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Next edition June 25



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Students from Glen Ogilvie Public School are all smiles as they march in this year's Blackburn Fun Fair parade last Saturday. FRED SHERWIN PHOTO

Orléans West-Innes celebrates its shining Gems

By Fred Sherwin
The Orléans Star

Orléans West-Innes city councillor Laura Dudas has been busy the last few weeks delivering Gem Awards to some of the shining businesses and organizations in her ward.

Dudas started the award program in 2021 to give residents the chance to nominate their favourite business or organization for making an effort to be an integral part of the community they serve.

"The nominations are not just chosen for excelling at a particular business or service," explains Dudas' special assistant Chelsey Wynne. "Those who are nominated, and win, shine because they have made themselves integral to the fabric of our community, through excellent customer service, outreach and a deep love for the community they serve."

This year's recipients include Marsh's YIG for Best Retail Business – Food, Louis Pizza Express as Best Restaurant, and the Ottawa Compassion Centre Food Bank for Best Community Service Organization.

Other recipients include the Zunzun Reading Community/Little Readers Library for Best Arts or Cultural Organization, Almighty Cheese for Best New Business, The Bookkeeping Bureau for Best Professional Service Business, the Rotary Club of Orléans for Best Community Social Organization, Ottawa Easy Wheels for Best Personal Service Business, and the book Market for Best Retail Business – Merchandise.

This is the sixth year of Councillor Dudas' coveted Gem Awards.

Originally started during the pandemic as a way to recognize local businesses and

CONTINUED ON PAGE 2 ▶

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COMMUNITY BRIEFS



Orléans MP Marie-France Lalonde (centre) is joined by Lire et Faire Lire Ontario president Raymond Jacques and executive director Claude Gagné in announcing \$43,000 in funding for an ambitious Association Lire et faire lire Ontario reading project. The funding is part of the Development of Official - Language Communities Program. By creating meeting places where children, volunteers and local partners can read together, l'Association Lire et faire lire Ontario is helping support youths to succeed, by preventing isolation and strengthening in their communities PHOTO SUPPLIED

Orléans Walk for Guide Dogs raises over \$7,500



ORLÉANS – For a second consecutive year the Cumberland, Orléans and Navan Lions Clubs worked together to organize the Orléans Walk for Dog Guides on May 31, 2026. The goal of the Dog Walk is to raise funds to help provide dog guides to Canadians with disabilities. The Orléans Walk for Dog Guides was held at the Maple Hall in Cumberland and included Orléans native, Kevin Frost, who delivered an inspirational message to the roughly 25 participants about how dog guides have been a life saver for him since he was diagnosed with Usher's Syndrome. All the proceeds raised from the Dog Walk will go to the Lions Foundation of Canada Dog Guides (LFCDG).

This year, the group managed to raise more than \$7,500 with the support of several sponsors including: Pet Valu on Watters Road in Orleans. Other donations, including the one made by Kevin Frost through proceeds from his book, helped the committee surpass their goal. Next year the Walk for Guide Dogs will be hosted by the Navan Lions Club on the Navan Fairgrounds.

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Orléans West-Orléans Gem Awards announced

Continued from page 1
 organizations operating in difficult times, the Gem Awards have grown to recognize local businesses and organizations that truly make the community sparkle.

“Supporting local businesses and service organizations has always mattered to me, as they are at the heart of Orléans,” says Coun. Dudas. “The Gems are an opportunity to celebrate their dedication and the meaningful impact they have on people’s lives through excellent customer service. It continues to be my privilege to champion their success.”

The special element of the Gems Awards is that all nominations come directly from the community. Any member of the public can nominate their favourite small business or community organization.

The nominations are not just chosen for excelling at a particular business or service. Those that are nominated, and win, shine because they have made themselves integral to the fabric of the community they serve.



Laura Dudas presents a Gem Award for Best Restaurant to Louis Pizza Express. PHOTO SUPPLIED

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SWL Relay for Life raises over \$35,000 for cancer research

By Fred Sherwin
The Orléans Star

More than 250 students took part in this year's Relay for Life at Sir Wilfrid Laurier Secondary School last week which raised more than \$35,000 for the Canadian Cancer Society.

The student-run event kicked off at 2 p.m. with the participants walking around the school's football field. It ended six hours later with a lot of exhausted kids happy to have participated in such a worthwhile event.

In between, they took part in a wide variety of activities including a massive water gun fight, volleyball, flag football, lawn games and a scavenger hunt.

"The weather was perfect. It was pretty amazing," says Grade 12 student Cameron Blonde who was responsible for organizing all of the activities.

Fellow Grade 12 student Arnesh Sanjeevan was the co-chair for participation, engagement and recruitment. He managed to recruit more than 100 volunteers, many of whom split their time between helping set the event up and taking part in the Relay

themselves.

At last check, the event had raised a total of \$35,176.50.

Prior to the start of the campaign, the students formed teams which then competed with each other to see which team could raise the most money.

The leading team this year was Roar for a Reason which raised \$3,484.70. Coming in second place were the Hope Runners who raised \$3,103.

The top 10 teams all raised over \$1,000 each, which went a long way in helping the organizers surpass their goal of raising more than \$35,000.

The top individual fundraiser was office administrator Stacey Downing, who is a cancer survivor herself. Single-handedly, she raised \$1,374.

The top student was Grade 12 senior Abigail White who raised \$1,369.50, falling just \$4.50 short of the top spot.

The third highest fundraiser was English teacher Alexandra Urosevic who raised \$1,239.80.

For the organizers, students and beneficiaries of the event, there's no question



Students taking part in this year's Relay for Life at Sir Wilfrid Laurier Secondary School were led on the first lap by a trio of cancer survivors including school administrator Stacey Downing. PHOTO SUPPLIED

that it was another huge success which once again reflects the level of school spirit at Sir Wil.

The \$50,000 raised for the Canadian Cancer Society will be used in three areas

– cancer research, advocacy and support services for people facing cancer.

To find out more about the Canadian Cancer Society, what they do and how you can help visit www.cancer.ca.

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Note to our readers

The *Orléans Star* was recently informed that our newspaper will no longer be delivered by Flyer Force.

The Postmedia company, which up until now has delivered our paper with all your flyers, will be ceasing operation across Ontario as of next Monday and across Canada by the end of August. As a result we will be shifting the delivery of the paper to Canada Post, which means that as of June 22, most of readers will be receiving the *Orléans Star* and the *L'Orléanais* in their mailbox.

At this time the *Orléans Star* would like to thank all the hard working people, both young and old, who have been delivering our paper through all kinds of conditions to make sure it arrives at your door every two weeks. But truth be told, Flyer Force did not always have enough carriers to ensure the paper was being delivered to every door. Some streets have not had carriers for months, and in some cases, even years. Using Canada Post will end that problem. But Canada Post is not cheap. It will more than double our distribution costs, which were already extremely high. That means there will be some areas where Canada Post is not an option.

Residents living in those areas will have a choice of either having their paper delivered to their door for a small fee, or they can pick it up at number of locations in Orléans including both Sobeys stores, the Metro stores in Blackburn Hamlet, Fallingbrook and Convent Glen, the Canadian Tire store on Innes, the Ray Friel, Bob MacQuarrie and François Dupuis recreation centres and the local libraries.

We will also have pick up locations at a number of small businesses in Orléans including Sure Print, Pantry Plus and Computer Rise on St. Joseph Blvd., Michael Willems Photography in Place d'Orléans and the Orléans Brewing Company on Innes Road to name just a few. Oh and our newspaper box across from Mexicali Rosa's on Centrum Blvd. will also be fully stocked with our paper.

A complete list of locations will be published in the June 25 edition of the *Orléans Star*. They will also be listed at www.oreansstar.ca and www.oreansonline.ca. Conversely, you can always drop me an email at fsherwin0713@gmail.com and I will let you know the closest location where you can get the paper.

Another way you can support the paper in these challenging economic times is to become a Friend of the *Orléans Star*. For more information visit www.ko-fi.com/orleansstar. Details of the program, which has been used by other community newspapers in the province with great success, will be outlined in the June 25 paper.

Producing a community newspaper is not easy. The challenges seem almost constant. But as we celebrate our 40th anniversary this year, and with your support and continued readership, I am committed to publishing the paper for years to come.

Thank you from the bottom of my heart.

— Fred Sherwin



Funded by the Government of Canada

Jody Maffett
Editor
The Orléans Star



Canada

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Jean-Marc Pacelli
Editor
L'Orléanais

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THE **Orléans Star**
May 28, 2026 • Volume 40, No. 2
Next edition June 11



Coming to a mailbox near you

By Fred Sherwin
The Orléans Star

Several hundred people came out to the Shenkman Arts Centre on May 9 to celebrate the community and beautiful music performed by a group of gifted young singers at the Glow of Love Mother's Day concert in Ontario.

The event was organized by the Labelle family, most notably Julianna Labelle, who is just 10 years old.

When Julianna, who is a gifted singer and has performed for years around Orléans and Ottawa, wanted to organize a fundraising event for the Children's Hospital of Eastern Ontario, a concert seemed the most obvious choice. So the family booked the Shenkman Arts Centre and Julianna invited seven of her friends to perform with her.

The result was a magical evening that actually began earlier that day with a vendors' market in the Shenkman Arts Centre foyer where people could purchase items made by local suppliers and have their picture taken with the CEO Bear.

Each singer performed on stage in the middle of over 1,000 candles formed into a large heart. Every performance reminded the audience why the event meant so much in "bringing families, community, and love together under one glow".

The most popular attraction of the event, besides the concert itself, was "The Wall of Love" photo booth, where people could write messages, share memories, post photos or take pictures of themselves in front of...

The first annual Glow of Love Mother's Day concert held on May 9 was a huge success raising over \$2,000 for the Children's Hospital of Eastern Ontario. PHOTO SUPPLIED

Federal government continues to make investments for all Canadians

As summer begins, I would like to share a few highlights from recent weeks and celebrate some of the remarkable achievements and investments that continue to strengthen our community.

On May 25, I was pleased to welcome Prime Minister Mark Carney to Orléans for a tour of a residential construction site by eQ Homes. During the visit, we highlighted important measures to make homeownership more affordable, including the elimination of the GST for first-time homebuyers, the removal of the 13% HST, and reduced development fees in Ontario for newly built homes.

Two days later, on May 27, I joined Secretary of State Adam van Koevorden at a reception on Parliament Hill recognizing athletes from Team Canada and the Canadian Paralympic Team. It was a special privilege to personally congratulate Orléans speed skater Ivanie Blondin on her outstanding gold and silver medal performances.

June 4 was a day of celebration in our community. The Aline-Chrétien Health Hub marked its fifth anniversary, a milestone that reflects the dedication of Montfort Hospital and its many community partners in delivering high-quality health care close to home. My sincere thanks go to everyone who has contributed to the Hub's success.

That same day, I was delighted to welcome the

Association Lire et faire lire Ontario to Orléans for its Annual General Meeting. I was proud to announce, on behalf of Minister Marc Miller, a federal investment of \$43,000 through the Development of Official-

Language Communities Program. This funding will support an innovative reading initiative that brings together children, volunteers, and community partners while strengthening the vitality of Canada's Francophonie.

On June 8, I had the opportunity to see firsthand the new specialized equipment installed at the Centre des métiers Minto thanks to federal funding of over \$2 million. This investment will help develop a skilled, inclusive, certified, and productive trades workforce right here in Orléans.

I am also pleased to share the launch of the New Horizons for Seniors Program 2026–2027 call for proposals. Community organizations serving seniors can now apply for grants of up to \$50,000 before the July 14 deadline.

Finally, congratulations to the 1,871 Grade 12 graduates from Orléans' eight high schools. Your hard work and perseverance have brought you to this important milestone. I wish you every success as you pursue your dreams and embrace the many opportunities that lie ahead.

La version française est maintenant disponible sur ma page Facebook



Commons Corner

Marie-France Lalonde

After a lifetime with pets, a heartbreaking goodbye

For most of my life, I've been a dog (and cat) owner, foster and unapologetic mutt enthusiast. For 57 of my 62 years, there has been at least one animal in my home – and they've always been from a rescue or shelter.

In recent years, I've adopted senior dogs and given them amazing final years. I often say that while our time together might not be long, I do everything in my power to make them feel safe, loved and well taken care of. What they give back is immeasurable.

That said, I said good-bye to my sweet Jenny on May 27 and she will be my last pet. The cost of owning a dog or cat is simply too much for me now. When you adopt, you need to think about food, meds, aging bodies, possible ailments, injuries or accidents – and none of it is getting cheaper.

I am not alone. There are many of us who feel we are being priced out of pet ownership. Sadly, that reality will hit rescues particularly hard. If fewer people adopt, animals will wait longer for homes...if they get homes at all. Organizations will need to stretch their already-limited resources even further. Is that even possible?

CBC Marketplace did an amazing story about the "corporization of vet clinics". I recommend that anyone with a pet read or



watch it – it's eye-opening.

International conglomerates run VCA, VetStrategy and NVA, the three main corporations in Canada. While VCA rebrands the clinics, the other two do not. Together, they own or co-own approximately 20-25% of clinics nationwide. Expect that number to climb – sharply.

My family was with an east end vet clinic from 1974 until 2012 when they joined VCA. The price increases and aggressive upselling efforts made each visit quite upsetting, so I moved to an independent clinic.

I recently learned – because of that CBC story – that my independent clinic is actually owned (or co-owned) by VetStrategy. This likely explains the shift in visits – again with the price increases, upselling and push for more tests and treatments.

I have heard shocking stories by other pet

owners. Is it reasonable to suggest a 14-year-old dog to go through cancer treatment? No. Should a 13-year-old dog with cancer have a stomach resection? Likely not. And while we can feel judged for declining costly tests or procedures, we have a responsibility to our pets to care for them, and it is a kindness to recognize their end of life.

While I understand business costs have soared, so have the prices of routine visits. As mutts, all of my dogs have been remarkably healthy – and yes, that's a hill I'm willing to die on. Vaccines, preventative meds and an occasional exam (and cheese) are pretty much all my dogs need. I used to pick up routine meds with a quick call – now it seems every visit requires an exam. I understand clinics are expensive to run, but sometimes it feels like my low-maintenance dogs are helping cover the cost of it all.

The last time I purchased (flea and tick preventative) Bravecto at my vet's, I paid \$666 for a year's worth. I then discovered I can buy them for a third of the price on-line.

My kids worry about me being dog-less, but such is life. If I run into you and your dog(s), I will ask if it's okay to say hi and if so, give them the best ear scratches and belly rubs they've ever had.



So here's to Missy, Penny, Rosalyn, Cassie, Andy, Tilly, Pip, Mimi, Moe, Charles and Jenny – thank you for making my life so much better.

One final note: please spay or neuter your pets. It's a routine procedure that helps reduce the number of animals entering shelters and rescues. And consider adopting, not shopping, as there are too many dogs and cats that need homes.

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Financial plan finally confronts lack of infrastructure spending

For years, I've been sounding the alarm that while Ottawa has become effective at approving growth, we have not been nearly as effective at delivering the infrastructure needed to support it. In fast-growing communities like Orléans South-Navan, residents experience the consequences every day through congestion, inefficient transit, and delayed road projects.

What was often dismissed as anecdotal frustration now has proof behind it.

Following years of advocacy and calls for a closer look at growth-related infrastructure, the City's new Tax Long Range Financial Plan confirms what we have been experiencing. Over the last decade, only 58% of approved growth-related capital budgets were spent, compared to between 80% and 96% for other project categories.

That means while new homes continued to be approved and built at a rapid pace, many of the transportation and growth-supporting projects intended to serve those communities never materialized as planned.

The encouraging news is that this report does not simply identify the problem, it begins to outline solutions.

Several initiatives I have championed since joining Council are reflected in the plan, including recommendations to accelerate transportation projects, improve how growth infrastructure is financed, and a new Agile Capital Budgeting Pilot to get projects funded faster, and address project delivery bottlenecks.

I also directed staff to review all Transportation Master Plan road capacity projects and report back with a prioritized ranking based on existing congestion, growth pressures, roadway constraints, and connectivity needs. Staff will also identify projects that may be suitable for acceleration through the new agile pilot.

If we are going to celebrate housing acceleration, we must also champion infrastructure acceleration. Building homes is only part of building a community. Orléans South-Navan deserves both



Catherine Kitts

Orléans South-Navan

Paying tribute to the life of a true force of nature, Sue Guarda

Last week, I attended the celebration of life for Sue Guarda, and I left with a full heart and a deep sense of gratitude for the life she lived and the community she helped build.

Sue was bright, colourful, caring, and full of love. She was also a doer. When something mattered to her, she showed up. She gave her time, her energy, her creativity, and her heart to the people and places she loved.

What struck me most was the number of people whose lives she touched. Through the Big Sisters program, Sue offered mentorship, kindness, and steady support. In Queenswood Heights, she was a true community leader, helping bring neighbours together and making sure local stories, local needs, and local people were never overlooked.

Through her work managing the Friends of the Ottawa Public Library Association's Bookworm, she helped turn donated books into support for our public library system, extending the life of each book while

strengthening literacy and community connection.

Sue also understood the importance of memory. Her work helping preserve the history of Queenswood Heights was a gift to all of us. Communities are built by people, but they are sustained by the stories we choose to remember. Sue helped make sure those stories would endure.

She faced cancer for 37 years with courage, honesty, humour, and strength. But cancer was never the measure of Sue's life. Her life was measured in service, friendship, laughter, family, generosity, and the countless people who were better because she was part of their lives.

My heart is with Bob, the Guarda and Tweddle families, and everyone mourning this tremendous loss. We mourn with you, and we also give thanks with you.

Sue made Orléans stronger, kinder, more connected, and more colourful. Her legacy lives on in the people she loved, the organizations she strengthened, and the community she helped shape.



Matt Luloff

Orléans East-Cumberland



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Computer refurbishing program celebrating 10 years

By Fred Sherwin
The Orléans Star

My how time flies. The Community Computer Refurbishing Program (CCRP), launched in 2016 by the husband-and-wife team of Nancy and Paul Begin is turning 10 this year.

The program was created with one simple goal: to refurbish unused computers and provide them, free of charge, to members of the local community who need access to technology.

Over the past decade, the couple has refurbished and donated more than 1,600 computers to families, students, seniors, newcomers, and small business owners across the region at no charge. What began with just 25 computers in the first year has since grown into a far-reaching initiative.

The program is entirely dependent on donations of computers and computer components from the general public, along with monetary donations which are used to pay for missing components. One hundred per cent of every dollar goes directly towards refurbishing costs.

Charlie Cox and his son Brodie have gifted more than 900 computers in the past few years and are currently running the refurbishing side of the program.

Each computer is carefully restored, often using parts salvaged from non-working devices, helping to reduce electronic waste while giving new life to existing equipment.

The program is entirely volunteer-run and self-funded, relying on community donations to cover refurbishment costs.

Nancy and Paul remain actively involved in collecting donations and finding new homes for the computers once they are refurbished.

Refurbished computers may be 8-10 years old and are suitable for most household tasks. To be considered for a computer, an individual simply need to provide a comment on one of the CCRP posts that can frequently be found on the many “Buy Nothing” gifting groups on Facebook such as the Orleans Buy Nothing Sell Nothing or Sell Buy Your Choice group.

Every request is reviewed, so it’s helpful to include details on how you plan to use



the computer or why you need one in your comment.

As always Nancy and Paul Begin are grateful for donations of laptops and PCs, as well as any financial donations that are used to help sustain the program.

You can help support this program by donating laptops with Windows 7 or newer original operating system, or Chromebooks. All donated computers have the hard disks wiped clean so that data is unrecoverable.

And while the couple continues to look for new ways to fund the program, a GoFundMe campaign – Support free computers for the Orléans community – is available online.

The contributions play a vital role in helping the CCRP team refurbish donated computers and provide them to members of the community who can truly benefit from them, free of charge.

For more information about the program can be found at www.ccrpottawa.com.

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NEIGHBOURHOOD UPDATE

Gems Awards



It's time to announce the winners of my annual Gems awards!

I want to take this opportunity to thank everyone who submitted one of the countless nominations for the wonderful businesses and organizations that make our community absolutely shine. A true highlight for me is reading the stories and experiences shared during the nomination period each year. We have much to be proud about in the east end, with so many businesses and organizations truly going above and beyond to serve and make a difference in our community.

- The Almighty Cheese
- The Bookkeeping Bureau
- Community Compassion Centre Food Bank
- Louis' Pizza Express Orléans
- The Rotary Club of Orléans
- Ottawa Easy Wheels
- The Book Market Orléans
- Zunzun Reading Community/Little Free Library
- Marsha's Your Independent Grocer



Learn more about why these amazing folks stood out at LauraDudas.ca/Gems.

Community Connections

I am grateful for all the opportunities I've had to connect with many of you out in the neighbourhood whether at my summer pop-up series, community events or at your door. I always appreciate hearing from you about your priorities and ideas on what can be done to make our community the best place to live.

Never hesitate to reach out to me, I am just a phone call or email away at Laura.Dudas@Ottawa.ca.

Stay in the Loop!

Sign up for my monthly newsletter at LauraDudas.ca/contact

Investing in our Community

Crews have already begun resurfacing a number of residential roads across our community, with many more to follow soon. As many of you know from my newsletters and updates, this year marks the single largest investment in residential road repaving that Orléans West Innes has seen in at least a decade.

Many residents have already received notices about construction taking place this year on Loire, Tour, Gaultois, Bédéque, Superior, Fortune, Northpark, Richer, Frank Bender, Cholette, and Dussere. The resurfacing work along the full length of Innes Road in Blackburn Hamlet has also begun.

Staff are now advancing the design work for additional roads across the ward that I secured through the 2026 budget, with construction anticipated in 2027. These projects include, among others, Hunter's Run Drive and Champneuf Drive.

At the same time, I am continuing to work with staff to move forward the major projects on Jeanne d'Arc Boulevard North and Orléans Boulevard. I recently toured these corridors with the City's General Manager to highlight current conditions and the need to prioritize improvements to these key arterial roads.

Beyond the roads and pathways, work continues on the new parks and public spaces I have secured for this year, including the River Outlook taking shape along the Ottawa River, thousands of new trees and disc golf facilities at the former convent on St. Joseph Boulevard, and the addition of another new greenspace, Roger Montpetit Park, off Champlain St. It is meaningful to me to be shaping the community spaces in a way that everyone can enjoy, and I love connecting with you all in the those places we're building together.

Residents deserve to have infrastructure and services that reflect the pride we take in our community. That means continuing to fight for ongoing investment in our Ward until renewal is not the exception, but the standard. This commitment remains central to my work and to the long term livability of our neighbourhoods.



Tree Planting

On May 2, I hosted my second major community tree planting on the former convent grounds at 1754 St. Joseph Boulevard. With the help of hundreds of dedicated volunteers, we planted more than 1,000 additional trees.

I was inspired by the energy and commitment our community brought to this effort. Whether it is the more than 2,000 trees now planted at this site or the several thousand we have planted together across the Ward, there are many opportunities to see how we are strengthening our greenspaces and to watch that progress take root over time.



Ward 2 Orléans West-Innes
 613-580-2472 // Laura.Dudas@Ottawa.ca // www.LauraDudas.ca

A century of marking life's greatest moments

By Fred Sherwin
The Orléans Star

One hundred years is a long time, especially for a small, independent business and especially in an age of box stores and online shopping.

Groupe Régimbal is one of those businesses that's been able to adapt with the times and reinvent itself not once, not twice but multiple times.

Horace Régimbal started the business in 1926 as a jewelry and watch repair shop which operated in the backroom of a barbershop on Sussex Drive. Four years later, he moved the business to Dalhousie Street. At the end of World War II, he moved the business again to Marier Avenue in Vanier.

After Horace's death in 1960, his three sons Jean, Jacques and Pierre took over the business along with their brother-in-law Marcel, and eventually branched out into trophies.

In 1992, Horace's grandson and the business' current co-owner, Luc Régimbal, was given the opportunity to take over the business. He was definitely interested, but, he was hoping for a partner.

The first person he called was his old Garneau high school buddy, Stéphane Giroux, who had just graduated from business school at Collège La Cité. That was 34 years ago.

One of the first things they did after taking over the business was to introduce promotional items. Today, the promotional

and apparel/embroidery side of the business accounts for nearly 90 per cent of their sales.

"It's the biggest shift we've seen in the business over the past 20 years," says Régimbal. "Trophies are just a small part of what we do today."

The biggest decision the partners had to make since taking over the businesses was deciding to move their main base of operation to Orléans in 1996.

There was a real fear that they would lose their Vanier clientele and essentially have to start from scratch. In the end, their clients followed them to Orléans.

"We were very fortunate," says Giroux. "We had a lot of very loyal customers. We still have a lot of loyal customers."

Régimbal and Giroux moved to Youville Drive in 1997, because it offered them more space where they could set up an embroidery and sublimation service.

The move they feared the most turned out to be the best decision they've ever made. Orléans was growing by leaps and bounds at the time and registration in all minor sports was off the charts. There were tournaments galore and tournaments need trophies, banners and medals.

For the next 17 years the business experienced exponential growth despite the occasional recession.

In 2012, they acquired Colortex Screen Printing and Embroidery which allowed them to expand their in-house production capabilities.

They eventually outgrew the Youville



High school buddies Luc Régimbal and Stéphane Giroux took over Régimbal Trophies and Promotions in 1992 and gradually turned it into a promotional item and embroidery business. PHOTO SUPPLIED

Drive location and moved to their current location in Canotek Park in 2014 where consolidated all three locations under one roof.

Not even the COVID-19 pandemic could slow them down. They had 12 or 13 employees before the pandemic and within a year after the COVID regulations were lifted they had over 20 employees.

Today they have 36 employees and are still growing.

The biggest reason for their continued success after 100 years is their customer service.

"We treat all of our customers the same. It doesn't matter whether they are coming in to get a small plaque engraved, or are running a big tournament," says Régimbal.

It is that level of respect for their customers that will enable them to continue to grow well into the future,



Luc Régimbal and Stéphane Giroux didn't sell their Vanier location until just a couple of years ago. PHOTO SUPPLIED



Horace Régimbal stands outside of his watch repair shop on Dalhousie Street in Lowertown. Circa 1930. PHOTO SUPPLIED

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More needs to be done to make Ottawa more user-friendly

Between mortgage renewals, rising grocery bills, and inflation, residents in Orléans are watching every dollar. That's why I have always believed that local government should make life easier, not add more paperwork, stress and financial burdens to our plates.

Unfortunately, common sense is not always the default at City Hall.

There is a frustrating trend where municipal policies and programs create cumbersome, bureaucratic headaches for law-abiding homeowners. A prime example is the City's Vacant Unit Tax. The intention of this policy was noble, targeting wealthy property speculators who are leaving homes empty to turn a profit. Instead, the reality is that it has cast far too wide a net, turning what should be a targeted tool into an intrusive, city-wide compliance trap. It is exactly why I voted against its creation and remain opposed.

I have heard from homeowners confused about whether their in-law suite needs to be

rented out, and increasingly from families caught in stressful audits and appeals, forced to prove that they live in their own homes.



**Laura
Dudas**

Orléans West-Innes Ward 2

When City policies treat residents like suspects in their own neighbourhoods, they have missed the mark. No level of government should ever be so rigid or self-assured that it can-

not acknowledge a mistake and take a step back with fresh perspective.

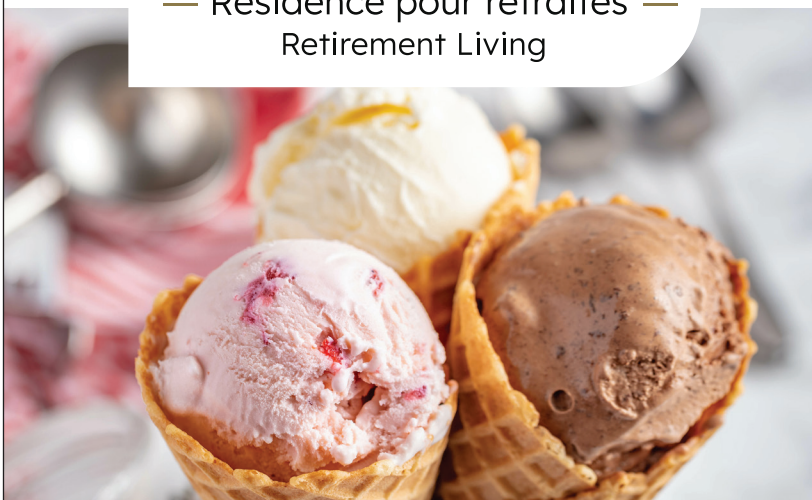
The City needs to design policies around the needs of everyday citizens, ensuring that municipal operations support your life rather than complicating it. The focus should always be on getting the basics right - delivering reliable transit, safe roads, and quality parks - not on placing additional regulatory burdens on residents.

There needs to be a refocus on accountability and outcomes, not process for the sake of process. Residents deserve a City Hall that listens, adapts, and corrects course when something is not working. That is how trust is built, and it is how all governments should operate.



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Louis-Riel's Mallea McMullin won a silver medal in the senior girls javelin at the OFSAA provincial track and field championships last week. FILE PHOTO

East end athletes win five medals at OFSAA T&F championships

By Fred Sherwin
The Orléans Star

Orléans-area athletes ran and jumped their way to five medals at the recent Ontario Secondary School Track and Field Championships in St. Catherines.

Of the five medals, three were gold, one was silver and one was bronze.

Maxime Cazabon from École secondaire catholique Garneau lead the way with a pair of gold medals in the junior boys triple jump and high jump.

He destroyed the field in the triple jump with a leap of 14.10 metres which was more than a metre past his closest competition.

The high jump event was a different story. After passing on his first three attempts, Cazabon cleared 1.70 on his first attempt along with three other athletes who also

passed on their first three attempts, leaving them in a four way tie at the top of the leaderboard.

All four jumpers also clear 1.75 metres on their first attempt along with three other competitors.

Things got a little dicey when the bar was raised to 1.80 metres. Cazabon was able to make the bar on his first attempt by his three closest rivals all needed a second try to make the height.

The field was narrowed down to just four jumpers at 1.85, with Cazabon once again making the height on his first attempt to take over soul possession of first place.

He then cleared 1.88 along with one other athlete before finally clearing a season best 1.90 metres to clinch his second gold medal.

CONTINUED ON PAGE 16 ►

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East end athletes win six medals at OFSAA T&F championships

Continued from page 15

He would continue jumping on his own clearing heights of 1.92 and 2.00 metres to set a new personal best which was just four millimetres short of the OFSAA record.

Cazabon also placed fourth in the junior boys long jump despite a season best leap of 6.57 metres.

The east end's other gold medal was won by St. Peter High School's Samuel Pemale in the junior boys long jump where he uncorked a personal best jump of 6.69 metres, which is more than half a metre beyond his previous personal best of 6.11 metres.

The east end's bronze medal was won by Taisei Tan from École secondaire publique Gisèle-Lalonde who placed third in the senior boys 110-metre hurdles.

Perhaps the most disappointed athlete at the meet was Louis-Riel's Mellea McMullin who went into the senior women's javelin as

the overwhelming favourite. Her seasonal best throw of 43.61 metres, which she made at the East Regional meet, was more than three metres beyond that of her nearest rival.

Unfortunately, the best McMullin could muster in St. Catherines was 40.37 metres, good enough for second place.

Fortunately, this is only McMullin's first year competing as a senior and she will be back next year.

Aside from the medals, four other east end athletes finished in the top 10 in their events. Brooklyn Reesal from Colonel By Secondary School placed 6th in the novice girls discus. Keshia Chivaza from Louis-Riel placed 7th in the junior girls high jump. Laurina Nganzeu from Gloucester High School placed 5th in the junior girls javelin. And Jorai Ma Oppong-Nketiah, also from Louis-Riel finished ninth in the senior girls 100 metres.



Garneau's Maxime Cazabon won double gold in the junior boys high jump and long jump at the OFSAA provincial track and field championships in St. Catherines last week. OTTAWA LIONS PHOTOS

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Orléans teenager's racing career continues to rise

By Fred Sherwin
The Orléans Star

Sixteen-year-old Oli Mrak loves to race. Prior to this year, the Orléans teenager made his way through the ranks of the junior go-carting circuit and represented Canada at last year's Rotax Max Challenge Grand Finals, often referred to as the unofficial world championships, in Bahrain.

Mrak was just nine when he somewhat reluctantly climbed into a go-cart for the first time under the encouragement of his parents.

A year later, he won multiple races and managed to catch the racing bug along the way.

In just his second year racing competitively, Mrak won the Canadian Micro Max championship for 11-year-olds.

In only his first year competing as a junior in 2023, he placed second at the national championships.

Mrak's star continued to rise in 2024 with a number of race wins and championship titles.

But last year, was his break out year. Competing for the first time in the Senior Max division, he won multiple races and a championship culminating in a trip to Bahrain.

After his impressive carting season, Mrak

went to Florida in December to take part in YACademy Winter Series for drivers hoping to make the transition from go-carting to open wheel racing.

Mrak's dream is to one day compete in Formula 1 or Indy cars. The YACademy Winter Series is the first baby step toward one day achieving that dream.

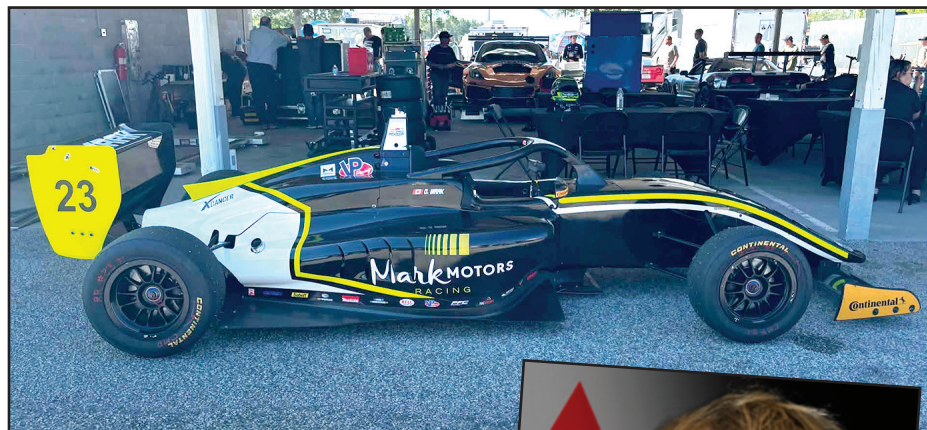
Although he didn't win any races during the five-day academy, he did impress enough people to earn a spot in the YACademy racing series.

The first set of races were held on Feb. 4-5 at the Sebring Raceway in Sebring, Florida. Despite having a disappointing first race, Mrak managed to bounce back in the second race to climb into ninth place in the overall standings among 22 fellow racers.

The racing switched to the Homestead Speedway near Miami on Feb. 6 and 7 for three more races. Mrak managed to finish in the middle of the pack in each of the three races to finish the week in 10th place in the overall standings.

His consistent performance over the course of the five races earned Mrak a spot on the Zanelli Racing Team competing in the USF Junior circuit.

The first stop was at the Homestead



PHOTOS SUPPLIED

Speedway on Feb. 14-16, where Mrak finished third overall. The racing series then made stops in Kershaw, South Carolina, and Lexington, Ohio, before making their one and only stop in Canada at Canadian Tire Motorsport Park, just north of Bowmanville from May 14-17.

Mrak was once again a model of consistency with one second and two third place results. The points he earned puts him solidly in third place in the championship standings.

The next set of races will take place in Ohio on July 4-6, where Mrak will be gunning for his first race win and a spot on the top of podium.

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Louis-Riel wins senior boys, girls high school soccer double

By Fred Sherwin
The Orléans Star

It was a clean sweep for the Louis-Riel Rebelles senior boys and senior girls soccer teams on May 28, with both teams winning their respective NCSSAA championship games.

The heavily favoured senior girls team took to the pitch first against the Nepean Knights which had lost their only previous meeting 4-1 on May 14.

In the championships rematch it was the Knights who got on the board first, scoring on a penalty midway through the first half.

The score remained 1-0 in favour of the Knights until the 18th minutes of the second half when Annabelle Lalonde took a great lead pass up the middle and beat the Nepean keeper to tie the game.

It only took a couple of minutes for the Knights to retake the lead on a goal by Tillie Pender who scored on a well-placed shot high into the far corner of the net.

Four minutes after Nepean scored, Rebelles team captain Andrea Hupec called for the ball just outside the Knights' penalty area and promptly curled it into the top corner on a spectacular shot from 25 metres out to even the score at 2-2.

The Rebelles would have at least two more

chances to win the game in second half, but they were turned away and the game had to be settled with two 10-minute halves of extra time.

Midway through the first session, Hupec dribbled the ball along the Knights' end line and somehow managed to find an opening between the Nepean keeper and the near post for the go ahead goal.'

The score would hold up through the rest of the first half of extra time and all of the second half to give the Rebelles a 3-2 win and a ticket to the OFSAA provincial championship being held in Kitchener from June 4-6.

But the senior girls team isn't the only Rebelles squad that will be playing for a shot at a provincial title next week.

The senior boys team followed the girls onto the pitch at Hillcrest High School to play the John McRae Bulldogs for the right to represent the National Capital region at the OFSAA provincial championships in Grimsby.

Both teams were undefeated heading into the title game, but it would be the Rebelles who would manage to keep their perfect record intact, emerging from the match with a 2-0 win on goals by Isaia Rajakoba and Bilal Mohamoud.





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Navan team making tracks on the DIRT car circuit

By Fred Sherwin
The Orléans Star

There's a group of motor sports racing enthusiasts in the east end who are quickly making tracks on the DIRT car circuit in Eastern Ontario and northern New York.

The team is led by owner Navan resident Mario Dupuis, 62, who has been building and racing DIRT cars for the past seven years. He is assisted by team manager Bob Lacelle who helps secure their many sponsors.

They race Friday nights at Mohawk, every Sunday at the Cornwall Motor Speedway and at special events at the Brockville Speedway in Brockville.

Dupuis has a new car this season. It's the fifth car he's built since he started racing again in 2019 at the tender age of 55.

Dupuis actually started racing cars in his teens. Back then he competed mostly on paved oval tracks.

He took a break from racing when he started raising a family. The kids eventually became adults, went to college and started focusing on their own lives.

"The kids were grown and out of the house and now it was dad's turn to go back to my

passion of racing" says Dupuis.

But the local racing scene had changed a lot while Dupuis was semi-retired from the sport. Most of the oval tracks had closed and in their place were dirt tracks, so Dupuis decided to change with the times and built his own dirt car with the help of YouTube videos.

Since then he's been racing almost every weekend against guys who were 30 and even 40 years his junior except for one exception.

"There's a guy, Billy Cook, is still racing at 80," says Dupuis suggesting he has a few years to go yet.

His biggest supporter besides his sponsors is his wife, who comes to watch his races when she can.

"She's not really a fan of racing so she passes the time between races in the trailer and then comes out to watch me race," says Dupuis, who took part in his first race of the season in Cornwall last weekend.

Dupuis races for the competition and the challenge of building a car that can compete with the other drivers every weekend.

None of it would be possible, however,



Mario Dupuis (inset) has been building and racing dirt track cars for the past seven years. His latest car was unveiled at an event at CN Physiotherapy in Orléans on May 31. TYLER LACELLE PHOTO

without his sponsors. Motor sport racing can be an expensive proposition and having sponsors who support can support you financially is a must.

Dupuis' main sponsor this season is CN Physiotherapy, whose offices are in the

Fallingbrook Mall on Tenth Line Road. His other sponsors are Stylze Beaudoin, Commercial Residential Roofing, Brady Quality Inc., Full Moon Auto Works, Jim Keay Ford, Brinklowe Snap-on, and JLB Heating & Cooling.

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FRIDAY, JUNE 12

Y2K DANCE from 7 p.m. at the Orléans Legion, 800 Taylor Creek Dr. in the Taylor Creek Business Park. Throw back vibes. Iconic hits. Good Times. See you on the dance floor.

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MONDAY, JUNE 15

TRIVIA NIGHT from 7:30 p.m. every Monday night at the Royal Oak Pub Orléans. Free to play. Prizes for the winning team! The Royal Oak Pub is located at 1981 St. Joseph Blvd. near Jeanne d'Arc.

WEDNESDAY, JUNE 17

TRIVIA NIGHT from 6:30

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FRIDAY, JUNE 19

GRUMPY OLD MEN live and in concert from 7 p.m. on the upper floor at the Orléans Legion, 800 Taylor Creek Dr. in the Taylor Creek Business Park. Open to everyone. No cover.

SDBC TAPROOM SERIES presents Cloud City live and in concert at the Stray Dog Brewing Company, 105 Lacolle Way in the Taylor Creek Business Park. Tickets \$10 available at straydogbrewing.ca.

IN MEMORIAM



Gilles Beauchamp, 87
Passed away on June 2, 2026

Susan Elizabeth Guarda
Passed away on May 29, 2026

Marcel Lavergne, 94
Passed away on May 26, 2026



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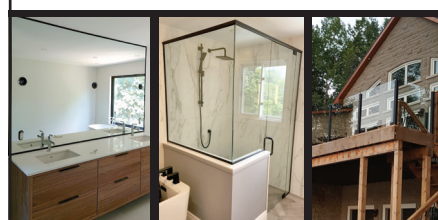
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