

NOVEMBER 2011

NAVAN NUGGET

BUSINESS CARDS ROTATED BI-MONTHLY

Electronic version available on the website navan.on.ca



Photos: John Ladds - Tom Devesert



NAVAN FALL FEST

On October 1st, many community members came out to the 3rd annual Navan Fall Fest and participated in a variety of activities and contests. There was scarecrow building, playing ball hockey with the Cumberland Grads, children's games and races, craft displays and demonstrations, face painting, a bake table, and a delicious barbeque. The day was a great success!

Three students from Heritage Public School wanted to share their experiences at the Navan Fall Fest;

"I had so much fun at Fall Fest! I met some of my friends; I made a scarecrow; I won an awesome "Navan 150th" t-shirt at the Silent Auction and lots, lots more! If somebody asked me what my favorite thing at the Navan Fall Fest would be, it wouldn't be easy! If you asked me what I think the Navan Fall Fest is in ten words, it would be: super-duper-fun-for-the-entire-family-to-enjoy-lots!"

By: Caelan Monkman, Grade 4

"My family and I went to the Fall Fest on Saturday, October 1 and I thought it was amazing! We did many activities, like: making a scarecrow; guessing how many little pumpkins were in the jar; face painting; and I bought some food. I also saw a lot of my friends there. It was an awesome day!"

By: Braydon Miranda, Grade 4

"At the Fall Fest there were many things to do, like making a scarecrow; the pumpkin carving contest; and the chili contest. My favourite thing was playing ball hockey with the Grads! I think that next year, everyone in Navan should come!"

By: Ethan Brown, Grade 4



Fall Fest Day" was proudly sponsored by the Women's Institute, the Navan Community Association, the Navan Lions Club, and the Navan Fairboard. There were a variety of other businesses and community members who gave generously to this event. Please check out our website at www.navanfallfest.com for a full list of sponsors and donors, and more pictures taken during the event.

Patricia Southwell was one resident who donated eight loaves of cornbread that was served with the chili from the chili contest. There were many people raving about both the chili and the cornbread. The chili recipes appear to be top secret but Patricia has agreed to share her delicious cornbread recipe with us.

Jim's Great Canadian Cornbread



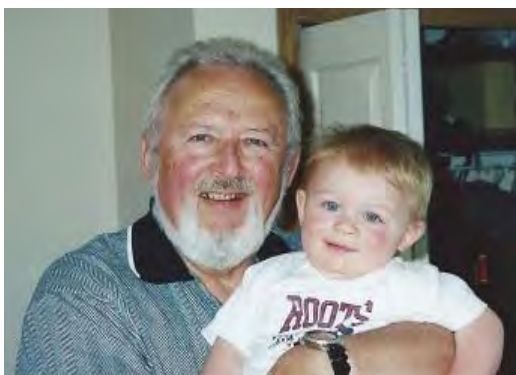
1/2 cup butter, room temperature
 1/2 cup granulated sugar
 1/2 cup pure maple syrup
 2 eggs
 2 egg yolks
 2 red jalapenos, finely chopped
 1 398 ml can creamed corn
 1/4 cup buttermilk
 1 cup white cheddar cheese, finely grated
 1 cup flour
 1 1/4 cup cornmeal
 1 tsp baking powder
 1/2 tsp baking soda
 1 tsp salt
 grated lime zest
 Preheat oven to 350 degrees. In a bowl, cream butter and sugar until fluffy. Add maple syrup and eggs, continue beating until incorporated. Then add hot peppers, creamed corn, buttermilk and cheddar until mixed. In a bowl, combine flour, cornmeal, baking powder, baking soda and salt. In three batches slowly stir dry into wet ingredients. Pour into a greased loaf pan and grate a fine layer of zest lime over the top. Bake for one hour. Right before finished brush with a wash of sugar and milk and grate extra lime zest. Carefully remove from loaf pan and let rest for 15 minutes before serving. I also make these in mini loaf pans, cooking time is about 35 to 45 minutes for these. I named it after my late father Jim, because he was a great man, a great Canadian and a real foodie. It's got red jalapenos to represent our flag and maple syrup to represent our country. It's sweet with a hint of maple balanced with a bit of heat and very moist. The lime is faint but it's the perfect topper.

Navan Notable

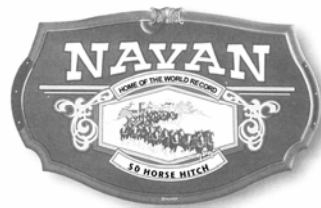
Tom Hardiman

A little over 30 years ago Tom Hardiman and his wife Doreen moved to Navan. They settled in a lovely large home in Smith Ridge, one of the first development areas in Navan. They raised 4 children.

Tom was a Staff Sergeant in the R.C.M.P., when he brought his family to our village. Helen Edwards - Jenner remembers him as a kind and caring boss, who made her job, at the headquarters, a pleasant time. She said he always took time to chat to her, making her feel like an important member of the team. Shortly after arriving in the village, he became involved in tearing down the old arena, getting the land ready to build the new ice shed. Later he joined the Navan Lions Club, becoming the President for one year. He was a founding member of the Navan Curling Club. It was residents like Tom that contributed to the Club, and made it possible to be built. He was an active member of the Club enjoying the games, Bonspiels and social times. Upon his retirement he took up driving a school bus for Bradley Bus Lines, a job he enjoyed until he retired a second time. He was also busy helping his wife Doreen, set up her paintings at many Art shows in and around the city. Tom's love of cooking was known throughout their circle of friends. Whenever anyone asked him for a special recipe he wouldn't hesitate to give it. As he didn't bake and certainly loved his sweets, he could be bribed to help out on many friends and neighbours' projects, just with the promise of a batch of cookies. His daughter, Shannon's chocolate or peanut butter ones topped the list. His great-grandmother's recipe for Lemon Meringue pie was another favourite. Tom died last month. He left behind his wonderful family which now includes 6 grandchildren, and so many Navan friends. He will be missed. Rest in peace Tom. Tom with his grandson Alex.



Sheila Minogue-Calver
Navan W.I.



NAVAN COMMUNITY ASSOCIATION

REMEMBRANCE DAY 2011

The Navan Community Association invites everyone to attend this year's Service of Remembrance at the Navan War Memorial on Friday, November 11. In attendance will be 632 Phoenix Royal Canadian Air Cadet Squadron under the able leadership of Officer in Charge, Desiree Desjardins. Those attending should arrive prior to 10:45 am. Street closures will be in effect on Colonial Rd beginning at 10:45 am at Delson, Henn and Fairgreen. Any business or individual wishing to place a wreath at the Cenotaph should contact Ross Bradley (613-835-2199) as soon as possible so that proper recognition can be made. At the conclusion of the Service, the Navan Lions Club and others from the community will host a reception in the Hall on the second floor of the Arena. Donations will be accepted there with all proceeds going to the Military Families Resource Centre. Please come to honour our community's war dead.

Navan Community Association Youth Dances

Special guest appearance by two talented musical artists Pascale Lachance and Karine Touchette at the November 11th Youth Dance. Pascale lives in Navan and has performed at the Navan Fair and the Rainbow Bistro in Ottawa.



The Navan Community Association youth dances are for 10-14 year olds. They are held 7-10:30 pm the 2nd Friday of each month with a \$5.00 admission at the Navan Arena.

(For dance rules go to www.navan.on.ca)

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VOLUNTEER WANTED

The NCA is currently looking for a volunteer to manage the outdoor rink for this coming season. Please contact Phil at 613-835-2984 if interested .

Neighbourhood Watch

Due to the on-going vandalism (defecation, broken bottles, turned over garbage cans) at the park, extra patrols have been asked to check out the park periodically, but ultimately, this is a problem we as a community will have to resolve ourselves. As stated in the past, the youths who are committing these acts most likely live here in our village. Certainly someone knows who is doing this and it is the role of the parents to talk to their kids about this problem and relay any pertinent information. There has been more cars broken into in the Clarkwoods II area (Delson/ Villeroy). The break in's only seem to occur to unlocked vehicles, residents are strongly reminded to always lock their doors and never leave valuables in an unattended vehicle. As always, we need to ensure all crimes, however minor in nature, are reported to the Ottawa Police by calling (613) 236-1222 ext. 7300.

Chair: Philippe Grandmaitre

Secretary: Christina MacPherson

Treasurer: Dale Borys

Youth: Tom Devecseri

Safety: Fred St.Pierre

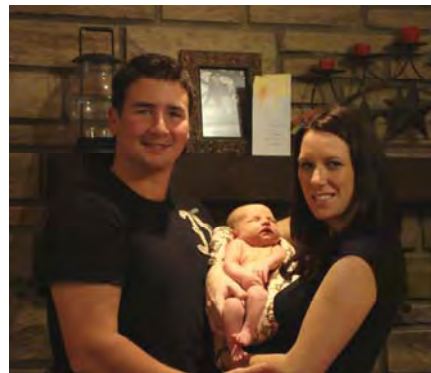


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COMMUNITY ANNOUCEMENTS



We are very excited to welcome our 1st born granddaughter born Sept.21 2011, 8 lbs 3 oz, Everlee Florence Edwards. Jeff and Jen are very proud parents . Looking forward to spoiling you, love Nana Helene Edwards-Jenner and Granddad Brian.



Rebecca St. Cyr and Sylvain Lavallée tied the knot Friday September 30. A beautiful Navan Bride and her handsome Navan Groom. We wish them much happiness.

Birthday Celebration

Bruce Staal is turning 75!

Please join us for an Open House in celebration of Bruce's Birthday on Nov.12th, 1:30-5:00 p.m. at the United Church Hall, 1129 Smith Rd, Navan. Best Wishes only please.



NAVAN 150 YEARS COMMITTEE

Navan's 150th Bonspiel

Lemon Meringue pie sells for \$55.00!! Ross Elliot auctioned off this lemon meringue pie and Luc won it at the 150th Anniversary of Navan Bonspiel, held at the Navan Curling Club, Saturday, October 22.. Fun for all! Many prizes were donated and won by happy and great curlers! Thanks to Everyone who contributed to the event. It was a fantastic day!



150th Anniversary Commemorative Town Clock

TheNavan@150 years Committee applied for a city grant that was available to Rural areas of the city. We will know early next month if we get it. We still need money for the Community Builders Wall that will surround the Clock and it's 2 light fixtures. Construction is to start the last week of October and hopefully be completed by the

third week of November. The Clock is in Navan and waiting to be installed in front of the Firehall. It is beautiful with a copper tone to it. I think the village will love it. Thanks to Anne Marie Potvin who helped me as well as Chantal Soucy , her children, Catherine and Pierre Ollivier and Julie St. Jean and her daughter Vicky who helped us on this committee. Brian Coburn is heading the Community Builders Wall construction along with

Joan Rathwell, Myrna Kelso, Tim McNeely, Stephen Blais, and Anne Marie and I. We are so pleased with the community response. Thank you so much. We will be taking down the flags soon. They have certainly brightened up our two main streets this summer. Thanks to the Volunteer Firemen who will remove them. Sheila M-C.



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HERITAGE PUBLIC SCHOOL

WE Day Experience

This WE day experience has taught me (and I hope my class and school mates) an important lesson. Today WE learned that we can build schools. Today WE learned that WE can save lives. Today WE learned that WE are the lucky ones. Today WE learned that WE can help the unlucky ones. Today WE learned that it only takes one person to make a difference and that person could be you. Today WE had the opportunity to listen to amazing speakers and their amazing stories. After watching WE day on much I felt motivated, inspired, I felt like I could discover a cure for cancer, move mountains, possibly even end world hunger. This experience has filled me with the hope that one day everyone around the world will have clean water, an education, and 3 meals a day. I believe that this experience should be made a tradition. Today I learned that we are the workers, we are the builders, we are the change. I learned that WE can make a difference. Written by Hannah, grade 7 student.

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NAVAN LIONS CLUB

(meet the 2nd and 4th Monday of the month at the Navan Curling Club)

President: Lion Tony Fiorentino 613-835-9319
 Secretary: Lion Chris MacPherson
 Treasurer: Lion David Grattan

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Students in grades 6, 7, & 8 participated in watching a webcast on Sept. 27th, The Me to We Philosophy, by Craig & Marc Kielburger. The intent of this web cast is for students to recognize the important role they play in the world community.

School Fundraiser An upcoming fundraiser that is being planned by School Council at Heritage Public School is the Toy and Bake Sale. The date has been set for Friday, December 16th, 2011. This is a very exciting day for the students! On this date each student will have the opportunity to visit the gym with their class and purchase some toys and baked items. We are looking for donations of gently used toys, books, games, and movies. Popular items include: Happy meal toys, diecast cars, lego, collector cards and stuffed animals. Keep this in mind if you are doing a fall clean-up. Donations can be dropped off at the school starting December 1st, 2011.



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NAVAN CO-OPERATIVE NURSERY SCHOOL



**1279 Colonial Road
Navan, ON
613-835-9243**

UPCOMING EVENTS:

On November 19th, the Navan Nursery School parents will be hosting the bake table and lunch counter at the Navan Christmas Craft Show from 10-4 p.m. at the Navan arena. Thanks again to the Navan Crafters for their continued support.

The Nursery School will also be selling tickets on a raffle basket that contains a variety of items that values around \$500.00. Tickets are \$2.00 each or 3 for \$5.00. Look for the raffle basket at the craft show on the 19th or at J.T. Bradleys throughout the month of November. The draw will take place on December 16th.

THE NAVAN ARTS AND CRAFTS GROUP
LE GROUPE DES BEAUX ARTS ET D'ARTISANAT DE NAVAN

33rd Annual (1978 - 2011)
CHRISTMAS CRAFT SHOW
L'EXPOSITION DE NOËL

Saturday and Sunday
November 19th and 20th
from 10 til 4pm
samedi et dimanche
les 19 et 20 novembre
10-4

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Christmas Program

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Programme de Noël du Centre de
ressources communautaires Orléans-Cumberland

Anglican Parish of Bearbrook, Navan & Vars
Reverend Canon John Wilker-Blakley
Sunday Worship

Trinity (8785 Russell Rd, Bearbrook)	8:30 am
St. Mary's (3480 Trim Rd, Navan)	10:00 am
Navan Community Sunday School	9:45 am
St. Andrew's (1900 Devine Rd, Vars)	11:30 am

613-216-2200 or www.bvnglicanca

**Tea, Treats & Treasures
Annual Sale**

Christmas Treasures

Jams, Jellies & Chutneys

2:00 - 4:00
November 12

Silent Auction

Sewing & Crafts

Home Baking

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Navan Community Sunday School

St. Mary's Hall - 1171 Smith Rd Navan
Time : 9:45 am to 11am: children's choir/liturgy/lesson/craft.

6-Nov-11	Sunday School
13-Nov-11	Family Sunday
20-Nov-11	Sunday School
27-Nov-11	Practice for Joint Christmas Service

ACOUSTIC VESPERS

St. Mary's Anglican Church presents Acoustic Vespers, Sunday November 6th at 7 pm, 1171 Smith Road in Navan. Local harpist Joanne Griffin will provide music on the theme of Remembrance.



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CAMPBELL'S SOUP LABELS FOR HERITAGE SCHOOL-

Reminder that Heritage Public School collects labels from Campbells' products, which they can then redeem for supplies for the school - sports equipment, books, art supplies, science products and so on. Best to give them the whole label, definitely the part with the UPC code. Eligible labels include Campbell's Soups (condensed, Gardennay, Creations, chunky, chili, bowls, Ready to Serve, Soup at Hand, Hearty Noodles, Healthy Request Bowls), Habitant Soups, V8 products, Campbells broth, Prego Pasta Sauce, Goldfish crackers. Labels can be given to any Women's Institute member, or dropped off at the school.



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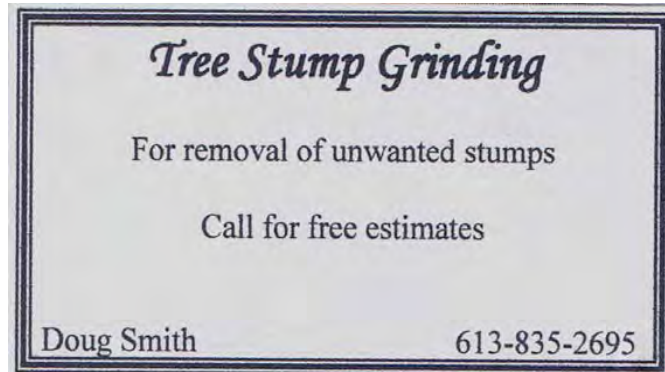
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LINE DANCING PRACTICES ON SUNDAYS AT THE NAVAN ARENA

Line dance practices began in September at the Navan Arena. This is in addition to the existing line dance courses that are already being offered on Monday and Thursday nights. Line dance practices on Sundays have been occurring at the Navan Arena and are partially funded by (CAAWS) Canadian Association for Advancement of Women and Sport and Physical Activity and the aim is to get more women active between the ages of 55 and 70. Presently, the majority of participants are women in this age group; however, the dance practices are open to all age groups and genders on Sundays between 2:00 to 4:00 p.m. at the Navan Arena. The practices are led by Adèle Bellavance and Mary Cameron, who is a member of the CAAWS Advisory Committee and who got the funding for the Sundays line dancing practices. The line dancing courses and practices at the Navan Arena are offered to everybody to encourage people to do more physical and mental exercises. Since dancing is one of the best exercise for every part of the body, it also gives an opportunity to have a greater social life, have fun and laugh more, forget all the problems of yesterday and tomorrow. Dancing is the answer for a healthier, happier and longer life. For Further Information please contact Adele at 613-835-9545 or cell 613-720-4419.



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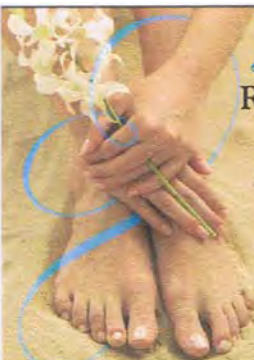
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QUOTE OF THE MONTH

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Our courage is strong. And our dreams for this beauti-
ful country will never die.

Pierre Trudeau



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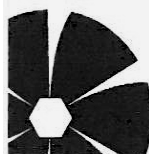


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Articles or announcements must be submitted to navannugget@navan.on.ca by 20th of the month to be included in next month's issue of the newsletter. *Announcement for any non-profit will be accepted – template available on the website at navan.on.ca.*

What a wonderful place in which we have chosen to live.

All issues of the Navan Nugget can be found on our website at www.navan.on.ca

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<p>So you think you can do without going to the dentist? Here is the revealing truth about some important reasons why to consider going to the dentist more regularly.</p> <p>Many people often think that going to the dentist is an unnecessary thing if they are not experiencing dental pain or sore spots in their mouth. The truth is there are many legitimate reasons why you should go for regular dental check-ups. Here are a few:</p> <p>Regular oral cancer screenings – It only takes two minutes, but early detection can save your life. Oral cancer can be the most devastating form of cancer because in its advanced stages the only way to cease the spreading to other organs is to surgically remove the cancer. Fergal Nally, MD states that Oral cancer is probably one of the most appalling forms of malignant disease. This is a pity as the mouth is easily accessible for examination, biopsy and treatment.</p> <p>Regular checkups for cavities – Cavities are made from a combination plaque, bacteria and acid. Plaque is a thin film of bacteria that will form on teeth if not mechanically removed by a toothbrush. An acidic environment is created when you eat too many sugary foods, this form of acid will tend make your teeth more brittle. The bacteria in your plaque can “eat away” at the brittle tooth surface overtime making a hole in the tooth. This eventually will make a pathway for the bacteria to invade the vital part of the tooth. Advanced cavities can lead to serious infections in the head and neck, so it is great to catch cavities early by visiting your dentist at least once a year and to avoid an unnecessary trip to the emergency room.</p> <p>Cleaning away rough tartar and stain buildup – Rough surfaces from tartar and stain left on your teeth can harbor harmful bacteria. Irregular (rough) tooth surfaces can also cause irritation to your gums causing inflamed, bleeding gums and possible infection (even if you floss every day). Tartar is hardened plaque and saliva substitutes that form on your teeth overtime. It is interesting to know that tartar buildup can differ from person to person. Your dental hygienist is able to detect tartar and clean it off your teeth both above and below your gums. This process makes your teeth smooth so that fewer bacteria counts will hang out around your teeth. Your dental hygienist is also able to determine when you should regularly come in for a checkup and cleaning whether it's yearly or every six months.</p> <p>Maintaining good overall health – Keeping harmful bacteria in the mouth to a low count can keep your heart, lungs and the possibility of having a low birth weight baby to a minimum. Studies have shown that the same type of bacteria underneath your gums can get into your arteries and contribute heart disease if not kept to a lower count. An even more surprising fact is that a bacteria commonly found in plaque formations (streptococcus) can cause pneumonia and respiratory problems. Finally, a contribution from the bacteria underneath your gums (from various studies) can interestingly cause low birth weight babies. LADIES - This means that even if you are pregnant, going to the dentist for a cleaning is a great and beneficial idea and is not harmful to the baby's or mother's health.</p> <p>So there you have it, the many underlying reasons of why you should regularly visit your dentist. I hope this has changed your attitude on the importance of regular dental check ups. The mouth is the gateway to other organs in the body, so it is just as important to get your teeth and gums cleaned and checked (even if they seem healthy) as it is to get a yearly physical at your doctor.</p> <p>COME VISIT US at 3417 Trim road (Beside Royal Bank) or give us a call at (613) 835-4441 For your Regular dental checkup!</p>	
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