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Your environmentally friendly community newspaper

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Cpt. Christian Reese helps young Hunter Kelly place a poppy on a wreath during the Remembrance Day ceremony at the Orleans Legion. Hunter's father Maj. Troy Kelly is currently serving in the Sudan. Fred Sherwin/Photo

Transportation Master Plan good news for east end

By Fred Sherwin
The Eastender

City staff rolled out a revised version of the hotly-debated Transportation Master Plan on Tuesday, which among other things, includes measures aimed at improving local transit and transportation woes sooner rather than later.

The revised plan proposes to move forward with construction in three distinctive increments. The first increment includes extending the Transit-

way from the Blair Road Station to the eastern end of the Blackburn Bypass and then having it connect to a bus only lane running along the Blackburn Bypass Extension through South Innes; construction of the downtown tunnel and light rail lines to Tunney's Pasture and Blair Station; and transit related infrastructure to support the future Strandherd-Armstrong bridge, all at a cost of \$1.7 billion.

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Khawaja sentencing delayed until next spring

By Fred Sherwin
The Eastender

Convicted terrorist Momin Khawaja will have to wait until next spring before he'll find out how much longer he will have to remain in prison.

The delay has been imposed by Justice Douglas Rutherford to allow the Crown Attorney and Khawaja's lawyer Lawrence Greenspon to write pre-sentencing reports that he hopes will help him determine a fair sentence for the Fallingbrook computer programmer.

The reports must be submitted to Justice Rutherford on Feb. 12, to allow him time to assess them and come back with sentences on the seven counts he was convicted of last month.

The guilty verdicts which include aiding, facilitating and financing terrorist activities in

connection with a British terrorist cell, carry possible maximum sentences from 10 years to life in prison.

While Justice Rutherford says he expects the pre-sentence reports will be diametrically opposed, they may help him render a decision in a case that has no legal precedence in Canada.

The charges Khawaja has been found guilty of were laid under Canada's Anti-Terrorism Act which was passed after the 9/11 attack on the World Trade Centre. He is the first person who has been charged and convicted under the Act.

The terrorist cell Khawaja was involved with were in the process of planning attacks on a number of civilian targets in and around London, England including the city's largest dance club,

and England's largest shopping centre.

Before they could carry out the attacks, they were rounded up and arrested by British authorities. At the same time, the RCMP raided the Khawaja family home in Fallingbrook and arrested him while he was at work. During their search, the RCMP found an electronic detonating device that he had been working on.

During the trial the Crown tried to argue that Khawaja was working on the device for the London bomb plotters and that prior to his arrest he travelled to London to show members of the group a picture of the detonating device on the Internet.

Greenspon successfully countered the Crown's case by arguing that there was no direct evidence proving that Khawaja

had any knowledge of the bomb plot. In rendering his decision, Justice Rutherford agreed and found Khawaja not guilty on the two more serious charges linking him to the London bomb plot.

Greenspon is expected to make a case that Khawaja's actions never resulted in an actual terrorist activity being carried out and that he was simply a young man who was deeply passionate about the Islamist insurgency in Afghanistan.

The Crown, on the other hand, is expected to argue that had the London terror cell not been discovered and their plot thwarted, they would have carried out their attacks and hundreds of people would have been killed with Khawaja's willing assistance.

Community briefs



Ontario Municipal Affairs and Housing Minister Jim Watson presents a cheque for \$77.3 million to Ottawa Mayor Larry O'Brien as Ottawa-Orléans MPP Phil McNeely and Orléans Ward Coun. Bob Monette look on. Fred Sherwin/Photo

Province hands over cheque for infrastructure renewal

ORLÉANS — The City of Ottawa has finally received the \$77.3 million promised by the province to help address various infrastructure needs. Almost half the money, or \$33 million, will be combined with matching funds from the federal government and the city to prevent future sewage spills from happening like the one that dumped nearly one billion litres of raw sewage into the Ottawa River in August 2006. Another \$11.5 million will be used to improve social housing, while much of the rest of the money will be dedicated to transportation projects, such as expanding park-and-ride lots at transit stations. The cheque presentation was made on the beach at Petrie Island which suffered the brunt of the 2006 sewage spill. "This \$77 million is going to go a long way towards solving some of our major infrastructure issues in the City of Ottawa," Mayor O'Brien said during the presentation. "Specifically, \$33 million of this is directed towards preventing problems that would affect the Ottawa River for all our residents."

Santa Claus is coming to Place d'Orléans on Nov. 15

ORLÉANS — Santa Claus returns to Place d'Orléans on Saturday, Nov. 15. There will be singing, music and a holiday theme show for the whole family starting at 6 p.m. in Laura's Court. For those people who can't make it on Nov. 15, Santa will be holding court Monday to Friday from 12 noon to 3 p.m. and 5 p.m. to 8 p.m., Saturdays from 10 a.m. to 12 p.m. and 1 p.m. to 4 p.m. and Sunday's from 11 a.m. to 1 p.m. and 2 p.m. to 4 p.m. starting Nov. 16.

Revised master plan contains a number of improvements

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The second increment, expected to cost \$900 million, would see light rail extended south to the South Keys station and west to Baseline Station.

The third increment includes construction of the South Innes Transitway from the Blackburn Bypass to Trim Road.

The first phase of the Transportation Master Plan also includes a number of road projects including widening Trim Road from the Blackburn Bypass Extension to Hwy. 174; adding two lanes to Hwy. 174 from St. Joseph Blvd. to Blair Rd.; widening Mer Bleue Rd. to four lanes between Innes Rd. and Navan Rd.; and extending Belcourt Blvd. south from Innes Rd. to Navan Rd.

Staff estimate the road projects will add approximately \$95 million

to the city's budget per year for the next five years.

The timeline for the transit aspect of the first phase of the Transportation Master Plan is largely dependent on funding. Construction will begin on each increment as the funds become available. Even under a best case scenario, construction wouldn't be complete until 2018.

Once it is finished work would begin on the second phase of the plan which among other things would extend the LRT from Blair Station to Trim Road running along the South Innes Transitway.

The revised plan will be debated during a special joint meeting of the city's transit and transportation committees on Nov. 19. It will then go before city council for a final vote on Nov. 26.

Budget consultation meeting to take place next Thursday

Residents eager to have their say on the 2009 City of Ottawa budget will have their chance next Thursday during a public budget consultation meeting at the Orléans Client Service Centre on Centrum Blvd.

The meeting is being co-hosted by Cumberland Ward Coun. Rob Jellett, Innes Ward Coun. Rainer Bloess and Beacon Hill, Cyrville Ward Coun. Michel Bellemare and will include a number of city staff members.

The meeting will likely begin with a presentation of the preliminary draft budget tabled last week which contains a possible 4.9 per cent tax hike which is made up of three components – one per cent for police services, two per cent for infrastructure renewal and 2.9 per cent to cover growth.

The draft budget also contains \$35 million in proposed cuts and user fee increases which are proving

to be controversial.

Among the items on the chopping block are 700 subsidized day care spaces, \$4.1 million in funding for local arts groups, festival and special event grants, several bus routes and outdoor rink grants.

As wide spread as the proposed cuts are, measures aimed at increasing parks and recreation user fees to bring them more in line with a full cost recovery model could impact even more families.

Among the proposed measures is a recommendation to increase arena rental fees for minor sports programs from \$122 an hour to \$184.80 an hour; rental rates for soccer fields and baseball and softball diamonds would increase from \$5.45 an hour for minor sports teams to \$24.29 an hour and prime time pool fees for groups offering children's programs from \$42.19 an hour to \$102.80 an hour.

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"Providing quality legal service to Orléans and area for the past 30 years."

Hundreds turn out for local Remembrance Day ceremonies

By Fred Sherwin
The Eastender

Hundreds of people turned out on Tuesday to honour Canada's fallen war heroes during Remembrance Day ceremonies in Orléans, Cumberland Village and Navan.

They were packed 10 and 12 deep around the Orléans Legion parade grounds as the bugler played the *Last Post* and prayers were recited for the thousands of brave men and women who have died in conflicts from the Boer War to the Afghan mission where the casualty list currently stands at 97.

A list of the Legion members who have passed away during the past year was also read out. They include Lawrence Lepine, Dennis Hayes, Raymond Sitland, John Trethewan, Paul Robert Connolly, Violet Ekdahl, Harry Poloz, Laurent Lapointe, Joseph Banville, Walter Wheatley, Paul LeCourtois and Gerald Purchase.

After the prayers were read, dignitaries and representatives from various branches of the Armed Forces, the Legion and local service clubs laid wreaths at the foot of the Orléans cenotaph.

At the conclusion of the formal part of the ceremony, many of those present either pinned their poppies to the wreaths, or laid them on the base of the cenotaph as they filed past the statue.

Among the crowd was Cpt. Christian Beese who will be leaving for his second tour in Afghanistan on Dec. 1. After placing his poppy on one of the wreaths he reflected on what was going through his mind during the ceremony.

"The first thing I think about is the friends I have over there. Then you think about all the people who have lost their lives. You think about why we're going and at the end of the day it's because we believe in what we're doing and we're really making a difference," said Cpt. Beese.

Katie Kelly was at the ceremony with

her newborn son Hayden and her two-year-old son Hunter. Her husband Maj. Troy Kelly has seven weeks left in his six month deployment to the Sudan as a U.N. military observer.

Besides remembering all those who have served, she was also thankful for the Armed Forces family and the support she's received from friends in the military.

"We've received tons of support. It's been amazing," said Katie.

Ottawa-Orléans MPP Phil McNeely laid a wreath at the foot of the cenotaph on behalf of the government of Ontario as he has done every year since he was first elected in 2003.

Although he was only six-years-old when World War II ended, he remembers how relieved everyone was when the war was over.

"I remember the newspapers, because during the war they listed all the men who had been killed or were coming home. I wasn't sure what they would do anymore once the war was over. And of course I remember all the guys coming home and the celebrations," said McNeely.

A smattering of World War II veterans were also on hand at the ceremony including Walter Weslowski who laid a wreath at the foot of the cenotaph in honour of his brother William who was killed during the push through Sicily.

During the war, Walter worked as a wireless electrician with 6 RCAF Bomber Command in England. Although he never saw combat, he witnessed the effects of the fighting as bombers limped back to their air bases or never returned at all. But it was the loss of his older brother that effected him the most.

"Every Remembrance Day I think about my brother lying in a grave in Sicily. He was 33 when he was killed which was quite old for a serviceman," says Weslowski.

During the Orléans ceremony, Stella Limoges read out the names of the Legion



A young girl places a poppy on the base of the Orleans Legion cenotaph following Remembrance Day ceremonies on Tuesday. Fred Sherwin/Photo

members who have passed away during the past year.

While the number of surviving World War II veterans keeps dwindling, the number of Canadians who come out to honour their sacrifices continues to grow.

About 250 people turned out for the Remembrance Day ceremony in Navan including World War II and Korean War veteran Eric Smith, who is the last surviving war veteran from the village. Before the ceremony, Smith attended the Remembrance Day assembly at Heritage Public School.

The Remembrance Day ceremony in Cumberland Village was also well attended as double Distinguished Flying cross recipient Dr. I.F. Kennedy once again read out the Honour Roll.

Commentary: East end's recreational jewel loses out again

Commentary
By Fred Sherwin

This week Ontario Municipal Affairs and Housing Minister Jim Watson and Ottawa-Orléans MPP Phil McNeely met on the beach at Petrie Island with Ottawa Mayor Larry O'Brien and Orléans Ward Coun. Bob Monette and handed them a cheque for \$77.3 million to be used to help improve the city's infrastructure assets.

Although there were no strings attached to the money, the city has decided to use \$33 million of it along with \$33 million from the federal government and \$33 million of its own money to fix its aging combination collector sewers which led to the massive sewage spill in August 2006.

The remainder of the funds will be used to help fix Ottawa's crumbling social housing units and other transit and transportation projects.

Unfortunately none of the money is

being set aside to improve Petrie Island which suffered the brunt of the 2006 sewage spill and is still reeling from the bad publicity it caused.

The question is why spend \$100 million to prevent future spills from happening and not invest any of the money to improve the single biggest recreational facility that will benefit from it?

Petrie Island is an absolute jewel. Sure the beach is closed from time to time when rain causes an increase in bacteria levels, but so is practically every other beach located within a large municipal centre.

During a normal summer when it isn't raining every other day, such as the summer of 2007 when the beach was only closed for six days, the bacteria levels are perfectly acceptable and their isn't any problem.

There's also the argument that the beach is only a small aspect of the island. Most

people who visit Petrie Island don't go near the water. They go for a hike along the nature trail or a picnic near the west beach. Hundreds of people go there just to get away from the hustle and bustle of the city.

But still Petrie Island is possibly the most underutilized facility in the city when compared it to its massive potential.

Surely to goodness a portion of the \$77 million could have been used to expand the washroom and change room facility that will be built next spring. The original plan called for a canteen and shower facilities. When the city couldn't afford it on their own, they tried unsuccessfully to find a private sector partner, the result being the building is a much scaled-down version of what was originally planned.

It's not too late for council to do the right thing and earmark some of the funds for Petrie Island, goodness knows the island deserves it.



Fred Sherwin
 Editor & Publisher

To submit a letter to the editor to *The Eastender* e-mail the-eastender@orleansonline.ca.

Letters should be limited to 250 words.
The Eastender reserves the right to edit correspondence for length with a commitment to maintaining the integrity and spirit of the content.

Insanity

Every once in a while our erstwhile city councillors do something that absolutely leaves you shaking your head.

Their latest mindboggling move was to nearly add \$2 million to \$6 million to the budget shortfall in order to make it cheaper for University of Ottawa students to get to school by offering them a special bus pass.

The students currently pay about \$230 a semester. The Students Union at Ottawa U. undertook a survey that established \$130 as the optimal price point to increase ridership. The only hitch is that it would cost the city at least \$2 million to subsidize the \$130 passes. I say at least, because the program would eventually have to be extended to the city's other post-secondary institutions which could double or triple the cost.

City staff crunched the numbers and came up with a price point of \$195 per semester as a revenue neutral option, meaning it wouldn't cost the city a penny.

Seems like a no-brainer right? Reduce the cost of the pass from \$230 to \$195 and give the students a \$35 break without having to exacerbate the budget problem, or reduce the cost of the passes to \$130 and have taxpayers foot the bill.

Here's the punch line – the amendment lost on a tie vote. Even better, the main motion that would have implemented the \$130 pass and added \$2 million to the budget shortfall, lost on a tie as well, which means half the people on city council were willing to add \$2 million to a budget shortfall that already sits at \$35 million and has staff considering doubling and tripling recreation facility rates, scrapping outdoor rinks and slashing \$4.1 million in arts and culture funding.

Where on earth did they think the money was going to come from? Did they not hear city manager Kent Kirkpatrick remind them of the guiding principle they themselves adopted regarding the need for fiscal sustainability when he tabled the 2009 draft budget last week?

If Wednesday's vote is any indication, the upcoming budget deliberations should offer interesting theatre as the fiscal hawks on council square off against the free spenders.

– Fred Sherwin, editor

Imperfect transit plan at least a beginning

I've just finished going over the city's reworked Transportation Master Plan and I must say that it is a major improvement over the original draft even though it doesn't include a direct link to the south end of the city until after 2018, but more on that later.

What it does include is an extension of the existing Transitway from Blair Station to the eastern end of the Blackburn Bypass, which in layman's terms means they will likely widen the south end of Blair Road and the Blackburn Bypass to accommodate both east and westbound bus only lanes.

The revised plan also includes the completion of the Blackburn Bypass Extension from Trim Road in the east to Navan Road in the west between Pagé Road and Orléans Blvd. The Bypass Extension will include bus lanes on the shoulder of the roadway that will link into the Transitway extension at the Blackburn Bypass.

The move will help address the pressures being placed on the Innes Road and Navan Road corridors in the short- to mid-term as construction progresses on the downtown tunnel and the east-west LRT.

Once the tunnel is built and the LRT is extended to the Blair Station, construction will begin on the South Innes Transitway which will be used by buses until the money's available to convert it to light rail.

Personally, I would have preferred to see the South Innes Transitway built before the first shovel of dirt is turned for the tunnel, but putting bus lanes on the Blackburn Bypass Extension should help improve the commute downtown at least for the time being.

As for how long it will take before the light rail system is extended to Trim Road, my children will probably be grandparents by then.

The problem as I see it is the tunnel. I'd be willing to bet dollars to Timbits that it's going come in way over budget and it's going to take a lot longer to build than is currently being predicted.

The danger is that it could easily become a gapping Black Hole, sucking up every transportation dollar the city will have at its disposal,

which means other projects will be placed on the backburner or fall by the wayside entirely.

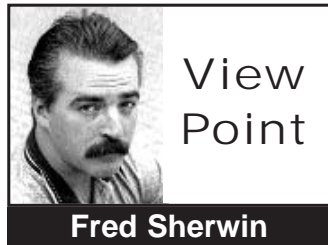
And that brings me to the biggest issue I have with the revised Master Plan which is the omission of a connection from Innes Road to the soon to be built Hunt Club/Hwy. 174 interchange.

Those of you who are regular readers of this column know how strongly I feel about the need for improved access to the south end of the city and especially the airport. The current lack of access is the single biggest deterrent to the economic development of the far east end.

The revised plan addresses the need for an Innes/Walkley/Hunt Club connection, but not until after the tunnel is completed, whenever that turns out to be.

It's unfortunate the east end councillors weren't able to get the connection moved up in the revised plan. Hopefully, circumstances will be such in the future for it to get built sooner rather than later.

If nothing else, the Transportation Master Plan establishes a blue print for the city to final move forward. Let the digging begin.





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When it comes to buying pet food do your research

On January 22, 1990, Ann N. Martin fed her two dogs and three cats their normal dinner of dry kibble from the feed store. Afterward, one of her dogs vomited most of the food. Her other dog then began to vomit as well.

As her dogs continued to vomit when fed the kibble the days afterward, Ann Martin decided to try an experiment. For one meal, she left one of her dogs on the dry kibble and gave the other dog meat, rice, and carrots instead. Her dog eating the kibble continued to vomit, while her dog on the “people food” diet miraculously stopped vomiting.

Is the story about Ann Martin’s dogs true? Yes, and she felt so disgusted about it that she even wrote a book about the truths and lies about pet food called “Food Pets Die For: Shocking Facts About Pet Food”.

Ann Martin thinks that our pets may not be getting the high-quality nutrition we think they’re getting. Over time, the food could even cause decreased health or illness; but now is the time for change!

In TV commercials for dog and cat food, you sometimes see juicy steak and chicken prominently displayed on the screen, but it’s very unlikely that you’ll find large quantities of human-grade ingredients



like whole steak or chicken in pet food. Instead, they often include “meats”, more accurately known as meat by-products, such as the leftover parts of chicken carcasses (necks, beaks, feet, undeveloped eggs, and intestines). Basically, they are second-class ingredients.

Many low-quality foods have added food coloring, which is completely unnecessary and only appeals to the human, not the dog.

Dry foods need something called “fillers” to hold them together. Corn, brown rice, barley, and wheat are all commonly used fillers, but do not buy a food that contains corn! Cats and dogs have difficulty digesting corn. Dogs and cats need meat as their main diet, and corn does almost nothing for them. Wheat isn’t the best filler either, as it causes allergies in some cats and dogs, but brown rice and barley are fine as fillers.

Another common ingredient in grocery store pet food is “beef and bone meal”. Beef and bone meal is basically crushed up beef cattle, with all

of the quality human grade parts removed. It is not fit for human consumption. The cattle may even be diseased. It can make dogs and cats sick too, but it’s still often put into pet food.

Another ingredient in many grocery pet foods is beef tallow preserved with BHA. Beef tallow is another name for beef fat, which has hardly any nutritional value at all. It is only put into pet foods to add flavor. Also, the beef tallow in many grocery store pet foods is preserved with BHA which has been shown to cause of cancer.

Pet foods should not contain any sweeteners like corn syrup or sugar. Their only purpose is to add flavor, and too much sugar is never good for the health of our pets.

Basically, all of these ingredients are bad for you pet. There are not only bad ingredients in the foods, but the ingredients are lacking the nutrients your pet needs to be healthy.

So, I told you what you shouldn’t look for... you may be wondering what you should look for. The first thing you should do when you look at the ingredient list on a bag of pet food is to make sure the first ingredient is something like chicken, lamb, chicken liver, or something similar. This is VERY important...cats

and dogs need lots of protein to live.

There should be a named fat source, like chicken fat. Sunflower oil, however, is preferred to chicken fat. You should also see Vitamin C or Vitamin E in the ingredient list (instead of BHA or BHT). These are used as natural preservatives to keep the food fresh.

If you have a cat, there should also be taurine somewhere in the list of ingredients. Taurine is an amino acid that is produced naturally by our bodies, but cats barely produce any taurine, so it has to be found in their diet. If cats don’t have taurine in their food they can develop heart disease.

Basically, look at the ingredients before you buy your next bag of dog or cat food. If you see any of the low quality ingredients I talked about, don’t buy it. There are no guarantees with any food, but it’s such a great feeling to know that you’re doing the best you can do for your pet.

I’ve literally spent hours researching about what food to feed my pets, and I hope that you too were encouraged by this article to do some research.

There are lots of great web sites and books available on the topic of pet foods. Look around, find some more information – it is very interesting, and can be very surprising.

Chocolate that’s not only delicious but good for you

Fred Sherwin
The Eastender

A year and a half ago, Orléans resident Anne-Marie Fontaine was thumbing through the *Globe and Mail* when she came across an ad looking for people interested in becoming independent distributors for a product called Xoçai.

Besides the strange name, Fontaine’s curiosity was piqued by the ad’s audacious claim that it was the world’s first truly healthy chocolate.

Understandably skeptical but naturally curious, she decided to call the number in the ad to get more information.

“The last time I had chocolate was 20 years ago when I was pregnant with my daughter. For some reason I had an allergic reaction after eating a piece so I stayed away from is,” says Fontaine.

While doing more research, Fontaine found out that Xoçai chocolate is made by using an exclusive cold press process that retains the natural antioxidant qualities of unprocessed cocoa powder.

In order to maximize the healthy aspect of the product the unprocessed cocoa powder is mixed with blueberry extract and the Açai berry native to the Amazon which are both high in antioxidants.

A small wafer has the equivalent antioxidant qualities as 3/4 of a pound of spinach – and because the Xoçai chocolate doesn’t contain any waxes, added sugar, preservatives or other fillers it doesn’t produce cravings like normal confectionery chocolate does.

Suitably impressed by the product’s claims, Fontaine decided to try it out for herself.

At first she took a small nibble, then another and another, until she had eaten the entire piece.

“Not only didn’t I have an allergic reaction to it, but it was delicious. It has a real dark chocolate taste to it, but it’s also fairly sweet from the blueberry and Açai extract that’s in it,” says Fontaine who decided to take the leap and become a distributor.

Since introducing the product to her friends and associates she has received nothing but positive feedback.

“People absolutely love it. Like me they were a little skeptical at first, but once you read about it and try it, you love it,” says Fontaine.

According to independent studies available on the Internet, dark chocolate can help decrease cardiovascular disease, prevent the formation of



Anne-Marie Fontaine

blood clots, lower blood pressure, help prevent certain types of cancer, improve liver function and help weight lose by decreasing cravings.

To find out more about the Xoçai chocolate you can call Anne-Marie Fontaine at 613-837-5279 or visit her website at [http:// www.chocolatebiz.ca](http://www.chocolatebiz.ca).

Local sports

Louis-Riel Rebelles win senior girls Tier 1 hoops crown

By Fred Sherwin
The Eastender

The Louis-Riel Rebelles put the finishing touches on a perfect National Capital high school campaign on Monday, downing the Sacred Heart Huskies 43-41 to win the Tier 1 senior girls basketball championship.

In a game that featured two unbeaten teams, the play on the court failed to live up to the advance billing as both teams struggled with their shooting and committed a bevy of turnovers.

After the first half, the Rebelles held a slim six point lead up 21-15 thanks in large part to the shooting prowess of Emilie Vachon who was 4-for-5 from the field. Michaela Riché added seven points and had three boards.

The Huskies, meanwhile, shot a dismal 25 per cent in the first half. They didn't do much better in the third quarter, going four for 13. Their only saving grace was a trio of three point shots by Jen Stoqua that enabled them to keep the score relatively close at 33-25.

The Huskies cut the Rebelles' lead to 33-27 on a pair of free throws by Krysten Patrick at the beginning of the fourth quarter, but they couldn't sustain any sort of momentum and the Rebelles managed to maintain a seven point advantage until the Huskies hit three shots in a row with just over a minute to go in the game to cut the deficit to 41-39.

With time running out, Idil Hussein, who was ice cold for most of the game, made a pair of critical free throws to give the

Rebelles' a four point cushion. Had she missed them, Sacred Heart would have had a chance to tie the game with under 24 seconds left. Instead, they managed to get a late basket to make the final score 43-41. Most of the Rebelle players seemed relieved to escape with the win, especially after Sacred Heart made a game of it near the end.

"We didn't play very well at the beginning. Actually, we didn't play very well for most of the game, but we really wanted to win and we did so I'm very excited," Vachon said after the trophy presentation.

The win didn't have much of a bearing on anything except for bragging rights as the Rebelles had already committed to play in the provincial 'AAA' championships and Sacred Heart had already booked their tickets to the OFSAA Quad-A tournament.

The Rebelles are stepping up a level after winning the 'AA' city championship last year. Head coach André Desjardins says the team will have to step things up a notch or two if they want to get anywhere at OFSAA. Unfortunately, they will be without the services of Brianna Smith who will be in Florida playing in the Y-League North American soccer championships with the Ottawa Fury and Kristy MacGregor-Bales status is questionable after she suffered a knee injury in the second quarter and had to be carried off the court.

"We played in a provincial Quad-A tournament a couple of weeks ago and did very well playing against some of the best Quad-A teams in the province, but if we're



Members of the Louis-Riel Rebelles pose for a team photo with the championship trophy after downing the Sacred Heart Huskies 43-41 in the NCSSAA Tier 1 senior girls final on Monday. Fred Sherwin/Photo

down those two girls it's going to be very tough," said Desjardins

For MacGregor-Bales, who missed last year's OFSAA tournament with an ankle injury, watching the tournament from the bench again is not an option.

"I'm going to ice it like crazy," she said before leaving the Ashbury gym. "I missed OFSAA last year because of a sprained ankle, so I really want to make it this time."

Grads return to winning ways against division leader

By Fred Sherwin
The Eastender

The Cumberland Grads welcomed the return of head coach Mark Grady and centre David Pacan from the recent World Junior 'A' Hockey Challenge on Tuesday by downing the Cornwall Colts 5-4 and ending a two game losing skid.

After losing their last two games to the Kanata Stallions and the Nepean Raiders, the Grads had slipped to fourth place in the highly competitive Robinson Division. A win over the first place Colts would move them into a third place tie with the Ottawa Jr. Senators and put them one point back of both Cornwall and the Gloucester Rangers.

After allowing a pair of first period goals on just six shots, the Grads finally got on the scoreboard midway through the second when Brock Plouffe beat Colts' netminder Justin Roethlingshoefer on a pass from Matt Miller.

Rink announcer and Grads owner Steve Barban barely had a chance to announce

the goal before the Colts were able to re-establish their two goal lead on a shot from Tim Wolford.

Back to back penalties to Darick Ste-Marie for tripping and Roethlingshoefer a minute later for delay of game would give the Grads the perfect opportunity to get back in the game.

After peppering Roethlingshoefer from every angle during the two man advantage, Chris Murphy finally got one by him with five seconds left in Ste. Marie's penalty.

While still enjoying the man advantage, the Grads continued to press Colts in their own end. After Damian Cox and Daniel Sauvé were sent off for offsetting slashing penalties, Michael Borkowski fed a pass to Marc-Andre Labelle who tied the game on his eighth goal of the season.

The score remained tied until the 9:41 mark of the third period when Borkowski head-manned the puck behind the net to Plouffe who then beat Roethlingshoefer cleanly on text book wrap around shot.

After gaining possession of the puck off the ensuing face-off, the Grads quickly crossed the Colts' blueline and bore down on Roethlingshoefer who stopped the initial shot. The rebound was quickly picked up by Borkowski who slid the puck over to Plouffe who then scored into the wide open net for his second hat trick of the season and his 15th goal in the last 12 games.

The Colts would make things interesting with a power play goal by Cross with 7:41 left in the game, but that would be as close as they would get the rest of the way.

Although they're a point back of the Rangers and the Colts, the Grads have games in hand over both teams. They've played four fewer games than Cornwall and one less game than Gloucester, both of whom are in action on Thursday night.

The Grads next game is against the Brockville Braves in Brockville on Friday. They then have back to back home games against Smiths Falls and Hawkesbury on Sunday and Tuesday.

Local sports

Tough day for east end schools at senior boys volleyball championships

By Fred Sherwin
The Eastender

On a day that started out with so much promise, there was very little to cheer about for supporters of the Colonel By Cougars, the Louis-Riel Rebelles and the Béatrice-Desloges Bulldogs on Wednesday as all three east end teams lost their respective games at the NCSSAA senior girls volleyball championships.

The day started out with the Colonel By Cougars taking on the Hillcrest Hawks in the Tier 1 AAA/AAAA bronze medal game with the winner getting an invitation to the provincial Quad-A championships in Barrie next week.

The Cougars started out well enough, winning the first set 25-19. The Hawks came back to win the second set 25-23, but lost the third set 20-25, leaving Colonel By needing just one more set to win the match.

When the fourth set went in favour of the Hawks, things started to get a little tense for Colonel By. The situation soon went from tense to desperate for the Cougars when Hillcrest managed to gain the advantage in the fifth set tiebreaker and eventual won it 15-12.

Louis-Riel was on floor next against rival Franco Cité in the senior girls 'AA' final. Just as the Cougars had done in the match before them, the Rebelles managed to win the first set 25-22, but dropped the second set 17-25.

The third set was nip and tuck the entire way as neither team was able to get more than a two or three point lead. Then with the score tied 23-23, Louis-Riel was able to score a critical point to put themselves in a position to win the set. When Franco Cité hit the ball wide on the next rally, the set and the advantage went to the Rebelles.

But just as the Cougars had done before them, they lost the fourth set 18-25 which breathed new life into their opponents. In

the tiebreaker, Franco Cité jumped out to an 11-2 lead and then traded points the rest of the way to win it 15-5 and capture the gold medals.

The final game of the day was a rematch of last year's AAA/AAAA final between the Glebe Gryphons and the Béatrice-Desloges Bulldogs which the Gryphons won in three straight sets before going on to win the provincial Quad-A championship.

In an earlier regular season match, the Gryphons blanked the Bulldogs yet again. In fact, heading into the gold medal game the Gryphons had only lost two sets in 13 matches.

Despite being a consensus underdog, the Bulldogs lived up to their nickname in the first set and were tenacious in grinded out a 25-21 win. Simon Laplante led the way in the opening set with three kills, three aces and blocked shot for another point. Prénel Cavé also had a strong game with four kills including the set winner.

The Bulldogs clearly had the defending champions rattled as the second set got underway, but rather than assert themselves and try to take advantage of the situation, they committed three unforced errors on the first four points. Even so they only trailed by a point, down 11-12, when Glebe went on a 6-1 run to take control of the set. The Gryphons extended their lead to 21-14 and then traded points the rest of the way to win 25-19 and tie the match.

The Bulldogs continued to give the Gryphons all they could handle in the third set. After falling behind 15-10, they closed to within a point at 21-20 when Glebe scored two big points to take a 23-20 lead. A pair of net violations by the Bulldogs did the rest of the damage and the Gryphons were suddenly in the driver's seat.

Whether the thought the outcome of the match was inevitable or not, the Bulldogs were definitely running on empty in the



The Béatrice-Desloges Bulldogs huddle during a timeout in their AAA/AAAA city championship match against the Glebe Gryphons on Wednesday. Fred Sherwin/Photo

fourth set. After trailing early on in the set, they took the lead at 5-4 and then extended it to 15-11. Béatrice-Desloges committed six unforced errors on the next seven points to put the set and the match out of reach.

Besides Laplante and Cavé, Jérémy Lortie and Marc Bégin also had a very strong match as did libero André Bégin.

Despite losing, Bulldogs head coach Chantal Lefebvre said the match was the perfect tune-up for the OFSAA 'AAA' championships in Kingston.

"This was a real test of what we're going to face at OFSAA. Against a team like Glebe you have to push all the time," said Lefebvre. "Now they know what to expect at OFSAA and they know how they have to react. They can't let up. Every game is going to be against a really good team."

Rangers move into first place tie with win over Hawkesbury

By Fred Sherwin
The Eastender

Don't look now, but Gloucester Rangers head coach Vince Mallette has his team firing on all cylinders.

After starting the season 1-0-3, the Rangers are now 12-2-8 and tied for first place atop the Robinson Division after winning three of their last four games including a 6-2 drubbing of the Hawkesbury Hawks on Thursday night.

The Rangers were supposed to be in a rebuilding year after hiring Mallette during the off-season. The former Peterborough Pete's head coach and one time Ottawa 67s assistant wasn't sure how long the process would take or even if his players would rise to the challenge. As it turns out, it's taken a lot less time than a lot of people thought it would.

Four of the Rangers' 11 wins have come against the Pembroke Lumber Kings and the Nepean Raiders, who are tied for first place in the league.

Thursday's game against the last place Hawks was the perfect example of a team winning games they're supposed to. The Rangers built up a 3-0 lead on goals by Andrew Creppin, Phillippe Patry and Corey Frizell.

A pair of power play goals by Jacob Laliberte would temporarily narrow the deficit to 3-2, but Creppin's second of the game and Jamie Begin's second of the season would re-establish the Rangers' three goal advantage.

Michael Webley would add a goal for good measure at the 4:19 mark of the third period before they shutdown the Hawks the rest of the way.

Creppin was named the game's first star for his two goal performance and Frizell took home second star honours after scoring a goal and two assists. The teammates are now tied for eighth among the league's scoring leaders with 31 points.

Laliberte was named the game's third star and Francis Dupuis picked up his 12th win of the season playing in net for the Rangers.

Gloucester finds itself in the enviable position of having three games in hand against the Colts, although they've played two games more than the Cumberland Grads who trail them by three points.

The Rangers will play four games in six days starting with the Kanata Stallions at the Earl Armstrong Arena on Sunday. The opening faceoff is at 7:30 p.m. They then travel to Kanata and Ottawa before hosting the Cumberland Grads next Friday.

Local sports

North Gloucester Giants fall to Myers Riders in peewee A-Cup final

By Fred Sherwin
The Eastender

In the only A-Cup championship game featuring two undefeated teams, the Myers Riders downed the North Gloucester Giants 12-7 on Sunday to walk away with the Gilchrist Cup emblematic of supremacy in the National Capital Amateur Football Association.

The Riders were led by their quarterback Derek Corbett who scored both touchdowns and made several key throws to keep drives alive at critical moments. That said, the win can be chalked up to the Riders' outstanding defence which managed to keep the Giants' quick strike offense in check for most of the game.

Both teams' defences were in top form earlier in the contest, limiting their respective offences to just one first down combined in the first quarter which came on the opening play.

Despite the lack of offense, the Riders were still in position to kick a 25 yard field goal at the end of the opening quarter if not for the outstretched arms of big Louis-Alexandre Boursiquot who managed to block it.

Try as the Giants did to keep the Riders off the scoreboard, Myers eventually put together a sustained drive in the second quarter, moving the ball 70 yards on nine plays including a 42-yard scramble by Corbett on third and one for the opening touchdown.

The Giants had a shot to tie the game near the end of the first half, moving the ball 46 yards on five plays to the Riders' 30

yard line before Georges Ibrahim got picked off to end the threat.

The score remained close through most of the third quarter until Corbett manufactured another long drive covering 55 yards on 14 plays and capped by an 11 yard touchdown run by the Riders' QB. The key play in the drive came on third and one on the 20 yard line. Corbett called his own number and looked to come up short of the first down before the referee gave them a generous spot to keep the drive going.

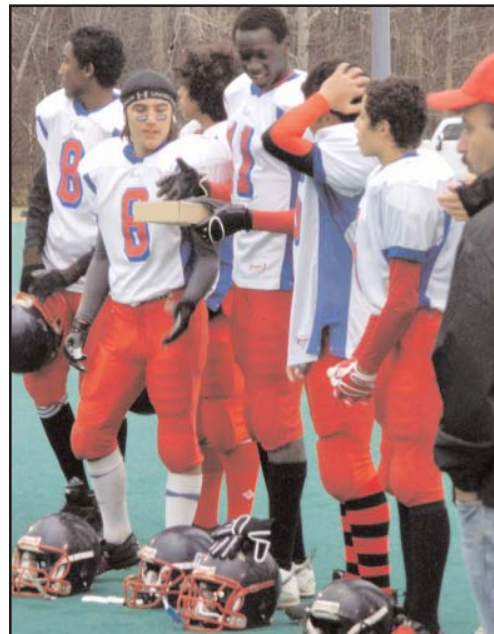
Down by two touchdowns and with time of the essence, the Giants dug deep and responded with their best drive of the game, moving the ball 70 yards on six plays to narrow the deficit to 12-7.

A key play in the drive was a 35-yard pass from Devin Brazeau to Daniel Omara on the halfback option. Nick Dorion scored the touchdown on a great individual effort, breaking two tackles to get into the end zone.

Unfortunately for the Giants, it would end up being too little too late as the clock and the Riders tenacious defence both worked against them.

In the end, the Giants were limited to just 142 yards on offence and nine first downs. The Riders did an excellent job in shutting down the Giants' passing game as evident by the fact that Omara only had three catches, two of which came on the Giants' final possession.

North Gloucester did an excellent job on defense as well. Of the Riders' 12 first downs, eight of them came on their two scoring drives and other than Corbett's



Members of the North Gloucester Giants were able to manage a smile during the post game ceremony after losing the NCAFA A-Cup championship to the Myers Riders on Saturday. Fred Sherwin/Photo

touchdown scramble in the second quarter, they only had one play go over 15 yards.

Key to the Giants' defence was the play of safety Josh McLean who made 12 solo tackles and assisted on four others. For his efforts he was picked as the team's MVP. Boursiquot also had a big game for North Gloucester with 10 solo tackles and a blocked field goal and David Robertson was named as the Giants' top lineman.

Mews Orleans Bengals win bantam B-Cup championship

By Fred Sherwin
The Eastender

Heading into last Saturday's NCAFA B-Cup championships, the Mews Orleans Bengals had three shots at getting their names etched on the championship trophy.

The mosquito team took on the Gloucester South Raiders in a rematch of a 66-38 blowout at the hands of the Raiders in Week 8, while both the peewee and bantam squads were matched up against the Kanata Knights.

The B-Cup playoffs are contested among the 16 teams – four at each level – which come out on the losing end in the league quarterfinals. All three Bengals teams survived last week's B-Cup semi-finals to earn a shot at the championship.

After shutting out the Bel-Air Lions 30-0 last week, the mosquito Bengals were in tough against a Gloucester South Raiders team that was expected to vie for the A-Cup championship before suffering a monumental upset at the hands of the Nepean Redskins in the quarterfinals.

Playing without the services of Dmitri Vaillancourt-Veilleux at running back, the Raiders had to rely on their other feature

back Lascalles Lawrence to carry most of the load against the Bengals. The young man responded with four touchdowns in earning the game's MVP honours as Gloucester South downed Orleans 35-22.

Drew Smyth scored the Raiders' other touchdown, while Michael O'Connor threw a touchdown pass to Quinton Soares and ran for a pair of TDs in the fourth quarter to earn MVP honours for the losing side.

The Bengals peewee team didn't fare much better in losing 19-6 to the Kanata Knights. Evan Franz scored Orleans' lone touchdown, while Anthony Oliveira was named the game's top lineman.

With the mosquito and peewee teams having already fallen short in their bids to win a B-Cup championship, any hope of winning a post season title rested on the shoulders of the Bengal's bantam squad which was slightly favoured heading into their showdown against the Kanata Knights.

The Bengals struck first, scoring on a touchdown run by Isaiah Harris. A missed extra point attempt left the score at 6-0. The Knights responded with a converted touchdown to take a brief 7-6 lead.

Harris' second TD of the game would

put the Bengals up for good in the second quarter. From there the defence took over, completely shutting down the Knights' offence in the second half. An insurance touchdown by Harris would make the final score 19-7.

Harris' three touchdown performance earned the young man the game's MVP honours, while Kristian Lawrence was named the Bengals top defensive lineman.

Bengals head coach Jason Purcell said the team had worked all week long on ways to contain Knights' quarterback Dallan Kuprowski.

"Our biggest challenge was to containing his scrambling and maintain our downfield coverage. I think we had three or four coverage sacks, which is excellent. There's no question our defence played their best game of the year," said Purcell who also heaped praise on fullback Robert Paul who had several key carries when he wasn't blocking for Harris.

In Saturday's other B-Cup final, the North Gloucester Giants beat the Canterbury Mustangs 14-6 on touchdowns by Kian Williams and Devon Gall to win the tyke championship.

Local sports

Orleans Dukes road to NCAFA midget championship upended by upset-minded Canterbury Mustangs

By Fred Sherwin
The Eastender

The season wasn't supposed to end like this for the Mews Orleans Dukes. After all they had won eight of nine games heading into the National Capital Amateur Football Association midget championship on Friday, including a 27-14 win over their opponents in Week 1.

The Canterbury Mustangs, on the other hand, were 6-3. Fresh off a 20-10 win over the Bel-Air Norsemen in the semi-finals, the Mustangs' defence kept the Dukes relatively in check until their offence started to put some points on the board.

The Dukes scored a single off a missed field goal in the first quarter and then threatened to score again early in the second, but after moving the ball 59 yards on 12 plays they had to settle for a field goal.

Canterbury came back with a long scoring drive of their own, moving the ball 70 yards on six plays, culminating in a six yard touchdown run by Cassius Henry. The key play in the drive was a 29 yard pass from a scrambling Jordan Hamilton to Yomi Adeleke on third an eight.

Undaunted, Orleans responded with another long drive that included a 38 yard pass from Mac Williams to Stephane Paquette. After moving the ball down to the eight yard line, the Dukes appeared to pick up a first down on third and one, but a holding call would force them back 10 yards.

Hoping to keep the score close, the Dukes brought out their kicking team to attempt a field goal. As the ball was snapped, a couple of Mustang players ran over the centre to try and block the ball which resulted in a fresh set of downs for the Bengals. On the next play, Kory Camp carried the ball over from the three yard line to put the Dukes back in front 11-7.

After the Dukes failed to pick up a first down on their next series, the Mustangs got the ball back on their own 53 with 24 seconds left in the first half.

What happened next was little more than divine intervention. Hamilton first found Matthew Nicol downfield for a 32 yard pass completion that deflected off the hands of the Orleans defensive back on the play and then Patrick MacAndrew caught a pass in the end zone after it deflected off

the hands of not one, but two Orleans defenders. A blocked extra point attempt by Eric Valliquette made the score 13-11 at the half.

Despite the bizarre turn of events at the end of the first half, the Dukes were still in control of their own destiny as the third quarter got under way.

After Russell Rainey intercepted a Mustangs' pass on the opening drive of the half, the Dukes worked the ball down inside the 10 before stalling on the eight yard line. Rather than attempt the field goal which would have given them a one point lead, the Dukes' brain trust decided to go for it on fourth and goal and came up five yards short.

The score remained close until midway through the fourth quarter when Hamilton connected with Kyle Parker for an eight yard touchdown pass to extend Canterbury's lead to 19-11.

The Dukes made one last desperate bid to try and tie the game late in the fourth quarter, but Dustin Wilson ended the drive and dashed Orleans' hopes with a game-clinching interception near midfield.

Community calendar

SATURDAY, NOV. 15

BUFFET STYLE BREAKFAST served from 9 a.m. to 12 p.m. at the Orléans Legion, 800 Taylor Creek Rd. Homestyle cooking served by friendly volunteers. This is a fundraising event for the Legion. For more information visit www.rcl632.com.

NAVAN CHRISTMAS CRAFT SHOW from 10 a.m. to 4 p.m. at the Navan Memorial Arena. Free admission and parking, but a donation to the Cumberland Food Cupboard qualifies you for a chance to win a door prize.

CAIRINE WILSON CHRISTMAS CRAFT SALE from 9 a.m. to 4 p.m. You are invited to a special day of holiday shopping at over 100 tables brimming with handmade treasures and home-made holiday treats. Something for everyone.

ORLEANS UNITED CHURCH ANNUAL CHRISTMAS BAZAAR from 9 a.m. to 1 p.m. Crafts, used books, baking, cookies, used clothing and other treasures. Also silent auction and penny sale.

HOLIDAY SURPRISE AT PLACE D'ORLEANS, a huge present has been dropped off in the mall. Kids come on down to see what's inside. There will be music, singing and a holiday themed show starting at 6 p.m. in Laura's Court ending with the opening of the present

SUNDAY, NOV. 16

ORLEANS LEGION CRAFT SALE from 9 a.m. to 2 p.m. at the Royal Canadian Legion Branch 632, 800 Taylor Creek Rd. A variety of homebaked items, knitting, used books, Christmas items, etc. For more information visit www.rcl632.com

CUMBERLAND GRADS VS SMITHS FALLS at the Navan Memorial Arena. Game time 3 p.m. Cost \$10 for adults. Seniors and student 17 and under \$7. Children 11 and under \$2. For more information visit www.cumberland-grads.com.

TUESDAY, NOV. 18

CUMBERLAND GRADS VS HAWKESBURY HAWKS at the Navan Memorial Arena. Game time 7 p.m. Cost \$10 for adults. Seniors and student 17 and under \$7. Children 11 and under \$2. For more information visit www.cumberland-grads.com.

WEDNESDAY, NOV. 19

TD CANADA TRUST PEOPLE'S CHOICE BUSINESS AWARDS Pre-awards reception starts at 6:30 p.m. Awards ceremony begins at 7:30 p.m. in

the Orléans Theatre, 255 Centrum Blvd.

THURSDAY, NOV. 20

PUBLIC BUDGET CONSULTATION MEETING from 6:30 p.m. to 8:30 p.m. at the Orleans Client Service Centre, 255 Centrum Blvd. Hosted by Innes Coun. Rainer Bloess, Cumberland Coun. Rob Jellett, Orleans Coun. Bob Monette and Beacon Hill-Cyrville Coun. Michel Bellemare.

FRIDAY, NOV. 21

PETER MCCANN will be performing at the Orléans Legion from 7:30 p.m to 11:30 p.m. The Legion is located at 800 Taylor Creek Rd. For more information visit www.rcl632.com.

TUESDAY, NOV. 25

BEACON HILL-OTTAWA EAST SECONDARY SCHOOL

ACCOMMODATION STUDY PUBLIC MEETING from 6:30 p.m. to 9 p.m. at Emily Carr Middle School, 2681 Innes Rd. in Blackburn Hamlet. For more information visit www.ocdsb.edu.on.ca.

SATURDAY, NOV. 29

SANTA CLAUS PARADE OF LIGHTS starting at 6 p.m. Parade route runs along St. Joseph Blvd. from Youville Dr. to Prestone Dr.

BLUES NIGHT AT O'MEARA'S IN NAVAN featuring the David Rotundo Band. Dinner, show & dancing \$49 per person. Proceeds to benefit the Children's Hospital of Eastern Ontario. Tax and donation to CHEO included. Buffet starts at 7 p.m., Show at 9 p.m. Advance reservation required. To reserve your ticket call O'Meara's at (613) 835-9883.