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THE Orléans Star

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The Cairine Wilson Secondary School theatre production of Puffs was an uproariously funny take on J.K.Rowling's Harry Potter franchise. FRED SHERWIN PHOTO

St. Peter HS food drive a godsend for Orléans food bank

By Fred Sherwin
The Orléans Star

St. Peter High School has answered the bell yet again to provide food and cash for the Orléans-Cumberland food bank at what is traditionally a critical time of the year.

Except for a three-year stretch during the COVID pandemic between 2020 and 2023, the Canley Cup food drive has been an integral part of the St. Peter High School community for more than 25 years. It's a time when the entire student body joins forces to collect non-perishable food items and monetary donations for the food bank.

This year, the students managed to collect over 15,000 food items and more than \$10,000.

Orléans Cumberland Community Resource Centre project manager Julie Perkins says the donations will help the OCCRC provide emergency food supplies to residents who need them over the summer and into the fall.

"It's one of, if not our biggest, food drives of the year. It's what allows to feed families for at least half the year if not three quarters of the year," says Perkins. "We're fortunate to have such a generous community and students who know the value of taking care of each other and helping each other out."

The food bank serves 1,200 individuals a month, on average, including 38 new individuals who registered with the food bank last month.

While some people may think the food bank operates as a grocery store for people with a limited income, it actually only provides people with three days of emergency food supplies per month. The amount of food provided depends on whether it's for a single individual, or a family, and the size of that family.

In order to continue to provide emergency food supplies for individuals and families in need, the

CONTINUED ON PAGE 2 ►

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COMMUNITY BRIEFS

Registration now open for Orléans Walk for Dog Guides

ORLÉANS – The Cumberland, Navan and the Orléans Lions Clubs have joined together to organize and lead the Orléans Walk for Dog Guides, one of many fundraising events held throughout Canada on National Walk Day, May 25, 2025. The Walk is scheduled at 2 p.m. at the Roy G. Hobbs Community Centre, located at 109 Larch Cres. in Orléans. Participants can choose between one of two routes, the shortest stretching roughly one kilometre while the longer route is a few kilometres in length. Dog owners and/or dog lovers alike are welcome to participate by registering on-line at: www.walkfordogguides.com/fundraiser/orleanswalkfordogguides. Those who are unable to walk can support the Lions in their efforts to raise much-needed funds for the Lions Foundation of Canada Dog Guides (LFCDG), a national charity that was created by the Lions of Canada. Its mission is to empower Canadians with disabilities to navigate their world with confidence and independence by providing a dog guide at no cost and supporting them in their journey together. In addition to training dog guides for people who are blind or visually impaired, Dog guides are also trained to meet the needs of Canadians with hearing, medical and physical disabilities, epilepsy, autism, diabetes and for professional agencies assisting people in traumatic situations.

Orléans Blooms event on this weekend

ORLÉANS – The Kin Club of Orléans wants to see you at their second spring plant sale and event, Orléans Blooms. This year's event is being held on Sunday, May 18 in the Orléans Town Centre, just in time for the spring planting season. The event runs from 9 a.m. to 3 p.m., rain or shine. Everyone is welcome and admission is free. Proceeds from the plant sale will go towards community projects in the Orléans area. There will be a variety of premium and unique garden plants for sale, supplied by Peter Knippel Garden Centre and Belgian Acres Farms. The plants are sourced from Canadian growers. The event will also feature gardening advice and info from local suppliers for those who want to learn more about how to green their world. Local artists will be showing off their work, which will also be for sale, and there will be a fun educational corner and giveaway for kids who want to get started in gardening. There are draws for some great door prizes. Major sponsors for this year are Orléans Home Hardware and the Heart of Orléans. For more information about Orleans Blooms, or to find out more about what the Club is planning, please visit www.kincluboforleans.ca.

Tips for spring planting, courtesy of Peter Knippel Garden Centre:



- Let your garden wake up slowly. You can damage plants that are still frozen.
- Cut back grasses and other perennials.
- Top dress, overseed and fertilize your lawn.
- Clean, disinfect and sharpen your gardening tools. Dull tools can damage plants.
- Fertilize your existing gardens.
- Be patient with evergreen plants, they only start to grow in June, winter browning should be gone once new growth occurs.

St. Peter food drive a godsend for food bank

Continued from page 1

food bank is largely dependent on food and monetary donations from the community raised through a combination of individual

donations, events which collect donations on behalf of the food bank and events such as the St. Peter High School food drive held every spring and the Ottawa Fire Fighters food drive held every December.

St. Peter High School teacher Sheena Hyde has been co-ordinating the food drive for the past three years. She also volunteers at the food bank during the summer, which gives her first-hand insight into how important the food drive is and the people it benefits.

"I started volunteering during the pandemic, so I do have a vested interest as well," says Hyde.

The St. Peter food drive has developed into a friendly competition between classes to see which class can collect the most food items and raise the most money. This year's winning class was Mr. Poirier's Grade 8 class, which collected over 4,000 donations in cash donations and food items

"Our kids really have stepped up. We had so many classes above 200 donations and at least 10 classes over 1,000 donations," says Hyde. "It's been great."

NOTICE OF APPLICATION

NOTICE IS HEREBY GIVEN that on behalf of (Marie Cormier) application will be made to the Legislative Assembly of the Province of Ontario for an Act (to revive Holy Trinity Restaurant Inc.).

The application may be considered by the Standing Committee on Procedure and House Affairs. Any person who has an interest in the application and who wishes to make submissions, for or against the application, to the Standing Committee on Procedure and House Affairs should notify, in writing, the Clerk of the Legislative Assembly, Legislative Building, Queen's Park, Toronto, Ontario, M7A 1A2. Dated at Stittsville, this 17 day of October, 2024.



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Orléans blind deaf athlete receives yet another honour

By Fred Sherwin
The Orléans Star

Orléans blind and deaf athlete Kevin Frost recently received another honour to add to his collection. Earlier this month, the 58-year-old golfer and author was bestowed with the King Charles III Coronation Medal during a ceremony at TD Place.

The medal, which is administered by the Chancellery of Honours at Rideau Hall, is being awarded to individuals who have made a significant contribution to Canada or to a particular province, territory, region or community of Canada.

Frost was nominated by the Canadian National Institute for the Blind (CNIB) for being an inspiration to other sight-impaired Canadians through his accomplishments as an athlete on the national and international stage, and for his advocacy in seeking recognition and assistance to help overcome obstacles sight-impaired Canadians face every day.

Frost first got involved in sport in a serious way in his 30s after he had already lost most of his hearing and eye sight which was a result of Usher's Syndrome. The condition reduced his eyesight to a five per cent field of vision, which is like looking at the world

through a straw, and left him with 10 per cent of his hearing.

In 2005, he took up rowing and speed skating to give him some focus in his life which would allow to set goals. He ended excelling at speed skating and went on to win over 80 medals in provincial, national and international competition including three world championships.

In 2017, Frost took up tandem cycling and together with his guide, won a silver medal at the 2019 Canadian Para Championships.

2017 was also the year Frost decided to take up the sport of golf. Within two years, he was taking part in blind golf events at the provincial and national level with the help of his coaches and his wife Loretta, who acts as his caddy and spotter during competitions.

After a two-year hiatus from competition during the COVID pandemic, Frost returned to the links with a vengeance. Last year, he won both the Ontario and Canadian championships using the Stableford scoring system in the B2 category, which is the level just above totally blind golfers.

During the past two years he also found time to write and publish a book, *Deaf Blind Champion: A True Story of Hope, Inspiration in Excellence in Sport and Life*

which has sold over 5,000 copies and is available on Amazon and local Chapters stores, and he continues to provide his services as a motivational speaker.

It's quite the resume and the reason why he received the King Charles medal.

"I didn't see this one coming," Frost chuckles at the unintended pun. "It really puts all the hard work I've done over the years in perspective and it motivates to want to do even more."

The latest issue Frost has decided to tackle are attacks on service dogs by other dogs. His own service dog Woody was attacked and bitten by a German Shepherd while he was out for a walk with Loretta.

The owner of the German Shepherd was fined \$250 for allowing his dog to wander off his property and for not being on a leash.

Frost wants attacks on service dogs to be treated much more seriously with much higher fines.

"It costs an average of \$50,000 to train a service dog and thousands more treatment and retraining after they've been attacked. Some dogs never recover," says Frost.

Besides advocating for service dogs, Frost also plans to expand his summer golf camp program for sight-impaired youth and adults.



PHOTO SUPPLIED

Kevin Frost with his service dog Woody and CNIB Ontario executive director Andrew Galster.

He held four camps last year. This year he hopes to hold two evening camps at the White Sands par 3 on St. Joseph Blvd. and 4-5 day camps at Anderson Links.

The camps are being sponsored by the Ottawa Senators Foundation. Anyone interested in attending the camps can contact Kevin at kevin-nemo@hotmail.com.

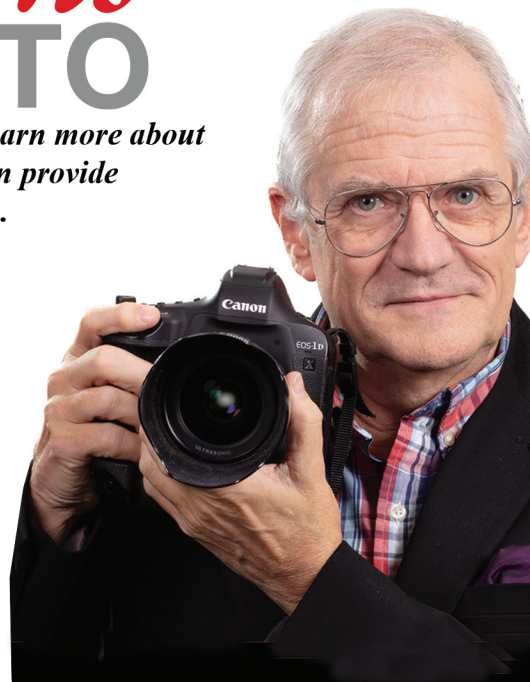
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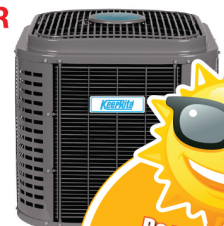
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High times

I recently had an interesting discussion with someone about the large number of cannabis stores in Orléans and the reason – or reasons – why there are so many.

We both started out by agreeing that the reason why there are so many cannabis stores in Orléans is demand. If the demand for cannabis and cannabis products wasn't there, then the shops wouldn't be there, full stop.

It seems hard to believe, but there are more cannabis stores in Orléans than shawarma restaurants, 13 compared to 12, and cannabis stores outnumber grocery stores by the same number and that's including both Giant Tiger stores and the Walmart store.

The only thing that outnumbers cannabis stores in Orléans are pizza parlors of which there are 19, and gas stations, 17.

My friend opined that the large number of cannabis stores in Orléans is a reflection of the amount of marijuana and THC edibles that are being smoked and consumed here.

Although I'm sure there a lot of people getting high in Orléans, there's definitely not enough people getting high to support 13 cannabis stores.

The real reason why there are so many cannabis stores in Orléans and the rest of the province is a reflection of the number of people who are dealing with mental health issues.

The pharmaceutical industry may argue otherwise, but CBD, which is the non-intoxicating compound found in cannabis plants, has been found to help alleviate anxiety, insomnia, PTSD and chronic pain in some users. And because it's not an intoxicant, or listed as a drug by Health Canada, you don't need a prescription to either buy it or use it.

I know a number of people who use CBD on a regular basis and who most people would describe as "regular" folk. They are businessmen, students, teachers, government workers and even seniors. In short, they are your neighbours. Heck, they might even be you.

Most people who use CBD do so because it helps them deal with their condition. They also use it because it is a natural alternative to prescribed drugs like opioids, anti-depressants, or anxiolytic drugs all of which can be highly addictive.

Although CBD is generally considered safe, it can cause side effects in some individuals including fatigue, drowsiness, changes in appetite, diarrhea, and dry mouth. Anyone considering using CBD should only do so in consultation with their doctor, especially if you have any underlying health conditions or are taking other medication.

– Fred Sherwin



*MAKE THE PAPACY GREAT AGAIN

Speech from the Throne to be delivered by King Charles III

This is my first column since the elections, and I want to take this opportunity to thank you, Orléans. Thank you for your participation in the democratic process, and thank you for putting your trust in me once again. You can count on my full support and attention as your representative at the House of Commons.

The 45th Legislature is set to be opened by King Charles III, on May 27. It will be the first time in over half a century that the reigning monarch has opened parliament since Elizabeth II did so for the 23rd Canadian Parliament in 1957.

It's also the first time the sovereign has personally read the Speech from the Throne since Elizabeth II did so at the opening of the third session of the 30th Canadian Parliament in 1977. The Speech from the Throne introduces the government's direction and goals.

Prime Minister Carney already said that the Liberal government's priorities will be to ensure a strong Canada, protect our sovereignty, ensure our national security, reduce interprovincial barriers, invest in Canadians by reducing taxes and speeding up access to housing by doubling the pace of construction of affordable housing, and eliminate the GST for first-time homebuyers to name a few.

May 8 marked 80 years since Victory in Europe Day when the Second World War came to an end in Europe. We will never forget and will always remember those who fought for our freedom and peace. Thank you to all our veterans and active members of the Canadian Forces for your service to our country.

I want to join all Catholics in Orléans, Canada, and around the world in wishing His Holiness Pope Leo XIV a pontificate marked by peace, wisdom, and unity following his election on May 8.

I also want to congratulate the Heart of Orléans BIA and the YMCA for their leadership and collaboration in organizing an amazing job fair at Place Orléans on May 7. It was great to see many employers on site and the thousands of people that showed up to learn about job opportunities.

The annual Canadian Tulip Festival, the world's largest public tulip display, is now on until May 19. I invite you to visit tulipefestival.ca to learn about the different sites to admire the tulips.

To all the mothers and mother figures in Orléans, I hope you enjoyed a beautiful Mother's Day, filled with love and cherished moments with your families.

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



**Commons
Corner**

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We have become a society addicted to technology

The topic of my column this week was going to be about today's younger generation and the common view held by many people my age, or thereabout, that today's younger generation is soft and spoiled.

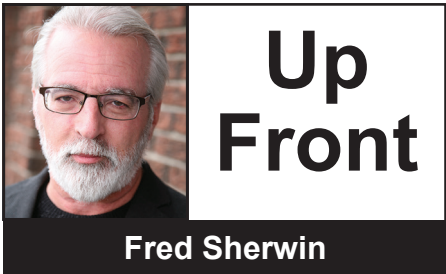
I was born in 1961, which technically puts me at the tail end of the Baby Boomer generation. Those of us born between 1958 and 1964 came of age during the 1970s, which among other things brought us stadium rock, disco, punk rock and reggae music. Not bad for one decade.

There was no such thing as political correctness or ADHD – we called it kids being kids back then – and the only allergy we knew about was hay fever.

We also didn't have home computers, or tablets or Smart phones. And there were no home video games unless you were lucky enough to own a home version of Pong which was first released in 1975. Galaga wasn't released until 1981 and Pac-Man didn't come out until the following year.

Most high school kids today have all that and then some.

When I went to high school in the late 70s I had several friends who either spent their summers picking tobacco in southern Ontario, or planting trees up north.



How many kids today would volunteer to give up their Smart phones for the summer to plant trees? I'm guessing not too many.

But maybe I'm being too harsh. After all, they inherited their addiction to technology from their parents, who inherited it from their parents.

In the 60s and 70s there was a popular saying, "Keeping up with the Joneses." Basically, it described people who would buy the latest washing machine, television or stereo to keep up with their neighbours if they bought one first.

But it was limited to buying your first colour TV, or microwave oven, or dishwasher. Who knew it would signal the beginning of western society's addiction to technology?

Within 30 years, our addiction had expanded to cell phones, video games, flat screen

televisions and DVD players.

The big electronic companies like Sony, Samsung, Apple, Dell and LG started releasing new products every year hoping customers would want the latest model with all the newest bells and whistles. And we bought into their marketing scheme hook, line and sinker. It got to the point where people couldn't wait to buy the latest model – whether they had the money to pay for it or not – so they bought it on credit which has become something else today's society is addicted to. Why save your money to buy it later when you can put it on a payment plan and buy it now?

And it's not just the Millennials and Gen Zs who were born between 1995 and 2005 – it's everybody. Greed may have defined the 1980s, but consumerism and our addiction to buying the latest and greatest that has defined the decades since and still defines us as a society today.

My dad's generation was the last of the pre-consumerism generations. They paid cash for everything they bought. They avoided having to pay on credit like the plague. And they used what they bought until it couldn't be used anymore. I have a close friend of mine who follows the same policy, but folks

like him are few and far between.

I remember years ago when my dad was contemplating buying his first computer. He ended up "contemplating" about it for three years. Every time he was about to pull the trigger and buy one, he would change his mind because he had just heard that the soon to be released new model would be better than the one he was thinking about buying.

After two years of this, my siblings and I finally convinced him to buy a computer. Over the years he would eventually replace the monitor and the keyboard, but he kept the computer until the day he died.

An even better example was his headphones. He had a pair of old headphones with the foam that normally surrounds your ears worn off and the speaker part on both sides was covered with pieces of cheesecloth.

One Christmas, I bought him a pair of wireless, noise-canceling Sennheiser headphones. For the life of me, he couldn't figure out how to use the Bluetooth feature and he kept leaving them turned on so the battery was always dead. Within a week, he went back to his old pair.

I'm sure there's a lesson to be learned here, but I still haven't figured it out.



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On 15 May 2025, RCL Branch 632 Orleans will host a question and answer session with a representative from Veterans Affairs Canada and the Legion Command Service Officer. The gathering will begin at 19:00 hours in the upstairs lounge. The evening will begin with presentations and then move to a Question and Answer session. Space is limited so you are requested to leave a voicemail with your name and number at the Legion Office at 613-830-9984 or with the Branch Service Officer at 613-841-1327.



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Delivering on priorities, not political games = real change

As we approach the mid-year mark, I wanted to share some progress updates.

As a full participant at eight Committees and Council, I continue to be an active and engaged voice, while staying grounded in my core values of being accessible, available and transparent to residents.

Continuing to push accessibility forward in our parks, my motion to embed the creation of a public-facing tool for park accessibility into the City's four-year accessibility plan was recently approved. This long-term commitment will help families and caregivers find inclusive amenities across Ottawa – and ensure that accessibility in our outdoor spaces becomes a City-wide priority.

Speaking of outdoor spaces, the Navan Pavilion has officially hit 100% of its fundraising goal, thanks to the extraordinary work of the Navan Community Association, the Pavilion Project Team, and the Bradley Cup. What started as an idea a year ago is now a fully funded community hub – built through multiple city grants, fundraisers, and local pride.

Also in Navan, the Cumberland Township Agricultural Society just received over \$19,000 through the Rural Community Building Grant

Program to modernize operations at the Navan Fair.

On the transportation front, you know I've continued pushing for east-end priorities through my extensive work on the Transportation Master Plan. I advocate daily for our fair share of infrastructure dollars, the Cumberland BRT, and long-overdue capacity-building on Brian Coburn Blvd.

I've been reviewing, questioning, commenting on, and improving development proposals to ensure we protect quality of life. Recently, I negotiated changes to underground infrastructure for a major development at Brian Coburn and Navan, avoiding weeks of full closures on both roads.

From hundreds of temporary traffic calming community requests and installments, to unlocking historic road resurfacing funds annually, advancing multiple intersection upgrades, to pushing forward long-stalled projects like the François Dupuis District Park expansion and finding a permanent home for the Cumberland Cricket Club – I remain focused on delivering daily for Orléans South-Navan.

This work isn't always flashy – but it's focused and it's steady. It's how you make real change.



Catherine Kitts

Orléans South-Navan

Setting the record straight on what's happening with Hwy 174

As your city councillor, I believe in transparency and ensuring our community is well-informed. Recent discussions around the province's decision to upload Hwy 174 have sparked confusion. Let's be clear about what's happening – and what's not.

Hwy 174 was once a provincial responsibility. In the late 1990s, it was downloaded to the municipality, shifting the cost of maintenance and upgrades to Ottawa taxpayers. For decades, this has placed an unfair burden on our city – especially for residents of Orléans who rely on this critical route every day.

On March 28, 2024, the Ontario government announced a \$543 million deal with the City of Ottawa that includes taking back responsibility for Hwy 174. This is a major win for our community.

Some critics claim the upload isn't happening, or isn't happening fast enough. That's disingenuous. Previous municipal leaders had plenty of time to advance this work—but it

was all talk. Transportation Chair Tim Tierney, Catherine Kitts, Laura Dudas, Mayor Sutcliffe and I rolled up our sleeves, did the work, and brought the province to the table. This Council is getting it done.

There's a difference between quiet leadership and political bluster. Real leadership isn't about making the most noise – it's about doing the hard, often unseen work of building relationships and moving projects forward. That's what we've done here. You attract more flies with honey than vinegar and you can't make a partner out of someone you constantly undermine and beat upon.

With the province assuming control of the highway, Ottawa can redirect resources to local roads, transit, and community services. For Orléans, this means real improvements in road quality, safety, and reliability.

This isn't just a promise – it's a signed agreement. It's real progress for the east end.

And while others may shout from the sidelines, I'll keep doing what I was elected to do: deliver results for our community.



Matt Luloff

Orléans East-Cumberland

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SPRING 2025

HOME STYLE



Making dreams come true one pool at a time

By Fred Sherwin
The Orléans Star

Jean-Michel Deschamps has been in the pool business for most of his life. He started cleaning pools while a high school student at École secondaire Garneau. In fact, he sold his first pool to his high school principal when he was still in Grade 13.

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

After graduating from the University of Ottawa, Deschamps continued to train dealers despite his parents' wishes that he pursue a career in the public service.

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

After nine years of traveling, Deschamps was offered a chance to become the co-

owner of the Citadelle Pools franchise in Ottawa-Gatineau. Tired of life on the road, he accepted the offer and for the next eight years, he sold inground and above ground pools.

In 1995, Deschamps decided to go into business for himself in Orléans. He sold his shares in Citadelle to concentrate all of his energy on inground and semi-inground pools and get away from the big box store mentality.



**Jean-Michel
Deschamps**

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



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

"Pools create memories. When you have a pool, you want to invite your entire family over. It's about bringing families together," says Deschamps. "We build pools people can be proud of. That's why I'm still doing

this after 40 years."

Besides selling, installing and maintaining pools, JMD also does salt water conversions, liner replacements and safety covers.

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any other décor ideas that can add comfort to your home. To top it off, when you work with a Randall's decorator, you are eligible for discounts on the purchases you make at Randall's.

If you already know the colour you need, Randall's is the go-to place in Ottawa to match a paint colour, even a fabric sample, or a floor, cabinet or furniture stain colour.

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

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Renovations, big or small, can significantly contribute to both the pleasure you derive from your living space and its value. There are two things that really stand out about the support you can expect from Randall's. One, Randall's selects only the highest performing products. And two, they have a team of well-trained, knowledgeable specialists who can help you sort out which of their products and services will work best for your projects.

You can do the work yourself or Randall's can help connect you to the right professionals. You'll appreciate their value and convenience when you visit this 100% locally, Canadian owned ONE-STOP-SHOP either at 555 Bank St. Ottawa (Exit 417 at Catherine St.; FREE parking behind store, off Isabella St.) OR at their new, second location: 1891 Merivale Rd. Nepean (just south of West Hunt Club). Alternatively, visit randalls.ca with next business day paint free delivery.

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

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Da Artisti focuses on fused glass classes and workshops

By Jody Maffett
The Orléans Star

At the Da Artisti Studio & Gallery in Cumberland Village they have decided to focus more on the studio side of the operation by offering more fused glass workshops and classes.

Owner Wendy Canci is a fused glass artist who wants to pass along her love of the medium to others. She is also a gifted graphite and pastel artist.

Fusing is the heating of two or more pieces of glass in a kiln so that they melt together to form one piece. The result is an object that has a stained glass quality with colour and texture, but without the leading that is required in making stained glass.

Her “Introduction to Fused Glass” workshop teaches registrants how to make their own 5- x 10-inch fused glass platter and a 4.5-inch square trinket dish. The workshop is three hours long and can be taken individually, or in a group.

Graduates of the workshop then have the option of moving up to the intermediate bowl making class during which they can make a beautiful 12-inch decorative bowl.

Materials for both the workshop and the bowl making class are provided at no extra cost.

Those people who take both the workshop and the class then have the benefit of being able to use the studio for an hourly fee which includes the use of the kiln. They can also purchase their supplies at a discount.

Although Canci wants to focus more of her time on the workshops and classes, the gallery space still has a number of items for sale created by fabric artist Deborah Lyall, stained glass artist Diana Atkinson, fused glass artist Martine Marceau and ceramic artist Katherine Arnold, along with pieces of Canci’s own creation, all of which make great gifts.

To help supplement her business, Canci has also rented a portion of her space to barber Joseph Perry who takes on clients by appointment only.

Perry attended Sir Wilfrid Laurier Secondary School in the early 2000s with Wendy’s son Yuri. After they both graduated, Perry went to Toronto where he studied to become a barber. In 2022, he moved to Casselman and started his own

business. Once he set up shop in Casselman, Perry began looking for his old classmate on social media.

Last fall, after one such search came up empty, he noticed that Yuri had made an appointment online.

During the appointment, Yuri told Perry about his mother’s gallery and studio in Cumberland Village. He ended up visiting Da Artisti and after a few conversations with Canci, she agreed to rent out a portion of the gallery to him.

Perry is hoping to see more of his old classmates as word spreads that he’s now accepting clients in Cumberland Village.

To book an appointment at The Perry Lane Barbershop, visit theperrylane.com. For now he’s taking appointments on Wednesdays, Thursdays and Fridays from 11 a.m. to 6 p.m. and Saturdays from 10 a.m. to 2 p.m.

The Da Artisti Studio & Gallery is open Wednesday to Friday from 11 a.m. to 5 p.m. and Saturday and Sunday from 9 a.m. to 4 p.m. You can visit their website at www.daartisti.com.

For information on the workshops or to register call 613-833-2565.



Wendy Canci, right, and Joseph Perry, left, stand in their shared space in the Da Artisti Studio & Gallery in Cumberland Village. FRED SHERWIN PHOTO



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Summer activities



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NEIGHBOURHOOD UPDATE

Spring in Orléans West–Innes

Spring has arrived in Orléans West–Innes, and with it, more opportunities to connect with residents. Thank you to everyone who joined me at this year's Egg-Stravaganza — a great way to kick off the season. I always love getting to speak with residents at events, in the park, or at the door. These conversations are an important part of my role as your Councillor, helping me to better understand your priorities and bring your concerns directly to City Hall.

As we move into the warmer months, I look forward to attending even more events, supporting neighbourhood initiatives, and continue to meet with you in the community. Whether we are discussing City services, traffic, safety, or future developments in our ward, your input matters.

If you are hosting a community event, I would love to attend — feel free to reach out to me at Laura.Dudas@Ottawa.ca. To stay informed about upcoming events and local updates, sign up for my monthly newsletter at LauraDudas.ca/contact.



Nominations Open for my 6th Annual Gems Awards

I am excited to announce that nominations are now open for my 6th Annual Gems Awards! This initiative celebrates the incredible local businesses, service providers, and community organizations that help make Orléans such a vibrant and welcoming place.

As featured in the *Orléans Star*, the Gems Awards recognize excellence in a wide range of categories:

- Best Restaurant/Café
- Best Professional Service Business (medical, legal, real estate, etc.)
- Best Arts or Cultural Organization
- Best Community Service Organization
- Best Retail Business – Merchandise
- Best Retail Business – Food (including take-out)
- Best New Business
- Best Community Social Organization
- Best Personal Service Business (gym, salon, etc.)

Nomination deadline: May 31, 2025

Submit your nomination at LauraDudas.ca/Gems or by email at LauraDudas@Ottawa.ca.

Let us continue to support and celebrate the businesses and organizations that make our community shine.

Spring Information Fair – May 24

I am pleased to be hosting my annual Spring Information Fair on Saturday, May 24, from 12:30 p.m. -2:30 p.m. at the Bob MacQuarrie Recreation Complex – Orléans.

This interactive and educational event is a great way to connect with City staff and local organizations providing services and programs for the season, including:

- Home energy upgrades and rebate information
- Upcoming City engagement opportunities
- Yard waste and gardening tips
- Living with wildlife resources

Whether you are new to the area, or a long-time resident, I encourage you to stop by, ask questions, and pick up helpful resources for the months ahead.



Exciting Ward Projects

As we look ahead, several key projects are now underway or planned across our community thanks to this year's City budget and continued advocacy at City Hall. Here is a snapshot of what to expect:

Father Richard Ward Park

- The community voted to replace the aging playground with Concept B, which includes swings, slides, climbing structures, accessible seating, and a new spring toy.
- Planning is now complete, and the next step is to secure a contractor so that construction can begin in the coming months.

Bob MacQuarrie Recreation Complex – Orléans

- \$1.7 million for upgrades, including ceiling repairs and ongoing improvements to the Roger Sénécal Arena ice pad.
- Another multimillion-dollar investment supported a full rebuild and upgrade of the skateboard park, as well as resurfacing of the parking lot to improve accessibility.
- The grand opening for the skateboard park will take place on June 8.

Road Resurfacing

- I worked with the Mayor's Office to secure funding for the resurfacing of Innes Road through Blackburn Hamlet in this year's budget, with design and engineering starting this year and construction next season.
- Notre-Dame Street will be seeing its resurfacing work and the extension of the sidewalk starting this year; and multiple surrounding streets will begin their engineering prep work, with resurfacing to follow.

Roy Park

- The \$400,000 investment in our community for the new splash pad in Roy Park is almost ready for local families to enjoy this summer. I look forward to the grand opening and celebrating this exciting new upgrade with the community.

Forest Valley Drive Improvements

- This year will see major pedestrian safety and accessibility improvements between St. Joseph Boulevard and Orléans Boulevard with:
 - Relocated bus stops and improved crossings
 - Raised pedestrian crossovers
 - Upgraded sidewalks and accessible bus platforms

These investments reflect our shared commitment to improving infrastructure and quality of life throughout Orléans West–Innes.



Sign up for my monthly newsletter at LauraDudas.ca/contact/.

Ward 2 Orléans West-Innes

613-580-2472 // Laura.Dudas@Ottawa.ca // www.LauraDudas.ca

2025 SUMMER CAMPS

Still plenty of options left for would-be summer campers

By Jody Maffett
The Orléans Star

Parents looking for a day camp to send their kids to this summer still have plenty of options to choose from – although many of the spots are going fast.

If your kids are musically inclined, the School of Rock in Orléans has a variety of four- and five-day camps available for kids aged seven to 13.

Each week has a different theme and best of all, no experience is necessary.

The summer camps kick off with “Schools Out – Sounds of Summer” from June 30 to July 4. This 4-day summer camp will teach students the fundamentals of music while learning songs written for the summer.

The Classic Rock Rewind camp will be held the following week from July 7 to July 11 during which participants will learn the music of 60s and 70s rock icons such as The Beatles, Led Zeppelin and The Rolling Stones.

In addition to songs, students will learn about rock history and the stagecraft needed to perform on a stage. At the end of the week, students will put on a live performance.

Other camps include The Beatles camp from July 21 to 25, the Best of the 90s camp from Aug. 5 to 8, and the 21st Century Modern Rock camp from Aug. 11 to 15.

There is also a special songwriters camp for kids 11 to 18, which will be held from Aug. 18 to 22, during which students will analyze some of the greatest compositions of the last 60 years and learn how to write their own songs.

Last but by no means least, there are two Rock 101 camps especially designed for beginners aged 7 to 12 years old. The first is being held from July 18 to 21 and the second will be held from July 28 to Aug. 1.

At the end of each of the camps the students will hold their own live performance.

To find out more about the School of Rock summer camps visit www.schoolofrock.com/locations/orleans/music-camps.

For the young artists in your family, there are still spots available in a wide variety of summer camps being offered by the Ottawa School of Art at their Orléans Campus in the Shenkman Arts Centre for kids aged four to 15.

Among the more interesting camps are the Art and Magic of Mexico camp for kids aged 6, 7 and 8 that is being held from July 21 to 25, and the Comic Books and Graphic Novels camp for kids aged 13 and 14 that is being held from Aug. 5 to 8.

For a full rundown of the various camps being offered at the Ottawa School of Art this summer, please visit their website at www.registration.artottawa.ca.

The Cumbrae School of Dancing on St. Joseph Blvd. still has spots available in their July 7 to 11 camp, where participants will be able to learn the basics of jazz, hip hop, lyrical, musical theatre and ballet, while

CONTINUED ON PAGE 12 ►



The School of Rock still has spots left in a number of their summer camps. FILE PHOTO

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2025 SUMMER CAMPS

Theme-based day camps for the adventurous kid in your home

By Fred Sherwin
The Orléans Star

For 39 years, National Kids Camps have been providing unique March Break and Summer Day Camps for kids across the Ottawa/Gatineau region.

This year, they will be providing bus transportation from Orléans to their amazing Camp Fortune location nestled in beautiful Gatineau Park.

Prospective campers have the choice of six different camps: the Amazing Race Camp, Survivor Camp, Wilderness Adventure Camp and the Mountain Bike Camp along with the new Outbound Summer Camp.

Amazing Race campers age eight to 14 will take part in a series of unique challenges. The campers will form teams and hike through Camp Fortune “traveling” through five countries in five days, participating in different challenges and playing travel-themed games.

The kids will also have time to swim in Meech Lake, go paddle-boarding and play beach games.

The Wilderness Camp is for kids age 9-15. The 5-day camp will pair campers with primitive life skills and outrageous summer fun. The intention of this camp is to teach kids the basic life skills needed to survive, not only in the office, but if they were left alone in the forest, on an island, or any place else – without their phone!

Skills taught include shelter and fire building, wilderness medicine, teamwork, orienteering, fishing and food preparation.

Survivor Camp is limited to kids 6-12 years old who will be divided into four tribes and participate in building a shelter; hunt for hidden idols and take part in challenges to earn survivor badges. The camp will also include swimming and snorkeling at Meech Lake.

The Mountain Bike Camp is a fun-filled and exciting way of exploring the great outdoors while riding along a winding mountain trail through forests, up and over hills and across streams.

The new Outbound Summer Camp is designed to provide non-stop thrills and excitement for every camper through a com-



National Kids Camps are your ‘One Stop Shop’ for your child’s adventures this summer. PHOTO SUPPLIED

ination of exhilarating activities such as zip-lining through the tree tops and riding the Camp Fortune Mountain Coaster.

For more information on all the camps, including the weeks they are available and pricing, visit www.nationalkidscamps.com.

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Still plenty of options left for young summer campers

Continued from page 11

also taking part in outdoor games and other activities. The camp is open to kids aged 5 to 12. To find out more visit cumbraedance.com.

Elsewhere, Leeming DanceWorks has spots available in their dance camps for kids aged 4 to 12 throughout July. The studio is located at 1420 Youville Drive. Their website is at leemingdanceworks.com.

If your son or daughter would prefer being on the water than in the water then you may want to consider enrolling them in one of the paddling camps being offered by the Petrie Island Canoe Club. Options include one, two and eight weeks. Their website can be found at petriecanoe.ca.

National Kids Camps has several spots available in their adventure camps which take place at Camp Fortune throughout the summer. Some of the themes include Survivor Camp, Amazing Race Camp, Wilderness Adventure Camp, Decathlon Camp and Outbound Camp. You can learn more about all their camps, including scheduling and pricing at www.nationalkidscamps.com.



nationalkidscamps.com.

Finally, there are a limited number of spots left in the City of Ottawa's summer recreation camp program. To find out which ones are still available visit register.ottawa.ca.

When it comes to finding the right summer day camp for your son or daughter, it pays to explore what's available, but don't explore too long – it might be full before you find it.

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SUNDAY, MAY 18

THE STRAY DOG BREWING COMPANY hosts the 2025 Outdoor Cornhole Tournament from 11:30 a.m. to 4 p.m. \$20 gets you a minimum of five games and a poutine! All levels welcome, but first-timers are HIGHLY encouraged to sign up and learn this fun activity. If you are already registered on Scoreholio, simply search for the tournament date and location and we will pop up, otherwise, you can email gilt1designs@gmail.com to register. The Stray Dog Brewing Company is located at 501 Lacolle Way.

INTRODUCTION TO THE ART OF BOX MAKING at the Cumberland Heritage Village Museum from 1 p.m. to 5 p.m. Cost: \$77.21 + tax (per person). Learn how to make a beautiful

yet functional flap box, perfect for storing stationery, trinkets, or other treasured keepsakes. In this workshop, you'll measure, cut, fold, and edge-stitch your flap box while mastering various assembly methods. To pre-register visit ottawa.ca.

ORLÉANS BLOOMS SPRING AND GARDEN EVENT & SALE hosted by the Kin Club of Orléans from 9 a.m. to 3 p.m. in the Orléans Town Centre on Centrum Blvd. Spring plants for sale. Get professional gardening advice. Kids planting corner. Proceeds to help fund local community projects.

TUESDAY, MAY 21

TAPROOM 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 to info@straydogbrewing.ca ONLY on Wednesday starting at 8 a.m. The Stray Dog Brewing Company is located at 501 Lacolle Way.

TUESDAY, MAY 27

MUSICAL BINGO at the Orléans Brewing Co., 4380 Innes Rd. (near the McDonalds) from 4:30 p.m. to 6 p.m. Prizes to be won. Fun to be had. Memories to be made.

SUNDAY, MAY 25

ORLÉANS WALK FOR DOG GUIDES hosted by area's four Lions Clubs. The walk is scheduled to start at 2 p.m. at the Roy G. Hobbs Community Centre, located at 109 Larch Cres. in Orléans. To register visit www.walkfordogguides.com/fundraiser/orleanswalkfordogguides.

IN MEMORIAM

HERITAGE
FUNERAL COMPLEX - COMPLEXE FUNÉRAIRE INC.

Geraldine "Gerry" Westcott, 83
Passed away on May 6, 2025

Robert John Ramsay, 72
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Cary David Christian Jensen, 77
Passed away on April 29, 2025



www.heritagefh.ca/obituaries

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