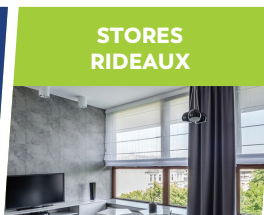


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THE
Orléans Star

June 22, 2023 • Volume 37, No. 3

Next edition July 6



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Louis-Riel's Zachary Jeggo holds up the two gold medals he won at the OFSAA provincial track and field championships in Ottawa earlier this month. See story on page 11. FRED SHERWIN PHOTO

Blackburn mourns the passing of its honorary mayor

By Fred Sherwin
The Orléans Star

It's hard to find anyone in Blackburn Hamlet who didn't know or had never met Greg Kazmierski. For close to 30 years, he was a fixture at the old Loeb grocery store in the Hamlet, and carried on in his role stocking shelves and greeting customers after it became a Metro store.

Away from the grocery store, Greg could always be found watching a hockey game in the Blackburn Arena or a baseball game on the nearby baseball diamond. He was also at every social function in the community from the Blackburn Fun Fair to whatever political event was happening at the time.

And all along the way and at every encounter, whatever he did he always had a huge smile on his face and a twinkle in his eye. He loved his community and the community loved him.

Sadly, Greg passed away on June 11, aged 50, a victim of early onset Alzheimer's disease.

The fact that he made it this far is a testament to Greg's love of life, positive attitude and the strength of a mother who never wanted her son to be treated differently than any other kid.

Greg faced an enormous challenge right out of the gate. Shortly after being born in Germany on July 9, 1972, the doctors discovered that he had two holes in his heart. But that wasn't all of it. He was also born with Down Syndrome.

His parents Mary Anne and Carl were told that Greg had little to no hope of seeing his first birthday – or whether it was even worth fighting to save him.

With a strong sense that the German doctors were wrong, Mary Jane and Carl decided to immigrate to Canada to seek a second opinion.

Once here, they had to convince Canadian Immigration officials that Greg's life had sufficient value to offset the potential costs to Canada's health and social services.

Greg not only survived to see his first

CONTINUED ON PAGE 2 ►



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COMMUNITY BRIEFS



Brigil's regional director of sales and customer experience Malika Guenniche and Orléans East-Cumberland city councillor Matt Luloff join together to toss a shovelful of dirt into the air to mark the ground breaking ceremony for Brigil's fourth tower at Petrie's Landing near Hwy. 174 and Trim Road. Among those looking on is Brigil president Gilles Desjardins (second from the right). FRED SHERWIN PHOTO

Brigil begins work on fourth tower at Petrie's Landing

ORLÉANS – Work has already begun on the latest addition to Brigil's Petrie's Landing development. The fourth tower will be composed of 23 floors housing 242 luxury rental units (1, 2 and 3 bedrooms), a panoramic rooftop terrace with a BBQ and an indoor pool with two hot tubs and a breathtaking view. The building will also have a gym and yoga area and 24-hour video surveillance. Tower 4 will welcome its first residents in 2025. Brigil president Gilles Desjardins calls the Petrie's Landing development is "a true haven of peace", which is particularly appealing to nature enthusiasts with its close proximity to Petrie Island, the Ottawa River and bike trails. The fourth building as well as the soon-to-be completed third tower are both part of Brigil's Apogee Collection.

The 2023 edition of the official Orléans Road Map is now available



ORLÉANS – The Orléans Star is now accepting orders for the 2023 edition of the Orléans Road Map featuring 25 new streets. This is the fourth 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. To order your copy of the 2023 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.

Mayor Greg's smile, hugs and laughter will be deeply missed

Continued from page 1

birthday party, but many more. When it came time to attend elementary school, Mary Jane had to fight once again, this time to allow her son to attend classes at Good Shepherd Catholic School with the other kids in his neighbourhood rather than go to a special needs school.

Greg not only fit in, he became the most popular kid in the school. It was the same when he went to Lester B. Pearson High School, and when it came time to graduate with the rest of his class there wasn't a dry eye in the house as he was given a lengthy standing ovation.

Greg was special and he made everyone who met him feel special too.

He became close friend's with former Innes Ward city councillor Rainer Bloess, who already knew his parents.

Greg attended every one of Rainer's events and often helped out on his election campaigns.

"He was always there. You could never go very far in Blackburn Hamlet without running into Greg. He loved sports. He loved the Ottawa Senators. And he loved his community," says Bloess, who bestowed the title of "Honourary Mayor of Blackburn Hamlet" on Greg in 2009.

"He thought that was the greatest thing ever," says Bloess.

To that end, Greg's self-glossed himself as the Honourary Mayor of Blackburn Hamlet, and man about town on his Instagram page.

After Larry O'Brien was elected mayor in 2010, Greg was invited to City Hall where he was mayor for the day. He got a special Chain of Office and was able to sit in the Mayor's Chair in the council chamber.

"He was more popular then me," says Bloess without a hint of exaggeration.

Innes Ward's current councillor Laura Dudas remembers Greg's legendary hugs,



Greg Kazmierski

his contagious optimism and his beaming smile.

"I have many fond memories of Greg from when I was involved with the community association," recalls Dudas. "I was so lucky to work with Greg on all sorts of events and projects. He was always there to help and to inspire us all through his selfless good works. He touched so many lives. He will be deeply missed. My heart goes out to his family and to his many, many friends."

A true testament of Greg's impact on the people around him and the residents of Blackburn Hamlet is that his family had to hold three separate visitations in order to accommodate all the people who wished to pay their respects and offer their condolences.

His funeral service was also performed in front of full house at Good Shepherd Church.

Greg was predeceased by his parents Mary Jane and Carl and will be deeply missed by his family Vincent, Angie, Tara, Cal, Paige, Josh, Phoenix and Nerisse.

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Thousands attend third annual Orléans Craft Beer Festival

By Fred Sherwin
The Orléans Star

In just five short years, the Orléans Craft Beer Festival has become the largest event in the east end and the number one event on anyone's social calendar.

After the very first beer festival in 2019, the event had to be canceled two years in a row during the COVID pandemic. It returned with a bang last spring and was embraced by people who were eager to renew their social lives.

The third edition of the hugely popular event was held from June 8 to 10 and was blessed with excellent weather on both the Friday and the Saturday – which brought out the crowds to sample beers from across the city and Eastern Ontario. According to festival organizer Kevin Hurtubise, more than 9,000 people attended the event over the four sessions – Thursday night, Friday night, Saturday afternoon and Saturday evening.

You don't get a real idea of just how many microbreweries there are in Ottawa until they are all in one location. There are three microbreweries in Orléans alone, four if you count Clocktower – and the Dominion

Brewing Company Co. is just a stone's throw away in the Canotek Business Park.

All three local microbreweries were represented at the Beer Festival – the Orléans Brewing Co., the Stray Dog Brewing Company and Broadhead Brewery.

But while the beer is the main attraction at the event, the music was the highlight, especially Friday night when the stage was shared by the Tragically Hip tribute band Little Bones and the throwback group Disco Inferno which had everyone dancing and singing along to all the disco classics.

The job of closing out the festival on Saturday was given to the Honest Heart Collective from Thunder Bay, who were preceded on stage by the hugely popular East Coast Experience.

Another highlight of this year's festival was the food, with three of the most popular food trucks in the east end handed the task of feeding the huge crowds. Golden Fries, Meatings and Dottie's all reported doing brisk business. Dottie's in particular sold over 600 hot dogs and 250 burgers over the course of the three-day festival.

All in all, everyone had a great time. The vendors were all happy with having the



This year's Craft Beer Festival attracted nearly 9,000 people, making it the most successful festival yet. FRED SHERWIN PHOTO

opportunity to share their product with the masses and no one left disappointed.

The man behind the event, Orléans Festivals organizer Kevin Hurtubise, was equally thrilled with both the size of the crowds and the fact that the festival went off with out any major hitches thanks in large

part to the small army of volunteers who helped out and without whom it wouldn't be possible.

"We had over 70 volunteers this year most of whom signed up online and who gave up their weekend to help us out. I can't thank them enough," acknowledged Hurtubise.

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Blackburn Hamlet lost an amazing person this month.

Greg Kazmierski was an amazing woman who touched the lives of everyone who was lucky enough to meet him. If you don't know who Greg is or have never met, it's too bad you never got to see his amazing smile or joyful laugh.

He was a fixture at the Metro store in Blackburn where he worked as a greeter and sometimes stocked shelves.

He worked there for nearly 30 years, which is hard for to believe, not that he worked that, but that it has been 30 years. In fact, I was shocked to find out that he was 50-years-old. His being that old meant that I am getting old too.

I hadn't seen Greg since before the pandemic. We first met way back in 2001 when I started OrleansOnline. I was covering an event in the Hamlet and Greg came up to me and started asking me questions about my camera. From there the conversation segued to the Ottawa Senators.

Greg loved all sports, but he loved hockey most of all and the Senators in particular. In fact, I don't think he ever missed a game whether in person or on TV. He was a frequent caller to the post-game show on the Team 1200 and was always introduced as Greg from Blackburn. He was never shy to voice his opinion, especially when it came to the Sens or how they were playing.

One of the proudest moments in Greg's remarkable life was when he was bestowed with the honorary position of mayor of Blackburn Hamlet by Rainer Bloess in 2009. He wore the moniker with a great deal of pride for the rest of his life.

When Rainer introduced Greg to then mayor Larry O'Brien after O'Brien got elected in 2010, Rainer told him, "You mayor be the mayor of Ottawa, but this is the mayor of Blackburn Hamlet." Greg got a real kick out of that.

O'Brien was so impressed with Greg that he got together with Rainer and the two of them agreed it would be a great idea to make him Mayor for the Day. Greg got to wear the chain of office and even sit in the Mayor's Chair in the council chambers where he presided over a mock council meeting. He may have been mayor for the day, but he felt like a king.

Having been born with Down Syndrome, Greg faced challenges his whole life, but he never let those challenges get him down or get in his way. He attended regular classes all through school thanks largely to his mother, Mary Anne, who never let her son be treated any differently than any else. And when he graduated from Lester B. Pearson High School the student body, staff and everyone else in attendance gave him an extended standing ovation. I'm sure it was the second proudest moment in his life, and a close second at that.

Greg was fortunate to be raised and live in a community like Blackburn Hamlet that supported him and genuinely loved him. And the community, in turn, was fortunate to count Greg as a member who gave so much back to them each and every day. God speed Greg. You were truly one of the giants.

— Fred Sherwin, editor

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Local MP issues open invitation to Senior Strawberry Social

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

From June 12 to June 16, we celebrated Public Servant Week. I want to thank all the dedicated public servants in Orléans and across Canada for their contributions to our country and communities. Your dedication, commitment, and hard work to deliver services that we depend on are very appreciated.

This June also marked 78 years since D-Day and the beginning of the Battle of Normandy – one of the best-known chapters of the Second World War and one in which Canada's service members played an important role, particularly at Juno Beach. It gives us the opportunity to remember our heroes and thank our veterans and current members of the Canadian Forces for their service.

This week is the beginning of graduation season, and I want to take a moment to congratulate the 1,821 graduates from Orléans' 10 high schools. It is also the end of a chapter for our 12th grade students. I hope you enjoy your graduations and proms! I am extremely proud of their achievements. They have accomplished so much already, and I know their future will be filled with success and fulfillment. I had the privilege of sharing my best wishes on this mile-

stone with them through personally signed congratulatory certificates. Congratulations, Class of 2023!

The outdoor market season has started, and we are very fortunate to have amazing markets locally to buy fresh vegetables and fruits. All throughout the summer, don't forget to buy local and encourage our precious small businesses.

Just a reminder to join me and MPP Stephen Blais for our annual Senior Strawberry Social and Canada Day bingo on Friday, June 30, at the Collège catholique Mer Bleue. We will hold the bingo from 1 p.m. to 2 p.m., followed by the social event to enjoy some fresh strawberries and desserts while getting to know our neighbours. RSVP is mandatory by phone at 613-834-1800 or by email at Marie-France.Lalonde@parl.gc.ca.

This is my last column before Canada Day, and I am taking this opportunity to wish you all safe and festive celebrations. I was pleased to announce to the Kiwanis Club of Orléans a federal grant of \$15,000 to help their O Canada celebrations on July 1 at Petrie Island. We hope to see you there to enjoy activities for the whole family. Please stop by our booth; I cannot wait to see you there.

Happy Canada Day, Orléans!

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



**Commons
Corner**

Marie-France Lalonde

Add customer service to the list of endangered species in Canada

Whatever happened to customer service in this country?

There was a time when grocery stores would not only give you free bags, but they would pack your groceries for you and even... wait for it... load them into your car.

Wild, I know.

If you go even further back, doctors made house calls and dairies would deliver milk to your door – your actual door.

Today, it's almost impossible to see your doctor in person and the milk delivery man has been replaced by Uber Eats, SkipTheDishes and Amazon, none of whom consider customer service to be very important.

Here is my most recent encounter where the customer service was lacking, to say the least. After waiting for what seemed like forever in the Tim Horton's drive thru, I put my car into reverse and parked next to the front entrance.

Figuring it might be quicker to order my medium double-double and raisin bran muffin in person, I went inside where I found a man already waiting to be served.

Behind the counter, I saw five Tim Horton's employees scurrying about and looking after the drive thru orders, because during the five minutes I waited, not a single person



bothered to look after the gentleman in front of me. Dumbfounded, I asked him if he had been looked after yet and he responded that he hadn't, to which I immediately turned around, exited the building and returned to my car without the aforementioned medium double-double and raisin bran muffin.

Not a very good way to start one's day. I would have lodged a formal complaint about the incident, but that probably would have taken longer than trying to order a medium double-double and raisin bran muffin.

Drive thrus were invented to speed up the process of giving and receiving one's order with the added bonus of not needing to get out of your car. When a drive thru takes so long that it compels a person to slam their vehicle in reverse or jump the curb, there's a problem.

It's the same all over. In an effort to

cut down on food waste, McDonald's now prepares everything to order, which has slowed down the drive thru process considerably unless all you want is a fountain drink, a coffee or an ice cream cone.

In fact, in my own experience, I have to sit parked at the squawk box more times than not because the order taker apparently can't do more than one thing at a time and even that one thing takes excruciatingly long. And when I say "parked", I mean "parked". I actually put my car into park and leave it there for an extended period of time before the person eventually comes back to me and asks for my order.

Which brings me to another thing – auto attendants, otherwise known as artificial intelligence or computer voices.

I plan on writing a column in the not too distant future listing all the things I would do if I were the supreme ruler of Canada, and getting rid of auto attendants are on the top of the list.

Auto attendants are the antithesis of customer service. On the one hand, you have excellent customer service with a real human being capable of being genuinely empathetic and interested in looking after you as a fellow human being. On the other, you have a robot whose only purpose is to make your customer

service experience a living hell.

This is how low we've sunk. Instead of being able to talk to a real person who can easily understand what we are looking, we have to talk to an auto attendant who provides verbal prompt after verbal prompt, wasting your valuable time and leading you nowhere and with zero customer satisfaction.

And instead of grocery store's employing people to pack our groceries into bags, we have grocery store's employing people to stand over us as we pack our own bags at the self-checkout counter for fear that we might "forget" to scan a Mars bar or a Kit Kat.

It's a sad state of affairs and it's infected nearly every sector and industry. I can still remember the time when TD Bank had a promotion whereby if you waited more than five minutes to get served, they would give you five dollars. If they had the same promotion today they would go bankrupt.

No one gives a rat's patootie about customer satisfaction anymore. The only thing they care about is the bottom line and that line has nothing to do with your experience or your satisfaction, and that's because they came to the realization that it doesn't matter.

All of which to say, customer service is an endangered species in this country and is at risk of becoming extinct altogether.

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Community invited to celebrate Canada Day in Beacon Hill, Cyrville

I have been proud to represent Ottawa on the Federation of Canadian Municipalities (FCM) as Ottawa Caucus Chair, and, at the FCM Annual Conference and Trade Show, May 25-28 in Toronto, it was an incredible honour to be named 3rd Vice-President, putting me on a path for President in 2026.

Municipalities are where Canada’s challenges and opportunities are felt first, and felt hardest.

Whether it’s the need for sustainable and predictable infrastructure investments that support new housing, or the much-needed supports for homelessness and mental health crises, or the steps all of us must take to protect Canadians from the effects of extreme weather, FCM has been driving the agenda on these national challenges and ensuring municipalities are heard across the country. I look forward to working with such a smart and dedicated group of people, and with all the members of our FCM Board of Directors.

Locally, there are many celebrations happening throughout the city, but I highly

recommend joining our community at one of the events in the ward. During the day, I will be at the Pineview Canada Day in the Park (Meadowbrook Park, 10 am to 3 pm), Beacon Hill Canada Day Picnic in the Park at the Beacon Hill North Community Centre, 2130 Radford Court and at Petrie Island for the O Canada Celebration.

In the evening, I will be at the second biggest volunteer-led fireworks show in the city, (9:30 p.m. at Loyola Park in Beacon Hill). I look forward to celebrating with you!

On a bittersweet note, I’d like to remember a great soul, Greg Kazmierski, who passed away June 11. Many of you may know him as a huge Sens fan, and the “Mayor of Blackburn Hamlet”. Greg embodied the true meaning of community, where he made friends from Blackburn to Westboro and everywhere in between.

We had the pleasure of hosting Greg at City Hall, where he banged his fists on the Mayor’s desk. We could all use a little more “Greg”. Rest in Peace, my friend.



Tim Tierney

Beacon Hill-Cyrville Ward 11

Local municipal facilities gearing up for another hot summer in the city

With the close of the school year, I wanted to take a moment to express my congratulations to all the young people who are graduating primary, high school, university, or college in the coming weeks.

This is an incredibly special time in one’s life, where a new path lays open before you, filled with promise and adventure. Two of my own children are experiencing the same milestone and I could not begin to tell you how much of a proud mama I am!

I wish all the graduates every success in the next stage of our academic or professional career. The world is yours and the future is bright.

On a different but related note, summer break is swiftly approaching, and many people will be enjoying the hot weather. The City has a number of programs for all ages this summer, I am including just a few below.

I am excited to share that was able to work with City staff to bring two new activities to Lois Kemp Arena this summer:

drop-in pickleball (Monday and Wednesday evenings) and roller skating (Monday evenings).

Also new, Play Free is the City of Ottawa’s lineup of free drop-in activities for youth in 2023 and encourages young people to get active. A free weight and cardio summer membership for youth is also available. For more information, visit <https://bit.ly/ottawa-play-free>.

Speaking of fun in the sun, the City’s beaches, including Petrie Island are open for supervised swimming from noon to 7 p.m. as of June 17 until August 27. Make sure to check the water quality before heading out at Ottawapublichealth.ca. As well, the Bearbrook Outdoor Pool is open as of June 12. Full schedule and fees are available at Ottawa.ca.

It’s going to be an amazing summer, and I look forward to seeing everyone at Canada Day events, BBQs, community events, street parties, and around the community. Have an incredible break everyone – you deserve it!



Laura Dudas

Innes Ward 2

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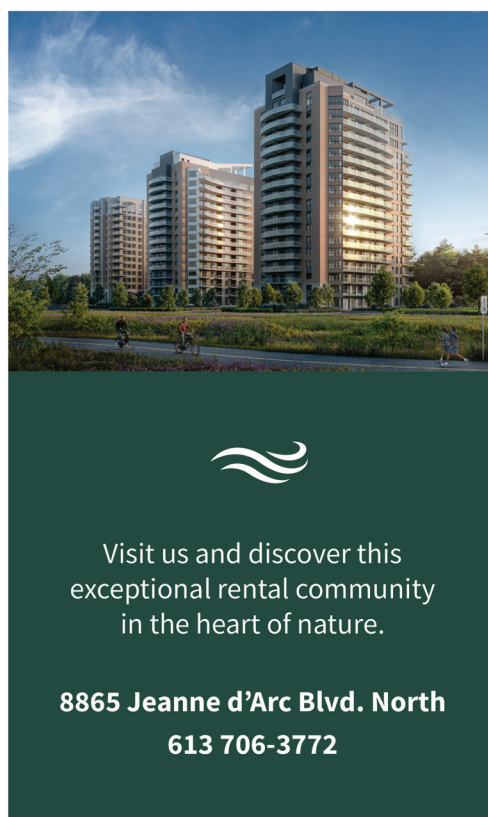
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Traveling Canada's 'loneliest highway' through Labrador

(Tori Dark and Kevin Nault have embarked on a trip across Canada aboard their newly converted camper van. In doing so, they are joining hundreds of other people who have taken up what is referred to in the culture as "VanLife". During their trip, the Orléans Star will publish a series of diary pieces from Tori allowing readers to follow the couple's journey. This is the third installment in that series.)

Whenever I told someone that Kevin and I were going to spend the next couple of years traveling Canada they almost always responded with "Are you going out west? Are you going to Banff?"

Naturally, my answer was "yes" because who wouldn't want to explore the Canadian Rockies?! Little did I know that we would actually do the complete opposite and drive across Labrador. That's right – we drove up through northern Québec and into the western edge of Newfoundland and Labrador.

After spending a week in Tadoussac, Québec, Kevin and I decided to drive up to Labrador City and continue east to the Atlantic, rather than drive to Nova Scotia, which had been our original plan.

We first drove to Baie-Comeau where we bravely got on the QC-389 N. The 7-hour (586 km) journey includes five major hydro-

electric dams and a long 100-km stretch of dirt road with major potholes. Did I mention there isn't any cell service? The province has stationed pay phones along the route for the occasional emergency, but other than that, you're on your own.

Our next stop was Labrador City and the Gateway Labrador Centre where they kindly offered us free potable water, electricity and any information a traveler could use before traveling along the "loneliest highway" to the eastern coastline.

All online sources recommended getting a free government satellite phone for the crossing as there is little to no service until you reach Happy Valley-Goose Bay – a journey of 529 km). Just our luck, all the satellite phones were already checked out, so we had to make the journey in radio silence.

Much to our surprise, the historically treacherous dirt road known as the Trans-Labrador Highway was recently paved and quite a delight to drive with pockets of service throughout.

After three days driving through Crystal Falls, Churchill Falls and Happy Valley-Goose Bay, we made it to Port Hope Simpson. There we met the Hurleys who hail from Westboro. We traveled 2,400 km only to make new friends from home.



Tori and Kevin with Tyrell, Laura and Olivia Hurley from Westboro in Port Hope Simpson, Labrador. TORI DARK PHOTO

We finished our trip in Labrador by visiting a little cove called Red Bay: a town with a population of 169 with one diner, one church and a rich history of whaling.

With temperatures dropping to -3°C at night, our van was shaking from side to side from the gusting wind, rain and snow. Meanwhile, Ottawa was experiencing +30°C weather, but I wouldn't change it for the

world. To see the less-traveled Canadian north was a once-in-a-lifetime experience. If you have a chance to visit the small townships along the Labrador coast – do it. I've never seen anything like it.

(You can follow Tori and Kevin at www.instagram.com/vanxiety_life/. Tori and Kevin are both former students at Cairine Wilson Secondary School, Class of 2012.)



Happy Canada Day!

Bonne fête du Canada!





Marie-France LALONDE

MP/Députée Orléans

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Plan your Canada Day!



Orléans residents will be heading to Petrie Island on Saturday, July 1, to celebrate Canada Day with their friends and neighbours after a two-year hiatus. Ottawa East Kiwanis Est will be hosting the festivities once again this year, which will include activities for the whole family and culminate in a spectacular fireworks display. Canada Day participants using the free shuttle service should be aware that the last shuttle will leave the Trim Road park and ride at 8 p.m. for safety reasons.

Petrie Island Canada Day schedule

There will be a free shuttle service from Collège La Cité on Jeanne d'Arc Blvd. to the Petrie Island site. The shuttle service will begin at 11 a.m. The last shuttle will leave the island at 7 p.m.

- 11 a.m. Kids Zone opens; Shuttle service begins
Food Concessions and Beer Tent open
- 12:00 p.m. Bagpiper performance
- 1 p.m. Opening Ceremonies and Canada Day cake cutting
- 2 p.m. Caribbean Flavour DJ
- 4 p.m. Dalonia
- 5 p.m. School of Rock Orléans
- 6 p.m. Hearts & Mines featuring Orléans Coun. Matt Luloff
- 7 p.m. Canadian Reggae artist Ras Lee
- 8 p.m. Garden Variety (Headliner)
- 9:55 p.m. National Anthem
- 10 p.m. Spectacular fireworks display
- 10:20 p.m. Music continues
- 11:00 p.m. Event ends

**Activities subject to change without notice*



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Ward 19
Orléans South-Navan

Local organizations benefit from federal contributions

By Jody Maffett
The Orléans Star

Two of Orléans’ biggest cultural events will be receiving an influx of federal dollars this year, thanks to the efforts of Marie-France Lalonde.

The member of parliament for Orléans managed to secure funding for both the O Canada Orléans celebration organized by Kiwanis Eastern Ottawa Est on Petrie Island, and the Caribbean Nations Canada Organization which organizes the events surrounding Carivibe Ottawa including the Reach the Beach festivities being held on Petrie Island on July 22.

The Caribbean Nations Canada Organization received \$26,100 for Carivibe 2023 and Kiwanis Eastern Ottawa Est was given \$15,000 for O Canada Orléans.

The funding is part of the Heritage Canada’s Celebrate Canada program which provides financial support to groups for activities organized on National Indigenous Peoples Day, Canadian Multiculturalism Day, Saint-Jean-Baptiste Day, and Canada Day.

“I am thrilled to say that a total of \$56,000 in federal funding through Heritage Canada

has been awarded to the Kiwanis Club of Eastern Ottawa and Caribbean Nations Canada for their respective festivals – the 2023 O Canada Orléans Celebration and Carivibe Festival on Petrie Island,” comments Lalonde.

“It is so important to support such organizations as these festivals enrich our local celebrations and help bring us together to honor our diverse heritage with pride and joy.”

Canadian Heritage has been supporting Canada Day festivities in Orléans dating back to 2015 when the very first Canada Day celebration was organized on Petrie Island. Back then it was called the Greater Orléans Celebration and was 100 per cent organized by a dedicated group of community volunteers.

In 2019, Kiwanis Eastern Ottawa East took over the event, renamed it O Canada Orléans and has been organizing it ever since.

Zybina Richards is the lead organizer of the event.

“The Canadian Heritage funding is a blessing not only for our organizations but for the community as whole which gets



Orléans MP Marie-France Lalonde is joined by O Canada Orléans organizers Harley Bloom and Zybina Richard on Petrie Island where this year’s celebration will once again take place. STAFF PHOTO

to benefit in the form of a family-oriented Canada Day celebration right in their own back yard,” says Richards. “The funds will be put to good use in organizing this year’s event. We look forward to seeing everyone on Canada Day.”
The main attraction of the three day Carivibe festival is the Reach the Beach party on Petrie Island. Much of the funding they have received will go to support that event.

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Louis-Riel's Zachary Jeggo powers his way around the Terry Fox Athletic Facility Track to win the junior boys 300-metre hurdles at the OFSAA provincial championships.

East end athletes win five 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 six medals in total, including double gold by École secondaire Louis-Riel runner Zachary Jeggo in the junior boys 400 metres and 300-metre hurdles.

Timéo Atonfo also had a record-breaking meet, winning two bronze and a silver medal, which is the most individual medals won by an east end athlete in a single provincial championship ever.

The Grade 10 student won the silver medal in the junior boys triple jump and bronze medals in both the 100-metre hurdles in the long jump. If not for a couple of unfortunate

events, the colour of Atonfo's medals could have been much brighter.

He was in first place heading into the final round of the triple jump, but after setting a new personal best mark of 15.81 metres in his penultimate attempt, Atonfo could only watch as Sayanthan Arulrajan from Brampton went 13 centimetres further on his final jump to capture the gold medal.

A short while later, Atonfo was leading the 100-metre hurdle final through the first four barriers when he had to take a stutter step coming up to the fifth hurdle which knocked him out of his rhythm and into third place.

The long jump was a repeat of the triple jump, only instead of being knocked out of first place in the final round he was knocked

CONTINUED ON PAGE 12 ►

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with Salad
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\$18.00

Orléans track and field duo accomplish pair of firsts

Continued from page 11
out of second place.

When all was said and done, instead of brooding over what could have been, Atonfo had his sights firmly set on the future, which includes a trip to the National Youth Championships in July and two more years competing at OFSAA as a senior.

"This summer we're going to work on my technique in the triple and I'll be back next year," said Atonfo.

As for the stutter step he had to take in the 100-metre hurdles final, Atonfo chalked it up to not being used to the speed.

"I was on track to doing a 13.5 or 13.4, but I stumbled just a little. I recovered I don't know how and still ran a 13.7," Atonfo explained after the race. "We just need to practice with that type of speed, because before OFSAA I never really had anyone push me, so my body isn't used to that speed. It's something we will work on this summer."

Jeggo also has two more years left of high school and the sky is the limit for the rapidly improving runner who hails from Embrun, but studies and trains in Louis-Riel's *sport étude* program.

The Grade 10 student has come a long way in just one year after finishing sixth in the novice boys 400-metres last year and well back of the pack in the 800.

Coming into this track and field season, Jeggo decided to drop the 800 and instead compete in the intermediate hurdles. It was a great choice as it paid off in two gold medals included a dominate performance in the 400 which he won by about 10 metres.

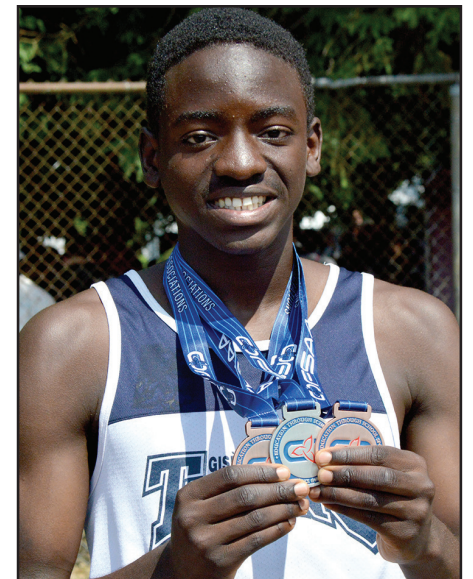
"I've trained a lot, plus my coaches helped a lot with my progress," said Jeggo, when asked how he could account for the massive improvement in his times. "I did a 54.00 indoors last winter and then a 51.90 at March Break and it just snowballed from there."

Jeggo is now looking forward to the summer season and a shot at redemption at the National Youth Championships where he fell in the 400-hurdles last summer despite having the second fastest time heading into the event.

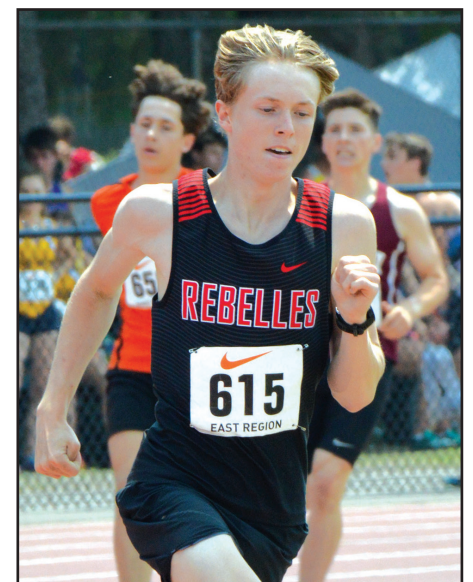
The east end's other medalist was Louis-Riel's Daniel Cova who won bronze in the junior boys 1500 metres.

Here are the other results of local athletes:

- Aleem Khaida, Colonel By Secondary School, 9th in the junior boys long jump;
- John Byrne, St. Matthew High School, 14th in senior boys 100 metres;
- Nathaniel McNeil from St. Peter High School, 19th in the senior boys 400-metre hurdles;



Timéo Atonfo



Daniel Cova

- Ibrahim Domiati, École secondaire Louis Riel, 14th in the junior boys 200 metres;
- Teresa Nze Medja, Gloucester High School 23rd in the senior girls javelin;
- Austin Walker Colonel By Secondary School 14th in the novice boys 1500 metres;
- Owen Siderus, Colonel By Secondary School 15th in the novice boys 1500 metres;
- Émilie Kelly, École secondaire catholique Béatrice-Desloges 16th in the novice girls long jump;
- Aaron Mukiwa, Gloucester High School 21st in the senior boys shot put;
- Olivia Baggley, Gloucester High School, 10th in the senior girls 3,000 metres;
- Taisei Tan, École secondaire catholique Béatrice-Desloges 10th in the novice boys 400.

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B-D battles to the end in HS touch football championship

By Fred Sherwin
The Orléans Star

The Béatrice-Desloges Bulldogs varsity girls touch football team very nearly pulled off the upset of the year last week, when they faced the defending champion West Carleton Wolverines in the Tier 1 city championship.

The Wolverines lived up to their billing as the favourites in the final game by driving the ball 65 yards on four straight catches to score the opening touchdown of the game. A successful one-point conversion attempt would make the score 7-0 in favour of West Carleton.

Unfazed by the Wolverine’s opening scoring drive, the Bulldogs responded with a 75-yard touchdown run by Marika Schryburt on the very next play to tie the game at 7-7.

A successful defensive stand by Béatrice-Desloges lead to a 67-yard touchdown pass from quarterback Emma Levesque to Mia Cléroux and by the end of the first quarter the underdog Bulldogs were leading the defending champions 13-7.

Unfortunately, the second quarter was all Wolverines as their quick strike, big play offence managed to put 13 unanswered

points on the board including a touchdown on the final play of the first half which ultimately proved to be the difference in the game.

After the Bulldogs failed to move the ball on the opening drive of the second half, the Wolverines added yet another touchdown to take a seemingly unsurmountable 27-13 lead into the fourth quarter.

With time now a factor, the Bulldogs switched to a hurry up offence which took the Wolverines off guard and ultimately lead to a 7-yard touchdown pass from Levesque to Cléroux and narrowed the deficit to just eight points.

When the Bulldogs failed to pick up a first down on their next series the final result was all but a foregone conclusion. It appeared even more so when the referee indicated that there were only five plays left in the game and the Wolverines had possession inside the Bulldogs’ end. But everything changed when Annie Pierre Bertin intercepted an errant Wolverines pass, giving the Bulldogs hope and one final opportunity to potentially tie the game. The only problem was that they needed to drive the ball more than 80 yards and they only had four plays to do so.



Béatrice-Desloges quarterback Emma Levesque manages to elude a West Carleton rusher during the Tier 1 high school touch football championship on June 12. FRED SHERWIN PHOTO

They managed to make up half the distance, but that would be as far as they would get as they ultimately ran out of plays and time.

Still, they showed a great deal of tenacity and Bulldog spirit in never giving up and battling the Wolverines right down to the final play of the game.



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Les Sittelles gymnasts finish season on a high note

By Fred Sherwin
The Orléans Star

The Club de gymnastique Les Sittelles wrapped up the 2022-2023 competitive season on a high note last month by hosting the season-ending May Challenge event.

Gymnasts from six different clubs from as far away as Cornwall and Brockville competed on floor, beam, vault and the uneven bars.

For most, it was a final chance to perform their 2022-2023 routines without the pressure of having to qualify for the provincial championships.

It was in that environment, competing in their own gym that several Les Sittelles members turned in some excellent performances.

Aleksandra Gagné was the picture of consistency in the Level 2 Age 9 competition with first place routines on the uneven bars and the floor, second place on the beam and third place on vault to finish in first place overall.

Noémie Lalonde bounced back from a fifth place result on floor and swept all four of the other apparatus to take home first place honours in the Level 3 Age 10 competition.

Olga Gorodnichy finished first overall in

the Level 4 Age 11 division after finishing first on vault and uneven bars and second on the beam and floor.

Rose MacDonald placed first on vault, floor and uneven bars and second on beam to win the overall title in the Level 4 Age 12-13 competition.

Moving up to Level 5, Eve Boulerice placed first on uneven bars, second on vault and third on the beam and floor to win the overall title in the Age 10 and 11 group.

At Level 6, Anastasia Malek placed first on uneven bars and beam, second on vault and third on floor to win the overall title in the Age 10 and 11 group, and Jenna Geekie won the Age 12 and 13 group with first place results on floor and vault to go along with second place finishes on beam and the uneven bars.

Fresh off her fifth place result at the provincial championships, Laurence Bonnevillie won the Level 7 Age 11-12 overall competition with first place routines on vault, beam and the uneven bars and a second place finish on floor.

In the feature competition of the event, Amelie Goulet beat five of her clubmates and fellow provincial level athletes to win the Xcel Gold division with a 9.8 on uneven bars and a pair of 9.6s on beam and floor to



Members of the Club de gymnastique Les Sittelles pose for group picture following the May Challenge meet. PHOTO SUPPLIES

win all three disciplines, while also placing second on vault with a 9.4.

The vault was won by Vera Gorodnichy who scored a 9.55 on the apparatus.

Last but by no means least, 20-year-old Mia Haché won the Masters Xcel Age 18-20 division by receiving the top mark on all four apparatus, and Maya Ouellet won the

Masters Xcel Age 21 and over group with first place results on uneven bars and floor and second place routines on vault and beam.





With the final event of the season done and dusted, the young gymnasts can now enjoy the rest of the summer before returning to the gym this fall.

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www.heritagefh.ca/obituaries

COMMUNITY BILLBOARD

THURSDAY, JUNE 22

ORLÉANS FARMER'S 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, JUNE 24

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, seasonal fruits, specialty foods and a variety of artisan goods.

THE ORIGINAL NAVAN MARKET will be holding a night market from 4 p.m. to 9 p.m. on the Navan Fairgrounds with many of the vendors who regularly participate in the monthly markets. In addition there will be live music, and a family fun zone.

POP UP FOOD BANK – The Orléans Seventh-day Adventist Church is holding a popup food bank at the Queenswood United Church, 360 Kennedy Lane East in Queenswood Heights. All non-perishable goods will be accepted.

FRIDAY, JUNE 30

SENIOR STRAWBERRY SOCIAL AND CANADA DAY BINGO at the Collège catholique Mer Bleue, 6401 Renaud Rd. Bingo from 1 p.m. to 2 p.m., followed by the Strawberry Social where guests will be able to enjoy fresh strawberries and desserts while getting to know their neighbours. RSVP is mandatory by calling 613-843-1800 or by email to Marie-France.Lalonde@parl.gc.ca.

SATURDAY, JULY 1

O CANADA ORLÉANS celebration tak-

ing place on Petrie Island from 11 a.m. with activities for the kids, live music, BBQ, a beer garden and fireworks. Official opening and cake cutting will take place at 1 p.m. A free shuttle service will be operating from the Collège La Cité campus on Jeanne d'Arc Blvd. from 11 a.m. to 7 p.m.

CANADA DAY DANCE – The Royal Canadian Legion Branch 632 on Taylor Creel Dr. in Orléans will be holding a dance on Canada Day from 11 a.m. to 3 p.m. featuring the Taylor Creek Band. There is no cover charge and the general public is welcome.

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