

Orléans Star

Next edition April 17





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Wendy Fortier from the Orléans Legion holds up some of the 4,000 plus handmade poppies they have so far received as part of the Legion's 2025 Poppy Project. See story page 3. FRED SHERWIN PHOTO

17-year-old heart attack survivor grateful to be alive

By Fred Sherwin The Orléans Star

Seventeen-year-old Tyler Bell got the scare of his young life on January 23. The Orléans resident was attending classes at the Norman Johnston Alternative School in Blackburn Hamlet when he suddenly collapsed for no apparent reason.

Tyler's teacher, Kim Brent, saw the young man collapse and immediately sent someone to the office where vice-principal Charles Tourigny called 9-1-1. The school's guidance counselor, Mark Frankish, was also near the spot where Tyler collapsed and immediately jumped into action, applying CPR while waiting for the paramedics to arrive. At the same time, fellow teacher Cameron Dunfee grabbed the school's defibrillator and applied it to Tyler's chest and restored his heartbeat.

Ottawa paramedics arrived on the scene shortly afterwards and stabilized Tyler, who was still unconscious, before loading him into an ambulance and rushing him to the hospital where he underwent several hours of surgery surrounded by a huge team of professionals.

Through it all, Tyler's mother, Stephanie Bell, felt totally helpless.

"I got a call from the school at 12:20 p.m. telling me that my son had an emergency and was not breathing. I just jumped in the car with my daughter Kiera and we flew to the school," says Stephanie, who made it just after the paramedics had arrived. "I felt helpless. All I could do was pray. So I prayed to my uncle Angus, who had passed away. My mom. And my Fil Lorn. Asking them all to just send him back. He wasn't ready to go."

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COMMUNITY BRIEFS

Cumberland Maplefest returns April 5th and 6th

CUMBERLAND – Spring is in the air and the sap is flowing which means the Cumberland Maplefest is just around the corner. This year's Maplefest is being held on Saturday, April 5 and Sunday, April 6 at the Lions Maple Hall in Cumberland Village. The 54th annual event is once again being hosted by Cumberland Lions with the proceeds going to support local charities. Tickets are \$12 for adults and \$8 for children under 10. Available at the door. Enjoy pancakes, sausages, scrambled eggs and baked beans served with local maple syrup, coffee, tea and orange juice from 8 a.m. to 1 p.m. while the food lasts.

Ottawa School of Theatre to hold FUNdraiser April 12

ORLÉANS - The Ottawa School of Theatre is holding a fundraising event on Saturday, April 12 for its all-ages production of Anne of Green Gables. The event will take place from 10:30 a.m. to 2 p.m. at the Shenkman Arts Centre. Enjoy a glass of raspberry cordial, Anne-themed activities, local artisans, a silent auction, a photo booth, a used book sale and a special Anne brew by the Stray Dog Brewing Company. Proceeds from the event will be used to help cover set design and costume costs. Date of the production to be announced.

FREE INCOME TAX CLINIC

Eligibility requirements

- Residents of Orléans-Cumberland: K1E, K4A, K4B, K4C, K0A
- Completed last year's Income Taxes (2023)
- Individuals living with a low-income
- Cannot be self-employed

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Ontario















School staff's quick response helps save young man's life

Continued from page 1

Vice-principal Tourigny drove Stephanie and Keira to CHEO where Tyler's father Randy was already waiting.

After surgery, Tyler was moved to the Intensive Care Unit where it was touch and go for a while until he eventually pulled through and regained consciousness.

After two weeks in recovery during which his mother barely left his bedside and he was often visited by family and friends, Tyler was allowed to return home with an S-ICD implant which will act as a minidefibrillator should his heart go into cardiac arrest again.

Unfortunately, the exact cause of Tyler's condition remains unknown despite a battery of tests.

For their part, Stephanie and her husband Randy Bell say they are eternally grateful to the teachers and staff at Norman Johnston for keeping her son alive until the paramedics arrived, as well as those paramedics who managed to stabilize his condition until he made it to the hospital and into the operating room. They are also immensely grateful to the doctors and staff at CHEO for all the effort they made in returning her son to her.

"I have aged 100 years and counted 20 new grey hairs I will wear as a badge of honour," says Stephanie, who is also grateful

for the support of her family and friends through the entire ordeal. "We are blessed

and grateful to where we The now. are love and support from family and friends has been incredible."

As for anv parents who might happen this read story, Stephanie



Tyler Bell

encourages you to hug your kids hard and tell them every single day how proud you are of them because "life can change in an instant".

She also encourages everyone to learn CPR and know where all the defibrillators are whenever you enter a building. They save lives, but you need to know where they are and how to use them.

As for Tyler, he can't thank the teachers who saved his life enough. The same goes for the staff at CHEO.

"I'm super grateful for everything they have done. I wouldn't be here without them," says Tyler who's looking forward to playing hockey again next season with the Cumberland Dukes.



Orléans Legion's Poppy Project surpasses 4,000 mark

By Jody Maffett The Orléans Star

A campaign to gather 5,000 knitted and crocheted poppies to celebrate the 100th anniversary of the Royal Canadian Legion has reached a very impressive milestone.

Poppy Project administrator Wendy Fortier recently accepted close to 997 knitted and crocheted poppies from the Orléans based Busy Fingers knitting club, putting the number gathered so far at more than 4,000.

"I'm just amazed at how this has taken off as fast as it has," says Fortier, who is the current president of the Ladies Auxiliary at the Orléans branch of the Royal Canadian Legion.

The Orléans Legion is among several Legion branches in Ontario that have launched their own Poppy Projects.

Fortier says they plan to attach the poppies to a large cargo net, or nets, and drape the exterior wall of the building with them.

"It should be quite impressive," Fortier, adding the initial success has inspired her to increase their goal from 5,000 to 6,000 poppies.

Busy Fingers president Eileen McCaughey found out about the project through on Facebook.

The club is well known for knitting and

crocheting scarves, mittens and socks which they then donate to various organizations every winter. McCaughey thought the Poppy Project would provide the club's members with a nice change. They were quick to answer the call and then some, knitting and crocheting close to 1,000 poppies over the course of a couple of weeks, using wool donated by local members of the public. One member knitted nearly 250 poppies on her own.

"Can you believe it? 997 poppies," McCaughey exclaims with immense pride.

The Royal Canadian Legion was founded in 1925 as the Canadian Legion of the British Empire Services League. The organization was essentially an amalgamation of 15 various veteran groups that formed in the years following the First World War. The largest of them was The Great War Veterans Association.

In 1960, Queen Elizabeth II granted the Canadian Legion of the British Empire Services League royal patronage and so it became the Royal Canadian Legion.

Today, there more than 1,350 branches of The Royal Canadian Legion located in communities across Canada.

The Orléans Legion is branch 632 in Ontario. It was formed in 1980.



Members of the Busy Fingers knitting club, including the club president, Eileen McCaughey (middle right) recently dropped by the Orléans Legion to present Wendy Fortier (holding sign) with 997 knitted poppies to go towards the Legion's 2025 Poppy Program. PHOTO SUPPLIED

Anyone wishing to take part in the Poppy Program by knitting or crocheting poppies can contact Fortier by email wemafortier@gmail.com. The only set standard is they need to be red with a black centre.

One of the things that Fortier has found so interesting in the early stages of the program

is the many different types of poppies she's received so far. They are all poppies, but they've been created with different shades of red.

The poppies will be hung outside the Legion next October in the weeks leading up to Remembrance Day.



PUBLIC CONSULTATION

Attendance Boundary for the New Orléans-Sud French Public Elementary School

Proposed Revision to School Attendance Boundaries for Des Sentiers, Le Prélude, Jeanne-Sauvé and L'Odyssée Elementary French Public Schools

The Conseil des écoles publiques de l'Est de l'Ontario (CEPEO) invites the school community of Orléans-Sud and Des Sentiers, Jeanne-Sauvé, Le Prélude and L'Odyssée elementary public schools, to a consultation evening in virtual mode. This consultation will discuss the creation of the school attendance area for the new Orléans-Sud French public elementary school, to be located at the intersection of Jerome-Jodoin Drive and Monardia Way in Orléans, which will open for the 2026-2027 school year. A consultation will be held virtually on the following date:

Public Consultation

	Date	April 9, 2025
	Time	7 PM
	How	Via Google Meet (link available on April 7 at: cepeo.on.ca/a-propos/construction/eep-orleans-sud)

Agenda:

- Introduction, background and context
- Presentation of different scenarios studied-for the creation of a School Attendance Boundary for Orléans-Sud French Public Elementary School
- Questions and comments

FOR MORE INFORMATION:

Please send your questions to <u>elementaire-orleans-sud@cepeo.on.ca</u> or visit the site <u>cepeo.on.ca/a-propos/construction/eep-orleans-sud</u>.





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A birthright

Earlier this month the Government of Canada announced a program to guarantee the delivery of Canadian passports within six weeks or they're free.

That's wonderful new I guess, but it comes about three years too late. During the final month of the COVID pandemic and a few months afterwards, Canadians were waiting up to six months or even longer to get their passport.

As for this latest initiative, I'm not sure why it's needed. To the best of my knowledge, there hasn't been a large outcry from people having to wait more than six weeks, or 30 business days, to get their passport.

Passport Canada's current standard is 20 business days if you apply in person at a Service Canada Centre. If you're also willing to pick it up, it's an even shorter timeline.

You can get it sooner still if you are willing to pay an additional fee. If you want your passport on or after 10 business days (but before the six weeks), you have to pay an extra \$20. If you're in a hurry and need it within two to nine business days you have to pay an extra \$50. And if it's an emergency and you need it by the next day, you have to pay an extra \$110. For the last two, you also have to prove why you need it so soon with a travel document such as a plane reservation.

And those fees are on top of the current cost of a Canadian passport for citizens 16 and over which is \$120 for a five-year passport and \$160 for a 10-year version. A five-year passport for a child age 0-15 is \$57.

But why should Canadians have to pay at all? A passport should be our birthright as citizens of this country. We pay enough in taxes as it is. Surely, a small portion of the taxes we pay over five years or 10 years can go to pay for a passport – at least your first passport. After that, you should pay a fee every time you have to renew it, or replace a lost or stolen passport.

There's no question that having a passport encourages more people to travel, which is good thing. Travel enables people to be exposed to other cultures and broadens their perspective on the rest of the world.

According to the most recent statistics, 70 per cent of Canadians currently have passport. The 30 per cent who don't are more apt to be in a financially challenged situation such as single-parent families.

Imagine if you are a single parent with two kids under 16 and one over the that age. It would cost you \$354 to purchase all four passports and that's not including the passport photos you would have to get at \$20 per person. So now you're up to \$434 and that's even before you buy the plane tickets or put the gas in the tank to take a trip down south.

If we aren't willing, as a nation, to make free passports a birthright, then we should at least introduce a program to subsidize passports for people who are in a difficult financial situation.

– Fred Sherwin

Orléans Star



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LETTER TO THE EDITOR

Orléans Lions president resigns after Facebook post removed

To the Orléans Star:

Yesterday, I resigned as President of Orléans Lions, and gave notice of my leaving Lions. This came following my attempts to get Lions local, district and international levels to support the 30,000 Canadian Lions (\$1.3 million U.S. in dues) threatened by U.S. economic warfare.

All three levels declared that the issue was political, ordering me to take down a post I made on the Lions Facebook page expressing my position. But it is NOT political. It is wrong!

My decision to step down as president and leave the Lions was not an easy one. I am very active in Lions causes: sight, environment, hunger abatement, community, youth including the Orléans Star Youth Awards, Lion Dog Guides, the various food banks in the area, and the Orléans-Cumberland Community Resource Centre. All good causes.

A Global Lions Facebook group posting declared Lions "stand for integrity and honesty even when it's uncomfortable. Avoiding difficult conversations… leads to bigger problems down the road."

The actions of the U.S. and Russia fly in the face

of Article 1 of the UN charter which states that, "All Members shall settle their international disputes by peaceful means in such a manner that international peace and security, and justice, are not endangered."

Who will stand for the countries now being threatened by Russia and the United States under President Trump?

Lions sing O Canada at every meeting, and both nations' anthems at conferences. Lions in Canada can speak with 30,000 voices, or can remain silent. Silence is convenient. Speaking out against a wrong is "standing on guard." My act is a pebble in the ocean that may lead to a tidal wave of action.

The British actress Helen Mirren once said "The only regrets you'll have are the times you stayed silent when you should have acted."

Lions causes are collateral damage. You can't fundraise if the people don't have funds. I look to act locally, have no regrets and choose not to be silent.

George Pappas,
 Former president
 The Orléans Lions

www.orleansstar.com

Friend's wedding the highlight of recent trip to Puerto Escondido

A couple of weeks ago, I was honoured to be invited to a friend's wedding in Puerto Escondido, Mexico, a place I know and love well.

I first met my friend Jackson when I visited Puerto for the first time in February 2022 with my son Dylan. We were staying at the Bonita Escondido hostel and Jackson and I immediately bonded over a few glasses of Mezcal which is native to the state of Oaxaca.

Jackson is a British ex-pat who ended up in Mexico by way of Vietnam just as the COVID pandemic was shifting into high gear.

While in Puerto, he met his future wife Lorena. Although they fell deeply in love, marriage wasn't on either of their immediate agendas until his mother Tracy and his aunt Kathy planned to visit Mexico to see them along with his sister Amelia, his brother-in-law Noel and their daughter Tatiana.

After some thought they decided to use the visit as a perfect opportunity to tie the knot.

With a little help from friends and family, Lorena planned an entire beach wedding in less than a week.

The location, just down the coast from Puerto Escondido in Playa Agua Blanca, was spectacular and the ceremony with the ocean in the background was beautiful as was the lovely bride. I just hope the pictures I took for them do it justice.



The best thing about the wedding was getting to meet Jackson's family who are from Manchester, England and are absolutely marvelous. I immediately fell in love with them all, especially Amelia who was a hoot, and Noel, her husband, had me in stitches.

But while the wedding was outstandingly beautiful, any excuse to visit Puerto is okay for me. Puerto Escondido has become one of my favourite places on earth and the Bonita Escondido hostel has become my second home.

This was my fourth trip to Puerto and my second trip alone. Last year, I went with both Jamie and Dylan and let me tell you, having 26-year-old twin boys can be a great icebreaker when staying at a youth hostel.

When traveling alone, I'm often met by a great deal of suspicion. After all, it's not every day you see a 63-year-old hanging out at a youth hostel. Fortunately, this time around, there a few other "seniors" staying at

the hostel. Eric, 50, was visiting with his son, as was Arturo, 45.

When I arrived I was greeted by a fellow Canadian, Sarah from Toronto, who was volunteering at reception. She didn't even blink an eye when I checked in. God bless her.

Over the course of the next six days I managed to make at least 25 new friends from all over the world. (Have I written before about how much I love staying in hostels?)

Among the dozen or more volunteers I ended up partying with were Hani, my home boy from Halifax, Daniel from Winnipeg, Richard from Newmarket, Naomi from Denmark, Lucas and Victor who are both from France, Pauline from Belgium, Emily from San Diego, Alba from Sweden, Neha from the UK, Tania from Persia, and Molly and Flo from parts unknown. (Sorry guys, I can't remember where you're from.)

I also had a wonderful reunion with Lily, Ash and Patrick, who I met last year and have made Puerto their home away from home, and Daniel who is the manager at the Bonita Escondido hostel and acted as Jackson's witness for the wedding. Daniel and I have become friends during the four years I've been going to Puerto and he's helped me out of a few jams.

And then there's all the friends I made both

inside and outside the hostel, like Laurita, who is also from France and who trusted my scooter abilities enough to go on a shopping tour for Victor's birthday party with me and introduced me to the cheapest enchiladas in Puerto.

Then there's my boys, Manuel and Mateo from Columbia, who I went out with almost ever night.

I also spent a lot of time getting to know Ivan Munoz, who is a local DJ, and who will hopefully be one of the DJs who will be playing at my 65th birthday celebration in Puerto next year.

How can I forget my roommates Jose and Marco from Spain, Rensky from the Netherlands, and Katherine from London, or the boys from Ireland, who I spent one night singing old Irish songs with.

Speaking of singing I managed to sing three songs during karaoke night included "Sweet Caroline" with Victor that brought the house down.

But the highlight of my trip, besides the wedding, was being presented with one of the prototypes of the soon to be released Bonita Escondido t-shirt by Lily and Patrick.

I've said it before and I will say it again, I am truly blessed to be able to travel and meet so many amazing young people. I'm sure our paths will cross again one day soon.



Councillor to host Annual Spring Egg-stravaganza

Laura

Dudas

With April now here, it is time for my favourite community event – my 4th Annual Spring Egg-Stravaganza Easter Egg Hunt on

April 12 at 10 a.m. at the Orléans Fruit Farm, 1399 St. Joseph Boulevard.

This celebration is a wonderful opportunity to get outside, enjoy some spring fun, egg-cellent activities and refresh-

ments. I am sure that this year will be the biggest and best yet! I encourage everyone to come early, as the event kicks off at 10 a.m., with the egg hunt happening shortly after and once the hunt starts the kids are quick to scoop up the eggs.

This is a completely FREE event, and while it is appreciated that families RSVP me at Laura.Dudas@Ottawa.ca, you are also welcome to just show up. Remember to bring your Easter basket so that kids have a place to carry their eggs. However, I will have a limited supply of bags, just in case.

I could not organize such an incredible event without the support of the community, and particularly the Orléans Fruit Farm for hosting, the Kiwanis Club of Orléans for help with food, and Myers Orléans for their

generous support.

There will be special prizes for whoever finds one of the golden eggs, and I have been told a special guest will also be hopping, I mean stopping,

Of potholes, pythons and promising spring days ahead

Tim

Tierney

Beacon Hill-Cyrville Ward 11

As Chair of the Public Works and Infrastructure Committee, I wanted to take a moment to connect with all of you and

provide some updates as we move from winter into spring. This time of year is always busy, with the combination of freezethaw cycles, snow, and rain, but we're working hard to keep things running smoothly for everyone.

First and foremost, I know that potholes are always a concern when temperatures fluctuate. So far this year, over 33,000 potholes have been repaired across the city, and our Roads and Parking Services team has been working tirelessly to address these issues. This spring, we've introduced a new tool - the Python pothole patcher. This machine can fill a pothole in under two minutes, making the process much quicker and more efficient. While these repairs are temporary, once the warmer weather settles in, we'll be able to make more permanent fixes. If you see a pothole in your neighbourhood, please don't

hesitate to report it—your feedback helps us address these issues swiftly.

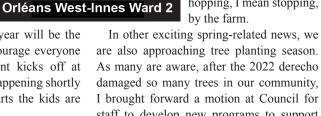
As the snow melts, it's also important to

be mindful of potential flooding in certain areas. The city has been proactive in clearing catch basins and ditches to ensure proper water flow and prevent any issues with localized flooding.

Thank you to everyone who's helped out by clearing catch basins in their area – this small act goes a long way in supporting our efforts.

With spring officially upon us, there's a real sense of excitement as the city comes to life again. The longer days, warmer weather, and blossoming flowers are something we can all look forward to. As we make the transition to this beautiful season, let's stay safe, stay active and take advantage of all that spring has to offer.

I appreciate your patience and continued support as we work to keep Ottawa running smoothly. Here's to an exciting and vibrant spring ahead!



staff to develop new programs to support tree planting and to help residents with tree planting on private property. In response, the City's new Plant Your Place! program went live on March 31. This program, in partnership with EnviroCentre,

will offer 1,250 free trees for residents to plant on their property. Check out envirocentre.ca to learn more and find out how you can get your free tree.





Oral health = A happy, healthy life

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,

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.

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,



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Dentist with local roots takes over existing Chapel Hill practice

By Fred Sherwin The Orléans Star

When Dr. Natasha Rizk was a little girl growing up in Chapel Hill and dreaming of becoming a dentist, she had no idea that her dream would one day lead her back to her childhood neighbourhood.

Dr. Rizk, together with her husband Dr. Andrew Denardo, are now the new owners of Dr. Beverley McKeown Dentistry. Dr. McKeown is transitioning to retirement after 40 years of dedicated service, including 30 years at the Forest Valley location.

In doing so, Dr. Rizk and Dr. Denardo are committed to providing patients with the consistent and personalized dental care they've come to rely on to meet their oral health needs.

The husband and wife team are passionate about helping patients care for their teeth and maintain excellent oral health. They are highly trained to provide the best possible dental treatment and quality service in a friendly, caring, and professional

environment. Dr. Rizk, Dr. Denardo and their team offer a full range of dental services, including:

- Preventative Dentistry
- Restorative Dentistry;
- Dental Implants;
- Oral Surgery and Wisdom Teeth removal;
- · Root Canal treatment;
- · Crowns and Bridges;
- Treatment of TMJ pain;
- · Teeth Whitening;
- · Clear Aligners;

Dr. Rizk's passion for dentistry began in childhood. Both of her uncles are dentists, including Dr. Michael Rizk, who has operated a dental practice in downtown Ottawa for more than 30 years. Her entrepreneurial spirit, however, comes from her father, Raymond Rizk, the owner of a local restaurant, Yalla Yalla Bakery & Lebanese Foods.

A graduate of École Secondaire Publique Gisèle-Lalonde, Dr. Rizk began her postsecondary studies in the Health Sciences program at the University of Ottawa before earning her Doctor of Dental Surgery degree from West Virginia University in Morgantown, West Virginia.

It was in WV that she met her husband, Dr. Andrew Denardo, who is also a dentist. The couple now live in Queenswood Heights with their daughter Stella.

After opening a dental practice together in Kanata in 2022, Dr. Rizk and Dr. Denardo stumbled upon an opportunity to become owners of Dr. Beverley McKeown's practice which would allow them to serve patients in the community where they live and are raising their daughter.

Forest Valley Dental is conveniently located in Forest Valley Mall at the intersection of Orléans Boulevard and Forest Valley Drive. They are always happy to welcome new patients, including patients with the new Canadian Dental Care Plan.

For more information about Forest Valley Dental and the services they offer, visit orleansfamilydentist.com. To schedule an appointment, call 613-830-7003.



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





Providing valuable oral health care services for seniors

By Jody Maffett The Orléans Star

At Blackburn Shoppes Dental Centre in Blackburn Hamlet, they have a deep appreciation for their senior patients and Dr. Chantal Plant is especially passionate about their care.

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! Education is key, and they take the time to inform their senior patients about habits that can impact their oral health.

Simple choices, like avoiding frequent candy consumption, or limiting sugary drinks like ginger ale and juice, can help prevent cavities and maintain a healthy smile.

At Blackburn Shoppes Dental Centre, they are committed to ensuring their senior community receives the care and attention they deserve.

Dr. Plant also has a special affinity for patients who may suffer from dental anxiety, especially children. Getting to know her patients and their dental fears helps her decide what techniques to use to help them relax as much as possible.

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. Offering nitrous oxide (also known as laughing gas) is another method used to relax a nervous



The oral health care team at the Blackburn Shoppes Dental Centre are especially proud of the care they provide their senior patients. FILE PHOTO

patient.

When it comes to young 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.

So no matter what your age, you can count on having a positive, stress-free experience when visiting the Blackburn Shoppes Dental Centre

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Gloucester ringette team ready to take on the rest of Canada

By Celine Leduc Special to the Orléans Star

The journey of the Eastern Ontario Force began long before they hit the ice together. It started with a group of athletes from across the Ottawa region, including five Ottawa Gloucester Devil players – Sasha Power, Tia Flynn-Mantyla, Danie Muller and Maya Howard – all of whom have one thing in common, an unwavering passion for ringette.

But the road to greatness wasn't going to be easy. In fact, it started with struggles, uncertainty, and a lot of hard lessons.

At first, the team was a mix of different personalities and skills, gathered from various parts of the Ottawa area, and joined in our new Association. Each player had their own style, their own rhythm, and their own strengths. But they were brought together by one common goal – to become the best version of themselves, not just as individuals, but as a team.

The beginning was rocky. The players had to figure out how to balance their school work, their social lives, and the demanding schedule of ringette. There were days when exhaustion made the thought of practice feel like a mountain to climb. Some players struggled to connect with each other, and others wrestled with the pressure of constantly

needing to be at their best. In their first tournament, they faced defeat after defeat, leaving them wondering if they had what it took to ever be successful.

But they didn't give up.

Every loss was met with resilience. The coaching staff didn't sugarcoat the hard truths, but they never stopped believing in the potential of the team. Slowly but surely, the players began to understand each other. They found ways to communicate more effectively on and off the ice, learning that success wasn't just about individual talent—it was about trusting each other, working as a unified unit, and never letting the fear of failure hold them back.

Their breakthrough came at the Ontario provincial championships. The Force had worked tirelessly to improve their skills, their chemistry, and their understanding of the game. When the competition grew fierce, they rose to the challenge. They fought harder than ever, pushing through fatigue and frustration. They played as one, no longer a group of individuals, but a team bound together by their shared determination.

The result? A well-earned bronze medal. It wasn't just a piece of hardware, it was a symbol of everything they had overcome. It was a testament to their dedication, their



battle through adversity, and they were ready to prove it.

PHOTO SUPPLIED

played this week in the Nation's Capital. They I Now, as Ontario Team 3, they are ready to becomplay against the best in the country. And

From where they had started to where they are now, the growth of the team is remarkable. Each player had blossomed, pushing themselves to be better, faster, and more determined. They know that the Canadian championships will be their biggest test yet, but they are no longer the team that had struggled to find its footing. They

are the Force, a team that had learned how to

perseverance, and their unshakable belief

in each other. But even more exciting was

the reward that came with it: a spot at the

Canadian Ringette Championships, being

No matter what the tournament has in store, they know they have already won. They have earned their place. They have become a team.

And when they step onto the ice they won't just be competing. They'll be showing everyone who the Force is, and how far they've come. Ontario 3, the team that never gave up, the team that believed, and the team that will continue to inspire.

We are so incredibly proud of them, and we can't wait to see what they bring on the ice. No matter the outcome, the journey they've taken is one to be celebrated.

Provincial champions



The Ottawa Gloucester Devils recently won the U19A Ontario provincial ringette championship in Sault Ste. Marie. The Devils accumulated a 3-1-1 round robin record to earn a spot in the playoffs where they came back from a 1-0 deficit in the final to ultimately win the game by a score of 3-1. The team will now represent the province at the Eastern Canadian Ringette Championships to be held in Pierrefonds, Quebec from April 17-20. The team's coaches cannot say enough about how proud they are of their players. They also want to express a big thank you to parents, fans, and team manager. PHOTO SUPPLIED



COMMUNITY BILLBOARD

SAVED BY THE BELL ADULT **DANCE PARTY** featuring DJ Mace, DJ Kam and DJ Bounce from 8 p.m. - midnight at St. Peter High School, 750 Charlemagne Blvd.. This is a licensed event so adults 19+ only. Tickets \$22.63 available through eventbrite.ca by searching "Saved By The Bell". This is a St. Peter High School Parent Council fundraising event.

THE STRAY DOG BREWING **COMPANY** presents Paddy Paystub live and in concert as part of their Taproom Concert Series. \$10 cover. Show starts at 7 p.m. The Stray Dog Brewing Company

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54TH ANNUAL MAPLEFEST PANCAKE BREAKFAST

hosted by the Cumberland Lions Club from 8 a.m. to 11 a.m. at the Lions Maple Hall in Cumberland Village, 2552 Old Montreal Rd. Breakfast consists of pancakes, sausage, scrambled eggs & baked beans. Tickets available at the door: \$12 for adults and \$8 for children under 10. CASH ONLY

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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!

SATURDAY, APRIL 12

THE STRAY DOG BREWING **COMPANY** presents Mikhail Laxton and the Salty Plums live and in concert as part of their Taproom Concert Series. \$10 cover. Show starts at 7 p.m. The

Stray Dog Brewing Company is located at 501 Lacolle Way.

LAURA DUDAS' ANNUAL SPRING EGG-STRAVAGANZA at the Orléans Fruit Farm, 1389 St. Joseph Blvd. The fun begins at 10 a.m. and the Easter Egg Hunt will begin shortly afterward.

THE OTTAWA SCHOOL OF **THEATRE** presents the Anne of Green Gables fundraiser from 10:30 a.m. to 2 p.m. at the Shenkman Arts Centre to raise money for their upcoming all ages production. Join us for a glass of raspberry cordial and enjoy Anne-themed activities, local artisans, a silent auction, a photo booth, a used book sale, or a special Anne brew by the Stray Dog Brewing Company.

IN MEMORIAM



Maurice Routhier, 81 Passed away on March 24, 2025

Noëlla Lalonde, 96 Passed away on March 20, 2025

Ryan Leonard Lythall, 50 Passed away on March 20, 2025



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