



COSENZA
PIZZA N' CALZONES

Cosenza PIZZA N' CALZONES

6505 JEANNE D'ARC BLVD N.
(in the Convent Glen Plaza)
cosenzapizzancalzones.ca

613 837 8000

**BUY ONE PIZZA AT REGULAR PRICE
AND GET THE 2ND AT 50% OFF**

Expires Oct. 31, 2025. Equal or lesser value. Before taxes.
Valid for pick-up orders only. One coupon per person.

THE Orléans Star

October 9, 2025 Volume 39, No. 10

Next edition October 23

L'Orléanais
L'édition de
cette semaine
à l'intérieur...



Volunteer actors are ready to scare the daylights out of visitors to the sKreamers Haunted Barn and Wagon Ride at the Proulx Farm. See story on page 7. FRED SHERWIN PHOTO

East end students score high marks in province-wide EQAO testing

By Fred Sherwin
The Orléans Star

Area students have once again proven themselves well in province-wide testing conducted by the Education Quality and Accountability Office last year in the areas of math, reading, writing and literacy.

More than 400,000 students across Ontario in Grades 3, 6 and 9 took the EQAO tests. Students in Grade 3 and 6 took the tests in reading, writing and math, while students in Grade 9 took the math and literacy tests.

When examining the results on a board-by-board basis, students in the French language Catholic board not only outperformed their peers in the Ottawa's English public and English Catholic school boards, they outperformed students across the province.

Grade 3 students in the Conseil des écoles catholiques du Centre-Est (CECCE) scored five per cent higher than the provincial average for French language school boards in Ontario in math, six per cent higher in reading and 10 per cent higher in writing. Meanwhile, CECCE students in Grade 6 scored six per cent higher than the provincial average in math, one per cent higher in reading and eight per cent higher in writing.

Students enrolled in the Ottawa Catholic School Board (OCSB) also outpaced their provincial counterparts.

Grade 3 students in the OCSB scored six per cent higher in math among English language schools in the province, four per cent higher in reading and seven per cent higher in writing.

CONTINUED ON PAGE 2 ►



Jocelyne Lauzon

Real Estate broker since 1989 • Proud to serve you in either French or English!
Lifetime Achievement Award • Hall of Fame member • Platinum Award recipient

613.824.1352 • j.lauzon@homewithjocelyne.ca • www.homewithjocelyne.ca

RE/MAX
RE/MAX Affiliates Realty Ltd./Ltée
Brokerage

COMMUNITY BRIEFS

Orléans Outstanding Youth Awards now accepting nominations

ORLÉANS – Nominations are now being accepted for the 2025 Orléans Outstanding Youth Awards, which recognize the outstanding achievements of youth age five to 18. Unlike other awards that are divided into categories, the Orléans Outstanding Youth Awards are designed to recognize youth who are outstanding in a variety of areas. To nominate an individual simply put together a resume or CV listing the nominee's various achievements between Oct. 1, 2024 and Sept. 30, 2025 and send it to OYA@orleansstar.ca. The deadline for submissions is Oct. 31. The winners will be notified the week of Nov. 11. Each submission must contain the nominee's name, address and phone number as well as the name, address and phone number of the nominator. Nominations can be submitted in either English or French by a parent, teacher or coach, or even the individual themselves. A special awards ceremony will be held in early December.

The Orléans Star wants your favourite holiday recipe



ORLÉANS – Would you like to share your favourite family recipe with the readers of this year's *Orléans Star Christmas Recipe and Songbook*? The publishers of the *Orléans Star* and the *Christmas Recipe and Songbook* are in need of original recipes for this year's book. If you are interested, please send your recipe with cooking or baking instructions to editor@orleansstar.ca. All recipes will be considering including baking recipes and recipes for various side dishes as long as they have a holiday theme. Recipes must be submitted no later than Oct. 19. Each recipe will then be considered for inclusion in this year's *Christmas Recipe & Songbook*. The popular booklet will be available at a number of outlets in Orléans in mid-November.

HEY YOU! YEAH, YOU!

If you're reading this, we want your feedback!

Just email us at info@orleansstar.ca and let us know how often you read the *Orléans Star* and/or *L'Orléanaïs*. Your name will be entered to win \$50 gift certificate to one of our participating businesses. Draws will be held every two weeks and we'll contact you by email!



Week 1 winner – Penny A., Orléans

East end students score high marks in province-wide testing

Continued from page 1

Grade 6 students in the OCSB scored two per cent higher in math, four per cent higher in reading and five per cent higher in writing.

The test results among students in the Ottawa-Carleton District School Board (OCDSB) were generally on par with the provincial average for both Grade 3 and Grade 6.

Grade 3 students scored one per cent higher than the provincial average in math, were even in reading and were two points lower in writing. The Grade 6 students scored two per cent higher in math, but were one point lower in both reading and writing.

As for Orléans, students at several area schools managed to outpace the provincial average, including at Chapel Hill Catholic School where the Grade 3 test results were 21 per cent higher than the provincial average in math and 15 per cent higher in reading and 25 per cent higher in writing.

The Grade 6 test results were 17 per cent higher than the provincial average in math, four per cent higher in reading and two per cent lower in writing.

Students at Convent Glen Catholic School

also turned in some impressive results. The Grade 3 students scored 19 per cent higher than the provincial average in reading and 12 per cent higher in both math and writing, while the Grade 6 students scored 15 per cent higher in math, nine per cent higher in reading and three per cent higher in writing.

The top two schools in the OCDSB were Maple Ridge Elementary School and Orléans Wood Elementary School.

Grade 3 students at Maple Ridge scored 16 per cent higher than the provincial average in math, 18 per cent higher in reading and 10 per cent higher in writing, while the Grade 6 students scored 13 per cent higher than the provincial average in math, 10 per cent higher in reading and 15 per cent higher in writing. Meanwhile, students in Grade 3 at Orléans Wood ES scored 18 per cent higher than the provincial average in all three disciplines. No test results were available for the Grade 6 students.

Teachers and administrators use the test results to focus on areas where there is an obvious deficiency. It also aids them in allocating resources to those schools where help may be needed.

STAY SAFE. STAY WARM. INVEST IN A NEW FURNACE THIS WINTER.

GL J.G. LEMAY Heating & Air Conditioning
Serving Orléans and the surrounding community for more than 49 years!

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

Don't be left in the cold this winter, book now for an inspection and routine maintenance of your furnace.

- High-Efficiency Oil and Natural Gas Furnaces
- Electric Furnace Installation, Repairs and Service
- Humidifiers, Air Cleaners and Thermostats Installation and Servicing
- Central Air Installation and Servicing

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

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

Pantry plus

YOUR NATURAL FOOD STORE

Organic items • Groceries for Healthy Living • Bulk food • Herbs • Supplements
Wheat & Gluten Free Products • Keto products • Beauty & Personal Care

VOTRE MAGASIN D'ALIMENTS NATURELS

Épicerie naturelles • Produits en vrac • Herbes • Suppléments
Produit sans blé et sans gluten • Produits Keto • Beauté et soins personnels

2433 St. Joseph Blvd., Orléans
613-830-5790 • www.pantryplus.ca

Neighbourhood Watch helps lower crime in Cardinal Creek

By Fred Sherwin
The Orléans Star

It's been a little over a year since the Cardinal Creek Community Association set up a Neighbourhood Watch program and it is already showing significant results.

According to the Ottawa Police Service crime statistics for the area, car thefts are down from 47 in 2023 to just 13 in 2024 and only four so far this year.

Other crime is down as well. Theft under \$5,000 is down from 28 incidents in 2024 to just 12 incidents this year. And the incidents of mischief have dropped from 30 in 2023 to just four so far this year.

In the areas of Cardinal Creek where there are active Neighbourhood Watch volunteers the results are even more striking. In those areas so far this year there have been two car thefts, three thefts under \$5,000 and one theft over, four assaults, and two incidents of mischief.

Cardinal Creek Community Association president Sean Crossan is the person who led the push to establish a Neighbourhood Watch program in Cardinal Creek along with former CCCA president Martin d'Anjou.

What started out as a modest attempt to reduce crime in the area has turned

into a small army of volunteers who act as the eyes and ears of the community. The program consists of 58 block captains and 475 residents, making it the largest Neighbourhood Watch in Ottawa.

Crossan is understandably proud of the program he helped create and even prouder of the success it's had so far. He also acknowledges that the success of the program wouldn't be possible without the level of commitment and cooperation that exists between the Neighbourhood Watch volunteer members and the Ottawa Police Service.

"It's really connected the community by bringing all these people together who feel a part of the community and feel part of success we're having," says Crossan.

Neighbourhood Watch members are expected to keep an eye out for suspicious activity and report the activity to the police in a timely manner.

Where possible the member should also keep the suspect(s) under surveillance from a safe distance until the police arrive.

The Neighbourhood Watch program is also tied into the Crimestoppers tip line to add an additional layer to their crime prevention efforts.

Crossan says the next step is to form an



Cardinal Creek Community Association president Sean Crossan presents an update on the Neighbourhood Watch program during a meeting on Oct. 2. FRED SHERWIN PHOTO

east end Neighbourhood Watch committee made up of representatives from the various Neighbourhood Watch groups in the east end that include Blackburn Hamlet, Beacon Hill, Convent Glen, Cardinal Creek Village, and Greater Avalon. There's also a Neighbourhood Watch group being formed in Falingbrook.

According to Crossan, the object of the committee is to share experiences and best practices to help make their programs more effective in preventing crime.

To find out if there's a Neighbourhood Watch program in your neighbourhood you should contact your local community association.



Congratulations, Belcourt Retirement Residence!

.....

On **September 18th**, Belcourt laced up and stepped out for a cause — raising an incredible **\$1,750** for the **Council on Aging** through their Walk-a-thon!

Their generosity and community spirit are truly inspiring. Thank you to everyone who walked, donated, and supported this amazing effort!

VENVi
BELCOURT
— Retirement Living —

1344 Belcourt Blvd, Orleans • VenviBelcourt.ca

VENVi by cogir

A can of worms

It's funny how things can take a quick left-hand turn without any intention of doing so.

In the final hours of putting together the Sept. 25 edition of the *Orléans Star*, I was an editor without a front page story. After skimming through my Facebook, I found a post by Cumberland South-Navan councillor Catherine Kitts announcing that the city was considering naming the rink inside the Navan Memorial Centre after the late Steve Barban who was the owner of the Cumberland Grads, having bought the team in 2007 and by doing so, preventing an outsider from buying the team and moving it to another town.

Voila. I had my front page story.

Little did I know that by doing so I would open a can of worms that had already been opened by the announcement.

A lot of the old-school Navanites took issue with naming the rink after Barban when, in their opinion, there were other potential candidates such as Arnold Dashney (who bought the Rockland Boomers in 1974 and moved the team to Navan) or the Bradley family (who raised tens of thousands of dollars to build two different rinks in the town) or the Shaw family (who donated the land on which the existing arena and its two predecessors were built).

None of which is meant as any disrespect to Mr. Barban. It's just that any time you want to recognize someone in a community the size of Navan with its rich history of volunteerism and community leaders, you're going to have varying opinions from a variety of people.

Of course, those people have the ability to voice their opinion by registering at engage.ottawa.ca and filling out the online survey before Oct. 25. After that, a committee made up of city staff take all the submissions under consideration and make a decision in consultation with Coun. Kitts, as is the process for every commemorative naming application for a City of Ottawa installation, whether it's a park, a street or a rink.

For now, everyone needs to remain calm and the process run the course. If the committee decides to name the rink after Barban, then the community will have to live with it. If the committee turns down the application, then there are other ways to recognize his contribution to the community such as including his name on the Navan Community Builders Wall.

I guess no one learned from the *brouhaha* that was created when the city decided to name the Orléans Recreation Complex after former MPP Bob MacQuarrie, who was a long-time volunteer with the Gloucester Hockey Association.

The local francophone community was up in arms over the renaming and former Orléans city councillor Bob Monette took a lot of heat for that one. In the end a compromise was reached by naming it the Bob MacQuarrie-Orléans Recreation Complex.

— Fred Sherwin

THE Orléans Star

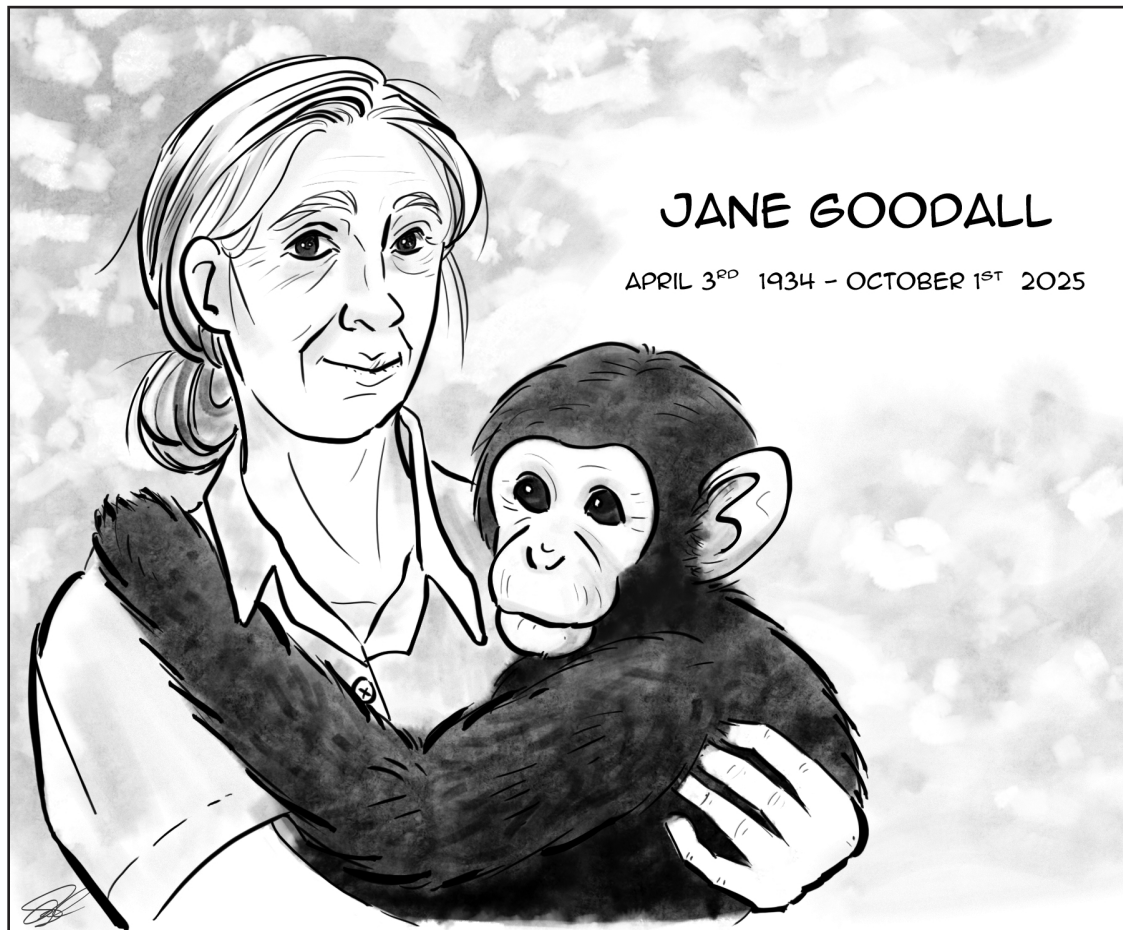
Jody Maffett
Editor

Fred Sherwin
Owner and publisher
fsherwin@orleansstar.ca

ocna
Ontario Community
Newspapers Association

Jean-Marc Pacelli
Assistant Editor

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.



Thanksgiving is a time for reflection and appreciation

As the leaves turn brilliant shades of red, orange and gold, our community is reminded once again why fall is such a special time in Orléans. The crisp mornings, the rustle of leaves underfoot, and the glow of a late autumn sunset invite us to slow down and appreciate the beauty around us. Fall is a season of change – an ending, yes, but also a beginning.

Thanksgiving is a perfect moment to gather with loved ones, to share food and laughter, and to reflect on the blessings in our lives. For many of us, that means family, friendship, and good health. I am deeply grateful for my own family, for the support of our community, and for the trust that residents of Orléans place in me to serve them at Queen's Park.

This season of gratitude also calls us to generosity. While many of us will enjoy tables full of food, there are neighbours who struggle to make ends meet. Local charities, food banks and community organizations work tirelessly to support them. As we give thanks for our blessings, let us also extend a hand to those in need. Even a small act of kindness can brighten

someone's holiday and remind them that they are not alone.

Later this month, on Oct. 20, the Ontario Legislature will return to session. I look forward to continuing to advocate for affordability, better access to healthcare and the infrastructure our growing community needs.

And as we enter the fourth quarter of 2025, it's worth remembering that in many sports, games are won or lost in the final quarter. The same is true for our year. Whether it's exercising, reading more, rediscovering a hobby, or spending precious time with family, the months ahead give us an opportunity to finish 2025 strong.

Let's make this a great conclusion to the year – healthy, meaningful and joyful. Let's take inspiration from the changing leaves that remind us that endings can be beautiful beginnings too. Let's embrace this season with gratitude and energy.

May your Thanksgiving be joyful, and may the final chapter of this year be one filled with purpose, health, and happiness.



**Queen's
Park
Corner**

Stephen Blais

www.orleansstar.ca

Don't look now, but here comes Father Time

Father Time is a helluva guy. When you're growing up, you barely even notice him. As you enter your formative years and begin raising a family, you don't even have time to think about him as he lurks just around the next corner of your personal timeline.

It's not until you wake up one morning and you realize your six- and nine-year-old kids are now 27 and 30, that you finally come face-to-face with him.

Another harbinger of father time can be found in the obituaries. There's a period in every person's life, in between going to your friends' weddings and going to your friends' children's weddings, when funerals outnumber either of the aforementioned.

I'm currently in the middle of that phase. I can't remember the last time I went to a wedding, but I've been to more funerals in the past year than I care to count.

In fact, I can't wait until I start going to weddings again.

Yet another sign that Father Time is catching up to you is short-term memory loss.

I'm not sure when it started going, but my short-term memory is definitely not what it used to be.

I can recall what I did 20 years ago, but don't ask me what I did last weekend.



It's gotten so bad that I have to take notes on my cell phone whenever I go for my morning or evening walk and a great idea pops into my head, because as quickly as it pops into my head, it pops out just as quickly if not more so.

I literally can forget something within 5-10 minutes after I first thought about it. I've probably forgotten more great ideas for this column than I've written about in the last 10 years.

It's gotten to the point where I have Post-it notes all over my house including the bath-room. There are seven or eight of them on my desk as I write this column.

I'm even worse at trying to remember appointments or upcoming events. A friend gave me a "day planner" for Christmas last year. I kept forgetting to bring it with me.

The next great idea was to use the calendar on my Smart phone. No problem. I started entering my appointments in the calendar, or at least I did whenever I remembered to do so. The only problem was that I would forget to check my calendar before the appointment. More times than not, whenever I did check my calendar the appointment had already passed.

But I think I've finally found an answer to that one – I'm going to start setting the alarm on my phone so it goes off on the morning of the appointment or event. Just as long as I remember to A) put the appointment in my calendar and B) set the alarm for the same date.

That might be a solution to my inability to remember appointments and events, but it doesn't do anything to help me remember where I put my keys an hour ago, or my phone, or my wallet.

There isn't a day that goes by that I don't misplace one or all of the above. I say "misplace" because, like most members of my gender, I never actually lose anything. I just misplace them. Unfortunately, some things get misplaced longer than others. I misplaced my Sennheiser ear buds three weeks ago and finally found them a couple

of days ago.

In June, I misplaced my DJI Action 5 camera. I eventually found it two months later, but not until after I had already bought a new one. Which reminds me, does anyone want to buy I barely used DJI Action 5 camera?

Even as I write this column, one of the key fobs for my new car has been misplaced for over a week now.

For some people, losing your short term memory can be a very scary thing. For now, it just makes me extremely frustrated, but I'm sure at some point that frustration will eventually evolve into fear.

I'm at that age (64) when dementia becomes an even bigger fear than cancer.

Dementia and cancer are the two biggest fears anyone over the age of 60 has, along with having enough money to retire comfortably. It doesn't help when you start hearing about people in your age group being diagnosed with either affliction – especially if they are people you know personally.

For now, all I can hope for is that my short-term memory loss is just another symptom of aging and not something more sinister. To think otherwise is just too scary.

HELLO ORLÉANS

VISIT US TODAY

Our Willowbend community offer residents a new path for living. Providing peace of mind and freedom, so you can focus on living your best life.

Featuring our Independent Living Suites

Independent living in a vibrant community. Join in activities, daily outings and feel the warmth of a community that cares. Foster new friendships and take part in new experiences.

More than just senior living. *Its a new life.*



A RIVERSTONE
COMMUNITY

willowbendretirement.com
1980 Trim Road | 613-907-9200

Available Now!
Independent
1 Bedroom
Suites

Ottawa Owned
& Operated

Willowbend
RETIREMENT COMMUNITY

Opening of east end LRT extension is just around the proverbial bend

It's been thrilling to watch the progress of Ottawa's east extension of the LRT system, especially now that testing has trains running at full speeds along the entire track, from Tunney's Pasture all the way to Trim Road.

As a regular rider, I've found it exciting to see trains gliding through new stations, testing systems, and building momentum toward launch. And I wasn't alone. Just a few weeks ago, dozens of residents joined me to witness the first major full-line testing, lining overpasses and pathways to catch a glimpse of what's coming. After so long, it was amazing to see it firsthand.

Of course, this excitement follows years of construction impacts that have been incredibly disruptive. Road closures, detours, noise, and delays have affected many of us in our daily routines. Businesses have felt it, neighbourhoods have endured it, and commuters have had to adapt. It's been brutal

at times, and part of me still can't believe we're actually this close. We are finally just weeks away from seeing the payoff.

Naturally, the most common question I hear, and ask myself, is: "When will the line open?" While I wish I could offer a definitive answer, OC Transpo has wisely made it clear that the timeline is being driven entirely by testing,

not political deadlines or public pressure. Each phase must be fully completed and passed before moving on to the next.

This careful, methodical approach ensures that safety, reliability, and performance standards are met across the board.

So far, the results have been incredibly encouraging. While OC Transpo continues to analyze the data from recent tests, early signs suggest the system is performing well and as expected. We are almost there, and as someone whose family relies on transit daily, I could not be more ready.



Laura Dudas

Orléans West-Innes Ward 2

Wishing all the trick-or-treaters a safe and fun Hallowe'en this year

The season has shifted. October has arrived, bringing with it crisp evenings, colourful leaves, and that unmistakable feeling of fall in Ottawa. It's the time of year when families pull out warmer coats, neighbours decorate with pumpkins and the rhythm of autumn takes hold. Along with these traditions comes the excitement of Halloween.

For kids, Halloween is pure magic. Costumes stitched together with imagination, bags ready to be filled, and the thrill of venturing door to door after dark – it's a night that never loses its charm. For parents and neighbours, though, it's also a reminder that safety helps keep the magic intact.

We've all watched little ghosts and superheroes get carried away with the excitement, running ahead to the next house, tripping over long capes or tugging at masks that slip down over their eyes. That's part of the joy of Halloween, but it's also a reminder

to take precautions. A flashlight, a glow stick, or even a strip of reflective tape can go a long way in helping kids stay visible on dark streets. Sticking to sidewalks, crossing only at intersections, and walking in groups keeps the adventure not only fun, but safe.

Drivers have their role, too. On Halloween night, the roads are busier with excited trick-or-treaters who may not be paying attention. Slowing down, staying alert, and putting phones away can prevent close calls. And for those heading to a party, planning ahead with a designated driver, taxi, or public transit ensures the evening ends safely.

Halloween is one of those nights that brings neighbourhoods to life. By keeping an eye out for one another and taking a few simple steps, we can make sure the memories are filled with laughter, costumes, and community spirit. Here's to a safe, fun, and spooky Halloween in our city



Tim Tierney

Beacon Hill-Cyrville Ward 11

PROUDLY CANADIAN OWNED & OPERATED

AFFORDABLE

Retirement Living

Starting at \$4,000/mth

RARE OPPORTUNITY

Suites Available for Immediate Occupancy

Call to discover which is best for you

613.416.8678

Providing a *Continuum of Care and Support* in a warm, family-like environment

The Experts in Seniors Care!

Age-In-Place Senior Living in Ottawa at its Finest

- ✓ Independent Living
- ✓ Assisted Living
- ✓ Convalescent Care
- ✓ Customized Nursing Care

Chapel Hill Retirement Residence™

An All Seniors Care Living Centres Residence

2305 Pagé Road, Orléans, ON

www.allseniorscare.com

Two chances to experience VST's latest murder mystery production

By Fred Sherwin
The Orléans Star

If you missed Vintage Stock Theatre's 2025 murder mystery production of "Murder is a Shore Thing" at the Cumberland Heritage Village Museum in August, you have two more chances to experience the play this month.

The first will take place at the Cumberland Maple Hall in Cumberland Village on Saturday, Oct. 25 in support of the Cumberland Lions Club and the second will take place the following day at Orléans United Church.

The production is set in the summer of 1921 near the tail end of prohibition in Canada and Cumberland is still a dry county.

The socialite couple of Maximillian and Seraphina Van BankRoll are holding a fundraiser for the planned expansion of the Maple Marina.

Among the invited guests are Eliza Keendigger, an amateur archaeologist who is a volunteer at the local school, morality officer Bernice By TheBook, guest speaker Professor A.D. Banker and his assistant Penelope Davenport. There are also two uninvited guests, bootlegger Jasper "The Boot" Blackwood and torch singer Anita

Dollard who were both left stranded at the local train station.

Professor Banker is supposed to make a presentation on Howard Carter's expedition to Egypt and his discovery of King Tut's tomb, but a chance discovery by Eliza Keendigger has him greatly distracted.

All of which leads to the tragic murder of one of the protagonists, which is when the amateur sleuthing begins. Think of it as a real life game of Clue.

The job of the audience members is to figure out who committed the crime and what their motive is.

The play is directed by Orléans' own Sarah Kirton who also plays Anita Dollard. Among the other cast members are former East End Theatre principle player Peter Frayne, who plays Professor Bunker and VST veterans Francis Kenny, who plays Maximillian Van Bankroll, and Marni Hunt Stephens who plays Bernice By TheBook.

The cast is rounded out by Shannon Saturno who plays Eliza Keendigger, Claude Filion who plays Jasper "The Boot", Sophia Sudnikowicz who plays Penelope Davenport and Laura Grunder who plays Seraphina Van Bankroll.



PHOTO COURTESY OF VALERIE GIBSON

An unlikely couple – torch singer Anita Dollard, played by Sarah Kirton, and Jasper "The Boot" Blackwood played by Claude Filion.

Tickets for the Cumberland Lions production cost \$65 per person and include a sit-down meal catered by Peter's Kitchen. Doors open at 4:15 p.m. and the show starts at 5 p.m. All proceeds will go to benefit the Orléans-Cumberland Community Resource Centre.

Tickets must be purchased in advance at e-clubhouse.org/sites/cumberland_on/.

Tickets for the Orléans United Church production on Oct. 26 cost \$20, however, there is no meal involved.

The show will start at 3 p.m. and proceeds from the play will go to help cover the costs of repairing the church's broken watermain.

Tickets can either be purchased in advance by e-mailing oucdonations@rogers.com, or at the door.

Diners, Drive-Ins & Dives

OCTOBER
26th
1PM - 3PM

Get ready to shake, rattle, and roll at our 50s-themed bash! Join us for a rockin' good time filled with classic burgers, old-school shakes, and all the retro vibes you can handle. Throw on your favorite poodle skirt or leather jacket, and bop the night away with us. Don't be square—we can't wait to party like it's 1959!

RSVP BY OCTOBER 21ST : 613-850-0969

613-850-0969
150 Rossignol Drive, Orleans, ON

PROMENADE
SENIOR SUITES BY BRIGHTWATER

ORLEANS' **BIGGEST**
HAUNTED ATTRACTION OPEN EVERY WEEKEND
IN **OCTOBER**

PROULX FARM, 1865 O'TOOLE ROAD (JUST SOUTH OF INNES ROAD)

Calling all young artists in Orléans


We invite kids four to 12 years old to colour the picture below, take a photo of it and have a ghoulish grownup send it to editor@orleanstar.ca by Thursday, October 17 at noon.

Five lucky winners will be chosen by draw at 5 p.m. based on their age group and contacted by e-mail.

The winners in the younger age group will receive passes to the Proulx Farm's 28th annual pumpkin festival, while the older winners will receive passes to the sKreamers Haunted Barn and Creepy Wagon Ride.

Get colouring!





ON SALE NOW
ONLY \$25/VICTIM
 ONLINE AND IN PERSON (cash only)
 LIMITED QUANTITY

Spook-tacular sKreamers attraction is back

(NC) – While many people associate the month of October with fall foliage, Thanksgiving and setting their clocks back an hour, there are a great number of people who associate October with ghosts, goblins and things that go bump in the night, culminating with Hallowe'en.

For those people, no October is complete without a trip to sKreamers, Ottawa's most spook-tacular Hallowe'en attraction open every Friday and Saturday night at the Proulx Farm located just east Orléans.

sKreamers is the name given to the two haunted barns and the creepy wagon ride that make up the attraction which has become a major fundraising activity for Kiwanis Eastern Ottawa Est.

sKreamers is the brainchild – and some might say the obsession – of Kiwanis member Harley Bloom who first put together a modest Hallowe'en attraction in the Gloucester Centre Mall in 2001.

It wasn't until 2006 while searching for a more permanent location, that the Kiwanis Club made a formal arrangement with the Proulx Farm to convert one of their barns into a haunted house.

The attraction has evolved over the years to include a second barn and a creepy wagon ride involving over 200 volunteer actors, many of them students who use the experience to earn community service hours.

Recognized among Canada's Top 10 scariest attractions, sKreamers has raised over \$500,000 for various community

initiatives while scaring the daylights out of people, many of whom continue to come back year after year.

To find out more about sKreamers including the attraction's ticket policy, visit www.skreamers.ca. Admission is \$25 per person. Tickets can be pre-purchased by visiting the website or you can pay at the gate using cash or credit card. If you have any questions, you can e-mail them at skreamersottawa@gmail.com

The Proulx Farm is located at 1865 O'Toole Rd. which runs off of Innes Road just east of Trim Road.



What will you find in the woods....?

sKREAMERS.ca
AT PROULX FARM

ORLEANS' BIGGEST HAUNTED ATTRACTION
OPEN EVERY FRIDAY & SATURDAY IN OCTOBER

Learn more at sKreamers.ca

TICKETS AVAILABLE ONLINE OR ONSITE
CASH or CREDIT CARD accepted

PROULX FARM, 1865 O'TOOLE RD. (JUST SOUTH OF INNES)

NO TRICKS, JUST TREATS!

Thinking of selling?
CONTACT ME TODAY!



Suzanne Robinson
 613-291-2121
 613-837-8833
suzanne@c21apt.com

CENTURY 21
Action Power Team Ltd.
BROKERAGE

Renovations at Ray Friel Recreation Complex

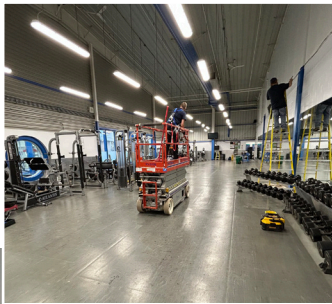
Our beloved Ray Friel is under construction. But don't worry, there's a lot to look forward to! Both the fitness/ cardio area and the pool are undergoing annual maintenance and the pool is also receiving some much needed construction!

What you can look forward to:

- New Wave Machine: full replacement of the 33-year-old wave machine!
- Full Sauna Renovation: including new floors and benches!
- Deep Cleaning and Painting: of both areas!
- Re-arranging of gym equipment: for improved accessibility!

Re-opening dates:

- Fitness/Cardio Area:
Now open!
- Pool/Sauna:
November 3rd



Aqua-Tots Grand Opening

I'm thrilled to share some wonderful news for our community: Aqua-Tots Swim School has opened its new facility at Place d'Orléans! Please join me in welcoming Rebecca and her dedicated team, along with the architects and contractors, who have turned this vision into a place where children and newcomers alike can learn life-saving skills with confidence.

Here's what Aqua-Tots at Place d'Orléans offers, and why it's such a gift for our neighbourhood:

- Lessons for children from as young as 4 months up to 12 years.
- Small class sizes — typically 4:1 student-to-instructor ratio in group lessons.
- Heated, indoor pool and a comfortable viewing area for parents.
- Flexible scheduling, make-up lessons, evening & weekend options.
- A proven curriculum, progression through levels, and well-trained instructors.

Aqua-Tots Swim School, Place d'Orléans Unit 1123, (613) 801-9101
To learn more or to enroll, visit: www.aqua-tots.com/orleans



2025 Ottawa Book Awards Finalists

Congratulations to this year's nominees whose works — in English and French — explore identity, history, family, and the human condition. Winners will be announced Saturday, November 15 at 7 p.m. at Meridian Theatres @ CentrepoinTE.

Full list of finalists here:
ottawa.ca/bookawards

Let's celebrate the incredible literary talent in our city!



Ottawa's Weekly Round-Up!

If you're looking for good way to keep up to date on all local news and updates from the City of Ottawa without the clutter you can subscribe to the weekly round-up newsletter for all the top stories across the City!

Visit ottawa.ca/subscribe to sign up and to learn more!



Sign up for our newsletter!

I publish an e-newsletter regularly with information about what is happening in our community. It's a great way for us to stay connected. Please sign up for our newsletter by visiting www.matthewluloff.ca.

HERE TO SERVE

My team and I are always ready to serve you. Whether you have a question about city services or policies, would like me to attend an event you're hosting, or require a Commissioner of Oath stamp, we're ready to help! The easiest way to reach us is by email at matt.luloff@ottawa.ca or by calling **613-580-2471**. Don't hesitate to get in touch—we're here for you!



Councillor, Ward 1 Orléans East-Cumberland
(613) 580-2471 // Matt.Luloff@ottawa.ca // www.MatthewLuloff.ca



Retirement living at its best in BLACKBURN HAMLET

Special to the The Orléans Star

Situated on a quiet street in Blackburn Hamlet, Aspira Bearbrook Retirement Living offers more than a residence — it offers a way of life. Steps from local shops and cafés, surrounded by green parks, and just a short drive to downtown Ottawa’s galleries, theatres, and Parliament Hill, Bearbrook is perfectly placed for those who want both convenience and connection.

Life, your way

Retirement should feel like freedom, a chance for a new chapter filled with choices and opportunities. At Bearbrook, daily chores fade into the background so you can focus on what matters most. Host your grandchildren in the backyard playground or wind down at the in-house pub. For some personal time, enjoy the library or a film in the movie theatre. Independence is at the heart of it all for residents, who are supported by services when they need them.

“A happy place”

As one resident’s family member shared, “Caring. Considerate. Kind. Thoughtful. Compassionate. That has been our experience dealing with the Bearbrook management and staff. They strive to make it a happy place and they succeed.”

For many, the cost of retirement living is comparable to maintaining a home — yet it includes so much more. Meals, housekeeping, utilities, and a rich calendar of activities all add up to a simpler lifestyle, free from the hassle of bills and upkeep. Worried about your pet? Bring them along! At Bearbrook residents can enjoy the fun and companionship of living with their favourite furry friend.

Dining to delight

Food is more than fuel — it’s an experience. With Nourish by Aspira, every meal is designed by our Executive Chefs to be both nutritious and delicious. Mornings begin with baked goods, yogurt, and fresh fruit. Lunch and dinner offer comforting classics, homemade soups, and seasonal market-inspired dishes, finished with fruit or something sweet. Don’t like what’s on the menu on any given day? Don’t worry. There’s always an à la carte menu for even more choice.

“The food is very good and varied, with soup, appetizers, desserts and two specials at each meal,” said Elizabeth, a respite care resident. “There are many organized activities and weekly outings available. The gym, pool table, sunroom, library and laundry facilities were great to have, I



wouldn’t hesitate to stay here again.”

Stay active, stay connected

At Bearbrook, wellness isn’t an afterthought — it’s built into every day. With Active by Aspira, fitness classes are tailored to all comfort levels, helping residents keep their pep and confidence. Explore by Aspira adds variety, with excursions and engaging programs designed to spark curiosity and joy. And for days when you just want to relax, cozy lounges and peaceful suites offer the perfect retreat.

More than a residence, a community

The real difference is the people. A warm, vibrant community means friendships form naturally, staff know residents personally, and milestones are celebrated together. Whether sharing stories at dinner, joining a group outing, or simply enjoying a chat over coffee, life here is about comfort and connection. This is your chance to live every day your way.

Interested in learning more about retirement living at Aspira Bearbrook? Call Tammy at 613-837-8720 or email tammy.bedard@aspiralife.ca



Hello fall, hello Aspira

Oct 17 | 4pm - 6pm & Oct 18 | 1pm - 4pm

Call 1-866-959-4848
or scan the QR code to
let us know you
are coming.





**Aspira
Bearbrook**

Retirement Living

2645 Innes Road, Ottawa, ON

How to maintain a fun and cavity-free Hallowe'en

By Natasha Rizk

Dentist at Forest Valley Dental

As a family dentist and a mom here in Orléans, I know how many kids (and parents!) look forward to Halloween. It's a holiday full of fun, laughter, and of course, lots of candy.

From a dentist's perspective, this might seem extra scary, but, I'm here to share some good news that your children can still enjoy their trick-or-treat bags without putting their teeth at risk!

Here are a few simple tips I share with the families in my practice, that I follow with my own young daughter as well!

Consider this your Dentist-approved guide for parents, for a cavity-free Halloween:

1. Pick the Right Time for Treats

Instead of letting kids snack on candy all day, try to save it for after mealtimes. Saliva is already working harder right after a meal, which helps wash away sugar and acids more



**Forest Valley
Dental**

quickly. This means fewer chances for cavities to sneak in.

2. Choose Smarter Sweets

Sticky candies like caramels, gum-mies, and taffy tend to cling to teeth and linger. Sour candies are acidic, which can weaken enamel. Chocolate - especially dark chocolate - is a better option since it melts away more easily and doesn't stick around as long.

3. Don't Forget the Water

Encourage your kids to drink water in their favorite water bottle while they're enjoying their treats. Not only does it help rinse away sugar, but if

it's tap water, it also gives an extra boost of cavity-fighting fluoride.

4. Brush Before Bed (No Exceptions!)

Halloween night is not the night to skip brushing. Make sure your kids brush for two minutes with fluoride toothpaste before heading to bed, and floss to remove any sticky bits between teeth.

5. Have a "Candy Plan"

Work with your child to set limits. For example, enjoying two or three small pieces after dinner and then setting the rest aside. Some families like to donate extra candy or put it in the freezer to make it last longer.

Halloween candy doesn't have to mean cavities. With a little planning, you can help your children enjoy their treats while protecting their smiles.

And if you do notice a cavity come up... don't be scared to reach out to our team at Forest Valley Dental by phone at 613-830-7003 or e-mail at hello@fvdorleans.com.



Symphony Senior Living
ORLÉANS

Oktober Fest

Celebrate Oktoberfest with us at Symphony Orleans! Bring along your friends and family for an afternoon of fun and festivities



FRIDAY, OCTOBER 17
2:00 PM

RSVP 613-837-1100
6419 Lumberman Way, Orleans, K1C 6E8
www.symphonyseniorliving.com



Coldwell Banker First Ottawa gets its newest sales agent

By Jody Maffett
The Orléans Star

For Jessica Kenney, becoming a real estate representative after a 15-year sales and marketing career in the wine industry seemed like a natural next step.

In real estate, Jessica saw an opportunity to leverage her well-honed sales and marketing expertise in a fresh arena while rekindling her love for architecture and home design.

“I realized that sales and working with people have always been my strengths, and I’ve always been interested in homes and design. Real estate felt like the ideal way to bring those passions together,” she explains.

Once she made the decision to enter the real estate field, Jessica’s next big decision was to choose a company that would best facilitate the transition and give the best chance at success. After doing extensive research and considering all of her options she chose Coldwell Banker.

She chose Coldwell Banker First Ottawa



Realty, Brokerage in part due to its strong presence and supportive network in the region – the brokerage was founded in 1993 and has grown into one of the leading real estate offices in Ottawa, with five branches citywide and over 100 agents on staff.

The transition has been a natural one: much like the wine business, real estate is fundamentally about understanding client needs, negotiating deals and providing expert guidance on valuable assets.

Jessica’s background gave her a running start. Her marketing know-how helps in crafting effective listing campaigns and pricing strategies, while her eye for design lets her advise clients on staging and seeing the potential in a property.

Most importantly, her empathy and communication skills help put clients at ease during what can be one of life’s biggest decisions – buying or selling a home.

Jessica’s approach is to focus on client-centered service above all. She believes that truly understanding what clients are looking for – whether a first-time buyer’s wish list or a seller’s financial goals – is the foundation of a successful real estate experience.

“I focus on truly understanding my

clients’ needs and guiding them through every step of the real estate process in order to meet those needs,” Jessica says, describing her approach.

Whether her client is buying, selling, or investing, Jessica is committed to clear communication and expert advice at each stage along the way in order to ensure a successful outcome.

In order to be successful in Ottawa’s dynamic real estate market, Jessica is constantly seeking ways to hone her skills and keep up with an ever-evolving industry, whether it’s researching the latest trends or taking professional development courses.

“What excites me most about real estate is the chance to keep learning, challenge myself, and meet new people,” she says. Jessica.

Her enthusiasm for helping others find their dream home, or get top value for the property they’re selling is evident in the dedication and personal care she brings to each agent/client relationship.

With her many talents and experiences, Jessica remains down-to-earth and focused on what matters most to her – people. Whether nurturing personal friendships, or guiding clients through a major life



Jessica Kenney

decision, she brings the same warmth, authenticity, and enthusiasm to each relationship.

Jessica’s journey, from studying interior design at Algonquin College to excelling in sales, and from selling wine to selling homes, reflects her adaptability and passion.

To learn more about how Jessica can help you realize your real estate dreams you can contact her by emailing jess@jessickenneyhomes.com or calling her at 613-894-0457.

The logo for Coldwell Banker First Ottawa Realty, Brokerage, featuring a stylized "CB" monogram and a star.

TOGETHER, LET’S FIND YOUR
DREAM HOME

Whether you’re buying, selling, or investing, I’m committed to clear communication, expert advice, and delivering results that align with your goals.

Jessica Kenney
Real Estate Agent, REALTOR®
(613) 894-0457

A line drawing illustration of a house with a chimney, a smiling sun, and a family of three (a woman and two children) standing in front of the house. To the right of the house is a large yellow pencil and several red hearts.

JESSICAKENNEYHOMES.COM

The 2025
Orléans
Outstanding
Youth Awards

The Arts – Academics – Sports
Community Service – Humanitarianism

A stylized graphic of a person with a blue head and a yellow body, with red arms raised in a 'V' shape, symbolizing achievement or joy.

Do you know someone in your community under the age of 18 whose talents and abilities set them apart during the past year? If so, why not consider nominating them for the Orléans Outstanding Youth Awards? Nominees must be 17 years old or younger as of Sept. 1, 2025, and reside within the City of Ottawa east of Blair Road. Nominees will be judged on their accomplishments between Oct. 1, 2024 and Sept. 30, 2025. All submissions must include the name, address and phone number of both the nominee and the nominator as well as a resume of the nominee’s accomplishments. There are no categories *per se* – those nominated will be judged on their accomplishments in any one area, or a combination of areas. Nominations can be submitted by e-mail to OYA@orleansstar.ca or regular mail to The Orléans Star c/o 745 Farmbrook Cres., Orléans ON, K4A 2C1. The deadline for entries is Oct. 31. For additional information visit www.orleansonline.ca/OYA, or call Fred Sherwin at 613-447-2829.

Proper prevention starts with a visit to Precision Automotive

By Fred Sherwin
The Orléans Star

There's an old saying that an ounce of prevention is worth a pound of cure. When it comes to your family car, an ounce of prevention can be worth hundreds, if not thousands of dollars in potentially expensive repair bills.

At Precision Automotive on Vantage Drive in Orléans, the highly trained and experienced technicians specialize in preventing potential issues with your vehicle which will save you money in the long run and provide peace of mind.

Precision Automotive owner Rob Brouwer and his staff have been providing honest professional service for an honest price for more than 30 years.

With 10 bays, six licensed technicians and three apprentice technicians, Precision Automotive is one of the largest independently owned service centres in the National Capital Region. They have the expertise to service any make and model of vehicle.

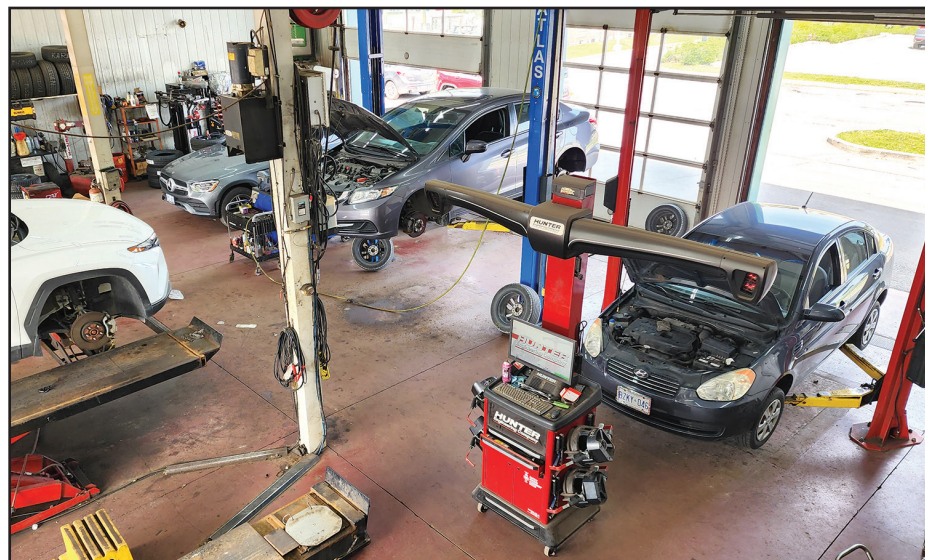
Is your car acting up? Making strange noises, has warning lights illuminating the dashboard, or just not running right?

Precision Automotive can make a quick assessment of your vehicle using advanced automotive diagnostics that can pinpoint the problem fast and get to the root of the issue before it gets worse.

Or maybe your car isn't acting up at all. That doesn't mean a potential problem is lurking just under the hood. Book a preventative maintenance check up at Precision Automotive and their technicians will check the condition of your brakes, tires, belts and hoses, engine cooling system, filters and fluids and battery.

After the vehicle inspection the service advisors will send you a Digital Visual Inspection (DVI) report which details any issues or deficiencies needing attention today, or might need attention down the road. There is nothing more frustrating or annoying than losing a drive belt, blowing a hose or having your battery fail in the middle of nowhere. Not only is it inconvenient, it can cost you a potentially expensive towing bill.

So why not take advantage of Precision Automotive's expertise and have your vehicle checked out today to avoid the



With 10 bays, six licensed technicians and three apprentice technicians, Precision Automotive is one of the largest service centres in Eastern Ontario. FRED SHERWIN PHOTO

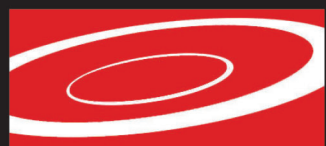
chance of a potential headaches tomorrow?

Drive worry-free with expert car repairs and maintenance. Let Precision Automotive handle the hard work so you can enjoy the ride. Schedule your appointment today.

Precision Automotive is located at

385 Vantage Dr, behind the McDonald's restaurant at Innes and Tenth Line Road. You can visit their website at www.precisionautomotive.ca, or call them at 613-841-5550.

Happy Motoring!



**PRECISION
AUTOMOTIVE**

***Take care of your vehicle and
your vehicle will take care of you.***

**Oil changes • Mechanical repairs • Inspections
Exhaust • Brakes • Suspension
Engine and driveline maintenance & repairs**

***Precision Autopmotive has the 'WOW' factor.
They use the latest diagnostics and imaging to give
you digital inspection reports with pictures that
show the maintenance history of your vehicle.***



AUTOPRO



*"We are committed to providing
honest service for an honest price."
— Rob Brouwer, Owner*

precisionautomotive.ca 613-841-5550
385 Vantage Dr., Orléans (near Innes & Tenth Line)

COMMUNITY BILLBOARD

SATURDAY, OCT. 11

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

SUNDAY, OCT. 12

FALL COLOURS RUN at the Cumberland Heritage Village Museum in Cumberland Village. Events include the 1K Turkey Trot for kids and their parents at 8:30 a.m. followed by the 3K, 5K, 10K, half-marathon and full marathon. To register visit <https://www.somersault.ca/s/fall-colours>.

TUESDAY, OCT. 14

TRIVIA NIGHT from 7:30 p.m. at the Royal Oak Pub OrLéans. Free to play. Prizes for the winning team! The Royal Oak

Pub is located at 1981 St. Joseph Blvd. near Jeanne d'Arc. For more info visit facebook.com/RoyalOakPubsOrleans.

90s HITS MUSICAL BINGO

7:30 p.m. at the OrLéans Brewing Co. 4380 Innes Rd., next to McDonalds. Hosted by Shine..

WEDNESDAY, OCT. 15

TARTARE NIGHT every Wednesday night at the OrLéans Brewing Co. from 5-8 p.m. Beef, tuna and beet options. The OrLéans Brewing Co. is located 4380 Innes Rd., next to McDonalds.

THURSDAY, OCT. 16

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

freshest seasonal produce, meat and dairy, baked goods, prepared foods, crafts and more while getting to know the folks who grew and made it.

FRIDAY, OCT. 17

SDBC TAPROOM CONCERT SERIES presents Amechi Okodike live and in concert at the Stray Dog Brewing Company, 501 Lacolle Way in the Taylor Creek Business Parks. Advance tickets \$15 available at straydogbrewing.ca.

SATURDAY, OCT. 18

SDBC TAPROOM CONCERT SERIES presents the band Sunny Spot live and in concert at the Stray Dog Brewing Company, 501 Lacolle Way in the Taylor Creek Business Parks. Advance tickets \$15 available at straydogbrewing.ca.

IN MEMORIAM



Élie Fortin, 71

Passed away on October 1, 2025

Sharon Claire Brouwer (née McFall), 66

Passed away on September 30, 2025

Denis Gervais, 68

Passed away on September 29, 2025



www.heritagefh.ca/obituaries

BUSINESS DIRECTORY

HELP WANTED

The Orleans Star is looking for a part-time sales rep to help us grow the paper. Sales experience and bilingual a bonus but not a must. Generous commission to start. Interested individuals should email fsherwin@orleansstar.ca

CHURCH LISTING

Church of God International Canada

Please come and join us in worship and fellowship

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

DO YOU NEED PRAYER? PLEASE EMAIL US.

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

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

CHURCH LISTING



Orleans Seventh-Day Adventist Church

Please join us on Sabbaths for worship and fellowship

Saturdays: Sabbath School @ 9:30 and Divine worship @ 11:00 a.m.

Location: Grace Presbyterian Church
1220 Old Tenth Line Rd. • 613-834-9638

PAINTING



Ottawa (613) 355-1700

Commercial & Residential

WINDOWS & GLASS

NOW WELCOMING
NEW CLIENTS
NOUVEAUX
CLIENTS BIENVENUS



Heart in Mind
PSYCHOLOGICAL SERVICES
SERVICES PSYCHOLOGIQUES
Cœur à l'Esprit

BOOK YOUR CONSULTATION TODAY
PRENEZ RENDEZ-VOUS DÈS AUJOURD'HUI

heartinmind.ca • 613.841.4841

In the Heart of Orleans • Au Cœur d'Orléans

INSULATION SERVICES

Ottawa's Best Attic Insulation Services

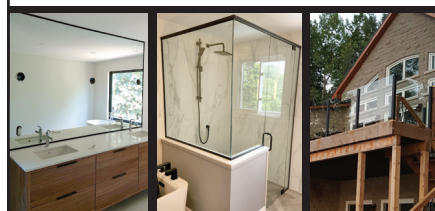


Our team has been providing outstanding insulation services to Ottawa residents for over 10 years! Contact us today for assistance and advice. Call 613-702-8374 for your FREE insulation quote today.

www.atticinsulationpros.ca

WINDOWS & GLASS

**YOUR ONE STOP GLASS SHOP
COMMERCIAL & RESIDENTIAL**

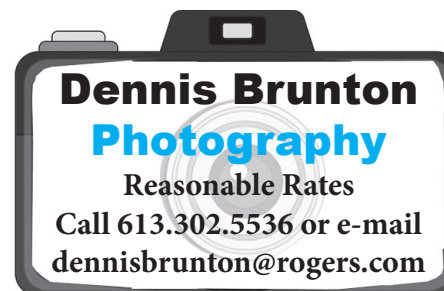


OUR SERVICES INCLUDE:

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

1241 Cousineau St., OrLéans
(613) 715-3856 or (613) 824-2664
Website: www.mggs.ca Email: Marty@mggs.ca

PHOTOGRAPHY



Dennis Brunton Photography

Reasonable Rates

Call 613.302.5536 or e-mail dennisbrunton@rogers.com

DECK INSTALLATION



Attawa Decks

Residential decks installation and repair

To arrange a FREE consultation call Rick Lalande at 613-298-1277 or e-mail pat_rick44@hotmail.com

EORC provides services for seniors and adults with disabilities

By Jody Maffett
The Orléans Star

The Eastern Ottawa Resource Centre (EORC) recently underwent a rebranding to reflect the diverse communities the organization serves. One of those very important communities are seniors.

The EORC has a number of programs aimed at assisting seniors including Meals on Wheels, home help, transportation, respite, and foot care to name a few.

For instance, the grocery bus provides transportation to and from local grocery stores for seniors living in Gloucester, Orleans and the surrounding rural communities. The cost is \$11 per trip.

The EORC's meal service provides hot, full course meals for lunch that are delivered Monday through Friday, for \$8.25 per meal. They also have

a variety of frozen meals that are ideal for dinner.

The Indian Meals on Wheels program is a new service that provides nutritious, balanced Anmol Indian Cuisine meals for seniors and adults with physical disabilities that are delivered once a week on Fridays. The cost is \$10 per vegetarian meal and \$12 per non-vegetarian meal, including taxes and delivery.

Home Help programs for seniors include referrals to safe, reliable workers who can give seniors a period of rest or relief.

The Snow Go/Snow Go Assist program is a City of Ottawa service that helps seniors and adults with disabilities cover the cost of snow removal.

The EORC can also refer seniors living independently to safe, reliable businesses for housecleaning and maintenance

services both indoors and out to ensure they can live in a clean and safe environment.

Caregiver support is also available free of charge to individuals and/or families in the form of education, referrals and system navigation. Piece of mind support is available through daily or weekly check-in calls, or home visits from a volunteer.

Besides its many programs for seniors, the EORC provides bilingual crisis intervention and counselling for women and children facing abuse, as well as a variety of child and youth programs for young people in need of counselling or financial assistance for extra-curricular activities.

For a complete list of all of the services the Eastern Ottawa Resource Centre provides visit eorc-creo.ca and navigate the drop down tab under "Programs".



Among the many services the EORC provides is transportation for seniors for shopping and medical appointments.

Eastern
Ottawa
Resource
Centre



Centre de
ressources
de l'est
d'Ottawa

More jobs, made from the Ring of Fire

There's an area in Northern Ontario rich with critical minerals. We can create more than 70,000 jobs across the province by unearthing them.

Learn more at ontario.ca/RingOfFire
Paid for by the Government of Ontario



PROTECT
ONTARIO

Ontario 