

NAVAN NOGGET

Thanks to the several articles in local papers there have had lots of visitors to see our local business. Some of them were the Red Hat Society, the Rural Tour and of course the Liberal Party Candidates, Dalton McGuinty, Phil McNeely and Jean Marc Lalonde, at the Navan Feed Mill Restaurant on Wednesday, September 19th.

More excitement to come in the month of October with numerous events (details later in the newsletter) such as NCA Community BBQ on October 13th followed by the CTAS Barn Dance and Raffle Draw, Heritage School BBQ October 19th and the Navan Lions 55th Charter Night Anniversary on October 27th.

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The City has asked community associations bring the following to the attention of their residents.

“On October 10th, Ottawa residents will be voting for the Members of Provincial Parliament who will represent their interests at Queen’s Park. Residents will need to carefully consider before they vote what each provincial candidate would do for their city today and in the future. An information package on the City of Ottawa’s priorities regarding provincial government policies is online at ottawa.ca and was sent to all Ottawa candidates. We invite you to review this document so that everyone is familiar with the key issues that affect Ottawa’s quality of life.

Below, please find 10 important questions that residents can ask their local candidates about properly funding cities to do their jobs -- a key issue in this provincial election.

- Will you help lobby the Federal Government to give the equivalent of one percent of the existing GST to municipalities?
- Do you believe that the provincial and federal governments need to adequately and permanently fund infrastructure? Should they properly fund cities to do their jobs?
- Do you believe that municipal governments require revenues that grow with the economy?
- Do you believe the province’s property assessment system should be reformed to make it more stable, predictable, and accountable?
- Do you believe that funding arrangements with municipalities need to be modernized to better reflect the fiscal realities of the 21st century? For example, would you support the City of Ottawa receiving the power to levy a wide range of taxes similar to those received by Toronto?
- Would you support giving a permanent share of provincial taxes to the City of Ottawa?
- Would you support giving cities more legislative autonomy and adequate resources to meet their service responsibilities and to attract investment and growth?
- What do you think about the proposals for electoral reform brought forward by the Citizen’s Assembly on Electoral Reform?
- Would you support the removal of education taxes from the property tax bill or collect a set education fee rather than a rate based on property values?
- Would you support giving the City of Ottawa more money to deal with the services the Province downloaded to municipalities? Or would you rather have the Province reclaim responsibility for funding these provincially mandated programs?”

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NOTABLES

(compliments of the Navan Women's Institute)



Dr. Jerry Calver

This is a Navanite dear to my heart. He arrived here in Navan in 1972 along with his wife, Brenda and their little girl, Trina. They settled down to living in a brand new home in the country. Shortly after arriving Jerry got involved with the Carleton Russell Fastball Association. He played catcher for the Navan Intermediate team. He helped organize the July 1st Ball Tournaments. He belonged to the Recreation Committee at the City level where they planned the future of parks and sports fields for the Township. He kept the Stats for the Carleton Russell Hockey League for a while.

In 1973 Morris Bradley approached him and asked him to join the Navan Lions Club. He has been an active member since, having been President three times. He recently received his Life Membership. He loved hosting the Lions' Club Winter Carnival, especially the Carnival Queen Contest! Brenda was President of the Navan Figure Skating Club during those years and would put on spectacular shows at the arena during those carnival days. The Navan Lions Club sponsored the wonderful costumes. In 1974, Daryl joined their little family, and to this day he and his partner, Jen, are involved in sports in Navan.

In the late 70's he took on the fastball league for the kids here. He became President of the Association and hunted up great coaches for these young players. Among the dedicated people in the Association were Maggie Tremblay, Louise Cleroux, and Gord Curry. Brenda got involved too, coaching the Mites for two years. Jerry always had

a big car so he could put all the ball equipment in and lots of kids! Remember the seat belt law wasn't in force then!

In the early 80's the Arena was condemned so Jerry took on the task of Fundraising Chairman. That committee raised over \$500,000. Selling the old material from the demolished arena helped to raise part of the necessary funds. They were also aided financially by Cumberland City. It was around this time that he received a Cumberland Volunteer Award for his dedication to the village.

The Navan Bowling Club was another one of his interests. He and Brenda played in this group for many a year until he got involved in Curling. Like everything else he did, he gave his all to this new Club. He became President the year the Curling Club building went up. He and Lorne Bradley were the officials who signed for the mortgage. Their fingers were crossed when at the last moment; a soil sample was called for. They had already spent over half the mortgage!! Luckily all was in order and they were able to finish the Club. 15 years later he was President again while the addition was built. We now have one of the most welcoming Curling Clubs in the Eastern region!

The Navan Fair was always a busy time for Jerry. For many years the Lions Club sponsored a Bingo and Jerry loved to call the game. This year the Club decided to try a Texas Hold'Em tournament. Jerry organized this. Fun for all who participated.

He worked for over 32 years for Health Canada. He is happily retired now, a grandfather to Nora. He works occasionally with the World Health Organisation and has been teaching at Ottawa University. A busy man!! Loves his life here in Navan. Always has, always will.

It is a wonderful community to have raised his kids in. No regrets moving here!

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Russell District Women's Institute Woman of Excellence Award – 2007



This award honours local W.I. Members who have been very active in their local fairs. Locally the award was given for the very first time this year. The recipients were Helen Burns for her dedication to the Navan Fair and to Cherry Bekkers for her many years at the Russell Fair. They were recognized at Russell Fair's official opening ceremonies on Wednesday evening, September 5th.

Both women were pleased to receive this recognition. They have been strong supporters of their own branches, the Navan W.I. and the Russell Village W.I., as well as their local fairs. Congratulations to 2 hard working and community spirited women. What would our villages do without people like Helen and Cherry!

These Women of Excellence Awards have been presented to W.I. members who worked diligently at the Royal Winter Fair in Toronto. Recently it was expanded to that W.I. members would be eligible to receive this award at their local fairs.

Sheila Minogue-Calver
President, Russell District Women's Institute

QUOTE OF THE MONTH

Did is a word of achievement,
Won't is a word of retreat,
Might is a word of bereavement,
Can't is a word of defeat,
Ought is a word of duty,
Try is a word for each hour,
Will is a word of beauty,
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Laura's Corner – Welcome to the new local owners Glen Harris and Bob Desjardins have bought the business and have filled the store with new and exciting decorating items.

The wonderful rural flair is still there with items like French country furniture and local hand-crafted decorative items, but a new modern and contemporary feel is emerging with some new local artist's works, new furniture, lamps, wall sconces, etc. The store has signed copies of the new book by Cumberland author Joan Kennedy, "Just Call Me Eva" and a new line of original oil painting by Caroline Grimes. Favorites like fire-burners, gourmet foods, a new line of chocolates and bath products, give the store a full and vibrant feeling. With fall weather approaching, decorations for the harvest season are everywhere and candles and pumpkins accent many of the rooms.

New custom furniture has arrived and designer services are available to help you decorate one corner of your home to an entire living space.

"Christmas is just around the corner and we have received a lot of our decorating stock to make the season bright!" says Desjardins. "and we're anxious to show it all, just after Halloween." adds Harris.

So welcome to our Navan designer guy!! Its great to carry on this little jewel in Navan.

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HOME TIP OF THE MONTH

Smart ways to use Peanut butter

- Attract wildlife – Spread peanut butter on a pinecone, roll it in birdseed, then hang it from a tree. Feathered friends will visit soon!
- Gum, be gone! – Rub a gob of peanut butter into gum that's tuck in hair – the peanut oil will make it slide right out.
- Nontoxic toy cleaning – got ink on a plastic toy? Rub a bit of peanut butter over the marks, then wash the toy with soap and water.
- No more stickers – work a little peanut butter into a sticker to remove it from glass, crystal or metal. Wipe off, and then clean as usual.
- Easier weight loss! – Snack on peanut butter between meals – studies show that just a little of the gooey stuff staves off hunger for hours!

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The CTAS Board is very excited about the upcoming Barn Dance for the Raffle Draw on Saturday, October 13th. If you have not got your raffle ticket get it soon as the ticket will admit you to the Barn Dance featuring the Tailgaters Band starting at 8 pm.

Navan Community Association has arranged to host a Community BBQ on October 13th from Noon until 3 pm for three reasons, one to meet your neighbour, second to have some fun and thirdly to view the prizes of the CTAS Raffle. Tickets will also be on sale.

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



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Dr. Nicole Warmington



Happy Thanksgiving

NAVAN LIONS**55th Charter Night**

The Navan Lions are very excited that on Saturday, October 27th they will be celebrating 55 years since they were Chartered in 1952. They are planning a Wine & Cheese get together to share a night of fellowship with the community and their fellow Lions and to hear Citizen Judge Brian Coburn speak. Everyone is welcome. Tickets are \$15 and are available from any Lion or call Lion Marg MacNeill at 613-835-2533. The party will be held at the Navan Arena Hall and will start at 7 p.m.



The team at
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the *Navan Nugget*.

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www.advantage4u.ca

**SightFirst II Campaign**

During the month of October you will see White Cane donation bottles in our local business so if you have a loonie or toonie it will be used for our SightFirst II project. Our SightFirst I project in 1991 to 1994 generated over US\$143 million, which increased to US\$200. With that money Lions Club

International (LCIF) accomplished the following around the world:

- Prevented serious vision loss for 24 million
- Provided 65 million treatments for river blindness
- Restored sight to 4.6 million with cataract
- Improved eye care services for hundreds of millions
- Built or expanded 258 eye hospitals and clinics
- Upgraded 300 eye centers with equipment
- Trained 68,000 professional eye care workers
- Launched world's first-ever initiative to combat childhood blindness in partnership with the World Health Organization. 30 pediatric eye care centers will be established
- Awarded US\$185 million for 724 projects in 88 countries.

For example if we collect \$100 – 20 children will be saved from refractive error or \$1000 – will provide 50 cataract surgeries. Experts predict the world's blind will double by 2020 – if nothing is done and this will include people in North America because of the aging population

If anyone is interested in making private donations, they will receive, tax receipts. Please contact Lion President Margaret MacNeill for more details at 613-835-2533



**SURE PRINT
& GRAPHICS**

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T. 613.830.8678**

Lions Meeting Nights

The Navan Lions meet the 2nd and 4th Monday of every month at the Navan Curling Club. If you are interested in becoming a Lion please do not hesitate to call Lion Hal MacPherson or Lion Marg MacNeill. Even if you only have a couple of hours a week there is always something that you could help at. Seeing a smile on someone's face or getting a thank you for something you have done, is priceless. NOTE: The Nugget is posted on navan.on.ca by the second week of each month for those who live outside the village limits. Tell your friends about this option so they about our village.

Current Lion members are:

Phil Abou-Hanna, Dorothy Ardington, John Bishop, Susan & Neil Boyer, Ross Bradley, Jerry Calver, Denis, Chiasson, Aristide Cleroux, Brian Coburn, Gord Curry, Glenn Fetherstonhaugh, Tony Forentino, Shirley Fraser, David Grattan, Jim Lennon, John Lyster, Christina & Hal MacPherson, Marg MacNeill, Mark O'Donoughue, David Paterson, Jordy Reed, Gary Smith and Bea Wall

Lions Executive:

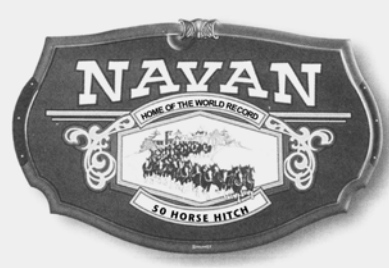
President Marg MacNeill 613-835-2533

Secretary Mark O'Donoughue

Treasurer David Grattan



Hi everyone. Just thought I'd let you know that the 2006 Domaine Perrault Ice Wine is now on the shelf. I've tried it myself and it is excellent although it will be even better once it ages a couple of months. There are only a limited number of bottles available, which can be purchased at the Domaine Perrault retail store at the winery, which is open, this Friday, Saturday and Sunday from 11 a.m. to 5 p.m. To get to Domaine Perrault follow Trim Road south through Navan until you get to Perrault Road. At Perrault Road turn right and drive until you reach the entrance to the winery. If you are coming down Navan Road, turn right on to Milton and then left on to Perrault. For more information visit their website at www.domaineperrault.ca.



NAVAN COMMUNITY ASSOCIATION

Community BBQ

The Board is please to invite everyone in the community to come out to our Annual Community BBQ on October 13th in front of the CTAS office by the horses' statues or in the Blue Building if raining. Come out and meet your neighbours and friends for some food and fun. We are making this a joint event with the CTAS to help promote the sale of tickets for their Raffle Draw and Barn Dance at 8 pm.



Navan Memorial Centre Expansion

The expansion of the Navan Memorial Centre has been delayed until next year. As a result, some additional updating to the expansion plans is taking place. It will require an additional \$65,000. The Project team is going back to the City to obtain the additional funding; the approved funding for the original project is not affected.



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 coordinate 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 by mid October whether there will be a rink program for this coming season.



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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.



PAT CAN!



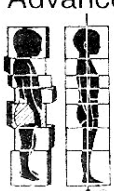
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On the meeting of September 17th the members in attendance voted that the annual fee for the Nugget will be increase to \$30 for future business and on renewal of current supporters. We are so pleased with the reception of our community newsletter. It costs approximately \$300 per month to distribute to the village and provide some extra copies, at local business, for those who do not receive in the mail.

Michel Veillette

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The NCA next meeting will be on October 15th at 7:30pm upstairs at the Navan Memorial Centre – everyone is welcome. We have a representative from the City at every meeting.

BOARD OF DIRECTORS:

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



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Song for fall

The turkey is a funny bird
His head goes wobble, wobble
All he says is just one word
its gobble, gobble, gobble.

Fall craft

Take your preschooler on a walk in your neighbourhood, pick up a variety of leaves, grasses and other autumn collage materials. Bring the items home and create a beautiful fall collage.

Preschoolers enjoy apple picking and the pumpkin patch. Try to make time to visit one of these great fall activities.

Do you have a young preschooler (21/2) and searching for a great environment for them to socialize with other children of the same age? Navan Nursery School has 2 spaces available in our junior preschool program which operates on Tuesday and Thursday mornings from 9:00 - 11:30. For more information please call 613-835-9243.

Enjoy Fall

For registration information: 613-835-9243 or visit our website

www.navancooperativenurseryschool.ca

COMMUNITY ANNOUNCEMENTYOUTH DANCES

Friday, October 12 is Halloween
at the Navan Community Association Youth Dance (**10-14 year olds**)

There will be a Special Prize for best costume

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

October 12, 2007 - Halloween theme

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

NAVAN COMMUNITY SUNDAY SCHOOL

We are an interdenominational Sunday School sponsored jointly by St. Mary's Anglican Church and Navan/Vars United Church. Welcoming children ages 3 and up, your child will sing hymns, be part in three Family-Joint services, do crafts, have fun all while learning about the word of God.

Beginning

September 30, 2007

9:45 a.m. - 11:00 a.m.

(Ages 3 and up)

St. Mary's Hall, Navan

For more information: Debbie MacDonald;
Superintendent @ 613-835-3592

STUDENTS WANTED

The Kiwanis Club of Orleans is looking for 10 more student volunteers to work at the Skreamers Haunted House at the Proulx Farm during the month of October. See poster attached.

Anyone interested can submit their application on
www.orleanskiwanis.com/skreamers

GIVE AWAY DAY

Ottawa's second City-wide Give Away Day will be on Saturday, October 13. Information for the Give Away day can be obtained on the City's website at the following links:

http://www.ottawa.ca/city_services/recycling/garbage/giveaway/index_en.html

http://www.ottawa.ca/city_services/recycling/garbage/giveaway/index_fr.html

GRADS VOLUNTEERS NEEDED FOR 2007-08

The Cumberland Grads are always looking for more great staff to help run our hockey games. If interested, please contact us (835-4297 or admin@cumberlandgrads.com) for more information.

Currently we have volunteers from all areas of our community. Our volunteer are students, retired members of our community, young hockey players, and we have even had whole families volunteer, which is a great bonding family function.

The Grads welcome all volunteers, there is no minimum game commitment, or requirements. . Volunteering is a great way to give back to your community, obtain volunteer hours for school, and be a part of a great organization.

GRADS – October Home Game Schedule

Monday October 8 @1pm vs Kanata Stallions

Sunday the 14th @3pm vs Ottawa Jr Senators

Sunday the 21st @3pm vs Brockville Braves

Tuesday the 23rd @7pm vs Kemptville 73's

Sunday the 28th @3pm vs Orleans Blues



Doreen Hardiman
visual artist

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Email: hardiart@magma.ca

Website: <http://www.magma.ca/~fotoguy/hardiart>

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 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 \$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.



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St. Mary's Annual Tea & Bazaar



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November 10



Sewing
& Crafts



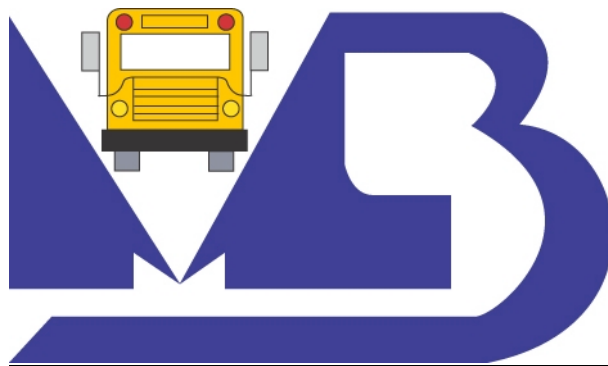
Silent
Auction



Jams, Jellies
& Chutneys



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.orleansonline.ca/MLBradley>.

DO YOU HAVE YOUR TICKET!

The Cumberland Township Agricultural Society is holding a 10-prize raffle on Saturday, October 13th in one of the barns we are planning to repair. If you did not get your raffle ticket at the Fair, here is your chance to buy one and come for some fun at our good old Barn Dance. Call the office at 613-835-2766 to make arrangements to get your lucky ticket. For \$20.00 here is what you could win:

Prizes

1. 2008 C50 Suzuki Boulevard Cruiser or 2008 Suzuki King Quad 450 from Motor Sports World – value \$10,829.
2. 2006 Clipper 106ST Tent Trailer from Leisure Days RV Centre – value \$9,900.
3. John Deere Lawn Tractor & Cart from J.A. Williams Sales & Service – value \$6,100.
4. Portable Generator HX7000 from Gal Power Systems Ottawa – value \$2,086.
5. Ladies Movado SE Watch donated by Dixon Jewellers – value \$1,600.
6. \$500 Gift Certificate donated by Home Depot, Orleans – value \$500.
7. Lifetime Pass to the Navan Fair – value \$500. Non-transferable, no cash value.
8. 2 mo. membership plus Gift Pack from GoodLife Fitness – value \$350.
9. Couples Therapeutic Getaway from Le Domaine Bourget Inn & Spa – value \$340.
10. Alpaca Blanket donated by the Alpaca Show Committee – value \$200.

Also we are planning a live auction of wide variety of very interesting items, if you have something that you would like to donate for this worth cause, please call the fair office at 613-835-2766.

We need your support.

A Barn-Raising Good Time!

Come out and join your neighbours
at a good ol' Barn Dance

Proceeds to support the Navan Fair
Barn Renovation Fund

When: Saturday, October 13th, 2007, 8pm

Where: Navan Fair Grounds, Cattle Barn
(south-east corner of the grounds)

Admission for two is included with your Navan Fair Raffle
Ticket stub (or \$10/person at the door).
Call 835-2766 for details.

~ Live entertainment by The Tailgaters ~

Lions Gateway Club

The Lions Gateway Club is a way to help local non-profit organizations that help your community and enable you to enjoy discounts. Here are some of the businesses that honor the cards. The cards are sold for \$20 and are valid for one year. You can obtain a card from the Navan Lions Club call Lion Hal at 613-835-3502. Also if you visit www.lionsgatewayclub.ca to see a complete listing of participating stores across Canada. There are many sites available of online shopping.

Selected Businesses FOR THE FAMILY

- Avalon Family Hair Center 2016 10th Line Rd. Orleans, ON 613-837-9600 10% off on all services
- Barber Shop Garage 3417 Trim Rd. Navan, ON 613-835-1665 10% off all goods & services
- Blackburn Barber Shop 642 Innes Rd. Blackburn Hamlet, ON 613-830-9584 10% off haircuts (by aptmt)
- Browns Cleaners 2095 St. Joseph Blvd - Orleans Gardens - Fallingbrook Mall 10% off all dry-cleaning
- Capital Poetry Collective Mavericks 222 Rideau St. Ottawa, ON 613-878-4991
\$5 admission at the door for regular Capital Slam events (save \$2.00)
- Champlain Cleaners 2864 St. Joseph Blvd. Orleans, ON 613-824-1470
10% off dry cleaning excluding shirts, feathers, suedes and repairs
- Cindy's Unisex Beauty Salon 054 St. Joseph Blvd. Orleans, ON 613-830-9543
10% discount on services (massage & facial not md.)
- Claudette's Costume Creations & Alterations 2590 Innes Rd. Blackburn Hamlet, ON
613-291-8699 5% off on all ladies' alterations
- Cordonnerie Regional 2568 bl. St-Joseph Orleans, ON 613-824-3325
15% off all shoe purchases - Custom Orthotic insoles - 2 pairs made for price of 1
- Des Epinettes Drycleaners 375 Epinette Dr. Orleans, ON 613-830-8402 10% off on dry cleaning
- Domenic's Academy of Music 2297 St. Joseph Blvd. Orleans, ON 613-837-0124
10% off accessories (strings, books, cables, picks, etc...)
- Elie's Hair Studio 2432 St. Joseph Blvd. Orleans, ON 613-834-1101 Wash, Cut & Blow-Dry
\$20 (reg.\$35) Colour \$40 (reg.\$65) Highlighting \$60 (reg.\$80) only on Wed. & Thurs. ask for Fadi.
- Grand & Toy Place D'Orleans, 110 Place D'Orleans, Orleans, ON 10% Discount to Card holders
- Gymboree Play & Music 373 Vantage Drive, Ottawa, ON 613-601-4848
\$25 off new family membership or 10% off Gymboree Play & Music products
- Hair Alive Beauty Salon & Esthetics 205 Glen Park Dr., Blackburn Hamlet, ON 613-824-1172
20% discount.
- Hakim Optical All Locations across Eastern Ontario 30% off all regular priced frames
- Harmonia Choir of Ottawa P.O. Box 96, Cumberland, ON 613-833-1812 Adults \$5.00
Child/Youth Free
- Hunter Chiropractic Wellness Centre 4380 Innes Rd. Unit B Orleans, ON 613-841-9355 Full
health consultation - spine & nerve system exam, x-rays (if necessary) & report of findings for
\$20 - (\$170 value)
- InneScents Floral Design 1968 Portobello Blvd., Orleans, ON 613-841-2998
15% off on all merchandise (excluding the week of Valentine's & Mother's Day)
- Kool World Hair Design 1979 St. Joseph Blvd., Orleans, ON 613-834-9901 5% off on products
- Lyn Novak Flowers & Gifts 2660 Innes Rd., Blackburn Hamlet, ON 613-834-8585 or
613-824-0226 10% off all in-store items (excluding wire orders & delivery charges)
- The Massage & Family Wellness Centre 4025 Innes Rd., Orleans, ON 613-841-9962
10% discount on any esthetics services - FREE paraffin on feet with every 1hr massage
- Metro Dental Centre 1729 St. Laurent Blvd., Ottawa, ON 613-733-6446 \$100 off teeth whitening
- New Freedom Chiropractic 2016 Tenth Line Rd., Orleans, ON 613-837-9777
\$35 Compassion Exam Includes exam, x-rays (if needed), & doctor's report *a \$160 value.