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à l'intérieur...

# THE Orléans Star

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Next edition June 8

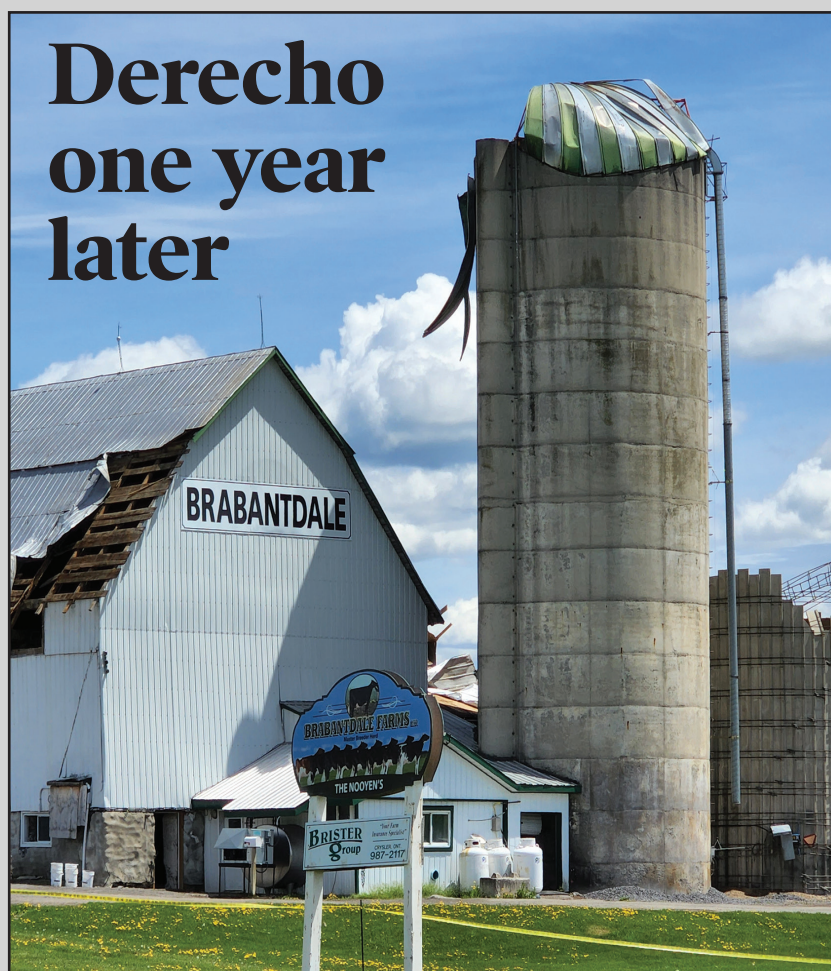


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## Derecho one year later



The Brabantdale Farm on Rockdale Road, owned by the Nooyen family, was one of dozens damaged by the derecho that swept through Navan and Sarsfield on May 21, 2022. FILE PHOTO

## Area farms still recovering one year after massive storm

By Fred Sherwin  
The Orléans Star

The past Sunday marked the one year anniversary of the massive windstorm that destroyed more than a thousand trees in Navan and Sarsfield and leveled dozens of barns and other farm buildings, some of which had stood for more than 100 years.

Wyatt McWilliams' barn on Perrault Road south of Navan was built nearly 120 years ago. On May 21, 2022, it was reduced to little more than kindling in less than five minutes.

Gordan McFadden lost his barn as well, as did Wyatt's cousin John McWilliams. John and Gordon both live on Trim Road, south of Navan.

While the Nooyen family on Rockdale Road didn't lose their barn completely, it was damaged to the point that it could no longer house their dairy herd. It was the same for the barn on the Cotton family farm at Trim and Navan Road and more than a dozen other barns between Navan and Sarsfield.

None, save for a smaller barn on McFadden's farm, have been rebuilt and it's now been a year since everyone learned the meaning of a new word: derecho. That's the word used to describe a line of intense, widespread and fast-moving windstorms characterized by damaging winds.

And while most people in Navan and Sarsfield were able to move on with their lives in relatively short order after the storm, the farmers impacted by it have had a slightly more difficult time getting on with things, thanks mainly with having to deal with insurance companies on seemingly never-ending basis, waiting for estimates and finding contractors to rebuild.

McFadden is one of the fortunate ones. He was in discussions with a contractor to replace his main barn just days before the derecho hit. Once it did blow through and the damage was done, everything had to be put on hold to allow the insurance company to send in an adjuster, figure things out and start the claim process.

CONTINUED ON PAGE 2 ►



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## COMMUNITY BRIEFS

### Plans for multi-tower project near Centrum

ORLÉANS – The new owners of the former YMCA building on Centrum Blvd. want to build three high-rise towers on the site and have applied for an amendment to the current zoning to do so. The proposal calls for two residential towers, one 30 storeys and the other at 40, in addition to a 35-storey mixed-use tower with retail, office and residential space.

### Royal Oak fundraiser in honour of fallen patron set for this Saturday



ORLÉANS – The Royal Oak Orléans will be holding a fundraising event this Saturday to help establish a bursary in memory of former regular Kyle Andrade who was beaten to death in February. The bursary will be granted to a physiotherapy student at the University of Ottawa. Andrade was a respected physiotherapist here in the east end before his tragic death. The event will take place on May 27 from 4-8 p.m. and will include live music by the Jasen Colson Duo, a silent auction, raffles and BBQ. The goal is to raise \$25,000.

## Area farmers still recovering one year after massive storm

Continued from page 1

The contractor was at least able to pour the footings for the new barn in the fall. If all goes well, construction will begin this summer.

The Nooyens have not been so fortunate. After going back and fourth with their insurance company for months, they finally have settled on a contractor to rebuild their barn. When the work will start is anybody's guess. John and Wyatt McWilliams also

hope they can start rebuilding their respective barns soon.

The other impact of the derecho was the loss of livestock, or at least producing livestock. McFadden lost three cows as a direct impact of the storm. But since the storm, he has lost an additional 22 animals, or nearly one third of his herd, because they weren't able to produce milk anymore, likely because of the stress caused by the storm, or having to move them to other unfamiliar barns in the storm's aftermath, or a combination of both.

The Nooyens lost nearly half of their stock. In both cases, the insurance company has paid for new stock, but having to move the cows and the stress involved resulted in a drop in milk production.

Still, Cumberland farmers are a tough lot. And farmers in general have a built-in resiliency that most city folk can only dream of. They will continue to roll with the punches and pick themselves up off the canvas whenever they get knocked down like what happened last year. But that's just par for the course when you've been dealing with Mother Nature all your life.



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# In Orléans, the fair and festival season is already upon us

By Fred Sherwin  
The Orléans Star

One of the best things about living in the National Capital Region – and Orléans in particular – is the plethora of festivals and fairs we get to enjoy between now and into autumn. And with the COVID pandemic finally in the rearview mirror, at least for most of us, all the pre-pandemic festivals are back in full force.

Things kick off here in the east end with the Blackburn Fun Fair on from June 1 to June 3 in Blackburn Hamlet.

The Fun Fair features a midway, beer tent, lots of kids activities, a movie night in the Blackburn Arena, a pancake breakfast, parade and even fireworks on Saturday, June 3. One of Orléans favourite bands, Ambush, will be performing on the Saturday night as well.

The following week is the Orléans Craft Beer Festival, which has quickly become the largest social event of event. Last year, thousands packed the Centrum Festival Plaza to sample the craft beer made by over 20 craft breweries in Eastern Ontario while listening to some top-flight entertainment, including the Tragically Hip cover band Little Bones, which be performing Friday,

June 9, along with the ever-popular Disco Inferno, and the “sociable” East Coast Experience on Saturday night.

Further afield, the Ottawa Ribfest will take place on the Sparks Street Mall from May 31 to June 4, the Italian Festival will take place on Preston Street from June 8-18, the Ottawa Fringe Festival is happening on June 15-25, the Festival Franco-Ontarien is set to go June 16-18, followed by the Dragon Boat Festival at Mooney’s Bay from June 22-25 and the Ottawa Jazz Festival from June 23-30.

July 1 is the one day when everybody in Canada can celebrate together, including right here in Orléans where the O Canada Orléans will be happening again on Petrie Island.

In July, you can go to RBC Ottawa Bluesfest from July 6-16, the Ottawa Lebanese Festival from July 19-23, the Ottawa Chamberfest from July 20 to Aug. 3 and Carivibe, which is happening on Petrie Island on July 21.

In August, you can go to the Navan Fair from Aug. 10-13 and the Ottawa Greek Festival from Aug. 11-20. Capital Pride runs from Aug. 19-27 with the main parade set



The Orléans Craft Beer Festival, happening from June 8-10 this year, was one of the highlights of the festival season in 2022. FILE PHOTO for downtown on Aug. 27.

The Gatineau Hot Air Balloon Festival will be happening over the Labour Day weekend this year, which will take us into

rural fall fair season in September.

For a complete guide to all the festivals and fairs in and around Ottawa, visit [www.ottawafestivals.ca](http://www.ottawafestivals.ca).

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# Time for a new plan

There has been a lot of talk lately about the impact the COVID pandemic has had on the workplace and specifically the traditional office workplace. Or to be even more specific, the government office workplace.

In fact, having the ability to work from home was one of the key issues in the recent contract negotiations between the Public Service Alliance of Canada and the federal government and at the end of the day, the union was able to secure the ability of its members to negotiate remote working arrangements on an individual by individual basis rather than a department by department basis.

When the pandemic restrictions were lifted last year, I was one of the voices that called for a return to the workplace by all government employees. My reasoning was simple and came down to the fact that there are hundreds of small business owners downtown who rely on the patronage of federal government workers to keep their businesses afloat.

Most were barely able to survive the pandemic and relied on the \$60,000 in CERB loans to do so. Now they are faced with having to pay back two-thirds of that money by the end of the year, and if they can't, they will have to pay back the full amount over the next five years with interest.

Without a full return to the workplace by Ottawa's civil service it is highly unlikely, if not impossible, for many small mom and pop businesses to ever pay that money back.

These are people who didn't have the luxury of being able to work from home while getting a regular pay cheque during the pandemic like federal government employees were able to do. They also don't have the luxury of being able to rely on big fat pension when they retire because they likely will never be able to retire.

But with the recent PSAC agreement all of that is a moot point. The pandemic has changed the modern workplace forever. Over the course of the last three years, remote work has become the norm. Not only will that have ramifications on downtown businesses, it will also have ramifications on Ottawa's brand new light rail system which will have far fewer riders than what had been projected prior to the pandemic.

It also means that the federal government, and a lot of other employers, no longer need all that office space.

All of which to say, it's time to come up with a new plan. The federal government and the City of Ottawa need to come up with a new vision for downtown. One that turns vacant commercial offices into condos and affordable apartments where people can live, work and shop downtown and make it not only viable, but vibrant. The future of the downtown core depends on it.

— Fred Sherwin, editor

**THE Orléans Star**

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

## OTTAWA SENATORS TO CHANGE THEIR NAME TO THE OTTAWA SNOOP DOGS



## Spring/Summer season off to a busy start in Orléans already

To all the mothers in Orléans, I hope you had a lovely Mother's Day, surrounded by your loved ones and family.

My team and I are pleased to welcome two Orléans students, Veronica Dhindsa and Justine Bourgeois, to our team for the summer months through the Summer Leadership Program.

I am thrilled to share that the federal government is delivering on its Budget 2023 commitment to lower credit card transaction fees for our small businesses.

With agreements reached with Visa and Mastercard, these reductions are expected to save eligible small businesses about \$1 billion over five years.

As part of the National Housing Strategy's suite of initiatives, the Veteran Homelessness Program will provide \$72.9 million through two streams: the Services and Supports Stream for rent supplements and "wrap-around" services, such as counselling and treatment for substance use, and the Capacity Building Stream, to fund research on veteran homelessness and support capacity building. Eligible organizations can apply until June 23rd through the online portal available on the Infrastructure Canada website.

The government also announced \$8.5 million in funding to expand the Canadian Red Cross Friendly Calls program. Call 1-833-979-9779 toll-free from 9 a.m. to 5 p.m. on weekdays.

I wanted to share with you the launch of the fifth

intake of the popular Local Food Infrastructure Fund (LFIF), a \$10 million investment that facilitates the acquisition of equipment by non-profit organizations and food banks for the purposes of harvesting,

storing, preparing, packaging, and/or delivering food within their respective communities. Eligible organizations can apply until May 31, 2023.

On May 11, I was delighted to announce, as Parliamentary Secretary to the Minister of Immigration, Refugees, and

Citizenship, an investment of over \$65 million to 15 organizations across Canada to continue delivering pre-arrival services to newcomers through to 2025, including \$1.2M for YMCA Ottawa.

More locally, on April 28, I attended the Soirée Saphir 2023, hosted by the Fondation Franco-Ontarienne, which recognizes extraordinary women! Congratulations to all the finalists, including Maissa Zemni and Lise Sarazin from Orléans.

On May 13, 2023, I attended the official opening of Just Food's Green House and Pavilion on Pepin Court in Blackburn Hamlet. This new addition to our community was made possible through federal funding of over 291k. This is the perfect place to get your seedlings for your garden. Learn more at [justfood.ca](http://justfood.ca).

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



**Commons  
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**Marie-France Lalonde**



# Orléans vibrant live music scene is worth checking out

For as long as I can remember, people in Orléans have been complaining that there's nothing to do here – and I've been covering Orléans since 1989.

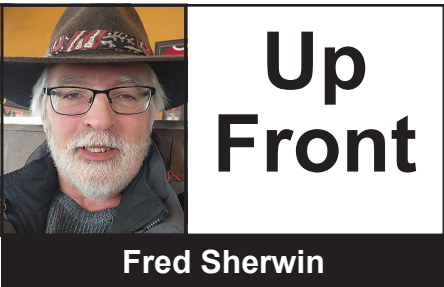
The first complaints were usually about the limited number of decent restaurants in the area and the complete lack of variety.

Back in those early days, there were no Thai or Vietnamese restaurants in Orléans. In fact, there was only one shawarma place and East Side Mario's was the only Italian joint.

All that has changed in the last 10 years with the arrival of places like the Persis Grill, Cucina da Vito, Caravela Restaurante and OCCO Kitchen.

The other complaint was the lack of any live entertainment. But that too has changed, especially since the pandemic restrictions were lifted last spring. Now there are a number of live venues in Orléans which offer regular live music on a weekly basis including Taproom260, Moose McGuire's, the Royal Oak, the Broadhead Brewery and the Stray Dog Brewing Company.

And if live bands aren't your thing, places like the Orléans Brewing Co., Stray Dog and Moose McGuire's also have trivia nights,



karaoke nights and DJ parties.

I've been to a couple of shows now at Stray Dog, including a recent acoustic set by Matt Luloff and I've been blown away.

The much bigger Taproom260 is also a great place for live music and they have bands almost every Friday and Saturday night.

Orléans is no longer the suburb that fun forgot in the city that's never been fun in the first place.

Speaking of having fun, the Orléans Craft Beer Festival is just around the corner. The must-attend event returns to the Centrum Festival Plaza on June 8, 9 and 10.

Last year's festival was an absolute blast and this year's event shouldn't be any different. Besides being able to sample the latest offerings from 30 different craft brew-

eries, two Ottawa-area distilleries and three cider houses, those in attendance will be able to enjoy some great live music.

Tragically Hip cover band Little Bones and Disco Inferno will be providing the music on the Friday night, while the always-entertaining East Coast Experience and the Honest Heart Collective will be on hand for the Saturday evening session.

Even if you can only make it to the Saturday afternoon session, you can still enjoy the music of country singer-songwriter Damien Maze and the pop rock cover band Bytown Lights.

If you haven't bought your ticket yet, you should do so soon before it sells out.

Looking further ahead, Orléans residents can look forward to the big Canada Day party on Petrie Island and the even bigger party on July 22 when Carivibe makes its long-awaited return to Petrie Island with music and food from the islands. It may not be Caribana, but it's the next best thing and it's happening right in our own backyard.

In between all the live music and festivals you can always visit one of the many outdoor patios in Orléans. A recent inquiry on the Orléans Foodies Facebook page asking for

the best patio in town was met with a flurry of recommendations that included Jonny Canuck's, Clocktower, Taproom260, the Royal Oak, the Bad Alibi, Connors Irish Pub, the Barley Mow, Delicious Steakhouse or, if you don't mind the short drive, Maker Feed Co. in Cumberland Village.

I'm sure I've missed a couple, but they're not hard to find.

Other things to do if you're feeling a little bored this summer are a visit to the Domaine Perrault Winery in Navan or Vignoble Clos du Vully out towards Leonard. You can take a walk around the Cumberland Heritage Village Museum or spend a relaxing few hours on Petrie Island where you can rent a canoe, kayak or paddle board at the Oziles' Marina.

If you are a golfer, you can practice your short game at either the White Sands course on St. Joseph Blvd. or the Mer Bleue Golf 9-hole Par-3 track on Navan Road. Both facilities have a driving range, but Mer Bleue also has a challenging mini-putt course.

So, as you can tell, there's a lot to see, do and experience in Orléans during the summer. You just have to take advantage of it.

*Come for a tour and enter to win!\**

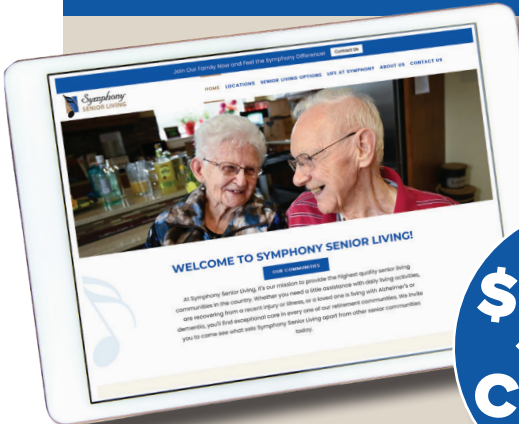


\*Book a visit until June 23, 2023, for a chance to win a two-night, two-person stay at the Lofts du Village at the Nordik Spa with a 300 spa credit.



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# Celebrate Summer Fair returns for first time since pandemic

This is our busiest time of year in the office, but it's also my favourite! The majority of our community events take place in May and June, with school visits, school tours at City Hall, end of year BBQs and much more.

Speaking of which, the 11th annual Celebrate Summer Fair is around the corner! Activities include fair rides Friday to Sunday, a Friday evening dedicated to good ol' Karaoke fun and a Saturday filled with free food and activities. There will also be live music face painting, bouncy castles, Marvin the Magician, a trio of Disney and superhero characters and much more.

This is one of the biggest annual events in Beacon Hill-Cyrville, and I hope to see some of our neighbours from Orléans join us for one of the most awesome community events in the city! Check out CSFAIR.CA for full details. In other news, I am pleased to share that I am now the 3rd Vice President of the Federation of Canadian Municipalities (FCM).



**Tim Tierney**

**Beacon Hill-Cyrville Ward 11**

My FCM debut was in 2010, and I have had the privilege of representing Ontario as Caucus Chair for the past ten years.

The role of FCM is to advocate for Canadian municipalities and be a voice for citizens when federal policies and programs are being developed.

I would like to thank the many people across the city who stepped up in our time of need, took time away from loved ones and helped support the many storm relief efforts city-wide. Our city has faced storms, outages and flooding this spring, and we only made it through because of the dedication of our emergency service employees and other city staff members including my city council colleagues.

I also want to thank our community for their response to these events. I saw and heard of many instances of neighbours helping neighbours, charity and kindness. I am truly proud to belong to such a positive and supportive community.

# Councillor will not support proposed limit on garbage bags

As many have heard, City staff are reviewing how garbage is managed in Ottawa, and preparing recommendations on how to improve collections, and keep recyclables and organics out of our landfill sites. Their assessment determined that a full 58% of material in the garbage could be recycled or composted through the green bin.

This work is incredibly important. The City's Trail Road landfill is filling up fast – expected to be at end-of-life, as early as 2036. Additionally, the Ontario Government has mandated a province-wide target of 70% reduction and recovery of household food and organic waste by the end of this year. As well as requiring a complete ban of all organic waste from landfills for 2030. Right now, only 44% of residential food and organic waste is being diverted in Ottawa.

As part of this Plan, staff are actively exploring long term options, including a new landfill and waste to energy facility (inciner-

ation). These options could take up to 15 years to establish and cost \$300 to \$450 million.

In the short term, in an effort to encourage residents to divert organics and recyclables out of the landfill, we have heard that staff will be recommending that each household be given an annual allotment of 55 garbage tags, requiring residents to tag all garbage, and allow the option to purchase additional tags as needed.

While I support the intentions, I cannot support this recommendation as presented.

While there is definitely room for improvement on how we can get more into our blue, black and green bins, we need to have recommendations that are not punitive for those of us that are throwing out a “normal” amount of unavoidable trash. Whatever option ultimately moves forward must focus on encouraging those who are making no effort to sort, and exclusively toss everything in the garbage. It cannot be an onerous and bureaucratic imposition on literally all Ottawa households.



**Laura Dudas**

**Innes Ward 2**



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# Tori and Kevin begin their VanLife journey in Québec

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

And they're off, folks! After two (very long) years, my partner Kevin and I are finally nomads. We converted our Ford Transit cargo van into a camper van during the height of the pandemic and hit the road. Where did we go first, you ask? You would think of the West Coast, Vermont or even Montréal. Funny enough, we landed on the other side of the Ottawa River in Gatineau. Waking up to see our beautiful Rockcliffe shores to wave us goodbye, but not without stopping at Tim Hortons, of course.

Travelling the Hwy. 50 out of the National Capital Region, we made it to Champlain, QC, just 45 minutes outside Québec City. Parked by the cliff sides of the St. Lawrence River where we were amazed by the views and charming towns that surrounded us.

After staying two nights at a free roadside rest stop we hit the road with a plan this time – whale watching! We set our course to Tadoussac, QC.

Passing through Québec City for a more remote destination, we found ourselves chugging our home/van up the great mountains surrounding Sainte-Anne-de-Beaupré. Within no time, we found ourselves in the jaw-droppingly beautiful Baie-Saint-Paul, a tiny town nestled between the Laurentian mountains and the vast St Lawrence River with a sunset only thought to be in fairytales.

After one more night at a rest stop with an incredible 5-star view we made the short, but quite steep, drive to Tadoussac. Crossing the free provincial ferry to find a coastal town with one grocery store, one church, a population of 799 and beluga whales.

That's right, we saw beluga whales! We visited the Marine Mammal Interpretation Centre to find out where we could see whales off-shore and they instructed us to take a short 5-minute walk to Islet Point. Not within five minutes after arriving, we saw a pod of beluga whales feeding as the tide receded. If you would like to see blue or even humpback whales, there are plenty of zodiac tours to



A chilly Tori Dark and Kevin Nault are on the first leg of their vanlife journey across Canada. TORI DARK PHOTO

choose from.

We have spent a total of five days in Tadoussac enjoying the food at local restaurants, such as the Café Bohème, and drinks at the local Microbrasserie Tadoussac. The locals are very friendly and happy to provide insight into the best way to enjoy the place they call home. Honestly, the next time you

consider driving to Toronto or New York for a family vacation, I would seriously consider the shores of the St Lawrence. I promise you will not regret it.

(You can follow Tori and Kevin at [www.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.)

*A fun filled golf day with dad!*

<b>9:30am</b>	<b>"Dad Bod" Workout</b>
<b>10am</b>	<b>What's Your Golfer Name?!</b>
<b>10:30am</b>	<b>Mini Putt Tournament</b>
<b>11:00am</b>	<b>Beer Pong Tournament</b>
<b>12:30pm</b>	<b>BBQ Lunch or Golf Club Sandwiches</b>
<b>2:00pm</b>	<b>Par-Tee Time with Arnold Palmers/ John Dalys &amp; Rock n' Roll Entertainment</b>
<b>3:00pm</b>	<b>Golf Tips with a Pro</b>
<b>3:30pm</b>	<b>Brewery Beer Tasting</b>
<b>7:00pm</b>	<b>Movie: <i>Tin Cup</i> or <i>Caddy Shack</i></b>
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<b>11h30</b>	<b>Tournoi de bière-pong</b>
<b>12h30</b>	<b>Dîner BBQ ou sandwiches du club de golf</b>
<b>14h00</b>	<b>Par-Tee Time avec Arnold Palmers/ John Dalys et divertissement rock and roll</b>
<b>15h00</b>	<b>Astuces de golf avec un pro</b>
<b>15h30</b>	<b>Dégustation de bière de brasserie</b>
<b>19h00</b>	<b>Film : <i>Tin Cup</i> ou <i>Caddy Shack</i></b>
<b>11h30-15h30</b>	<b>Cabines photographiques et accessoires</b>

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PROUDLY CANADIAN FIÈREMENT CANADIEN



# When it comes to food trucks in Orléans, variety is the spice of life

By Fred Sherwin  
The Orléans Star

Orléans is blessed with a number of great food trucks serving everything from deep-fried pickles and fish tacos to chicken parmigiana and grilled cheese.

Unfortunately, the Stoked food truck, which used to be outside 1455 Youville Dr. and the 3s Company food truck have both been retired, but the La Ha Taco food truck next to the Orléans Car Wash on Youville Drive is back for another season.

The La Ha Taco menu has six different tacos to choose from and five different nachos, which happens to be their other specialty. The listing is toppings for both the tacos and nachos is quite extensive and includes Queso Fresco, Crema and Fire-Roasted Salsa, which you can also get with an order of tortilla chips.

On St. Joseph Blvd. near Gabriel Pizza is where you will find the T.F.T. food truck which is the only food truck in Orléans that includes a number of gluten-free, keto-friendly and vegan options on its menu. Among T.F.T.'s most popular items are the Patty Melt and the T.F.T. Burger, which along with nearly everything else on their menu is made fresh every day.

Across the 174 in the Convent Glen Shopping Mall parking lot is where you will find the Golden Fries food truck, which has become

famous at events across the National Capital and the entire province for their special poutine creations. They also happen to make what is arguably the best fish and chips in the city, especially out of a food truck, and an out-of-this-world chicken parm sandwich.

Am I making you hungry yet? Well, if I haven't, then this next food truck will. The Almighty Cheese food truck can be found on Trim Road between Hwy. 174 and Old Montreal Road.

Prior to the start of the season, the food truck's founders Steven and Julie Carle turned over the business to Kurtis and Kim McDermid who promise to continue serving up their famous cheesy treats which include a variety of grilled cheese sandwiches, poutines, Mac & Cheese options, an authentic Cubano Sandwich and their Almighty burgers and dogs.

At the opposite end of Orléans on Innes Road near Page Road is where you will find the Chip N Dogs food truck.

Chip N Dogs is an old-school chip truck that serves great fries, burgers, onion rings, poutine and dogs.

Last but by no means least is Dottie's, which last year operated in Navan near the Navan Fairgrounds. Dottie's is currently searching for a new location, but will be doing special events in and around Orléans all summer long.

## Chip N Dogs

3490 INNES ROAD

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(613) 913-5114

JUICY BURGERS  
CRISPY FRIES



**LOCATION:** 3490 Innes Rd. (just east of Page Road)  
**SPECIALTIES:** Poutine, Hot Dogs, Burgers, Mango Pineapple Chicken Sandwich  
**HOURS:** 12 noon to 7 p.m. Tues. - Sun. Closed Sundays.  
**INSTAGRAM:** #chip.n.dogs **FACEBOOK:** /austin.chip.7

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**LOCATION:** 1400 Youville Dr. beside the Orleans Self-serve Car Wash  
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**WEB SITE:** lahatacos.com  
**FACEBOOK:** /lahatacos **INSTAGRAM:** @lahatacos\_

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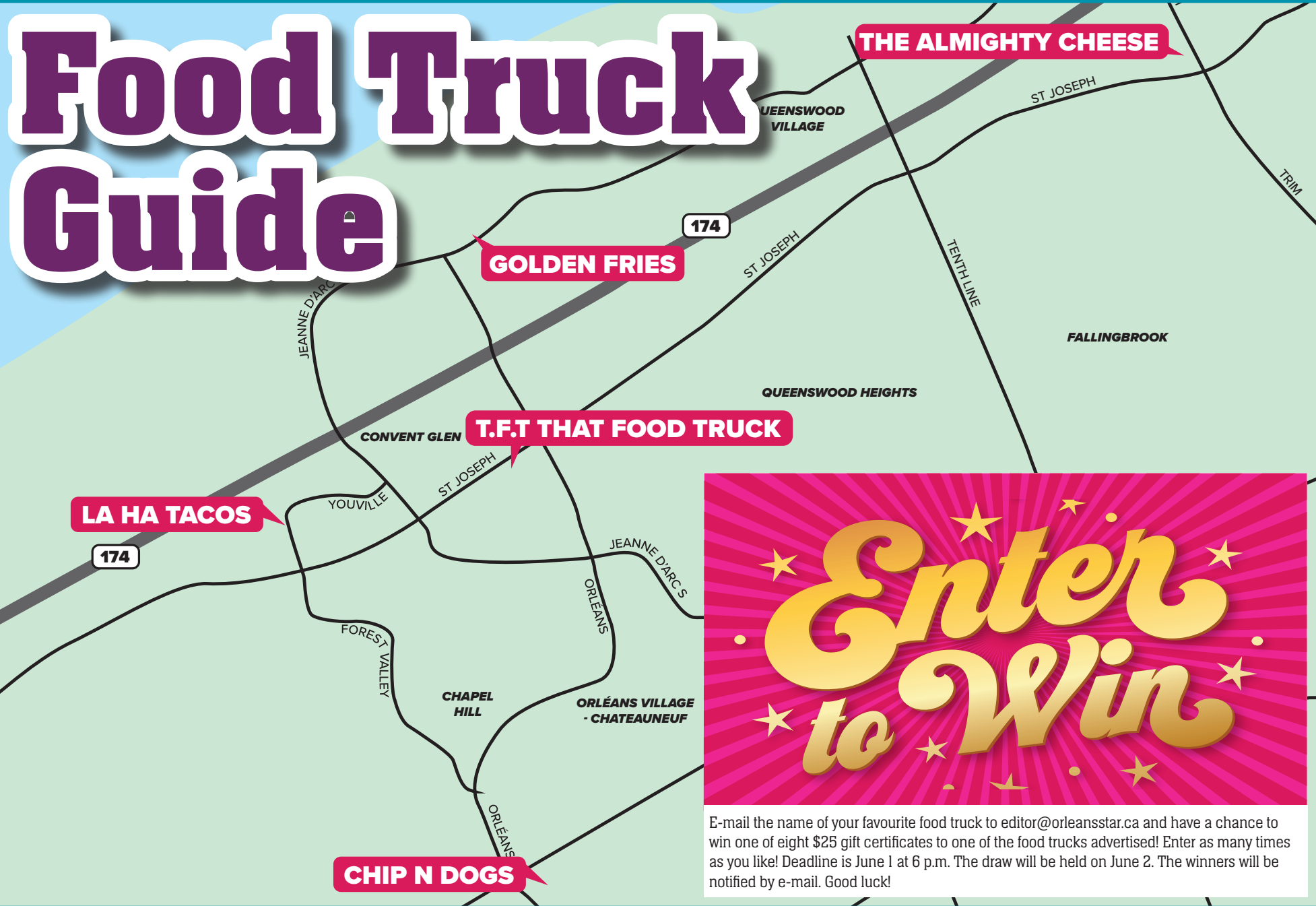
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**LOCATION:** Convent Glen Shopping Plaza  
**SPECIALTIES:** Chicken Parm Sandwich, Fish & Chips, Specialty Poutines  
**WEB SITE:** goldenfries.ca **FACEBOOK:** /GoldenFriesOrleans  
**INSTAGRAM:** @goldenfriesot **TWITTER:** @GoldenFries

# Food Truck Guide



**LA HA TACOS**  
174

**GOLDEN FRIES**  
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**T.F.T. THAT FOOD TRUCK**  
174

**CHIP N DOGS**  
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**THE ALMIGHTY CHEESE**  
174

# Enter to Win

E-mail the name of your favourite food truck to editor@orleansstar.ca and have a chance to win one of eight \$25 gift certificates to one of the food trucks advertised! Enter as many times as you like! Deadline is June 1 at 6 p.m. The draw will be held on June 2. The winners will be notified by e-mail. Good luck!

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# T.F.T.

GF, KETO & VEGAN OPTIONS!

## THAT FOOD TRUCK

# UPPER DECK

**2160 St. Joseph Blvd., Orléans** FOLLOW US!

**LOCATION:** 2160 St. Joseph Blvd. (next to Gabriel Pizza)  
**SPECIALTIES:** Serving gluten free, keto friendly, and vegan options. Most items are made in-house. **FACEBOOK:** /T.F.T.That.Food.Truck  
**HOURS:** 12 noon to 7 p.m. Monday to Saturday. Closed Sundays.



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**1280 Trim Road Orléans (613) 282-0123**

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[almightycheese.wixsite.com/my-site](http://almightycheese.wixsite.com/my-site)

**LOCATION:** 1280 Trim Rd. between Hwy. 174 and St. Joseph Blvd.  
**SPECIALTIES:** Gourmet Mac & Cheese, Grilled Cheese, Cubano sandwich, Pulled Pork Sandwich, The Almighty Burger and various poutines  
**WEBSITE:** www.thealmightycheese.ca

*Dottie's is on the move!*

Follow us at **facebook.com/dottiessnacks** for the latest updates and events!

*See you soon!*

# DOTTIE'S



**LOCATION:** TBD  
**SPECIALTIES:** Gourmet hot dogs, Philly Cheesesteak  
**WEB SITE:** www.dottiessnacks.ca  
**FACEBOOK:** dottiessnacks **INSTAGRAM:** @dottiessnacks



# The secret to a stress-free summer is a worry-free vehicle

By Fred Sherwin  
The Orléans Star

Springtime is the perfect time to let the auto pros at Precision Automotive give your vehicle a thorough bumper-to-bumper check-up to prevent any headaches down the road.

It's also the perfect time to consider buying a new set of all-season tires. Why wait until it's too late? Don't risk getting a flat tire or a blow out, which can often happen at the worst possible time.

Precision Automotive can make a quick assessment of your existing tires and suggest replacements if needed as well as present you with a variety of options to suit your budget.

Besides checking your tires, the technicians at Precision will also check your vehicle's brakes, cooling system, fluid levels and all your drive belts and hoses.

The technicians at Precision Automotive will do a vehicle inspection and the service advisors will send you a Digital Visual Inspection (DVI) report which details any issues or deficiencies needing attention today or down the road.

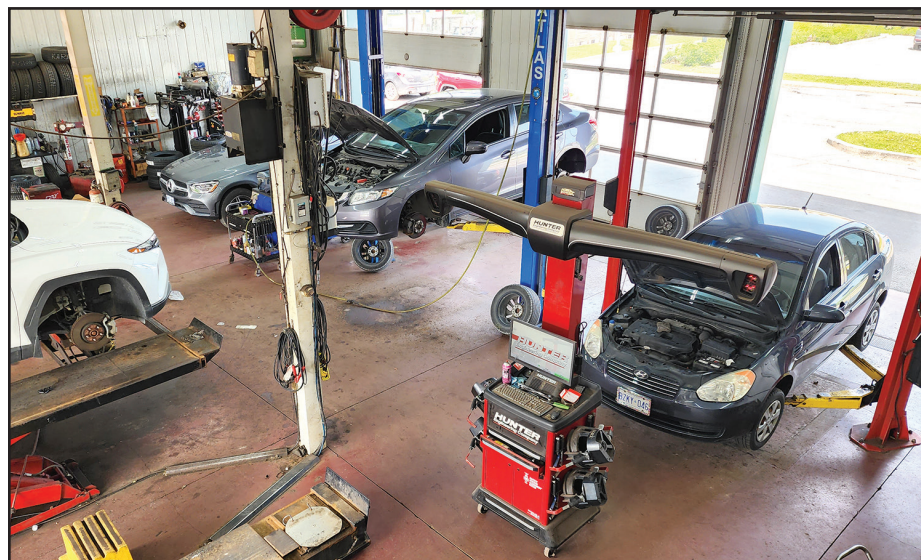
There is nothing more frustrating or annoying than losing a drive belt or blowing a hose in the middle of nowhere. Not only is it inconvenient, but it can cost you a potentially expensive towing bill.

The spring is also the perfect time to change your worn out wiper blades, top up your wiper fluid, change your cabin air filter, check your tires' air pressure and see if you need an alignment.

Ottawa is notorious for having some of the worst potholes in Canada and potholes are notoriously bad for your suspension and especially your wheel alignment, which can cause uneven wear and greatly reduce your vehicle's mileage.

With 10 bays, five licensed technicians and two apprentice technicians, Precision is one of the largest service centres in Eastern Ontario. They also have the expertise to service any make and model of vehicle.

So why not take advantage of their expertise and have your vehicle checked out today to avoid the chance of a potential headaches tomorrow? As the saying goes, "an ounce of prevention is worth a pound of cure".

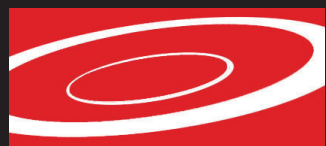


With 10 bays, five licensed technicians and two apprentice technicians, Precision Automotive is one of the largest service centres in Eastern Ontario. FILE PHOTO

Precision Automotive owner Rob Brouwer and his staff have been providing peace of mind along with honest service and honest value for over 26 years. They offer an industry-leading 2-year/40,000km warranty on most newly installed parts and labour.

Precision Automotive is located at 385 Vantage Dr., behind the McDonald's at Innes and Tenth Line Roads. You can also visit their web site at [precisionautomotive.ca](http://precisionautomotive.ca) or call them at 613-841-5550.

Happy motoring!



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— Rob Brouwer, Owner



**precisionautomotive.ca 613-841-5550**  
**385 Vantage Dr., Orléans (near Innes & Tenth Line)**





# Spring 2023 HOME STYLE



## Two businesses join to create a renovating match made in heaven

By Fred Sherwin  
The Orléans Star

Pat Lavigne has been installing floors for over 20 years now. He began as an installer working for some of the largest flooring companies in Ottawa, while also working full-time for Domtar. In 2005, he grew tired of working for other people, so he decided to set out on his own.

Three years later, he quit his job at Domtar and took the leap into full-time self-employment and has never looked back. The flooring business steadily grew during those early years, mostly thanks to the many referrals that were passed along by his satisfied customers. He never imagined, at that time, the path his business would end up taking.

Several years later Lavigne hired Innes Kitchen and Bath owner Dan Bisaillon to renovate his kitchen.

During the job, the two men began talking about their respective businesses and Lavigne mentioned that his goal was to have his own storefront, similar to what Dan had on Youville Drive.

Skip ahead 18 months and Lavigne gets a phone call from you-know-who. Bisaillon had been fishing at his cottage when he suddenly had a revelation. He decided he

wanted to spend more time enjoying life and less time working.

Remembering his friend's desire for his own storefront, Lavigne was the first person they called. Within a few days, they had worked out an arrangement in which Lavigne agreed to buy Bisaillon's business and Bisaillon agreed to stick around and act as a part-time consultant. It was a match made in heaven.

Since then, Lavigne, along with office manager Anna Parisien, have continued to grow the business to the point where he now has 10 full-time employees. Lavigne focuses on the flooring side, while Anna – with Bisaillon's guidance – takes care of the kitchen and bath side of the business.

Rule number one in looking for a reliable flooring business is to find someone with experience who can provide you with *bona fide* references. Lavigne has both.

When it comes to flooring, Lavigne has seen and dealt with it all – from the bamboo fad to Luxury Vinyl Laminate which has become the most popular flooring material today. He also managed to survive the pandemic. Since the restrictions have been lifted, he's experienced a surge in business but a shortage of skilled labour has meant that waiting period can be a bit longer.



Pat Lavigne is the owner of Pat Lavigne Flooring and Innes Kitchen and Bath. FRED SHERWIN PHOTO

Coincidentally, if you know anyone who enjoys working with their hands and is looking for a job, they should contact Anna by email at [contact@inneskitchenrenos.com](mailto:contact@inneskitchenrenos.com).

Still, if you don't mind waiting a few weeks, it will be well worth it. Not only is Lavigne an expert installer, he stands behind every job he does – guaranteeing both the job and the materials.

So if you are contemplating installing a new floor or renovating your kitchen or bathroom, why not give Pat Lavigne a call and leave the job to an expert? He can be reached at 613-292-6339.

The Pat Lavigne Flooring website is at [www.patlavigneflooring.com](http://www.patlavigneflooring.com), while the Innes Kitchen and Bath website can be found at [www.inneskitchenrenos.com](http://www.inneskitchenrenos.com).



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# Let Randall's provide you with some decoration inspiration

(The following is provided as paid content to the Orléans Star by the folks at Randall's.)



Randall's, Ottawa's leading family-owned, independent home improvement and decorating store, is celebrating 75 years of helping people beautify their living spaces... inside and out. They can help you beautify yours, too!

As part of their 75th anniversary celebration, Randall's is sharing some decorating tips and trends as well as offering special savings events that will help you stretch your decorating dollars... read on!

## DRESS UP YOUR WINDOWS...

Window treatments add to the comfort, style and security of your home. The options may seem overwhelming and endless, but a Randall's FREE in-home consultation will guide you on style, colour and the manual or automated lift system to suit your needs. Plus, Randall's takes care of measuring, installation and guarantees the fit. Easy peasy!

Now is the time to take advantage of the Randall's Anniversary Special on all Hunter

Douglas designer window rollers, screens and banded shades. If shutters are more your thing, you can save 40 per cent on Eclipse shutters until June 30.

Maybe you want sheers, side panels, drapes or complete darkness while you sleep? Randall's has a wide variety of designer fabrics and are experts in custom drapery.

## PAINT PACKS A PUNCH!

To make easy decorating changes with max impact, paint a room, a feature wall, kitchen or bathroom cabinets, or your front door. Randall's has in-store colour experts and poster-sized real paint samples to help you find the perfect colour.

Even better, hire one of their decorators to give a colour consult right in your home... and while they're there, they can consult on furniture placement and selection or on any other décor ideas that can add comfort to your home. To top it off, when you work with a Randall's decorator, you are eligible for discounts on the purchases you make at Randall's.

If you already know the colour you need, Randall's is the go-to place in Ottawa to match a paint colour or a floor, cabinet or furniture stain colour.

Those are all great reasons to celebrate!

## WALLPAPER ADDS REAL "WOW!" FACTOR...

A powder room, entryway, breakfast nook, dining room, bedroom feature wall are just a few of the places our customers have used wallpaper to add texture, warmth and impact. The nice thing about wallpapers today is that they are easy to install and remove. Plus, Randall's has the largest selection in the area and it is well organized for your shopping convenience.

## MAKE A STATEMENT WITH A DECORATIVE WOOD WALL FEATURE ...

One of the newest trends today is stunning three dimensional wood designs for walls. You may have seen them recently on many decorating shows. Randall's can help you add a unique architectural touch and texture to your walls with this latest addition of real wood decorative panels to their product line.

## AMP UP YOUR HOME'S CURB APPEAL...

Exterior wood surfaces like siding, porches, decks, railings, fences, furniture and other exterior surfaces including metal, cement and stone materials will last longer and show off their beauty if they are well maintained. What's most important is

to prepare your exterior surfaces in the right way so that the paint, stain, epoxy or sealant that you apply adheres properly and, therefore, lasts longer. Fortunately, Randall's has the know-how and is ready to share.

## GET IT RIGHT...

Let's face it, renovations or even just a small spruce-up take time, effort and money. But, they also can significantly contribute to both the pleasure you derive from your living space and its value.

There are two things that really stand out about Randall's. One, you can be confident that they carefully select only the highest performing products. And two, they have a team of well-trained, knowledgeable specialists who can help you sort out which of their products and services will work best for your projects, big or small.

You can do the work yourself or Randall's can help connect you to the right professionals to get your jobs done. Whether you are a new or repeat customer, you'll appreciate the value and convenience of this ONE-STOP SHOP at 555 Bank St. (Exit 417 at Catherine St.; FREE parking behind store, off Isabella St) and their online Shopify store at randalls.ca with next business day paint delivery.

## Whatever your style, Randall's has you covered. INSIDE AND OUT!



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# Upgrading your kitchen can be as easy as refacing your cabinets

By Jody Maffett  
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 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 the cabinet doors, drawer fronts, and hardware. The front edges, ends and kickplate 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 moulding 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



Futuric Kitchens has a large selection of cabinet doors to choose from in their Industrial Avenue showroom. FILE PHOTO

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 2022 Ottawa Community Votes competition.

To find out more visit [futurickitchens.com](http://futurickitchens.com)

or drop by their showroom at 830 Industrial Ave. Owner Michael Teggart is often there, especially on Saturdays, where he is more than happy to provide his expert advice on how to make-over your kitchen without breaking the bank.



*Serving the area for 47 years!*

**Whether you're looking for cabinet refacing or dreaming about a brand-new kitchen, trust the professionals at Futuric!**






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**[www.futurickitchens.com](http://www.futurickitchens.com)**




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# Local gymnasts shine at WAG provincial championships

By Fred Sherwin  
The Orléans Star

A number of young gymnasts from Orléans were able to put their best foot forward at the recent Ontario Women's Artistic Gymnastics Championships which were held over consecutive weekends in London and Alliston last month.

Both the Tumblers Gymnastic Centre and the Club de gymnastique Les Sittelles were well represented with no fewer than 13 athletes placing in the top 10 in their respective divisions, three of whom ended up on the podium.

Les Sittelles' Rhianna Dieudonné led the way with a second place performance in the all-around competition in the Level 5 Age 14+ division.

Dieudonné placed first on floor and second on vault to go along with a fourth place finish on beam and a seventh place performance on the uneven bars to finish just two-tenths of a point out of the top spot.

Two other Les Sittelles athletes, Klara Hrycaj and Joanie Fortier placed third in their respective all-around standings.

Hrycaj placed first on the uneven bars in the Level 3 Age 14+ division, and fifth on beam, but a 7th and 8th place routine on



Club de Les Sittelles gymnast Rhianna Dieudonné, right, placed second in the Level 5 Age 14+ division at the recent Ontario Artistic Gymnastic Championships in Alliston. PHOTO SUPPLIED Rose Level 4 Age 13

floor and vault saw her fall a half-point short of a silver medal in the all-around standings.

Fortier's bronze medal in the Level 4 Age 14+ division came largely due to a 5th place performance on floor and a pair of 4th place results on beam and bars.

Other Les Sittelles athletes who finished in the top 10 in their respective divisions include Marie Lalonde who placed 4th all-around in the Level 3 Age 12 division; Amélie Goulet who placed 5th in the

all-around standings in the Level 5 Age 14+ division, which included a second place performance on bars, and Laurence Bonneville who placed 6th in the Level 6 Age 11-12 group.

Chloé Credicott (Level 3 Age 10), Chelsea Jocelyn (Level 6 Age 11-12), and Noémie Fortin (Level 6 Age 15+) all placed 8th in their respective divisions while Lily-Jade Coté placed 10th Level 3 Age 11 group.

Finally, Aurélie Brisson, placed 10th all-



around in the Level 8 Age 14+ division and came away with the gold medal in the floor event.

Four Gloucester Tumblers finished in the top 10. Maya Dib (Level 3 Age 12-13) and Aysiah Allen (Level 4 Age 14+) both placed fifth in their respective divisions, and Victoria Gaudreau (Level 3 Age 9) and Abigail Crookshank (Level 3 Age 14+) placed 6th.



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# COMMUNITY BILLBOARD

**SATURDAY, MAY 27**

**ROYAL OAK FUNDRAISER FOR KYLE ANDRADES** – The Royal Oak Orléans is holding a fundraising event for the Kyle Andrades Memorial Bursary. This event will include live music by the Jasen Colson Duo, a silent auction, raffles and BBQ!! Come help us hit our \$25K goal.

**NAVAN LIONS WALK FOR DOG GUIDES** – Meet under the domes on the Navan Fairgrounds. Registration begins at noon. 3km walk around the beautiful streets of Navan begins at 1 p.m. Stay after for

Yappy Hour and free BBQ. Family-friendly event. All dogs must be on a leash.

**ST. HELEN'S FINE ART FAIR** from 10 a.m. to 3 p.m. at St. Helen's Anglican Church, 1234 Prestone Dr., Orléans. 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 www.facebook.com/sthelensartfair.

**GRANDMAS AIDING GRANDMAS** will be holding a Plant & Garden Sale from

10 a.m. to 2 p.m., corner of Bearbrook and Innes in Blackburn Hamlet. Annuals, perennials, houseplants, crafts, baking and raffle. All proceeds to the Stephen Lewis Foundation Grandmothers Campaign, supporting African grandmothers raising a generation of children orphaned by AIDS.

**SUNDAY, MAY 28**

**THE ORIGINAL NAVAN MARKET** returns with over 200 different vendors at the Navan Fairgrounds including several new vendors. Gates open at 9 a.m.

**SATURDAY, JUNE 3**

**BLACKBURN FUN FAIR** – Pancake breakfast from 8 a.m. to 10 p.m. Fun Fair parade 10 a.m. to 10:45 p.m. Midway 11 a.m. to 11 p.m. BBQ from 11 a.m. to 3 p.m. Little Ray's Reptiles 11 a.m., 1 p.m. and 3 p.m. in the arena. Bouncy castle, face-painting and Dunk Tank from 11 a.m. to 4 p.m. Stage show 11 a.m. to 5 p.m. Beer Garden 11 a.m. to 6 p.m. and from 7 p.m. to 11:45 p.m. Cake cutting at 1 p.m. Paint party 1 p.m. to 3 p.m. Fireworks show at 10 p.m. Visit www.blackburnfunfair.ca for a complete schedule of all the activities and events.

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