



# THE Orléans Star

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Next edition October 9

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



Nelson Waddell sets out on the Terry Fox Run with his granddaughter Kaitlyn and his great-granddaughters Hailey and Harper. See story on page 3. FRED SHERWIN PHOTO

## City considers naming Navan rink after late Grads owner

By Fred Sherwin  
The Orléans Star

A campaign is underway to name the rink in the Navan Memorial Arena after the late Steve Barban who was the owner of the Navan Grads hockey team from 2007 until his untimely passing earlier this year.

Barban is largely credited for keeping the Grads in Navan. When he purchased the club from former owner Arnold Dashney in 2007, there were outside interests who wanted to buy the team and move it out of town.

After buying the Grads, Barban split his time between managing his investment company and serving as the PA announcer for the team's

home games.

Under Barban's ownership, the Grads won the franchise's one and only CJHL championship in 2024.

Away from the rink, Barban was heavily involved in the local community, supporting a number of initiatives. He would often sponsor competitive hockey players in need anonymously. He was a huge supporter of competitive girls' hockey in Cumberland, and he was a lead sponsor for the U18 AAA boys' pilot for Hockey Eastern Ontario.

The naming proposal is focused on the rink, not the Navan Memorial Centre itself

CONTINUED ON PAGE 2

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## COMMUNITY BRIEFS

### Former Cumberland town councillor honoured



**STREET NAMING HONOUR** – Former Cumberland town councillor David Lewis (centre holding flowers) poses with his family during a ceremony naming David Lewis Private in his honour. Lewis served on Cumberland council from 1991 until 1999. In 2000 he became manager of the Cumberland Housing Corp. A position he holds to this day.

## Navan Fall Fest to take place on Saturday Oct. 4

**NAVAN** – The 2025 Navan Fall Fest will take place on Saturday, Oct. 4 on the Navan Fairgrounds from 11 a.m. to 3 p.m., filled with FREE activities & entertainment for all ages. Festival favourites include old-fashioned scarecrow making, a pumpkin decorating contest, homemade games and activities, kid's crafts, ball hockey with members of the Navan Grads, firefighter demonstrations, a tug of war and a cash BBQ. New this year is a Shoot n' Score hockey shootout from 11 a.m. to 3 p.m. and line dancing lessons with the Navan Boot Scootin' Line Dancing Crew starting at 12 p.m. FREE ADMISSION Fire Station 71 across Navan Arena will be holding a special pancake breakfast from the 8-11 a.m. with a freewill donation to the CHEO Foundation.

## City considers naming Navan rink after late Grads owner

Continued from page 1

much in the same way the rinks inside the Bob MacQuarrie Recreation Centre are named after former Gloucester Skating Club member and Olympic silver medalist Elizabeth Manley and the late Roger Senecal, who was a long-time volunteer with the Gloucester Hockey Association.

The campaign to rename the rink in Barban's honour is being supported by the Navan Community Association and Orléans South-Navan city councillor Catherine Kitts.

The application is one of five commemorative naming initiatives currently being vetted by the City.

Should the application pass vetting, it will be presented to a departmental working group within the Parks and Recreation Department which will be charged with either accepting or rejecting it. In almost every case, the decision is a mere formality.

As part of the vetting process, members of the community have the opportunity to comment on the application by registering



**Steve Barban**  
1964 - 2024

at [engage.ottawa.ca](http://engage.ottawa.ca) and taking an online survey.

Members of the public have until Oct. 15 to submit their comments either in favour or against the application.

## The 2025 Orléans Outstanding Youth Awards



The Arts – Academics – Sports  
Community Service – Humanitarianism

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 September 1, 2025, and reside within the City of Ottawa east of Blair Road. Nominees will be judged on their accomplishments between October 1, 2024 and September 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](mailto: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](http://www.orleansonline.ca/OYA) or call Fred Sherwin at 613-447-2829.

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**WEEK 1 WINNER:**  
**Penny A., Orléans**

# Local man takes part in 45th Terry Fox Run, raising over \$135K

By Fred Sherwin  
The Orléans Star

This year marked the 45th anniversary of Terry Fox's Marathon of Hope and the 35th anniversary of the Terry Fox Run in Orléans and 83-year-old Nelson Waddell has taken part in every one of them, going back to the very first Terry Fox Run held in Ottawa in 1981.

Since that very first Terry Fox Run, Waddell has personally raised over \$135,000 for cancer research, including more than \$4,100 in the run-up to this year's event.

Waddell took part in this year's run with his granddaughter Kaitlin and his two great-granddaughters Hailey, 9, and Harper, 6.

"It's important that we keep the legacy going and find a cure for this dreaded disease," says Waddell, whose wife and daughter both have had their own battles with cancer.

Waddell was captivated by Terry Fox and his Marathon of Hope as the 20-year-old amputee from Winnipeg made his way through the Maritime Provinces and Québec through the spring and summer of 1980.

Fox eventually had to end his run across Canada near Thunder Bay on Sept. 1, 1980 after finding out that his cancer had returned and spread to his lungs.

Despite the best efforts of his doctors, Fox's condition continued to worsen over the next 10 months and on June 28, 1981, he passed away just four weeks short of his 23rd birthday.

Within days, Four Seasons hotel founder Isadore Sharp began organizing the very first Terry Fox Run which was held on the second Sunday after Labour Day.

The Run was eventually taken over in 1988 by the Terry Fox Foundation under the guidance of Terry's mother Betty and his older brother Fred. That same year the first international Terry Fox Run was held in Brisbane, Australia.

Over the years Terry Fox Runs have been held in communities across Canada and in 20 different countries. All told, the Terry Fox Runs have so far raised more than \$750 million for cancer research.

Waddell is understandably proud of his own contribution to the cause which every participant in the Orléans Terry Fox Run can see for themselves in the form of a display of the many certificates he has received marking various milestones such as the 25th anniversary of the run, the 30th etc.

He plans to continue to participate in the Run until at least the 50th anniversary of the



Orléans resident Nelson Waddell has taken part in all 45 Terry Fox Runs over the years raising more than \$135,000 in the process. STAFF PHOTO

event in five years' time.

In the meantime, local organizers plan to continue to do their part under the leadership of Jahn Fawcett.

This year's event raised \$17,519, mostly through donations made online.

Most of those who either ran, walked, rollerbladed or bicycled, did so in honour of a relative, or friend, who has died from cancer, or who is currently battling the disease.

Near the start line of the Orléans Terry Fox Run is a board where the participants can write the names of the people they are taking part in the run for.

At the top of the board was a note written by Terry's brother Fred.

It read, "Terry, in 1980 you ran a marathon a day against cancer and inspired all of us. Together we will bring an end to the suffering that cancer causes."

THIRD ANNUAL

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# A note to our readers

If you are reading this editorial, you likely receive the paper every two weeks with your flyers.

The company responsible for delivering both the flyers and our newspaper is called Flyer Force, which is a division of Postmedia. Flyer Force is also responsible for delivering the *Ottawa Citizen* and the *Le Droit* to subscribers of both papers.

How long Flyer Force will continue door-to-door distribution of both our paper and the flyers is anybody's guess. There have been musings in the industry for over a year now that Flyer Force will stop delivering the flyers sooner rather than later. Hopefully – for our sake and for the sake of our readers – it will be later much later.

In the meantime, it's imperative that we find out who our readers are and where they live, just in case.

If Flyer Force ever did end door-to-door delivery, it's likely we won't get much notice, if any at all.

So to help ensure the seamless delivery of the *Orléans Star* and the *L'Orléanais* to readers of both papers in the advent of the possible cessation of door-to-door delivery we are launching an aggressive program to locate and identify our readers. Which is where you come in.

If you are reading this editorial and are a regular or even a casual reader of the *Orléans Star* we need you to send your name and address to [info@orleansstar.ca](mailto:info@orleansstar.ca).

When you do, you will be added to a growing database containing the names and addresses of other readers. To date, the data base contains the names and addresses of over 1,300 people.

If the time ever comes when we might need to change the way we distribute the paper, you will be notified by email and informed of the what will take place. But we can't do that unless we know who you are and where you live. So please take the time to drop us an email.

Identifying our readers will also help us get a better handle on how many people read the paper.

Surveys conducted in the past by the Ontario Community Newspaper Association, would indicate that approximately 25-30 per cent of households read their community paper. The biggest reason given is that the community paper is the sole source of local news. It might also have to do with the fact that in an age where accusations of fake news and AI generated content are a major concern, more than 80 per cent of respondents to a recent national poll indicated that community newspapers remain far and above the most reliable source of news and information for many people. Which is another reason why we need to find out who you are – so we can keep delivering you the latest news and information on the community we all live, work and play in.

– Fred Sherwin

**THE Orléans Star**

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## NATIONAL DAY FOR TRUTH AND RECONCILIATION

#orangeshirtday

September 30, 2025



## Feds launch program to fast track new housing

As parliamentary business resumed in the House of Commons last week, I had the honour of chairing the first meeting of the Standing Committee on Veterans Affairs. It was a welcome opportunity to reconnect with colleagues and reflect on our priorities for this session. We are committed to ensuring that Canada's veterans receive the respect, services, and support they so rightfully deserve.

At the national level, an exciting announcement promises to reshape housing across our country. On Sept. 14, I was proud to stand alongside, Prime Minister Mark Carney, and Minister of Housing Gregor Robertson, as they launched Build Canada Homes (BCH) – a new federal agency with a bold mission to supercharge housing construction and help double housing starts over the next decade.

Build Canada Homes is central to the government's ambitious plan to Build Canada Strong. This mission-driven agency will lead the transformation of our housing sector by cutting red tape, modernizing construction methods, and ensuring we reach our target of 500,000 housing starts annually. It's a major step forward in making housing more attainable for all Canadians.

Back in our community, I had the pleasure of attending the 45th Annual General Meeting of the Eastern Ottawa Resource Centre on Sept. 17. This incredible organization continues to provide vital support to families, seniors, women, and youth. I

extend heartfelt thanks to their exceptional staff and volunteers for their tireless dedication.

On Sept. 19, I was honoured to recognize in my office the outstanding contributions of residents Sandra Khawam and Naim Ghawi, who have each dedicated many years to volunteer service. Joined by former Cardinal Creek Community Association president Martin D'Anjou, we celebrated Sandra's seven years and Naim's remarkable 14 years of service to our community. Congratulations to them both!

Looking ahead, the Minister of Finance and National Revenue, François-Philippe Champagne, has announced that Budget 2025 will be tabled on Tuesday, Nov. 4. This budget will lay the foundation for long-term prosperity through disciplined spending, major investments in housing and infrastructure, and a focus on economic transformation.

Lastly, I extend warm wishes to the Franco-Ontarian community in Orléans and across the province as we celebrate this year the 50th anniversary of the Franco-Ontarian flag on Sept. 25. And on Sept. 30, we will observe the National Day for Truth and Reconciliation – a time to honour the children lost to residential schools, Survivors, and their families, and to recommit ourselves to the path of healing and justice.

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



**Commons Corner**

**Marie-France Lalonde**

# Pavilion further proof that Navan is a special community

On Sept. 13, I had the pleasure of attending the official opening of the new outdoor pavilion in Navan.

Besides giving me the opportunity to renew acquaintances with a lot of old friends, the event proved to me once again that Navan is one of the most generous communities in Ottawa, the province of Ontario and quite possibly the entire country.

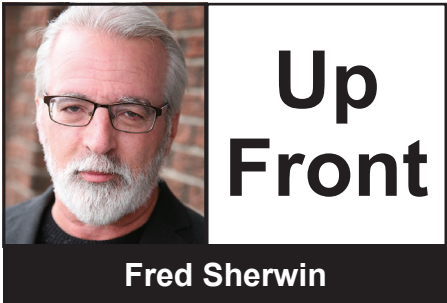
In the case of the pavilion, the local community contributed more than \$700,000 to the \$1.1 million project. Keep in mind the entire population of Navan is less than 2,500 people.

Navan's giving nature goes back to when the village's first arena was built in 1955 with funds raised entirely by the community

Then when the second arena was condemned in 1982, the community stepped up once again and to help fund a new building.

Navanites also reached into their pockets to help build the Navan Curling Club in 1990, and again in 2010 during a fundraising campaign for the new cenotaph.

In between, they contributed more than \$200,000 to help pay down the debt of the 2001 International Plowing Match which was held near the village on the Rivington Farm.



Unfortunately, the plowing match, which normally attracts tens of thousands of people from across North America, was held from Sept. 18-22, one week after 9/11 had occurred. As a result of the terrorist attack on the twin towers and the immediate impact it had on tourism, the plowing match lost over a million dollars.

An organized effort was launched in the aftermath of the plowing match to raise the necessary funds to cover the debt. In response, J.T. Bradley's Country Convenience Store owner John Bradley held a series of street dances to help raise over \$100,000 for the effort.

Other successful fundraising campaigns include the St. Mary's Church renovation project during which more that \$500,000 was raised.

Every time the residents of Navan have been asked to give, they've answered the bell time and again, which is a tribute to the generosity of this small community and the legacy of giving that has been created by successful generations of Navanites.

It's been a wonderful past few weeks for Canadian sports.

Between the World Track and Field Championships in Japan and the Women's Rugby World Cup in England, Canadian sports fans have had a lot to cheer about.

It started with Evan Dunfee's win in the 35km race walk on the opening day of the World Track and Field Championships and continued with the double gold medals won by the hammer throwing duo of Camryn Rogers and Ethan Katzburg and Marco Arop's bronze medal in the men's 800 metres. But that was only a warm up to the accomplishments of Canada's women's rugby team. The men's 4x100 relay was run after the paper had already gone to press.

After winning all three of their games in their pool at the World Cup, the team easily dispatched Australia in the quarterfinals to set up an epic semi-final against the two-time defending champions from New Zealand.

The Black Ferns had won six of the last seven World Cup tournaments including the last two in 2017 and 2021 and they have an 82 percent winning record in test match rugby.

But was supposed to be a highly competitive semi-final turned into a rout as Canada scored the first three tries of the game and roared to a 17-0 in the first 25 minutes.

The Canadian women would add another try before halftime and by the break they would enjoy a 24-7 lead. After the intermission they scored a fifth try on their opening possession of the second half and then held on for the 31-19 win.

Canada will face the host team from England in the final this Saturday. The Red Roses are the number one ranked team in the world and they will have the advantage of playing in front of a home crowd.

The task facing the Canadians is a difficult one, but in reality they've already won the hearts of a nation.

I must admit that I'm not normally a big fan of women's team sports, but this team has turned me into a huge fan of women's rugby and I plan to tune into my TV at 11 a.m. this Saturday to cheer them on. I hope you will, too.

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# There is no appetite for major tax hikes without tangible results

Over the past few weeks, city council's focus has been on the proposed 2026 budget directions. As the City grapples with inflation, a growing population, and more complex service demands, this budget cycle is proving especially challenging.

I consistently hear from residents that you don't want "Toronto-style" tax hikes of nine, 10, or 11 per cent year after year. I've cautioned my urban colleagues against viewing large tax increases as an easy fix. Imagine ordering a meal that arrives cold or poorly prepared and sending it back, only to receive the same plate, then being asked to pay more. That's how I believe many Ottawa residents feel.

Like households, cities must also take cost-cutting seriously. That's why I serve on the Agile Government Working Group, aiming to reduce red tape and improve service delivery. I also supported a motion tied to the 2026 budget to cap the number of City employees, excluding front-line roles like paramedics, firefighters, transit, and bylaw officers to help control costs.

In my view, transit remains the toughest budget challenge. We won't bring riders back by cutting service or raising fares, yet ridership still doesn't cover operating costs.

Ottawa's large geography makes transit expensive. While LRT Stage 2 in the east is in progress, it won't fix everything.

Transit service in Ward 19 is infrequent and unreliable, with congestion add-

ing to long commutes. At Transit Committee, I flagged serious gaps in South Orléans and raised concerns about Route 30. I continue to work with OC Transpo and the Mayor's office on solutions, but without real service improvements, fare or levy hikes are not justifiable.

Lastly, this year's draft proposes the largest police budget increase in 15 years. I remain in regular contact with our Chief and local officers and have raised concerns about drag racing, speeding, and car theft. I'm encouraged by plans for stronger local presence and better communication.

Thank you for staying engaged as we head into a busy fall legislative season.



**Catherine Kitts**

Orléans South-Navan

# Changing lifestyles require new way of thinking about how we work

Much has been said about the privileges of working in the public service – pensions, union protections, and job stability. It's true that not every worker enjoys these benefits, and I don't dismiss that reality. But regardless of sector, we are all confronting the same problem: the way we structure work simply doesn't fit the realities of modern life.

The traditional eight-hour block is increasingly out of step with how families live. Parents drop their children off at school around nine and must be back by 3:30, long before the standard workday ends. Buses don't run on parents' schedules, and many families don't have grandparents nearby to help. For many, the rigid model just doesn't work anymore.

Meanwhile, office spaces sit empty for large portions of the day – costly to maintain and rarely used to their full potential. At the same time, commutes are longer and employees are spending hours of unpaid time just getting to and from their desks. The environmental impact of forcing thousands

of cars onto the road each morning and evening cannot be ignored either. Reducing unnecessary commuting means fewer emissions, cleaner air, and healthier communities.

I often hear the argument that working from home is a perk that should come with a pay cut because of the savings on gas and lunches. But there are taxpayer savings too: less wear

and tear on roads, less demand on public infrastructure and less need for expensive office space. Asking people to commute just to log into Zoom or Teams is not an efficient use of anyone's time or money.

Of course, I recognize the need for in-person collaboration and the value of shared space. But a blanket mandate without reasonable accommodations isn't the solution. We can't keep designing workplaces as though it's still 1975. It's 2025, and our policies should reflect the realities people are living today. Let's focus more on getting the job done on time and less on where it is completed.



**Matt Luloff**

Orléans East-Cumberland

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# Navan community celebrates construction of outdoor pavilion

By Fred Sherwin  
The Orléans Star

The Village of Navan came out in full force on Sept. 13 to celebrate the official opening of the community pavilion on the Navan Fairgrounds.

Although the pavilion has been in use for the past six months as a roof for the village's outdoor rink and as the venue for the livestock competitions at this year's Navan Fair, the opening ceremony was the first chance for local residents and donors to celebrate Navan's newest addition.

Most of the people who were there had contributed a portion of the \$700,000 that was raised through private donations for the construction of the \$1.1 million pavilion.

The rest of the money was donated by organizations such as the Cumberland Township Agricultural

Society, the Friends of the Mer Bleue, the Bradley Cup and the Navan Lions Club, as well as corporate donations from M.L. Bradley Ltd., Waste Connections, the Heritage Funeral Complex, Grandmaitre Virgo Evans and the Moore Investments & Insurance Group. The City of Ottawa also contributed a major capital grant to the project and volunteers organized a number of fundraising events

Representatives from the various companies that built the pavilion were also on hand including C&L Construction, Maurice Yelle Excavation, André Taillefer Ltd., Gloucester Electric, Brulé Enterprises and Top Grade Enterprises.

The pavilion was the brainchild of Navan resident Daniel Reid and Navan Community Association president Luc Picknell.

On a winter's night in January

2024, Reid and Picknell, who were both volunteer ice attendants at the outdoor rink, were discussing what a pain it was to shovel the rink every time it snowed,

Half-jokingly, Reid told Picknell that if he agreed to build an outdoor pavilion to cover the rink, he would help pay for it. Picknell agreed and soon the process of designing the structure began.

"I told him, 'If you're stupid enough to give me money, I'll do it.' And he gave me the money so I had to do it," recalls Picknell.

What started as a modest idea soon turned into a massive structure with a budget of \$1.1 million.

The whole thing took a year and a half to build, from concept to completion.

Besides the local residents and donors who attended the official opening, Ottawa Mayor Mark



Navan Community Association president Luc Picknell addresses the crowd during the official opening of the Navan Outdoor Pavilion. FRED SHERWIN PHOTO

Sutcliffe and Orléans South-Navan councillor Catherine Kitts were also on hand.

"A project like this couldn't happen just anywhere. It takes a close knit, special community with

incredible community leaders and volunteers who can make things happen and tonight is a celebration of that effort," said Kitts, who also played a key role in seeing the project through to completion.

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# Orléans entrepreneur organizing cooking classes for kids

By Fred Sherwin  
The Orléans Star

Orléans resident Chad Chartrand has a dream of one day opening his own cooking school for the general public. He’s made the first step towards achieving that dream by launching the STiR Culinary Studio, which organizes bilingual cooking classes for kids and their families.

By day, Chartrand is the communication and fund development coordinator for the Orléans Cumberland Community Resource Centre. By night, he is the father of a three-year-old and five-year-old.

The idea to start a cooking school for kids and their families was planted during his eldest son’s birthday party at the former Kids Kingdom.

“I was talking to one of the other dads, who was the owner of the Your Independent Grocer store in Rockland at the time,” says Chartrand. “And I told him about working as a coordinator with the old PC cooking school that existed before the pandemic.”

Chartrand expressed his desire to try and start something similar, offering cooking classes as well as food-themed birthday

parties, and the man agreed to rent him some space, and thus the STiR Culinary Studio was born.

Based on the philosophy, “Where food, curiosity and creativity meet”, the STiR Culinary School is currently offering classes on select Saturdays in October, November and December. Each class is broken down by age group, Mini Chefs aged 4-6, Little Chefs aged 7-9 and junior chefs aged 10-13.

The theme of some of the initial classes include Spooky Halloween Treats on Nov. 1, Little Chefs Taco Workshop on Nov. 15 and Junior Chefs Pasta from Scratch on Nov. 29. Each class starts at 9 a.m. and costs \$40 per person.

The object of the classes, according to Chartrand, is to instill in each participant the joy of cooking. Parents are also welcome to cook side-by-side with their children.

The cooking classes are held in the morning so that the afternoons are free for birthday parties.

Kids can have their choice of a Pizza Party, a Taco Fiesta, or a Pasta Party. In each case, the birthday boy or girl and their guests can both make the food and eat it.



Chad Chartrand recently launched the STiR Culinary Studio offering cooking classes for kids and their families. STAFF PHOTO

Each party starts at \$350 for up to eight people. Each additional guest costs \$15 up to a maximum of 12 individuals.

Cupcakes and loot bags are available as add ons.

Chartrand is hoping to one day open up his own storefront cooking school in

Orléans for kids and their families. Until then, he plans to spread the joy of cooking to as many pint-size would be chefs as possible.

To find out more about the STiR Culinary Studio and the classes being offered, visit [stirculinary.ca](http://stirculinary.ca).



## For more than 160 years, Indigenous children were forced into Indian Residential Schools.

September 30 is National Day for Truth and Reconciliation, a day to learn about the 150,000 childhoods lost to Canada's Indian Residential School system.

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## Orléans teen earns ticket to world karting event in Bahrain

By Fred Sherwin

The Orléans Star

Fifteen-year-old Orléans resident Olivier Mrak is a young man on a mission. Competing in his first year in karting's senior division, he has already made a huge impact by beating 36 other drivers to win the ROTAX Max Karting Group Canada Final in Edmonton last month.

The win means Mrak will be able to represent Canada at the ROTAX Max Challenge Grand Finals in Bahrain in December.

Mrak started racing go-karts at the age of nine and he has been improving every year under the guidance of his father Mark Mrak and his mother Chantal Houle-Mrak.

Now that he's competing in the senior division, Mrak must race against drivers who are often older than him. The senior class also uses 125cc, 30hp engines which can reach speeds of over 125 km/h in the straightaway.

Mrak's dream is to one day compete in Formula 1 and follow in the footsteps of Canadian driver Lance Stroll.



Olivier Mrak, 15, will represent Canada at the ROTAX MAX Grand Finals in Bahrain in December.



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Collège Mer Bleue quarterback Vincent Anderson avoids a tackle during their recent game against the St. Peter Knights.  
STAFF PHOTO

## Mer Bleue kicks off inaugural season with a win over St. Pete's

By Fred Sherwin  
The Orléans Star

Collège Mer Bleue burst on to the high school football scene last week with a win over perennial powerhouse St. Peter High School in their first ever game.

Led by quarterback Vincent Anderson, who scored the school's first-ever touchdown on the team's opening drive of the game, Mer Bleue looked and played like a team that wanted to send a message to the rest of the league – "We're here and we're ready to compete."

St. Peter was able to answer back with a touchdown on their opening series of the game that was set by a 60-yard kick return by Garlency Riviere.

Knights quarterback Kusa Fiji delivered the scoring blow on a 20-yard run through the middle of the Mer Bleue defence.

The game stayed tied at 7-7 until midway through the third quarter when a botched punt ricocheted off the back of a Mer Bleue player's helmet and gave St. Peter a first down on Mer Bleue's six-yard line.

A sack for a loss of 10 yards and an incomplete pass left the Knights with a third and goal from the 16. A second incomplete pass should have led to a change of possession, but an unnecessary roughing penalty called against Mer Bleue for a late hit gave the Knights a new set of downs on the one yard line.

St. Peter made the most of the gaff by scoring their second touchdown of the game

CONTINUED ON PAGE 12 ►

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



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# Mer Bleue kicks off inaugural season with a win over St. Pete's

Continued from page 1  
just two plays later to take a 13-7 lead.  
Mer Bleue responded immediately with an impressive drive that included a spectacular one-handed catch by Bryden Tandou deep in Knights' territory.

Anderson and Tandou would hook up again on a nine-yard pass in the end zone to even the score at 13-13.

Mer Bleue would eventually take the lead early in the fourth quarter on a one yard run by Gavin Poirier that was set up by a 24-yard pass from Anderson to Tandou.

A successful two-point convert run by Poirier would give Mer Bleue a 21-13 lead.

The Knights would get a chance to potentially tie the game inside the final three minutes, but a dropped pass in the end zone on third down nullified the threat and

gave Mer Bleue the chance to run out the clock after the change of possession.

But instead of running out the clock, they took a huge gamble by going for it on third down deep in their end of the field. The gamble backfired when the Knights stopped Mer Bleue and took over possession of the ball on the 22 yard line.

Two plays later, Fiji found Tandou in the end zone to narrow the score to 21-19. All they had to do was complete a two-point conversion to tie the game.

When Fiji connected with a wide open Stephen Blais just inside the goal line, it looked as though they had accomplished just that. Unfortunately, the Knights were called for having an illegal man down field and the two-point convert was waived off, giving Mer Bleue the historic win.

When the final whistle blew, the Mer

Bleue sideline erupted in pandemonium as what they had just accomplished sunk in.

For Anderson, who had a stellar game, it was one of the biggest wins of his football journey that has already included some big wins with the Cumberland Panthers.

"For my first high school game it was very interesting. It was back and forth but our guys, many of whom have never played football before, just played all out and gave 100 per cent," Anderson said after the game. "Our goal now is to go for the city championship and put Mer Bleue on the map."

Mer Bleue wouldn't even have a football team without the effort of head coach and phys ed teacher Jean Guillaume, who moved to Collège Mer Bleue at the beginning of last year after spending several years at St. Matthew High School, where he led the

football team to the city championship and a win in the 2016 Metro Bowl.

Coach Guillaume's mission at Mer Bleue is to create a culture of excellence among his players both on and off the field.

"At the end of the day, that is what coaching is all about: to help your players reach their full potential and to generate great young men in the community," says Guillaume.

Mer Bleue's schedule this season includes a game against Franco-Cité on Oct. 16 that is being billed as the Franco Bowl.

The St. Peter Knights, meanwhile, will be looking to bounce back from their loss when they face Franco-Cité on Sept. 26.

The Knights schedule also includes a renewal of the battle of the saints when they take on the St. Matthew Tigers at Millennium Park on Oct. 9.

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# Tyke Bengals, mosquito Panthers remain undefeated

By Fred Sherwin  
The Orléans Star

The Orléans Bengals U10 tyke squad have established themselves as one of the favourites to make it to the National Capital Amateur Football Association (NCAFA) A-Cup championship game this season, after they easily defeated the Cumberland Panthers on Sept. 13.

The Bengals used just eight plays to score on their first three possessions to take an early 22-0 lead. They would add another converted touch-down in the second quarter and score again in the fourth to win 36-0.

The Bengals' explosive backfield tandem of Caleb Baxter and Roman Gallimore scored two touchdowns each, while receiver Isaiah Stewart scored on a 23-yard pass from Zane Malloy. Baxter ended the game with 90 yards on six carries and Gallimore ran for 81 yards also on six carries.

The Bengals defense had a stellar game, limiting the Panthers to just 32 yards in total offence, with Gallimore and Kip Lambert each hauling in an interception.

The win improves the Bengals record to 4-0 and left in two-way tie for first place with the West Carleton Wolverines.

The Panthers record is now 3-2, allowing them with little room for error during the

remainder of the regular season if they want to host the first round of the playoffs.

## Panthers win battle of the unbeatens

In the U12 mosquito game immediately following the tyke tussle, the 4-0 Panthers took on the 3-0 Bengals, with the Panthers coming out on top with relative ease.

Cumberland scored their opening touch-down on just the second play of the game when quarterback Nico Scarfone found an opening through the middle of the Bengals' defence and scampered 45 yards for the major. He would score again on a 13-yard run near the end of the first quarter and add a two point convert to put his team up 14-0 at the half.

On the other side of the ball, the Panthers' defence limited the Bengals' offence to just 38 yards in the first quarter, which included a 29-yard run by Callum Marshall on the final play of the stanza.

After failing to pick up a first down on their opening series of the game, the Bengals failed to pick up a first down on their next two series which were both cut short by turnovers. The Panthers' Sebastien Doth intercepted a pass to end the second series and Cater Tedondo recovered a fumble to end the third series.



Orléans Bengals U10 tyke quarterback Caleb Baxter ran for 91 yards and scored two touchdowns in a 36-0 win over the Cumberland Panthers on Sunday. FRED SHERWIN PHOTO

Owen Nicholls and Channing Mailhot would add two more touchdowns for the Panthers in the second quarter to make the score 28-0 at the half.

Scarfone scored his third touchdown of the game on a 56-yard run to open the second half. Eric Lacroix then scored on a one yard plunge on the final play of the third quarter to

increase the Panthers lead to 40-0.

The Panthers would add one more major on a 13-yard run by Kysan Clerge in the fourth quarter to make the final score 48-0.

The Panthers have a bye this weekend, while the Bengals will hope to bounce back when they face the West Carleton Wolverines on Sunday.

# East end teams win five Eastern Ontario Soccer League titles

By Fred Sherwin  
The Orléans Star

Ottawa TFC and the Ottawa-Gloucester Soccer Club recently ended the 2025 soccer season by clinching five Eastern Ontario Soccer League titles.

Ottawa TFC won the boys' U14 regional championship, the girls' U17 regional title and the boys' U15 Tier 2 crown, while the Ottawa Gloucester Hornets won the boys' U15 regional championship and the girls' U16 regional title.

The Hornets U16 regional girls team finished the season with a perfect 12-0-0 record. Addison Proulx led the team in scoring with 16 goals, while keeper Arianna Tiseo registered seven clean sheets. In fact, the Hornets allowed just six goals in their 12 games, while scoring 48 times.

Although the boys' U15 squad didn't win all their games, they did finish the season with a 10-0-2 record, good enough to win their third EOSL title in as many years.

Thirteen different players scored for the Hornets over the course of the season, with Shiktshith Khatiwoda and Elijah Assouan

leading the way with 11 and 10 goals respectively. In goal, Mathis Moulupo and Locke Johnson recorded four shutouts each.

The Ottawa TFC's U14 regional boys' team finished the regular season with a 12-0-2 record, putting them just two points ahead of Ottawa St. Anthony. The team clinched the title with a 4-2 win over Ottawa City on Sept. 9. Jayson Boursiquot lead the Hornets in scoring with 11 goals, while Sebastian Escoba Restrepo scored 10 times.

Ottawa TFC's U17 regional girls' team clinched their league crown back in August and ended the season with a 12-2-0 record, leaving them 12 points clear of second place and Ottawa South. Thirteen different players scored for the U17 squad, including Avery Theriault and Joliane Delorme who scored nine goals each, while keeper Sarah Laplante allowed just 10 goals in 12 games while registering seven shutouts.

Ottawa TFC's third EOSL title was won by the U15 Tier 2 team which finished the season with a perfect 15-0-0 record and an impressive +70 goal differential based on their having scored 85 times while allowing



The Ottawa-Gloucester Celtics Premier men's team recently won the provincial championship for the fourth time in five years. STAFF PHOTO

just 14 goals against. While the east end's youth teams were winning their EOSL titles, the Ottawa-Gloucester Celtics Premier men's team was busy winning their fourth provincial championship in the last five years and sixth

in the last 13 years.

The Celtics defeated the Woodbridge Strikers 2-0 in the final of the Ontario Cup in August to punch their ticket to the Canada Soccer National Championships being held in St. John's, Newfoundland next month.

# Upgrade your comfort, lower your costs: Attic Pros has you covered

By Fred Sherwin  
The Orléans Star

When it comes to home upgrades, insulation is often overlooked – yet it plays a vital role in improving comfort, reducing energy bills, and even boosting your home’s market value.

Fortunately, Orléans homeowners have access to Attic Pros, a trusted local company with over a decade of experience in delivering top-tier insulation services. Led by the father-son team of Jeff and Justice Koradi, Attic Pros specializes in green insulation solutions that combine innovation with proven techniques.

While Jeff leads the company, Justice oversees the day-to-day operations, ensuring every project meets their high standards. Together, they’ve helped thousands of residents and business owners enjoy more comfortable indoor spaces while saving significantly on energy costs.

Attic Pros offers a full range of services, including:

- Attic and wall insulation

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All installations are done to code, qualifying homeowners for government grants or rebates of up to \$2,500 while keeping your home. And all of their insulation materials are highly fire-resistant and mold resistant, which might also save you money on your home insurance.

What sets Attic Pros apart is their hands-on approach. Jeff and Justice personally oversee every installation, ensuring quality workmanship and customer satisfaction.

“We’ve earned the reputation of being one of Ottawa’s top insulation companies, and we work hard to maintain that with every single job,” says Jeff Koradi.

Whether you’re upgrading your current home or starting a new build, Attic Pros will guide you through every step from inspection and budget-friendly options to grant applications and seamless installation.



Jeff and Justice Koradi are the father and son duo behind the Orléans-based Attic Pros home insulation company. FRED SHERWIN PHOTO

In the end, you’ll enjoy not just a well-insulated home, but the peace of mind that comes from working with professionals who truly care. To learn more, visit [atticinsulationpros.ca](http://atticinsulationpros.ca) or call 613-702-8374.

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**CELEBRATION ON THANKSGIVING SUNDAY —  
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**OAK-TOBERFEST** from 6 p.m. to 9 p.m. at the Royal Oak Pub corner of St. Joseph and Jeanne d'Arc Blvd. Order a litre stein of Paulaner Oktoberfest bier, the number one seller in Munich during the festival! Dine on some schnitzel or bratwurst. Live music with the Ray Baumgarten Duo. For more info visit [royaloakpubs.com/orleans](http://royaloakpubs.com/orleans).

### SATURDAY, SEPT. 27

**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.

**ORLEANS OKTOBERFEST** from 1 p.m. to 10 p.m. at the Orléans Brewing Co. Tickets \$42

includes 1 FREE Oktoberfest Stein (pint), one pretzel, plus access to the biergarten with guest breweries, German inspired food, live music and games. For more info visit [orleansbrewing.com](http://orleansbrewing.com).

### TUESDAY, SEPT. 30

**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](http://facebook.com/RoyalOakPubsOrleans).

### THURSDAY, OCT. 2

**SCOTT JAZEY & FRIENDS OPEN MIC SESSION** at the Blackburn Arms Pub in Blackburn Hamlet starting at 6:30 p.m. For more information visit [www.facebook.com/ScottJazeyFriendsandFamily](http://www.facebook.com/ScottJazeyFriendsandFamily).

**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.

### SATURDAY, OCT. 4

**STATION 71 PANCAKE BREAKFAST** from 8 a.m. to 11 a.m. at Fire Station 71 in Navan with a freewill donation to the CHEO Foundation. Come enjoy pancakes with local maple syrup.

**NAVAN FALLFEST** on the Navan Fairgrounds from 11 a.m. to 3 p.m. Festival favourites include old-fashioned scarecrow making, kid's crafts, homemade games and activities, firefighter demonstrations and tug of war and BBQ. FREE ADMISSION

## IN MEMORIAM



**Robert Boudreau, 82**  
Passed away on September 16, 2025

**Eveline Prud'homme Robert, 70**  
Passed away on September 12, 2025

**Douglas JD Lancaster, 97**  
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