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THE Orléans Star

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Next edition July 31

LOCAL BUSINESS Champions

SEE PAGES 9 to 14



Kayaking around the many islands and inlets in and around Petrie Island has become a popular summer activity, especially later in the day when it cools off a bit. FILE PHOTO

Orléans has lots to offer when it comes to summer activities

By Fred Sherwin
The Orléans Star

When it comes to looking for something to do this summer, either with the kids or on your own, Orléans and the surrounding area has lots to offer starting with Petrie Island.

Petrie Island is a combination beach destination, water sports hub and hiker's paradise.

The island has three beaches – the east beach where the water is the deepest, the main beach which is the most popular due to its shallowness and the old beach which is located just west of the main beach and is much less crowded.

If you're not a beach person and still want to enjoy the water, you can rent all sorts of watercraft at the Petrie Island Marina located on midway down the causeway, including kayaks, canoes, paddleboards and pedal boats.

Or if you want to take your water sports to the next level you could always join the Petrie Island Canoe Club. The Club offers "Try it Out" sessions every Wednesday night for free from 6:30-8:00 p.m. The next session will be held on Wednesday, July 23.

For hikers and nature lovers, Petrie Island has more than seven kilometres of easy walking trails offering spectacular views of the Ottawa River and peaceful wetlands with an abundance of wildlife and lush vegetation. You can find a map of the hiking trails on the Friends of Petrie Island website at petrieisland.org.

After you work up an appetite from hiking, swimming and paddling you can drop by the Baja Burger Shack, located on the main beach for a quick bite to eat.

Also, while admittance to Petrie Island is free, parking is not. So make sure to bring a couple of loonies or toonies or your credit card.

For parents of young children, there's no better place to take them than Millennium Park which has both a splash pad and a massive playground, with plenty of free parking, although the park is also accessible by bus.

CONTINUED ON PAGE 12 ►



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Orléans Road Map available at select locations

Starting June 5, copies of the 2025 Orléans Road Map will be available at the following locations (while supplies last):

- Sobeys Trim & Innes - Caravela Restaurante, 3712 Innes Rd.
- Sure Print, 2507 St Joseph Blvd. - Pantry Plus, 2433 St Joseph Blvd.
- Computer Rise, 1803 St. Joseph Blvd.
- Romantic Fireplaces & BBQs, 5380 Canotek Rd.
- Royal Oak Pub Orléans, 1981 St Joseph Blvd.
- Cosenza Pizza, 6505 Jeanne D'Arc Blvd. N.
- Golden Fries, Convent Glen Plaza
- Sound & Sight, 2288 St Joseph Blvd.
- The Garlic King, 2586 St Joseph Blvd.
- Service Ontario, 2864 St Joseph Blvd.
- Vantage Jewelers, 2866 St Joseph Blvd.
- Michael Willems Photo, Place d'Orléans
- Taproom 260, 260 Centrum Blvd.
- Holiday Inn Express & Suites, 500 Brisebois Cres.
- Stray Dog Brewing Company, 501 Lacolle Way
- Distinctive Kitchen and Bath, 2035 Lanthier Dr.
- Precision Automotive, 385 Vantage Dr.
- La Ha Tacos, 3746 Innes Rd.



Orléans has lots to offer when it comes to summer activities

Continued from page 1

Further afield, the Cumberland Heritage Village Museum is one of hidden gems and it's located just down Old Montréal Road in Cumberland Village.

The museum is actually a collection of buildings that were relocated there from villages in the former Township of Cumberland. The museum grounds offer a wide open safe space where kids can run around and blow off some steam, while you sit back, relax and watch them. Or you can take them on a wagon ride anytime between 10:30 a.m. and 1:30 p.m.

The museum is open Wednesday to Sunday from 10 a.m. to 5 p.m. Admission is \$9.14 for adults, \$6.47 for seniors age 65 and over and youth age 6 to 17. Children 5 and under are admitted for free. They also have a special family rate for up to two adults, and accompanying children, all living in the same household, for \$23.15.

If you don't mind the bugs, a visit to the

Mer Bleue Bog nature preserve is great way to get away from it all. Operated by the NCC, the nature preserve contains more than more than 20 kilometres of trails, including the Mer Bleue Bog Trail which is popular with families because of its interesting storytelling route and its mostly flat, universally accessible boardwalk. It's an ideal spot to take young children for a walk – even with a stroller.

If you happen to live in Blackburn Hamlet, you can always take your kids to the outdoor pool operated by the City of Ottawa next to Emily Carr Middle School on Innes Road. Public swims are held from 3:30 to 6:30 p.m. on Mondays, 2:30 to 6:30 p.m. from Tuesday to Friday, and from 12:30 to 6 p.m. on Saturdays and Sundays. There is also a family swim on Saturdays and Sundays from 11:30 a.m. to 12:30 p.m.

Single visit fees are \$5.48 for adults, and \$2.85 for children, youth and students. Seniors aged 65 and over pay \$3.57.



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Mer Bleue group donates tens of thousands in student bursaries

By Fred Sherwin
The Orléans Star

There's a small group based out of Navan that has donated more than \$1 million to area projects over the past 28 years and has given out more than \$250,000 in scholarship to 125 local students.

The Friends of the Mer Bleue was created in 1997 in response to the concerns of residents living along Navan Road near the Navan dump. At the time, the dump's leachate holding ponds had turned septic, creating an unbelievable smell. The group's rallying cry was "Stop the Stench – Close the Dump".

As a result of the group's action and the pressure they placed on local politicians at the time, the leachate in the holding ponds was trucked away to a processing facility and the smell eventually went away.

The group then went through a period of dormancy until 2008 when WSI, which had taken over the dump by that time, applied for permission to expand the site.

That application process led to the community once again rallying together in opposition. At the end of the day, although they couldn't stop the expansion, they were able to get WSI to agree to a list of 15 conditions.

Chief among them was their agreement to absolutely close and cease any operations on the site once the newly established capacity under the expansion was met. In other words, no more expansions after 2007.

The other key condition was the formation of a community improvement program that would be fully funded through a 44 cent per tonne contribution from WSI which has been grandfathered by each new owner of the facility including Waste Connections who are the current owners.

Since the fund was created, more than \$2 million has been raised in total which has gone to numerous community projects, and has provided a \$2,000 annual scholarship to more 125 students at 12 high schools in the east end of Ottawa including all nine high schools in the east end along with Lester B. Pearson High School, Colonel By Secondary School and Gloucester High School in Beacon Hill.

The organization also grants \$4,000 a year to a number of community associations in the area including the Navan Community Association, the Chapel Hill South Community Association, the Bradley Estates Community Association and the Blackburn Community Association.



The Miracle League of Ottawa is just of the many organizations that has benefited from the Friends of the Mer Bleue's community improvement program over the years. FILE PHOTO

The Rendez Vous des Aînes Francophone d'Ottawa (RAFO) and the Gloucester Allotment Garden Association also received a \$4,000 grant this year.

The largest single donation FOMB has made was \$100,000 to the Miracle League of Ottawa to help establish their own baseball diamond in Notre-Dame-des-Champs

in 2017. They've also made two \$100,000 donations to the Navan Pavilion project.

Other groups and initiatives that benefited from the community include the Navan Cenotaph, the Navan Fair, the Cumberland Township Agriculture Society, the Navan Women's Institute and the Petrie Island Canoe Club.

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Canada Day kudos

Kudos to the group of hardworking and dedicated volunteers who put together this year's Canada Day celebration on Petrie Island. Having previously organized Canada Day celebrations on Petrie Island for 11 years between 2005 until 2016, I know first-hand how much work it takes and let me tell you it's no small task.

To even want to take on that responsibility shows a dedication to the community that goes above and beyond organizing most other events. The only other two events on that scale I can think of are the Blackburn Fun Fair and the Navan Fair. The only difference is that those two events don't have the same issues that come with being on remote site with limited parking and services.

The Blackburn Fun Fair is mostly run out of the Blackburn Arena and the Blackburn Community Centre which can be easily reached by the local community. And the Navan Fair charges admission which the Canada Day celebration does not, which means the Canada Day celebration is 80 to 90 per cent dependent on local sponsors and the support of our local elected officials.

Kiwanis East Ottawa had organized a Canada Day celebration on Petrie Island in 2019 before the COVID pandemic hit, and then again in 2023 after it ended. In 2024, they organized a much smaller Canada Day children's festival in Millennium Park which was very successful, but it ended at 5 p.m. which meant there were no fireworks.

When it became apparent the Kiwanis Club wanted to get out of the Canada Day celebration business last fall, Mark Poirier, who was one of the people who helped me out back in the day, picked up the phone and called Zybina Richards, who is the godmother of all Canada Day celebrations in Orléans, first as the president of the Fallingbrook Community Association, in the early '90s right up until 2003, and then as the woman responsible for the children's activities while I ran things.

The two of them then called Nick O'Connell, who is another long-time Canada Day volunteer since he was knee high to grasshopper. Together, the trio decided to give Petrie Island another shot. The only puzzle piece still missing was someone to help raise the tens of thousands of dollars needed to pull it off. Enter former Cardinal Creel Community Association president Sean Crossan, who did his magic and managed to get a truckload of local sponsors including Mattamy Homes, Sobey's,

As for the final product, it wasn't perfect. The day had its fair share of hiccups, including long line ups at the food concessions and the shuttle buses, but it is year one. And I've read and heard the same complaints that the organizers have. It's a thankless task organizing an event that you know going into it, is going to have issues, but they did it anyway and they should be applauded for it. And I'm sure they will learn from this year and do it again next year, only it will be bigger and better.

Fred Sherwin, editor

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OTTAWA STILL EXPERIENCING RENT INCREASE DESPITE DECLINE NATIONALLY, CMHC REPORTS



Municipal Accountability Act nearly impossible to enforce

Let me start by stating that I commend Minister Flack for introducing the Government's Bill 9, the Municipal Accountability Act, with hopes of passage before the municipal elections in 2026. However, I agree with the critics, who believe the legislation is ineffective and fatally flawed.

In order to remove a predatory politician, the Government's bill would require not just a unanimous vote of city council but also that ALL councillors and the Mayor would be required to participate in the vote. While the bar for removing an elected official from office should be high, the Government has placed their bar in outer space.

In Ottawa we've seen councillors duck out on controversial decisions regularly. They go to the washroom, or grab a coffee in the green room. So, what happens then? Does silence win by default? We know how these rooms work. Councillors look out for each other. The old boys' club does not break rank easily.

Voters deserve better than bureaucratic loopholes that leave the truth buried at the expense of victims.

Compare that to Bill 5, my Private Member's Bill. My bill did not propose an inaccessible bar. It went straight at the issue: protect victims, shine the light on inappropriate behaviour, and help ensure predators do not slip through the cracks. Let a judge, trained in the law, make the final

decision following a hearing, where the accused can also defend themselves.

Moreover, if we want to help prevent these predatory politicians from getting elected, especially if a person has a history of malfeasance, we need to strengthen openness and transparency by requiring a Police Records check when candidates register for elected office. This way, everyone can see first hand, if they have a history of criminal behaviour.

Now compare that to teachers, for example. In Ontario, every teacher must submit a criminal record check to the Ontario College of Teachers before they're even allowed to step into a classroom. It's mandatory. No vote. No debate. Just common sense.

We demand that level of accountability for those who teach our kids, so why not for those who govern our cities? Making multi-billion decisions included those around policing. That is the problem. The bill sounds nice on the surface, but the devil is in the details, and those details are thin. There is no real enforcement, no independent checks. Just city councils giving themselves power to protect... city councils.

While it is a small move in the right direction, Bill 9 has no bite because it's toothless legislation. Voters deserve better by having legislation that support victims in defence against wrongdoers!



**Queen's
Park
Corner**

Stephen Blais

How I survived the running of the bulls (again)

Well, I did it. I went back to Pamplona, Spain to run with bulls again, only this time I actually saw the bulls.

Some of you may recall that last year, when I tried running with the bulls, a girl fell down in front of me and as I tried to help her up the bulls had already run past us. I only just caught a glimpse of the tell end of a straggler which was more loping than running.

This year I set myself up just past Dead Man's Corner, as I did last year, and actually ran beside the six massive fighting bulls as they charged down the narrow street to the bull ring.

But I'm ahead of myself. The Running of the Bulls is just a small part of the 11-day San Fermin Festival in Pamplona that attracts over a million people every year, most of whom are from the local region. The rest are tourists like myself who want to walk in the footsteps of Earnest Hemingway who wrote about the Running of the Bulls and the San Fermin Festival in the *The Sun Also Rises*.

The actually Running of the Bulls part of the festival takes place at 8 a.m. every morning.

I was staying at a nearby campsite and had to be up at 5:30 a.m. in order to catch the 30-minute shuttle into Pamplona.

Everyone has to be in the street for the bull run at least one hour before it starts. They close it off to participants at 7 a.m., which means you have to wait an hour in a cauldron of nervous energy waiting for the run to begin.

About 2,000 people take part in the run which takes place along a street that is about 850 metres long. Think of Sparks Street during Canada Day and then stampede six fighting bulls from Elgin to Bank Street and you get part of the picture.

The whole thing only lasts about six minutes from the moment the bulls are released until they enter and exit the bull ring at the end.



I set myself up just past Dead Man's Corner which is about 300 metres from the end. It's called Dead Man's Corner, because if you stand on the wrong side of the street the centrifugal force of a 1200-pound bull rounding a 45 degree corner at full speed will splatter you like a bug hitting a windshield.

When the cannon goes off, everyone starts jumping up and down to try and catch a glimpse of the bulls as they are charging towards down the street so you can get a head start.

The sense of nervous energy as you await the bulls is almost overwhelming. Imagine a mix of equal parts sheer terror and mass hysteria and you get some sense of what it's like.

In fact, you don't even see the bulls coming. You don't need to. You can feel the crowd running towards you about three seconds before they actually reach you.

I started running for my life, and for about three seconds the bulls were right beside me. Thankfully I didn't trip over anybody, or my own feet, which is the cause of most falls when people try to look behind themselves while they're running forward.

Within a minute or two of starting my run I was in the bull ring with a few hundred other people who were almost exclusively tourists and all under the age of 30 except for yours truly and a few other old souls.

Last year, I met a guy named Eddie who was from a small town in Western Australia.

I first saw Eddie in the street and thought

he would make the perfect shield. He was a few years older than me and a couple of pounds heavier. Turns out he was a lot older than me – 77 – and he was there celebrating his 50th anniversary.

When I asked him where his wife was, he informed me that he had been divorced for 12 years. He was celebrating the 50th anniversary of the first time he ran with the bulls in 1974.

Eddie also explained to me that it was perfectly safe as long as you keep your head about you and don't panic. Apparently, the young bulls they bring into the ring after the larger bulls have completed the main run only chase after people who are running. If you stand still, the bulls will run right by you.

Funny thing is the young guys in the ring get a great kick out of being chased by the bulls. Some even think it's a great idea to try and take a selfie with the bulls. The really stupid ones will even try to grab the bull's horns. Those are the ones who are usually carried out on a stretcher in a clear example of Darwin's theory of evolution at work.

It was in the middle of all this that I realized that the people in the stands are all locals who are there for one reason and one reason only – to watch a bunch of dumb tourists get messed up by a young bull. It made me think of what it must have been like standing in the middle of the Roman Colosseum while waiting for the lions to be released.

The reason I went back to Pamplona is because I never actually saw the bulls last year, at least not the big ones. As I explained, I was too busy trying to help a girl get back up on her feet.

This year, I did the run with three guys from the Sacramento area in California – Aude, Lance and Patrick.

We took up our positions in the same place I did last year and waited for the cannon to



go off.

When the crowd surged in our direction with the bulls in hot pursuit we started running. This time no one fell in front of me and I actually saw the bulls as they passed about two metres off my left shoulder.

After they went by in the blink of an eye, we all managed to make it into the ring and watched as the played with a few extremely dumb young tourists, at least two of who had to be carried out on stretchers.

The whole thing lasted about 40 minutes. Afterwards we went to a nearby bar and drank beer and ate tapas as we talked about how we had cheated death.

Would I do it again? Absolutely! And I would highly recommend that if you're ever in Spain in mid-July you should go to the Festival Saint Fermin. Even if you don't run with the bulls, it will still be one of the best times you will ever have.

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A reminder for motorcycle and rural road safety this summer

Summer in Ottawa brings sunshine, open roads, and the return of motorcyclists enjoying the freedom of two wheels. Whether it's a ride through the city or a cruise along rural roads, motorcycling is one of the best ways to enjoy the season. But it's also a time to slow down, pay attention, and look out for one another.

Motorcycles are smaller and harder to see, especially in a driver's blind spot or at intersections. Unlike cars, riders aren't surrounded by metal and airbags. Even a minor collision can have serious consequences.

For drivers, the most important thing you can do is look twice. Always check your mirrors and blind spots before changing lanes or turning. Give motorcycles plenty of space, and don't tailgate. Following too closely puts everyone at risk.

Motorcyclists also play a key role in staying safe. Ride like you're invisible, because sometimes, you are. Stay out of

blind spots, make yourself as visible as possible, and be predictable. Avoid weaving through traffic, and assume that other drivers don't see you until you're sure they do.

Use your horn when needed, and wear full protective gear, even for short rides. Jeans and a T-shirt won't protect your skin if you hit the pavement.

Rural roads might seem quieter, but they carry their own risks. Higher speeds, sharp curves, limited lighting, and unexpected wildlife crossings can turn dangerous quickly. Slow down, scan the roadside, and be especially careful when visibility is low. If you come across farm equipment, be patient. Only pass when it's completely safe to do so.

This summer, whether you're on two wheels or four, take a moment to look out for others. A little patience, attention, and respect can help everyone enjoy the road and get home safely.



Tim Tierney

Beacon Hill-Cyrville Ward 11

Pop-up meet and greets will be held throughout the summer

When I was first elected as a City Councillor, I promised myself that I would regularly and proactively door knock in the community, as a way of staying in touch with the people I serve and to offer them any help I can provide.

Too many politicians only go to doors during elections, and I wanted to make sure that I was available in person to help answer questions, assist with city issues, or just to let you know I am here should you need me.

These conversations at the door quickly became one of my favourite parts of the job.

Nearly eight years and multiple pairs of worn-out shoes later, I continue to visit doors around the ward. These conversations allow me to hear directly what matters most to you and your family. These conversations shape how I advocate for you at City Hall, and remind me that the best ideas raised at Council often come from right here in our

neighbourhoods.

Of course, I know that not everyone is home when I drop by, and sometimes a doorstep is not the easiest place to have a conversation.

That is why I will also be taking advantage of the summer weather and hosting more of my Pop-up in the Parks over the coming months.

Throughout the season, I will be visiting as many parks and public spaces around the community as I can and inviting residents to stop by for a chat.

If you are out walking your dog, playing with your kids, or simply enjoying the sunshine, these pop-ups are a fun and casual way to stay connected.

Keep an eye on my social media and newsletter for dates and locations.

Local government works best when it reflects the voices of the people it serves. These conversations help ensure that your voice is part of the decisions being made.



Laura Dudas

Orléans West-Innes Ward 2

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A Willowbend Guide to staying cool, comfortable, and connected this summer

Special to the The Orléans Star

Summertime brings long, golden days and the opportunity to spend more time enjoying life's little pleasures—especially here at Willowbend. But as the temperatures rise, it's important to stay mindful of the heat, especially for older adults. Aging can affect the way our bodies regulate temperature, which can increase the risk of heat-related conditions like exhaustion or heat stroke.

The good news? At Willowbend, we believe summer should still be celebrated—and with a few mindful adjustments, it can be a season full of joy, connection, and wellness

Stay Hydrated the Willowbend Way

One of the most important things you can do in the heat is keep hydrated. Even if you don't feel thirsty, your body still needs fluids to function well. Water is always a top choice, but variety helps keep hydration interesting. Think fruit-infused waters, fresh-squeezed juices, iced herbal teas, or refreshing coconut water.

Here at Willowbend, our residents enjoy a rotating menu of refreshing drinks, including our popular fruit and mint-infused water made with fresh mint picked right from our gardens. Hydration doesn't have to be boring – it can be delicious and refreshing, too!

Choose Chill Activities That Spark Joy

At Willowbend, we know that staying active contributes to better overall health—but on those warmer days, it's all about being smart with how we move.

That's why we offer cool, comfortable indoor activities like gentle yoga in our fitness studio or lively card games in our lounges. Prefer a peaceful moment? Many of our residents love relaxing by our shaded koi pond or tending to our raised garden beds in the early mornings or evenings.

Whether you're enjoying a quiet moment of reflection or joining in on a group class, there's always a way to feel engaged while staying cool and safe.

Snack Smart, Snack Fresh

Nutritious snacking is essential in the summer heat. Fresh produce like watermelon, cucumber, and berries not only offer hydration but are also packed with essential nutrients. At Willowbend, we love incorporating seasonal local produce into everything from smoothies and fruit skewers to colorful salads served during our social gatherings.

You'll often find residents enjoying cooling, energizing snacks on our patio while visiting with friends or during afternoon socials in our air-conditioned dining lounge.



Dress Cool, Feel Comfortable

Our team at Willowbend encourages residents to wear light, breathable fabrics like cotton or linen. Loose, light-colored clothing helps keep the body cooler and prevents overheating.

Need help dressing for the day's weather? Our compassionate and attentive staff are always here to lend a hand—whether it's offering advice, helping with outfit changes, or ensuring everyone feels confident and ready for the day ahead.

Make the Most of the Season—Willowbend Style

Summer at Willowbend isn't just about

staying cool – it's about finding joy in every day. Whether it's an ice cream social, an evening walk through the gardens, or quiet time with friends in our cozy common areas, life here is all about comfort, safety, and connection.

We invite you to stop by, tour our beautiful community, and experience for yourself what makes life at Willowbend so special. Let this summer be one to remember – surrounded by warmth, care, and community.

To learn more about the Willowbend Retirement Community, contact Laura Sloan at 613-907-9200 to RSVP. We hope to see you there!

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A RIVERSTONE COMMUNITY

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La Ha Tacos still going strong after change of location

By Fred Sherwin
The Orléans Star

No one represents the true spirit of entrepreneurship better than La Ha Tacos food truck owner and operator Jay Wing.

In December 2016, Jay and his wife Alexandra suddenly found themselves both out of work with a baby on the way, which is when fate took over. After hearing that the chip truck which had been operating at the Orléans Self Serve Car Wash on Youville Drive was going out of business, Jay was given the opportunity to buy a food trailer from his former boss at D&S BBQ in Carlsbad Springs..

After talking things over with his wife, Jay decided to take a leap of faith and go into business for himself.

The first step was to choose what food he was going to offer. After looking around at the gastronomic landscape in Orléans he decided on the number one street food in Mexico – tacos. But not just any tacos. Jay was going to take his tacos to the next level by making his own marinades and salsas, using fresh ingredients and corn tortillas

They also cater to customers with food allergies including the use of gluten-free tortillas on request.

The next step was to choose a name. He decided on La Ha which is short form for La Hacienda which is another word for “home” in Spanish.

“I want our customers to feel like this is their second home,” says Wing. “The reason why I cook is to help people put a smile on their face and I like to think we do that with every taco we make.”

It took awhile for his tacos to catch on, but he slowly started to build up a loyal clientele largely through word of mouth and social media.

Things were going nicely when COVID-19 pandemic hit. Like almost every other business at the time, the food truck had to suspend its operation. But then things quickly turned around when food trucks were able to reopen and take advantage of the fact that everything they serve is take-out.

When the pandemic-related restrictions were finally lifted in the spring of 2022, La Ha Tacos didn’t skip a beat. But then Jay was faced with another setback. The owner of the car wash put the land up for sale and shut off the services, forcing Wing to find another location on the eve of a new season.

Fortunately, one of his customers put him in touch with the owner of the Kult Hair



Jay Wing is the owner of the La Ha Tacos food truck located in the parking lot of the Kult Hair Salon at 3746 Innes Rd. STAFF PHOTO

Salon on Innes Road, who said he was more than welcome to put his food truck in the corner of his parking lot. He’s been there ever since.

The first summer was a challenge, but the combination of loyal regulars and new customers from the surrounding area made the transition relatively smooth.

Resiliency is the key to success for any

small business owner and Wing is as resilient as they come. He is also blessed with a spouse who is very supportive and staff who are committed to carrying out his vision.

“I have the best people I can possibly hope for working for me,” says Wing.

La Ha Tacos is open seven days a week from 11:30 a.m. to 7 p.m. You can visit their website and check out their menu at lahatacos.com.



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Join us for a berry sweet afternoon! Our Strawberry Social features themed treats, refreshing beverages, and classic summertime fun. Snap a photo at the booth, try your luck at our guessing game, and don’t miss the door prize draw! Stick around for a group tour and live entertainment – we’d love to show you around!

Call 613-841-2079 to RSVP

1344, Boulevard Belcourt, Orléans

venvibelcourt.ca

by cogir

8 • July 17, 2025 • Volume 39, No. 5

LOCAL BUSINESS *Champions*



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Follow your artistic passion at Da Artisti

If you are looking for a unique artistic experience, then you should consider taking a fused glass class at the Da Artisti Studio and Gallery in Cumberland Village.

Fusing is the heating of two or more pieces of glass in a kiln so that they melt together to form one piece. The result is an object that has a stained glass quality with colour and texture, but without the leading that is required in making stained glass. You can also do a lot more with fused glass. You can make dishes and decorative panels, or jewelry, or use it as an embellishment for other objects like night lights.

The 1-on-1 and group classes at Da Artisti are taught by owner Wendy Canci who is an accomplished fused glass artist in her own right. Each class is three hours long, during which you will make your own fused glass creation.

In the introductory class, you will make a 5" x 10" platter, and a soap dish. In the intermediate class, you will learn to cut circles and make a 12" bowl using glass enamels, or glass powders. If you don't have three hours to spare, you have the option of taking one of Da Artisti's workshops which range from 90 minutes to two hours. Depending on the workshop you have the option of making a 5x10 inch suncatcher for \$65, or four Christmas ornaments because it's never too early.

All of the classes are ongoing, but take place on demand. To reserve a spot, simply call the studio at 613-833-2565. Better yet, you can drop by the Cumberland Village gallery at 2565 Old Montreal Rd., chat with Wendy and browse through some of the many unique pieces produced by local artists and artisans.

In establishing the studio and gallery five years ago, Wendy's goal was to create a judgement-free environment where creativity is embraced and experiments are celebrated. It's that environment that makes Da Artisti so welcoming to aspiring artists, even if those aspiring artists are looking to express their inner creativity for the first time.

Da Artisti

A Studio to Learn In

Da Artisti offers 1-on-1 and group fused glass workshops and classes. We provide all the knowledge, tools and materials needed to succeed.

Learn the basics and you'll be able to come in and play in our studio!

A Gallery to Admire.

We also have a breathtaking gallery for accomplished and up-and-coming artists to display their completed works of art.

Stop in and admire the work of our local artists.



613-833-2565 | www.daartisti.com
2565 Old Montreal Rd. in the heart of Cumberland Village

Providing a positive dental experience

At Blackburn Shoppes Dental Centre, Dr. Chantal Plant and her team have a well-earned reputation for providing exceptional dental care with the utmost sensitivity to patients of all ages, as well as their family members.

For many, visiting the dentist can come with a sense of anxiety, especially for young children and their parents experiencing it for the first time. Dr. Plant has made it her mission to ensure that dental visits are positive and stress-free. With over 25 years of experience treating anxious patients, she has developed a calm, gentle approach that often results in patients looking forward to their appointments.

Getting to know each patient and understanding their concerns allows Dr. Plant to tailor her approach to help them feel at ease. One effective technique she uses is giving patients a way to signal her – like raising a hand – to pause treatment and take a short break. Clear, step-by-step communication throughout each procedure also helps reduce uncertainty and anxiety.

For patients who need additional support, nitrous oxide (commonly known as laughing gas) is offered as a safe and effective option to promote relaxation.

When treating children, Dr. Plant and her team, are especially mindful of their feelings and behaviours. She uses kid-friendly language and the “show-and-tell” technique to explain what is happening in a way that helps young patients feel understood, safe, and respected. Creating a sense of trust is key to helping children build positive dental habits that last a lifetime.

Dr. Plant and her team offer a wide range of services and use state-of-the-art technology to enhance patient comfort. This includes advanced tools like digital scanners and 3D printing, which provide precise, comfortable care without the need for traditional impressions. Blackburn Shoppes Dental Centre also proudly supports families enrolled in the Canadian Dental Care Program (CDCP), ensuring access to quality care for all.

Don't put off your dental care – it's a key part of your overall health and well-being. Call 613-834-5959 or visit ottawafamilydentist.com to book an appointment. It's the first step toward a full “filling” experience!



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www.ottawafamilydentist.com

Take the first step toward pain-free feet

Orléans residents are truly fortunate to have the premier foot care clinic in the entire Ottawa region right here in their own back yard. The Orléans Dynamic Foot Clinic can diagnose and treat virtually any type of foot ailment including corns and calluses, bunions, Morton's Neuroma, plantar fasciitis, Athlete's Foot, heel spurs, ingrown toenails and planter warts.

Led by Méliissa Clouthier-Chatel, who has a Doctorate in Podiatric Medicine, the team of foot care specialists at the clinic can help you find the relief you are looking for to enjoy the quality of life you deserve. Chiropodists Anna Grynechko and Katie Kroupskaia round out the team, which also includes office manager Lucie Quinn.

With foot and back pain, many people make an incorrect self-diagnosis which often leads to the situation getting worse. The foot care specialists at the Orléans Dynamic Foot Clinic will perform a thorough examination using the latest technology to provide a diagnosis and recommend the appropriate treatment which is often covered by your health insurance.

In most cases, orthotics, custom made to your feet, will solve the problem and provide the relief you are so desperately looking for. A properly made orthotic allows for the foot's natural range of motion but limits bad tendencies in movement, returning the foot to its optimal position and functioning. The Orléans Dynamic Foot Clinic uses CryoVizion technology to perform a non-invasive examination of your lower body and feet. Through 3D imaging, they can then create an optimized fit for your orthotics which can make all the difference in the world.

You shouldn't have to spend the rest of your life walking in pain. Healthier feet means happier days. Be kind to yourself and book an appointment at the Orléans Foot Clinic today. You can find their website at orleansfootclinic.com.



Orléans Dynamic Foot Clinic

- Custom orthotics
 - Hip, knee, back and heel pain
 - Flat feet
 - Corns/calluses/warts
 - Ingrown nail surgery
 - Fungal nail & laser treatment
 - Diabetic foot care
 - Xrays
- *Our services are covered by most private insurance plans*



Melissa Cloutier-Chatel, DPM

Anna Grynechko, Chiropodist

Ekaterina Kroupskaia, Chiropodist

Natalie Leroux DCH

Call us now to book your appointment! **613.424.9339**

www.orleansfootclinic.com | 3012 St. Joseph Blvd., Suite 201

Providing all your photo-related needs

There is a place in Orléans where photography and photographs are treated with a reverence that is a throwback to the pre-digital days when people used to take pictures with actual film, and prints were made in darkrooms.

Michael Willems Photo is located on the first floor of the Place d'Orléans Shopping Centre across from La Maison d'Or. Its owners, Michael Willems and John Heitshu, and the rest of the team are committed to providing a personalized service to their customers, which includes passport photos, family and business portraits, customized photo printing and framing, and photo restoration, at reasonable prices.

The secret to the studio's success is the care the staff take in looking after each and every customer that passes through their doors, and in ensuring that their needs are met.

Willems' special area of expertise is photo restoration. He can work miracles in making the seemingly impossible possible. He can restore torn or creased photos, photos with water damage or rips, and faded photos: he brings them back to life.

Another area of expertise is passport photos. The staff at Michael Willems Photo take the best passport photos in town, hands down. No appointment is necessary and it takes just five minutes.

The latest addition to their broad range of photo services is an ultra large printer that can print photos up to 44 inches wide, usually the same day. It's great for printing posters or other wall art, and large scale maps.

With his vast experience in teaching photography at Algonquin College, Sheridan College, Henrys and Vistek, Willems can also provide private one-on-one lessons.

Whether you are just a beginner or have been taking your own photos for years, Willems can help take your picture-taking skills to the next level.

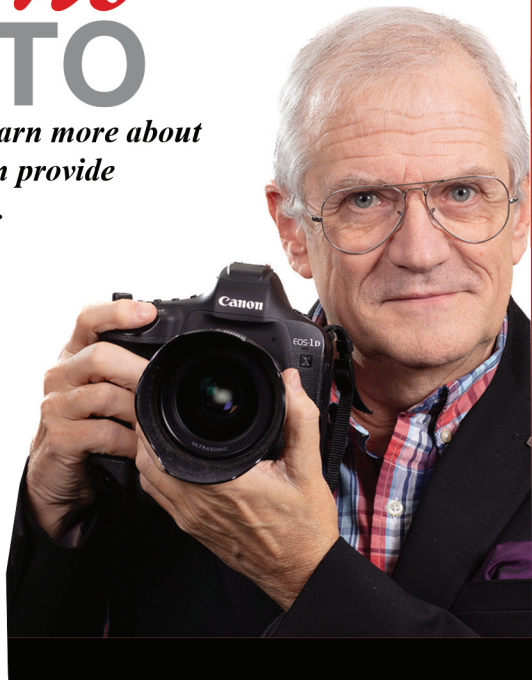
To find out everything Michael Willems Photo has to offer, visit their website at michaelwillemsphoto.com, or simply drop by the studio in the Place d'Orléans Shopping Centre. They'd love to see you!

Michael Willems PHOTO

Visit our website today to learn more about the different services we can provide including photo restoration.



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www.michaelwillemsphoto.com
613-702-1874

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Keeping Orléans motorists on the road for over 30 years

Whether you are planning a summer vacation that will include a good deal of driving, or you plan on making frequent trips to the cottage, you should consider taking your vehicle to Precision Automotive on Vantage Drive for a check-up.

With 10 bays, six licensed technicians and three apprentice technicians, Precision is the largest service centre in Orléans. They also have the expertise to service any make and model of vehicle. While many people will opt for an oil change at one of a myriad of places that specialize in quick oil changes, the people who normally work at those establishments do not have the type of mechanical expertise that Precision's technicians have, to give your car a thorough inspection.

The technicians at Precision will check all your fluid levels, tire condition and pressure as well as all your drive belts and hoses. There is nothing more annoying than losing a drive belt or blowing a hose in the middle of nowhere. Not only is it inconvenient, but it can cost you valuable vacation time, not to mention a potentially expensive towing bill.

Besides belts, hoses and tires, a Precision technician can also inspect your brakes, suspension, exhaust and air conditioning. So why not take advantage of their expertise and have your vehicle checked out today to avoid the chance of a potential headaches tomorrow? Nothing has the potential to ruin your vacation worse than an unexpected mechanical failure that could have been easily prevented by a trip to Precision Automotive. As the saying goes, "An ounce of prevention is worth a pound of cure."

Precision Automotive owner Rob Brouwer and his staff have been providing peace of mind motoring along with honest service and honest value for over 30 years. They offer an industry-leading 2 year/40,000km warranty on most newly installed parts and labour.

Precision Automotive is located at 385 Vantage Dr. behind the McDonald's at Innes and Tenth Line Road. You can also visit their web site at precisionautomotive.ca or call them at 613-841-5550. Happy motoring!



"We are committed to providing honest service for an honest price."



**PRECISION
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behind the McDonald's
www.precisionautomotive.ca
Phone: 613-841-5550



AUTOPRO

Your total home entertainment and Smart Home store

If you're an audio-visual buff, or just someone who wants to upgrade their home entertainment system with the latest in audio and visual technology then you need to visit the Sound & Sight showroom on St. Joseph Blvd.

Sound & Sight is the premier home entertainment and Smart Home technology store in the east end, bar none. The store is locally owned and operated by Jason Miller, who has over 30 years of experience in the audio-visual and home entertainment industry.



Jason Miller

Jason can help turn your audio-visual dreams into reality by working with you 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 dream space 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 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 also equips your home with all the latest Smart Home technology including motorized blinds, security and surveillance systems, Smart Home HVAC controls, lighting controls and home networking systems. And they are also a licensed dealer for Panasonic and Human Touch massage chairs.

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

To get a taste of all they have to offer, visit their website at soundsight.ca which has several links to videos that are bound to spark your imagination. You can also visit their Facebook page @soundsight.ca.

But if you want to take advantage of their ongoing special deals and pricing on everything from flat screen TVs to sound bars and speakers, you need to visit their showroom at 2688 St. Joseph Blvd. at the corner of Orléans Blvd. across from the TD bank.



613.601.6787
www.soundsight.ca

Bring us your dreams and we'll do the rest
2288 St. Joseph Blvd. (across from the TD bank)

Making dreams come true one pool at a time

Jean-Michel Deschamps has been in the pool business for most of his life. He started cleaning pools while a high school student at École secondaire Garneau.

After enrolling at the University of Ottawa to study economics, Deschamps continued to sell and maintain pools. Then, in the early mid-80s he was approached by a large pool company in the United States who wanted him to train dealers on how to install their pools. On those days when he didn't have classes, Deschamps was flown by private jet all over the United States to meet and train dealers.

After he graduated from university, Deschamps continued to train dealers despite his parents' wishes that he pursue a career in the public service.

"I was living the life that I wanted to live, always on the go, and I was making good money," recalls Deschamps.

After nine years of traveling, Deschamps was offered a chance to become the co-owner of the Citadelle Pools franchise in Ottawa-Gatineau. Tired of life on the road, he accepted the offer. After eight years, Deschamps decided to go into business for himself. He sold his shares in Citadelle in 1995 to concentrate all his energy on his own business and get away from the big box store mentality.

The secret to Deschamps enormous success is customer service and the fact that he does everything in-house, from the design to the installation to even the landscaping. As his own sales person he's also not afraid to give his best advice to his clients even if it means they end up with a less expensive pool than what he could have sold them.

Deschamps' focus on customer service has resulted in over 80 per cent of his business coming through referrals.

"Pools create memories. When you have a pool you want to invite your aunts and uncles and cousins over. Its about bringing families together," says Deshamps. "We build pools people can be proud of. That's why I'm still doing this after 40 years."

To find out more visit jmdpools.com, or give Jean-Michel a call at 613-880-1111.



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Building a practice one relationship at a time

The roots of the Orléans-based law firm Grandmaitre Virgo Evans Lawyers/ Avocats go back a long way - more than four decades in fact, when founder Gerry Dust opened the practice in 1979. In the early 1990s, he teamed up with Brad Evans and the firm became Dust Evans.

Over the next 20 years, the two men turned the firm into one of the most pre-eminent law practices in Orléans, focusing on, Real Estate, Will and Powers of Attorney, Estates and Corporate/ Commercial Law.

In early 2011, Phil Grandmaitre's name was added to the partnership. He began working at the firm as a student in 2003 and was called to the Bar of Ontario in 2006.

Josée Cameron-Virgo began her career with Dust Evans in 2002 and, after spending several years with the Ottawa office of a national law firm, re-joined the Dust Evans Grandmaitre family as a partner in the fall of 2011.

Today, the firm continues to provide services in Real Estate, Will and Powers of Attorney, Estates and Corporate/ Commercial Law.

As leaders in the community, Brad, Phil and Josée are committed to supporting the community that supports them in any way they can, following a tradition first started by Gerry Dust who was one of the founding directors of the Orléans Chamber of Commerce and was involved with too many endeavours to list.



Community service is a cornerstone of the firm's values, and all of its lawyers are actively involved in initiatives that contribute to the well-being of our communities. While the specific areas of involvement may vary, each member of the GVE team shares a commitment to civic engagement and professional service. This collective dedication helps to foster strong community ties and reinforces their role as responsible and engaged professionals.

Whether you are buying or selling a property, getting started in business or need estate planning or administration advice, Grandmaitre Virgo Evans Lawyers/Avocats has the expertise to make the process as stress-free as possible. You can reach them by calling 613-837-1010 or you can visit their website at gvelaw.ca.



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Riopelle Group has a well-earned reputation for providing outstanding services and no-surprise, all-inclusive pricing for all residential real estate transactions.

“We feel it’s important clients know exactly what to expect when it comes to costs associated with their residential real estate transaction,” says senior partner Robert Riopelle.

“For many of our clients, this is the biggest financial investment they will make in their lifetime, and it’s easy to get overwhelmed by finances. We take the guesswork out of the equation and provide a clear breakdown of cost so there are no surprises.”

Riopelle Group lawyers also practise family law, corporate and commercial law, and wills and estates. In 2021, Riopelle Group moved to 500 Lacolle Way in the Taylor Creek Business Park which has plenty of parking spaces for their ever-expanding list of clients.

“We wanted to better serve our clients and grow our business,” says Riopelle. “Our future is here and our plans to grow are based on our commitment to Orleans, the surrounding areas, and the people who live here.”

Whether buying or selling a business or dealing with difficult disputes or emotional matters such as divorce, custody or death, Riopelle Group can help. Call Riopelle Group at 613-834-4800 or visit their website at www.rglaw.ca.



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At Caravela Restaurante on Innes Road, they serve more than just seafood

Since it first opening on Boxing Day 2016, Caravela Restaurante and its owner Fernando Diniz, have become known for serving up some of best seafood in Ottawa which has resulted in a long list of repeat customers.

“We have made a lot of good friends since we first opened,” says Diniz. “Many of our customers come back two or three times a month.”

The long list of regular clients is a tribute to the food and family-friendly service delivered by Diniz and his staff starting with his manager “Rico” Sousa.

Diniz hails from Teceira located in the Azores, which is known for their reliance on the sea and everything in it.

Among the many specialties on Caravela’s menu are Shrimp and Scallops, Grilled Octopus, Sea Bass, Seafood Cataplana and Fernando’s Platter which includes lobster, Tiger shrimp, baby clams and 20 mussels. They also have a number of seafood appetizers including Grilled Squid, Cod Cakes and Garlic Shrimp. Caravela has also become famous for its Seafood Chowder which is arguably among the best in Ottawa.

But at Caravela, they serve up more than just seafood. They are famous for their Piri-Piri Chicken which is always moist and succulent. They also have Lamb Shank, Braised Rabbit, and Alcatra, which is a traditional Portuguese pot roast.

Most of the items on the menu can be ordered with no spice, medium spice, or hot and spicy. But save room for dessert. The dessert menu includes Crème Brulé, Chocolate Coconut Cheesecake and the competing house specialties, Rico’s cake which is made out of cookies and creme, and Fernando’s cake which is similar but has cherries on too. Both go perfectly with and espresso or cappuccino.

Enjoying a meal from Caravela Restaurante is like dining at any quality restaurant in Porto, Lisbon, Algarve or the Azores.

“We often get compliments from people who have been to Portugal and they tell us that when they eat our food they are immediately transported back in time. It’s like reliving their memories all over again,” says Diniz.

You can check out Caravela’s latest menu at caravelarestaurante.ca. Because of the restaurant’s popularity, reservations are a must on Fridays and Saturdays. Caravela Restaurante is located at 3712 Innes Rd. next to Food Basics.



Fernando Diniz

Open Tuesday to Sunday

from 11 am to close

2 seatings Friday and Saturday

at 5:30 pm and 7:30 pm

For reservations call

613-424-9200

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Tuesday to Friday

12 noon to 3 p.m.

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www.caravelarestaurante.ca

COMMUNITY BILLBOARD

THURSDAY, JULY 17

ORLEANS FARMERS' MARKET from 11 am to 4 pm in the parking lot at the Ray Friel Recreation Centre on Tenth Line Road.

SATURDAY, JULY 19

CUMBERLAND FARMERS' MARKET from 9 a.m. to 1 p.m. at the R.J. Kennedy Arena in Cumberland Village with 85 local farmers and vendors selling their freshest produce, handmade goods, and unique finds!

SUNDAY, JULY 20

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.

TUESDAY, JULY 8

TRIVIA NIGHT every Tuesday night at the Royal Oak Pub OrLéans from 7:30 p.m. Free to play and prize for the winning team! The Royal Oak is located at 1981 St. Joseph Blvd. near the corner of Jeanne d'Arc Blvd. For more information visit facebook.com/RoyalOakPubsOrleans.

THURSDAY, JULY 24

ORLEANS FARMERS' MARKET from 11 am to 4 pm in the parking lot at the Ray Friel Recreation Centre on Tenth Line Road.

DJ NIGHT at the OrLéans Brewing Co., 4380 Innes Rd. (near the McDonalds) from 7-10 p.m. to 6 p.m. Join us and our roster of DJs every Thursday, and jumpstart your weekend.

THURSDAY, JULY 24

NAVAN KNICK-KNACK AND MORE COMMUNITY GARAGE SALE on the streets of Navan from 10 a.m. to 2 p.m. Come one, come all.

SUNDAY, JULY 27

CUMBERLAND ART AND GARDEN TOUR – Experience the charm of historic Cumberland in a tour that combines exquisite gardens and works by talented local artists. The tour features four diverse gardens, plus art exhibits at the Lions Maple Hall. Artwork is for sale at all five locations. The event is free and the tour can be done in any order. Details on Facebook/cumberland.ontario and the community website: cumberlandvillage.ca.

IN MEMORIAM



Joan Kathleen Clisch (née Hickey), 87
Passed away on July 6, 2025

Pierrette Paliquin, 82
Passed away on July 6, 2025

Cadet Mst. Cpl. Véronique Duhaime, 15
Passed away on July 1, 2025



www.heritagefh.ca/obituaries

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CHURCH LISTING

Orleans Seventh-Day Adventist Church
Please join us on Sabbaths for worship and fellowship
Saturdays: Sabbath School @ 9:30 and Divine worship @ 11:00 a.m.
Location: Grace Presbyterian Church
1220 Old Tenth Line Rd. • 613-834-9638

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www.cgiottawa.ca [cogcanada](https://facebook.com/cogcanada)

dementia talks *by Symphony*



Older Adults and The Human Right to Leisure

Join Louise Bélanger-Hardy,
professor at the University of
Ottawa, for a powerful
conversation about honoring the
right of older adults to experience
joy, connection, and fulfillment
through leisure.

EXPERT TALK – Q&A – COMPLIMENTARY COCKTAIL RECEPTION

Day: July 22, 2025 / 4:00 pm

Location: Forest Valley Terrace
1510 St Joseph Blvd, Orléans On
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Free Tickets at:
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