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# THE Orléans Star

August 31, 2023 • Volume 38, No. 8

Next edition September 14

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Cumberland Panther running back Nico Scarfone avoids a tackle against the Nepean Eagles during their season opener on Sunday, Aug. 19. PHOTO COURTESY OF LOTUS CREEK CREATIONS

## OC Transpo in for bumpy ride in 2024

By Fred Sherwin  
The Orléans Star

OC Transpo is facing a cash crunch next year and riders and ratepayers may have to pay the price with a combination of higher fares, increased property taxes and reduced routes.

According to a report presented to the city's finance and corporate services committee in the lead up to the 2024 budget process, OC Transpo is facing a potential \$35 million deficit next year due to ongoing low ridership that started during the COVID pandemic and continues to this day.

In June, OC Transpo reported bus ridership was at 73 to 75 per cent of pre-pandemic levels, while O-Train ridership was at 43 per cent of pre-pandemic levels.

One of the biggest reasons for the drop in

ridership is the federal government's decision to allow government workers to work from home. Seeing as that will never change – at least not for the foreseeable future – some drastic measures are being recommended including fare increases and route cuts.

“OC Transpo continues to face financial pressures as the service continues to realign to the changing ridership needs and new services such as O-Train Lines 2 and 4,” says the report, which is expected to be presented at the next finance and corporate services meeting on September 5.

“Ridership and fare revenue continue to be lower post-pandemic because many downtown office workers are working from home or are working a hybrid schedule.”

CONTINUED ON PAGE 2 ►



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## COMMUNITY BRIEFS

### Kevin Frost wins Canadian Blind Golf Championship



ORLÉANS – Orléans sight impaired golfer Kevin Frost has added the Canadian championship to his list of athletic accomplishments. Playing in the five per cent vision division at the ISPS Handa Canadian Open Blind Golf Championship in Truro, Nova Scotia, Frost had the lowest overall Stableford score over two rounds. It was Frost's first tournament playing with his new guide dog Woody. It was also his first tournament since placing 7th in the World Blind Golf Championships in Cape Town, South Africa last April.

### Orléans Terry Fox Run to take place on Sept. 17

ORLÉANS – The 32nd edition of the Orléans Terry Fox Run will take place on Sunday, Sept. 17. As in the past, the start and finish will be located in the parking lot of Sir Wilfrid Laurier Secondary School on Tenth Line Road. Registration will open on site at 7:30 a.m. Open start is anytime between 8 a.m. and 11 a.m. Bicycles, rollerblades and strollers are all welcome. Dogs must be kept on a leash. Pre-registration and donations can be made at [terryfox.org/terry-fox-run/](http://terryfox.org/terry-fox-run/).

### Orléans Rib and Poutine festival returns Sept. 15-17

ORLÉANS – The Orléans Rib and Poutine Festival returns to the Orléans Festival Plaza on Centrum Blvd. on Sept. 15. Besides all the delicious BBQ vendors serving up lip-smacking ribs, chicken and pulled pork, there will be several food trucks offering a wide variety of poutine. As in the past, the festival will also include live music, a market village and a beverage area with a number of local craft breweries providing their latest brews. Festival hours are Friday, Sept. 15 from 11 a.m. to 9 p.m., Saturday, Sept. 16 from 11 a.m. to 9 p.m. and Sunday, Sept. 17 from 11 a.m. to 7 p.m.

### Registration now open for Fall Cleaning the Capital campaign

ORLÉANS – It's time to once again clean up our city parks and other public spaces. Organizations interested in taking part in this year's Fall Cleaning the Capital campaign can register by visiting [ottawa.ca/clean](http://ottawa.ca/clean). Interested parties can choose from a variety of public spaces to help clean up in the community such as community parks, roadsides, bike paths and the shoreline along the Ottawa and Rideau Rivers. Registration closes on Oct. 1. Projects can be completed between Friday, Sept. 15 and Sunday, Oct. 15. Starter cleanup kits are available upon request. The spring campaign was a big success with over 970 projects registered and approximately 30,000 kilograms of waste collected. Since Cleaning the Capital began in 1994, over 1.4 million volunteers have participated, and it is estimated that over 1,000,000 kilograms of waste has been removed from the city's public spaces.



## Report recommends increase of 2.5% in fares and transit levy

Continued from page 1

In addition to the projected \$35 million shortfall, staff warn the transit service will face "new costs" in 2024 from the operation of an expanded LRT, along with annual inflation and contract settlements.

The report recommends that both fares and the transit levy on the property tax bill should be increased by 2.5 per cent. It also recommends that bus routes should be realigned to reflect current ridership levels.

The combined increases in fares and the transit levy will generate \$15 million. That leaves another \$20 million that would need to be found in service cuts.

OC Transpo is currently wrapping up a bus route review that was launched last spring. The goal of the review is to "help inform the future of OC Transpo's bus system."

Recommendations for possible bus route changes are expected to be presented to the Transit Commission this fall.

The problem with fare increase and service reductions is that they will lead to even fewer riders, which at least one councillor will lead to a "death spiral".

Knoxdale-Merivale councillor Sean Devine recently told CTV News that the proposed fare increase and service changes will degrade and diminish the system, losing more and more riders, which leads to yet more service cuts and fare hikes.

"The unintended consequences of these actions may end up far more costly and far more devastating to the city as a whole, pushing more and more residents away from transit and back into cars, with all the costs that come with that," Devine explained.

Besides the upcoming report to the finance and corporate service committee, OC Transpo staff are expected to present a report in November outlining the financial pressures the transit service faces along with a description of the effects that any change would have on service for customers.

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# Rain fails to dampen turnout at community corn roast and BBQ

By Fred Sherwin  
The Orléans Star

For the second year in a row, Orléans MP Marie-France Lalonde and MPP Stephen Blais co-hosted a community corn roast and BBQ on Petrie Island last week and despite intermittent rain showers it was well attended.

The annual event was started by Phil McNeely when he served as MPP from 2003 to 2014. It was picked up by Lalonde after she succeeded McNeely as MPP in 2014. She continued the tradition after being elected to the House of Commons in May 2019.

The event had to be canceled in 2020 and 2021 during the COVID pandemic and was eventually revived last year when it was co-hosted by Blais who was elected to replace Lalonde as MPP in the fall of 2019.

Over 200 people braved the rain to attend this year's corn roast and BBQ, including it's originator Phil McNeely.

Those who attended were able to visit a number of tables set up by community organizations like the Orléans Cumberland Community Resource Centre, the Eastern Ottawa Resource Centre, Rendez-vous des aînés francophones d'Ottawa (RAFO) and

the 632 Phoenix Air Cadet Squadron.  
The BBQ and corn roast was manned by members of the Orléans Lions Club, which has been taking care of the cooking duties since the event's inception.

Representatives of the Willowbend Retirement Community were also on hand with a popcorn machine.

The entertainment was provide by students from Sing House Studios and in particular Sophie Grenier, a Sing House alum who recently won the *La Voix*, the Québec version of *The Voice* singing competition.

Lalonde used the corn roast and BBQ as an opportunity to present Grenier with a Queen's Jubilee citation for being a musical ambassador for Orléans.

"She didn't know she was getting the award, but she is a true ambassador of our community. She won *La Voix*, which is really a Québec competition and she is from right here in Orléans, which is an incredible achievement," said Lalonde, who was also appreciative of everyone who came out despite the weather.

"The weather did not help but it is always nice to see the community come together. You know, since the pandemic people want



Marie-France Lalonde presents a Queen's Jubilee citation to Sophie Grenier (far left) who recently won the Québec version of *The Voice*. PHOTO SUPPLIED

to get out and meet other people and this is a terrific opportunity to do so. And I've met many people today that I've never met before. They are new to this community."

The corn roast and BBQ is notable in that it stays away from politics even though it is

hosted by the local MP and MPP.  
"This not a political event. We're not here for that. People come here not to hear about politics. They come here to meet as friends and to meet other people from their community," said Lalonde.

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# COVID 2.0

If you've been paying attention to the news lately, you may have read or heard that COVID cases are once again on the rise after dropping to near non-existence this past summer.

Positive tests and hospitalizations have been creeping upward since the beginning of August.

The percentage of COVID tests coming back positive most recently hitting nearly nine per cent. Hospitalizations jumped roughly 11 per cent during the first two weeks of the month, as the number of hospital beds occupied by COVID patients hit more than 1,700 by Aug. 15.

The numbers are even more dramatic south of the border, which is not a good sign.

Wastewater tests, which have become an early warning sign for COVID activity, are also up in many cities in Canada including Ottawa. Although they are nowhere near the levels seen last fall, public health officials are still warning that they are a potential harbinger of things to come.

On a personal note, I know two people who contracted COVID in the past two weeks. One only experienced mild symptoms, while my other friend was still bedridden last week after experiencing severe symptoms for several days.

All of which to say, COVID is still a thing and is still mutating. The latest Omicron sub-variant has been found in 36 per cent of the current cases.

These are all cautionary warnings which are substantial enough to warrant another round of boosters, especially the elderly and people who are at high risk with underlying health conditions. The only problem is that a booster isn't ready yet.

Although a booster is being developed to provide protection against several strains of COVID, it won't be made available until this fall.

In the meantime, people at risk should take the necessary precautions including wearing a face mask in public.

Only time will tell if the current increase in cases remains a ripple or becomes a wave.

One thing that is for sure is that the wave won't be big enough to warrant a return to the draconian regulations and closures imposed during 2020 and 2021. The public wouldn't stand for it.

The impact of those measures are still being felt today most notably in the ongoing recession which was a product of the pandemic and the supply chain issues the pandemic created.

The economy couldn't take another series of protracted shutdowns and restrictions. Those days are over and good riddance to them. But that doesn't mean we should lower our guard entirely.

COVID, like the flu, is a formidable disease that demands our respect. For most, it's nothing but an annoying illness that normally requires a few days off work. But for others who are at risk of suffering severe symptoms, it is a disease to be avoided at all costs.

— Fred Sherwin, editor

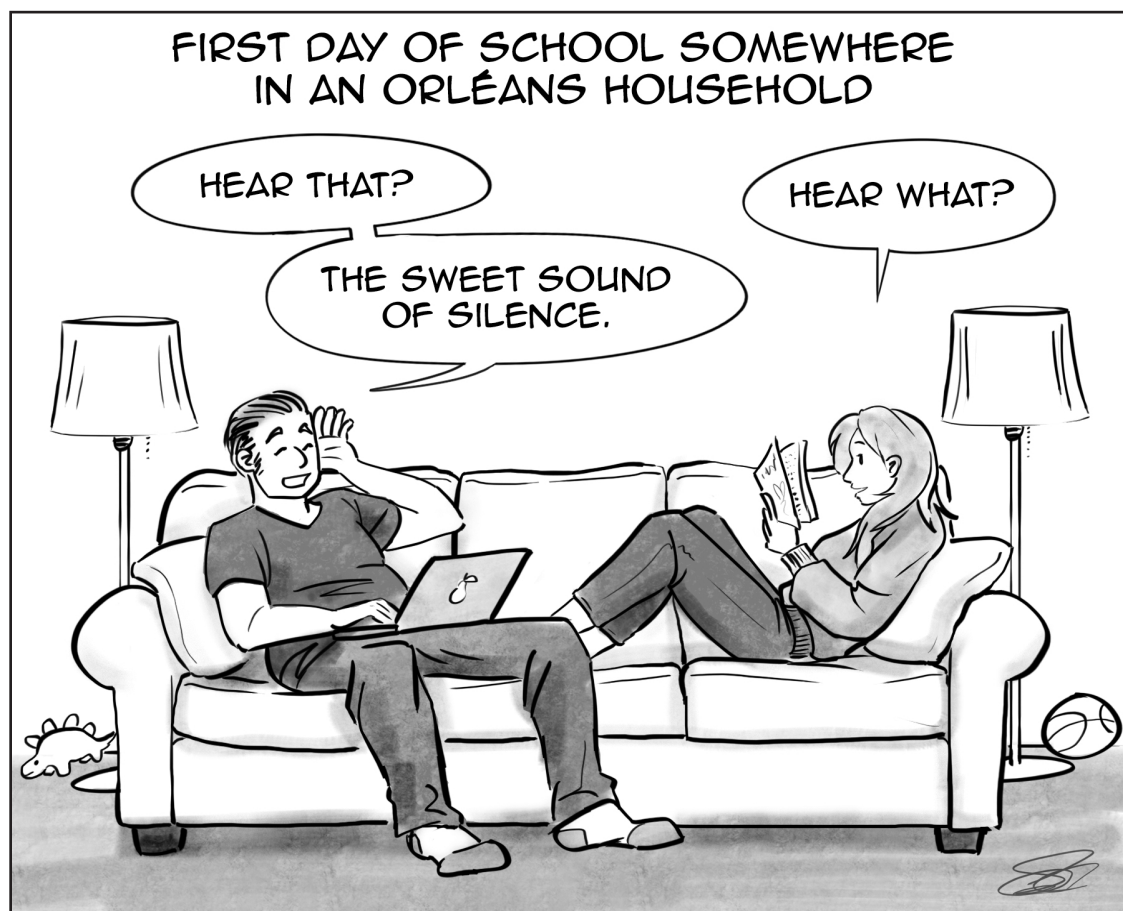
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## As summer comes to an end, it's time to look forward to another school year

It feels like just yesterday that we were celebrating the end of another school year and looking forward to the long and lazy days of summer. But as we flip our calendars to September, the sunny summer days are coming to an end and a new school year is about to begin.

The summer months provide us with an opportunity to take a break from our normal routine and pressures of everyday life. It is a chance to explore, to grow, and to have fun with family and friends.

I'm hopeful that you all had the opportunity to unwind and make memories with loved ones that will last a lifetime and that you spent time in the outdoors enjoying nature or experienced new things, discovered new places, and met new faces.

And now, as we get ready for a new school year, children and parents can look back at their summer with gratitude and look forward to their future with optimism. We can take with us the skills, knowledge, and the wisdom that we gained during our summer adventures and apply them to our academic endeavors.

I hope for a safe and successful school year for

each and every student who walks into the halls of our schools this September.

As the children in your lives enter their new classrooms, let's remind them that they are not alone. That they have the support and guidance of their teachers, who are there to help them learn and grow. That they have the friendship of their classmates, who are there to share their joys and sorrows. But most importantly,

that they have the love and encouragement of their parents, who are there to cheer them on every step of the way.

I want to remind parents and drivers to be vigilant and extra cautious of children who may be crossing the street or biking to school. Slow down while driving in residential streets and school zones.

Driving carefully in school zones is not only our legal obligation, but also a moral duty. It is a way of showing respect and care for our children and our community.

With that, I'd like to wish the residents of Orléans a safe and happy Labour Day long weekend, and hope that you enjoy the remaining days of the summer!



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# Trip to LLWS renews love affair with the game of baseball

The first time I went to the Little League World Series (LLWS) in Williamsport, Pennsylvania was in 2011. The boys and I were sitting on the beach in Hampton Beach, New Hampshire when I was reading a story about the LLWS in the *USA Today*.

At the time, I was completely disillusioned with professional baseball following all the steroid scandals and hadn't watched a game for several years.

My only connection with the game was as a coach with Gloucester Little League. In 2011, I had coached the Major Little League team to a near perfect 11-1 record. In 2012, another set of coaches took over the team for the summer which gave me the time off to take the boys on a vacation.

We drove seven hours to get to Williamsport. We arrived at 6:30 a.m., had breakfast, and then parked near the LLWS complex, where we got a couple of hours sleep in the car before making our way to the stadium. When I passed through the gate I immediately fell in love with the place. If you are a baseball purist, it is baseball heaven.

First of all, the games are free. The parking is free. And the concessions are all reasonably priced.

But that's not the reason the place is so special. The reason the place is so special is the baseball, or to be more exact the 11 and 12-year-olds who play the games.

The level of talent is off the charts, especially the pitching and the fielding. There are no millionaires, no drama, and no egos, just a bunch of kids from all around the world who eat, breathe and dream about baseball 24/7.

The LLWS is a double-elimination tournament. On one side of the bracket are the American teams from 10 different regions. On the other side are five international teams from Canada, Mexico, Panama, Cuba, Japan and Australia, as well as teams from five different regions: Europe-Africa; Latin



America; Asia-Pacific and the Caribbean.

This year's Europe-Africa representatives were from the Czech Republic, the Latin American team was from Venezuela, the Caribbean team was from Curaçao and the Asia-Pacific team was from Taiwan.

At the end of the week, one team emerges from each bracket to play for the LLWS championship.

Last year the team from the tiny island of Curaçao made it all the way to the championship game before losing to the U.S. finalists from Hawaii.

The tournament was canceled in 2020 due to the COVID pandemic and in 2021 play was limited to teams from the United States, also due to the pandemic.

In 2011, the boys and I only stayed for the day. I went back in 2012 with my friend Rejean, his son Yannick, who I was coaching at the time, and another player named Sean. We watched six games in two days and then went to the Baseball Hall of Fame in Cooperstown on the way back.

I returned in 2016, 2017 and 2018, and again last year when I got to witness Team Canada upset Team Japan 6-0. It was only the second time a team from Canada had beaten the 11-time champions.

The team from South Vancouver eventually got knocked out of the tournament after back-to-back losses to Mexico and Curaçao, but not before they made the entire country proud.

This year I went with Bob Begin. He's been wanting to go ever since I told him

about my experience 11 years ago. I wrote about all three of his sons when they played football at St. Peter High School, as well as with the Cumberland Panthers.

It turns out Bob is a baseball purist himself and somewhat of a baseball historian. He grew up in Montréal in the 1960s and 70s and used to take three buses to get to Jarry Park to watch the Expos play.

Bob and I are also a lot alike and have the same sense of humour. We acted like an old married couple, or as Bob told one woman, the Even Couple, because unlike the Odd Couple we are totally alike.

We had the fans around us in stitches.

We left early in the morning on Thursday, Aug. 17 so we could get to see Canada play Taiwan in their opening game.

The team from North Regina had lost their first three games at the Canadian championship before reeling off five wins in a row, including a 4-3 upset win over a North Vancouver team, which had averaged 12 runs per game, in the final.

Unfortunately, in their opening game against Taiwan, they faced the best pitcher in the tournament, Fan Chen-yun, who can throw an 82 mph fastball and nearly unhittable 70 mph slider.

To give you an idea of what an 82 mph fastball is like at the Little League level, Little League International has a chart that compares a Little League fastball to a Major League fastball in terms of the amount of reaction time the batter has. The chart only goes up to 75 mph, which is equivalent to a 99 mph fastball in the big leagues. It doesn't go any higher because before this year only one pitcher in Little League World Series history has ever thrown a pitch over 75 mph and that was a kid from Hawaii last year who threw a pitch 77 mph.

Keep in mind in Little League the pitching mound is only 46' from the plate compared to 60'6" in the big leagues. When factoring the shorter distance an 82 mph fastball in

Little League is like a 107 mph fastball in the big leagues.

As it turns out Chen-yun can also hit the ball. In fact, he hit a line drive home run in Taiwan's 6-0 win over Canada.

After losing to Taiwan, Canada faced the Europe-Africa team from the Czech Republic. (The Little League World Series is a double elimination tournament.) They end up winning the game 3-0 thanks to an 80 pitch shutout performance by their pitcher Jaxon Weir who was also 3-for-3 at the plate.

Which brings me to two other things I love about the LLWS – the games are only six innings long which means they take about two and a half hours to play. The games are also played in two stadiums that are less than 500 metres apart and they are scheduled two hours apart, which means it's possible to watch four games in a day at 1 p.m., 3 p.m., 5 p.m. and 7 p.m.

Bob and I managed to take in at least parts of 15 games. Four games each on the Thursday, Friday and Saturday, and three games on the Sunday before we had to drive back home.

As for Team Canada, they faced a very tough team from Tijuana, Mexico in their third game and lost 10-1.

Mexico would go on to beat Panama and Japan before losing to Curacao in the international semi-final. Curacao then lost to Taiwan in the international final, which set up a Little League World Series championship game between Taiwan and Texas. Unfortunately the game was played after our deadline on Sunday and I don't know the result as I write this column. But if Fan Chen-yun was pitching for Taiwan I wouldn't be at all surprised if they won.

As for myself, I can't to get back to my Field of Dreams next year to see a bunch of youngsters play baseball purely for the love of the game. It warms my heart and restores my own love of this magnificent sport.

## Marie-France LALONDE

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# Governments at all levels need to do better operating within ‘our’ means

As I write this month’s column, I am sitting in my front yard, hosting a garage sale with my neighbourhood. It isn’t going particularly well, and it’s not because we priced things too high or because we have entirely undesirable items. Every single person that I’ve talked to today have told me that they just don’t have the same amount of disposable income as we used to. Don’t I know it.

Typically, I’d take items we were no longer using down to the thrift shop as a donation, but with the cost of fuel, groceries and energy constantly on the rise and the value of our paycheque in free fall at the same time, every single nickel counts.

Over the course of the last three years, many of us have made massive changes to our household budgets. We focus more on items that last rather than fast fashion.

We have cut back on entertainment, canceled monthly subscriptions, canceled our television services and worked hard to eliminate anything but the essentials while taking every penny left over to pay down

debt. Governments need to do the same. We’re being treated like a credit card, and we’re finally really starting to feel it.

Governments don’t “make” money in the traditional sense. They take it. And if it’s too much for us to bear, they take it from our children and our grandchildren, essentially gambling that their futures will be better than ours.

This is not a safe bet given that many in the younger cohort of my generation are still in their childhood bedrooms with choo-choo train wallpaper adorning walls that seem to be closing in on them.

Profligate government spending crowds out private investment, mortgages our children’s futures, and drives up inflation which leads to higher interest rates, lower affordability and stagnation in real wages. It’s a rotten combo. We desperately need to change course. We need a common sense approach to the common problems of our day. We need to deal with the world as it is now, not how we wish it was if we ever hope to get there.



**Matt Luloff**

Orléans East-Cumberland

# Local city councillors in store for a busy legislative agenda this fall

As fall comes knocking, I want to thank all the community associations that hosted events throughout the summer. These occasions not only brought us together to enjoy delicious food, entertainment, and good company with our neighbours, but also showcased the strong community spirit of Orléans South-Navan.

Looking ahead, the legislative agenda at City Hall this fall promises to be a busy one with critical discussions that will shape our city. Budget consultations are around the corner. We will also be discussing important files like the new Ottawa Hospital, Lansdowne 2.0 and a long-term strategy for the City’s waste management.

Your feedback is invaluable, and I encourage you to stay engaged and share your thoughts with me.

I’m also looking forward to moving the needle on projects close to home, like public consultations for a new district park beside the François Dupuis Recreation Centre. Keep an eye out for announcements!

I also want to express my gratitude for your patience during the construction season.

As roads were repaired and infrastructure upgraded which our ward badly needed and I advocated for, I applaud your understanding with increased traffic delays. These projects have short-term inconveniences, but they’re essential for our

community. Wishing all parents, teachers—and most importantly kids—in our community a safe and happy back to school season.

Also reminding all drivers to be especially cautious as our little ones return to school. Speeding and dangerous driving continues to be one of the top issues brought forward to my office. We must all slow down and be mindful of the increased pedestrian and cycling activity on our local roads.

As always, I remain accessible to respond to your issues and queries. For regular updates directly to your email inbox, sign up for my digital newsletter at [catherinekitts.com](mailto:catherinekitts.com).



**Catherine Kitts**

Orléans South-Navan



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# Vanlife adventure not the most glamorous lifestyle

*(Tori Dark and Kevin Nault have embarked on a trip across Canada aboard their newly converted camper van. In doing so, they are joining hundreds of other people who have taken up what is referred to in the culture as “VanLife”. During their trip, the Orléans Star will publish a series of diary pieces from Tori allowing readers to follow the couple’s journey. This is the sixth installment in that series.)*

These days there is a lot of pressure for us to document our “perfect” vanlife journey on social media. We get asked over and over if we have an Instagram page or TikTok account for family and friends to follow along with Kevin and me. Which I can understand – who else do you know that would buy a very large white van, renovate it and travel across the country at 28?

Most people our age are having babies or buying a house (or at least trying to). We did the complete opposite! If you follow our adventure online you will see nothing but beautiful sunsets, ocean views and mountain ranges. But what you don’t see are the real-life moments behind those photos. So here’s a list of everything that has gone wrong with our “perfect” journey so far.

The first leg of our journey took us to Tadoussac, QC, to go hiking and look for Beluga whales.

It was a beautiful fjord with whale sightings every day. I was sharing videos and photos on my Instagram account of what it’s like to work as an artist on the shores of St. Lawrence while basking in the summer sun. That was until I got a phone call from Kevin to pick him up from his solo hike in Saguenay Fjord National Park. Little did I know I was about to take our brand new mobile home off-roading because Google Maps led me down a condemned hydro service road equipped with large boulders, bears and cliffs.

I am not exaggerating when I say that every cupboard in the van opened and everything in them was thrown to the floor. It was so ridiculous we could only laugh and be amazed the van didn’t flip or get stuck. Unfortunately, we later found out that we did, in fact, damage our heater, which was a bit inconvenient once we made it to the -5°C weather in northern Labrador.

Our most recent adventure involved me getting our rear wheel stuck in a ditch while parking in Berry Hill, Gros Morne, Newfoundland. Luckily for us, a local tow truck



Sunset at Arches Provincial Park, Newfoundland. TORI DARK PHOTO

driver was able to help push us out.

The biggest problem there was his Newfy accent was so strong I honestly couldn’t understand anything he said. He got his point across and he saved the day! More about him to come later...

I guess the point here is don’t believe everything you see online. Yes, there are

beautiful sites, delicious restaurants and one-of-a-kind experiences. But there are equally messy and realistic aspects of life. Both make it worth it in the end.

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

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# Food bank sees 30% increase in demand since pandemic

By Fred Sherwin  
The Orléans Star

The pandemic may be over, but demand for emergency food supplies remains as high as ever, thanks to the effects of inflation on everything from rent to groceries.

The Orléans-Cumberland Food Bank has seen a 30 per cent increase in demand in the past year alone and a 50 per cent increase since January 2021.

In terms of families and individuals who depend on the food bank to get through the month, an average of 248 families comprising of 887 individuals including 417 children under the age of 18 have visited the Centrum Blvd. centre so far this year.

That's up from an average of 773 individuals including 363 children in 2022 and 640 families including 300 children in 2021.

The biggest reason for the uptick in visits is the price of groceries, which has made it more and more difficult for families who are struggling financially to put food on the table. So when the cupboard is bare, they come to the Orléans-Cumberland Community Resource Centre for five days' worth of emergency food supplies as a last resort.

It is a common myth that people can

visit the food bank three or four times a month. The truth is that people are limited to a single visit per month and even then they are only able to get a limited amount of food.

Of late, the Resource Centre has been struggling to keep up with the increase in demand.

In order to try and catch up, they are issuing an appeal to the community to provide both food and cash donations.

Among the items they are most in need of are diapers, baby food, cereal, canned vegetables, soup, pasta, juice boxes, flour sugar and peanut butter.

If you don't have the time to drop off a food donation, the easiest way to support the food bank is to make a donation on line at [croc.ca](http://croc.ca). The Resource Centre is able to leverage monetary donations that enables them to have greater spending power than the average person.

It also should be noted that 100 per cent of your donation will go directly to purchasing food. Any administration costs are covered by grants from the various levels of government.

The Orléans-Cumberland food bank is



The Orléans-Cumberland food bank is located on Centrum Blvd. across from the Shenkman Arts Centre. FILE PHOTO

located in the Orléans-Cumberland Community Resource Centre across from the Shenkman Arts Centre on Centrum Blvd.

The food bank is open Tuesdays from 2-6 p.m., Thursdays from 9:30 a.m. to 12 noon and from 1 p.m. to 4:30 p.m., and Fridays from 9:30 a.m. to 12 noon.

People who live in the Resource Centre's catchment area are eligible to receive food supplies. The catchment area includes Queenswood Heights, Fallingbrook, Riverwalk, Chatelaine Village, Springridge, Cumberland, Navan, Sarsfield, Vars, Carlsbad Springs and points in between.

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# Cumberland Panthers off to perfect gridiron start

By Fred Sherwin  
The Orléans Star

The Cumberland Panthers Football Club kicked off its season with a perfect start earlier this month winning all four of its games at the U10 tyke, U12 mosquito, U14 peewee and U16 bantam levels in equally perfect fashion, scoring a combined 205 points without allowing a single point against.

The weekend started off with U10 tyke team beating the Nepean Eagles 46-0 who were hard-pressed to pick up a first down, let alone score any points.

First year player Channing Mailhot lead the way on the score sheet for the Panthers with two touchdown passes and a pair of TDs on the ground. Second year player Nico Scarfone also scored a pair of touchdowns, both on the ground while Emerson Touchette went 5-for-6 on extra point attempts.

First year coach, Jason Poirier, is fortunate in that most of the returning players from last year's team that made it to the A-Cup final are on defence including linebackers Matthew Anderson and Mavrik Poirier who made the lion's share of the tackles against the Eagles.

"Our defense is top notch. We're running different plays with stunts and blitzes. It's going to be very hard for other teams to score against us," says Poirier, who was the defensive coach on last year's team which lost by just three points in the city championship.

Having a top notch defensive takes a lot of pressure off the offence, which allows them to play more freely.

It also doesn't hurt the offence to practice against the best defence in the city. But it can also be counter-productive if the offence is constantly getting stymied during scrimmages. That's why they have to sub off some of their best defensive players in order to allow the offence to get their plays in.

In other action during the opening week-end, the U12 peewee team posted a dominating 66-0 win over the Ottawa South Mustangs.

Quarterback Jacob Pranschke lead the way for the defending city champions on offence with three touchdown passes to Alex Anderson, Troy Leroux and Trenton Murdock who also returned a punt for a TD on the fourth play of the game.



Cumberland Panther running back Nico Scarfone avoids a tackle against the Nepean Eagles during their season opener on Sunday, Aug. 19. PHOTO COURTESY OF LOTUS CREEK CREATIONS

William Beaulieu rushed for two majors while Kamilou Sorne and Nico Charlebois each rushed for a touchdown as well.

Carson Harris kicked four converts along with a two-pointer and Charlebois successfully converted a pair of two-point attempts on the ground to go along with his

rushing TD.

According to head coach Steve Pranschke half of the team is comprised of players from last year's A-Cup champions and the other half is made up of players from last year's U12 mosquito team which not only

CONTINUED ON PAGE 10 ►

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## Cumberland Panthers off to perfect start to season

Continued from page 9

won the city championship, but won the provincial championship as well.

"This year's team is physically smaller, but we're very fast and we're very skilled," says Pranscke. "Overall, I am very hopeful this year. We have a lot of talent and a very good coaching staff."

In the U12 mosquito game, the Panthers managed to score 30 points against their Nepean Eagle opponents with a roster composed of one-third second year players, one-third graduates from last year's tyke team and one-third kids who have never played the game before.

In fact, it's a new game for the tyke graduates as well as they are playing 9-on-9 football for the first time.

The one thing the returning players have is experience and a good deal of previous success in fact most of them haven't lost a games in over two years.

They were on the undefeated team that won the A-Cup last year and they were on the 2021 tyke team that also went undefeated in winning the city championship.

"I feel really good about the team," says Mike Rouleau who coached last year's tyke squad. "We have a lot of great athletes who are still learning the game, but we have as good a shot as anyone."

The mosquito Panthers got offensive touchdowns from Evan Nichols, Rocco DellaVedova and Jacob Kavanaugh in their against the Eagles, while Novak Drouin and Miguel Iraheta both ran back punts for touchdowns on special teams.

In the Panthers' other season opener, the U16 bantam team beat South Ottawa 63-0.

All four teams were back in action again on Aug. 27. Unfortunately, it was too late to make this week's paper which was printed on Saturday.

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# 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. 10 from 11 a.m. to 3 p.m. for both the Shankman Arts Centre location and their downtown location at 35 George St. in the Byward Market.

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 four 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 the week of Sept. 11, the Ottawa School of Art is encouraging people to register as soon as possible.

### CLASSES FOR CHILDREN AGED 4-10 YEARS

Multimedia classes are offered for children aged 4 to 10 years. Throughout the three terms, students produce a wide variety of work in all disciplines: drawing, painting, printmaking, collage and sculpture, including clay. 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 hours long and tuition fees include all materials. Courses this fall

include Exploring Collage and Mixed Media for ages 8-9, Explore! Create! Discover! A Magical Art Adventure with Mixed Media for ages 4-6, and Young Artists: Creating Artistic Wonders with Mixed Media for ages 7-9. 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 between 10 and 12 years old as well as teens. These classes encourage students to focus their attention and develop patience using a narrower range of techniques while having fun. Two courses in particular this fall are Creative Café for Teens for Ages 13-15, and Portfolio Development and Alternative Art for Ages 12-15.

### CLASSES FOR ADULTS

The Ottawa School of Art also offers a number of classes for adults and seniors at four levels of instruction – fundamental, 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, by visiting [artottawa.ca/courses/](http://artottawa.ca/courses/)

The Ottawa School of Art will be holding an open house on Sept. 10 with free art demonstrations from local art instructors from 11 a.m. to 3 p.m. Visit [artottawa.ca](http://artottawa.ca) for more information.

These demonstrations share techniques you can learn in the OSA's adult general interest, children and teens, or online courses.



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OTTAWA THEATRE



# Fall registration

## GO Capital the home of synchronized swimming in Ottawa

By Fred Sherwin  
The Orléans Star

The GO Capital Artistic Swimming Club welcomes swimmers of all ages, genders and abilities. The Club prides itself on providing a positive training environment, allowing each athlete to strive for their version of success while having fun.

The club's coaches are highly skilled in artistic swimming technique and are talented choreographers, resulting in outstanding routines.

GO Capital has been the fastest rising synchronized swimming club in Ontario over the last five years.

Much of the club's success is due to the focus the coaches place on facilitating healthy team relationships while allowing for personal and individual growth and accomplishment.

Besides its highly successful competitive synchronized swimming program, GO Capital has a recreation program for swimmers of all ages and abilities.

GO Capital is the home of learning the love of swimming for life.

As with many amateur sports clubs across the country, the facility closures and capacity restrictions during the pandemic had an impact on the club's ability to

offer programming. Particularly affected were entry-level recreational programs for ages six to 11, as well as regional league programs for ages 8 to 18, which introduce competitions.

A recent \$24,000 grant from the Ontario Trillium Foundation was used to augment coaching salaries and cover a portion of pool costs. The money will enable the club to rebuild its base and ensure the continued



presence of the sport in the Ottawa area.  
For more information visit [facebook.com/gocapitalsynchro](https://facebook.com/gocapitalsynchro).

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# Fall registration

## Ottawa School of Theatre ready to embark on new season

By Jody Maffett  
The Orléans Star

Ottawa School of Theatre is 34 years old! OST-ETO is the longest-running theatre school in Ottawa, offering acting and theatre classes for students of all ages in both English and French.

In 2023-2024, OST-ETO will be offering classes covering the classics, musical theatre, sketch comedy and more for ages four to 104. They also plan to do two all-ages productions this coming season starting with “The Velveteen Rabbit” in November, and “Treasure Island” in the spring. Actors of any age can sign up and everyone is guaranteed a role.

The deadline to sign up for the “Velveteen Rabbit” is Sept. 8, auditions will be held on Sept. 10. The auditions are used to determine which roles each individual will be given.

The Ottawa School of Theatre has a “no

trees” policy. That means no one has to play a “tree”. “Everyone will be given at least one line,” says OST-EFO artistic director Megan Piercey Monafu.

Rehearsals for “The Velveteen Rabbit” will be held on Wednesday evenings and Sunday afternoons.

Besides the youth programs, there are also classes for teens and adults. Two new classes being offered this season are a Teen Improv class and a bilingual Teen Theatre Appreciation and Criticism class.

In the teen improv class, students will learn improvisation basics such as voice, movement, and characterization; and a number of styles of improv games.

The Teen Theatre Appreciation and Criticism class will allow students to work with an OST teacher and a professional theatre critic, both fully bilingual, to learn to appreciate

and evaluate professional theatre.

It is designed for teens who may not want to perform but are interested in writing or directing and allow them to be exposed to a huge range of amateur and professional theatre including, but not limited to, the NAC, Orpheus and Ottawa Little Theatre.

OST-EFO is also offering a Teen Acting Company class, which was highly successful last year. The class offers students the opportunity to act, produce and market their own play from scratch. Last year, the class was able to present their production at the Fringe Festival.

For adults, the Ottawa Theatre School is offering three new classes including a comedy workshop in English and an improv class in French where students will get to compete with other improv groups. In addition to its regular French classes, OST-ETO is running

two French classes in partnership with MIFO.

You can get a full run-down on all the classes, including dates and pricing, by visiting [ost-eto.ca](http://ost-eto.ca). Teen and adult class all start during the week of Oct. 2.

For those people who aren’t quite sure which class is for them, the theatre school is holding an open house between 9 a.m. and 4 p.m. on Sept. 16 at the Shenkman Arts Centre where you will get to meet the staff and sign up for a class of your choice.

Theatre study skills such as character development, text analysis, spatial awareness, breath control etc. build skills for life. The show is not deemed a success or failure because of what happens onstage, but rather what has happened in class and in rehearsals.

Theatre (as in life) is best when it is about the process, the journey. As such, it is very much a team sport.



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# 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. 9. 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 Xcel program for kids 12 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 on

Nov. 24, Jan. 26, April 26, June 3 and June 21. 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](http://www.sittelles.ca).



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## COMMUNITY BILLBOARD

**THURSDAY, AUG. 31**

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

**SATURDAY, SEPT. 2**

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

**SATURDAY, SEPT. 9**

**THE ORLEANS PHOTO CLUB** will be holding its first in-person meeting since the COVID pandemic. The meeting starts at 10 a.m. at the Queenswood Heights Community Centre at the corner of Duford and Amiens. For more information about the club visit [www.CPOPC.ca](http://www.CPOPC.ca)

**SUNDAY, SEPT. 10**

**TEDDY BEAR CARE** from 9 a.m. to noon at the Blackburn Community Hall, 190 Glen Park Dr. Do you have a teddy or other stuffed animal in need of a little tender love and care? Bring it by the community hall to have it mended by one of the event helpers for free!

**SATURDAY, SEPT. 16**

**ABIDING WORD GARAGE SALE** from 8 a.m. to 1 p.m. at Abiding Word Lutheran Church, 1575 Belcourt Blvd. Parking lot off of Sunview Dr. To book a FREE table contact Elaine at 613-824-7268 or [eboileau7268@rogers.com](mailto:eboileau7268@rogers.com) You can sell for yourself or donate your items to the Church table. All profits raised will go to support the Abiding Word Community Pantry.

**SATURDAY, SEPT. 16**

**SYMPHONY SENIOR LIVING GARAGE SALE** from 9 a.m. to 1 p.m. at Symphony Senior Living Orléans, 6419 Lumberman Way.

All proceeds to benefit the Orléans Cumberland Community Resource Centre.

**SUNDAY, SEPT. 17**

**THE ORLEANS TERRY FOX RUN** – Start and finish will take place in the parking lot at Sir Wilfrid Laurier Secondary School on Tenth Line Road. Registration will open at 7:30 a.m. Open start from 8 a.m. to 11 a.m. Bicycles, rollerblades and strollers are welcome. Dogs must be kept on a leash. Pre-registration and donations can be made at run. [www.terryfox.ca](http://www.terryfox.ca).

## IN MEMORIAM



**Denise Bélanger, 71**  
Passed away on August 17, 2023

**Jeffrey Shipman, 61**  
Passed away on August 16, 2023

**Veronica Poulin, 73**  
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