

NAVAN NUGGET

October was a very lively month in downtown Navan. The Navan Garage Barber shop has expanded its service to include a hairstylist. Just call in advance to make an appointment with Nadia. Remember that if you are a Lions Gateway Club member you get a 10% discount. The CTAS held a fantastic barn dance to facilitate the drawing of their Raffle tickets (see the Navan Fair section for details). For those of you who missed the barn dance you missed some great music by the Tailgaters and lively excitement during the live auction of over 30 items.

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Also Carolyn Margaret MacNeill hit the papers twice this month, first as she was the recipient of the Governor General's Caring Canadian Award. Then Patrick Langston, a freelance reporter for the STAR/Weekly Journal, wrote an article about Marg's life history in a heart warming way. Marg was very surprised and honored in receiving the award and the good words but now she just wants to go back to pulling the weeds and doing her community work.

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Finally the Café Resonance and their patrons were sad to see Bonnie Bergeron leave to join the Royal

Bank – all the best to you Bonnie. The new manager is Denise Gauthier, who is no stranger in serving the public, retired from Bell Canada and then ran her own business in Sarsfield for many years. So drop in to the Café to say hello to Denise.

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NOTABLES (complements of the Navan Women's Institute)

Gord and Ruth Curry

Way back in the late 50's Ruth and Gord were playing ball. Ruth played First Base and at one point in the game, much to her surprise, Gord knocked her off the base and fell in love!! They were married in the local Navan United Church in 1959. As time went on they had 3 children, 2 girls and a boy. One of their daughters, Kelly Sirvin, lives near Leonard with her husband, Eric, and their 2 children.

Gord and Ruth were both involved in the Baseball Scene in the early 60's. Gord helped with the Lions sponsored Pee wee and Midget teams. He enjoyed coaching these young teams. He met many local fellows through this sport: such as Garrett Rivington, Johnny Bourgeois, Larry Ekdahl and many others. Kids were taught good sportsmanship, and to play a good game and not to argue. This was a fun sport. He and Ruth often would pile a bunch into their two cars and head off to tournaments. Of course this was before seat belts made it impossible to put 8 or so players in a car!!

Gord played for about 20 years in the Navan Fastball League. As well, he enjoyed coaching the Navan Women's League. The time he coached Ruth's team in the Customs and Excise league they won the R.A.

Championship!! Great feat!!! There was a lot of stiff competition in the league. Ruth played first base and also coached the young girls' ball team. For 4 years Gord coached the Women's Broomball Team and they played a lot of tournaments.

Gord has been a member of the Navan Lions Club for 45 years and is a Life member now! He has been President 3 times and has held almost every position in the Club, over the years. Winter carnivals were his specialty for a while and then the Fair Bingo took a lot of his time. You could always depend on Gord to be there and help out at these games. As treasurer of the Lions Club he kept track of all the monies this Club has donated to our community!

He was the treasurer for the fundraising for the new arena. He was on the Cumberland Recreation Association for two 3-year terms. While Gord was busy in the community, Ruth was too. She became the Editor of the Navan Vars United Church newsletter. To this day she supplies flowers to the church and looks after the flowers at the Lions Friendship Arch in front of the Arena. She is a stained glass artist and has created beautiful panels for the two round windows in the church and a lighted panel at the front of the church. I love her flower garden in her yard. No matter the season there is always a burst of colour in her yard!

Gord worked for 37 and ½ years with D.N.D. Loved the drive into work as he always had a load of beautiful Navan girls going into the city to their work places.

Gord and Ruth are a truly remarkable and involved Navan couple. They now enjoy their grand children, their garden, and you can see Ruth walking the streets of Navan with her beautiful dog, Bailey. Thank you for your commitment to our village.

Sheila Minogue-Calver
Russell District Women's Institute



3470 Trim Road,
 Navan, Ontario, Canada K4B 1J5
 Tel: (613) 835-1616
 Fax: (613) 835-1549
 E-mail: glen@laurascorner.ca
 Web: www.laurascorner.ca

QUOTE OF THE MONTH

We are told never to cross a bridge till we come to it, but this world is owned by men who have "crossed bridges" in their imagination far ahead of the crowd.



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HOME TIP OF THE MONTH

Smart ideas to Make life easier

To cut fresh baked cheesecake, use a long string of dental floss and slowly bring it down through the cake. This will make a perfect slice and keep the cake looking good.

Longer-lasting flowers – add a mixture of 2 tbsp vinegar and tsp of sugar to a qt of water. The vinegar kills the bacteria and the sugar nourishes the flowers.

Fresher-smelling blankets – before tucking blankets away for the season place a sheet of fabric softer between the folds.

Ring-free tub – pour a capful of baby shampoo into your bath as the water runs. The shampoo eliminates the ring around the tub, plus you'll have a bubble bath!

Fresher spices – store paprika, chili powder and ground ginger in the fridge, once opened.

Faster dusting – mist two socks with water, and place one on each hand. You'll dust double the space in half the time.

No-mess painting – stripping paint off a table? Place an empty tuna can under each leg to catch the excess paint stripper and protect your floors.

Easier driving – keep a magnifying glass in the glove compartment of your car. It'll come in handy when you need to read a map.

Neater sweeping – put a plastic bag over your dustpan, then sweep the dirt into it. When finished, turn the bag inside out, and the mess is neatly packaged and ready to be thrown away.



The CTAS Board was very pleased with the support of the community residents, fellow fair boards and all our friends who purchased a ticket to our Raffle. The lucky winners are:

Ginette Caron of Sarsfield won the 2008 C50 Suzuki Boulevard Cruiser from WheelSports – Orleans
Lise Chancey of Navan won the 2006 Clipper 106ST Tent Trailer from Leisure Days RV Centre – Embrun

Jeanette Bergeron of Navan won the John Deere Lawn Tractor & Cart from J.A. Williams Sales & Service

Kevin Lawlor of Navan won the Portable Generator HX7000 from Gal Power Systems Ottawa

Betty Magee of Osgoode (Metcalf fair board) won the Ladies Movado SE Watch from Dixon Jewellers
Dean Chew of Perth won the \$500 Gift Certificate from Home Depot, Orleans

David Moroz of Kemptville won the Lifetime Pass to the Navan Fair

Cassy Davies of Navan won the 2 mo. membership plus Gift Pack from GoodLife Fitness

West Ottawa Lions Club won the Couples Therapeutic Getaway from Le Domaine Bourget Inn & Spa

Robbie Tremblay of Navan won the Alpaca Blanket from the Alpaca Show Committee

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The Raffle Draw was held in the Sheep Barn on October 13th, which is one of the barns that the CTAS is planning to conduct some renovations in the near future. This was a fantastic evening with a wonderful local band called the Tailgaters, who have a vast repertoire of music that pleased the over 300 attendees of all ages. Thanks to the Navan Volunteer Firefighters who man the watering trough for the partygoers. The Live Auction lead by Carson James and Erin James encourage the crowd in raising \$5400 for the barns. Here are some examples of how generous and determined some buyers were if they wanted the item up for grabs:

Navan Sweat shirt from Jay's Embroidery brought in \$120, a 4H show lamb brought in \$600, 1 butterscotch pie was purchased for \$200 and a raspberry pie reduced a person's pocket by \$130. Some other items were a pie a month for year = \$475, Alpaca socks = \$210, Precision Classic John Deere 630 Toy Tractor = 300 and a Farmall 560 Toy Tractor brought in \$140. Thank you to the community once more for all your generosity and participating in making the night very special for the CTAS Board.

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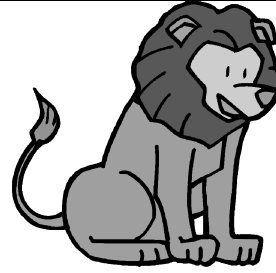
Farming News

Wendy Chretien, Director Field Crops wanted to share the results of this year's entries in the Field Crop Competition. Our judge Martin Besner of MacEwen Agricentre said there could have been several 1st place crops this year. For example under wheat out of 60 there were 4 farmers ranging from 55.3 down to 54.85. The first prize winners are: Barley – Denis & Robert Gascon, Spring Wheat – Theo & Fred Van Munsteren, Soybeans – Bill Koggel and Corn – Jeff Hamilton. Martin said that this is an indication of all the pride and hard work our area farmers put into their crops. Congratulations everyone. See you next year.



Fair meetings are the 2nd Tuesday every month at the Fair Office.

President: Hank Bakker
Admin. Coord: Marg MacNeill
 1279 Colonial Rd, Navan, ON K4B 1N1
 Tel: 613-835-2766 Fax: 613-835-4008
navanfair@cyberus.ca



NAVAN LIONS

The Lions were on a roar in the month of October. On the 19th they provided the BBQ services to the Heritage School Harvest Dance and then on October 27th they celebrated their 55th Charter Anniversary. The 55th Charter Night was held at the Navan Memorial Centre (which the Lions have helped build, tear down and fundraise for all three over the years) held a wine and cheese format instead of a banquet to allow for more socializing. The result was a great success by enabling great fellowship with members from 14 different Lions Club, who came from as far away as Maxville. In addition all our local politicians and many of our strong community supporters.



Everyone was enthralled with a moving speech by Citizenship Judge Brian Coburn, who talked about the great country we live in and his experiences as a Citizenship Judge. Everyone in the room could relate to his words as sometime in our family's history, someone made a decision to come to Canada, the great land of opportunity whether it be in the 1800s or in 2007. Judge Brian ended with everyone standing to pledge allegiance to the Flag which was awesome as people who are born in Canada never get a chance to do this.



Lion Hal MacPherson was presented with the Melvin Jones Fellowship by Lion Jerome Andre, District Governor of District A4. This is the highest form of recognition give by the Lions Club International Foundation to acknowledge an individual's dedication to humanitarian service for qualities such as generosity, compassion and concern for the less fortunate. Lion Hal is the most deserving recipient. This recognition was created in 1973 and named for the founder of Lions Clubs International.



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The evening ended with a quick placard review of the accomplishments the Navan Lions Club, which would not have been possible without the support of the community and governments over the 55 years. Voiced by Lion President Margaret MacNeill and all the speakers the common thread through was that without the strong support of the community none of these accomplishments would have been realized. Last year alone the Navan Lions contributed over \$30,000 to many charities and worthy causes. Thank you sincerely for all you support. Anyone wishing to see the Lions in action or become one, just call Lion Margaret MacNeill at 613-

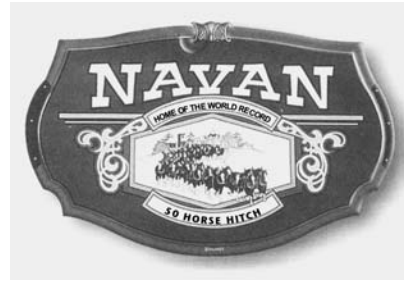
835-2533 to attend one of our Lions meeting, which are held the 2nd and 4th Monday of the month, in the Lions Den at the Curling Club

Lions Executive:

President Marg MacNeill 613-835-2533

Secretary Mark O'Donoghue

Treasurer David Grattan



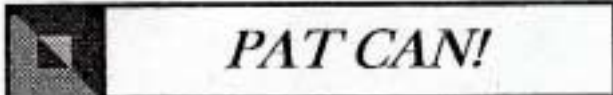
NAVAN COMMUNITY ASSOCIATION

Outdoor Rink Operator Wanted


The Navan Community Association is looking for an individual, group, or club to operate the outdoor rinks in the village. There are youth in the community who are willing to help but we need a person who can co-ordinate the maintenance and be responsible to ensure that the tasks are performed throughout the season. All expenses are covered by the association and City grants. There is some monetary remuneration available for the individual, group or club that will perform this operation.

The rink season opens as soon as the weather permits base preparation and sufficient flooding to occur, and runs until spring arrives. On average, this has historically been Dec 15th to mid March (Rarely through the school break).

For further information and list of duties contact Hal MacPherson at 613-835-3502 or Marg MacNeill at 613-835-2533. Time is short, so we must decide now whether there will be a rink program for this coming season.



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NOVEMBER 19TH MEETING we will have **Adam Brown** as a **guest speaker** from the City of Ottawa's Rural Affairs Office starting at 7:30pm at the Navan Arena Hall upstairs. He will be explaining his role and will answer any questions you may have. Here is your chance. Don't miss it.

The NCA meets the 3rd Monday of every month at 7:30 pm at the Navan Memorial Centre upstairs.



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NCA Memberships are \$5.00 per or as we are partners in the Lions Gateway Club, so if you purchase a card for \$20.00 your \$5.00 Membership is included. Check our advantages of having one of these cards on the website www.lionsgatewayclub.ca

Lions Gateway Club cards and Memberships can be purchased from Chris MacPherson at 835-3502.




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Website: navan.on.ca



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NAVAN CO-OPERATIVE NURSERY SCHOOL



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As the cold weather approaches are you looking for activities to do with your preschooler ??

Playdoh is always a great fine motor activity for your preschool children. It is a medium that offers great opportunity to develop fine motor control and pre writing exercise. Give your preschooler a pair of children's scissors to cut playdoh or offer rolling pins and playdoh cutters. As well it can promote great opportunity for discussion to help develop your child's speech and language development.

Playdoh Recipe

2 cups flour
1 cup salt
2 tsps oil
4 tsps cream of tartar or alum
2 cups boiling water
food colouring and/or jello crystals

Mix ingredients together, Enjoy with your preschooler

Attention parents....First Words Speech and Language Program of Ottawa will be holding a free screening clinic for children from birth to eligibility for senior kindergarten at the Navan Nursery School at 1279 Colonial Road on Tuesday November 20th from 12:30 - 3:15. The screening process takes about 20 minutes and does not require an appointment. If you have questions about your child's speech and language development a speech - language pathologist will be available to answer your questions. Please pass along this important information to any other parents of preschoolers.

Enjoy Fall - from Navan Nursery School
For registration information: 613-835-9243 or visit our website
www.navancooperativenurseryschool.ca



COMMUNITY ANNOUNCEMENT

NAVAN CURLING CLUB

Friday Nov. 2nd and Sun. Nov 4th Men's invitational bonspiel sponsored by JT Bradley's Country Convenience. Drop in and see one of the major bonspiel of the season. You will be able to experience some exceptionally good curling.

YOUTH DANCES

Dates for the dances 2007-2008. 2nd Friday of the month (Sept-June), 7:00 – 10:30 pm at the Navan Arena

November 9, 2007

December 14, 2007 - 1st Cumberland Grads Hockey night

Free ticket to the Sunday Dec. 16th, 3 pm hockey game (\$9 value) in Navan for each entrant. Plus a draw for a genuine Grads Jersey (\$200 value)

January 11, 2008 - 2nd Cumberland Grads Hockey night

Free ticket to the January 13th, 3 pm hockey game (\$9 value) in Navan for each entrant.

Plus a draw for a genuine Grads Jersey (\$200 value)

February 8, 2008 – Valentine's Day Theme

March 14, 2008 April 11, 2008 May 9, 2008

June 13, 2008 – School's Out Theme





NOV 11TH - REMEMBRANCE DAY SERVICE

The service will be held at the Navan Cenotaph at 11 a.m. Sunday, November 11th – light lunch will be served after by the Navan Lions upstairs in the Navan Memorial Centre Hall. Come and remember those who gave their lives so we can enjoy the freedom we have to day. Support our soldiers who are performing on duty throughout the world today. November 10th and 11th Christmas Craft Show- at Lester B. Pearson High School

The Ottawa Artisans Guild (formerly Gloucester Craftsmen's Guild) presents their annual juried Christmas Craft Show on Saturday & Sunday, November 10th and 11th., 2007, from 10 to 4 each day, at Lester B. Pearson High School, 2072 Jasmine Crescent at Ogilvie Road. Explore two large rooms of crafts hand made by over 61 members of the Guild. The market features stained glass, fabric art, decorative painting, mixed media, jewellery, weaving and woodcrafts. Many one of kind items can also be found, such as hand-made lace, wood-turnings and carving, glass on glass door panels, and hand painted watches.

Parking and admission are free. Donations are appreciated for the Gloucester Emergency Food Cupboard and entitles visitors to a chance at a door prize. A café will have light snacks, seasonal sweets and beverages.



GRAND OPENING NOV 11TH – THE WORKS ON TRIM RD

Ottawa, and especially Orleans, is buzzing with the impending opening of The WORKS on Trim Road at Watters just down the road. What a surprise too, as Ion Aimers has developed a brand new concept that is snuggled right next door called "roost" which

he describes as an "urban roast house" featuring nothing but maple smoked roast chicken in various forms !! "Its roasted chicken with flavor, atmosphere & a healthy flare." says Aimers. The local owners Ion Aimers & partner Marc Prieur are eager to get open and welcome all their friends and neighbours from the surrounding area.

Sarsfield resident Greg Kenny has built the restaurants and is preparing to immediately start on the next WORKS project in Manor Park. Aimers says "Greg Kenny is the consummate professional and has made this our best & easiest opening yet!!" This is the 5th WORKS outlet stretching from Kanata, Westboro, Glebe & Beechwood...& now to the east end. They feature a small (60-70 seats) layout with an industrial yet warm cozy feel, and are open 11am to 10pm daily. Greg Kenny grew up in Navan, the son of Frank and Rita Kenny.

The WORKS is licensed and features incredible array of over 60 Gourmet Burgers on 7 different patties, the infamous Tower-O-Rings, Classic Milkshakes in 50 flavors, and Steamwhistle Draught Beer !! "roost" is smaller (30 seats) with a refined, and yet very warm atmosphere of elegance meets comfort in both decor & food !! The menu features one product...maple smoked roasted chicken, featured in a variety of items. There is of course the soon to be famous roasted chicken by piece, and then a sensational bbq chicken pizza, smoky quesadilla, a hot ripped sandwich, smoked bacon & chicken caesar salad, and a bbq roasted wrap sammy !! Ion says that the smoking rotisserie they will use in an import he found in Memphis, and the product with his secret spicing & marinades makes it "unbelievable".

The **WORKS & "roost"** open November 11th to the public, and Aimers is planning a special **NAVAN RESIDENTS DAY** for November 8th from 5pm to 8pm only !! Local residents can eat FREE at that time only, with a donation to charity at the table. Space will be limited, so please be patient !! Normal business is daily 11am to 10pm. The WORKS is handicap accessible & accepts Debit, Visa, MC & Amex.





NOV 17 AND 18 - 27TH ANNUAL NAVAN ARTS AND CRAFTS SALE

From 10 am to 4 pm sees the 27th annual Navan Arts and Crafts Sale upstairs at the Navan arena. There is always a good selection of fine art and top quality crafts available. There will be a door prize each day of gifts donated by the exhibitors with the money raised going to the Orleans-Cumberland Resource Centre. Thousand dollars have been raised over the past number of years due to the generosity of people coming to the sale. Also, the Navan Nursery School and the Guides and Brownies use this weekend for one of their major fundraisers by providing a wonderful selection of goodies on their bake tables as well as putting on a light and always delicious lunch.

NOV 21ST VOLUNTEER MANAGEMENT FOR COMMUNITY VOLUNTEERS

Free training for community leaders and volunteers to assist organizers of community associations, Neighbourhood Watches and other volunteer run initiatives.


Topics that will be covered: Trends in volunteering, What motivates volunteers, Volunteer management cycle, Recruiting, Screening, Recognition and retention

Wednesday, November 21, Orleans Client Service Centre 255 Centrum Blvd-Room 340, 6:30 to 8:30p.m. The sessions are free of charge but space is limited and registration is required. Please call 613-580-2424 ext 22454 or email CPO@ottawa.ca This training is provided through a partnership between Crime Prevention Ottawa and Volunteer Ottawa.

NOV 24 OUTSTANDING YOUTH AWARDS.

If you have a son or daughter, or know or coach someone whose accomplishments over the past year have been extra-ordinary or who is an accomplished athlete or artist and is getting excellent grades or volunteers in the community, Fred Sherwin would encourage you to nominate them for this year's Orleans Outstanding Youth Awards. This year's awards ceremony is being held at the Orleans Theatre on Nov 24; however, the deadline for nominations is next Wednesday. All that is needed is a brief resume of the nominee's accomplishment as well as their contact information. If you require more information please visit <http://orleansonline.ca/pages/OYA.htm>.

Cumberland Grads – November Home Games
 Nov 11, Sunday 3pm – Smiths Falls
 Nov 13, Tuesday 7pm – Kemptville
 Nov 18, Sunday 3pm – Cornwall
 Nov 27, Tuesday 7pm – Nepean



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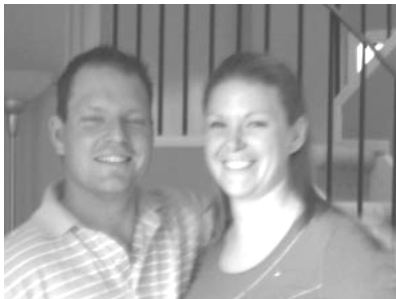
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ENGAGEMENT ANNOUNCEMENT

Jerry & Sheila Calver and David and Kathy Blakely are happy to announce the engagement of their son, Daryl Calver, and daughter, Jennifer Blakely. The wedding is to take place this coming summer



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DEC 1ST UPCOMING FREE CPR / AED COURSES IN RURAL OTTAWA

The Ottawa Paramedic Service is offering residents free CPR and Automated External Defibrillator training.

The four-hour class includes a short lecture on patient assessment, followed by group breakouts for clinical training. Participants who complete the course will receive valid CPR C "Basic Rescuer" and AED certifications.

http://www.ottawa.ca/residents/ambulance/public_education/cpr/index_en.html>

RJ Kennedy Memorial Arena

December 1, 9 a.m. – English or December 1 2 p.m. - French

1115 Dunning Rd., Cumberland Village

All issues of the Navan Nugget can be found on our website for those who do not live within the village.

The NAVAN NUGGET is a composite of news and articles involving the Navan Community Association, Navan Lions Club and the Cumberland Township Agricultural Society. Articles or announcements must be submissions by 15th of month to margaret.macneill@sympatico.ca by 20th for next month's newsletter.

We are looking for local businesses to support the publication of THE NUGGET by purchasing a yearly business card advertising space for \$30. 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.

St. Mary's Annual Tea & Bazaar



Quilt Raffle



2:00 - 4:00

November 10



Sewing
& Crafts



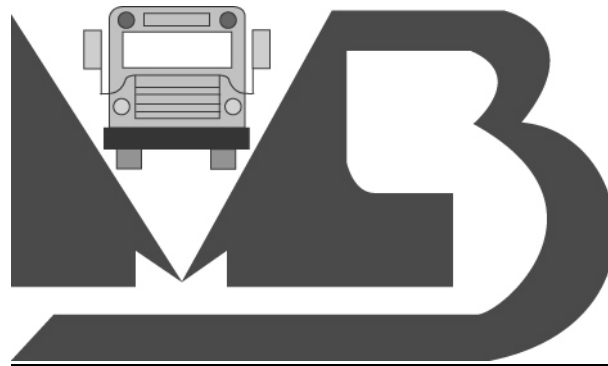
Silent
Auction



Jams, Jellies
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Home Baking



WORK OPPORTUNITY

ML Bradley in Navan is looking for additional school bus drivers for the current school year. If you know anyone who is looking for part time work close to home and maybe interested in driving a school bus contact ML Bradley at 613-835-2488. To find out more about ML Bradley visit <http://www.oreansonline.ca/MLBradley>.

FOOD & RESTAURANTS (just a few)

A & W Restaurants	All locations in Ottawa Buy 1 Teenburger and Fries, get 1 Free Teenburger	
All Africa Market Inc.	590 Rideau St. Ottawa, ON, 613-244-0325 5% off on selected items	
Booster Juice	1675 Tenth Line Rd., Orleans, ON 613-834-3083 Free extra booster with purchase of a 24 oz. smoothie	
Boston Pizza	3884 lanes Road, Orleans, ON, 613-590-0881 10% off food for dine-in only - not applicable to alcohol	
Caesar's Buffet	260 Centrum Blvd., Orleans, ON 613-841-7475 10% off	
Café Resonance	3417 Trim Rd., Navan, ON, 613-835-2874 10% off all food & beverages	
Café Venus	75 Gladstone Aye, Ottawa, ON, 613-237-2533 All-Day breakfast Special (June & July) \$2.99: Cardholders get free beans added After July: Cardholders still get breakfast special after 11:00am	
Caribbean Sizzler	133 Bank St. Ottawa, ON 613-569-7000 10% off all food menus	
Casa Do Churrasco	190 Dalhousie St. Ottawa, ON 613-241-2743 10% off on all menu items The Best Grill House in Ottawa (excluding alcohol)	
Cheddar et Cetera	900 Watters Rd., Orleans, ON 613-830-8850 \$4.99 for cheese curds (regular price is \$6.79) Limit: 2 bags	
Coco's Restaurant	409 Dalhousie St., Ottawa, ON 613-853-9648 2 for 1 fajitas sandwich	
Derringers Eatery & Saloon	99 Montreal Rd., @ the Vanier Parkway 613-745-8188 15% off menu excluding specials and alcohol	
Friendly Restaurant	1781 Laurier St., Rockland, ON 613-446-2867 or 613-446-5346 10% off menu excluding alcohol & specials	
Gabriel Pizza & Italian Food	3469 Innes Rd., Orleans, ON 613-841-0000 or 0001 \$3 off large or s-large size pizza	
Haddad S&S Foodliner	Cumberland Village, ON 613-833-2802 10% off deli meats & cheeses	
Herbert's Caribbean Catering & Pastries	Ottawa, ON 613-863-7647 10% off	
Horn of Africa - Ethiopian Cuisine	364 Rideau St, Ottawa, ON, 613-789-0025 15% off food	
House of Pizza	6505 Jeanne D'Arc Blvd. N, Orleans, ON 613-837-8000 10% off regular price	
Kelsey's Orleans	4444, Innes Road, Orleans, ON. (several more in Ottawa, E. Ontario & Gatineau) 15% off meals, not valid on alcohol. *please show your card when ordering.	
Kiki Lebanese Fast Food	2045 Meadowbrook Dr., Gloucester, ON, 613-746-9988 Daily Special -\$6.95 + tax Choice of sm. sandwich, sm. fattoush & pop	
Kozy Nest	2520 St. Joseph Blvd., Orleans, ON, 613-834-5222 15% off lunch menus	
L&F Montego Place	Afro-Caribbean Groceries & Products 2211 St. Joseph Blvd. Orleans, ON 613-830-8377 5% off on selected items	
Lebanese Bakery	5949 Jeanne D'Arc Blvd., Orleans, ON 613-845-0061 15% off all items	
Lorenzo's Pizzeria	3621 lanes Rd., Orleans, ON 613-837-7222 25% off on mm of \$20 or more	
Lucky Star Chinese Food	1615 Orleans Blvd., Orleans, ON 613-830-1808 10% off all items	
Marroush Int'l Shawarma	60 Rideau St, Ottawa, ON 613-321-6990 5% off all shawarma	

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