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THE Orléans Star

June 8, 2023 • Volume 37, No. 3

Next edition June 22



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Charlotte, or Chuck as she is known to her friends, gets a heart painted on her left cheek during a visit to this year's Blackburn Fun Fair with her mother and siblings. FRED SHERWIN/PHOTO

Fun fairs a happy harbinger of summer to come

By Fred Sherwin
The Orléans Star

Summer officially got underway last weekend with not one but two family fun fairs in Blackburn Hamlet and Beacon Hill

Free from the shadow of the COVID-19 pandemic, this year's Blackburn Hamlet Fun Fair was just that – FUN. Partially due to the freedom of not having to worry about catching the virus that had affected so many, and partially due to some of the best weather the fair has enjoyed in years, fair-goers were able to let loose and enjoy what is essentially an annual reunion of sorts and renew acquaintances with their friends and neighbours.

The fair kicked off last Friday with inflatable rides, a climbing tower, a movie night in the featuring the all ages production of *Puss in Boots: The Last Wish* and a craft beer night in the designated beer garden for the adults.

But Friday provided only a small taste of the main event on Saturday which started off with the traditional pancake breakfast followed by the annual Fun Fair parade down Bearbrook Avenue from École secondaire publique Louis-Riel to the fair itself. It seemed nearly everyone in Blackburn Hamlet took part in the parade along with a few outsiders.

After the parade, it was time to take in all that this year's fair had to offer including Little Ray's Reptiles, the Dunk Tank, a climbing wall, traditional fair games like the ring toss and a duck pond. There was also an inflatable ride area, face-painting and a magic show.

Later in the day and into the evening, the beer garden began to fill up in anticipation of the live entertainment which featured the band Ambush, which has a huge following in the east end largely due to their many appearances

CONTINUED ON PAGE 2 ►



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COMMUNITY BRIEFS

O Canada celebration in need of volunteers



ORLÉANS – Organizers of this year's O Canada celebration on Petrie Island have put the call out for volunteers to help with everything from setting the event up to activities the day of and even the clean-up the day after. July 1 falls on a Saturday this year, which means a lot of people will opt to go to their cottage for the long weekend rather than deal with the traditional Canada Day crowds. It also makes it harder to recruit volunteers.

But without sufficient volunteers, the job of running the event will fall on the hands of a few. The O Canada event represents the perfect opportunity for students to rack up some community service hours while truly serving their community and having fun at the same time. Becoming a volunteer also means you have more convenient access to the island and the event itself. The time commitment is up to each volunteer and can range from just a few hours to the entire day. You can register to volunteer online at www.ocanadaorleans.ca/volunteer.

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



ORLÉANS – The Orleães Star is now accepting orders for the 2023 edition of the Orleães Road Map featuring 25 new streets. This is the fourth edition of the popular road map which features a map of Orleães 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.

Blackburn Hamlet and Beacon Hill fun fairs kick off busy summer season

Continued from page 1

at the Navan Fair which takes place in Navan every August. Saturday's activities wrapped up with a fireworks display.

The final day of the fair on Sunday featured the 1K and 5K Fun Runs and a dog show with some fancy canines.

Not far away from Blackburn Hamlet, Beacon Hill-Cyrville city councillor Tim Tierney was hosting his 10th annual Celebrate Summer Family Fun Day at the Earl Armstrong Arena with a free pancake breakfast, a hot dog lunch, cake, inflatable rides, face painting and a midway.

Saturday night featured a full line-up of entertainment on the main stage until 11 p.m.

Judging by the smiles on all the faces, this year's twin family fun fairs were another

huge success with the rest of the summer still ahead of us.

The next big family event on the local calendar is the O Canada Orleães event taking place on July 1 on Petrie Island.

The O Canada celebration is a continuation of a long history of Canada Day celebrations in the east end that date back to the original Fallingbrook Canada Day celebration that was started back in the early 90s.

That event was eventually replaced by the Greater Orleães Canada Day Celebration that took place on Petrie Island from 2005 to 2017 when it was moved to Navan for one year.

After that, the event was taken over by East Ottawa Kiwanis Est which moved it back to Petrie Island.





Jul. 19	 Matinée Café: Megan Jerome	Oct. 28	 Bboyizm – In My Body
Aug. 16	 Matinée Café: Jessica Pearson and the East Wind	Nov. 23	 Séan McCann sings the Great Big Songbook
Sept. 13	 Matinée Café: Durham County Poets	Nov. 24	 Nobuntu
Sept. 14	 World Music: Mateo	Nov. 29	 Matinée Café: Esmerine
Oct. 13	 Stéphanie Morin-Robert – Blindside	Nov. 30	 World Music: Djely Tapa
Oct. 18	 Matinée Café: Kamancello	Nov. 30	 The Men of the Deeps featuring Colin Grant
Oct. 21	 Casting Off	Dec. 2-3	 Orleães Holiday Arts Market
Oct. 26	 World Music: Huu Bac Quintet	Dec. 20	 Matinée Café: Lyle Odjick
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Council likely to approve hybrid bag tag garbage system

By Fred Sherwin
The Orléans Star

City council is expected to vote on a staff proposal next week that will see curbside garbage pick-up limited to an average of two bags every two weeks by the spring of 2024.

Under the plan, each household would be given 55 garbage bag tags to be used at their own discretion over the course of a year. Once they run out, they will have to purchase extra tags at \$3 per tag.

Tags can be used on a single bag of garbage, large items such as a mattress or a sofa and garbage bins up to 33lbs.

The plan has raised a great deal of controversy because it does not differentiate between a small household and a large one.

A family of five would get the same 55 tags as a couple living on their own.

The rationale provided by staff is that beyond a certain threshold, garbage should be treated like a utility, such as water, where households pay in proportion to how much they use the service.

That thinking does not sit well with

Orléans West-Innes councillor Laura Dudas who believes that tagging all garbage is an unnecessary burden on residents. She would prefer a program that allows residents to put out a reasonable number of garbage bags or cans, with tags only required for garbage above that limit, or for large items.

As well, Dudas believes the City must make allowances for larger families, or those with medical needs that produce a greater amount of unavoidable garbage. She also wants the City to make it easier to recycle by offering more than one green/blue/black bin for residents.

The city is moving in the direction of a bag tag program to further limit the amount of trash that is ending up in the city's Trail Road landfill site which at the current rate could reach full capacity in 13-15 years. Staff estimate the bag tag program could extend the lifespan of the site by two years.

One of the biggest arguments against the program is that it will result in illegal dumping in rural areas. But staff are suggesting the city hire four full-time inspectors to discourage illegal dumping and fine anyone



The city is considering adopting a bag tag curbside garbage program to help extend the life of the Trail Road landfill site. FILE PHOTO

who does. Another possible way to encourage residents to recycle more is to ban opaque bags in favour of transparent ones. That idea was expected to come up for discussion at the environment and climate change committee meeting on June 5. City council will debate the bag tag proposal on June 14. The bag tag program would be part of a much larger Solid Waste Master Plan that is being developed for debate and eventual adoption next fall.

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Burn baby burn

The City of Ottawa is finally going to take a serious look at incineration as part of their waste management strategy.

Of course, we've been down this road before. Remember Plasco? That was the company co-owned by former Ottawa Senators owner Rod Bryden, which was going to bring the magic of plasma gasification to Ottawa back in 2006.

The technology was designed to burn garbage at a super high temperature and turn it into energy, repurposing it rather than recycling it. It was also designed to be pollution-free with only a small amount of inert leftover material that could be used for road resurfacing.

The technology, which is used in other countries, was sound. Unfortunately Plasco wasn't. After signing a \$180-million, 20-year agreement with the city and building a \$28 million test plant, Plasco was unable to raise the necessary funds to build a full-scale facility and by 2015 they had fallen into receivership never to be heard from again.

In hindsight, the project was doomed from the start. The council of the day allowed itself to be enamoured by Bryden who could do no wrong in their eyes. They failed to properly examine and vet other proposals in favour of sole sourcing the project to the Sens owner who turned out to be a better hockey executive than a waste to energy expert.

The ill-fated marriage set incineration in Ottawa back 20 years. I'm actually hesitant to even use the word "incineration". It's a dirty word that conjures up images of smoke belching plants polluting everything for miles around. It's a word based in the 70s.

The fact of the matter is that waste-to-energy conversion plants are being used around the world and in many countries like Sweden, the Netherlands and Germany, where they have a strong ecological and environmental ethos.

Most people who are against waste-to-energy conversion either lack the proper knowledge of the technology, or are diehard supporters of recycling. Waste-to-energy removes the need for recycling, especially when it comes to plastics, yard waste and paper because burning plastics yard waste and paper creates the most energy.

Even with waste-to-energy technology, you will still need compost plants to deal with food waste and you will still need to recycle glass and metals. And while there is an argument as to whether we should be burning paper rather than recycling it, you can find a happy medium.

As for whether or not waste recycling plants create toxins that pollute the air, the fact is that the technology exists to several restrict harmful toxins to an extremely minimal level. One thing is for certain, waste-to-energy plants greatly reduce the need for landfill sites which are far worse for the environment. So let's get on with it. Let's use 21st century technology to solve an age-old problem.

— Fred Sherwin, editor

THE Orléans Star

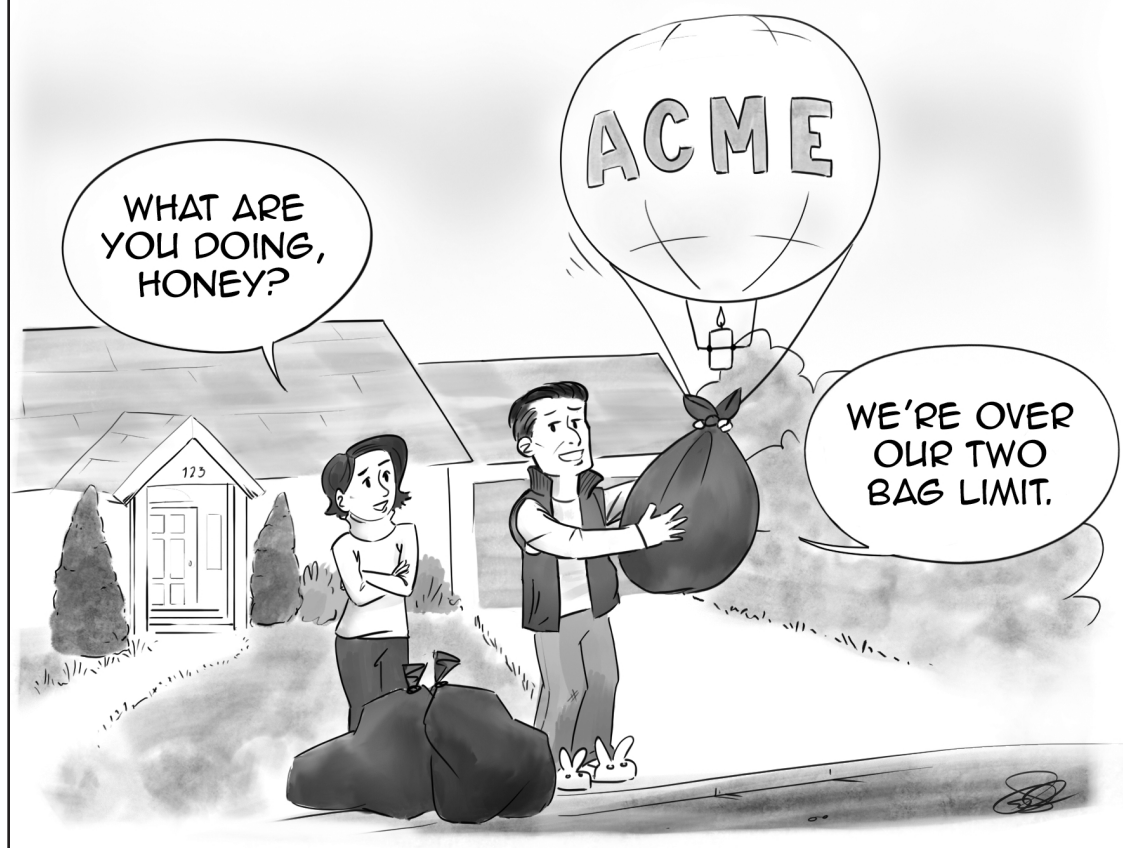
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Fred Sherwin
Owner and publisher

Jody Maffett
Editor

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.

CITY TO STUDY PLACING LIMIT ON CURBSIDE GARBAGE BAGS



By killing MPP's proposed Bill, Ford gov't condones workplace harassment

Last week, the Ford government voted against and killed my Private Member's Bill to combat harassment and abuse in the workplace.

The *Stopping Harassment and Abuse by Local Leaders Act* was inspired by the events of harassment and abuse at City Hall in Ottawa and had previously been unanimously supported even by the Ford government, last spring.

On behalf of past, current, and future victims, I am deeply disappointed and furious that the Ford government has flip-flopped on this important non-partisan piece of legislation.

The government talks about combating harassment and abuse in the workplace, but voted against legislation that would strengthen protections against egregious workplace harassment.

Right now, in Ontario, the most severe penalty that can be imposed on a municipal politician is the suspension of pay for 90 days. There is no current process for removing councillors from office, even when egregious acts of harassment or abuse are committed and substantiated.

Today in Ontario, if you spend \$1 more as a city councillor or a mayor on your victory party – not on advertising, not on anything to gain votes – the automatic punishment is vacating your office.

Essential election finance violations are treated more seriously than harassment or abuse of your staff, colleagues or constituents.

Our Bill had the support of over 150 municipalities across the province, representing over 60 per cent of the Ontario population. The Association of Municipalities of Ontario (AMO), the Rural Ontario Municipal Association (ROMA), and Ontario's Big City Mayors (OBCM), and all Opposition Parties supported the principles included in Bill 5.

So, what the Ford government is telling people is that if you spend an extra dollar on a beer for a volunteer after you've already won, that's worthy of removal from office. But, if you harass and abuse your staff for years, there is absolutely no consequence, other than a slap on the wrist.

It's clear that victims of workplace harassment and violence want these measures enacted into law. It's also evident that municipalities across Ontario want to see these measures enacted into law. The Opposition Parties at Queen's Park want these measures enacted into law. Ontarians want to see these measures enacted into law.

The only segment of Ontario who doesn't want these measures enacted into law are the perpetrators and the Ford government



**Queen's
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Corner**

Stephen Blais

A tectonic shift in the future of downtown Ottawa

The federal government's decision to sell off half of its office space over the coming years and allow federal government employees to work from home, represents a tectonic shift in the future of this city.

Personally, I am of two minds regarding this decision. First of all, I feel for all of the small business owners downtown who depend on government workers frequenting their establishments during the week for their bread and butter.

Many mom and pop shops have been hanging on by their fingernails hoping that the federal workers would return. And when they eventually did, even though it was only for two days a week, they could finally breathe a sigh of relief. Their expectation was that they would return five days a week, but that hope was quickly dashed with the two-days-a-week edict. Now the same small businesses must somehow hold on and hold out until the downtown core undergoes its makeover.

Which brings to my other thought on this matter and that was my long-standing belief that federal workers should be allowed to work from home and the government office towers that are only occupied from 8 to 4 from Monday to Friday could be converted to condos and apartments that are occupied



24/7 by people who live, work and shop downtown.

I know I sound a bit confused, but what can I say?

The shift from working downtown to working from home is also going to impact the as yet to be completed LRT system, especially the east end line. Ridership is not going to come anywhere close to the pre-pandemic predictions, which means you can throw all those financial projections out the window.

With an expected decrease in revenue, the residential taxpayer is going to have to foot a bigger share of the bill. But that's a small price to pay to be able to work from home. Just think of all that money you're going to save in OC Transpo passes, or downtown parking, assuming you are one of those people who used to drive to work.

It also means that there is no longer a need

for another interprovincial bridge, especially in the east end. During the last study, it was estimated that 90 per cent of the traffic on a future bridge at the Aviation Parkway or further east near Canotek Park, would carry federal workers in Gatineau to and from their jobs in downtown Ottawa. Since they will no longer have to work downtown, they no longer need another bridge.

Yes, the decision by the federal government to divest itself of at least 50 per cent of downtown office space will change Ottawa in ways no one fully knows yet. That's why it is imperative for the federal government, the NCC and the City of Ottawa to begin planning for the future – together.

Having thousands more people living downtown makes commercial development in Lebreton Flats and the Bayview Yards much more viable. Ditto for the development the NCC has envisioned for the old E.B. Eddy Domtar lands on Chaudière and Albert Islands, also known as the Ottawa River North Shore Parklands Plan.

The parties that be will only have one shot to get this right and the future of Ottawa's downtown core depends on it. Before the pandemic, downtown Ottawa was already turning into a ghost town in the evenings

and on the weekends, especially outside of the tourist season. During the pandemic, it c\ actually WAS a ghost town.

It has started to come back to life during the past year. Now the potential is limitless if things are done right. I'm just not sure if I have much faith in all three parties – the city, the federal government and the NCC – to get it right.

While we are on the topic of federal government employees getting the nod to continue working from home, I must confess to being a little envious. After all, they were able to get a steady paycheque during the pandemic while few others in the private sector were able to. Then they received a 10.1 per cent compounded pay hike in the recent contract negotiation, while no one in the private sector received the same. And now they've been given a pass to work from home and basically set their own hours, foregoing the need for a bus pass or a downtown parking spot. Nice work if you can get it.

I just hope that the next time a restaurant owner has to raise his prices in order to keep up with inflation and keep his doors open, those same people who just got a pay raise and can work from home won't complain, at least not too loudly.

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City council must take a bold approach to future waste management strategy

Now that summer is here, local road resurfacing projects have finally begun

There have been quite a few decisions that all three levels of government have made in my lifetime that seem to have been made without any consideration for the long-term strategic goals of our society. And while I could fill this entire paper with examples and analysis, unfortunately, the editor does not afford me that kind of space.

While on the face of it this may seem fair, it unduly punishes large or multi-generation homes, and only addresses the waste of predominantly suburban and rural residences.

Decisions on how to handle multi-residential buildings are to come later this fall.

This solution will only prolong the life of the landfill, at most, four years. This is not a progressive solution. Families should not be punished for how producers package consumer items. Absent of a complete plan, with a long-term solution, this is an incredibly costly and punitive proposal – one that does not address the core issue.



Matt Luloff
Orléans East-Cumberland

I will, however, concentrate on the largest decision facing committee and council this spring, and it is a portion of the Solid Waste Master Plan.

While decisions should and could have been made decades ago, the responsibility now lies with us. This is a responsibility I take very seriously.

So where do we go from here? Staff are proposing a solution that has only worked well in small geographic areas – limiting the items to be picked up at the curb of single-family dwellings to the arbitrary baseline amount of tags provided as included in property taxes with an option to supplement the number with additional cost to the household.

The world does not operate in four year cycles. Policymakers need to start acting and making decisions with future generations in mind. Ottawa must be bold and consider waste-to-energy and other technologies that will benefit future generations, generating cost savings and lowering environmental impact, not kick the can down the road for a later date. The longer we wait, the more costly the outcome.

As the summer construction season is in full swing, you can expect a flurry of road rehabilitation and resurfacing projects across Orléans South-Navan.

Thanks to my persistent advocacy, we will see an investment of over \$10 million to renew and improve our roads this year. Some projects have recently reached completion, some are currently under way, while the majority are slated to begin at the end of June and early-July.

Projects to upgrade our roads include Colonial Road from Frank Kenny to Monseigneur Denis, sections of Innes Road, Trim Road, Canaan Road, Mer Bleue Road, Dunning Road, O’Toole Road, paving Wall Road from Tenth Line Road to Trim Road and over half a million to renew sidewalks in Sarsfield. The problematic Brian Coburn/ Tenth Line intersection is also being reviewed for engineered modifications, which are desperately needed.

A front-ending agreement is currently underway for a signalized intersection at Innes and Lamarche, and Renaud Road will finally see long-awaited permanent traffic calming measures.

Nearly half a million is also being invested in our ward to renew drainage culverts which precedes future road rehabilitation. These investments build upon recent improvements made to Frank Kenny Road, Milton Road, Navan Road, Old Montreal Road and others, complementing resurfacing projects underway in neighbouring wards, like the highly anticipated upgrade to Jeanne d’Arc Blvd.



Catherine Kitts
Orléans South-Navan

While these are positive updates for our community, I recognize that construction also has negative impacts, so I thank you in advance for your patience and understanding as the construction season moves into high gear.

I will take every opportunity to advocate for attention to Ward 19’s crumbling road infrastructure, and these projects showcase my continued commitment to upgrading our transportation network to ensure we have adequate, safe roads for all modes to travel on.

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15h30	Dégustation de bière de brasserie
19h00	Film : <i>Tin Cup</i> ou <i>Caddy Shack</i>
11h30-15h30	Cabines photographiques et accessoires

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Community resource centre expecting another busy year

By Jody Maffett
The Orléans Star

The Orléans-Cumberland Community Resource Centre (OCCRC) is coming off its busiest year yet, and this year is shaping up to be even busier as they celebrate 35 years of service to the community.

The driving factor behind the increase in demand continues to be inflation.

“The numbers went up in 2022 because of inflation and they are still going up,” says OCCRC executive director Luc Ouellette. “We don’t know where the ceiling is. We don’t know when it will start, but that is the challenge we are facing this year as well.”

Fortunately, the OCCRC has been able to keep up with the increase in demand thanks to an increase in donations and successful fundraising campaigns by third-party contributors.

The food bank served an average of 774 recipients per month in 2022, which accounted for a total of 9,285 visits. It was the highest number of recipients and visits recorded in the Resource Centre’s 35-year history and represents a 21 per cent increase

over 2021. To meet the increase in demand, the food bank received some 171,872 food items donated by hundreds of individuals, associations and local businesses.

But there’s more to the Orléans-Cumberland Community Resource Centre than just a food bank. The EarlyON Child and Family Centre was finally able to resume its in-person programming in 2022, although they continued to offer a virtual service as well.

All told, 1,085 individuals took advantage of the programming offered by the EarlyON Child and Family Centre, accounting for 9,679 total visits.

The Resource Centre’s adult crisis intervention and counseling program helped over 2,000 individuals in 2022. One aspect of the program provides financial counseling to individuals and families who may be in financial crisis.

With the support of the Community Resource Centre’s intake workers, individuals have access to the Low-Income Energy Assistance Program and the Ontario Energy Support Program to help pay their hydro



(L to r) OCCRC board of directors chair Christine Jodoin, professional learning leader Rita Tapia and executive director Luc Ouellette, PHOTO SUPPLIED

and gas bills. One of the keys to the Resource Centre’s success is a small army of volunteers who help out in the food bank and with other programs. Although the Resource Centre lost a number of volunteers during the pandemic many came back and still others answered the call for help as they reopened. In 2022, volunteers contributed over 9,576 man hours to the Resource Centre which represents 1,368 work days, 80 per cent of which benefited the food bank. In 2023, the Resource Centre’s management team has been charged with the task of developing a post-pandemic strategic plan which will be presented at the 2024 AGM. The Resource Centre will also be rolling out a new website in 2023.

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FBC members pay an entry fee when they join and then a monthly fee that gives them unlimited access to the fleet. There are different plans available so the cost will vary depending on which you choose. For example, there is a weekday only plan which cost less than the standard plan. After joining, members get free unlimited training and then begin reserving boats online.

One of the great advantages of being a Freedom Boat Club member is that not

only do you get to use their boats locally, but you can reserve them at any location in their vast network. That means someone in Ottawa can use the boats in their local Clubs, but also spend the day in Kingston to tour the beautiful waters around the Thousand Islands and also spend time on the water if they're vacationing in other parts of Canada, United States or Europe. Florida has more than 90 FBC clubs.

Their fleet of boats range in length from 19 to 24 feet and include pontoons/tri-toons, bow riders and deck boats. Most boats can accommodate around nine or 10 people with some pontoons accommodating up to 12. They also rotate their boats every three years, which means members get to use only the latest models.

Your experience begins when you arrive at the marina and our friendly dock staff is there to assist you with getting your things on your boat, which is clean, fueled, and ready for you to enjoy the day. After a quick check out process, you are off, exploring the river or hitting your favorite swimming, fishing, or dining spots. When you return, you'll complete the check in and be on your way while we take care of the boat.



Freedom Boat Club allows members to use boats in its fleet anytime based on a monthly fee. PHOTO SUPPLIED

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- Oziles' Marina, Petrie Island, Orleans
- Hurst Marina, Manotick
- Treasure Island Marina, Kingston

Members enjoy the following outings at the Petrie Island location:

- Sightseeing tour to downtown Ottawa and see Parliament Hill, Rideau Falls, Museum of History, et.c

- Dock and have lunch at one of the downtown waterfront restaurants or at the Casino Lac Leamy.
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Friendship, a thriving location, and fantastic staff

Special to the Orléans Star

Friendship, a thriving location, and fantastic staff! A few residents discuss their journey at Promenade.

At Alavida Lifestyles, every day is an opportunity for residents to thrive and engage. For those looking to foster connections, the communities are buzzing with diverse activities carefully crafted to cater to various interests and preferences. From fitness classes to art workshops - there's something for everyone. Each home also hosts enriching social events such as movie nights, live music, shopping excursions and more - bringing residents together and providing a dynamic environment where friendships can flourish.

Fern & Shirley, who have been residents of Alavida Lifestyles' Promenade community since 2022, share plenty of insights about their experiences, building new relationships later in life, and the friendship they've formed along the way!

Q: How has your experience living at Promenade been so far?

Shirley: Wonderful! Every day goes by nicely because I have many things to do, and I can pick and choose what interests me.

Fern: I, too, have been enjoying my time here. What I appreciate most is the opportunity to meet so many new people, make friends and help other residents form connections with each other.

Q: Are there any activities or programs you have found enjoyable?

Shirley: Absolutely! I enjoy playing cards with a group that I've met here. We play three times a week, and it's always a great

time full of laughter, good conversation, and some much-needed girl time. I'm also really enjoying the gorgeous pool here at Promenade. After a swim, I like to unwind in the sauna before heading to the main floor for coffee.

Fern: It's all about finding people who share my interests and forming connections with them. There are many activities to choose from, but I particularly enjoy walking along the bike path just a block away. It's been especially lovely now that Spring has arrived!

Q: What has been the best part about moving to Promenade?

Fern: Meeting new people has been my favourite experience so far. I love being around others and having the chance to form new friendships.

Shirley: I agree with Fern - meeting so many wonderful people, especially those around my age. It's been inspiring to discover all the new things I can do here at Promenade. There are so many activities to choose from that I can't do them all!

Q: Can you give us some insights into the staff members who work at Promenade?

Fern: The staff here are fantastic. Whenever I have an issue, I can present it to them, and they take the time to consider my concerns. They are always accommodating and doing their best to help.

Shirley: What I love about the staff is that they all try to use your first name, so you feel like they know you. It's a great feeling for someone new, especially since I've only been here a few months. Everyone always



The Alavida Lifestyles Promenade community is located at the end of Tenth Line Road near the Ottawa River. PHOTO SUPPLIED

has a smile, which I love - these little things make me feel good and not lonesome.

Q: Do you have a favourite memory from your time living here?

Fern: We're both huge Ottawa Senators fans! So, we asked management if we could have a watch party for a Senators game, and they arranged for us to use the theatre downstairs. It was a really fun night and a significant change of pace from our usual activities. We got to meet and spend a lot of time with people we didn't know.

Shirley: We had many people come together and enjoy hors d'oeuvres, wine, and laughs. It was so much fun getting to spend time with people.

Q: What are your thoughts on the dining

experience?

Fern: The meals have been fantastic. Of course, everyone has different preferences, but the staff tries to accommodate everyone's needs. I also enjoy not having to think about what I have to eat, and especially not going to the grocery store.

Shirley: Or having to wash the dishes after!

Q: If you had to use one word to describe life at Promenade, what would it be?

Shirley: For me, it would be "friendship."

Fern: And I would agree.

To learn more about Alavida Lifestyles and its thriving locations, including Promenade, visit alavidalifestyles.com or call 613-229-7973.



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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. Its 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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Bevy of east end athletes qualify for OFSAA T&F championships

By Fred Sherwin
The Orléans Star

Fourteen athletes from Orléans and the surrounding area will be competing at the OFSAA provincial track and field championships in Ottawa this weekend, led by sprint hurdler and long jumper Timeo Atonfo from École secondaire publique Gisèle-Lalonde who qualified in three different events.

Atonfo won the junior boys 110-metre hurdles and both the long jump and triple jump at last week's East Regional qualifying meet in Ottawa. He is hoping to repeat the success he had at last year's provincial championships where he won the novice boys 300-metre hurdles and placed second in the 100-metre hurdles.

This year, he has decided to focus on the shorter distance and the long and triple jump.

It paid off last week with a first place finish in the junior boys long jump where he leapt a distance of 6.48 metres on his fourth of six attempts. The following day he soared 13.57 metres to win the triple jump by nearly a metre just minutes after setting a new meet record in the preliminary heats of the junior boys 100-metre hurdles.

The record stood for a little over two hours before Atonfo lowered it even further in the final, covering the 100-metre distance in 13.76 seconds. The old record was 13.91 seconds set by Mathew Ferguson from Perth in 2014.

CONTINUED ON PAGE 14 ►

Timeo Atonfo from École secondaire publique Gisèle-Lalonde won three events at the OFSAA East Regional track and field meet in Ottawa last week including the junior boys 100-metre hurdles in which he set a new meet record. He also won the junior boys long jump and triple jump. FRED SHERWIN PHOTO.

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Cumberland Panthers season off to solid start

By Fred Sherwin
The Orléans Star

The Cumberland Panthers summer season is off to a solid start at least for the U14 and U16 teams.

The U14 Panthers kicked off their season with a 23-6 win over their crosstown rivals, the Myers Riders, on May 20. Gabriel Canonico scored all three touchdowns for the Panthers.

The U14 squad followed up their opening season win with an equally decisive victory over the Oshawa Hawkeyes on May 27.

After spotting the Hawkeyes a 6-0 lead early in the second quarter on a 109 yard run up the middle against a blitzing Panthers defence, Cumberland responded on special teams with a 90 yard run for a touchdown by Izayah Mapp on the ensuing kickoff and then an 85 yard punt return by Canonico.

The Panthers would add a pair of touchdowns in the second half, both by Tyson Vong, while the Hawkeyes could only muster a solo touchdown in losing 28-12.

After getting a bye last weekend, the U14

Panthers will be back in action this Saturday at Millennium Park in a rematch with Myers.

Heading into their game against the Kingston Grenadiers last Saturday, the U16 Panther team hadn't given up a point. They beat the Oakville Titans 48-0 in their season opener on May 20 and then demolished the Hawkeyes 65-0 at Millennium on May 27.

Thirteen different players managed to score at least one touchdown in the two games. Nine of the team's 17 touchdowns came through the air as Mackie Holmes, Ashton Chartrand and Griffin Brennan shared the quarterbacking duties.

Holmes completed 13 of 18 passes for 190 yards and five touchdowns. Chartrand also completed 13 of 18 passes, but for 182 yards and three touchdowns. And Brennan managed to see enough action to complete three passes for 62 yards and another touchdown.

The U16 Panthers next game is against Myers in the second game of a triple header at Millennium Park this Saturday.

Although the U18 Panthers lost their



U14 Cumberland Panthers running back Gabriel Canonico returns a punt 85 yards for a touchdown against the Oshawa Hawkeyes on May 27. FRED SHERWIN PHOTO

opening game of the season against the Oakville Titans on May 20, they rebounded to beat the Hawkeyes 20-14 at home on May 27 with touchdowns from Will Dawson

and Jayden Bonhomme.

Their next game is also against the Myers Riders this weekend at Millennium Park. Kick off is at 6 p.m.

Cairine Wilson varsity girls capture AA rugby title

By Fred Sherwin
The Orléans Star

The Cairine Wilson varsity girls rugby team is finally going to the OFSAA provincial AA rugby championships.

A year after the derecho wind storm wiped out their chances at a city championship and a possible trip to OFSAA, the Cairine Wilson Wildcats made the most of their opportunity to finish where they had left off last year by downing the St. Pius X-Men 33-19 in the city championship last week and punch their ticket to the provincial AA championship.

A year ago, the Wildcats were scheduled to play the Glebe Gryphons for the NCSSAA title when two days prior the derecho windstorm whipped through Navan and Sarsfield forcing the Ottawa District School Board to cancel the game.

The two teams had battled each other to a scoreless draw earlier in the season so the game was supposed to determine which team would represent the National Capital region at the provincial championships.

Since there was no time to play a make up game before the provincial championship Glebe, which is the larger of the two schools, was chosen to represent the National Capital Secondary School Athletic Association at the provincial AAA championship despite tech-

nically having fewer points in the standings – Glebe was 2-0-1, while Cairine Wilson was 3-0-1.

Ordinarily, the Wildcats would have automatically gone to the AA championship but a technical glitch prevented them from doing so, so this year's campaign was all about making it to the big dance.

It is with that determination that Carine Wilson made short work of St. Pius.

The Wildcats dominated the first 15 minutes of the game, pinning St. Pius in their own end and scoring a pair of tries. The first came off a determined run by Nia Pascal. Aly Moore added a two-point convert to give Cairine an early 7-0 lead.

During the next four minutes, the Wildcats worked the ball down to the goal line twice, but were unable to get the ball into touch.

Finally, Akeysha Duprante was able to break several tackles and find a crack in the St. Pius defence to score an impressive try from about 30 metres out. Unfortunately, Moore's convert attempt sailed wide, leaving Cairine Wilson with a 12-0 advantage.

St. Pius put together a sustained drive on their next possession to narrow the deficit to 12-5.

Cairine Wilson would extend their lead to 19-5 at the 10-minute mark of the second half



The Cairine Wilson varsity girls rugby team defeated St. Pius 33-19 on May 31 to win the National Capital secondary school senior girls 'AA' championship. FRED SHERWIN PHOTO

thanks to Pascal's second try of the game and another Duprante convert.

St. Pius would make a game of it thanks to back-to-back tries off a pair of long runs off penalties, both of which were easily converted and within a span of six minutes, the game was tied.

Fortunately, the Wildcats were able to regroup and take the lead for good on a try by Grace Breuer who had an excellent game. Another Duprante convert would make the

score 26-19.

Pascale came close to scoring a third try several minutes later, but a stubborn St. Pius defence stood her up on the goal line forcing a change of possession.

As good as the St. Pius defence was in preventing Cairine from scoring another try they just couldn't generate any sort of offence and Pascale eventually scored her third try on the final play of the game, capping off the 33-19 win and touching off a wild celebration.

Atonfo, Jeggo win five events between them at East Regionals

Continued from page 11

Atonfo is likely to be the prohibitive favourite in the 100-metre hurdles heading into the provincial championships, especially considering he will have the extra motivation of running in front of his friends and family.

Zachary Jeggo from École secondaire publique Louis-Riel also qualified for the provincial championships in three different events. He won both the junior boys 300-metre hurdles and the 400 metres and placed third in the 200-metres.

Other area athletes who will be joining Atonfo and Jeggo at the OFSAA meet this weekend are Jeggo's teammate Daniel Cova, who placed second in the junior boys 800 metres and third in the 1500; Danica Mulvihill, also from Louis-Riel, who won the senior girls 100 metres and placed third in the 100-metre hurdles; and Mason Brennan from Colonel By Secondary School who placed second in the junior boys 100-metre hurdles and third in the 300-metre hurdles.

Other east end athletes who qualified for the OFSAA provincial championships are:

- Aleem Khaida from Colonel By in the junior boys long jump

- John Byrne, St. Matthew High School in the senior boys 100 metres
- Nathaniel McNeil from St. Peter High School in the senior boys 400-metre hurdles
- Ibrahim Domiati from Louis Riel in the junior boys 200 metres
- Teresa Nze Medja from Gloucester High School in the senior girls javelin
- Owen Siderus and Austin Walker, both from Colonel By in the novice boys 1500 metres
- Émilie Kelly from École secondaire catholique Béatrice-Desloges in the novice girls long jump
- Aaron Mukiwa from Gloucester High School in the senior boys shot put
- Olivia Baggley from Gloucester in the senior girls 3,000 metres
- Taisei Tan from Béatrice-Desloges in the novice boys 400

Colonel By and Louis-Riel also qualified for the provincial championships in the junior boys 4x100 relay with the latter winning the event in a new meet record. Colonel By finished third.

The OFSAA provincial championships will be live streamed at <https://www.athleticscanada.tv/>.

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