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# THE Orléans Star

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Gloucester Hornet Eliana Bonyaka Gaelle races for the ball against an Ottawa TFC defender in their U15 regional game on Sept. 5. See story on page 2. FRED SHERWIN PHOTO

## Finance committee sets 2024 budget directions, tax target

By Fred Sherwin  
The Orléans Star

The 2024 budget process began in earnest last week with the tabling of a series of the budget directions, timeline and public consultation process before the finance and corporate services committee. Perhaps most importantly of all, the directions, timeline and public consultations have all been set with a tax target of no more than 2.5 per cent.

The budget directions also include a proposed 2.5 per cent increase in user fees such as recreation fees, facility rental rates, membership fees and transit fares.

A property tax increase of 2.5 per cent will generate approximately \$51 million. Projected growth is expected to generate an additional \$30 million in tax revenue for a total increase of \$81 million, \$32 million of which will go to offset increase costs in policing, transit and other services, that leaves \$49 million which

when combined with additional savings and service revenue initiatives will yield \$62.5 million which can be allocated to other city services.

The public consultation process will begin now and run into December, including formal budget consultation meetings to be held in November and early December once the draft budget is tabled on Nov. 8.

Following the tabling of the draft budget the various standing committees will meet in to consider their portion the budget. Residents, businesses and community groups will be able to take part as public delegations, as well as participate in any councillor-led public consultations on the draft budget.

Council will then consider and adopt the final budget on Wednesday, Dec. 8.

While city councillors ponder the 2024 budget process, they must also address the

CONTINUED ON PAGE 2 ►

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# 2024 municipal budget process begins in earnest

Continued from page 1

city's current financial status which is currently in a deficit situation.

During the finance committee meeting staff outlined that the second quarter of

2023 ended with a \$16.8-million deficit for property-tax-supported programs, while rate-supported services, such as water, sewer and storm water, ended with a \$538,000 surplus.

The year-to-date tax-supported deficit was driven by the winter season and extreme weather. The overall year-end forecast for tax-supported programs is projected to be a deficit of \$6.6 million. With a projected surplus of \$710,000 for rate-supported programs, the result is an overall expected deficit of \$5.9 million.

Staff will come forward with an explanation as to how the deficit will be addressed during the preliminary budget process.

In the meantime, members of city council will begin the process of lobbying for specific projects that are important in their respective wards.

City council was expected to receive and adopt the 2024 budget guidelines and consultation process, including the 2.5 per cent tax increase ceiling during their meeting on Sept. 13.



The Gloucester Hornets U14 regional girls team pose for a group after clinching the Eastern Ontario Soccer League championship last week. FRED SHERWIN PHOTO

## Hornets, Ottawa TFC clinch U14, U15 regional soccer titles

By Fred Sherwin  
The Orléans Star

The Ottawa Gloucester Hornets and Ottawa TFC recently wrapped up their seasons by clinching the Eastern Ontario Soccer League U14 and U15 regional titles respectively.

The Hornets wrapped up their season with a 4-2 win over their east end counterparts on Sept. 5 to end their campaign with a 10-0-1 record. More importantly, it put them four points clear of their nearest rivals Ottawa City who have an 8-1-1 record with just one game remaining.

The Hornets opened the scoring in their final game against Ottawa TFC with a pair of goals from Shauna Martin and Eliana Bonyaka Gaelle.

Ottawa TFC then narrowed the deficit to 2-1 with a goal from Eleni Magneron in the 38th minute.

It didn't take long for the Hornets to respond, however, as Bonyaka Gaelle would re-establish their two goal advantage with a strike in the 44th minute, just one minute shy of the halftime break.

The score remained 3-1 in the Hornets' favour until the 24th minute of the second half when Ottawa TFC's Sienna Romeo

scored to reduce the deficit back to one. Unfortunately for TFC, that would be as close as they would get.

In the final second, Bonyaka Gaelle managed to complete a hat trick by scoring a goal on what would turn out to be the final kick of the game.

All told, the Hornets scored a whopping 61 goals in 12 regular season games while being scored upon an even dozen times.

The Ottawa TFC U15 regional girls team wrapped up their season last Thursday with a 2-1 loss to the Hornets at Scala Park in Avalon. Fortunately, they had already clinched the league championship on Aug. 30 with a 1-0 win over second place Kingston-Belleville. Their lone goal was scored by Audrée Billings.

Taking into account the Hornets game, the U15 team allowed just nine goals in 12 games, with seven of those games ending with a clean sheet. Keeper Sarah Laplante was in net for six of those shutouts and Jade Denoncourt was in net for the other one.

Offensively, they managed to score 27 times. Kayla Alves lead the way with seven goals, while nine other players managed to get their names on the score sheet, showing how well-balanced the team is.

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# Blackburn dentist marks anniversary with over two hundred friends

By Fred Sherwin  
The Orléans Star

Blackburn Hamlet dentist Dr. Chantal Plant celebrated the 20th anniversary of her practice earlier this month with her extended family that includes her staff, both past and present, and several hundred of her patients, some of whom have been coming to see her for more than two decades.

After graduating from the school of dentistry at the University of Laval in Quebec City in 1998, Dr. Plant took a position with a dentist in Bonneville, Alberta, a small town of just under 6,000 people about 250km northeast of Edmonton, where she had the amazing opportunity to work two days a week on a native reserve called Kehewan.

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

A few years would go by and key team members were added such as Stephanie,

Seble and Robin. Participating annually at the Blackburn Fun Fair Parade became a tradition. Many 67s tickets were donated to local elementary schools and multiple Brush-a-Mania dental presentations were performed by Dr. Plant and her team.

The office now has a staff of over 13 and has expanded to 3,000ft<sup>2</sup> to accommodate all of their patients.

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

Dr. Plant was especially humbled by the number of patients who came out to celebrate the milestone anniversary with her, including some patients who’ve been seeing her since she first started practicing dentistry in Kanata.

“It so nice. I know everyone here by their first name. I find that pretty special,” said Dr. Plant, who is pretty special in her own right.



Current and former members of Dr. Chantal Plant’s staff place flowers in a vase to make a bouquet representing all the lives she has changed by improving their smiles. FRED SHERWIN PHOTO

After 20 years, Dr. Plant is also beginning to see a second and even a third generation of patients. Many of the patients she had as teenagers are now bringing their own children to see her.

“The time has gone by so fast,” said

Dr. Plant whose office is designed to make children feel at ease.

With 20 years already behind her, Dr. Plant is looking forward to the future and the opportunity to help even more people achieve the smile they deserve.



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# A fine mess

Let's face it, Ottawa's transit system is an unmitigated mess. The latest from the big brains who run OC Transpo is the idea of an on-demand transit service to help address shrinking ridership in certain communities.

The service is being introduced in Blackburn Hamlet as a pilot project on weekends using para-transpo-type mini-buses. Basically, it's Uber for buses. You call a phone number or use an app to request to be picked up by a bus at a designated bus stop near you. You will then be given a bus stop number and a pick-up time window.

After reading the staff report explaining the service, the one glaring issue that jumps out at you is the term "pick-up time window". How the time window will be determined is anybody's guess, but assuming they will only be using one bus for the on-demand service, it will likely range from five minutes to 20 minutes or more, meaning "on-demand" will be totally relative.

It's just another example of the gang that can't shoot straight. These guys couldn't organize a bun fight in a bakery. They couldn't organize a one-car funeral. They couldn't organize a book reading at a writer's convention. Well, you get the picture.

I understand that desperate times deserve desperate measures, but let's face it, an on-demand transit service that's not exactly on-demand is a little wacky.

OC Transpo is an absolute mess. Ridership is tanking, which is leading to shrinking revenue and massive deficits. So what do they do? They continue to increase fares – another 2.5 per cent in 2024 – which will only lead to even fewer riders and even bigger deficits. Deficits that will have to be made up through your property taxes.

The only solution is to lower transit fares, not raise them, and hope that the riders will return as gas prices continue to rise. In the meantime, the transit levy on your property tax bill will have to be increased, which means we will all have to subsidize the transit service. The only other solution is to cut underutilized routes without prejudice and limit the service to select main routes. If you want to take the bus you're going to have to walk for it. At the same time, you will have to expand the para-transpo service to include seniors etc. with mobility issues. There's no other way unless you're willing to raise everybody's taxes.

And while I'm on it, it's about time that City goes back to the drawing board and begin the search for LRT trains that can be properly integrated with the existing infrastructure and environment. Let's cut our losses and end the stupidity whereby they keep making the same mistakes over and over while expecting the same results.

– Fred Sherwin, editor

**THE Orléans Star**

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**Fredrick C. Sherwin, Editor & Publisher**  
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## Over 300 local youth benefited from summer jobs program

There was no better way for MP Stephen Blais and myself to end the summer than by spending time with more than 400 residents at the Annual Corn Roast & Community BBQ that we hosted on Aug. 24 at Petrie Island. It was simply amazing to see you all, and thank you for braving the rain to enjoy a nice evening with our community members.

I would like to thank the Orléans Lions Club, Friends of Petrie Island, and Orléans Myers, as well as Willowbend Retirement Community, for being leaders and partners in our community! Without your support, we would not have been able to have such a successful event! Moreover, a special thanks goes out to all the organizations that came out with their booths to talk about what they do for our community! To our community police officer and the firefighters present, thank you for coming out, for your engagement with the residents and the younger crowd, and for keeping our community safe.

On Sept. 1, I had the privilege to host a meet and greet with some of Orléans 2023 Canada Summer Jobs (CSJ) employers and their employees. It was great to hear how this program played an instrumental role in the delivery of their summer programming, camps, and activities, as well as some of the

employers' feedback that I will be sharing with the respective department. The Canada Summer Jobs program 2023 helped over 98 organizations in our community and provided job opportunities to 312 young individuals aged between 15 and 30, thanks to an investment of over \$1.2 M by the federal government.

I also want to recognize two individuals in our community for their achievement in receiving the Emergency Management Exemplary Service Awards (EMESA) at a ceremony held on Sept. 7 on the Hill. This prestigious award recognizes exceptional service and achievement for work being done across Canada to prevent, prepare for, respond to, and recover from emergencies and disasters. Congratulations to David R. Snelson and Robert E. Justice, two of the 124 people from across Canada to receive the award for their outstanding contributions to emergency management.

Lastly, we could all see the school buses driving in our neighbourhoods in the last few weeks as we marked the back to school season. I want to wish all the best to our students in elementary, high school, and university who started their school year. Best of luck to all and have a wonderful school year!

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



**Commons Corner**

**Marie-France Lalonde**



# Daughter's departure sparks separation anxiety

And so it starts. Last week, I had to see my daughter off to teachers' college.

Some of you may remember my daughter Margaret as the Magster. She used to write a regular column in the paper about life as a high school student. She wrote her last column about 10 years ago.

After graduating from St. Pete's, she went to Carleton University to study history. Like a lot of young women her age, she suffers from anxiety and depression, which required her to take a reduced class load. The result was a long and challenging road ahead, which was made even longer and more challenging by the pandemic. But even with those challenges she managed to get her degree and now she's off to teachers' college and her mother and I couldn't be more proud. My pride being mixed in with a lot of other emotions like separation anxiety and just anxiety in general.

Did I happen to mention that "teachers college" is in Thunder Bay?

She got accepted to Lakehead University which has one of the best teaching programs in Canada.

The only problem is that Thunder Bay is not exactly "just down the road". It's a 16-hour drive down the road.



I was originally supposed to drive her up there, but she asked her mother to drive her instead. Apparently, she was afraid that I would try and drive there in one shot, but I think it was because she knew I would be too emotional.

I've been fearing this day for years. To say my daughter and I have had a rocky history is an understatement. I wasn't always the best father and it took a couple of young women from the Netherlands to make me realize my shortcomings. It's also what lead Maggie and I to reconcile our differences and renew our relationship. That was 18 months ago.

She moved back in with me full-time along with her two cats. Now she's gone off to university and I still have the cats.

The biggest issue I have is the fact that she's so far away. If she should have a

problem it's not like I can just jump in the car and be there in a couple of hours.

I've already told her that we will be doing a lot of face time over the phone, at least for the first few weeks.

On the bright side one of her roommates is also a resident advisor, which has alleviated a good deal of my anxiety.

Now I just have to get used to having an empty room and not being able to knock on her door to ask her how she's doing or how her day is going.

Before she left, I took her to her favourite restaurant, the Mumbai Masala Grill on St. Joseph, and we binge watched an entire season of "The Bear" on Disney+ on back-to-back nights.

The Bear is about a young chef who returns to Chicago to take over his brother's restaurant after his brother kills himself. In the first season, he saves the restaurant from the certain bankruptcy when he finds a stash of money that his brother hid in cans of tomatoes.

In the second season, he turns the restaurant into a fine dining establishment. I'm over-simplifying the plot and there's a lot more to the show than that, but you just have to see it for yourself.

Anyhow, it was nice to be able to just chill and watch TV with my amazing daughter who has been through so much and is about to embark on the next phase of her life.

As a father, you always hope your children will succeed at whatever they do and if they happen to trip up along the way, you're always there to catch them.

In my heart of hearts I know that Maggie will one day be a wonderful teacher. Her goal is to teach high school history. I just hope that it's at a school here in Ottawa and not some place else – that would be too much for me to take. Besides, who will take care of me when I get old and decrepit? Certainly not my two boys. They're both still trying to figure out what they want to do with their lives – not that they're in any rush.

Dylan has taken a break from studies to build up his savings and James still has a year and bit to go to get his a degree in film studies. Neither one of them is going to be moving out anytime soon, which is fine with me. I'd probably go insane if I was left all by myself.

For now, I'm just counting the days until the Christmas break when Maggie can come home for a couple of weeks and the house will be full again.



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# Motorists, cyclists and pedestrians must look out for one another

As we welcome back many residents from summer vacation, we also welcome many more commuters back on the road.

September is very busy on Ottawa roads. Construction activity is in full swing, students are commuting back and forth to school and pedestrians are still enjoying outdoor activities, such as running and cycling.

As chair of the city's transportation committee, I thought it would be suitable to use this month's column to remind my east end neighbours that we have a shared responsibility to keep one another safe. Here is some important information I recently received from City staff...

- Fatal and major injury collisions occur at a higher rate in September than most other months.
  - About 25% of all fatal and major injury collisions on Ottawa's roads involve pedestrians.
  - 29% occurred when a pedestrian was crossing a road midblock (away from an intersection)
- Motorists, please remember to look in all

directions for pedestrians and cyclists before completing a right or left turn at intersections, even when you have the green light. Always make a complete stop at all stop signs and red lights. Always abide by the speed limit, especially in school zones. And I can't stress this enough, do not forget to check your blind spots!

Pedestrians are reminded to please wait for the walk signal to cross at signalized intersections and make eye contact with nearby drivers when crossing at any crosswalk. Whichever way you choose to get around, please do so with caution and respect for each other's lives.

While we're on the topic of back to school and road safety, I'd like to briefly promote the available opportunities to work as a crossing guard or school bus driver. Please consider looking into these opportunities further or sharing with someone else who may be suitable. For more information on being a crossing guard visit [www.crossing-guard.ca](http://www.crossing-guard.ca). For more information on becoming a school bus driver visit [www.driveyellow.ca](http://www.driveyellow.ca). Happy back to school everyone and stay safe!



**Tim Tierney**

Beacon Hill-Cyrville Ward 11

# New legislation will have drastic impact on municipal development

Over the last several years, the Government of Ontario has made massive changes to their Provincial Planning Act, the legislation that regulates how municipalities process and approve development applications.

The City of Ottawa is also in the process of a complete review of its Zoning By-laws. Together, these legislative actions represent the greatest changes to how development applications are processed since Ottawa's amalgamation and will significantly alter how both residents and Councillors are involved in the development process.

Last year, the provincial government passed Bill 109, More Homes for Everyone Act, and Bill 23, More Homes Built Faster Act. These bring transformative change to the processing of development applications. Site Plan applications (applications that are not seeking to change a site's zoning) no longer go to a council vote, and they must be approved by staff within 60 days. As well, Zoning By-law Amendment applications (applications that do seek to re-zone a

property) must have a final decision within 90 days.

I can't stress enough how significant these changes will be. In addition to removing a councillor's ability to force community consultations and a vote at council on Site Plans, there are also changes what applications are now fully exempt from the process. For example,

three housing units may now be built on any property parcel; or any building with ten units or less. In addition to the provincial changes, the City is required to develop a new Zoning By-law to implement changes brought about by Ottawa's Official Plan.

The City is launching this multi-year project with public information sessions. The east end session is on Sept. 23 from 2:30 to 5 p.m. at the Ray Friel Recreation Complex.

These changes drastically change how you and I engage in the planning process, which is why I want to keep residents informed. The potential impact is still being determined by staff, and I will be sharing further updates on my website at [LauraDudas.ca](http://LauraDudas.ca).



**Laura Dudas**

Innes Ward 2



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# Fall 2023 HOME STYLE



## Visit Sound & Sight: your total Smart Home store

**STAR STAFF** – It's been four years since Jason Miller left StereoPlus, where had been working since he was just 16 years old.

The Innes Road audiovisual store went out of business shortly after Miller left. It didn't take long before many of his former clients started calling him for advice in designing and equipping their home theatres, which led to Jason starting his own consulting business... and so Sound & Sight was born.

That was three years ago. At the time, the dream was to open his own brick & mortar business. The opportunity presented itself in January 2022.

After a number of delays due to the COVID-19 pandemic, Jason was able to celebrate the grand opening of Sound & Sight last spring. The store is located at 2288 St. Joseph Blvd., just west of Orléans Blvd.

Sound & Sight can help turn dreams into reality by working with their customers in developing a concept, coming up with the design elements and putting all the pieces in place.

It all starts with Jalila Elleuch, Sound & Sight's resident interior designer. Jalila

has the vision and creativity to turn any space into an audio visual dreamscape by balancing the visual with the functional.

Jason's main area of expertise is on the product side of things – from multi-room sound systems to state-of-the-art home theatre set ups – he can turn your home into a Sound & Sight oasis.

They carry all the leading brands of audio visual equipment you've heard of including Samsung, Sony, Harmon Kardon, Mission and Sonos, along with some leading brands you may not be familiar with such as JL Audio; Totem speakers, which are made in Montréal; and Lexicon amplifiers.

Beyond the audiovisual, Sound & Sight is also a licensed dealer for Panasonic and Human Touch massage chairs. They also sell and install motorized blinds, security and surveillance systems, Smart Home HVAC controls, lighting controls and home networking systems.

As you can see, Sound & Sight is more than just an audiovisual store.

To get a taste of all they have to offer, you should visit their website at [soundsight.ca](http://soundsight.ca) which has several links to videos that are



Jason Miller is the owner of Sound & Sight on St. Joseph Blvd. Before going into business for himself in 2019, he worked at StereoPlus for more than 25 years. FRED SHERWIN/PHOTO

bound to spark your imagination.

You should also visit their Facebook page @[soundsight.ca](https://www.facebook.com/soundsight.ca).

Jason was born and raised in the east end

and attended Gloucester High School.

He also served on the board of directors of the Orléans Bengals Football Club as vice-president for six years.



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Randall's, Ottawa's leading family-owned, independent paint and decorating store, is celebrating 75 years of helping people beautify their living spaces... inside and out. They can help you beautify yours, too!

As part of their 75th anniversary celebration, Randall's is sharing some decorating tips and trends as well as offering special savings events that will help you stretch your decorating dollars... read on!

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Window treatments add to the comfort, style and security of your home. The options may seem overwhelming and endless, but a Randall's FREE in-home consultation will guide you on style, fabric and the manual or automated lift system to suit your needs. Plus, Randall's takes care of measuring, installation and guarantees the fit. Easy peasy!

Now is the time to take advantage of the Randall's Anniversary Special on all Hunter Douglas designer window rollers, screens and banded shades. HURRY! Hunter Douglas special 75th anniversary savings end Oct. 31, 2023.

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To make easy decorating changes with max impact, paint a room, a feature wall, kitchen or bathroom cabinets or your front door. Randall's has in-store colour experts and poster-sized real paint samples to help you find the perfect colour.

Even better, hire one of their decorators to give a colour consult right in your home... and while they're there, they can consult on furniture placement and selection or on any other décor ideas that can add comfort to your home. To top it off, when you work with a Randall's decorator, you are eligible

for discounts on the purchases you make at Randall's.

If you already know the colour you need, Randall's is the go-to place in Ottawa to match a paint colour or a floor, cabinet or furniture stain colour. Those are all great reasons to celebrate!

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## AMP UP YOUR HOME'S CURB APPEAL...

Exterior wood surfaces like siding, porches, decks, railings, fences, furniture and other exterior surfaces including metal, cement and stone materials will last longer and show off their beauty if they are well maintained. What's most important is to prepare your exterior surfaces in the right way so that the paint, stain, epoxy

or sealant that you apply adheres properly and, there-fore, lasts longer. Fortunately, Randall's has the know-how and is ready to share.

Let's face it, renovations or even just a small spruce-up take time, effort and money. But they also can significantly contribute to both the pleasure you derive from your living space and its value.

There are two things that really stand out about Randall's. One, you can be confident that they carefully select only the highest performing products. And two, they have a team of well-trained, knowledgeable specialists who can help you sort out which of their products and services will work best for your projects, big or small.

You can do the work yourself or Randall's can help connect you to the right professionals to get your jobs done. Whether you are a new or repeat customer, you'll appreciate the value and convenience of this ONE-STOP SHOP at 555 Bank St. (Exit 417 at Catherine St.; FREE parking behind store, off Isabella St) and their online Shopify store at randalls.ca with next business day paint delivery.

*(The preceding article is provided as paid content to the Orléans Star by the folks at Randall's.)*

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## M Greer Glass can take care of everything from mirrors to shower stalls

STAR STAFF – Thinking of renovating your bathroom and want to put in a new glass shower stall? Then you should call Marty Greer at M Greer Glass Solutions who has over 40 years experience in the industry.

Marty will work with you on the design and then work with your contractor on the installation to make sure your vision becomes a reality.

But M Greer Glass Solutions does a lot more than just shower stalls. They can replace virtually any type of glass in your home from windows to glass table tops and everything in between. When possible, the products are locally sourced and manufactured.

Marty worked for a number of companies before finally starting his own mobile business in 2010, in his words “to provide an honest service at a fair price”.

It wasn't until 2021 that he decided to incorporate and M Greer Glass Solutions was born. It was also in the middle of the pandemic which presented its own set of unique challenges.

Fortunately, glass installers were deemed

an essential service during the pandemic so he was able to accept jobs while following the proper COVID protocols like wearing a face mask at all times and social distancing.

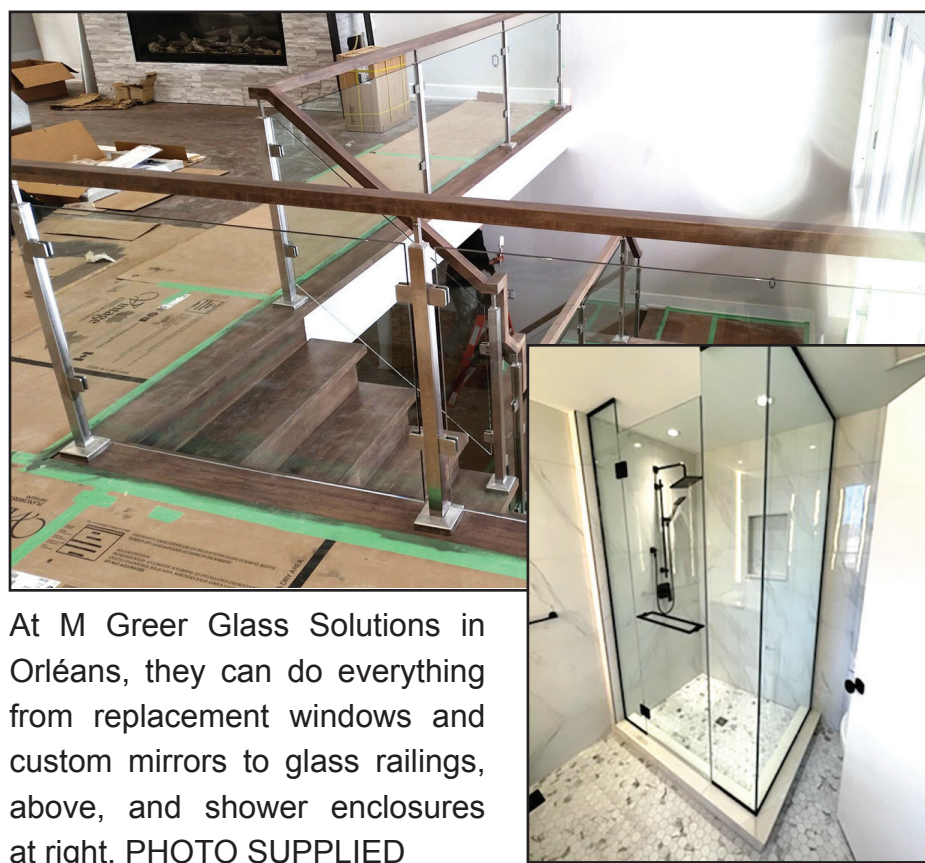
Marty also landed a major contract with three of the four area school boards to replace broken windows and glass doors which has kept him very busy.

But his most fulfilling job is working with residential clients to find solutions to meet their needs. Besides windows and doors, Marty can also design and install glass railings, floor to ceiling wine chillers and replacement glass for wood stove and fireplace doors.

He can also cut mirrors to whatever size and shape you want and he can repair and replace window screens and screen doors.

To find out more about the various products and services M Greer Glass Solutions can provide you should visit their website at [www.mggs.ca](http://www.mggs.ca).

And if you already have an idea about what you want, you should contact Marty for a free consultation by either calling 613-715-3856 or email [Marty@mggs.ca](mailto:Marty@mggs.ca).



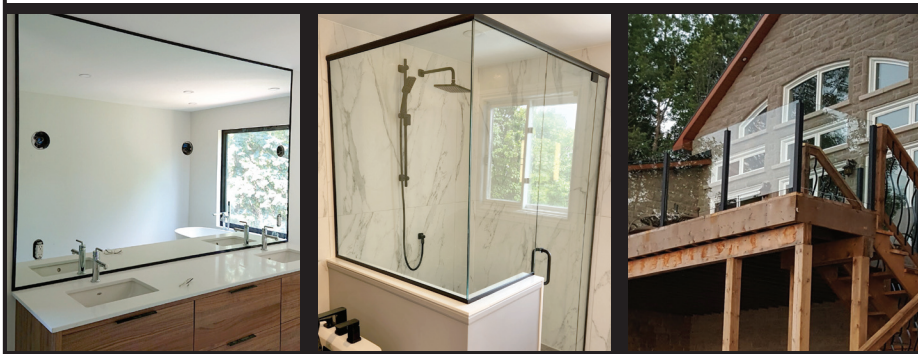
At M Greer Glass Solutions in Orléans, they can do everything from replacement windows and custom mirrors to glass railings, above, and shower enclosures at right. PHOTO SUPPLIED

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# Upgrading your kitchen can be as easy as refacing your cabinets

STAR STAFF – Is your kitchen looking old and tired and in need of a facelift? Why not consider changing your cabinet doors and drawer facings and replacing your countertops?

Futuric Kitchens, located at 830 Industrial Avenue, Unit 4, has been specializing in cabinet refacing since 1976.

Cabinet refacing is by far the most affordable way to upgrade your kitchen and you can save thousands of dollars in potential renovation costs in the process.

At Futuric, they have hundreds of different colours and finishes to choose from including acrylic, 3D laminates and melamine.

Cabinet refacing can bring a whole new look to your kitchen in very short order. When you reface your cabinets, you keep the existing structure while upgrading the cabinet doors, drawer fronts, and hardware. The front edges, ends and kickplate are all covered in the same material to match your new doors. With cabinet refacing, it is easy to coordinate a new floor or wall paint with the result being a beautiful new room for a much lower cost than a full remodel.

The first step is to visit the Futuric design center on Industrial Avenue and talk to one of their design specialists who can walk you through the pros and cons of different finishes and hardware, such as drawer slides, hinges and handles.

The next step – which can often be the most difficult – is choosing a colour. Once you select the finish and colour, the rest is up to the Futuric team of installers. Refacing your cabinets and drawers can often be done in three or four days. In rare circumstances, if you are also installing a new countertop and new construction, they may need an extra day or two. At the same time as your reface, you can opt for a variety of add-ons such as a center island, new drawer boxes, crown moulding or a light valance. Microwave shelves, wine racks and corner shelves can also be installed and made to match your new cabinet doors.

Should you want to take the next step from resurfacing to remodeling, Futuric has the expertise and know-how – from design to installation – to help make your dream a reality. Futuric was recently named



Futuric Kitchens has a large selection of cabinet doors to choose from in their Industrial Avenue showroom. FILE PHOTO

a Platinum Winner in the Home, Builders and Contractors category in the Ottawa Community Votes competition.

To find out more, visit [futurickitchens.com](http://futurickitchens.com) or drop by their showroom at 830

Industrial Ave. Owner Michael Teggart is often there, especially on Saturdays, where he is more than happy to provide his expert advice on how to make-over your kitchen without breaking the bank.

Whether you're looking for cabinet refacing or dreaming about a brand-new kitchen, trust the professionals at Futuric!

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# It's never too late to start your own vanlife journey

*(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 sixth installment in that series.)*

If you are familiar with the concept of vanlife and campervans, then you know that the basis of it all is to live in the moment. There are no guarantees in this life, so you might as well live out your dreams while you can. Easier said than done, right? Well, I’m here to prove you wrong.

Of course, there is the natural progression of life while living within our current society: go to school, get a job, get married, buy a house, make babies, retire, maybe travel if you’re lucky. It’s how our parents lived and their parents before them. It’s well-tested; tried and true.

But who says that’s the only option? My partner Kevin and I have been together for nine years, living together for five. We don’t own a home, we don’t have any kids or pets, and we miraculously found a way

to start our businesses in our late twenties. Essentially no real responsibilities to stop us. Trust me, we tried the original format. I worked for the federal government straight out of university for several years and Kevin worked for Shopify, Ottawa’s largest start-up company. We were on track to get married and start a family by 28, but one day we woke up and realised this was not the life we wanted (just yet). Why not shake things up before it feels too late?

Now when we look around us, we don’t see the young influencers from Instagram and Pinterest. We have noticed that the average age of vanlifers isn’t in their twenties, thirties or even forties, but rather 60+. We met a lovely couple just outside Québec City who shared their story with us of how they’ve been waiting 30 years to travel across Canada. They had two kids and got busy and never revisited the idea until now. Since beginning their travels last year, they have driven to the Carolinas, Florida, Nova Scotia and most recently Québec. It has come to our attention that we are the anomaly here, not them.

This reminded me to be grateful for our experiences and to appreciate the life we have created for ourselves. Waking up to



Tori during a stop at Crystal Beach, Nova Scotia. KEVIN NAULT PHOTO

the sound of the Atlantic Ocean and feeling the warm morning breeze from the comfort of my bed with my best friend doesn’t sound so bad after all. It’s okay to be frustrated when we are stuck in a heat wave or when I find gravel from the parking lot in the bed sheets. But all of that is insignificant against the privilege we have of experiencing this while we are young.

So I challenge you to give yourself space

to live the life you want now. Go on that trip you’ve been dreaming of, buy a ticket for the flight bookmarked on your browser, rent a campervan and travel the country! The world is your oyster, you just have to crack it open.

*(You can follow Tori and Kevin at [www.instagram.com/vanxiety\\_life/](https://www.instagram.com/vanxiety_life/). Tori and Kevin are both former students at Cairine Wilson Secondary School, Class of 2012.)*



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Special to the The Orléans Star

Ever wonder what life is like in a retirement community? Join us for all that Willowbend can offer, one of Riverstone's ten premium locations in Ottawa. While every community is a bit different, you'll get a taste of our full range of comforts and activities inspired by our unique communities.

**Rise and Shine** – You'll awake in your elegant and vibrant private suite and make your way downstairs, where you can enjoy a morning beverage in the sunroom or head to the light-filled dining room, where you can have your choice of a healthy and delicious meal, served by our lovely staff.

**The day is yours** – After chatting with your neighbours, you may opt for some morning exercise like yoga, dance, or an aquafitness class in our saltwater fitness pool. You'll always find something you like because our activities are planned based on popularity and feedback from our residents.

**What a beautiful day** – Now you're all warmed up for an outing. Go for a brisk walk in a nearby park with your walking group, or take a solo stroll around the gardens and see what's growing.

**Mid-day** – How about a little lunch? A gourmet panini and salad, or is it a hot soup kind of day?

Always assorted options for you to choose from!

**The afternoon awaits!** – If you don't end up curled up with a good book for the afternoon in the peace of your private suite, why not see what mind-stimulating pursuits people are up to in the activities room? Painting, bingo, learning to knit — or something completely new and exciting. We even have day trips to join in and see all that the Ottawa Area has to offer.

**Dine in style** – As the afternoon turns into evening, join others for hors d'oeuvres and live entertainment, then sit down for a chef prepared dinner at the time that works best for you. Unable to travel? Our chefs will have you travelling the world through themed dinners. Tonight you're in France celebrating Springtime in Paris. Tomorrow you'll be back in Canada with maple smoked salmon and baby potatoes.

**Sit back and enjoy** – Evenings are for relaxing. You might be listening to a guest speaker's presentation on their travels to Bolivia, watching a classic movie in the theatre, or singing your favourite songs around the piano. Or if it's been a full day, maybe you'll just enjoy a video call with family back in your warm comfortable suite.

Every day at Willowbend can be as simple or as exciting as you make it.



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Willowbend has to offer.

Visit us on Saturday, Sept. 30 between 10 a.m. and 3 p.m. for our Open House and experience just how much you will enjoy retirement living with us.

Contact Liette at 613-907-9200 or [ljodouin@riverstoneretirement.ca](mailto:ljodouin@riverstoneretirement.ca) today to RSVP or to book your personal tour or for more information about Willowbend.

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## COMMUNITY BILLBOARD

**THURSDAY, SEPT. 14**

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

**SATURDAY, SEPT. 16**

**SYMPHONY SENIOR LIVING GARAGE SALE** from 9 a.m. to 1 p.m. at Symphony Senior Living Orléans, 6419 Lumberman Way. All proceeds to benefit the Orléans Cumberland Community Resource Centre.

**ABIDING WORD GARAGE SALE** from 8 a.m. to 1 p.m. at Abiding Word Lutheran Church, 1575 Belcourt Blvd. Parking lot off of Sunview Dr. To book a FREE table contact Elaine at 613-824-7268 or eboileau7268@rogers.com. You can sell for yourself or donate

your items to the Church table. All profits raised will go to support the Abiding Word Community Pantry.

**POP UP FOOD BANK** at the Queenswood United Church parking lot, 360 Kennedy Lane East, Orléans. from 9 a.m. to 10:30 a.m. Non-perishable food and toiletries will be able free of cost.

**SATURDAY, SEPT. 16**

**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.

**SUNDAY, SEPT. 17**

**THE ORLÉANS TERRY FOX RUN** – Start and finish will take place in the parking lot at Sir

Wilfrid Laurier Secondary School on Tenth Line Road. Registration will open at 7:30 a.m. Open start from 8 a.m. to 11 a.m. Dogs must be kept on a leash. Pre-registration and donations can be made at [www.terryfox.ca](http://www.terryfox.ca).

**SATURDAY, SEPT. 23**

**CORO VIVO OTTAWA** is holding open rehearsals for their upcoming Christmas concert at 2 p.m. at Orleans United Church, 1111 Orleans Boulevard. To pre-register e-mail [membership@corovivoottawa.ca](mailto:membership@corovivoottawa.ca)

**FUNDRAISING CRAFT SALE** at the Promenade Retirement Community, 150 Rossignol Dr. from 10 a.m. to 4 p.m. featuring handmade tuques, mittens and other knitted and crochete items. Proceeds to benefit the Ottawa Snowsuit Fund.

## IN MEMORIAM



**Monique Madore, 76**  
Passed away on Sept. 10, 2023

**Beverley Ann Moore, 80**  
Passed away on Sept. 2, 2023

**Dr. Laurent G. Walker, 87**  
Passed away on August 29, 2023



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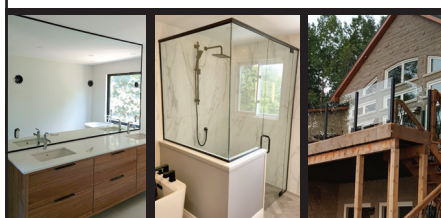
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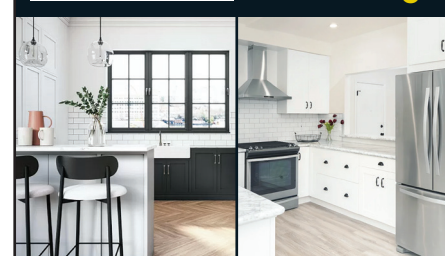
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