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# THE Orléans Star

May 1, 2025 • Volume 39, No. 25

Next edition May 15

*L'Orléanais*  
L'édition de  
cette semaine  
à l'intérieur...



Giovanna Mingarelli, top, Mona Fortier, middle, and Marie-France Lalonde, bottom, have all been elected to Parliament. FILE PHOTOS

## Liberals sweep east end ridings

By Fred Sherwin  
The Orléans Star

On a night when the federal Liberal Party managed to maintain their minority government status in the House of Commons, they swept all three seats in the east end including in Orléans where Liberal incumbent Marie-France Lalonde has captured 65.6 per cent of the vote with 237 of the 253 having reported their results as of Tuesday morning.

If Lalonde maintains her level of support, it will be the highest percentage of votes received by the winning candidate since Eugene Bellemare captured 61.95 per cent of the vote in 1993.

In terms of sheer numbers, Lalonde has so far received 32,479 votes while her Conservative opponent, Steve Mansour, has received 14,496 votes. It was the lowest number of votes cast for the Conservatives in Orléans since 2000 when Marc-André Blair received just 8,738 votes.

As disappointing as the Conservative vote was in Orléans, the NDP suffered an even bigger setback garnering just 1,444 votes. That's a far

cry from the last General Election when they NDP candidate, Jessica Joanis, received 10,983 votes.

Elsewhere in the east end, Liberal incumbent Mona Fortier captured an even larger percentage of the vote in Ottawa-Vanier-GloUCEster, which now includes Blackburn Hamlet, than Lalonde did in Orléans.

Fortier has received 44,101 votes with 256 of 257 polls reporting. That equates to 67.2 per cent of the total votes cast in the riding. The Conservative candidate received 14,195 votes, while the NDP candidate received 4,939 votes.

It's the same picture in Prescott-Russell-Cumberland which now includes Cardinal Creek Village and the part of Carlsbad Springs north of Hwy 417.

Liberal candidate Giovanna Mingarelli has received 54.6 per cent of the votes in the riding with all 264 polls having reported the results. The Conservative candidate, Julie Seguin, received 40.4 per cent of the vote and the NDP candidate, Ryder Finlay, received just 2.4 per cent.

CONTINUED ON PAGE 2 ►

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## COMMUNITY BRIEFS



The Sobeys store on Trim Road held its Easter food drive in partnership with members of the Ottawa Police Service on Saturday, April 19, and in the process collected 1,959 food items and \$1,193.95 in cash donations for the Orleans-Cumberland Community Resource Centre food bank. FRED SHERWIN PHOTO

## New Ways to Bus initiative now underway

OTTAWA – OC Transpo's spring service began on April 27, with the launch of New Ways to Bus, the biggest transformation of bus service in the city's history. Most customers and bus routes will be impacted by this major service change. You can check how your area bus routes will be affected by using the Travel Planner which can be found at [octranspo.com](http://octranspo.com). The new bus network includes more than 100 routes that will ensure that Ottawa has a sustainable bus network that meets the evolving travel needs of our customers. Changes include adjusted schedules and routings with some routes being retired and replaced with alternative service; shortened, extended, or modified; or possibly renumbered.

## Committee approves new program for gardens and green initiatives

OTTAWA – The City of Ottawa's community services committee recently approved a community-led Green Initiatives and Garden Program aimed at enabling the City to continue its work with community groups and individuals to create a greener, more resilient and liveable Ottawa. The program would support the growing demand to host community gardens and other community-led green initiatives on City-owned land. In addition to community food gardens, this would support efforts to foster ornamental and pollinator gardens on City-owned lands. Under program, the City would lift the current pause on applications for access to City-owned land and begin reviewing outstanding community requests for new or expanded gardens. Staff will also develop clear guidelines and streamline the intake process. The City would engage with local community organizations and leaders to ensure community needs are driving the program.

# Spring appears to have finally sprung in Orléans

Continued from page 1

Spring in Orléans also marks the start of the outdoor soccer season, ultimate frisbee, minor baseball and the spring football season on soccer pitches, baseball diamonds and football fields across the east end.

Spring is also the time when people start to head outside to enjoy the miles and miles of footpaths and bicycle paths in Orléans. It's also the perfect time to remind people to look out for one another and help prevent

any possible accidents.

The arrival of spring also means that summer is just around the corner. As things heat up next month, people will be opening up their swimming pools or cottages and planning their summer vacations.

Of course, the official start to summer is the annual Orléans Canada Day Celebration which returns to Petrie Island this year after a one-year hiatus when it was held at Millennium Park. Organizers will be rolling out some of this year's events over the coming weeks.

Finally, spring also signals the opening of the Cumberland Heritage Village Museum in Cumberland Village, which is arguably the biggest hidden gem in the east end, if not the entire city.

Opening day will be held on Sunday, May 11, which will kick off a series of workshops including "An Introduction to the Art of Box Making" on May 18, and "An Introduction to Letterpress Printing" on May 31. Advance registration is necessary for both workshops at [ottawa.ca](http://ottawa.ca).

Special events will also be held throughout the summer including Fire Fighter Day, which is traditionally held in early July, the Vintage Car Exhibit, which is held in late July along with the Ottawa Valley Live Steamers and Engineers All Aboard event.

### NOTICE OF APPLICATION

NOTICE IS HEREBY GIVEN that on behalf of (Marie Cormier) application will be made to the Legislative Assembly of the Province of Ontario for an Act (to revive Holy Trinity Restaurant Inc.).

The application may be considered by the Standing Committee on Procedure and House Affairs. Any person who has an interest in the application and who wishes to make submissions, for or against the application, to the Standing Committee on Procedure and House Affairs should notify, in writing, the Clerk of the Legislative Assembly, Legislative Building, Queen's Park, Toronto, Ontario, M7A 1A2. Dated at Stittsville, this 17 day of October, 2024.

## ATTENTION

### CF/RCMP VETERANS/MEMBERS

One of the most important roles of the Royal Canadian Legion (RCL) is to assist members/veterans and their spouses with claims and other dealings with Veterans Affairs Canada and Legion Programmes. This is a service to all CF and RCMP veterans, serving personnel, widow(er)s and families, not only Legion members.

On 15 May 2025, RCL Branch 632 Orleans will host a question and answer session with a representative from Veterans Affairs Canada and the Legion Command Service Officer. The gathering will begin at 19:00 hours in the upstairs lounge. The evening will begin with presentations and then move to a Question and Answer session. Space is limited so you are requested to leave a voicemail with your name and number at the Legion Office at 613-830-9984 or with the Branch Service Officer at 613-841-1327.



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# Mayor announces \$1.2M in new investments for Ray Friel Centre

By Fred Sherwin  
The Orléans Star

Ottawa Mayor Mark Sutcliffe visited the Ray Friel Recreation Complex last week to get a firsthand look at the more than \$2.5 million in investments that are being made in upgrading and retrofitting the facility.

Orléans North-Cumberland city councillor Matt Luloff, whose constituency office is in the same building, hosted the Mayor's visit as the pair toured the complex with Ray Friel manager Jill Young.

The \$2.5 million in funding includes \$450,000 that was allocated in 2022 to improve the wheelchair accessibility at the customer service counter. Another \$400,000 was allocated in the 2023 budget to upgrade the pool change rooms for accessibility. That work was begun this year and is expected to be completed by June 30.

A further \$495,000 was allocated in the 2024 budget for renewal work including the replacement of the wave system for the pool and compressors on refrigeration skids in the arenas.

If all that wasn't enough, the City has

earmarked \$1.2 million in the 2025 for work to be done over the next two years to replace circulation pumps and other assets used to for the ice pads and for the rehabilitation of the sprinkler system.

During his visit, Mayor Sutcliffe spoke about the importance of maintaining the city's existing recreational facilities such as the Ray Friel Complex and the Bob MacQuarrie Recreation Centre so that residents can enjoy them for years to come.

"I think with a rapidly growing population in Orléans, it's really important that we have the facilities to serve the community and that we have up-to-date facilities, so I'm really excited to see the work that's going here as a result of our budget decisions," said the Mayor.

"For families having great recreational facilities is critically important and to have some place to bring their kids for hockey or for other sports is really, really important so this is a priority for us."

As someone who worked at the Ray Friel Recreational Complex as a lifeguard many years ago, Luloff has a special place in his heart for the facility.

He began lobbying for improvements



Orléans North-Cumberland city councillor Matt Luloff took Ottawa Mayor Mark Sutcliffe on a tour of the Ray Friel Recreational Complex last Friday to give him an update the work being done. FRED SHERWIN PHOTO

to the building shortly after he was first elected to council in 2018. A fact that he is immensely proud of.

"This is something that is near and dear to my heart and we need to ensure that our rec complex is being taken care of," said Luloff.

He is particularly proud of the work that's been done and is continuing to be done to make the Ray Friel Complex more

accessible to residents in the east end.

"One of the first things we did was to make the front desk more accessible and that's incredibly important to make it more welcoming to all."

Luloff is also proud of the fact that Faces magazine has recognized the Ray Friel Complex as the best recreational facility in the city for the past two years.

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# Tourism boom

After experiencing a post-pandemic lull in tourism for the past two years, Canada is about to experience a tourism boom this summer.

When I first thought about writing an editorial about the impact the Trump administration's heavy-handed border controls would have on tourism this summer, I was going to suggest that the Ministry of Tourism should launch a massive multi-media campaign aimed at getting Americans to come north and spend their tourism dollars here. I mean, given the current exchange rate it would seem a pretty simple expectation.

It also seemed like a great way to hit Trump where it hurts. You can't put a tariff on tourism and having Americans come north to spend their dollars in Canadian hotels, restaurants and attractions would help make up for the impact his tariffs are having on our economy. But then it occurred to me that those same hotels, restaurants and attractions will already be overrun by Canadian tourists.

Trump's first four months in office has already had a tremendously negative impact on tourism to the United States.

Overseas visitors to the U.S. declined by 11.6 per cent year-over-year in March alone, according to a recent report by Oxford Economics. Visitors from Mexico fell by 23 per cent during the same month and land crossings by Canadians fell by 31.9 per cent as a result of many people boycotting American made products and travel.

The reluctance of Canadians and other travelers to visit the United States will likely continue for the remainder of 2025 unless Trump does a very uncharacteristic and highly unlikely about face. That means most Canadians will likely spend their summer vacation in Canada motivated by a sense of nationalism seldom seen.

Places like Wonderland and Niagara Falls could be overrun by homegrown tourists. It's already near impossible to get a reservation at a provincial park campground in Ontario, especially if you're looking for something on a weekend.

Prince Edward Island already experienced a record number of tourists in 2024. They are expecting even higher numbers this year.

And while tourism dropped slightly to both New Brunswick and Nova Scotia in 2024 compared to 2023, both are expected to experience a positive increase this year. The impact on places like the Green Gables Heritage Place in P.E.I. and Peggy's Cove could be astronomical and I'm hoping to be among them. I haven't been back "home" in three years.

As for those Americans who choose to come north and spend their summer vacation in Canada, we should welcome them with open arms and show them how proud we are of this country and all it has to offer. Just don't give them any ideas of taking it over.

— Fred Sherwin



## Highway 174 caught in limbo between Ottawa and the province

As Ottawa bears witness to yet another tragic death along Hwy. 174, many are left wondering why has all progress on improving the highway seemingly stalled?

For about 10 years starting in 2010, the City of Ottawa made steady progress on advancing safety improvements and eventually widening Hwy. 174. First, in securing the endorsement of council to widen the highway. Second, putting a widened Hwy. 174 into the city's Transportation Master Plan. Third, securing millions from the province to conduct an environmental assessment for the widening. Finally, the approval of the widening which would see a fully divided highway, a Transit / HOV lane, intersection modifications in Cumberland Village and potential for a revitalized waterfront along the Ottawa River.

However, for the past five years, whether it is LRT construction, changing driving patterns during the pandemic, or now awaiting the Ford government to finally make good on their promise to upload 174, there have been myriad reasons (excuses) for progress to come to a halt.

Ultimately, it has stalled because of a lack of vision and leadership at Ottawa City Hall. Some in Ottawa now prefer extending Innes Road or Brian Coburn Blvd to Rockland.

The City of Ottawa still owns Hwy. 174 and has a responsibility to maintain it in good condition, improve

its safety, and move forward with its eventual expansion.

From traffic lines that are barely visible or lane closures for no reason through Orléans to the well-known "highway of death" along the Ottawa River out to Rockland the City has abdicated its responsibility to making progress on the highway.

For two years I have been trying to call Mayor Sutcliffe's attention to safety issues on Hwy 174 for the benefit of our constituents. Unfortunately, it feels like the message has fallen on deaf ears.

Without some work, the Environmental Assessment to improve Hwy 174 will soon become invalid and millions of taxpayers dollars will be wasted.

Moreover, it appears the City has removed a divided and widened 174 that includes HOV and transit lanes from its Transportation Master Plan. Failing to plan to accommodate increasing housing and the resulting traffic from Rockland doesn't seem very smart — especially as the 174 is also absent from the Ford Government's transportation planning for eastern Ontario.

Hwy. 174 is far too important for it to fall through the cracks. The Mayor and our councillors have a responsibility to advance the work while it remains a city road, and the Ford government must agree to take on the work if and when the long-awaited uploading actually happens.

For more details and the whole story, please visit [www.stephenblais.ca/HWY174](http://www.stephenblais.ca/HWY174).



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The Orléans Star is a bi-weekly publication distributed to over 40,000 residences in Blackburn Hamlet, Orléans and Navan. The newspaper is locally owned and operated by Sherwin Publishing Inc., 745 Farmbrook Cres., Orléans, ON. Inquiries and delivery issues should be sent to [info@orleansstar.ca](mailto:info@orleansstar.ca).



# Comparing the cost of living between the U.S. and us is all in the numbers

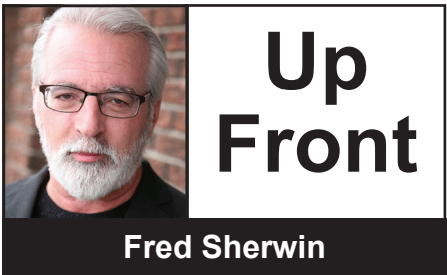
On a recent trip to the United States, I couldn't help but notice the cost of certain groceries in the local supermarket. For instance, when you factor in the exchange rate, a loaf of Wonder bread costs \$6.39, while here in Orléans it costs \$4.39.

A can of Campbell's chicken noodle soup costs \$2.49 at a supermarket in Los Angeles, while the same can only costs \$0.99 at our local Metro store.

And a dozen eggs currently costs \$9 in most grocery stores in California, while here in Orléans they cost \$3.99.

At first blush, it seems that groceries are much more expensive in the United States than they are in Canada, but look a little closer and you will see that many items are the same price or even less after you factor in the exchange rate and difference in sizes. For instance the price of a 1.36 litre bottle of Tropicana orange juice is \$8.49 at Metro while the same amount of Tropicana orange juice costs \$6.93 in California.

An 816 gram container of Folgers coffee costs \$22.99 here in Orléans. A similar-sized container of Folgers in California costs \$23.21. And a 12-pack of beer costs 25 per cent more on average in a grocery store in California compared to here



The same price differences can be found in the prices of a number of grocery items.

But the kicker when comparing the cost of living in the U.S. compared to here is in the salaries and wages. The average salary in Ontario in 2025 is \$60,000. The average salary in California is \$77,000 USD, which works out to about \$117,000 in Canadian dollars. That's almost double the average salary here in Ontario.

When looking at other states, it's a similar situation. The average salary in Michigan is \$91,000 CAD. In New York it's \$103,000.

Nationwide, the average salary in the United States is \$86,000 CAD. That's a far cry from \$60,000 and makes everything from beer to eggs, a lot more affordable.

It also shows that vacationing in the United States can be extremely expensive, even if you ignore the threat of your phone being

searched for anti-Trump messaging when you cross the border.

When I went to the Coachella music festival with some friends from Switzerland on my recent trip to California a beer cost \$18.99 USD. That works out to about \$26 in Canadian dollars. I respectively declined to buy any beer on principal.

Of course, \$18.99 is no big deal for someone from Switzerland where the average take home pay after taxes is \$100,000 CAD.

When my friend Kamil asked if he could buy me a beer, I respectively declined. There was no way I was going to allow anyone to buy me a single beer for the same price as a 12-pack back home.

And it wasn't just the beer. When my friends bought four gin and tonics, the total came to \$125. It was so bad that I had to resort to smuggling in my own gin and tonic.

The price of food in restaurants is equally expensive, with many of the prices similar to what you would find in Canadian restaurants, except the prices are in U.S. dollars. When you begin to factor in the exchange rate, they become far more prohibitive.

And it's even worse in places like New York City, Miami and Las Vegas.

Personally, I will no longer complain about

prices in Canada. Yes, they are high, but they could be a lot worse.

Things I learned during my trip to California:

- It gets cold in April. When I first decided to go to the Golden State, I imagined lying on the beach and soaking up some rays. In reality, the daily highs barely made it into the 20s and it was downright chilly at night. At one point during my motorcycle ride up the Pacific coast I stopped to camp overnight in San Simeon and the temperature dropped to just six degrees. Things didn't heat up until I went to Coachella, which is only two hours east of LA. The temperature was over 35 degrees every single day.
- Los Angeles is very underwhelming. After you visit Hollywood Blvd., the Santa Monica Pier, Venice Beach, Rodeo Drive and hike up to the Hollywood sign, there's much not else to see or do.
- The highlights of my trip was the rooftop pool at my hostel in LA, a trip to Petco Park in San Diego to see the San Diego Padres, and the motorcycle ride I took along the Pacific Coast Highway from LA up to San Francisco, allowing me to check off another box on my bucket list.

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# Nominations for the Ward 2 Gems Awards are now open

As your voice at City Hall, I am always focused on how we can better support our local economy. With ongoing trade tensions and new U.S. tariffs impacting businesses across Ottawa, it is more important than ever to keep our support close to home. That's why I am proud to back the City's new "Shop Local. Buy Canadian." campaign.

This initiative encourages all of us to choose Canadian-made products and services and to support our community's small businesses. From local caf  s and retailers, to homegrown service providers, every dollar spent locally helps protect jobs and strengthen Ottawa's economy.

To further support this project, Mayor Sutcliffe convened a task force of economic partners to share strategies, develop tools, and promote local-first thinking. City council also passed a motion ensuring that any municipal contract under \$125,000 must include at least one bid from a local supplier

– a meaningful step in prioritizing Ottawa businesses first.

You can find resources like the Shop Ottawa Directory, the Savour Ottawa Food Guide, and a new Tariff Toolkit at [ottawa.ca/economic-support](http://ottawa.ca/economic-support). Local Business Improvement Areas, such as our own Heart of Orl  ans BIA, are

also stepping up, helping spread the word through events and signage.

In that same spirit of community recognition, I am thrilled to announce the return of my Annual Gems Awards. The awards began as a way to honour those who stepped up during the pandemic and have grown into a celebration of the everyday organizations and businesses that help Orl  ans shine.

Nominations for the Gems Awards open on May 1. Be sure to visit [lauradudas.ca](http://lauradudas.ca) to nominate your favourites as soon as the site goes live!

Let's continue supporting one another, and celebrating what makes Orl  ans so special.



**Laura  
Dudas**

**Orl  ans West-Innes Ward 2**

# Turning Boulevards Into Gardens: A Greener Future

I'm excited to share some fantastic news with you! Ottawa has officially approved a change that will allow residents to grow

food on the boulevards – the strips of land between the sidewalk and the road. This is a huge win for those of us who are passionate about gardening, sustainability, and food security. It's also

a wonderful opportunity for anyone looking to grow their own food in a space they might not have thought of before.

Boulevards aren't just empty patches of grass; they play an important role in our city. They house trees, utility boxes, mailboxes, and even snow storage in the winter. While they're essential for keeping the city running smoothly, we've also realized that these spaces have the potential to benefit the community in new ways. After hearing feedback from residents like you, the City has now approved growing food on boulevards – something that wasn't allowed previously.

For many people, especially those living

in apartments or homes without a lot of yard space, this is an exciting opportunity.

Growing your own food can be incredibly rewarding, whether it's the joy of harvesting fresh vegetables or the satisfaction of knowing exactly where your food comes from. Of course, we still need to ensure that these gardens don't

interfere with the other important functions boulevards serve. That's why the City is introducing guidelines to help maintain safety, accessibility, and address concerns like soil quality and pest control.

I'm really looking forward to seeing how this change brings our neighbourhoods closer together and helps us become more self-sufficient and sustainable. It's a small change with the potential for a big impact, and I can't wait to see more people growing fresh produce right outside their homes.

Let's embrace this opportunity to make Ottawa a greener, healthier, and more connected city!



**Tim  
Tierney**

**Beacon Hill-Cyrville Ward 11**

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# Back by popular demand, Girl Friday has recently been relaunched

By Fred Sherwin  
The Orléans Star

Chantal Désilets wants to make your life easier. To that end she has relaunched her business, Girl Friday International, which provides services for people with a busy lifestyle or who travel a lot, including house sitting, decluttering and reorganizing work and living spaces, pet care as well as personal assistance services including senior care.

An animal lover herself, Désilets has taken care of a variety of cats and dogs for her friends and neighbours since she was very young. It was over 15 years ago when she decided to turn her love of caring for animals into a business.

Désilets defines a “Girl Friday” as “a female assistant entrusted with a variety of tasks” which perfectly describes the many services she can provide.

On her website [girlfridayinternational.com](http://girlfridayinternational.com), she lays out the issues many people have in trying to balance their personal and business lives.

“Do you ever feel like you are being pulled in 10 different directions at once?” Désilets asks. “Do you never seem to have

enough time to pursue the things you enjoy, or spend enough time with the people you love? If so, you’re not alone.”

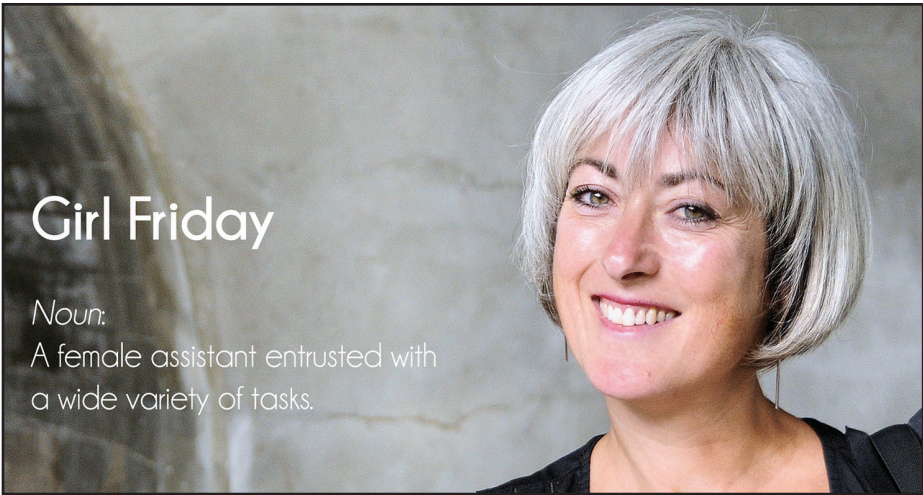
In a recent survey taken to gauge how people spend their waking hours, so-called leisure time made up less than 10 per cent of the respondents’ total hours.

“I see my job as making your life less stressful and more enjoyable by taking care of all the things that prevent you from doing what your heart desires,” Désilets explains.

“As your Girl Friday, I can organize and manage your home office, help you declutter and downsize, house sit, pet sit, dog walk, shop and organize your private events. I also have experience working with seniors to declutter their homes, downsize and help them with their shopping.”

Désilets’ rates are extremely reasonable. She can even create custom packages depending on the client’s requirements or special needs.

To get started, all you have to do is fill out a contact form which you will find on her website listing your personal contact information and the type of service you need. She will promptly contact you to discuss your circumstances and how she can



Chantal Désilets, aka Girl Friday, has relaunched her personal services and pet care business aimed at making her clients’ lives easier and less stressful. PHOTO SUPPLIED

best help you.

You can also e-mail her directly at [girlfridayinternational@gmail.com](mailto:girlfridayinternational@gmail.com).

But while Girl Friday International aims to make people’s lives easier and less stressful, Désilets also specializes in providing pet care for your furry family members.

“They are my life’s purpose,” says

Désilets who can provide “Home Away from Home”, “At-home”, and “À la Carte” services exclusively for small dog breeds, and felines, as well as rabbits and guinea pigs.

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## Hello Orléans & Cumberland!

While spring took its time getting here, we're finally starting to feel those warmer days—and I couldn't be more thankful. After a slower start to the season, it's great to see sunshine returning and our community beginning to bloom with activity once again.

Over the past few weeks, I've had the chance to attend several community meetings, and it's been truly inspiring to witness the passion and forward-thinking ideas being shared. As the weather continues to turn in our favour, I'm especially excited to be out and about, joining so many of the cherished events and markets that make this time of year so special in our community.

Spring is not just a time of renewal in nature—it's a chance to build momentum in our community. We've got a number of important infrastructure renewal projects scheduled and key policies currently under consultation. With your continued engagement, I remain committed to advancing meaningful progress and ensuring that Orléans and Cumberland receive the investments and attention they deserve.



## Upcoming Infrastructure Projects in Orléans East-Cumberland

Here are some of the upcoming infrastructure projects in our community:

- Resurfacing is scheduled this spring and summer on Cameron St, Mathieu Way, Erik Czapnik Way, Vimont Crt, Canaan Rd, and Moffatt Dr. I have a long list of roads that need the same love and I will continue to work with staff to ensure they are prioritized.
- Renewal work at various culverts in the ward.
- Design work is being undertaken for road and sidewalk renewal on Centrum Blvd, and pathway renewal in Queenswood Ridge Park and Apollo Crater Park.
- Facility improvements at Ray Friel and the Cumberland Heritage Village Museum.



## Market season is around the corner!

Here are the opening dates of our local markets:

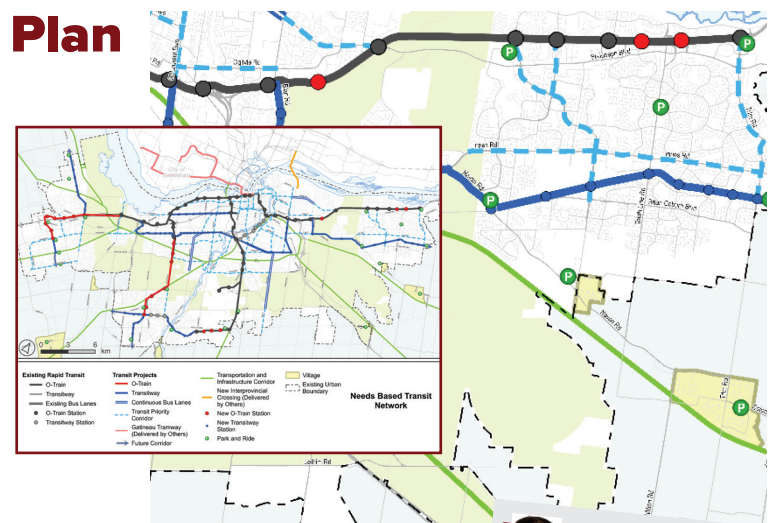
- The Heart of Orléans Market – Sunday June 1st from 9:30am to 2pm at 250 Centrum Blvd
- Orléans Farmers' Market – Thursday May 22nd from 11am to 4pm at the Ray Friel Recreation Complex
- Cumberland Spring Market – Saturday May 3rd from 9am to 3pm at RJ Kennedy Arena.



## Transportation Master Plan

The City of Ottawa has launched the final phase of consultation on the new Transportation Master Plan (TMP). This phase of consultation focuses on the Capital Infrastructure Plan which identifies the transit and road networks that are needed to accommodate planned growth and achieve the ECity's mobility objectives. It also identifies a subset of projects that should be prioritized for implementation.

Online surveys on the recommended road and transit projects, the prioritized list of active transportation projects, and other components of the Capital Infrastructure Plan are available online until May 12, 2025 and can be completed at [engage.ottawa.ca](https://engage.ottawa.ca).



## Sign up for our newsletter!

I publish an e-newsletter regularly with information about what is happening in our community. It's a great way for us to stay connected. Please sign up for our newsletter by visiting [www.matthewluloff.ca](https://www.matthewluloff.ca).

### HERE TO SERVE

My team and I are always ready to serve you. Whether you have a question about city services or policies, would like me to attend an event you're hosting, or require a Commissioner of Oath stamp, we're ready to help! The easiest way to reach us is by email at [matt.luloff@ottawa.ca](mailto:matt.luloff@ottawa.ca) or by calling **613-580-2471**. Don't hesitate to get in touch—we're here for you!



**Councillor, Ward 1 Orléans East-Cumberland**  
**(613) 580-2471 // [Matt.Luloff@ottawa.ca](mailto:Matt.Luloff@ottawa.ca) // [www.MatthewLuloff.ca](https://www.MatthewLuloff.ca)**





# SPRING 2025 HOME STYLE



## Sound & Sight is celebrating their third anniversary

By Fred Sherwin  
The Orléans Star

The Sound & Sight audiovisual store on St. Joseph Blvd. is celebrating their third anniversary this month and they're inviting Orléans residents to celebrate with them.

Over the past three years, Sound & Sight has helped a number of customers upgrade their home audiovisual experience with state-of-the-art TVs from Samsung and Sony and impeccable sound systems that bring the visual experience to the next level.

They carry all the leading brands of audio equipment you've heard of, including Totem Acoustic, Denon and Sonos, along with some leading brands you may not be familiar with such as JL Audio, Lexicon amplifiers, and Martin Logan.

Beyond the audiovisual, Sound & Sight is a licensed dealer for Panasonic and Human Touch massage chairs.

They also specialize in Smart Home systems and components. They sell and install motorized blinds, security and surveillance systems, Smart Home HVAC

controls, lighting controls, home networking systems which can be operated from your Smart phone.

It's been six years since Sound & Sight owner Jason Miller left StereoPlus where had been working since he was just 16 years old. The Innes Road audio/visual store went out of business shortly after Jason left. It didn't take long before many of his former clients at StereoPlus started calling him for advice in designing and equipping their home theatres. As a result, Jason decided to start his own consulting business.

That was four years ago. The dream was always to open his own brick and mortar store, which Jason did in 2022 after purchasing the property at the corner of St. Joseph and Orléans Blvd..

To get a taste of all Sound & Sight has to offer and to take advantage of their anniversary deals, you should visit their showroom. They are open from 10 a.m. to 6 p.m. Monday to Saturday and closed Sundays.

If you can't make it to their showroom,



Visit the Sound & Sight showroom on St. Joseph Boulevard and experience the difference quality makes for yourself. FILE PHOTO

you can check out their website at [soundsight.ca](https://soundsight.ca) which has several links to videos on their Blog page which are bound to spark your imagination, or you can visit

their Facebook page @soundsight.ca. The website also has a page where they post all of their price-reduced, clearance sale items.

Come celebrate our second anniversary with us and take advantage of some great deals!

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Futuric Kitchens has hundreds of different colours and finishes to help turn your old kitchen into your dream kitchen. FILE PHOTO

## Upgrading your kitchen can be as easy as refacing your cabinets

By Fred Sherwin

The Orléans Star

Is your kitchen looking old and tired and in need of a facelift? Why not consider changing your cabinet doors and drawer facings and replacing your countertops?

Futuric Kitchens, located at 830 Industrial Avenue, Unit 4, has been specializing in cabinet refacing since 1976.

Cabinet refacing is by far the most affordable way to upgrade your kitchen and you can save thousands of dollars in potential renovation costs in the process.

At Futuric, they have hundreds of different colours and finishes of cabinet doors and drawer fronts to choose from including acrylic, 3D laminates and melamine.

Cabinet refacing can bring a whole new look to your kitchen in very short order. When you reface your cabinets, you keep the existing structure while upgrading and replacing the cabinet doors, drawer fronts, and hardware. The front edges, ends and kick-plate are all covered in the same material to match your new doors.

With cabinet refacing, it is easy to coordinate a new floor or wall paint with the result being a beautiful new room for a much lower cost than a full remodel.

The first step is to visit the Futuric design center on Industrial Avenue and talk to one of their design specialists who can walk you through the pros and cons of different finishes and hardware, such as drawer

slides, hinges and handles.

The next step – which can often be the most difficult – is choosing a colour. Once you select the finish and colour, the rest is up to the Futuric team of installers.

Refacing your cabinets and drawers can often be done in three or four days. In rare circumstances, if you are also installing a new countertop and new construction, they may need an extra day or two.

If you do decide to reface your cabinets, you can opt for a variety of add-ons such as a center island, new drawer boxes, crown molding or a light valance at the same time. Microwave shelves, wine racks and corner shelves can also be installed and made to match your new cabinet doors.

Should you want to take the next step from refacing, Futuric has the expertise and know-how – from design to installation – to help make your dream a reality. Futuric has earned a Platinum Winner in cabinets and cabinet makers category by Community Votes Ottawa for four consecutive years, reflecting their continued commitment to quality and craftsmanship.

To find out more about how Futuric can provide you with a kitchen cabinet make-over, visit [www.futurickitchens.com](http://www.futurickitchens.com) or drop by their showroom at 830 Industrial Avenue. Owner Michael Teggart is often there, especially on Saturdays, where he is more than happy to provide you with his expert advice.



# Romantic now carrying Canadian-made Enviro fireplaces

By Fred Sherwin  
The Orléans Star

The current trade war between the Trump administration and Canada is already impacting a number of industries, including the fireplace industry.

At Romantic Fireplace and BBQ's in the Canotek Business Park, they have already pivoted from offering American-made fireplaces to Canadian products such as the Enviro line of wood, pellet, and gas fireplaces made in British Columbia.

Within weeks of the trade war starting, customers were already rejecting any idea of buying an American-made fireplace in favour of a Canadian equivalent, says Romantic co-owner Jason Pilon.

"I would say 95 per cent of the customers who come through the door want a Canadian fireplace," Pilon says.

Fortunately, Enviro not only makes similar fireplaces to those made in the United States, but in many ways they are superior, offering a wider range of models and many more features. And, on average, they are \$1,000-\$2,000 cheaper, even before you factor in the tariffs.

"It was a simple decision," says Pilon.

"We would have to pass on that additional cost to our customers, or find a Canadian supplier, which the customers were already demanding."

Romantic is currently making arrangements with Enviro to replace most of the current American made floor models. In the meantime, Romantic has already canceled 10 existing orders with one of their American suppliers and replaced them with a similar Enviro fireplace.

Their ability to seamlessly switch from American suppliers to a Canadian supplier is an example of how a small, locally owned business can adapt to market forces quickly and effectively.

Jason and his father Mike Pilon have more than 62 years combined experience in selling and installing fireplaces. Together, the father-and-son team have a well-earned reputation for meeting and often exceeding their clients' expectations. It's one of the reasons why they have a 4.9 star rating on Google with 224 reviews.

It's also the reason why so many of their new customers are referred to them by existing clients.

"It's probably the most rewarding part of



Enviro Fireplaces is based on Vancouver Island in British Columbia where they manufacture wood pellet and gas fireplaces. FILE PHOTO

the job," says Mike Pilon, who sold fireplaces in Cornwall for 31 years before starting Romantic Fireplaces in Orléans in 2009.

The biggest advantage to buying your next fireplace at Romantic, besides their experience and knowledge is the fact that they do their own installation, including mantles and hearths. There are no sub-contractors

involved. Their after-sales service is also second to none.

You can drop by their showroom in CanotekPark anytime between 9 a.m. and 4 p.m. from Monday to Friday, or 10 a.m. to 2 p.m. on Saturdays. (They are closed on Sundays.) Or you can visit their website at [romanticfireplaces.com](http://romanticfireplaces.com).

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# Let Louise Cardinal Concept turn your design dreams into reality

By Fred Sherwin  
The Orléans Star

Spring has sprung and life begins anew once again, so why not breathe new life into your home? You have the desire. You have the motivation. You even have a few ideas on what you would like to do. The only thing you're lacking is a plan. That's where Louise Cardinal can help.

With over 35 years of experience, Louise has built lasting professional relationships in the Ottawa and Gatineau area and is universally well-regarded by her trade partners and clients. Leveraging her experience, Louise is an expert at facilitating change across project phases, be they small styling consultations, or turnkey ground-up projects.

She is passionate about creating designs that reflect a client's personality, as well as serve them in their day-to-day life through ergonomic designs that create a calming and clean atmosphere.

Finding her passion for design early in life and hoping to employ her keen eye for detail, Louise attended Outaouais College and has been creating beautiful and functional spaces ever since.

Having built Louise Cardinal Concept from the ground up, her philosophy has not changed: a home should be a reflection of the individuals living within it. This sentiment

can be viewed across her numerous successful projects, as well as satisfied clients whose spaces she has transformed.

More recently, Louise has teamed up with her daughter Claudel, who studied interior design at the CEGEP de l'Outaouais. Claudel worked at several local design firms before joining LC Concept to help build upon her mother's dream when she first created the company.

Bringing to the team a technology and usability-rich mindset and approach, Claudel is ushering in the next generation of interior design perspectives and mentalities. Specializing in space planning and detailed technical drawings, she is inspired by a minimalist style mixed with elegant natural earthy tones.

Claudel feels the magic of interior design is walking into an existing space, transformed and brought to life in an entirely new way.

Working with her daughter, Louise is proud to share her knowledge and expertise with someone who shares her passion for design and creating truly beautiful and functional spaces.

Together, Louise and Claudel have an uncanny ability to envision the final product. Their primary objective is to create the ideal interior living space that has the style and atmosphere that reflects your personality.



**Claudel and Louise Cardinal**

So whether updating your kitchen or bathroom, transforming your living room, or undertaking a total home makeover, Louise and Claudel are more than happy to lend their expertise and creative genius to help make your dreams a reality. For more information visit [www.louisecardinal.ca](http://www.louisecardinal.ca).



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# Crawlspace production both humorous and terrifying

By Emma Peterson  
Ottawa School of Theatre

In a small, lemon-hued house barely big enough for a bed, Karen Hines feels more and more trapped as she weaves the audience through a horror story of bad investments, a devilishly handsome but deceptive real estate agent, maggots, property laws and, worse than anything, an impossible-to-reach crawlspace that hides something tormenting her from inside.

Written by Karen Hines and directed by Miriam Cusson, *Crawlspace* recounts Karen's personal story of her venture into the real estate market, from its idyllic beginnings to its horrific ending.

Fueled by her own vices, and accompanied by a law student sent to protect her from a potential lawsuit, we learn about Karen's desire for a home of her own. We learn all about her hopes for her new tiny place and, just as quickly, all the ways it sent her life spiraling out of control.

At first glance, the home looks perfect: it's on budget and owning a home in Toronto seems better than renting her current apartment in this day and age. Her agent seems optimistic and tells her it barely needs any renovations; in fact, according to the

home's MLS listing, "EVRTHING HS BN DN". The unfortunate reality is that Karen's dream house is a ticking time bomb. Through comedy and a dark atmosphere, this show hopes to challenge the human condition and bring to light a highly flawed industry.

*Crawlspace* mainly focuses on Karen Hines, played by Karine Ricard. Karen is a wild woman who fluctuates between a comedic lighthearted persona to a more unhinged, self-destructive one. Ricard flips through these moments really well, and her performance is lively and entertaining. She uses the stage and set to her advantage and creates a rapport with the crowd by talking directly to the audience, walking around and offering water or vodka at the start forged an immediate connection to her.

Much like the house itself, Karen's character first appears nice, bright and sweet, but she has an edge to her that comes out when the story intensifies. We learn all about the stresses she has to deal with, the position she feels she been put into, how easily it all started going wrong, and how she was able to escape.

Ricard is able to portray all Karen's emotions wonderfully. Her scene partner, Meilie Ng, plays an uptight law student

babysitting Karen to make sure she doesn't do anything that could create legal problems. Ng is straight-laced and no-nonsense until pushed to let loose. While hers is a much smaller role than Ricard's, Ng pulls off the persona very well and provides the audience with some contrast to Karen's character.

One important element of this play comes from its use of surtitles. *Crawlspace* was originally written in English, but this presentation was translated into French by Mishka Lavigne. To keep up with the dialogue, I was given glasses that show the subtitles throughout the performance. These glasses were customisable and are a good alternative for people who would like to see the show, but are not comfortable enough to see a full-length French-language play.

*Crawlspace* is a unique theatre experience: horror is very often left out of theatre, and being able to balance that with comedy is no easy task, but the playwright, Karen Hines, pulled it off effortlessly.

If you or a loved one has ever experienced buying a home, this play might give you therapeutic laughter, as the room was filled with constant laughter from the audience.

I would not recommend *Crawlspace* for anyone under the age of 15, due to some



PHOTO: MATHIEU TAILLARDAS

Karen Ricard

mature themes. Hines has captured the overwhelming nature of the real estate market, and the actors give a lively performance that leaves the audience with horrified laughter – and maybe a little bit of fear of embarking on their own property adventures.

Although *Crawlspace* is no longer playing at Théâtre de la Vieille 17, this play has been presented across the country in both English and French, so if you get the chance, I would highly recommend seeing it. Click this link to see other upcoming plays at Théâtre de la Vieille 17 visit <https://vieille17.ca/en/>.

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## COMMUNITY BILLBOARD

**FRIDAY, MAY 2**

**DOS DE MAYO MEXICAN FIESTA** from 5 p.m. at the Orléans Legion, 800 Taylor Creek Rd. with Mexican drinks, music, and delicious food to keep the celebration going all night long!

**SATURDAY, MAY 3**

**BLACKBURN HAMLET COMMUNITY GARAGE SALE** from 8 a.m. to 2 p.m. The entire community is invited. Rain or shine! Visit [blackburn.ca](http://blackburn.ca) for more up-to-date information as it becomes available.

**ORLÉANS LIONS TRIVIA NIGHT** in support of the Orléans-Cumberland Community Resource Centre. Doors open at 5 p.m. Dinner service 6 p.m. Trivia starts at 7:30 p.m. Trivia game and chili \$20. Trivia only \$10. Send e-transfer for

registrations and payments to [orleanslions@yahoo.com](mailto:orleanslions@yahoo.com). Please indicate with the e-transfer the event name, your name, the # of participants and the # of meals.

**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**

**REMIX WRESTLING EVENT** from 6:30-9 PM at the Broadhead Brewery in the Taylor Creek Business Park. Tickets available from \$27.96 at [remixlitup.eventbrite.ca](http://remixlitup.eventbrite.ca)

**SATURDAY, MAY 10**

**THE STRAY DOG BREWING COMPANY** presents The East Coast Experience live an in concert

as part of their Taproom Concert Series. Tickets \$25 available in advance at [straydogbrewing.ca](http://straydogbrewing.ca). Show starts at 7 p.m. The Stray Dog Brewing Company is located at 501 Lacolle Way.

**TUESDAY, MAY 13**

**MUSICAL BINGO** at the Orléans Brewing Co., 4380 Innes Rd. (near the McDonalds) from 4:30 p.m. to 6 p.m. Prizes to be won. Fun to be had. Memories to be made.

**SUNDAY, MAY 25**

**ORLÉANS WALK FOR GUIDE DOGS** hosted by area's four Lions Clubs. The walk is scheduled to start at 2 p.m. at the Roy G. Hobbs Community Centre, located at 109 Larch Cres. in Orléans. To register visit [www.walkfordogguides.com/fundraiser/orleanswalkfordogguides](http://www.walkfordogguides.com/fundraiser/orleanswalkfordogguides).

## IN MEMORIAM



**Bhupinder Dhaliwal, 82**  
Passed away on April 23, 2025

**Jacques Lalonde, 84**  
Passed away on April 19, 2025

**Andrew Kaleta, 65**  
Passed away on April 17, 2025



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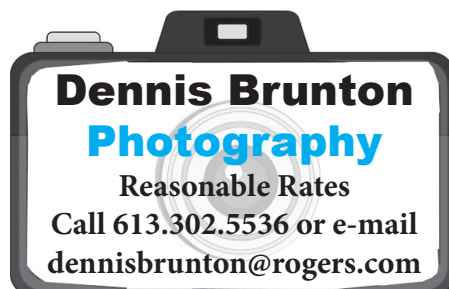
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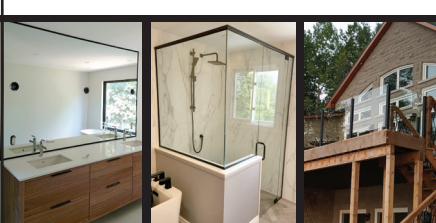
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