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THE Orléans Star

L'Orléanais

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

April 2, 2026 • Volume 39, No. 23

Next edition April 16

Knitting club founder receives G-G award

By Fred Sherwin
The Orléans Star

Orléans resident and Busy Fingers knitting club founder Eileen McCaughey was honoured for her work in presiding over the club for the past 16 years during a mixed honours ceremony at Rideau Hall on March 20.

During the event, Governor-General Mary Simon bestowed the Order of Canada on 32 recipients while 25 other invitees received the Governor-General's Meritorious Service award.

McCaughey didn't receive her award until the very end of the ceremony.

The Sovereign's Medal for Volunteers recognizes the exceptional volunteer achievements of Canadians who demonstrate passion, dedication and a commitment to their community.

Even though McCaughey has known about the honour for more than two months now, receiving the Sovereign's Medal from the

Governor-General was one of the highlights of her life.

"It was the most exciting event I ever had in my life," says the 91-year-old McCaughey. "Can you imagine at my age receiving such an award? I tell you it was unimaginable. When they mentioned my name I almost cried."

McCaughey founded the Busy Fingers knitting club in 2010 with just four other knitters. Today, the club has over 200 members with chapters in Montreal and Quebec City.

The club's members knit more than 2,000 items every year which are then donated to hospices, women's shelters and veteran homes.

A core group of 20-30 knitters meet at Eileen's South Fallingbrook home on the first and third Monday of every month to chat, have coffee, and knit. If you would like to find out more about the Busy Fingers knitting club, you can contact Eileen at 613-841-3641.



Busy Fingers knitting club founder Eileen McCaughey holds the Sovereign's Medal for Volunteers which she received during a ceremony at Rideau Hall on March 20. FRED SHERWIN PHOTO

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See story on page 12

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Orléans Star

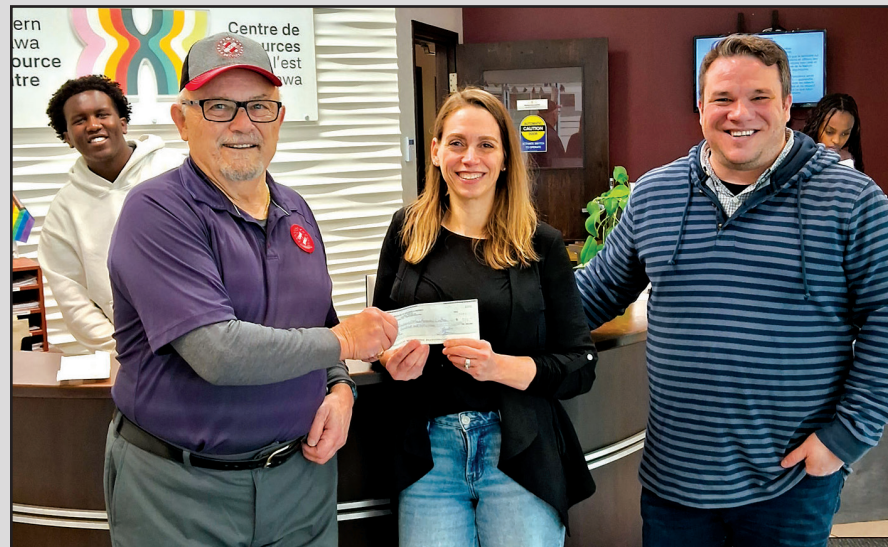


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Kin Club of Orléans supports East Ottawa Resource Centre



GLOUCESTER – Kin Club of Orléans member George Pappas, left, presents a cheque for \$350 to East Ottawa Resource Centre executive director Stephanie Fragman as Orléans East-Cumberland city councillor Matt Luloff looks on. The money, which is part of the fundraising efforts of the Kin Club of Orléans, will help provide support for women escaping domestic abuse. PHOTO SUPPLIED

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by par **COGIR**

Process begins to identify high speed rail route

By Fred Sherwin
The Orléans Star

The process to identify the future route of high speed rail between Quebec City, Montreal, Ottawa and Toronto begins this month with a series of field studies along a pre-established corridor that is up to 10 kilometres wide and includes parts of Avalon and Blackburn Hamlet.

The field studies will be conducted over the next six months by ALTO Rail, the federal agency formed to build and operate the proposed high speed rail service.

The field studies will include wildlife and flora observations, soil sampling, sound-level measurements, and the analysis of waterways and wetlands.

The studies will help establish baseline environmental conditions within the study corridor prior to the project, anticipate potential impacts, and identify measures to avoid, minimize or compensate for adverse effects, while maximizing benefits for communities.

But before the field studies can be undertaken, ALTO has to reach out to the landowners along the corridor to seek a

“permission to enter” or PTE agreement to study the land.

Receiving a PTE request does not necessarily mean that a property will need to be acquired for the project or that the future train will run near it, as the alignment has not yet been determined.

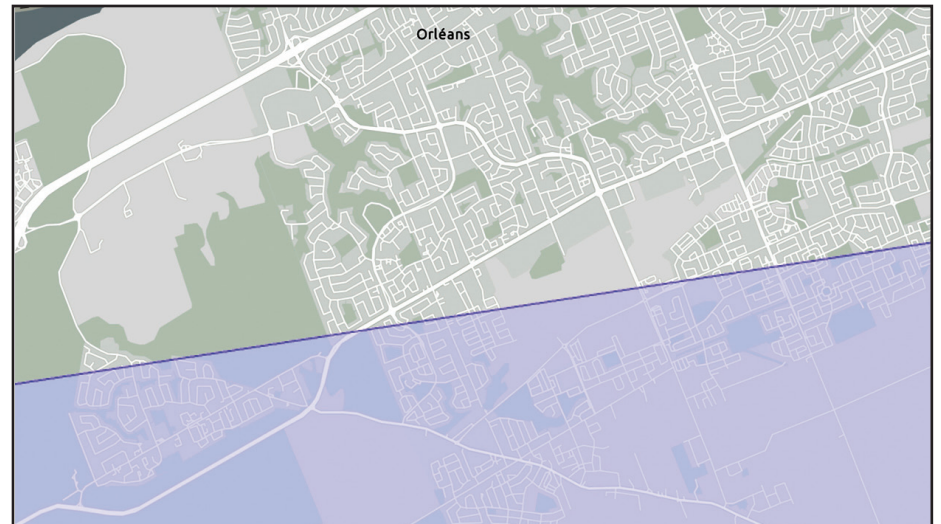
The results of the field studies will be used to help determine a 60-metre right-of-way along which the high speed rail line will be built.

In determining the right-of-way, a number of factors have to be taken into consideration. For instance, in order to accommodate the high speed the trains will travel at will require long stretches of straight sections and drawn out curves.

The preliminary studies must also determine where the new stations will be built in each of the destinations along the route.

When it nears Ottawa, it will also have to avoid environmentally protected lands like the Mer Bleue Bog and the Greenbelt.

While ALTO isn’t tipping its cap on a possible route before the field studies are conducted, it’s entirely possible that parts of the current VIA Rail line could be included



The shaded area on the map to the south of Innes Road represents part of the corridor ALTO is studying for the proposed high speed rail line. ALTO PHOTO

in any future high speed route.

When it’s completed the high speed rail service will connect Quebec City, Montreal, Ottawa and Toronto with stops in Trois-Rivières, Laval and Peterborough.

The trains will travel at speeds up to 300 km/h and will cover the distance from Montréal to Ottawa in just over an hour.

Plans call for the Montréal to Ottawa section of the route to be built first, followed by the Ottawa to Peterborough section and the Peterborough to Toronto section.

The project is supported by a \$60B-\$90B budget. Construction is set to start in 2029–2030, with the first phase connecting Ottawa and Montreal.

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Misguided anger

In early March, three synagogues in the Toronto area were the target of drive-by shootings, causing minor property damage. Two of the shootings took place late at night when the synagogues were empty. The third shooting took place while worshippers were still in the building. Fortunately, no one was injured.

As of the writing of this editorial no arrests had been made in connection with the incidents, nor had a motive been established.

It's entirely possible, if not highly likely, that the shootings were carried out by an individual or individuals who were reacting to Israel's three-year old military campaign in Gaza, or it's recent bombing of Iran and invasion of southern Lebanon. But let's be clear, no one in Canada's Jewish community has anything to do with either of those actions. They are being carried out by the right wing Israeli government led by Benjamin Netanyahu.

And while some members of Canada's Jewish community may support the Israeli government's actions – either because they share the same Zionist views, or support Israel and its right to defend itself – not all Jewish Canadians do.

It is categorically wrong to desecrate a synagogue or any house of worship for that matter. To do so shows extreme ignorance and a level of malice that is unacceptable in this country and should be prosecuted to the fullest extent of the law.

To lump the Jewish community into one homogeneous group is just as racist as lumping any other ethnic community together.

The Jewish community can be divided up into three religious movements as well as secular Judaism. The three main religious movements are Orthodox Judaism including Hasidic Jews, Conservative Judaism and Reform Judaism. Although not a religious movement *per se*, Zionism is a nationalist movement that at minimum believes in Israel's right to exist, and in the extreme, believes Israel is entitled to all the land that makes up Palestine including Gaza and the West Bank.

To further complicate matters, not all people who identify themselves as being Zionist necessarily support the Israeli government's military actions in Gaza and Lebanon. Support for Israel's right to exist within a two state solution is not mutually exclusive.

But not all Jewish people identify as being Zionist. Following Hamas' incursion into southern Israel on Oct. 7, 2023 surveys in Israel showed that 65 per cent of respondents identified as being Zionist to some degree. In a study conducted by the Israel Democracy Institute in 2025, 29 per cent of Israeli Jews who were surveyed identified themselves as being religious, or hard core Zionists.

All of which to say, lumping all Jewish people together is flat out wrong and ignores the fact that here are many Jews who support a two-state solution and an enduring peace.

– Fred Sherwin

AMAZON CLAIMS ANOTHER VICTIM



Provincial deficit continues to pile up under Ford government

Doug Ford likes to talk about being careful with money.

He talks about balancing the budget, protecting taxpayers, and living within our means.

But after eight years in office, the numbers tell a different story.

When Doug Ford became Premier, Ontario's debt stood at \$337.6 billion. This year, it will reach \$485.1 billion, nearly \$150 billion more.

That is a staggering 43.7 per cent increase in the provincial debt during the Conservatives' time in office.

Even the Fraser Institute, hardly a left-wing organization, said the Ford government has "again failed to back up its past rhetoric about the importance of balancing the budget."

Doug Ford has become Ontario's half-trillion-dollar man.

The question is simple: what are Ontarians getting for all that debt?

Are families finding it easier to see a doctor? No. Two million Ontarians still do not have a family doctor.

Are our schools improving? No. Education spending is being cut while class sizes rise.

Is it easier to buy a home? No. Housing starts are falling, and the promise to build 1.5 million homes is nowhere in this budget.

Is it easier for young people to get ahead? No.

College and university funding is being cut, while OSAP changes have left students with more debt and less help.

Families are paying more for groceries, rent, hydro, and gas.

Here in Orléans, it has also been two years since Doug Ford promised to upload Highway 174, and nothing has changed. The budget is also silent on his signature election promise to upload Ottawa's LRT.

Moreover, after adding almost \$150 billion to the debt, this budget offers no meaningful affordability relief.

No cut to hydro bills. No help with groceries. No middle-class tax cut. No serious plan to make housing affordable.

More than half of provincial ministries are being cut, while the Premier's office has grown by 243 per cent since 2018.

Ontario now spends roughly \$17 billion every year on interest payments. That is more than we spend on colleges and universities. It is money that cannot go to hospitals, schools, roads, or public safety.

Debt is sometimes necessary. During a crisis, governments should act.

But if Ontario is going to borrow this much money, people should at least be able to see results.

After eight years and \$150 BILLION in new debt, life is not easier. It is harder.

DEBT is the real legacy of Doug Ford's budgets.



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Immigration issue comes down to what lens you're looking through

I recently visited a friend out west who was of the opinion that Canada has far too many immigrants, or to be more specific immigrants of colour. That is to say, immigrants of a specific colour, namely “brown” people. Or at least that was the term they used. Meaning Muslims and new arrivals from South Asia.

The fear my friend has is that they – namely brown skin immigrants – are taking over parts of Canada and forcing their culture and religious beliefs on the rest of the country.

To make their point they argued that if they moved to a Muslim country, or the sub-continent they would be unable to practice their religion and cultural beliefs without severe ramifications.

In making that argument they didn't realize they were actually making an argument as to why many immigrants want to come to Canada in the first place. Which is where I stepped in to turn the situation into an opportunity to educate.

Most if not all immigrants, regardless of their ethnicity or religion, come to Canada in the hope of raising their children free from repression, persecution and poverty.

The desire for your children to have a better life than you have is universal, and Canada gives your children a better shot at having a better life than most countries, especially in the countries they're fleeing from which



Fred Sherwin

don't have the same freedoms that we do.

What makes Canada one of the best countries in the world is that we offer everyone the freedom to practice whatever religion they wish. It's true that if you went to Saudi Arabia, or Pakistan, or Egypt, you would have a difficult time pursuing the same beliefs and practices you can pursue and practice here in Canada.

But again, that is what makes Canada so great. We are a melting pot of dozens of different cultures, religions and customs. Our multicultural make up is something that should be celebrated, not degraded.

It is one of the things that separates us from all those other countries.

Over the past 125 years we have welcomed immigrants from around the world. At various times we've had waves of immigrants from Italy, Poland, Ireland, Germany, Lebanon and Vietnam and each wave was met by resistance and derision by

so-called “ordinary” Canadians.

And each wave of immigrants settled in communities where they could be among their own people. It's how Chinatowns and Little Italys were formed in every major city in Canada. During the 50s and into the 60s, Alta Vista was made up predominantly of Lebanese immigrants.

Part of the reason was social and part of the reason was economical. When you're a new arrival to Canada, there's only so many places you can afford to live.

Many Canadians who want to curb immigration and severely restrict new arrivals from certain countries have a mortal fear that immigrants are taking over Canada.

According to the most recent Census conducted in 2021, visible minorities make up less than 30 per cent of Canada's total population. Of that number, just over seven per cent identified their ethnicity as South Asian, which includes India. Another 4.7 per cent identified their ethnicity as Chinese and 3.7 per cent identified themselves as Arab or Middle Eastern.

By far the fastest growing immigrant community in Canada is from India. In 2024, a quarter of the 400,000-plus immigrants granted permanent admission were from India. Two thirds were from Asia which includes the Middle East, India, Southeast

Asia, China, Korea and the Philippines. But that's still only 275,000 people which is less than one per cent of Canada's total population.

At one point, I was walking through the West Edmonton Mall with my friend when they made a remark about the number of people of colour who were there. But when I did a quick survey of the people in my field of vision, only about a third of them were a visible minority. For some reason my friend either couldn't see, or didn't acknowledge the non-visible minorities, they only say the visible minority folks.

To the people who say immigrants from Muslim countries and India are destroying our country or what it is to be Canadian, it is actually they who are destroying what it is to be Canadian.

To be Canadian is to be accepting of others and to welcome anyone who appreciates the same freedoms that we all enjoy. Sure there are some new arrivals who try to take advantage of the system, but they are just a small minority.

The fact of the matter is that most immigrants appreciate the opportunity they've been given and want only to create a better life for their children so that they can grow up in a world free of war, famine and persecution. And who can fault them for that?

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A winter that left its mark, and the work to fix it

It's been that kind of winter in Ottawa – the kind where the weather can't quite make up its mind and our roads pay the price.

Freeze, thaw, repeat. Over and over again. It might feel like a minor inconvenience day to day, but those swings are exactly what create potholes. Water seeps into small cracks, freezes, expands, and then leaves gaps behind when it melts. Add traffic on top of that, and suddenly you've got a pothole where there wasn't one the day before.

This year, we've seen more than most. Tens of thousands of potholes have already been filled across the city, with crews working nonstop between winter storms to keep up. If it feels like they're everywhere right now, you're not wrong.

The good news is we're ramping up. Additional crews are being deployed, along with new equipment like our "Python Pothole Patchers." These machines can fill a pothole in under two minutes, allowing operators to work safely from inside the

vehicle. It's faster, safer, and helps us cover more ground.

You'll start to see them moving through neighbourhoods, working long shifts, day and night. If you come across one on the road, don't pass it – they'll be done quickly.

Behind the scenes, it's the same Roads and Parking Services teams doing the work. The crews that were out salting roads during a storm are now filling potholes, clearing catch basins, and managing the spring melt – constantly adapting to changing conditions.

This time of year isn't ideal for permanent fixes. Cold temperatures and moisture mean some repairs are temporary, and certain spots may need more than one pass before things fully stabilize.

We're not slowing down – if anything, this is when the work really picks up.

If you come across a pothole that needs attention, don't hesitate to report it. We've got the crews, the equipment, and we're getting after it.



Tim Tierney

Beacon Hill-Cyrville Ward 11

Nominations now open for the 2026 Gems Awards

I want to take this opportunity to thank everyone who helped make my annual Egg-stravaganza Easter Egg Hunt this past Sunday such an amazing success. It was a joy to see neighbours gathered and families making the most of the day, even with the cooler spring weather.

When I started this event years ago, in part it was because my own children were young and I know how much joy they experienced from the thrill of the hunt, seeing their friends, and enjoying the activities with me and my husband.

This event continues to elicit joy in children and their parents, it creates many warm memories, and is a wonderful reminder of what makes our community so special.

Egg stravanza is about bringing people together in a simple and meaningful way, and I am sincerely thankful to the Orléans Fruit Farm, Myers Automotive and Kiwanis East Ottawa for their continued support. Their generosity helps keep this tradition going and ensures families can return year

after year to share in it.

I would like to pivot to another subject that is near and dear to my heart; our local business community. I am happy to announce that nominations are now open for my annual Gems Awards. The Gems shine a spotlight on the incredible local businesses, organizations, and groups that make Orléans and the east end such a welcoming and exceptional place to live.

Each year, I am inspired by heartfelt stories residents share in their nominations about individuals and organizations that go above and beyond to make a real difference.

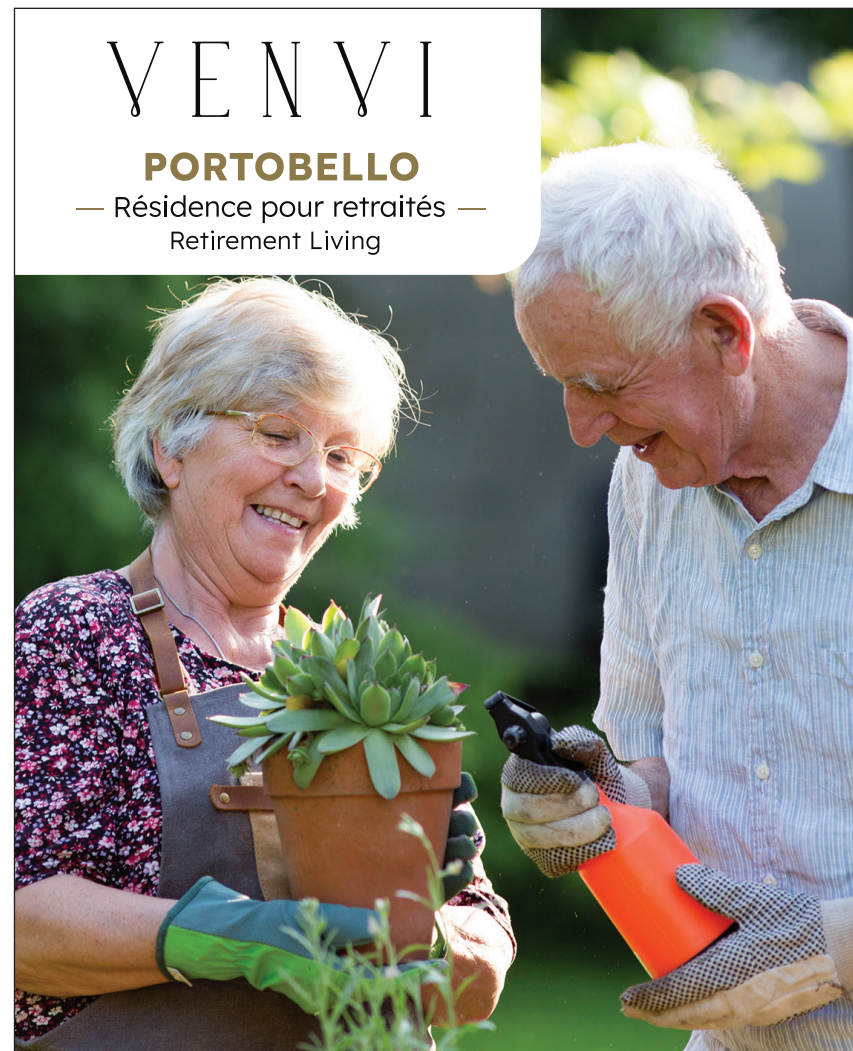
If there is a local business you rely on, a company that provides excellent service time and again, or an organization that supports our community in a way that deserves recognition, I hope you will consider submitting a nomination.

To learn more or submit a nomination, visit LauraDudas.ca/Gems or send an email to Laura.Dudas@Ottawa.ca. Please note the deadline for nominations is April 24.



Laura Dudas

Orléans West-Innes Ward 2



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NC – The best way to maintain proper oral health is to brush twice a day and floss on a regular basis. But problems can still sometimes arise, which is why it is important to visit your dentist at least once a year as an adult and twice a year as a child or teenager.

Although the mouth is part of the body, we often think of it as something separate. We often ignore bleeding or tender gums, or even a toothache while an irritation or pain elsewhere in the body would mean a trip to the doctor.

Poor oral health can affect a person's quality of life. Oral pain, missing teeth or oral infections can influence the way a person speaks, eats and socializes. These oral health problems can reduce a person's quality of life by affecting their physical, mental and social well-being.

A regular dental examination ensures that your teeth and gums are in a healthy state. If any issues are detected, your dentist can take of it before things get worse. Not going to a dentist and ignoring issues can lead to gum disease,

severe tooth decay, and in extreme cases, oral cancer.

Approximately 3,200 Canadians are diagnosed with oral cancer every year. With early detection, the survival rate of

oral cancer can be greatly improved. This means going to your dentist for regular dental exams. So don't delay. If you haven't been to the dentist in over a year, book an appointment today,

April is National Oral Health Month

National Oral Health Month is sponsored by the Canadian Dental Association to raise awareness about the benefits of maintaining good oral health.

ACTIVE PREVENTION

Did you know that your oral health is closely linked to your general overall health? Everything that happens in your mouth affects your whole body, which is why it is important to visit your dentist regularly. Only your dentist has the training, skills and expertise to properly address all your oral health care needs. Regular dental exams help prevent small problems from becoming much bigger problems. As part of a healthy lifestyle and to help reduce the risk of oral disease, follow CDA's 5 steps to good oral health:

- 1) Brush your teeth and tongue twice a day using a fluoride toothpaste. Don't forget to floss every day.
- 2) Eat a balanced diet, with an emphasis on cheese, nuts, vegetables and non-acidic fruits for snacks.
- 3) Don't smoke or chew tobacco. These habits can cause gum disease, heart problems and various types of cancers.
- 4) Examine your mouth regularly. If you spot anything unusual, such as reddish or swollen gums or bleeding when you brush, consult a dentist immediately.
- 5) Visit your dentist for a regular check-up.



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Blackburn Shoppes Dental Centre: compassionate and family focused

By Jody Maffett
The Orléans Star

It's been just over two years since the federal government first introduced the Canadian Dental Care Plan (CDCP) which was made oral health care affordable for all Canadians.

Dr. Chantal Plant and the rest of the team at the Blackburn Shoppes Dental Centre in Blackburn Hamlet are proud supporters of the CDCP and the ability for it to provide both old and new patients who don't have existing dental insurance the care they need, especially young children, service industry workers, the self-employed and seniors.

At the Blackburn Shoppes Dental Centre, they have a deep appreciation for their younger patients, seniors and those who experience anxiety when visiting their dentist.

Seniors are often overlooked when it comes to dental health, which is why they are so grateful for the launch of the Canadian Dental Care Plan (CDCP). This program has allowed the Blackburn Shoppes Dental Centre team to help many seniors who hadn't seen a dentist in years due to financial constraints.

Oral health is crucial for seniors, especially

those on medications that can compromise their dental well-being.

Dr. Plant recently treated a senior patient with dementia who had not received dental care in many years. Her teeth were severely broken down, but thanks to the CDCP, she now has the opportunity to restore her smile and improve her quality of life.

Their senior patients mean the world to the Blackburn Shoppes Dental Centre team some of whom have even reached incredible milestones, like their two patients who are 101 and 102 years old!

As much as the team at the Blackburn Shoppes Dental Centre have an affinity for treating their senior patients, they take equal care in treating their youngest patients.

Dr. Plant pays special attention to a child's behaviours and feelings so that they feel unique and respected. To do this, she uses a variety of approaches such as the adaptation of dental jargon into kid-friendly words and the "show-and-tell" technique explaining each procedure in language they understand.

Dr. Plant also takes special care in treating patients who may suffer from dental anxiety. Getting to know her patients and their dental fears helps her decide what techniques to use to help them relax as much as possible.



The oral health care team at the Blackburn Shoppes Dental Centre are proud to offer their services to patients enrolled in the Canadian Dental Care Plan. FILE PHOTO

One of the most effective ways Dr. Plant does this is to allow her patients to communicate with her during their procedure using various techniques such as raising their hand to signal her to stop and give them a short break.

Informing her patients step by step as to what she is doing also goes a long way in reducing their level of anxiety.

The first step to better dental health is to visit the Blackburn Shoppes Dental's new website at ottawafamilydentist.com for more information and testimonials.

If you don't currently have a family dentist you can call the Blackburn Shoppes Dental Centre at 613-834-5959 to set up your first appointment. Your mouth will be happy you did.



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Confessions of a Dentist, The Habits That Matter Most

By Dr. Natasha Rizk
Co-owner of Forest Valley Dental

April marks National Oral Health Month and since having so many great conversations with patients in our Orleans community, I've been reflecting on what being a dentist has really taught me over the years, beyond just teeth.

It never ceases to amaze me at how connected our overall health is tied to our mouth. When you think about it, everything your body consumes starts in your mouth, and it's only you who decides how to best care for it. It goes beyond just brushing and flossing - foods, medications and daily habits play a role. As a dentist and a Mom, these are things I've learned that I think everyone should know.

No two people are the same, and neither is their dental journey

Dentistry is not a one-size-fits-all approach. Every patient has a unique combination of medical history, oral health conditions, lifestyle habits and personal goals. What works well for one person may not be appropriate for another, even when the symptoms appear similar.

Effective dental care requires careful assessment, open communication, and treatment plans tailored to the individual. By recognizing these differences, we can provide care that is not only clinically appropriate, but also comfortable, realistic, and aligned with each patient's needs and expectations.

Small habits truly make the biggest difference

It's easy to let oral health slip when your days feel full and there never seems to be enough time. But simple habits - brushing twice a day, flossing regularly, and keeping up with your dental cleanings - can prevent most of the issues we see day to day.

It's not about being perfect; it's about being consistent.

As oral health providers, we're here to help you build habits that actually fit your routine. For example, if you often forget to floss or feel like you don't have time, try keeping floss in the shower and using that time while your shampoo rinses to floss your teeth. It's simple, effective, but just remember not to toss the floss down the drain.

Oral health is for overall wellbeing

We often see signs of stress, lifestyle changes, or even larger health concerns show up in the mouth first. It's a reminder that taking care of your smile is part of taking care of your whole self.

And maybe most importantly, I've learned how much confidence is tied to a smile. Whether it's something as simple as a cleaning or something more involved, helping someone feel good about their smile can have a ripple effect in their daily life.

If I could share a few simple tips with our community this month, they would be these:

- Don't wait until something hurts to book an appointment. Prevention is always easier (and cheaper) than treatment.
 - Keep a toothbrush and floss somewhere visible, your environment plays a bigger role than you think.
 - Drink more water, especially if you're having coffee or wine.
 - Don't be afraid to ask questions, your dental team is there to help, not judge.
- Oral health doesn't have to be overwhelming. It's built in the small, everyday



Dr. Natasha Rizk with her husband and fellow dentist Dr. Andrew Denardo and their daughter Stella. PHOTO SUPPLIED

choices, and we're here to support you every step of the way.



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COMMUNITY BILLBOARD

TUESDAY, APRIL 7

TRIVIA NIGHT from 6:30 p.m. at the Stray Dog Brewing Company. Exercise your grey matter before it turns to mush over the holidays. Reservations are a must to secure your spot. Send your team name and number of people to info@straydogbrewing.ca. The Stray Dog Brewing Company is located at 501 Lacolle Way in the Taylor Creek Business Park.

OYSTER NIGHT at the Orléans Brewing Co., 4380 Innes Rd. from 6 to 10 p.m. Indulge in the finest oysters and unwind with a drink in hand. We also offer wine and ciders for the non beer lovers!

WEDNESDAY, APRIL 8

TRIVIA NIGHT from 6:30 p.m. at the Stray Dog Brewing Company. Exercise your grey

matter before it turns to mush over the holidays. Reservations are a must to secure your spot. Send your team name and number of people to info@straydogbrewing.ca. The Stray Dog Brewing Company is located at 501 Lacolle Way in the Taylor Creek Business Park.

FRIDAY, APRIL 10

SDBC TAPROOM SERIES presents Bytown Sea Shanty Collective X Rude Pizza Company live and in concert. Showtime 8 p.m. NO COVER The Stray Dog Brewing Company is located at 501 Lacolle Way in the Taylor Creek Business Park. For tickets visit straydogbrewing.ca.

SATURDAY, APRIL 11

CLOTHING SWAP EVENT from 10 a.m. to 3 p.m. in Halls A & G at Bob MacQuarrie Recreational Center. Bring a reusable bag and

some friends, and “shop” for new-to-you items at no cost. Don’t have items to contribute? No problem! By attending the event and picking up items you’re helping to protect the environment.

SATURDAY, APRIL 18

FIRST ANNUAL FINE ART SHOW presented by Arteast featuring 41 local artists in a variety of mediums from 10 a.m. to 4 p.m. at the Pineview Golf Club, 1471 Blair Rd. FREE ADMISSION. FREE PARKING.

FRIDAY, APRIL 24

CORO VIVO presents an evening of 60s and 70s music at Orleans United Church, 1111 Orleans Blvd at 7:30 p.m. Music that asks you to be in touch with your inner self and to just feel being groovy or feeling that disco beat. Tickets \$30 available at <http://groovycvo.eventbrite.ca/>.

IN MEMORIAM

HERITAGE

FUNERAL COMPLEX - COMPLEXE FUNÉRAIRE INC.

S/Sgt. RCMP (Ret.) Roger Paré, 74
Passed away on March 26, 2026

William (Bill) Kourany, 97
Passed away on March 19, 2026

Yvon Gravelle, 90
Passed away on March 18, 2026



www.heritagefh.ca/obituaries

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