

THE Orléans Star

February 20, 2025 • Volume 39, No. 19

Next edition March 6

2025 SUMMER
CAMP GUIDE



SEE PAGE 7



Clockwise from top left, Stephen Blais (Lib.) Stéphan Plourde (PC), Matthew Sévigny (NDP) and Michelle Petersen (GP). FILE PHOTOS

Time to cast your ote

By Fred Sherwin
The Orléans Star

Ontario voters will be heading to the polls next Thursday to cast their ballot in the Feb. 27 provincial General Election.

The most recent polls show a strong indication that Doug Ford's Conservative government will hold on to power for a third straight term but with fewer seats than they held previously.

The Conservatives could lose as many as a half dozen seats in ridings that were previously held by the Liberals. The Liberals are expected to gain as many as 20 seats, mostly at the expense of the NDP, whose status in the polls has been on the decline since the leadership debate.

Heading into the election, the Conservatives held 79 seats, the NDP 28 seats, the Liberals nine seats and the Green Party two seats. There were also six independent MPPs.

Whether or not the Liberals will be able to leapfrog the NDP and regain official

opposition status is one of the things to watch next Thursday night.

One seat the Liberals won't have to worry about is here in Orléans where incumbent Stephen Blais is expected to win quite easily.

Blais was first elected to Queen's Park in a by-election in 2020 when he was able to capture just over 55 per cent of the vote. He was re-elected in 2022 when he received 46 per cent of the votes compared to 33 per cent for the Progressive Conservative candidate and 14 per cent for the NDP candidate.

Blais' main opponent this time around is Progressive Conservative candidate Stéphan Plourde.

The NDP are pinning their hopes on University of Ottawa student Matthew Sévigny, while the Green Party has community advocate Michelle Petersen as their candidate.

Other names on the ballot include New Blue candidate Patricia Hooper, Libertarian Ken Lewis and independent candidates Arabella Vida and Burthomley Douzable.

Where creativity
is embraced and
experiments are
celebrated.

Da Artisti
Studio • Gallery

Fuzed glass classes
and workshops for
groups and
individuals.

COMMUNITY BRIEFS

J.A. Laporte owner succumbs to cancer at 64

ORLÉANS – J.A. Laporte Flowers and Nursery owner Jean Laporte passed away on



Jean and Estelle Laporte

Feb. 7 after a lengthy battle with cancer. Laporte took over the family business from his parents Roger and Thérèse Laporte in 1982 and ran the business in partnership with his then-fiancée and future wife Estelle. The business took off as Orléans became the fastest-growing community in Canada. J.A. Laporte became the “go to” source for people who wanted to spruce up their properties with annuals, perennials, shrubs and trees. The couple was also well known for their philanthropic support of dozens of groups and organizations in Orléans. For nearly 40 years, Jean and Estelle offered not just flowers but also warmth and kindness to generations of customers. Known for his infectious laugh, playful spirit, and love of the outdoors, Jean found joy in hard work and good company. Above all, he was a devoted husband, father, grandfather, brother, uncle and friend who cherished his loved ones beyond measure. He was predeceased by his father Roger, his mother Thérèse and his brother Michel and survived by his brothers and sisters, Bernard, Louise (Laval-Jacques), Lucie (Charles), Paul (Michèle), Christiane (Michel), his wife Estelle, their children Nicolas (Véronique) and Monika, and their grandchildren his Éléa and Lena..

Mother, daughter raise another \$10,000 through Calendar of Hope sales

ORLÉANS –The Orléans mother, daughter duo of Katerina and Gina Mertikas have managed to raise another \$10,000 through the sale of their annual Calendar of Hope, bringing the total funds raised over the past five years to more than \$55,000. The pair recently presented a cheque to Ottawa Hospital cancer research scientist Dr. Marc Clemons. The money will be used to help fund some of the research being done at the hospital. The calendar is the brainchild of Gina Mertikas who wanted to give back to the Ottawa Hospital after she underwent treatment for breast cancer in 2018. She then teamed up with her artist/mother Katerina who is well known for her brightly coloured, whimsical paintings of children playing in the great outdoors. The pair has subsequently produced eight calendars with each outselling the one before.

New food bank now open near Canotek Business Park

ORLÉANS – The Muslim relief organization Human Concern International has opened a new food bank at its head office on Shefford Road near the Canotek Business Park in partnership with the Ottawa Food Bank and United Muslim Organizations of Ottawa-Gatineau. The food bank has been opened in commemoration of the organization’s 45th anniversary. It’s purpose is to help address the growing level of food insecurity in the east end. The food bank is located at 877 Shefford Rd.

So-called ‘fringe’ candidates give voters an alternative to traditional party choices

By Jody Maffett
The Orléans Star

They are often referred to as fringe candidates, but alternative party candidates play a key role in providing largely disenfranchised voters with an option to cast their ballot outside the traditional parties.

Voters in Orléans have four alternative candidates to consider when casting their ballot, including two independent candidates.

Patricia Hooper is the local candidate for the New Blue Party of Ontario. The party was founded by former Conservative MPP Belinda Karahalios and her husband Jim after she was kicked out of the party for voting against Bill 195 – a bill that allowed Premier Ford’s government to extend or amend COVID-related emergency orders without consulting the legislature – in 2020.

Among the New Blue Party’s platform is a promise to ban lobbyists, implement a bill to crack down on voter fraud in internal political party elections, eliminate electronic voting by counting ballots manually, establish tax credits for alternative schooling, and ban critical race theory education in public schools.

Ken Lewis is running for the Libertarian Party of Ontario. The businessman and former journalist ran for the Libertarian Party in 2022 and received 184 votes.

The Libertarian Party’s platform is based on freedom of choice, personal responsibility and mutual respect.



Ken Lewis

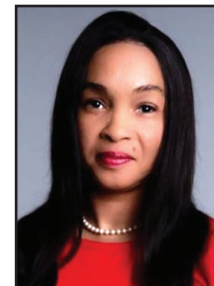
The two independent candidates running in Orléans are Burthomley Douzable and Arabella Vida.

Douzable is a healthcare professional, and entrepreneur. According to her bio, she formally served as president of the Multi-cultural Community Club in Vanier. As an entrepreneur, she has founded and managed several businesses that contribute to the well-being of individuals and families across Orléans and beyond. You can find her website at burthomleydouzable.com.

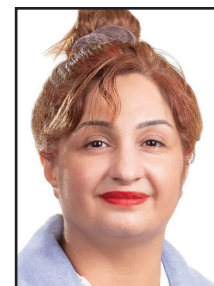
Arabella Vida runs a charity that supports children with special needs, which was borne from her own experience raising a severely autistic child. In the 2022 General Election, she ran as an independent in Milton and received 43 votes.

Her campaign is centered around her desire to fight for the riding’s marginalized residents. She’s in favour of establishing a guaranteed basic living income, and the creation of legislation that would enhance support systems and protections for new arrivals to the province.

You can learn more about the Arabella Vida at facebook.com/profile.php?id=61558259344513



Burthomley Douzable



Arabella Vida



Marie-France LALONDE

MP/Députée Orléans

Here to help YOU!
Marie-France



Constituency Office

255 Centrum Blvd., 2nd floor
Orléans, ON K1E 3W3



marie-france.lalonde@parl.gc.ca



613.834.1800



/LalondeMF



MFLalondeMP.ca



Orléans incumbent lays out Liberal Party platform

Stephen Blais is the current Liberal MPP in Orléans. He was first elected to Queen’s Park in a by-election in 2020. Before that, he served on Ottawa city council for 10 years representing Cumberland Ward. He is fluently bilingual and a life-long resident of the community. He is married to his wife Marta and the couple have a 16-year-old son Stephen Jr.

1) What is your strongest personal trait and how will it make you an effective MPP?

My strongest personal trait is the ability to focus like a laser. Once I am aware of an issue, problem or an idea, I am able to narrow in and breakdown the necessary elements in order to achieve success. This has allowed me to secure over \$500 million (and counting) in infrastructure funding for Orléans – including funding for five new schools since being elected MPP.

2) Please list what you believe are the top three issues in the riding and across the province.

The top three issues are the lack of family doctors, an education system bursting at the seams, and an affordability crisis that is putting real pressure on the stability of middle-class families.

14,000 residents in Orléans, and over 2.5 million across Ontario, do not have access to a family doctor. Our plan will guarantee everyone a family doctor within four years. In Orléans, this will mean primary care access at the Montfort Aline-Chrétien Health Hub to ensure that the hub finally meets its full potential as a one-stop shop for medical services in our community. We will cut administration to stop doctor burnout and allow Nurse Practitioners to bill OHIP directly and open their own practices.

The second major issue facing the province and Orléans is the \$1,500 cut in per-pupil funding since Doug Ford was elected. This has led to classrooms that are overcrowded, special education services that are being cut, teachers and educational assistants that are burning out. The Liberal Party plans to invest in education instead of cutting to give our kids the best foundation for life-long learning.

We have a comprehensive plan that focuses on those issues that matter most. We will invest in health care and education while providing financial relief to families and small business during challenging economic times. “A Family Doctor for Every Ontarian” is a \$3 billion plan to get everyone a family doctor within four years.

- Instead of providing a one-time cheque that would give limited financial relief, we have a robust plan to help families keep more of their money, permanently, including
- A personal income tax cut for middle class families that will save Orléans families \$1,150 every year.
- The elimination of the HST from home heating and electricity bills. This will save average households \$200 every year.
- Small business tax cut to save \$18,000 a year and help pay the bills, hire more staff or re-invest in the business.
- And finally, a \$1,000 tax credit for youth sports and extracurricular activities.

You can learn more about Stephen Blais and the Liberal Party platform at www.stephenblais.com.



Stephen Blais

Conservative candidate addresses campaign issues

Stéphan Plourde is the Ontario Progressive Conservative candidate in Orléans. The 56-year-old Orléans resident served with Canadian Armed Forces for much of his adult life, primarily in Health Services and attained the position of Chief of Staff for Canadian Forces Health Services from February 2019 to June 2020.

After retiring from the military in 2020, he continued to work in the health care sector. He was a member of the Board of Directors of Ontario Home and Community Care Support Services from 2021 to 2024 and more recently served as the CEO to a management consulting company.

1) What is your strongest personal trait and how will it make you an effective MPP?

Sense of Duty: With 35 years of military service, including multiple deployments overseas and postings across Canada, I view the opportunity to represent my community at Queen’s Park as both a privilege and a sacred trust. I am committed to being fully present and engaged in the Legislative Assembly. Unlike the current incumbent, who has one of the lowest attendance records, attending only 53% of the votes, I pledge to show up for my constituents and ensure their voices are heard. This is not just a duty – it’s an obligation I take seriously.

2) Please list what you believe are the top three issues in the riding and across the province.

Since the beginning of this campaign, I’ve been knocking on doors daily, and some common themes keep emerging: a sense that Orleans is being ‘forgotten,’ concerns about healthcare, and frustrations with inadequate transportation infrastructure. To my surprise,

several people I spoke to couldn’t even name their current MPP.

This is telling, and it’s directly linked to the other two issues. An MPP must be active, engaged, and seen as a true advocate for their community, working to improve these critical issues.

As a health professional, I understand the complexity of healthcare challenges. Any party that promises to “fix” the family physician shortage overnight is being unrealistic. If it were that simple, it would have already been done. That’s why I believe working alongside experts like Dr. Jane Philpott, is key to identifying practical solutions. Ontario PC efforts to expand the roles of Nurse Practitioners and pharmacists to ease the burden on our health system is certainly a step in the right direction.

Orléans is the largest riding in the Ottawa area, with nearly 140,000 residents and the second-largest number of Federal Public Service employees. I fully support hybrid work arrangements, but when our residents do need to commute to the office, they should be able to rely on a dependable and accessible public transit system. Right now, that’s not the case. Uploading the LRT and Highway 174 will not only relieve residents of a significant municipal tax burden, but it will also address the operational issues of transit to, from, and through Orleans.

You can learn more about Stéphan Plourde and the Ontario PC platform at <https://orleans.ontariopc.ca>.



Stéphan Plourde

KEEPING CLIENTS SAFE AND WARM FOR THE PAST 47 YEARS

GL J.G. LEMAY

Heating & Air Conditioning

Furnaces by **KeepRite**
www.keeperite.com

Book Your New Furnace & Fireplace Insert Installation Now & Avoid the Rush

- High-Efficiency Oil or Natural Gas Furnaces
- Single or Two Stage Heating
- Wood, Gas, Fireplace inserts and Stoves
- Chimneys and Chimney Liners
- Electric Furnace Installation, Repairs and Service
- Sheet Metal Work and Ductwork

Call now to book your winter heating and fireplace maintenance.

Fully Bilingual Service. We service all makes and models.
(613) 830-1661 • (613) 835-2658

HEATING AND COOLING

Humidifiers from \$399 Installed

BEAT THE COLD WEATHER
Furnace Only Maintenance from \$129.95
Furnace & Fireplace Maintenance from \$189.95

COSMETIC TEETH CLEANING
for dogs and cats

- ✓ Soft & Gentle
- ✓ Safe Environment
- ✓ Fresh Breath

Cosmetic teeth cleaning helps remove the excess buildup of plaque and tartar accumulated in your pet’s mouth and eliminates the cause of bad breath.

This new, gentle and effective technique takes only 35 minutes to complete and can be carried out at home.

Serving Ottawa and Area

Nathalie Gagnon
581.777.4117
gagnonn@gmail.com

Disclaimer: Although this type of cleaning is safe, it is not a medical procedure but rather cosmetic service. We are not veterinarians and do not practice veterinarian medicine. We do not examine, diagnose, or cure any disease.

Before

After

woofy

Retaliation

With so much hullabaloo being made about Donald Trump's threatened tariffs, it seems like a good time to put the threat in its proper perspective. First of all, not all tariffs are created equal. There are essentially two types of tariffs – those on raw materials, including food and those on manufactured products. Some are potentially more painful than others and the pain is not always felt by the intended target.

Take raw materials for instance. The first tariffs Trump has imposed is a 25 per cent tariff on steel and aluminum.

Of course, this isn't the first time Trump has imposed a tariff on Canadian steel and aluminum. He did the same thing in March 2018 when he imposed a 25 per cent tariff on steel and 10 per cent tariff on aluminum. The result was a 37.8 per cent decrease in steel exports to the U.S. and an 18.6 per cent drop in aluminum exports.

To try and make up the difference, U.S. production of steel increased by 1.9 per cent and production of aluminum increased by 3.6 per cent. Hardly enough to make up for the fact that Canadian steel accounts for about 23 per cent of the U.S. steel imports and our aluminum accounts for a whopping 60 per cent of U.S. aluminum imports.

The sudden decrease in steel and aluminum coming into the U.S. – combined with a 25 and 10 per cent increase in the cost of steel and aluminum that was crossing the border – led to a spike in prices for anything from car parts and farm machinery to aluminum cans used for food packaging. Those increases were then passed on to American consumers.

The tariffs remained in place until the United States-Canada-Mexico Trade Agreement was reached.

The same scenario will become a reality if Trump imposes tariffs on the softwood lumber used to build houses south of the border. The reason why the United States imports so much steel, aluminum and softwood lumber is because they are unable to produce enough on their own to meet demand. So any tariffs on those materials will result in either higher prices and drop in demand until the tariffs are lifted.

On the other hand, any tariffs on manufactured products in Canada will immediately result in a drop in production and a loss of jobs on this side of the border as Americans shift their buying habits to products that aren't impacted by tariffs.

And while there is a cry on this side of the border to push back against the American tariffs by imposing our own tariffs on American products, the move does not come without a little pain. Retaliatory tariffs will increase the price of American products such as orange juice, peanut butter, wine, spirits, beer, coffee, appliances, apparel, footwear, motorcycles and cosmetics. Canadians must be prepared to either pay higher prices or seek out Canadian made alternatives.

A much more effective move would be to reduce Canadian exports of natural gas and crude oil to the U.S. Most of the American northeast would be plunged into darkness if we cut off our energy exports and Canadian heavy crude is used to fuel a number of refineries in the midwest, which is turns into heating oil.

So should Canada retaliate against Trump's tariffs? Absolutely. But let's do it strategically to impose the maximum amount of pain without shooting ourselves in the foot.

– Fred Sherwin

THE
Orléans Star

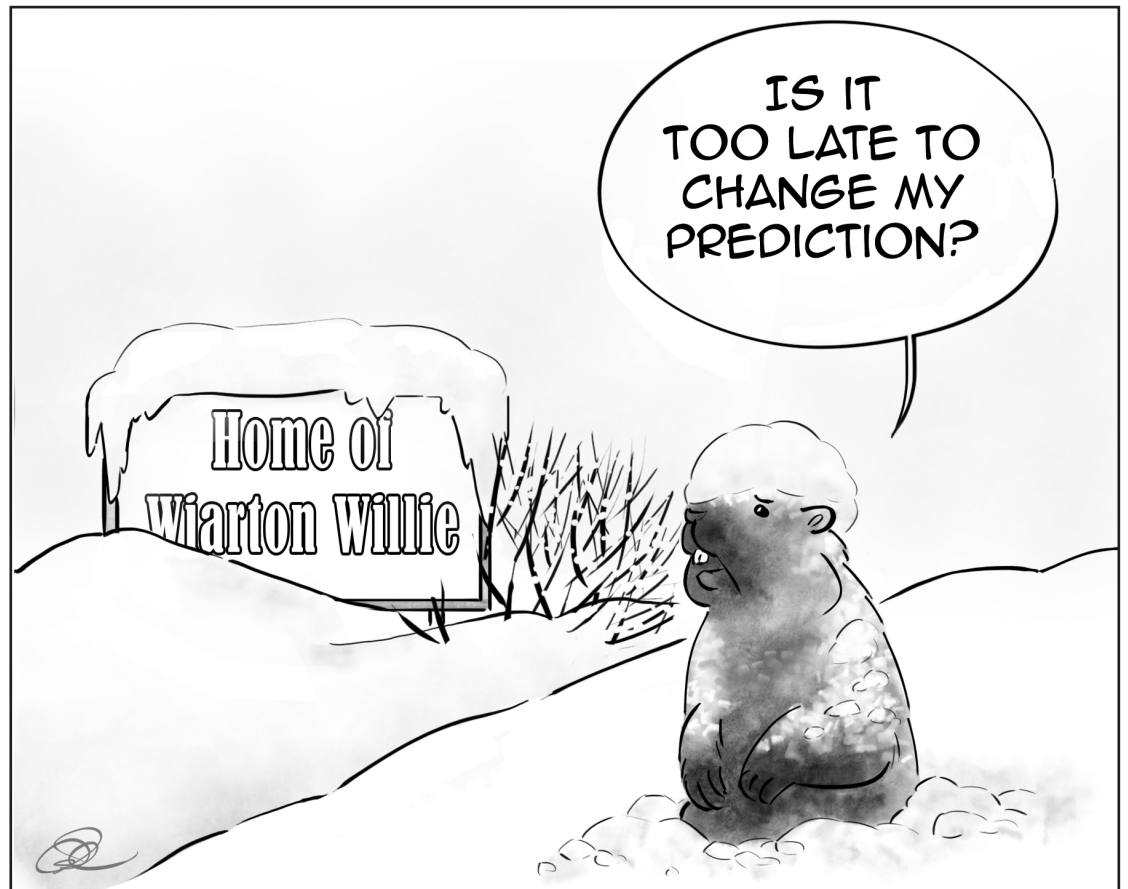
Jody Maffett
Editor
The Orléans Star

Fred Sherwin
Owner and publisher
fsherwin@orleansstar.ca

ocna
Ontario Community
Newspapers Association

Jean-Marc Pacelli
Editor
L'Orléanais

The Orléans Star is a bi-weekly publication distributed to over 40,000 residences in Blackburn Hamlet, Orléans and Navan. The newspaper is locally owned and operated by Sherwin Publishing Inc., 745 Farmbrook Cres., Orléans, ON. Inquiries and delivery issues should be sent to info@orleansstar.ca.



Dialogue, negotiations could prevent possible tariff war

It's been heartening over the last few weeks to see Premiers, the Prime Minister, leaders of the Opposition, Canadian businesses and everyday Canadians standing up for Canada in the face of tariff threats from our largest trading partner and closest ally.

Seeing leaders from disparate political ideologies find common ground like this reminds us that we are not so disparate after all. We have not seen the cheap barbs, the sucker punches or the soaring rhetoric we have become accustomed to. And while I may not agree with the proclivities or approach of many of our political leaders, it's truly a wonderful thing to see everyone united and standing up for our country.

It is times like these that remind us that we are Canadians first and that the rest is just noise.

Are some of the complaints we are hearing from the elephant to our south, as another PM was apt to describe the U.S., valid? Certainly. However, we mustn't seek to punish or exert revenge on friends

for sleights, real or imagined.

These issues can be resolved through productive dialogue and a renewed commitment to border security and defence spending. Both will be good for us and have been needed for some time. I'm reminded of the Aesop fable *The Wind and the Sun*. Gentle persuasion among friends is always a better approach than force.

Regardless, we should enjoy this renewed sense of patriotism. Let's get back to supporting local, use this as an opportunity to drop interior trade barriers, and come together as a more united and freer economy.

We've all heard this record before. We know the songs that will be played, and we know all the moves. While it plays, we should take the opportunity to deal with the real concerns being raised and not get too fussed about the bluster. The harder the wind blows, the tighter we will hold fast to our jacket.



Matt Luloff

Orléans East-Cumberland

www.orleansstar.ca
www.issuu.com/orleansstar

Loss of three friends in three weeks leads to circumsppection

It's been a strange last few weeks for yours truly. It all started three weeks ago when I learned that Laporte family patriarch Roger Laporte passed away at the age of 99.

For those of you who don't know, Roger Laporte was the founder of Laporte Flowers and Nursery that provided the majority of Orléans lawn and garden needs for the better part of five decades. He's also the man behind Ontario's red light cameras.

In 1997, Roger's son Michel was killed when a delivery van ran a red light and broadsided his car. In effort to bring meaning to his son's tragic death, Laporte began lobbying members of Ottawa-Carleton Regional Council and Queen's Park. His efforts paid off a little over a year later when the provincial legislature passed a bill allowing local municipalities to use cameras to deter motorists from running red lights.

At the time I was the managing editor of the *Orléans Star* and I wrote several editorials supporting Roger's campaign, for which he was extremely grateful. And when I left the



Roger Laporte



Fred Sherwin

Star to start orleansonline.ca, he was one of my biggest supporters along with his son Jean and his daughter-in-law Estelle, who by then had taken over the garden centre.

Roger passed away on Jan. 24. Sadly, his son Jean passed away two weeks later after battling cancer. He was only 64, one year older than myself.

I owe a lot to Jean and Estelle. They were among the first people to support my fledgling website in 2001, along with Germain and Guy Souigny from the Heritage Funeral Home and Lionel Laurin from Ace Body Shop.

They were also the first people to back me when I bought the *Orleans Star* in 2016. After I was able to secure the financing to buy the newspaper, I needed three businesses to each pay me \$5,000 in advance for advertising so I would have enough working capital to get me through the first couple of months.

During the 1980s and well into the 90s, there wasn't a street in Orléans that didn't have at least two or three houses on it with plants purchased from J.A. Laporte.

Jean and Estelle used to take turns manning a small gazebo in the middle of the nursery where they would dispense advice to anyone who would ask. They were also one of the biggest donors to groups and organizations in the community from local schools and churches to the Boy Scouts and Girl Guides.

When I started organizing the Greater Orléans Canada Day Celebration on Petrie Island they were the first Gold Level sponsors to come on board and they were also one of the first sponsors of my Orléans Outstanding Youth Awards.

When it comes the size of a person's heart, there were none bigger than Jean and Estelle's. He will be deeply missed.

The third friend I lost recently was Lola Larmour who passed away on Feb. 8 at the age of 105.

I had the privilege to interview Lola on the



Jean Laporte

occasion of her 100th birthday in 2019.

To say she was spry would be a massive understatement. She did all of her own housework and cooking and insisted on living on the second floor of the Hervé Joly Seniors Home in Sarsfield so she could walk up and down the stairs to her apartment.

"I'm happy and I'm enjoying life," Lola told me. "As long as God gives me the strength I'm going to keep going." She managed to keep going for nearly six more years.

Lola was married twice and is survived by her five children, 12 grandchildren, 13 great-grandchildren and five great-great-grandchildren.

There's a time in a person's life when you start going to more funerals than weddings. It happens slowly and at first you don't really notice until you start going to a funeral every few months or so, and then two or three in a couple of weeks.

I am truly blessed to have known Roger, Jean and Lola. Meeting them they made my life that much richer.



Lola Larmour

WILLOWBEND RETIREMENT WELCOMES YOU TO A

DAY IN THE LIFE

JOIN US! FOR A FULL DAY OF ACTIVITIES, ENTERTAINMENT, FOOD AND FUN! GET A FEEL FOR WHAT A NORMAL DAY IS LIKE AT RIVERSTONE RETIREMENT.



FEB 27 & 28
10-4 PM

RSVP TODAY!

11 Communities across Ottawa
willowbendretirement.com | 613-907-9200



A RIVERSTONE COMMUNITY

Orléans NDP candidate running on party's platform

Matthew Sévigny is a 19-year-old student at the University of Ottawa majoring in Political Sciences with a minor in Indigenous Studies. He is fluently bilingual.

1) **What is your strongest personal trait and how will it make you an effective MPP?**

My ability to overcome adversity has shaped me into a strong-willed person - frequent moves as part of a military family, thriving against mental health challenges, and fighting daily for my rights as a Queer person. My personal resilience gives me an edge in the hostile and difficult environment of Queen's Park.

2) **Please list what you believe are the top three issues in the riding and why is the first issue on your list your number one priority and what do you plan to do about it?**

- a) Education: Neither the PCs or Liberals have allowed our schools to flourish. I support investing an additional \$830 million/year to clear the repair backlog within 10 years. I will also ensure every K-12 student is fed; Ontario is the only province that has not signed on to the Federal School Nutrition program.
- b) Housing: Like many, I struggle with housing affordability. We will build 250,000 permanently affordable homes across Ontario. I'll also work to move neighbours out of encampments by building 60,000 transitional homes to get folks on their feet.
- c) Lack of francophone services: We will invest in La Francophonie, Hôpital Montfort, and French education, and long-term care. We'll also officially make Ontario a bilingual province from Hawkesbury to Kenora.



Matthew Sévigny

2) **Please list the three most important planks in your party's platform.**

- a) Affordability: Among other policies, the NDP will create a grocery rebate, putting around \$120 monthly back in your pocket.
 - b) Healthcare: If elected, I will introduce a bill to include all aspects of mental health care under OHIP, work to recruit doctors and nurses, and fight for the best pharmacare deal for Ontario.
 - c) Queer Rights: The rights of our 2SLGBTQ+ neighbours in both America and other provinces are under threat. Ontarians believe in fairness and we must continue to protect 2SLGBTQ+ youth.
- 2) **List what you believe are the three most important planks in your party's platform?**
- a) Building 250,000 permanently affordable homes across the province.
 - b) Negotiate a joint federal-provincial income assistance program to support people whose livelihoods are impacted by tariffs.
 - c) Crack down on reno-victions, demo-victions and other illegal tactics.

You can learn more about Matthew Sévigny and the NDP party platform at www.ontariondp.ca/candidates.

Local community advocate carrying Green Party banner

Michele Petersen is veteran community advocate and a long-time member of the Green Party having previously run for the Green Party in the 2022 provincial election.

1) **What is your strongest personal trait and how will it make you an effective MPP?**

My career in social services has taught me so much: the importance of listening and building trust, and the value of collaborating and investing in people.

Greens value putting people over profit and we are willing to work with other parties, elected officials, and stakeholders to get things done. We believe in transparency and collaboration. We have a fully costed platform that explains our plan in plain language (gpo.ca/platform). No gimmicks. No bribes. No empty promises. We know there's a lot of work ahead, and we're ready to get to work.

What I'm hearing from the people I meet in Orléans is that they want an MPP who will represent their interests at Queen's Park. As a Green, I am not forced to toe the party line; I vote on behalf of my constituents. My compassion, courage and cooperation distinguish me as a candidate, and I'll put them to good use representing you. Here's what I'd like to do:

- 1) Invest in public healthcare, including mental health services.
 - Hallway healthcare, emergency department closures, long waitlists and too few family doctors have become far too common. Your tax dollars should go towards protecting your right to access quality healthcare in a timely manner.
 - 2) Build affordable homes in the communities you love.
- Orléans is on the verge of a major



Michelle Petersen

population boom with the opening of the LRT and development along that corridor. By making it easier to build different types of dwellings, we can offer a range of affordable housing to suit the range of needs. First-time home buyers and seniors should be able to live in the communities they know and love.

3) Improve public transit by uploading costs to the province, lessening the burden on the city.

Residents of Orléans have lost faith. The south barely connects to the LRT. Unreliable local bus routes and high fares make public transit unappealing. A functional, reliable transit system is a win-win solution: we reduce traffic, we promote health, and we reduce greenhouse gas emissions. By uploading costs, the city will have greater revenue to adapt and improve the transit system to meet the needs of Orléans commuters.

I believe we have the best plan to get this province back on track. I am determined to earn your trust and your vote. I am committed to making Orléans a connected, caring, climate-ready community. A vote for me is a vote for change.

You can learn more about Michelle Petersen and the Green Party platform at www.michellepetersen.ca.

ULTIMATE CURRENCY EXCHANGE

- MORE THAN 90 FOREIGN CURRENCIES AVAILABLE
- BETTER RATES THAN ANY BANK!
- NO COMMISSION FEES!

Check our rates online at www.uexchange.ca

Gloucester Centre (Blair LRT Station)
1980 Ogilvie Rd. 613-842-3334
2573 Carling Ave. 613-596-5505
240 Sparks St. 613-231-7475

ORLEANS

SOFTBALL • BALLE-MOLLE

Where Fun Meets the Field!

2025 online registration open January 20th through April 19th. Ages 4-17.

Sign up today to secure your spot on the roster.
www.orleanssoftball.com
SEASON STARTS THIS SPRING

ORLEANS SOFTBALL • BALLE-MOLLE



School of Rock.....	8	Ottawa School of Theatre	11
Ottawa School of Art	8	National Kids Camps	12
Leemin DanceWorks.....	9	City of Ottawa Summer Camps.....	13
Ottawa TFC	9	Sing House Studios.....	14
Ottawa New Edinburgh Club.....	10	Club de gymnastique Les Sittelles	14
Count Smart	10	Shenkman Arts Centre Camps	15
Petrie Island Canoe Club	11		

SCHOOL of ROCK ORLEANS



MUSIC CAMPS

Get ready to rock this March break and summer with School of Rock's music camps! Perfect for young musicians aged 7-12, our camps welcome all skill levels. Campers learn to play in a band, collaborate with peers, and cap off the week with a live performance for family and friends. With plenty of themes ranging from 80's Rock to The Beatles, Modern Rock, and more, there's something for everyone.

OUR METHOD

School of Rock is a worldwide leader in performance-based music education, with over 300 locations globally. With our patented School of Rock Method, learning to rock out on stage is a breeze. Students excel by playing in a band with peers and learning from one another while making lasting connections.



PLAY REAL GIGS

From the Grey Cup and Ottawa Senators games to community barbecues and festivals, School of Rock Orleans has done it all, entertaining crowds and providing valuable real-world experience to our aspiring musicians.

SECURE YOUR SPOT

Our camps are a great introduction to our year-round programs. Build your child's confidence while instilling a love of music — visit our website to sign up!

CONTACT US

(613) 841-8118

orleans@schoolofrock.com

<https://www.schoolofrock.com/locations/orleans>

2003 St. Joseph Blvd.

Ottawa School of Art

Creative Day Camps for March Break and Summer!

OSA offers creative visual arts camps for March Break and summer!

Let's get inspired!

Children ages 6-12 years, will work with a variety of materials and processes. Campers will find new ways of thinking and how to take their imagination into action.

Teens ages 13-15 years, focus on developing skills in classes that are specialized in their chosen media.

Lessons focus on different elements of art. Campers will learn how to apply these elements to best express themselves.

Visit artottawa.ca for more details and to register.

Camps de jour créatifs pour le congé de mars et l'été !

L'ÉAO propose des camps d'arts visuels créatifs pour le congé de mars et l'été !

Préparez-vous à être inspirée !

Les enfants de 6 à 12 ans travailleront avec une variété de matériaux et de procédés. Les campeurs découvriront de nouvelles façons de penser et comment donner vie à leur imagination.

Les adolescents de 13 à 15 ans développeront leurs habiletés dans des classes spécialisées selon le médium de leur choix. Les leçons porteront sur différents éléments fondamentaux en arts. Les campeurs apprendront à intégrer ces éléments de façons à mieux s'exprimer!

Visitez artottawa.ca pour plus de détails et pour vous inscrire!

Downtown Campus | Byward Market
35 George Street Ottawa, ON K1N8W5
t: 613.241.7471 | info@artottawa.ca

Orléans campus | Centre des arts Shenkman
245 Centrum Blvd. Orléans, ON K1E 0A1
t: (613) 580-2765 | osao.info@artottawa.ca



ART CAMPS CAMPES ARTISTIQUES

CHILDREN AND TEENS | ENFANTS ET ADOS

Downtown Campus
ByWard Market
35 George Street
Ottawa
613-241-7471
info@artottawa.ca

Orléans Campus
Shenkman Arts Centre
245 Centrum Blvd.
Orléans
613-580-2765
osao.info@artottawa.ca

ARTOTTAWA.CA

Leeming DanceWorks

Does your child love to dance and do crafts? Are you looking for a summer camp that will let your child's creativity soar? Then why not consider enrolling them in one of Leeming DanceWorks fun-filled summer camps?

The Summer Dance Camps are a day program for children ages 4 to 12 that incorporate Ballet, Jazz, Tap, and Hip Hop. No previous dance experience is required.

Each week-long camp is based on a different theme. There is the Outer Space Camp from July 7-11; Disney Camp from July 14-18; Fairy Tales Camp from July 21-25; and Super Heroes Camp from July 28-Aug 1.

The camps will be a mix of dance lessons and activities including arts & crafts, and music appreciation that will be sure to ignite your child's inner creativity.

Every Friday at the end of each week-long camp, the kids will be treated to a pizza lunch. Afterwards, the campers will have an opportunity to put on a performance to show off their new skills and they will receive a certificate of completion.

The camps run Monday to Friday from 9 a.m. to 4 p.m. Before and after care is



also available at NO ADDITIONAL COST (8 a.m. to 9 a.m. and 4 p.m. to 5 p.m.)

The camps cost \$359 per week plus tax. Register before April 30 and save 10%!

For more information or to register online visit www.leemingdanceworks.com.

Leeming DanceWorks is located at 1420 Youville Dr. Unit 9. You can contact them by phone at 613-830-5230 or by e-mailing info@leemingdanceworks.com.

A program to suit every skill level

Give your child an unforgettable soccer experience at Ottawa TFC!

Whether they're taking their first steps on the field or striving to compete at the highest level, Ottawa TFC's Spring/ Summer Camps and Programs provide the perfect environment for growth, fun, and skill development.

As Ottawa's premier soccer club, Ottawa TFC is home to some of the nation's best coaches and programs. Based in Orléans accessing some of the city's best facilities, we offer a pathway for every player – from beginners to future stars.

Grassroots Program (Ages 4-8) – The perfect introduction for young players to develop a love for the game.

Open/Recreational (Ages 9-Adult) – Play in a fun and inclusive environment, no experience needed!

Competitive & Academy (Ages 9-18) – For those looking to take their skills to the next level through expert training and high-level competition.

Back again by popular demand, our spring and summer camps!

Open to players ages 7-18, these camps offer a variety of focuses such as technique, creativity, and goal-scoring ability, helping players refine their game in a dynamic, fun & competitive setting.

March Break Camp (Ages 9-13) – A fun, productive and popular skills development program.

Summer Camps (Ages 7-14) – Make the most of the summer season with half-day camps.

Goal Keeper Training (Ages 9-18) – Goalkeeper-focused training.

Rech Tech Training (Ages 9-18) – A fun, productive and popular skills development program

At Ottawa TFC, soccer is more than a game – it's a passion, a community, and a legacy of excellence. Join us and be part of something bigger.

Register today at www.ottawatfc.com.

SUMMER CAMP

SPEND THE SUMMER WITH US!

Leeming

DANCEWORKS Inc.

Summer Camp Dates

- JULY 7-11 Outer Space
- JULY 14-18 Disney
- JULY 21- 25 Fairy Tales
- JULY 28 - Aug. 1 Super Heroes

AGES 4-12

Register Today!

613-830-5230
LEEMINGDANCEWORKS@GMAIL.COM

SPRING & SUMMER

REGISTRATION

NOW OPEN

CAMPS & PROGRAMS

<-- SCAN TO LEARN MORE

OTTAWA TFC SOCCER CLUB



ONEC
OTTAWA NEW EDINBURGH CLUB
Ottawa's Waterfront Sports Centre since 1883

COME PLAY

ONEC Memberships and
Youth Day Camps



TENNIS



SAILING



ROWING



KAYAKING

Details and Registration at
onec.ca



ONEC is located five minutes
east of downtown Ottawa

River House: 501 Sir George-
Étienne Cartier Parkway

Tennis Pavilion: 504 Sir George-
Étienne Cartier Parkway

613-746-8540 | info@onec.ca

Your child maybe eligible for Disability Tax Credit

If your child has learning or behavioural difficulties that affect them daily, you may be eligible for the Disability Tax Credit Government Refund. Many children meet the criteria, but parents are unaware that this credit is available to them. This credit is also available for adults that have difficulty completing everyday tasks.

Refunds can be generated in the thousands depending on individual circumstances.

Why choose Count Smart Inc. to advocate for you?

It's what we do! We assess each file in a confidential and respectful manner and have the experience to successfully navigate the application from start to finish. We have generated thousands of dollars in refunds for people who have not known this credit was available to them or their family members. Many people think the

eligibility is based on their annual income, however this is not the case.

There are no applicable fees unless you get a refund. We have more than 20 years of experience and our success rate is excellent. We are also a member of the Better Business Bureau in good standing.

For those that have the Disability Tax Credit already approved

It is definitely worth having us review your previously approved application as we often find additional refunds that were never paid out.

Have you been denied for the Disability Tax Credit?

This is not uncommon. This is why we do what we do. Contact us at 613-832-1777 so that we can advocate for you! While we are based in Orléans, Ontario, we provide services across Canada.

GOVERNMENT REFUND YOU MAY BE ELIGIBLE

Call us today 1-844-832-1777
for your free consultation



- Learning/Behaviour difficulty
 - Obsessive compulsive disorder
 - ADD/ADHD
 - Oppositional defiant disorder
 - Asperger's
 - Anxiety/depression
 - Autism
 - General anxiety disorder
 - Speaking difficulty
 - Developmentally delayed
 - Physical limitations and restrictions
 - Hearing or vision impairment
- And many more

**We have recovered thousands
of \$\$\$ for our clients.**

We don't get paid until you get paid!



COUNT
MEDICAL & DISABILITY

SMART
REFUND SPECIALISTS

www.countsmart.ca • info@countsmart.ca

Petrie Island Canoe Club

Do you want your children to spend their summer playing outside? Register them for Petrie Island's Summer Camps!

The Canoe Club offers four types of paddling programs for children: Kiddie Canoe is an eight-week, play-centered program geared toward girls and boys ages 4 to 8. The camp runs from 10 am to noon, two days a week, from June 30th to Aug 22. Registration is \$468.

No prior experience is necessary for any of PICC's full-day camps, but all participants MUST pass the "Swim to Survive" test. We recommend scheduling your child's swim test for May or June.

Canoe Kids is a one-week recreational paddling camp geared to kids aged 7-12, who want to have full days of fun on the water! Qualified coaches prioritize safety and fun, while the children learn stand-up paddling, kayaking, dragon boating, and recreational canoeing. There are nine one-week sessions held between June 23 and

Aug. 22. Four-day sessions are \$300, and 5-day sessions are \$375.

Canoë P'tit Ado, «Canoe Kids», est maintenant offert uniquement en français! Les trois sessions seront : le 23 juin au 27 juin (\$375), le 30 juin au 4 juillet (\$300), et le 28 juillet au 1 août (\$375).

Regatta Ready is a two-week long sprint canoe/kayak beginner camp for kids/youth ages 8 to 14. The cost is \$585 for a 9-day session, and \$645 for a 10-day session.

If your children have tons of energy, they'll want to spend their whole summer at the beach and on the water, in Petrie's eight-week Sprint Program (Youth Racing). Sprint is a perfect fit for children ages eight and up who love activity and adventure!

Come race with us, and discover why canoe-kayak is such a family- friendly sport! At only \$214/week per child, PICC's Sprint program is the best value of any camp you'll find in Ottawa.

Ottawa School of Theatre

The Ottawa School of Theatre is thrilled to announce the arrival of their Summer Camps and Teen Summer Intensives, where students and OST-ETO's professional instructors will build and present live performances.

The benefits of theatre study are countless! Team building skills, self-confidence, public speaking, physical and spatial awareness, empathy, self-awareness, and more! Theatre skills are life skills! All camps will develop skills while working towards the presentation of a play in the beautiful Richcraft Theatre.

SUMMER 2025 THEATRE CAMPS!

We offer summer camps and teen intensives in English and French for students age 6 to 17 in the OST-ETO studio at the Shenkman Arts Centre, with the goal to provide summer theatre that is rewarding, enriching and challenging; and is focused on encouraging participation to help students try out new skills.



Each camp runs from 9 am to 4 pm Monday through Friday, with pre-care available from 8-9 am and post-care from 4-5 pm. Camp plays are presented to families at 3 pm on Fridays.

For more information visit www.ost-eto.ca or call 613-424-3678 to leave a message.

petriecanoe.ca



HAVE A GREAT SUMMER PADDLE WITH US!

With programs for children 4 years and up, there's truly something for everyone at the Petrie Canoe Club. Find out more at petriecanoe.ca or join us on IG and FB

@petriecanoe!



OST SUMMER CAMPS D'ÉTÉ DE L'ÉTO

AGES 6-12 ANS
WWW.OST-ETO.CA



TEEN
SUMMER
INTENSIVES
Ages 13-17 ans

PROGRAMMES
INTENSIFS
POUR ADOS

KANATA - NEPEAN - OTTAWA - ORLEANS - GATINEAU



SUMMER CAMP BROCHURE



National Kids Camps

SUMMER CAMPS

Tired of the same old summer camps? Try something unforgettable! Our camps have been the leader in adventure, sports, and more for over 40 years—shaping lives, building confidence, and creating lasting memories.

Convenient Transportation for Our Camp Fortune Summer Camps!

We offer transportation from Kanata, Nepean, Ottawa, and Orleans, making it easier than ever for your child to experience the adventure and excitement of our award-winning summer camps.

TENNIS

PICKLEBALL

SERVE & SPLASH

WILDERNESS
ADVENTURE CAMP

MOUNTAIN BIKING

OUTBOUND SUMMER
CAMP

SURVIVOR

DECATHLON SPORTS
CAMP



www.nationalkidscamps.com



613-723-1101

National Kids Camps: 40+ Years of Adventure, Friendship, and Fun

Special to the Orléans Star

For over four decades, National Kids Camps has been a leader in providing unforgettable summer experiences for children in Ottawa and Gatineau. With a strong focus on safety, adventure, and fostering friendships, the camp has built a reputation as one of the most trusted and award-winning programs in the region.

A Camp for Every Child

National Kids Camps offers a wide variety of full-day and half-day camps for children aged 6 to 15. Whether a child is an aspiring athlete, an outdoor explorer, or just looking for a fun summer experience, there's a camp tailored to their interests. Some of the most popular programs include:

1. Adventure & Outdoor Camps

Survivor Camp – Inspired by the popular TV show, kids take on team challenges, problem-solving activities, and survival skills.

Wilderness Adventure Camp – Perfect for young nature lovers, this camp focuses on outdoor skills like shelter-building, navigation, and wildlife awareness.

Outbound Summer Camp (Kanata & Camp Fortune) – Get ready for a week of

non-stop adventure! Our Outbound Summer Camp takes campers on daily excursions to the most exciting spots around the city. Every day is a new adventure—exploring, playing, and discovering hidden gems. It's the perfect way to be a tourist in your own city while making unforgettable memories with new friends!

2. Action-Packed Sports Camps

National Tennis School – Led by passionate Tennis Canada Certified coaches, our tennis camps and lessons have been at the forefront of tennis development in Ottawa for over 40 years.

Mountain Biking Camp – With expert instruction, kids learn proper biking techniques, trail riding, and bike maintenance.

Pickleball & Tennis Camps – These fast-growing sports help kids develop coordination, strategy, and teamwork in a fun, structured setting.

Serve and Splash – headed out of our beautiful Britannia Yacht Club. This fantastic camp not only provides great tennis instruction, but campers get to stand up paddle board and many more fun activities

Decathlon Sports Camp – Compete in a variety of sports and games while experiencing cultures from around the world. Try

flag rugby, cricket, soccer, track, baseball, volleyball, Ultimate Frisbee, pickleball, swimming, basketball, archery tag, and more. Get active and unleash your inner athlete!

3. Signature Program: Legendary Waves & Wheels

This unique camp blends two of the most thrilling summer activities – wakeboarding, fishing, snorkelling, biking and more... providing adventurous kids with the ultimate outdoor experience.

Commitment to Safety and Sustainability

At National Kids Camps, safety is the top priority. The camps are led by experienced and certified instructors, ensuring that every activity is conducted in a secure and supportive environment. From proper helmet use in mountain biking to lifeguard-supervised wakeboarding sessions, parents can rest easy knowing their children are in good hands.

The camp is also dedicated to environmental stewardship. Over the past three years, in partnership with 4ocean, National Kids Camps has removed over 200 lbs of trash from local lakes and

rivers, teaching campers the importance of protecting the natural world.

Convenient Transportation and Accessibility to our Camp Fortune Summer Camps

To make summer camp easy for families, transportation is available from major locations, including Kanata, Nepean, Ottawa, and Orleans. This ensures that kids can enjoy their camp experience without the hassle of long commutes.

An Award-Winning Legacy

With over 40 years of experience, National Kids Camps has earned multiple awards for its exceptional programs, dedicated staff, and commitment to creating meaningful summer experiences. Generations of campers have made lifelong friends, built confidence, and discovered new passions through these programs.

With camps filling up quickly each year, parents are encouraged to register early to secure a spot. National Kids Camps offers early bird promotions and special deals throughout the year, making it easier than ever to give kids a summer they'll never forget. For more details or to sign up, visit www.nationalkidscamps.com.



Register for
City of Ottawa

Summer camps



register.ottawa.ca


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

Sing House Studios

Sing House Studios is an Orléans-based performance arts studio that offers a variety of programs to provide their students with an amazing experience aimed at improving both their singing technique and at the ability to perform in front of others.

The Sing House Studios' team of trained professionals and local partners allows them to offer exceptional services and opportunities for all those who love music.

This summer Sing House Studios is offering a unique day camp experience with its bilingual Build-a-Star Camp. The series of week-long camps are for kids age 6-12 and each camp is limited to just eight participants to ensure personalized attention and fostering lasting connections.

The camp will feature vocal warm ups, singing techniques, group songs, choreography, karaoke, games and outdoor play.

Each camper will get to explore their creativity with songwriting tips, and

vibrant musical exercises that will spark their inspiration and unleash their artistic potential. They will also get to record a group song in the studio and shoot a music video.

Each camp will end with the campers showcasing what they have learned in a camper-organized mini show that will provide them with the ultimate karaoke experience.

The Song House Studio Build-a-Star summer camp is designed to allow each camper the chance to explore their love of music and singing in a non-judgemental, nurturing environment that will help build their confidence while having a ton of fun.

Each camp runs from 8:30 am to 4:30 pm, although early drop off and late pick up is available. The cost of the 5-day camp is \$499 and the 4-day camp is \$399. HST not included. **Register before March 1 and receive a 15% discount.**

For more information visit their website at singhousestudios.ca/camp.

Club de gymnastique Les Sittelles

Après 45 ans, le Club de gymnastique Les Sittelles a plusieurs raisons de célébrer, notamment, nos racines dans la communauté francophone, ainsi que le dévouement et l'engagement de nos membres. Plus que tout, nous célébrons la réussite de nos athlètes, soit les centaines, voire milliers de personnes qui sont passées par le Club de gymnastique Les Sittelles et ont relevé des défis personnels.



En 1980, alors que les activités récréatives pour les familles de l'Est de l'Ontario étaient majoritairement en anglais, Marguerite Landriault, mère de 5 enfants, fonde le Club de gymnastique Les Sittelles. Tant de choses ont changé depuis les débuts des Sittelles, pourtant notre vision et nos objectifs demeurent solidement tissés au sein du développement des habiletés physiques et mentales des jeunes, notamment en promouvant la

participation, l'esprit d'équipe, la discipline personnelle, ainsi que l'atteinte d'objectifs personnels, le tout dans un environnement complètement francophone.

Visitez notre site Web pour en apprendre davantage sur l'historique du seul club de gymnastique francophone de tout l'Ontario et sur nos différents programmes récréatifs et compétitifs de gymnastique artistique et de trampoline.



BUILD A STAR CAMP

Bilingual





Our bilingual *Build-a-Star* camps, designed for 6 to 12-year-olds, feature vocal warm-ups, singing techniques, group songs, choreography, karaoke, games, and outdoor play. Limited to 8 kids, the intimate setting ensures personalized attention and fostering strong connections. Campers also record a group song in our studio, shoot a music video and so much more!



Record Audio & Video
Capturing harmonies in our studio, we blend voices seamlessly. From lyrics to melody, our recording session harmonizes talent for perfection.



Creative Activities
Explore creativity at this camp with songwriting tips and vibrant musical exercises, sparking inspiration and unleashing your artistic potential!



Gain Confidence
Connect, sing solo or with friends, and showcase your talent at our camper-organized mini show with the ultimate karaoke experience!



**March Break *1/2 Day Workshops
Summer 2024 *Full Days**

AT SING HOUSE STUDIOS, 200 VANGUARD DR., ORLÉANS



More Info
singhousestudios.ca/camp



Contact Us
(613) 424-0229



Our Location
200 Vanguard Dr.



CAMPES D'ÉTÉ!

23 JUIN AU 22 AOÛT, 2025

CAMPES DE GYMNASTIQUE et DE TRAMPOLINE

9h00 à 16h00
(Garde additionnelle - 8h à 9h et 16h à 17h)

INSCRIPTIONS À PARTIR DU 21 FÉVRIER!

www.sittelles.ca
785, prom. Taylor Creek
613-830-5098
info@sittelles.ca






Where the arts come to life!



Summer camps
register.ottawa.ca



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

Lessons learned by a semi-seasoned traveller

Commentary
by Fred Sherwin

Over the past two weeks, I've received a number of emails from readers asking me for my advice on traveling to Thailand and Indonesia which I would love to pass on.

My first tip is to open a second bank account either at your existing financial institution or another one, before you leave. The reason for this is to have a second VISA debit card in your possession when you travel. This is true when visiting Southeast Asia, or any other country in the world.

There are three things you absolutely cannot do without when you travel – your passport, your cell phone and your ATM card.

You can't rent a scooter or other motor vehicle in most countries without surrendering your passport to the rental company, and while many people might have a hard time with that, it's actually a good thing because you at least know where your passport is without worrying about losing it or having it stolen.

As for your cell phone, I've already been a victim of pickpockets while vacationing in Spain last year and you don't realize how much you rely on your phone when you're traveling until you don't have your it anymore. Even if you don't have a global roaming plan like Bell's Roam Better package that gives you unlimited texting and calling for a daily fee, you are likely to purchase a SIM card, or an e-SIM app to use your phone's GPS to locate area businesses, or to find the easiest way to get from point A to point B.

Should you lose your phone, or it gets stolen or damaged, you can either go without it until you return home, which is okay if you only have a few days left on your vacation, but becomes less so if you're on an extended holiday. It's an even bigger pain in the behind if you need your phone for work, which leaves you with the sole option of buying a refurbished phone in the country you're visiting along with another SIM card.

There is another option, however, and that's to purchase a second phone before you leave, which is exactly what I did before I went to Thailand. This allowed me to use my one phone for work using my Bell Roam Better plan, and the second phone for data using a local SIM card. And before you say you can't afford a second phone, you can buy a refurbished Samsung A15 for as little as \$175.

Getting a second ATM card linked to a separate account and a second cell phone are useful when visiting any country.

As for some travel tips when visiting

Southeast Asia, here are just a few:

1) Don't worry about exchanging your money until you get there. Almost every airport in the world has ATM machines which offer a better exchange rate and service fees than Money Exchange kiosks. Thailand and Indonesia are no different.

2) Before you land in Thailand, download the Grab app, which is the most popular ride share app in the country. Grab is also available in Indonesia along with Gojek and Maxim which are cheaper, but you may have to wait longer.

Grab works essentially the same as Uber, with one important difference – Grab also uses scooters to help get you around town. But be warned, riding on the back of a scooter in Bangkok or Bali, is not for the faint of heart. However, if you can handle driving between and around the other traffic, it's more fun than any ride at Wonderland.

3) Don't be afraid to eat street food. It's healthier, cheaper and tastes better than 90 per cent of the food you find in a restaurant. But do so with the right attitude. If you're worried that street food might give you dysentery, then don't bother. But if you're open to the idea, it will make your experience 10 times better.

4) Don't be afraid to stay in a hostel. There is a misconception out there that hostels are dirty, lacking amenities and filled with riff-raff. Nothing could be further from the truth. Most hostels are clean with comfortable beds, secure lockers and excellent washroom and shower facilities. The better hostels also have restaurants and swimming pools.

The best part of staying in hostels is the ability to meet fellow travelers from around the world and forming life-long connections.

And while it's true that many youth hostels have age restrictions in place for people over 35 or 40, those age limits are mainly in place for men. Most women over the age of 35 would be welcomed with open arms as long as they don't mind a little noise.

And if sharing a room with five or seven other travelers isn't your thing, a lot of hostels also have private rooms. Another misconception about hostels is that the activities they offer are only available to guests. The truth is that you can sign up for activities, like a jungle tour or island tour, even if you're not staying there. All you have to do is ask.

So there you have it. Those are just a few tips to make the most out of your solo travels while sticking to a budget.

Bloome

apartments

Book
now!



Your secret garden,
in the heart of Gatineau.

Occupancy May 2024

Visit our rental office at Place Fleur de Lys
and book your piece of paradise today!

bloomeappartements.com

Provincial supports should be top of mind when heading to the polls

There's a saying that municipalities are creatures of the province, relying on funding and legislative guidance. Under the leadership of Mayor Mark Sutcliffe, Ottawa has recently gotten louder about fighting for its fair share from all levels of government – especially when it comes to transit, transportation infrastructure and public health dollars.

As candidates come to your door in this provincial election, remind them that in South Orléans, we've been waiting far too long for the transportation infrastructure necessary to support our growing communities.

The upcoming update to the City's Transportation Master Plan will lay out priorities for much-needed road capacity projects – many of these projects are expensive, and Ottawa cannot fund them alone.

We all know health care is another critical priority in this election. We're in the middle of a primary care crisis, with too many residents unable to access a family doctor.

As Chair of Ottawa Public Health (OPH),

I've been advocating for an improved funding formula to better reflect Ottawa's needs. Public health helps to prevent disease out-

breaks, chronic diseases and traumatic injuries, drug overdoses and poor mental health, and prepare and respond to emergencies.

Since 2010, Ottawa's population has grown by

25 per cent, while OPH's staff capacity has increased by only 1.2 per cent.

Ottawa's geography is vast, with 80 per cent rural land and a growing newcomer population, which requires unique strategies to deliver services effectively.

As the province reviews future public health funding, we need a commitment to maintaining a 75 per cent provincial contribution to cost-shared mandatory programs. There must also be annual increases to base funding to account for cost-of-living and inflation.

Investments in transit, transportation infrastructure and public health save money in the long run and protect our community's well-being. I hope all candidates are taking note.



**Catherine
Kitts**

Orléans South-Navan

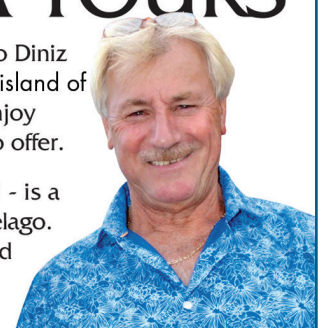
Book your visit to the magical island of Teceria now...



CARAVELA TOURS

Join Caravela restaurant owner Fernando Diniz for a week or two on his beautiful native island of Teceira. Stay in his family home and enjoy everything this Portuguese island has to offer.

Teceira - also known as the Lilac Island - is a World Heritage Site in the Azores archipelago. With sandy beaches, stunning views and a burgeoning wine industry, you won't want to miss a thing!



Please contact Fernando at fernando.diniz@rogers.com for more details.

Six candidates vie for Glengarry-Prescott-Russell seat

By Jody Maffett
The Orléans Star

Six candidates are in the running to represent the riding of Glengarry-Prescott-Russell in the next provincial legislature. The riding includes the much of the former municipality of Cumberland including the village of Navan.

Progressive Conservative candidate Stéphane Sarazin is the current incumbent, having defeated former MPP Amanda Simard by just over 1,000 votes in the 2022 General Election.

The former mayor of Alfred and Plantagenet was appointed Associate Minister of Small Business and Parliamentary Assistant to the Minister of Francophone Affairs in March of last year.

Sarazin's chief opponent in next week's election is Liberal candidate Trevor Stewart.

Born and raised in Hammond, Stew-

art was elected to Clarence-Rockland city council in 2022 where he became known as a champion of francophone rights. Prior to 2002, he served as executive assistant to incumbent Liberal MP Francis Drouin.

Stewart has been involved in politics since he was 16. A passionate activist for the Franco-Ontarian community throughout his life, he was instrumental in organizing large scale protests against the Ford government's cuts to francophone services in December 2018.

If elected, Stewart says he will continue to fight for francophone services in Ontario and he will fight for Glengarry-Prescott-Russell to get its fair share of provincial dollars for local projects.

You can learn more about Stewart and the Liberal platform at trevorstewart.ca.

The NDP candidate in Glengarry-Prescott-



Trevor Stewart

Russell is Carleton University student Ryder Finlay, who has been working as a campaign organizer for the NDP at both the provincial and federal levels. She was also the deputy campaign manager for Yvette Ashiri who ran for city council in Orléans South-Navan in the 2022 municipal election.

The Green Party candidate in Glengarry-Prescott-Russell is Thalia Riden.

A lifelong Glengarry-Prescott-Russell resident, Riden advocates for sustainability, equity, and electoral reform, with deep community ties and a passion for science-driven policy.

Riden is well-known in the community for his activism and dedication to



Ryder Finlay



Thalia Riden

sustainable and organic growing practices. He converted a portion of his farmland into a community garden for people to have a safe space to grow local, healthy food and he held the position of "sustainability champion" at Beau's Brewery in Vankleek Hill. To learn more about Riden and his platform visit go.ca/candidate/thalia-riden/.

Other candidates running in Glengarry-Prescott-Russell in New Blue Party member Felix Labrosse and Jason St-Louis who is running as an independent.

The New Blue Party was founded by former Conservative MPP Belinda Karahalios and her husband Jim after she was kicked out of the party for voting against Bill 195 – a bill that allowed Premier Ford's government to extend or amend COVID-related emergency orders without consulting the legislature.

Among the New Blue Party's platform is a promise to ban lobbyists, implement a bill to crack down on voter fraud in internal political party elections, eliminate electronic voting by counting ballots manually, establish tax credits for alternative schooling, and ban critical race theory education in public schools.



Stéphane Sarazin



Register Today | cumberlandpanthers.com
U8 | U10 | U12 | U14 | U16


CUMBERLAND
PANTHERS



2025 FLAG FOOTBALL
NOW OPEN



Your Orléans Community Photography Store
• SINCE 2019 •

Michael
Willem's
 PHOTO

- Portraits
- Printing & Frames
- Photo restoration
- Passport/ID photos
- Slide/video/film conversion
- Film developing
- Lessons
- Wall art
- Buy & Sell



www.michaelwillemphoto.com
613-702-1874
LOCATED IN PLACE D'ORLÉANS
(beside the Bay on the first floor)

February 20, 2025 • Volume 39, No. 19 • 17

Presenting the 2024 Outstanding Youth Award recipients

Theo Montgomery, 10

Theo Montgomery is an extremely gifted young tennis player. The 10-year-old Orléans resident has won a bevy of trophies over the last two seasons and has represented his country at several tournaments south of the border.

This past season he amassed a record of 41 wins and 25 losses competing at both the U10 and U12 levels. The highlight was in winning the Pinnafore U10 Rising Stars Tournament in St. Thomas with a perfect 4-0 record.

In December 2023, Théo competed in the prestigious “Little Mo” International Tournament in Palm Beach, Florida, where he made it to the consolation quarterfinals competing against players from around the world.

He also competed in the Eastern Canadian U10 Team Championship. Seeded sixth out of 21 teams, Théo and his teammates managed to make it all the way to the semi-finals before ultimately finishing in 4th place.

For his prowess on the tennis court at such a young age Théo Montgomery has been selected as a recipient of this year’s Orléans Outstanding Youth Awards..



Theo Montgomery

Mekhi Simpson Falcao, 17

Mekhi Simpson Falcao is a Grade 12 student at Cairine Wilson Secondary School, where last year she was able to maintain a 94.4 per cent average while taking on a leadership role in a myriad of ways including: tutoring other students, being a member of the student council, the Tech Crew, the Improv team and various school clubs. He also helped organize a series of coffee houses.

Mekhi has won the Drama Award for top student three years in a row (including last year), and he received a 99% in Grade 11 Applied Chemistry. This past fall, he began tutoring students in the Grade 11 chemistry class and dedicates his spare period each day to support students in their learning. To be clear, that’s over six hours per week volunteering.

In his spare time, Mekhi tutors other students in math outside of school. He is beloved in drama class as he constantly praises his peers and looks out for their well-being. Last June, he wrote, directed and performed in scenes as part of a Drama Collective with residents from the Bruyère Home, showcasing their stories and building deep connections with our elderly neighbours.

Overall, Mekhi defines the best of what it means to be a leader with his myriad of talents and huge heart. For taking on a leadership role at his school in mentoring others and for balancing his activities in drama and the arts with his academics at such a high level, Mekhi Simpson Falcao has been selected as a recipient of this year’s Orléans Outstanding Youth Awards.



Mekhi Simpson Falcao

www.oreansstar.ca



VENVI
PORTOBELLO
— Résidence pour retraités —

PORTES
OUVERTES
OPEN HOUSE

♦ ♦ ♦ ♦

Dimanche 23 mars • 13 h à 16 h
Sunday, March 23 • 1pm – 4pm

COMMUNITY BILLBOARD

SATURDAY, FEB. 22

ROYAL OAK ORLÉANS Cabin Fever Dart Tournament starting at 12:30 p.m. Entry fee is \$15 with all funds going back to the players in prize. Registration deadline is 12:30pm, games will start at 1pm. Pre-register at the bar to save your spot today!! The Royal Oak Orléans pub is located at 1981 St. Joseph Blvd. near Jeanne d'Arc.

SUNDAY, FEB. 23

BeYOUtiful WOMEN'S EXPO from 10 a.m. to 2 p.m. at the Shinkman Art's Centre with over 35 exhibitors and seven guest speakers covering the topics of health, wellness, beauty and fun. Tickets \$10 at the door.

WEDNESDAY, FEB. 26

OYSTER NIGHT at the Orléans Brewing Co., 4380 Innes Rd. from 6 to 10 p.m. Indulge in the

finest oysters and unwind with a drink in hand. We also offer wine and ciders for the non beer lovers!

THE STRAY DOG BREWING COMPANY – Wednesdays are

Trivia Night at the Stray Dog Brewing Company from 6:30 p.m. to 8:30 p.m. Reservations are a must to secure your spot. Send your team name and number of people participating to info@straydogbrewing.ca.

THURSDAY, FEB. 27

ORLÉANS BREWING CO.

– Every Thursday evening is DJ Night at the Orléans Brewing Co. featuring local DJs from 7-10 p.m. The Orléans Brewing Co. is located at 4380 Innes Rd.

FRIDAY, FEB. 28

THE STRAY DOG BREWING COMPANY presents Michael

Ben-Shalom live and in concert starting at 6:30 p.m. NO COVER. The Stray Dog Brewing Company is located at 501 Lacolle Way in the Taylor Creek Business Park.

FRIDAY, MARCH 1

THE STRAY DOG BREWING COMPANY presents SATIRE!?

live and in concert. Satire!? is made up of five local high school guys who play a mix of rock, funk and blues covers and add unserious lyrics reminiscent of Frank Zappa. Their performance will also include a set of original songs. Tickets \$10 available at www.straydogbrewing.ca.

TUESDAY, MARCH 4

THE ORLÉANS BREWING CO. presents Musical Bingo every

second Tuesday from 7:30 p.m. to 9 p.m. Prizes to be won. Fun to be had. Memories to be made.

IN MEMORIAM



Cecil Clive Barrett, 92

Passed away on February 8, 2025

Jean Laporte, 64

Passed away on February 7, 2025

Norman Thomas Cromey, 78

Passed away on February 6, 2025



www.heritagefh.ca/obituaries

BUSINESS DIRECTORY

Get your business NOTICED!
Email info@orleansstar.ca to book your ad

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**

CHURCH LISTING

Church of God International Canada

Please come and join us in worship and fellowship

Weekly Sabbath Services (Saturday) at 1:00 p.m.

**DO YOU NEED PRAYER?
PLEASE EMAIL US.**

Please call or email for location 613-416-1533
or info@cgiottawa.ca

www.cgiottawa.ca

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

GENERAL CONTRACTOR

FRANÇOIS

•General Contractor•

Residential services

[613] 798-6096

Francoisgeneralcontractor@gmail.com

- Framing
- Drywall
- Flooring
- Trim
- Plumbing
- Electrical
- Floor/Wall Tiling
- Concrete
- Parging
- Decks
- Fences
- Windows
- Doors
- Drywall repairs
- Deliveries

**Free estimates
Fully insured**

WINDOWS & GLASS

YOUR ONE STOP GLASS SHOP

COMMERCIAL & RESIDENTIAL



OUR SERVICES INCLUDE:

Replacement of thermal panes • Custom showers
Repair & replace hardware on windows
Custom glass railings • Cut to size glass & mirrors
Repair damaged screens & fabricate new screen frames

1241 Cousineau St., Orléans

(613) 715-3856 or (613) 824-2664

Website: www.mggs.ca Email: Marty@mggs.ca

INSULATION SERVICES

Ottawa's Best Attic Insulation Services



ATTIC PROS

GREEN INSULATION SERVICES

Our team has been providing outstanding insulation services to Ottawa residents for over 10 years! Contact us today for assistance and advice. Call 613-702-8374 for your FREE insulation quote today.

PAINTING



Lancaster Painting

613-355-1700

Home - Office - Commercial Space

PAINTING



Call a Pro! 613 299.9534

STAR SPORTS



+ EMBROIDERY
+ SCREEN PRINTING
+ PROMOTIONAL ITEMS
And Much More!

T-SHIRTS • WORK WEAR • CAPS • PENS
 MAGNETS • CORPORATE GIFTS • AND MUCH MORE!

5369 Canotek Rd.
613-841-7867 • www.stitchco.ca

Navanite skip wins second provincial title

By Fred Sherwin
The Orléans Star

Dominique Vivier has won her second provincial curling championship in as many years. The Navan native combined with third Brooklyn Ideson, second Scotia Maltman and lead Clara Dissanayake to win the Ontario U20 Junior Women's curling championship in Kingston last month.

The foursome will now play for the national junior title in Summerside, PEI, from March 22-30.

Vivier and Ideson won the Ontario U18 championship last year with a totally different front end. The pair, along with lead Sydney Anderson and Toulia Pappas, were perfect in pool play at the U18 Canadian championships before being upset in the quarterfinals.

In winning the U18 and U20 provincial championships, Vivier is following in the slider of fellow east end native Rachel Homan.

Homan won the U18 provincial championship four consecutive times from 2003-2006 and the Ontario junior championship in 2009 and 2010 before going on to become a four-time Canadian women's champion and a two time world champion.

Two other curlers who learned the sport at the Navan Curling have also won provincial titles in two different age groups. They are

brothers Matt and Jason Camm.

Matt won the U16 provincial championship as a skip in 2008. He then went on to win the 2011 junior title. That same year, Jason followed in his older brother's footsteps by also winning the U16 championship. He would then go on to win the junior title twice as a third in 2013 and 2016.

Last but by no means least, Cairine Wilson alum, John Morris, won the provincial junior title three times from 1996 to 1999, along with the Canadian and World Junior Championships in 1998 and 1999.

All of which means Vivier is following in some pretty impressive footsteps. The 19-year-old Collège Mer-Bleue grad began curling when she was eight years old after her dad signed her up for the Little Rocks program at the Navan Curling Club.

It took a while for Vivier to warm up to the game. In fact, it wasn't until she was recruited to play on the Little Rocks competitive team that she began to enjoy it more.

"I had a competitive streak in me even back then," says Vivier, who first teamed up with Ideson prior to last year's U18 provincial championships.

The pair, who met through competitive curling, had been talking about putting a team together for the better part of a year. The fact that Vivier goes to Wilfrid Laurier University in Waterloo and Ideson goes to



Left to right, Skip Dominique Vivier, third Brooklyn Ideson, second Scotia Maltman and lead Clara Dissanayake. PHOTO SUPPLIED

Western University in London, made joining forces a lot easier.

Prior to the start of the current season they recruited Maltman, who plays on Vivier's university team, and Dissanayake who goes to McMaster University.

Even though they weren't able to practice together on a regular basis, they managed to earn enough points in the early season bonspiels to get a direct berth in the U21 provincial championships, where they went

undefeated through seven round robin games and the final.

The Vivier foursome found themselves tied with their opponents heading into the seventh end of the championship game without the benefit of last rock when they managed to steal a point in both the seventh and eighth ends to take a 4-2 lead.

After holding their counterparts to single in the ninth end, they sealed the win with a single in the 10th.

Lunch menu – Tuesday to Friday – All Meals Include Soup of the Day



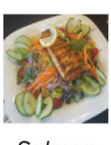
3712 Innes Rd.
(Beside Food Basics)



Alcatraz –
Pot Roast with
Potatoes & Rice
\$25.00



Piri-Piri Chicken
with Salad
\$23.00



Salmon
with Salad
\$26.00



Alenteira
\$25.00



Fish of the Day
\$24.00



Atlantic Cod with
Potatoes and a mix of
Onions & Peppers
\$24.00



Haddock
\$25.00



Cod Cakes with
Fries & Salad
\$24.00



Chicken, Beef
or Shrimp Skewer
\$25.00



Cod in
Bechamel Sauce
\$24.00