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THE Orléans Star

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Next edition June 6

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



Orléans pianist Emily Hou is reflected in the top of her piano during a recent recital at the 10,000 Hours Studio on Montreal Road. Emily recently completed the first year of her Masters in music at McGill University in Montréal. FRED SHERWIN/PHOTO

Navan dairy farm in full swing two years after derecho

By Fred Sherwin
The Orléans Star

It's been two years since a derecho windstorm swept through the mid-section of Cumberland, destroying over a thousand trees and damaging over a dozen farms between Navan and Sarsfield.

The McFadden farm on Trim Road, south of Navan, was one of those farms. Other farms that were severely damaged include McFaddens' neighbour John McWilliams farm and Wyatt McWilliams' farm on Trim Road where the barn that had stood for 120 years was completely destroyed.

Gordon McFadden had 70 cows and calves on his farm before the storm hit on May 24, 2022. Five cows died in the storm and another 25 died or had to be destroyed in the weeks and months that followed due to the trauma they suffered.

All the cows were eventually replaced, but

McFadden was without a barn to house them. The derecho destroyed two barns and two other buildings and severely damaged their silos.

The surviving cows were all moved to a farm near Kemptville, where McFadden paid rent to house them and have them milked on a regular basis.

After going back and forth with his insurance company, McFadden was finally able to hire a contractor in late 2022. Construction began with a concrete slab last summer, and the barns were completed last December. McFadden now has a state-of-the-art production facility complete with two robotic milking machines in which the cows have been trained to enter on their own and be milked three times a day.

"It's something else," says McFadden. "I never ever thought that cows could be trained to get milked, but they took to it almost overnight."

The barn is designed as an open concept with

CONTINUED ON PAGE 2 ►



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COMMUNITY BRIEFS



HAPPY ANNIVERSARY – A huge congratulations to Hair Done by Rita owner Rita Franchi who recently celebrated 50 years in business and 45 year serving clients on St-Joseph Blvd. Her dedication to her clients is a testament of the success she has achieved as a business owner. She has seen many businesses come and go over four decades but held on strong to her belief in a business that thrives on customer satisfaction. PHOTO SUPPLIED

St. Peter HS Canley Cup food drive a huge success

ORLÉANS – St. Peter High School's annual Canley Cup food drive was another huge success this year with over 15,000 non-perishable food items collected and more than \$12,500 raised. The contribution will go a long way to stocking the shelves at the Orléans Cumberland Community Resource Centre food bank for the weeks and months ahead. In April a total of 808 individuals, including 31 new families, visited the food bank located in the Orléans Town Centre on Centrum Boulevard. Individuals and families who visit the food bank can get up to four days of emergency food supplies per month. The OCCRC website is at www.crcoc.ca.

The 2024 edition of the Orléans Road Map can now be pre-ordered



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



Gordon McFadden stands in his new barn with some of the barn's occupants. The state-of-the-art dairy barn was completed in January to replace the two barns that were destroyed in the 2022 derecho wind storm. FRED SHERWIN PHOTO

Navan dairy farm back online two years after devastating wind storm

Continued from page 1

The barn is designed as an open concept with the cows are allowed to roam around on their own rather than be held in pens all day and they can even clean themselves using a large rotating brush similar to the ones used in a car wash.

If you could ever describe cows as being spoiled, these cows on the McFadden farm would fit the bill.

McFadden lets out a chuckle when asked what his grandfather or great grandfather might think of all the technology the farm employs.

The farm was founded by McFadden's great-great-grandfather in 1848, before Navan even existed. It was passed down through the generations until it was even-

tuallly passed on to Gordon's father Basil.

Gordon bought the farm in 1986 and has run it ever since with the help of his sons Devyn and Travis who are now partners.

"It's something to be proud of," says McFadden about the farm's long history which now includes the derecho, the damage the storm caused and the effort to rebuild.

If anything the farm is back bigger and better than ever. The new barn will allow them to have twice as many of cows as they now have, and with the new technology, production is up and the workload, in terms of manual labour, is down.

The only work that still needs to done is replacing the top portion of the remaining two silos that were damaged in the storm. The wind was so strong that it left a dent in two of the silos the size of a pick up truck. One of the silos was repaired earlier this year. The others must be emptied first.

On another positive note, Avery, the miracle calf is now a mom, having birthed a calf last year and joined the rest of the herd.

Readers of the *Orléans Star* may recall a story published shortly after the wind storm about a calf that was blown over the McFadden's old two-storey barn when the wind caught the plastic shelter she was fastened on to and sent them both airborne.

Avery, who was only a couple of months old at the time, landed on a pile of debris on the other side of the barn and somehow managed to survive despite suffering a gash on the back of her neck.

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Alvida Promenade resident celebrates 100th birthday

By Fred Sherwin
The Orléans Star

Verbena Donati has seen a lot in her life. Born in 1924, she lived through the Depression and World War II in her native Italy.

After the war ended, she married and had two children. She immigrated to Canada in 1960 to be with her husband who had found work as a lab technician in Kitimat, B.C.

Shortly after arriving, Verbena started teaching art and languages at the local high school. The couple also had their third child in 1961.

In 1966, they moved across the country to New Brunswick.

After her husband passed away in 1972, Verbena moved to Vancouver with her son Leo to be close to her daughters.

After retiring from teaching in 1979, Verbena married her second husband, Howard Jenkins, in 1986. The couple remained in Vancouver for the next 26 years. In 2012, they moved to Ottawa

where Leo was working for the Transportation Safety Board of Canada. Mr. Jenkins passed away the following year at the age of 83.

Verbena eventually moved into the Promenade Retirement Community in Orléans where they held a 100th birthday party for her on May 11 surrounded by family, friends and her beloved dog Lucky.

The two most important things in Verbena's long life have been her family and her art. She has painted and drawn hundreds of pieces over the years and has taught a multitude of students along the way including many of her fellow residents at Promenade. She only stopped painting a few short months ago when her arms became too weak to keep them raised for any length of time.

Verbena's says her paintings are a transcript of her life. Her inspiration was a product of whatever she was going through or experiencing at the time.

"You can't keep painting the same thing over and over," Verbena says. "You have to change things and evolve or else you will get bored."

Besides being an artist, Verbena is also an author, having recently published her autobiography, *Unsettled: A memoir*.

According to a description of the book on Amazon, "(Unsettled) weaves the fascinating story of a woman born into a family that is constantly moving, thus incapable of setting down roots. Donati's lonely Italian childhood gives way to a life in transit, culminating in Canada, a life of joy and disappointments, loyalty and betrayal, intense love and heartbreak."

As for any advice she would give others seeking to live a long and productive life, Verbena offers this bit of wisdom. "You need to be accepting of whatever happens in your life, especially the bad things," she confides. "Learn from them and move on without allowing them to consume you."



Verbena Donati with her dog Lucky. FRED SHERWIN PHOTO



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A fine mess

The debate over whether or not public servants in Ottawa should be allowed to work from home has raised its ugly head again after Treasury Board recently announced that federal employees would have to spend three days a week commuting to work starting in September. Until now, they've only been required to report to work two days a week.

Not surprisingly, the directive is being fought tooth and nail by the Public Service Alliance of Canada which represents tens of thousands of federal workers who are upset at the idea of having to spend an extra day at work every week.

While the debate may seem pretty black and white to most observers, it's actually much more complicated than that. First of all, federal workers should realize that if it wasn't for the pandemic, they would still be going into work five days a week and not two or three.

The issue came to a head during collective bargaining negotiations between PSAC and the federal government last spring. At the time, the two sides signed a letter of agreement outside the collective agreement which stipulated a hybrid remote work model in which workers needed to spend a minimum of two days a week in the office.

The Treasury Board's decision to increase the in-office requirement to three days was made unilaterally, which has the unions and their members up in arms. But that seems to be the federal government's *modus operandi*. After all, they made the decision to allow federal employees to work from home two days a week unilaterally. No one with the Treasury Board bothered to inform the City of Ottawa about the move – the same City of Ottawa that invested billions of dollars in an LRT system that was designed to transport thousands of federal civil servants to and from work every day. Nor did they inform the City of Ottawa about their plans to reduce their downtown office portfolio by 50 per cent over the next 10 years.

I can perfectly understand why federal employees want to work from home as much as possible. It means spending less money on commuting and more time with their families. Less money on bus passes, less money on gas, less money on parking and less money on anything else they would normally spend money on downtown if they worked there. And while it makes sense from a quality of life and environmental aspect, it hurts those downtown businesses which used to depend on federal workers, and it has a massive impact on future LRT revenues.

Ordinarily I would argue that federal workers be compelled to work downtown three days a week, but the genie has already been let out of the bottle. What the federal government needs to do is sit down with the City of Ottawa and work out a plan that transforms downtown into a community where people can live, work and play and not let it turn into a ghost town which it is quickly becoming.

– Fred Sherwin, editor

FEDERAL PUBLIC SERVANTS EXPECTED TO RETURN TO OFFICE THREE DAYS A WEEK STARTING IN SEPTEMBER



It's been a busy spring thus far in the federal riding of Orléans

To all the mothers in Orléans, I hope you enjoyed a beautiful Mother's Day, filled with love and cherished moments with your families.

On April 25, I welcomed my colleague, Steven Guilbeault, Minister of Environment, at the Karyne Greenhouse at ESP Gisèle-Lalonde. A perfect opportunity to hear from the Ministers of the Environment of the school Enviro Club and their members about the importance of acting now to fight climate change and how the Federal government plays a key role in the equation.

The following day, on April 26, local elected officials MPP Stephen Blais, city councillor Laura Dudas and school trustee Cathryn Milburn at Cairine Wilson Secondary School to discuss with the students taking civic class our respective responsibilities.

Continuing the engagement with our community, it was great to host two successful events on Parliament Hill : the India Canada Multicultural Festival on April 27 and the 62nd Anniversary of the diplomatic relations between Canada and Morocco on May 9.

I want to acknowledge the leadership of local residents, respectively Gipsy Ghosh of the World Multicultural Festival and Najat Ghannou, President of the Canadian Association of Moroccans in Ottawa-Gatineau for their partnership in each event.

On May 2, I was thrilled to join Minister Randy Boissonnault to announce an investment of \$36 million for the construction of the new Mouvement

d'implication francophone d'Orléans (MIFO) facility. Designed to be net-zero carbon, the innovative facility will house a gymnasium, auditorium, classrooms, indoor running track, art gallery, meeting rooms and more, which will provide space for recreational activities that help to foster a sense of togetherness for our community.

On May 10 I joined my colleagues MP Mona Fortier and MP Yasir Naqvi to announce \$130K in funding through

FedDev Ontario Tourism Growth to the Canadian Tulip Festival "Pollinator Paradise" exhibit in the Byward Market. I hope you have the chance to see the tulips in full bloom across our city.

As we celebrated Early Learning & Child Care week from May 13-19, I want to thank all the childhood educators, daycare owners for your important work in delivering quality childcare in our community.

I am pleased that the federal government was able to announce an agreement on March 27 with the province of Ontario that will deliver high-quality, affordable, flexible and inclusive child care for families. This will reduce child care fees in the short term, deliver \$10-a-day child care for Ontario families and create 86,000 new licensed early learning and child care spaces in the province over the five-year agreement.

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



Commons Corner

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THE Orléans Star



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There's no place like New Orleans during festival time

I recently returned to New Orleans where I was able attend my third Jazz and Heritage Festival.

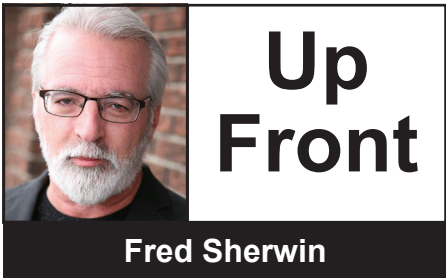
The festival had been on my bucket list for as long as I can remember having a bucket list. I used to check out the musical line-up every January and drool over all the blues and jazz legends that were on the list.

I finally made it the festival in 2022 at the encouragement of my dad. We had been talking about going to the festival before the pandemic, but then COVID threw a wrench in the works.

Actually, we had talked about doing a father-son road trip to Memphis, Nashville and New Orleans. When I finally made it to the Jazz and Heritage Festival, I took hundreds of photos and videos to show dad when I got back and he sat through every one of them. Unfortunately, he ended up passing away just over a month later.

When I went in 2022, I was blown away by both the festival and the city. New Orleans is unlike any other city you will ever visit. The fact that you will find more live music on Bourbon Street alone than any other city in North America should be reason enough to visit the city, but then you have the food – crawfish, jambalaya, gumbo, shrimp and grits, fried chicken, po’boy sandwiches, muffaletta, Bananas Foster, bread pudding with whiskey sauce, pecan pie, pralines... the list just goes on and on.

If you’re a fan of the blues or jazz you absolutely have to make a pilgrimage to the Big Easy. Among the legendary clubs where you will find top-notch live music are the Blue Nile, Fritzel’s, the Spotted Cat, the Snug Harbour Jazz Bistro, Vaughan’s Lounge, Chickie Wah Wah, Tipitina’s, the Howlin’ Wolf, the Maple Leaf Bar and the House of Blues.



And then there’s at least a dozen live music venues on Bourbon Street, each with an excellent cover band.

New Orleans is also one of the friendliest cities in America, if not *the* friendliest. Everyone you pass will wish you a blessed day. It’s also a place where it’s not uncommon for a checkout girl or server to call you darling, baby or honey.

After my return, I binged watched the HBO series “Treme”, which portrays New Orleans during the first two and a half years after Hurricane Katrina. Make no mistake, it was a violent place, but the violence was born out of the chaos left behind by Katrina.

Today, New Orleans is no more dangerous than Toronto or Montreal. I walked through the Treme neighbourhood before and after the festival every day and never felt unsafe, even after it got dark, and everyone I passed asked “How ya’ doing?”, or “Have a great day”.

If you do go to New Orleans, be sure to bring a good pair of walking shoes with you unless you plan to take Uber everywhere.

As for some tips, here are the top 13 things you should do if you visit New Orleans:

- 1) Take the St. Charles street car to the end of the line and back.
- 2) Have a po’boy sandwich at either the Parkway Bakery and Tavern in Bayou St. John or Liuzza’s by the Track.
- 3) Take a sightseeing ride on the famous Natchez paddle wheel riverboat. Better yet, take the brunch cruise.



- 4) Take a walk along the waterfront.
- 5) Visit the National WWII Museum on Magazine Street, which is the top rated tourist attraction in New Orleans.
- 6) Stroll through the Garden District.
- 7) Order a bowl of the Crawfish Etouffée at the Gumbo Shop on Saint Peter St.
- 8) Order beignets and coffee at either the Café du Monde or the Café Beignet.
- 9) Visit the French Market and the New Orleans Jazz Museum.
- 10) Take the street car to City Park where you will find the New Orleans Botanical Garden and the Museum of Art, and many more attractions.
- 11) Stroll through one of the city’s many cemeteries.
- 12) Go to Frenchman Street after dark and enjoy some live music.
- 13) And if you’re feeling brave enough, have a beer in one of the city’s many dive bars. There are more dive bars in New Orleans than any other place in the world.

I also strongly suggest that if you visit New Orleans, you go during the Jazz and Heritage Festival, which takes place during the last

weekend in April and the first weekend in May.

I can honestly say that it’s the most eclectic music festival you will ever go to. Besides great jazz and blues music, the festival also features fantastic cajun and zydeco music, bluegrass, country and world beat music. There’s New Orleans bounce music delivered by the iconic Big Freedia, who has to be seen to be believed and some of the best gospel music anywhere. This year’s festival featured the likes of the Rolling Stones, Neil Young, Bonnie Rait, the Foo Fighters and Heart.

One of my favourite things about the festival is that it starts at 11 a.m. every morning and ends at 7 p.m., which means you have time to go to dinner in the French Quarter afterwards, or take a nap before hitting the town.

My other favourite thing about the festival is the after party just outside the gates on North Lopez, Mystery and Sauvage where there’s a live band on every block and you can buy beers out of coolers for \$5 bucks.

So what are you waiting for? Next year’s Jazz and Heritage Festival is only 11 months away.

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Celebrate Summer event to be held May 31 to June 1

Orléans, I would like to welcome you to the heart of summer in Beacon Hill-Cyrville!

As the sun begins to shine brighter and the days grow longer, it's time to gather for the 12th Annual Celebrate Summer Fair. This two-day event promises a delightful array of activities and entertainment for the whole family. So, dust off those flip-flops, grab your shades and join from May 31 to June 1, behind the Earl Armstrong Arena on Ogilvie Road.

Friday night is Karaoke night as always. Take the stage and showcase your vocal talents to kick off the festivities and compete for glory and prizes in our exciting karaoke competition. Saturday is full of free activities! Free pancake breakfast, bouncy castles, face painting, hot dogs and more. Meet and mingle with local leaders, watch a magic show, and groove to the rhythm of local bands by the beer garden.

For thrill-seekers of all ages, the paid ride zone offers an exhilarating array of attractions. From a towering ferris wheel

to adrenaline-pumping pirate ship, there's something for everyone to enjoy. Please note that access to the paid ride zone requires a

\$25 bracelet, available for purchase on-site (cash only).

Celebrate Summer would not be possible without the generous support of our community partners. A heart-

felt thank you goes out to Kiwanis Eastern Ottawa, the Beacon Hill Community Association, the Pineview Community Association, and all the dedicated volunteers who lend their time and talents to make this event a success year after year.

This year, we're proud to partner with the Gloucester Emergency Food Cupboard to make a positive impact in the lives of local families facing food insecurity.

Your generosity and donations will help provide essential support to those in need, ensuring that everyone in our community can thrive. Together, let's spread joy, create lasting memories, and make a difference at Celebrate Summer 2024!



Tim Tierney

Beacon Hill-Cyrville Ward 11

St-Joseph roundabout to become pedestrian friendly

As many of us know, crossing the roundabout at St. Joseph Blvd. and Jeanne d'Arc Blvd. as a pedestrian can be a harrowing

experience. This roundabout is one of the oldest in Ottawa and was built with a design that required pedestrians to stop and give the right-of-way to vehicles. This older design is absolutely no longer

the standard, and as a result, we are finally seeing the much-needed modernization of the roundabout; installing proper pedestrian crossings (PXOs), which legally give all pedestrians the right-of-way over vehicles.

Those traveling along St. Joseph may have noticed construction cones and signs in place this week in preparation for the work. Construction activities are expected to start as of May 21 and continue until the work is completed, likely mid-summer.

The project manager has advised that, while work is permitted to take place from 7 a.m. to 10 p.m. most days, and that lane reductions will be required within the roundabout with the exception that no lane reductions will be

allowed on week-days between the hours of 7 a.m. and 9 a.m. and from 3:30-6 pm. All lanes are expected to be available during hours

that the construction team is not actively working on site. Work will involve removal and replacement of sections of sidewalk adjacent to the intersection, asphalt and landscaping reinstatement, signs and

pavement markings.

Once completed, this location will be upgraded with improved markings on all four legs of the roundabout, with "type B" PXOs that have flashing light beacons, activated by pedestrians with a push-button.

For those looking for a visual example, these are the same style as what is down the road at St. Joseph Blvd. and Trim Road. This change with the added flashing beacons will especially help with increasing visibility of those crossing after dark. This update is truly welcome, and will bring consistency to all of our local roundabouts.

For more info visit: [Ottawa.ca/en/parking-roads-and-travel/road-safety/pedestrians](https://ottawa.ca/en/parking-roads-and-travel/road-safety/pedestrians).



Laura Dudas

Innes Ward 2

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SPRING 2024

HOME STYLE



Making dreams come true one pool at a time

By Fred Sherwin
The Orléans Star

Jean-Michel Deschamps has been in the pool business for most of his life. He started cleaning pools while a high school student at École secondaire Garneau. In fact, he sold his first pool to his high school principal when he was still in Grade 13.

After enrolling at the University of Ottawa to study economics, Deschamps continued to sell and maintain pools. Then, in the mid-80s, he was approached by a large pool company in the United States that wanted him to train dealers on how to install their pools. On those days when he didn't have classes, Deschamps was flown by private jet all over the United States to meet and train dealers.

After graduating from the University of Ottawa, Deschamps continued to train dealers despite his parents' wishes that he pursue a career in the public service.

"I was living the life that I wanted to live, always on the go, and I was making good money," recalls Deschamps.

After nine years of traveling, Deschamps was offered a chance to become the co-owner of the Citadelle Pools franchise in Ottawa-Gatineau. Tired of life on the road, he accepted the offer and for the next eight years, he sold inground and above ground pools.

In 1995, Deschamps decided to go into business for himself in Orléans. He sold his shares in Citadelle to concentrate all of his energy on inground and semi-inground pools and get away from the big box store mentality.

The secret to his enormous success is customer service and the fact that he does everything in-house, from the design to the installation and even the landscaping. As his own salesperson, he's also not afraid to offer his best advice to his clients even if it means they end up with a less expensive pool than what he could have sold them.

Deschamps' focus on customer service has resulted in over 80 per cent of his business coming through referrals.

"Pools create memories. When you have



FILE PHOTO

a pool, you want to invite your entire family over. Its about bringing families together," says Deschamps. "We build pools people can be proud of. That's why I'm still doing this after 40 years."

Besides selling, installing and maintain-

ing pools, JMD also does salt water conversions, liner replacements and safety covers.

To find out more about JMD Pools visit jmdpools.ca, or call Jean-Michel at 613-880-1111.





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Futuric Kitchens has hundreds of different colours and finishes to help turn your old kitchen into your dream kitchen. FILE PHOTO

Upgrading your kitchen can be as easy as refacing your cabinets

By Fred Sherwin
The Orléans Star

Is your kitchen looking old and tired and in need of a facelift? Why not consider changing your cabinet doors and drawer facings and replacing your countertops?

Futuric Kitchens, located at 830 Industrial Avenue, Unit 4, has been specializing in cabinet refacing since 1976.

Cabinet refacing is by far the most affordable way to upgrade your kitchen and you can save thousands of dollars in potential renovation costs in the process.

At Futuric, they have hundreds of different colours and finishes of cabinet doors and drawerfronts to choose from including acrylic, 3D laminates and melamine..

Cabinet refacing can bring a whole new look to your kitchen in very short order. When you reface your cabinets, you keep the existing structure while upgrading and replacing the cabinet doors, drawer fronts, and hardware. The front edges, ends and kick-plate are all covered in the same material to match your new doors.

With cabinet refacing, it is easy to coordinate a new floor or wall paint with the result being a beautiful new room for a much lower cost than a full remodel.

The first step is to visit the Futuric design center on Industrial Avenue and talk to one of their design specialists who can walk you through the pros and cons of different

finishes and hardware, such as drawer slides, hinges and handles.

The next step – which can often be the most difficult – is choosing a colour. Once you select the finish and colour, the rest is up to the Futuric team of installers.

Refacing your cabinets and drawers can often be done in three or four days. In rare circumstances, if you are also installing a new countertop and new construction, they may need an extra day or two.

If you do decide to reface your cabinets, you can opt for a variety of add-ons such as a center island, new drawer boxes, crown molding or a light valance at the same time. Microwave shelves, wine racks and corner shelves can also be installed and made to match your new cabinet doors.

Should you want to take the next step from resurfacing to remodeling, Futuric has the expertise and know-how – from design to installation – to help make your dream a reality. Futuric was recently named a Platinum Winner in the Home, Builders and Contractors category in the 2023 Ottawa Community Votes competition.

To find out more about how Futuric can provide you with a kitchen cabinet makeover, visit www.futurickitchens.com or drop by their showroom at 830 Industrial Avenue. Owner Michael Teggart is often there, especially on Saturdays, where he is more than happy to provide you with his expert advice.

When it comes to fireplaces and BBQs, Romantic has it all

By Fred Sherwin
The Orléans Star

With more than 59 years of combined experience in selling and installing fireplaces of every type and model, the father-and-son team of Mike and Jason Pilon have a well-established reputation for meeting and often exceeding their clients' expectations. It's one of the reasons why they have a 4.8 star rating on Google with 187 reviews. It's also the reason why so many of their new customers are referred to them by existing clients.

"It's probably the most rewarding part of the job," says Mike Pilon, who sold fireplaces in Cornwall for 31 years before moving to Orléans in 2009.

"When someone says, 'Oh, so-and-so told me I should come here,' you know you're doing things right, especially when you think a fireplace should last a lifetime. We don't get a lot of repeat customers, unless they move to another house and want another fireplace."

The biggest advantage to buying your next fireplace at Romantic, besides their selection of quality natural gas, propane, pellet, wood fireplaces, and wood stoves is

the fact that they do their own installation, including mantles and hearths. There are no sub-contractors involved. Their after-sale service is also second to none. In fact, Mike and Jason make it a point to check in with their customers from time to time to make sure everything is working to their standards... and the customer's satisfaction.

The first step to buying a new fireplace at Romantic is to visit their showroom located in the Canotek Business Park. You can drop in anytime between 9 a.m. and 4 p.m. from Monday to Friday, or 10 a.m. to 2 p.m. on Saturdays. (The showroom is closed on Sundays.)

Since the owners are the salespeople, you will be greeted by either Mike or Jason, who will be happy to explain the pros and cons of the different types of fireplaces in meeting your needs and your budget. In most cases they will give you three options – good, better and best. The decision is then up to you. Mike can also help you design an enclosure for your new fireplace to fit into your existing decor or your new home.

After the initial consultation, either Mike or Jason will visit your home to see where the fireplace is being installed for



When it comes to fireplaces and BBQs, Mike and Jason Pilon are your local fireplace and BBQ experts. FILE PHOTO

themselves to further ensure that you are making the right purchase and to give you an accurate final quote. Once the fireplace is installed, you can enjoy it for as long as you remain in your home.

Besides fireplaces, Romantic also sells a number of leading-brand BBQs and barbecue accessories.

The Romantic Fireplace showroom is conveniently located at 5380 Canotek Road, Unit 7.

To get to the Canotek Business Park, exit Hwy. 174 at Montreal Road. You can also visit their website at romanticfireplaces.com, or Google "Romantic Fireplaces" to see hundreds of pictures of their work.

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One-woman play a window into the life of an indigenous woman

Review by Kassandra Ince
Teen Theatre Appreciation and
Criticism Class
Ottawa School of Theatre

Inner Elder is a one-woman show written and performed by Michelle Thrush about her real life growing up as an indigenous youth, and her journey to becoming a strong indigenous grandma (or ‘Kokum’)! This show was presented by the NAC’s Indigenous Theatre on April 11-13 in the Azrieli Studio.

In this play, we learn about the impact of Thrush’s parents’ alcoholism, her powerful imagination, and her love of storytelling. She brings up how children at school and even her teachers discriminated against her for her Indigenous identity. Despite this, she made it through these difficult times thanks to her sense of humour and creative spirit.

She also tells us the story of how one day, she meets a woman who has passed out on the ground and this moment changes her life for the better. You see, Thrush has a special bond with her ancestors: she can hear the voices of her grandmothers in the trees, the earth, and the wind. Rather than being scared by this, she embraces her unique

ability and takes the advice of her ancestors to heart. But *Inner Elder* is not just a solemn retelling of Thrush’s life growing up – the show later becomes a full-on comedy with audience participation featuring some Kokum stand-up!

Thrush’s storytelling and her incredible way of making light out of her hard childhood certainly makes this one-woman-show worth the watch. I appreciated her lighthearted approach to this kind of story instead of being completely dark and gloomy throughout. That way, this softens the negative effect of the sad experiences she has had and helps the audience to receive it better. This also allows her to reach a wider audience, both people who are looking for a more serious story and those who are looking to laugh.

As a performer, Thrush was very confident, likeable, well-prepared, and charismatic. The participatory nature of the show allowed her to connect more with the audience and get to know them on a deeper level. She also uses humour with her volunteers to make the audience more vulnerable and open up to her world and her story.

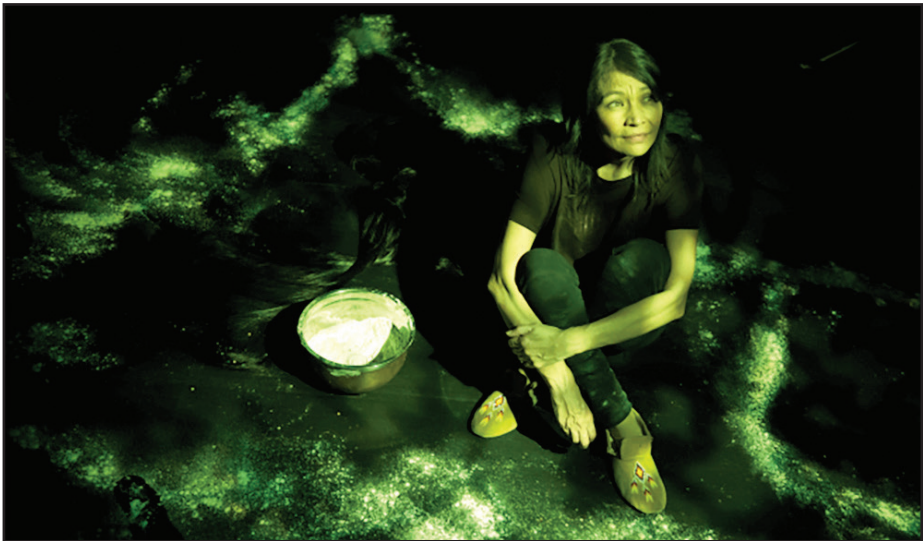


PHOTO : BEN LAIRD

The sound and lighting design felt calming and soothing to the eyes and ears and perfectly matched the atmosphere, and the lights were always on cue. The set design was made to look like a forest with the trees, represented by ropes hanging from the ceiling and connected to stones on the floor, swaying like branches in the wind.

All the props and set elements were effectively used to show old relics that belonged

to Thrush’s ancestors and her community. She showed the audience what her life was about with her charming attitude whilst talking about these beautiful relics.

All in all, *Inner Elder* was a fantastic show and a very pleasant experience. I especially recommend this show for seniors, and all of us with an old soul, or an elder at heart.

Visit the NAC Indigenous Theatre’s website for more info: <https://nac-cna.ca/en/indigenoustheatre>



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Symphony Sorority provides next level memory care for women

By Fred Sherwin
The Orleans Star

Forest Valley Terrace in Orléans has been providing quality care for residents with dementia for the past 10 years. In January 2020, they launched a memory care program specifically designed for women.

Symphony Sorority is a women-only memory care program where all the aspects of daily living are tailored to the specific needs of women. As part of the Sorority, your mother or loved one will be part of a loving environment where a greater sense of belonging can become the foundation for a more meaningful life.

Located on the third floor of Forest Valley Terrace, the Sorority community is fully secured with programming that is not just focused on your loved one's health but also on their overall well-being.

All aspects of daily living are tailored to the specific needs of the women living on the floor, from the menu to visits with Polly, the resident cat at Forest Valley Terrace.

Activities among the Symphony Sorority women are based on maintaining a sense of independence. For example, staff will help residents bake their favourite recipes from

home, or cook their favourite meals. They can also knit if they want to and assist with their own laundry under the supervision of one of the Forest Valley team members, known as the Sorority Sisters.

The job of the Forest Valley Sorority Sister is to get to know each resident on a personal level and learn their needs and abilities. The Sisters are tasked with learning what the Sorority residents are interested in doing and then organizing activities and outings with a sensitivity to the resident's level of memory loss and their need for quiet time.

The Symphony Sorority floor, with its single rooms and open-concept kitchen, dining and living space, has the feel of a university residence with a few special touches. The colour scheme is a relaxing lavender and light blue and the scent of lavender is used as a form of aromatherapy.

Patterned china and silver flatware is used in each place setting on the floor's dining tables and there are interactive life skill stations set at each end of the floor.

One of the most important aspects of memory care, not only on the Symphony



Symphony Sorority enables residents to have shared experiences such as baking their favourite recipes or cooking their favourite meals under the supervision of a Sorority Sister. PHOTO SUPPLIED

Sorority floor but the entire Forest Valley Terrace residence, is food.

Food, like music, can often trigger happy memories for those who are suffering from various degrees of memory loss. At Forest Valley Terrace, the kitchen staff are able to

look after all types of dietary needs while keeping things new and fresh.

To find out more about Symphony Sorority and how it may provide the right memory care for your loved one, call 613-830-4000.

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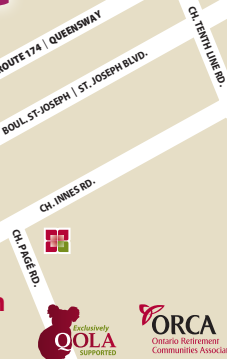
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PROUDLY CANADIAN



Jade Racicot and Jesse Teasdale are celebrating 15 years in business since buying their first food truck. STAFF PHOTO

Popular Orléans food truck marking 15 years in business

By Jody Maffett
The Orléans Star

When Jade Racicot and Jesse Teasdale bought their first food truck in 2009, they had no idea the path they were about to set out on.

The pair grew up in the south end of Ottawa, but went to different high schools. It wasn't until they both graduated that they began dating and their relationship soon blossomed.

Jade and Jesse were both working in the restaurant industry when Jade found a chip wagon for sale on usedottawa.com. Tired of working for other people, the pair decided to give self-employment a try and bought the truck. After whipping it into shape, including giving it a fresh cut of gold metallic paint, thus the name Golden Fries, they opened for business at the corner of Carling and Preston in 2009.

Within weeks of opening, the city began tearing up the street which severely impacted their business. Fate would intervene, however, when a friend who worked for the company that owns the Convent Glen Shopping Plaza, offered them a spot in the parking lot. The rest, as they say, is history.

The location on Jeanne d'Arc Blvd. North is in a high-traffic zone, practically across the street from St. Matthew High School and everyone knows how much high school students like fries and poutine.

But while Golden Fries specialized in those chip truck staples, they also developed weekly specials including a Chicken Parmi-

giana Sandwich, Fish & Chips and a "Big Mac" poutine, all of which became permanent fixtures on the menu.

In 2023, they were named Faces Magazine's Food Truck of the Year and Ottawa's Best Poutine.

What started out as one food truck is now a food service business with three trailers and 21 employees. Besides the flagship location in Convent Glen, the other trailers are available for special events and festivals such as the upcoming Orléans Craft Beer Festival on June 7 and 8. Jesse manages the Convent Glen location, while Jade takes care of the special event side of the business.

Over the years, Golden Fries has become what is arguably the most popular food truck in Orléans with an incredibly loyal clientele. Customers who first came as high school students 15 years ago continue to come after graduating from university and college.

"It's pretty cool to see these kids grow up. We've kind of grown up together," says Jesse with a hint of nostalgia in his voice. "Fifteen years is a long time, but it's flown by. If you had told me 15 years ago that I would end up making a career out of this I would have said you're crazy."

The key to Golden Fries success is the ingredients they use, including locally sourced potatoes, St. Albert cheese curds and organic, grass fed beef from Dumouchel Meat & Deli in Vanier. That combination is the reason why people come back to Golden Fries again and again.

When it comes to legal services, experience and expertise matter

By Fred Sherwin
The Orléans Star

Sicotte Guilbault is one of the largest and most respected law firms in the east end.

First established in 1993 as a community-based solo practice, Sicotte Guilbault is now comprised of 60 legal professionals with expertise in many areas of law, including Business Law, Dispute Resolution and Litigation, Family Law, Real Estate Law, Wills & Estates, Employment Law and Municipal Law.

Their deep understanding of provincial laws and regulations, as well as their wealth of experience allow them to tailor legal strategies that resonate with the unique needs of the community, and beyond.

They are a fully bilingual firm, providing services in both official languages.

It's been nearly two years since the firm moved to its present location at 5925 Jeanne d'Arc Blvd. after outgrowing its old location at 4275 Innes Rd.

Sicotte Guilbault prides itself on its client-focused approach beginning with listening to and understanding their clients' situation, establishing their needs and finding real solutions that result in a

successful resolution. Sicotte Guilbault is also actively engaged in the community they serve. Through their community engagement programs, educational initiatives and pro bono work, the firm is dedicated to making a positive impact outside the courtroom.

In a rapidly evolving legal landscape, Sicotte Guilbault stays ahead of the curve. The firm embraces innovation and leverages cutting-edge legal technologies to enhance efficiency and provide top-notch legal services to its clients.

The firm's diverse team of legal professionals with a wealth of experience in a wide range of areas makes Sicotte Guilbault the go-to choice for individuals and businesses navigating what are often intricate legal waters.

One of the firm's areas of expertise is Real Estate Law. Whether you're purchasing a family home, selling investment property or leasing a new corporate headquarters, with more than 150 years of combined legal expertise in residential and commercial real estate, Sicotte Guilbault is committed to making your real estate transaction a smooth and efficient one.

The firm's Real Estate team will guide you along the way, so you know what steps to take to protect your real estate interests and goals.

Another area of expertise is Wills and Estates. Whether you have a modest level of wealth, or a complex portfolio of assets, investments and pensions you need a will, if for no other reason than to ease the burden on your loved ones after you die.

Should you pass away "intestate," meaning without a will, provincial laws, not you, will determine how your assets and property are distributed. This could mean delays, additional costs and complications in settling your estate during an already difficult time.

Sicotte Guilbault's Wills and Estates team can review your family and financial situation, develop a plan, including a will, which sets out who will manage your estate and how property and assets will be distributed among your beneficiaries, along with tax planning to reduce costs and maximize your estate's full potential.

Other areas of expertise include Business Law, Dispute Resolution & Litigation, Family Law. Municipal Law, Employment



Law, and Tax Law - all of which can often be complicated and confusing which is why you should seek the help of a law firm that not only has the resources to tackle the issue at hand, but can do it with sensitivity and empathy where your voice is heard and you are able to address your needs together. Sicotte Guilbault is just that law firm.

To find out more visit their website at sicotte.ca

Orléans Star.ca

- Local news and information
- Community links
- Local sports
- Community billboard
- Arts & Entertainment
- Local business news

Business Directory

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The Orléans Restaurant Guide

Real Estate Listings

Vanlifers complete cross country journey to Vancouver

(Tori Dark and Kevin Nault have embarked on a trip across Canada aboard their converted camper van. In doing so, they are joining hundreds of other people who have taken up what is referred to in the culture as “VanLife”. During their trip, the Orléans Star has published a series of diary pieces from Tori allowing readers to follow their journey. This is the second part of their trip through the Rockies.)

At last, we arrived in Whistler, safe and sound! Ski passes in hand, Kevin and I joined our friend Kelly up Blackcomb Mountain. This is by far the largest mountain we have skied since the passes also include Whistler as well.

I felt confident in my abilities as we just spent the winter traveling to various large ski resorts throughout the Rocky Mountains, including Revelstoke, Kicking Horse, Sunshine and Lake Louise.

Everything was going so well, we were exploring different alpine runs, bowls and even the ski park. My day came to a quick end, however, when I did a triple front flip over my snowboard on a very moguled black diamond run. The term “Scorpion” refers to when your feet touch the back of your head,

which I performed twice during my little tumble. Holding back tears and laughter, I decided that I wasn’t as badass as I thought and it was time to hit the hot tub.

We skied for a total of five days in Whistler-Blackcomb, where we saw a marriage proposal on the Peak 2 Peak Gondola, attended a ski and snowboard film festival and hung out with locals in the village.

After our vacation/work-all-expenses trip to Whistler, Kevin and I drove the rest of the way to Vancouver where we stayed for a few days to visit my good pal, Arden. She grew up three doors down from me in Navan. Her father owned the wonderful Orléans Veterinary Hospital on Tenth Line, and it felt like a breath of fresh air to see her again

I was feeling particularly down that week because it was Easter weekend and it was my first time being away from home for a holiday. Arden is family and so I felt as though I got a slice of home in Vancouver.

She showed us around town to her favourite breweries and restaurants and even joined us for a ski day in Whistler. The weather wasn’t looking promising because of the rising temperatures, but lucky us we got a fresh layer of powder before we hit the



Tori with her friend Arden in Vancouver. PHOTO SUPPLIED

slopes. It felt like we were soaring in the clouds. Even Arden said that was the best day of the year for her. Lucky us.

The warm salty air, vast ocean and moss-covered rain forest were as beautiful as I remember. We decided to drive back to Canmore after our visit to Vancouver, but we will be traveling back to the west coast to

explore Tofino on Vancouver Island when my brother, Addison, and his wonderful partner, Breah, come to visit at the end of May. I can hardly wait! Surf’s up my dudes.

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

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COMMUNITY BILLBOARD

SATURDAY, MAY 25

THE ORLEANS BREWING CO. presents Cover It Up live from 8-11 pm. \$10 cover. The Orleães Brewing Co. is located at 4380 Innes Rd. near the McDonalds. For more information visit <https://orleansbrewing.com>.

TAPROOM 260 presents the Not Broken live from 8-11 pm. Located on Centrum Blvd. in the Orleães Town Centre. For more information visit <https://taproom260.com/events/>.

THE STRAY DOG BREWING COMPANY presents East Coast Experience live and in concert at 8 p.m. at 501 Lacolle Way in the Taylor Creek Business Park. Advance tickets \$20 (\$25 at the door). To but advance tickets visit facebook.com/StrayDogBrewingCompany.

ROYAL OAK ORLEANS

FUNDRAISER for the Orleães Cumberland Community Resource Centre. Patio BBQ Party from 3-7 pm. Buy a burger or hot dog with all of the proceeds going directly to the charity!! Live music on the patio, weather permitting, with Orleães band, Bird King! Silent auction, raffle and games.

THURSDAY, MAY 30

ORLEANS FARMERS MARKET from 11 am to 4 pm in the parking lot at the Ray Friel Recreation Centre on Tenth Line Road. Shop the freshest seasonal produce, meat and dairy, baked goods, prepared foods, crafts and more.

FRIDAY, MAY 31

BLACKBURN FUN FAIR
OPENING DAY – Tojo Magic Show 5:30 pm; Craft Beer Night

5-10 pm; Soul Motion on stage 7-10 pm. Visit blackburnfunfair.ca for a complete schedule of all the activities and events.

SATURDAY, JUNE 1

ST. HELEN'S FINE ART FAIR from 9 a.m. to 1 p.m. at St. Helen's Anglican Church, 1234 Prestone Dr., Orleães. This year's art fair is supporting the Young Artists Initiative. You can view the artists' galleries at sthelensartfair.ca and follow on Facebook at facebook.com/sthelensartfair.

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IN MEMORIAM



Lois Pilon, 94

Passed away on May 9, 2024

Hermel René Desbiens, 88

Passed away on May 8, 2024

René Ouellette, n/a

Passed away on May 8, 2024



www.heritagefh.ca/obituaries

BUSINESS DIRECTORY

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