



2208 St. Joseph Blvd.
(across from TD bank)
Visit soundsight.ca.

SOUND & SIGHT

Audio/Video - Interior Design - Smart Home

BANKRUPTCY LIQUIDATION

We've bought up remaining inventory from a nearby store!
LIMITED QUANTITIES OF LEADING BRANDS! DON'T MISS OUT!!

UP TO
75%
OFF

THE Orléans Star

October 23, 2025 • Volume 39, No. 12

Next edition November 6

5G Printing
YOUR 1-stop PRINT SHOP
BUSINESS CARDS • BANNERS • POSTERS
FLYERS • ENVELOPES • LETTERHEAD • SIGNS
DIGITAL & OFFSET PRINTING • BINDERY

613.841.7867 | 5369 Canotek Rd. Unit 5
www.SGPRINTINGINC.ca OTTAWA, ON K1J 9J3



Brian Albert with his nephew Nathan, who is one of several family members who help turn the Alberts' Pintail Terrace home into the most visited house in Orléans during the Hallowe'en season.

Hallowe'en homes help to raise more money for CHEO

By Fred Sherwin
The Orléans Star

This Hallowe'en, why not combine trick-or-treating with a donation to the Children's Hospital of Eastern Ontario?

There are two homes in Orléans which have gone above and beyond when it comes to providing a spooktacular experience for visitors while raising money for CHEO.

The father and son team of Brian and Patrick Albert have been entertaining trick-or-treaters with their Hallowe'en menagerie on Pintail Terrace in Chatelaine Village for over 20 years now. But it's only been in the past few years that they've turned their Hallowe'en display into a way to raise money for CHEO.

Last year, they raised over \$13,500. So far this year, they're on target to blow that total out of the water. By last Friday, they had already collected over \$4,000. The display – which takes up every inch of both the front and back yards as well as the entire garage – is open every

night except Mondays, until Hallowe'en night when they expect close to 1,000 people to pass through.

Hallowe'en falls on a Friday night this year and the Alberts expect to stay open until midnight. "It's going to be a late night," says Brian.

The Alberts started setting up the display on Labour Day and it takes over 200 hours to get everything in place. After entering the garage, visitors get to pass through eight differently themed rooms that are filled with animatronic witches, goblins, skeletons, vampires and every sort of creepy character you can imagine. You also have to navigate through severed limbs hanging from the ceiling and skulls...lots and lots of skulls. On Hallowe'en night, volunteers in costume add to the overall experience.

The next day, the Alberts will begin the job of taking their Hallowe'en display down and packing it away, only to begin the task of

CONTINUED ON PAGE 2 ►



Orléans Dynamic
Foot Clinic

Call us now to book your
appointment!
613.424.9339



- Custom orthotics
- Heel, hip, knee & back pain
- Flat feet
- Swift laser
- Ingrown nail surgery
- Fungal nail & laser treatment
- Diabetic foot care
- Xrays

*Our services are covered by most private insurance plans

www.oreansfootclinic.com | 3012 St. Joseph Blvd., Suite 201



Melissa Cloutier-Chatel, DPM

Anna Grynechko, Chiropodist

Ekaterina Kroupskaia, Chiropodist

Natalie Leroux DCH

COMMUNITY BRIEFS

Annual Poppy Campaign to kick off October 31



ORLÉANS – The 2025 Poppy Campaign will kick off next Friday with a ceremony at Place d'Orléans. As in the past, the poppies will be available at a number of locations throughout Orléans. Poppy kiosks will be located at Walmart, Canadian Tire, the Real Canadian Superstore, Home Depot, FreshCo, Metro Convent Glen, Place d'Orléans, Costco on Ogilvie Road, and the Costco Business Centre on Innes. Proceeds from the Poppy Campaign are used to support veterans who

live in retirement and nursing homes, homeless veterans, veterans who are disabled and need physical or recreational support, and to assist veterans make the transition from military to civilian life. In addition, Poppy donations are used to support youth activities for Cadets, and bursaries for children and grandchildren of Veterans.

2026 Calendar of Hope now on sale



ORLÉANS – The 2026 Calendar of Hope featuring the artwork of Gina Mertikas is now on sale. This is the eighth edition of the calendar which is produced by breast cancer survivor and Orléans resident Gina Mertikas-Lavictoire. After undergoing cancer treatment in 2017, Mertikas-Lavictoire wanted to find a way to repay the doctors and staff who had helped her recover.

That's when she teamed up with her mother to produce the very first Calendar of Hope. Since the pair has raised over \$50,000 from the sale of the calendars with the proceeds going directly to clinical trial research. The calendars cost \$25 each and can be ordered by emailing gmertikas@gmail.com.



The Deslauriers' home on Deancourt Crescent in Fallingbrook is another must-see attraction on Hallowe'en night. FRED SHERWIN/PHOTO

Hallowe'en homes help raise thousands for CHEO

Continued from page 1

setting up their equally impressive Christmas display.

But the Pintail Terrace home isn't the only Hallowe'en house in Orléans that raises money for CHEO.

Martha and Luc Deslauriers have also raised thousands of dollars for CHEO thanks to their Hallowe'en display on Deancourt Crescent in Fallingbrook.

The Deslauriers started decorating their front yard in 1994 when their oldest daughter was just three. Over the years, the display has grown in both scope and size to the point where it now takes up both their own front yard as well as their neighbours'.

"It went from something that was fun to do, to being something for the whole community," says Luc.

The walk-through display includes a Pirates of the Caribbean section featuring a large pirate ship, a section dedicated to

zombies, a witch's homestead, a creepy corridor, a pumpkin inferno and a 20-foot skeleton that lights up and flashes.

When visitors started offering them money several years ago, the Deslauriers decided to turn their Hallowe'en attraction into a fundraiser for CHEO where one of their daughters works. During the past five years they have raised over \$25,000.

Although donations can be made anytime by scanning the QR code displayed at the front of the driveway, the attraction will only be open for viewing this Saturday and Sunday evening as well as next Thursday, night and, of course, Hallowe'en night.

Other Hallowe'en houses worth visiting can be found at 118 Pimprenelle Terrace in Queenswood Heights, 6086 Rivercrest Dr. in Chapel Hill, 407 Doverhaven St. in Chapel Hill South, 490 Princess Louise Dr. in Fallingbrook and 645 Steller St., which is also in Fallingbrook.

HEY YOU! YEAH, YOU!

If you're reading this, we want your feedback!

Just email us at info@orleansstar.ca and let us know how often you read the *Orléans Star* and/or *L'Orléanais*. Your name will be entered to win **\$50 gift certificate** to one of our participating businesses. Draws will be held every two weeks and we'll contact you by email!



Week 1 winner – Penny A., Fallingbrook South
Week 2 winner – Joanne C., Chateaufort
Week 3 winner – Lise Q., Chatelaine Village



Marie-France LALONDE
MP/Députée Orléans

Here to help you!



Subscribe to my newsletter!

CONSTITUENCY OFFICE
255 Centrum Blvd., Orléans
613.834.1800

[f/LalondeMF](https://www.facebook.com/LalondeMF) [MFLalondeMP.ca](https://www.mflalonde.ca) [LalondeMF](https://www.instagram.com/LalondeMF)

Committee approval paves way for future urgent care clinic on Innes

By Fred Sherwin
The Orléans Star

The city’s finance and corporate services committee voted Tuesday to approve an Integrated Orléans Community Improvement Plan (IOCIP) application which paves the way for the construction of a new health care facility on Innes Road that will be the home of a new and expanded Orléans Urgent Care Clinic.

Until recently, the site – located on two lots at 4405 and 4509 Innes Rd. across from the McDonalds – was occupied by the Fallingbrook Chiropractic Clinic. The house there now will be demolished and replaced by a two-storey, 12,000 sq. ft. office building.

According to the application presented to committee members, the main level will provide an expanded location for the Orléans Urgent Care Clinic which will offer extended hours, an increased number of examination rooms, and the addition of a diagnostic service to treat a higher volume of patients.

The main level will also provide an expanded Innes IDEAL Pharmacy with increased inventory and additional consultation rooms allowing for improved patient counseling, and overall service delivery.

The second floor will accommodate a diverse mix of health care providers including family physicians and specialists (e.g., cardiologists, dermatologists, etc.)

Construction of the new building will cost an estimated \$5,050,000. Under the IOCIP, the builder will receive tax relief totalling \$338,253 over a 10-year period which represents half of what the property would otherwise pay in municipal taxes over the same period.

The IOCIP was adopted in 2024 to provide an incentive for commercial construction in Orléans through tax incentives.

Orléans South-Navan city councillor Catherine Kitts says the project will help improve access to primary health care for many Orléans residents.

“As Orléans continues to grow, access to healthcare remains one of the biggest challenges for families,” says Kitts. “This new facility will directly improve access to primary care, reduce pressure on existing clinics, and ensure more residents can access care in their own community.”

Besides paving the way for a new urgent care clinic, the committee also approved the Primary Care Provider Recruitment and Retention Strategy, which is a city-wide plan to attract and retain more family doctors.



The twin lots at 4405 and 4409 Innes Rd. will soon be the site of a new urgent care clinic and offices for professional health care providers. STAFF PHOTO

The 10-point strategy proposes creating a Primary Care Recruitment Ambassador, joining regional partnerships, advocating for provincial policy changes that currently restrict international medical graduates from practicing in Ottawa for five years, and exploring opportunities to support new non-profit medical clinics.

STAY SAFE. STAY WARM. INVEST IN A NEW FURNACE THIS WINTER.

GL J.G. LEMAY
Heating & Air Conditioning

Furnaces by **KEEPRITE**
www.keeperite.com

Don't be left in the cold this winter, book now for an inspection and routine maintenance of your furnace.

- High-Efficiency Oil and Natural Gas Furnaces
- Electric Furnace Installation, Repairs and Service
- Humidifiers, Air Cleaners and Thermostats Installation and Servicing
- Central Air Installation and Servicing

Fully Bilingual Service. We service all makes and models.
(613) 830-1661 • (613) 835-2658

BEAT THE COLD WEATHER
Furnace Only
Maintenance from \$129.95

Furnace & Fireplace
Maintenance from \$189.95



Royal Canadian Legion
Orléans Branch 632

The Royal Canadian Legion, Branch 632 - ORLÉANS
Poppy Trust Fund Branch Status Report
January 1, 2025 to September 30, 2025

Balance in Branch Poppy Trust Funds as of Jan. 1, 2025	\$218,048.61
Income from campaign	\$3,585.58
Sub Total	\$221,634.19
Campaign Expenses including platform/lift	\$87,502.85
Donations and Expenses from Fund	\$95,400.41
Total Expenses & Donations	\$182,903.26
Closing Balance as of September 30, 2025	\$38,730.93

The Garlic King

INTRODUCING OTTAWA'S BEST SPECIAL

1 regular shawarma
+ 1 side (your choice)
+ 1 canned drink or water

only **\$14.16** PLUS HST

(613) 830-KING (5464)
2586 St. Joseph Blvd.
www.thegarlicking.ca



Canadian military (active or veteran) receive a free order of fries on Remembrance Day!



LEST WE FORGET

RCL 632 Orleans
Remembrance Day Ceremony
800 Taylor Creek Drive
Parade starts from Vimont Ct at 1040

All are welcome to partake in a light lunch in the Legion following the ceremony

WE WILL REMEMBER THEM



NOVEMBER 11

Over-reach

If you don't have a child currently going to school, you are probably unaware of the Ford government's efforts to get rid of duly-elected school board trustees and make it easier to take over school boards whenever they see fit. And if you don't have a child currently going to school, you might think they're both good ideas. Or – more likely – you don't have an opinion on the issue one way or another.

The truth is you should care, because these decisions will have an impact on how public education is delivered in Ontario, and ultimately on the quality of education delivered to students.

The Ford government is in the process of implementing one major legislative initiative and seriously considering another.

Bill 33, which is currently before the legislature would make it easier for the Ministry of Education to take over school boards if they feel they are being mismanaged as they have done with the Ottawa District School Board and three other boards in Toronto and Dufferin-Peel.

Bill 33 may become redundant before it ever receives Royal Assent, however, if Ontario Minister of Education Paul Calandra has his way.

During a CBC interview last month, Calandra said that he was "100 per cent looking at the elimination of the trustee position."

But during a funding announcement at Collège Mer-Bleue high school in Orléans earlier this month, he offered the one caveat that he is only looking at eliminating English school board trustees. When asked by a reporter from TFO if French language trustees and parents should be worried, he was unequivocal – "No". Nor did he have any intention of taking over French language school boards which are outperforming their English counterparts in province-wide testing.

In fact, Calandra admitted that province-wide EQAO test results and the poor performance of some (English language) school boards is one of the main reasons why he would consider taking over a board.

Of course, this is incredibly over simplistic for a number of reasons which I don't have the space to get into here. But the notion of getting rid of trustees and taking over school boards is bad for the two main stakeholders in the public education system – students and parents.

Trustees are entrusted with the responsibility of looking after the interests of their constituents which varies from region to region and even from community to community. Get rid of them and then all of the decision-making regarding boundaries and programming will be done in Toronto, or by Ministry appointed supervisors who are answerable only to the Minister, and not the parents.

The problem isn't that school boards are being mismanaged. The problem is that public education in Ontario is under-funded and has been for years. Trustees are just a convenient scapegoat for a government that fails to address the real issue.

– Fred Sherwin

THE Orléans Star



Jody Maffett
Editor
The Orléans Star

Fred Sherwin
Owner and publisher
fsherwin@orleansstar.ca

Jean-Marc Pacelli
Editor
L'Orléanais

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.



*ACCORDING TO THE OFFICE OF THE UNITED NATIONS HIGH COMMISSIONER FOR HUMAN RIGHTS

New measures introduced to make life more affordable

I'm honoured to share that I was recently elected President of the Assemblée de la francophonie, section Canada. As a proud Franco-Ontarian and your Member of Parliament for Orléans, I am committed to amplifying Francophone voices across Canada and promoting the vitality of our language and culture.

On Oct. 2, I had the privilege of announcing, on behalf of the Minister responsible for Official Languages, a major agreement between Canada and Ontario at Collège Mer Bleue. This agreement will invest over \$523 million in Ontario, part of a \$1.4 billion, four-year commitment to support official languages across the country. By defending our languages and cultures, we are investing in the future of our communities.

That same day, I introduced my first Private Member's Bill: Bill C-248, The Time Change Act, calling for a pan-Canadian conference to end the outdated biannual clock changes. It's time to move toward a single, consistent time across Canada, in collaboration with provinces, territories, and Indigenous partners.

On Oct. 10, the Prime Minister announced new measures to make life more affordable, with automatic federal benefits for up to 5.5 million Canadians, improving access to the GST/HST credit, Canada Child Benefit, and Canada Disability Benefit, a permanent National School Food Program, saving eligible families up to \$800/year and renewing the

Canada Strong Pass for the holidays and summer 2026, offering free or discounted access to national parks, museums, and train travel.

The government is also taking strong action to protect Canadians by bringing legislation to strengthen the Criminal Code to keep violent and repeat

offenders out of our communities. The amendments will include, introducing reverse-onus bail for major crimes, allowing consecutive sentencing for multiple offences, imposing tougher penalties for organized retail theft, restricting conditional sentences for several sexual

offences, and funding for 1,000 new RCMP personnel with a \$1.8 billion investment over four years to increase federal policing capacity across Canada.

On Oct. 18, I had the pleasure of joining the Orléans Lions Club in honouring four members for their decades of service: Claude Bertrand (55 years), Gerry Carisse (54 years), Ollie Jenkerson (49 years), and Robert Sigman (45 years). Thank you for your dedication.

This week marks Small Business Week in Canada. I want to thank all local entrepreneurs and the Heart of Orléans BIA for your leadership, resilience, and the vital role you play in strengthening our local economy.

Happy Halloween! Have fun, stay safe, and watch out for trick-or-treaters on our roads.

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



Commons Corner

Marie-France Lalonde

Soaring experience crosses another item off the bucket list

In my career as a journalist and a photographer have a number of opportunities to take to the air.

When I worked in Montréal in the late 80s, I was able to go up with a member of the Snowbirds who thought it would be great found to test my pre-flight assertion that I never get airsick. Despite doing several barrel rolls and loop-de-loop, I managed to keep from tossing my cookies, although I was woozy for several hours after getting back on the ground.

I went up in a helicopter several times to photograph the Formula 1 circuit on Ile St-Hélène from the air.

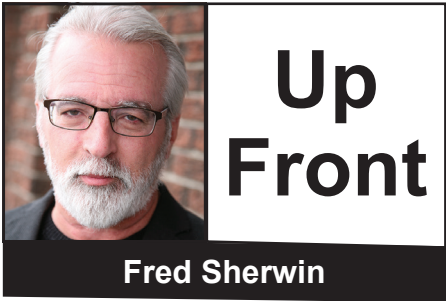
I flew in the back of C-130 Hercules from Ottawa to Québec City which left me deaf in both ears for about a week.

I've even been up in a balloon a couple of times while working as a photographer at the *Ottawa Sun* in the 90s.

The two things I remember most from those experiences was the noise the burner made every time the pilot wanted to gain elevation, and the landings.

The first landing went pretty smoothly as we touched down in a farmer's field and a traditional sip from a bottle of champagne.

The landing the second time around was not so smooth. As we began to descend the



wind picked and by the time we attempted to land it was blowing pretty hard. So much so, that it tipped the basket over on its side with everyone in it, and dragged us about 200 metres, hitting every furrow along the way. As we hit each furrow, camera gear became dislodged from my camera bag and was being scattered behind us. It took me about an hour after we landed to gather up all my lenses.

And as many of you know, I've even gone skydiving a couple of times, most recently with Parachute Ottawa last month.

About the only air flight I haven't tried are hang-gliders, biplanes and fixed wing gliders. That is until a week ago.

Soaring through the air in a glider has always been a bucket list item of mine, so when I met the president of the Gatineau Gliding Club at the Ottawa Outdoor Show

earlier this summer I hinted that if he took me gliding I would write about the club.

The club eventually got back to me last Thursday and I drove out to the Pendleton Air Field in Plantagenet to fulfill my dream.

The Gatineau Gliding Club was founded in 1942 in Gatineau, thus the name, making it one of the oldest gliding clubs in Canada, if not the oldest.

In 1950, the club moved to the Pendleton Air Field which was used as a training facility by the Royal Canadian Air Force during the Second World War.

The club currently has over 70 members some of whom own their own gliders, but most of whom use one of the seven gliders owned by the club.

Members of the public can either book a 20-30 minute flight for \$180 or they can purchase a five pack for \$478 which can be used over the course of a season which runs from late April to mid-October depending on the weather.

The club also has a yearly membership for those people who are more serious about the sport for \$825.

Members get to take as many tandem flight as they want with a licensed instructor, so long as they pay both the rental and towing fees which are \$90-\$100 a flight depending

on the duration.

The flights also count towards getting a glider pilot's license, which can take anywhere between 60-65 flights. Which brings back to my own experience. I was fortunate enough to go up with club president Ian Grant, who has been gliding for over 40 years.

Once we got off the ground with the assistance of a tow plane and taken to 3,000 feet, we detached the tow cable and began to soar on our own. It was a clear day and you could see the fall foliage in every direction as well as the Ottawa River.

Ian even let me take the controls for a minute and I guided the glider in a slow turn and then leveled it off. It was actually a zen-like experience. You could barely hear the rush of the air going by the canopy and you could easily imagine what it must be like to be a bird soaring on the wind.

On the day I went there was a group of people from the Ottawa Hospital Rehabilitation Centre including a 92-year-old woman who described her flight as the experience of a lifetime.

After my own experience, I can also see why people can become addicted to gliding. If you want to experience the feeling for yourself, you can start by visiting their website at gatineauglidingclub.ca.

Memory Care

— IN ORLÉANS —

We provide 24/7 enhanced care by GPA trained staff, coupled with our tailored Memory Care Program, to ensure a personalized journey for each resident.

Where care meets joy!

Our programs are design to engage with residents living with dementia, providing purpose and social interactions that create connection and well-being.

JOIN US FOR A TOUR

Featuring our exclusive
HAPPINESS PROGRAM

willowbendretirement.com
1980 Trim Road | 613-907-9200

Ottawa Owned
& Operated

Willowbend
RETIREMENT COMMUNITY

East end infrastructure isn't ready for a five-day commute

It's full steam ahead with another busy fall at city hall, and I wanted to take a moment to update you on a few key files.

First, a big thanks to everyone who took the time to attend our recent rural and east-end budget consultations.

Your input is crucial and really helps shape my priorities. I also had the chance to meet with Mayor Sutcliffe and the city manager to go over the 2025 budget, with a focus on what matters most for Orléans South-Navan.

My asks continue to be on improving our aging road infrastructure, advocating for a transit shuttle from the Chapel Hill Park and Ride to Blair, advancing the François Dupuis district park, and securing funding for important transportation projects like the Renaud Road realignment and Innes Road Priority Measures.

I know there's been a lot of talk around this year's budget, and I did support the proposed 2.9 per cent tax increase, as we wait to hear more about how we're going to tackle the city's transit deficit.

Also happening in parallel is the 2024 Rural Summit, which now has a date, time, and agenda! You're invited to the summit on Saturday, Nov. 2 from 9 a.m. to 1:15 p.m. at Sir Robert Borden High School in Nepean.

This is a great chance to come out and work directly with your rural councillors and explore solutions to some of the issues affecting our rural

communities, like transportation, drainage, community services, and road maintenance. This is your opportunity to move from discussion to action. The summit is designed to provide a platform to develop innovative ideas to address key issues affecting rural life.

On the topic of roads, speeding and dangerous driving continue to be a big concern. I'm working closely with Ottawa Police to address these issues, and we've seen some good progress with recent enforcement on the 174, Trim, and Tenth Line. As always, my office is tracking speeding complaints and looking for ways to calm traffic in the most problematic areas.



Catherine Kitts

Orléans South-Navan

New urgent care clinic will help make health care more accessible in Orléans

At this week's City Council meeting, I was pleased to share an important update on health care access in our community: plans are advancing for a brand-new, state-of-the-art Orléans Urgent Care Clinic, to be located near Innes Road and Tenth Line, that will provide residents with the timely, local medical attention they deserve.

This new clinic will help address one of the most pressing issues we face – access to family doctors and urgent medical care. Orléans – East Cumberland is one of the fastest-growing parts of Ottawa, and with that growth comes a greater demand for medical services. Many residents currently travel long distances or wait too long for care. This project will help close that gap.

The new facility will bring together doctors, nurses, and specialists under one roof to provide a wide range of services, including urgent care, diagnostics, and family practice. It represents the kind of community-focused

investment that improves both quality of life and peace of mind for local families.

This project is supported through the City's Community Improvement Plan, a

program designed to encourage investment in projects that meet local needs. By partnering with the private sector, we can make meaningful progress without putting additional pressure on

taxpayers.

This is not the first time I've worked with local physicians and clinics to expand and modernize care in our community. We've already helped several practices find larger spaces so they can serve more patients—and the results of that work are beginning to show.

Health care remains a top concern for families in Orléans – East Cumberland, and I'll continue using every tool and partnership available to help bring more doctors and better access to care for everyone who calls our community home.



Matt Luloff

Orléans East-Cumberland

AFFORDABLE

Retirement Living



**Starting at
\$4,000/mth**

**RARE OPPORTUNITY
Suites Available for
Immediate Occupancy**

Call to discover
which is best for you
613.416.8678



**PROUDLY
CANADIAN
OWNED & OPERATED**

Providing a *Continuum of Care and Support*
in a warm, family-like environment

The Experts in Seniors Care!

Age-In-Place Senior Living in Ottawa at its Finest

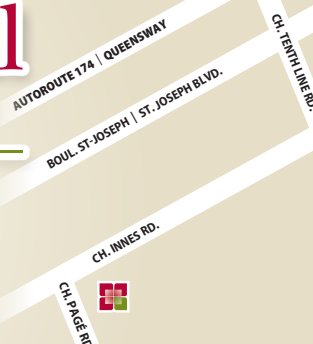
- ✓ Independent Living
- ✓ Assisted Living
- ✓ Convalescent Care
- ✓ Customized Nursing Care



An All Seniors Care Living Centres Residence

2305 Pagé Road, Orléans, ON

www.allseniorscare.com



Orléans Outstanding Youth Awards now accepting nominations

By Fred Sherwin
The Orléans Star

Nominations are now being accepted for the 2025 Orléans Outstanding Youth Awards, which recognize the outstanding achievements of youth aged five to 18.

Unlike other awards that are divided into categories, the Orléans Outstanding Youth Awards are designed to recognize youth who are outstanding in a variety of areas. For instance, they may excel in a specific sport or an artistic discipline, while maintaining excellent grades and contributing to the community through volunteering, mentoring

or tutoring. Anyone can submit a nomination, including a parent, teacher, coach or even the individual themselves.

The first step in the process is to put together a resume or CV listing the nominee's various achievements between Oct. 1, 2024 and Sept. 30, 2025. Each submission must also contain the nominee's name, address and phone number as well as the name, address and phone number of the nominator. Nominations can be submitted in either English or French.

The CVs will then be vetted and the

top 20 nominees deemed deserving of an Outstanding Youth Award will be invited to the awards ceremony which will be held at École secondaire catholique Béatrice-Desloges on January 4.

The Outstanding Youth Awards are made possible thanks to the generous support of this year's presenting sponsors, Collège La Cité, MIFO and Université St-Paul, along with platinum sponsor Richcraft Homes, and gold sponsors M. L. Bradley Ltd., and Sobeys.

The program was started in 2005 by orleansonline.ca as a way to recognize the

many accomplishments of young people in Orléans and to act as a means of positive reinforcement for youth in the community.

Past recipients include Olympic speed skater Ivanie Blondin, five-time Canadian curling champion Rachel Homan, Canadian actress and singer Steffi DiDomenicantonio and recording artist Michelle Treacy.

To submit a nomination, simply e-mail the nominee's CV to OYA@orleansstar.ca. Submissions can also be mailed to 745 Farmbrook Cres., Orléans K4A 2C1. The deadline for submissions is Oct. 31. and the winners will be notified the week of Nov. 15.

Orléans Lions extend heartfelt thank you to the community

The Orléans Lions Club wishes to thank all of our sponsors and the community for their support and participation in the success of our spaghetti dinner in April.

For every event, we select a cause and this year's cause was Autism Awareness. The dinner proceeds allowed the Lions to donate to three different organizations, Children at Risk, Fostering Forever Friendships and Innovative Community Support Services.

The Orléans Lions Club is celebrating it's

55th anniversary this month, which means 55 years of serving our community. Through the years, we have raised money for the local foodbank, community groups, children with cancer causes, CHEO, Diabetes Canada, Canadian Tire Jump Start and many more.

We appreciate everyone who help us make our community a better place. Our motto remains "We serve – Nous servons".

– The Orléans Lions Club



The 2025
Orléans
Outstanding
Youth Awards

The Arts – Academics – Sports
Community Service – Humanitarianism

Do you know someone in your community under the age of 18 whose talents and abilities set them apart during the past year? If so, why not consider nominating them for the Orléans Outstanding Youth Awards? Nominees must be 17 years old or younger as of Sept. 1, 2025, and reside within the City of Ottawa east of Blair Road. Nominees will be judged on their accomplishments between Oct. 1, 2024 and Sept. 30, 2025. All submissions must include the name, address and phone number of both the nominee and the nominator as well as a resume of the nominee's accomplishments. There are no categories *per se* – those nominated will be judged on their accomplishments in any one area, or a combination of areas. Nominations can be submitted by e-mail to OYA@orleansstar.ca or regular mail to The Orléans Star c/o 745 Farmbrook Cres., Orléans ON, K4A 2C1. The deadline for entries is Oct. 31. For additional information visit www.orleansonline.ca/OYA, or call Fred Sherwin at 613-447-2829.

CARAVELA

PRESENTS

Dancing
with your
Star

Every first and third Saturday of the month from 10:30 p.m. to 1:30 a.m., we'll be playing a mix of the most famous 80s and 90s music, including romantic slow songs. Release stress and socialize with other music lovers while having an amazing time.

Our kitchen will be open for tapas from 10:30 p.m. to 1 a.m.

(613) 424-9200 | 3712 Innes Rd., Orléans
www.caravelarestaurante.ca



NEIGHBOURHOOD UPDATE

Pumpkin Parade Returns!

I'm thrilled to announce the return of one of Orléans' most magical fall traditions: the Pumpkin Parade! Now in its seventh year, this event has grown into a true community favourite, and I'm proud to once again partner with the École élémentaire catholique L'Étoile-de-l'Est School Council to bring it to life.

On the evening of Saturday, November 1, Louis Perrault Park (6250 Beausejour Dr.) will be transformed into a glowing pathway of creativity, with hundreds of carved pumpkins lighting up the night. It's a beautiful way to give your jack-o'-lanterns one last moment to shine, and a chance for families and neighbours to come together and celebrate the season.



Bringing City Hall to You

This summer, I had the absolute pleasure of hosting my "Pop-Up in the Park" series across Orléans West-Innes, bringing my office hours out into the heart of our neighbourhoods. These events were a fantastic way to connect directly with residents in a relaxed, informal setting, right in the parks where families gather, and neighbours meet.

From thoughtful conversations with adults to handing out freezies to excited kids, each pop-up was a reminder of how engaged and passionate our community truly is. I'm incredibly grateful to everyone who stopped by to chat, share feedback, ask questions, or simply say "hello". Your insights help shape the work I do at City Hall, and I'm proud to represent such a vibrant and caring ward.

In between these events, I also broke one of my own records by knocking on more doors this summer than in any previous year outside of an election. Thank you to everyone who took the time to share your questions and thoughts with me. Hearing directly from you, whether at the park or at your doorstep, is one of the most rewarding parts of my role.

A Thousand Trees, A Thousand Thanks

Earlier this month, we came together for something truly special; a tree planting event that far exceeded expectations. What started as a plan to plant 500 trees became a remarkable achievement: 1,000 trees rooted in the City's new greenspace at 1754 St. Joseph Blvd., the former Convent.

This wasn't just about planting trees. It was about building community. Families, seniors, kids, and neighbours worked side by side to create a living legacy for future generations. Together, we transformed a quiet patch of land into a vibrant symbol of hope and sustainability.

Public service is about improving lives, and this day was a powerful reminder of why that matters. Thank you to everyone who participated, you've helped make our community greener, stronger, and more connected.

I'm already working with staff to organize more tree plantings at the site next year. Stay tuned!



Celebrating Orléans' Brightest Gems



Small businesses are truly the backbone of our local economy. I cannot think of a better way of celebrating their contributions to our community than by announcing the winners of my 6th Annual Gems Awards to coincide with Small Business Week, which is running from October 19- 25.

These awards recognize the outstanding local businesses, service providers, and community organizations that make Orléans such a vibrant and welcoming place. From restaurants and retailers to cultural and community groups, this year's winners represent the best of our community.

Starting this week, I'll be out visiting the winning businesses and organizations to personally congratulate them and highlight their contributions to Orléans. It's a chance to showcase the people behind the storefronts and services we rely on every day.

You can follow along with the announcements and visits by checking out my Facebook and Instagram pages. I'll be sharing photos, stories, and updates all week long.

Thank you to everyone who submitted nominations. Let's continue to support and celebrate the local gems that make Orléans shine!

A Summer of Progress

LRT work aside, it has been one of the busiest summers in recent memory, with more infrastructure upgrades happening across our community than we've seen in years. From road resurfacing and sidewalk repairs to park improvements and new public amenities, these projects are making a real difference for residents.

I've worked hard to advocate for these investments and push for long-overdue upgrades to be prioritized. It's incredibly rewarding to see so many improvements now completed, and I'm proud of the progress we've made together.

Even more exciting, I've already been working with City staff to secure an extensive list of street resurfacing projects for next year. Streets currently planned include:

- | | | |
|-----------------------|-------------------|-------------------|
| • Tours Place | • Bedeque Court | • Superior Court |
| • Frank Bender Street | • Fortune Drive | • Gaultois Avenue |
| • Loire Drive | • Richer Drive | • Northpark Drive |
| • Cholette Crescent | • Dusserre Street | |



Ward 2 Orléans West-Innes

613-580-2472 // Laura.Dudas@Ottawa.ca // www.LauraDudas.ca

When it comes to maintaining your furnace, experience matters

By Fred Sherwin
The Orléans Star

There's no question that when it comes to maintaining your furnace, experience matters. It can also save you hundreds of dollars. By hiring a professional to regularly maintain your furnace and humidifier, both units will be able to operate at maximum efficiency, saving you money while avoiding any problems that can occur when a home's furnace is neglected.

"It's the one appliance you can't do without," says Jerry Lemay, who has been installing and maintaining furnaces in the east end for over 49 years.

Now is the time to have your furnace checked out to prevent any potential problems from popping up this winter.

Anyone who has experienced having their furnace malfunction in the dead of winter due to improper maintenance, or no maintenance at all, very seldom makes the same mistake twice. With his wealth of experience, Jerry can pinpoint problems repairmen with far less experience may not be able to which could mean the difference between merely repairing your furnace or having to replace it entirely.

Although he is a sales rep for the Keeprite line of furnaces, Jerry can repair any make and model including gas furnaces, oil furnaces and electric furnaces, which is why he's earned the nickname "Dr. Furnace".

"I've gained a reputation for being the repairman of last resort," Jerry explains "A lot of people call me for a second opinion, or when they can't seem to get the right answer from anyone else."

It's important to note that contracting J.G. Lemay Heating and Air Conditioning to maintain your furnace will not effect your existing warranty.

Besides furnaces, Lemay also repairs and maintains hot water tanks, humidifiers, thermostats and heat recovery ventilation systems.

Jerry warns against signing contracts offered by door-to-door salesmen who are often nothing more than con artists.

"No reputable furnace salesperson or maintenance guy is going to walk around with a clipboard. Stay away from those guys," says Lemay.

For quality work you can trust, it's best to go with someone who has seen it all has the type of experience and solid reputation



Jerry Lemay has been in the home heating and air conditioning business for nearly 50 years. FRED SHERWIN PHOTO

earned by serving the community for nearly 50 years.

J.G. Lemay today for an inspection and routine maintenance at 613-835-2658 or 613-830-1661.

Diners, Drive-Ins & Dives

OCTOBER
26th
1PM - 3PM

Get ready to shake, rattle, and roll at our 50s-themed bash! Join us for a rockin' good time filled with classic burgers, old-school shakes, and all the retro vibes you can handle. Throw on your favorite poodle skirt or leather jacket, and bop the night away with us. Don't be square—we can't wait to party like it's 1959!

RSVP BY OCTOBER 21ST : 613-850-0969



613-850-0969
150 Rossignol Drive, Orleans, ON

PROMENADE
SENIOR SUITES BY BRIGHTWATER

Do More Than You Thought Possible With ROTARY

Special to the Orléans Star

Rotarians are people of action! The Rotary Club of Orléans is very active, featuring activities which primarily focus on food retention/distribution, youth and preserving our environment. We spearhead programs dedicated to bolstering both our local and international communities.

Locally, our impactful food retention projects include supporting the food bank, distributing fresh bread to local food banks (working with partners Lionsheart Inc., COBS Bread and the Capital City Church), and distributing Christmas food hampers to families in need.

Our work with youth includes our annual Youth Awards where we recognize local high school students for outstanding strength of character. We also supply dictionaries to Grade 3 students at a local school, and support two High School Rotary Interact Clubs as they conduct service projects of their own.

Our Ottawa Rotary Youth Forest project is an environmental project with the aim to plant over a thousand trees for a greener

environment. We have involved high school students in this initiative. In fact, our Club won a District Gold Environmental Star for our efforts with our green spaces.

We assist the Ottawa Rotary Home in providing respite programs for individuals with physical disabilities or complex medical needs, and actively champion the Legion's Poppy Campaign.

These are just a few ways we are dedicated to making a meaningful impact in our community.

Globally, our Rotary Youth Exchange program provides local high school students an opportunity to study abroad and international high school students to study in Canada.

We are involved in international projects that focus on Rotary's many areas of service.

For instance, we have a project to provide children in Villavicencio, Colombia, with basic education and literacy and we support Rotary's End Polio campaign, which internationally has vaccinated three billion children in over 122 countries.

Join us in our mission for positive change!



The Rotary Club of Orléans organizes an annual award program aimed at recognizing outstanding youth in the community. PHOTO SUPPLIED

Becoming a part of the Rotary Club presents an opportunity to contribute positively to our local and global communities while forming meaningful connections. If you're curious to learn more, consider joining us at one of our meetings or exploring our website

for further insights. You will leave feeling energized!

Check out our upcoming meetings at www.rotaryorleans.com. For more details, feel free to reach out to us via email at rotaryorleans2022@gmail.com.

Your Orléans Community Photography Store

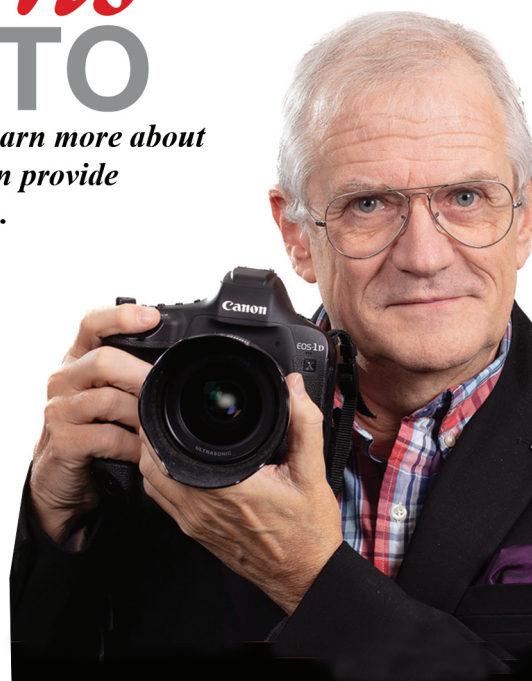
• SINCE 2019 •

Michael
Willem's
PHOTO

Visit our website today to learn more about the different services we can provide including photo restoration.



- Slide/Video/Film conversion
- Portraits ■ Lessons
- Printing & Frames
- Wall art
- Passport/ID photos
- Photo restoration



www.michaelwillemphoto.com
613-702-1874

LOCATED IN PLACE D'ORLÉANS (beside the Bay on the first floor)

Rotary

DO MORE THAN YOU THOUGHT POSSIBLE WITH ROTARY

Rotary is a global network of clubs with more than 1.2 million members – friends, neighbours, leaders and problem-solvers just like you.

We apply our diverse perspectives and collective expertise to support one another and tackle the most persistent issues that our communities face.



- JOIN US TO: Connect with other people of action • Form new friendships
- and build your network • Find creative ways to meet community needs
- Gain new skills and grow as a leader!

For more information e-mail rotaryorleans2022@gmail.com.

Kiwanis Eastern Ottawa Est: 'In the service of children'

By Fred Sherwin
The Orléans Star

Kiwanis International is a global community of service clubs dedicated to improving the lives of children one community at a time.

In 1988, Kiwanis Eastern Ottawa Est was granted its charter from Kiwanis International and has been an active service club chapter in the eastern Ottawa and Orléans area since.

You may know them from some of the events they have organized such as Canada Day on Petrie Island, the Orléans Canada Day Kids Festival at Millennium Park and the sKreamers haunted attraction at Proulx Farm in the weeks leading up to Halloween.

MISSION – The Kiwanis mission is to help kids around the world. Whether rolling up their sleeves or collaborating with their

peers, Kiwanians make transformative changes through its more than 19 million hours of cumulative service every year.

Local clubs like Kiwanis Eastern Ottawa Est organize and support local initiatives while the international organization takes on large-scale challenges, such as fighting disease and poverty.

EVENTS – Kiwanis Eastern Ottawa Est is responsible for organizing a number of community events, and is perhaps best known for its signature annual event, sKreamers.

The service club is also responsible for the construction of the children's playground at Millennium Park, supplying helmets to youth across Ottawa in collaboration with Helping With Bikes, and providing laptops to children in need to help bridge the edu-

cational digital divide. The club also provides below-market rates on tent rentals to community organizations.

The club also organized the first-ever World Trivia Night in 1993 and eventually handed the event over to the Children's Aid Society, which has turned it into its biggest fundraising event of the year.

MEMBERSHIP – Members of Kiwanis Eastern Ottawa Est are an eclectic mix of ages, genders, occupations, backgrounds and interests. They are all passionate about making their community and the world a better place for children so they can thrive.

Unlike most traditional service clubs, Kiwanis Eastern Ottawa Est does not require you to pay for a membership. Instead, they ask for your most valuable resource – time. In lieu of dues, membership



PHOTO SUPPLIED

is earned through 25 hours of community service annually.

By becoming a Kiwanian, you get the opportunity to give back to your community and build fellowship with people who share your values.

COMMITMENT – By becoming a member of Kiwanis Eastern Ottawa Est, you get a golden

opportunity to give back to your community and become part of the club's tradition of service. The club meets the first Wednesday of each month at 6:30 p.m. More info: www.keoe.ca.

Join the Kiwanis Club of Eastern Ottawa Est today or drop by one of their meetings to see what they're all about.

WHO JOINS KIWANIS?



Kiwanis
EASTERN OTTAWA EST

Kiwanians believe in the power of community service.

We believe children deserve every opportunity to thrive. And that each of us can play a role in making that happen.

We're people like you. Friends. Neighbours. Volunteers who want to make a difference. And we are ready to roll up our sleeves to be part of the change we want to see in the world.

LEARN MORE // www.keoe.ca

What will you find in the woods....?

sKREAMERS.ca
AT PROULX FARM

ORLEANS' **BIGGEST** HAUNTED ATTRACTION

OPEN EVERY FRIDAY & SATURDAY IN **OCTOBER**

Learn more at sKreamers.ca

TICKETS AVAILABLE ONLINE OR ONSITE
CASH or CREDIT CARD accepted

PROULX FARM, 1865 O'TOOLE RD. (JUST SOUTH OF INNES)

dementia talks *by Symphony*

Protect Yourself and Your Loved Ones from Scams

Learn from Cst. Brad Burleau, Ottawa Police Service, how to protect yourself and your loved ones from the growing threat of fraud and scams.



EXPERT TALK – Q&A – COMPLIMENTARY COCKTAIL RECEPTION

Day: November 05, 2025 / 4:00 pm

Place: Forest Valley Terrace / 1510 St Joseph Blvd, Orleans On / (613)830-4000

Free Tickets at: <https://dementiatalksfvt.eventbrite.ca>

**OPEN TO THE
PUBLIC
ADMISSION FREE**



FALL MOVE-IN BONUS

Move In Before November 30 & Get February **Rent Free!***

Moments & Terrace: 100% off

My Home: 50% off

Starting at \$3,100/month – Forest Valley Terrace, your new home!

*Restrictions apply.



📍 1510 St. Joseph Blvd, Orleans

📞 343-961-1332

Da Artisti Studio offering a variety of holiday workshops

By Jody Maffett
The Orléans Star

The Da Artisti Gallery and Studio in Cumberland Village is offering a number of workshops this fall for anyone interested in making a unique gift for that special someone on their Christmas list, or for themselves.

The workshops are ideal for individuals, small groups, or families who would like to work on a project together.

There are nine Christmas Ornament workshops to choose from with two sessions per day on Sunday, Nov. 2, Nov. 16 and Nov. 30 at 11 a.m. and 2 p.m. and evening sessions on Tuesday, Oct 28, Nov. 11 and Nov. 25 at 7 p.m. During the workshop participants can create four unique fused glass ornaments.

The morning workshops run from 11 a.m. to 1:30 p.m. and the afternoon workshops go from 2 p.m. to 4:30 p.m. The cost is \$75 which includes the materials.

No matter which date or time slot you choose, your creations will be fired and ready to be picked up in time for the holidays.

In the second set of workshops participants get to create a decorative picture frame containing a fused glass creation of their own making.

The picture frame workshops are being held on Sunday, Nov. 9 and Nov. 23 with two sessions to choose from. The first runs from 11 a.m. to 1:30 p.m., and the second goes from 2 p.m. to 4:30 p.m.

There are also two evening picture frame workshops on Tuesday Nov. 4 and Nov. 18 with both starting at 7 p.m. The cost is \$65 per session and includes materials.

To find out more, or to register for one of the workshops, you can call the studio at 613-833-2565 during regular business hours, or you can register online by visiting daartisti.com/workshops.

Besides the Christmas Workshops, Da



Fused glass ornaments

Artisti also offers a variety of classes and workshops in fused glass throughout the year. You can find a list of the classes being offered at daartisti.com/classes.

If you don't have the time to attend one of the workshops and create a unique gift of your own, you can visit the Da Artisti's Gallery and choose something



Fused glass picture frames

from the many items they have on display made by local artists and artisans including hand-blown glass jewelry, paintings, woodcrafts, stained glass, original print fabric and fashion accessories, and quilts.

The Da Artisti Studio and Gallery is located at 2565 Old Montreal Road in Cumberland Village.

Da Artisti

A Studio to Learn In

Da Artisti offers 1-on-1 and group fused glass workshops and classes. We provide all the knowledge, tools and materials needed to succeed. Learn the basics and you'll be able to come in and play in our studio!

A Gallery to Admire.

We also have a breathtaking gallery for accomplished and up-and-coming artists to display their completed works of art. Stop in and admire the work of our local artists.



613-833-2565 | www.daartisti.com
2565 Old Montreal Rd. in the heart of Cumberland Village

Traditions

CHRISTMAS CRAFT SHOW

NOVEMBER
1 & 2
10am-4pm



THE TRADITION CONTINUES! Hosted by National Capital Artisans, featuring over 60 artisans with unique, handcrafted items for sale. With a wide selection of quality handcrafted items, there's something for everyone. *You don't want to miss it!*

Sir Wil students and staff will run a canteen as a fundraiser for upcoming activities. Please come out and support them. As always, donations of non perishable food items or cash donations in support of the Orléans-Cumberland Community Resource Centre are appreciated.

Sir Wilfrid Laurier Secondary School

1515 TENTH LINE ROAD, ORLÉANS

NATIONAL CAPITAL

Artisans

www.nationalcapitalartisans.ca

Orléans city councillor releases sixth EP with four new songs

By Fred Sherwin
The Orléans Star

City councillor by day, songwriter by night, Matt Luloff has recently released a new four-song EP which is available on a variety of streaming services including Spotify and Apple Music.

Better Than This includes two songs he wrote back in 2006, *Hand Tied* and *Anything*, and two new songs, *Who I Used to Be* and *Better Than This*, which he wrote this year.

Luloff is reluctant to disclose what the songs are about, he'd rather let the listener interpret the words on their own.

"Songs mean different things to different people," explains Luloff. "The people who listen to the songs can interpret the lyrics based on their own life experiences."

This is the fifth EP Luloff has recorded in the last 21 months along with two singles. He does all his recording and engineering in his home studio, usually after he's put his two daughters to bed. He also plays most of the instruments on the EPs with a handful of guest performances.

Anything and *Better Than This* are both bare bones ballads with Luloff's voice accompanied only by guitar.

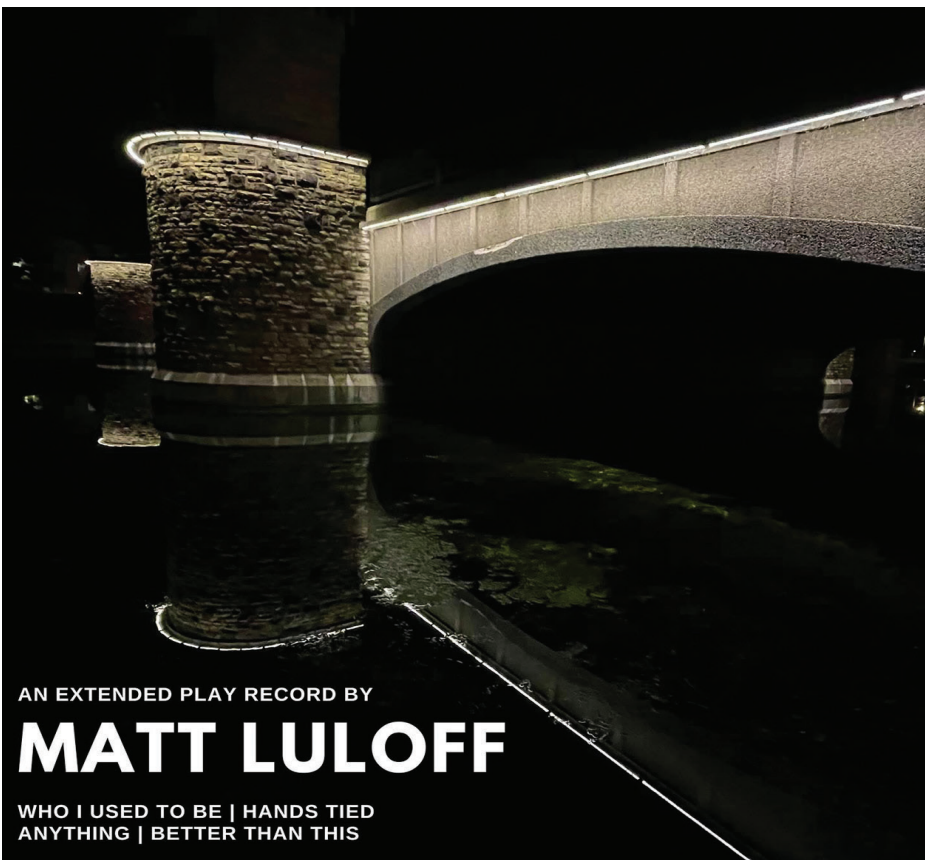
Hands Tied featuring Luloff on piano is another haunting ballad, while *Who I Used To Be* is a full-throttle banger that provides the perfect balance to the other three songs.

My own recommendation is to visit one of the aforementioned streaming sites and give the EP a listen for yourself.

If you're a fan of his music, you won't be disappointed and if you've never heard his music before you might be pleasantly surprised.

You can live stream the EP at open.spotify.com/artist/5YjWAQ0kTudP8N2IoCxElS, or music.apple.com/ca/artist/matt-luloff/1721265611.

► *Better Than This* is Orléans North-Cumberland city councillor Matt Luloff's latest EP, available on Spotify, Apple Music and other live streaming services.





JOIN US FOR THE 2025 ORLÉANS CORK & FORK!

November 7-8, 2025
Shenkman Arts Centre
Orléans, ON

- Sample amazing Wine & Food
- Live Music & DJ
- Daily Food & Wine Seminars
- Chef's Competition
- and more....

TICKETS AVAILABLE ONLINE

 @orleansfestivals

 @orleansfestivals

 orleansfestivals.ca



BUY TICKETS



Be prepared this season. Get your RSV, flu and COVID-19 vaccines.

NEW! Adults over 75+
can now get a
free RSV vaccine.



OttawaPublicHealth.ca/RespVirus



The St. Matthew Tigers pose for a team picture with the All Saints Bowl after beating the St. Peter Knights 35-7. FRED SHERWIN PHOTO

St. Matt's wins battle of the saints

By Fred Sherwin
The Orléans Star

The All Saints Bowl may only be four years old, but it has quickly turned into a rivalry game on par with the annual Panda Game played between the University of Ottawa and Carleton University. The All Saints Bowl pits Orléans' two Catholic high schools, St. Matthew and St. Peter, against each other with the winner earning bragging rights for the rest of the year.

The 2025 version of the All Seniors Bowl was played on Oct. 9 in front of more than 400 people at Millennium Park including former teachers and players from both schools.

Since the first All Seniors Bowl was won by St. Peter in 2022, the trophy has changed hands every year, with the Knights winning

it last year. With that in mind, the Tigers were determined to win it back this year.

The first quarter was relatively uneventful until the final few minutes when St. Matthew quarterback Anastasio Deller found receiver Jack Miller for an 75-yard gain down to the Knights' five yard line. An unnecessary roughing penalty for face-masking at the tail end of the play would give the Tigers a first down on the one. Deller then ran the ball into the end zone on a quarterback keeper, but the Tigers were called for a tandem buck which refers to when a teammate is caught assisting in the play by pushing the ball carrier from behind.

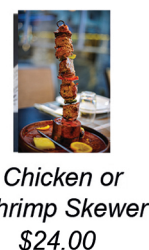
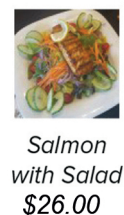
Undaunted, the Tigers regained the five yard penalty on the very next play to give themselves a second down from the one.

CONTINUED ON PAGE 16 ►

Lunch menu – Tuesday to Friday – All Meals Include Soup of the Day



3712 Innes Rd.
(Beside Food Basics)



St. Matt's beats east end rivals to win All Saints Bowl

Continued from page 15

The Knights stuffed the first attempt for a two yard loss and then Deller threw an incomplete pass to end the threat as the ball was turned over on downs.

St. Matt's would eventually score two series later on a drive that included a 31-yard run by Deller that set up a 20-yard touchdown run by Will Ellard.

St. Peter then responded with a nine play, 94-yard drive orchestrated by quarterback Logan Perrault that was culminated with a 14-yard touchdown run by Garlency Riviere to tie game at 7-7 late in the second quarter.

The first half should have ended with the score tied, but the Tigers had other plans. With just over a minute left on the clock, St. Matt's managed to put together an improbable drive that included passes of 25 and 35 yards from Deller to Miller and Zain Alhalabi respectively to set up a two-yard touchdwn plunge by Miller to give his team a 14-7 lead at the half.

St. Matt's then opened the second half with a 47-yard kick return by Charles

Nwadike Dim to give the Tigers a first down on St. Peter's 38-yard line. It took St. Matt's just four plays to find the end one on a two-yard run by Noah Kiwan that was set up by a late-hit call against the Knights that cost them 15 yards and gave the Tigers a first down on the five-yard line.

Trailing 21-7, the Knights were on the verge of narrowing the deficit to just touchdown when Riviere made a spectacular 34-yard run into the end zone but it was called back for holding. As it turns out, that would be as close as they would get.

After neither team scored in the remainder of the third quarter, the Tigers would add two more majors in the fourth to make the final score 35-7. The first touchdown was scored on a 18-yard pass from Deller to Ethan Burns, and the second one came on another 18-yard pass between the two teammates.

Deller would end the game with 182 passing yards after completing seven of eight passes, two of which were for touchdowns, and he ran the ball five times



The St. Matthew Tigers pose for a team picture after winning the 2025 All Saints Bowl. FRED SHERWIN PHOTO

for 44 yards including a touchdown, giving him three touchdowns on the night. For his performance on the field he was named as the game's MVP.

Ellard also had a big game, carrying the ball 16 times for 119 yards and scoring a

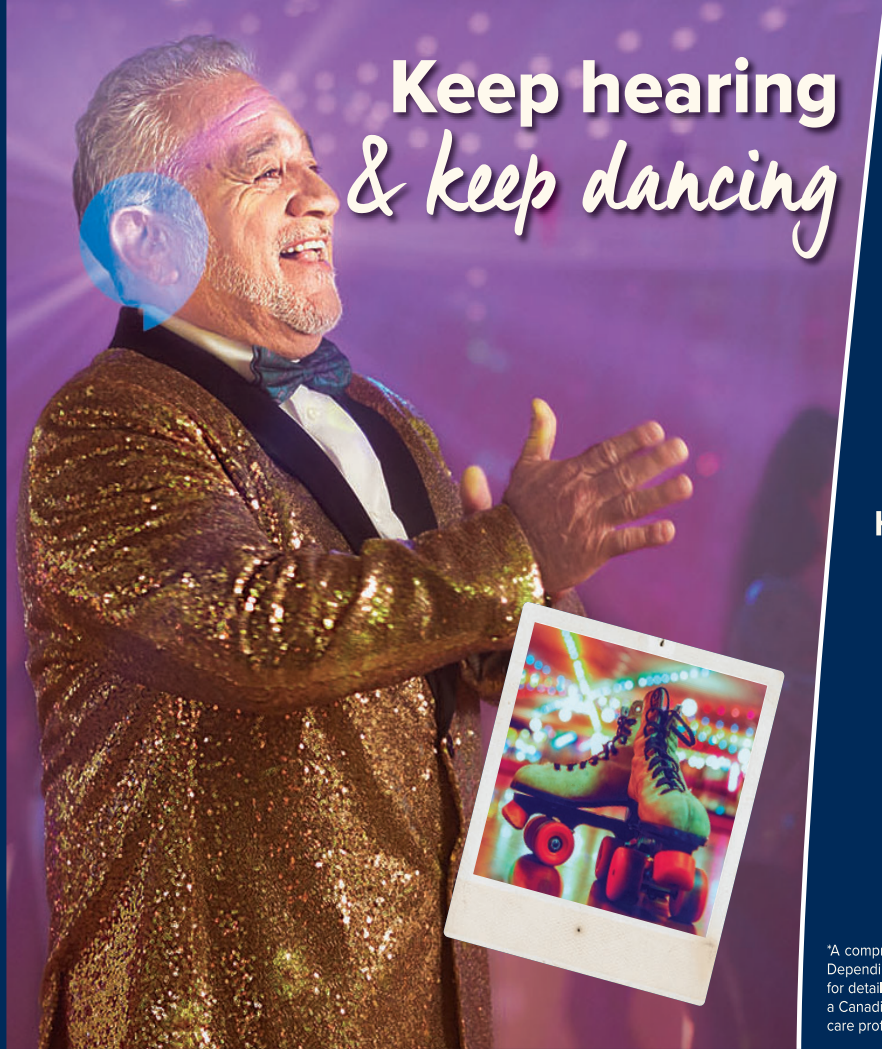
touchdown. On the other side of the ball, Perrault completed 13 of 17 passes for 161 yards and he ran the ball three times for 28 yards.

The two teams are both hoping to go deep in the playoffs which started this week.

4.7 ★★★★★

 nps.today

Based on 50,500+ customer reviews in Canada¹



Keep hearing
& keep dancing

30-Day FREE Trial

We offer 0% financing for 12 months²

✓ No credit checks. ✓ No hidden fees.

when you're ready for purchase

Get started with a FREE hearing test*

HearingLife Orléans est fier de vous offrir un service bilingue.

Orléans

1999 St.Joseph Blvd, Unit #10 1-888-854-9052

900 Watters Rd, 16B 1-888-854-9056

Mention code: **NSP-TRLF-ONTR**

Book online **HearingLife.ca/Try**

*A comprehensive hearing assessment is provided to adults ages 19 and older at no cost. The results of this assessment will be communicated verbally to you. Depending on the province you're located in, an administrative fee may apply if a copy of an Audiological Report is requested. Some conditions apply. See clinic for details. 1 Source: review.nps.today/r/HearingLife-Canada. 2. Interest rates starting at 0%. Deposit may be required. Borrower must be age of majority and have a Canadian bank account. Financing is available on select core-brand hearing aids and at select HearingLife locations. Offer not valid in Quebec. Ask our hearing care professionals for more details.

16 • October 23, 2025 • Volume 39, No. 12

Fall Colours event attracts record number of runners

By Fred Sherwin
The Orléans Star

This year, the Fall Colours running event attracted more than 1,400 participants, all eager to take advantage of the near-perfect weather.

The Somersault event is held every year on Thanksgiving Sunday at the Cumberland Heritage Village Museum. It traditionally starts with the 1K Turkey Trot for kids at 8:30 a.m., followed by the 1K Wedding Dress Dash in which the runners, both male and female, must wear a wedding gown.

Once the fun events are over, runners line up for the start of the marathon and half-marathon which winds its way down Old Montreal Road to Priscilla Road and then up to Wilhaven.

After the marathon and half-marathon runners get a head start, the 10K, 5K and 3K events take place.

The marathon, which also doubles as a qualifier for both the Boston and New York Marathons, was won by Gezahn Debel from Ottawa who crossed the finish line

with a time of 2:55.15 competing in the 40-44 age group. Nick Kerr placed second with a time of 3:04.21, competing in the 30-34 age group and Eric Odegard placed third just over a minute later, competing in the 35-39 age group.

Of the three results, only Debel's time was good enough to qualify him for next year's Boston Marathon.

The top woman in the marathon was Christine Gibb who clocked a time of 3:28.37, also competing in the 40-44 age group, which also qualified her for next year's Boston Marathon.

The half-marathon, which had the largest group with over 470 competitors, was won by Alex Barker-Mazet in a time of 1:18.31. His nearest competitor, David Cummings, crossed the finish line more than two and a half minutes later.

The 10K, which had more than 450 runners in the field, was won by Joel Klassen in a time of 35 minutes and 15 seconds.

Brian Sullivan won the 5K and teenager Olivier Montpetit won the 3K.



(Left) A father and daughter dressed as a chef and a chicken compete in the Turkey Trot at the Fall Colours Run on Oct. 12. (Right) A husband and wife team take part in the Wedding Dress Dash with their daughter.

FRED SHERWIN PHOTOS

Orléans' karate school prepares for World Championships

By Fred Sherwin
The Orléans Star

Nine members of the Douvris Martial Arts Centre in Orléans, including owner and head instructor Ben Clarke, are preparing for this year's WKC World Championships which will be taking place in Niagara Falls, New York, from October 25 to 31.

Sensei Clarke is a multiple world karate champion having won titles in all three competitive disciplines – forms, weapons and sparring, or point fighting.

The Douvris Orléans team also includes 3rd black belt and instructor Dante Lorusso, 1st degree black belts Stéphanie Lalonde, Frankie Cobby and Alexandre Michaud, and first time competitors Rosalie Gingras-Leroux, Eli Cooper and Loïc Montojo.

The ninth member of the team is Milia Nadeau, who won a gold medal at the national championships in sparring last spring in the girls 13-14 division.

All nine members earned their spot on the national team by finishing in the top four at those same national championships.

Athletes from over 10 different countries

will be competing at the WKC World Championships, which Clarke says is an experience no one who takes part will ever forget.

The competition will be especially memorable for the four members who will be competing on the international stage for the first time.

"It really is the experience of a lifetime," says Clarke. "Besides the actual competition, you get to meet people from all over the world who share the same passion for the sport that you do. I'll never forget the first time I competed at worlds – and I'm still good friends with some of the people I competed against."

Clarke has competed at the last 13 WKC World Championships, dating back to 2012 and has walked away with a medal every year.

But more important than winning a medal is the motivation competing at the world championships can provide each individual athlete.

"It just makes you hungrier to be the best you can be when you see kids from other counties compete at that level," says



Members of the Douvris Martial Arts Centre pose in their Team Canada track suits as they prepare for the WKC World Championships Oct. 25-31.

Clarke "You feel like, 'If they can do it, I can do it.' and it gives you a sense of belief that if you work hard you can accomplish anything.

"It's pretty cool. Everyone there is super invested in karate we all have the same

goal and the same passion for the sport. It's inspiring."

The Douvris Martial Arts Centre in Orléans opened in 2018. It now boasts 450 members who train in karate and fitness kickboxing.

www.oreansstar.ca

Orléans duo win gold at IBFF Fit Kids World Championships in Croatia

By Fred Sherwin
The Orléans Star

Orléans has two more residents to add to its list of world champions.

Inspired by Vanda (IBV) students Marika Lemay, 13, and Ivory Cash Henderson, 11, combined to win the gold medal in AcroFitness at the IBFF Fit Kids World Championships in Croatia last month. They were joined at the championships by teammates Arielle Lortie, 10, Solange Lemay, 9, and Stella Thorne, 7, along with IBV owner and head coach Vanda Hadarean and fellow coach Dominik Chartrand.

A number of parents also made the trip and formed an energetic cheering section throughout the four-day competition during which the young athletes competed in AcroFitness, DanceFitness, Miss Fitness, and Stamina Fitness categories.

This is only the second time that students from IBV have competed internationally.

All five of the athletes who made the trip to Croatia have been

training at the studio for over four years and they've taken part in several domestic competitions to prepare themselves for the world stage.

Hadarean, who is a former Olympian having competed at the 1992 Olympics in Barcelona with the Romanian gymnastics team, and a four-time Ms. World Fitness, was understandably proud of all five of her students.

"We are all – IBV Athletes, coaches and parents – very proud and over the moon happy of how the girls represented IBV and Canada," says Hadarean, while thanking their sponsors Louis L'artisan.

At the Inspired By Vanda fitness studio on Youville Drive, they strive to instill self-confidence in their students through fitness training and competitions aimed to reinforce their mission of providing top level training in a safe environment.

► Ivory Cash Henderson, top, and Marika Lemay in action at the IBFF Fit Kids World Championships.



PHOTO SUPPLIED

True partnership, made from the Ring of Fire

There's an area in Northern Ontario rich with critical minerals. By partnering with Indigenous leaders to develop the land, we will create lasting benefits for all Ontarians.

Learn more at ontario.ca/RingOfFire
Paid for by the Government of Ontario



PROTECT
ONTARIO

Ontario 

COMMUNITY BILLBOARD

SATURDAY, OCT. 25

CUMBERLAND FARMERS MARKET from 9 a.m. to 1 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.

SUNDAY, OCT. 26

SDBC TAPROOM CONCERT SERIES presents Quite Alright live and in concert at the Stray Dog Brewing Company, 501 Lacolle Way in the Taylor Creek Business Park. Advance tickets \$7 available at straydogbrewing.ca.

MONDAY, OCT. 27

PUMPKINS & PINTS pumpkin carving event at the Stray Dog Brewing Company, 501 Lacolle Way in the Taylor Creek Business Park. Cost \$10. Your ticket gets you your own pumpkin and materials so you can get creative and carve

out your masterpiece. There will be prizes and other surprises. All ages. Space is limited so RSVP today by visiting straydogbrewing.ca..

WEDNESDAY, OCT. 29

OYSTER NIGHT every Wednesday from 6-9 pm at the Orléans Brewing Co. Two types of oysters served with lemon, Tabasco sauce, horseradish, salt and mignonette. The Orléans Brewing Co. is located at 4380 Innes Rd., next to McDonalds.

THURSDAY, OCT. 30

SCOTT JAZEY & FRIENDS OPEN MIC SESSION at the Blackburn Arms Pub in Blackburn Hamlet starting at 6:30 p.m. For more information visit www.facebook.com/ScottJazeyFriendsandFamily.

FINAL ORLÉANS FARMER'S MARKET OF THE YEAR from

11 a.m. to 4 p.m. in the parking lot at the Ray Friel Recreation Complex on Tenth Line Road featuring local food vendors and producers.

FRIDAY, OCT. 31

BOOZE AND BREWS BASH at the Royal Oak Orléans, 1981 St. Joseph Blvd. (corner of Jeanne d'Arc) 10 pm to 2 am. Dance the night away when DJ Kwizz starts spinning the tunes at 10pm!! Prize for the best costume!! Pints of Molson Canadian for \$6.95 & shots of Jameson for \$5.95!

SATURDAY, NOV. 1

MIRIAM CENTRE ANNUAL STAMP SALE + knitting of all kinds and a visit from detective novelist Lyzann Godin-Leclerc Event will take place from 9 a.m. to 3 p.m. at the Miriam Centre, 1803 St. Joseph Blvd.

IN MEMORIAM



Marc Chenard, 62
Passed away on October 9, 2025

Gerald Clermont, 78
Passed away on October 4, 2025

Huguette Turgeon (née Girouard), 91
Passed away on October 2, 2025



www.heritagefh.ca/obituaries

BUSINESS DIRECTORY

CHURCH LISTING

Church of God International Canada

*Please come and join us
in worship and fellowship*

Weekly Sabbath Services (Saturday) at 1:00 p.m.

**DO YOU NEED PRAYER?
PLEASE EMAIL US.**

Please call or email for location 613-416-1533
or info@cgiottawa.ca

www.cgiottawa.ca cogcanada

CHURCH LISTING



**Orleans Seventh-Day
Adventist Church**

**Please join us on Sabbaths
for worship and fellowship**

**Saturdays: Sabbath School @ 9:30
and Divine worship @ 11:00 a.m.**

Location: Grace Presbyterian Church
1220 Old Tenth Line Rd. • 613-834-9638

PAINTING

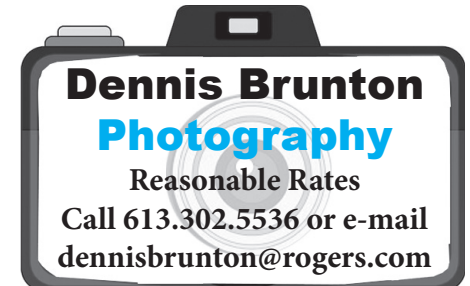


Ottawa

(613) 355-1700

Commercial & Residential

PHOTOGRAPHY



**Dennis Brunton
Photography**

Reasonable Rates

Call 613.302.5536 or e-mail
dennisbrunton@rogers.com

PSYCHOLOGY

NOW WELCOMING
NEW CLIENTS

NOUVEAUX
CLIENTS BIENVENUS



**Heart
in Mind**
PSYCHOLOGICAL SERVICES

SERVICES PSYCHOLOGIQUES

**Cœur à
l'Esprit**

BOOK YOUR CONSULTATION TODAY
PRENEZ RENDEZ-VOUS DÈS AUJOURD'HUI

heartinmind.ca • 613.841.4841

In the Heart of Orleans • Au Cœur d'Orléans

INSULATION SERVICES

**Ottawa's Best Attic
Insulation Services**



ATTIC PROS

GREEN INSULATION SERVICES

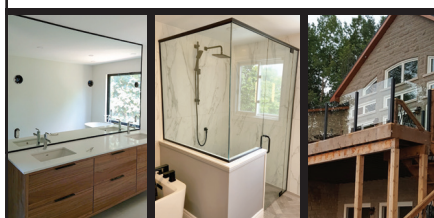
Our team has been providing
outstanding insulation services to
Ottawa residents for over 10 years!
Contact us today for assistance and
advice. Call 613-702-8374 for your
FREE insulation quote today.

www.atticinsulationpros.ca

WINDOWS & GLASS

YOUR ONE STOP GLASS SHOP

COMMERCIAL & RESIDENTIAL



OUR SERVICES INCLUDE:

Replacement of thermal panes • Custom showers
Repair & replace hardware on windows
Custom glass railings • Cut to size glass & mirrors
Repair damaged screens & fabricate new screen frames

1241 Cousineau St., Orléans

(613) 715-3856 or (613) 824-2664

Website: www.mggs.ca Email: Marty@mggs.ca

CARPENTER & HANDYMAN

Experienced carpenter and general
handyman at your service!
Over 35 years of experience



- Home Repair and Maintenance
- Small Engine Repair
- Wood Working Services

Call Norm @ 613 913-6771

E-mail: normlap2591@gmail.com

DECK INSTALLATION



Attawa Decks

**Residential decks
installation and repair**

To arrange a FREE consultation call
Rick Lalande at 613-298-1277 or
e-mail pat_rick44@hotmail.com

Notice of completion – draft Environmental Study Report Orléans Area Reinforcement Project

Hydro One has completed the draft Environmental Study Report (ESR) for the Orléans Area Reinforcement project. Now, you're invited to provide feedback. The proposed 115-kilovolt (kV) transmission line will run along the existing corridor from Hawthorne Transformer Station (TS) and Orléans TS and convert the existing 115-kV line in that corridor to 230 kV. While no alterations to the existing towers are required, both stations will undergo upgrades to support the increase in capacity.

As part of the Class Environmental Assessment (EA) for the project, Hydro One has selected the preferred route. The selected route limits impacts to the community and natural environment and is most efficient from a technical and cost perspective. Visit [HydroOne.com/Orleans](https://hydroone.com/Orleans) for more information.

We want to hear from you

The draft ESR is available for public review and comment from **Monday, October 20 to Wednesday, November 19, 2025**. The report summarizes the Class EA process, which was conducted in accordance with the Class EA for Transmission Facilities (2024) under the Ontario *Environmental Assessment Act*.

Provide comments via phone at **1-877-345-6799**, email at Community.Relations@HydroOne.com or mail to the below by **4:30 p.m. on Wednesday, November 19, 2025**:

Jeff Hankin, Environmental Planner, Hydro One Networks Inc.,
483 Bay Street, North Tower, 14th Floor, Toronto, ON, M5G 2P5

The request should be sent in writing to:

Minister, Ministry of the Environment, Conservation and Parks
777 Bay Street, 5th Floor,
Toronto ON M7A 2J3
Minister.MECP@Ontario.ca

Director, Environmental Assessment Branch
Ministry of the Environment, Conservation and Parks
135 St. Clair Avenue West, 1st Floor,
Toronto ON M4V 1P5
EABDirector@Ontario.ca

Requests should also be copied to Hydro One at the address provided above. The Ministry's website has more information on requests for orders under Section 16 of the Environmental Assessment Act at: ontario.ca/page/class-environmental-assessments-section-16-order.

If no Section 16 Order requests are submitted during the comment period, Hydro One will proceed with the project under the *Environmental Assessment Act*.

Where to find the draft ESR:

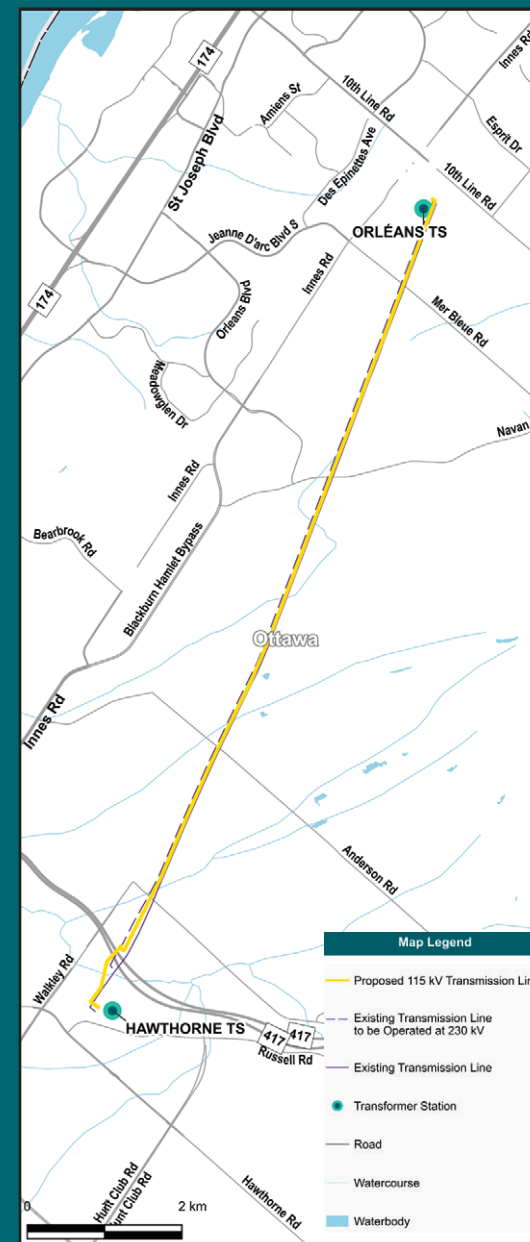
The draft ESR is available online at [HydroOne.com/Orleans](https://hydroone.com/Orleans).

If you require a printed copy, please contact Hydro One Community Relations at the phone number or email listed above.

Hydro One welcomes your feedback. We'll review and address received concerns before finalizing and submitting the ESR to the MECP. Once comments are addressed, MECP considers the project ready to proceed. We'll continue working with community members throughout project planning and development.

A request may be made to the MECP for an order that requires a higher level of study (i.e. a Comprehensive EA approval) or a request that a certain condition be implemented (e.g. require further studies) before the project can proceed. However, this request can only be made on the grounds that the request may prevent, mitigate or remedy adverse impacts on constitutionally protected Indigenous and Treaty rights.

The MECP will not consider requests on other grounds. Requests should include the requester's contact information and specify what kind of order is being requested (request for conditions or Comprehensive EA); how an order may prevent, mitigate or remedy potential adverse impacts on Indigenous and treaty rights; and any information in support of the statements in the request.



A portion of the proposed project is on federal lands owned by the National Capital Commission (NCC) and is subject to the *National Capital Act*, as well as Section 82 of the *Impact Assessment Act* (IAA). The project requires a Federal Land Use, Design and Transaction Approval (FLUDTA) in accordance with the *National Capital Act* and a determination of significance in accordance with Section 82 of the IAA. A Project Description for the portion of the project on federal lands will be posted on the Canadian Impact Assessment Registry for a 30-day comment period as part of the federal regulatory approval process.