

Rotary presents Young People of Character Awards

By Fred Sherwin
The Orléans Star

The Rotary Club of Orléans held its annual Young People of Character awards at the Shenkman Arts Centre on June 14.

During the ceremony, 24 local youth were recognized for their achievements in a variety of areas including Courage, Leadership, Persistence, Creativity, Positive Attitude, Compassion, Integrity and Social Responsibility.

The bilingual event was co-emceed by Rotarians Musset Pierre-Jérôme and Jane Courtice-Neocleous.

During the proceedings, each of the recipients was presented with their award in groups of eight punctuated with performances by Isabel Fernandez, Isla Lombard and Vienna Vandoros from Song House Studios in Orléans.

The first group of recipients included Clara Dorvil, Asael Kwessu, Kyle Benoit, Gabriela Fornazzari, Najwa Adema, Davidd Bamidele, Mishaa Haider and Sophia Labreque.

Among the recipients in the second group were Paige Lavictoire, Fedora Rimbeau, Dylan Marleau, Annika Jacques, Victoria

Milette, Maaz Malik, Alyssa Lariviere and Daniel Laniyan, while the third group included Olivia Rodger, Lexi Seewalt, Taisei Tan, Ansel Anu Thomas, Fatima Hammoud, Liam Apostal, Anika Suthakara and Avionah Williams.

Each recipient received a trophy and a certificate listing their achievements.

Fatima Hammoud from Sir Wilfrid Laurier Secondary School and Liam Apostal from St. Peter High School also received scholarships for their accomplishments.

During their closing remarks, Pierre-Jérôme and Courtice-Neocleous thanked the sponsors who helped make this year's awards program possible including event sponsor Sean Rankin from Top Rankin Mortgages.

Among the other sponsors were Patricia Slaunwhite and Nathan Philips, Assante Wealth Management, CCR International, Groupe Régimbal, GVE Lawyers/Avocats, Scotiabank, Venvi Portobello, Sure Print Graphics, Sing House Studios and Ottawa Prestige Properties.

For more information about the Rotary Club of Orléans and how to join, please visit facebook.com/Orleans.Rotary.Club.



Ottawa School of Theatre member Jen Rowberry, who plays Ana in the OST all ages production of *Swan River*, dons her wings after years without them. See story page 15. FRED SHERWIN PHOTO



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COMMUNITY BRIEFS

East end councillor appointed president of the Federation of Canadian Municipalities



Tim Tierney

OTTAWA – Tim Tierney recently added a new job to his resume. The Beacon Hill-Cyrville councillor was recently acclaimed president of the Federation of Canadian Municipalities (FCM) at the organization’s annual meeting in Edmonton on June 7. In being appointed president, Tierney becomes the first Ottawa-based city councillor to hold that position in the organization’s 84-year history. “This presents a unique opportunity to strengthen the voice of municipalities and advocate for the issues that matter most to Canadians,” said Tierney in accepting the position. “Alongside my fellow table officers and directors,

I look forward to continuing our work on behalf of communities from coast to coast to coast. Together, we will tackle infrastructure gaps, build more housing, address homelessness and strengthen Canada’s future.”

Collège La Cité trades campus makes good use of \$2M federal investment

ORLÉANS – The Collège La Cité’s Centre des métiers trades campus on Jeanne d’Arc Blvd near Blair Road has used more than \$2 million in federal funding it received in 2024 to upgrade and modernize equipment in a number of trade programs including plumbing, welding and refrigeration. It has also used some of the money to improve technology in the Construction Electrician Program. Orléans MP Marie-France Lalonde was given a tour of the campus on June 8 to witness the new equipment in action and meet some of the students who will benefit most from it. The funds were made available through the Union Training and Innovation Program under the federal government’s Canadian Apprenticeship Strategy. The skilled trades is seen as one of the fastest growing job sectors in the Canadian economy. Estimates put the potential growth at more than 410,000 job openings over the next seven years in the construction trades alone. “These major investments will enable the next generation of apprentices in welding, electrical work and machining to develop their skills using state-of-the-art technologies and prepare for the realities of today’s workplaces,” says Lalonde. “In doing so, we will help train a skilled workforce that is ready to meet the growing needs of our communities and industries while providing employers with the talent Canada will need in the years ahead to support our growth and competitiveness.”



Young People of Character Awards



The Rotary Club of Orléans recognized 24 area youth during the club’s annual Young People of Character Awards at the Shenkman Arts Centre on Sunday, June 14. FRED SHERWIN PHOTO

CANADA DAY

— at the —

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Orléans cancer victim leaves important message to others

By Fred Sherwin
The Orléans Star

Kaley Williamson spent more than year battling the cancer that would eventually take her life on June 7.

The 23-year-old Orléans resident was diagnosed with cervical cancer on March 17, 2025. She underwent six sessions of chemotherapy (approximately 50 days in hospital total) with side effects of a persistent fever that was hard to manage. She also went through countless MRIs, CT scans, PETscans, blood work, X-rays, ultrasounds etc., 25 sessions of radiation and three brachytherapy treatments.

In December, she started experiencing extreme leg and back pain. A CT scan would reveal that the cancer had spread to her right pelvis and left ovary which put pressure on her left ureter and causing her kidney to swell. Surgery was not an option.

She began additional chemo and immunotherapy treatments in early January, but by then the prognosis was terminal.

The treatments managed to prolong her life until she succumbed to the disease earlier this month.

During Kaley's battle with cancer and seemingly never-ending treatments, her father, Kevin Williamson, had to be laid off from his construction job to care for her.

In order to help meet their financial needs, a friend of the family set up a GoFundMe campaign which raised more than \$57,000.

Before she was diagnosed with cervical cancer, Kaley was a vibrant young woman who loved her family and friends dearly.

As a teenager, she discovered cheerleading and was a member of the Black Widow Cheer Gym.

Despite her struggle, Kaley never felt sorry for herself and she would often tell her family and friends, 'Don't worry I got this.'

In order to honour Kaley's passing and celebrate her life, Kevin and Kaley's mother Josée want to continue their daughter's journey by getting the word out to young women to know their bodies.

"It is very important to Kaley, myself and all her family and friends, to spread her message to all young women out there," says Kevin. "Doctors can be quick to tell young women 'it's fine' and downplay their concerns, but you need to know your body

and trust your instincts. Ask. Seek answers. Be persistent."

According to Kevin, Kaley had the HPV vaccine in high school and she also had a Pap smear done when she 22 which turned out negative.

Months later, she thought she had a yeast infection and was prescribed antibiotics.

After two weeks of no improvement, she went to the hospital where the doctors found a 7.2 cm tumor in her cervix. That was on March 15, 2025. She was 22. Fourteen months later she was gone.

But rather than become just another cancer statistic, Kaley wanted to use her experience to help others. Her father Kevin also detailed her milestones on his Facebook page so people could follow her journey and see how brave she was.

Despite being in tremendous pain, she made her father drive her to the Princess Margaret Hospital in Toronto where the hospital's research team wanted to do a biopsy of her cancer along with some blood work in order to study it and potentially save young women in the future.

That's the type of young woman Kaley



Kaley Williamson

was in both life and in death.

And while Kaley's parents struggle with her passing and their hearts are broken, their mission is to keep the promise they made to spread her message to other women, and men – Know YOUR Body.

Happy CANADA Day!

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National pastime

We're a funny bunch we Canadians. Our national sports maybe lacrosse and ice hockey, but our national pastime, without a doubt, is complaining.

We love to complain and then when the thing we're complaining about is fixed, we complain about the result.

Case in point, the weather. For weeks, I and a lot of other people I know, had been complaining that spring, if you can call it that, was too cold and too wet. And then when we did get a nice day, it was immediately followed by a lousy one.

Then when the weather did change and went from highs of 21 and 22 degrees during the day, to 29 and 30 degrees a couple of weeks ago, we started complaining that it was too hot and too humid.

Another one of my complaints for years has been the condition of some of the roads in and around Orléans, such as Trim Road heading out to Navan, Innes Road through Blackburn Hamlet and Fortune Drive in Convent Glen. And the worst one of them all, Hwy 174 westbound between Blair Road and the split. Driving along that stretch of the 174 was like driving over a washboard with a bump-bump every 20 metres or so. It was even worse if you were on a motorcycle.

The city is finally addressing all four roads along with a couple of others including Innes Road west of Mer Bleue. Unfortunately, they are doing all of them at once, or at least that's what it seems like, especially if you're trying to head west of Orléans.

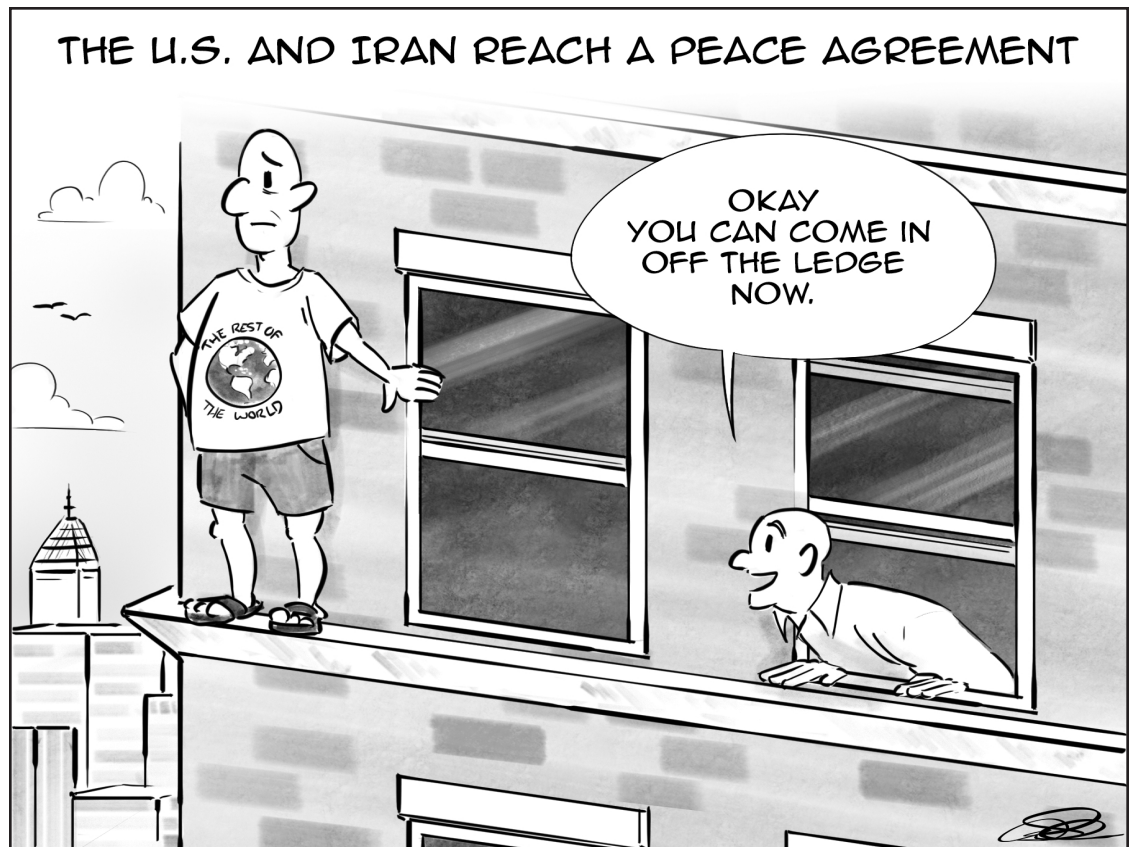
At one point, the work on Innes was being done at the same time as the work on St. Joseph Blvd., and the repaving on the 174. It was a game of pick your poison.

It's the same thing when trying to get in and out of Navan. If you went down Tenth Line Road to try and avoid the work on Trim Road, you would run smack dab into the work being done at the intersection of Navan Road and Milton. I ended up managing to avoid the construction altogether by driving east to Dunning Road and then south to Colonial Road and into the Village, which is one heck of a detour, and every inch along the way I cursed the inconvenience of it all.

Of course, once the work is done and is a distant memory, I'll love it, but not before I've had a chance to complain about it. Much in the same way I love riding my Victory Gunner across the fresh blacktop on the 174.

I offer this as a public service message to the residents of Blackburn Hamlet who will spend the rest of the summer navigating the pylons and paving equipment on Innes Road as work crews resurface the street from one end of the Hamlet to the other.

— Fred Sherwin



For most Ontarians the affordable squeeze shows no sign of letting up

When Doug Ford first ran for Premier, he made a simple promise: lower hydro bills.

He pledged to cut electricity rates by 12 per cent and argued that Ontario families were paying too much. Affordability was a central part of his campaign.

Eight years later, families are still waiting.

Instead of seeing lower hydro bills, Ontarians continue to face rising electricity costs. Here in Ottawa, Hydro Ottawa customers will once again see higher bills this year. A typical household will pay roughly \$70 more per year for electricity at a time when families are already facing higher costs for groceries, housing, transportation and virtually every other necessity.

The problem is that electricity is not a luxury.

Families cannot choose whether to heat their homes in the winter. They cannot stop refrigerating food. Seniors cannot unplug medical devices. Electricity is an essential service, every bit as important to modern life as running water.

Yet governments continue to treat it like any other consumer purchase.

That is why Ontario Liberals have proposed removing the HST from home heating and electricity bills.

If heat and electricity are necessities, they should not

be subject to a consumption tax.

Unlike complicated rebate programs, removing the HST would provide immediate savings that families would see directly on every bill.

This proposal is part of a broader affordability plan. Ontario Liberals have also proposed a middle-class income tax cut, a small business tax cut, and a refundable tax credit to help families cover the costs of children's sports, arts and extracurricular activities.

Here in Ottawa, the affordability challenge is especially acute. Families are paying more for electricity, more for groceries, more for housing and more for transportation. OC Transpo fares have increased while service remains a concern for many commuters. Property taxes continue to climb. Every increase may seem manageable on its own, but together they add up to real pressure on family budgets.

After eight years of promises to lower hydro rates, Ottawa families are paying more, not less.

That is why broken promises matter.

When a Premier campaigns on lower hydro rates but families find themselves paying more year after year, people have every right to ask what happened.

Ontarians were promised relief.

They deserve results.



Queen's Park Corner
Stephen Blais

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Flyer Force demise forces changes to Orléans Star's distribution plans

Momma don't let your babies grow up to be community newspaper owners. To say the last few weeks have been a challenge would be the understatement of my professional life.

It all started on May 14 when I received an e-mail from Postmedia informing me that Flyer Force would be ceasing operations by the end of June. Flyer Force is the company that was responsible for delivering your flyers every week and this paper every two weeks.

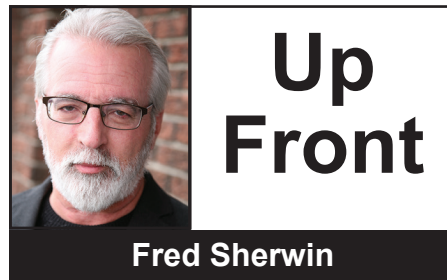
After getting over the initial shock, I immediately started looking into having the paper delivered by Canada Post, which provided me with an even bigger shock when I found out how much it would cost.

But that was just the start. Canada Post has very strict guidelines on the weight and size of what you can send through unaddressed Community Mail. One of the key ones requires that the paper be folded in half and measure no more than 12 x 6 inches in order to avoid having to pay a surcharge for over-sized mail.

The also have a weight limit of 50 grams. One gram over and you move up to a higher rate, which won't be a problem for anything under 28 pages. It's when the paper is 28 pages, or higher, that the rate goes up.

Since I had to shave an inch off the height of the page to get the paper down to 11.5 inches, I figured I could a 28-page paper under 50 grams. I thought wrong. This week's paper, which is 28 pages when you include the *L'Orléanais*, weighs exactly 50.18 grams.

Having to fold the paper in half presented a different problem. For the past six years the paper has been printed at the old *Ottawa*



Citizen in the west end.

As it turned out, they didn't have the ability to fold it in half which meant they I had to find a new printer.

That was on June 1. The very next day, on June 2, I received a second email from Postmedia informing me that Flyer Force had moved up their final date from June 30 to June 22, which gave me less than a week to find a new printer and figure out how to get the paper to our readers.

After meeting with two printers in Montréal, I settled on Hebδος-Litho in Saint-Leonard. Unfortunately, there are no more web presses in Eastern Ontario any more except for the one at the old Ottawa Citizen building in the west end, but its days are numbered as well.

In the past five years, web presses have been closed in Carleton Place, Hawkesbury and most recently Winchester, leaving Toronto as the lone city in Eastern and Central Ontario with a press.

So that takes care of printing the paper. My next challenge was distribution. It might come as no surprise to anyone that Canada Post is a very expensive service, even when it comes to delivering unaddressed bulk mail. In fact, if we were to mail a paper to

every resident in Blackburn Hamlet and Orléans, our distribution costs would more than triple, making that choice financial in-viable.

Therefore, we've come up with a hybrid model that combines Canada Post delivery with pick up locations across Blackburn Hamlet and Orléans and home delivery for those people who don't mind paying a small fee to get their paper.

We've also launched our "Friends of the Orléans Star" program which provides those people who wish to do so the ability to provide a voluntary contribution to the paper either on a monthly basis, or as a lump sum.

Part of the benefits of being a silver or gold level member, is guaranteed delivery of the *Orléans Star* and the *L'Orléanais* to your door.

This week and this week only, the paper is being delivered to almost every home in Blackburn Hamlet and Orléans at a significant cost, as a way to get the information out there.

Moving forward, the paper will be delivered by Canada Post to a vast majority of the homes in the K4A, K1C, K1E and K1W postal codes. But not everyone will be getting their paper in the mail.

If you live in one of those areas, you have the choice of dropping by one of our many pick-up locations that includes all four local Metro stores, the two Sobeys stores, the Canadian Tire store on Innes Road, and Marsha's Your Independent in Orléans Garden, or you can arrange to have the paper delivered to your door for a small fee which will be used to help pay our carriers.



If you wish to arrange to have the paper delivered to your door, or would like to be notified when the paper has been dropped off at our 30+ pick up locations across Blackburn Hamlet and Orléans, please e-mail me at fsherwin0713@gmail.com.

You can find a list of the locations where you can pick up copies of the *Orléans Star* and the *L'Orléanais* on page 14 of this week's paper. The paper will be available at the pick-up locations starting on July 8 and every two weeks afterwards. A complete list of the locations can also be found at orleansonline.ca and orléanais.ca.

I do have one special favour to ask. If you are getting this paper for the first time in months, or even years, I'd love to know about it.

HAPPY CANADA DAY!

MATTHEW LULOFF
Orléans East-Cumberland

TIM TIERNEY
Beacon Hill-Cyrville

LAURA DUDAS
Orléans West-Innes

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The City of Ottawa's Elections Office is hiring to fill over 5,000 paid election worker positions in the 2026 Municipal Elections.

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- **Voting Day: Monday, October 26**

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Proficiency in English and French is an asset and will be considered for all positions. Proficiency in other languages will be considered an asset, and applicants are encouraged to indicate which language(s) they speak on their application form.

Due to the high volume of applications, only selected applicants will be contacted by the Elections Office between June and October. For more information on the available positions, pay rates and to apply online, visit ottawa.ca/vote.

For questions or more information on becoming an election worker, contact the Elections Office by phone at 613-580-2660 or by email at elections-jobs@ottawa.ca.

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2026-0035_20

Community invited to attend Canada Day fireworks display

What better way to celebrate Ottawa's 200th birthday than with a spectacular fireworks show in your own backyard?

Many Ottawa residents flock downtown for Canada Day festivities, but this year, east-end residents won't have to travel far to celebrate their Canadian pride. Instead, they can stay close to home and enjoy an evening of family-friendly fun.

On July 1, I invite families to attend the Canada Day fireworks show in Beacon Hill-Cyrville, hosted by yours truly. This year's event will take place behind the Richcraft Sensplex, located at 813 Sheppard Rd.

The celebration officially begins at 8 p.m. with a dance party, followed by a spectacular fireworks display at 9:15 p.m. by Capital Pyrotechnics.

Attendees are encouraged to walk, cycle, or take public transit. Parking will be available in the nearby business park, with limited parking on site. We're expecting a very large

crowd for Ottawa's 200th birthday, so if you can avoid driving, I recommend leaving your vehicle at home. If driving is necessary, please consider carpooling.

And if you do decide to drive, please remember to be responsible and never drink and drive.

Be sure to wear your red-and-white attire as we celebrate Canada and

Ottawa's milestone birthday. We'll provide the glow sticks, but don't forget to bring lawn chairs, blankets, and anything else you need to stay comfortable while enjoying the show.

Let's make this a memorable birthday celebration for Ottawa and Canada. I know east-end residents are proud of our city and country, and I can't wait to celebrate with everyone on this historic day.

This event was made possible through the support of my fellow east-end council colleagues: Matt Luloff (Orléans East-Cumberland), Catherine Kitts (Orléans South-Navan), and Laura Dudas (Orléans West-Innes).



**Tim
Tierney**

Beacon Hill-Cyrville Ward 11

City need's to look inward to fund infrastructure renewal

It was a blink and you missed it moment in the news cycle, but the implications will shape Ottawa for years to come.

City Council recently received an update to the Long-Range Financial Plan. If you have followed my updates over the past eight years, you will know I have often spoken about Ottawa's infrastructure deficit and the need for greater investment. This latest report was sobering. It did not introduce a new problem, but it confirmed, with clear figures, what many of us have been saying for years.

The reality is straightforward: Ottawa has a significant infrastructure gap. Ottawa is facing a multi-billion-dollar shortfall over the next decade to maintain existing assets, with roughly \$120 million per year unfunded after planned investments. Properly maintaining our roads, water systems, parks, and community facilities will require difficult de-

terminations from the next term of Council.

This work cannot be delayed. At the same time, we must recognize the pressures residents are facing at home.

Families are making careful financial decisions, and the City must do the same. Ottawa residents are not a bottomless resource. The City must look inward. It

means separating needs from wants and being prepared to make, at times, very hard decisions about how we prioritize investments.

There are some positive steps. The long overdue return of Hwy. 174 to the province, will free up tens of millions of infrastructure dollars, and the uploading of the LRT will do likewise for transit. But those measures alone will not solve the challenge ahead.

The City must approach this challenge with honesty and discipline and ensure that investments are focused on protecting the infrastructure residents rely on every day.



**Laura
Dudas**

Orléans West-Innes Ward 2



Former mortgage broker returns to her real estate roots

By Fred Sherwin
The Orléans Star

Marie-France Lavigne has been in the real estate business as both a real estate agent and a mortgage broker for over 40 years.

She first got her start in the real estate industry in 1986. After moving to Ottawa from her native Timmins she joined Coldwell Banker as a real estate agent.

She transitioned to the mortgage side of the industry in 1998 when she opened The Mortgage Centre in a strip mall on St. Joseph Blvd. near Youville Drive.

In 2009, The Mortgage Centre became Dominion Lending. That same year Lavigne went through a divorce and ended up selling the business in 2011.

One of the conditions of the sale was the ability for her to continue to manage the franchise and help her clients secure mortgages for their new homes.

Last December, after nearly 40 years in the real estate and mortgage industry, Lavigne decided to try her hand at retirement. It lasted all of three months.

In March, Lavigne decided to get back

into the real estate business and joined the Re/MAX Delta Realty Team owned by fellow east end real estate veteran Angelo Toscano.

“I still had my license which I had kept renewing every two years, and I missed working and helping people,” says Lavigne who specializes in helping couples and individuals navigate through the business of selling their property during a separation and divorce.

She can also provide advice and direction on selling a home while settling an estate.

But her real specialty is helping seniors transition from their family home to a smaller dwelling or a retirement community that better suits their needs and lifestyle.

As a Canadian Certified Senior Representative, Lavigne is equipped with the knowledge, skills and expertise needed to help older clients navigate housing decisions, while transitioning to retirement living.

“A lot of seniors are looking for guidance and knowledge and support,” says Lavigne. “I can fill that role and help them decide if

they should apply for a reverse mortgage and stay in their home, or sell their home and move into something smaller or even a retirement home.”

As someone who has navigated through the trials and tribulations of a divorce and having to sell a marital home, Lavigne is amply qualified to help others navigate the same waters.

“It can be a very stressful period in a person’s life and it’s nice to get advice from someone who’s had to navigate through the same waters,” says Lavigne.

Whether you’re a senior looking to take the next step in life, or someone going through a divorce, Lavigne’s goal is the same – to make the transition as smooth and as stress free as possible.

The first step in the process is to schedule an initial meeting and consultation which will give insight into your specific and unique situation.

From there, Lavigne can recommend a course of action and help you navigate through every step of the process, from selling your current home to finding your



Marie-France Lavigne

next one, whether it’s a condo, a rental unit or a retirement residence.

She can be reached by e-mail at mflavigne@outlook.com.

For more information about Marie-France and the services she can provide, visit her website at mflrealtor.com.

THE GOOD OL' DAYS

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J+T
Canada Day

Local Canada Day events look to replace Petrie Island void

STAR STAFF – First, the bad news. There will be no Canada Day celebration on Petrie Island this year.

Now, for the good news –there will be plenty of local events to fill the void starting with the Queenswood Heights celebration next to the Bob Monette Community Centre on Duford Dr. Organizers are planning to have a BBQ, children’s activities and live music followed by a fireworks display.

Further afield, the Vars Community Association is hosting a family oriented Canada Day celebration in Alcide Trudeau starting at 11 a.m. with face-painting and other children’s activities along with a BBQ followed by a fireworks display starting at dusk.

In Cumberland Village, the Almadiyya Muslim organization is holding a free BBQ with children’s activities from 11 a.m. to 1 p.m.

The Orléans Legion in the Taylor Creek Business Park is hosting a Canada Day party from 11 a.m. with live music, a cash bar and great eats prepared by Prestige Catering

BBQ. There will also be something called the Human Slot Machine.

Besides the fireworks displays in Vars and Queenswood Heights, Beacon Hill-Cyrville councillor Tim Tierney will be hosting a fireworks display starting at dusk behind the Richcraft Sensplex on Sheffield Road near the Canotek Business Park.

A number of the bars in Orléans will have live music during the day and into the evening including the Royal Oak Orléans, Taproom 260, the Stray Dog Brewing Company and the Orléans Brewing Co.

Area residents looking to join the larger celebration downtown can take advantage of OC Transpo’s free fares all day on local buses and the O-Train.

The national celebration gets underway on Lebreton Flats from noon to 1:30 p.m. with a number of live performances and appearances by special guests.

The celebration will shift to Parliament Hill at 8 p.m. with the national evening show followed by fireworks at 10 p.m.

Where to celebrate Canada Day

- The Orléans Legion, 800 Taylor Creek Dr. Enjoy live music food and fun starting at 11 a.m.
- Queenswood Heights at the Bob Monette Community Centre, 1485 Duford Dr. from 12 p.m. to 8 p.m. BBQ, Cotton Candy, Bouncy Castles, Raffle, Music, Vendors, Games and Prizes. Hosted by the Queenswood Heights Community Association.
- Cumberland Village, 2620 Market St. Free BBQ and kids entertainment from 11 a.m. to 1 p.m. hosted by Almadiyya Muslim Jam’at.
- Alcide Trudeau Park in Vars, 5717 Rockdale Rd. Live music, children’s activities, community booths, great food, and an evening fireworks display starting at dusk. Hosted by the Vars Community Association.
- Giant fireworks display hosted by city councillors Tim Tierney, Laura Dudas, Catherine Kitts and Matt Luloff along with Beacon Hill Community Association president Jeff Kaluski starting at 9:15 p.m. behind the Richcraft Sensplex, 813 Shefford Rd.



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JOIN



ko-fi.com/theorleansstar



For more than 40 years, The Orléans Star has been dedicated to being the voice and record of our community, shining spotlights on the people, issues, events and organizations.

Community newspapers inform, connect and support residents while celebrating local achievements, promoting local businesses and providing a platform for community organizations.

Like many community newspapers across Canada, we are facing rising printing and mailing costs. We have never been in this business for financial gain – our goal has always been to serve the community we call home. By joining the Friends of the Orléans Star, you help ensure that independent, locally focused journalism continues to thrive in our community for years to come.

Fred Sherwin
Publisher

What's open and closed on Wednesday, July 1

By Fred Sherwin
The Orléans Star

Wednesday, July 1, is Canada Day and as such, it is a statutory holiday with many local stores and services closed and others operating on reduced hours.

First the closures. The following businesses and services will be closed on July 1:

- The Orléans Client Service Centre on Centrum Blvd.
- The Orléans-Cumberland Community Re-source Centre
- All area branches of the Ottawa Public Library. Regular hours will resume on Wednesday, July 2
- The Provincial Offences Court at 100 Constellation Drive
- All municipal child care centres
- All art centres, theatres, galleries and museums

including the Shenkman Arts Centre and the Cumberland Heritage Village Museum

- Place d'Orléans
- All banks and financial institutions
- Most grocery stores.
- Garbage and blue bin pick-up will be delayed one day
- All LCBO and Beer Stores, with the lone exception of the Beer Store in the Sobeys Plaza on Tenth Line Road. The following businesses and services will be open on July 1...
- Most Shopper's Drug Mart stores
- The Landmark Theatre on Innes Road and Scotiabank Theatre in Gloucester Centre
- Some indoor pools, arenas and recreation centres will be operating on a modified schedule on July 1. Please

check the facility's pages at ottawa.ca for hours of operation

- Splash pads, wading pools and pools will be open
- All city parking regulations and restrictions will apply.

As for Ottawa's transit service, OC Transpo buses and the O-Train will be operating free of charge all day on a special Canada Day schedule.

The O-Train Line 1 will operate from 6 a.m. to 2 a.m. Bus service times will vary from route to route, customers are encouraged to use the Travel Planner to plan their trip or to visit the Schedules and Maps section of the OC Transpo website.

For more information on City programs and services, visit ottawa.ca, call 3-1-1.



For people looking to cool off on Canada Day, the beaches on Petrie Island will have lifeguards on duty during regular hours and the area's splash pads and pools will also be open. FILE PHOTOS

HAPPY CANADA DAY!

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613-824-5749 Thu. 9-7 pm and Sat. 9-1 pm
Closed Sundays and Wed., July 1

Happy Canada Day!

MPP for Orléans
Stephen BLAIS

(613) 834-8679 • Sblais.mpp.co@liberal.ola.org • stephenblais.ca

Happy Canada Day
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Community Resource Centre  Centre de ressources communautaires

Orléans-Cumberland

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Where to find the Orléans Star and L'Orléanais

Starting on July 7, copies of the *Orléans Star* and the *L'Orléanais* will be available free of charge at the following locations. Other locations will be added over the coming weeks and months and will be listed on our website at www.orelansonline.ca.

Conversely, you can see flippable electronic versions of the two papers, along with back issues, at issuu.com/orleansstar and issuu.com/orleanais.

You can also download pdf versions of the two papers at www.orelansonline.ca and www.orelana.ca.

Metro Blackburn
2636 Innes Rd.

Lois Kemp Arena
200 Glen Park Dr.

Ottawa Public Library
Blackburn Branch
199 Glen Park Dr.

Orléans Cumberland Community
Resource Centre
350 Centrum Blvd.

Food Basics
3712 Innes Rd.

Canadian Tire
3910 Innes Rd.

Orléans Brewing Co.
4380 Innes Rd.

Metro Fallingbrook
1675 Tenth Line Rd.

Ray Friel Recreation Complex
(Inside the main entrance)

Ottawa Public Library
Cumberland Branch
1599 Tenth Line Rd.

Metro Cumberland
4510 Innes Rd.

Sobeys Tenth Line
@ Brian Coburn Blvd.

François Dupuis Recreation Centre
2263 Portobello Blvd.

Sobeys Trim Road
(Corner of Innes Rd.)

FreshCo Orléans
(Corner of Watters and Trim Roads)

Orléans Star Newspaper Box
Centrum Blvd. across from Mexicali Rosa's

Joe's Barbershop
Place d'Orléans across from Mark's

Michael Willems Photo
Place d'Orléans across from Maison d'Or

MIFO
Place d'Orléans, 2nd floor

Gabe's No Frills
1226 Place d'Orléans Dr.

Sure Print & Graphics
2507 St. Joseph Blvd.

Pantry Plus
2433 St. Joseph Blvd.

The Garlic King
2586 St. Joseph Blvd

Bob MacQuarrie Recreation Centre
1490 Youville Dr.

Metro Convent Glen
6509 Jeanne d'Arc Blvd.

Marsha's Your Independent Grocer
Orléans Garden Shopping Plaza

J.T. Bradley's Country Convenience Store
1220 Colonial Rd. in Navan

Ottawa Public Library
Orléans Branch
1705 Orléans Blvd.

Orléans Legion Branch 632
800 Taylor Creek Dr.

Computer Rise
1803 St. Joseph Blvd.

Royal Oak Orléans
1981 St. Joseph Blvd.

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SENIOR LIVING

Undefeated Garneau high jumper soars to new heights

Fred Sherwin
L'Orléanais

Maxime Cazabon, 16, is one of the best high jumpers in his age group in the country. In fact, the Grade 10 École secondaire catholique Garneau student has yet to lose a high jump competition in his four-year competitive career.

Cazabon started high jumping in Grade 6 at École élémentaire catholique De La Découverte. That same year he won his first board-wide competition and hasn't looked back since.

Over the past four years, Cazabon has won every competition he's entered, including the National Capital secondary school and OFSAA provincial high school championships last year along with the U16 National Legion championship.

This past school year, he added the long jump and triple jump to his repertoire and immediately went out and swept all three disciplines at the

National Capital and OFSAA East Regional meets as a junior.

He then advanced to the provincial high school championships in St. Catherines earlier this month, where he won a gold medal in both the junior boys high jump and triple jump and placed fourth in the long jump.

After barely missing out on making the podium in the long jump on the opening day of the meet, Cazabon left no doubt he's the best 16-year-old triple jumper in the province by winning the Day 2 event by more than a metre.

He closed out his second trip to the provincials by clearing a new personal best height in the high jump on the final day of the competition. After clinching the gold medal with a jump of 1.91 metres, Cazabon cleared 1.95 metres and then personal bests of 1.98 metres and 2.00 metres, before coming up short at 2.02 metres.

With the high school season behind him, Cazabon is now focusing his attention on the Ontario provincial junior championships taking place from July 10-12 and the Legion National Youth Championships which will take place in Regina, Saskatchewan from Aug. 7-9. At both meets, Cazabon will be competing as a 16-year-old in the U18 division against other athletes who are a year older than him.

Despite the age difference, Cazabon is hopeful he'll finish on the podium and add another medal to his collection.

Garneau's Maxime Cazabon won gold medals in both the junior boys high jump and the triple jump at the OFSAA provincial track and field championships in St. Catherines earlier this month. FRED SHERWIN PHOTO ►



MFL

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- Each dining card can be used only once at each participating location.
- Coupons do not include beverages, appetizers or desserts, unless noted on the coupon.
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Value \$10.

Soul Stone

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Little Turkish Village Restaurant

Buy one lamb shank get a second lamb shank for free.
Value \$42.

Markies Montreal Smoked Meat

Buy two regular Smoked Meat Poutine and two bottled drinks for \$22. Value \$12.

Broadway Portobello

Buy one entrée and get second entrée of equal or lesser value for free. Value up to \$34.

Taproom 260

Buy one entrée and get a second entree of equal or lesser value for free. Value up to \$20

Other participating restaurants include

The Garlic King
Restaurante Caravela
and a ???? mystery restaurant

Total potential value over \$225.

Open air production of 'Swan River' makes perfect use of location

By Fred Sherwin
The Orléans Star

Petrie Island is well known for its nature trails and interpretive centre which provides educational insight into the island's fauna and local residents which include beavers and turtles.

Last week, the island hosted an interpretive program of a different nature – the Ottawa School of Theatre's all-ages production of *Swan River*.

The production made use of the island's nature trails and riverside location to present a magical story of a swan which becomes human after losing its wings, only to re-find them with the help of her daughter and a gaggle of fellow swans.

The first half of the play transports the audience through a series of vignettes along the nature trail with little in the way of dialogue that are purely interpretive.

In one of the vignettes, two of the women's children, Pen and Cob, find an old field guide with a swan feather in it while exploring in the attic.

As the youngest daughter, Pen, plays with the feather she begins to honk like a swan

until she drops it in a field.

During the next few scenes of the play the mother, played by Jen Rowberry, keeps coming across the feather as if it's following her. At the same time, the swans come out as individuals and pairs to toy with it, and all the while, the mother is reticent to pick it up or even touch it.

During her own interaction with the feather, Pen, begins to hear and even see the swans. As a result, she thinks that she is the swan in the town legend about the swan that lost its wings and becomes human.

Her older sister, Lil, eventually finds the wings which have been buried for years.

Meanwhile, the mother is mysteriously drawn to the river. As she approaches the water, she begins to see the swans which are calling for her to join them, but she can't because she doesn't have her wings.

It is at this point that the Lil shows up with the wings. Her mother puts them on and joins the other swans in flight.

Fearing their mother will fly away forever, the kids jump in a canoe and try to catch up with her, but to no avail.

Then, just when the kids and the audience



Members of the *Swan River* cast act as swans throughout the Ottawa School of Theatre all ages production on Petrie Island last weekend. FRED SHERWIN PHOTO

think the mother has flown away, she returns with the other swans after she realizes that she is still the same person whether she has wings or not. She can still be a loving mother and enjoy the freedom of being a swan at the same time, bringing the legend of the swan that's lost its wings full circle.

Written by Kate Smith, *Swan River*

was first performed by the Skeleton Key Theatre company at the Ottawa International Children's Festival in May 2018.


One of the highlights of the OST production was the musical accompaniment of accordionist Scottie Irving who established the mood of each scene as the play passed from one location to another.





Cumberland Heritage Village Museum 2940 Old Montreal Road

Upcoming events

 **Animal Helpers**
June 28 - 10 am to 3 pm

 **Music & Beyond**
July 5 - 10 am to 2 pm

 **Vintage Vehicle Experience**
July 12 - 10 am to 3 pm

 **Ottawa Valley Live Steamers and Model Engineers**
July 26 - 10:30 am to 3 pm

ottawa.ca/cumberlandmuseum



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Notice of Study Commencement

Detail Design for the Rehabilitation of the Highway 417 Regional Road 33 (Rockdale Road) Underpass (Site 27X-0207/B0), Vars, Ontario

PROJECT OVERVIEW

Stantec Consulting Ltd.(Stantec) has been retained by the Ministry of Transportation (MTO) to complete the Detail Design study for the rehabilitation of the Highway 417 Regional Road 33 (Rockdale Road) underpass in Vars, Ontario.

The Regional Road 33 (Rockdale Road) underpass was constructed in 1972 and carries two lanes (one northbound and one southbound) of traffic on Rockdale Road over Highway 417. Rehabilitation of the underpass is required to extend its service life.

The project will include rehabilitation of the bridge deck, expansion joint replacement, barrier replacements, and repairs to the superstructure and substructure. A new left-turn lane will be constructed at the north ramp terminal to meet level of service requirements for southbound traffic entering onto Highway 417 westbound. Upgraded illumination will be constructed to support the new left turn lane.

PROCESS

The project is classified as *Exempt* under the MTO's Class Environmental Assessment (Class EA) for Provincial Transportation Facilities and Municipal Freeways (2024). Full closure of Rockdale Road is required for approximately six months during construction. Highway 417 on- and off-ramps will remain open during construction. Signed detours will be in place along local roads during the Rockdale Road closure as shown above. Construction is expected to be completed over one construction season, commencing in 2027.

COMMENTS

External agency and public consultation will take place throughout the Project. We are interested in hearing any comments or concerns you may have with this project by **July 23, 2026**. We invite you to contact the Project Team to provide your comments, or to request further information:

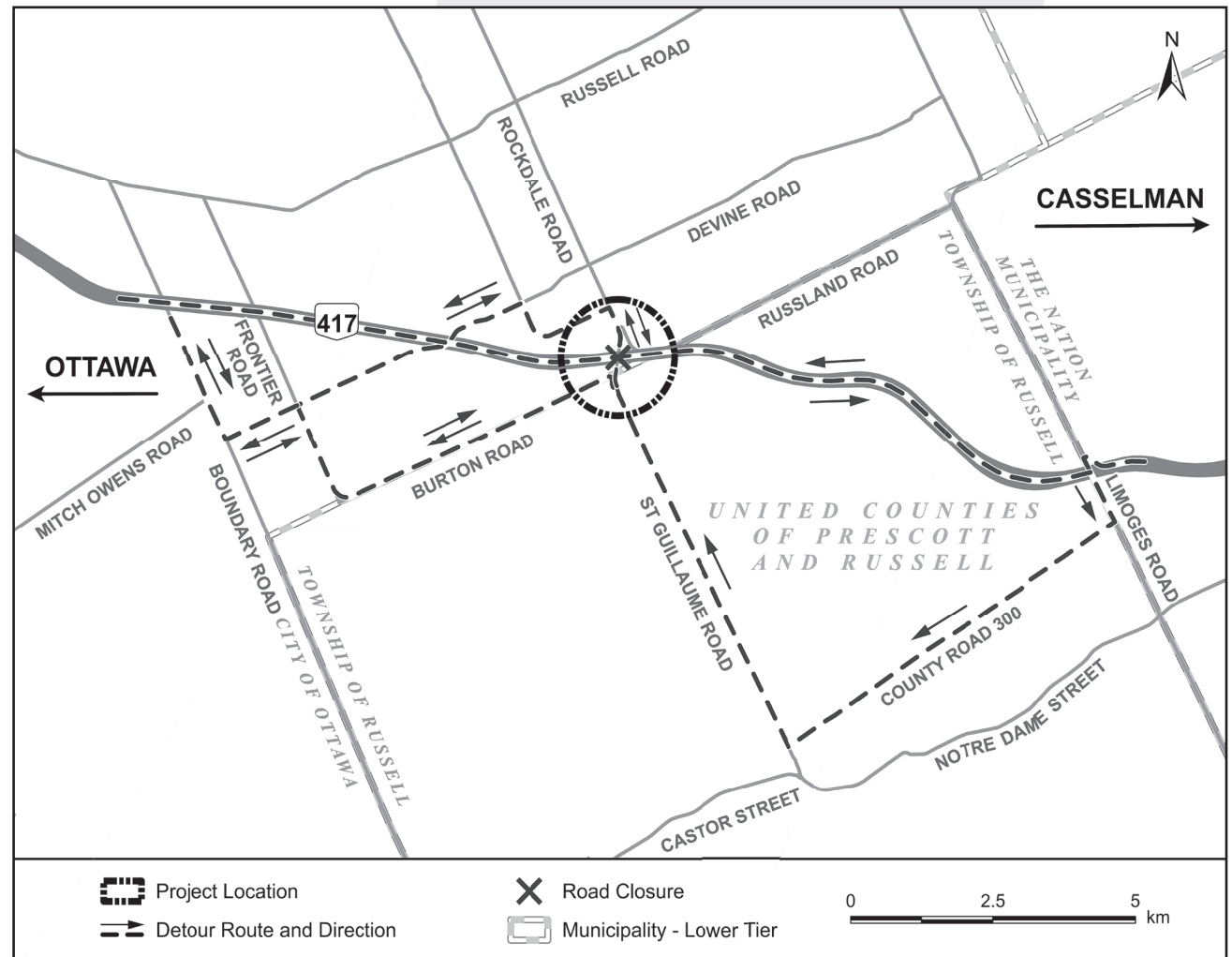
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MTO Project Engineer
Ministry of Transportation,
Eastern Region
1355 John Counter Boulevard
Kingston, ON K7K OE5
tel: 613-298-7091
e-mail: Anandkumar.Chelliah@ontario.ca

Information will be collected in accordance with the *Freedom of Information and Protection of Privacy Act*. With the exception of personal information, all comments will become part of the public record.

If you have any accessibility requirements in order to participate in this project, please contact one of the Project Team members listed above.

Vous pouvez communiquer avec Meghan MacMillan pour obtenir des renseignements en français en composant le 613 703-6916 ou en écrivant à l'adresse courriel Meghan.MacMillan@stantec.com.



NOTICE FIRST PUBLISHED: JUNE 25, 2026



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Melanie Mok lost 32 lbs and 14% of her body weight in less than four months during the most recent Biggest Loser program at 180 Fitness in Canotek Park. GRAPHIC SUPPLIED

Weight loss gives Orléans woman new lease on life

By Fred Sherwin
The Orléans Star

In her journey to lose weight, Orléans resident Melanie Mok has done it all – dieting, Bernstein, Ozempic, you name it. All of which worked to a lesser or greater for awhile, but the weight always came back.

Melanie didn't always struggle with her weight. Prior to the COVID-19 pandemic, she was extremely active and relatively fit.

But all that ended when the gyms were forced to close and everyone was being told to stay home and keep their social distance. By the time the regulations were lifted, the 5-foot-4 Mok weighed over 150 lbs. That's when she tried a steady stream of quick fix weight loss programs, all of which ultimately failed.

Then one day last December she started seeing 180 Fitness posts on Facebook advertising their Biggest Loser weightloss and lifestyle transformation program.

At first, Melanie quickly moved on to something else. But then she began to leave comments on the posts, inquiring as how much the program costs.

180 Fitness owner Adrian Delorey saw

the comments, reached out to Melanie and told her to think of the cost as an investment in herself and her health.

She started the program with about 10 other women of all ages in early January. Four months later she emerged as the biggest winner of the program, shedding 32 lbs which amounted to 14 per cent of her body weight. More importantly, she has a new lease on life. For one, she has her old body back, which never really went away. It was just buried under all that excess fat that had been piled on top.

For another, she has gone back to doing all those activities she loved to do before the pandemic. She looks good and feels great, and she's been able to maintain her new weight with the help of regular visits to the gym and the extra motivation she gets from the coaches and the other members of the program who have become part of her extended family.

To celebrate her weight loss achievement, Melanie donated all her oversized clothes to a local charity with the confidence and self-assurance that she will never need them again.

The secret to a stress-free summer is a worry-free vehicle

By Fred Sherwin
The Orléans Star

June is the perfect time to let the auto pros at Precision Automotive give your vehicle a thorough bumper-to-bumper check-up to prevent any headaches down the road.

It's also the perfect time to consider buying a new set of all-season tires. Why wait until it's too late? Don't risk getting a flat tire or a blow out, which can often happen at the worst possible time.

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Besides checking your tires, the technicians at Precision will also check your vehicle's brakes, cooling system, fluid levels and all

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There is nothing more frustrating or annoying than losing a drive belt or blowing a hose in the middle of nowhere. Not only is it inconvenient, it can cost you a potentially expensive towing bill.

June is also the perfect time to change your worn out wiper blades, top up your wiper fluid, change your cabin air filter, check your tires' air pressure and see if you need an alignment.

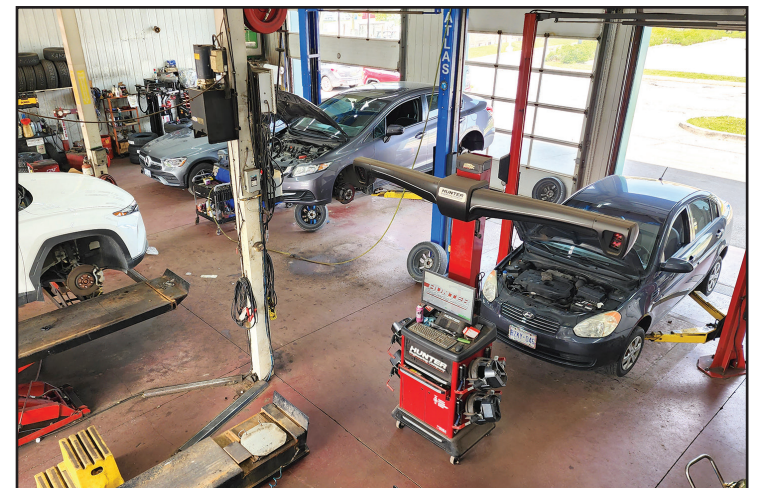
Ottawa is notorious for having some of the worst potholes in Canada and potholes are notoriously bad for your suspension and

especially your wheel alignment which can cause uneven wear and greatly reduce your vehicle's mileage.

With 10 bays, six licensed technicians and three apprentice technicians, Precision is one of the largest service centres in Eastern Ontario. They also have the expertise to service any make and model of vehicle, including hybrid and fully electric or EV models.

So why not take advantage of their expertise and have your vehicle checked out today to avoid the chance of a potential headaches tomorrow? As the saying goes, "an ounce of prevention is worth a pound of cure".

Precision Automotive owner Rob Brouwer and his staff have been providing peace of mind along with honest service and honest value for over 30 years.



With 10 bays, six licensed technicians and three apprentice technicians, Precision Automotive is one of the largest service centres in Eastern Ontario. FILE PHOTO

They offer an industry-leading 2-year/40,000km warranty on most newly installed parts and labour.

Precision Automotive is located at 385 Vantage Dr., behind the

McDonald's at Innes and Tenth Line Roads. You can also visit their web site at precisionautomotive.ca or call them at 613-841-5550.

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LINE DANCING WITH

STEPHANIE AND LEE from 7 p.m. at the Orléans Legion, 800 Taylor Creek Dr. in the Taylor Creek Business Park. Open to everyone. No cover charge.

SATURDAY, JUNE 27

SENIORS STRAWBERRY SOCIAL & BINGO hosted by Orléans MP Marie-France Lalonde from 1 p.m. to 3 p.m. at Collège catholique Mer-Bleue, 6401 Renaud

Rd. Limited space available. RSVP to marie-france.lalonde@parl.gc.ca.

SDBC TAPROOM SERIES

presents Chad Chartrand live and in concert from 8 p.m. at the Stray Dog Brewing Company, 105 Lacolle Way in the Taylor Creek Business Park. No cover.

SUNDAY, JUNE 28

THE ORIGINAL NAVAN MARKET rain or shine

from 9:30 a.m. to 2 p.m. at the Navan Fairgrounds, 1279 Colonial Rd. in Navan. Over 100 vendors in attendance. For more information facebook.com/OriginalNavanMarket.

MONDAY, JUNE 29

TRIVIA NIGHT from 7:30 p.m. every Monday night at the Royal Oak Pub Orléans. Free to play.

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WEDNESDAY, JULY 1

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from 12 p.m. to 8 p.m. next to the Bob Monette Community Centre, 1585 Duford Dr. BBQ. Bouncy Castles, Live Music, Games and Prizes.

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DISPLAY behind the Richcraft Sensplex, 813 Shefford Rd. hosted by Beacon Hill-Cyrville councillor Tim Tierney

IN MEMORIAM

HERITAGE
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Yvon Bigras, 81

Passed away on June 9, 2026

Bertrand H. DesLauriers, 91

Passed away on June 7, 2026

Lisette Lance, 63

Passed away on June 5, 2026



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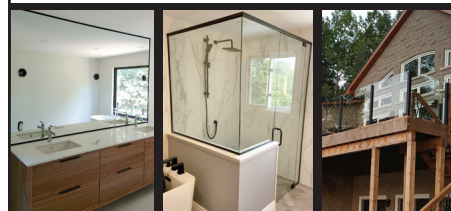
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