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# THE Orléans Star

April 11, 2024 • Volume 38, No. 25

Next edition April 28



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Orléans own Michelle Treacy recently made it to Hollywood Week of American Idol. See story page 3. PHOTO SUPPLIED

## Province unveils plan to take back Highway 174

By Fred Sherwin  
The Orléans Star

During a visit to Ottawa on April 28, Ontario Premier Doug Ford announced plans for the provincial government to provide Ottawa with \$543 million over the next 10 years for housing, transportation, public safety and other areas.

Among other things the “New Deal for Ottawa” includes is a three-step plan to upload responsibility for Hwy. 174 to the province, and provides up to \$3 million a year for maintenance costs over the next three years and a capped capital contribution up to a maximum of \$47 million over the same period.

Hwy. 174 and the maintenance costs associated with it were downloaded by the provincial government to the Regional Municipality of Ottawa-Carleton in the late 90s. A number of

other highways were downloaded to various other municipalities at the same time. In exchange, the provincial government of the day uploaded the cost of public education.

News of the Ford government’s plans to take back responsibility for Hwy. 174 were applauded by the east end’s local city councillors.

“Today is a good day for us here in Orléans East - Cumberland. This is something that we have been asking for, for a very long time,” says Orléans East - Cumberland councillor Matt Luloff. “The 174 is used, in great part, by commuters coming in from outside of our city. This decision just makes sense and will free up transportation funding to allow us to better care for our other infrastructure in the east end.”

“Today marks an absolutely historical

CONTINUED ON PAGE 2 ►





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FEDS ANNOUNCE \$600M PACKAGE FOR NEW HOUSING



Federal Minister of Families, Children and Social Development, Jenna Suds dropped by the Collège La Cité campus in Orléans last Friday along with Justice Minister Arif Virani to announce a \$600-million package of loans and funding to help make it easier and cheaper to build homes in Canada. Suds is flanked by Orléans MP Marie-France Lalonde and Lise Bourgeois, president and director general of Collège La Cité. Much of the money will be used to fund innovative construction techniques, including prefabricated and modular housing. FRED SHERWIN PHOTO

# Province unveils plans to take back Hwy. 174

Continued from page 1  
agreement for the City of Ottawa,” adds Orléans West - Innes councillor Laura Dudas. “I am beyond ecstatic to see that, after 26 years and following nearly annual requests from the City, the 174 is finally returning to the province.”

Orléans MP Stephen Blais has been championing the cause to get the provincial government, going back to when he first elected to city council in 2010. But rather than applaud the recent announcement, he is quick to point out that it’s far from a done deal even though, during questioning from the media, Ford said that he is 100 per cent certain it will happen.

Orléans South - Navan councillor Catherine Kitts congratulated Ottawa Mayor Mark Sutcliffe for finally getting the province to upload the 174.

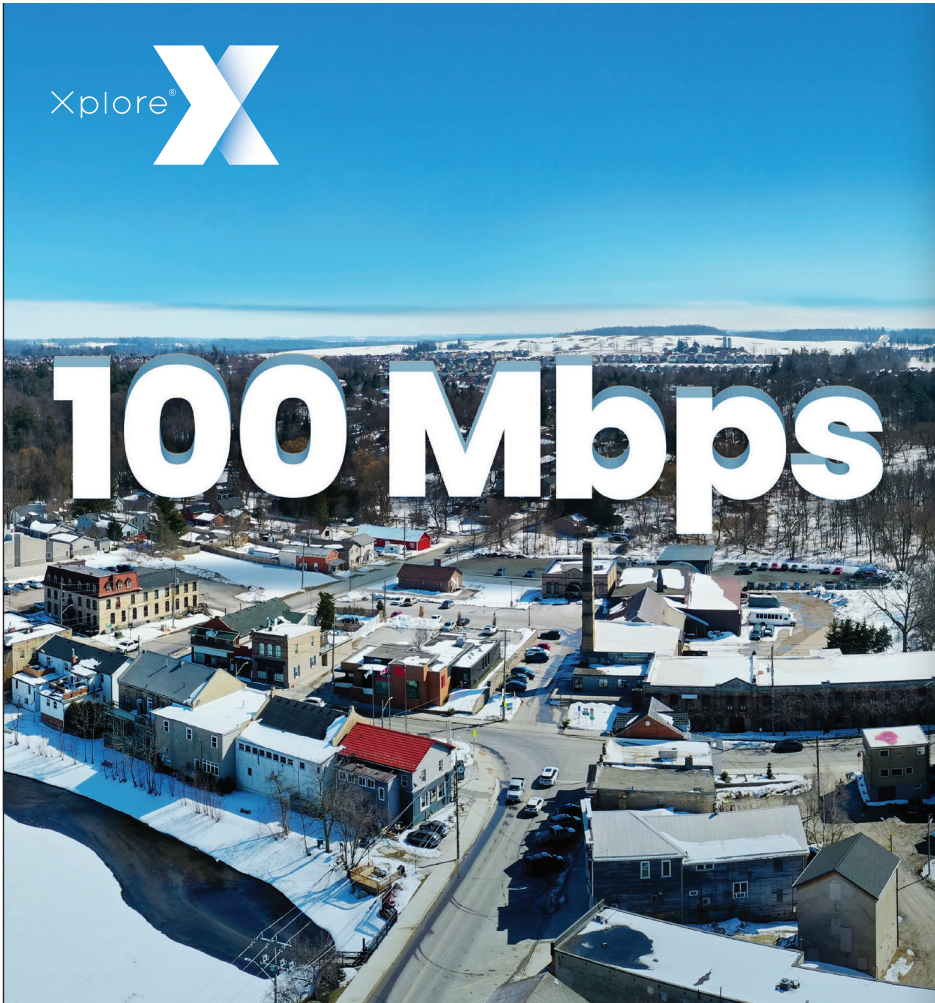
“I want to commend Mayor Sutcliffe for negotiating this deal for Ottawa. There is no reason that this road should

be a municipal responsibility,” said Kitts. “Every dollar spent on Ottawa by the province frees up property tax dollars to be spent on other priorities.”

Elsewhere in the “New Deal for Ottawa” the province will provide the city with...

- Up to \$120 million for shelters and homelessness supports.
- Up to \$48 million to address community and public safety, including increasing uniformed police officers on the transit system.
- Up to \$20 million to fuel economic recovery and downtown revitalization efforts.
- Up to \$181 million for various transportation priorities to support the city in building for economic growth and renewal.

For a full breakdown on the “New Deal for Ottawa” visit [news.ontario.ca/en/release/1004362/a-new-deal-for-ottawa](https://news.ontario.ca/en/release/1004362/a-new-deal-for-ottawa).



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2 • April 11, 2024 • Volume 38, No. 24



# American Idol experience recharges local singer's creative juices

By Fred Sherwin  
The Orléans Star

Local singer Michelle Treacy may not have made it to the live shows of American Idol, but she was among the final cuts and she did have the experience of a lifetime during Hollywood Week.

Hollywood Week is when all the contestants who earned a golden ticket during the audition gather to be put through the paces over two more rounds with the hope of being among the final 24 contestants who make it to the live broadcast.

Treacy's American Idol journey started last September when she had to take part in an online audition and interview with the show's producers. After singing her version of Alanis Morissette's "You Oughta Know", she received an invitation to audition in front of the show's celebrity judges, Katy Perry, Lionel Richie and Luke Bryan in Santa Barbara, California, .

After singing a reprieve of "You Oughta Know", Treacy was asked to do a second song for the judges. She chose, "I Can't Make You Love Me" by Bonnie Raitt. Her

performance was good enough to get her a ticket to Hollywood along with 142 other lucky contestants, out of the more than 60,000 hopefuls who started the process.

Once in Hollywood, Treacy and the other contestants had to perform a song, one by one, after being chosen totally at random.

Treacy used the opportunity to sing her latest original song entitled, "Wish You Could Have Stayed A While", about a friend who passed away unexpectedly. She was the only contestant to sing a capella.

Unfortunately, her performance did not get her into the next round of 56, but it did get her some very positive feedback from the judges and her fellow contestants.

Despite not making it to the live shows, Treacy says Hollywood Week was one of the best experiences of her life. She was able to get to know a number of the other contestants including the colourful Ziggy and Jack Blocker.

Now back in Toronto, Treacy is working on tons of new music and she's looking forward to working as a performing ambassador on the No Time for That Anti-



Michelle Treacy says her American Idol journey was one of the best experiences of her life. FACEBOOK PHOTO

Bullying Tour powered by BRP.

Anti-bullying is something that's near and dear to Treacy's heart. One of the first schools she plans to visit is St. Clare Catholic School in Fallingbrook, where she went to school as a youngster.

"It's going to be amazing," says Treacy. "I get to share my stories and allow them to tell their stories and I can sing a couple of songs. Honestly, it's a dream come true."

Treacy also plans to start making some of her new songs available on Apple Music and Spotify. Her American Idol experience has been a huge motivational factor.

"American Idol has made me think about who I want to be as a performer and how to use my platform to help others," says Treacy, who also wants to mentor to young singers just getting started in the business.

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# Hwy. 174

Miracles really can happen. On Feb. 28, Ontario Premier Doug Ford came to town to unveil the province's "New Deal for Ottawa". Among other things, the new deal included a three-phase plan to upload responsibility for Hwy. 174 back to the province, something I'd never thought I'd see happen in my lifetime.

Hwy. 174 between Canaan Road and Hwy. 417 was downloaded to the municipality in 1998 along with dozens of other highways across Ontario as part of a number of recommendations put forward by the "Who Does What" panel established by the Harris government in 1996.

The "Who Does What" panel also set the ball rolling for municipal amalgamations in Hamilton-Wentworth, Kitchener-Waterloo and the Nation's Capital, but I digress.

The argument to download these highways was that they served a primarily local service, but that was back in the day when Clarence-Rockland was barely a blip on the radar. As Clarence-Rockland and points further east grew, so did the amount of traffic on the 174 and so did the argument the highway served a much greater purpose than merely being a local artery.

Since the province downloaded the 174, the City has had to cover the annual maintenance costs to the tune of tens of millions of dollars.

Local councillors have been arguing for the province to take the highway back ever since the city was amalgamated in 2001. Stephen Blais was one of the most vocal and has remained so ever since he was elected to the provincial legislature in 2020.

Former Orléans Ward councillor Bob Monette also championed for the highway to be uploaded by the province. As have the current contingent of east end city councillors – Tim Tierney, Catherine Kitts, Laura Dudas and Matt Luloff. The assumption has always been that those pleas were largely falling on deaf ears – until now.

It appears that at least one person on city council had the ear of Doug Ford. As it turns out, Ottawa Mayor Mark Sutcliffe, has been lobbying the premier for months to establish "A New Deal for Ottawa" which includes a whole list of expenditures and funding, including the maintenance costs of Hwy. 174. The agreement provides up to \$3 million a year for maintenance costs over the next three years and a capped capital contribution up to a maximum of \$47 million over the same period. Detractors of the three-phase plan argue that the provincial government can still opt out anytime it wants. I would argue that it would be easier said than done, although it is not out of the realm of possibility.

The deal does leave several lingering questions, such as what will the city do with the savings? Will they be reinvested into transportation improvements in the east end? Will the same standards of maintenance be maintained once the province takes over full responsibility.

But those questions are all secondary to the fact that the province has finally agreed to upload the 174 and that is good news indeed.

– Fred Sherwin, editor

## WHAT A DIFFERENCE A WEEK CAN MAKE



## Local residents getting short-changed in province's 'New Deal for Ottawa'

The Ontario government and the City of Ottawa recently announced a new deal to provide operating and capital funding for Ottawa. While some money is better than no money, the devil is in the details and there is no denying these details are hellish.

A recent survey conducted in Orléans found that more than half (55%) of our neighbours believe the Provincial government doesn't treat Ontario cities equally.

Given this new deal for Ottawa, it would seem Orléans residents have grounds for their point of view.

Last November, Ontario announced a massive new deal for Toronto. Over three years, the province will give Toronto \$1.2 billion, which is about \$396.61 for every resident of Toronto.

Meanwhile, the deal announced last week for Ottawa will see \$197 million in operating investments over three years. That is about \$181.81 per Ottawa resident.

Simply put, on a per capita basis Ottawa will only receive about 46 per cent of what Toronto will receive. Are we truly only worth 46 per cent of a Toronto resident?

And when we look at the details of the infrastructure investment the numbers get even worse.

In Toronto, they expect a capital investment of up to \$7.6 billion over the next 10 years. Here in Ottawa, we'll get \$346 million over the same period. We can all see that this is also disproportionately weighted in

favour of the Big Smoke.

The "New Deal" for Ottawa also purports to re-upload Hwy. 174 to the province.

For nearly 15 years, I've been calling on the Province to re-upload the 174. As a city councillor, I had council endorse this idea and as MPP, I have introduced legislation to make this happen.

### Queen's Park Corner

Stephen Blais

When the Premier finally came to Ottawa to announce the province was re-uploading the highway, I was thrilled. But then I read the news release and the details of the agreement. My enthusiasm was quickly extinguished.

The Government's news release says that the province will help pay maintenance and rehabilitation costs for the 174 while "a three-stage phased assessment of potential provincial ownership of the road is underway."

Moreover, the agreement with the City says "Pending completion of 3.5 (b) Ottawa Road 174 Ownership 3-Stage Phased Plan, in the event that an asset transfer is considered..."

The language of the news release and the agreement is clear. The re-uploading of the highway is far from a done deal. Three years from now, after both provincial and municipal elections, this deal leaves lost of wiggle room for nothing to happen at all.

Ottawa politicians are trying to dine out on this new deal. But instead of a gourmet meal, residents in Ottawa are only getting Toronto's table scraps.

THE Orléans Star

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# Homegrown talent continues to make waves

The number of talented artists and performers Orléans has produced over the years never ceases to amaze me. This week's paper contains stories about two of our community's most talented offspring.

Michelle Treacy is a singer and songwriter who recently made it to Hollywood Week of American Idol. Although she wasn't selected for the live shows, making it as far as she did is still quite an accomplishment.

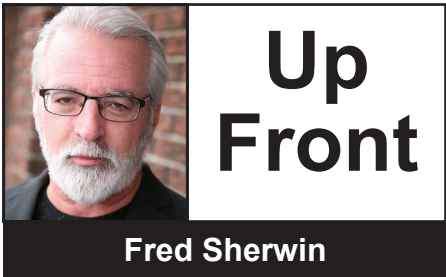
Thousands of people send audition tapes to American Idol every year. This year, the show also conducted thousands of virtual auditions between Aug. 2 and Sept. 8.

Those auditions were whittled down to several hundred people who actually get to perform for the show's celebrity judges, Lionel Richie, Katy Perry and Luke Bryan, in one of five different cities.

Out of those live auditions, 143 people were invited to go to Los Angeles to participate in Hollywood Week where each contestant was chosen at random to do a solo performance, out of which 56 were chosen to advance to the next round.

The final audition – called the Showstopper Round – saw each remaining contestant perform in front of a live audience.

After the Showstopper Round the final



24 contestants were chosen to advance to the live shows.

Unfortunately, Treacy wasn't able to reach the Showstopper Round, but making it to the group of 143 in Los Angeles was an experience she won't soon forget.

In 2019, Treacy was one of five contestants who made it to the final of CTV's "The Launch" that resulted in her recording the song "Emotional" which was released nationwide. You can find "Emotional" as well as several other songs by Treacy on Apple Music and Spotify.

Kyle Brownrigg is another incredible talent from Orléans whose career is just taking off.

The St. Peter Catholic High School alum recently received a Juno Award for Comedy Album of the Year.

The 34-year-old has been slogging away

for the past 10 years, performing at small clubs and Legion Halls across Ontario and as far away as Cape Breton.

His first big break came in 2017, when he moved to Toronto and got signed to the Yuk Yuk's roster, which led to him opening for people like Mike MacDonald, Tom Green and Gilbert Gottfried.

Unfortunately the pandemic cooled off his heels when clubs and other businesses were not allowed to open for almost two years. When the restrictions were lifted, Brownrigg had to restart his career almost from scratch.

In a testament to his talent, he has managed to bounce all the way back and is on the verge of performing south of the border on the heels of his Juno success.

And Brownrigg and Treacy are just the tip of the iceberg.

Fellow Orléans native Eric St-Cyr hasn't won a Juno Award and he's never made it on American Idol, but he is an incredible artist whose music is all over social media and the more popular streaming sites such as Spotify, Apple Music and Sound Cloud.

Steffi DiDomenicantonio, better known as Steffi D. from Canadian Idol fame, continues to carve out a career in film and theatre.

In 2022, the 34-year-old Orléans native

performed in the national tour of the musical "Come from Away" and in 2023 she had parts in two made for TV movies, "Luckless in Love" and "A Bet with the Matchmaker", and made appearances in two television series, *Accused* on Fox and *Chucky* on the USA Network.

The elder statesman of the bunch is 41-year-old Eric Leclerc who went to Béatrice-Desloges.

Leclerc is a globe-trotting speaker and magician whose popular YouTube videos have garnered over 10 million views worldwide. He is a regular guest on the National Geographic's show Brain Games, and his original magic has made him a two-time winner of the "Canadian Magic Championship" title.

He's taken his magic to remote villages in Africa, India, Vietnam and Jamaica under the banner Magic for Humanity and more recently he was voted Faces Magazine's 2024 Magician of the Year.

So as you can see, Orléans has produced more than it's fair share of local talent. And this is just the tip of the iceberg. I encourage you to support local performing artists by taking the time to see them live, or following them on social media.

# Spring

# OPEN HOUSE

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## Environmental initiatives blossom in Orléans South-Navan

Our surroundings have changed immensely over the last two decades. I speak often about how when I was in high school, the lands south of Innes were green fields, agricultural or forested. But, as our community continues to grow, significant tree planting and reforestation projects are flourishing across the ward, thanks to the dedicated efforts of community members, local schools, and conservation groups.

A notable initiative is the Ottawa Rotary Club Youth Forest at the McWilliams Farm in Navan. Last year, Rotarians collaborated with local high schools to plant 1,000 trees, with more planting planned for this year.

The Greater Avalon Community Association (GACA) is also flexing its green thumb. I look forward to joining them each year at their annual tree-planting event to grow the Nantes Woods. You may recall that we were able to negotiate a land swap in 2022 to protect the forest when a significant

portion was slated for development.

It's also thanks to GACA that I directed City staff to conduct a comprehensive review

of community gardens aimed at streamlining the processes to reduce barriers for residents and community groups interested in green initiatives.

The commitment to Mother Nature extends

to Gisèle-Lalonde, where my office helped the school adopt the urban green space at Millenium Park. Student-led efforts are now underway to expand the forested area.

I'm also proud to sit on the board of the South Nation Conservation Authority, who recently purchased a portion of land east of the village of Navan to protect the treed area in perpetuity.

There are so many incredible people making a difference in Orléans South-Navan, and as our community continues to develop, so too should our environmental initiatives and stewardship of the land. Happy Earth Day!



**Catherine  
Kitts**

Orléans South-Navan

## Productive discussions lead to progress for east end residents

I spent a few hours two weeks ago with almost one hundred members of our Cumberland Village community discussing issues of road safety in the area. I brought with me a panel of experts, staff and first responders to hear directly from residents about the issues we are facing on Hwy. 174, Old Montréal Road and the surrounding area.

The conversation was respectful and productive, and we are already seeing quick action stemming from the meeting, including changes to speed limits on Old Montreal Road to better reflect volumes, residences and transitions as well as road conditions.

The announcement that the provincial government is going to begin the process to takeover responsibility for the 174 was a welcome one. The additional funding they will be providing throughout the transition will free up city money to make the improvements we need to address pedestrian and road safety throughout the corridor.

During a recent council discussion on the landmark agreement, I was assured that the

province is 100 per cent committed to this process, that funds can be used to improve our infrastructure with a view to improving road safety, and that we can and will continue to action the suggestions made at our town hall. This is an example of what can be accomplished when we work together.

It takes patience, a willingness to listen, and a clear focus to achieve results. I want to thank everyone who came out to discuss concerns for both the clarity of expression on the issues we are trying to tackle, and the work done to propose solutions to these issues.

This is how we need to approach almost everything moving forward. Productive conversations start with a genuine willingness to listen and a commitment to set aside anything that will not help a discussion move in a positive direction. This collaborative attitude is what is making progress easier in the east end – and it is the approach I have taken since 2018. Let's see more of it.



**Matt  
Luloff**

Orléans East-Cumberland



# Orléans native wins Juno Comedy Album of the Year

By Fred Sherwin  
The Orléans Star

When Kyle Brownrigg graduated from St. Peter in 2007, he had no idea the course his life would take over the next 11 years. He definitely had no he would end up becoming one of Canada’s top stand up comedians and receive the award for Comedy Album of the Year at this year’s Juno Awards.

After graduating from high school, Brownrigg studied Visual Arts at Sheridan College and became a graphic illustrator working for newspapers like the *Globe & Mail* and the *National Post*.

His life would change forever when a friend signed him up for an open mic night at the Absolute Comedy Club on Preston Street in 2013.

“To be honest, I don’t remember anything about it. I was so nervous I just blacked out from the adrenaline,” recalls Brownrigg. “I saw a video of it afterwards and it looked okay.”

He did well enough to be invited back several times. In the summer of 2013, he took part in a competition with other more experienced local comics at the club and made it to the finals.

“That as like my lightbulb moment when

I realized this shoe fits perfectly. I went from being a guy no one really knew to getting work at other clubs in small towns and Legion Halls across Ontario, mostly because they need someone to open and because I had a car. Most comics don’t own a car.”

Another watershed moment for Brownrigg came in 2015, when he won the Absolute competition and was signed to perform at Yuk Yuk’s. From there he ended opening for such stand-up giants as Mike MacDonald, Tom Green and Gilbert Gottfried.

In 2016, he opened for Gerry Dee at TD Place in front of thousands of people. He continued to juggle his work as a graphic illustrator with his stand-up gigs until 2017 when he decided to move to Toronto and pursue comedy full-time.

“Ottawa is a great place to start, but eventually as a plant you outgrow your pot and you need to move to a bigger one,” says Brownrigg.

After moving to Toronto, Brownrigg was signed to the Yuk Yuk’s roster and began working at Yuk Yuk’s clubs throughout the country. He also started performing on SiriusXM radio’s comedy channel and in 2019, he was named Best Breakout Artist at the Canadian Comedy Awards.

Everything was going marvelously until March 2020, when it all came to an abrupt halt thanks to the COVID pandemic.

“That was the worst. My career was just taking off and then everything was closed. I didn’t do any live performances for over a year and a half,” says Brownrigg, who depended on CERB payments and residuals from Sirius XM to help pay the bills.

Thankfully, when the clubs finally did reopen, Brownrigg’s phone started ringing again and he’s been touring and performing ever since.

He recorded his current album *A Lylebility* in September. It was released in October and submitted to the Junos in the hope that it would at least get a nomination.

At the same time, Brownrigg was contemplating moving on from stand up comedy and pursuing another career. He was growing tired of the constant grind of touring and playing in small town clubs across Canada.

Needless to say, winning the Juno has catapulted his career to another level and it’s given him a new lease on life.

“I’m getting a lot more bookings now in bigger clubs. Things are really taking off,” says Brownrigg, who is hoping the award



Orléans native Kyle Brownrigg recently won the Juno Award for Best Comedy Album.

will help open doors south of the border as well.

“That’s the plan,” says Brownrigg who is looking forward to coming back to Ottawa for a few shows this year.





## Spring activities

## Activités du printemps

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# Laura Dudas NEIGHBOURHOOD UPDATE

Councillor // Ward 2 Orléans West-Innes  
Conseillère // Quartier 2 Orléans-Ouest-Innes

## Egg-stravaganza

This year's Egg-stravaganza was a huge success! Despite chilly weather, we had a record turnout, and a lot of fun. Thanks again to the Orléans Fruit Farm, Kiwanis East Ottawa and Myers Automotive Group for helping to make it happen!



## Exciting Ward Projects in 2024

- ✓ Completion of Joe Jamieson Park Splashpad.
- ✓ Major repairs to the Roger Sénécal Arena ceiling at Bob MacQuarrie Recreation Centre.
- ✓ Resurfacing the Bob MacQuarrie parking lot and the complete rebuild and upgrade of the skateboard park.
- ✓ Completion of the Jeanne d'Arc Blvd S resurfacing project, including the final touches on the Frank Bender intersection.
- ✓ Continuation of the resurfacing of Innes Road with the section east of Mer Bleue to Tenth Line.
- ✓ Refresh of multiple multi-use pathways across the Ward.

## Emergency Crisis Shelter Taskforce

Last fall, Mayor Mark Sutcliffe and I launched the Emergency Shelter Crisis Taskforce, in response to the unprecedented demand in our shelter system. Through the Taskforce's efforts, we have made significant progress. The City has added 325 beds/warming spaces, opened two new sites at Heron Rd and Lanark Ave, opened the Corkstown Transitional Housing Facility, signed a lease at 230 Queen St to convert the office space into transitional housing, and by February had secured permanent housing for 161 individuals. As a result, every person who needed a warm place to sleep this winter, had one available.

Long-term solutions are needed to truly combat this crisis. My recent visit to 1245 Kilborn Pl, a future supportive housing facility with wraparound services, exemplifies our commitment to providing lasting stability for those experiencing homelessness. While still under construction, this facility will be a vital piece of this City's long-term response to the crisis.



## Gems Nomination Period Opens

The 5th Annual Gems Awards are back for 2024! Don't wait, nominate your favourite local business or organization today at [LauraDudas.ca/Gems](http://LauraDudas.ca/Gems).

- Best Restaurant/Café
- Best Professional Service Business (medical, legal, real estate, etc.)
- Best Retail Business – Merchandise
- Best Retail Business – Food (including take-out)
- Best Arts or Cultural Organization
- Best New Business
- Best Community Service Organization
- Best Community Social Organization
- Best Personal Service Business (gym, salon, etc.)

Save THE date!

## Spring Information Fair

I will be hosting a Spring Information Fair at Bob MacQuarrie Recreation Complex on Thursday, May 2, from 6 to 8 pm. City staff and representatives from local organizations will be on hand to provide helpful seasonal information to get you ready for the warmer months ahead. Everything from home upgrade programs, living with wildlife, gardening and yard waste tips, upcoming engagement opportunities, and much more.

## Come say "hi"!

Whether during open office hours, a community event, or when simply doing neighbourhood rounds, I truly enjoy hearing from you on what matters most. I regularly make a point of knocking on doors with my team – if you see me doing the rounds on your street, don't hesitate to stop me and say "hello"!

**STAY IN THE LOOP!** Sign up for my monthly newsletter at [LauraDudas.ca/contact/](http://LauraDudas.ca/contact/).



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## Oral health = A happy, healthy life

NC – The best way to maintain proper oral health is to brush twice a day and floss on a regular basis. But problems can still sometimes arise, which is why it is important to visit your dentist at least once a year as an adult and twice a year as a child or teenager.

Although the mouth is part of the body, we often think of it as something separate. We often ignore bleeding or tender gums, or even a toothache while an irritation or pain elsewhere in the body would mean a trip to the doctor.

Poor oral health can affect a person's quality of life. Oral pain, missing teeth or oral infections can influence the way a person speaks, eats and socializes. These oral health problems can reduce a person's quality of life by affecting their physical, mental and social well-being.

A regular dental examination ensures that your teeth and gums are in a healthy state. If any issues are detected, your dentist can take of it before things get worse. Not going to a dentist and ignoring issues can lead to gum disease,

## April is National Oral Health Month

National Oral Health Month is sponsored by the Canadian Dental Association to raise awareness about the benefits of maintaining good oral health.

### ACTIVE PREVENTION

Did you know that your oral health is closely linked to your general overall health? Everything that happens in your mouth affects your whole body, which is why it is important to visit your dentist regularly. Only your dentist has the training, skills and expertise to properly address all your oral health care needs. Regular dental exams help prevent small problems from becoming much bigger problems. As part of a healthy lifestyle and to help reduce the risk of oral disease, follow CDA's 5 steps to good oral health:

- 1) Brush your teeth and tongue twice a day using a fluoride toothpaste. Don't forget to floss every day.
- 2) Eat a balanced diet, with an emphasis on cheese, nuts, vegetables and non-acidic fruits for snacks.
- 3) Don't smoke or chew tobacco. These habits can cause gum disease, heart problems and various types of cancers.
- 4) Examine your mouth regularly. If you spot anything unusual, such as reddish or swollen gums or bleeding when you brush, consult a dentist immediately.
- 5) Visit your dentist for a regular check-up.

severe tooth decay, and in extreme cases, oral cancer.

Approximately 3,200 Canadians are diagnosed with oral cancer every year. With early detection, the survival rate of

oral cancer can be greatly improved. This means going to your dentist for regular dental exams. So don't delay. If you haven't been to the dentist in over a year, book an appointment today.

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# Expect a pleasant experience when you visit Dr. Beverley McKeown

By Fred Sherwin  
The Orléans Star

Dr. Beverley McKeown first opened her dental practice on Forest Valley Drive in Chapel Hill in 1995, after graduating from the University of Toronto, Faculty of Dentistry. She also holds a degree in chemistry from the University of Waterloo.

Dr. McKeown particularly enjoys family and preventative dentistry and takes part in frequent professional development activities to keep up with the latest in dental care.

As the lone dentist in the office, Dr. McKeown can provide you and your family with the consistent and personalized dental care that ensures your dental needs are met.

Dr. McKeown and her team are dedicated to helping you care for your teeth and in maintaining good oral health. They are trained to provide their clients with the best possible dental treatment and quality service, in a friendly, caring and professional environment.

As part of the family dental care, they can

provide patients of all ages, their services include:

- Preventative Dentistry: helping to avoid dental and oral problems in the first place and maintaining your oral health through regular maintenance visits;
- Restorative Dentistry: the placement of fillings and crowns to restore mouth function;
- Periodontics: the prevention and treatment of gum disease;
- Endodontics: the treatment of infections within the tooth root structure;
- Oral Surgery: minor surgical procedures required to maintain oral health;
- Prosthodontics:
  - Fixed: bridges, which are used to replace missing teeth to restore mouth function;
  - Removable: the placement and maintenance of full and partial dentures to restore mouth function;
- Implants: a dental implant replaces both a lost natural tooth and its root.
- TMJ Treatment: the treatment of pain in the jaw joint.



At Dr. Beverley McKeown Dentistry in Chapel Hill they provide a wide range of dental care services. FILE PHOTO

Dr. McKeown especially enjoys working with children, starting as young as 10 months. She can help you and your child start off on the right track with their dental care.

The office is conveniently located in the Forest Valley Mall, (intersection of Orleans

Blvd. and Forest Valley Drive.) just down from Circle K, beside the Delice Royal Bakery.

For more information about Dr. Beverley McKeown Dentistry and the services they provide, visit [orleansfamilydentist.com](http://orleansfamilydentist.com). To make an appointment call 613-830-7003.

**Dr. Beverley McKeown and her Team members are proud to have celebrated Oral Health Month in the community for over 25 years!**

**Welcome!**

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**Dr. Beverley McKeown**

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# Making oral health care a fun experience one student at a time

By Jody Maffett  
The Orléans Star

When Dr. Chantal Plant first decided to establish her dental practice in Blackburn Hamlet in 2003, she did so with the intention of making the community her home. Part of that process was to take part in community events like the Blackburn Fun Fair every June.

In 2017, Dr. Plant took part in the Brush-a-mania campaign in two local schools – Good Shepherd Catholic and École élémentaire catholique Ste-Marie.

Brush-a-mania is designed to promote oral health and preventative dentistry among children from Junior Kindergarten to Grade 6. The goal of the program is to educate and motivate children by bringing together dentists, teachers and parents to create a celebration around proper dental care.

Dr. Plant is passionate about child dentistry. It has always been her mission to demystify dental care and make it a positive and fun experience for children and the best way to do that is to see them as early as possible. Having the Brush-a-mania mascot – the Dentavenger – with you doesn't hurt either.

"It's about being able to show the kids that dentists are not scary and if you take care of your teeth going to the dentist can be fun," says Dr. Plant, whose own daughter Quinn is in Grade 3 at École Ste-Marie.

Besides introducing herself to the students, Dr. Plant says her visits help reinforce the oral health education and healthy food choices many schools are already teaching them.

"They talk a lot about proper oral care in schools, especially during this month," says Dr. Plant.

During the 20-minute presentation, Dr. Plant teaches the students the proper way to brush and floss their teeth, and the importance of maintaining a proper diet, including the importance of avoiding sugary drinks and snacks.

At the end of the presentation, each student receives a free toothbrush and toothpaste and they go through a routine brushing their teeth together for three minutes to a catchy song.

Interestingly, many of Dr. Plant's clients who first started coming to her as teenagers are now bringing their own children to see her, bridging the generations.

"It's really cool, but they are coming in



Dr. Chantal Plant (left) will soon be visiting Good Shepherd Catholic School and École élémentaire Ste-Marie with the Dentavenger to teach the students the benefits of proper brushing. PHOTO SUPPLIED

both directions. I have some patients who are bringing their parents to see me as new patients as well," explains Dr. Plant, who gives back to the local community in any way she can.

Besides taking part in the Blackburn Fun Fair Parade every year, Dr. Plant recently hosted a family skate at the Blackburn

Arena on Family Day with a special guest appearance by local figure skater David Shteyngart who won a bronze medal at the Canadian Junior Figure Skating Championships in January.

To find more about Dr. Plant and the Blackburn Shoppes Dental Centre, visit [ottawafamilydentist.com](http://ottawafamilydentist.com).

## UNDERSTANDING CANADA'S CARBON PRICING AND REBATES

### Why Canada needs carbon pricing

- Canada's approach to carbon pricing has set a global standard for curbing emissions.
- We've reduced emissions by **53 million tonnes** in the past four years.
- Canada leads the way with the **largest emissions reduction** in the G7.
- **We are also capping emissions** from the oil and gas industry, investing in a net-zero electricity grid, and making record investments in clean technology. This is growing Canada's Economy and creating good, sustainable jobs.

1

**FACT:** In the fight against climate change, Canada is one of the world's largest emitters at **3x the global average**. Carbon pricing is recognized as a cost-effective way to achieve emissions reductions.

**BENEFIT:** Through the carbon price we've already removed the equivalent of **11 million** gas-powered cars of the road. Carbon pricing will account for 1/3 of Canada's emissions reductions by 2030.

2

**FACT:** Last summer, wildfires ravaged through **18.5 million hectares** of Canadian forests. The costs of extreme weather events are exorbitant and will only get worse unless we reduce emissions.

**BENEFIT:** Carbon pricing drives emissions reductions, paving the way to a **safer, more sustainable future** for our children and grandchildren.

3

**FACT:** Climate induced droughts have triggered a **23% increase in beef prices** since 2019. Because farmers are disproportionately impacted by climate change, they pass on higher costs to consumers.

**BENEFIT:** Farmers are exempt from carbon pricing and receive a refundable tax credit to encourage their transition to low-carbon farming practices which **ensures their resiliency** to the impacts of climate change.

### Information about your carbon rebate

The federal government does not keep any proceeds from carbon pricing. **90% of proceeds are returned directly to taxpayers** and the remainder is returned to small businesses, Indigenous governments, and farmers.

**8 out of ten families** get more money back though the Canada Carbon Rebate than they pay in carbon pricing.

In Ontario, the average family of four will pay \$869 in carbon pricing on natural gas and gasoline but will receive a **rebate of \$1,120** (putting them \$250 ahead).

The carbon price and the rebate will **increase proportionally in April**, preserving the beneficial affordability impact that pollution pricing has.

#### INCREASED REBATE AMOUNTS & DATES (Must file 2023 taxes to receive rebate)

|                         |  |
|-------------------------|--|
| \$140 for an individual | \$70 for spouse/common-law partner           |
| \$35 per child under 19 | \$70 for first child in single-parent family |

2024-2025 REBATE PAYMENT DATES April 15, July 15, October 15, January 15

NB: La version française sera publiée dans l'édition de L'Orléanais du 25 avril.



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# All-ages production of Treasure Island coming to the Shenkman

By Jody Maffett  
The Orléans Star

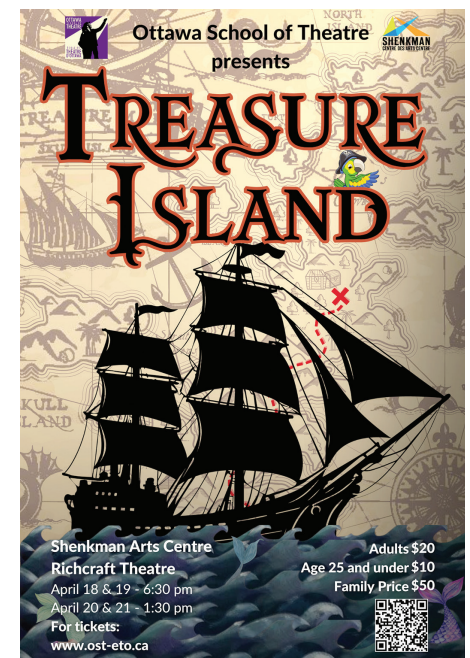
If you're looking for something to do with the kids this month, why not consider taking them to see the Ottawa School of Theatre's all-ages production of *Treasure Island* with performances at the Shenkman Arts Centre from April 18-21?

*Treasure Island* is the classic Robert Louis Stevenson tale about pirates and buried treasure. The Ottawa School of Theatre production is a wonderful all ages adaptation of the story that is fun for the whole family and performed by a talented crew of children, teens and adults.

Evening performances will be held on Thursday, April 18 and Friday, April 19 at 6:30 p.m., while matinee shows will be held on Saturday, April 20 and Sunday, April 21 at 1:30 p.m.

Tickets can be purchased at [tickettailor.com/events/ottawaschooloftheatre/](http://tickettailor.com/events/ottawaschooloftheatre/)

*Treasure Island* will kick off the Ottawa School of Theatre's spring season that will include their senior musical production as well as several other all ages plays.



The Ottawa School of Theatre, formerly the Orléans Young Players, is Ottawa's premier theatre school for children and youth, although they have classes for teens and adults as well. To find out more visit [www.ost-eto.ca](http://www.ost-eto.ca).

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# Come home to Willowbend Retirement Community in Orléans

Special to the The Orléans Star

There is a common misconception when it comes to senior living. You may have heard someone say that they are too active, too independent or too young to move into a retirement home. The thought process behind this comes from the idea that people living in retirement homes are not leading purpose filled lives. This is simply not the case. Living in a Retirement Community brings opportunity and a new life.

Making a move is always a big decision especially when you have been in your home for years. This can be a huge lifestyle change for most and change is never easy, but should not be feared, but looked forward to. A great way to elevate any jitters is discovering all the positive aspects that can come from residing in a retirement community like Willowbend.

**Health & Wellness** – Exercise and nutrition are so vital as we age. The body’s ability to fight and prevent illnesses is heightened and the risk of falls is greatly reduced with proper movement and healthy diet. Not to mention, adequate nutrition and exercise are associated with a better quality of life and aid in giving seniors more autonomy. Whether it be a delicious balanced meal prepared for you by a trained kitchen staff, or routine fitness classes to stay on track there is something for everyone to lead a healthy

lifestyle in retirement living.

Our Retirement Community offers a full range of amenities from fitness, indoor heated swimming pool, cooking classes, weekly concerts and everything in between.

**Support is always available** – Retirement living can offer support that living on your own cannot provide. From trained health professionals working round the clock and measures put into place such as medical pendants for residents’ safety, it is reassuring for seniors to know they are in an environment where they are top priority and assistance is available quickly and around the clock. Additional care and support are always available and tailored to you when you need it.

**Be at peace** – There are a staggering number of seniors who feel isolated living at home. Many variables can be considered such as not being part of the workforce anymore, the loss of loved ones, the hard Ottawa winters or simply not feeling comfortable driving any more. In a Retirement Community, you truly feel a sense of community as there is always someone there to talk to or listen to. There is never a dull moment. You are always free to organize your day as you like, taking part in as many or as few group activities you desire.

Seniors in a Retirement Community have everything they need for their safety, comfort



and enjoyment. It’s so nice to be surrounded by others going through the same phase of life as them. When people are able to relate to others, friendships and deeper connections can be fostered.

**Rediscover your interests and passions** – We should all enjoy life a little more. Especially our seniors who have worked hard their whole lives! They deserve to indulge in their hobbies without the hassle of day-to-day chores. In Retirement Living, dedicated housekeeping staff take care of the tidying and cleaning so that more of the day can be spent doing things that are enjoyable. If that be revisiting an old interest, volunteering within the home or discovering a new skill, seniors are fulfilled and happy being able to

spend their retirement doing something they love worry free.

Willowbend Retirement Community offers all of these great benefits. A retirement community located at 1980 Trim Road in the heart of Orléans, helping seniors shed a new perspective on senior living.

We invite you to see all of the positive benefits for yourself at Willowbend’s Open House on Saturday, April 27 from 10 a.m. to 3 p.m. Come for a tour, and stay for a delicious lunch and live entertainment in the afternoon. This will be an eventful day. A great way to see our residence and meet our wonderful residents. Please contact Laura Sloan at 613-907-9200 to RSVP. We hope to see you there!

## MORE THAN JUST SENIOR LIVING. IT’S A NEW LIFE.

Our community offer residents a new path for living. Providing peace of mind and freedom, so you can focus on living your best life.



Located in your neighbourhood at 1980 Trim Road in Orléans.  
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**613-907-9200**

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RETIREMENT COMMUNITY



# Kin Club of Orléans: Good friends. Good deeds. Good memories.

By Jody Maffett  
The Orléans Star

Looking for a way to connect with your community? The Kin Club of Orléans wants to see you at their signature fundraising initiative, Orléans Blooms.

This year's spring garden event and plant sale is being held on Sunday, May 12, in the Orléans Town Centre just in time for Mother's Day and the spring planting season. The event runs from 9 a.m. to 4 p.m. rain or shine. Everyone is welcome and admission is free.

Proceeds from the plant sale will go towards community projects in the Orléans area. There will be a variety of premium and unique garden plants for sale, supplied by Ritchie Feed and Seed, which is the major sponsor of the event.

Gardening is a passion of Club President, Kathy Trim. "We are delighted to work with Ritchie Feed and Seed to get our supply of plants," says Trim. "Thanks to them, we've sourced a unique variety of flowering plants that will supplement your gardening plans for this year. We've got some favourites, but we've also got a limited supply of unusual plants that you might not find elsewhere."

The event will also feature gardening advice and presentations from local suppliers,

for those who want to learn more about how to green their world. Local artists will be showing off their work, which will also be for sale, and there will be a fun educational corner for kids who want to get started in gardening, sponsored by the Parliament Cleaning Group and LDB Duel.

This event is only part of an annual program of fundraising events held every year by the Kin Club of Orléans. Next up is the annual Marsha Morton Memorial Golf Tournament, on Aug. 9 at the Pineview Golf Course.

The tournament is named in honour of Marsha Morton, the daughter of two long-time members of the Kin Club, who succumbed to cystic fibrosis in 1988 at the age of 12. Over the years the tournament has raised over \$250,000 for CF Canada. All the money raised for CF has been put to good use. Thanks to improvements in drug therapies, the life expectancy for a CF child extends well into adulthood.

According to Trim, service clubs like hers are a great way to feel like you are part of the community and do some good. "Work gives people a lot of purpose. But you wonder if there are other, more meaningful ways to connect and make a difference."

The Kin Club of Orléans is part of Kin



Kin Club of Orléans member Brent MacDonald presents a cheque to a representative from the Ottawa Food Bank. PHOTO SUPPLIED

Canada, an all-Canadian service organization which consists of more than 400 clubs across the country. The Club is open to all who want to have fun and get a great deal of satisfaction from organizing events in their community.

Volunteer members work together to identify where they can best help their communities and then mobilize to make a meaningful impact in those areas.

According to Trim, "My goal is to make our club a welcoming place for anyone. You can stay connected and donate as much time as you can."

For more information about Orleans Blooms, or to register for the Club updates, visit [www.kinclubforleans.ca](http://www.kinclubforleans.ca). Meetings are held at 7 p.m. on the second Monday of each month at the Broadway Bar and Grill.

# ORLEANS BLOOMS

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## COMMUNITY BILLBOARD

**FRIDAY, APRIL 12**

**“EAT, DRINK AND BE MARY!”** – A “Fringe-Festival style” presentation of “King Solomon” as he appears in the biblical Book of Ecclesiastes, infused with humour and contemporary references. Presented by Rev. Tom Sherwood. From 7 p.m. to 9 p.m. at Orléans United Church, 1111 Orléans Blvd. Performance followed by audience talkback and refreshments. Funny, serious, biblical, theological, entertaining, thought-provoking and discussion-starting. Tickets \$20 per person available at [springevent2024.pllenty.com/](http://springevent2024.pllenty.com/).

**THE STRAY DOG BREWING COMPANY** presents Any Good Reason in concert from 7 p.m. at 501 Lacolle Way in the Taylor Creek Business Park. For more information visit [facebook.com/StrayDogBrewingCompany](https://facebook.com/StrayDogBrewingCompany).

**WEDNESDAY, APRIL 17**

**THE ORLÉANS BREWING CO.** presents Oyster Wednesdays every Wednesday Co. is located at 4380 Innes Rd. near the Innes Road McDonalds.

**THE STRAY DOG BREWING COMPANY** presents Taproom Triviat from 6:30 p.m. at 501 Lacolle Way in the Taylor Creek Business Park. To register your team visit [facebook.com/StrayDogBrewingCompany](https://facebook.com/StrayDogBrewingCompany).

**THURSDAY, APRIL 18  
TO SUNDAY, APRIL 21**

**THE OTTAWA SCHOOL OF THEATRE** presents an all ages production of “Treasure Island” in the Richcraft Theatre at the Shenkman Arts Centre. Showtimes Thursday, April 18 and Friday, April 19 at 6:30 p.m. and Saturday, April 20 and Sunday, April 21 at 1:30

p.m. Tickets \$20 for adults. Students and youth 25 and under \$10. To purchase visit [www.tickettailor.com/events/ottawaschooloftheatre](http://www.tickettailor.com/events/ottawaschooloftheatre)

**TUESDAY, APRIL 23**

**GRANDMAS AIDING GRANDMAS** 10th Annual Card Party from 12:30 - 4 p.m. at St. Helen's Church, 1234 Prestone Dr. Tickets \$35 includes lunch, door prizes, raffle and market. Call Barbara at 613-824-3524 or Sue at 613-834-4706.

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## IN MEMORIAM

**Michel Bisailon, 68**  
Passed away on April 2, 2024

**Carmen Robert (née Giroux), 88**  
Passed away on March 27, 2024

**Gisèle Gagnon (née Drolet), 91**  
Passed away on March 24, 2024



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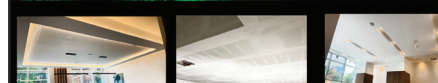


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