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THE

Orléans Star

August 29, 2024 • Volume 39, No. 8

Next edition September 12



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Orleans Bengals running back Kysan Clergé tries to avoid a tackle against the Cumberland Panthers in their U10 tyke match-up on Aug 17. See story on page 13 . FRED SHERWIN PHOTO

2025 Budget process begins in earnest

By Fred Sherwin
The Orléans Star

The process to put together the 2025 city budget has begun with local residents being asked to fill out a short priorities survey on the Engage Ottawa Draft Budget 2025 page which can be found at engage.ottawa.ca/city-budget-2025.

The survey is open until Friday, Sept. 13, when the results will be posted on the Engage Ottawa page.

Results of the survey will also trigger a series of councillor-led public consultations, the dates of which will be communicated by the councillors and shared on Engage Ottawa and various social media.

Those consultations will lead up to the tabling of the Draft Budget at a special city

council meeting on Wednesday, Nov. 13.

Once the proposed draft budget is released residents will be able to submit questions to City staff through Engage Ottawa and register to make public presentation to the various standing committees, including the Ottawa Library Board, the Police Services Board and the Transit Commission, which will meet to discuss their respective departmental budgets between Nov. 15 and Dec. 5.

The draft budget will then be presented to council on Dec. 11 for final consideration and adoption.

The Mayor of Ottawa and the four east end councillors have all voiced their desire to keep any potential tax increase for 2025 below two per cent.



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COMMUNITY BRIEFS

Dapo Fun Day returns to Blackburn Park this Saturday



Dapo Agoro

ORLÉANS – The annual Dapo Fun Day returns to the Blackburn Community Park on Saturday, August 31 with a number of family-oriented activities including mini-soccer games, live music and a BBQ. This is the 22nd edition of the event which is held in memory of Oladapo “Dapo” Agoro, who was stabbed to death while trying to break up a fight at a downtown club when he was just 18. Funds raised at the event will go toward the Dapo Agoro Foundation for Peace which awards a scholarship to a deserving graduating student at Lester B. Pearson High School every year.

Orléans Terry Fox Run to take place on Sept. 15

ORLÉANS – The 32nd edition of the Orléans Terry Fox Run will take place on Sunday, Sept. 15. As in the past, the start and finish will be located in the parking lot of Sir Wilfrid Laurier Secondary School on Tenth Line Road. Registration will open on site at 7:30 a.m. Open start is anytime between 8 a.m. and 11 a.m. Bicycles, rollerblades and strollers are all welcome. Dogs must be kept on a leash. Pre-registration and donations can be made at www.terryfox.org/terry-fox-run/. As of Friday, Aug. 23, more than \$2,500 had been raised.

Orléans Rib and Poutine festival returns Sept. 13-15

ORLÉANS – The Orléans Rib and Poutine Festival returns to the Orléans Festival Plaza on Centrum Blvd. on Friday Sept. 13. Besides all the delicious BBQ vendors serving up lip-smacking ribs, chicken and pulled pork, there will be several food trucks offering a wide variety of poutine. As in the past, the festival will also include live music and a beverage area featuring a number of local craft breweries. Festival hours are Friday, Sept. 13 from 12 a.m. to 10 p.m., Saturday, Sept. 14 from 11 a.m. to 10 p.m. and Sunday, Sept. 15 from 11 a.m. to 7 p.m. Free admission.

Registration now open for Fall Cleaning the Capital campaign

ORLÉANS – It’s time to once again clean up our city parks and other public spaces.

Organizations interested in taking part in this year’s Fall Cleaning the Capital campaign can register by visiting ottawa.ca/clean. Interested

parties can choose from a variety of public spaces to help clean up in the community such as community parks, roadsides, bike paths and the shoreline along the Ottawa and Rideau Rivers.

Registration closes on Oct. 1. Projects can be completed between Friday, Aug. 15 and Sunday, Oct. 1.

Starter cleanup kits are available upon request at 14 different locations around the city. Since Cleaning the Capital began in 1994, an estimated 1.2 million kilograms of waste has been removed from the city’s public spaces thanks to the participation of more than 1.5 million volunteers.



Orléans South-Navan city councillor Catherine Kitts talks to a member of the construction team working on the Trim Road LRT station during a recent tour of the facility with fellow east end councillors Matt Luloff and Tim Tierney. The LRT stations along the east end extension of the Confederation Line are expected to be completed by next spring. Full testing of the track itself will continue through the winter, and if all goes well, the extension should be operational by late next spring. PHOTO SUPPLIED



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Local physiotherapist has Olympic experience of a lifetime

By Fred Sherwin
The Orléans Star

When physiotherapist Judith Proulx-Snedden first established her practice in Orléans in 1997 she had a dream to one day be part of Team Canada at the Olympics.

That dream came true in 2006 when the owner of Physio Sports Plus on Place d'Orléans Drive was selected to be part of the Canadian medical team at the Winter Olympics in Turino.

She was chosen again to be one of the physiotherapists at the 2010 Winter Olympics in Vancouver. But her ultimate dream was to take part in the Summer Olympics.

The first step was to be selected as one of the physiotherapists who accompanied Team Canada to the Pan Am Games in Santiago, Chile last November.

In order to have a chance at a spot on the Canadian team in Paris, you had to be available to work at both events.

After working at the Pan Games, Proulx-Snedden received a call from the Chief Therapist of the Olympic Team informing her that she had been selected to go to Paris.

"I was so excited. I already did two Winter Olympics, but the Summer

Olympics are even more exciting. This was like winning a gold medal for me," Proulx-Snedden said in a recent interview with the *Orléans Star*.

Proulx-Snedden left for Paris on July 16 to help set things up and to provide support for the athletes who were already there.

Although they weren't able to stay in the Athletes' Village, the physiotherapists and the rest of the Canadian medical team were able to stay in a university dorm just 500 metres away. They were also able to visit the village and eat in the athlete cafeteria.

During the Games, each physiotherapist was allotted their different sports and the athletes they would be providing physiotherapy for. Proulx-Snedden was given skateboarding, canoe slalom, kayak cross and triathlon.

When she wasn't performing her official duties as a physiotherapist, Proulx-Snedden was able to see some of the other sports.

She was in the Olympic Stadium when the men's 4x100 team won the gold medal.

"I was right at the spot when (André) de Grasse took the baton from (Brandon) Rodney. I saw they were ahead and I started jumping and screaming my head off," says Proulx-Snedden.



Proulx-Snedden with the Paris Olympic mascots. PHOTO SUPPLIED

She was also at the beach volleyball venue when Brandie Wilkerson and Melissa Humana-Paredes lost to Brazil in an exciting three-set final.

"It was so amazing to be there with the Eiffel Tower lit up in the background and the crowd going crazy. It was an experience I will never forget," says Proulx-Snedden.

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Winning gracefully

During the recent Olympic Games, it was hard not to notice the difference between the reaction of many of the American athletes who won gold medals and the athletes from the rest of the world who won gold, particularly in athletics. The lone exception was Tara Davis-Woodhall who won gold and celebrated with her husband, paralympian Hunter Woodhall, who was watching from the stands. Their adorable interaction immediately went viral.

But even more heart-warming was Tara Davis-Woodhall's reaction at the welcome she received when she returned home to a hero's welcome in Arkansas.

The American gymnasts, led by Simone Biles, were also extremely gracious in both victory and defeat. I especially loved it when Biles and fellow American Jordan Chiles bowed to Brazilian Rebeca Andrade after she upset Biles to win the floor exercise.

Unfortunately, not all the American gold-medalists were so gracious in victory. Most of them acted like they expected to win gold all along, screaming "I'm the greatest," or "America's number one," into the camera after each win.

By contrast, our own gold medalists like Summer McIntosh in swimming, Christa Deguchi in judo, Katie Vincent in the C-1 canoe sprint, Ethan Katzburg and Camryn Rogers in the men's and women's hammer throw, Philip Kim in breakdancing and even the men's 4x100 relay team were the epitome of graciousness in all their wins.

Even more endearing is how our athletes accepted their silver medals in defeat, including the women's eights in rowing, the women's sevens rugby team, Maude Charron in weightlifting, Melissa Humana-Paredes and Brandie Wilkerson in beach volleyball, Alysha Newman in pole vault and Marco Arop in the 800-metres who went into the Olympics as the world champion.

Perhaps one of my favourite moments was the medal presentation ceremony for mixed doubles tennis. Teammates Félix Auger Aliassime and Gabriela Dabrowski looked like they had just won gold instead of bronze they were smiling and laughing so much.

Meanwhile some of the Americans who won silver or bronze, couldn't wait to take it off from around their necks after their respective ceremonies.

There's a lot to be said about being able to win graciously as well as being gracious in defeat. In that competition, Canada's athletes win gold every time.

— Fred Sherwin, editor



Start of another school year a good time to remember to Drive Safe

It feels like just yesterday that we were celebrating the end of another school year, looking forward to the long and lazy days of summer. But as we flip our calendars to September, the sunny summer days are coming to an end and a new school year is about to begin.

We've been successful in securing funding for four new schools in Orléans and in a few years from now, they will open their doors and welcome children for the first time.

The summer months provide us with an opportunity to take a break from our normal routine and pressures of everyday life. It is a chance to explore, to grow, and have fun with family and friends.

I'm hopeful that you all had the opportunity to unwind and make memories with loved ones that will last a lifetime. That you spent time in the outdoors enjoying nature or experienced new things, discovered new places, and met new faces.

And now, as we get ready for a new school year, children and parents can look back at their summer with gratitude and look forward to their future with optimism. We can take with us the skills, knowledge, and the wisdom that we gained during our summer adventures and apply them to our academic endeavors.

I hope for a safe and successful school year for each and every student who walks into the halls of our schools this September.

As the children in your lives enter their new classrooms, let's remind them that they are not alone. That they have the support and guidance of their teachers, who are there to help them learn and grow. That they have the friendship of their classmates, who are there

to share their joys and sorrows. But most importantly, that they have the love and encouragement of their parents, who are there to cheer them on every step of the way.

I want to remind parents and drivers to be vigilant and extra cautious of children who may be crossing the street or biking to school. Slow down while driving in residential streets and school zones.

Driving carefully in school zones is not only our legal obligation, but also a moral duty. It is a way of showing respect and care for our children and our community.

With that, I'd like to wish the residents of Orléans a safe and happy Labour Day long weekend, and hope that you enjoy the remaining days of the summer!



**Queen's
Park
Corner**

Stephen Blais

THE Orléans Star



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

www.orleansstar.ca

Trip to LLWS filled with laughter and a few tears

As some of you may know, I am a huge fan of the Little League Baseball World Series, which is played during the third week of August every year in South Williamsport, Pennsylvania.

Part of the magic of the LLWS is the format. The tournament is played in two brackets with 10 international teams playing in one bracket in Volunteer Stadium and 10 American teams playing in the American bracket in the Howard J. Lamade Stadium.

Competition in the two brackets culminates in two championship games on the final Saturday. The two winners then play in the LLWS title game on the Sunday.

Four of the last five Little League World Series have been won by American teams. The last international team to win the LLWS was Japan in 2015.

In the past, I've always gone to the LLWS for the opening weekend. One, because you get to see the most number of games in the shortest amount of time. And second, because I could always count on seeing Canada play at least two games.

This year I decided to change things up and went down on Sunday to see the elimination games leading up to the International and American championship games.

I made the six-hour drive to Williamsport



with my friend and fellow former Little League coach Rick Foy. We left Ottawa at 3 a.m. in order to get there in time for Canada's elimination game against Mexico.

Unfortunately Canada lost, but it was only the beginning of our LLWS experience which would see us watch 17 games during the five days we were there.

The level of play at the LLWS is phenomenal. You're basically watching 12-year-olds making the same plays as professional ball players.

One of the reasons why I prefer watching the international teams over the American teams is the respect the international teams have for the game and the ability you have as a fan to sit with the supporters of each team.

After Canada got knocked out of the tournament, Rick and I split our time supporting the Cuban team and the Latin

American representatives from Venezuela. For many years, Cuba was part of the Caribbean region along with Puerto Rico, the Dominican Republic, Curacao and Aruba and they hardly ever emerged as the regional champions. When the LLWS expanded to 20 teams last year, Cuba and Puerto Rico were given their own spots in the tournament. Unfortunately, both countries lost both of their games last year.

This year Cuba won it's first game against Europe-Africa representatives from the Czech Republic, but lost their second game against Taiwan when one of the Taiwanese batters hit a grand slam in the fifth inning.

Cuba's third must-win game was against Mexico. They were on the verge of pulling off the major upset when a Mexican player hit a three-run shot to tie the game in the last inning. The next player then hit a two-run blast to win the game for Mexico and break the hearts of the Cuban fans, including the Cuban parents.

All of the Cuban players were in tears on the field as was one of dads. I have to admit I had a hard time holding back the tears as well after living and dying with each pitch sitting behind the parents' section.

The scene would repeat itself later the same day when Curacao lost to Venezuela



Rick, Marci, Gene, Cody, Fred and Renée at the Little League World Series. FILE PHOTO

after their pitcher walked in the winning run. Thankfully, the happy moments and the thrilling action in the other games made up for the heart-breaking ones.

The whole experience was made that much more enjoyable thanks to our meeting Renée from Maine and Cody, Gene and Marci from Maryland who we watched every game with. I even got to have my picture taken with Dugout, the LLWS mascot, and I got to slide down the famous hill overlooking Lamade Stadium.

All in all it was an awesome experience and I can hardly wait to go back again next year.

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Rash of infrastructure work in Orléans this summer is needed

You’ve probably noticed a lot of infrastructure renewal happening this summer. These are desperately needed upgrades to roads, pathways, parks and public works.

The top complaint that I get in my office is the state of our infrastructure, and over the past five years, I’ve worked tirelessly to get the investments that we need to ensure the safety and reliability of the critical infrastructure in Orléans East - Cumberland.

And because we are one of the coldest capitals in the world, that means that our asphalt plants are only open for a portion of the year. This leaves us with a very limited window to do permanent maintenance and renewal.

So yes, it has been very difficult to get around our neighbourhood this summer. It’s been especially difficult for our rural friends east of Cumberland Village, with several degraded roads receiving badly needed upgrades.

You may have also noticed that boreholes

have been drilled into some of the worst streets in Cambrian Heights, and in the Taylor Creek Business Park. This is to assess the base underneath the asphalt so that we can get a proper estimation as to how much work is going to be needed to resurface these roads and budget properly.

When projects happen concurrently, it leads to major frustration.

Many people think it’s for poor planning that major arteries are being worked on at the same time. I can assure you that it is not. It is because of the small window that we have as a city to do this work every year. Even if we had asphalt plants that ran year round, we still must renew curb infrastructure and sidewalks adjacent to the roads, which cannot be done in the frigid temperatures we experience.

Putting these works off for another year is not an option, and I’ll continue to work hard to ensure that we get the investments that we deserve here in the East End.



Matt Luloff

Orléans East-Cumberland

Mayor’s call for fairness comes at a critical time for South Orléans

Recently, Mayor Sutcliffe made a strong statement about the need for Ottawa to receive its fair share of support from other levels of government. As the nation’s capital and Ontario’s second-largest city, we have unique needs, and I support his call to action.

Ottawa is grappling with a transit crisis, exacerbated by decisions of previous city councils, the pandemic’s impact on ridership and a historical lack of funding from higher levels of government.

What I have heard from you consistently is that families in our community are stretched thin and don’t want to see property taxes raised to the degree we have seen in other municipalities (2024: Toronto +9.5%, Hamilton +7.9%, Vancouver +7.5%).

At the same time, congestion is untenable due to an inadequate and unreliable transit system. Dedicated bus lanes on Brian Coburn Blvd., a bus rapid transit system for Orléans South, or a shuttle from the Chapel Hill Park-and-Ride directly to the

LRT could really improve quality of life in Ward 19. These initiatives can’t be realized without funding from the other two levels of government

This term, our city council has found more than \$153 million in savings and efficiencies, but the mayor is calling attention to the fact that the federal government has been underpaying its

taxes on federally owned buildings nearly \$100M over the past five years.

Coupled with its decision to reduce its footprint in downtown Ottawa by 50%, impacting our commercial tax revenue, these shortfalls impact on our ability to invest in much-needed infrastructure.

Nowhere is this more evident than in South Orléans. Our community has grown rapidly, but our transportation infrastructure has not kept pace.

The mayor’s demand for fairness isn’t just about balancing the City’s books – it’s about ensuring that communities like ours get the infrastructure we need.



Catherine Kitts

Orléans South-Navan

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Village of Navan loses two more of its matriachs

By Fred Sherwin
The Orléans Star

If it's true that women hold up the sky, then Navan has two fewer sets of hands to do so above the small east end village after the passing of Joyce and Gwen Bradley.

The two women passed away just five days apart after moving into the May Court Hospice facility in Old Ottawa South last month.

Joyce Bradley was 95 years old while Gwen Bradley was 91.

The two women were related by marriage, but they were bonded by their strong love affair with the village they called home and their fellow Navan residents including fellow matriarchs Mary Dashney, who passed away in 2020, Verna Cotton, who died in 2019, Catherine Hyde, who passed away in 2018, and Helen Burns, who died in 2012. I had the distinct honour of knowing them all.

Joyce Bradley, whose maiden name was Widenmaier, was married to Lorne Bradley who founded the M.L. Bradley school bus service in 1965. Gwen Bradley, whose maiden name was Tapscott, was married to Lorne's brother Ross Bradley.

Lorne passed away in 1991 at the age of 62. Ross, who is another life-long community builder and who could often be found helping his son John at J.T. Bradley's Country Convenience Store until it was sold, is still alive at the tender age of 93.

Joyce Bradley was a school teacher for most of her adult life until her retirement, after which she became deeply involved in the ongoings at St. Mary's Anglican Church in Navan for the next 20-plus years.

She also served as a Sunday school teacher and choir master and she cooked for turkey suppers, strawberry teas and bazaars. In fact, she was famous for her buns and butterscotch pies.

She was an active member of the Navan Women's Institute and the Anglican Church Women's group. She fed breakfast from the church booth at the Navan Fair for years and taught 4H.

In her spare time, not that she had much, she helped her husband in his activities in running the school bus service and as a founding member of the Navan Lions Club. She also helped with the Navan Fair and different fundraising campaigns for the Navan Curling Club, the Navan Cenotaph

and the St. Mary's Church restoration.

Back in 2009, when I was managing O'Meara's restaurant in the old Navan feed mill, Joyce would often come in just to talk.

During those interactions, she often said that it was too bad I never met her late husband.

"You would have loved Lorne," she would say. "You would have gotten along really well."

I look back on those conversations with great fondness and feel truly blessed that I was able to meet her.

As outgoing as Joyce Bradley was, Gwen Bradley was more of the quieter type, but that didn't stop her from becoming deeply involved in her community, just like her sister-in-law.

Gwen married Ross Bradley in 1957, after they met while pursuing teaching careers at Carleton University.

Marrying Ross meant moving to Navan,



Joyce Bradley



Gwen Bradley

where she joined St. Mary's Church and was drawn into day-to-day village life.

Gwen was an active member of the Anglican Church Women, a founder of the community Sunday school in Navan, and a volunteer at the public

library during which time she was an advocate for the bookmobile. She cherished community work and could often be found working and organizing with her dear friend Mary Dashney.

Gwen is survived by her husband Ross, their children Carol, Heather, Don and John, grandchildren Alex, Jake, Mark, Nick, and Sam, and great-grandson Archer.

Joyce is survived by her children Lorna, Wendy and Kathleen, grandchildren Bradley, Matthew, Daniel, Katie, Michael and Andrew, and great-grandchildren Jamison, Isla, Penny, Lucy, Brooklyn, Charlie, Elodie, Beckett, Pearson, Layla and Landon.

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Olympic Games remain the best show on earth

Commentary
By Fred Sherwin
The Orléans Star

When it comes to high drama and sheer entertainment there is no show on earth that can hold a candle to the Olympic Games and the recent Summer Olympics in Paris was no exception.

Unfortunately, I was vacationing in Amsterdam and Greece during most of the Games and only had limited access to the broadcast.

I did get to see the final two minutes of Canada's opening basketball game against Greece, which Canada won 86-79. I happened upon the match while walking past a taverna in Crete.

I also managed to see Maude Charron win silver in weightlifting. Other than that I saw a few field hockey games and handball which turns out to be one of the most popular sports in Europe. Go figure.

Thank goodness I got back home in time to see Canada's historic win in the men's 4x100 relay, the women's beach volleyball final and Phil the Wiz in breakdancing, but I miss all of the swimming and gymnastics.

So as soon as the Olympics were over I began to binge watch everything I could on CBC.com.

Here are just a few of the highlights as I saw them in no particular order.

- 1) Summer MacIntosh's three gold medals. What's there not to love about this 18-year-old Canuck?
- 2) Celine Dion's performance during the opening ceremonies. I was never a big Celine Dion fan, but man, what a performance. It gave me goosebumps

and I watched it in a hostel in Athens with five other people from five different countries.

- 3) The post-medal interview with 14-year-old Australian skateboarder Arisa Trew who asked for a pet duck from her parents after winning gold.
- 4) The women's 7s rugby team. Their journey to the gold medal match was truly remarkable.
- 5) Melissa Humana-Paredes and Brandie Wilkerson's dramatic come from behind win over Switzerland in the beach volleyball semi-finals.
- 6) The final in the women's speed climbing event in which Poland's Aleksandra Mirosław beat China's Deng Lijuan by just .08 seconds.
- 7) Alysha Newman's bronze medal jump in the women's pole vault and her reaction afterwards.
- 8) Josh Liendo's father Ramon cheering his son on to a silver medal in the 100-metre butterfly.
- 9) Josh Liendo and Ilya Kharunon the podium together after winning silver and bronze respectively in the 100-metre butterfly.
- 10) American Tara Davis-Woodhall celebration in the stands with her husband, paralympian Hunter Woodhall, after she won the gold medal in the women's long jump.
- 11) The graciousness with which Canada's Marco Arop accepted the silver medal in the men's 800 metres.
- 12) tie – Ethan Katzberg and Camryn Rogers winning the gold medal in the

- men's and women's hammer throw.
- 13) Femke Bol's incredible final lap in the mixed 4x400 metre relay to give the Netherlands the gold medal.
- 14) Watching the GOAT Simone Biles compete in gymnastics.
- 15) Félix Auger-Aliassime and Gabriela Dabrowski winning the bronze medal in mixed doubles tennis.
- 16) Katie Vincent in the women's C-1 500-metre sprint.
- 17) Novak Djokovic's reaction to winning the gold medal in men's tennis to complete the gold slam.
- 18) The men's and women's triathlon.
- 19) Anything Snoop Dog did.

As for the most heartbreaking moments in the Olympics, it's hard to get more heartbreaking than Canada's loss on penalty kicks to Germany in women's soccer after they won all three of their Group Stage games.

Shotputter Sarah Mitton's inability to make it out of the preliminary stage of the



Summer MacIntosh

PHOTO BY CANDICE WARD/COC

event despite being a pre-Olympic favourite is a close second.

All in all, it was another thrilling Olympic Games with all the drama, heartbreak and jubilation that comes with them.



Canada's 4x100 relay team of Aaron Brown, Jerome Blake, Brandon Rodney and André De Grasse provided Canadians with one of the highlights of his year's Summer Games. Photo by Mark Blinch/COC

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Fall registration

Ottawa School of Theatre ready to embark on new season

By Jody Maffett
The Orléans Star

The Ottawa School of Theatre is 35 years young! OST-ETO is the longest-running theatre school in Ottawa, offering acting and theatre classes for students of all ages in both English and French.

In 2024-25, OST-ETO will be offering classes covering the classics, musical theatre, sketch comedy and more for ages four to 104.

Their multigenerational productions this coming season include “The Island of Lost Memories: a Christmas Mystery (Heist)” in November, and “Anne of Green Gables” in June. Actors of any age can sign up and everyone is guaranteed a role.

The spring production of “Anne of Green Gables” will celebrate 20 years of OST-ETO’s All Ages Plays, and it’s not too late to sign up.

The Ottawa School of Theatre has a “no trees” policy. That means no one has to play

a “tree”. “Everyone will be given at least one line,” says OST-ETO artistic director Megan Piercey Monafu, “Everyone is a valuable member of the team.”

Besides the children’s programs, there are also classes for teens and adults. Two new classes being offered this season are Music Video Production and Théâtre musical pour ados.

These are both expansions of OST-ETO’s beloved musical theatre program, which now offers musical theatre in French from age 6 to 17.

The Teen Theatre Appreciation and Criticism class is going into it’s second year, and students will work with an OST teacher and a professional theatre critic, both fully bilingual, to learn to appreciate and evaluate professional theatre, leading to published reviews.

It is designed for teens who may not want to perform but are interested in writing or directing and allow them to be exposed to

a huge range of amateur and professional theatre including, but not limited to, the NAC, Orpheus and Ottawa Little Theatre.

OST-ETO is also offering an Advanced Teen Musical class, which was highly successful last year. This class is a close-to-professional rehearsal process where students audition to enter. This year’s production will be “The Sound of Music” presented in May 2025.

For adults, the Ottawa Theatre School is offering seven classes including Comedy Workshop, Adult Acting Foundations, Improv in English, and an Improv class in French in partnership with MIFO where students will get to compete with other improv groups.

You can get a full run-down on all the

classes, including dates and pricing, by visiting ost-eto.ca. Teen and adult classes start on Oct. 1.

For those people who aren’t quite sure which class is for them, the theatre school is holding an open house be-tween 10 a.m. and 2 p.m. on Sept. 14 at the Shenkman Arts Centre where you will get to meet the staff and sign up for a class of your choice.

Theatre study skills such as character development, text analysis, spatial awareness, breath control etc. build skills for life. The show is not deemed a success or failure because of what happens onstage, but rather what has happened in class and in rehearsals. Theatre (as in life) is best when it is about the process, the journey. As such, it is very much a team sport.



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Public invited to celebrate Shenkman Art Centre’s 15th anniversary

By Jody Maffett
The Orléans Star

The Shenkman Arts Centre will be celebrating its 15th anniversary on Sept. 8 and the public is invited to take part.

The festivities will get underway at 11 a.m. and continue until 3 p.m. with lots of free activities for the whole family including dance workshops in hip-hop, contemporary, Bollywood and Kathak dance, bucket drumming and bubble art.

The highlight of the proceedings will be a performance by Empress Nyiringango, an award-winning, self-taught Rwandan-Canadian singer based in Ottawa who will be showcasing her unique blend of jazz, blues and traditional Rwandan music.

Visitors to the Shenkman Arts Centre will also be able to take a guided tour, offered in both French and English. Additionally, the Ottawa School of Art, located on the main floor of the Arts Centre will be holding its annual open house on the same day.

Visitors will be able to see live demonstrations and chat with some of the school’s instructors. You will also be able to register for one of the many courses the school is offering this fall and winter.

The Ottawa School of Theatre, located



next door to the School of Art, will also have staff on hand to chat with visitors about their programming and various theatrical classes which are offered in both French and English.

Last, but by no means least, the Gloucester Pottery School, located in the lower lobby, will be open to visitors who wish to learn



Rawandan-Canadian singer Empress Nyiringango (left) will performing at the Shenkman Arts Centre on Sunday, Sept. 8 as part of the facility’s 15th anniversary celebration. FILE PHOTOS

more about their programming.

While at the 15th anniversary celebration visitors can also check out the facility’s three art galleries.

The Trinity Gallery located on the lower level is hosting an exhibit by Ottawa mixed media artist, JungHee Lee-Marles entitled “Interconnections”.

The Lalande+Doyle exhibition space, also located on the lower level is hosting an exhibit organized by the Multicultural Artists’ Coalition entitled “Discontinuous, heterogeneous and pluriverse.”

The Promenade Arteast and the Gloucester Pottery School gallery also have exhibits in place.

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Fall registration

Ottawa School of Art invites public to open house

By Jody Maffett
The Orléans Star

The Ottawa School of Art is holding an open house at their Orléans Campus in the Shenkman Arts Centre on Sunday, Sept. 8 from 11 a.m. to 3 p.m.

Visitors will be able to see live demonstrations and chat with some of the school's instructors. They will also be able to register for one of the many courses the school offers at the Orléans Campus.

There are three levels of instruction for adults based on their skill and experience.

With courses scheduled to start in early September, the Ottawa School of Art is encouraging people to register as soon as possible. A minimum number of registrants are required for each course to avoid cancellation.

Here is an outline of this year's programs:

CLASSES FOR CHILDREN AGED 4-12 YEARS

Multimedia classes are offered for children aged 4 to 12 years. Throughout the three terms, students produce a wide variety of work in all disciplines: drawing, painting, printmaking, collage and sculpture, including clay. These classes give students the opportunity to use materials and processes that are not available in the home or school setting. Individual lessons focus on different elements of art: colour, line, form, perspective, composition, etc.

Classes are two to three hours long and tuition fees include all materials. Courses this fall include Critter Creations for ages 4 and 5, 'Toon Town: Cartoon Drawing

for ages 6 to 8, and Drawing and Painting: Artistic Adventures for ages 9 to 12. Spots are limited, so it is recommended that you register as soon as possible.

CLASSES FOR OLDER CHILDREN AND TEENS

The Ottawa School of Art also offers classes for older children as well as teens. These classes encourage students to focus their attention and develop patience using a narrower range of techniques while having fun. Courses this fall include Teen Portfolio Foundation Studies: Focus on Drawing and Painting for ages 12 to 15, and Comic Books and Cartooning for ages 13 to 15.

CLASSES FOR ADULTS

The Ottawa School of Art also offers a

number of classes for adults and seniors at three levels of instruction – introductory, intermediate and advanced.

Courses are available in drawing, painting, printmaking, photography, sculpture and ceramics, as well as a number of special interest and short courses.

You can get a full run-down on all the classes, including dates and pricing, by visiting registration.artottawa.ca

The Ottawa School of Art will be holding an Open House on Sunday, Sept. 8 with free art demonstrations from local art instructors between 11 a.m. to 3 p.m. All are welcome to attend.

Visit artottawa.ca for more information. These demonstrations share techniques you can learn in the OSA's adult general interest, children and teens, or online courses.

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Cosenza Pizza N' Calzone owners grateful for local support

By Fred Sherwin
The Orléans Star

When Cosenza Pizza N' Calzone owners Viraj Patel and Sam Sourabh bought the former House of Pizza in the Convent Glen Shopping Plaza last November, they were under no illusion that the business would immediately pay off.

It wasn't until they decided to advertise in the *Orléans Star* in the spring that business started to really take off.

The reaction was immediate, says Sourabh. "People started placing orders as soon as the first ad came out and business has been steady ever since."

While many of the new customers came in thanks to the ads, they came back because of the quality of the pizza and calzones. And, in turn, they told their friends to order pizza there as well.

Sam and Viraj are super grateful for the support they continue to receive, both from new customers and referrals, and they want to thank everyone for their business.

The pair bought their first pizzeria in the south end of Ottawa shortly after the COVID restrictions were lifted in the spring of 2022.

Despite the obvious challenges of start-

ing a new business in the shadow of the pandemic, the pizzeria slowly gained in popularity among the locals.

In November 2023, Sourabh heard that the former owners of the House of Pizza were looking to sell the business. After the two friends talked things over, they decided to buy it. The first thing they did was to change the name to Cosenza Pizza N' Calzones.

The second and most important thing they did was improve the ingredients and bring them up to the same standards that are the reason behind the success of the Ottawa South location.

"We've basically taken what was working for us on Riverside and brought it here," says Sourabh.

The third thing they did which seems to be resonating with local pizza lovers was to expand the menu. Besides the old standards like Pepperoni, Margherita and Hawaiian pizza, they also make a Butter Chicken Pizza, along with a Steak Supreme Pizza and a BBQ Chicken Ranch Pizza.

Besides the different pizzas, Sourabh also put calzones on the menu. A calzone is basically a small sized pizza folded on itself, to make an inside-out version.



Viraj Patel (left) and Sam Sourabh (right) and co-owners of Cosenza Pizza N' Calzones which has replaced House of Pizza in the Convent Glen Shopping Plaza. FRED SHERWIN/PHOTO

Two other menu items of note are their garlic dipping sauce, which is also made in-house (and quite frankly delicious), and their pizza dough balls which are liberally brushed with garlic butter.

There are lots of reasons to give Cosenza Pizza N' Calzones a try. You can order home

delivery through either Uber Eats, or Skip the Dishes, or you can pick it up yourself and save 10 per cent on your bill.

Cosenza Pizza N' Calzone is located at 6505 Jeanne D'Arc Blvd. North on the east side of the Convent Glen Shopping Plaza nearest to Orléans Blvd.









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Fall activities

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Cumberland Panthers NCAFA season off to strong start

By Fred Sherwin
The Orléans Star

The Cumberland Panthers Football Club kicked off its fall season on Aug. 17 by winning all three of its games at the U10 tyke, U12 mosquito, and U16 bantam levels against their east end rivals from Orléans.

The most competitive game of the day was the U10 tyke match-up that kicked off the proceedings.

The Panthers drew first blood in the game thanks to a 40-yard run by their star quarterback Channing Mailhot, who then added the two-point convert when his kick split the goal posts.

The Bengals answered back on the very next series when Zachariya Osman scored on a 16-yard run into the end zone. Unfortunately, the two-point convert attempt was blocked and the Bengals trailed at that point 8-6.

A three-yard touchdown run and a two-point convert by Mailhot in the second quarter would extend the Panthers' lead to 16-6 lead, which is where it remained until the halftime break.

The Bengals very nearly scored a touchdown of their own in the second

quarter, but Etienne Lacroix was able to make a touchdown saving tackle to thwart the Bengals and keep the score at 16-6.

Undaunted, the Bengals managed to score a touchdown on the opening series of the second half, but a another blocked two-point conversion attempt left them trailing 16-12 on the scoresheet.

The score remained that way until the final seconds of the third quarter when Mailhot scored his third touchdown of the game on a five-yard run that followed a bizarre series of events in which the Bengals intercepted a pass only to fumble the ball back to the Panthers on the same play.

The Bengals kept the score close with a fumble recovery and 15-yard return to the end zone in the fourth quarter by Ben Dunham, but it was too little too late as the Panthers slammed the door shut on their rivals with a 35-yard touchdown run by Mailhot to end what was a highly entertaining game.

Unfortunately, the other three matches weren't nearly as close. The U12 mosquito Panthers ran out to a 47-0 halftime lead on touchdowns by Ruslan Delorme and Carter Cain, Nico Scarfone, and Jacob Kavanaugh



Cumberland Panther running back Olivier Kritsch runs through the Orleans Bengals defence during their U10 tyke match up at Millennium Park on Aug. 17. FRED SHERWIN PHOTO


who each scored twice in the first half.

The Panthers would add one more converted major in the second half to make the final score 54-0.


In the only other game at Millennium Park on Aug. 17, the U16 Panthers completely demolished the Orléans Raftsmen 92-0 in

one of the most lopsided games in recent memory.

The U14 peewee Panthers were to kick off their season on Aug. 25 against the Bell-Air Lions. Unfortunately, the score was not available as of the printing of this week's paper.



Caravela Restaurante will be closed from Aug. 11 to Sept. 11 to give our staff a well-deserved day off. The restaurant will reopen on Thursday, Sept. 12.



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U14 Panthers win OSFL provincial championship

By Fred Sherwin
The Orléans Star

The U14 Cumberland Panthers are provincial champions after beating the London Jr. Mustangs 28-0 in the Ontario Summer Football League AAA bantam title game on Aug. 3.

The win was the perfect ending to what has been an impressive season for the Panthers.

The team went 8-0 during the regular season, posting four shutouts along the way and outscoring their opponents by an average score of 68-7.

It was much of the same in the playoffs as the Panthers completely dominated the Myers Riders 55-14 in the first round and then did the same to the Burlington Stampede in the semi-finals, beating them 50-6.

The championship game was a thrilling showcase of talent and teamwork with the Panthers displaying both strategic and physical resilience.

Panthers' running back Connor Hamelin scored the first of his game high three touchdowns in the early going to give his team a 7-0 lead, while the Panthers' defence

stymied the Jr. Mustangs' efforts to get anything going themselves.

Leo Zbitnoff made a number of crushing tackles for the Panthers and generally harassed the Jr. Mustangs all game long.

On offence, the Panthers took advantage of their superior O-line play led by their captain Max Legros who created hole after hole for Hamelin to run through.

The Panthers fourth touchdown was scored by receiver Joenny Ngondion on a pass from quarterback Andrew Coulson.

In fact, there were a number of standout performances on both sides of the ball ensuring the team maintained its perfect record.

After the game, Panthers' head coach Ryan Gaucher praised the team's dedication and hard work throughout the season.

"Our players have shown incredible commitment and skill and it's wonderful to see their efforts culminate in a provincial championship," said Gaucher,

"We have a very professional group and we did our talking with our shoulder pads and the scoreboard, this victory is



The U14 Cumberland Panthers won the Ontario Summer Football League AAA bantam championship on Aug. 3 with a 28-0 win over the London Jr. Mustangs. PHOTO SUPPLIED

a testament to their perseverance and teamwork."

Unfortunately, the Panthers U16 team did not enjoy the same success as their clubmates in their title game.

After compiling a 7-1 regular season

record and winning their first two playoff games in impressive fashion, the U16 Panthers came up against the undefeated West Division champion Burlington Stampede in the final and came out on the short end of a 47-12 loss.



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THURSDAY, AUG. 29

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

CORN ROAST AND BBQ hosted by Orléans MP Marie-France Lalonde and MPP Stephen Blais near the nature centre and event tent close to the northwest corner of Petrie Island.

FRIDAY, AUG. 30

TAPROOM 260 presents Fabien live from 8-11 p.m. at 260 Centrum Blvd. For more information visit taproom260.com/events/.

SATURDAY, AUG. 31

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

at the R.J. Kennedy Arena, 1115 Dunning Rd. in Cumberland Village. The Cumberland Farmers' Market features fresh vegetables, specialty foods and homemade treats.

DAPO FUN DAY from 12 noon at the Blackburn Community Park. Live music, DJs, BBQ, kids activities and much more. This is a fundraising event for the Dapo Agoro Foundation for Peace.

THE STRAY DOG BREWING COMPANY presents Songs and Stories with uberlune and Paddy Paystubb who will trade songs and stories or their enjoyment and the audience's delight from 8-10 p.m. The Stray Dog Brewing Company is located at 501 Lacolle Rd. in the Taylor Creek Business Park.

TAPROOM 260 presents Bird King live from 8-11 p.m. at 260 Centrum Blvd. For more information visit taproom260.com/events/

THURSDAY, SEPT. 5

ORLEANS FARMERS MARKET from 11 am to 4 pm in the parking lot at the Ray Friel Recreation Complex on Tenth Line Road featuring local food vendors and producers.

SATURDAY, SEPT. 7

STRAY DOG 7-YEAR ITCH ANNIVERSARY PARTY starting at 2 p.m. at the Stray Dog Brewing Company located at 150 Lacolle Way in the Taylor Creek Business Park. There will be family friendly games for all combined with great food, live music and, of course, plenty of suds.

IN MEMORIAM



Elaine Dorothy York, 67
Passed away on August 11, 2024

Suzanne Biron, 94
Passed away on August 10, 2024

Claire Allard Salois, 75
Passed away on August 6, 2024



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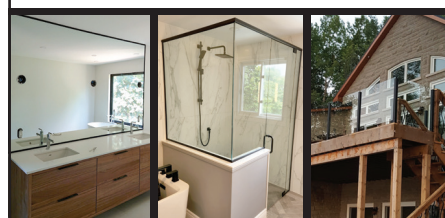
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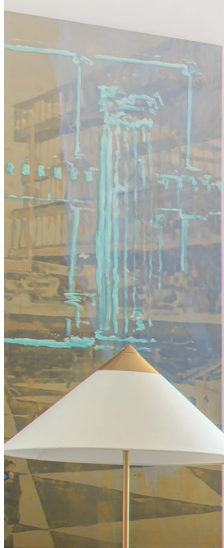
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