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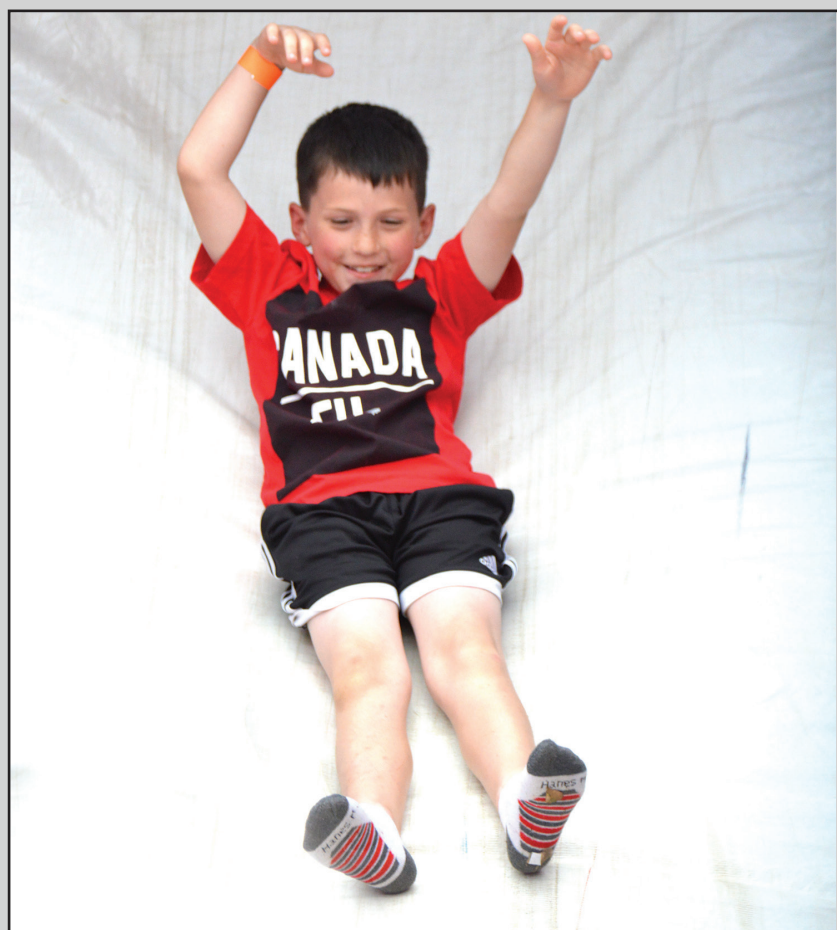
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THE Orléans Star

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Next edition July 4

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



Millennium Park will be the site of the Ohhh Canada Kids Festival on July 1. The event will replace the Canada Day festivities that used to take place on Petrie Island. FILE PHOTO

Petrie Island event moves to Millennium Park

By Jody Maffett
The Orléans Star

There will be no Canada Day celebration on Petrie Island this year. Instead, the event's organizers have decided to hold a Canada Day children's festival at Millennium Park, complete with kids' entertainers, children's activities and a giant birthday cake.

Kiwanis Eastern Ottawa made the decision to switch venues for several reasons. The main two reasons were logistics and cost. Holding a large event like the Canada Day celebration comes with a number of challenges, not the least of which is having to provide your own services including a generator for electricity, portable lighting and water hook up – all of which cost money. Just the need to provide portable lighting for the causeway once the fireworks are over costs close to \$1,500.

And as the costs of holding the event on Petrie

Island have risen over the years, the job of raising the money to cover those costs has increasingly become more difficult.

Moving the event to Millennium Park allows the Kiwanis Club to focus on the main purpose of holding an event on Canada Day, which is providing activities for kids and families, while keeping things simple within a realistic budget.

"Our mandate is to do stuff for kids by creating youth-oriented programming and community activities," says Kiwanis Eastern Ottawa spokesperson Adam Polka. "Here we still have an event that highlights that."

The Ohhh Canada Kids Festival will include an obstacle course, face painting, a fishing pond, scavenger hunt, craft area, chalk art, fun games, field activities and much more. There will also be a bike rally where kids can show off their decorated bikes. Best of all everything is free.

CONTINUED ON PAGE 2 ►

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COMMUNITY BRIEFS

Orléans NDP select candidate for next federal election



Oulai B. Goué

ORLÉANS – NDP members in Orléans have picked their candidate for the next federal election. Oulai B. Goué is an elementary school teacher and a former marketing communications consultant who has worked for the United Nations in the past, among other clients. He currently resides in Sandy Hill and teaches in Gatineau. He also ran for the NDP in the last federal election in the riding of Montcalm, located north of Montréal. Goué accepted the nomination because he feels he can provide an effective voice for the NDP in Orléans and campaign on their platform of improving health care in Canada, making housing prices more affordable and reducing food costs.

Orléans South community to get two new schools

ORLÉANS – The Ontario Ministry of Education has unveiled a list of new school funding for 2024-2025 and it includes two new schools for Orléans South community of Mer Bleue – a JK to Grade 6 English catholic elementary school with a child care centre to be built south of Renaud Road at the future Ascender Avenue extension, and a French public high school. The new elementary school will help ease the pressure on both Our Lady of Wisdom Catholic School in Queenswood Heights, which is currently operating at 187% and has both a port-a-pack and five portables classrooms to help house more than 500 students, and St. Kateri Tekakwitha Catholic School in Chateaufort which is operating at 180% capacity with just under 500 students. It was also projected to soon exceed 700 students. The new Conseil des écoles publiques de l'est de l'Ontario (CEPEO) high school will relieve pressure from École secondaire publique Gisèle-Lalonde. Orléans MPP Stephen Blais announced the funding for the two new schools last week – “Since becoming MPP I have put a focus on getting the provincial investment in our community and building what we need to support our growth.

The 2024 edition of the Official Orléans Road Map is now here



ORLÉANS – The Orléans Star is now accepting orders for the 2024 edition of the Orléans Road Map featuring 12 new streets. This is the fifth edition of the popular road map which features a map of Orléans on one side and a map of St. Joseph Blvd. with over 40 local businesses on the other side. To order your copy of the 2024 Road Map today, simply email info@orleansstar.ca and include your home address and phone number in case we need to get hold of you.

Millennium Park event to focus on kids and families

Continued from page 1

One thing they won't have at Millennium Park is fireworks. The Kids Festival will be held in the afternoon only. People who want to enjoy fireworks on Canada Day will have to go elsewhere.

The Ohhh Canada Kids Festival will begin at 11 a.m. and wrap up by 5 p.m.

Besides everything already mentioned, there will be a magic show by Magical Marvin at 3 p.m., musical entertainment and a giant birthday cake which will be served up shortly after 1 p.m.

Millennium Park also comes with a splash pad and kids play area which the Kiwanis

Club was instrumental in getting built.

While the decision to move the event came after a lot of soul-searching, the response from the community has so far been largely positive.

“To be honest we've been pleasantly surprised (by the response),” says Polka. “A lot of people are happy with the fact that it's easier to get to and that the focus is still on kids and young families.”

The Kids Festival aside, Petrie Island will still be open on Canada Day for anyone who wants to spend the day on the beach.

To find out more about the Kids Festival visit facebook.com/OCanadaOrleans.

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Orléans knitting queen recovering after spending five months in hospital

By Fred Sherwin
The Orléans Star

Eileen McCaughey is one tough cookie. The 89-year-old founder and inspirational leader of the Busy Finger knitting club returned to her Fallingbrook recently returned home after spending the better part of the last five months in hospital.

Her ordeal began in late December when she was diagnosed with a kidney infection and admitted to the Montfort Hospital.

After spending nearly a week at the Montfort, she was released and returned home. Within days she began experiencing flu-like symptoms and was diagnosed with COVID and readmitted to the Montfort.

While being treated for COVID, Eileen came down with pneumonia. For many elderly seniors, pneumonia can often be fatal. Fortunately, Eileen was able to recover and once again return home. That's when things went from bad to much worse. While working in her kitchen, Eileen fell and suffered a double fracture to her pelvis.

After she fell, Eileen pressed her medic alert button, which is linked to her neighbours. They came to her aid and called 911.

For the third time in less than six weeks,

Eileen was back at the Montfort, but this time she was in terrible pain.

"It's the worst pain I've ever felt in my life," says Eileen, who turns 90 in August. "I'd rather give birth to 12 children than go through that again."

After being admitted to the Montfort, Eileen was transferred to the General Hospital for an MRI. From there she was sent to the Élisabeth Bruyère Hospital. Each time she was moved the pain was excruciating.

There is very little that can be done to heal a fractured pelvis. It has to heal on its own, which even for a younger person can take weeks. In Eileen's case, it took almost four months. During that time, Eileen's daughter Anne-Marie visited her every day without fail and brought her dinner.

"She was an absolute angel," says Eileen.

When her pelvis finally began to heal and the pain subsided, Eileen had to begin physiotherapy before she was allowed to go home. That was two weeks ago.

Before she started her physio, Eileen could barely walk on her own, or lift her arms. Remarkably, she is nearly back to full strength. She is also back to running the knitting club.



Eileen McCaughey holds up the afghan she was given by fellow members of the Busy Fingers Knitting Club while she was recovering in hospital.

The core group of the club continued to meet at Eileen's house every Monday with her daughter acting as the hostess.

At one point while Eileen was at the Bruyère, three of the club's members brought her a large afghan blanket made up of 20 panels, each of them knitted by a different member.

The club is still going strong knitting afghans, socks, scarves and mittens using wool donated by *Orléans Star* readers in

response to an appeal made last December.

"Can you believe it? Everyone was so generous it brings tears to my eyes," says an emotional McCaughey.

The newly knitted items will be distributed to organizations and individuals in need this winter. That said the club and its more than 200 members are always in need of more wool. Anyone wishing to make a donation should e-mail eileen.mccaughey@outlook.com.

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Traffic calming

I often joke that Ottawa drivers are the worst drivers in the world and Orléans drivers are the worst drivers in Ottawa. Of course, I'm speaking about all those people who don't read the *Orléans Star*, because our readers are among the best drivers in Orléans.

But seriously, what is happening on our streets every day is mind-boggling. I personally have had four near misses in the past week – once while driving my car, once while out on my motorcycle and twice while taking my evening walk. In each case, the offending culprit wasn't paying attention to what they were doing. On the two occasions when I almost got hit while walking, the driver was in the process of doing a rolling stop, or at least they were in the second incidence, In the first incident they were rolling without any intention of stopping until I got their attention.

Sticking to the issue of rolling stops, they seem to have become an epidemic in Orléans. Once you start looking for it, you see it almost every time a car comes to a stop sign.

But the biggest issue is drivers not paying attention to what they are doing, or not having a clue as to what's going on around them. They're driving in their own little world. God forbid they would check their mirrors to see if there's anyone behind them, or keep an eye out for pedestrians or cyclists.

They have no idea of proper driving etiquette, or even an understanding of basic driving rules. I've lost count of how many times I've been in a situation when the other driver has no concept of the proper right-of-way given at a four-way stop. (BTW, if two or more cars stop at the same time, the right-of-way goes to the vehicle on the right.)

And if you think it's bad in a car, you should try riding around town on a motorcycle. You need to have your head on a swivel and be prepared to be cut off, on a regular basis, especially on Innes Road, or driving along the 174 or the Queensway.

Things have gotten so bad that something needs to be done. I would call for the OPS to step up enforcement, but the City has become so dependent on red light cameras and photo radar that you can often go a week driving around Orléans and not see a single police car.

Perhaps the City could take some of the millions of dollars in fines the cameras are getting and spend it on more patrol cars. Then again that wouldn't do anything to cut down on the number of knuckleheads driving around out there.

Or here's a radical idea; why not make drivers take a road test every four or five years? I've always found it puzzling that once you pass your driver's test, you have a license practically for life. If you force drivers to get retested every four years, it might take the really bad ones off the road. That way you would improve public safety and cut down on traffic congestion at the same time. Brilliant.

– Fred Sherwin

HAPPY CANADA DAY



June is the time to celebrate Orléans' graduating Class of '24

To all the fathers in Orléans, I hope you had a lovely Father's Day on Sunday, surrounded by your loved ones.

June marks Filipino Heritage Month, Italian Heritage Month, and Portuguese Heritage Month, as well as the beginning of Pride Season. Let's celebrate their rich cultural heritage and their ongoing contributions to building a stronger, more vibrant, and more inclusive Canada.

From June 9 to June 15, we celebrated National Public Servant Week. I want to thank all the dedicated public servants in Orléans and across Canada for their vital work. Your dedication, commitment, and hard work to deliver services that we depend on are very appreciated.

This June also marked 80 years since D-Day and the beginning of the Battle of Normandy. It was a privilege to attend the commemoration ceremonies in France and meet with 10 veterans that participated in the liberation. Let's remember our heroes and thank our veterans and current members of the Canadian Forces for their service.

On June 8, I co-hosted with Congo Excellence Canada an awards ceremony on the Hill. It was simply fantastic to welcome the Congolese diaspora to celebrate excellence in sectors such as education,

entrepreneurship, arts and culture, community engagement, and much more.

This week is the beginning of graduation season, and I want to take a moment to congratulate the 1,905 graduates from Orléans' 10 high schools. It is also the end of a chapter for our Grade 12 students. I hope you enjoy your graduations and proms! I had the privilege of sharing my best wishes on this milestone at two celebrations as well as through personally signed congratulatory certificates.

Starting June 27, eligible individuals with a valid disability tax credit certificate, as well as eligible youth under 18, can apply for the Canada Dental Care Plan. You can find local providers registered at www.sunlife.ca/sl/cdcp/en/member/provider-search/.

This is my last column before Canada Day, and I am taking this opportunity to wish you all festive celebrations. I was pleased to announce to the Kiwanis Club of Orléans a federal grant of \$8,000 to help with their Canada Day celebrations on July 1 that will be held at Millenium Park this year. We hope to see you there to enjoy activities for the whole family. Please stop by our booth!

Happy Canada Day, Orléans!

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



Commons Corner

Marie-France Lalonde

THE Orléans Star

Jody Maffett
Editor
The Orléans Star

Fred Sherwin
Owner and publisher
fsherwin@orleansstar.ca

ocna
Ontario Community Newspapers Association

Jean-Marc Pacelli
Editor
L'Orléanais

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Tenting is as Canadian as maple syrup and Nanaimo bars

For those of you who are familiar with the fact that I love staying in hostels when I travel, it may come as no surprise that I'm rather old school when it comes to camping.

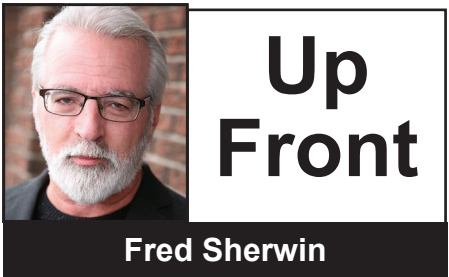
I am strictly a tent-and-air-mattress type of guy. No fancy trailers for me. Not even tent trailers. In fact, I'm still on the fence when it comes to those new fangled "pop up" tents. You know, the ones where you don't even need instructions to set it up. You just shake it and poof, it pops up by itself.

My tent is old school. I've had it for years. It's one of those tents where you need the instructions to figure out where all the poles go. Of course, when it comes to roughing it, I do have my limits. I always camp on a site with electricity and I always bring my electric kettle which is one of the greatest inventions anyone has ever dreamed up.

I also have an air mattress that comes with its own pump built right in. No more foot pump for me. And I bring a coffee machine. A percolator is too much of a hassle.

But those are the only luxuries I afford myself.

Over the last few years, glamping has become all the rage among people who want to spend some time in the great outdoors without giving up all the luxuries of home. In many cases glamping accommodations come



with running water, including a hot shower and semi-modern toilet facilities.

I am not a gl camper. Glamping takes all the fun and adventure out of camping. It's not camping unless you have to try and find your way to the nearest lavatory with a flash light, or take a bath in the lake every morning.

That said, I do compromise when I go camping with my daughter. Our favourite spot is Presqu'ile Provincial Park near Brighton. And our favourite campground in the park is the High Bluff Campground which has terrific washroom facilities including showers with hot water.

Maggie and I have been tenting together ever since I took on a camping trip to Niagara Falls when she was three years old.

When she was still a youngster, we went down east a couple of times and the Outer Bank Islands in North Carolina.

My own love of camping comes from my

youth when mom and dad used to take us to Cavendish, P.E.I. every summer. I used to spend hour upon hour exploring the nearby sand dunes and frolicking in the ocean. I loved to eat the fried eggs and bacon Dad would make on the old Coleman stove and toasted marshmallows and Jiffy Pop popcorn every night.

When the kids got a bit older, one of the first places I took them was Prince Edward Island and the Cavendish campground in Cavendish National Park.

I also used to take them to Algonquin Park for a weekend every fall, where we would camp in the Achray campground and go hiking in the forest, or paddle across Grand Lake. One time, Maggie and I got caught in a storm on the way back across the lake. Maggie was too young to help paddle and I almost had a coronary trying to paddle against the wind. What should have taken 20 minutes took nearly an hour. Ahhhh, the memories.

Another time when Maggie and I went to the Outer Bank Islands, our camping trip got interrupted by a hurricane.

In my defence, I don't follow the new at all when I'm camping and the state campground we stopped at operated on the honour system. There was no full time and no camp office.

There also wasn't many people there, which should have been my first clue. In fact, we were the only people there.

I remember waking up in the middle of the night by the roof of the tent slapping me in the face. I was sleeping on an air mattress and when I put my hand down on the floor of the tent, it was immediately submerged in four inches of water. I woke up Maggie, who was seven or eight at the time. Told her to get in the car and we drove 18 hours straight back to Ottawa without stopping except for food and gas.

When we got home, I turned on the news to see that a hurricane had just made landfall about 30 miles from where we camping the night before.

For the past few years, we've been sticking to Presqu'ile. For one thing, you don't have to worry about your vacation being interrupted by a random hurricane, and for another, it's close enough to Prince Edward County so that you can take a day trip to the local wineries, or a decent restaurant, if the weather turns nasty. Presqu'ile also has a decent beach and lots of hiking trails.

So this weekend, Maggie and I will be packing the car and setting off for another father-daughter camping trip and the experiences and memories we'll create.

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Public invited to take part in transportation consultation

Hello and happy summer to all my amazing neighbors in Orleans! I hope you're gearing up for an incredible season filled with fun activities throughout our wonderful city. With so much to explore and enjoy, good transportation planning plays a crucial role in making for a more enjoyable summer.

While construction season can sometimes be a hassle, rest assured that your east end councillors are working tirelessly to enhance your experience. As chair of the transportation committee, I'm thrilled to share an update on our city's Transportation Master Plan (TMP).

The City has officially launched Phase 4 of Public Engagement for the Transportation Master Plan Pt 2. This phase of consultation presents the results of the 2022 Origin-Destination household travel survey.

Residents are invited to provide input on the transportation challenges they experience when traveling by car or transit and their transportation priorities by completing the surveys at engage.ottawa.ca/transportation-master-plan.



Tim Tierney

Beacon Hill-Cyrville Ward 11

The TMP is the City's blueprint for planning, building, and operating its walking, cycling, transit and vehicular networks in the decades to come. The next step in the process is to develop the TMP Capital Infrastructure Plan which will identify the recommended road and transit projects to accommodate Ottawa's expected growth to 2046.

In addition to the surveys, residents are invited to review the Transportation Trends Report presenting results from the 2022 Origin-Destination survey. Key findings are summarized in the Transportation Trends Highlights document.

The City will also host an online virtual public engagement on Wednesday, June 26 from 6-8 pm. To register and to find out more information please visit engage.ottawa.ca/transportation-master-plan.

The surveys will remain open until Aug. 30 and the TMP team will continue to review all comments and submissions received.

Thank you for your support.
Until next time!

Don't sacrifice neighbourhood economies for downtown core

A recent poll shared that three out of four Canadians at least somewhat support Ottawa federal servants return to work. Not to be blunt, but why should I care what they think? Why should we sacrifice the unparalleled economic growth in our local economy – a direct result of workers staying at home, because some- one in Vancouver or St John's thinks it's a good idea?

While I respect the jurisdiction of the feds to make decisions about their own employees, in this case, the decision directly impact us as a city, and that makes it my business.

I have heard talk about the need to return to save the downtown. I really just do not get it. Instead of working to revitalize the core, and increase the much-needed housing density in our downtown, some are committed to trying to return to a failed model, wholly dependent on commuters.

How is it good for downtown businesses to have to exclusively rely on customers that must return to the suburbs at 4 pm?

If you compare Ottawa's downtown core

at night to that of Toronto, or Montreal, or Calgary, Ottawa is a ghost town.

It is not a sustainable model, and it is ultimately unfair to both public servants and downtown businesses.

We have seen substantial growth in local businesses in Orléans during the pandemic as workers had more ability and time to shop locally. They are not arriving home tired after commuting for hours a day, they are going out and shopping, spending time with family, etc.

This is happening in neighbourhood communities across Ottawa. Why should we, as officials looking out for the welfare of the entire city, sacrifice our local, neighbourhood economies for the success of the downtown core? To make up for decades of poor housing planning? My apologies, I thought we were in a housing crisis.

If office buildings sitting empty is the problem, sell them, convert them and create more housing for people who would prefer to work and live downtown. We can fix two problems at once.



Laura Dudas

Innes Ward 2

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Plan your Canada Day!



Orléans residents will be heading to Millennium Park on Trim Road on Monday July 1, for the inaugural Ohhh Canada Kids Festival Jeunesse Orléans being hosted by Kiwanis Eastern Ottawa. The event will have a long list of children’s activities including a giant Canada Day birthday cake. Several food trucks will also be on site along with a BBQ. Please note that this event is replacing the Canada Day Celebration which have traditionally been held on Petrie Island.

Ohh Canada Kids Festival Jeunesse Orléans at Millennium Park

- 11:00 a.m. All free family activities and concessions open
Obstacle Course, Face Painting, Fishing Pond, Scavenger Hunt, Craft Centre, Games, Play Structures, Splash Pad, Chalk Art, Field Activities, Bike Rally and lots of other surprises! Prizes to be won!
Food Trucks and BBQ
 - 12:30 p.m. Singer - Julianna Labelle
 - 1:00 p.m. Protocol ceremonies and greetings
Canada Day Cake
 - 2:00 p.m. Kids Musical Entertainment – Scott Kelly and the Dynamics
 - 3:00 p.m. Magical Marvin Magic Show
 - 3:30 p.m. Stilt walking
 - 5:00 p.m. Event ends
- *Activities subject to change without notice*



 <p>MATTHEW LULOFF Ward 1 Orléans East-Cumberland</p>	 <p>TIM TIERNEY Ward 11 Beacon Hill-Cyrville</p>
 <p>LAURA DUDAS Ward 2 Orléans West-Innes</p>	 <p>CATHERINE KITTS Ward 19 Orléans South-Navan</p>

What is open and closed on Monday, July 1

By Jody Maffett
The Orléans Star

Monday, July 1, is Canada Day and as such it is a statutory holiday with many local stores and services closed and others operating on reduced hours.

First the closures. The following businesses and services will be closed on July 1:

- The Orléans Client Service Centre on Centrum Blvd.
- The Orléans-Cumberland Community Resource Centre.
- All area branches of the Ottawa Public Library. Regular hours will resume on Tuesday, July 2.
- The Provincial Offences Court at 100 Constellation Drive will be closed.
- All municipal child care centres.
- All art centres, theatres, galleries and museums including the Shenkman Arts Centre and the Cumberland Heritage Village Museum.
- The Place d'Orléans Mall.
- All banks and financial institutions.
- Most grocery stores.

- Garbage and blue bin pick up will be delayed one day the week of July 1..

The following businesses and services will be open on July 1...

- Most Shopper's Drug Mart stores.
- The Landmark Theatre and Scotiabank Theatre.
- Some indoor pools, arenas and recreation centres will be operating on a modi-fied schedule on July 1. Please check the facility's pages at ottawa.ca for hours of operation.
- The City of Ottawa beaches at Petrie Island will be open through the Canada Day weekend. Lifeguards will be on duty daily from 12 p.m. to 7 p.m.
- Splash pads, wading pools and pools will be open.

All City parking regulations and restrictions will apply.

As for Ottawa's transit service, OC Transpo buses and the O-Train will be operating free of charge all day on a special Canada Day schedule.



For people looking to cool off on Canada Day, the beaches on Petrie Island will have lifeguards on duty during regular hours and the area's splash pads and pools will also be open. FILE PHOTOS

The O-Train Line 1 will operate from 6 a.m. to 2 a.m. Bus service times will vary from route to route, customers are encouraged to use the Travel Planner to plan their trip or to visit the Schedules and Maps section of the OC Transpo website. For more information on City programs and services, visit ottawa.ca, call 3-1-1.

HAPPY CANADA DAY!

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Happy Canada Day!

On behalf of the board of directors, staffs and volunteers.

Orléans-Cumberland Community Resource Centre

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Happy Canada Day!

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Navan's vanlifers complete cross-Canada odyssey

(Tori Dark and Kevin Nault recently travelled across Canada aboard their a converted camper van. In doing so, they have joining hundreds of other people who have taken up what is referred to in the culture as "VanLife". During their trip, the Orléans Star has published a series of diary pieces from Tori allowing readers to follow the their journey. This is the final installment of that series.)

I began writing our little travel blogs in May of last year when Kevin and I first started our journey across the country in our converted Ford Transit. Our goal from the beginning was to travel coast to coast, island to island. I can finally say after 13 months of living as nomads that we made it to Vancouver Island and accomplished our goal (and more). We finished our trip with my favourite place to visit, the Pacific Rim and Tofino.

I first went to Tofino in August 2018 on a solo trip to visit friends and experience travelling on my own. I fell head over heels in love with the Pacific Ocean, the small surf town and riding the waves (or at least trying to). I knew then that I had to go back twith Kevin and show him how magical a place it was. I'm so happy we were able to make that happen.

I was most excited for this portion of our trip because my older brother, Addison, and his partner, Breah, were flying into Vancouver for a wedding and then travelling with us to Tofino for a five-day surfing trip.

We spent the weekend in Vancouver visiting our friend Arden (fellow Navanite) and then boarded the ferry to Nanaimo.

If you plan on travelling to Tofino then you must know that the small town is surrounded by Pacific Rim National Park, which requires booking campsites well in advance, and overnight street parking is strictly enforced without a permit. Making it essentially impossible to stay in town while living in a van.

However, we found a loophole! Addison registered two cars for his hotel parking rather than just his rental. Making it possible for Kevin and I to hide in plain sight. This was a huge relief because now we didn't have to drive 40 minutes every morning and night to find a spot to sleep. Leaving us time to make memories that would last a lifetime.

Everyone's highlight of the trip was renting surf gear and spending the day in the ocean learning how to surf.



Tori and Kevin spent the final days of their cross country journey surfing in Tofino. TORI DARK PHOTO

It's still early in the season so wet suits, gloves, boots and a hood were required. We all successfully got up on the surfboards multiple times.

Breah was the best surfer, Kevin got the longest ride, Addison was our resident photographer with his waterproof camera and I won most dangerous surfer as I almost

knocked Kevin out with my board. Oops! Kevin and I have since driven back across the country where we are starting the next chapter of our lives.

We have officially listed the van for sale in hopes that it can make someone else just as happy as it made us. We had the adventure of a lifetime and now it's your turn.



Bonne fête du Canada!

Happy Canada Day!



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The secret to a stress-free summer is a worry-free vehicle

By Fred Sherwin
The Orléans Star

June is the perfect time to let the auto pros at Precision Automotive give your vehicle a thorough bumper-to-bumper check-up to prevent any headaches down the road.

It's also the perfect time to consider buying a new set of all-season tires. Why wait until it's too late? Don't risk getting a flat tire or a blow out, which can often happen at the worst possible time.

Precision Automotive can make a quick assessment of your existing tires and suggest replacements if needed as well as present you with a variety of options to suit your budget.

Besides checking your tires, the technicians at Precision will also check your vehicle's brakes, cooling system, fluid levels and all your drive belts and hoses.

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There is nothing more frustrating or

annoying than losing a drive belt or blowing a hose in the middle of nowhere. Not only is it inconvenient, it can cost you a potentially expensive towing bill.

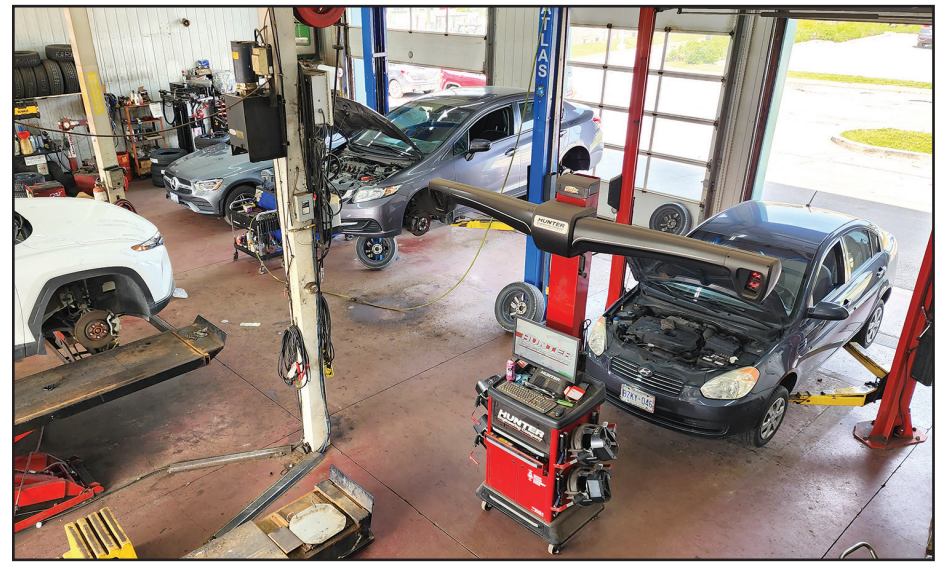
June is also the perfect time to change your worn out wiper blades, top up your wiper fluid, change your cabin air filter, check your tires' air pressure and see if you need an alignment.

Ottawa is notorious for having some of the worst potholes in Canada and potholes are notoriously bad for your suspension and especially your wheel alignment which can cause uneven wear and greatly reduce your vehicle's mileage.

With 10 bays, five licensed technicians and two apprentice technicians, Precision is one of the largest service centres in Eastern Ontario. They also have the expertise to service any make and model of vehicle.

So why not take advantage of their expertise and have your vehicle checked out today to avoid the chance of a potential headaches tomorrow? As the saying goes, "an ounce of prevention is worth a pound of cure".

Precision Automotive owner Rob



With 10 bays, five licensed technicians and two apprentice technicians, Precision Automotive is one of the largest service centres in Eastern Ontario. FILE PHOTO

Brouwer and his staff have been providing peace of mind along with honest service and honest value for over 26 years. They offer an industry-leading 2-year/40,000km warranty on most newly installed parts and labour.

Precision Automotive is located at 385 Vantage Dr., behind the McDonald's at Innes and Tenth Line Roads. You can also visit their web site at precisionautomotive.ca or call them at 613-841-5550.

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385 Vantage Dr., Orléans (near Innes & Tenth Line)

La Ha Tacos still going strong after change of location

By Fred Sherwin
The Orléans Star

No one represents the true spirit of entrepreneurship better than La Ha Tacos food truck owner and operator Jay Wing.

In December 2016, Jay and his wife Alexandra suddenly found themselves both out of work with a baby on the way, which is when fate took over. After hearing that the chip truck which had been operating at the Orléans Self Serve Car Wash on Youville Drive was going out of business, Jay was given the opportunity to buy a food trailer from his former boss at D&S BBQ in Carlsbad Springs..

After talking things over with his wife, Jay decided to take a leap of faith and go into business for himself.

The first step was to choose what food he was going to offer. After looking around at the gastronomic landscape in Orléans he decided on the number one street food in Mexico – tacos. But not just any tacos. Jay was going to take his tacos to the next level by making his own marinades and salsas, using fresh ingredients and corn tortillas

They also cater to customers with food allergies including the use of gluten-free tortillas on request.

The next step was to choose a name. He decided on La Ha which is short form for La Hacienda which is another word for “home” in Spanish.

“I want our customers to feel like this is their second home,” says Wing. “The reason why I cook is to help people put a smile on their face and I like to think we do that with every taco we make.”

It took a while for his tacos to catch on, but he slowly started to build up a loyal clientele largely through word of mouth and social media.

Things were going nicely when COVID-19 pandemic hit. Like almost every other business at the time, the food truck had to suspend its operation. But then things quickly turned around when food trucks were able to reopen and take advantage of the fact that everything they serve is take-out.

When the pandemic-related restrictions were finally lifted in the spring of 2022, La Ha Tacos didn’t skip a beat. But then Jay was faced with another set back. The owner of the car wash put the land up for sale and shut off the services, forcing Wing to find another location on the eve of a new season.

Fortunately, one of his customers put him in touch with the owner of the Kult Hair



Jay Wing is the owner of the La Ha Tacos food truck located in the parking lot of the Kult Hair Salon at 3746 Innes Rd. STAFF PHOTO

Salon on Innes Road, who said he was more than welcome to put his food truck in the corner of his parking lot.

The first summer was a challenge, but the combination of loyal regulars and new customers from the surrounding area has made the transition relatively smooth.

Resiliency is the key to success for any small business owner and Wing is as resil-

ient as they come. He is also blessed with a spouse who is very supportive and staff who are committed to carrying out his vision.

“I have the best people I can possibly hope for working for me,” says Wing.

La Ha Tacos is open from 11:30 a.m. to 7 p.m. Tuesday to Sunday. They are closed on Mondays. You can visit their website and check out their menu at lahatacos.com.

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La Maison d'Or celebrates 45 years in Orléans

By Jody Maffett
The Orléans Star

It's been 45 years since La Maison d'Or first opened its doors in Place d'Orléans in 1979. But the company's history goes back much further than that. In fact, Bill and Julie Harden opened the very first La Maison d'Or in Hawkesbury in 1949.

Brothers Bill Jr. and Brent Harden became partners in 1975 and together they expanded the business to Lachute in 1976 and Kanata and Orléans in 1979. A third brother, Reg, joined the team in 1981, and four years later, they opened a second store in Orléans under the Harden Jewellers banner.

"When Place d'Orléans opened in 1979, there were only 15 stores," recalls Brent. "Some days were very slow and some without a single customer. Aunt Kay was very supportive and told us to keep at it."

The "Aunt Kay" Brent is referring to is the brothers' aunt, Kay Assaly, who was a successful business woman in her own right and served as the brothers' mentor.

In 1989, La Maison d'Or changed locations in Place d'Orléans to a much larger store. A year later, Brent started making

regular trips to Antwerp in Belgium to buy the very best diamonds he could find.

In 2015, the Place d'Orléans store was completely renovated with Brent's daughter Jessica serving as the designer. Under her vision, the seating area was expanded, a small café was added where customers can enjoy a refreshment, and a new jewellery collection was unveiled.

Over the years, La Maison d'Or has raised over \$1 million for Canadian charities including CHEO, Canadian Tire's JumpStart program, the Canadian Cancer Society, and many more. They also won the Consumer's Choice Award 15 straight years.

But as the Hardens and La Maison d'Or's extended family celebrate their current mile-stone and tremendous legacy, they are also excited about what's to come.

With Jessica Harden and team manger Rita Elias deeply involved in running the business, La Maison d'Or is in good hands and is well prepared for an exciting, challenging future.

"Our goal is for this family business to last 100 years," says Brent.

As part of the 45/75 anniversary cele-



(L to r) Brent Harden, team manager Rita Elias and Jessica Harden are excited about celebrating 45 years in Orléans with their customers both old and new. PHOTO SUPPLIED

brations. La Maison d'Or has a number of exciting initiatives in the works. For instance, they are donating \$75,000 worth of custom Canadian diamond rings to local charities for fundraising. Their goal is to use the jewellery to raise \$200,000.

They also plan to give away 45 dinners for two in partnership with Beckta Dining & Wine and they plan to hold in-store celebrations throughout the year. To find out more about La Maison d'Or and their history, visit lamaisondor.com.

2024 Annual Meeting Notice

Mark your calendars for our Annual Meeting, where we will discuss this year's progress and future initiatives.



Avis - Assemblée annuelle 2024

Notez dans vos agendas notre assemblée annuelle, où nous discuterons des progrès réalisés cette année ainsi que des initiatives futures.

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Louis-Riel's Zachary Jeggo holds the two gold medals recently won at the OFSAA provincial track and field championships. STAFF PHOTO

East end athletes win nine medals at OFSAA T&F championships

By Fred Sherwin
The Orléans Star

Orléans-area athletes had their most successful OFSAA provincial track and field championships ever this year, winning nine medals in total, including double gold by École secondaire publique Louis-Riel runner Zachary Jeggo in the senior boys 400 metres and 400-metre hurdles.

Gold medals were also won by fellow Louis-Riel Rebelle, Mallea McMullin, in the novice girls javelin and Tahlia Aird-Greaves from École secondaire publique Gisèle-Lalonde in the novice girls long jump.

Jeggo has fully established himself as the quickest high school athlete over

400 metres in the province by adding the two gold medals to the double gold he won last year as a Grade 10 junior. Better yet, as a Grade 11 student, he still has a year left of high school eligibility.

Jeggo will now focus on the U20 National Junior Championships in Montreal from June 26-30 when he will try to qualify for World Juniors, and the Canadian Legion U18 championships in August.

McMullin's future is also very bright. The Grade 9 phenomenon continued her dominance in the novice girls javelin with a throw of 40.04 metres on her fourth attempt which was 1.2 metres past her nearest rival. It also equaled her record-setting throw at

CONTINUED ON PAGE 14 ►

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St. Peter Knights win senior girls Tier 1 rugby title

By Fred Sherwin
The Orléans Star

The St. Peter Knights senior girls rugby team capped off their season with an emphatic 33-0 win over the South Carleton Storm on Tuesday to win the National Capital secondary school Tier 1 championship and finish their campaign undefeated.

After a uncharacteristically sloppy first half in which the Knights committed over a dozen turnovers, two of which occurred in the shadow of the Storm's goal posts, they exploded for three tries on their first three possessions in the second half to take total control of the game.

The first try was scored by McKenna Wall less than a minute after play resumed. The second try was scored by Ava Latreille after South Carleton was penalized for hands in the ruck.

A second Storm turnover lead to the Knights' third try scored on a great individual effort by Emily Harrison, who managed to exploit cracks in South Carleton's defence all afternoon.

The Knights would add two more tries – one by Faith Dimbongi and the other by



FRED SHERWIN PHOTO

Emma Lacelle in the dying seconds of the contest – while Grace Pilon made good on four of her five convert attempts for an extra eight points to contribute to the Knights' 33-0 win.

The St. Peter girls went into the title game sporting a 6-0 regular season record that included three shutouts.

The Storm, meanwhile, were 4-1-1. The only blemish on their record was a 36-21 loss to the Knights on May 29 in which they scored three tries.

In Monday's title game, the Storm only managed to get inside the 22-metre line twice and on both occasions they turned the ball over under the relentless pressure of St.

Peter's defence.

The combination of a strong defence in the first half and an opportunistic offence in the second half was more than the Storm could handle and more than enough to give the Knights the perfect ending to a perfect season.

East end athletes win four gold, one silver and four bronze medals

Continued from page 13

the OFSAA East Region qualifying meet in Belleville a week earlier. Remarkably, she only started throwing the javelin this season.

The east end's fourth gold medal was won by Aird-Greaves in the novice girls long jump. It was also the first gold medal handed out at the meet.

Competing in the opening event at her very first OFSAA provincial championship, the Aird-Greaves was able to shake off whatever nerves she may have felt to out-distance her competition and finish in first place.

The Grade 9 student was at risk of finishing off the podium with two jumps remaining when she uncorked a leap of 5.41 metres on her fifth attempt to catapult herself from fourth to first place. She then sat back and watched as her nearest rivals fell short of her mark and she ultimately won the gold medal.

The next day, she managed to qualify for the final in both the novice girls 80-metre hurdles and the 100-metre sprint.

In the first of the two finals, Aird-Greaves finished in third place in the hurdles to win her second medal of the meet. Unfortunately, she wasn't able to recover quickly enough

for the 100-metre final, which took place just 30 minutes later, and she ended up placing fifth.

The east end's other medals were won by Maxime Chartrand from Louis-Riel who placed third in the novice boys pole vault; Daniel Cova, also from Louis-Riel, who placed third in the Open Boys Steeplechase; and Taisei Tan from École secondaire catholique Béatrice-Desloges who placed second in the junior boys 100-metre hurdles and third in the 300-metre hurdles.

Here is a complete list of area athletes who competed at the OFSAA provincial championships and their results...

- Laila Label, Colonel By Secondary School, 18th in the novice girls 3,000;
- Ella Robertson, Colonel By Secondary School, 16th in the junior girls 80-metre hurdle;
- Danica Mulvihill, École secondaire Louis Riel, 11th in the senior girls 100-metres hurdles;
- Andromeda Bromwich, Colonel By Secondary School, 9th in the senior girls high jump;
- Ayoub Shangai, École secondaire Louis Riel, 4th in the junior boys 400 metres;
- Austin Walker, Colonel By Secondary



Louis-Riel's OFSAA medalists (l to r) Daniel Cova, bronze Open Boys Steeplechase; Zachary Jeggo, gold senior boys 400 and 400-metre hurdles; and Mallea McMullin, gold novice girls javelin. Not pictured: Maxime Chartrand, bronze novice boys pole vault. STAFF PHOTO

- School 15th in the junior boys 800 metres;
- Timéo Atonfo, École secondaire publique Gisèle-Lalonde, 5th in the senior boys 110-metre hurdles and 7th in the senior boys long jump;
- Mason Brennan, Colonel By Secondary

- School, 12th in the senior boys 110-metre hurdles;
- Owen Siderus, Colonel By Secondary School, 6th in the Open Boys 3000-metre Steeplechase;
- Colonel By Secondary School, 6th in the senior boys 4x100 relay.

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CUMBERLAND FARMERS MARKET from 9 am to 1 pm at the Cumberland Arena, 1115 Dunning Rd. in Cumberland Village. Farmers, bakers, artists, crafters, gardeners, chefs and friends. For more information visit facebook.com/cumberland.f.market.

PARTY IN THE PARK

presented by the Cardinal Creek Community Association at Mantha Park in Cardinal Creek Village from 5-8 pm featuring entertainment by Highway Sunrise and Spicy G and Guimauverie food trucks.

TAPROOM 260 presents Table 9 live from 8-11 pm. Located on Centrum Blvd. in the Orléans Town Centre. For more information visit taproom260.com/events.

THE ORLEANS BREWING CO.

presents Hatfield & Lafleche live from 8-11 pm. \$5 cover. The Orléans Brewing Co. is located at 4380 Innes Rd. near the McDonalds. For more information visit orleansbrewing.com.

SUNDAY, JUNE 23

THE ORIGINAL NAVAN MARKET NIGHT MARKET from 4-9 pm at the Navan Fairgrounds, 1279 Colonial Road in Navan. Over 100 vendors in attendance. For more information facebook.com/OriginalNavanMarket.

WEDNESDAY, JUNE 26

MUSIC IN THE PARK featuring the country, folk and pop sounds of Valley Mountain at 6 p.m. under the Domes at the Navan Fairgrounds. Bring a lawn chair and enjoy the music.

THURSDAY, JUNE 27

ORLEANS FARMERS MARKET from 11 am to 4 pm in the parking lot at the Ray Friel Recreation Centre on Tenth Line Road.

SATURDAY, JUNE 29

CUMBERLAND FARMERS MARKET from 9 am to 1 pm at the Cumberland Arena, 1115 Dunning Rd. in Cumberland Village. For more info visit facebook.com/cumberland.f.market.

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IN MEMORIAM



Yvan Beaudin, 71

Passed away on June 7, 2024

Denis Larose, 35

Passed away on June 5, 2024

Robert Cherry, 75

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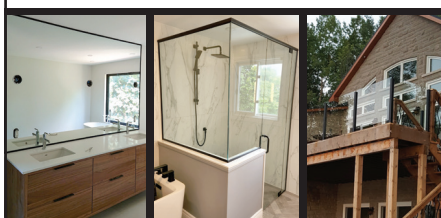
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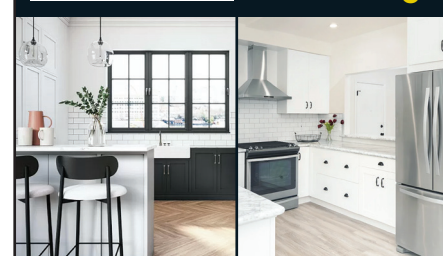
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