers in 2025 including policemen, firefighters and paramedics, there will be enough additional revenue generated through growth to hire 22 more firefighters, 23 more paramedics, and 10 additional bylaw staff.

Streamlining and efficiencies will also yield more than \$54 million in savings, some of which will be invested in local projects in the city's wards, although details on which projects will be funded in each ward were not immediately available.

Aside from the proposed increase in property taxes and transit fares, Ottawa residents will also pay more for everything from rink rentals to membership fees for the city's recreational programs, as user fees will see a three per cent increase across the board. On street parking rates and the cost to park in a municipal parking facility will increase in 2025 as well.

Residential water and sewer bills will also be going up next year with the storm-water rate increasing by 12 per cent, the wastewater rate by three per cent and the water service charge by two per cent.

Last but by no means least, the solid waste user fee, which covers everything from garbage pick up, to waste diversion, to the cost of managing and maintaining the city's landfill sites, is going up from \$201 a year for a single family household to \$243 a year, and that's on top of the three-item limit that was recently put in place for residential curbside garbage pick up. If you want to put out more than three items, you have to pay for special yellow bags.

The proposed budget will now be broken down by each individual department and presented to the city's various standing committees over the next three weeks.

The final budget deliberations will be conducted by city council on Dec. 11.

To learn more about the proposed 2025 operating and capital budgets, you can visit [ottawa.ca/budget](https://ottawa.ca/budget).

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# Hundreds attend local Remembrance Day ceremonies

By Fred Sherwin  
The Orléans Star

The threat of rain didn't stop hundreds of people from attending local Remembrance Day ceremonies in Orléans, Cumberland Village and Navan on Nov. 11.

By far the largest ceremony was held in front of the cenotaph at the Orléans Legion on Taylor Creek Drive where more than 700 people gathered, including local dignitaries, members of the 632 Phoenix Air Cadets, the 3018 Orléans Army Cadets, and the RCMP Pipes & Drums.

The weather held off for most of the 30-minute ceremony and the sun even shone through the clouds at the beginning before giving way to a short shower which only lasted for about 10 minutes during the wreath-laying part of the proceedings.

Among the dignitaries who laid wreaths was Orléans East - Cumberland city councillor Matt Luloff who did combat duty in Afghanistan in 2008, while serving in the military from 2006-2009.

Luloff was joined in laying the wreath on behalf of the City of Ottawa by Mayor Mark Sutcliffe, Orléans West - Innes city councillor Laura Dudas and Beacon Hill,

Cyrville city councillor Tim Tierney. Orléans MP Marie-France Lalonde and MPP Stephen Blais also laid wreaths on behalf of the Government of Canada and the Liberal Party of Ontario respectively.

The most poignant parts of the ceremony was the playing of "The Last Post" by a bugler from the RCMP band and the reading of the names of Orléans Legion members who have died away during the past year.

The ceremony also included an unscheduled fly past by four CF-18 fighters from CFB Bagotville that were on their way back to their base after flying over the national Remembrance Day ceremony at the National War Memorial downtown.

Following the official part of the ceremony, people lined up to pay their respects at the cenotaph and lay their poppies on the base of the statue, as has become the tradition. A short reception was held in the Legion afterwards with sandwiches, snacks and coffee being offered to members of the public.

Remembrance Day ceremonies were also held at the cenotaph in Cumberland Village and the Navan cenotaph beside the Navan Memorial Arena.



Members of the public line up to pay their respects at the Orléans Cenotaph on Taylor Creek Drive following this year's Remembrance Day ceremonies. FRED SHERWIN PHOTO

Editor's note: The recipe below was misprinted in this edition of the Christmas Recipe and Songbook. The line for the semi-sweet chocolate chips was repeated twice and the 1 1/3 cups of sweetened flake coconut was omitted. We sincerely apologize for any inconvenience this may have caused. Please enjoy the recipe and have a wonderful and joyful holiday season.

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**HOLIDAY SQUARES**  
Courtesy of Coun. Catherine Kitts

**Ingredients**

- 2 cups (500 ml) graham wafer crumbs
- 1 ¾ cup (175 ml) butter, melted
- 1 can Eagle Brand Sweetened Condensed Milk
- 2 cups (500 ml) semi-sweet chocolate chips
- 1 ½ cups (325 ml) sweetened flaked coconut
- 1 (250 ml) chopped pecans (or walnuts)

**Instructions**

1. Preheat oven to 350°F.
2. Coat 13x9 inch baking pan with no-stick cooking spray or line with parchment paper.
3. Combine graham crumbs with butter and press evenly into prepared pan.
4. Pour Eagle Brand evenly over crumb mixture.
5. Sprinkle with chocolate chips, coconut and nuts. Press down firmly.
6. Bake in preheated oven for 25 to 30 minutes or until lightly browned.
7. Cool completely and cut into bars.
8. Store loosely covered at room temperature.



# Transit going in reverse

Don't look now, but the City of Ottawa's public transit system is about to get slammed into reverse.

In the recently released City of Ottawa budget, the bean-counters and other big thinkers at OC Transpo are proposing some drastic changes to the transit system's fare structure that will not only adversely impact seniors and students, but will also further degrade ridership at a time when OC Transpo can't afford to lose a single rider.

It's no secret that ridership is still down considerably since the pre-pandemic days. And while much of the blame for the inability of ridership to rebound since the pandemic can be blamed on federal civil servants not having to travel in to work two or three days a week, the overall inefficiency of the system, and the O-Train in particular, has given people reason to take other forms of transportation such as Uber.

Now OC Transpo is proposing to increase the cost of a senior monthly pass 120 per cent from \$49 to \$108 dollars, and scrapping the youth pass for 13- to 18-year-olds altogether, leaving them having to purchase an adult pass instead which are going up five percent from \$128.75 a month to \$135. University passes are also going up \$11.45 to \$240.52 a semester.

How this is supposed to increase ridership is anybody's guess. It will more likely have the opposite effect, but I guess staff are hoping the increase in revenue from people using the system will offset the negative impact the fare increases will have on ridership. Not to worry because tax-paying homeowners are being asked to fork over an even bigger portion of the cost-sharing pie to subsidize the bad decision-making on fares and inefficient and unreliable service.

As the transit services budget is designed, fares are supposed to generate 60 per cent of OC Transpo's revenue. The remaining 40 per cent is supposed to be generated by the transit levy on the property tax bill.

Since the pandemic that formula has been flipped around so that fares are only generating 40 per cent of the revenue and the transit levy is generating 60 per cent. And that is about to go up as the budget contains a proposed eight per cent increase in the levy which equates to a full one per cent increase in your property tax bill. With the proposed fare increases, that formula isn't about to improve for property tax paying homeowners anytime soon.

The city is trying to buy time until the LRT extensions east, west and south become operational and the riders will hopefully return in droves. It follows along the lines of the, "If you build it, they will come" theory.

But what if the riders don't return in droves? And what if the new hub and spoke system, whereby bus service in the suburbs will focus on delivering riders from their homes to the LRT stations, doesn't work? What then? Suffice it to say, things will likely get a lot worse before they get any better and property taxpayers will once again be forced to pick up the tab.

— Fred Sherwin

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**Orléans Star**

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## Don't be hoodwinked by Ford government's \$200 'gift'

The announcement by the Ford government to distribute a \$200 cheque to every individual aged 18 and older brought to mind that consistency is the last refuge of the unimaginative.

True to form, this hoodwinking announcement will add \$3 billion to Ontario's debt, which is the highest of subnational jurisdiction in the world.

This consistency will also divert attention from the Ford government's intentional failed promise to reduce taxes for the middle class, which he announced in 2018. How much longer can one expect this promised tax relief, particularly given that the Ford government has been in power for over six years?

At no other point in Ontario's history have two rival political parties presented such a stark difference in their approaches to helping the middle class. We know the Ford government is fully committed to helping their rich friends and supporters.

Let's be honest, how many millionaires need this \$200 rebate or an elimination of their license plate fee?

However, many of our neighbors and friends could have used the extra money from the elimination of the HST on heating expenses. Last winter, the Ford government rejected my motion aimed at achieving

this, which would have provided over \$200 in savings for the average middle-class family - not once but every single year.

Furthermore, the Ford government's approach to middle-class families is to reject putting more money in their pockets. The government also rejected my initiative to provide tax credits for children to engage in sports and arts activities.

But I won't criticize their failed approach without highlighting our approach to be judged by the middle class in Ontario.

One of the initiatives my colleagues and I recently announced to support the middle class is a tax cut that will save the average taxpayer \$950 each year. Furthermore, we will eliminate the HST on home heating and electricity resulting in an additional annual savings of \$200 for households.

If the circulating rumors hold any truth and the Ford government chooses to break the scheduled election date by calling for an early election, Ontarians will have the opportunity to evaluate whether, after accumulating over \$100 billion in new debt, running the largest budget deficits, neglecting the middle class, and making minimal investments in infrastructure, and healthcare are we better off?



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**Stephen Blais**



# AI poses a real and dangerous threat to the truth

There's an old saying that you should believe none of what you hear and only half of what you read or see.

Unfortunately, with the recent advent and proliferation of AI technology you can no longer believe anything you either read, or see nowadays, let alone hear.

AI technology has allowed nefarious individuals and n'er-do-wells to produce bogus recordings using people's voices and making it sound like the person is saying the words themselves.

It happened repeatedly during the most recent U.S. presidential election. It's being used by scammers to encourage ordinary people to invest their money in bogus companies using video of famous people like Elon Musk and then manipulating their voices, making it impossible to believe what you're seeing and hearing at the same time.

In 2023, scammers used AI to mimic the voices of loved ones saying that they were being held against their will and wouldn't be released unless a ransom was paid.

AI technology is now being used to replicate peoples' likenesses and voices in all kinds of ways. It's also being used to write news articles using software like ChatGP, which takes information inputted by the user and then spits out an article.



It's become increasingly controversial in the academic field where students are using soft-ware like Grammarly's AI-powered Writing Assistant to auto-generate essays. ChatGP even has a program called "Thesis Buddy" which can aid in writing an academic thesis, step-by-step, tailored to the user's major.

Proponents of ChatGP argue that it's totally ethical because it uses information gathered and inputted by the user themselves, while those against ChatGP would argue that it's totally unethical.

In my own opinion, it's just another step down the slippery slope that began with the advent of social media and websites like Facebook, Instagram and Snapchat that have allowed individuals and groups to propagate false information as if it was fact to millions of people in the blink of an eye without any

threat of repercussions. It's harmful to the individuals receiving the information, but it is even more harmful to society as a whole.

We live in an age where no one believes anything anymore – or they only believe in those thoughts or ideas that they already believed in all along. We are losing our way and it's only going to get worse. Even more frightening is the fact that there is no turning back.

Most people would call the advent of AI "progress", but progress towards what? Progress to a day when no one believes anything they hear, read or see?

There's another saying that if you don't believe in something, you'll fall for anything.

The logical extension is that if you don't believe in anything, you are more apt to fall for anything.

I know it sounds counter-intuitive, but scammers, hucksters and false prophets, – whether they be religious or political – prey on people's disbelief and mistrust of the world around them. If you can easily dismiss the truth and facts as "fake news", then you can easily believe and accept that which is fake and false as the truth.

In the past, the likelihood, or propensity of people to get hoodwinked by BS had a direct correlation with their level of intelligence

and lack thereof. With the advent of AI, even educated people are getting conned and tricked into accepting whatever they're being fed. This may be progress, but it isn't progress towards something more positive.

It's not a positive thing to have an entire society that doesn't believe in whatever information they are being exposed to. God help us when the next pandemic breaks out, or some other crisis that needs people to band together to work towards a common cause.

We are doomed and our downfall will be that of our own making. So enjoy AI and all the conveniences in life it brings. But also remember that everything in life comes with a price tag and the cost of all this convenience in the ongoing decay of our social fabric, lost of trust in our institutions, and lives destroyed and lost, has yet to be fully tallied.

But as AI becomes more prominent in generating fake news on the Internet and in other social media, more and more people are going to turn to the only traditional media that is going to be left standing for the truth, and that will be the independent local media like his newspaper, even with all the typos. Because we're not going anywhere, and I'll be damned if an AI program is going to take the place of real newsgathering and good, old-fashioned story writing.

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# Hard slogging through budget process only just beginning

Many of you are asking me if I will support the 2025 Budget as presented – and for good reason. There are higher increases to taxes than we have seen in recent years, there are cuts to transit discounts, and without specificity on many projects like timelines and locations.

Those who have perused the over 400-page document were left unimpressed.

It's important to remember that this draft budget was presented only yesterday (at the time of writing), and it is a massive document. My staff and I are going through it to better understand exactly what this would mean for the residents of Orléans East - Cumberland.

Last year, I voted against the budget because I did not see the benefits for our ward. If council is going to be asking for more, I want to see the improvements to services, infrastructure, and programs that warrant such an ask.

Sure, I was able to shoehorn in important projects throughout the year, but I could not support the blatant inequity for the east end.

Life is becoming less and less affordable for everyone. We need to make sure that we are focusing on the core services the municipality should be delivering well, while ensuring that we are not contributing to the financial pain and misery I know all of us are feeling.

It is going to take some time to go through the budget documents, to have the tough conversations with our senior leadership team and the Mayor and come to a considered decision on how I will vote when this budget is properly discussed at the table.

So far, without the benefit of assurances that your priorities will see progress (which still may come), I am left unimpressed.

My vote will boil down to whether we get what we pay for in the east end.

Rest assured, alongside my east end colleagues, I'll make every effort to make that happen. But I will certainly not support a repeat of last year.

As always you can send your thoughts to [matt.luloff@ottawa.ca](mailto:matt.luloff@ottawa.ca)



**Matt Luloff**

Orléans East-Cumberland

# Real progress being made on long list of rural concerns

As I've shared before, November is one of the busiest months at City Hall, and it's been rewarding to see progress on issues you've brought to my attention.

I'm pleased to see that my June direction to staff on the Vacant Unit Tax (VUT) has been addressed.

Earlier this year, I advocated for flexibility in late appeals for residents who missed the deadline, often due to extenuating circumstances. Staff directly incorporated my suggestion, introducing a process for late complaints. While I continue to oppose the VUT in principle, this is an important change. My team also supported a direction by Coun. David Hill to determine the feasibility of a five-year sunset clause.

On the curbside waste limit, I worked with Coun. David Brown to address concerns from rural residents and farmers. We successfully extended the exemption for agricultural waste from a two-month window to year-round, recognizing the continuous nature of farming operations. Staff will now engage further with the agricultural

community to refine the by-law.

Speaking of our rural community, the City marked a milestone with the conclusion of the 2024 Rural Summit – the first in 17 years! Alongside Mayor Sutcliffe, my rural council colleagues and I engaged community members, and outlined eight key outcomes for rural Ottawa.

These include doubling the ditching and drainage budget and enhancing paramedic response times.

Each outcome reflects months of input from residents, including Ward 19's Glen Edwards and Caroline Etter, who graciously volunteered their time to the Resident Working Group.

Finally, I'm thrilled my motion to map accessibility in city parks was unanimously approved. Inspired by the advocacy of local families, this initiative will ensure That every family can enjoy our parks.

As I continue 2025 budget discussions, I'm energized by the progress we've made and eager to keep the momentum going for all residents – suburban and rural.



**Catherine Kitts**

Orléans South-Navan

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# Community Christmas Gift Guide

## Cumberland studio offers unique one-of-a-kind gift items

By Jody Maffett  
The Orléans Star

Looking for a unique item for that special someone who made the top of your Christmas list? There is a store just 10 minutes from Orléans that offers one-of-a-kind gift items made by local artists and artisans in nearly every price range.

Da Artisti Studio and Gallery is located just east of Orléans in the heart of Cumberland Village. The studio specializes in fused glass-work made by owner Wendy Canci, along with her assistant Martine Marceau. From gorgeous wall hangings and sculptures to decorative bowls and vases, and more: no two pieces are alike.

The coloured glass comes to life as the light is reflected off each glass element. You won't find anything like it in Orléans. The same can be said for the stained-glass creations made by the talented Diana Atkinson, whose pieces hang in the gallery's windows.

The shelves are overflowing with unique artwork: jewelry, ceramics, woodwork, soaps, candles, scarves, and so much more. The walls of the gallery are adorned by exquisite paintings and woodwork. A new addition to the gallery is Lise Forgues' book art pieces. Talk about patience. Each piece takes over 100 hours to achieve.

Every holiday season Da Artisti stages an exhibition of small and affordable works by local artists. This year the gallery is featuring the work of local linocut artist Diana Westwood, as well as graphite images of scenes from around Cumberland Village by Wendy Canci, who took up the medium during the COVID pandemic.

Among the other local artists featured at Da Artisti is Deborah Lyall who is well-known for her fibre and textile art creations. Deborah will be at the studio during the Cumberland Christmas Market on Saturday, December 7, where she will be presenting several new creations including handbags, pocketbooks, clothing and small original art pieces as well as hand-stitched Christmas ornaments.

To make Dec. 7 all the more special, harp maestro Ian Hepburn will be playing live between 11 a.m. and 1 p.m. Amazing!!! The gallery will also be selling wood Christmas trees by Nick and Giani Canci which are sure to jazz up your porch.

When you visit Da Artisti you will also find exceptional woodwork creations by Ron Lacroix and Serge and Sheila Parisien, and ceramics by Katherine Arnold.

The cabinets are filled with handmade jewelry by Nathalie Brunelle and hand-blown glass creations by Barbara Ham and



The Da Artisti Studio and Gallery in Cumberland Village is full of one-of-kind, unique gift ideas created by local artists and artisans. STAFF PHOTO

Janet Evans. You will be surprised by how affordable they are! The gallery also carries exquisite woven scarves by Ian Hepburn.

Don't be surprised by all the talent that is out there in our community. The quality of the artwork cannot be overstated. You would have to travel to the Byward Market or Merrickville to see the same type of craftsmanship you can find at the Da Artisti Studio and Gallery. In fact, almost everything at Da Artisti can fit into

any Christmas shopping budget or you can simply purchase a Da Artisti gift certificate which can be redeemed for merchandise, or fused glass classes at a later date.

Da Artisti is open Wednesday, Thursday and Friday from 11 a.m. to 5 p.m. and Saturdays and Sundays from 9 a.m. to 4 p.m. They studio and gallery are closed Mondays and Tuesdays. You can visit their website at [www.daartisti.ca](http://www.daartisti.ca), or their Facebook page at [facebook.com/DaArtisti](https://facebook.com/DaArtisti).

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# Community resource centre launches Christmas program

By Jody Maffett  
The Orléans Star

The Orléans-Cumberland Community Resource Centre (OCCRC) needs your help. As in years past, the OCCRC plans to provide seasonal food items and gifts for area families experiencing financial hardship during this holiday season.

More than 950 individuals benefited from the program last year, which included 267 families and 470 children. This year the resource centre is hoping to meet the needs of over 1,100 individuals.

While several factors have contributed to the increase in demand for services, much of it is due to the impact inflation has had on the cost of living, especially the cost of groceries.

According to OCCRC executive director Luc Ouellette, inflation has deepened the challenge for many local families to make it through the holiday season. The Christmas program, along with seasonal items collected and distributed by the OCCRC food bank, helps ease the stress

and anxiety faced by many parents during these challenging times.

“It is difficult for many of these families and parents,” says Ouellette. “But thanks to the generosity of those people who are able to donate to the Christmas program, we can help ease some of the stress.”

More families needing help means there is a greater need for donations.

There are several ways the community at large can participate in the program. Local businesses can sponsor one or more families either on their own, or with the help of their employees. After determining the size of the family they wish to sponsor, the business donates the funds to the Resource Centre which will provide the necessary essentials to help ease the burden on an otherwise stressful time of year.

Sponsorship levels range from \$150 for a family of two, to \$400 for a family of 12, and everything in between.

Sponsorship forms are available at [www.crcoc.ca/en/christmas/](http://www.crcoc.ca/en/christmas/).

Individuals can also make a one-time

A blue poster for the 2024 Christmas Program. It features the text "2024 Christmas Program" in large white and blue letters. Below it, "Orléans-Cumberland Community Resource Centre" is written in smaller blue text. On the left, there are illustrations of wrapped gifts with blue bows. On the right, there is a QR code with a "DONATE!" label above it. The CRC logo is in the top right corner.

donation to the program by visiting the OCCRC website.

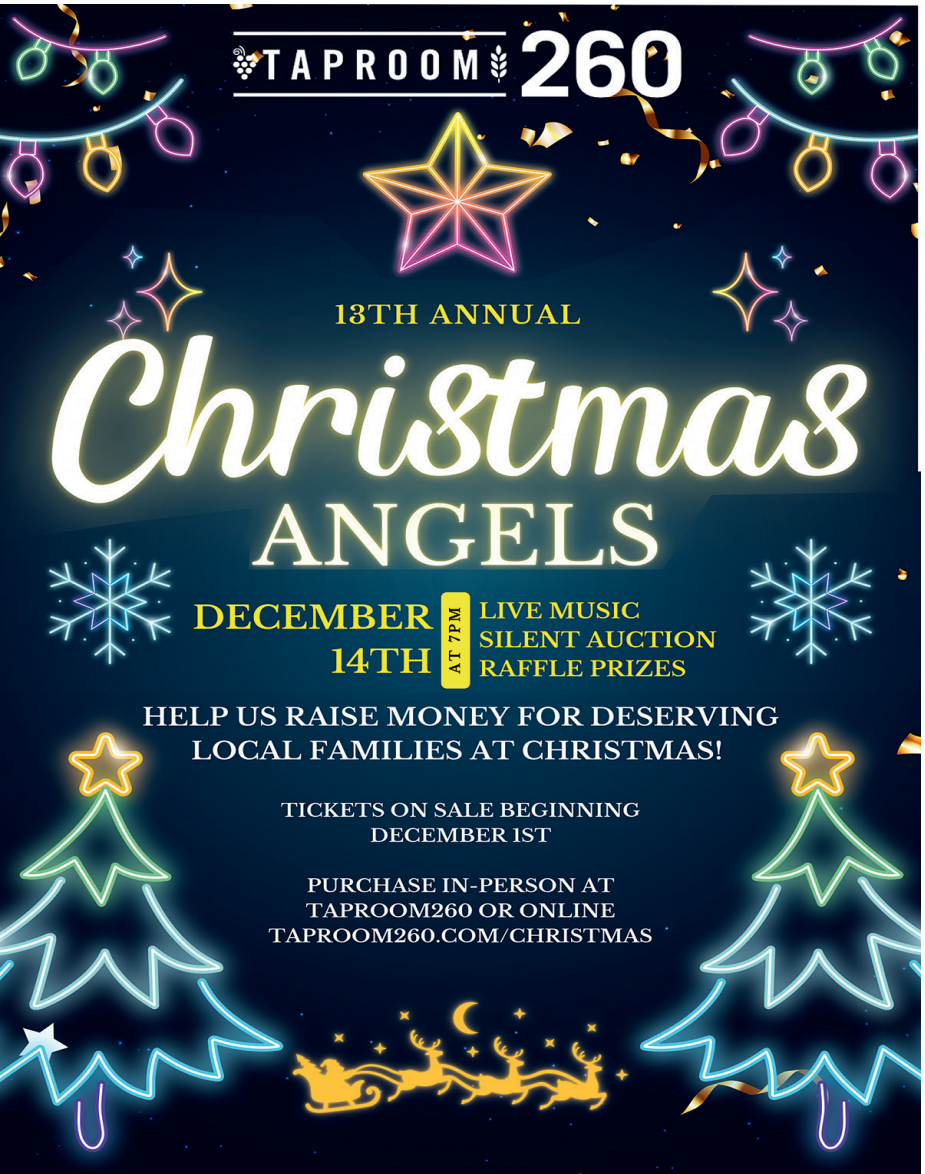
The easiest way to access the page is to scan the QR code shown above.

The link will take you to a page where you can download a fillable registration form or make a direct donation. Funds are also being collected by the food bank to help stock the shelves for the busy holiday season. Ottawa area firefighters will be holding a food drive on Dec. 7 from 9 a.m. to 4:30 p.m. at all three Metro stores in

Orléans, the Sobeys stores at Trim Road and Innes and on Tenth Line Road, and the FreshCo store at Trim and Watters.

As of today, registration for the Christmas program is already at full capacity. Families or individuals who are still in need of assistance will be offered other means of support.

This year, with the assistance of area donors, the OCCRC can help make the holidays a little easier for those in our community who need it most.

A festive poster for the 13th Annual Christmas Angels event. The background is dark blue with colorful Christmas lights and snowflakes. At the top, it says "TAPROOM 260" in white. Below that, "13TH ANNUAL Christmas ANGELS" is written in large, stylized white and yellow letters. The date "DECEMBER 14TH" is in yellow, with "AT 7PM" in a small yellow box. To the right, it lists "LIVE MUSIC", "SILENT AUCTION", and "RAFFLE PRIZES". A central message reads "HELP US RAISE MONEY FOR DESERVING LOCAL FAMILIES AT CHRISTMAS!". Below that, it says "TICKETS ON SALE BEGINNING DECEMBER 1ST". At the bottom, it provides purchase information: "PURCHASE IN-PERSON AT TAPROOM260 OR ONLINE TAPROOM260.COM/CHRISTMAS". The poster is decorated with two glowing Christmas trees and a sleigh with reindeer at the bottom.A poster for the Santa's Parade of Lights. It features a large image of Santa Claus sliding down a string of lights. The text "Santa's Parade of Lights" is in a large, white, cursive font. Below it, the date and time "SATURDAY NOV 30 AT 6:00PM" are in bold white letters. The location "St. Joseph Blvd. Orleans" is in yellow. In the top right corner is the logo for the Ottawa Firefighters Association. At the bottom, there is a row of logos for sponsors: Gabriel PIZZA, Pine View, Frontline Credit Union, The Heart of Orléans, Ottawa, and Brinks. Below the logos, it says "St. Joseph Blvd. (Youville Drive to Prestone Drive) | 613-526-2625 | [www.paraeoflights.org](http://www.paraeoflights.org)". At the very bottom, it states "Toys and Cash donations will be collected by Firefighters along the route!".



# Caravela owner organizing trips to his native island of Terceira

By Fred Sherwin  
The Orléans Star

Fernando Diniz is the owner of Caravela Restaurante on Innes Road. The Portuguese eatery is one of the most popular dining establishments in Orléans.

A native of Terceira in the Azores, a group of Portuguese islands in the middle of the Atlantic, Diniz immigrated to Canada in 1985. After running a successful construction company for more than 30 years, he opened Caravela in 2016 and has never looked back.

After immigrating to Canada, Diniz would often go back to his native island to visit his parents and siblings. During the COVID pandemic Fernando dreamed of turning his childhood home into a guest house for his friends and customers.

He began renovating his family's four-bedroom home in the spring of 2022. He returned several months for another six-week stretch to finish the work, which included adding an additional bathroom, a covered deck in the back, a private second-floor terrace and a gazebo in the backyard.

This past summer, 24 different couples stayed at the house and enjoyed Fernando's

hospitality as their host. All of the couples were either friends of Fernando's, or regular customers at the restaurant, who wanted to visit Terceira for a week or two and see where Fernando once lived and grew up.

After a successful first summer, Diniz is already taking reservations for next summer. Flights to Terceira are available from Montréal. The Azores are four hours ahead of Ottawa.

Diniz will pick his guests up at the airport and drive them to the house where they can freshen up before going to the grocery store to buy whatever sundry items they need (the porch is equipped with a gas BBQ). Guests can also purchase a phone card which will give them a local number to access the Internet and download emails.

The house is equipped with free Wifi and cable to access Canadian and U.S. television stations.

With Diniz acting as tour guide, the guests will visit Praia Da Vitoria City during their first full day on the island, where they can go swimming on the public beach and enjoy lunch at a local restaurant.

After returning to the house, they will



Visitors to Terceira can enjoy magnificent views of the central plateau from the Serra do Cume observation deck. FACEBOOK PHOTO

be able to enjoy a 2.5-hour siesta before preparing to go out for dinner at another local restaurant chosen by Diniz.

On Day 2 of their visit, Diniz will drive the guests to Angra do Heroismo City where they will tour the local gardens, have lunch, visit Patio da Alfandega and Monte Brasil, drop by the Angra Marina Hotel to enjoy a drink while enjoying the amazing view, and finally visit Quinta dos Açores for an ice cream before returning home. And that's just the first two days.

On Day 3, the guests will visit Quatro Ribeiras, where there are natural ocean pools for swimming, and the wine museum is in nearby Biscoitos. After lunch, the party will visit the Algar do Carvão, an ancient lava tube located in the central part of the island. Once everyone has had a chance to explore the caves, the party will return to the house to relax before heading out to dinner.

On Day 4, the guests will visit the Serra do Cume which has platforms offering a breathtaking view of the island's interior. The Serra do Cume plateau is actually a volcanic caldeira. After enjoying the

view, the party will pick up some food at a local restaurant and enjoy a picnic in the mountains at Lagoa do Falcão before returning back to the house.

On Day 5, the guests will tour the southern part of the island with stops at the seaside village of Praia da Riviera, the natural ocean pools at Porto Martins; then the Baia de Salga and finally, the Gruta das Agulhas in Puerto Judeu which is only accessible at low tide.

On Day 6, the guests will enjoy a relaxing day at the house before heading out for their final dinner together on the island.

The next morning Fernando will drive the guests to the airport for their flight back to Canada or a connecting flight to the mainland should they want to explore the rest of Portugal.

Anyone interested in visiting Terceira next summer can either drop by Caravela, email him at [fernando@accuratepoint.ca](mailto:fernando@accuratepoint.ca) or call 613-868-1237. For plane tickets, Fernando recommends booking them through the Iberica Travel Agency in Ottawa. Contact Manuel at 613-241-9463 or email [manuel@ibericatravel.com](mailto:manuel@ibericatravel.com).



The bathing area of Biscoitos consists of natural pools situated among the black rocks on the north coast of Terceira. FACEBOOK PHOTO





## CARAVELA TOURS

Join Caravela Restaurant owner Fernando Diniz for a week or two on his beautiful native island of Teceira. Stay in his family home and have Fernando act as your tour guide as you explore everything this beautiful island has to offer.

Information and Q&A sessions will be held at Caravela Restaurante at 3 and 5 p.m. on Monday, Dec. 9 and Monday, Jan. 13. Pre-register for any of the sessions by e-mailing [fernando@accuratepoint.ca](mailto:fernando@accuratepoint.ca).



To learn more visit [www.caravelatours.com](http://www.caravelatours.com).



# Christmas Recipe & Songbook now available at select locations



The 2024 Christmas Recipes & Songbook is now available at select locations in and around Orléans while supplies last.

Each book contains the lyrics to 15 holiday classics, 10 in English and five in French, as well as 21 different recipes. The recipes were provided by some of our local political representatives, business owners and readers of the *Orléans Star*.

We hope that this year's edition will help create some holiday memories that will last a lifetime. Pick up a copy at any one of the following locations:

- Sobeyes Trim & Innes
- Sobeyes Tenth Line Road
- Sure Print, 2507 St-Joseph Blvd
- Romantic Fireplaces, Canotek Park
- S.G. Printing, Canotek Park
- Caravela Restaurante, 2712 Innes Rd.
- Little Turkish Dining Lounge, 2095 St. Joseph Blvd.
- Mumbai Masala Grill, 2181 St. Joseph Blvd.
- Computer Rise, 1803 St. Joseph Blvd.

- Millennium Flooring, 1680 Vimont Court in the Taylor Creek Business Park
- Vantage Jewellers, 2866 St-Joseph Blvd.
- Service Ontario, 2864 St- Joseph Blvd.
- Precision Automotive, 385 Vantage Drive
- Pantry Plus, 2433 St-Joseph Blvd.
- Blackburn Shoppes Dental Centre, 2668 Innes Rd. in Blackburn Hamlet
- Cosenza Pizza in the Convent Glen Shopping Plaza
- The Orléans Cumberland Community Resource Centre in the Orléans Town Centre on Centrum Blvd.
- Da Artisti Studio & Gallery, 2565 Old Montreal Road in Cumberland Village
- J.T. Bradley's Country Convenience Store in Navan
- Sound & Sight, 2288 St. Joseph Blvd.
- Quilty Pleasures, 2211 St. Joseph Blvd.
- Michael Willems Photography, Place d' Orléans
- Joe's Barbershop, Place d' Orléans



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# Enjoy Black Friday deals a week early at Sound & Sight

STAR STAFF – The Sound & Sight audiovisual store on St. Joseph Blvd. across from the TD bank is offering Black Friday deals a week early with savings up to 75 % on many items.

Since first opening their doors in 2022 Sound & Sight has helped hundreds of customers upgrade their home audiovisual experience with state-of-the-art TVs from Samsung and Sony and impeccable sound systems that bring the visual experience to the next level.

They carry all the leading brands of audio equipment you've heard of, including Totem Acoustic, Denon and Sonos, along with some leading brands you may not be familiar with such as JL Audio, Lexicon amplifiers, and Martin Logan.

They also have Motion Foundation Series speakers and Motion Compact and SLM Series speakers on sale for 25% off while inventory lasts, as well as Helos 12 speakers for over 50% off. And Canadian-made Totem speakers can be purchased up to 75% while inventory lasts. First come, first serve

no rain cheques.

While visiting Sound & Sight, you can check out Onkyo's newest state-of-the-art 8K Ultra HD AV Receiver and Sonos Arc Ultra soundbar and companion Sub 4 subwoofer which delivers the ultra sound experience for your favourite shows and movies.

Beyond the audiovisual, Sound & Sight is a licensed dealer for Panasonic and Human Touch massage chairs.

Sound & Sight also specializes in Smart Home systems and components. They sell and install motorized blinds, security and surveillance systems, Smart Home HVAC controls, lighting controls, home networking systems which can be operated from your Smart phone.

To get a taste of all Sound & Sight has to offer and to take advantage of their anniversary deals, you should visit their showroom. They are open from 10 a.m. to 6 p.m. Monday to Saturday and closed Sundays.

If you can't make it to their showroom,



Visit the Sound & Sight showroom on St. Joseph Boulevard and experience the difference quality makes for yourself. FILE PHOTO

you can check out their website at [www.soundsight.ca](http://www.soundsight.ca) which has several links to videos that are bound to spark your imagination, or you can visit their Facebook page

[@soundsight.ca](https://www.facebook.com/soundsight.ca).

The website also has a page where they post all of their price-reduced, clearance sale items.

Visit [www.portugalosrestaurant.ca](http://www.portugalosrestaurant.ca) to order online or make a reservation

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## 2024 Christmas Program



With many families struggling to afford basic needs, over 1,100 people rely on our food bank every month.

This year, help families share a festive meal and bring hope and warmth to those in need. Together, we can brighten the holidays for our community.

**DONATE!**





# New Sobeys store owners in Orléans have big shoes to fill

By Fred Sherwin  
The Orléans Star

For the past 17 years, the Foget name has been synonymous with the Sobeys stores at Trim and Innes Road and Tenth Line and Brian Coburn Blvd.

Alan Foget opened the very first Sobeys store at Trim and Innes in 2007. Ten years later, his son Eric opened a Sobeys franchise at Tenth Line Road and Brian Coburn Blvd. Together they put the Sobeys brand on the map in Orléans.

Alan retired three years ago and Eric was given a position at Sobeys regional headquarters in 2023.

Taking their place are two dynamic individuals who are following in the footsteps of Alan and Eric Foget by putting the community first and giving back whenever they can.

Over the next two weeks we will be introducing the new owners to our readers and the Orléans community at large.

First up is Dereck Sawh, the new owner of the Trim Road store.

Dereck's is a true success story. He has worked his way up from being a part-time clerk as a 15-year-old at the Sobeys store in East York in 2007, to eventually becoming an assistant manager at the busiest store in the province in 2023, and now owning his own franchise at the ripe old age of 33.

His rise to success was a combination of hard work, merit and having a number of people who believed in him and mentored him along the way.

"I've had some pretty good leaders in my career who I'm thankful for and helped guide me down the right path" says Dereck.

But owning his own Sobeys store was

not his first career choice. When he first began studying business management in university, he didn't even think of it as a remote possibility.



Dereck Sawh

led to another on his meteoric rise through the ranks.

"Every time I've moved up the rank, I thought that was it," says Dereck. "It was like, 'Check mark done and I'll still find my dream job.'"

Even after he was hired as a full-time receiver the day after he graduated from university, he thought of the job as a way to continue his education while padding his resume. But then one thing

During his time as a receiver, his boss suggested he go into the Sobeys' management training program.

After graduating from the program, he was promoted to grocery manager and eventually assistant store manager at the number one store in Ontario located in Etobicoke.

Throughout his Sobeys journey, Sawh has developed a passion for not only running a grocery store, but the ability it gave him to help his community.

"I enjoy people. I enjoy the staff. It's something I've fallen in love with. I just love coming to work," says Sawh.

But when he found out that the Trim Road store was available, Sawh didn't know where Orléans was. He had to Google it first. In fact, he had never been to Ottawa before. The only thing he knew is that the store was regularly among the top 10 in sales in the province whenever the corporate sales reports came out.

After talking the opportunity over with his wife, he accepted the offer within 24 hours and they immediately put their house up for rent and made plans to move to Orléans. At the time, Dereck's wife was six months pregnant with their second child.

They moved to Orléans in February and his daughter was born in May. The couple also has a two-year-old son.

Since taking over the Trim Road store, Dereck has helped the Orléans Cumberland food bank, the Orléans Legion and food drives organized by several area schools including Avalon Elementary School. He also accepts co-op students from nearby École secondaire Gisèle-Lalonde.

"Any small thing we can assist with, we help out," says Dereck. "The challenge is always to maintain and elevate."

## NOTICE OF APPLICATION

NOTICE IS HEREBY GIVEN that on behalf of (Marie Cormier) application will be made to the Legislative Assembly of the Province of Ontario for an Act (to revive Holy Trinity Restaurant Inc.).

The application may be considered by the Standing Committee on Procedure and House Affairs. Any person who has an interest in the application and who wishes to make submissions, for or against the application, to the Standing Committee on Procedure and House Affairs should notify, in writing, the Clerk of the Legislative Assembly, Legislative Building, Queen's Park, Toronto, Ontario, M7A 1A2. Dated at Stittsville, this 17 day of October, 2024.



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# Navan Lions Club plays active role in community support

Special to The Orléans Star

As a part of the world's largest service organization, the Navan Lions Club supports local, national and international causes and charities wherever a need becomes obvious.

At the national level, for example, they have supported the Lions Dog Guide program which trains dogs on a much broader basis than similar programs – including Vision, Hearing, Service, Seizure Response, Autism Assistance and Diabetes Alert.

Locally, the Navan Lions Club has been serving their community and individuals since 1952 by contributing with a variety of services such as barbecues at local events and fundraising activities for major projects, such as the new Navan Pavilion.

The Club's annual golf tournament and curling bonspiel have raised thousands of dollars for national charities such as the Make-a-Wish Foundation and the Canadian Pulmonary Fibrosis Foundation, while their Hannah

Billings Fund and Herb Deavy Student Bursary program directly support local families and individuals.

Their website describes them as a small but vigorous club and there is always something keeping them busy.

Another issue that they have taken up at the local level is that of Indigenous Reconciliation.

The Truth and Reconciliation Report presented 94 Calls to Action, and they have responded by undertaking to “serve and support all the communities living here” as part of their Land Acknowledgement.

The Club has established relationships with several local indigenous groups, helping financially when there is a clear need to do so.

The Club is now seeking to broaden local support for Indigenous Reconciliation by holding public meetings, the first of which was a film night earlier this year featuring a documentary on residential schools.



Among their many activities in 2024, members of the Navan Lions Club managed to raise the necessary funds to install a bicycle repair station near the Smith Road access point to the Prescott-Russell Trail. PHOTO SUPPLIED

The next meeting to be held on Dec. 2 is about helping to create a better future by focusing on the current situation of Ottawa's indigenous neighbours.

The meeting will provide information, contacts and tools to advance individual and community involvement in Reconciliation and how to begin to make a difference.

If this broad spread of activities interests you and you would like to know more about upcoming events, the Club's Reconciliation efforts, how much they donated to local causes last year, or about Lions Club International's worldwide charitable efforts, you can visit their comprehensive website at [www.NavanLions.ca](http://www.NavanLions.ca) which will provide you with

many reasons to consider joining the Navan Lions Club.

“Our club has a rich history,” offers Navan Lions president Tony Fiorentino, “but like many organizations, we need and welcome new members in order to gain new ideas, a fresh perspective and to allow us to continue to carry out our mission of serving the community.”



**FREE COMMUNITY MEETING**  
**INDIGENOUS RECONCILIATION**  
***“How to be an Ally”***  
**MONDAY, DECEMBER 2, 6.30 TO 9PM**  
**St. Mary's Hall, Navan**  
**Guest Speakers**  
**Discussion Opportunities**  
**Indigenous Youth Art Display**  
**Presented by Navan Lions**  
**Legacy of Hope, Isaruit Inuit Arts, Ottawa Aboriginal Coalition,**  
**Odawa Native Friendship Centre**



**More Information**  
**[www.NavanLions.ca](http://www.NavanLions.ca)**



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# Keeping Orléans motorists on the road for over 30 years

By Fred Sherwin  
The Orléans Star

With winter on our doorstep, now is the time to take your car into a reputable service centre to have a seasonal vehicle inspection to avoid any potential surprises down the road.

Precision Automotive on Vantage Drive has been providing honest professional service for an honest price in Orléans for more than 30 years now.

With 10 bays, six licensed technicians and three apprentice technicians, Precision is one of the largest independently owned service centres in Eastern Ontario, with the experience and expertise to service any make and model of vehicle.

The technicians at Precision will check all your fluid conditions and levels, tire condition and pressure, as well as all your drive belts and hoses.

There is no greater potential for disaster than an unforeseen breakdown in the dead of winter – not only is it inconvenient and usually results in an expensive towing bill – it can be extremely dangerous.

Providing peace of mind for you and your family is what Precision Automotive is all

about. Owner Rob Brouwer and his staff have a well-earned reputation for doing things right the first time, every time, and they back up their work with an industry-leading Nationwide 2-year/40,000km warranty on most new installed parts and labour.

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

There is nothing more annoying than an unexpected mechanical failure that could have easily been prevented by a trip to Precision Automotive.

Precision is also your one-stop shop for snow tires. As driving conditions get more severe with each passing winter, it makes sense to consider purchasing a set of snow or all-weather tires.

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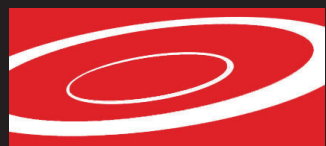
A good set of snow tires is an investment in safety and peace of mind. Precision Automotive has nearly every brand of snow tire to suit your vehicle and winter driving conditions. FILE PHOTO

the differences between each brand and make of tire so that you get the best value for your dollar.

Precision Automotive is located at 385 Vantage Dr, behind the McDonald's

restaurant at Innes and Tenth Line Road. You can also check out their website at [precisionautomotive.ca](http://precisionautomotive.ca), or call them at 613-841-5550.

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# Louis-Riel teams win three city titles in four-day stretch

By Fred Sherwin  
The Orléans Star

Last week was a good time to be a sports fan from École secondaire publique Louis-Riel, as the school won not one, not two, but three city championships over a four-day span from Nov. 11-14.

The school's senior boys volleyball team lead things off by winning the National Capital 'AA' championship with a straight set win over Samuel Genest on Nov. 11.

The next day, the Louis-Riel Rebelles senior girls basketball team won the National Capital 'AA' hoops title with a 45-30 win over the two-time defending champions from École secondaire Béatrice-Desloges.

The game was an extremely close affair through the first two quarters with both teams playing aggressive defence and preventing each other from getting a lot of decent looks. Even so, it was the Bull-Dogs from Béatrice-Desloges who had the upper hand at half time with an 18-14 lead, largely due to captain Alexia Schryburt's four buckets, including a three-pointer late in the second quarter.

As the third quarter began, the Rebelles implemented a full court press which paid

immediate dividends as the Bull-Dogs were forced into making a number of turnovers which Louis-Riel turned into easy baskets. As a result, the Rebelles went on a 13-1 run and ended up outscoring the defending champs 18-2 in the third quarter to take an insurmountable 32-20 lead.

The Rebels would managed to stretch their advantage to 22 points by the midway point of the fourth quarter before cruising home to a 45-30 win.

Lydie Glory and Malya Gagnon each scored a team-high 12 points for the Rebelles, while Ketsia Nsoga added nine points and Lillianne Gover scored five. Joyce Dérival and Leil Batista also contributed on the score sheet with three points each and Zara Rozon added a free throw.

With the senior boys 'AA' basketball championship and the senior girls 'AA' volleyball championship already in the school's possession, the Louis-Riel Rebelles junior boys soccer team beat the Merivale Marauders 4-0 on Nov 14 to win the junior boys Tier 1 title. Souleymane Diomande scored two goals for the winning side while Elias Martinelli and Bilal Mohamoud added a goal each.

Both the senior boys volleyball team and



Team roster: Lydie Glory, Malya Gagnon, Ketsia Nsoga, Lillianne Gover, Joyce Dérival, Leil Batista, Zara Rozon, Aude Pongang, and Janelle Pierre Louis. Head coach Sherry Polomark. Ass't coach André Desjardins. FRED SHERWIN PHOTO

the senior girls basketball team must now prepare for their respective sports' provincial championships.

The OFSAA 'AA' senior boys basketball tournament gets underway on Nov. 21 in

St. Catherines, while the senior girls 'AA' volleyball championship starts the same day in North Bay.

There are no provincial championship tournaments at the junior level.

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**Metro Cumberland**  
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**Sobeys Trim & Innes**  
5150 ch. Innes Rd.

**Sobeys Orleans**  
2276 ch. 10th Line Rd.

**FreshCo Orleans**  
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Fueling your body properly is essential to thriving, not just surviving! Your metabolism is your body's engine, and research shows it revs up more efficiently in the morning. Studies confirm that the thermic effect of food (TEF)—the energy used to digest



**Adrian Delorey**

and absorb nutrients—is higher earlier in the day than at night. Research published in *Obesity* (2015) demonstrated that people who eat a hearty breakfast have better metabolic health and insulin sensitivity than those who eat larger meals later in the day. Dr. Peter Attia and Dr. Satchin Panda, both experts in metabolic health, emphasize that aligning your meals with your natural circadian rhythm

can optimize your body's performance.

For over 17 years, I've helped thousands of clients lose weight sustainably. A common misconception I see is the belief that skipping meals will shed pounds faster. However, undereating often backfires, slowing your metabolism and depleting muscle mass. After age 30, adults begin losing muscle at a rate of 1-1.5% per year, an issue known as sarcopenia (*American Journal of Clinical Nutrition*, 2003). As Dr. Gabrielle Lyon puts it, "muscle is the organ of longevity," crucial for staying fit, functional, and healthy as we age.

To preserve muscle, a diet rich in protein is key. Studies show that consuming about 24-30 grams of protein per meal triggers muscle protein synthesis (MPS) (*Journal of Nutrition*, 2016). Dr. Stuart Phillips, a leading researcher on muscle health, confirms that evenly distributing protein intake across meals helps sustain muscle mass and boost recovery. Missing meals or prolonged fasting can disrupt this process, putting your body into a catabolic (muscle-breaking) state.

While intermittent fasting (IF) has its benefits, it should be used mindfully. Dr. Rhonda Patrick emphasizes that while IF can promote cellular repair, it shouldn't come at the expense of muscle health. Many people fall into the trap of skipping breakfast, relying on caffeine to suppress appetite. Yet, coffee can act as a diuretic, leading to nutrient depletion. Instead, aim to nourish your body first thing in the morning to kickstart your metabolism and stay energized throughout the day.

Ready to transform your health and lose 30-70+ lbs sustainably? Visit [www.180fitness.ca](http://www.180fitness.ca) or call 613-859-2633 for our exclusive Black Friday specials. Your journey to a stronger, healthier you starts with nourishing, not depriving, your body!



Joy Overtveld has lost more than 35 lbs since starting the Bold & Beautiful program in February 2023. At the time she was still recovering from heart failure and she could barely walk more than a few metres at a time. Today she goes to the gym five times a week and regularly walks five kilometres or more.

## Local woman enjoying a new life after suffering heart failure

By Jody Maffett  
The Orléans Star

2.5 years – that's how long the average person lives after suffering from heart failure. That's how long Joy Overtveld was told she could expect to live after suffering from heart failure in August 2022.

Heart failure is the condition by which the ability of your heart to pump blood to the rest of your body becomes so compromised that your body's organs can no longer function.

At its peak, your heart can work at 90-95 per cent efficiency. When Overtveld was diagnosed with heart failure, her heart was working at 20 per cent efficiency. At 15 per cent or less, you die. She also suffered from sleep apnea which caused her to stop breathing over 100 times during an average night's sleep. She was prescribed medication to help with both the sleep apnea and to regulate her heart beat and help it work more efficiently.

When she went into the hospital she weighed 251 lbs. and could barely walk more than a few metres without having to stop to catch her breath. Beside the drugs, the doctors recommended that she begin a cardio rehab program at the Orléans Health Hub.

While researching her condition Overtveld learned that average person who suffers from heart failure normally dies within 2.5 years. she was determined not to be average.

"When I found out the average person only lives two and a half years, I knew I didn't want to be average. I was going to do whatever it took to live more than two and a half years," says Overtveld, who was 61 when she was diagnosed.

When Overtveld started cardio rehab, one of the nurses who was assigned to work with her, happened to mention that she had lost nearly 50 lbs through a program she had been doing at 180 Fitness which happened to be located in the Canotek Business Park less than 10 minutes from her home.

Intrigued, Overtveld called the gym and talked to the owner, Adrian Delorey, who suggested she enter the Bold & Beautiful program. Thinking she had nothing to lose and everything to gain, she did just that.

"At the begin I just stayed at the back of the class and did a few leg raises," says Overtveld. But as time went on, she was able to do more. A major part of the program is learning about proper nutrition, which helped Overtveld change her diet and greatly reduce her intake of salt and sugar.

"My biggest problem was mental," explains Overtveld. "I had to rethink what I thought about food, my diet and how I was living my life."

"Adrian always says that everyone needs to find their own 'why'. Well I had a pretty good why," Overtveld says, referring to the 2.5 year prognosis.

She began the program in February 2023 and has so far lost over 35 lbs. More importantly, she has regained her overall health to the point where she is taking fewer drugs and she no longer needs to undergo heart surgery. In short, her prognosis for survival is way beyond what is "average" for survivors of heart failure and she owes a great deal of it to Adrian Delorey and 180 Fitness.

"I can honestly say that he helped save my life," says Overtveld, while also crediting her cardiologist Dr. Roland Sabbagh.



# Cumberland Panthers A-Cup champions three times over

By Fred Sherwin  
The Orléans Star

With three teams vying for an A-Cup championship for the second year in a row, the Cumberland Panthers Football Club was hoping to avoid a repeat of last year's championships when only team walked away with the actual Cup.

The first team up was the U12 mosquito squad which was hoping to to complete an undefeated season with the ultimate prize. The only thing standing in their way were the West Carleton Wolverines who were also undefeated.

After getting off to a slow start during which the Wolverines scored the opening touchdown of the game, the Panthers were able to get on the board with a touchdown of their own on a 34-yard run up the middle by quarterback Grayson Rouleau. Nico Scarfone then made the two-point convert kick to give the Panthers an 8-6 lead.

Cumberland's second touchdown came on a 42-yard pass from Rouleau to Scarfone on the last play of the opening quarter. Scarfone then made another two-point convert to extend the Panthers' lead to 16-6.

They would go up 22-6 in the second quarter when Mathieu Anderson made a perfectly timed interception on the Warriors two-yard line and waltzed into the end zone.

With time running out in the first half and the Warriors once again facing third and long deep in their own end, they elected to concede a safety, giving the Panthers a 24-6 halftime lead.

The Panthers' defence then took over in the third quarter, completely shutting down the Warriors' offence while the Panthers' offence

simply continued to pile up the points. They would score four more touchdowns in the second half and go on to win the game 52-6.

Running back Jacob Kavanaugh ended the game with 165 yards on 13 carries and three touchdowns.

The MVP honours went to linebacker Nolan Boonstra who was a one man wrecking crew. He had at least a half dozen solo tackles, including three of the bone-crunching variety, a sack, two tipped passes, including one that resulted in an interception by Masen Machabee, and a blocked punt. All of which contributed to the Warriors gaining just 31 yards in total offence in the second half, 20 of which came on their final drive of the game.

Besides Kavanaugh's contribution on offence, Grayson Rouleau finished the game with three completions, including a pair of touchdown tosses to Scarfone and Christopher Bright, and 89 yards on seven carries rushing, including two more TDs.

The emphatic win by the U12 team would set the tone for the rest of the day.

The U14 peewee squad took the field next and after allowing a punt return for a touchdown following their opening drive against the Bel-Air Lions, they managed to rebound to tie the game on a touchdown by Jesse Momo who ended up finishing the game with 251 yards on 18 carries and scored two majors in leading his team to a 24-20 victory and the Panthers second A-Cup championship of the day. The team's other touchdowns were scored by Zachariah Ninaber and Johann Atonfo.

But the Panthers weren't finished yet. In the final game of the day, the U16 squad



The Cumberland Panthers U12 team got the ball rolling for the football club on championship Sunday with a decisive 52-6 win over the West Carleton Wolverines in the NCAFA mosquito A-Cup final. PHOTO SUPPLIED

lined up against the Gloucester South Raiders with the bantam A-Cup title on the line.

The two teams met previously in the round robin playoff series and the Raiders managed to come away with an 8-7 win.

In the championship game the Panthers managed to turn the tables on their rivals with a wild finish that won't soon be forgotten.

With the score tied 14-14 and only 22 seconds left on the clock, Panthers quarterback Vincent Anderson managed to move the ball down to the Lions' 27-yard line. Then with eight seconds left, kicker Nathan Melsness was sent on to the field to attempt a difficult 34-yard field goal.

The hope was that even if he missed, the Panthers might still score an extra point by preventing the Lions by returning the ball out of the end zone.

As fate would have it, the kick went wide left and the Warriors kept the ball from rolling out the back of the end zone, but rather than try to run it out, they tried to kick it out. Unfortunately for them, the kick went straight into the hands of Donovan Belisle who was standing on the one yard line and managed to carry it in for the game winning touchdown.

It was the Panthers third A-Cup championship in as many games on a day that won't soon be forgotten and may never be repeated.



The Cumberland Panthers U 14 team beat the Bell-Air Lions 24-20 to win the NCAFA Peewee A-Cup championship. PHOTO COURTESY OF WANDA KEENAN



The Cumberland Panthers U16 team beat the Gloucester South Raiders 20-14 in win the NCAFA Bantam A-Cup championship. PHOTO COURTESY OF WANDA KEENAN



# Shenkman Arts Centre is full of gifts this season

By Jody Maffett  
The Orléans Star

There's a lot happening at the Shenkman Arts Centre this holiday season. Whether you are looking for a show to enjoy yourself or a gift for someone special in your life, there is something for everyone!

The holiday season kicks off with the Orléans School of Theatre's all ages Christmas production of "The Island of Lost Memories: A Christmas (Mystery) Heist". Showtimes are Thursday, Nov. 28 and Friday, Nov. 29 at 6:30 p.m., and Saturday, Nov. 30 and Sunday, Dec. 1 at 1:30 p.m. Tickets are \$20 for adults and \$10 for individuals 25 and under. Family package (2 adults and 2 children) \$50. Tickets can be purchased at [ost-eto.ca](http://ost-eto.ca).

On Saturday, Dec. 14, the SOS ABBA Experience will present their "ABBA Holly Jolly Christmas!" concert to a sold out audience in the Harold Shenkman Hall.

The following night, award-winning Elvis tribute artist Pete Paquette returns to the Shenkman Arts Centre to present his annual Christmas special. Tickets are \$69 each and can be purchased online at [shenkmanarts.ca](http://shenkmanarts.ca).



On Thursday, Dec. 19 Harold Shenkman Hall hosts The Jersey Nights Before Christmas Show at 8 p.m. A limited number of tickets are still available.

Last but by no means least, the British comedy duo of James and Jamesy present "O Christmas Tea" which promises to be a mix of Monty Python, Mr. Bean and Dr. Seuss.

For a complete schedule of all the shows this holiday season and into 2025 visit [shenkmanarts.ca](http://shenkmanarts.ca). You can buy a ticket for yourself, or purchase a gift card for that special someone on your list.

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## COMMUNITY BILLBOARD

**SUNDAY, NOV. 24**

**4TH ANNUAL CHILI CHALLENGE** from 1 p.m. to 3 p.m. at the Stray Dog Brewing Company, 501 Lacolle Way in the Taylor Creek Business Park. Come taste the results when local restaurants go head-to-head to see who can make the best chili in Orléans.

**FRIDAY, NOV. 29**

**THE STRAY DOG BREWING COMPANY** presents Stray Laughs w/Paddy Mack. Tickets \$10 available at straydogbrewing.ca. The Stray Dog Brewing Company is located at 501 Lacolle Way in the Taylor Creek Business Park.

**SATURDAY, NOV. 30**

**SANTA'S PARADE OF LIGHTS** beginning at 6 p.m.

at the corner of St. Joseph Blvd. and Youville Dr. The parade will follow its traditional route down St. Joseph Blvd. to the Orléans Town Centre.

**THURSDAY, NOV. 28**

**FRIDAY, NOV. 29**

**SATURDAY, NOV. 30**

**SUNDAY, DEC. 1**

**THE OTTAWA SCHOOL OF THEATRE** presents "The Island of Lost Memories: A Christmas (Mystery) Heist" in the Richcraft Theatre at the Shenkman Arts Centre. Showtimes: Thursday and Friday at 6:30 p.m., and Saturday and Sunday at 1:30 p.m. Tickets are \$20 for adults and \$10 for individuals 25 and under. Family package (2 adults and children) \$50. Tickets can be purchased at [www.ost-eto.ca](http://www.ost-eto.ca).

**SUNDAY, DEC. 1**

**THE CUMBERLAND COMMUNITY SINGERS** present "Christmas Around The World" from 7.30 p.m. at Orleans United Church, 1111 Orléans Blvd. Tickets \$20 available at [zeffy.com](http://zeffy.com).

**THURSDAY, DEC. 7**

**ORLÉANS HOLIDAY ARTS MARKET** from 10 a.m. to 4 p.m. at the Shenkman Arts Centre featuring unique gift ideas along with children's activities and entertainment.

**THE CUMBERLAND CHRISTMAS MARKET** from 9 a.m. to 3 p.m. with over 100 vendors at four locations in Cumberland Village including the Da Artisti Studio and Gallery, 2565 Old Montreal Rd.

## IN MEMORIAM



**Cécile Simard, 96**

**Passed away on November 10, 2024**

**David James Kelso, 78**

**Passed away on November 9, 2024**

**Bernard "Bernie" Brazeau, 87**

**Passed away on November 7, 2024**



[www.heritagefh.ca/obituaries](http://www.heritagefh.ca/obituaries)

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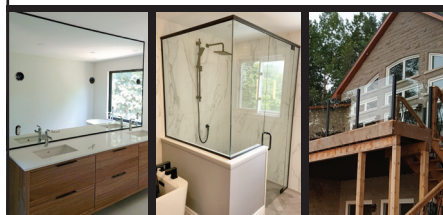
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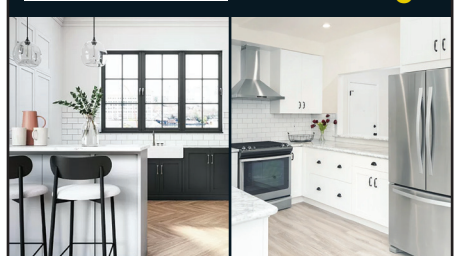
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