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THE

# Orléans Star

June 6, 2024 • Volume 39, No. 2

Next edition June 20



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A youngster peers over the edge of the ferris wheel at the Celebrate Summer Fun Fair in Beacon Hill last Saturday. FRED SHERWIN/PHOTO

# East end fun fairs signal unofficial kickoff to summer

By Fred Sherwin  
The Orléans Star

Residents in Blackburn Hamlet and Beacon Hill took advantage of near-perfect weather last Saturday to take in their communities' respective fun fairs and celebrate the first big event of the season.

Visitors to the Blackburn Fun Fair started their day with a free pancake breakfast followed by the Fun Fair parade which started at École secondaire Louis-Riel and made its way down Bearbrook Road to the Fun Fair grounds next to the Blackburn Arena.

As has become tradition, pretty well anyone can take part in the parade, and it always seems like half of the community does.

After the parade, business picked up at the inflatable rides and the Fun Fair games outside the arena which included a ring toss, a duck pond and a toilet seat toss. Meanwhile, in the

ball diamond, Blackburn's finest four-legged canines got to strut their stuff in the Blackburn Fun Fair Dog Show, which has become an annual favourite.

Little Ray's Reptiles was also a popular attraction, as was the face-painting tent, the Mojo Magic Show and the Vengeance Van where people could put on safety goggles and destroy house-hold items using a sledge hammer.

Later in the day, everyone's attention turned to the main stage where the entertainment was provided by a series of bands starting with students from the School of Rock, the Squirrel's Nuts Band, Jeff Coghill and Mothership: The Led Zeppelin Experience.

This year's Fun Fair was brought to a close with the annual fireworks display that didn't leave anyone disappointed.

CONTINUED ON PAGE 2 ▶



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## Hundreds flock to pair of east end fun fairs

Continued from page 1

Just down the road at the Earl Armstrong Arena, Beacon Hill-Cyrville city councillor Tim Tierney was hosting that community's Celebrate Summer Fair.

Just like the Blackburn Fun Fair, the Celebrate Summer Fair started with a free pancake breakfast. After all the plates were cleared away, the action turned to the midway and a number of free activities that included a bouncy castle, face-painting and a magic show.

The free hot dog lunch was also very popular as was the free cake up for grabs following the traditional cake-cutting at 1 p.m. The afternoon was also filled with free entertainment on the main stage.

In the afternoon, a number of princesses and superheroes showed up to visit with the kids and have their picture taken with them. Among the "celebrity" visitors were Ariel, Snow White and Spiderman.

Neither of the fun fairs would be possible without the support of their respective community associations and the work of dozens



Residents from Blackburn Hamlet march down Bearbrook Road during Blackburn Fun Fair parade on June 1. FRED SHERWIN PHOTO

of volunteers. The Celebrate Summer Celebration also benefits from the support of Kiwanis East Ottawa.

## 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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Lundi**

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# Kevin Frost to host golf camps for blind and visually impaired youth

By Fred Sherwin  
The Orléans Star

Blind-deaf athlete *extraordinaire* Kevin Frost has another project he's pursuing. The Orléans resident has joined forces with Ontario Blind Golf to organize a golf camp this summer for young people who are blind or visually impaired.

Two separate day-long camps will be held on July 17 and August 14. Participants must be between the ages of 10 and 29. They can take part in either or both camps. The instruction will be provided by a team of professionals from SwingFit Golf.

The camp is being fully funded by the Ottawa RedBlacks Foundation, so there is no cost involved and the equipment is being provided by the Pine View Golf Course.

"The idea is to introduce the game to blind or visually impaired young people, especially girls," says Frost.

Each camp will consist of 4-5

hours of lessons, followed by three holes of live golf.

An information session about the camp will be held at the Pine View Golf Course on June 19.

Anyone interested who is blind or visually impaired should contact Kevin by e-mail at frostkevin67@gmail.com for more information.

As for Kevin's own golf career, he is currently preparing for the Nations Cup Blind Golf Championship, which will take place in Ohio from June 11-14.

The Nations Cup pits the best blind and visually impaired golfers from Canada and the United States against each other in a team competition.

Kevin was part of the team that competed in the Nations Cup two years ago and lost by just half a point.

Each team consists of 10 players who play in pairs similar to the foursome format used at the Ryder Cup.

Each player hits their first two shots. They then play the ball in the best position for the rest of the hole with taking alternating shots.

The scoring is similar to match play. You get a point for each hole you win and half a point if you tie the hole. Each team plays two rounds of golf over two days.

"Hopefully, this time we'll get the win and we'll bring the trophy back to Canada," says Kevin, who is also looking forward to playing competitive golf again after taking a year off to train a new guide dog.

His old dog Lewis had to be retired in September, 2022. It took 11 months for Kevin to be assigned a new guide dog.

Woody came into Kevin's life last August and it took the better part of six months for the pair to become fully accustomed to each other. They are now a team and they're ready to hit the links together.

The next two big events after the Nations Cup is the Canadian and



Kevin Frost and his guide dog Woody are looking forward to hitting the links for another season. PHOTO SUPPLIED

Western Blind Golf Championships in Cranbrook, B.C. in July and the Ontario Provincial Blind Deaf Golf Championships in August.

But the one event Kevin is really aiming for is the World Championships which will be held at The Greens at Renton Golf and Country Club in Simcoe, Ontario in 2025. The event is being held at the same time and place as the Canadian Open Blind Golf Championships.

"That's the biggie. That's the one everyone is shooting for," says Kevin, who placed 7th in his category at the World Championships in 2023.

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# Ceasefire

I was going to write a tongue-in-cheek editorial on how we can reduce traffic in Ottawa by introducing mandatory road tests every five years. The idea being that many Ottawa drivers could never past the test and therefore lose their licenses. But then news of the latest bombing of Palestinians civilians in Gaza flashed across my TV screen.

In what Israeli president Benjamin Netanyahu called “a “tragic mistake”, the Israel Defence Force (IDF) bombed a camp for displaced Palestinians in the southern city of Rafah, killing at least 45 people including 23 women and children.

This is not the first time Palestinian civilians have been killed in the Israeli offensive against Hamas. According to the United Nations’ humanitarian office, more than 34,000 civilians have been killed since Israel began its retaliation against Hamas after members of the terrorist organization crossed the Gaza-Israel border seven and a half months ago and killed more than 1,200 people while taking over 250 hostages.

In the past I’ve been reticent to speak out against the ongoing military campaign by the IDF in Gaza. And no, it’s not a war. A war would involve two sides fighting each other. The conflict between Russia and Ukraine is a war. In the case of the Gaza conflict. It’s one side, Israel, against a group of terrorists, Hamas, with the Palestinian people caught in the middle and paying with their lives.

I didn’t write anything when the IDF bombed and then raided the al-Shifa Hospital in an effort to hunt down members of Hamas while killing more than 100 civilians in the process. I remained silent when the IDF “mistakenly” hit a World Kitchen convoy in April, killing seven volunteers with the humanitarian organization.

I stayed silent despite the ongoing misinformation campaign waged by the Netanyahu government and the IDF about the establishment and existence of so-called humanitarian safe zones that exist in words only and the campaign being waged by the Israeli government and the IDF to prevent humanitarian aid to reach the civilian population.

But I can remain silent no longer. Those who defend the IDF’s actions and dismiss the thousands of civilian casualties, absolve the Israeli government’s actions by placing the blame entirely at the feet of Hamas.

How convenient. The fact of the matter is that the Israeli government can stop the indiscriminate bombing of civilian areas any time it wants. Unfortunately, the continuing military campaign and the mounting casualties of women and children are doing more to raise the ugly spectre of anti-Semitism around the world than anything else imaginable.

The truth is you can be both anti-Hamas and against the bombing of innocent civilians in Palestine at the same time. Just as you can be both pro-Israel and pro-ceasefire. Many Israelis are. The killing needs to stop and it needs to stop now. Agree to a ceasefire. Allow humanitarian aid to get into Gaza in a significant way and negotiate the release of the hostages taken last fall.

Finally, negotiate a settlement that results in the disarming of Hamas militants in Gaza, while enabling the withdrawal of IDF forces and replace them with UN peacekeepers.

— Fred Sherwin

**THE**  
**Orléans Star**

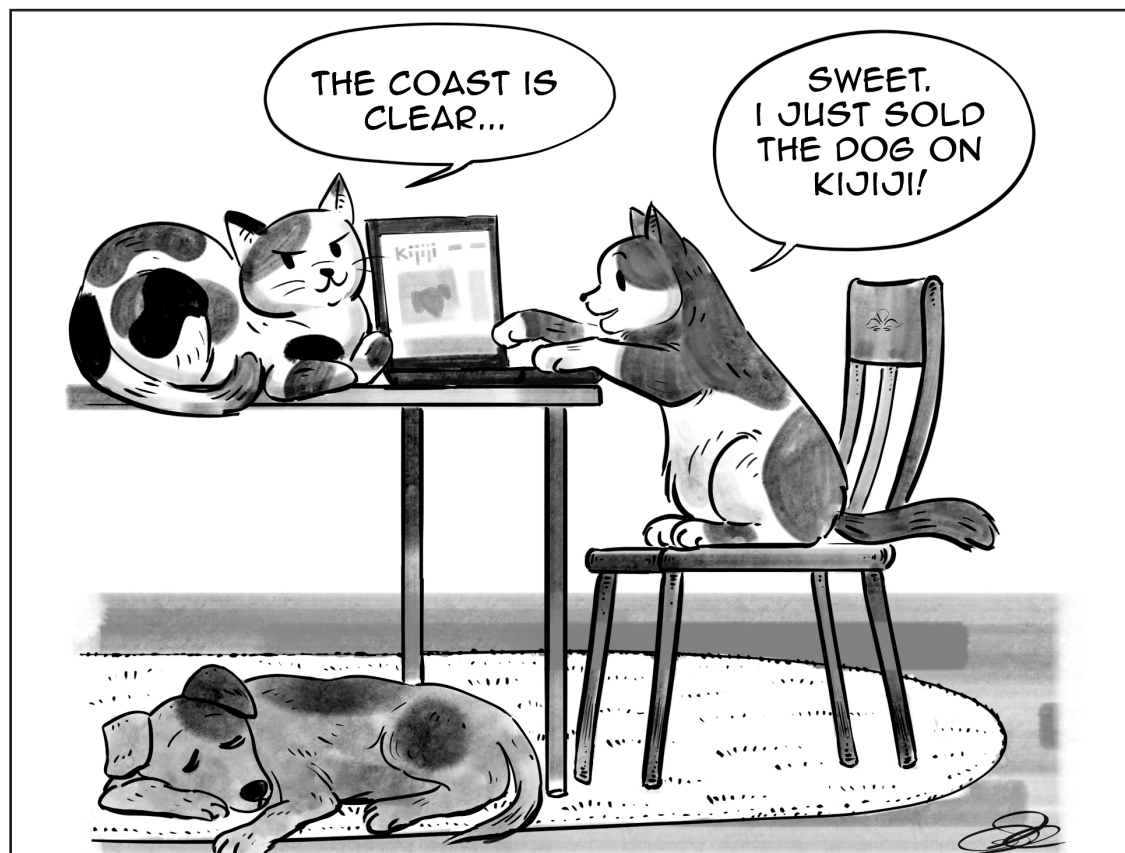
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The Orléans Star is a bi-weekly publication distributed to over 40,000 residences in Blackburn Hamlet, Orléans and Navan. The newspaper is locally owned and operated by Sherwin Publishing Inc., 745 Farmbrook Cres., Orléans, ON. Inquiries and delivery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



## Alcohol sales in convenience stores has a costly downside

The Ford government is to fiscal conservatism what pleather is to leather: a perpetuated fraud.

When I am on the Québec side, I see plenty of choices of buck-a-beer. But, what-ever happened to Doug Ford’s buck-a-beer promise? I suspect that like all his other promises, it was recycled and is in a landfill somewhere in Ontario.

Despite the latest budget announcement that the deficit will triple to \$9.8 billion, the highest non-COVID budget deficit since 2014, the recent announcement by Ford to allow convenience stores to sell beer and wine a year early will cost you, the Ontario taxpayers, at least \$225 million. Based on the evidence, experts predict it will cost hundreds of millions more.

Therefore, the question needs to be asked: Why is the rush of a single year that is going to cost Ontario taxpayers \$225M to \$1 billion? Naturally, the second question comes to mind – with an additional net revenue loss of \$150M to \$200M per year, how will the Ontario government address this gap – more debt?

The government also needs to explain which one of Ford’s friends, supporters, or cronies is going to benefit at our expense. While other jurisdictions have auctioned convenience and grocery store licenses for upwards of \$450,000 per permit, the Ford government is not charging for a single permit! Saskatchewan made \$45M on just 35 licenses. The Ford government is projecting thousands more points of sale in Ontario.

If Ontario were to auction its liquor license permits and achieve on average \$100,000 from 1,500 grocers

for a total of \$150M and \$50,000 from 3,000 large-scale chain convenience stores for a total of another \$150M, they could extract \$300M in value from these new permits. These are very conservative estimates based on the provincial projections of the volume of new points of sale, while also exempting small retailers from being required to buy in.

But let’s say this is what Ontarians want and taxpayers’ dollars be damned. What is the benefit to us? Will the price of alcohol drop? Some experts are predicting that the convenience store premium could be anywhere from 20 to 40 or even 50 per cent, depending on the product.

Will it be more convenient for us to buy our produce, meats, milk, and yes, alcohol in one stop? Possibly. But what selection of alcohol will be at your local superstore or convenience store? If you have ever visited a dépanneur on the Québec side, there are limited choices. This is because the store will offer what is being sold *en masse*. So convenience is not a sure thing for many of us.

Currently, I can purchase a 6-pack, 12-pack, 24-pack, etc. of a variety of beers at the Beer Store. I can do likewise with wine and whiskey, vodka, rum, etc. at the LCBO.

In the end, the Ford government cares little about fiscal responsibility, which is why, under this government, Ontario’s debt has climbed by more than \$100 million to \$439 billion, which is the largest debt of any sub-national jurisdiction in the world



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**Stephen Blais**



# Dealing with your parents' twilight years can be a challenge

There are many things they don't teach or tell you when you are in your 30s and 40s that would be good to know later in life. One of those things is how to deal with your parents as they near the end of their lives.

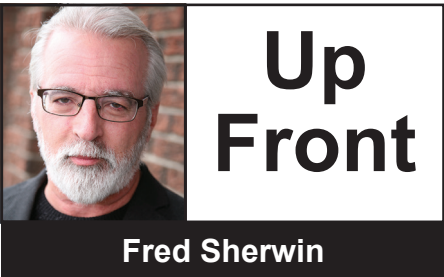
I consider myself extremely fortunate. Both of my parents passed away in their sleep from natural causes. My mother was 81 and my dad was 90. My dad took care of my mother's estate after she passed and he pre-arranged his own funeral while making sure all the Ts were crossed and the Is dotted when it came to his estate.

Unfortunately, many of my friends have not been as fortunate.

Neither of my parents had dementia, although both of my grandmothers did. Both my maternal and paternal grandmothers lived with Alzheimer's well into their 90s.

When my mother started losing the ability to take care of herself, my father became her primary caregiver while they lived together under the same roof. He would carry her to the bathroom, change her, bathe her etc. It took a terrible physical toll on him. He started having all sorts of problems with his shoulders and knees.

The obvious solution was to check my mother into an extended care home, but as anyone with aging parents who need



extended care knows, that's easier said than done and can often take months, if not years.

Fortunately, in our case, it only took a couple of months and mother eventually ended up at the St. Patrick's long-term care facility near Mooney's Bay where she remained until her passing in 2013.

Dad eventually moved into the Rockcliffe Retirement Residence where he stayed for a couple of before moving to the Viva retirement community in Barrhaven to be closer to my sister. He remained there until his passing in 2022.

But like I said, our family was fortunate. Neither of my parents had dementia and they had the resources to move into a retirement home where their needs were looked after.

A lot of people, including several friends are mind have not been so fortunate.

One of the biggest concerns as our parents get older, especially when they move into

their 70s and 80s is dementia, including Alzheimer's.

Dementia is a horrible affliction. It ranks right up there with ALS. But as devastating as ALS can be, it doesn't last nearly as long as dementia can. Some people can live with dementia for 10 years or more. Alzheimer's can afflict a person for up to 20 years.

One of the symptoms of dementia is aggressive or violent behaviour. The parent you always remembered as being caring and nurturing may slowly evolve into a mean-spirited, angry person especially around strangers or caregivers who aren't family members.

I once had a friend who used to get called in the middle of the night to come get his father who had become violent with the staff at the facility he was staying at. On two of those occasions, he had to find a new facility which would take his dad. In the meantime, he had to care for him himself in his own home which he was not equipped for. I remember he once called me in tears not knowing what to do or how to cope. I told him that in the end, all you can do is your best.

Another issue that is far too common is an unwillingness on the part of an aging parent to make the necessary arrangements should their health take a turn for the worse.

We all need to at least prepare a will in case we're no longer here for whatever reason. And the older we get the more important a will becomes.

The last thing anyone wants is for a parent to pass away or become mentally incapacitated before at least having written a will and naming their future executor and the individual(s) they want to exercise power of attorney. This is especially true when one parent has already passed, and your loved one is the lone surviving parent.


Nothing is worse, or has the potentially for severe mental anguish than for a sole surviving parent to die without having prepared a will. When that happens in Ontario, the estate is divided equally between any surviving children after all the taxes and lawyers are paid. Things can quickly go sideways, however, if one of the siblings decides they want to contest the division of the belongings and property.

All of which to say we need to be prepared for when things take a turn for the worse, as they inevitably will. Talk to your parents about potentially having to move to a retirement community or a seniors' home, and for goodness' sake, talk to them about the importance of preparing a will while they still have the mental capacity to do so.

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## Cosultation process restarted for François Dupuis District Park

With the warmer weather here, I know many of you will be taking advantage of the incredible parks and green spaces we have in Orléans South – Navan. On that note, I am thrilled to announce that we now have the necessary funds secured, and I have reinitiated the consultation process on the preferred design for the district park adjacent to the François Dupuis Recreation Centre!

Many of you may recall that former councillor Stephen Blais initiated consultations on the project years ago, but funding remained a hurdle. The 2018 plan was based on the recreational needs of the time and included amenities such as a skateboard park, BMX track, and toboggan hill, among others. While these features were well-received, I recognize that our community's needs may have evolved over the past few years. The City is ready for your feedback and open to updating the plan to align with current recreational preferences and trends.

This consultation marks the first of

multiple opportunities for you to voice your opinions. It is aimed at providing a platform to comment on the types of amenities being proposed and to collect suggestions for other potential features. Your feedback is essential! Please take a moment to have your say on Engage Ottawa. The survey is open until June 12.

Subsequent consultations will present updated layout concepts and delve into more specific details of the proposed park features. This phased approach ensures that we can incorporate your feedback effectively at each stage of the planning process.

Whether you are passionate about having more green spaces, pickleball courts, accessibility features or unique recreational areas, your input will help create a park that truly belongs to all of us.

Together, we can create a vibrant, inclusive, and dynamic park that will serve our community for years to come. I look forward to hearing your thoughts and working together to bring this exciting project to life!



**Catherine Kitts**

Orléans South-Navan

## Three-item limit is an interim solution to a much bigger problem

There's a lot of talk about the City of Ottawa's new Solid Waste Master Plan, or, at least, the policy being rolled out in September this year.

While it is true the item count appears to be cut in half, there is some nuance to the policy that deserves some explanation.

This compromise between restricting everything put out requiring costly tags and administration – and the status quo of six bags – is three items. This is the equivalent of three 140-litre bins weighing up to 33 lbs each, or 99 lbs of garbage. It doesn't matter how many bags are in each bin. If you have a bulky item like a big chair, you can put it out along with two 140 litre bins.

This must be an interim solution only, as burying our solid waste is not a progressive or sustainable solution. Along with a few of my colleagues, we are advocating for tried and tested technology, already in use in places like Stockholm and Malmö.

Waste to energy solutions can harness

latent energy, dispose of waste, help to create new, sustainable building materials, power neighbourhoods and grow plants and trees.

We need to get over the stigma and misnomers. We are not talking about simply burning trash, we are talking about harnessing the energy of waste materials in a

sustainable and productive manner.

It is unrealistic to think that further reductions in what can be put out is even possible without major reforms by producers. We often cannot choose how what we consume is packaged. We need further leadership from other orders of government to eliminate waste at its source and cannot continue to place the onus on the consumer who is left without a choice.

Our environment is precious. It is the legacy we leave our children. I take this very seriously. That's why I am looking for practical solutions that work for everyone. I hope this provides some desperately needed clarity on the matter.



**Matt Luloff**

Orléans East-Cumberland

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# Navan Community Association launches fundraising campaign

By Fred Sherwin  
The Orléans Star

A group of Navan volunteers have launched an ambitious fundraising campaign aimed at raising enough money to build an outdoor pavilion on the Navan Fairgrounds.

This campaign is being spearheaded by the Navan Community Association (NCA), which has already raised \$620,000 through private donations, including a \$200,000 contribution from the Friends of the Mer Bleue. The NCA is hoping to raise another \$280,000 through the public fundraising campaign.

Once it's built, the 15,300ft<sup>2</sup> pavilion will be used to cover an outdoor rink in the winter and host a number of events the rest of the year, including the Navan Fallfest, the Original Navan Market and the Navan Fair without the fear of rain.

The pavilion will also allow the NCA to attract other events which will only serve to benefit the community.

“At its core, the project is designed to foster social connections and enhance the well-being of residents, by providing a space for people to come together, engage in activities, and build relationships,” the NCA

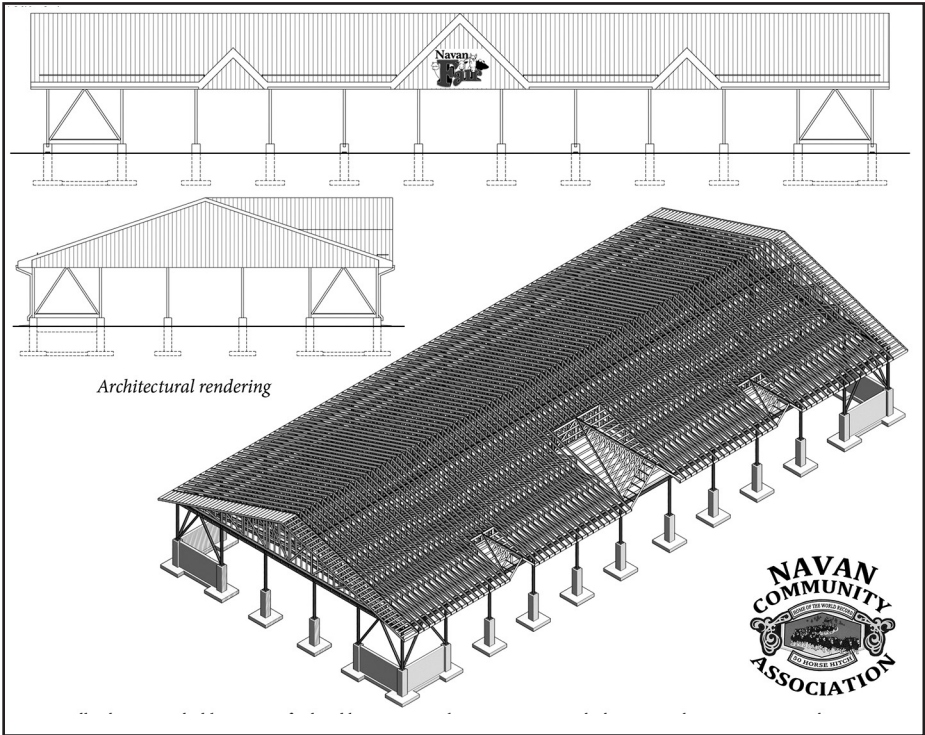
states as part of its press release.

The fundraising campaign is part of a long tradition of successful fundraising efforts in the past in Navan that include the Navan Cenotaph, the Navan Memorial Arena, the Navan Town Clock and the St. Mary's Church restoration project.

Some of the local businesses and families that have so far contributed to the project include:

- the Seguin-Reid Family
- Gloucester Electric
- C&L Construction
- Maurice Yelle Excavation
- Heritage Funeral Complex
- Urban Quarry
- Moore Investments & Insurance Group
- Top Grade Enterprise
- the Moore Family
- the Cumberland Township Agricultural Society

Besides individual donations, the NCA is also hoping to get more corporate donations by offering various incentives depending on how much money they donate such as having their name placed on a dedicated plaque and public recognition in print and social media.



The proposed Navan Fairgrounds pavilion will provide a covered shelter for the Navan outdoor rink in the winter and a variety of events in the the rest of the year including the Navan Fallest and the Navan Fair and Original Navan Market. ILLUSTRATION PROVIDED

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# St. Joseph food truck specializes in gluten-free options

By Jody Maffett  
The Orleans Star

It's been four years since three Carine Wilson graduates got together to launch a food truck in the middle of the pandemic with little more than a hope and a prayer.

None of them had any experience operating a business of their own, but they did have youthful exuberance on their side and a wonderful location on St. Joseph Blvd. next to the Gabriels Pizza Plaza. They also had a terrific mentor who helped them find a truck and gave them plenty of advice.

Although Owen O'Donnell, Kitana Samson, and Meagan Mackenzie all went to Cairine Wilson at about the same time they all hung out with different crowds. It wasn't until after they graduated that Owen and Kitana started dating each other. That's also when Meagan entered the picture as they began hanging out in the same social circle.

At the time, Kitana was also working at the Upper Deck food truck which was a double-decker bus located on Innes Road.

Owen and Kitana first began thinking about operating their own food truck before the pandemic began, but when they looked into the financial implications of buying a truck and making it operational, they realized it would be impossible without a partner. At

about the same time, Meagan was looking for a summer job. After talking it over, the three friends decided to pool their resources and go into business together.

Rather than buy their own food truck, the owner of the Double Deck bought one and agreed to lease it back to them on a rent-to-own basis. They also had to put in a lot of sweat equity. The food truck hadn't been used in a while and was in pretty bad condition.

It took the three friends five months to whip the truck into shape and give it a new paint job. "It was well worth it, but it was brutal at the time," says Samson.

The hardest part in getting the business off the ground was coming up with a name. After throwing around a bunch of ideas, they settled on That Food Truck, "because we are THAT food truck. We cover it all," explains Samson.

The next big decision was to make sure everything on the menu had a gluten-free option. They also have a number of vegan options as well.

"From the get go, we wanted our whole menu to have the option of gluten-free," says Samson. "Meagan and I had both worked in a dual kitchen before, so we knew how to do it already and we knew there was a need in the community."



(L to r) Kitana Samson, Owen O'Donnell and Meagan Mackenzie are the proud owners of the T.F.T. food truck on St. Joseph Blvd.

They eventually opened for business in April 2020, smack dab in the middle of the pandemic, which proved to be a blessing in disguise not only for them, but for food trucks across the city. During the pandemic, traditional sit-down restaurants were only able to offer take-out, which leveled the playing field for everyone.

In fact, business was so good during the pandemic, the trio was able to pay off the

lease on the truck after just two seasons. Since then, business has been steady as the truck now has a huge following including customers who are looking for a gluten-free option they can trust.

In the future, the trio hopes to buy a trailer so they can start catering events. For now, they love what they do and they love doing it together. You can find them on Facebook at [facebook.com/T.F.T.That.Food.Truck](https://facebook.com/T.F.T.That.Food.Truck)

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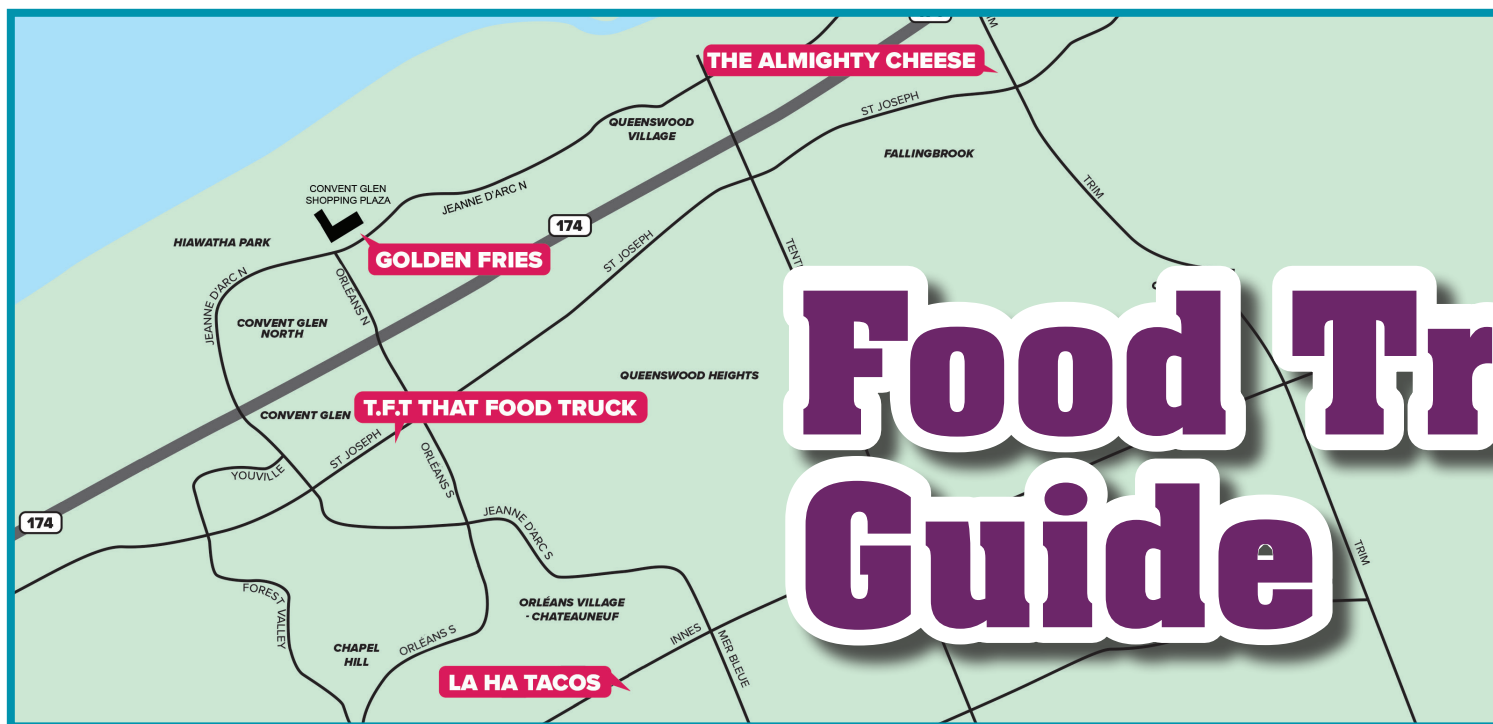
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# Heating and cooling expert gearing up for a long, hot summer

By Fred Sherwin  
The Orléans Star

By his own admission, Jerry Lemay has been around a long, long, very long time. The founder of J.G. Lemay Heating and Air Conditioning first started repairing furnaces in 1976. He soon began repairing air conditioners and other ventilation systems and later branched out into sales. More than 40 years later, Lemay is still going strong, repairing and installing furnaces and air conditioners 24/7.

With the recent heat wave, Lemay has been getting more and more calls to install or service air conditioners. With his years of experience, Lemay is a wealth of information when it comes to air conditioners and air conditioning systems.

The most important function of an air conditioner is removing humidity from the inside of the house. It's second function is to cool the air.

To efficiently keep a home cool during those hot summer days, it's important to determine the size of the room or home the unit is intended for and match it to make sure the unit has the capacity to do the job.

If an air conditioner is too small, the unit

will never stop working on hot days and, consequently never effectively lower the home's interior temperature. Similarly, if the unit is bigger than what is needed, it won't run long enough to dehumidify the home, creating excess dampness.

Once an air conditioner has been installed, it is important to maintain it every spring so that it stays in proper working order. Lemay stresses that after a central air conditioner is four years old it should be checked by a certified technician every year or two.

"A lot of people think that if the unit is working it must be fine, but relatively inexpensive repairs when problems arise will avoid a total breakdown and potentially an even bigger bill," says Lemay. "Proper maintenance will also lower your hydro bills and make your unit more efficient."

Lemay also sells and installs central air conditioning units for homes that have no duct work. The units are effective in keeping your home cool and comfortable during the summer months.

In the end, Lemay believes that air conditioners are investments that yield a return to the owner. Homes with central air systems often sell faster and for more money



Jerry Lemay has been in the home heating and air conditioning business for more than 40 years. FILE PHOTO

than homes without them.

Central air conditioning systems can also be beneficial for people with allergies especially when combined with a proper air filter or air filtration system.

Jerry Lemay would be more than happy to answer any air conditioning units questions you may have and recommend a solution that both meets your needs and your budget. Give him a call at 613-835-2658 today.



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# Orléans author publishes first fictional novel, *The Spanish Note*

By Jody Maffett  
The Orléans Star

After publishing three children's books in French, Orléans author Rosemary Doyle has recently written a fictional novel in English about a woman who travels to Spain to learn about the man whom her recently deceased grandmother fell in love when she was a young woman herself.

Doyle's previous works are *Les voyages de Caroline*, published in 2016; *Le Monde de Rosemarie*, published in 2017; and *Aloha, Hola et Salut de Caroline* which was published in 2020. All three books were published by Les Éditions l'Interligne of Ottawa.

Her newest work, *The Spanish Note*, is an English-language novel which opens with the memories of Sophie, a young university student who is clearing out her beloved grandmother's attic after her death.

In addition to the many reminders of her childhood, Sophie discovers a collection of very old letters from Spain and a love note written in Spanish, by a mysterious man named Eduardo. Thus begins Sophie's long quest to solve the mystery of their origin.

The letters transport Sophie to 1913

when her grandmother Maggie is reflecting on her studies as a nurse and her close relationship with two Spanish siblings, Eduardo and Maria Cristina. But who were these people? How did their lives interweave with Maggie's and why has Sophie never heard of them?

As she digs deeper into the past, Sophie learns more about her grandmother's life and her ties to Eduardo.

The story spans four generations of a Canadian and a Spanish family forever united by the ties of friendship and love born in Winnipeg at the beginning of the 20th century.

Eventually Sophie and her own family visit Spain to meet the family of the man with whom her grandmother fell in love many decades earlier and they gradually form their own relationship.

The inspiration for the book came from Doyle's own love of historical romance novels and from Spain, where she studied for one year as a student and often travels to with her husband. In fact, they spent their honeymoon in Spain.

She also wanted to pay tribute to her paternal grandmother, who was one of the first graduates of the nursing program at St. Boniface Hospital in St. Boniface,



Orléans author Rosemary Doyle holds her latest book entitled *The Spanish Note*, about a young woman who finds a bunch of letters exchanged between her grandmother and a young man from Spain who she fell in love with.

Manitoba in 1913.

Doyle believes the book will appeal to readers who enjoy learning about history, travel and exotic culture, blended into a story that unites the themes of love,

family, loyalty and friendship.

You can purchase a copy of *The Spanish Note* on Amazon, the Indigo Chapters website and the Friesen Press Bookstore at [books.friesenpress.com](http://books.friesenpress.com).



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# New Convent Glen pizzeria has area pizza lovers buzzing

By Fred Sherwin  
The Orléans Star

Sam Sourabh knows a thing or two about pizza. Prior to moving to Ottawa in July 2019, he managed a Pizza Pizza store in Winnipeg.

Sourabh was in Ottawa less than a year when the COVID-19 pandemic started. As the Ontario government began to lift the COVID restrictions in the spring of 2022, Sam decided to open a pizzeria in the south end of Ottawa on Riverside Drive.

Despite the obvious challenges of starting a new business in the shadow of the pandemic, the pizzeria slowly gained in popularity among the locals and things took off. The pizzeria has a 4.7 rating on Uber Eats based on 3,290 reviews.

In November, Sourabh heard that the former owners of the House of Pizza in the Convent Glen Shopping Plaza were looking to sell the business.

After the two brothers talked things over, they decided to buy it. The first thing they did was to change the name to Cosenza Pizza N' Calzones.

The second and most important thing they did was to improve the ingredients and bring them up to the same standards that are the

reason behind the success of the Riverside location.

"We've basically taken what was working for us on Riverside and brought it here," says Sourabh. "For instance, we use the best quality pepperoni and sausage we can find."

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

Their Cosenza Special Pizza is also very popular. The toppings include thinly sliced prosciutto, black olives and artichokes on a thin crust pizza with an olive oil drizzle and a dusting of grated Parmesan cheese.

The pizzas can all be ordered with your choice of sauce, including pizza sauce, meat sauce, BBQ sauce, garlic sauce and butter chicken sauce.

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

"It's a lot less messy than your regular pizza and you can eat it with either your



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

hands or a knife and fork," says Sourabh.

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

There are lots of reasons to give Cosenza

Pizza N' Calzones a try. You can order home delivery through either Uber Eats, or Skip the Dishes, or you can pick it up yourself and save 10 per cent on your bill.

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



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# East end athletes break two long-standing records at National Capital track and field championships

By Fred Sherwin  
The Orléans Star

The National Capital Secondary School Track and Field Championships were held at the Terry Fox Athletic Facility at Mooney's Bay on May 22 and 23 with athletes competing from across the city including Orléans and the surrounding area.

Up for grabs was qualification for the OFSAA East Regional championships and a chance to earn a berth in the OFSAA provincial championships being held in London this week. All told, 57 different athletes managed to earn an invitation to the East Regional in an individual event, while several others did so in the relays.

Eighteen athletes managed to qualify in multiple events including Taisei Tan from École secondaire catholique Béatrice-Desloges who won the both the 100-metre and 300-metre hurdles and placed third in the 400 metres. and Zachary Jeggo from École secondaire publique Louis-Riel who won the senior boys 400 metres and 400-metre hurdles and placed fourth in the 200.

Tan and Jeggo also had one other thing in common – they both broke meet records that have been on the books for over 20 years. In fact, Tan broke two meet records.

On the opening day of the meet, the 15-year-old Grade 10 student set a new meet record in the junior boys 300-metre hurdles with a time of 40.08 seconds which bettered the old meet record set 28 years ago by former St. Matthew High School student Matt Stenson.

The very next day, Tan set a new meet record in the 100-metre hurdles with a time of 13.90. The previous record was held by Leewinchell Jean from Gisèle-Lalonde who ran a 13.93 in 2017.

Jeggo also managed to get his name in the record books by running a 47.96 in the senior boys 400-metre final. His time smashed the old record set 38 years ago Phillip Hughes from Earl of March High School by nearly half a second.

École secondaire publique Gisèle-Lalonde athlete Aird-Greaves was the only triple



Taisei Tan, left, clears a hurdle on his way to setting a new meet record in the novice boys 80-metre hurdles at the National Capital Secondary School Track and Field Championships on May 23. FRED SHERWIN PHOTO

event winner from the east end with wins in the novice girls long jump, 100 metre sprint and 80-metre hurdles.

Other east end athletes who qualified for

the East Regionals in multiple events include Laila Lebel from Colonel By Secondary School who qualified in the novice girls

CONTINUED ON PAGE 12 ►



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# East end hurdlers lead the way at high school T&F championships

Continued from page 11

800 metres (3rd), the 1500 metres (2nd) and the 3,000 metres (3rd), and Daniel Cova from Lois-Riel who won the senior boys 3000 metres and placed second in both the 1500 metres and the Open Boys Steeplechase.

Timéo Atonfo from Gisèle-Lalonde also qualified in three events despite having a suffered an ankle injury last month which severely limited his preparation.

The 16-year-old Grade 11 student won both the senior boys 110-metre hurdles and the long jump. He also qualified for the East Regionals in the triple jump with a third place result.




Other east end athletes who stood out at the city championships include Mallea McMullin from Louis-Riel who came within 50 centimetres of breaking the meet record in the novice girls javelin held by Heather MacDonald since 1977; Danica Mulvihill, also from Louis-Riel who won the senior girls 100-metre hurdles and placed 4th and 5th in the 200 and 100 metres respectively; and Frankie Cobby from St. Peter High School who won the senior girls triple jump and placed 4th in the long jump.



(Above left) Louis-Riel's Zachary Jeggo set a new meet record in the senior boys 400 metres with a time of 47.96 seconds. (Above right) Fellow Louis-Riel athlete Lydie Glory Boli gets out of the blocks on her way to winning the junior girls 100 metres. (Right) Timéo Atonfo from École secondaire publique Gisèle-Lalonde leaps to a first place result in the senior boys 110-metre hurdles. FRED SHERWIN PHOTOS



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### SATURDAY, JUNE 8

**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 [facebook.com/cumberland.f.market](http://facebook.com/cumberland.f.market).

**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](http://facebook.com/OriginalNavanMarket).

**THE ORLEANS BREWING CO.** presents Cover It Up live from 8-11 pm. \$10 cover. The Orléans Brewing Co. is located at 4380 Innes Rd. near the McDonalds. For more information visit [orleansbrewing.com](http://orleansbrewing.com).

**TAPROOM 260** presents the Bent up Good live from 8-11 pm. Located on Centrum Blvd. in the Orléans Town Centre. For more information visit <https://taproom260.com/events/>.

### WEDNESDAY, JUNE 12

**MUSIC IN THE PARK** featuring the Orléans Jazz Band at 6 p.m. under the Domes at the

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### THURSDAY, JUNE 13

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### FRIDAY, JUNE 14

**TAPROOM 260** presents Ryan MacIntyre live from 8-11 pm. Located on Centrum Blvd. in the Orléans Town Centre. For more information visit [taproom260.com/events](http://taproom260.com/events).

## IN MEMORIAM



**Marie-Paule Dussiaume, 96**  
Passed away on May 28, 2024

**Amrinder Singh, 33**  
Passed away on May 26, 2024

**Robert Bissonnette, 80**  
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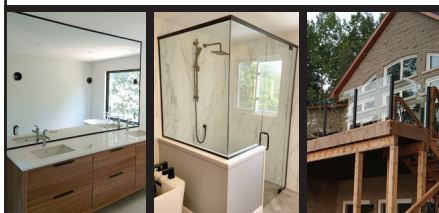
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