

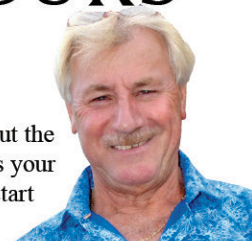


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THE Orléans Star

January 11, 2023 • Volume 38, No. 17

Next edition January 18

L'Orléanais

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



Spirit of giving alive and well in Orléans

By Fred Sherwin
The Orléans Star

The spirit of giving is alive and well in Orléans and not just because of the community's generous support of a variety of charitable organizations and institutions, but because of the efforts of two people in particular.

In 2005, Richard Lussier and his close friend Don Stephenson started an informal "Secret Santa" program, giving two students at St. Matthew High School in Orléans each a \$75 gift certificate to Place d'Orléans as a reward for their hard work and perseverance in the face of financial hardship.

They did the same thing for the next four years. Then in 2010, Richard and his wife Linda launched the Help Our Students program

to provide financial support to deserving students throughout the entire school year.

In the first year, they gave two students from St. Matthew High School and one student from Cairine Wilson Secondary School \$100 each month, from September through June, for a total of \$1,000, using their own money augmented by funds raised through family and friends.

Over the years, the program has grown to the point where they recently reached a total of a million dollars, benefiting more than 6,000 students in over 65 schools, including every high school, both French and English in Orléans.

The genesis of the program goes back to Lussier's first year at the Royal Military

CONTINUED ON PAGE 2 ►



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COMMUNITY BRIEFS



Food Aid founder and Navandale Farms owner Wyatt McWilliams hitched up a pair of his horses on Dec. 10 to collect food and monetary donations in the village of Navan. FILE PHOTO

Navan Food Drive another huge success

NAVAN – The tiny village of Navan has come through once again by providing over 3,400 lbs of food and \$4,000 in cash for the Ottawa Food Bank during the village's annual holiday food drive organized by Food Aid founder and Navandale Farms owner Wyatt McWilliams and sponsored by RBC, the Myers Automotive Group, Costello's Pizza, the New Oak Tree and the Navan Community Association. M.L. Bradley also provided a school bus to collect items of clothing for the Ottawa Mission. McWilliams was joined by a small army of volunteers including firefighters from local Station 71. The monetary donations will be used to purchase local beef and turn it into ground chuck, which will also be distributed by the food bank. McWilliams is especially proud of the village's generosity considering the current price of groceries and the fact that some people are still recovering from the windstorm that severely damaged a number of homes last May. "I mean, what can you say? They just keep coming through year after year," says McWilliams.

Student financial assistance program based in Orléans

Continued from page 1

College Saint-Jean in Montréal. He was 17 years old at the time, and chose to go to RMC St-Jean out of necessity. It was the only post-secondary education his family could afford.

"I was young and stupid and spent most of my time and money socializing," explains Lussier. "Part way through my first year I decided I wanted to quit, mostly because I had run out of money. When I called my father to tell him, he said he would give me \$100 if I stayed in school. A \$100 was a lot of money in 1962, especially for my father who was a middle class factory worker."

Lussier not only stayed in school, but he eventually graduated and went on to have a successful career in the military and then as the managing director of National Arts Centre for 20 years.

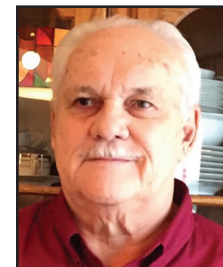
"I always remembered that day and it has been my goal to try to do the same for students in similar circumstances," says Lussier.

The students – at least two at every school – are selected by the school's guidance staff. They have to be in Grade 10, or later, and

they have to be in financial hardship. Many can't afford clothes or even a regular meal. Once the students are selected, a bank account is opened in their name with the RBC which works with each student to get the necessary information to open each account.

The Help Our Students program is funded entirely by private sponsors and is run by a board of directors, many of whom are prominent leaders in the community including the former head of the Royal Canadian Mint. Most importantly, every penny goes to the recipients. Since the program is run on a volunteer basis there are no administration costs.

In 2017, the were given status as a charitable organizations, which allows donations to be tax deductible. To learn more about the program or to make a donation, visit www.helpourstudentsprogram.com.



Richard Lussier

2023

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www.orleansstar.ca

Residents want city to slow down traffic on Hunter's Run

By Fred Sherwin
The Orléans Star

A recent accident at the intersection of Jeanne d'Arc Blvd. North and Hunter's Run Drive in Chapel Hill in which a pedestrian got hit by a car has renewed calls from local residents for the city to do something to slow down traffic along their street.

Hunter's Run has long been used as a shortcut by motorists who want to avoid using Orléans Blvd. to get from St. Joseph Blvd. and Jeanne d'Arc to Chapel Hill South, or even by motorists going to and from Chapel Hill.

But that's just one part of the problem. The other part of the problem is the short green light at Hunter's Run and Jeanne d'Arc, especially for people driving north on Hunter's Run and want to turn left on Jeanne d'Arc. The temptation is to speed up to make the light even after it has turned yellow, which is what happened when an individual got hit by a car last month. A 70-year-old driver was charged with failure to yield and the pedestrian sustained minor injuries.

Michel Beaupre is one of the residents on Hunter's Run who is sounding the warning

bell and wants the city to do something. In a recent interview with the CBC, Beaupre said that her safety and the safety of other residents on the street, especially kids, is in constant danger.

"We're scared to cross the street in our own neighbourhood," said Beaupre told CBC Ottawa. "We've been saying our security is in danger for years."

Fellow Hunter's Run resident John Jerry told the CBC that the traffic situation and the safety of the local residents has been an ongoing issue since at least 1999 when he bought a house on the street. But every time they bring the issue up, the city just pays them lip service.

"You come across very early in the process that they're just trying to put you off," Jerry told the CBC. "There's maybe three dozen homes on this street, so we don't matter."

As a result of a traffic calming study that was done in 2021, the city installed temporary seasonal measures called flex stakes which are meant to narrow the road and slow down drivers. They were moved in the fall to allow for snowplowing and never returned.

Since then, the city has installed a speed



Residents living on Hunter's Run Drive in Chapel Hill are sick and tired of motorists using their street as a speedway and they want the city to finally do something about it before someone gets killed. FILE PHOTO

board which warns motorists about how fast they are driving. Unfortunately, they aren't doing the job.

Residents are hoping for other measures such as speed bumps or a speeding camera, but Dudas says the situation doesn't meet the

necessary standards for those measures.

The residents would argue otherwise and wonder whether it will take a fatality for the city to take action. In the meantime, the situation remains unresolved and their safety is still at risk.

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Guarded optimism

In years past, I've used the first newspaper of the New Year to opine about the possibilities of the year ahead with a certain amount of optimism. If you can't be optimistic from the outset, there's no place to go but downhill.

As I gaze into my crystal ball, I don't see much difference between the year ahead and the year we just put to bed. Russia and Ukraine are still at war, Israel is still indiscriminately bombing Gaza in one of the worse acts of revenge in human history, and Donald Trump still has at least a 50/50 chance of winning back the presidency. It's enough to test even my eternally optimistic soul.

About the only thing there is to look forward to in the year ahead is the completion of Phase 2 of the LRT from the Blair Station to Trim Road and potential opening of the highly anticipated eastern extension of the Confederation Line.

I say potential, because there is still a lot that can go wrong between now and next fall. And when it comes to Ottawa's LRT system, whatever can go wrong will go wrong.

The opening of the eastern extension of the Confederation Line has been moved by back six months thanks to a variety of construction delays.

When it is open and the trains start to pick up passengers from the Trim Road park and ride, commuters will no longer have to take one bus to Place d'Orléans and another bus to Blair Station in order to get to points further west.

For students who go to the University of Ottawa or Carleton University, it will be a godsend, cutting 10-15 minutes off their commute.

Federal workers might want to spend more than the mandatory two days a week at their jobs downtown.

For businesses along the Hwy. 174 corridor and St. Joseph Blvd., the LRT could bring with it an economic boom as developers build high-rises to accommodate people looking for the convenience of being able to walk to the nearest LRT station at Place d'Orléans, or Orléans Blvd, or Jeanne d'Arc, jumping on a train and being downtown in under 30 minutes.

More people living along St. Joseph Blvd. will mean more economic activity in local businesses and more dollars in the till.

The LRT will also make it easier for people living along the Confederation Line to come east.

So while there's a lot to be pessimistic about in 2024, there's at least one thing we can be optimistic about, if only guardedly.

— Fred Sherwin, editor

THE Orléans Star



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Happy
New Year
2024

Nominations now open for Leading Women, Leading Girls Awards

Happy New Year 2024, Orléans! I hope you've all had a great Christmas and holiday season. Holidays always have a refreshing and invigorating taste, and I trust you took the time to sit back, rejuvenate, and unwind during this special time.

I was pleased to see the Government of Canada announce that the expanded Communities at Risk: Security Infrastructure Program (SIP) is currently accepting applications. This program provides time-limited funding and support for communities at risk of hate-motivated incidents to enhance security measures at their gathering spaces.

Applications will be accepted on a continuous basis until March 31, 2024, and will be assessed on a first-come, first-served basis. Approved project proposals are eligible for funding up to a maximum of 50% of the total eligible project costs.

Moreover, the federal government has taken historic steps to improve affordable access to dental care with the launch in December 2023 of the Canadian Dental Care Plan (CDCP), a public plan and a significant milestone for the health and well-being of people in our community and across our country.

We know that oral health is a vital part of our overall health and well-being. Regular visits to an oral health provider reduce the risk of tooth decay, gum disease, and other serious health problems, such as cardiovascular disease and stroke.

Learn about eligibility and the rollout of the program at canada.ca/en/services/benefits/dental/dental-care-plan.html

Locally, I was delighted to attend on December

6th the Commanding Officer's parade of the Orléans 632 Phoenix Squadron, Royal Canadian Air Cadets. It was great to join Commanding Officer Capt. Tanya Brook's and Cadet Commander Warrant Officer First Class Emily Guida for the inspection. I want to

thank the cadets for their hard work and community engagement.

I want to remind you that the deadline to nominate an outstanding woman or girl for the Orléans Leading Women and Girls Recognition Awards is coming up very shortly. You have until Feb. 16 to submit your nomination form, which you can request by email at Marie-France.Lalonde@parl.gc.ca. Thank you once again for helping us to recognize the essential role women and girls play in our community by celebrating their accomplishments and their volunteerism.

With a new year come new beginnings, new adventures, and new hopes. I look forward to resuming the Parliamentary Session on Jan. 29 to continue working for our community and being your voice.

As always, do not hesitate to reach out to us by email at Marie-France.Lalonde@parl.gc.ca or by phone at 613-834-1800.

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



**Commons
Corner**

Marie-France Lalonde

Friend's passing a jolting realization of one's own mortality

I recently lost a significant part of my past that has reminded me that I am much closer to the denouement of my life than the opening act.

I first met Frannie Spiotta in 1989, when as a 19-year-old she got her first summer job in Alexandria Bay, New York.

For those of you who don't know, Alexandria Bay is situated among the Thousand Islands on the American side of the Ivy Lea Bridge. It is one of those towns that quadruples in size every summer when tourists from both sides of the border fill the local hotel rooms. In the winter, the street are all but deserted.

Back in the '80s, it was a mecca for Canadian party-seekers looking to kick off the summer with a bang every May 24 weekend.

I first ventured to A-Bay in 1984 with a bunch of fellow regulars from Hurley's in Bells Corners. One of our group had heard that A-Bay was the place to be on Victoria Day weekend. I would return there every May 24 weekend for the next 19 years.

I met a lot of good people on those May long weekends, many of whom are still close friends to this very day.

When I first met Frannie, it was her first long weekend tending bar at the Riverboat. She had heard stories from her more



experienced co-workers about the crazy Canucks from Ottawa who would invade the bar every May 24 weekend, but she had no idea what she was in for.

By 1989, there was a core group of about 12 of us who would go down on the Saturday to get things started and our first stop was always the Riverboat. We would roll in around noon or 1 p.m. and hit it hard for the next four hours. We ran up some epic tabs back in the day and tipped our hosts accordingly. Each regular from Canada had their favourite bartenders. For me it was Frannie and Todd "Big Daddy" Smith, who is an absolute freaking legend. Anyone who every went to A-Bay in the 80s or 90s knows Big Daddy.

After our initial meeting in 1989, Frannie soon became one of my favourite bartenders, especially after she started working at a place called Bootleggers.

It might be five or six deep around the bar and Frannie would always make sure I got my drink and she never forgot that my beverage of choice in the Bay was a mudslide which is one-third vodka, one-third Kahlua and one-third Bailey's.

Frannie was also a big fan of the Tragically Hip, as is Big Daddy and they would often cross the border to see the Hip whenever they played in Kingston or Ottawa.

I stopped going to A-Bay on a regular basis in 2003. By then the May 24 long weekend was a shell of its former self, having fallen victim to a rising exchange rate and exorbitant hotel prices with a two-night minimum.

Frannie would eventually move on from bartending to start her own business selling T-shirts to tourists from a small kiosk on the main drag. In 2021, she bought Good Dog Charlies, which is an apparel store located in the heart of A-Bay, and turned into one of the most successful businesses in town. Along the way she married her husband, John Loy, and volunteered her time at local animal shelters.

In 2022, she was diagnosed with brain cancer which would eventually take her life.

Francesca "Frannie" Spiotta Loy passed away on Dec. 8 and was laid to rest on Jan. 3. Her funeral service was held at St. Cyril's Catholic Church in the Bay with over 100 friends

and family in attendance including yours truly and my oldest friend and fellow Canadian A-Bay Society member Randy Fitzpatrick.

The fact that so many of Frannie's friends from her high school and college days were in attendance should tell you a lot about the type of person she was. One of her closest friends who ventured to A-Bay with her in 1989 for a summer job, described Frannie as the type of person who had a way to connect with anyone she met on very deep level. I guess that's why we made such a deep connection all those years ago and why I drove two hours to pay my respects, despite the fact that we had not seen each other in over 20 years.

Frannie is the first friend of mine who is no longer with us. By now I've gotten used to going to funerals of much older relatives. I've never been to a friend's funeral until now.

When I first heard of her passing, I was totally caught off guard. Although I was never under the impression that my gang would live forever, I at least thought that we had a few good years left, like 10 or 20.

Frannie's passing brought my own mortality and that of my circle of friends into stark reality. It has also reinforced my desire to make every day count and every minute matter, because you never know how much time you have left.

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Freestyle skier making a name for himself on the world stage

Happy New Year Orleans and fellow Eastenders! I want to start this year with a local good news story. Allow me to introduce you to Beacon Hill resident and rising star in Canada in freestyle skiing, Matthew Lepine.

Last winter, when he was just 14 years old, he was off to the Canada Winter Games in PEI where he placed 5th in big air and 9th in slopestyle for Team Ontario.

Fast forward to September, and Matthew is now skiing for Team Canada at the Junior World Championships in New Zealand where he won silver in the ‘big air’ category and places 12th in ‘slopestyle’.

This young man’s success continued when he won gold in ‘Big Air’ at the first event of 2023-2024 Canada Cup series in Whitehorse on Dec. 1. Then on Dec. 22, the Canadian Youth Olympic Committee and Freestyle Canada announced that Matthew will be one of nine athletes who will compete in freestyle skiing for Team Canada at the upcoming 2024 Winter Youth Olympic Games (YOG), in Gangwon, South Korea.



Tim Tierney

Beacon Hill-Cyrville Ward 11

YOG is the world’s largest multi-sport event for high-performance young athletes aged 15 to 18. Gangwon 2024 will begin on Jan. 19 and will end on Feb. 1, and feature 1900 athletes. Gangwon 2024 will be the fourth edition of the Winter YOG and the first in Asia. To watch the opening ceremonies on Jan. 19 and support this local athlete, visit www.olympics.com/en/sport-events/.

When he gets back from Gangwon, this Grade 10 Samuel Genest student will resume his competition season representing Canada on the North American Continental Circuit starting at Mammoth Mountain in California from Feb. 8-11.

There is little funding for athletes at this age and level. If you wish to make a tax-deductible donation that benefits him and the pursuit of his Olympic dream, you can do so at snowathletes.ca/athlete/matthew-lepine.

Wishing the best of luck to you, Matthew, we’ll be cheering you on from Canada! As for all of you, have a safe and prosperous 2024!

Ottawa welcomes new women’s hockey league with open arms

Earlier this month, in front of a sold-out TD Place, the Professional Women’s Hockey League (PWHL) skated into the pages of history and played the first-ever professional women’s hockey game in Ottawa.

I cannot even begin to tell you how exciting it was to tune in the game with my family (my daughters were particularly excited!) to watch this watershed moment unfold.

It made me think of all the young female players who join the amazing local Ottawa teams and hone their skills playing games of shinny on our outdoor community rinks, now having a professional destination for their hockey dreams. And to see Ottawa as one of the teams at the forefront, is even more special.



Laura Dudas

Innes Ward 2

Hockey goes hand in glove with Ottawa. It’s where incredible local minor hockey associations play and compete to the cheers of their parent and spectators.

There is many a time you will find me and my kids in the stands at the Lois Kemp Arena cheering on the Stingers as a fun, family activity. Whether it’s at the amateur or professional levels, sports attract visitors and support our local economy. Not to mention the bonus of having easy access to sporting opportunities for kids and adults alike!

The launch of the PWHL is a historic moment for professional sports, and for female Ottawa athletes. Women can now live the dreams of their childhoods, play professional hockey at the highest level, and earn a living doing what they love.

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HONOUR ROLL 2024

The Orléans Star would like to honour the many local businesses and organizations whose continued support makes it possible to publish this newspaper.

Our community is truly blessed by business owners who are tremendously supportive of our minor sports teams, artists and neighbourhood events from Navan to Blackburn Hamlet.

Now, more than ever, they need our support to make it through these difficult times. Please support your local business in whatever way you can.

**- Fred Sherwin, Owner
Orléans Star, L'Orléanais**

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Several local businesses celebrating milestones in 2022

By Jody Maffett
The Orléans Star

A number of local businesses will be celebrating significant milestones in 2024, starting with the law firm of Grandmaitre Virgo Evans which will turn 45 in the coming year.

The firm was actually started in 1979 by Gerald Dust. He was joined in the '90s by partner Bradley Evans and the firm was renamed Dust Evans.



GVE office 2628 St. Joseph Blvd.

Dust is retired, but Evans is still a partner in the firm along with Phil Grandmaitre and Josée Virgo. Grandmaitre joined the firm in 2003 as a student and eventually became a partner in 2011.

Virgo started her career at Dust Evans

in 2002. She left for a brief spell to work at a national law firm based in downtown Ottawa, but eventually returned in 2011.

GVE specializes in Real Estate and Business Law, as well as Wills and Estates and Family Law.



Computer Rise is located at 1803 St. Joseph Blvd.

The Computer Rise store on St. Joseph Blvd. will celebrate its 30th anniversary in 2024. Owner Eli Chaddad was just 24 years old and fresh out of university when a customer at a former computer store in Orléans convinced him to join forces and start their own business together.

Chaddad bought him out after five years with the help of another customer who agreed to fund half the deal for a 25 per cent



Quilty Pleasures is located at 2211 St. Joseph Blvd. FILE PHOTO

stake in the business. Chaddad eventually bought the second partner out after another five years and he has been the sole proprietor ever since.

The store has occupied the same location on St. Joseph Blvd. next to the Cumbræ Dance School from the beginning. Many of the kids who used to come into the store and play video games back in the '90s have grown up to become regular customers.

Quilty Pleasures will be marking its 20th anniversary this year. The quilt-making supply store was first opened by friends Val Jensen

and Leslie Burtch in 2004. Val's daughters Amy and Samantha took over the business in 2021 and have operated it with the same focus on customer service ever since.

Today, Quilty Pleasures is the largest quilt supply store in Ottawa. Besides selling fabric and other quilt-making supplies, Quilty Pleasures also offers classes for novice, beginners and intermediate quilters who can learn to make everything from handbags to full-blown quilts.

To learn more about Quilty Pleasures visit www.quiltypleasures.ca.

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180 Fitness program helps change peoples' mindset and their lives

By Fred Sherwin
The Orléans Star

"I was always skeptical of weight loss programs that promised that seemed to good to be true," those are the words of Véronique Thomas in describing her opinion of weight loss programs before signing up for the Bold and Beautiful program at 180-Fitness in October 2022.

Six months later, she had lost over 35 lbs and her body fat as a percentage of her overall weight was just 13 per cent.

Since the program ended last spring, she has managed to keep the weight off thanks to the new mindset she developed during the program and the lessons she learned along the way about maintaining proper nutrition and exercise.

So why did she sign up in the first place and why 180 Fitness?

"When I hit 200 lbs., I decided that was it. I didn't want to get any heavier," says the 5-foot-3, 43-year-old mother of three, who had been following 180 Fitness owner and trainer Adrian Delorey on social media.

By following Delorey, Thomas eventually got over her skepticism of weight loss programs or at least the Bold and Beautiful

program offered by 180-Fitness.

Hitting the 200 lb. mark provided just the impetus she needed to sign up. After that, it didn't take for her to start seeing results. She lost five pounds in the first week and continued to lose weight on a regular basis while gaining strength.

"Before I started the program, I couldn't do a single sit-up. Now I can do 10 of the regular ones," says Thomas, who says the secret to her success was the trainers, the nutritional coaching and the focus on changing one's mindset when it comes to getting healthy and staying that way.

She also says her success had a lot to do with being able to go through the program with women who are in the same situation and have the same goals that she had.

Thomas' goal heading into the program was to lose 30 lbs. She ended up dropping 35 lbs, which was nearly 20 per cent of her original body weight heading into the program – one of the best results among women enrolled in the Bold and Beautiful program in 2023.

Thomas feels stronger and healthier and is immensely proud of her results. Just as importantly she is proud of the role model

she has become for her three daughters.

As for the cost of the program, Thomas considers it an investment that is paying dividends both today and in the future.

André Leblanc's results were similar to Thomas', but his journey was much different. He did the male version of Bold and Beautiful program, called Release the Beast, remotely from his home in Newfoundland.

Although Leblanc and Delorey grew up together over 20 years ago in Cape Breton, their lives went in separate directions after they graduated from high school. Still, they managed to follow each other's journeys on Facebook where they occasionally touched base. So when Leblanc decided he needed to lose weight, his old friend was the first person he called.

"I knew him. I knew his background and I believed in him" says Leblanc who started the program on June 5.

During the six months, Leblanc was sent workout routines that he could do at home, he face-timed with the instructors who kept track of his progress and he sat in on the Zoom meetings discussing meal plans, grocery shopping and mindset training.

"It was very easy for me to do," says



Leblanc. "The program laid everything out for me. My nutrition plan came every two weeks. I got to sit in on the workshops on shopping and the workouts were all easy to follow along.

In the end, Leblanc lost 50 lbs and dropped eight pant sizes, going from size 40 to a size 32 waist, making him the most successful Bold and Beautiful member in all of 2023.

If you would like to learn more about how the weight loss programs at 180 Fitness can help change your life visit 180fitness.ca.





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OCCRC thanks the community for their generosity during the holidays

By Jody Maffett
The Orléans Star

The Orléans-Cumberland Community Resource Centre (OCCRC) has served the catchment area of Orléans, Cumberland, Navan, Sarsfield, Vars and Carlsbad Springs for 36 years. Their mission is to establish and operate a community resource centre that offers comprehensive services to meet residents’ physical, emotional, social, economic and mental needs.

For many years, the OCCRC has run its Christmas Program to ease the burden and help provide joy to individuals and families in the community who need support. Again, this past season the community generously answered the call to ensure that individuals and families had food and gifts.

Since 1988, the OCCRC food bank has seen a slow-yet-steady demand of about a four to five percent increase for assistance with food in the community. However, in 2023, the demand for food assistance increased by 24% percent.

“Because of inflation, high energy and food prices, and limited access to affordable housing, we’ve seen a record number of individuals coming to the food

bank for help. It’s been a difficult time for many families in our community struggling and experiencing food insecurity,” says Luc Ouellette, executive director of the OCCRC.

In 2022, the Resource Centre’s Christmas Program assisted 1,258 individuals, comprised of 351 families and 607 children. However, this past Christmas, the OCCRC supported 1,275 individuals, comprised of 351 families and 599 children for an increase of 24 per cent.

Thanks to the generosity of individuals, businesses, schools, community associations, clubs and organizations, the OCCRC was able to support the community’s needs. The funds raised helped those in need at Christmas and will help for some time after the holidays.

The response from the community has been overwhelmingly positive, and the OCCRC is incredibly grateful for all the support received this past holiday season.

The Resource Centre expects that 2024 will be another challenging year for many experiencing food insecurity in our community.

The OCCRC would like to sincerely thank



The Orléans-Cumberland Community Resource Centre and food bank is located at 240 Centrum Blvd. in the Centrum Plaza. FILE PHOTO

everyone for supporting and helping make the 2023 Christmas Program a success. “Because of the community’s generosity, we were able to ensure that many in our community had food and gifts for Christmas. Thank you!” says Ouellette.

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January 6, 2024 • Volume 38, No. 17 • 13

U12AA Gloucester Rangers capture Bell Capital Cup

By Fred Sherwin
The Orléans Star

The Gloucester Rangers U12 AA team are Bell Capital Cup champions after coming back from a goal down with less than a minute to play against the Seaway Valley Rapids in the final to win 3-2 in overtime.

Isaac Potvin scored his third goal of the tournament with 48 seconds left on the clock to tie the game and then James Kitchen scored his second of the game and third of the tournament just 50 seconds into the extra system to give the Rangers the win.

The game started out with the Rapids very much on the front foot, pressuring the Rangers for the better part of the first two minutes.

The momentum sharply flipped in the Rangers favour at the 2:19 mark when the Rapids took concurrent minor penalties – one for having too many men on the ice and a second for unsportsmanlike conduct.

Unfortunately, the Rangers were unable to capitalize with the two-man advantage

and the score remained 1-0 in favour of Seaway until the 6:37 mark of the opening period when Kitchen scored on a wrap around to tie the game at 1-1.

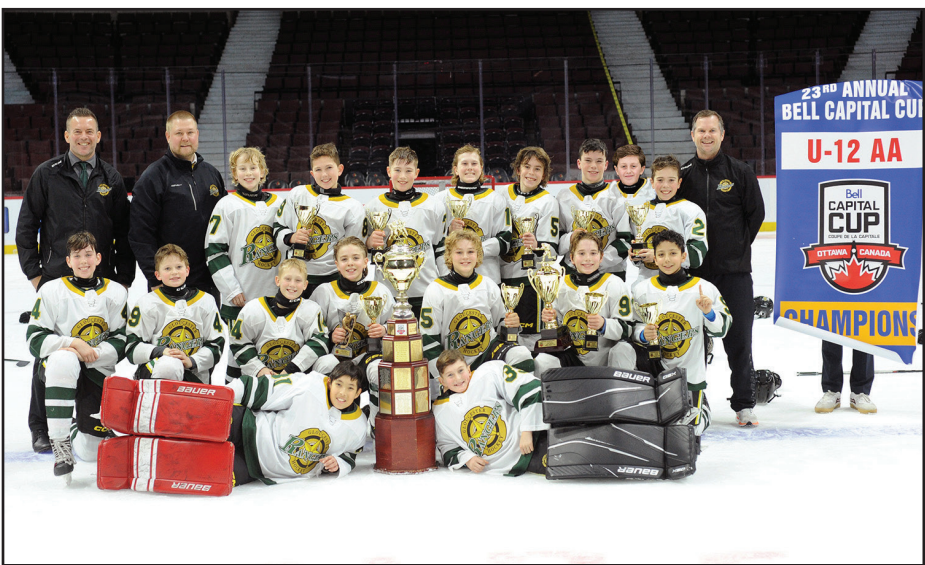
Seaway retook the lead with a power play goal at the 1:11 mark of the second period and then held for the next 22 minutes until Potvin's game tying goal on a perfectly executed wrap around in the final minute that gave the Rangers a new lease on life.

On the game-winning goal, Kitchen carried the puck into the Rapids' end from the blueline and then potted in his own rebound to start a wild celebration.

The Rangers had an outstanding tournament, going a perfect 6-0 with four wins in the round robin portion of the competition and a 4-1 win over the Markham Islanders in the semi-final.

Kitchen lead the way on offence for the Rangers with three goals and two assists in six games. John McClelland contributed four points on four goals and Dimitris Theodossiou had two goals and three assists.

Clement Raymond Tsai played between



The Gloucester Rangers U12AA team are the newly crowned Bell Capital Cup Champions. PHOTO BY INACTION PHOTOGRAPHY

the pipes in the final and made two spectacular saves in the third period to keep his team in the game.

Tsai shared the goaltending duties with Liam Armstrong who allowed just three goals in three games.

The Rangers are hoping to use the win to energize their Hockey East Ontario campaign. The team currently sits in third place in a highly competitive division where the top five teams are separated by just seven points.



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