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THE Orléans Star

August 28, 2025 • Volume 39, No. 8

Next edition September 11



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The fall football season is in full swing as both the Orléans Bengals and the Cumberland Panthers vie for National Capital Amateur Football Association hardware. FRED SHERWIN PHOTO

2026 budget process begins in earnest

By Fred Sherwin
The Orléans Star

The process to put together the 2026 city budget has begun. City staff have been directed to put together a draft budget using a set of budget directions put forward by Mayor Mark Sutcliffe and guided by the feedback from a pre-budget questionnaire and a series of ward by ward consultations last spring.

Mayor Sutcliffe laid out this year's budget directions during a live-stream press conference last Thursday during which he was joined by City Manager Wendy Stephanson and Finance and Corporate Services General Manager and Chief Financial Officer Cyril Rogers.

After outlining how the city has managed to keep property tax increases lower than most

other major cities in Canada over the previous three years, Sutcliffe pointed to the key areas where city council has managed to maintain investments in transit, public safety and affordable housing.

"Working together we have made a lot of progress since 2022. But, we are also facing new challenges... tariffs, economic uncertainty, and the prospect of significant cuts to the federal public service.

"That's why, even more so than the last three years, we need to bring a careful balanced approach to the next budget."

Sutcliffe went on to reiterate his commitment to keeping tax increases as low as possible, while continuing to invest in key priorities to make Ottawa safer and more affordable "for

CONTINUED ON PAGE 2 ►

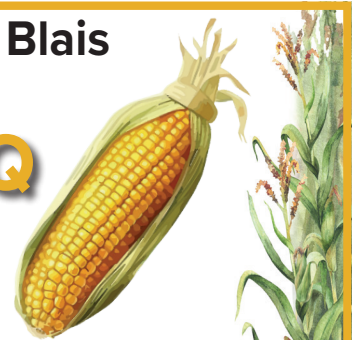
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COMMUNITY BRIEFS

Community Corn Roast and BBQ on this Thursday

ORLÉANS – Orleans MP Marie-France Lalonde and Orléans MPP Stephen Blais will be hosting their annual Community Corn Roast and BBQ on Petrie Island this Thursday, Aug. 28 starting at 5 p.m. Members of the public will be treated to boiled corn on the cob and BBQ hot dogs along with fresh peaches and watermelon. Refreshments will also be available while live entertainment will be provided by students from Sing House Studio. Individuals planning to go are asked to confirm their attendance by calling 613-834-1800.

Orléans Terry Fox Run to take place on Sept. 14

ORLÉANS – The 33rd edition of the Orléans Terry Fox Run will take place on Sunday, Sept. 14. As in the past, the start and finish will be located in the parking lot of Sir Wilfrid Laurier Secondary School on Tenth Line Road. Registration will open on site at 7:30 a.m. Open start is anytime between 8 a.m. and 10 a.m. Bicycles, rollerblades and strollers are all welcome. Dogs must be kept on a leash. Pre-registration and donations can be made at www.terryfox.org/terry-fox-run/. As of Saturday, Aug. 23, more than \$4,415 had been raised.

Copies of 2025 Orléans Road Map still available



ORLÉANS – Copies of the 2025 edition of the Orléans Road Map are still available. The popular road map features a map of Orléans on one side and a map of St. Joseph Blvd. with over 40 local businesses on the other side. To order your copy simply send an email to info@orleansstar.ca and include your home address and phone number in case we need to get hold of you. If you previously ordered a road map and haven't receive it yet, we apologize. Please let us know and one will be delivered as soon as possible.

2026 budget process

Continued from page 1
everyone”.

Sutcliffe also said that the next budget will be able to accomplish all of the aforementioned by taking advantage of the \$207 million in savings the city has managed to implement over the past three years while getting significant funding agreements from the provincial and federal levels of government specially in the area of public transit.

Despite the efforts made over the past three years and continue to be made, the 2026 budget will contain a property tax increase of 3.75 percent and increases of up to 2.9 percent for most city operations and programs.

“This will not be an easy process It will take a lot of work to get there,” said Sutcliffe while also voicing his commitment to invest even more money in both public transit and public safety. “We have to invest in what matters most while keeping taxes affordable.”

When addressing public transit, Sutcliffe did not rule out possible increases to both transit fares and the transit levy on the tax bill.

In terms of public safety, Sutcliffe said

council will continue to invest additional dollars on policing to help implement a district policing model. To that end the budget direction report includes a 6.5 per cent increase in the police services budget.

The City's finance staff now have less than six weeks to put together the 2026 draft budget using the guidelines set out in the budget directions report.

The 2026 draft budget will be tabled at a special city council meeting on Nov. 12.

Once the proposed draft budget is released residents will be able to submit questions to City staff through Engage Ottawa and register to make public presentation to the various standing committees, including the Ottawa Library Board, the Police Services Board and the Transit Commission, which will meet to discuss their respective departmental budgets between Nov. 12 and Dec. 8.

The proposed budget for 2026 will then be presented to council on Dec. 12 for final consideration and adoption.

The Mayor of Ottawa and the four east end councillors have all voiced their desire to keep any potential tax increase for 2026 below four per cent.

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Knitting club sends out early call for wool donations

By Fred Sherwin
The Orléans Star

It's been a busy summer for members of the Busy Fingers Knitting Club. So much so that the Orléans-based club is already in need of more wool in order to meet the demand they expect for woolen toques, mitts and scarves this winter and especially around the holiday season.

Each year the Busy Fingers Knitting Club knits more than 3,000 items which they then donate to the city's community resource centres, homeless shelters, veteran homes, family shelters and maternity wards, to name just a few of the beneficiaries.

Eileen McCaughey, who just turned 91 this week, is the founder and *tour de force* behind the club which she launched in 2010.

In just the past year the club has expanded to include chapters in Quebec and New Brunswick. Here in Ottawa there are more than 200 members, most of whom live in Orléans.

The only problem with having more members is that it requires more wool. In fact, McCaughey recently delivered a car full of wool to the club's Quebec chapters including a monastery near Quebec City

which specializes in knitting afghans which they give to the local fire department to be used to help comfort people who have to leave their homes in a hurry with nothing on their backs.

Still, the vast majority most of the 3,000-plus items the club knits every year end up being donated to local organizations. And the members continue to come up with new items, like the wool dolls they knit for sick kids at CHEO, or the wool satchel bags designed to hang from a walker or a wheelchair that have become extremely popular among seniors.

The only rule the club sticks by is that the items can not be sold in any way.

"We're not knitting these things so that people can make money. We knit them for people who really need them," says McCaughey.

The club is actually mutually beneficial. It gives the members something meaningful to do that will help others, while at the same time providing warmth for people who might not otherwise be able to afford a pair of wool socks, or mittens or even an afghan.

If you would like to donate some wool you can do so by either dropping it off at the



Eileen McCaughey, who just turned 91 on Aug. 27, is still going strong as the founder of the Busy Fingers Knitting Club which every year knits and donates thousands of items for people in need. FILE PHOTO

Willowbend retirement community at the corner of Innes and Trim Road, or you can call Eileen at 613-841-3641 and arrange to drop it off at her home or have it picked up. Monetary donations can also be made to help purchase more wool.

The club is also always on the lookout for

new members to replace aging members or to simply add to their ranks. If you are a knitter or would like to learn how to knit you should also contact Eileen.

Members meet at her Fallingbrook home on the third Monday of each month to knit and to socialize.

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Stupidity

I've often said that stupidity can be expensive. I'm speaking from firsthand experience, of course. Through my own stupidity I've lost headphones, ear buds, prescription glasses, cell phones, bank cards and even a drone – and that was all in one month during my trip to Thailand.

Stupidity has literally cost me thousands of dollars over my lifetime and I still have a few years left to go. It reminds me of something my grandfather once told me. He said, "Son, every mistake you make brings you one step closer to perfection." And then he would add the qualifier that some people need more steps than others. Partially because they fail to learn from their mistakes and partially because they just make more mistakes.

I've already put in my fair share of steps and I'm still a long way off from being perfect.

Stupidity has caused the demise of many a person who might otherwise be considered intelligent.

Even the smartest of individuals can fall prey to stupidity, even if it's momentary. Leaving a pot on a burner on the stove. Thinking your 25 when you decide to head down a double diamond ski run only to realize that you're actually 54 when you wake up in the hospital with a cast on your leg.

Stupidity can manifest itself in something as simple as putting the colours in with the whites when you're doing the laundry.

Stupidity on a massive level can result in someone like Donald Trump getting elected and the consequences that have resulted, both inside and outside the United States.

What was the Forest Gump quote – "Stupid is as stupid does." That should be the Trump administration's motto.

But stupidity can also cost you your life and take the life of others. I'm referring to those people out there who insist on texting while they're driving, or driving while under the influence, or doing both at the same time.

If you see an accident that's happened in broad daylight and perfect road conditions, you can be sure that a distracted driver was involved and likely caused it.

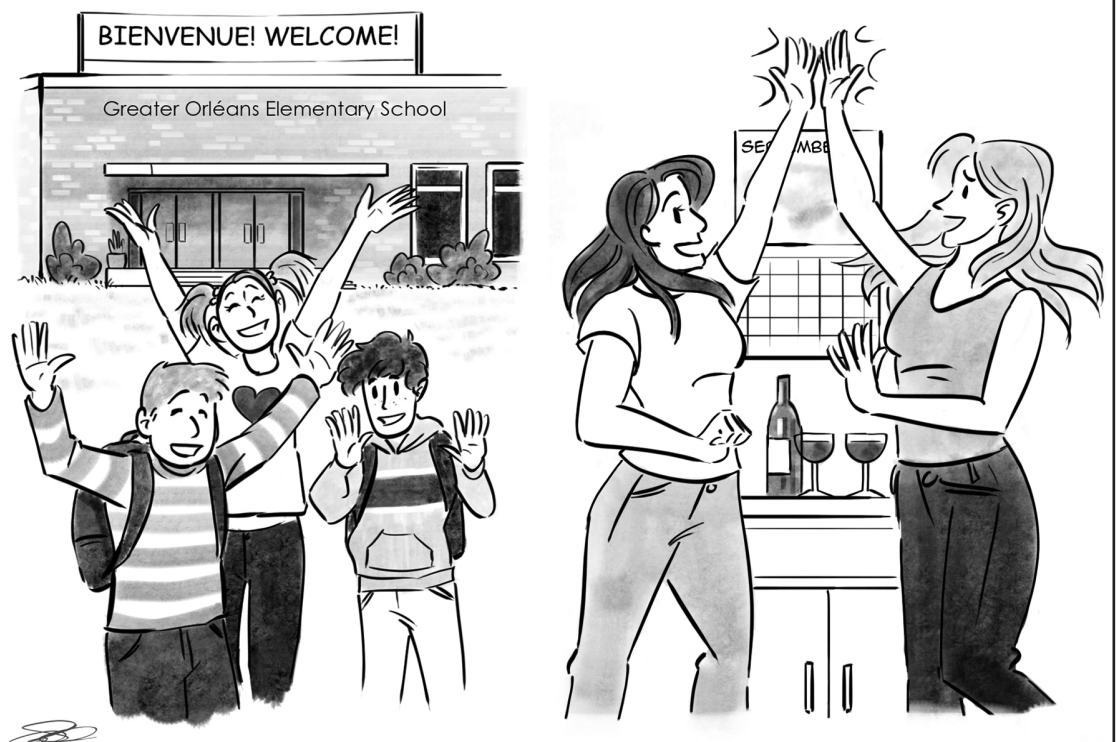
But while doing something stupid is usually not something most people would consciously choose, it can be prevented if we just take a moment before making choices.

Everyone knows that texting while driving is stupid, but yet hundreds of people still do it. And while most can get a way with it by sheer luck, the day will come when they're luck will run out and they will end up paying the price.

So don't be stupid. It will save you a lot of money and it may just save someone's life and prevent you from ruining your own.

– Fred Sherwin

FIRST DAY OF SCHOOL IN ORLÉANS



Community association events bring neighbours together

It's hard to believe that August is already coming to a close! As we prepare for the new school year, I want to wish all our students a wonderful and successful start. The French schools will reopen on Aug. 26, while the English schools will begin on Sept. 2. Here's to a fantastic year ahead full of learning and growth!

I'd like to extend a big thank you to the local associations that have helped bring our community together over the past two weekends. The Chapel Hill South Community Association, Greater Avalon Community Association, Bradley Estate Community Association, and the organizers of the Queenswood Heights Music Festival and Family Day all hosted wonderful events that truly showcased the spirit of our neighborhoods.

And there are still more events to come! I hope to see many of you at the upcoming Convent Glen Orléans Wood Community Association BBQ on Sept. 7 from 11 a.m. to 1:30 p.m., as well as at the Chateauneuf Community Association Family Fun Day on Sept. 20 from noon to 3 p.m. at Barrington Park, 1705 Orléans Blvd. These are great opportunities to connect and celebrate with neighbors.

On a national note, the government has launched the 2025 Pre-Budget Consultations. This is your chance to influence the next federal budget by sharing your priorities and ideas. I encourage

everyone to contribute their feedback by submitting online at www.canada.ca/YourBudget or by email at yourbudget-votrebudget@fin.gc.ca. Your voice matters, so please get involved!

Also coming up, I invite you to join the National Capital Commission's Open NCC event on Saturday, Sept. 13. This free event offers a variety of activities for all ages, including walking, cycling, and boat tours. You can also visit pop-up booths around Ottawa and Gatineau to learn about exciting projects shaping our region. More information is available at <https://ncc-ccn.gc.ca/events/open-ncc>.

I'm excited to announce that the New Horizons for Seniors Program (NHSP) is now open for 2025-2026 proposals. This federal grant provides up to \$25,000 for projects designed by seniors, for seniors, encouraging social inclusion and community engagement. Many local groups in Orléans have benefited from this program. Applications are due by Sept. 17. Let me know if you plan to apply!

Lastly, don't forget my annual Corn Roast and BBQ is happening at Petrie Island this Thursday, Aug. 28 from 5-8 p.m. Bring your family and join us for an evening full of fun and great food. I look forward to seeing you there!

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



Commons Corner

Marie-France Lalonde

THE Orléans Star



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The Orléans Star

Fred Sherwin
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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.

Jumping into the great blue yonder and motorcycle update

It's been over three years since I first tried my hand at tandem sky diving. It had long been a bucket list item for me and when the chance came to go skydiving with Orléans North-Cumberland city councillor Matt Luloff, I jumped at the opportunity – pardon the pun.

That was back in May 2021. It was during one of those breaks in the COVID pandemic and I couldn't resist the opportunity to escape the confines of social distancing and jump into the great blue yonder.

We had booked a jump with a certain sky diving company in Gatineau, but it had just experienced an accident in which the client and the instructor were both killed when their parachute didn't open properly and were forced pending an investigation. The company has since closed its doors.

At the time the accident happened, Matt called me and asked if I still wanted to jump. "Hell ya," I told him. The odds of two fatal accidents happening so close together were extremely long. So that same day we booked a jump with Parachute Ottawa in Arnprior and I'm so glad we did.

The skydiving club/school is owned and operated by the husband and wife team of Jake and Shannon Mason who inherited the business from Jake's father Barry Mason.



Through the years the company has more than 185,000 jumps under its belt without incident. That's because their number one priority is on safety and they have a staff that has years and years of experience, and jumps, to their credit. A number of the instructors are former military, having jumped thousands of times.

They day Matt and I jumped, our tandem instructors were both former members of the JTF2 special operations unit. The jump went without a hitch, except for one teensy, tiny issue. I stared at the video camera operator during the entire free fall and failed to take in the view. The whole jump was very anticlimatic compared to the build up.

This time around I went with my friend Alex who was jumping for the first time.

When we first arrived I was feeling both anxious and a little nervous. The jumps go



PARACHUTE OTTAWA PHOTO

off four people at a time, plus the instructors and any videographers.

When you check it's first come first serve. We were the third group to check in for the afternoon jumps and ended up having to wait for just over the three hours, the whole time watching other people float down from the sky and land.

During the wait I went through a series of emotions, I went from feeling anxious to angry over the fact that we had to wait so long. To then a sense of disappointment when were thunder in the distance and

thought our jump might be canceled, To finally excitement when we learned that we would be jumping after all.

Once on the plane I couldn't wait to jump. Maybe my lack of trepidation came from the fact that I had did it before and knew what to expect, or maybe it was because of the sense confidence I felt from the instructors.

At any rate once we got to 13,500 feet the door opened and before I knew it we were leaving the plane and in a split second started our free fall.

CONTINUED ON PAGE 12 ►

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Summer is the perfect time for the perfect pastime of reading

Last year, I found myself in a friendly reading challenge with my colleague Councillor Jeff Leiper – one that ended with me finishing slightly ahead. Still, one of his comments really struck a chord: maybe I could stand to read more fiction. He wasn't wrong. I've historically leaned into political memoirs, history, and philosophy, but this summer, I decided to shake things up.

I dove back into Stephen King – an author I've always enjoyed, but whose Holly Gibney arc I hadn't fully followed. For anyone curious, Holly originally appeared in King's Bill Hodges trilogy – *Mr. Mercedes*, *Finders Keepers*, and *End of Watch* – before going on to play key roles in *The Outsider* and *If It Bleeds*, and eventually became the protagonist in *Holly*.

But "new" doesn't always mean old habits stay behind. In fact, I also discovered Ronald Malfi – an author whose horror-tinged style reminded me of King's, even if not every story sticks the landing – who's become a favorite in his own right. Now,

instead of binge-watching TV, I find myself on tenterhooks waiting for his next novel, the same way one waits for a new season of something gripping.

Summer reading isn't just about thrills. It's also about sharing stories with family. My daughter Elizabeth – on the cusp of Grade 1 – is emerging as a little bookworm, and encouraging her love of reading has become one of the most rewarding parts of my days.

Watching her sneak extra pages at bedtime reminds me of myself at her age, hiding under the covers with a Timex watch glowing faintly while I devoured *The Hardy Boys*, or *Goosebumps* – all borrowed from the Gloucester Public Library. Some things never change, and thank goodness for that.

So whether you're sprawled on the deck, stretched out on a towel at Petrie Island, or taking in a fresh audiobook while walking the dog along Bilberry Creek, summer is the perfect time to pick up a story that takes you somewhere new. You might just get hooked, the way I did.



Matt Luloff

Orléans East-Cumberland

A new school year is a fresh reminder to please drive safe

Can you believe summer is almost over? Another school year is here, and with it comes the busy morning and afternoon routines of students walking, biking, busing, and being driven to school.

After summer break, it's a good time to remind ourselves of the rules of the road in school zones.

Did you know according to the city's Road Safety Action Plan report, nearly a quarter of drivers report "close calls" in school zones?

By following a few simple precautions, we can all help keep our kids safe.

In Ottawa, school zones are marked with bright yellow signs, often accompanied by reduced speed limits of 30 to 40 km/h. Even if the sign isn't posted, the maximum speed in a school zone is 40 km/h – and fines and demerit points are higher if you're caught speeding.

You should always be alert. Children may dart out unexpectedly, and distracted driving is especially dangerous near schools. Put away your phone, lower the volume, and be

ready to stop. Always avoid risky behaviours such as double-parking or U-turns. These maneuvers reduce visibility and create unsafe conditions on the road.

If you're dropping your kids off, consider parking a block away and walking the rest of the way if you can't find a safe spot.

Crossing guards are another critical part of school zone safety. By law, you must come to a complete stop when a guard enters the crosswalk and wait until both children and the guard are safely on the sidewalk before proceeding.

And of course, be patient around school buses. When their lights are flashing, traffic in both directions must stop. Give students plenty of space to cross safely.

I want to wish all students, teachers, staff, crossing guards, and bus drivers a smooth start to the new school year. A special shout-out goes to those having their very "first" first day of school, and to the proud parents seeing them off.



Catherine Kitts

Orléans South-Navan

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PROMENADE
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Cosenza Pizza N' Calzone owners grateful for local support

By Fred Sherwin
The Orléans Star

When Cosenza Pizza N' Calzone owners Viraj Patel and Sam Sourabh bought the former House of Pizza in the Convent Glen Shopping Plaza last November, they were under no illusion that the business would immediately pay off.

It wasn't until they decided to advertise in the *Orléans Star* in the spring that business started to really take off.

The reaction was immediate, says Sourabh. "People started placing orders as soon as the first ad came out and business has been steady ever since."

While many of the new customers came in thanks to the ads, they came back because of the quality of the pizza and calzones. And, in turn, they told their friends to order pizza there as well.

Sam and Viraj and super grateful for the support they continue to receive, both from new customers and referrals, and they want to thank everyone for their business.

The pair bought their first pizzeria in the south end of Ottawa shortly after the COVID restrictions were lifted in the spring of 2022,

Despite the obvious challenges of start-

ing a new business in the shadow of the pandemic, the pizzeria slowly gained in popularity among the locals.

In November 2023, Sourabh heard that the former owners of the House of Pizza were looking to sell the business. After the two friends talked things over, they decided to buy it. The first thing they did was to change the name to Cosenza Pizza N' Calzones.

The second and most important thing they did was improve the ingredients and bring them up to the same standards that are the reason behind the success of the Ottawa South location.

"We've basically taken what was working for us on Riverside and brought it here," says Sourabh.

The third thing they did which seems to be resonating with local pizza lovers was to expand the menu. Besides the old standards like Pepperoni, Margherita and Hawaiian pizza, they also make a Butter Chicken Pizza, along with a Steak Supreme Pizza and a BBQ Chicken Ranch Pizza.

Besides the different pizzas, Sourabh also put calzones on the menu. A calzone is basically a small sized pizza folded on itself, to make an inside-out version.



Viraj Patel (left) and Sam Sourabh (right) and co-owners of Cosenza Pizza N' Calzones which has replaced House of Pizza in the Convent Glen Shopping Plaza. FRED SHERWIN/PHOTO

Two other menu items of note are their garlic dipping sauce, which is also made in-house (and quite frankly delicious), and their pizza dough balls which are liberally brushed with garlic butter.

There are lots of reasons to give Cosenza Pizza N' Calzones a try. You can order home

delivery through either Uber Eats, or Skip the Dishes, or you can pick it up yourself and save 10 per cent on your bill.

Cosenza Pizza N' Calzone is located at 6505 Jeanne D'Arc Blvd. North on the east side of the Convent Glen Shopping Plaza nearest to Orléans Blvd.









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Fall registration

Ottawa School of Theatre ready to embark on new season

By Jody Maffett
The Orléans Star

The Ottawa School of Theatre is the longest-running theatre school in Ottawa, offering acting and theatre classes for students of all ages in both English and French.

In 2025-26, OST-ETO will be offering classes covering the classics, musical theatre, sketch comedy and more for ages four to 104 with the overriding theme of “Our community and the earth”.

The theatre school’s all ages multi-generational productions in 2025-2026 include the all ages production of “The House Rules” in November, and “Swan River” in June which will be the first all ages play to be presented outdoors.

Actors of any age can sign up and everyone is guaranteed a role. Classes for the all ages production begins on Sept. 13.

Besides the children’s programs, there are also classes for teens and adults. Two new classes being offered this fall are “Playwriting for Teens”, which sets students up to submit to the OST playwriting contest in the spring, or simply to express themselves in a new way, and “Storytelling for Adults”, which will culminate in a public presentation at the Shenkman Arts Centre’s Fête Frissons.

The Advance Teen Musical class for teens age 11-17 will begin on Friday, Sept. 26 and run until Friday, June 5, culminating in a production of “Alice by Heart”.

There are also spots still available in the

Teen Sketch Comedy class, the Teen Behind the Scenes class and the teen Filmmaking class.

Musical and drama classes are also available for kids age 9 and 10; pre-teens age 11 and 12; and teens age 13-17.

The Teen Theatre Appreciation and Criticism class is going into it’s third year, and students will work with an OST teacher and a professional theatre critic, both fully bilingual, to learn to appreciate and evaluate professional theatre, leading to published reviews. It is designed for teens who may not want to perform but are interested in writing or directing and allow them to be exposed to a huge range of amateur and professional theatre including, but not limited to, the NAC, Orpheus and Ottawa

Little Theatre. For adults, the Ottawa Theatre School is offering seven classes including Adult Acting Foundations, Comedy Workshop, Improv in English and an Improv class in French in partnership with MIFO where students will get to compete with other improv groups.

You can get a full run-down on all the classes, including dates and pricing, by visiting ost-eto.ca. Teen and adult classes begin on Oct. 1.

For those people who aren’t quite sure which class is for them, the theatre school is holding an open house between 11 a.m. and 3 p.m. on Sept. 13 at the Shenkman Arts Centre where you will get to meet the staff and sign up for a class of your choice.

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Fall registration

Orléans blessed with several excellent dance schools

By Jody Maffett

The Orléans Star

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

The Cumbrae School of Dance is a non-competitive dance school located on St. Joseph Blvd. between Jeanne d'Arc Blvd. and Youville Drive. Classes are offered in ballet from Primary to Advance Level 2, as well as jazz, tap, contemporary, hip hop and musical theatre as well as both Irish and Highland Dance with qualified dance instructors leading each class.

DanceRStudio on Centrum Blvd. in the Orléans Town Centre offers instruction in a wide variety of dance disciplines such as Ballet, Jazz, Tap, Hip Hop, Ballroom, Lyrical and Contemporary. Classes are offered to students age two years and up and include both recreational and competitive levels. They even have a Parents and Tots class for children ages 20 months to 2.5 years.

Whether dancing just for the fun of it, or

training on the competitive team, the staff at DanceRStudio strive to help all of their students reach their goals and fulfill their potential.

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

Leeming Danceworks, located on Youville Drive, is another excellent dance school offering recreational and competitive classes for children as young as two years old up to adults.

Classes are available in a variety of disciplines including ballet, jazz, hip hop, tap lyrical and musical theatre. They also have a Kinderdance class for kids age 4-6 and a Tiny Tots class for two-year-olds.

All three studios place a strong emphasis on technique and instilling a knowledge of grace, co-ordination, flexibility, endurance, good social skills and increased worth. Students are encouraged to meet their fullest potential, to discover the power within and to know who they are and what they can

become.

Dance is a great way to build confidence, coordination, memory skills, musicality, athletic agility and it's a fun way to make friends that last a lifetime. Children learn movement patterns as readily as they learn language. It also a powerful ally in helping children mature physically, emotionally, socially, and cognitively.

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

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



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



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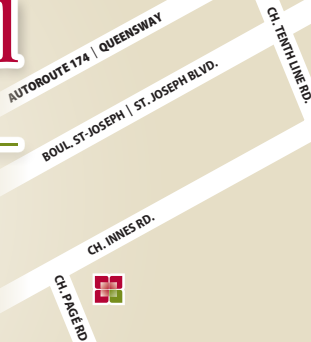
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Bittersweet reunion with recovered motorcycle



After going missing for more than six weeks, my stolen motorcycle was found near Campbell's Bay, Quebec. STAR PHOTO

Continued from page 5

This time I made sure to take in the view all around us. After a minute, my instructor opened the main 'chute and we started to drift toward the ground, but with a twist. The first time I jumped my instructor asked me if I wanted to experience a death spiral or corkscrew, to which I took a hard pass.

This time I told me instructor before hand that I wanted to do a few spirals. And so after the main 'chute opened he let me take over the steering and I yanked hard into a death spiral to the left and another death spiral to the right and let me tell you it was better than any rollercoaster I've ever been on.

But then before I even knew it we were back on *terra firma*. The whole jump was over way to fast and the experience was 10 times better than my first jump, which was I am already hoping to jump again next spring if i can find a few brave souls to come with me.

And now for an update on my beloved Victory Gunner. After giving up any and all hope that I would ever see my motorcycle again, I got a call completely out of the blue from Det. Jason Degan with the Ottawa Police Service.

"Mr. Sherwin," he said in a voice message. "We believe your bike has been found in Quebec. Please give the Pontiac detachment of the Surérté Quebec a call." And he left a case number.

With fingers crossed I called the number and ended up talking to a member of the SQ who read me my license plate number. It, indeed, was my bike which had been found

more than six weeks after it had been stolen. The first officer I talked to told me that there appeared to be no serious damage to the bike.

Apparently, it had been ridden off the lot in Orléans where it was waiting to have new brake pads installed and ridden for however long before finally ending up in a field next to an ATV dealership in Campbell's Bay.

It had been found while the police in Campbell's Bay were investigating a break-in at the ATV place. To which I say, hallelujah. Miracles really do happen.

The only issue was that there was no key with the bike and I only had the one key.

Fortunately, the place where I was getting the bike repaired offered to go pick it up on their own dime. Brilliant, I thought, what a nice gesture. Then came the initial bad news, when I called the SQ back to let them know that someone was coming to pick the bike up, they informed me that the tires which I had purchased just last September had both been slashed.

And that was just beginning. When I was finally reunited with my bike I discovered that the thieves had also spray-painted the gas tank, severely damaged the underside of the bike, including the oil pan, and ditched the saddle bags.

In effect it was damaged to the extent that it might be cheaper to buy a replacement bike of similar make and model than to repair it. But that decision is up to my insurance company, which as I write this column, has yet to decide one way or another. Here's hoping they decide before the season is over and I can go for a ride before the snow flies.

Public invited to attend Shenkman Art Centre open house

By Jody Maffett
The Orléans Star

The Shenkman Arts Centre will be holding its annual open house on Sunday, Sept. 7 and the public is invited to take part.

The proceedings will get underway at 11 a.m. and continue until 3 p.m. with lots of free activities for the whole family.

Between 11 a.m. and 1 p.m., members of Sajla Dance will put on a K-POP dance performance in between workshops.

From 1 p.m. to 2 p.m. Aroha Fine Arts will hold a workshop in Bollywood, Kathak and garba dance styles along with a performance by the cast from “ArohaFest: A Journey Across India”.

There will also be a live painting demonstration by Rendezvous Art East between 11 a.m. and 3 p.m. in the upper foyer.

The Calligraphers Society of Ottawa will also be on hand to deliver a demonstration and workshops in the art of calligraphy.

The dance studio will be the scene for an exciting introduction to Wushu between 11:30 a.m. and 1:30 p.m.

Wushu is a modern sport derived from traditional Chinese martial arts that blends agility, strength, and grace through dynamic



movements, discipline, and self-expression..

The highlight of the proceedings will be a performance by the Ottawa Circus youth group which will lead the audience through a series of participatory activities between 12:30 and 2:30 p.m.

Additionally, the Ottawa School of Art,



The Ottawa Circus School will be putting on a demonstration and hosting a workshop as part of the Shenkman Arts Centre open house on Sunday, Sept. 7. FILE PHOTOS

will be holding demonstrations on the main floor of the Arts Centre, as will the Gloucester Pottery School.

The Ottawa School of Theatre, located next door to the School of Art, will be holding its own open house. Visitors will be able to ask questions about their programming and

various theatrical classes which are offered in both French and English.

The Open House will also give visitors a chance to check out the facility’s three art galleries.

For a complete run down on the day’s activities visit shenkmanarts.ca/en/open-house.

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The Orléans Cumberland Community Resource Centre recently received a pair of donations from Sobeys Orleaus, above, and the Waste Connections Navan landfill site, below. PHOTOS SUPPLIED

Orléans Road Map soon available at select locations

The 2025 Orléans Road Map is available at the following locations while supplies last:

- Caravela Restaurante, 3712 Innes Rd.
- Computer Rise, 1803 St. Joseph Blvd.
- Romantic Fireplaces & BBQs, 5380 Canotek Rd.
- Golden Fries, Convent Glen Plaza
- Sure Print, 2507 St Joseph Blvd.
- Pantry Plus, 2433 St Joseph Blvd.
- Sound & Sight, 2288 St Joseph Blvd.
- The Garlic King, 2586 St Joseph Blvd.
- Service Ontario, 2864 St Joseph Blvd.
- Vantage Jewelers, 2866 St Joseph Blvd.
- Michael Willems Photo, Place d'Orléans
- Holiday Inn Express & Suites, 500 Brisebois Cres.
- Orléans-Cumberland Community Resource Centre, 240 Centrum Blvd.
- Stray Dog Brewing Company, 501 Lacolle Way
- Sobeys Trim & Innes
- Distinctive Kitchen and Bath, 2035 Lanthier Dr.
- The Orléans Brewing Co., 4380 Innes Rd.
- Precision Automotive, 385 Vantage Dr.

Cumberland Panthers NCAFA season off to strong start

By Fred Sherwin
The Orléans Star

The Cumberland Panthers Football Club kicked off its fall season at Millennium Park on Aug. 16 by winning all four of its games at the U10 tyke, U12 mosquito, U14 peewee and U16 bantam levels against the Kanata Knights.

The results in all four games were pretty lopsided, starting with the U10 tyke game which the Panthers won 40-12.

Running back Jason Kavanaugh scored three touchdowns for the Panthers, while quarterback Noah Armstrong ran one in and threw two more to receivers Nolan Camp and Marshall Hamer.

The U12 mosquito team won its game 32-0 on a pair of rushing touchdowns by Nico Scarfone, who also threw a touchdown to receiver Calvin Paiano and kicked all four of his team's two point converts

. Running back Owen Nicholls scored the Panthers fourth touchdown.

Punt returner Mavrik Poirier scored what appeared to be the Panthers' fifth touchdown but it was ultimately called back when they were called for blocking from behind.

Taking inspiration from their younger clubmates, the U14 peewee squad marched

onto to the Millennium Park field and promptly took care of business with a 54-0 win over their west end opponents.

Seven different players scored for the Panthers starting with Evan Nicholls who scored twice. The other TDs were scored by Precious Okoro, Jacob Kavanaugh, James Morrison, Grayson Rouleau, Rocco Della Dedova and Mathias Cave.

In the final game of the day, the Panthers U16 bantam squad beat the Stallions 47-8.

Quarterback Kam Sorne had an MVP performance, throwing for 177 yards, including three touchdowns, and running in another. Two of the touchdown passes were caught by Trenton Murdock and the other was hauled in by Ethan Blank.

Running back Cody Craig also scored a touchdown, as did kick returner Adrien Saumure who ran one back 90-yards.

Place kicker Carson Harris was a perfect 6-for-6 on his convert attempts and added a field goal for good measure.

The four wins provided the perfect start to what the Panthers hope will be another successful season.

Last year, the U12, U14 and U16 teams all managed to make it to the National Capital Amateur Football Association



U12 Cumberland Panthers receiver Calvin Paiano scores his team's opening touchdown against the Kanata Stallions after hauling in a pass from quarterback Nico Scarfone. FRED SHERWIN PHOTO

(NCAFA) A-Cup championships, with both the U12 and U14 teams ultimately winning the A-Cup title.

All four Panther teams were hoping to improve their respective records to 2-0 when they faced the North Gloucester Giants this past weekend in what was expected to be a

more competitive atmosphere.

Unfortunately the games all took place on Sunday after this week's paper already went to press.

All four teams will next see action this Labour Day Monday when they travel to Cornwall to take on the Wildcats.



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Local blind/deaf golfer completes another successful season

By Fred Sherwin
The Orléans Star

Local blind/deaf golfer Kevin Frost added another title to his collection this past summer after winning the Ontario provincial championship in his sight category. He also placed third in his sight category and eighth overall at the Canadian Open Blind Golf Championships in Simcoe earlier this month.

Unfortunately, he missed out on representing Canada at the ISPS Handa World Championships which were also contested in Simcoe immediately after the Canadian championships.

But his proudest accomplishment this summer was in hosting a series of six youth blind golfing camps at Anderson Links.

“That’s a medal in itself,” says Frost about the camps. “Just watching the kids hit the ball for the first time and do their own par 3, it’s just fun to watch them and learn the game. It’s more uplifting than anything this

season for me.”
Twenty-two kids in all attended the six camps. Some of them attended more than one camp and there were several returnees from last year.

For a majority of the kids, however, it was their first time holding a golf club and hitting a golf ball.
The camps are fully funded by the Ottawa Senators Foundation and are co-run by Frost and professional golf instructor Steve Oostrom from the Ottawa Golf Academy.

One of the first time golfers was nine-year-old Hannah who said she had “a lot fun” and plans to come back next year.
“I loved it,” Hannah said when asked to describe her experience.

This was the second year the youth blind golf camps have taken place with the support of the Ottawa Senators Foundation, and Frost is already looking forward to holding the camps again next year, as are many of this year’s participants.



Orléans blind/deaf golfer Keven Frost (far left) poses for a group picture with some of the kids who attended this years’ youth blind golf camps sponsored by Ottawa Senators Foundation. PHOTO SUPPLIED

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COMMUNITY BILLBOARD

THURSDAY, AUG. 28

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

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

SATURDAY, AUG. 30

CUMBERLAND FARMERS MARKET from 9 a.m. to 1 p.m. at the R.J. Kennedy Arena in Cumberland Village with over 80 local farmers and vendors ready to showcase their wares. **FREE ADMISSION**

ORLÉANS NDP END OF SUMMER BBQ from noon to 4 p.m. on Petrie Island Picnic Area 3. This event is a fantastic opportunity to connect with like-minded community members while enjoying food, music, fun games, and more!

TUESDAY, SEPT. 2

TRIVIA NIGHT every Tuesday night at the Royal Oak Pub Orléans from 7:30 p.m. Free to play. Prizes for the winning team! The Royal Oak is located at 1981 St. Joseph Blvd. For more info visit facebook.com/RoyalOakPubsOrleans.

WEDNESDAY, SEPT. 3

TRIVIA NIGHT every Wednesday night at the Stray Dog Brewing Company from 6-9 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. Great prizes, lots of laughs. Always free to play.

THURSDAY, SEPT. 4

ORLEANS FARMERS MARKET from 11 am to 4 pm in the parking lot at the Ray Friel Recreation Complex on Tenth Line Road featuring local food vendors and producers.

SATURDAY, SEPT. 6

STRAY DOG DAY OF SUMMER 8TH ANNIVERSARY CELEBRATION starting at 2 p.m. with food, drink, cornhole, music, anniversary releases, plus activities for the kids. Family and doggo friendly. The Stray Dog Brewing Company is located at 501 Lacolle Way in the Taylor Creek Business Park.

IN MEMORIAM



Greg "Buck" Stevenson, 46
Passed away on August 20, 2025

Miranda Ann Jones (née Covey)
Passed away on August 19, 2025

Guy Lavergne, 75
Passed away on August 18, 2025



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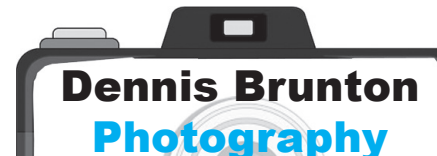
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