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# Orleans Star L'édition de cette semaine

Next edition January 23

à l'intérieur...

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# Happy New Ufear!

# Changes in effect for 2025

By Fred Sherwin The Orléans Star

With the advent of the new year, there are several changes and new initiatives Orléans residents should be aware of.

First of all, the cost of everything from taking the bus to taking a swim in a municipal pool has gone up as of Jan. 1.

An adult OC Tramspo pass is now \$135 per month, while a youth monthly pass is now \$104. Senior monhly passes won't go up until Feb. 1 when they will cost \$58.25.

A single ride fare for riders 13 and over is now \$4, if you pay by card, and \$4.05 if you pay by cash. The single-ride fare for youth 12 and under is now \$2 if you pay by e-purse and \$4 if you pay by cash.

On street parking rates have also gone up and now sit at a maximum \$5, while parking rates at the city's municipal parking lots, excluding municipal beaches, will remain unchanged.

The increase in parking rates includes Petrie Island where the 30-minute rate will increase from \$0.25 to \$1.25.

User fees for the city's recreation facilities have gone up by 2.9 per cent across the board along with the admission fees for the Cumberland Heritage Village Museum.

The City's anti-idling bylaw has also changed as of Jan. 1. The maximum idling time for occupied vehicles is now three minutes per hour when the temperature is between zero degrees celcius and 27 celcius, and 10 minutes when the temperature is colder than zero degrees or warmer than 27.

The maximum idling time for an unoccupied vehicle is now one minute per hour, regardless of the temperature.

On a more positive note, you can now CONTINUED ON PAGE 2



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# Shenkman Arts Centre to host ALS Awareness Comedy Night

ORLÉANS – ALS Awareness Events presents the ALS Awareness Comedy Night on Friday, January 31 at the Shenkman Arts Centre. This special evening is dedicated to raising awareness and funds for the Ottawa Hospital Foundation. Proceeds raised will be used to help provide critical resources to the ALS Clinic and advance ALS research. The evening will feature performances by five incredible comedians who are guaranteed to leave you in tears from laughing so hard. Tickets are \$49.50 and can be purchased online at shenkmanarts.ca.

## New anti-idling time limits now in effect

OTTAWA – The maximum idling time is now three minutes per hour when the outside temperature is between 0°C and 27°C for occupied vehicles, and 10 minutes per hour when the outside temperature is colder than 0°C or warmer than 27°C for occupied vehicles. For unoccupied vehicles, the maximum idling time limit is one minute per hour, regardless of the temperature. The City of Ottawa's new regulations for idling came into effect on January 1. The anti-idling bylaw is meant to reduce greenhouse gas emissions and improve Ottawa's air quality. If every Ottawa driver reduced daily idling in their vehicles by two minutes, carbon dioxide emissions would decrease by about 31.2 million kilograms a year – or, as estimated, the equivalent of removing 6,780 vehicles.

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#### O-Train service to Ottawa International Airport now open

Continued from page 1

On a more positive note, you can now take the O-Train all the way to the airport with opening of the Line 2 extension from Greenboro Station to the South Keys Station and Line 4 from South Keys to the airport.

Both extensions became operational on January 6.

The province has also enacted a number of changes for 2025.

The total threshold to report a collision involving property damage to police in Ontario has been increased from \$2,000 to \$5,000.

Also in 2025, the province's colleges and universities will be required to establish clear policies to support student mental health, as well as address and prevent racism and hate on campus. The post-secondary institutions will also be able to take advantage of \$23 million in funding the province set aside in 2024 to enhance mental health supports.

Those are the changes that came into effect on January 1. There are a number of other changes that will have an impact on

local residents as the year progresses.

Chief among them is the expected opening of the Confederation Line extension from Blair Road Station to Trim Road, next fall.

The highly anticipated opening is expected provide a significant boost in ridership as commuters will be able to get on the O-Train at stations at Trim Road, Place d'Orléans, Orléans Blvd., and Jeanne d'Arc Blvd. and ride it all the way down-town and points further south including Carleton University, South Keys and the airport.

Unfortunately, the Confederation Line opening will coincide with OC Transpo's "New Way To Bus" initiative which will see a drastic reduction in the number and frequency of local routes as the service transitions to a hub and spoke system aimed at getting commuters to and from the LRT stations. That includes the elimination of several 200-series routes.

When all is said and done, the changes will mean 74,000 fewer hours of bus service per year, which equates to a 3.5 per cent reduction in total service.



#### Weather cooperating with outdoor rink attendants

By Fred Sherwin The Orléans Star

It's not easy being an outdoor rink attendant in a period when our climate seems to be changing with each passing year.

It's been three years since there have been any outdoor rinks operating with any consistency in the nation's capital and that includes the Rideau Canal, which remained closed for the entirety of the 2022-2023 skating season and all but 10 days last year.

Rink attendants had been working tirelessly across the east end to try and get the outdoor rinks ready for the Christmas break, only to see their hard work melt away during the pre-New Year's Eve thaw.

Fortunately, the frigid temperatures returned on January 3 and the rink attendants in Convent Glen, Chapel Hill North and South, Blackburn Hamlet, Beacon Hill, Avalon. Fallingbrook and Queenswood Heights were back at it again, flooding the ice surfaces and repairing the rink base where necessary.

Those that already had a solid base were able to bounce back quickly, while others such as the rink at Kinsella Park in

Queenswood Heights which had melted down to the grass, will take much more time.

Fortunately, the weather has been cooperating for the past week and will likely continue to cooperate for the remainder of the month. How long it will last is anybody's guess. Judging from the past several winters, it's only a matter of time before we experience another thaw, and the rink attendants like Ray Levesque, who looks after the ice pad at the Queenswood Heights Community Centre, will be at it again.

Ray has been flooding the ice pad at least once a day since New Year's with the help of his wife Kim.

Like his fellow rink attendants, Ray can only flood the pad in the morning or late at night when it's not being used. And while frigid temperatures are an outdoor rink's best friend, it means that the rink attendants must work at equally cold temperatures.

Even though they all get paid a stipend by the City of Ottawa, it's often less than the minimum wage when taking into account the number of hours they work. So for most, it's a labour of love and a way of giving



Rink attendant Ray Levesque floods the ice pad at the Queenswood Heights Community Centre last week. FRED SHERWIN PHOTO

back to their community.

"No one is doing it for the money," says Queenswood Heights Community Association president Denis Vaillancourt. "Sometimes they're flooding these rinks at 6:30 in the morning, or 11:30 at night so that kids can skate on it during the day."

You can find an interactive map listing all of the outdoor rinks in the east end by

searching "outdoor rinks in Ottawa" in your web browser.

The various community associations in the east end also post information on their Facebook pages on when the rinks are open or closed. They also post warnings for skaters to stay off the rinks for several hours after they've been flooded, in order to allow the flooding to fully freeze





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# Another New Year

In years past, I've used the first newspaper of the New Year to opine about the possibilities of the year ahead with a certain amount of optimism. If you can't be optimistic from the outset, there's no place to go but downhill.

Heading into 2025, my optimism is a product of my feeling that things can't possible get any worse than the year we've just been through. Essentially, I've evolved from a hopeless optimist to a hopeful pessimist.

Let's face it, we're not starting from the best of places. Russia and Ukraine are still at war, Israel is still indiscriminately bombing Gaza and Donald Trump is about to be sworn as the next president of the United States for a second time. If that doesn't make you want to take up residency in the nearest mountain cave, nothing will.

You've heard of Ground Hog Day? Well, 2025 could well end up being a Ground Hog Year.

With that said, there are still several things to be optimistic about, such as a federal election when Canadians will get to vote in a referendum on Justin Trudeau's reign as Prime Minister.

I am also looking forward to the eventual opening of the O-Train extension from the Blair Road Station to Trim Road, expected in September. Although my sense of anticipation is tempered by the fact that the O-Train continues to experience mechanical issues on an almost weekly basis.

When it is open and the trains start to pick up passengers from the Trim Road park and ride, commuters will no longer have to take one bus to Place d'Orléans and another bus to Blair Station in order to get to points further west.

For students who go to the University of Ottawa or Carleton University, it will be a godsend, cutting 10 to 15 minutes off their commute.

For businesses along the Hwy. 174 corridor and St. Joseph Blvd., the LRT could bring with it an economic boom as developers build high-rises to accommodate people looking for the convenience of being able to walk to the nearest LRT station at Place d'Orléans, Orléans Blvd., or Jeanne d'Arc, jumping on a train and being downtown in under 30 minutes.

More people living along St. Joseph Blvd. will mean more economic activity in local businesses and more dollars in the till.

The LRT will also make it easier for people living along the Confederation Line to come east.

So while there's a lot to be pessimistic about in 2025, there's at least one thing we can be optimistic about, if only guardedly.

- Fred Sherwin, publisher

#### Orléans Star



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# New measures will help create more secondary units and lower mortgages

Commons

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**Marie-France Lalonde** 

Happy New Year 2025, Orléans! I hope you've all had a great Christmas and holiday season.

The holidays always bring a refreshing and invigorating spirit, and I trust you took the time to relax,

rejuvenate, and unwind during this special period.

I was pleased to see the Bank of Canada's decision to lower interest rates for the fifth time since June, bringing them down to 3.25% to provide some muchneeded relief for Canadians.

The HST tax break will con-

tinue until Jan. 15, 2025. This tax exemption is helping reduce the cost of food and other essential goods, allowing us to better support our local small businesses and restaurants.

The federal government introduced several important measures in the Fall Economic Statement (FES), tabled on Dec. 16,. Among these is a focus on increasing housing in single-family neighborhoods like Orléans. Starting in January 2025, new mortgage insurance reforms will help homeowners add secondary suites to their properties. The Canada Secondary Suite Loan Program will see its loan limit doubled to \$80,000, making it more affordable for homeowners to add secondary suites. The program will offer 15-year loan terms at a low interest rate of just 2%.

The federal government is also working to lower the cost of homeownership, both for buying and renting, by reducing payments and monthly mortgage payments. These measures are designed to help more Canadians achieve the goal of buying their first home. The government is taking action to enhance community safety by investing in border security to address illegal migration, the illicit drug trade, car theft, and weapons smuggling. Additionally, they are in-

troducing new tools for law enforcement, including the creation of an Aerial Intelligence Task Force equipped with helicopters, drones, and mobile surveillance towers. Read more https://budget.canada.ca/update-miseajour/2024/home-accueil-en.html.

Locally, I joined the YMCA of the National Capital Region at the launch of their new employment and newcomer services hub located within the Orléans Cumberland Community Resource Centre. The hub will help clients to easily access services, such as counselling, parenting support, healthy living workshops, employment and more.

The YMCA's free employment services support employers and job seekers while also helping local businesses attract and recruit employees with the skills they need to achieve their business goals.

I want to inform you that the deadline to nominate an outstanding woman or girl for the Orléans Leading Women and Girls Recognition Awards is Feb. 14. Nomination forms are available by emailing Marie-France.Lalonde@parl.gc.ca. Thank you once again for helping us celebrate their accomplishments and their volunteerism.

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

#### The annual New Year's dilemma, to resolve or not to resolve

I've always been a believer in the age old axiom "never make a promise you can't keep", which also happens to be my philosophy when it comes to New Year's resolutions – why make a resolution you know you can't keep?

I also have a thing for keeping expectations as low as possible so that more often than not I will exceed them.

These two approaches in life come in handy when going through the annual rite of New Year's resolutions – never make a promise you can't keep and always keep your expectations as low as possible.

I know there are some people out there who equate a New Year's resolution to the act of setting a goal they then strive to achieve. I'm not one of them. You're just setting yourself up for failure. Like making a New Year's resolution to walk 10,000 steps a day.

Sure you might walk 10,000 steps a day for the first few days and maybe for more than a week, but eventually you know you're going to take a hard pass on that power walk and your resolution becomes a hard fail.

During COVID, I made a New Year's resolution to get out of bed before noon. Much easier to keep. Or to put my clothes on every day. Unfortunately, that only lasted a couple



of days. I obviously set my expectations way too high.

Last year, I ignored my age-old approach of keeping my expectations as low as possible by resolving to lose 10 lbs.

Miraculously, I did manage to lose 10 lbs and thus kept my New Year's resolution, but I gained it all back a few months later. Which brings up another approach to making New Year's resolutions – the time frame.

Instead of making a New Year's resolution to stop smoking, make a New Year's resolution to stop smoking for three days. It's much easier to keep and has a much greater likelihood of success.

Another approach to making New Year's resolutions is to make them sufficiently ambiguous to the point where failure is not an option.

Instead of making a New Year's resolution to quite smoking or quite drinking, make a New Year's resolution to cut down. That could mean anything from cutting down the number of cigarettes you smoke to the number of visits you make to McDonald's.

One of the most ambiguous resolutions of all which made last year's top five list was "being happy", not even being more happy, just happy. Hard to break that New Year's resolution.

In a recent survey of the most common New Year's resolutions, 21 per cent of the respondents chose "saving more money". Sounds easy enough except that most people think they are saving money when they use their credit card. That's an automatic fail if there ever was one.

The 4th, 5th and 6th options in the survey are also impossible to keep. They are lose weight, spend more time with friends and family and quit smoking.

The third most popular option in the survey is to exercise more. But relative to what? And what kind of exercise? This is a totally subjective New Year's resolution, the success or failure of which is based on your own level of expectation.

But my favourite is the second most popular resolution in the survey – eat healthier.

Once again, the chances of success or failure of a resolution to eat healthier depends on your expectations and what your definition of "healthier" is. For some it could mean eating a piece of fruit every week, or mixing in a salad once in awhile.

You couldn't possibly set your expectations any lower or make them any more ambiguous than "eating healthier".

Which brings me to the present and my own New Year's resolutions for 2025.

The first is to do a better job staying in touch with my friends and family, which is sufficiently ambiguous to warrant being included on my list.

The second, which I know goes against everything I just wrote, is to exercise more and maintain a target weight.

Who knows how long it will last, but at least I will make an effort and sometimes it is better to play and lose than to never play at all, unless you're in Las Vegas.

My final New Year's resolution is to continue to strive to be a nice person. It's a New Year's resolution I wish a lot more people would make and take the effort to keep. The world would be a lot better place if they did.



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# **Budget 2025 contains a number of items for Ward 2 residents**

**Orléans West-Innes Ward 2** 

Laura

**Dudas** 

Happy New Year everyone! I hope you and your families had a wonderful, restful, and joyful holiday season and are just as ready as

I am to plunge into 2025 with gusto!

This year, there is a lot to look forward to for Orléans West-Innes. Along with the launch of the LRT East Extension in 2025, and the winding

down of so much of the construction that has impacted our community because of that project, there are many community improvements that are coming our way in the new year.

The 2025 Budget includes unprecedented investment in our community's local roads with resurfacing work planned for Northpark Drive, Notre Dame Street, Gaultois Avenue, Loire Drive, Richer Drive, Cholette Circle and Dusserre Street. As well, design work for the 2026 resurfacing of Innes Road will begin in 2025.

Our aging recreation facilities will see much-needed updates, including an additional \$1.8 million toward ongoing upgrades at the Bob MacQuarrie Recreation Complex – Orléans, with this year's replacement of the ice pad.

The Bearbrook Outdoor Pool washroom

will be updated for \$26,000 and the Orléans Library washrooms will be made fully accessible with an investment of \$175,000.

The Bearbrook, Barrington and Jeanne d' Arc

Park outdoor rink pads will all be resurfaced, with additional work at Jeanne d'Arc to replace the rink boards and the recent addition of a brand new, heated rink chalet for our community to enjoy.

As well, I am pleased to share that the play equipment at the south end of Father Richard Ward Park will also be updated and \$60,000 has been approved for the replacement of the Bilberry Pathway culvert.

It's going to be an exciting year for our community, with these, and many more investments and improvements planned. So, let us raise a glass to toast the year to come, filled with promise, hope, and happiness, for our community and for each and every one of you.





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The Orléans Star would like to honour the many local businesses and organizations whose continued support makes it possible to publish this newspaper.

Our community is truly blessed by business owners who are tremendously supportive of our minor sports teams, artists and neighbourhood events from Navan to Blackburn Hamlet.

Now, more than ever, they need our support to make it through these difficult times. Please support your local business in whatever way you can.

> - Fred Sherwin, Owner Orléans Star, L'Orléanais



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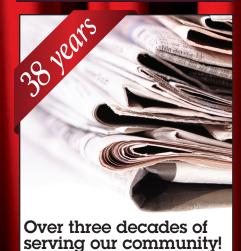
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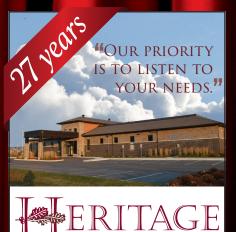
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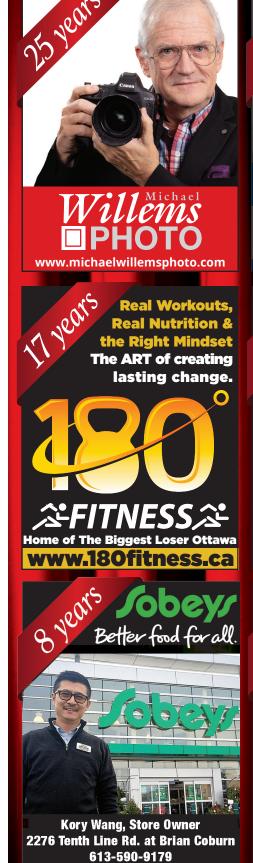
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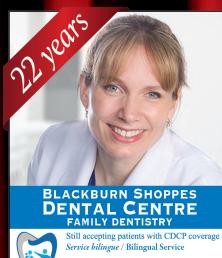


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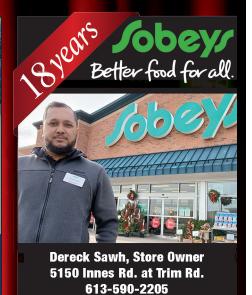






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#### Spic & Span owner a master seamstress and tailor

By Fred Sherwin The Orléans Star

Parwin Parie has been altering people's clothes in Orléans for nearly 30 years. The first business she had was in the Turkish Village strip mall on St. Joseph Blvd.

The native of Afghanistan learned how to sew when she was just six years old and crochet by the time she was eight.

When she immigrated to Canada in the 1980s, she wanted to help out her family financially and started a dry cleaning and alterations business in 1996. In 2004, she moved her business to the Chapel Hill mall at the corner of Jeanne d'Arc and Forest Valley Drive and renamed it Hill Cleaners.

A number of her clients moved with her and she started building on the solid foundation she had created at the St. Joseph Boulevard location.

In 2014, she moved her business once again when she took over the Spic & Span location in the Orléans Garden Shopping Centre. It was a risky move, but Parie was confident that her existing clientele and her well-earned reputation as a seamstress would make the transition as seamless as the move from St. Joseph to Chapel Hill 10 years earlier. And for the first three years, it was

relatively clear sailing until the COVID-19 pandemic hit.

Before the pandemic, more than half of Parie's business was dry cleaning due to the fact that many of her clients were professionals who need their suits drycleaned on a regular business. But when the pandemic hit, everyone had to start working from home. Face-to-face business meetings were replaced by doing face-time meetings online and formal business wear was no longer needed. Suits were replaced by casual wear, and when formal business wear was no longer needed, neither was dry cleaning.

The dry cleaning side of Parie's business dried up almost overnight. But ironically, dry cleaning services were declared an essential service by most governments, including the Ontario provincial government as they provided frontline workers with a means to properly clean and disinfect their clothing.

In order to keep paying the bills, Parie remained open and she used her sewing skills to make literally hundreds of face masks.

When the COVID regulations were eventually lifted in the spring of 2022, Parie had added upholstery to the list of services she offered. She began making outdoor seat



Parwin Parie is a master seamstress who has been operating a business in Orléans for nearly 30 years. FRED SHERWIN PHOTO

cushions using whatever material the client provided her.

She also started offering private lessons in sewing, crocheting, embroidery and knitting, passing on her expertise to others.

But her bread and butter is making tailored clothing for men, women and children, either

from a pattern or from scratch. And she can alter and repair almost any type of clothing, including replacing damaged zippers.

Spic & Span Dry Cleaners is located in the Orléans Garden Shopping Centre at the corner of Jeanne d'Arc Blvd. North and Orléans Blvd.







## New Year's Resolutions: Why Many Fail and How to Succeed

The dawn of a new year often brings promises of change and progress, yet many resolutions go unfulfilled. Why? The answer lies in a lack of clarity and commitment. Many people "kind of" and/or "sort/of" want change but aren't ready to fully resolve & transform their habits.

One of my coaches, Dan Sullivan, often reminded me, "Adrian, in order to



**Adrian Delorey** 

build a bigger and brighter future, you must first CHOOSE what gets to come with you from your past, and more importantly, you must DECIDE what has to be left behind." This advice underscores the critical importance of resolve. The word decide comes from the Latin *caedere*, meaning "to cut off." It shares roots with words like suicide and homicide, highlighting its finality. To decide is to eliminate fall back options—success requires this level of commitment.

The Roman emperor Marcus Aurelius exemplified this in war. When his generals reached enemy shores, he ordered them to burn their boats, leaving

no escape. Victory or death became the only options. This principle applies to resolutions: you must sever ties with old excuses and habits to create space for meaningful progress.

At 180°Fitness, we've designed the Resolution Revolution Challenge to help you make this decisive shift. It's a bold six-week program built for transformation. Here's how it works:

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Imagine yourself six weeks from now—healthier, stronger, and proud of what you've achieved. With every workout, you'll prove to yourself that you can build a brighter future, one step at a time.

This is your moment to decide—fully and finally—to leave old patterns behind and commit to the future you deserve. For details, visit www.180fitness.ca or call/text Adrian at 613-859-2633. Burn your boats, cut off retreat, and make 2025 the year of transformation. Your journey starts now.

## Gloucester Rangers win Ull AA Bell Capital Cup

By Fred Sherwin The Orléans Star

The U11 Major A Gloucester Rangers are Bell Capital Cup champions after defeating the Greater Bay Lions 8-3 in the AA championship game on Dec. 31.

After exchanging a pair of first period goals with the South China representatives, the Rangers blew the game wide open in the second, outscoring the Lions 5-1 to take a 6-2 lead into the third.

Two more goals in the final stanza against only one goal by the Lions would result in an 8-3 win and a team picture with the Bell Capital Cup.

Scott Nyentap led the way for the Rangers with a hat trick and Luca Pomoransky added a pair of goals and an assist.

The Rangers' other goals were scored by Nicholas Abou-Nehme, Aiden McMahon, and Kyle Lafleur.

Both of the Lions' goals were scored by Henry Jung who finished the tournament with 17 to lead the division.

The Rangers opened the tournament with a 4-0 win over the Ottawa Sting on Dec. 28. Unfortunately, they didn't fare so well in their second game, losing 3-1 to the Lions.

After the initial loss, the Rangers bounced back to win both of their games the following day to place second in their group and earn a spot in the semi-finals where they faced the Rideau St. Lawrence Kings.

The Rangers opened the scoring in the first period on a goal by Abou-Nehme.

After Ben Anderson scored for the Kings to tie the game early in the second, Luca Oneid scored a pair of goals less than three minutes apart to give the Rangers a 3-1 lead.

The Kings narrowed the deficit to 3-2 on

a power play goal by Griffin Koekkoek at the 2:40 mark of the third, but that would be as close as they would get as the Rangers managed to hold on for the 3-2 win.

The Lions continued their remarkable run by defeating the Adirondack Youth Team 6-3 in the other semi-final to earn a berth in the championship game which the Rangers won in emphatic fashion.

Ten different players scored for the Rangers in six games, led by Nyenkap who ended the tournament with six goals and one assist for seven points.

Pomoransky scored two goals and three assists, and Onied finished with three goals and one assist.

The Rangers' goaltending duties were shared by Gordon Godfrey-Pearl and Loren Godet who combined for a 2.00 goals against average.

The Rangers entered the Bell Capital Cup tournament with a 10-5-2 record playing in the U11 Major A division in the Hockey Eastern Ontario league.

In their three previous games before the tournament opener the Rangers lost a pair of games to the Ottawa Valley Silver Seven by identical 7-1 scores on Dec. 9 and Dec 21. In between, they managed to tie the St. Lawrence Steel 2-2 on Dec. 15.

The team is hoping to capitalize on their Bell Capital Cup success and right their ship when they continue league play on Jan. 5 against the Ottawa Sting.

Before the holiday break began the Rangers were sitting in second place with a 10-5-2 record and seven games left to play. The Silver Seven were in first place with a 14-1-0 record and nine games left to play, and the Steel were in third place with a 6-6-2 record and 10 games left on their schedule.



#### Cumberland Jr Grads capture U12 AA Bell Capital Cup

By Fred Sherwin The Orléans Star

The Cumberland Jr. Grads U12 AA team can add the Bell Capital Cup to their trophy case after they defeated the Kanata Blazers 3-2 in the tournament finale on Dec. 31.

The Grads opened the scoring on a goal by Benjamin McGee less than two minutes after the opening face off.

The Blazers would eventually tie the game early in the second period on a goal by Alexander Niu.

The deadlock was short-lived, however, as Noah Labreche put the Jr. Grads back in fron with a goal at the 7:14 mark of the second

Nolan Stanzell would extend the Jr. Grads

lead to 3-1 when he scored unassisted at the 4:07 mark of the third period.

Less than two minutes later, Harrison Mitchell beat Jr. Grads keeper Phoenix Zettel to once again make it a one goal game

Fortunately, the Jr. Grads were able to protect their advantage and hang on for the win, even after the Blazers pulled their goalie for an extra attacker in the final minute.

This is the second time in a row that an east end team has managed to capture the U12 AA division. The Gloucester Rangers accomplished the feat last year.

The Jr. Grads started round robin play with a 2-1 win over the Rideau St. Lawrence

Kings on Dec. 28. They followed that up with a 3-1 win over the Troy Albany Titans later the same day.

When they returned to the rink the next morning, they beat their east end rivals, the Gloucester Rangers, 1-0 with Zettel and fellow keeper Luka El-Zarka sharing the shutout honours.

The two keepers would combine for another shutout in a 2-0 win over the Flamborough Sabres in the team's fourth game of the tournament to maintain their unbeaten record and earn a bye into the semi-finals where they would play a rematch against the Gloucester Rangers with same 1-0 result.

The Jr. Grads lone goal in the game was

scored by Jackson Kosch at the 6:54 mark of the second period.

After the win, the team had just two and a half hours to prepare for their game against the Kanata Blazers, who currently sit in first place in the Hockey Eastern Ontario standings and who beat them 5-1 less than 10 days previous. In fact, that was their only loss in their last 10 games heading into the tournament.

It's been a major turnaround for a team that started the season 2-5. Even so they currently sit in fifth place midway through the season. They're one point back of the fourth place Rangers, who have a game in hand, and four points back of the Blazers.

Twelve different players have scored for the Jr. Grads in their first 17 league games. Kosch has so far led the way with nine goals and six assists, but he is being challenged for the team lead by both Stanzell, who has nine goals and five assists, and Mason Beauvais, who has eight goals and five assists.

Kosch had a goal and four assists during the Bell Capital Cup, but the team's leading scorer was Benjamin McGee who finished the tournament with three goals and two assists.

The team's coaching staff, led by head coach Tim Kosch, are hoping their players will be able to ride their recent success all the way to first place and potentially a league championship banner.

There are still seven games left in the regular season and plenty of opportunities to move up the standings.

The Jr. Grads next game is against the Rideau St. Lawrence Kings on Sunday, Jan. 12 at the Navan Memorial Arena.





#### Presenting the 2024 Outstanding Youth Award recipients

John Iziomon, 13

John Iziomon is a Grade 8 student at École secondaire publique Gisèle-Lalonde where he is a "Triple A" achiever in academics, athletics and acting. An excellent student in both math and science, John intends is to pursue an education in astrophysics and he intends to enjoy every aspect of school life along the way as a member of the school's track and field team and the drama club.

Outside of school, John plays competitive basketball with the Gloucester-Cumberland Basketball Association and he is a member of the 632 Phoenix Air Cadets. He is also a gifted pianist and is currently working toward completing his Grade 5 with the Royal Conservatory of Music.



But John's real love is acting. As an apprentice member of the Alliance of Canadian Cinema, Television and Radio Artists, better known as ACTRA, John has already appeared in several commercials including commercials for several national brands, as well as the movie "Fatherhood". Last November, he took on one of the lead roles in the Orpheus Theatre production of "Mary Poppins" which was performed in front of several sold-out audiences at Centrepointe Theatre.

For his many accomplishments as a student, athlete and actor, John Izioman has been selected as a recipient of this year's Orléans Outstanding Youth Awards.

#### Anna Feltmate, 17

As a Grade 12 student at St. Peter High School, Anna Feltmate has consistently demonstrated exceptional academic achievement, leadership, and a commitment to both her school and community. Throughout her high school years, Anna has been able to maintain an impressive average of 90 per cent or higher.

While at St. Peter, Anna has also taken on a leadership role in both the Board Game Society and the STEAM Club, which is a group designed to support and inspire female students interested in science and technology. As co-president of the club, she has been instrumental in planning meetings, organizing activities, and mentoring younger members of the group. Moreover, as a member



of the school's Patriots program, Anna has led school tours and feeder school presentations, helping to ease the transition for new students and ensuring that they feel welcome in the St. Peter community. In addition to her leadership activities, Anna is a dedicated volunteer tutor, helping younger students in both math and science. Away from school, she is an active member of the Girl Guides' Ranger program.

For taking on a leadership role among her peers while maintaining an excellent academic standing, Anna Feltmate has been selected as a recipient of this year's Orléans Outstanding Youth Awards.



#### **COMMUNITY BILLBOARD**

TAPROOM 260 presents Ryan King live and in concert at 260 Centrum Blvd. in the Centrum Plaza starting at 8 p.m. For more information visit facebook.com/ Taproom260/events/.

#### SATURDAY, JAN. 11

STRAY DOG BREWING CO.

presents The Wooden Nickels live in their taproom located at 501 Lacolle Way in the Taylor Creek Business Park. Tickets \$10 available at straydogbrewing.ca. For more info visit facebook.com/ StrayDogBrewingCompany

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Sparkwire live and in concert at 260 Centrum Blvd. in the Centrum Plaza starting at 8 p.m. For more information visit facebook.com/ Taproom260/events/

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#### FRIDAY, JAN. 17

TAPROOM 260 presents Ryan King live and in concert at 260 Centrum Blvd. in the Centrum Plaza starting at 8 p.m. For more information visit facebook.com/ Taproom260/events/.

#### SATURDAY, JAN. 18

STRAY DOG BREWING CO.

presents Amechi Okodike live in their taproom located at 501 Lacolle Way in the Taylor Creek Business Park. Tickets \$10 available at straydogbrewing.ca.

#### **THURSDAY, JAN. 23**

PAINT NIGHT starting at 6 p.m. at the Orléans Legion, 800 Taylor Creek Dr. Reserve your spot by emailing Melanie at rcl632orleansentertainment@ gmail.com.

#### FRIDAY, JAN. 24

**DISCO FEVER: A NIGHT TO BOOGIE** starting at 7 p.m. at the Orléans Legion, 800 Taylor Creek Dr. Get ready to hit the dance floor and groove to the hits of the '70s!

#### **SATURDAY, JAN. 25** CORNHOLE TOURNAMENT

hosted by the Orléans Legion, 800 Taylor Creek Dr. from noon to 5 p.m. Show off your skills at this friendly tournament. Prizes to be won. To register, email Melanie at rcl632orleansentertainment@

#### **IN MEMORIAM**



Claude Girard, 91 Passed away on December 30, 2024

Michelle (Bédard) Lajeunesse, 81 Passed away on December 27, 2024

Gisele Legault, 84 Passed away on December 23, 2024



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