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# THE Orléans Star

June 12, 2025 • Volume 39, No. 3

Next edition June 26



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Young Dante from Rockland gets some help from a volunteer fire fighter while visiting the Cumberland Heritage Village Museum on Fire Fighter Day last Saturday. FRED SHERWIN/PHOTO

## East end fun fairs signal unofficial kickoff to summer

By Fred Sherwin  
The Orléans Star

Orléans-area residents took advantage of the first decent weather in awhile last weekend by flocking to events across the east end.

Residents in Blackburn Hamlet and Beacon Hill took advantage of the near-perfect weather to take in their communities' respective fun fairs on Saturday and celebrate the first big event of the season.

Visitors to the Blackburn Fun Fair started their day with a free pancake breakfast followed by the Fun Fair parade which started at École secondaire Louis-Riel and made its way down Bearbrook Road to the Fun Fair grounds next to the Blackburn Arena.

As has become tradition, anyone can take part in the parade and, judging by the number of people who did, it appeared at least half of the community turned out.

After the parade, the kids flocked to the

inflatable rides and the Fun Fair games outside the arena which included a ring toss, a duck pond and a toilet paper toss.

Little Ray's Reptiles was also a popular attraction, as was the Wreck Room where kids could put on safety goggles and destroy household items and an already demolished car using their choice of a sledge hammer or a baseball bat.

Later in the day, everyone's attention turned to the main stage where the entertainment was provided by a series of bands including Hold My Beer, Double Standard, the Fake McCoys and the Barrelhouse: Beatles Tribute.

Saturday's activities were brought to a close with a fireworks display that didn't leave anyone disappointed.

On Sunday, Blackburn's finest four-legged canines took over the ball diamond for Blackburn Fun Fair Dog Show.

CONTINUED ON PAGE 2 ►



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## COMMUNITY BRIEFS

### Convent Glen Orléans Wood Community Association announces summer events

ORLÉANS – The Convent Glen Orléans Wood Community Association is thrilled to announce its vibrant slate of summer events designed to bring neighbours together and celebrate the season. Residents of all ages are invited to participate in a variety of weekly and one-off activities, from a community café to family bike rides, and a much-anticipated community BBQ to end off the summer. Weekly Pedal and Play family bike rides have already begun, starting from Father Richard Ward Park. The community spirit continues with a series of Pop-Up Park Picnics, starting on June 21 from 2-5 p.m. in Hiawatha Park. As the summer continues, residents can enjoy free Yoga in the Park every Wednesday evening in July and August at Décarie Park, beginning July 2, and gardening enthusiasts can visit the Native Plant Sale at the Heart of Orléans Market on Sunday, July 6. The entire season of events will culminate with the annual Community BBQ on Sunday, Sept. 7 at the Convent Glen Shopping Centre, promising a day of yummy food and family fun.

### Perley Health Centre welcomes 21 centenarians to unique event

OTTAWA – In celebration of Seniors' Month, Perley Health hosted its annual Century Club event recognizing 21 residents all aged between 100 and 106 on June 4. Several of the attendees were WWII veterans offering a timely tribute just days before the 80th anniversary of D-Day. The invitation-only gathering offered a positive celebration of longevity, community, and care as the centenarians were recognized alongside their family, Perley Health staff and special guests..

### 2025 edition of the Orléans road map can now be pre-ordered



ORLÉANS – The *Orléans Star* is now accepting orders for the 2025 edition of the Orléans Road Map featuring several new streets. This is the sixth edition of the popular road map which features a map of Orléans on one side and a map of St. Joseph Blvd. with over 40 local businesses on the other side. To order your copy simply send an email to [info@orleansstar.ca](mailto:info@orleansstar.ca) and include your home address and phone number in case we need to get hold of you. Delivery of the 2025 maps will begin during at the end of the month and should take about two weeks to complete.

[www.orleansstar.ca](http://www.orleansstar.ca)

## Hundreds of residents flock to east end events

Continued from page 1

Just down the road from Blackburn Hamlet at the Earl Armstrong Arena, Beacon Hill-Cyrville city councillor Tim Tierney was hosting his annual Celebrate Summer Fair.

Just like the Blackburn Fun Fair, the Celebrate Summer Fair started with a free pancake breakfast. After all the plates were cleared away, the action turned to the midway and a number of free activities that including a bouncy castle, face-painting and a magic show.

The free hot dog lunch was also very popular as was the free cake that was handed out following the traditional cake-cutting at 1 p.m. The rest of the afternoon was filled with free entertainment on the main stage.

In the afternoon, a number of superheroes showed up including Batman and Chase from the popular animated series Paw Patrol to visit with the kids and have their picture taken together.

Elsewhere in the east end, thousands flocked to the Orléans Craft Beer Festival in the festival plaza on Centrum Blvd. to sample suds provided by over 30 craft

breweries and enjoy some live music. Several area distilleries were also there, along with a number of food trucks including local favourites La Ha Tacos and Golden Fries.

The festival took place over the course of three sessions – one on Friday night and then two sessions in the afternoon and evening on Saturday. Both the Friday and Saturday night sessions were completely sold out.

Orléans Festivals chairman Kevin Hurtubise, says the event wouldn't be possible without the support of its sponsors and a small army of over 50 volunteers.

The list of east end events that took place on Saturday also included the Cumberland Farmer's Market, while the Cumberland Heritage Village Museum held its annual Fire Fighter's Day where kids of all ages could see the fire trucks close up and have their picture taken in the driver's seat.

The following day was part of Doors Open Ottawa where residents were able to peek behind the scenes at various city facilities.

A photo montage of the weekend's events can be seen on pages 8 and 9.



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## IT'S BEEN NICE.

But now I'm dead.  
(Or perhaps just really, really sick.)



### Notes, wishes and information for loved ones to help you when it matters the most.

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Find out more at [www.maffett.ca/shop](http://www.maffett.ca/shop).

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# Canada Day celebration returns to Petrie Island

By Fred Sherwin  
The Orléans Star

The biggest Canada Day celebration in the east end is heading back to Petrie Island this year with an action packed schedule of events and activities for the whole family, including a massive fireworks display.

Most importantly, participants will be able to combine their Canada Day festivities with a day at the beach.

This year's event is being organized by a group of Canada Day Celebration veterans, including organizing committee chair Marc Poirier, who has volunteered for a number of other Canada Day celebrations in the past. Other committee members include Zybina Richards, who has been helping to organize Canada Day Celebrations in Orléans for more than 25 years, going back to the original Fallingbrook Canada Day event which were held in Apollo Park, and Nick O'Connell, who has been involved with Richards since he was a youngster.

Former Cardinal Creek Community Association president Sean Crossan is also a member of the organizing committee.

The very first Petrie Island Canada Day

Celebration was held in 2005. It was organized by a group of community leaders after the Fallingbrook Community Association ran out of possible locations.

Petrie Island hosted the event for the next 11 years until it was moved to the Navan Fairgrounds in 2016 for financial reasons.

Following a one-year hiatus, Kiwanis East Ottawa took over the event and brought it back to Petrie Island in 2018. It was held there again in 2019. Then it was cancelled for the next three years due to the COVID pandemic until it's return in 2023.

News that the Canada Day Celebration is coming back to Petrie Island is music to the ears of young parents who are hesitant to bring their kids downtown.

Among the activities that will take place as part of the Petrie Island Celebration are a Kids' Zone with bouncy castles, face painting and games; live entertainment on the main stage; the traditional cake cutting; food trucks; a beverage tent and fireworks.

The 613 Beach Tennis Club will be on hand to provide demonstrations and to offer a free clinic, while the Orléans Tennis Club



Orléans' Canada Day Celebration is heading back to Petrie Island this year complete with a massive birthday cake and fireworks. FILE PHOTO

will be providing a free pickleball clinic.

The Petrie Island Canoe Club has organized a war canoe competition between high schools and an Amazing Race-type event.

Headliners for the stage show, a site plan and schedule of events will soon be available at [CanadaDayOrleans.ca](http://CanadaDayOrleans.ca). The *Orléans Star*

will also publish a full schedule of events in the June 26 edition of the paper.

Last but by no means least, the event is still in need of volunteers. It's the perfect opportunity for high school students to pick up additional volunteer hours. For more information, visit [canadadayorleans.ca/volunteer](http://canadadayorleans.ca/volunteer).

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# Advance warning

An old friend of mine who is a lot smarter than I am, recently posted a commentary on his Facebook page, sounding the alarm over the speed with which AI appears to be invading our daily lives.

AI is used in a number of diverse areas, including virtual assistants, chatbots, image and speech recognition, machine translation and robotics. What that all means is that AI will eventually replace human beings in a variety of fields, leading to fewer jobs, while the creators of AI and those who control the technology will become richer and richer.

No one – and I mean no one – is ready, or has the foggiest idea of how invasive and pervasive AI will become, especially considering that AI systems can learn and improve their performance over time by being trained on new data.

One area where AI has already gained a foothold is in the dissemination of information.

Through the use of AI, content creators can take people and put them in any situation or place in the world and no can tell whether they are real or not. And it's only going to get worse.

Google recently launched its VEO 3 AI software which can create video clips that are nearly indistinguishable from real ones. The software can be used to create just about anything visually using voice prompts without anyway of determining if it's fake. This can be used in all sorts of nefarious applications. Which is why governments need to act quickly by passing legislation making it mandatory for creators to indicate if a piece of video was made using AI software and whether or not the people and locations contained in it are real or not.

There's a bill currently before the House of Commons, Bill C-27, the proposed Artificial Intelligence and Data Act (AIDA), that would hold businesses accountable for the development and use of AI technology.

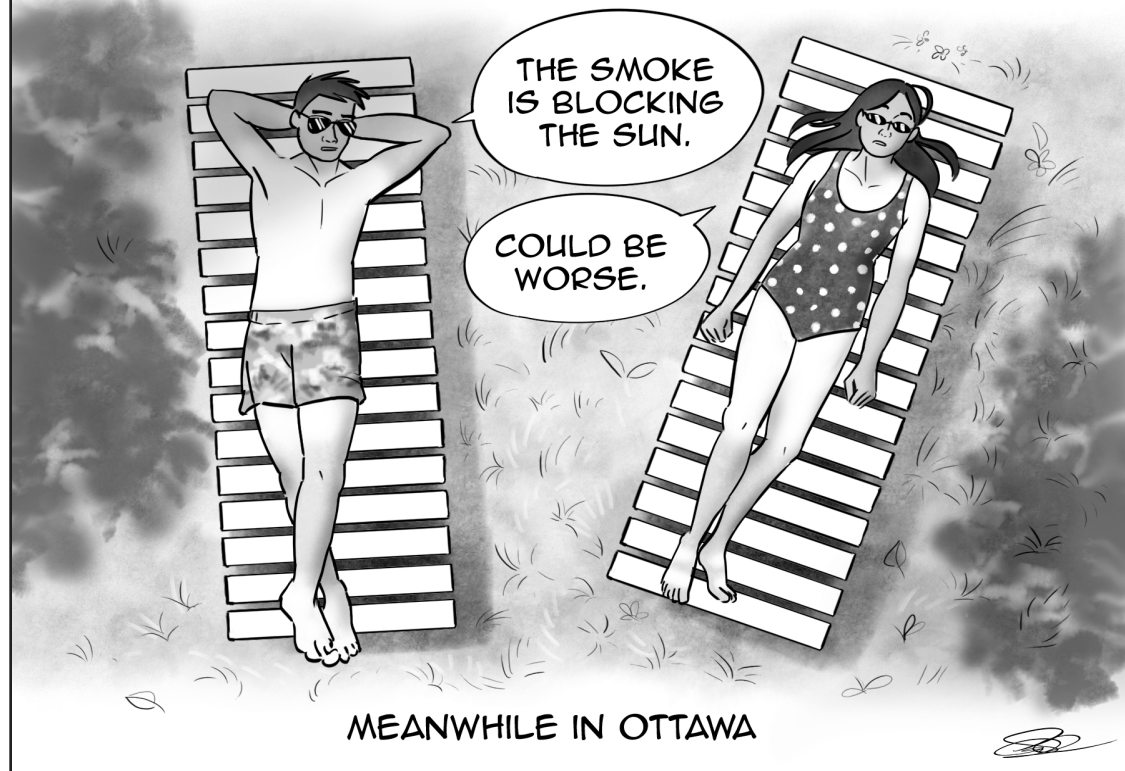
Unfortunately, it doesn't go far enough to force creators of AI-generated videos in commercials and other medium to identify the work as fake, but at least it's a start. The only problem is that the bill was stalled during the recent election and will likely not receive Royal Assent until the end of the year. Until then, it's full steam ahead and damn the consequences.

Which is not good. It will allow for a level of baloney, trickery and fakery that's impossible to fully contemplate.

Making AI safe, transparent, traceable, non-discriminatory and environmentally friendly are all wonderful things, but they ignore the potential of AI being used to trick and fool the general public. That is where the priority should lie.

– Fred Sherwin

## MANITOBA WILDFIRES DESTROY DOZENS OF HOMES AND COTTAGES, CAUSE MASSIVE EVACUATIONS



## June is the busiest month of the year for festivals and cultural events

Early this month, Prime Minister Carney met with First Ministers to remove internal trade barriers, unleash Canada's economic potential, and get major projects built faster across the country.

The government tabled the legislation on June 6 to expedite nation-building projects, remove federal barriers to internal trade and labour mobility. Pleased to see this vital step taking place in working with provinces and territories to achieve mutual recognition of credentials, so Canadians can work wherever they want.

Additionally, the Speech from The Throne delivered by His Majesty King Charles III, outlined the new government's bold and ambitious plan for the future with a tax relief for nearly 22 million Canadians, saving two-income families up to \$840 a year; by eliminating the Goods and Services Tax for first-time home buyers on new homes valued up to \$1 million, saving them up to \$50,000, and lowering the GST for first-time home buyers on new homes valued between \$1 million and \$1.5 million.

June marks Italian Heritage Month, Portuguese Heritage Month, Filipino Heritage Month and National Indigenous History Month as well as the beginning of Pride Season. Let's celebrate their rich cultural heritage and their ongoing contributions to building a stronger, more vibrant, and more inclusive Canada.

June 6 also marks the Anniversary of D-Day and the Battle of Normandy. This year will be the 81st anniversary of the day that Canadians landed on the beaches of Normandy and helped begin the fight for the freedom of Western Europe.

To our veterans and members of the Canadian Armed Forces in Orléans, we thank you for your service in protecting our freedom.

June is also graduation month for hundreds of high school and university students in Orléans. I want to take a

moment to congratulate the 1,514 graduates from Orléans' eight high schools. I hope you all enjoy your graduations and proms. It's always a privilege to personally sign their congratulatory certificates. Congratulations, Class of 2025!

Every year, throughout Canada, the third week of June is known as "National Public Service Week." In 2025, it will take place from June 15-21. I want to thank all the dedicated public servants in Orléans and across Canada for their vital work. Your dedication, commitment, and hard work to deliver services that we depend on are very appreciated.

Finally, to all the fathers in Orléans, I wish you a lovely Father's Day, surrounded by your loved ones as we will celebrate this important day this Sunday

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

**THE Orléans Star**



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# National greenhouse program the answer to food self sufficiency

The other day, a post popped up on my Instagram feed about greenhouses in the Netherlands – and no, they weren’t filled with tulips.

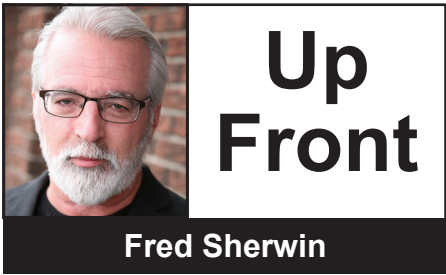
As it turns out, the Netherlands is the globe’s number two exporter of food as measured by value behind the United States which has 270 times the land mass.

The biggest reason behind the Netherlands ability to produce so much food is its use of greenhouses.

Back in 2000, the Dutch made a national commitment to move toward sustainable agriculture. In the 25 years since, they’ve managed to achieve that goal and then some thanks to the use of massive greenhouse complexes, with some of them covering up to 175 acres.

Crops can grow around the clock and in every kind of weather in these climate-controlled farms using LED lighting at night and modern hydroponics. The result is that one acre of greenhouse space can yield the same amount of food as 10 acres of traditional farmland.

In total, the Netherlands contains more than 9,000 hectares of greenhouses. Just over half of them produce flowers that are exported throughout Europe.



More than 4,000 hectares, or almost 10,000 acres, are used to grow produce.

By comparison, Canada contains 2,200 hectares (5,436 acres) of greenhouses that are devoted to producing vegetables, most of which are exported.

Keep in mind that the Netherlands is roughly the same size as Nova Scotia without Cape Breton.

If the current trade war with the United States teaches us anything is the fact that we need to become more self-reliant in all sectors including energy and agriculture.

According to the most recent figures from 2022, Canada imports 470,000 barrels of mostly light crude oil a day from a variety of countries including the United States, Nigeria, Saudi Arabia and several other Middle Eastern countries. Ironically, we do this while exporting 3.9 million barrels of oil

a day.

The reason for the difference, is that the lion’s share of oil taken out of the ground out west is heavy crude, while the vast amount of the refineries in the eastern part of the country rely on light sweet crude which we don’t produce nearly enough of, therefore we need to import it.

There’s a similar difference in how much natural gas the country exports compared to what we import. In 2023, Canada exported an average of 8.1 billion cubic feet of natural gas per day, while it imported 2.5 billion cubic feet per day.

Most of the imported natural gas goes to Ontario and Quebec, especially during the peak demand period in winter. The hurdle in getting domestic natural gas, which is mostly produced out west, to those provinces is infrastructure. While Canada has its own pipeline infrastructure, it may not always be able to efficiently transport the necessary volume of natural gas to Ontario and Quebec during the winter months.

The good news is we produce and export way more oil and natural gas than we import, so we can afford. We also produce enough energy to meet our needs as long as we continue to find efficient ways to get it

from where it’s being produced to where it’s needed.

Unfortunately, the same cannot be said for agriculture. While Canada produces significantly more agricultural commodities and food than we consume, a good chunk of those exports are grains like oats and wheat, feed corn and soy bean. But when it comes to fruit and vegetables, Canada only produces about 70 per cent of what we consume. That’s down from 20 years ago when we produced 80 per cent of what we consumed. One of the main reasons for the shift is climate change, which is why we need to build more greenhouses in Canada.

In an ideal world, every major metropolitan area in Canada would have its own complex of greenhouses in which they can grow everything from potatoes to strawberries. The Netherlands has shown the rest of the world what can be accomplished through the use of greenhouses. We need to follow their lead.

The federal and provincial governments need to work with the private sector to reverse our increased reliance on imported food and close the self-sufficiency gap. It won’t happen overnight, but we can start by making a commitment and sticking to it.

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# Councillor continues to push for smart, sustainable growth

We all know that Orléans South is doing a heavy lift when it comes to helping our city address the housing crisis. But, in my view, it should be about more than just building houses; it's about building complete communities.

Smart growth means building where infrastructure already exists, not pushing further into disconnected greenfield areas like ours.

However, with the province currently driving the bus on urban expansion, it's critical to understand what's stopping developers from looking to other areas of the city for intensification.

Recently, I co-hosted a roundtable with my city council colleague David Hill from Barrhaven West, to bring together local developers, housing experts, and advocates to focus on real, workable solutions to building better.

As we are in the process of overhauling Ottawa's Zoning Bylaw, I raised concerns with the second draft's restrictions on building density near major transit stations. That's not how you build a smart, sustainable city.

Councillor Hill and I successfully advocated for revisions to allow more density near LRT stations, services, and existing infrastructure.

These changes include encouraging high-rise development near transit and supporting "missing middle" housing in low-rise areas – essential for building complete communities.

Local realities also don't always match policies written on paper. One issue I've repeatedly taken on is poor road design around new schools. In response, I've pushed for changes in our development review process to allow for wider roads, on-street parking bays, and frontages that reflect real needs. These updates are now being adopted by staff.

Change in municipal planning isn't fast, but it's happening. Draft 3 of the new Zoning Bylaw is expected later this year, and we'll soon receive updated population projections.

I'll continue pushing for smart, sustainable growth that works for Orléans South, and for the whole city.



**Catherine Kitts**

Orléans South-Navan

# Summer has finally arrived in Orléans and Cumberland

There's nothing like summer in Orléans and Cumberland!

Whether you're looking to cool off by the water, hit the trails, take in some culture, or just spend a sunny day connecting with your neighbours, our community has it all.

Petrie Island is a summertime staple. The beach, the river, the trails — it's the kind of place that reminds you why we live here. Bring a picnic, your paddleboard, or just a good book. Don't forget to check out the incredible work the Friends of Petrie Island are doing to protect its biodiversity.

If you're more into history, the Cumberland Heritage Village Museum brings the 1920s and 30s to life in an interactive way that's fun for all ages. Just down the road, you can pick fresh strawberries at Proulx Farm and take in the countryside that makes Cumberland so special.

Love local food? Our farmers' markets are in full swing – Thursday afternoons at the Ray Friel Centre in Orléans and Saturday mornings at the RJ Kennedy Arena in Cumberland. You'll find fresh produce, local baking, and one-of-a-kind crafts.

Looking for something lively? Don't miss the Orléans Craft Beer Festival on June 7 – great music, incredible food, and some of the best brews Ontario has to offer.

And for a little art and culture, stop by the Shenkman Arts Centre, which always has something on — from live music to theatre to gallery exhibits.

This summer, let's get out and explore what makes Orléans and Cumberland so special. Support local. Soak up the season. And take advantage of all the great things happening right in our backyard.



**Matt Luloff**

Orléans East-Cumberland

[www.oreansstar.ca](http://www.oreansstar.ca)

## 2025 Annual Meeting Notice

Mark your calendars for our Annual Meeting, where we will discuss this year's progress and future initiatives.

## Avis - Assemblée annuelle 2025

Notez dans vos agendas notre assemblée annuelle, où nous discuterons des progrès réalisés cette année ainsi que des initiatives futures.

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# B-D survives day-long tournament to win flag football title

By Fred Sherwin  
The Orléans Star

The Béatrice-Desloges Bulldogs varsity girls flag football team survived a day-long playoff tournament on May 29 to finish the season with a perfect 10-0 record and capture the National Capital secondary school championship.

The Bulldogs started the day with a 41-12 win over Samuel-Genest. They then went on to beat Earl of March Secondary School 41-15 in the quarterfinals and advance to the semi-finals where they beat Merivale High School 24-12 and earned a berth in the championship game against the St. Joseph Jaguars.

The Jaguars earned their spot in the final with a 41-13 win over Woodroffe High School.

On paper, the game looked like it would be a highly competitive affair between two undefeated teams who sailed through their earlier games. Unfortunately for the Jaguars, games aren't played on paper.

The Bulldogs exerted their dominance over their opponents from the opening play which was a pinpoint pass from quarterback Emma Levesque to Mia Morcos. Three plays later, Levesque would find Morcos in the end

zone for the first touchdown of the game.

The Bulldogs would score on each of their next three possessions to take a 27-0 lead into the second half. The normally high-scoring Jaguars, meanwhile, had trouble moving the ball against Béatrice-Desloges' aggressive and speedy defence. When Bulldogs' rusher Mila Gurover wasn't forcing the Jaguars quarterback to get rid of the ball early, defensive back Sydney Bell was batting it out of the air and breaking up passes.

Bell, who will be heading to the University of Buffalo on a volleyball scholarship in the fall, knocked down five passes in the first half alone. She also knocked down a couple of her teammates by accident while going for the ball and she scored a touchdown late in the first half while on offence.

The Bulldogs scored two more touchdowns in the second half to make the final score 40-6.

It was another dominating performance by a team that averaged 41 points a game during the regular season and 36 points a game during the tournament.

Levesque finished the game with five touchdown passes – two to Morcos, two to Mia Cléroux and one to Bell. The Bulldogs other touchdown was scored by Olivia



Savage on a long pass from Morcos on a reverse option play.

The win was sweet redemption for the Bulldogs who lost 21-0 to the Jaguars in last year's final. It was also a wonderful swan song for the team's six seniors who will all be graduating this year.

After the game Bulldogs head coach Phil Ouellette acknowledged the outstanding athletic talent his players brought to the field and he praised his seniors for sticking to the program despite suffering disappointing losses in the final in each of the last three years.

"A lot of these girls have been working for this moment. We lost in Grade 9, Grade 10 and Grade 11, but this was their moment," said Ouellette.



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# The weekend in pict



- ① Orléans West-Innes councillor
- ② People line up for free Costco
- ③ Kids play in the spray from a fire
- ④ A group of friends enjoy their fa
- ⑤ A pair youngsters ride in comfo
- ⑥ Kids take a ride on the Gator C
- ⑦ Navan native Chris Label kicks





# wres



Laura Dudas waves to the crowd during the Blackburn Fun Fair parade.  
hot dogs while attending the Celebrate Summer Fun Fair.  
hose during Fire Fighter Day at the Cumberland Heritage Village Museum.  
avourite beverage at the Orléans Craft Beer Festival last Friday.  
ort while going joining in the Blackburn Fun Fair parade on Saturday.  
coaster at the Celebrate Summer Fun Fair in Beacon Hill.  
things off on stage during the first session of the Craft Beer festival.





# Shenkman unveils Matinée Café and World Music lineups

By Jody Maffett  
The Orléans Star

The Shenkman Arts Centre unveiled its Matinée Café and World Music series for next fall, starting with a Matinée Café performance by The Rideau Ramblers on September 17.



**The Rideau Ramblers**

The members of the Rideau Ramblers have been fixtures of the Celtic music scene in Ottawa for the past two decades, pooling their considerable talents to create a mixture of Celtic styles and influences that is uniquely Ottawa in its roots.

The Matinée Café concerts are held in the Richcraft Theatre on the second or

third Wednesday of each month starting in September. Each performance is an hour long, followed by coffee and treats after the show. Tickets are just \$20, although there is always a limited number of free tickets available for folks who are having trouble making ends meet, but would still enjoy live music.

The second Matinée Café concert will be held on October 15 and will feature four French horn players from the Ottawa Symphony Orchestra.

The Maple Leaf Horn Quartet of Guy Edrington, Nigel Bell, Cresta deGraaff and Roberto Rivera, are a dynamic ensemble whose shared passion for chamber music results in performances that are both artistically refined and deeply engaging.

Renowned for their rich harmonies, expressive tone and stylistic versatility, the quartet presents an eclectic repertoire ranging from classical masterworks to contemporary pieces and audience favourites.

The Durham County Poets will perform as part of the Matinée Café series on November 19.

The bluesy Poets have become Matinée Café favourites and always draw a full



**Ammoye**

house. The band is from Chateauguay Valley in Quebec and features lead singer Kevin Harvey along with saxophonist Mark Leclerc.

The Shenkman Arts Centre's World Music Series kicks off on October 16 with a performance by seven-time JUNO Award nominee, Ammoye, who is a gifted Reggae and fusion vocalist.

On November 13, Brazilian vocalist Flavia Nascimento will perform with the Canadian-based group Tio Chorinho which specializes in Brazilian choro music.

The group's debut album "Chora Brazil,"



**Flavia Nascimento & Tio Chorinho**

earned two Canadian Folk Music Awards nominations for World Music Album of the Year and Instrumental Group of the Year.

On November 25, the world music group Kuné will perform a fusion of music that reflects the multicultural background of the 11 member ensemble.

Tickets for the World Music series range in price from \$20-\$30.

Tickets for all the aforementioned performances can be purchased by visiting [shenkmanarts.ca](http://shenkmanarts.ca), or the Shenkman Arts Centre box office.



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# Golden Fries food truck keeps them coming back for more

By Jody Maffett  
The Orléans Star

When Jade Racicot and Jesse Teasdale bought their first food truck in 2009, they had no idea the path they were about to set out on. The pair grew up in the south end of Ottawa but went to different high schools. It wasn't until they both graduated that they began dating and their relationship soon blossomed.

Jade and Jesse were both working in the restaurant industry when Jade found a chip wagon for sale on usedottawa.com. Tired of working for other people, the pair decided to give self-employment a try and bought the truck. After whipping it into shape, including giving it a fresh coat of gold metallic paint (hence the name Golden Fries), they opened for business at the corner of Carling and Preston in 2009.

Within weeks of opening, the city began tearing up the street which severely impacted their business. Fate would intervene, however, when a friend who worked for the company that owns the Convent Glen Shopping Plaza, offered them a spot in the parking lot. And as they say, the rest is history.

The location on Jeanne d'Arc Blvd. North is in a high-traffic zone, practically across the street from St. Matthew High School and everyone knows how much high school students like fries and poutine.

But while Golden Fries specialized in those chip truck staples, they also developed weekly specials including a Chicken Parmigiana Sandwich, Fish & Chips and a "Big Mac" poutine, all of which are now permanent items on the menu.

What started out as one food truck is now a food service business with three trailers and 21 employees.

Besides the flagship location in Convent Glen, the other trailers are available for special events and festivals, such as the upcoming Orléans Craft Beer Festival. Jesse manages the Convent Glen location, while Jade takes care of the special event side of the business.

Over the years, Golden Fries has become what is arguably the most popular food truck in Orléans with an incredibly loyal clientele. Customers who first came as high school students 15 years ago continue to come after graduating from university and college.



Jade Racicot and Jesse Teasdale are celebrating 16 years in business since buying their first food truck. STAFF PHOTO

"It's pretty cool to see these kids grow up. We've kind of grown up together," says Jesse with a hint of nostalgia in his voice. "Fifteen years is a long time, but it's flown by. If you had told me 16 years ago that I would end up making a career out of this, I would have said you're crazy."

Golden Fries has been voted Ottawa's Favourite Food Truck from 2020-2025 and

Ottawa's Best Poutine from 2021-2025.

The key to Golden Fries success is the ingredients they use, including locally sourced potatoes, St. Albert cheese curds and organic, grass-fed beef from Dumouchel Meat & Deli in Vanier. That combination is the reason why people come back to Golden Fries in the Convent Glen Plaza parking lot time and again.

# Golden Fries

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# Cairine Wilson wins third ‘AA’ girls rugby title in four years

By Fred Sherwin  
The Orléans Star

The varsity girls ‘AA’ championship rugby trophy is back where it belongs at Cairine Wilson Secondary School after the Wildcats beat the Ashbury Colts 15-7 on Tuesday to reclaim the title they relinquished to the Colts last year.

This is the Wildcats third ‘AA’ championship in four years. The previously won the title in 2022 and 2023.

In Tuesday’s final, the Wildcats jumped out to a 10-0 first half lead on tries by Olivia Cotton and Amelia Nolan.

The Colts rallied with a converted try early in the second half to narrow the deficit to 10-7, but Nolan’s second major of the game minutes later gave Cairine Wilson some breathing room. Not that they needed it. Thanks to some staunch defending and

sure tackling on the part of the Wildcats, the Colts barely made it past midfield the rest of the game.

After the game, Wildcats co-coaches Guy MacDougall and Krista Corneil praised their players for sticking to the game plan for the entire contest.

“We had beaten them two times earlier this season so we knew what we had to do and we knew we couldn’t ease off,” said MacDougall.

The win was especially sweet considering that the team is relatively young with only five Grade 12s on the squad and 15 first-year players.

The Wildcats will now travel to Coburg, where they will play in the OFSSA provincial championships from June 2-4, and try in finish the season on a high note that started with a pre-season trip to Hawaii in April.



The Cairine Wilson Wildcats varsity girls rugby team defeated the Ashbury Colts 15-7 to win the National Capital senior girls ‘AA’ rugby championship. FRED SHERWIN/PHOTO



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# OST production of Anne of Green Gables a joy to behold

By Fred Sherwin  
The Orléans Star

The Ottawa School of Theatre made a triumphant return to the 500-seat Harold Shenkman Hall last weekend with a marvelous all-ages performance of *Anne of Green Gables*.

It's been six years since the OST last put on a production in the bigger theatre. After the COVID pandemic, they limited themselves to the much smaller Richcraft Theatre.

They took a big risk in renting out Harold Shenkman Hall for three performances – an evening performance last Friday night and two matinée performances on Saturday and Sunday – but it paid off with three straight sold out shows.

The other reason they needed the bigger space is the fact that there were 94 cast members, age five to 79.

The lead role of Anne Shirley was shared between Ava Nixon in the first act, and Julia Zuppa in Act 2. Both young ladies did a terrific job, especially when you take into account the sheer volume of dialogue they have to memorize in playing the red-headed chatterbox.

Lucy Maud Montgomery's *Anne of Green Gables* is one of the most endearing and enduring Canadian novels of all time. First published in 1908, it has been translated into 36 different languages and has sold more than 50 million copies. It has also become a cottage industry in PEI, where the Green Gables Heritage Place attracts more than 130,000 tourists a year, mostly during the summer months.

The Ottawa School of Theatre production of *Anne of Green Gables* was adapted for the stage by former OST artistic director Kathi Langston who also directed the play, which means she was responsible for making sure that all 94 cast members knew their roles and when and how to perform them.

Unfortunately, I don't have the space to name them all, but Kylie Stoltz and Dani Morris who played Anne's bff Diana Barry in Acts 1 and 2 respectively, stood out to this audience member.

I should also make special mention of Gisèle Rivest who played Anne's adopted mother Marilla Cuthbert. Despite losing her voice just before the opening Friday night performance, she still played the

role on stage while Amanda Putz delivered her lines while playing Lucy Maud Montgomery sitting at a desk at the front of stage left. They pulled it off so well I couldn't even tell.

As much as I love the story of *Anne of Green Gables*, and I've seen the musical version at the Confederation of Arts in Charlottetown on two occasions – the part where Anne's adopted father Matthew dies gets me every time, as it did again in the OST production which was perfect from beginning to end.

I would be remiss if I didn't make special mention of the job set designer Heather Burke did, as well as the amazing work done by costume designer Allison Hill with assistance from Biz MacDonald, Melissa Ouellette and Jamie McCallum.

If you want to be involved in OST's next all-ages production which will take place in the fall, you need to first register at [ost-eto.ca/2025-26-all-ages-plays/](http://ost-eto.ca/2025-26-all-ages-plays/) and then show up for the auditions on Sunday, Aug. 24.

Rehearsals will be held on Thursday evenings and Sunday during the daytime from Sept 14 to Nov. 30. The amount of rehearsal time depends on the role.



FRED SHERWIN/PHOTO

Anne Shirley, played by Ava Nixon, and Diana Barry, played by Kylie Stoltz, meet for the first time in the OST production of *Anne of Green Gables*.



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# East end athletes in top form at high school T&F championships

Continued from page 16

bar off a single time. He actually won the event on his fifth clearance of 1.86 metres and then proceeded to clear 1.89 and 1.92 metres on each of his next two attempts.

His only misses came when he attempted to break the existing provincial high school record of 1.95 metres set in 2007.

The east end's second silver medal was won by Louis-Riel sprinter Jorai Ma Oppong-Nketiah in the senior girls 100 metres.

After qualifying for the provincials as the East Regional champion, Oppong-Nketiah matched her personal best of 11.88 in the 100-metre final in Toronto, which was just three-hundredths of a second behind Elizabeth Tannis from Loretto Abby Secondary School in North



Jorai Ma Oppong-Nketiah

York.

Fellow Rebelles, Mallea McMullin, capped a record breaking high school season with another impressive performance in the junior girls javelin, winning the event with a throw of 39.31 metres, then two metres further than her nearest competition.

Coming into provincials, McMullin had set meet records in each of the East Conference, National Capital and East Regional championships. She won the latter event with a throw of 42.61 metres, beating her previous personal best by over 2.5 metres.

The east end's two bronze medals were won by Louis-Riel's Daniel Cova in the senior boys 1500 and 3,000 metres.

Other notable results were posted by Kyle London from Sir Wilfrid Laurier Secondary School who finished 4th in the senior boys 400-metre hurdles and Owen Siderius from Colonel By who placed fourth in the open boys 2000 metre steeplechase. And last but by no means least, Louis-Riel's junior girls 4x100 relay team also placed fourth.



Garneau's Maxime Cazabon, above, won the novice boys high jump at the OFSAA provincial championships, while Zachary Jeggo from Louis-Riel won the senior boys 400-metre hurdles and placed second in the 400 metres. OTTAWA LIONS PHOTOS



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## COMMUNITY BILLBOARD

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**CUMBERLAND FARMERS' MARKET** from 9 a.m. to 3 p.m. at the R.J. Kennedy Arena in Cumberland Village with 85 local farmers and vendors ready to showcase their freshest produce, handmade goods, and unique finds! **FREE ADMISSION.**

**SUNDAY, JUNE 15**

**ORLEANS FAMILY FUN FEST FOR FATHER'S DAY** from 2 p.m. to 6 p.m. in Pierre Rocque Park, 1257 Joseph Drouin Ave. Presented by Big Brothers, Big Sisters of Ottawa, A donation of \$20 or more to Big Brothers Big Sisters of Ottawa is encouraged upon entry, but not mandatory. 100% of the proceeds from this event fund our life-changing work for youth facing adversity across the city. Learn more about us at [www.bbbsso.ca](http://www.bbbsso.ca).

**TUESDAY, JUNE 17**

**TRIVIA NIGHT** every Tuesday night at the Royal Oak Pub OrLéans from 7:30 p.m. Free to play and prize for the winning team! The Royal Oak is located at 1981 St. Joseph Blvd. near the corner of Jeanne d'Arc Blvd. For more information visit [facebook.com/RoyalOakPubsOrleans](https://facebook.com/RoyalOakPubsOrleans).

**WEDNESDAY, JUNE 18**

**MUSIC IN THE PARK SERIES** featuring the group Valley Mountain under the Domes on the Navan Fairgrounds presented by the Navan Community Association starting at 7 p.m. **RAIN OR SHINE** Refreshments will be available for purchase.

**THURSDAY, JUNE 19**

**ORLEANS FARMERS' MARKET** from 11 am to 4 pm

in the parking lot at the Ray Friel Recreation Centre on Tenth Line Road.

**DJ NIGHT** at the OrLéans Brewing Co., 4380 Innes Rd. (near the McDonalds) from 7-10 p.m. to 6 p.m. Join us and our roster of DJs every Thursday, and jumpstart your weekend.

**SUNDAY, JUNE 22**

**THE ORIGINAL NAVAN MARKET NIGHT MARKET** from 4-9 pm at the Navan Fairgrounds, 1279 Colonial Road in Navan. Over 100 vendors in attendance. For more information [facebook.com/OriginalNavanMarket](https://facebook.com/OriginalNavanMarket).

**NAVAN KNICK-KNACK AND MORE COMMUNITY GARAGE SALE** on the streets of Navan from 10 a.m. to 2 p.m. Come one, come all.

## IN MEMORIAM



**Yohanna Kyrielle Meless, 8**  
Passed away on June 3, 2025

**Jean-Pierre Béland, 84**  
Passed away on May 30, 2025

**F. Douglas Titus, 83**  
Passed away on May 29, 2025



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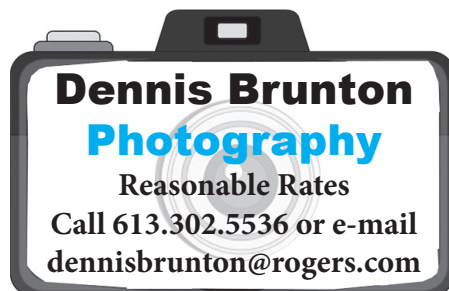


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Louis-Riel's Mallea McMullin won a gold medal in the junior girls javelin at the OFSAA provincial track and field championships in Toronto. FILE PHOTO

## East end athletes win nine medals at OFSAA T&F championships

By Fred Sherwin  
The Orléans Star

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

Of the nine medals, five were gold, two were silver and two were bronze.

Two athletes from École secondaire publique Louis-Riel won individual gold medals. They were Mallea McMullin in the junior girls javelin and Zachary Jeggo who defended his title in the senior boys 400-metre hurdles. Unfortunately, he could not do the same in the straight 400 metres, but managed to walk away with the silver.

In order to capture the gold medal in the 400-metre hurdles, Jeggo had to run a personal best time of 51.76 seconds, in the

final, narrowly edging out Brayden Labonte from Belle River by three one-hundredths of a second at the finish line.

Jeggo also won a gold medal in the senior boys 4x400 metre relay along with teammates Daniel Cova, Ayoub Shanghai, and Casey Sheftel.

Jeggo's three medals combined with the double gold he won last year and the two gold medals he won as a Grade 10 junior in the 400 metres and the 300-metre hurdles in 2023, make him the most decorated Orléans-area track and field athlete ever.

The third individual gold medal won by an Orléans-area athlete was in the novice high jump. Maxime Cazabon from École secondaire catholique Garneau cleared his first eight attempts without knocking the

CONTINUED ON PAGE 14 ►

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