

NAVAN NUGGET

Wow Navan has had a very enterprising month of October. Hey everybody we now have a judge in our midst. Congratulations to his Honor Brian Coburn he is now a judge for the Canadian Citizenship Board. He should be an inspiration to many youth as his working experience started on this father's farm, to owning his own construction business, then on to become the Major of Cumberland Township in 1989 and then 1999 on to Ontario Member of Parliament and became minister of Rural and Community Affairs and later Tourism.

Domaine Perrault had its grant operining which is owned and operated by Denis, Lyse and their two daughters, who started growing grapes in 1999 as an additional crop to the current dairy operation. The winery's grand opening introduced 5 different selections of wine red, white and rosé available to sampling. For more information visit domaineperrault.ca.

Over the summer Jay's Embroidery, owned and operated by Helene and Brian Jenner moved into their new building on Trim Road which is a historic looking building that has a lot of character that Navanites are proud of. In addition they join them under the same roof – _____. The Garage Barber shop and _____ started the Café Ranacance tearoom and bakery. Both have a warm and welcoming atmosphere that blends in well in our little village. All the best and congratulations to you all.



Navan Fair is wrapping up the paper work for this year Fair and starting to make plans for the 2007 event.

We are looking for youth to become part of our committees, as you are the ones that will take our fair into the future. We have 25 different divisions that could match your interests. We would love to help you get recognition for your volunteer hours along with giving you work experiences that would look great on your resumes. Anyone interested in getting in on the initial planning or to help us pull it off in the summer for 2007. Call the fair office at 613-835-2766.

NOTE: We are happy to say that our storage area is full for this year.

CTAS Executive:

President	Ray Lanthier
Vice President	Hank Bakker
2 nd Vice President	Mario St Denis
Accounting	Pat Savage
Admin. Coord.	Marg. MacNeill

Tel. # 613-835-2766
 Fax. # 613-835-4008
 Email: navanfair@cyberus.ca

QUOTE OF THE MONTH

"To love what you do and feel that it matters – how could anything be more fun?"



HEALTH TIP OF THE MONTH

Boost your metabolism

Your metabolism – or the rat at which your body burns calories – is also influenced by:

- Age – it slows about 5% per decade after age 40
 - Gender – men generally burn more calories at rest than women.
1. Lift weights. A pound of muscle will burn 35 calories a day compared to a pound of fat, which will only burn two!
 2. Take the time to relax. Stress slows your metabolism and causes you to store more fat in your abdomen.
 3. Eat breakfast. Taking in 300 to 400 calories in the morning (ideally high-fiber cereal, low-fat milk and fresh fruit) will rev up a still-sleepy metabolism.
 4. Nibble. Having four or five small meals, instead of three big ones, helps burn more calories by keeping insulin levels steady.
 5. Drink water. Drinking eight (8-oz) glasses of cold water a day burns almost 35,000 calories a year – enough to help you drop 5 to 10 pounds.
 6. Fidget! Even tiny movements – pacing, crossing your legs – increases your fat-burning powers.



The Lions have taken up the challenge to help provide the Firefighters at Station #71 in Navan with a snowmobile. This would provide vital in accessing areas of accidents or injuries that current emergency vehicles cannot get to the quickly. You would be surprised at the number of accidents/injuries, other than snowmobile related, that the machine could be used for. At the moment when one is needed Greely is the only station that has one. The estimated cost for snowmobile is \$7000 the Lions have put up the funds immediately so that the opportunity was not missed. You or your organization can help the Lions finance the purchase. The Lions have set up a special account at the Royal Bank in Navan for the Snowmobile. The account number is 1004662



The Lions meeting on October 23rd meeting was very productive in more ways that one. Lions were fined if not in costume, which generated \$94, and then after the meeting they sorted and washed over 700 glasses and lenses collected by Costco. The result was over 600 glasses were sent to Kempville to go with the Lions vision team which includes Doctors who go to Guayana every spring. Over 400 sets of lenses

will be shipped to Calgary for recycling and used around the world in other Lions projects.

Lions Executive:

President Hal MacPherson
613-835-3502
Secretary Mark O'Donoghue
Treasurer David Grattan



At our October 16th meeting Captain Cliff Smith, of Station #71 Fire station delivered an excellent PowerPoint presentation of the advantages of adding a snowmobile to their station. This piece of equipment would be an asset of Navan's station but if needed for an emergency call in the surrounding areas it would be used. The Lions Club and the Carleton Regional Snowmobile Club plan to jointly host a fundraiser but funds from local businesses, groups and individuals will be greatly appreciated. The Lions have set up an account at the Royal Bank for these donations. . The account number is 1004662

Please support our firefighters in help us.

Did you know that this group of willing volunteers help one of our residents out recently by raking the leaves on her property, cleaned the leaves off the roof and out of the gutters? I am proud and willing to support this dedicated group.

By the way you could be one of these firefighters. Contact the Fire Station at 613-835-1682

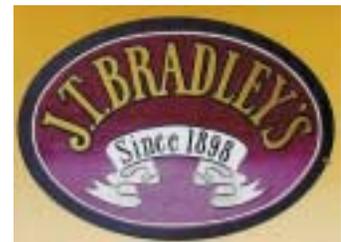
ATTENTION:

At our November 20th, we will have a special guest, Public Nurse, Christina Harding from the Reaching Out to Isolated Seniors who will outline all the programs to help seniors and their families. Please spread the word and come to the meeting, it is amazing what programs are available that we do not know about. Looking forward to seeing you there.

The NCA meetings are held the 3rd Monday of the month at the Navan Memorial Centre at 7:30 pm. Everyone is welcome.

BOARD OF DIRECTORS:

Chair Margaret MacNeill
613-835-2533
Secretary Christina MacPherson
Membership
Treasurer Dale Borys
Youth Tom Devecseri
Safety Ralph Brookholmes
Website: navan.on.ca



ANNOUNCEMENTS:

Heritage School opening

The official opening of the new school will be on Thursday, November 9 from 7:00 to 9:00 pm - speeches and then tours and refreshments. Everyone is welcome.

Remembrance Day service will be held at the Navan Cenotaph at 11 a.m. Saturday, November 11th – light lunch will be served after by the Navan Lions upstairs in the Navan Memorial Centre Hall.

ACW Bazaar will be held at St Mary's Hall on November 11th from 2 to 4 pm. Come get fresh homemade baking, crafts, gifts for Christmas and relax with a cup of

tea/coffee and sweets along with a friend.

Christmas Craft sale. It will be held Saturday, Nov. 18 and Sunday, Nov. 19 upstairs in the Navan Arena. This event features 25 artisans with everything from knit items, Christmas decor, original paintings and reproductions, clothing, weaving and woodworking. It is also a major fundraiser for the Navan Nursery School and the local chapter of Girl Guides, Brownies, Sparks and Pathfinders, who bring a wonderful assortment of baked goods for sale. They also run a cafe where customers can buy a lunch. Hourly door prizes will be given for donations to the Cumberland Resource Centre Emergency Food Cupboard.

For more info, you can call Doreen Hardiman, 835-3209

Septic System Pumping starts September 18th – Don Lawlor can arrange for group cleaning of your septic tank, which can reduce the cost. He will also add to you to his database for a reminder call in 1, 2 or 3 years time.

Transportation News As of September 3, 2006 we now have three morning and three evening express OC Transpo buses between Navan and downtown Ottawa. If you were reluctant to take the bus because it arrived home too late, you now have the option of a bus that leaves Lebreton around 3:35 p.m. arriving in Navan around 4:30 p.m. Hopefully this extra bus will add to our ever growing rider ship and we can reach our goal of 4 buses each way, half an hour apart, to suit most of the working population. Give us a chance to take away the stress and expense of driving to work and come and join your friends and neighbours on the bus for a fast, comfy, relaxing start and end to your day.

"Opening the door to make-believe"

There is a new "gig" in town and its aim is to give the kids of the community a new resource to "play pretend". **Act 1 – Navan Young Performers** is a not-for-profit drama club. It has been set up by Nathalie Champagne and Debbie MacDonald, two local residents, for children, ages 7 to 14. Meeting on Saturday mornings at the Heritage Public School, the two groups of children (ages 7-10) and (ages 11-14) are taken through the 10 elements of acting in preparation to their final performance of two plays at the end of their 12 weeks together. Please join us for an evening of intrigue, murder and comedy as the **Navan Young Performers** present "Sherlock Holmes and the Emerald of Alcazar" and "Ebony Scrooge", Friday, December 15th, 2006, at 7:30 p.m. in the gymnasium of Heritage Public School. Tickets are \$5.00 each (children under 10 are free) and can be purchased by phoning 613-835-3592. Please visit our website at www.navanyoungperformers.ca for further information.

Youth Dance

The next Navan Community Association Youth dance (ages 10-14) will be held at the Navan arena Friday Oct. 13, 2006, from 7-10:30pm. This month's dance will be a Halloween theme dance; there will be a special prize for the best costume. (Dances to follow will be Nov. 10 and Dec. 8)

Carleton Regional Snowmobile

Club 2006-07 Trail Permits Prices:

Seasonal	\$230
on or before Dec 1 st	\$180
7-day permit	\$120

3-day permit	\$ 90
Day permit	no longer available

Available at Canadian Tire Coventry & Orleans, SG Printing, MTO License Bureau, Williams John Deere Cumberland, Gravelle Motors, Sarsfield, Carlsbad General Store are just a few.

Driver training available for 12 yrs. old Saturday Nov. 18th, 2006 8am-4pm. Contact Marcel Mantha (613-833-0007 for registration.

NOTICE

THERE WILL BE NO OUTDOOR RINK THIS YEAR AS NO OPERATOR WAS FOUND.

The **NAVAN NUGGET** is composite of news and articles involving the Navan Community Association, Navan Lions Club and the Cumberland Township Agricultural Society.

We are looking for local businesses to support the publication of THE NUGGET by purchasing business card advertising space for \$25. Please call Marg MacNeill if you are interested

What a wonderful place we have chosen to live in!

Announcement for any non-profit will be accepted – template available on the website at navan.on.ca.

