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THE Orléans Star

March 30 • Volume 37, No. 22

Next edition April 13

L'Orléanais

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



The Cumberland Lions Annual Maplefest Pancake Breakfast is being held this weekend at the Lions Maple Hall, 2552 Old Montréal Road in Cumberland Village. Details on page 2. FILE PHOTO

Redistribution process will redraw local electoral map

By Fred Sherwin
The Orléans Star

A federal commission charged with redistributing Ontario's electoral districts could have a domino effect on the east end's three federal ridings.

The Ontario commission is part of a process that was launched following the 2021 Census to examine the electoral map in all 10 provinces. Each of the 10 commissions is made up of a judge appointed by the chief justice of the province and two other members appointed by the Speaker of the House of Commons.

In Ontario's case, the commission is chaired by Justice Lynne Leitch. The two other members are Dr. Karen Bird, who is a political science professor at McMaster University, and Peter Loewen, who is a professor of political science and the director of the Munk School of Global Affairs and Public Policy at the University of Toronto.

Among the recommendations which the commission has put forward is a proposal to remove Blackburn Hamlet from the riding of Orléans and include it with Ottawa-Vanier which will be renamed Ottawa-Vanier-Glou-cestre.

The new boundary would actually dissect St. Joseph Blvd. just west of the White Sands Par 3 golf course.

The western boundary of the riding will be moved from Ted Kelly Lane and Cox Country Road to Cardinal Creek, which will effectively remove the new Cardinal Village subdivision from Orléans and merge it with Prescott-Russell.

The southern boundary of the riding will be moved from Hwy. 174 to just south of Navan Road, which will see Carlsbad Springs also merged into Prescott-Russell. Bradley Estates and any future development on the south side of Navan Road would continue to be part of Orléans.

CONTINUED ON PAGE 2 ►



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COMMUNITY BRIEFS

Maplefest Pancake Breakfast returns to Cumberland April 1 & 2

CUMBERLAND VILLAGE – The hugely popular Cumberland Lions Maplefest Pancake Breakfast returns to the Lions Maple Hall in Cumberland Village on April 1 and April 2 after a three year absence due to the COVID pandemic. Prior to the pandemic, the Maplefest Pancake Breakfast marked the unofficial return of spring in the east end. Doors open at 8 a.m. both days. The cost is \$12 for adults and \$8 for children under 10. CASH ONLY. You get two pancakes smothered in real maple syrup along with sausage and either coffee or orange juice. Bring your friends and family and keep this delicious tradition going. All proceeds to benefit the Cumberland Lions Club and their various local charities and initiatives.

Paris Olympics now accepting applications for international volunteers

ORLÉANS – The Paris Olympic Committee is now accepting applications for the 2024 Summer Olympics in the City of Lights. Organizers are looking for 45,000 volunteers to do a variety of duties from ushers to drivers. Interested individuals have until May 2 to file a volunteer application on the 2024 Paris Olympics website. To apply you must be 18 years or older as of Jan. 1, 2024. You must speak French and/or English, although bilingual candidates are more likely to get accepted. And you must be able to commit to at least 10 days on the Olympic or Paralympic Games between July 1 and Sept. 10, 2024. Paris 2024 will contact the successful applicants between September and December. An online training session will then follow. Successful applicants will also be responsible to find and pay for their own accommodation during the games. It should be noted that the Games are being held at a number of cities across France including Marseille, Bordeaux, Nice and Lyon. You will find out which venue you will be working at once your application has been accepted. To find out more visit paris2024.org.



Changes would put Blackburn Hamlet in Ottawa-Vanier riding

Continued from page 1

The proposed changes do not sit well with Orléans MP Marie-France Lalonde, who is trying to rally support in lodging an objection to the proposed changes to the Standing Committee on Procedure and House Affairs which has the ultimate say on the commission's recommendations.

Among her objections, Lalonde says the proposed boundary changes will have a negative impact on the identity and livelihood on the riding's residents.

Specifically, Lalonde wants Blackburn Hamlet and Cardinal Village to remain in the riding.

"I previously requested the *status quo* in both my report and public appearance before the Commission. However, the Commission did not take our concerns into consideration," Lalonde writes in her letter of objection.

"The Orléans community has a strong sense of identity and pride, and the proposed changes to the electoral boundaries will negatively impact our livelihood and sense of belonging. I encourage the Committee

to take action to ensure that the Orléans community is preserved and protected."

Lalonde's objections are echoed by Orléans West-Innes city councillor Laura Dudas whose ward will be cut in half by the proposed changes. Not only is she the local city councillor for the area, she also lives in Blackburn Hamlet.

"If this goes through, it means that Blackburn Hamlet will be in the same riding as the Byward Market. That's crazy. Blackburn Hamlet residents have a much closer affinity to Orléans than Ottawa-Vanier in every way. In minor sports. In shopping. In dining out. In going to school. You name it. They need to keep things as they are."

Stephen Blais is the provincial representative in the riding. He doesn't agree with the proposed changes either which would likely be adopted by the province if they go through.

"Blackburn Hamlet and Cardinal Village belong in Orléans," argues Blais "Neighbourhoods with common interests should stay together and not be drawn into ridings where there is no common interest with the rest of the riding."

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Avalon explosion a sad reminder of tragic 1987 event

By Fred Sherwin
The Orléans Star

When word spread about the gas explosion that rocked Avalon on Feb. 13, damaging dozen of houses and injuring 12 people, former *Orléans Star* photographer Mark Holleron was immediately struck by a sense of *déjà vu*.

Holleron was renting a townhouse on Hoskins Crescent near Bottriel Way and Charlemagne Boulevard when he and his girlfriend at the time were both jolted awake by an explosion that occurred at just after 2:15 a.m. on April 1, 1987.

According to Holleron, the explosion happened with such force that it lifted their bed several feet off the floor and slammed it back down.

“At first I thought a small plane had crashed into our row of houses,” Holleron recently recalled.

The explosion occurred at 1568 Hoskins, the second of six townhouses situated on a cul-de-sac next to the playing field at Sir Wilfrid Laurier Secondary School.

A neighbour who lived across the street where the blast took place told an *Ottawa Citizen* reporter that the explosion sounded like a car had run into her house. People who lived near the Avalon blast used the same metaphor to describe the Feb. 13 incident.

Within a minute or two of the 1987 explosion, 1568 Hoskins Cres. was engulfed in flames which quickly spread to the adjacent units at 1566 and 1570 Hoskins.

Claude Allard, who lived directly behind the two rental units, said he heard a bang then ran to his back window and saw an entire wall had blown out.

“The fire had just started and seconds later there was a big ball of flame. Debris was blown everywhere,” said Allard.

According to Holleron, who lived two

doors down from where the explosion took place, the blast was strong enough to blow the back wall off five of the six townhouses.

“I could literally look down the hallway and see the houses behind us,” describes Holleron who was 20 years old at the time. The primary home where the explosion took place was occupied by Marguerite Lalonde, 69, and her 27-year-old daughter Marielle, who had recently moved in to look after her mother.

Marguerite managed to escape the blaze through a second floor window at the urging of her neighbour, Carole Hérard, who also escaped through a second floor window. The two women managed to make it onto the garage roof they shared and then jumped to the ground.

Despite suffering a broken arm in the fall a hysterical Lalonde kept calling for her daughter. “Ma fille! Ma fille!”

Tragically, Marielle never made it out of the house. In the aftermath of the fire, her body was found in the basement where it was so badly burned dental records had to be used to properly identify her remains.

Carole Hérard, whose husband was away at the time, escaped without injury.

Jeannine Clouthier, who lived in 1570 Hoskins, was blown out of her bed by the blast which left a large hole in her bedroom floor and dumped debris on her husband François who was watching television in the room below. The couple was able to escape their damaged house through the garage door with their 15-year-old daughter Julie.

Wayne and Lise Larocque, who lived at 1560 Hoskins with their three children, also escaped unhurt as did Andrew and Marthe Roy who lived at 1562 Hoskins with their nine-year-old son François.

The fire completely razed 1570, 1568 and 1566 Hoskins Cres. and caused heavy



(Above) Scenes from the aftermath of natural gas explosion and fire that rocked Hoskins Crescent on April 1, 1987. OTTAWA CITIZEN PHOTOS

(Below) The block of townhomes as they look today. STAFF PHOTO



structural damage to the unit at 1564 Hoskins. Although the units at 1562 and 1560 Hoskins did not incur any major structural damage, they did suffer extensive smoke and water damage. The four units that suffered the most damage were eventually rebuilt, while the two end units underwent significant repairs.

It took months before the cause of the explosion was identified as a combination of factors. Primarily, freezing rain had

dripped off the roof and onto the gas meter where it caused the regulator to freeze open which, in turn, caused the natural gas to vent back into the house, building up until it was ignited by an electrical shock, potentially from something as simple as turning on a light switch.

As a result of the inquest, gas meters were redesigned and equipped with shields to prevent ice and dirt from building up on the regulators.



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Redistribution

Orléans is about to undergo a seismic shift in its electoral boundaries if the recommendations put forward by the Ontario Commission on Federal Riding Redistribution are adopted by the House of Commons.

If they are approved, the changes would remove Blackburn Hamlet from the federal riding of Orléans and merge it with Ottawa-Vanier on the western boundary of the riding. It would also do the same to the relatively new community of Cardinal Village, which would be merged with Prescott-Russell.

The changes are being proposed in an effort to rebalance the ridings by population based on the 2021 Census. But treating people like numbers – although it might make sense mathematically – complete ignores the social fabric of the riding and the impact the changes will have on that fabric.

The last time the ridings were rejigged was in 2012. At that time, Beacon Hill South was removed from Ottawa-Orléans and merged with Ottawa-Vanier, which completely made sense because Beacon Hill North was already part of Ottawa-Vanier and Beacon Hill South had much more in common with their Beacon Hill neighbours than it did with Orléans.

To the west, the old boundary between Ottawa-Orléans and Glengarry-Prescott-Russell was tweaked to allow the neighbourhoods of Cardinal Creek and East Village to be merged with Ottawa-Orléans. It was hoped the federal commission of the day would correct a long-standing issue which had Navan, Sarsfield and Cumberland Village lumped in with Glengarry-Prescott-Russell. The hope was that they would be reunited with the rest of the former municipality of Cumberland and merged with Ottawa-Orléans with which they had a lot more in common than Rockland, Hawkesbury and Russell, but it never happened – now this.

Cardinal Creek residents should be rightfully upset they are being lumped in with Prescott-Russell. Good luck getting any attention from their not-so-local MP.

The issue of Blackburn Hamlet being merged with Ottawa-Vanier is a little more complicated. For one thing, most residents of the “Hamlet” are loathe to be mentioned in the same breath as Orléans residents. However, they are just as loathe to be mentioned in the same breath as Vanier. But with that said, I’m sure if you ask them they would rather be included with Orléans than Ottawa-Vanier.

It also means that while Conservative-leaning residents in Blackburn Hamlet had an uphill battle in getting a Conservative member elected to Parliament – with the exception of Royal Galipeau – they have a near-impossible battle in getting a Conservative member elected in Ottawa-Vanier. My father, who lived in Vanier for the better part of 12 years, once said that he could vote a thousand times and still not see a Conservative elected to the House of Commons.

Without the Conservative-leaning Blackburn Hamlet, the job of getting a Conservative elected to the House of Commons in Orléans will be equally difficult if not impossible.

All of which begs the question: why fix something if it’s not broken? The House of Commons needs to keep things the way they are and let Orléans get back to the sleepy bedroom community it is.

– Fred Sherwin, editor

FEDERAL COMMISSION RESHAPES LOCAL RIDINGS



March has been a very busy month for Orléans MP

On March 10, I had the privilege of hosting my 9th International Women’s Day breakfast at OCCO Kitchen, where 115 women from all walks of life gathered. Moreover, I presented to 49 amazing individuals the Orléans Leading Women and Young Girls Recognition 2023 Award for their community engagement. Congratulations once again!

During March, we also recognize the cultural and linguistic contributions made by our Francophone communities in Orléans, Canada, and across the world. As March 20th marked International Francophonie Day, I had the pleasure of welcoming Ginette Petitpas Taylor, Minister of Official Languages, to the Collège Mer Bleue, where we met with students to have an open discussion on the importance of speaking, studying, and living in French.

I was pleased to see the government announce on March 22 measures in support of the first-ever National Strategy for Drugs for Rare Diseases, with an investment of up to \$1.5 billion over three years. This will help increase access to, and affordability of, effective drugs for rare diseases to improve the health of patients across Canada, including children.

From now on, Canadians who have recently applied for a passport can check the status of their application online with just a few clicks and some basic information through the Passport Application

Status Checker launched on March 21st.

While enjoying taking part in the RAFO’s annual breakfast on March 19, I was thrilled to announce a grant of \$99,450 through the Community Spaces Fund to help the centre’s major renovation project be more energy efficient and provide a better environment for their senior members.

On March 21, I joined Minister of National Defence Anita Anand at DND Headquarters for an important announcement of \$1.4 billion in a 10-year construction project to upgrade special operations forces’ facilities at the Dwyer Hill Training Centre in Ottawa.

As of March 23, Muslims entered Ramadan, a period of fasting, contemplation, and reflection. I wish our Muslim community Ramadan Mubarak. Also, on Apr. 9, and following the 40 days of Lent, a period of fasting, Christians will celebrate Easter. Happy Easter everyone! Finally, from Apr. 5-11 our Jewish community will celebrate Passover. Chag Sameach!

On March 28, Minister Freeland tabled the federal government’s budget. Budget 2023 is the next step in the government’s plan to make life more affordable, to strengthen our universal public health care system, to build Canada’s 21st century clean economy, and to build an economy that works for Canadians

La version française est maintenant disponible sur ma page Facebook



Commons Corner

Marie-France Lalonde

THE Orléans Star

ocna
Ontario Community Newspapers Association

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.

Rating some of the best eats Orléans has to offer

As someone whose job it is to visit local restaurants and sample some of what they have to offer, I am often asked for advice on where to go. To which my response is, “What type of food do you prefer?”

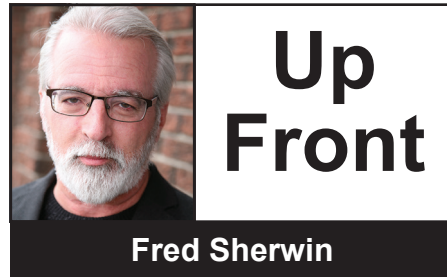
Orléans is blessed with a number of great restaurants – Caravela, Cucina de Vito, Soul Stone, OCCO Kitchen and St. Martha’s Brasserie – to name just a few.

Of course, that wasn’t always the case. I go back to the days when Kiki’s was the only shawarma place in the area and East Side Mario’s was considered “fine dining”. It was slim pickings to say the least. Now you can eat out at a different restaurant every weekend and never get bored.

With that in mind, I am going to list my Top 10 favourite things to eat in Orléans. In no particular order they are...

10) While the kebabs are the staple menu item at the Little Turkish Village Restaurant on St. Joseph Blvd., their lamb burger is on another level. Simple put it’s scrump-dillylicious.

9) The Golden Fries food truck located in the Convent Glen Shopping Mall parking lot on Jeanne d’Arc Blvd. North has become the “go to” spot for people who have fallen in love with their Chicken Parm sandwich.



Fred Sherwin

Up Front

But for my money, their Fish n’ Chips is even better. With apologies to my friends at the Royal Oak Orléans, Connor’s Irish Pub and Taproom 260, all of which serve a great fish and chips. Golden Fries is on the next level. My late father, who was a fish and chips “a-fish-cionado”, used to make me pick up an order and drive it out to his retirement residence in Barrhaven at least once a month.

8) The samosas at Mumbai Masala Grill. Before I moved to Orléans in 2006, I used to be a frequent dinner at the Light of India restaurant on Bank Street. Then after I moved her I started ordering from Rangoli, which is an Orléans institution. That is until the Mumbai Masala Grill opened on St. Joseph next to the Zeibart Rustproofing Centre.

I immediately fell in love with the Chicken Khorma. But if was forced to only order one thing off their menu it would be the samosas

that are made in-house. Each one is the size of a softball and they are absolutely delicious, although slightly spicy.

7) Anything off the menu at Soul Stone next to the Jean Coutu on St. Joseph Blvd. I am personally partial to Soul Stone’s sushi, but seriously it is all incredibly good.

6) The Vitello al Funghi Porcini at Cucina da Vito located right next door to Soul Stone. I used to always order Veal Marsala whenever I dined Italian, until Victor at Cucina talked me into trying the Vitello al Funghi Porcini which is a veal scallopini served in a white wine sauce with porcini mushrooms made lovingly by Vito, the owner and head chef.

5) Maker Feed Co. in Cumberland Village. I haven’t been there enough to have settled on a favourite dish, but everything I have tried has been delicious.

4) When you think of the Orléans Brewing Co. on Vantage Drive you don’t immediately think of food, which is understandable, but it is also unfortunate because they have a number of tasty items on their taproom menu, my favourite of which is the Crispy Chicken sandwich served with the dill and garlic crema sauce.

3) OCCO Kitchen has a number of items I love including their Beef Short Rib, the

Blueberry Brie Burger and the truly authentic East Coast Donair. But if I had to pick just one item it would be the Calamari which is a difficult thing to cook just right, but OCCO pulls it off everytime. Plus the Limoncello Aioli dipping sauce is freaking awesome.

2) and 1) The next two items are both from the Caravela Restaurant on Innes Road. The Seafood Chowder with medium spice, is among the best seafood chowders I’ve ever had. But for my money the octopus at Caravela is easily my favourite menu item in all of Orléans. Before I tried the octopus at Caravela, I had a very bad opinion of the dish which was often extremely chewy. But the octopus at Caravela has a lightly-grilled flavour and the consistency of butter. It is absolutely heavenly.

Now, you will have noticed that I stayed away from mentioning three key items that can be found at a number of restaurants in Orléans, those being burgers, pizza and chicken wings – all of which are really a matter of personal taste and are bound to spark a debate every time you mention them and Orléans in the same breath. For the sake of argument, however, I will list a few of my favourites in my next column. Until then, *bon appétit*.

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Spring Cleaning the Capital campaign celebrating 30 years

Spring is here! We’ve made it through another Ottawa winter, and I know I’m not the only one rejoicing.

As chair of the transportation committee, I’ve had a front row seat to the hard work and dedication the incredible folks in our Public Works department have put in this season.

The Roads and Parking Services team have been operating 24/7 this winter, and I would like to express my sincere gratitude for all their efforts. We have had many major winter weather events this year and spring comes with its own set of challenges, so I thank you all for your patience.

As the snow melts, the City is asking residents who are able, to please clear their local catch basin to allow water to drain from the roadway. There are over 100,000 catch basins in the city, so support from the community is much appreciated. If you cannot clear it yourself, you may also report a blocked catch basin by creating an online service request at Ottawa.ca or by calling

3-1-1.

Spring in the capital also means more potholes! Although pothole repairs take place throughout the whole year, winter repairs are only temporary, so there’s lots of work ahead. So far, more than 34,000 potholes have been filled, from Jan. 1 to Mar. 16! This is an 11 per cent increase from 2022, and I expect the next few weeks will be just as productive. If you know of a pothole that needs repair, please report it at Ottawa.ca. We can all play a role in keeping our city in good condition.

Spring cleaning is also underway with the Cleaning the Capital campaign, which celebrates 30 years this year! Participants can register their cleanup projects online at ottawa.ca/clean or by calling 3-1-1. Please note that Registration closes on May 1st. Choose from a variety of public spaces to clean, pick up a cleanup kit at a participating City facility, get your team together and help clean your community. ’til next time!



Tim Tierney

Beacon Hill-Cyrville Ward 11

Egg-stravaganza 2023 to be held this Easter long weekend

Spring has sprung and it is time to celebrate!

On April 8, I will once again be partnering with the wonderful Henrie family, as well as the Kiwanis Club of Eastern Ottawa, to host my now annual spring Egg-stravaganza, from 10 a.m. to noon, at the Orléans Fruit Farm, 1399 St. Joseph Boulevard.

Last year’s event was such an incredible fun time, as families from across the east end gathered for a giant egg hunt, prizes, and games.

This year, we are going even bigger with more food, more activities, and a visit from a very special guest. Hint: He has long ears and a fuzzy tail!

RSVP to Laura.Dudas@ottawa.ca and everyone is welcome to attend.

This event will proceed rain or shine, but if the weather does refuse to cooperate and forces us to postpone the event, our rain date is Saturday, April 15.

Fingers crossed it will not be necessary!

Hope to see everyone there!

On a different topic, but one that is equally prevalent this time of year

– potholes.

There has been a staggering 30+ freeze/thaw cycles over this past winter, which are the number one cause of potholes in Ottawa. City crews have been working around the clock on repairs as the weather allows and have repaired a record breaking 50 000 potholes since January, a substantial increase over last winter.

If you see any areas needing repair, you can report it online at Ottawa.ca or call 3-1-1.



Laura Dudas

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NC – The best way to maintain proper oral health is to brush twice a day and floss on a regular basis. But problems can still sometimes arise, which is why it is important to visit your dentist at least once a year as an adult and twice a year as a child or teenager.

Although the mouth is part of the body, we often think of it as something separate. We often ignore bleeding or tender gums, or even a toothache while an irritation or pain elsewhere in the body would mean a trip to the doctor.

Poor oral health can affect a person's quality of life. Oral pain, missing teeth or oral infections can influence the way a person speaks, eats and socializes. These oral health problems can reduce a person's quality of life by affecting their physical, mental and social well-being.

A regular dental examination ensures that your teeth and gums are in a healthy state. If any issues are detected, your dentist can take of it before things get worse. Not going to a dentist and ignoring issues can lead to gum disease,

April is National Oral Health Month

National Oral Health Month is sponsored by the Canadian Dental Association to raise awareness about the benefits of maintaining good oral health.

ACTIVE PREVENTION

Did you know that your oral health is closely linked to your general overall health? Everything that happens in your mouth affects your whole body, which is why it is important to visit your dentist regularly. Only your dentist has the training, skills and expertise to properly address all your oral health care needs. Regular dental exams help prevent small problems from becoming much bigger problems. As part of a healthy lifestyle and to help reduce the risk of oral disease, follow CDA's 5 steps to good oral health:

- 1) Brush your teeth and tongue twice a day using a fluoride toothpaste. Don't forget to floss every day.
- 2) Eat a balanced diet, with an emphasis on cheese, nuts, vegetables and non-acidic fruits for snacks.
- 3) Don't smoke or chew tobacco. These habits can cause gum disease, heart problems and various types of cancers.
- 4) Examine your mouth regularly. If you spot anything unusual, such as reddish or swollen gums or bleeding when you brush, consult a dentist immediately.
- 5) Visit your dentist for a regular check-up.

severe tooth decay, and in extreme cases, oral cancer can be greatly improved. This means going to your dentist for regular dental exams. So don't delay. If you haven't been to the dentist in over a year, book an appointment today.

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Blackburn dentist will celebrate a double anniversary in 2023

By Jody Maffett
The Orléans Star

Blackburn Shoppes Dental Centre owner and principal practitioner Dr. Chantal Plant will be celebrating two milestones this year.

First off, 2023 marks her 25th year as a dentist, and in August the Dental Centre will celebrate 20 years in business. Over that time she has brought a smile to hundreds of patients of all ages. In fact, her oldest patient is a 99-year-old man, while her youngest and newest patient is only 10 months old.

Dr. Plant got into dentistry almost by accident. A native of Abitibi-Témiscamingue, she went to CEGEP with the idea of one day becoming a medical doctor. In her final year, a friend convinced her to check out the school of dentistry during a tour at Université Laval in Québec City.

“I had no interest at all in being a dentist until that day,” recalls Dr. Plant. “I found everything so interesting with all the technology they use and I love art and working with my hands and dentistry combined both of my interests of working with my hands and helping people so I decided to enroll in the program.”

After graduating, Dr. Plant decided she wanted to work in a practice out west so she

could improve her English.

She ended up finding a position with a dentist in Bonnyville, Alberta, a small town of just under 6,000 people about 250 km northeast of Edmonton.

One of the things that attracted her to the town was its sizeable francophone population. It’s also home to a large Ukrainian community.

For the next two years, Dr. Plant mentored under the direction of Dr. David Skuba.

“He was great to work with because he gave me a lot of responsibility and we did all kinds of dental work because we were so far from Edmonton. I really learned a lot there,” says Dr. Plant, who also learned a great deal about Canada’s First Nations community.

Besides the local community the Bonnyville practice also looked after the dental needs of the Kehewin Cree Nation Reserve.

Bonnyville is also the place where Dr. Plant met her future husband A.J., who was the town’s postmaster.

In 2000, the couple decided to move to Ottawa where A.J. is originally from. It was also a lot closer to Dr. Plant’s parents who lived near Montréal.

Dr. Plant ended up working in Kanata where she learned a great deal about the

business side of running her own practice.

When the time came to find a location, she remembered the advice a former colleague once gave her.

“He said you need to find a location that’s near a grocery store, a bank and a pharmacy and you will always have traffic,” recalls Dr. Plant. She ended up finding all three in the Blackburn Shoppes Shopping Mall in Blackburn Hamlet, where she established her own practice in August 2003.

It’s also across from the Bearbrook retirement community, where a number of her patients reside.

One of the most rewarding aspects of her job is helping patients get over the anxiety of visiting the dentist. She suffered a certain level of anxiety herself as a young girl.

“When I was young, there was no fluoride in the water so I ended up with a lot of cavities and I was not a fan of getting frozen,” says Dr. Plant. “It motivated me to work with patients who are nervous, especially kids. I like to think I’m changing the perception of dentistry one patient at a time.”

After 20 years, Dr. Plant is beginning to see a second generation of patients. Many of the patients she had as teenagers are now bringing their own children to see her.



Dr. Chantal Plant

“I still love doing what I do. It’s very rewarding, especially when you have patients who use to be really nervous about seeing a dentist and now look forward to it, or at least they aren’t as nervous anymore.”

Dr. Plant and her team at the Blackburn Shoppes Dental Centre plan to celebrate their 20th anniversary with a special event in September.

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Expect a pleasant experience when you visit Dr. Beverley McKeown

By Jody Maffett
The Orléans Star

Dr. Beverley McKeown opened her Orléans practice on Forest Valley Drive in Chapel Hill in 1995.

Dr. McKeown graduated from the University of Toronto, Faculty of Dentistry, and also holds a degree in chemistry from the University of Waterloo. She particularly enjoys family and preventative dentistry and takes part in frequent professional development activities.

As the only dentist in the office, Dr. McKeown and her team can provide you and your family with the consistent and personalized dental care that ensures your dental needs are met.

Dr. McKeown and her team are dedicated to helping you care for your teeth and in maintaining good oral health. They are trained to provide their clients with the best possible dental treatment and quality service, in a friendly, caring and professional environment.

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- Preventative Dentistry: helping to avoid dental and oral problems in the first place and maintaining your oral health through regular maintenance visits;
- Restorative Dentistry: the placement of fillings and crowns to restore mouth function;
- Periodontics: the prevention and treatment of gum disease;
- Endodontics: the treatment of infections within the tooth root structure;
- Oral Surgery: minor surgical procedures required to maintain oral health;
- Prosthodontics:
 - Fixed: bridges, which are used to replace missing teeth to restore mouth function;
 - Removable: the placement and maintenance of full and partial dentures to restore mouth function;
- Implants: a dental implant replaces both a lost natural tooth and its root.
- TMJ Treatment: the treatment of pain in the jaw joint.

Dr. McKeown especially enjoys working with children, starting as young as 10



Orléans family dentist, Dr. Beverley McKeown, is located in Chapel Hill at the corner of Forest Vally Drive and Orléans Blvd. FILE PHOTO

months. She can help you and your child start off on the right track with their dental care.

As a health care provider, Dr. McKeown must still follow Covid-19 protocols and procedures to ensure the safety of her patients and staff.

Of special note, masks are still public health mandated in dental offices and other health care settings.

For more information about Dr. Beverley McKeown dentistry and the services they provide visit orleansfamilydentist.com. To make an appointment call 613-830-7003.



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French language coach releases instructional e-book

By Fred Sherwin
The Orléans Star

Orléans resident Robert Fontaine has been helping people learn and improve their French for more than three decades.

A former French language instructor for the federal government, Fontaine grew incredibly frustrated with having to teach French using traditional methods that invariably left his students with unsatisfactory results.

He eventually left the government and developed his own system which he called French K.I.S.S., which stands for Keep It Simple Stupid.

The program was largely designed for federal government employees who were struggling with the government’s French language evaluation test, but it was also useful for anyone wanting to improve their French language skills.

The program proved highly successful with dozens of clients managing to improve their oral, written expression and reading comprehension levels.

Never one to rest on his laurels, Fontaine spent his free time during the pandemic to improve his system.

The result is Rebel French – a new and improved version of the former French K.I.S.S. program.

“The name comes from the fact that we go against traditional teaching methods, something that students love,” says Fontaine, further explaining that the program uses proven techniques that teach students proper pronunciation, verb conjugation and vocabulary that is practical for day-to-day purposes.

“I’m always improving the exercises to provide greater benefit to students,” says Fontaine.

The key to Rebel French system is the use of patterns and sounds that take the mystery out of both pronunciation and verb conjugation, which most English speakers find the most difficult to master.

“Students who work with Rebel French often ask me why my method is not taught in schools because it’s so much simpler and easy to understand,” says Fontaine.

“One student commented that all traditional books on learning French verbs should be burned and replaced with the Rebel French way to learn French verbs.”

In order to make his system of learning

as accessible to people as possible, Fontaine recently published an e-book entitled, *How to Master French Verbs the Rebel French Way* which consists of 32 video tutorials and practice exercises.

Besides the e-book, Fontaine offers two other programs. The first is designed to prepare individuals for the federal government language exams and the second is shorter on-line tutorials, or refresher courses, for federal government employees who want to gain confidence in what they already know, or simply want to try and improve their current levels.

The oral government exam preparation program costs \$600 which includes lifetime access to the courses – anywhere, anytime, over 400 exercise files including detailed explanations, PowerPoint presentations and audio files, access to Fontaine via email to answer any questions you have and access to a private Facebook group for Rebel French students for additional practice.

Fontaine says prospective students should consider the cost as an investment in their standing in the federal civil service which will help them when it comes to potential advancement.



Robert Fontaine

In the past, the course has boasted an 85 to 97 per cent success rate.

The writing preparation course costs \$450 and the reading course costs \$350.

To find out more about how Robert Fontaine can improve your French language evaluation test scores and your knowledge of the French language in general, visit www.rebelfrench.com.





Spring activities

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Ottawa TFC wraps up successful indoor season

STAR STAFF – Ottawa TFC is going to have to add a couple more shelves to its trophy case after a highly successful winter indoor season in which the club's teams won a number of titles.

Most recently, the club's U13 Boys Red Tier 1 team and the U17/U18 Girls Tier 1 squad took home first place honours in the Coliseum League which plays its games in the sports dome at the RA Centre.

The U14 Boys White team finished in second place and three other teams took home the bronze medal – the U16 and U17 Boys teams and the U15 and U16 Girls teams.

In February, the U12 Girls Academy team won the ARS Laval National Tournament in Laval, winning all five of their games in the process. A week earlier, the club's U11/U12 mixed Academy team also won the gold medal in the same tournament, scoring 17 goals in five games and posting three clean sheets.

Several Ottawa TFC players were also

busy making plans for next fall, committing to play at a variety of Canadian universities.

Senior Elite goalkeeper, Hailey Jones, will be heading out east to attend St. Francis Xavier University to play as an X-Woman, while fellow senior Elite player, Zoe Lortie, has committed to play at Ontario Tech University in Oshawa. They join Maya Galko, who has committed to play at the University at Buffalo for the 2023-24 season.

In other news, Ottawa TFC and the Conseil des écoles catholiques du Centre-Est officially announced that they were joining forces to deliver the CECCE's new sports-études program starting this fall in the new sports dome that is being erected at Garneau high school.

The program will allow student-athletes, in Grades 7-12, to excel in the classroom and on the field through a balanced curriculum, including on-field skills and tactics, off-field analysis and cross training, as well as leadership development.



U13 Boys Red Tier 1

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U10, U12 Cumberland Jr. Grads win pair of playoff banners

By Fred Sherwin
The Orléans Star

The U10 Minor 'A' Cumberland Jr. Grads and their U12 Minor AA clubmates wrapped up their 2022-2023 seasons by winning their respective post-season championships.

In the case of the U10 Minor 'A' team, they not only won the post-season championship they won the regular season title as well, giving them not one, but two banners.

The team managed to finish in first place by just a single point over the Kanata Blazers. Even though they both had 15 wins, the Jr. Grads had three ties against only two losses, while the Blazers had two ties and three losses which turned out to be the difference between first and second.

The Jr. Grads then went undefeated in the round robin portion of the playoffs with a 5-0-2 record to set up a winner take all showdown in the championship final against the Rideau St. Lawrence Kings.

After exchanging goals in the first period, the two teams played out a scoreless second period to set up a dramatic final 12 minutes.

Mason Beauvais scored to give his team the lead just two minutes and 55 seconds inside the final stanza and then the Jr. Grads

were able to hang on the rest of the way for the 2-1 win. Henry Carrera scored the Jr. Grads other goal.

Head coach Patrick Beauvais chalked up the team's success to their camaraderie both on and off the ice.

"Many of these kids have been playing together for two or three years, plus they play spring hockey together and they are really good friends off the ice as well so they've become a well-oiled unit," says Beauvais.

Luka Morris has led the team in scoring with 22 goals in 27 games, including eight goals in the playoffs. Will Fortier was also a key contributor on the scoresheet with 17 goals in 28 games.

The U12 Minor AA Jr. Grads finished the regular season in second place, two points behind the Ottawa Valley Silver Seven. The two teams would have completely different fates in the post season, however.

The Silver Seven were upset in the first round of the playoffs by the fourth place Kanata Blazers, while the Jr. Grads swept their way to the championship, losing just one game in the opening round to the Rideau St. Lawrence Kings before going on to



The U10 Minor 'A' Cumberland Jr. Grads finished the 2022-2023 season with both the regular season and playoff championship banners. PHOTO SUPPLIED

sweep the Ottawa Sting in the first to seven point final series with four straight wins – three of them shutouts.

Caleb Lang led all scorers with 14 goals and seven assists in 11 playoff games.

Asher Dasilva and Zachary Jelley shared the goaltending duties, putting together an

impressive 1.10 goals against average.

Jelley, himself, had an outstanding post season, registering four shutouts in the five games he started. In fact, after allowing just two goals in a 2-2 tie against Rideau St. Lawrence in the first round, he never allowed another goal the rest of the way.



CALL FOR NOMINATIONS

Position of Director to OCCRC - BOARD OF DIRECTORS (vacant position)

The Orléans-Cumberland Community Resource Centre (OCCRC) is a multiservice centre that promotes and contributes to the health and well-being of the Orléans-Cumberland communities while being committed to working for social change.

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Ottawa TFC unveils Soccer Summer Camps for 2023

Registration is now open for the Ottawa TFC's half-day morning Summer Camp programs which will be run at Millennium Park and Gloucester High School this July and August.

U9 to U12 players will be able to take part in a five-day Summer Camp at Millennium Park from July 10-14. The following week, kids from U6 to U12 will be able to take part in a separate camp from July 17-21.

This is the first time that Ottawa TFC has opened up a Summer Camp for kids U6 to U8.

A third Summer Camp session will be held at Gloucester High School for kids U9 to U12 from Aug 8-11.

Each Summer Camp will run from 9 a.m. until 12 noon, however, the exact times may change as the summer approaches.

Players enrolled in all three Summer

Camp sessions will have the opportunity to train with nationally licensed coaches, as well as with former professional and University players throughout the week.

The camps are designed to develop player's individual skills and help build the confidence needed to enjoy the beautiful game. Players will be grouped with others of similar ability and will include competitive and academy level players.

The cost for the Summer Camps being held at Millennium Park is \$185, while the cost of the four-day Summer Camp at Gloucester High School is \$145.

The daily schedules for each Summer Camp will be made available on the Ottawa TFC website over the coming weeks.

For more information or to register visit www.ottawatfc.com and click on Camps in the top navigation bar.

Sophie LeVasseur, 17 Valérie LeVasseur, 15

Sophie and Valérie are two very motivated sisters who want to make a difference, one step at a time. Sophie has been involved with volunteering and fundraising for many vulnerable groups including young girls, veterans, and kids with hearing deficiencies. She is also an elite baseball and hockey player and helps to train and coach junior sports teams. She recently received a grant to purchase electronic equipment to allow kids with hearing deficiencies to learn to play baseball for the first time. Valérie is actively involved in organizations catering to women's issues. She began with Girl Guides, then started volunteering with the local church to raise funds and Christmas gifts for children in need. Valérie takes great pride in the sports she plays – hockey, baseball and swimming, and is a high-lander dancer, mentoring younger dancers throughout the year. Both sisters have helped publish several books with proceeds going to a variety of social causes. "A little Girl Suffers from Cancer" resulted in Air Canada donating \$50,000 to the CHEO Foundation. Other books published include "VIMY, the duty of A Soldier and of a Country", and "Ottawa Senators, 1923, Determinations and Courage". They are completing their latest book on the "100 Most Remarkable Women in Canada". The book will have a special version in the four indigenous languages of the 10 indigenous women interviewed and will be distributed to native reserves in Canada. For all of their remarkable work, Sophie and Valérie LeVasseur have been selected as recipients of this year's Orléans Outstanding Youth Awards.



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COMMUNITY BILLBOARD

FRIDAY, MARCH 31

THE STRAY DOG BREWING COMPANY presents Ethan Mitchell & Maddy O'Regan ft. Jack Graham live in the Stray Dog tap room from 8-10 p.m. No cover. Location: 501 Lacolle Way in the Taylor Creek Business Park.

SATURDAY, APRIL 1

SUNDAY, APRIL 2

CUMBERLAND LIONS MAPLEFEST BREAKFAST from 8 a.m. to 1 p.m. at the Lions Maple Hall in Cumberland Village. Pancakes, sausages, maple syrup and beverage. All the pancakes you can eat. Adults \$12. Children under 10 – \$8.

THE STRAY DOG BREWING COMPANY presents The Desert Island Big Band and Dan Kelley live in the Stray Dog tap room

from 8-10 p.m. No cover.

KARAOKE NIGHT at the Orléans Brewing Co., 4380 Innes Rd. (behind the McDonalds) from 8:30 p.m. to midnight.

SATURDAY, APRIL 8

DJ NIGHT at the Orléans Brewing Co., 4380 Innes Rd. (behind the McDonalds) from 8:30 p.m. to midnight featuring Orléans own DJ Mace.

SATURDAY, APRIL 15

RCAF TURNS 99 – Celebrate RCAF's 99th birthday with veterans and friends at the Orléans Legion, 880 Taylor Creek Rd. Cocktails 5:30-6:15 p.m. Dinner at 7 p.m., followed by dancing and entertainment by Tim Parsons. Tickets are on sale until Friday, April 14, at the upper bar in the

branch. Tickets are \$90 for the public and \$65 for veterans. Open to all. For more information visit the Bulletin Board at rcl632.ca.

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Roland Momy, 88

Passed away on March 15, 2023

Leonard Larabie, 77

Passed away on March 14, 2023

Françoise Brazeau, 73

Passed away on March 13, 2023

Berthold Garth Williams, 72

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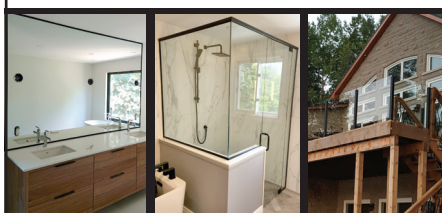
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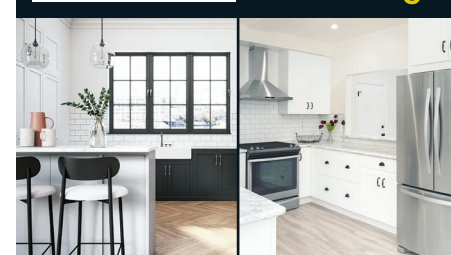
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