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THE Orléans Star

August 14, 2025 • Volume 39, No. 8

Next edition August 28

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



Two fairgoers enjoy one of the many midway rides at this year's Navan Fair. FRED SHERWIN PHOTO

Navan Fair blessed with perfect weather

By Fred Sherwin
The Orléans Star

It's been a running joke for as long as the Navan Fair is old that it wouldn't be a Navan Fair unless at least one day was washed out, or at least temporarily interrupted by a massive downpour. That was until this year, which was blessed with perfect weather for all four days last week – making this year's theme of "Muddy Boots and Country Roots" somewhat of a misnomer.

The perfect weather brought out near-record crowds especially on Saturday which started out with the Navan Fair parade. Afterwards, the throngs of people flooded the Navan Fairgrounds to take in the midway and attend the many events and activities that made up this year's fair including the heavy horse show, the tractor pull, the Ultimutts Agility Dog and

Cat Show, the Capital Cowgirls Drill Team, and the World Record 50-Horse Hitch display.

The main attraction during the first two days of the fair was the demolition derby during which several hundred people packed the grandstands to watch six competitors play adult bumper cars in a series of heats to pick the ultimate winner. The 6-cylinder derby was held on Thursday night and the mid- and full-size event was held on Friday night.

Inside the Navan Fair building, fairgoers were able to see the various entrants in the Homecraft, Horticulture and Floriculture competitions. Next door, this year's entries in the Navan Fair baking contest were on display. For the first time in Navan Fair history, the crown of Baking Queen was won by a man as Vincent Deschamps took home the top prize.

CONTINUED ON PAGE 2 ►



Orléans MP Marie-France Lalonde & Orléans MPP Stephen Blais
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COMMUNITY BRIEFS

Dapo Fun Day returns to Blackburn Hamlet Aug. 16

ORLÉANS – This year's Dapo Fun Day will be held on Saturday, Aug 16. Dapo Agoro was a Grade 12 student at Lester B. Pearson High School when he was stabbed



Dapo Agoro

to death while trying break up a fight at a downtown club in June 2002, just two weeks shy of his high school prom. His parents Abiola and Bashir Agoro started the Dapo Agoro Foundation for Peace within weeks of his tragic death with the help of his surviving sisters, Shola and Moji, and a few close friends. Several weeks later the very first Dapo Fun Day was held to celebrate his life and his legacy as a peace-maker. The main purpose of the event is to raise money for the foundation which gives out an annual scholarship to a Lester B. Pearson graduating student who best exemplifies Christian beliefs, including the promotion of peace and non-violent conflict resolution. This year's Dapo Fun Day

will be held in Blackburn Park beside the Lois Kemp Arena. Activities will include live music, a BBQ, various sports including mini-soccer games for the kids and a raffle. The festivities will begin at 12 noon with a short opening ceremony in the Blackburn Community Hall beside the arena.

Navan Fair blessed with perfect weather

Continued from page 1

His mother Dominique, who has won the Baking Queen crown multiple times, was named this year's Baking Princess as the runner-up.

Sunday's events featured the always popular Baby Show for infants 10-18 months old, the Western Horse Show, the Beef Cattle show, three more Ultimutt performances, and the Tractor Pull.

This year's festivities were brought to a close by The County Lads who performed under the Domes.

The grandstand shows were another big hit this year with headline performances by The Derringers on Thursday night, Danny Sylvestre and the Honky Tonk Heroes on Friday night, and Kim Mitchell on Saturday night.

The Navan Fair traditionally marks the beginning of the fair season in Eastern Ontario.

For a complete list of area fairs visit <https://ontarioagsocieties.com/our-fairs>.



The brightly lit ferris wheel dominated the night sky above the Navan Fair last weekend. FRED SHERWIN PHOTO

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Navan Fair honours 30th anniversary of 50-Horse Hitch

By Fred Sherwin
The Orléans Star

It's been 30 years since the little town of Navan entered the annals of the Guinness Book of Records when a group of farmers banded together to do something no one else had ever done—hitch up 50 Clydesdale horses to a wagon and drive them 3.5 kilometres through the village.

The famous 50-Horse Hitch was a year in the making. First dreamed up by Navan farmer Willard McWilliams to mark the 50th anniversary of the Navan Fair, the 50-Horse Hitch would require the cooperation of 18 Clydesdale owners and the cooperation of dozens more in the fabrication of five groups of reins, each stretching 180 feet long.

In the lead up to the big day, Willard and his son Wyatt organized a series of three practices – two involving 18 horses and one involving 30 horses – along with fellow lead organizers Denny Brown and Sam Dagg.

It wasn't until the big day on Aug. 13, 1995 that they attempted to hitch up all 50 horses. It took two hours to prepare all of the horses and hitch them all up. The formation consisted on 12 rows of four horses each lead by two horses, Tony and Duke.

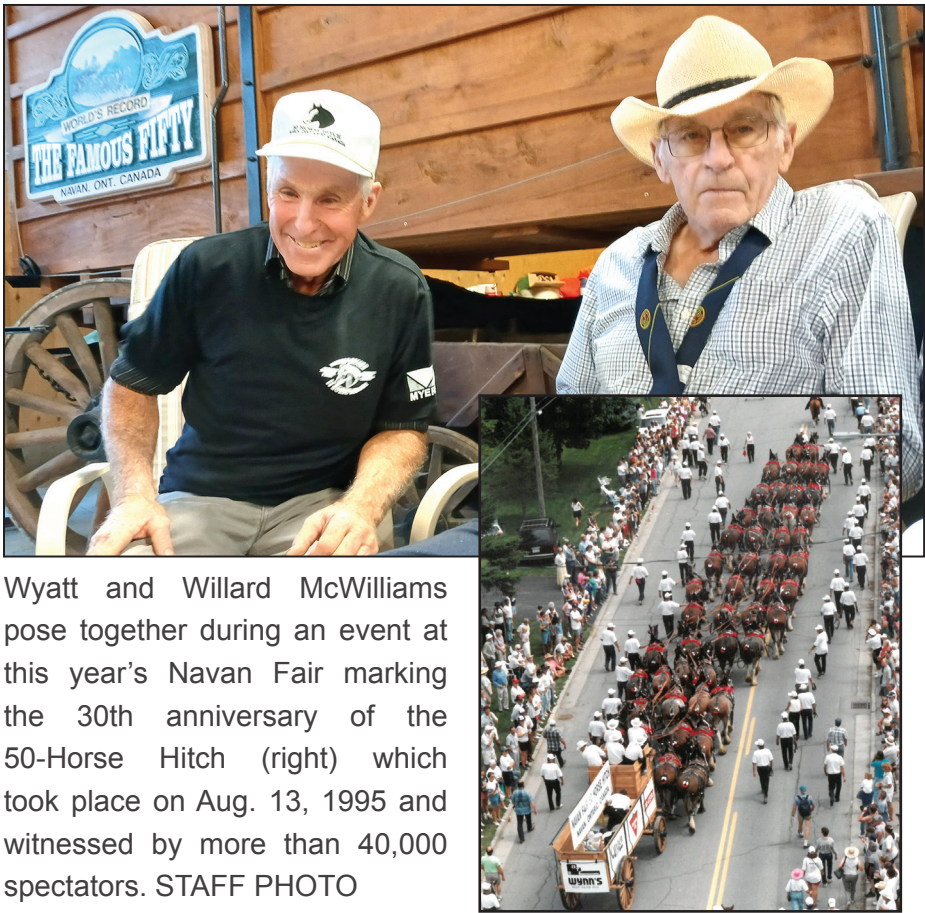
The team left the Navan Fairgrounds and turned right on to Delson Road. They then followed Delson around to Trim Road and turned right before taking a left on to Forest Lea Drive.

After going the length of Forest Lea, the team turned right onto Smith Road and marched down Smith and Colonial Road to Delson before returning to the Navan Fairgrounds.

An estimated crowd of 50,000 people descended on the little village of Navan to witness the historic event. It would be a site that Wyatt McWilliams would never forget.

"When we turned the corner on to Smith Road and just seeing all the people. I'd never seen anything like it. It was just a sea of people," recalls Wyatt, who developed a rare disease in the years afterwards that robbed him of his sight. "That's a memory I have kept with me all these years."

The anniversary of the 50-Horse Hitch was celebrated in the Myers Barn at this year's Fair with a replica of the hitch and the lead wagon on display which was sponsored by Myers Orléans, the Friends of the Mer Bleue, Sure Print and Graphics, Waste Connections and Gabriels Pizza.



Wyatt and Willard McWilliams pose together during an event at this year's Navan Fair marking the 30th anniversary of the 50-Horse Hitch (right) which took place on Aug. 13, 1995 and witnessed by more than 40,000 spectators. STAFF PHOTO

Announcing new hours

Caravela Restaurante is now closed on Sunday, Monday and Tuesday.

Their revised hours are Wednesday to Saturday from 12 noon to 10 p.m.

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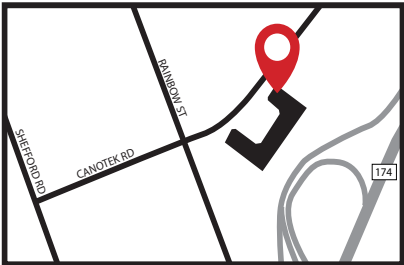
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Humans, being human

I have always been a huge booster of today's younger generation. During my travels I met dozens of young people who have been truly inspirational and every year this paper runs our annual Outstanding Youth Awards which honour some of the extra-ordinary youth in our community. But during my recent trip to Europe, I noticed that a great number of young people are missing a trait that I have always took for granted in others – the ability and willingness to assist others who are struggling and could use a helping hand.

It didn't dawn on me that lending a helping hand to assist others is no longer a common trait in our younger generation until my recent trip to Europe. One incident in particular happened in the Madrid Metro. I was carrying a very large and heavy backpack on my back and another smaller backpack on my front while pulling a large Coleman cooler behind me.

In this one Metro station the escalator was out of order so I had to struggle carrying the cooler with the two backpacks up three sets of stairs. While it should have been obvious to anybody passing by that I was struggling, not a single person stopped to lend a hand. At least a dozen people of all ages simply brushed right past me.

As a test, I did the same thing in the Amsterdam Centraal train station and the train station in Antwerp. On both occasions, no one stopped to help me.

Now I can understand an older woman or man might not be able to help carry a heavy cooler, but there is no excuse for someone in their 20s or 30s to not stop and help.

I'm not sure who or what is to blame, whether it was how they were raised, or the latent impact of the COVID pandemic which all but destroyed any sense of common courtesy in society, but I was raised to help anyone who looked like they needed a hand, no matter how old they are. If I were to simply walk past such a situation my mother would roll over in her grave. In fact, I had the occasion to help several people during my trip, even if I was carrying a back pack.

All of this to say, we need to do a better job in helping others who might be in need of our assistance. Starting with those of us who should no better, especially if you are the parents of young people. Kids learn by example and there is no better example to set than to help others simply out of the goodness of our hearts.

As for those of you who are in your 20s and just setting out in life, pay attention to the people around you. Do one good deed a day and you will make the world a much better place simply by being a human being human.

Empathy is the most important attribute any person can have, but selflessness is a very close second.

– Fred Sherwin

SUMMER SHINES IN SINGAPORE



4 GOLD, 1 BRONZE

The most wonderful time of the year – let's keep it safe

For parents, the first day of school can feel a bit like Christmas morning. As the old song says, "It's the most wonderful time of the year," and Staples even turned it into a cheeky commercial years ago – parents gliding down store aisles while their kids trailed behind, unimpressed.

But behind the humour, late August and early September in Orléans brings a serious responsibility. The backpacks are swinging, the buses are rolling, and our streets are once again filled with children walking, biking, and crossing to get to school. This is a season of optimism but also one that demands vigilance.

Every year, we talk about safety in school zones. And every year, some drivers still treat speed limits like suggestions. They roll stop signs. They pass stopped school buses and ignore crossing guards paid to keep our kids safe. Let's be clear: this behaviour isn't just careless – it's dangerous and illegal.

Driving is not a right. It's a privilege, and with it comes the responsibility to protect everyone sharing the road especially our youngest and most vulnerable neighbours. In Orléans, we've reduced speed limits in school zones, created community safety zones, and increased enforcement in high-risk areas. Cities have more tools than ever before to make our streets safe

for our kids. These aren't gimmicks. They're tools designed to protect lives. But they only work if drivers choose to respect them.

We expect professionalism and care from anyone responsible for public safety. Behind the wheel, that same standard should apply. A driver rushing through a school zone is no different from someone cutting corners in a hospital or on a construction site. The risk is real, and the consequences can be life-

changing.

As a father and as your Member of Provincial Parliament, my message is simple: Slow down. Pay attention. Respect the flashing lights on the school bus. The few minutes you think you're saving are never worth a lifetime of regret. Ask yourself: what if it were your child?

As the school year begins, I want to recognize the incredible contributions of our educators, support staff, and families in shaping the future of our youth. My best wishes go to all students, teachers, and school communities across Orléans as they embark on a year filled with learning, discovery, and growth.

Let's make this school year not only successful in the classroom, but safe on the roads. Our children deserve nothing less.



**Queen's
Park
Corner**

Stephen Blais

THE Orléans Star

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Traveling is about the journey and the people you meet along the way

I don't think I will ever get tired of traveling. Besides seeing some amazing sights, and living through some truly incredible experiences, it's the people I've met along the way that has made traveling so magical starting with my Tomorrowland family which this year had four new additions – Joël from Switzerland, Stainar from Norway and Pawel and Laura from Poland.

After the festival, I dropped off my camping gear and cooler with my friend Bente in Amsterdam and then hopped on an overnight train to Prague. Now, besides being a lot cheaper than flying, I thought it would be a romantic way to see the German countryside. I also envisioned climbing on board a Eurostar sleeper train with a dining car, a comfortable bunk etc.

I was in for surprise. Instead of a modern Eurostar sleeper train, I had booked a ticket on the European Sleeper, not to be mixed up with the Eurostar Sleeper. As it turns out they are completely different trains, built about 30 years apart.

I maybe exaggerating just a little, but the European Sleeper train seemed like a holdover from the Second World War.

It was by far the noisiest train I've ever been on. There was no dining car – in fact, there was no food at all – and half the toilets were out of order.

In an effort to save money, I ended up taking a berth in a six-berth cabin, in which I ended up with the top berth. To say it was uncomfortable is an understatement of biblical proportions. Thank goodness half the people got off the train in Berlin and I was left with the entire room to myself.

After finally getting a few hours sleep, I was able to take in some scenery as the train passed through the south of Germany and into Czechia.

To my good fortune, I met a young man



on the train who lives in Prague and gave me some great tips on what to see and where to eat in Prague. When I arrived, I checked into the Prague Dream Hostel where I met Matt from Winnipeg and Chinu Mehta from India.

Prague has always been one of those cities on my bucket list that I wanted to visit and it didn't disappoint. It's one of the most beautiful cities that I have ever been to and it's also one of the cleanest.

I spent hours walking through the many small streets and alleyways in the old town. I saw the Prague Castle, the Astronomical Clock in the Old Town Square, Wenceslas Square, and I walked across the Charles Bridge. But the highlight of my visit was a classical music concert in the Church of Our Lady before Týn featuring five violinists and a mezza-soprano who sang a mesmerizing rendition of *Ava Maria*.

The Gothic church was built mid-14th century to the early 16th century and, like other Gothic religious buildings, being built in that era means it has amazing acoustics.

The restaurant my friend on the train recommended is called Havelska Koruna. The cooks are three Czech grandmothers and the food is served cafeteria style. It was both reasonably priced and very delicious.

From Prague, I was supposed to go to Albania, but instead chose to meet some friends from Alberta who are part of my Tomorrowland family, in Croatia. They were



Left, the Church of Our Lady Before Týn in Prague. Right, the view from the fortress in Hvar, Croatia. FRED SHERWIN PHOTOS

Melle and her daughter Mila, Melle's sister Aileen and her husband Mike along with their dog Molly. Aileen and Melle's ex-sister-in-law Charlotte was also there along with her son Henrik, who were both visiting from Hamburg, Germany.

The plan was to fly to Split and stay there for a day of sightseeing before taking a ferry to the Croatian island of Hvar.

As things usually turn out when I travel, I had to make a quick last-minute change of plans when the gang scheduled a boat tour of the islands the next morning. So rather than stay in Split that night and risk missing the boat tour, I went straight to Hvar where I stayed in Luka's Lodge in Hvar Town.

Luka is a wonderful man, twice married, who lived in Bakersfield, California, for

10 years before retiring and opening a hostel in Hvar.

While in Hvar, I rented a scooter and visited a winery and several beaches. But the highlight was having a chance to hang out with Melle, Mila, Aileen, Mike, Charlotte and Henrik. They are beautiful people with hearts of gold and I love them to death. In fact, I am counting down the days until I see them again.

Before my visit, I didn't know anything about Hvar, but it turned out to be one of the nicest surprises of all my travels. I highly recommend it to anyone visiting Croatia.

From Hvar, I took a ferry to Dubrovnik which is on the Adriatic coast at the southern tip of Croatia.

CONTINUED ON PAGE 14 ►



Left to right – Aileen, Molly, Mike, Captain Jay, Fred, Charlotte, Henrik, Melle and Mila having lunch in Hvar. FRED SHERWIN PHOTO



Left to right – Stephanie, Hilde, Costa, Adrian, Anthony, Ashton, Fred, George, Nick, Little Anthony, and Sofia in Crete. FRED SHERWIN PHOTO

August marks Tree Check Month in the City of Ottawa

There's something about seeing a new tree planted that just feels right. Maybe it's the sense of care behind it, or the promise it holds – that years from now, it'll be taller, stronger, and still standing right where someone thought to place it. Whatever it is, it's one of those small things that quietly makes a big difference in our neighbourhoods.

This summer, the City's Forestry Services has been out there doing what they do best – helping the city grow greener, one tree at a time. You might not always notice them. But the impact? It adds up quickly.

Trees don't just change how a street looks. They change how it feels. A row of young maples can soften a concrete sidewalk. A shaded bench under a mature oak turns into a place for neighbours to stop and chat. A few well-placed trees in front of a school or community centre can make a space feel more inviting and cared for. These aren't just nice touches – they help create the kind of environment people want to be in.

And right now, it's Tree Check Month, which is a good excuse to pay a little more attention. You might walk past the same tree every day and never notice how much it's

grown – or how much shade it's giving. But when you start to look around, you realize how many of these quiet giants are part of the backdrop of our lives.

What I admire most is how much thought goes into it all. Behind every tree the City plants, there's a plan: for how it'll grow, how it fits into the space, and how it'll be taken care of for years to come. That kind of work doesn't often make headlines, but it matters. A lot.

So if you see a crew planting trees, give them a wave. If you're out on a walk and pass a tree that makes you pause, even for just a second, maybe that's the moment to appreciate what it's adding to your corner of the city.

Here's to the folks making that happen – and to the trees, for just quietly doing what they do best.



Tim Tierney

Beacon Hill-Cyrville Ward 11

Infrastructure renewal requires a long-term plan

Sometimes you just have to name the elephant in the room. Our community is facing the real and growing consequences of aging infrastructure.

In recent weeks, we have experienced several watermain breaks across the Ward. These incidents have caused understandable frustration, from the sudden loss of water service to unexpected road closures and disruptions to daily life.

Although these types of infrastructure failures are not new or unique to our area, their frequency is a clear indication that long-term solutions are urgently needed. Much of our underground infrastructure, including water and sewer lines, is more than 40 years old. That age is beginning to show.

I want you to know that I take these

concerns seriously. I have a meeting scheduled with City staff to discuss how these situations are being managed, including response times, communications with

residents, and how we can better prioritize future infrastructure investments.

Temporary repairs may restore service in the short term, but they do not address the larger issue.

At the same time, I continue to advocate for our community to receive the funding it needs to address outdated infrastructure. These are not headline-making projects, but it is the kind of essential work that keeps a city functioning and safe.

We need infrastructure that meets the needs of today, not just those of decades past. While there is no quick fix, I am committed to keeping this issue a top priority at City Hall.



Laura Dudas

Orléans West-Innes Ward 2

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V E N V I by cogir



Fall registration

Ottawa School of Art invites public to open house

By Jody Maffett
The Orléans Star

The Ottawa School of Art is holding an Open House at their Orléans Campus in the Shenkman Arts Centre on Sunday, Sept. 7 from 1 p.m. to 3 p.m. and their downtown location at 35 George St. in the ByWard Market from 11 a.m. to 3 p.m.

Visitors will be able to see live demonstrations and chat with some of the school's instructors. They will also be able to register for one of the many courses the school offers at the Orléans Campus.

There are three levels of instruction for adults based on their skill and experience. Each level includes courses covering a variety of media. However, a minimum number of registrants are required for each

course to avoid cancellation.

With courses scheduled to start in early September, the Ottawa School of Art is encouraging people to register as soon as possible.

CLASSES FOR CHILDREN AGED 4-12 YEARS

Multimedia classes are offered for children aged 6 to 12 years. Throughout the three terms, students produce a wide variety of work in all disciplines: drawing, painting, printmaking, collage and sculpture. These classes give students the opportunity to use materials and processes that are not available in the home or school setting. Individual lessons focus on different elements of art: colour, line, form, perspective, composition, etc.

Classes are two-to-three hours long and tuition fees include all materials. Courses this fall include *The Creative Corner | Le coin des créatifs* (B) for Ages 6-8 ans, *Art-Fueled Time Travel: Drawing and Painting* for Ages 7-10, and *Paint Without Brushes? No Problem!* for Ages 9-12. Spots are limited, so it is recommended that you register as soon as possible.

CLASSES FOR OLDER CHILDREN AND TEENS

The Ottawa School of Art also offers classes for older children as well as teens. These classes encourage students to focus their attention and develop patience using a narrower range of techniques while having fun. Courses this fall include *World*

Building in RPG (Role Playing Games) for Ages 12-15, and *Watercolour Expression for Teens | Expressions en aquarelles pour ados* (B) for Ages 13-15 ans.

CLASSES FOR ADULTS

The Ottawa School of Art also offers a number of classes for adults and seniors at three levels of instruction – introductory, intermediate and advanced.

Courses are available in drawing, painting, printmaking, photography, sculpture and ceramics, as well as a number of special interest and short courses. You can get a full run-down on all the classes, including dates and pricing at registration. artottawa.ca.

Visit artottawa.ca for more information.



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Fall registration

Orléans blessed with several excellent dance schools

By Jody Maffett
The Orléans Star

Young people looking for an outlet to express their creativity through dance or simply want to learn different styles of dance in a nurturing inclusive environment have a number of excellent schools in Orléans to choose from.

The Cumbrae School of Dance is a non-competitive dance school located on St. Joseph Blvd. between Jeanne d'Arc Blvd. and Youville Drive. Classes are offered in ballet from Primary to Advance Level 2 and Solo Seal RAD; Jazz, Tap, Contemporary, Theatre and both Irish and Highland Dance with qualified dance instructors leading each class.

DanceRStudio on Centrum Blvd. in the Orléans Town Centre offers instruction in a wide variety of dance disciplines such as Ballet, Jazz, Tap, Hip Hop, Ballroom, Lyrical and Contemporary.

Classes are offered to students age two years and up and include both recreational and competitive levels. They even have a Parents and Tots class for children ages 20 months to 2.5 years.

Whether dancing just for the fun of it, or training on the competitive team, the staff at DanceRStudio strive to help all of their students reach their goals and fulfill their potential.

All of the teachers are professionally qualified to teach all different forms of dance and are carefully chosen by owner Miki White based on their positive attitude and their desire to pass on their love of dance to their students.

Both the DanceRStudio and the Cumbrae School of Dance place a strong focus on technique and instilling a knowledge of grace, co-ordination, flexibility, endurance, good social skills and increased worth. Students are encouraged to meet their fullest potential, to discover the power within and to know who they are and what they can become.

Other excellent dance schools in Orléans include Leeming Danceworks and École de Danse Louise on Youville Drive and the Academy of Dance Arts on Lanthier Drive.

Dance is a great way to build confidence,



Dance is a great way to build confidence, memory skills and agility. It's also a fun way to make friends that last a lifetime. FILE PHOTO

coordination, memory skills, musicality, athletic agility and it's a fun way to make friends that last a lifetime. Children learn movement patterns as readily as they learn language. It also a powerful ally for developing many of the attributes of a growing child. Dance helps children mature physically, emotionally, socially, and cognitively.

Dance also promotes psychological health and maturity. Children enjoy the opportunity to express their emotions and become aware of themselves and others through creative movement. Movement within a class offers a structured outlet for physical release while gaining awareness and appreciation of oneself and others.

If your child shows an aptitude for movement, especially when music is being played, then you should consider signing them up a class at any one of the local studios.

DanceRStudio is located at 260 Centrum Blvd., next to Taproom260. You can visit their website at www.dancerstudio.ca to get more information about the many programs they have to offer.

The Cumbrae School of Dance is located at 1803 St. Joseph Blvd. just east of Youville Drive. You can visit their website at www.cumbraedance.com.

Fall registration

Orléans gymnastics club offers instruction exclusively *en français*

By Fred Sherwin
The Orléans Star

Established in 1980, the Les Sittelles Gymnastics Club is the only French-speaking gymnastics club in the region. An accredited member of the Ontario Gymnastics Federation (GO), the club offers recreational, pre-competitive and competitive artistic gymnastics, trampoline and tumbling programs in French for kids two years old and up. Their dynamic team of coaches are GO and National Coaching Certification Program (NCCP) certified.

The club's fall session begins on Sept. 6. The recreation program includes mini-acrobat classes for children 2 to 6 years old; artistic gymnastics for kids 6 to 14 years old; trampoline & tumbling for kids six years old and over; and the new competitive Xcel program for kids 10 and over. Les Sittelles also has a competitive women's artistic gymnastics program as well as a competitive trampoline and tumbling program.

With school scheduled to resume next week, the club will be offering day sessions for kids aged four and up during PD days,

the first of which will be held on Aug. 25, Sept. 29 and Nov. 24. The day-long sessions are a great way to introduce your children to the sport of gymnastics which has benefits beyond the physical fitness component. It helps build self-esteem, enhances flexibility, posture and coordination, develops social skills and best of all it's fun.

The club also offers a number of camps during the winter break and the March Break and it's a great place to organize a birthday party with a session of gymnastics and games for all the guests. You can have access to the club's party room to enjoy birthday cake, play games and open gifts. Birthday parties are held on Saturdays and Sundays and include one of hour of gymnastics with one of their certified trainers

Gymnastics is an excellent cross-training activity for most team sports. Strength, coordination, and flexibility are all great things learned through gymnastics that will help a child in the other athletic sports.

You can learn more about the club and the programs they offer by visiting www.sittelles.ca.



Gymnastics enhances strength, flexibility, balance, and coordination, contributing to overall fitness and athleticism of the individual. Plus it's a great way to meet new friends. FILE PHOTO



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Registration now open for City rec and arts programs

By Jody Maffett
The Orléans Star

Registration for the City of Ottawa’s fall recreation and arts programs is now open for all recreation and cultural fall activities, including PA days and winter camps.

From cooking classes to science and technology programs, to skating lessons and arts programs, there’s something for everyone.

Enjoy a wide range of recreational and cultural activities at the City’s art studios, museums, parks, play structures and indoor and outdoor features including rinks, sports fields, tennis and basketball courts, pools and gymnasiums.

The City has programs for all ages and skill levels, in English and French. For children who need a little extra help, the City’s Inclusive Recreation team provides integration support. Programs are offered in-person and virtually.

Dive into a swim class

Learn to swim or brush up on your aquatic skills by registering for one of the City’s many swimming programs. Classes for individuals looking to achieve or upgrade their lifesaving certifications to become a lifeguard and instructor are also available.

Embrace the arts

Discover your artistic side by signing up for an arts program at Shenkman Arts Centre and enrolling in a specialized program delivered by professional instructors.

Explore science and technology

Enrich your mind and explore your curiosity by registering for a STEM (Science, Technology, Engineering and Math) or STEAM (Science, Technology, Engineering, Arts and Math) program. Learn hands-on skills like Technic building, engineering principles, teamwork and organization.

Attend virtually

Want to stay active but can’t attend in person? Choose from a wide range of virtual fitness, arts, cooking classes and many more activities. The City also offers hybrid activities where you can choose to attend in-person or participate from the comfort of your home.

Before registering for a recreation, arts and culture program you must first create an account at register.ottawa.ca. To do so you will need to include your email address and create a password. Next, add your family members and be sure to save your credit card information. Adding these details in



The City of Ottawa’s fall recreation, arts and culture programs literally has something for everyone, no matter how old you are, including cooking classes, aquafitness classes and pottery classes. FILE PHOTOS

advance will make checking out much easier. Once your account is set up, you can register for your favourite program right away or bookmark your preferred activities in a wish list for quick retrieval and register at a later time. But don’t wait too long. The City’s recreation, arts and culture programs often fill out extremely quickly. Explore activities on register.ottawa.ca using sort filters, like time and day, age group, and language. You can also use the map function to look at options beyond your local recreation centres. Be sure to bookmark a few activities just in case your first choice is full.



Register for City of Ottawa

Fall activities

register.ottawa.ca

ottawa.ca     3-1-1
TTY • ATS 613-580-2401

Hello Orléans & Cumberland!

The weather has been beautiful and I hope that everyone has had some time to explore all of the amazing wonders that Ward 1 has to offer.

This summer has been packed to the brim with engagement. I spent Canada Day at the Baeten-Naseer Mosque, Petrie Island, and the Royal Canadian Legion 632. I attended the 45th anniversary of the Cumberland Housing Community and presented them with a certificate to celebrate this amazing milestone. I hosted my 4th annual pop up at the Ottawa Farmer's Market and chatted with dozens of engaged residents about the things that matter most to them. Lastly, I also had several meetings with residents, city staff, and my Council colleagues.

I'm always so grateful for these wonderful opportunities to exchange ideas about how we can make Ward 1 such an amazing place to life, work, and play.



Community Safety and Well-Being Plan

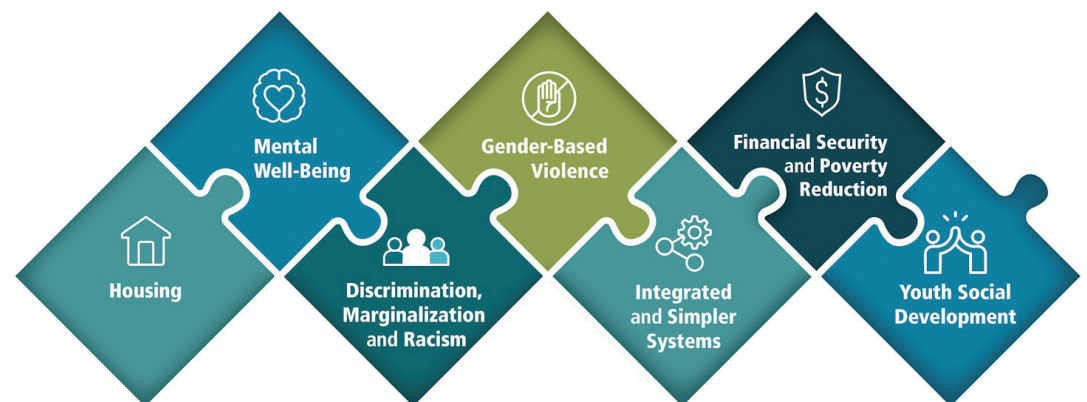
The City of Ottawa is reviewing its CSWB plan and is seeking your input.

What safety and well-being issues matter most to you or your community?

We invite you to share your thoughts through our online survey, available until August 19, 2025.

To learn more about the Community Safety and Well-Being Plan priorities and stay informed, visit engage.ottawa.ca!

For questions or feedback, please contact: CSWB/SBEC@ottawa.ca



Market season is in full swing!

You can visit any of the local markets in Ward 1 at the following times:

- The Heart of Orléans BIA Market – the first Sunday of every month from 9:30am to 2pm at 250 Centrum Blvd.
- Ottawa Farmer's Market – Every Thursday from 11am to 3pm at the Ray Friel Recreation Complex.
- Cumberland Market – Every Saturday from 9am to 3pm at RJ Kennedy Arena.
- Fetch Local Market – August 16, September 27, October 25 from 10am to 3pm at the Ray Friel Recreation Complex.



Rain Ready Ottawa Webinars are here!

PLANNING & PLANTING A RAIN GARDEN

Thursday, August 14th | 7 PM

Want to create a beautiful, eco-friendly rain garden but don't know where to start? This webinar will guide you through every step — from choosing a location and testing your soil to selecting plants and building your garden. Perfect for beginners, no green thumb required!

Secure your spot: www.eventbrite.ca/e/planning-and-planting-a-rain-garden-tickets-1530326480699?aff=oddtcreator

PERMEABLE PAVEMENT: Ask an Expert

Wednesday, August 27th | 7 PM

Got questions about permeable pavement? Join landscape expert Lindsey Best as she answers FAQs about costs, performance, maintenance, and what works best in our Canadian climate. Stick around for a live Q&A!

Register now: www.eventbrite.ca/e/permeable-pavement-ask-an-expert-tickets-1530345507609?aff=oddtcreator



Sign up for our newsletter!

I publish an e-newsletter regularly with information about what is happening in our community. It's a great way for us to stay connected. Please sign up for our newsletter by visiting www.matthewluloff.ca.

HERE TO SERVE

My team and I are always ready to serve you. Whether you have a question about city services or policies, would like me to attend an event you're hosting, or require a Commissioner of Oath stamp, we're ready to help! The easiest way to reach us is by email at matt.luloff@ottawa.ca or by calling **613-580-2471**. Don't hesitate to get in touch—we're here for you!



Councillor, Ward 1 Orléans East-Cumberland
(613) 580-2471 // Matt.Luloff@ottawa.ca // www.MatthewLuloff.ca

Navan resident a provincial, national and world champion

Special to The Orléans Star
By Guylaine Pagé

In a dazzling display of talent, perseverance, and national pride, Navan native Angélique Pagé has etched her name in Canadian sports history, not once, not twice, but three times in just four months.

The 2025 season has been nothing short of extraordinary for this multi-sport athlete, who continues to rise through the ranks with unmatched determination and grace.

Her most recent triumph? A gold medal with Team Canada at the World DEK Ball Hockey Championship in July that was earned in a final game that will be remembered by those who witnessed it for years to come.

Earlier in the tournament Angélique was named player of the game in a 7-1 win over Czechia. But it was in the championship game against the host team from Slovakia where she really shone.

The final was nothing short of electrifying. It was a physical, hard-fought battle between two elite teams who pushed the limits of endurance and willpower.

With the score deadlocked at the end of regulation, the gold medal came down to a dramatic shootout, and that's where

Angélique stepped up to write history.

With nerves of steel, she delivered the decisive goal, sending the puck past the opposing goaltender and igniting a roar from the Canadian bench.

On the other side of the rink, Canada's goaltender was flawless, stopping every single shot she faced in the shootout, sealing the victory and the gold for Team Canada.

This thrilling international win completes a golden trifecta for Angélique.

In March, she earned gold medal at the Quebec Provincial University Hockey Championships, anchoring the Bishop's University women's team with skill and leadership.

In April, she helped Bishop's win the ultimate prize in women's hockey by capturing the National U Sports Championship, proving herself against Canada's top university athletes.

And now, in July, she stands atop the world stage, a world champion with Team Canada in Ball DEK Hockey.

Angélique's ability to perform at the highest level, across multiple disciplines, is a rare and remarkable achievement.

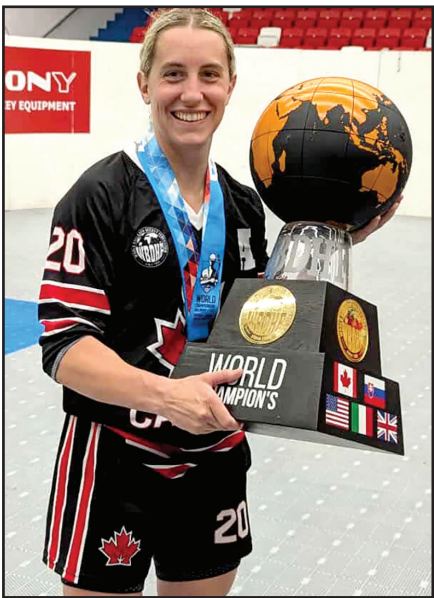
Her journey, grounded in discipline, community support, and relentless passion,



Angélique Pagé of Navan holds the World Championship trophy after helping her team win the World Ball Hockey title in Slovenia last month. PHOTOS SUPPLIED

is a shining example for aspiring athletes everywhere.

From the rinks of university hockey to the international DEK surface, she carries the pride of Navan with every stride.



HELLO ORLÉANS

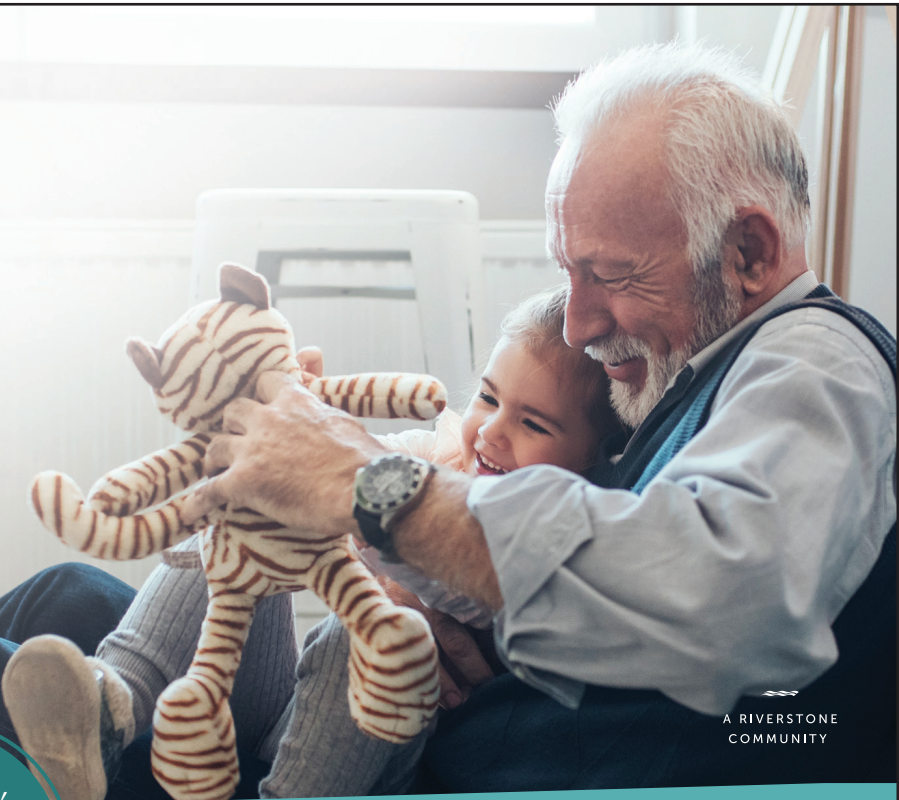
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Continued from page 5

I was only in Dubrovnik for a day, but I was able to visit the Dubrovnik fortress where several scenes from Game of Thrones were filmed and I visited Plaza Bellevue, which is now on my list of the top 10 beaches I've ever been to.

As for my impressions of the city, I would give it a solid seven out of 10. The fortress reminded me of a shopping centre in a bunch of really old buildings, and it cost 40 euros for the honour of climbing the walls of the fortress and another nearby fort. I took a pass.

After Dubrovnik, I took a short flight to Athens and took a ferry to the nearby island of Hydra where I fulfilled a lifelong dream by visiting the house where Leonard Cohen lived during the 60s with his muse Marianne.

Trying to find the house took the better part of two hours. It's a strange but true fact that you cannot find the location anywhere on the Internet. For one, the streets in Hydra have no names. For another, fans of Leonard Cohen would prefer that it remain hard to find. All I had to go on was a picture of the front of the house and a clue that it was located near the Four Corners store.

After finding the house, I sat down on the front step and drank some wine while eating

olives and fresh feta and listening to Cohen's first album which was entirely written in Hydra. I sat there by myself for nearly half an hour. My only regret is that my father, who was also a huge Leonard Cohen fan, wasn't there to share the experience with me, although I'm sure he was there in spirit.

After returning to Athens which is as dirty as Prague is clean, I flew to Crete to reunite with my friend Anthony, who I met in Mexico two years ago.

Thankfully my visit couldn't have been more perfectly timed. His sister Stephanie and brother-in-law Lloyd were there, as was his cousin Little Anthony, and his boyhood friend Cameron and his fiancée Cassi. All of whom had flown in from South Africa.

Anthony's Beach Bums crew Nick and Adrian were also there along with Sofia who I taught how to make sausage and chicken gumbo which we served with her garlic bread, which was the best garlic bread I've ever tasted. I also met Anthony's brother George, his nephew Ashton, his father Costa and Adrian's mother Hilde.

I spent three nights sleeping on a hammock on Anthony's back deck and it was marvelous waking up each morning to a brilliant sunrise and the cock-a-doodle-doo-ing of the neighbourhood roosters.



Outside Leonard Cohen's home on the Greek island of Hydra.

The best thing about Crete are the beaches and the fact that you can stay there for a week in August and never see a single cloud.

Having to leave Crete was heartbreaking, but it also meant that I was able to return to Amsterdam for one last day before heading back to Canada.

My last night in Europe was spent having dinner with Bente and Sarah, who are both like daughters to me and who I plan to meet up with in Puerto Escondido this winter with

my two boys, Jamie and Dylan.

Bente and Sarah went to high school together in Utrecht along with another friend Charlotte.

It's a real treat to be able to look back on my trip to Europe having renewed old friendships and made new ones which will hopefully last a lifetime.

In my next column I'll write about my recent trip to Parachute Ottawa and my second attempt at tandem skydiving.



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COMMUNITY BILLBOARD

SATURDAY, AUG. 16

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

DAPO FUN DAY from 12 noon at the Blackburn Community Park. Live music, DJs, BBQ, kids activities and much more. This is a fundraising event for the Dapo Agoro Foundation for Peace.

THURSDAY, AUG. 21

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.

FRIDAY, AUG. 22

THE STRAY DOG BREWING COMPANY presents Emma

Houlahan and Tim Loten, together known as Bin Echo, live and in concert from 8 p.m. Tickets \$10 in advance and 415 at the door. The Stray Dog Brewing Company is located at 501 Lacolle Way in the Taylor Creek Business Park.

SATURDAY, AUG. 23

MUSICAL AND FAMILY FUN DAY presented by the Queenswood Heights Community Association in Queenswood Ridge Park from 10 a.m. to 4 p.m. with free face-painting and a bouncy castle for the kids, a BBQ, a beer garden hosted by the Orléans Brewing Co.

SUNDAY, AUG. 24

THE ORIGINAL NAVAN MARKET MARKET from 9:30 a.m. to 2 p.m. at the Navan Fairgrounds, 1279 Colonial Rd.

Over 100 vendors in attendance. For more info visit facebook.com/OriginalNavanMarket.

MURDER IS A SHORE THING murder mystery brunch performed by Vintage Stock Theatre at the Cumberland Heritage Village Museum from 10:30 a.m. to 1 p.m. Ages 14 and up. Cost: \$50 per person (plus tax). Brunch is included in the ticket price. For tickets or more information visit ottawa.ca.

THURSDAY, AUG. 28

CORN ROAST AND BBQ hosted by Orléans MP Marie-France Lalonde and MPP Stephen Blais near the nature centre close to the northwest corner of Petrie Island. Hot dogs, corn and refreshments with live entertainment.

IN MEMORIAM



Anika Manon Dubois, 51
Passed away on August 6, 2025

Roland Parent, 91
Passed away on July 29, 2025

Anita André (née Loubert), 81
Passed away on July 27, 2025



www.heritagefh.ca/obituaries

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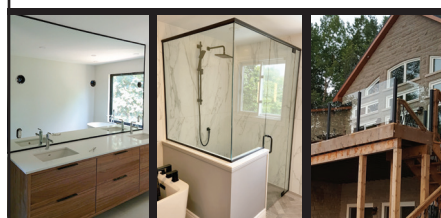
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U14 Panthers complete historic OSFL three-peat

By Fred Sherwin
The Orléans Star

The Cumberland Panthers U14 boys football team recently made history by winning the club's third U14 Ontario Summer Football League championship in a row, something that has never been done before.

The three-peat occurred at Richardson Stadium in Kingston on July 29 against the London Jr. Mustangs. Both teams went into the title game with identical 8-0 records, having both won their respective semi-final games in impressive fashion.

The Panthers beat the Waterloo Jr. Warriors 33-0 in their semi-final and the Jr. Mustangs beat the Scarborough Thunder 55-7.

They also had similar points for and against records. The Panther's offence scored a total of 370 points in eight games while their defence gave up just 59 points. The Jr. Mustangs, on the other hand had racked up 371 points in their eight games and gave up 70 points.

With stat lines like that the championship

game would come down to whose defence would be able to stop the other's offence.

The game got off to a fast start as the Panthers scored on their very first play from scrimmage when wide receiver Joenny Ngondi took the ball up the middle on a sweep and scampered 80 yards for the first touchdown of the game.

The Jr. Mustangs responded with a 100-yard touchdown run by Taeo Maola on their second play from scrimmage after taking a five-yard procedure penalty on their first play.

After the two explosive touchdown runs, both teams' defences stepped up their game and held the opposing offences to three and out on the next two series.

Cumberland then put together a 93-yard drive that was capped by a 12-yard run by Gabriel Rose for the Panthers second touchdown of the game to end the first quarter.

A botched punt attempt on the Jr. Mustangs next series would give the Cumberland a first down on London's 15-yard line.

Four plays later, Panthers' quarterback

Cristiano Saghbini threw a screen pass to offensive lineman Isaac Landon for what everyone thought was the team's third touchdown of the game. Unfortunately, Landon didn't report in as an eligible receiver and the Panthers were given a penalty for an illegal formation and the touchdown was taken off the scoreboard.

A second attempt at the end zone on fourth down resulted in a broken pass and a change of possession in London's favour which the Jr. Mustangs turned into a long touchdown drive capped by Mateo's second touchdown of the game.

On the ensuing kickoff, Panthers' kick returner Zachariah Alidu carried the ball 40 yards to the 55-yard line. Three plays later, Saghbini found receiver Averi Jean-Baptiste for an 11-yard touchdown toss to put the Panthers up 21-14, which is how the first half ended.

The second half began with a defensive stand by the Panthers which forced the Jr. Mustangs to punt the ball from their 23-yard

line. It took the Panthers just three plays to score their second touchdown of game on a play action pass from Saghbini to Ngondi that covered 40-yards.

The Jr. Mustangs put together another long drive, capped by Mateo's third touchdown of the game to keep the score close, but it was all Panthers from there as they scored three of the next four touchdowns to win the game going away.

Jataveon Hall scored one of the touchdowns on a four yard run for Cumberland while James Fournier added a 45-yard "pick six" interception return and Ngondi scored his third TD of the game to cap the 49-29 final result.

The U12 Panthers joined the club's U16 girls team as provincial champions, repeating the two titles the club won last year.

With the summer season out of the way, the Cumberland Panthers are now preparing for the fall season which will kick off this Saturday at Millennium Park.

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